

BIRMINGHAM-BLOOMFIELD SYMPHONY ORCHESTRA
presents
It's 20th Anniversary Year Fall Concert Schedule

October 23, 1994 - 7:30 p.m.
"GALA OPENING CELEBRATION"
Featuring Beethoven's 9th symphony ("Ode to Joy")
Fritz Knecht, Conductor

November 13, 1994 - 7:30 p.m.
"VIVA LA MARCH"
An Evening of Symphonic Marches
Charles Greenwell, Conductor

TICKET PRICES: ADULTS \$16 STUDENTS \$10
TICKET HOTLINE: (810) 645-2276
Temple Beth El - 14 Mile & Telegraph - Bloomfield Hills

Feeling Depressed?

Common symptoms of Depression are sadness, loss of interest or pleasure, insomnia, poor appetite and weight loss, feeling tired, worthless or guilty, and difficulty thinking or concentrating. Some people also have suicidal thoughts, which can be a major risk if their Depression is left untreated.

Depression is among the most common psychiatric conditions. Approximately 6% of adults have at least one significant episode of Depression during their lifetimes. Women are affected twice as often as men. In spite of how common Depression is, it is treated adequately only 50% of the time.

Depression can occur in episodes, with normal times in between, or be continuous and persistent. Occasionally people who suffer from Depression have high or manic episodes as well.

There are many psychological theories regarding the cause of Depression. Biological factors, including possible deficiencies of

adrenaline-like neurotransmitter chemicals in the brain, are also potential causes. It is known that Depression tends to run in families, and evidence supports hereditary or genetic factors.

Several new antidepressant medications have recently been introduced. The incidence of side effects are lower with these newer medications, but some people still experience side effects such as agitation and sexual dysfunction. Also, antidepressants currently available must be taken over a period of weeks before they begin to work. Research is underway to develop additional antidepressants that will work faster, for more people, and have even fewer side effects.

The Mood Disorder Institute, 28105 Orchard Lake Rd., Ste. 301, Farmington Hills, is one of approximately 12 locations nationwide studying these new antidepressants. For additional information, or to see if you qualify for this FREE out-patient study, you may call 1-800-683-HOOD.

Robert J. Bielaki, M.D.

A salute to Harrison High



Band competition: Saluting prior to receiving their trophy in the recent Bands of America Midwest Regional at the University of Toledo are Sarah Smathers (left), color guard captain at Harrison; Eric Chu, drum major; and Julie Earle, assistant captain. Harrison made the cut and became one of the top 10 bands. In an evening show at the University of Toledo Glass Bowl, Harrison placed seventh.

Jaycees put scare into haunted house

The Farmington Area Jaycees will offer an all-new haunted house this Halloween.

The haunted house, located in the Kmart parking lot on Orchard Lake Road between 13 Mile and 14 Mile roads, will be open 7-11 p.m. Thursday through Sunday, Oct. 14-16. Admission is \$4 for adults and \$3 for children 12 and younger.

A portion of the proceeds will go to the Make-a-Wish Foundation. For more information, call 477-JCCS.

Moms, sons to dance

A dance for mothers and sons will be 7-8:30 p.m. Friday, Oct. 14, at the Farmington Hills Activities Center, on 11 Mile Road, east of Middlebelt.

Cost is \$15 per couple and \$7.50 for each additional son. The dance, sponsored by the Farmington Hills Department of Special Services, will offer music played by a disc jockey, corsages for mothers, and boutonnieres for sons.

Register at the Special Services Building behind City Hall, 11 Mile and Orchard Lake roads, from 8:30 a.m. to 4:30 p.m. Call 473-8579 for more information.

Barnett fund-raiser for 'ordinary people'

Supporters of Democrat Vicki Barnett, who is challenging Republican incumbent David Honigman for the 16th District State Senate seat, will hold a fund-raiser for "ordinary people" at 7 p.m. Wednesday, Oct. 19, at the Farmington Hills home of Cheryl and Barry Brickner.

The event is "for those who cannot afford — or refuse to pay — the \$500 to \$1,000 price tag of her opponent's upcoming out-of-district fund-raiser," said a Barnett spokesman.

"Unlike my opponent, I put no price on friendship," said Barnett, a Farmington Hills resident. "We believe that all citizens should have access to their senator, and we will show that this Senate seat cannot be bought."

Those interested in attending should call 355-1995 for more information.

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On child seats

Douglas & Lomason, a Farmington Hills-based supplier of automotive seating systems, will conduct a child seat study from 3:30-6:30 p.m. Monday, Oct. 17, and from 9 a.m. to noon Tuesday, Oct. 18, at the Farmington Area YMCA, 28100 Farmington Road, north of 12 Mile Road.

Parents with children weighing between 20 and 60 pounds are invited to participate in the study with their children. They should simply show up at the YMCA at the appointed times.

Mayor in Dearborn

Farmington Mayor Arnold Campbell attended the 96th annual convention of the Michigan Municipal League Oct. 5-7 in Dearborn.

Nearly 1,000 local government leaders met to develop municipal policies and to help local government respond to the needs of citizens and communities.

David Ruak, a former mayor from New Mexico, spoke at the convention, urging Michigan leaders to look at the problems of uneven development and lack of planning. He urged intergovernmental cooperation as a way to develop better communities.

Society to meet

The Farmington Genealogical Society will meet at 7 p.m. Tuesday, Oct. 18, in the lower level of the downtown Farmington branch of the Community Library, Liberty and State.

Douglas M. Casamer, director of the Macomb County Department of Veterans Affairs, will speak on "So You Can't Get Those Records Out of the National Archives." He will give advice on retrieving military records and answer questions on the subject.

There is no charge to attend the meeting, which is open to the public. For more information on the group, call 653-0957.

Memory Lane

From the Oct. 14, 1954 edition of the Farmington Enterprise:

- John Stewart of Glenmuir Street was promoted to dairy merchandiser for Wrigley Stores.
- Mrs. Dawson Hurbert of Warner Street was named Welcome Wagon hostess for the Farmington area.
- Short item: "Wit is the salt of conversation, not the food."

Items for Farmington Focus may be mailed to the Farmington Observer, 21898 Farmington Road, Farmington 48336; faxed to 477-9722; or dropped off at the newspaper office.

Workshop to tackle racism

A weekend workshop, "Dialogue: Racism," will take place Saturday and Sunday, Oct. 22-23, at the Farmington Training Center, 33000 Thomas.

The workshop is free. Participants are expected to attend both sessions, 9 a.m. to 5 p.m. Saturday and 9 a.m. to 3 p.m. Sunday.

"Dialogue: Racism" is a process which helps people become informed about the historic legacy of racism, its complexities and how it is perpetuated. The workshop focuses on developing personal and organizational skills to cure it.

The workshop is co-sponsored by the Institute for the Healing of Racism for Southeastern Michigan and the Farmington/Farmington Hills Multicultural/Multicultural Community Council.

The workshop is limited to 40 participants, and preregistration is required. To register, call 473-9504.

At Providence Hospital, we know that no two births are exactly alike. That's why we offer so many birthing options. In fact, we're known as "the baby hospital," and it's no wonder. We've delivered more than 200,000 babies through eight generations. And

If births were this standard, we wouldn't offer as many options.



Family Birthing Center, the only one of its kind in Michigan, is almost like having your baby at home. In our New Life Center at Providence in Southfield, 12 comfortable labor/delivery/recovery rooms are a direct response to women's requests for a more homelike atmosphere, backed by personal nursing care and all the high technology a major metropolitan hospital can offer. For those women who may require a cesarean delivery or other medical intervention, we also offer traditional birthing suites. In May, we opened an innovative, first-of-its-kind facility for low-risk mothers: the beautiful New Life Center at Providence Medical Center-Providence Park, Novi, where women give birth and return home within 24 hours.

Our maternal-fetal specialists and facilities provide women with high-risk pregnancies the safest delivery possible. And it's comforting to know that preparation for childbirth, childbirth refresher, cesarean birth, brothers and sisters, breastfeeding and infant CPR.

Schedule a Providence tour. If you're planning to have a baby, visit Providence and find out about all your options. Ask your doctor about Providence.

Our obstetrical program is one of the largest and best in Michigan. Choose from a wide range of birthing options at Providence. Our medical staff is committed to listening to and understanding women's needs and wants concerning childbirth. That's why we offer state-of-the-art family-centered birthing options from our other hospital. Giving birth in our

atmosphere, backed by personal nursing care and all the high technology a major metropolitan hospital can offer. For those women who may require a cesarean delivery or other medical intervention, we also offer traditional birthing suites. In May, we opened an innovative, first-of-its-kind facility for low-risk mothers: the beautiful New Life Center at Providence Medical


should the need arise, Providence has a level III regional neonatal ICU for ill or premature newborns.

Prenatal and postnatal educational services. At Providence, we're committed to helping families feel capable, before and after birth. That's why we offer health education classes. Expectant mothers and their partners may take advantage of classes such as


denon, or call us at 1-800-968-5595 to schedule a tour. To schedule a tour of our Family Birthing Center, call (810) 424-3919. Our friendly and capable staff will be happy to answer your questions.

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