

Community Calendar

DANCE RECITAL
Monday, June 5: Dance recital, with students of Barbara Burgess and Shirley St. Mary who study in Farmington Community Center, at 7:30 p.m. in Farmington High School on Shawassee west of Orchard Lake Road. No charge.

KAYAKING
Tuesday, June 6: Kayaking course begins at 7 p.m. in North Farmington High School pool and concludes with all-day field trip July 8 at Hudson Mills Metropark. Open to those 14 and older, only. Fee of \$39 includes all equipment needed. Registrations must be made in advance through Farmington Parks and Recreation Department, 474-6115.

ISRAELI FOLK DANCERS
Tuesday, June 6: Uri Segal Israeli Folk Dancers continue Pop Cultural Series at 7:30 p.m. in Orchard Ridge Campus, Oakland Community College, sponsored by the campus student activities office. No charge.

HELP FOR BEREAVED PARENTS
Wednesday, June 7: Help for Bereaved Parents, lecture and discussion by Harriet Samoff Schiff, at 7:30 p.m. in Marcy Center, 2860 Eleven Mile. Admission is \$3 per person or \$5 a couple, asked at the door.

BICYCLE WORKSHOP
Wednesday, June 7: Bicycle workshop conducted by Farmington Hills Police Department, in the courtroom of Farmington Hills City Hall at 7 p.m., for all ages. No charge.

ROCK CLIMBING
Wednesday, June 7: Introduction to Rock Climbing begins at 7 p.m. and concludes with all-day outing at Grand Lodge, Mich., July 8. Advance registration necessary through Farmington Hills Parks and Recreation Department, 474-6115. All equipment necessary included in \$39 fee. Open to those 14 and older.

CANOEING
Wednesday, June 7: Three lessons in canoeing includes an all-day trip on the Huron River beginning at 7 p.m. All equipment necessary included in the \$20 fee, for persons older than 10 years, only. Registrations are taken by calling the parks and recreation department, 474-6115.

CANDIDATES FORUM
Wednesday, June 7: Candidates Forum, for four persons vying for a seat on the Farmington Board of Education, sponsored by West Bloomfield-Farmington Area League of Women Voters and American Association of University Women at 8 p.m. in East Junior High School, 2500 Middlebelt, Room 424.

'MAD LITTLE ISLAND'
Wednesday, June 7: "Mad Little Island" continues Movies in the Afternoon series at 1 p.m. in Oakland Community College, Orchard Ridge Campus, Building J, room 292. No charge.

IMMUNIZATION CLINIC
Thursday, June 8: Free immunization clinic, sponsored by Oakland County Health Department, offers oral polio and booster shots for measles, rubella, mumps and TB tests for all persons 17 and younger, from 9 a.m. to

noon in First United Methodist Church, corner of Grand River and Waver.

FOUNDERS FESTIVAL MEETING
Thursday, June 8: The 14th annual Farmington Founders Festival Committee invites all residents and business representatives to its planning session at 8 p.m. in Holiday Inn of Farmington on Ten Mile and Grand River.

FASHIONS BY IRENE
Friday, June 9: Fashions by Irene & Company concludes the season's Fabulous Fridays Series, with luncheon at noon in Farmington Community Center, followed by students modeling clothes they made in Irene MacKinnon's classes. Commentary by Ms. MacKinnon, who shares a wealth of information for the seamstress. Tickets at \$7 each now on sale in the center.

ICE CREAM SOCIAL
Friday, June 9: Ice cream social offers food, games, prizes, booths, moon walk and dunk tank, sponsored by William Grace Elementary School Parent Involvement Activities for Kids (PEAK), from 6-9 p.m. in the school, 2940 Shawassee. No admission charge.

RECORD CONVENTION
Saturday, June 10: Record collectors' convention offers dealers tables for buying, selling, trading, from 9 a.m. to 6 p.m. in Sans Souci Hall, Nine Mile and Middlebelt. Admission is \$1.

BIKE RODEO
Saturday, June 10: Bike rodeo, sponsored by Farmington Area Jaycees, rescheduled because of rain, begins at 10 a.m. in Bel-Aire Lanes parking lot, Orchard Lake Road near Ten Mile, and offers prizes for bicycle obstacle course, and safety clinic conducted by Farmington area police. No charge.

CAR WASH
Saturday, June 10: Car wash, to benefit the proposed Farmington Youth Association (FYA) Center, sponsored by the FYA in its first project of the Youth Involvement Committee which aims to involve youth in community service, from 9 a.m. to 4 p.m. on the North Farmington High School parking lot.

ARTISTS RECEPTION
Sunday, June 11: Farmington Area Arts Commission salutes Edee Joppich, 1978 Artist in Residence, and Sister Mary Ignatius Denny, Distinguished Service in the Arts winner, at a reception at 2:30 p.m. in Mercy Conference Center, 2860 Eleven Mile. No charge.

ART AUCTION
Sunday, June 11: Art auction, sponsored by Sultanas of Denia Caravan 18, begins with a champagne preview at 6:30 p.m. in St. Francis Knights of Columbus Hall, 21900 Middlebelt, coordinated by Gallery Art Center. All proceeds earmarked to benefit the retarded. Donation of \$2 asked at the door.

BOUQUET
Tuesday, June 13: North Farmington Garden Club holds its first boutique of all handcrafted items from 11 a.m. to 3 p.m. in Orchard United Methodist Church, 30450 Farmington Road. No admission charge.

has taught at Shawassee Elementary School for nine years.
She received her bachelor's degree from Hillsdale College and her master's degree from Oakland University.

DOROTHY BENNETT has been installed as president of Beta Eta. Her vice-presidents are Barbara Gell and Nancy Simanek.
Others taking office for the coming season are Dorothy Lindquist, Myrna Henderson and Carolyn Plsek.
Mrs. Simanek, a first grade teacher at Fairview Elementary School, was named the outstanding woman of the year by the American Association of University Women this spring.
Another member who received a special honor this year is Dorothy Cox, a science teacher at Clarencville Junior High School. She took the Russell E. Wilson Award for school site development from the University of Michigan. It was given for the environmental work she did at Westbrook School.

Author says you can kick the fear habit

By SHIRLEE IDEN

There are 25 million folks out there who are deathly afraid to fly. This could affect their personal lives or even their careers and ability to earn a living. Once Dr. Emanuel J. Smith was one of them but he kicked that fear. Now he attempts to teach others how to overcome unreasonable fears.

"Kicking the Fear Habit", Dr. Smith's book on the subject is not the first book he has written. He is the author of "When I Say No, I Feel Guilty," which sold over two million copies.

Dr. Smith is a therapist in private practice and an assistant professor of clinical psychology at UCLA. He has done research in social psychology, learning, phobic states and sexual functioning.

"I started working with phobic patients around 1965," he said. "Psychological therapy isn't magic. Some fears are easy to get rid of and others are more difficult."

"Basically, the more anxious you are, the less you can think," Smith said he received calls to 300 letters after he wrote "When I Say No, I Feel Guilty" and just 12 from "Kicking..."

"People don't like to admit they have phobias," he explained.

HE PUTS himself in the behavioral tradition, rather than in the more classical fields of psychiatry and psychology where therapists look for deep seated causes for phobias and other ills.

"Behaviorism has a good track record," he said. "With the methods we use, when you kick a phobia, it is conquered and it disappears. You don't have to carry the book around with you."

The author of textbooks and psychological articles, his first book, written in 1955 was a runaway bestseller but now outsells "Jaws" 15 to one, the author contends.

"There's nothing unusual about my being an author, after all Freud won a Nobel Prize for literature," he pointed out. "His popular books were written for mass consumption and he wrote the first psychological self-help."

Smith didn't start out to be a psychologist or an author but planned to be an engineer. "Then I decided I wasn't so interested," he recalled.

Born in Brooklyn, New York, he received both his BA and MS degrees from San Diego State College and his Ph.D. from the University of California at Los Angeles.

He is deeply involved in assertiveness training, does research and teaches. Right now he is working on some problems in love relationships but isn't sure yet if a book will come of it.

"Writing for the public is quite a thing," he said. "I'm not a fast writer but I like to write things that people can take right with them."

"Kicking the Fear Habit" can help people to use their own automatic orienting reflexes to unlearn their anxieties, fears and phobias. It describes how phobias happen and why, hope to cope with them and how to overcome them. There are no exotic

formulas, but much that is practical and has been proven in laboratories. If you're afraid of flying, afraid of elevators, anxious when driving a car, afraid to go out of the house, too anxious to enjoy sex or petrified of animals, you're not alone.

Ethan Allen AMERICAN TRADITIONAL INTERIORS



Ethan Allen Floor Sample Sale

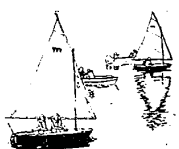
SAVE 20% TO 50%!

What an excellent opportunity to save valuable furniture dollars on fine quality Ethan Allen Floor Samples for living room, dining room and bedroom. We're sweeping clean to make room for our Summer merchandise. Enjoy mark-downs on an excellent collection of Sofas, Chairs, Loveseats, Occasional Tables, Dining Room groups, Bedroom selections and Lamps, Wall Decor & Accessories. Many are discontinued pieces and one-of-a-kind items...so shop early! ALL SALES FINAL...no lay-aways.

TERMS, of course!
open Mon., Thurs. & Fri. 9:00 P.M.
644-7310

WIGGS Since 1902

1480 TELEGRAPH RD.
(at Long Lake Rd.)
BLOOMFIELD HILLS



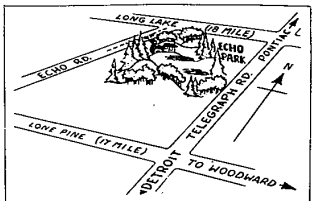
echo park day camp, inc.

This summer give your child the wonderful experience of Echo Park Summer Camp.

- Three lakes on 112 acres
- Swimming, boating, archery, nature study, crafts, fishing, cookouts
- Children 3½ to 14 years old
- Experienced camp counselors
- Four Week sessions
- Family memberships available

YOU ARE INVITED TO OUR OPEN HOUSE

SUNDAY, JUNE 11, 1 - 4 p.m.



ECHO PARK DAY CAMP, INC.

4275 Echo Road, Bloomfield Hills

646-5590

Delta Kappa Gamma taps 2 local educators

The Beta Eta Chapter of Delta Kappa Gamma, an international honorary society for outstanding women educators from the Farmington and Clarencville areas, has initiated Mary Lou Ankele and Mary Volin. Both are employed with Farmington Public Schools.
Mrs. Ankele is a supervisor of the special education department, in charge of resource rooms and rooms for the learning disabled.
She has taught, as a resource teacher, in Wooddale Elementary School, and as a nursery school and kindergarten teacher at Sarah Fisher.
She received her bachelor's degree from Eastern Michigan University and her master's degree from Oakland University. Her education specialist degree came from Wayne State University.
Mrs. Volin is the team leader for the Cycle Eleven Teacher Corps at William Grace Elementary School and