Seminar helps families of those who serve

AURA CZARNEY of Berkley prays that her son will re-turn allve from Saudi Ara-bla.

prays that her son will rebile.

"I worry that war will start. And he will come home in a box. He had to walk in his dad's footstey," said Czarney, the founder of Friends of Freedom.

Tracye Johnson of Southfield and Cheryl Catchings of Ann Arbor worry about their flances, both in Saudt Arabia.

"I feel better when people don't keep asking me how I'm doing or how I feel," said Johnson, who plans the Navy, on May 13, the day better the said to marry Ferrance James, who is in the Navy, on May 13, the day better the said that the said said the said that the said said the said that the said flances of American servicemen and women in the Middle East who morticipated in a day-long stress seminar Saturday in Troy Guartter, lathers, family members seminar Saturday in Troy Guartter, and flances of American servicemen and women in the Middle East who participated in a day-long stress seminar Saturday in Troy Guartter, and flances of American servicemen and women in the Middle East who participated.

The three were among about 40 mothers, fathers, family members seminar Saturday in Troy Guartter, and family on the Farmington Hills-based Gorne faxoscients.

The people at Selfridge Field Air National Guard helped get the word out to support group members who participated.

"These people are under a lot of stress, more than I suspected," said psychologist Steve Gorne. "The question is how do you keep positive during negative times. There is a lot of hostillity on the part of these people."

ONE WAY of reducing stress is good nutrition and plenty of exercise. "Go exercise, Let it out. Don't store up all that frustration and anger," psychologist hold it in. Don't store up all that frustration and anger," psychologist. The men and women told Levick that all it takes is a news report or a fond memory of their loved on to activate a stress and worry attack. "All of a sudden you hear something and on the news," said a woman. "Then I can't sleep," Czarney's said her heart was broken when she learned through a letter from her som that some of the service people in Saudi Arabia don't get letters or packages. Her group, Friends of Freedom, went to work. "The only thing that keeps me going is knowing that people who don't have parents are nonchebess receiving packages," said Crarney, whose son-in-law also is in Saudi Arabia, Makine matters worse is that no

whose son-in-law also is in Saudi Arabia. Making matters werse is that no soldier or relative can do anything about what's happening in Saudi Arabia. "You can't control what's going on over there. But you can control your energy level." Levick said. "Do something for yourself." Exercise—even relaxation exer-cises with your hands while driving will help relieve the tension and stress, Levick said.

AND EMOTIONS are good.
"Crying is not being weak. Crying is the ability to have courage."
Many participants at the seminar, which was supported by the hotel, Liberty State Bank and the Blue Care Network, attended because they are leaders of support groups for family members of men and women in Studi Arabla.

Sue Wuolukka, a Troy resident whose son James is serving in Saudi Arabia, takes part in the stress seminar at the Guest Quarters.



Steve Goren: 'These people are under a lot of stress, more than I suspected.'

Participants went home with T-shirts saying: "Operation Desert Shirled, All our thoughts are with you," cassette tapes and literature about stress:

A support group leader asked how she can help those in her group without adding to her estisting werry about her own son." If want to know how to detach myself from their stories. I don't want to take that on to me, "she sald.

Goren reassured group leaders they are not there to solve members'

Goren reassured group leaders they are not there to solve members'

problems. "This is a global problem, not a person problem. Just be willing to listen to them. All you need to do is listen to them. All you need to do is listen to them. But you have to talk too about your problems," Gorens said.

Soe Wauduka of Troy said she felt better when she went to North Carolina to see her 22-year-old son, James, off to Saud Arabia. She was seen to be supported to the say goodby. On the said of the said was goodby. On the said was goodby. On the said was goodby to the said was goodby. They have to the said was goodby. They have said was good to them they haven't been away from their mothers for a long time."

A WOMAN who began a support

A WOMAN who began a support group two weeks ago involved Vietnam vets to lend a band in learning how to help their sons and daughters when they return from Saudi Arabia. "They said, let them talk. If you stop them they'll shut up and never say anything." the woman said. "The thing is to listen."

"The thing is to listen." In addition to learning about nutrition and exercise, participants learned various stress-reduction techniques, how to relax and how to cope with the stress they are feeling. "We are trying our best to help them cope with this." Goren said One woman told she was angry at the world. She thought of the song. Tilb be home for Carlstmas, but only in my dreams."



Keith Levick: 'Don't hold it in. Don't store up all that frustration and anger.'

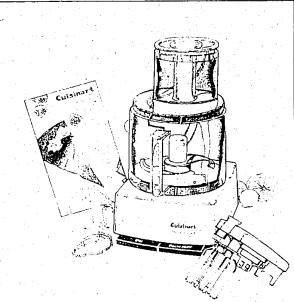






Linda Czarney of Berkley asks questions with her granddaughter. Amanda Hecox, in her

arms. Martin Hecox, Laura's son and Amanda's uncle, is in the Army



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Tracye Johnson of South-field, whose flance is sta-tioned in the Middle East, laughe at remarks made by psychologist Kelth Levick.