# A. Jolayne Farrell

Dear Jo: I am a professional woman in my late 60s. My facial skin is beginning to sag. I am considering having a facelift but I am not quite sure where to start. Could you give me some infor-mation on this.

The best place to start is to make an appointment with a qualified plastic surgeon for an evaluation, after which you can make more definite decisions. In many instances a complete facelift is not necessity.

Plastic surgeons are listed under physicians and surgeons in the Yellow Pages of your telephone directory.

Dear Jo: For quite some time now I have noticeed that when I go to a movie theater it takes me longer to get used to the darkness. Sometimes this is quite embarrassing. I feel helpless and am afraid that I might bump into someone or possibly have a fall. Does this happen to people my age?

As we grow older sight recovery is delayed when moving from a light to dark area and vice versa. This is considered to be a part of the normal process of aging.

To adjust to this the best thing to do is to remain at the back of the theater for a few minutes until your eyes adjust to the change, then proceed to find a seat. Most theaters make sure that the lighting before and after the movie showing is adequate so peole can enter and leave the theater more safely.

## B'fld workshop reviews money management



**WINTER SALE** 



Our complete line of Brown-Jordan, Ficks Reed and Clark rattan at tremendous savings

CASUAL, CONTEMPORARY AND PATIO FURNISHINGS iks east of Farmington Road) - 476-6550 Friday 10-9, Daily 10-5 epted or use our finance program

Fine Furniture Since 1917

#### MSU offers locally classes on stress

Stress, a person's reaction to the pressures of everyday life, has been called the most widespread cause of illness in our culture. Michigan State University's Southeast Regional Center at 746 Purdy, Birmighmam, is offering a pair of spring courses dealing with aspects of stress and its successful control. You don't have to be formally admitted to MSU to join either class.

Ed 882 (3 credits), Stress Management, will meet Ed 882 (3 creditis), Stress Management, will meet s-39-38-30 pm. Wednesdays from April 1 to June 3. Dr. Vincent Cornellier will focus on defining and clarifying environmental, physchological and psysiological stress. Class members will learn to assess personal stress levels. Dr. Cornellier will present a variety of current techniques to control or manage stress, such as biofeedback, relaxation and bvehavioral management. Psychosomatic illnes and job burnout will be discussed.

Ed 882 (3 credits), Stress in Children in the Elementary Classroom, meets 4:30-7:30 p.m. Mondays from April 6 to June 8.

It will assist teachers, administrators and other helping professionals in managing acute stress situations in the children they work with.

Participants will learn to assess the impact of stress situations and conditions on children, develop skills for assisting children in processing stress and develop strategies for generating positive coping behavior in children.

You may receive registration information by calling 645-5410.

#### **BAR STOOLS COUNTER STOOLS** From \$1995 thru \$15900



INCLUDES: CONTEMPORARY OAK WICKER & RATTAN EARLY AMERICAN CHROME



Visit Our Pennsylvania House Gallery

# 9 days left

to save 20% to 25% on

### PENNSYLVANIA HOUSE

**Dining Rooms, Living Rooms, Bedrooms Occasionals and Upholstery** 

Stewart-Glenn's

STOREWIDE ANNUAL WINTER SALE





LEARN TO TAKE CONTROL OF YOUR LIFE

With the revolutionary program that's changed lives of two million people . . . Silva Mind Cont

- **ACHIEVE GOALS**
- OVERCOME STRESS
- CONTROL HABITS
- IMPROVE MEMORY
- **ENRICH RELATIONSHIPS**

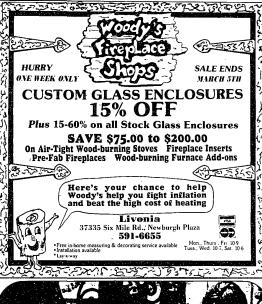
AWAKEN PSYCHIC ABILITIES

Plus many more benefits to be derived from the Silva Mind Control Method.

For Information on Courses or Free Introductory Lecture

CALL **552-0020** 

Michigan Silva Mind Control Center The Forward Thinking Institute





twelve oaks mall