

COMMUNITY LIFE

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THURSDAY, FEBRUARY 15, 1996



CAROLINE SMITH

Stressed out? Relax — help's here

Stresses today have increased exponentially in relationship to the explosion of information, technology and the increased requirement to make decisions rapidly.

In response to the increasing stresses involved in our present day lifestyle, Botaford General Hospital has developed a series of workshops entitled "Positive Living Skills" to help individuals explore ways to become more stress hardy.

Some of the workshops offered in the series offer information focusing on specific themes such as burnout and change. In addition, some workshops focus on the development and enhancement of specific skills such as relaxation and humor.

The relaxation workshop, "It's All In Your Head: Learning to Relax and Live," offers strategies on how to relax effectively, enhancing energy levels and increasing stress resistance. Helpful hints are also given on how to fit relaxation into a busy schedule.

"Trials, Tribulations and Transition" deals with the process of lifestyle change. This can be related to changes in personal habits such as quitting smoking or losing weight as well as changes due to chronic illness, accident or injury.

Advice is offered on how to handle the change and to redefine and transform the change process into a more positive, life enhancing and learning

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For the love of animals Purr-fect homes sought by 5th graders

■ Kenbrook Elementary fifth graders celebrated a special Valentine's Day by parading their own beloved pets, then taking on a special project for the humane society.

See photos, 15A

By MARY RODRIGUE
STAFF WRITER

While other kids passed out cards and candy hearts, the fifth graders in Jennifer O'Leary's class at Kenbrook Elementary School celebrated Valentine's Day by bringing their pets to school.

Not only did their pets get to parade through the school last Friday, the students dressed up their pet or a stuffed animal and everyone got to vote for their favorite. First place went to Angela Altus, second place to Nick Swintek and Lizzie Schmul took third.

"The whole year they've worked with animals," said Nancy Swintek, parent of fifth grader, Nick.

"The idea is to be more charitable. At Christmas, a collection was taken up for the humane society."

The kids have loved the unusual twist, added their teacher, who has taught at Kenbrook for four years.

"All of our holiday parties have had animal themes," said O'Leary. "At Christmas we hung treats for the birds on trees. Twice we've had speakers from the humane society."

For Valentine's Day, four animals from the Westland shelter of the Michigan Humane Society were chosen to be part of the special project. Students worked in groups to compose a letter, presumably written by the dog or cat, on why it needs to be adopted. Each group worked from a snapshot and a small biographical sketch about the animal.

"The idea is to find homes for

these animals," said Swintek, who has been instrumental in the project all year.

Mick, a year-old grey tiger cat, male, domestic shorthair, friendly and litterbox trained, wrote: "I purr a lot and like to be held. If you adopt me, I will be happy. If you love me, I will love you back."

Charlie, a 2 1/2 year old black and white Spaniel/Labrador Retriever mix, is male, medium size, is very good on a leash, and is good with children and adults.

His letter implored: "I'm lonely and need affection. I've been hoping to get adopted since I was taken to the shelter on Jan. 9. I need a loving home!"

Simba is a year-old grey cat, very playful and brought into the shelter with his brother, Mick. "I am very good with children and also I am litter box trained. I am very affectionate. I need a loving home," he wrote.

Ginger is a four year old tan and black Airedale mix dog. She's playful, affectionate and eager to please. She wrote, "I was found as a stray so I need some grooming. I am good with children, adults and other dogs. I'm really cute and I'll bring you lots of happiness and love."

Ginger and the other pets are available at the MHS Westland shelter, at 37265 Marquette. The students hope their letters result in permanent homes.

Anyone interested in adoption can call the Westland shelter at 313-721-7300. Hours are noon to 7:30 p.m. Wednesday through Friday, and 10 a.m. to 4:30 p.m. Saturday and Sunday.



TAMMIE GRAVEN/STAFF ARTIST

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