

Suburban Life

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(F&B)

Chronic pain

Psychologist gives suggestions to help cope with the ache that won't go away

By Lorraine McClish
staff writer

Tightening up the muscles, squinting the eyes or gritting the teeth is not going to help get rid of the pain. Instead, the very act of doing those things may increase it.

"The more tense you are, the more pain you feel, and the more pain you feel increases the tendency to more tenseness, which becomes a truly vicious cycle," said Dr. David Wartel, a psychologist who works with persons suffering from chronic pain.

"And medications, particularly those prescribed on a take-as-needed basis, as opposed to those prescribed for once every four hours, for example, can be one of the worst things you can do for yourself. Besides leading to addiction there is evidence now that shows that kind of pill taking may actually increase the pain.

"Opium, first used as a pain killer about 4,000 years ago, was meant for short-term use, meant for a pain you knew was eventually going to go away.

Medications today are still developed to deal with the acute pain, the pain that comes from a broken leg or surgery that you know is, along to be short-lived, because you know it will eventually be healed," he said.

The Southfield resident lectures, works with individuals and groups, teaching those who suffer from chronic pain, mostly arthritis, those with constant backaches and headaches, how to cope with the pain so it doesn't interfere with their lives.

WARTEL TEACHES relaxation techniques, pain control techniques, distraction techniques and self-hypnosis. "Out of it all take what works for you and use it," he said. "Some are more adept at using one technique more than another. My own advice is to learn them all so you have a whole pocketful of them to fall back on, to use when you need them."

Wartel said he was rather amused to learn that the Lamaze method of childbirth utilized much the same philosophy of breathing as he uses with his clients when he was taking the lessons leading up to the birth of his first child 14 months ago.

"Concentrating on the breathing is a distraction from the pain," he said. "This same distraction occurs when you are engrossed in a movie or a book. It is the same distraction a football player has who, intent on the game, gets hurt but doesn't realize it or even feel the pain until after the game is over."

"The mind cannot pay attention to two things at once. But learning how to concentrate with that much centeredness is not easy. Changing habits are not easy, but with practice and a few techniques it can be learned to turn you away from the gimme-a-pill habit and all of the side effects and ramifications that might bring."

Wartel DOES not believe all chronic pain has a psychological origin, but he is quick to point out placebo research which shows that at least 50 percent of the placebo takers get some kind of relief, whether they believe

they are taking aspirin or morphine. "Fifty percent is one big number when you know these people are in no-tolerant pain," he said.

And speaking of cause and effect, he said, "It would certainly be more beneficial if you could find an original cause for the migraine and then do something about that. But if that's failed, there are still ways to manage the pain, and give you relief, which is certainly the second best thing."

"The tendency is to brace yourself, which fatigues the muscles, and that deepens the pain, aggravates it, increases it. This is most common with people who have chronic backaches, and if that is the tendency a few lessons in relaxation are needed. Again, that's not always easy. There aren't a whole lot of us who know how to relax."

"But whatever you do, don't wallow in your pain, that's the very worst you can do for yourself," he said.

Wartel has an office at 6346 Orchard Lake Road in West Bloomfield and another at 24100 Drake in Farmington Hills. He'll take calls at 478-1622.

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— Dr. David Wartel



Jews for Jesus

Area director talks about his youth

J'h'an Moskowitz has a way with words. "Being Jewish has always been very important to me and that's why I believe in the Jewish Messiah, Jesus," he said.

Moskowitz will be speaking at 8:45 and 10:45 a.m. and 6 p.m. Sunday, Feb. 10, in Northwest Church, 28111 10 Mile Road.

Moskowitz was raised in a conservative Jewish home in the Bronx, N.Y. His parents were refugees from Nazi Germany and had spent four years in a concentration camp.

Says Moskowitz, "I learned at an early age what it means to be a Jew and to be proud of my heritage and my people." Although he became disenchanted with religion in his teens, he was committed to the survival of his people and eventually became a short-term volunteer in Israel.

"When I went to Israel," he said, "I was an atheist, but when it was time for me to leave, I knew that the God of Abraham, Isaac and Jacob existed. I became a seeker. I realized that God purposed the universe and I wanted to know what He purposed for me. I found that answer in 1971 when I came to meet that God and His Messiah, Jesus. When someone asks me if I've converted, I tell them, 'Yes, I've converted—turned away from my sin to God.' I haven't turned away from my Jewishness. I'm still part of a covenant people."

MOSKOWITZ WAS one of the first Jews for Jesus volunteers even before the organization's incorporation in 1973. He received his bachelor of arts degree from Long Island University in history and philosophy and received his

theological training from Simpson College in San Francisco. He co-founded the nationally known Mobile Evangelistic Drama Team, and toured the U.S. as a leader of that team.

He has also served in a leadership capacity as a member of the Jews for Jesus Council which determines the policy and strategy of the organization. Moskowitz has authored the Jews for Jesus broadside pamphlet called, "All the World is a Stage." Presently he is serving as the leader and director of the Chicago branch of Jews for Jesus.

Jews for Jesus, an evangelistic agency, is best known for its creative materials. The literature, called "Broad-sides," deals with contemporary themes ranging from nuclear disarmament to Pac Man. Broad-sides uses humor and clever illustrations, yet has a

serious message, for the most part that Jesus is the promised Messiah for Jews and gentiles.

Other materials include original Jewish gospel music and drama which is presented by teams that tour the U.S. and overseas. The organization has personnel branches in San Francisco, Los Angeles, Chicago, Toronto, Boston and New York City. The staff now numbers 100.

MOISHE ROSEN, national leader of the Jews for Jesus ministry, says, "Our message is not new, but we're telling it in a new way. For too long, the Jewish roots of Christianity have been forgotten. Gentile cultural trappings have often been confused with what the Biblical religion teaches. The Messiah was born in Israel, not Greece or Rome. His mother's name was Miryama, not Mary. And she was told by an angel, 'And thou shalt have a son and call his name Y'shua, for he shall save his people from their sins.' Y'shua is the Jewish name for Jesus."

Jews for Jesus is launching a "Y'shua Campaign" with books, record albums, lapel pins and bumper stickers, to heighten the awareness of Jews and gentiles to the cultural context in which the gospel was given.

Moskowitz participated in the Consultation on World Evangelization in Pattaya, Thailand, a meeting of world mission leaders. He says of that meeting, "If the Bible is true, and the only way to salvation is through Jesus Christ, then withholding the gospel from the Jew is the greatest form of anti-Semitism. We are excited to see more evangelicals step out and share their faith with Jewish people than they have in decades."

Paul Bersche, pastor of Northwest Church, welcomes guests to hear Moskowitz.



J'h'an Moskowitz

Art up for auction

An art exhibit and auction begins with wine and hor d'oeuvres at 7 p.m. Saturday, Feb. 2 in Farmington Community Center.

A benefit for the center, the auction is coordinated by Gallery Art Center under the direction of Fred Grossman. Among the works being auctioned will be oils, lithographs, batiks, prints, serigraphs, etchings, and watercolors. Artists will include Agam, Hibel, Chagall, Vickers, Miro, Picasso, and Dali. A door prize will be awarded at the end of the evening.

Tickets will be available at the door for a donation of \$1. The center is located at 24705 Farmington Road, just north of 10 Mile Road in Farmington Hills.

Gift from France

The Statue of Liberty on Bedloe's Island in New York Harbor was designed by sculptor Frederic Auguste Bartholdi and was a gift to the American people from the government of France. Joseph Pulitzer, through his newspaper "The New York World," was successful in raising funds to complete the pedestal. The cornerstone was laid Aug. 5, 1884.

The Statue of Liberty was shipped in 214 crates sent from Paris to Liberty Island in New York Harbor. She stands within the star-shaped walls of Fort Wood, which was built in the early 1800s. On the day the Statue of Liberty was unveiled, Oct. 28, 1886, a million people lined the parade route in New York City.

Families in Action's drug awareness seminar set Feb. 5

Lynn Nutter, assistant superintendent for Farmington's secondary schools, will be the opening speaker for Farmington Families in Action Drug

Awareness Seminar, which will run for six hours Tuesday, Feb. 5 in Hamilton Room, Alexander Hamilton Insurance Co., 33045 Hamilton Boulevard.

Monisha Nayar, a resident of Farmington Hills and a doctoral candidate at Wayne State University in clinical psychology, will be the key speaker stressing communication and problem-solving skills within the family.

Other speakers on the agenda are Paul Cavan and Daniel Potter, both from Farmington Hills Police Department; Jane Reiser Williams, an education director for Farmington Area Advisory Council; and board members of the host group.

The seminar's objectives are twofold. It aims to encourage communication and support between parents, schools and law enforcement. And it aims to assist parents in their efforts to become more aware of drug and alcohol abuse among the young, while providing the expertise of professionals to give their view on local drug and alcohol abuse problems.

For registration information, call Betty Nicolay, president of Farmington Families in Action, at 651-6565, or write Farmington Families in Action, P. O. Box 2232, Farmington Hills 48018-0232.



Lynn Nutter

Expectant parents class set

Oakland County Health Division will offer a series of six Expectant Parent classes beginning Wednesday, Feb. 13, in the Southfield office of the health division, 27725 Greenfield.

Classes are given 7:30-9:30 p.m. and taught by public health nurses. There is no charge for attending the series of

classes, but preregistration is asked as enrollment is limited.

Topics will include maternal physical changes, good nutrition, growth and development of the fetus and the baby, labor and delivery, infant care and parenting.

To enroll, call 858-1280.

Players stage classic comedy

The Farmington Players open the all-time hit comedy "You Can't Take It With You" by Moss Hart and George S. Kaufman Friday in the Player's Barn at 32332 12 Mile.

One of the most enduring comedies ever to come from the Broadway stage tells the story of an eccentric family where each member lives life as he or she chooses rather than according to society's rules. The seeming insanity of the wildly different lives reveals, ultimately, that you really can't take it with you.

The story includes young love, a set of wealthy parents, fireworks manufacturing, a Russian ballet instructor, an ex-gang duce, printing press operations and G-men. The final blend is one of warmth and humor.

The play is directed by Jo Doehler of Union 1 Talent and produced by wife Cynthia Doehler.

The cast is made up of May Arvo and Tina Villaveuve, both of Novi; Erik Carlson, Lou Emmert, Bob McSweeney and Carl Orsini, all of Farmington Hills; and Dick Coe of Keego Harbor. Maggie Einhaus is from Walled Lake, Bob Locks from Berkley, Kathleen Monticello and Brian Tupper from Redford.

Others in the cast are Joyce Moor of Birmingham, Bob Myers from Bloomfield Hills, and Ira Purcha and Paula Terzian, both from West Bloomfield. The play will run weekends through Feb. 23. Tickets are available by calling the box office, 626-3061, CT.

Chefs pool talents for hospital benefit

"Cuisine Extraordinaire," featuring sample specialties from the members of the Culinary Association, is slated 5-8 p.m. Sunday, Feb. 10 in The Rostertall, Detroit. Sponsored by Children's Hospital of Michigan auxiliary, 20 chefs from area restaurants, catering firms, corporations and vocational education institutes prepare their individual specialties.

Donors of their time and talents to "Cuisine Extraordinaire" are Nick Apone of Zuccardo Catering; Martin Bell, Ford Motor Co. Executive Dining Room; Joe Barone, Bloomfield Open House; Beaton, Washinaw Community College; Richard Benson, Schoolcraft College; Miles Chelka, Golden Mushroom; David Hammett and Craig Julius, Knollwood Country Club; Carol Haskins and Leon Korstjens, St. John's

Hospital; Ray Hollingsworth, Fairfield's; Kamel Kassen, Renaissance Club; Thomas McGone, Hogan's; Tim Mikolajczyk, Leon's Pastries; John Preciel, Italian Diner; Terry Schuster, Meating Place; Wayne Steinko, Gollightly; John Vanderwou, Cuisine Moderne; Glenn Williams, Detroit Club and Paul Yousoufian, Schulers.

Proceeds from the benefit will be used toward research in transplantation rejection at Children's Hospital. "Cuisine Extraordinaire" will also offer a fine wine sale by the glass, a cash bar, and a raffle of 30 dinners for two. Tickets are \$50 per person, \$75 per person for patrons, or \$100 per person for benefactors, and must be purchased before Feb. 1. For information, call 494-5373.

TEACH ME TONIGHT

HAMMELL MUSIC PRESENTS...

SUZUKI PIANO: Start your child as early as 4 years old. For interested parents who want to learn more about this exciting concept, come to an orientation meeting on Thursday, January 31, 1985 at 7:00 in the evening. Please call for reservations.

ADULT GROUP PIANO: An inexpensive and exciting approach to piano playing. Learn the skills of music reading, piano arrangements, chording and much, much more. 17 and over please. Taught by Mr. Darwin Swarcz from Wayne State University.

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