

## Smoke NoMore

# Change of habits helps the smokers quit

By Loraine McClellan  
staff writer

Smokers learn to kill their habit by treating themselves with kindness and respect in Phyllis Friedman's seven-session class called Smoke NoMore.

The West Bloomfield resident brings the class to Farmington Community Center this spring. Friedman developed her own program for smoking cessation and has taught Smoke NoMore classes in Oakland Community College for several seasons.

The class will begin at 7:30 p.m.

Monday, April 13, and run periodically through Thursday, May 5.

Friedman describes Smoke NoMore as a sane and systematic procedure.

"Freedom from this addiction can be learned, even by the die-hards and those who have tried to quit before without climbing the proverbial walls," she said. "For the smoker who wants to quit it gives techniques to change habits that will keep them on the wagon. And they are lasting techniques."

Some of those techniques she devised by living through them herself. Some

come from the period when she worked as a group facilitator for the American Health Foundation in its efforts to help people stop smoking. Others came from a variety of non-smoking clinics and much research.

THE IDEA to put all those techniques together in Smoke NoMore came when she worked for the Quit Smoking program sponsored by American Cancer Society. This dove-tailed into the first "Smoke Off" day on Orchard Lake Campus, which she was chairwoman of.

An intrinsic part of Smoke NoMore is having the classes limited in size. That way, participants can get individual help in class and through a follow-up during what amounts to a major change in their lives.

"Change is the core of the program," Friedman said. "We are changing by trading in old habits for new ones, so there must be a raft of tools ready and waiting for the coping."

"Sometimes the coping is accomplished just by encouraging the smokers to treat and reward them-

selves more often," she said. "I accent positive attitudes, teaching that there is more to be gained from not smoking. Each person can pick his own rationale, but by the end of the program most of my students are telling me about the improvements they have found in their new smokeless state in life."

Registrations for Smoke NoMore are now being taken in Farmington Community Center on Farmington Road north of 10 Mile Road. The fee of \$35 is payable with in-person registration.

## Farmington Observer

## suburban life

Loraine McClellan editor/477-5450

(F7B)

## Miss Michigan United

# Pageant pushes open show business doors

By Loraine McClellan  
staff writer

Carleen Lindsay, winner of last year's Miss Michigan United Beauty Pageant and now a resident of Farmington Hills, will turn over her crown to the new title holder June 22 when the 1983 pageant is staged in Canton's Center Stage.

Entries are being accepted now from women who are single, 17-49 years old, residents of Michigan and who want to pursue careers in modeling or show business.

"Our winner will receive a \$2,500 fur coat, a diamond necklace and a vacation," said Cynthia Guenther, who produces directs and coordinates the pageant.

"But most of the contestants — the ones serious about getting into some kind of show business — think of the exposure, the modeling school scholarships, the portfolio of photographs, the

auditions, as most important because those are the prizes that may be the stepping stone to their careers."

"We push hard to open those doors for them," she said.

She backs up her statement and proves her track record by reciting a long list of former entrants who are now seen regularly in TV commercials, traveling with the auto shows or are connected with high fashion modeling agencies in Chicago or New York.

The most recent notable addition to that list is the name of Dee Dee Russell who won the beauty pageant several years ago when she was a resident of Southfield. Now married and a resident of Birmingham, Russell-Jacobsen will be taking a screen test this month to play opposite Walter Matthau in a movie called "Tugging at Both Ends."

"ALL OF THOSE successes are cues for me," Guenther said. "That's what this pageant is all about. There is no

talent involved. This is a beauty pageant."

Entry forms will be mailed on request by calling the pageant headquarters, 271-8783. Deadline for entry is June 2.

The first 35 contestants who enter the Miss Michigan United Beauty Pageant will be involved with this spring's March of Dimes major fundraiser. The pageant, working in conjunction with John Robert Powers Model and Talent Agency and School, is an active participant in the charity event.

There will also be a prepageant party for the first 35 contestants who enter. We've got a few prizes lined up just for the fun of it with a drawing where we'll be giving away a weekend vacation at a Michigan chalet, a dozen 8 x 10 photos and the use of a car for a month from Buick Whelan Chevrolet.

"Other parties for all contestants are

shaping up that will run right up to pageant time," Guenther said.

"This is mostly for the judges to meet the girls, but I always have a lot of talent scouts and fashion photographers at those parties."

"I don't guarantee anything," she said. "My job is to give exposure, then it's up to the girl to go for it."

Lynda Carter of "Wonder Woman," TV personality Marj Wallace and Goodwin, who spends her away-from-pageant-duties time traveling with the Ford Auto Show, all were former winners of the pageant.

"But I always stress you do not have to be a winner to win," Guenther said.

"The 25 finalists in the competition are automatic winners of an audition for the Ford Motor auto shows. That's opening a door that many of them would never have gotten pushed for them otherwise," she said.



Heading the list of five finalists in last year's competition is Carleen Lindsay, who will return from her work with the Chrysler Auto Shows to crown the new pageant winner this spring. With her are Dianne Taran (from left) of Westland, Claudia Abel from St. Clair Shores, Adele Riveria from Detroit and Suzanne Kosnik from Southfield.

## Roberto Estopinan

# Sculpture reaches pinnacle of purity

By Corinne Abatt  
staff writer

Roberto Estopinan touched one of his bronze torso sculptures in Schweyer Galde Galleries as he talked in a mixture of Spanish and English.

His gesture said he didn't like to be separated from his work, he would rather be in his New York studio than here for the opening of his retrospective which opened this week.

This is not to say that the charming Estopinan is a recluse, but more that he loves his work and the love shows in the quality of both drawings and sculpture which has made him an internationally known artist.

This retrospective which Olga Chao of Schweyer Galde has been working on for more than two years may be a compliment to the artist, but it is a bonanza for the viewer.

For the progression and growth of the 61-year-old Estopinan, from the

time he first gained attention as an artist in his native Cuba in the mid and late '40s, is indeed a revelation.

In his latest work, all of the strong inherent talent, the strengths of hand and eye, the life experience and the incredible facility with pen and other tools meet to form the high point of this exhibition.

THROUGHOUT his work, both sculpture and two dimensional, the figure has been the dominant subject. But his treatment and handling of it reach beyond tradition.

In the retrospective, one can see the approach being continually refined, the extraneous deleted as the fine, pure line becomes all important.

In his most recent portfolio of drawings, the artist's modest work for these highly refined works on paper with pen and pastel, one beautifully drawn bone which carries the quality of an etching may be all that suggests the figure. He

adds soft color around it to highlight his subject, to actually form the outline of the image.

Yet, this one image, a shard of the skeleton that Estopinan uses carries tremendous impact. He has a deep appreciation of archaeology.

And while the viewer may find messages, universal truths, even a kind of spiritual experience in his work Estopinan said, "It is the purity of thought along with the purity of line that preoccupies me."

His concern with purity extends to his sculpture. He controls it totally throughout the process.

HE IS at the foundry and working during the casting, does all of the chasing and polishing himself, and doesn't feel it's really his work unless he controls every aspect of it.

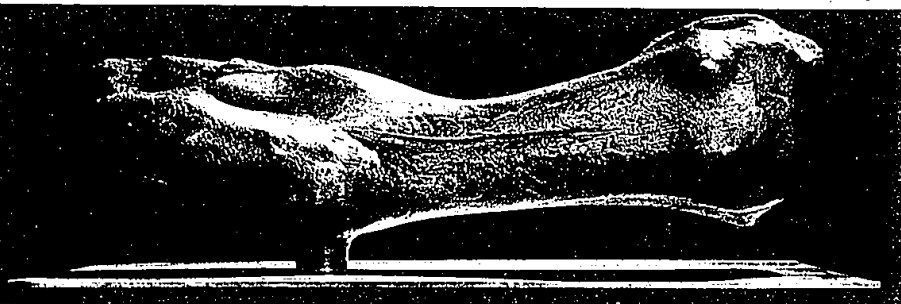
If there is a singular feeling or theme that runs through his work and

he will agree with it, it is freedom. Even the long, lean, stretched torsos, in a sense, pull away from real and imaginary prisons.

Primarily, he will say he is concerned with aesthetics, but his art is about the majesty of the human spirit and the tragedy of the abuse of it.

Estopinan's work is in the collections of the Museum of Modern Art in New York City, the Philadelphia Museum of Art, the Detroit Institute of Arts, the Museum of Modern Art of Latin America in Washington, D.C., the Musée d'Art Moderne de Paris, the Tate Gallery in London as well as major museums in Mexico City, Madrid and Montecatini-Terme, Italy.

In light of the size of the gallery, this is a large show — 65 drawings and 30 sculptures covering 25 years of work. It continues through April 27. Hours are 11 a.m. to 5 p.m. Tuesday-Saturday, 630 Hamilton Row, Birmingham.



Recent work, 2 Reclined Nude II" by Roberto Estopinan is bronze, 13 inches long. It illustrates his concern with the magnificence of line, coupled with subtle balance.

## Gardeners offer course in landscape design

A landscape design study course, sponsored by Federated Garden Clubs of Michigan, will run from April 19-21 in Mercy Conference Center. Accredited by the National Council of State

Garden Clubs, the course is the first of four that will be offered six months apart in the Farmington Hills complex. The courses are designed for those interested in learning more about land-

scape design, use of plant materials, ecology, land use and developing a greater appreciation and understanding of their surroundings.

Each course consists of 11 hours and

ends with an optional examination by those who wish to qualify for a critics certificate, granted by the national council.

Members of Hill and Dale Garden Club, Junior League Gardeners, North Farmington Garden Club, Kalamazoo Garden Club, Bloomfield Welcome Wagon Garden Club, Trowel and Error Garden Club, Eastford Garden Club and Orchard Lake Flower and Garden Club are hosting the event.

Chairwoman of the event is Elaine Gunderson from Hill and Dale.

Brochures listing the full schedule of events and registration information will be sent on request by calling Mrs. Henry M. Kuhlman, 884-6715.

## More classes offered in the center

Four classes have been added to the Farmington Community Center spring schedule.

An evening beginners calligraphy class has been added by Sue Deel who will share her techniques of lettering in five styles, from simple Roman to the popular Italic hand.

Students will learn layout, proper

tools, poster making and creative greeting cards during the six-week course beginning at 7:30 p.m. Monday, April 11.

Zabel Arakelian continues to share her needlecraft expertise in three session classes for beginners through advanced needlecrafters teaching crewel embroidery.

Arakelian, who learned embroidery techniques from Audrey Francini, has taught a variety of needlecraft classes at the center since 1971. Her classes include a combination of her original designs and those of Francini.

These classes begin April 13 and 14. Registration for all classes are taken in the center, 24705 Farmington Road.

## spring sale

ACCENTS!!! at 25% savings with a Flair.

We've taken three entire collections from famous manufacturers of small, unique and functional occasional furniture and special priced each and every item. Results are great values!



Easel  
22" x 20" x 64" H  
Reg. \$149 SALE \$112.50



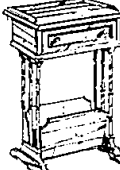
Scatter Table  
19 1/2" x 19 1/2" x 18" H  
Reg. \$99.50 SALE \$74.62



Bombe Scatter Table  
14 1/2" x 14 1/2" x 18" H  
Reg. \$69.50 SALE \$52.12



Brass Tray Octagonal Scatter Table  
19 1/2" x 19 1/2" x 17 1/2" H  
Reg. \$119 SALE \$89.25



Martini Table  
19 1/2" x 19 1/2" x 18" H  
Reg. \$119 SALE \$89.25



Scatter Table  
19 1/2" x 19 1/2" x 18" H  
Reg. \$99.50 SALE \$74.62



Scatter Table  
19 1/2" x 19 1/2" x 18" H  
Reg. \$99.50 SALE \$74.62



Scatter Table  
19 1/2" x 19 1/2" x 18" H  
Reg. \$99.50 SALE \$74.62

## Ray Interiors

Michigan's first Dressel Heritage store

33300 SLOCUM DRIVE • FARMINGTON • 476-7272

Tues., Wed., Sat. 9:30-5:30

Mon., Thurs., Fri. 9:30-8:30, Sun. 12-4

"Serving the Metro Area Since 1938"