

Farmington Youth Assistance hits some highs and some lows

By LORRAINE McCLISH

"An Evening With Eric Johnson" is the next program scheduled by Farmington Youth Assistance (FYA) Family Education Committee for community participation.

The author of three books concerning teenagers will be in the Farmington Hills Community Library at 7:30 p.m. Thursday, April 5. His topic is "Adolescent Sexuality."

Johnson has written "Love and Sex in Plain Language," "Sex: Telling It Straight," and "How to Live Through Junior High School."

The FYA, now entering its 21st year of service to the community, has suffered some low moments along with its successes during that period.

The education committee is given high marks by John Pinkerton, the FYA's one-man professional staff who acts as counselor and advisor to the 60 some volunteers who comprise the agency.

Its ongoing workshops and study groups and periodic lectures on family issues, communication, sexuality, child management and the like have reached hundreds of local families.

A current success is the filled up classes for its program called "Children: The Challenge" where parents are aided in bringing about family harmony emphasizing respect for all parties concerned.

"THE BIGGEST thing we've got going for us is our volunteers, the numbers of local citizens that have something valid to give, and are willing to make a commitment to kids," said Pinkerton.

In this behalf he points to Ann Struble, a volunteer, and Gerald Young, a high school athletic teacher, who together headed up last summer's Teen Center based in William Grace Elementary School.

"It exceeded all of our expectations," Pinkerton said. "It was a fun program without restrictions for the

kids who felt comfortable with the adults who came in numbers to help."

Summer camp, an activity the FYA carried on for 19 years arranging spots for those who might not have otherwise experienced camp life, will be dropped.

"All energies will be used to expand the Teen Center this summer," Pinkerton said.

PLUS (People, Listening, Understanding, Sharing) is the FYA's big disappointment.

The self-explanatory named program asks for adults to share part of their everyday life with a child or a teen, and that never really got off the ground.

"We just never got enough adults to go into the training for us and it is still hanging in limbo. The committee does not want to drop it."

"Right now," he added, "I could make three phone calls and have 15 kids that could benefit from that kind of program."

PINKERTON explained his relationship to the FYA committee as "Unique almost in Michigan, not wide in the U.S. or maybe anywhere."

It is a situation where the professional is not the boss.

"I am the consultant," he said. "The committee makes the priorities, points the direction. They know the local needs and they make the programs to meet those needs. It is the people's committee. They own it."

"It is the volunteers who make it run and it is the new volunteers who keep coming in that constantly rejuvenates me."

The Rev. Stan Nicol currently heads the FYA committee.

Gary Gallens, who brought "Children: The Challenge" to the community

heads the family education committee. This program has been brought back over and over by popular demand and an off-shoot course called "How to Keep Sanity in the Classroom" is offered to local school teachers. Now, two universities in the area are considering it as a credit course for those planning careers in education.

Caroline Broida heads the FYA's Youth Involvement activities which gives young people direction for involvement in civic affairs and local charities.

VIRGINIA BRITTON is vice chairperson of the committee. Other officers are Patsy Smith and Patrick Prendergast.

The committee is rounded out with Mary Ann Pollock, Jessie Corliss, Catherine Jones, Beth Larson, Madelyn Ryan and Richard Wallace.

All committee persons will be involved with the beginning of the summer program called "Mom, There's Nothing To Do."

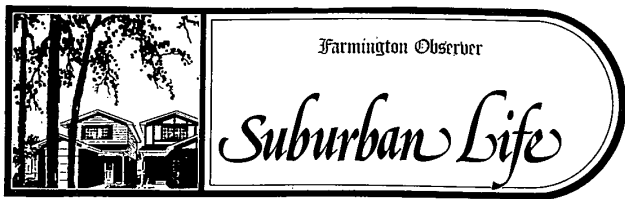
For this, ten local organizations package all summer activities into a comprehensive packet to let the community know all there is to do to combat the summer doldrums.

"There are more things available in a summer than most of us could do in a lifetime right in the metropolitan area," Pinkerton said.

"Money-wise they run from cheapies and freebies to anything you want to pay and they are all fun, educational and cultural things that are constructive ways for families to inter-relate without spending a lot of money."

FYA is non-profit, and offers programs either without charge or at cost; sometimes below cost.

"An Evening With Eric Johnson" is free of charge.



Thursday, March 22, 1979

(F)13

Bread making sessions lead way to 'Total Health'

By LORRAINE McCLISH

The recipe calls for some flour, water, honey and a pinch of instruction. Mix for about an hour with some low-keyed happy chatter from Dottie Allen's soothing southern drawl. The result is a room full of happy people who leave with a one-pound loaf of golden grain bread to take home and bake in their own ovens.

"Breadmake" is new to the Detroit area, brought here by Earl and Dottie Allen who recently moved to Novi from Dallas. Bread making is an offshoot program, a two-hour, one-session workshop of "Total Health," and is used by the Allens to introduce the full eight-week "Total Health" program to the community.

"Total Health" sessions are in full swing now in the basement of Farmington Seventh Day Adventist Church, 19831 Ten Mile, at 7:30 p.m. each Monday.

"Breadmake" comes to the Farmington YMCA for three dates this spring, and "Total Health" will be on the Y's next agenda of full classes.

"Total Health" was originated by El-

man Folkenberg, of Maryland, who is also the creator of the "Five Day Plan to Stop Smoking."

One area of emphasis is the need for whole grain bread, full of fiber content. Mrs. Allen states that about 40,000 loaves have been made from the original recipe since its inception.

THERE ARE NO diets involved in "Total Health," though Mrs. Allen states she "has lost 20 pounds and never re-gained an ounce after following the habit-modifications suggested and reinforced by Total Health."

Her work in both programs, mostly with PTAs in Texas, have given her participants increased energy, better quality of sleep and weight loss without dieting.

Better digestion and less depression were other benefits derived. For the bread-making sessions, the Allens furnish all ingredients needed, even individual aprons. Participants work in teams of two, seated opposite one another, mixing, measuring, kneading. While the bread "rests," the couple take questions from the floor. Mrs. Allen said that almost half of

... students are men and many are young people.

"We register people from nine years on up," she said, "about 17,000 third graders in Maryland have made our bread. Neither age or sex is a factor."

Included in the two-hour breadmaking session is a running discussion that aids the individual in modifying negative habits.

"We do this with a positive approach reinforcing the whys and the hows, all leading up to total health," Mrs. Allen said.

PERSONS WHO wish to join the "Total Health" program can still get in on the last six sessions by calling the church at 427-0393.

Another "Breadmake" at the church is set for 3-5 p.m. Sunday, April 29, to introduce the next "Total Health" program. "Breadmake" is scheduled at the Farmington YMCA to run from 7-9 p.m. on the evenings of April 24, May 17 and 24, and registrations will be taken now by calling 553-0220.

Fee for "Breadmake" is \$3. Inquiries about the development of classes in other locations will be taken by calling the Allens at 348-0574.



Dottie Allen holds sway over a "Breadmake" session in Farmington Seventh Day Adventist Church, where participants leave

with a loaf of gold grain bread ready for the oven.

Marimba soloist stars in concert dedicated to handicapped, seniors

Professor Charles Owen, a marimba player who uses four mallets, will be the soloist for "American Music — Our Heritage" when the Farmington Community Band stages its fourth annual concert dedicated to seniors and handicapped in the area.

The event is set for 2:30 p.m. Sunday, April 1, in Farmington High School's auditorium. It is made possible by a grant from the Michigan Council for the Arts and is free.

The concert is interspersed with this year's free concert series, featuring a guest soloist of renown, given by the band under the direction of R. Paul Barber.

Special buses have been arranged to provide transportation from local nursing facilities and special favors are on hand to ready to be given to all the honored guests.

Though the performance is free, tickets are required. They may be obtained by stopping in or writing the Farmington Hills Parks and Recreation Department, 31555 11 Mile Rd., Farmington Hills 48018.

Homebound persons who wish transportation are invited to contact Fern Barber at 661-4604, or Marion Daniel at 474-1180, for arrangements.

OWEN'S APPEARANCE here follows last month's free concert by the Farmington Community Band which featured saxophonist Donald Sinta.

That concert drew 700 persons, the largest crowd ever for a Community Band concert.

The school system provided three buses and drivers to bring nursing home residents to the performance. Some of the money to stage the concert came from the Michigan Council for

the Arts; the balance was made up from the Farmington Community Band patrons.

"The scouts were a big help to us," said Katie Lipsky, a Farmington Community Band patron, "and troops will be back again to usher the honored guest, offer an arm where needed."

"Some of our men (patrons) are lending manpower for lifting wheelchairs, and a lot of us will be baking cookies, making punch and coffee."

Mrs. Lipsky explained that using four mallets on the marimba is a talent performed by those with only the most proficient of skills on the instrument.

OWEN is professor of music at University of Michigan and head of the percussion department. He conducts the Percussion Ensemble at the university's School of Music.

He came to Michigan in 1972, following 18 seasons as first percussionist with the Philadelphia Orchestra under Eugene Ormandy.

In that capacity he was a soloist on the "First Chair" recordings for Columbia, as well as recording the entire symphonic repertoire under both Columbia and RCA labels.

Before joining the Philadelphia Orchestra, Owen was timpanist and marimba soloist with the U.S. Marine Band.

Each summer since moving to the Midwest, Owen has been a performing artist with the famed Aspen Music Festival and head of the percussion department of Aspen Music School. When time permits, he serves as first percussionist with the Casals Festival in Puerto Rico.

As Sinta before him, he will give a free music clinic to young musicians at

3 p.m. Tuesday, March 27, in Harrison High School auditorium.

The clinic is geared for high school musicians, but is also open to all persons without charge, and is part of the arrangements made with the soloist in cooperation with the Michigan Council for the Arts.

Bill Conway, who founded the Farmington Community Band with director Barber, will be announcer and master of ceremonies for the concert.

Persons who will be writing for tickets should enclose a self-addressed stamped envelope with their request.



Professor Charles Owen, who heads up the percussion department at University of Michigan's School of Music, performs on the marimba as guest soloist with The Farmington Community Band's concert, "American Music — Our Heritage."



Seniors and handicapped from the area came in wheelchairs, on crutches, and with walkers, to hear Donald Sinta's performance last month. The honored guests received posies from Farmington Community Band patrons and greetings from the Boy Scouts.