

At area learning center

Courses take aim at woman renaissance

By JACKIE KLEIN

Spring can mean a new awakening for women in Southfield.

A number of programs to improve your mind, body and spirit are being offered by Wayne State University's Southfield extension center on 11 Mile west of Franklin Road.

How to become aware of choices and find greater pleasure in living is the theme of a class in Transpersonal Analysis (TA) beginning April 1. The eight-week, non-credit course, sponsored by the women's studies department will be taught by Judith Goren.

Ms. GOREN, who holds a masters degree in education and is a clinical member candidate in the International Transactional Analysis Association, conducts TA groups in Southfield and Birmingham.

"TA is an exciting road to personal growth," according to Ms. Goren. "Individuals begin to increase their self-awareness, gain a new awareness of options and a sense of being in control of their own lives."

The course, not limited to women, will be Wednesday mornings from 9:30 to 11:30 a.m. For information call Jane Ratti, program coordinator, or Marsha Hubbard, 258-2184.

A NEW course, focusing on the emerging lifestyle of the single woman, will also begin the week of April 1.

"The problems of integrating women as heads of households are ever-increasing with the growing divorce rate," said Marsha Barnett, course instructor. "Many young women are choosing single lifestyles. We hope to draw women of all ages and educational backgrounds."

Areas to be included in the course are career planning, the single parent, sex roles and stereotyping, credit management and current reading materials.

WHAT COULD Artemus Gentile'sche mean to you? She was a 17th century Italian painter. "Women Artists," a class of interest for the women's studies department, college of lifelong learning, Wayne State University, will begin the week of April 3.

There will be eight Thursday sessions from 12 to 3 p.m. in Southfield.

The course will explore women's creativity in the visual arts, ranging from quilting in ancient Peru to conceptual art in the 20th century.

Assertiveness Training, a six-week course at Wayne State's Southfield center will begin April 6 and conducted on Thursdays from 7 to 9 p.m.

DO YOU ever feel used or abused? Can you say "no" when you want to? If you can

say "no," do you feel guilty? Would you like to know why you have these problems? There are just a few of the concerns the course will deal with.

This winter, Ms. Ratti and Assertiveness Training classes helped a number of women find new ways to handle their difficulties. The goal of the course, according to instructors Ann Wetzel and Irene Sinclair, is to teach women to assert themselves while working together.

"Each of us has emotional residue of early experiences which makes us feel guilty," Ms. Sinclair said. "We also have anger we're incapable of handling. Women who enroll in the course will be provided with an introduction to theories and terminology of assertiveness. They'll also have opportunities to practice techniques with class members."

"I AM WOMAN" weekend workshops, open to women April 24 to 26, will be April 24 to May 2 and May 7 to 9. Instructors are Wendy Wagensein and Irene Sinclair. Being a woman today has many new dimensions, said Ms. Wagensein. "There's a lot of frightening and confusing. Often it can be challenging and exciting. Often the woman who wants to develop her potential is very concerned about how these changes will affect special relationships in her life."

At various times, we're not sure of our competence in making decisions about our lives. The media, our friends and families continually force challenges on us."

THE WEEKEND workshops, said Ms. Wagensein, will give women an opportunity, in a supportive setting, to share feelings with others who may have similar concerns.

"We'll look at communication and decision-making skills," said Ms. Sinclair. "We'll examine socialization, sexuality and violence of women, among other stimulating topics. Through searching and sharing in this exciting experience, we hope you'll discover yourself!"

These interested in classes or workshops may call 258-2184.



"I am a woman, hear me roar," could be the theme song at Wayne State University's Southfield extension center this spring. A variety of courses offered are designed to create self-awareness and new dimensions of living for women in a changing world.

Jewelry lost in mall theft

A couple who recently started on a career creating and selling jewelry are hoping that someone who took two cases containing equipment and jewelry will return them soon.

They said that a \$100 reward will be given and no questions asked if the cases and contents, taken from the Livonia Mall shopping center parking lot last weekend, are returned.

Mrs. Cari Nocera of Southfield admitted she and her husband, Mark, "made a dumb mistake" in leaving the two cases in the parking lot near the Cunningham Drug Store.

They hope, however, that someone who took the cases will return them or someone who may have seen the theft will provide information so the cases can be recovered.

Mrs. Nocera, 30313 Glenview, Southfield, said the value of the jewelry box is an estimated \$2,000, while the tool box, containing her equipment for making the rings and jewelry, is valued at \$200.

She said the tool case is made of metal, brown in color and the size of a fishing box.

The jewelry box, then and black, looks like a tape case.

Livonia Mall employees did provide two tips that might lead to the recovery of the boxes.

Mrs. Nocera said a security guard saw a red Nova, a 1976 or 1977 model with the rear wheels jacked up for racing, driving around the parking lot space vacated by the Noceras.

An employee at a clothing store in the mall reported a young girl and boy, probably teenagers, were seen carrying cases which looked like the ones sought by the Noceras.

The girl was wearing a red, plaid coat, the employee said. The worker also added that the boy and girl were advised to "take the cases to the security guard's office" in the mall.

Mrs. Nocera said the two cases were placed on the pavement next to their white Renault into which her husband unlocked

the doors and put visiting children into the auto after the Sunday, March 14, showing of their jewelry at an arts and crafts show.

The show continued at the mall through yesterday, March 21.

Because of the break in their usual routine, the Noceras drove away and forgot that the cases were left in the parking lot.

"It was a dumb mistake," Mrs. Nocera said. "We'll never forgive ourselves."

She said that persons having the cases can return them to the Nocera home, south of 10 Mile and east of Indian Road, without making any personal contact or call them at 258-5613.

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Free Pap tests set at Northwest YW

The Detroit West unit of the Michigan Cancer Foundation (MCF) will sponsor three free days of Pap testing at the Northwest YWCA, March 23 through 25.

Testing will be conducted at the YWCA, 22040 Grand River, Redford Township, from 9:30 a.m. to 4 p.m. daily except Wednesday when the hours will be 10 a.m. to 3 p.m. Appointments may be made by calling the MCF Detroit West Unit office week days from 10 a.m. to 4 p.m. at 522-8033.

Early detection is vital to the cure of cervical cancer. The Pap test can reliably detect cervical cancer at its earliest stages. Every woman over the age of 18 should make a Pap test part of her annual health routine, advises the MCF.

Mrs. Mathilde Swell, Detroit, will serve as volunteer Pap clinic chairperson, recruiting volunteers and coordinating their work during the clinic. Volunteer nurses staffing the clinic will include Mrs. Jeanette R.N. Detroit, Mrs. Mary Chambers R.N. Detroit, and Mrs. Margaret Smith R.N. Detroit.

The Northwest YWCA clinic is part of the MCF's Community Pap test program which in 1975 provided more than 11,000 Detroit area women with free Pap tests. The Michigan Cancer Foundation, a Torch Drive United Way agency, offers free Pap-testing services throughout Wayne, Oakland, Macomb and Monroe counties as part of its program of community service.

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