

Monday, February 21, 1983 O&E

Smoke NoMore

Old habits traded for new ones
for smokers who are signing offBy Lorraine McClish
staff writer

Phyllis Zieve Friedman will lead another session of Smoke NoMore beginning at 7:30 p.m. Wednesday on Orchard Ridge Campus, Oakland Community College.

"Another dozen or so people quit the last time around. That makes a pretty hefty number since I started this," she said. She devised the classes, which are centered around changing the person's attitude towards cigarettes and behavior related to cigarettes.

"The core of the program is change," Friedman said. "We trade in old habits for new ones and offer a raft of tools for coping."

One such tool is to Sign-Off-the-Scene.

As Friedman explained, "A habit of lighting up every time you finish dinner would be one scene that you would learn to very quickly leave instead of lingering there where the cigarette urge lingers."

Robert Donovan learned to sign-off-his-bedroom scene first thing in the morning.

"Reaching for the cigarette the minute I got up was a tough one to change in the beginning," said Donovan, who is director of Jeep and Eagle Marketing for American Motors in West Bloomfield. "But I bypass that with a cold morning shower, and it works for me."

Donovan described himself as a chain smoker who found all of his instructor's thoughts on behavior change helpful, including one "that kept a coffee stirrer in my mouth through meetings and cocktail parties for weeks as a substitute for cigarettes," he said.

FRIEDMAN holds a degree in speech and sociology from University of Michigan. She turned to teaching smoking cessation as a group facilitator for American Cancer Society and American Health Foundation.

"I took everything I knew about the subject and put together Smoke NoMore accentuating positive attitudes, teaching that there is more to be gained from not smoking," she said.

"Each person can pick his own rationale. By the end of the program many tell how distasteful cigarettes have become to them, and the majority point out the improvements they have found in their new smokeless state in life," she said.

"I'm happy to be able to recommend the course because I feel a heck of a lot better now," said George Czarnik, accounting manager for Ameri-fee Corp., who attended Smoke NoMore sessions last fall.

Brad is now a U.S. citizen Careers

Bradley Emigh, a second grader at Woodcreek Elementary School, is now a U.S. citizen. The son of Bill and Maynard Emigh took his Oath of Allegiance with about a hundred others in Oakland County Circuit Court Feb. 10.

Brad's parents hosted an All-American dinner for their son's friends in celebration of the event with a menu that consisted of hot dogs, corn on the cob and apple pie. Neighbors and school friends stuck to the All-American decor by giving him a gift of a softball and bat.

Brad came from El Salvador to live in the United States about three years ago. He plays the piano, enjoys Cub Scouts, soccer, football, video games, fishing and walking in the woods.

Among those at his party was his new sister, Nancy, who arrived from Korea about three weeks ago to live with the Emigh family.



Bradley Emigh

Singer turns Eagle Scout

Dan Singer, a member of Boy Scout Troop 110 for the past seven years, became the 43rd member of the troop to attain the rank of Eagle Scout. The son of Dave and Yvonne Singer is a senior at Farmington High School who plans to study culinary arts at Schoolcraft College next fall.

To reach the rank of Eagle, a scout must earn 22 merit badges and complete a major community service.

Singer's service to the community was carried out by the grounds of Farmington Historical Museum before its formal dedication last spring. When that was completed Singer was officially recognized for the job by Farmington Beautification Committee which presented him with its Good Neighbor Award.

Singer has served Troop 110, sponsored by Our Lady of Sorrows Catholic Church, as patrol leader, warrant officer and scribe. He was elected to Order of the Arrow, a select service organization of Boy Scouting.

In school he has earned two varsity

letters for basketball. After school he works as a cook for Bill Knapp.



Dan Singer

class
offered

Oakland University Continuum Center sponsors a Careers in Transition workshop, 7:30-10:30 p.m. Feb. 21-March 28 in Holy Spirit Church, West Bloomfield.

Careers in Transition helps people decide what job they want and then teaches them how to get that job.

To register for this or other job-finding programs offered by the Continuum Center, call 377-3033.

New day
care center
opens

Opening date for Pathways to Learning Children's Center is Monday, Feb. 28. The new day care center is located at 30333 10 Mile Road, west of Middlebelt.

The center offers pre-school, kindergarten, half-day and full-day care, and a summer program. It will be open from 6:30 a.m. to 6 p.m. and offers special rates to those with more than one child entering the school.

The center's new phone number is 474-0092.

Unicyclists want
new club members

Redford Unicycle Club, which holds the U.S. Championship title for 1982, invites newcomers to its spring practice sessions which begin this month.

Practice runs from 10 a.m. to noon on Saturdays inside various churches and on church parking lots in Redford and Livonia, depending on the weather.

"Several churches have been very kind to us," said Dominic Liparoto, a Farmington Hills resident who is vice president for the club. "When newcomers call us we can tell them where the next practice session will be."

Newcomers can be any age, though the youngest cyclist in the club now is six years old. Previous experience on a unicycle is not necessary and residency

in Redford is not a requirement.

"Our membership comes from at least 10 surrounding communities, but we're down to about 25 active members now. Most of them are teens, so we can always expect to lose some of our best when they graduate from high school and leave for college," Liparoto said.

New members can expect to be called on for performances and parades with the club, mostly within the state.

In addition, the club is a regular entry into unicycle competition. Carol Brichford will answer inquiries at 533-4677.



RANDY BORST/staff photographer

Phyllis Friedman, who has devised her own method of smoking cessation, believes that freedom from the addiction can be learned, even by the die-hards and those who have tried to quit before, without climbing the proverbial walls.

Oldest ark discoverer
to speak in Southfield

"Discovery of the Oldest Sacred Ark in Israel" will be discussed by archeologist Eric M. Meyers on Wednesday evening, March 9 at Congregation Shaarey Zedek in Southfield.

Meyers, director of the graduate program in religious studies at Duke University, will describe his 1980-81 excavation in the ancient village of Nabateh.

During the dig, a fragment of a Torah Shrine, commonly referred to as the Holy Ark was recovered.

Meyers has a number of other archaeological and educational achievements to his credit. He has been hon-

ored by the National Geographic Society, the Smithsonian Institute and the Memorial Foundation of Jewish Culture.

Presently on a sabbatical at Oxford University, Meyers previously earned a doctoral from Harvard, a master's degree from Brandeis University and a bachelor's degree from Dartmouth.

He has also studied at the Hebrew University in Jerusalem, Hebrew Union College, and the University of Vienna in Austria.

For more information call the synagogue at 557-5544.

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