

National Anxiety Disorders Screening Day

Wednesday May 7, 1997

An outreach program during Mental Health Month

Do you experience the symptoms of anxiety?

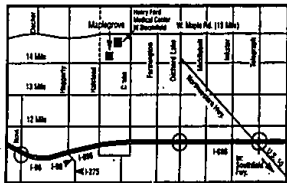
- Excessive worrying
- Feeling keyed up or restless
- Phobias
- Anxiety attacks
- Obsessions or compulsions
- Muscle tension
- Unexplained heart palpitations
- Uncomfortable in social situations
- Problems with concentration
- Sleeplessness

Free help is now available at National Anxiety Disorders Screening Day where you can view a video, take a self-test, have a confidential meeting with a mental health professional, and receive informative educational materials about anxiety disorders.

Where: Henry Ford Medical Center
in West Bloomfield (on Maple Road,
2 miles west of Orchard Lake Road)

Time: 6 p.m.

**For more information or to
register call 1-810-691-4888.**
Pre-registration is encouraged but not required.



Little chess masters make moves in Nashville

BY GREG KOWALSKI
STAFF WRITER

Imagine a room the size of two football fields filled with 4,310 kids yet so quiet you could hear a whisper.

There was such a place, and seven students from West Bloomfield Scotch Elementary School were among the silent assembly.

"It was wonderful," said Lynda Tootalian, whose son, Nicholas, was in the crowd. Nicholas is a member of the Scotch school chess team that participated in the 1997 Super Nationals Scholastic Chess Championships at the convention/exhibition center in Knoxville, Tenn., last weekend.

Three Scotch third graders - Chris Eborle, Rebecca Frar and Matt Boester, and four fourth graders - Nia Money, Zach Jahner, Scott Szpyrka and Nicholas, represented Scotch, playing opponents from across the country.

They didn't win a championship but they made a respectable showing. The third graders finished 28th out of 130 teams and the fourth graders finished 42nd out of 110 competing teams.

"This is the first time they got to go to an event like this," said coach Mike Venia. The little chess masters have won a variety of local and state awards, but had not competed in such a major national tournament before.

"It was pretty overwhelming for them," Venia said. "But they all did well and enjoyed it." Venia has been mentoring young chess players for the past 11 years. Somehow the game has remained popular even with kids usually attracted to more vigorous outdoor activities. It's even held up against the hyperactive video games, although the kids do play video chess.

"Sometimes there is peer pressure not to be in this kind of club," Venia said. "But I tell them that

playing chess is like skydiving. You don't know what it's really like until you actually do it."

And when they do, they get hooked.

"I like to play chess because it makes your mind work," said Nicholas, a fourth grader. "Chess is exciting. You learn a lot and you get to meet some really nice people."

"I like it because it takes a lot of concentration," said Nia, also a fourth grader.

Indeed, the kids do throw themselves into the game, moving with surprising quickness but with assurance. They often take on adult players. And win.

Nicholas takes his chess board to family outings, mom, Lynda Tootalian said. She notes that some adults don't like being beaten by a 10-year-old. But the game is good for the kids, she said. "They learn to think things through."

"It gives them self-confidence," said Matt's mom, Lisa Boester. "They learn discipline and it keeps them focused."

"They learn to have control," Venia said. "Kids are spontaneous." With chess, they learn to measure their moves, consider the repercussions and weigh their judgments.

"Chess is considered a sport, a science and an art," Venia said. It's a sport because ultimately the players are trying to bash their opponents. And it's a science because calculated moves are required, and it's an art because of the creative strategy it inspires.

The kids work at honing their skills. They practice on Mondays and Wednesdays from October to March.

Venia said he isn't worried about being outstepped by the kids. Sometimes he plays them while he is blindfolded, making his moves by memorizing the board.

"That leaves them a little awestruck," he said.

Volunteer quickly saves lightning victim

BY GREG KOWALSKI
STAFF WRITER

Joseph Magalaski was working in his back yard when lightning struck a Commerce Township woman last Wednesday.

At first he wasn't aware of what happened. "I heard the thunder, but it seemed to come out of the clear blue sky," Magalaski said.

There was only light rain and broken clouds when the lightning struck at about 4:45 p.m. Then Magalaski's pager went off and he learned that Teresa Kerstetter had been struck.

"She lives right down the street, just about nine houses down," Magalaski said.

A volunteer firefighter and

emergency medical technician for Commerce Township, Magalaski raced to Kerstetter's house on Starwood in the far northwest corner of the township.

"She was unconscious," he said. "She wasn't breathing and she didn't have any pulse."

A next-door neighbor joined in the rescue effort and tried to restart Kerstetter's breathing while Magalaski administered CPR.

Kerstetter had been raking leaves in her yard. She was holding a rake when lightning struck a nearby pine tree.

The lightning bolt apparently struck the tree then jumped to Kerstetter, hitting her in the

back and knocking her unconscious.

"It shredded her clothing completely," Magalaski said, and her shoes were blown off.

After about five minutes of administering CPR, Kerstetter began breathing again on her own. By that time, additional emergency medical personnel arrived.

Kerstetter, 34, was taken to Huron Valley Hospital and was listed in critical condition, suffering burns to the neck. She was later transferred to the burn center at the University of Michigan Hospital in Ann Arbor.

She was in fair condition Friday.

Magalaski has been a firefighter in Commerce for three years.

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