

Grant would help bookworms

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ly delivery from other federation libraries.

If the patron is pressed for time, a librarian can call another library (after the computer system has been used to determine which library has the book), and ask that it be held until the patron can pick it up, Papai said.

The new system will replace the current manual system in which librarians have to call other libraries to find which has a particular book.

Because it is a matching grant, Papai has dedicated staff time and other administrative costs — almost equal to the grant amount — for completion of the computer system.

"Preference is given to applicants

who can match the grant," Papai said.

ALTHOUGH BOTH Farmington and Farmington Hills financially support the library, Papai applied for the grant under the auspices of Farmington Hills — the larger of the two communities with an estimated 60,000 population.

Grant money is awarded on the basis of city population. The state has allocated approximately \$4 million in grants for governmental units with populations between 40,000 and 200,000.

If the library system receives the grant, purchases will include 13 computer terminals, two printers, additional telephone lines and communications equipment, shares of computer memory and one-year of maintenance.

Annual maintenance costs for the system are expected to run about \$3,000-\$4,000, Papai said.

"If we don't receive it (the grant), we will try to secure additional funding from private or corporate foundations before asking for city revenues," she added.

LIBRARY OFFICIALS have been working for two years to automate the circulation system. To that end, the ci-

ties of Farmington and Farmington Hills and Friends of the Library have provided approximately \$100,000, Papai said.

The on-line catalogue will enhance the library's computerized circulation system. With this system, librarians will know which books are overdue and which patron is affected. The computer system will automatically issue overdue notices with the appropriate fines.



Gerry Roesco (seated) of Farmington Hills experiments with a computer similar to the type the library hopes to install. Librarian Roxanne Fox stands by to lend a hand. The computer system will eventually replace the present card file system.

Self-protection taught

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"They used their hands and simple instruments like canes," Shaykhet said.

His life philosophy is full time, but he teaches only part time. The trained automotive engineer begins his day at 4 a.m. at his vending company job. The remainder of his day, and many evenings, are devoted to training and teaching, which he hopes to make a full-time career.

THAT SCHEDULE leaves Shaykhet little time for his family, which includes a 5-year-old son, who, he says, will learn his father's philosophies in time.

Recent cases of child killing and molesting could have been avoided if children had a sense of self-protection, Shaykhet said. He believes many of these children could be alive today with the proper training. Children should be taught, at the proper time, how to defend themselves.

"Your job is to survive and get out of there," he said of a street attack. "Everything I teach is unfair. Why is it fair for someone to break into your house? Whatever works is

fair and reasonable. When you're attacked, there is no rule."

When attacked, Shaykhet does not advocate aggression by a victim. Be quiet and in control, he said.

You don't have to be aggressive. When you've used a hold technique, your subject is in pain. You don't have to injure him. You're in control," he said.

THE SAME theories he uses in self-protection also focus on general health.

Stress management is a widely discussed topic, which Shaykhet takes issue with. As he put it: "I don't manage it. I eliminate it."

Shaykhet doesn't believe in drugs, although he lived as a "doctor's child" until making his own health decisions. "Stress hits the weak spot in everybody's body," he said.

Treating the cause, not the ailment, is also important. Know your body — how to breathe, how to use your mind when exercising, he said. Shaykhet teaches relaxation, with some exercises learned through various forms of yoga. How would he characterize a class? It's like shutting off "the 20th Century for an hour."

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