

## Soprano and tenor join for musical interlude

"With a Song in My Heart," a musical interlude featuring soprano May Arvo and tenor Phillip Hawk, will be presented by the Finnish Cultural Center, Drama Club Saturday, March 30, Cocktails at 6 p.m. and dinner at 7 p.m. will precede the concert in Finnish Cultural Center, 35200 Eight Mile.

Arvo, who has been singing professionally since the age of 7, is also an actress, beauty instructor, choral director, make-up artist, and won the title of Mrs. Michigan in 1981. Currently she is singing with the Cantata Academy concert chorale where she met Hawk.

Hawk is also a dancer, is head cantor for Detroit's Blessed Sacrament Cathedral and a featured soloist with the Cantata Academy.

The two will be accompanied by Beverly Labuta.

The interlude takes its name from the operetta made famous by Jeanette MacDonald and Nelson Eddy, which will make up the first half of the program. The second half of the program will be songs from musical theater, and a salute to Jerome Kern. Reservations are \$12 each, taken by calling Irja Connolly, 278-1884, or Pat Johnson, 474-8955.

## Workshop on personal finance offered free

A free personal-finance workshop will be given by Robert Kennedy and Timothy Watts, co-authors of the new book "Personal Economics: A Guide to Financial Health and Well-Being," from 1-3 p.m. Saturday, March 30, in Brose Books, on Northwestern Highway, east of Orchard Lake Road.

Founders of EconoStrat Advisory Corp., in Bloomfield Hills, Kennedy and

Watts are consultants who provide advice to a wide variety of clients.

They have written the book to help readers manage their finances, whether one's income is \$15,000 or \$150,000 annually. The book describes the economic concepts, and components and forces that drive financial markets and how those relate to the reader's personal financial situation.

## Chorale sings sacred music

The Maranatha Chorale from Maranatha Baptist Bible College in Watertown, Wis., will present a concert of

sacred music at 7 p.m. Friday, March 29, in First Baptist Church of Wixom, 620 North Wixom Road.



retirement memos

Margaret Miller

## A retired pack rat keeps rearranging

"Whenever you get a little free time you rearrange something around here," Joe told me one recent morning. At that point, I think, I was trying to find a new place for some boxes to free some shelf space for my growing collection of pots and panning supplies.

And I suspect the activity is a common one for retired pack rats like me. When we move to smaller quarters after unpleased years in big ones, we cut down, way down, on possessions. But we never really get down to the basics of daily use, so there are always things that need stowing.

And then we keep acquiring those I-might-need-it-someday items. Or we make replacements but can hardly bear to throw out the originals. Or we move to new interests that require new equipment — and space.

AND THAT LEADS, for me at least, to ongoing reappraisal of the really quite ample storage space I have. I'm constantly seeking ways to put things away more efficiently and more conveniently.

I also keep adding more storage space. We bought a roomy file cabinet a while back. It holds a lot of records and papers very well. But then new projects brought me new piles of pa-

pers and a new file cabinet came into the apartment. It's nearly filled.

I add storage space with under-furniture boxes, hanging shelves, assorted extender shelves. But I know there is a finite number of places to put new storage equipment, so I also wind up moving things about.

Sometimes I even effect real consolidation. It was a genuine victory when I managed this year to put Christmas away in four boxes instead of five.

HUSBAND JOE, definitely not a pack rat, manages space and possessions much better. He has kept far less to put away, and he's less likely to acquire more. He sets up his system and leaves it alone.

And he watches my misadventures a bit bemused, asking only that I keep him informed about the whereabouts of something he might want.

Maybe I should soon break the news that I have my eye on a couple of kitchen cabinets. There must be a better way to arrange those pans!

Margaret Miller was Suburban Life editor for Observer Newspapers for 16 years. She and her husband Joe have retired to Florida, where she writes Retirement Memos.

## Psychological aspects confront those with pulmonary disorders

The Center for Asthma, Emphysema and Allergic Disorders hosted its first communitywide activity on Orchard Ridge Campus, Oakland Community College, where the public was invited to participate in a program called "Psychological Aspects of Asthma and Emphysema."

The speakers included Dr. Bruce Dublin of Farmington Hills, director of the center, Dr. Mary Klinbert, psychologist at the National Jewish Hospital in Denver, Colorado, and Margo Gorchow, nurse educator at Botsford Hospital. They addressed all of the psychological aspects that confront those with pulmonary disorders and discussed ways that families could effectively cope with them.

Dublin cited five specific stages that a patient will often go through — anger, denial, depression and acceptance. "Very often, people who are told they have asthma become extremely angry because they feel they have been

robbed of their previous lifestyle," Dublin said.

"This creates anger, which in turn can lead to denial or depression. Sometimes patients will deny their illness subconsciously by forgetting to take their medication. They rationalize that if only they can get through the next week, they'll be okay."

Dublin stressed the importance of communication and role models when family members are involved.

The Center for Asthma, Emphysema and Allergic Disorders, located in Southfield, is introducing a number of concepts for pulmonary patients. One example of this is the "cross-country simulator" in the laboratory. The simulator is being used to develop an individualized training and medication program for each participant.

The focus of the center is to improve the quality of life for those suffering from asthma and emphysema. For further information, call 353-2270.



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