Honoree Betty Provizer Starkman (left) gets a hug from Leah Snider, Detroit chairman of Israel Bonds Women's Division.



And we're doing even more to make the most of our gas and our gas dollars. Things like:

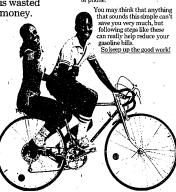
■ Driving at a moderate speed and a steady pace. 35 to 45 miles per hour is the most efficient driving speed (no more than 55 on the highway). Select routes that include long smooth stretches of road so you can drive at a steady pace.

Mot idling the motor for more than 30 seconds. Anytime you park and wait for more than 30 seconds, turn off the ignition. Restarting takes less gas than idling.

We're doing it. We're driving less, planning trips more wisely, keeping our cars in tunewe're taking the simple but necessary steps to save gasoline...

and money. Why money?

Meaning takes less bearing the car home once in a while. When you can, share a rideor use public trans-portation. Or try walking, biking... or even skating! And many errands can be handled effectively by mail Because wasted gas is wasted money.



Women help Israel win the peace

By SHIRLEE IDEN

Zionism, democracy and freedom are all synonomous to Betty Provizer Starkman.

So said her longtime friend Thelma Milgrom in a tribute at the Act of Faith Il nuncheon at Congregation Shaarey Zedek in Southfield last Wednesday,

Zedek in Southfield last Wednesday,
Mrs. Starkman, a Birmingham
homemaker, has been active on behalf
of Israel Bonds since the 1960s and a
stalwart of the state of Israel from its
inception in 1948.
On Wednesday she was honored by
the Women's Division who presented
her with a Serigraph Award rendered
by artist Samuel Bak.

A second honoree, songwriter Betty
Comden, received a cultural award, in
absentia. Ms. Comden was a "no show"
having been laid low by serious eye
problems. Her telegram of regret dates
mee.

Ms. Comden is known for her collabmee.
Ms. Comden is known for her collabmen.
Ms. Some of the shows they are known
movie history.

SOME OF the shows they are known
or are: "Wonderful Town," "Applause," "Bells Are Ringing,"
a "Subways Are for Sleeping,"
They are done many musical movies

ACCEPTING her award, Mrs. Stark-man said it is Israel that should be hon-ored "our infant nation that has given so much to the world in the fields of medicine, of poetry, and of literature providing so much food for the soul.

"Her solar techniques warm the cold flats of London, her fruits and flowers grace the tables of Europe and she is the moral conscience of the world."

"Each of us stands taller and walks prouder because there is an Israel and never again will there be a wandering Jew. Our roots are deep through 6,000 years of history in Israel.

"We are that wondrous generation to have seen the regeneration of Israel."

Hadassah plans donor featuring area chef

The event is slated for Temple Beth El and is open to those who have contributed \$125 or more to Hadassah within the year. Members wishing to raise their pledges and become eligible may do so by calling the Hadassah office in Southfield at 357-2920.

Chef Duglass will create a gourmet fantasy for Hadassah's annual donor dinner on Tuesday, June 24.

Chef Duglass was born in Detroit, graduated from Chadsey High School and tended Wayne State University. While at WSU he won "Les Amies Des Excenfier" scholarship which sent him which sent him

He attended L'Ecole Hoteliers de Paris Jean Derant where he learned the secrets of food preparation and ho-tel/restaurant management.

Now **\$30**

For several years he had a popular television show and is the owner of Restaurant Duglass in Southfield.

Mina Roberts is chairwoman of the day and Joan Provizer is program vice president.

OWL meeting slated June 24

Colonial House

Operation Watch Lathrup (OWL)
meets at 7:30 p.m. Tuesday, June 24 at
the Lathrup Village Municipal Building, 27400 Southfield Road.
Lieutenant Andrew Misner will conduct the meeting which is open to all
research a seminar on cardiopulmonary



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advertisement

Public misinformed, Hypnotist says.



What do you think you know about hypnosis? Hypnologist Elaine Kissel says what you think and the actual facts may be

quite different.

"People see stage and TV demonstrations of hypnosis and are left with impressions that are negative and misleading."

Elaine says. She adds that because of these
theatrical displays people either seek
hypnosis with the wrong ideas of what it is
and how it works, or shy away from it for the
same reasons.

"Hypnotists who do public demonstra-"Hypnotists who do public demonstrations to entertain or attract clientele may
mean well, but the end result is often as bad
as hollywood's portrayals and other media
exploitation of hypnosis. These
performances suggest that the hypnotis
subject is a puppet of the all powerful
hypnotist when in fact the subject is in full
control of all actions and knows everything
that is going on, but has implicitly or explicitly agreed to perform! Elaine explains.
Elaine says that hypnosis is an art and
like any other therapeutic practice deserves
respect.

Elaine says that hypnosis is an art and like any other therapeutic practice deserves respect.

You don't see surgeons, psychiatrists, doctors or dentitist doing public demonstrations to entertain. Hypnosis is a powerful people-helping method that should not be mis-represented or exploited.

Elaine says that in England where she was born and educated public displays of hypnosis are outlawed, and she believes the same should be in effect here.

At her now famous Hypnosis Center Elaine teaches self hypnosis courses and also has a 'busy private practice where in she helps people with all kinds of problems. Her people helping programs are gaining popularity as her reputation as a caring, concerned and most ethical hypnosis becomes more widely known.

In order to help people become better informed, Elaine invites people interested in learning more about hypnosis to a lecture scheduled for Wednesday evening (June 25th). 8 p.m. And free reteshments along with a tour of Center facilities. Call 569-7121 to make your reservation.