

Suburban Life

Lorraine McClash editor/477-5450



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Winners take center stage

Farmington Musicals, whose purpose is to promote music within the community, will showcase the talents of student musicians in a concert at 7:30 p.m. Monday, April 21, in Farmington Hills Library.

The performers are the first- and second-place winners in the musical's scholarship competition, who along with those who received honorable mention, won cash prizes to further their musical education.

There is no charge for guests who are invited to meet the artists during an after-concert reception.

For their talents at the piano, Jonathan Hommes and Erika Flanigan tied for the first-place spot in the seventh- and eighth-grade age division. Katherine Kretler took the first-place spot among the ninth- and 10th-grade competitors. And Angie Chen came in first in the 11th- and 12th-grade category.

Second-place winners on the piano were Jennifer Sorman, Brooke Beresh and Jacqueline Krakow.

Honorable mentions were given to Jeanne Chen, Donna Chuba, Sandra Taylor and Leena Magrulkar.

IN THE VOCAL competition, limited to high school students, the winners were Jennifer Dauterman and Linda Abar. This win came al-

most simultaneously with another for both of the teenagers. Jennifer, a student at Harrison, and Linda, a student at North Farmington, were two of the top winners in the vocal music competition jointly sponsored by Musicals Mutual Life and Original Chorus of Southfield earlier this year.

First-place winner among seventh- and eighth-grade instrumentalists was flutist Angela Hancock. Cellist Melissa Taylor came in first among the ninth and tenth graders and flutist Beth Bryngelson took the top spot in the 11th- and 12th-grade competition.

Second-place spots were given to violinist Peggy Rihew, and clarinetists Marianne Leitch and Dan Woytawich.

Instrumentalists given honorable mention were Amy Smith, Kristin Urevig and Karl Urevig.

Judges for the piano competition were Bernice VanHusen and Carolyn Tower who chose the winners from a field of 28 entries.

David Jorlett and Barbara Windham judged the vocalists. Lenore Iatzo and Ed Quick judged the instrumentalists.

Farmington Musicals is a member of National Federation of Music Clubs.



Winners in Farmington Musicals' scholarship competition this spring are Jonathan Hommes (left), Angie Chen, Erika Flanigan, Angela Hancock, Melissa Taylor, Linda Abar, Katherine Kretler and Beth Bryngelson. The talents of the young musician's will

be showcased in a concert at 7:30 p.m. Monday, April 21, in Farmington Hills Branch Library. Guests, admitted free, may meet the performers during the after-concert reception, hosted by the musicals.

Think Trim

The problem is not taking off weight — it is keeping it off

By Lorraine McClash
staff writer

TWENTY YEARS ago people who wanted to lose weight turned to diets to help them. Ten years ago behavior modification was introduced for the overweight. With the '80s came cognitive psychology that is being used to help the dieter who has lost and gained the same weight over and over again.

"Getting the weight off is not the problem. It's keeping it off," said Lorraine Stefano, originator of "Think Trim."

"Behavior modification wasn't enough because it didn't change the reasons we eat. Only when you change the thinking, by becoming aware of those reasons, will the behavior follow," she said.

"Think Trim" stems from Stefano's professional background in psychology and social work and her personal interest in weight control. She describes herself as a chubby child, a plump adolescent and an adult whose weight was a continuous round of 50 pounds on and 50 pounds off.

"I was on every egg and grapefruit diet and had all the will power those require. I won all the pins and awards. I investigated every diet program offered. I have tons of before and after pictures. And I was a statistic, one of the 98 percent of all Americans who successfully lose weight and then get it back," she said.

Stefano worked out her own problem with the philosophy she passes along to others in "Think Trim" that runs from 9 a.m. to 4:30 p.m. Satur-

day, April 19, in Farmington Community Center. Fee for the day is \$35, payable with registration in the center, 24705 Farmington Road.

ALL OF THE basics of the "Think Trim" philosophy are spelled out in the one-day seminar by Stefano who left her job as a social worker four years ago to spread information on self-defeating eating habits throughout the metropolitan area.

"The reasons you eat have very little to do with being hungry," Stefano said. "For the overweight it is one of the ways we've learned to take care of ourselves, be good to ourselves, and we're surrounded with the advertisements that supports it all. Didn't you get a very good feeling when you bought the chocolate Easter bunny for a child last month? Or how about that nice family on the TV commercials who gather together for a spaghetti dinner?"

"This is the support system for the child who was rewarded with a dime to get an ice cream bar because he was a good little boy who is now rewarding himself with a hot fudge sundae. Or the kid who came home in tears and was given a cookie to ease the hurt, who stuffs himself as an adult to ease all the other hurts that come along," she said.

Stefano's own "hurt" came in the form of on-the-job stress, eased at the office vending machine.

"And it worked. It surely did for a short time. I thought I liked the pop and the chips. But the pop and chips was the only way I knew how to take care of myself at the time."

WHILE EATING to relieve stress

Mercy opens spring term registration

Registrations for Mercy Center's spring term, which runs from April 26 to June 16, are being taken in the center at 26500 11 Mile.

The term offers open and lap swimming, swimming lessons, many options in the fitness classes and small weight workouts.

"Saturday Surprises" offers supervised activities in gym, the pool, and arts and crafts for the 3-12-year-olds from 9:30 a.m. to noon. "Paint and Play" is a mother and toddler creative art and movement class.

"Nature Club" is for 5-10 year olds, and "Helping Hands" is a one-on-one tutoring program.

A Babysitting Clinic is on the agenda and so is Summer Day Camp for 2-12-year-olds that carries a different theme each week from June 16 through Aug. 29.

Complete brochures are available by calling the center, 476-8010.

seems to be the biggest hurt, according to Stefano's experience, the overweight can also eat because they are sad, angry, or bored, and they also eat because they are very happy or have a reason to celebrate.

"Once you learn that there are other ways to handle the stress, the anger, the boredom, you won't have to eat it away and you won't have any more inner battles with yourself," Stefano said.

The inner battles she speaks of are between the parent, adult and child within every individual, taken from Transactional Analysis (TA), which Stefano incorporates into her "Think Trim" seminars.

"The parent in you says 'don't.' The child in you rebels and the child wins every time. Those in my classes learn how to bring the adult in themselves to the forefront and take control," she said.

"My role in the seminar is just to dispense information. I give techniques for coping with stress and worry, teach how to control food in-



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— Lorraine Stefano

take, give new skills, to strengthen motivation and develop a trim self-image. The only prerequisite is a desire to be trim."



Harold and Maude

Matt Freedman and Sarah Kamoo take the title roles in Harrison High School's production of "Harold and Maude," a comedy-drama about a troubled 14-year-old man who meets a lively 70-year-old woman and through her is introduced to a bright, new world. Show times: 7:30 p.m. Friday and Saturday in the school, 22955 12 Mile. Tickets are \$3 at the door.

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