

# Entertainment from page F5

three pounds and contains more than 800 dining discounts and 5,000 hotel deals.

"We've combined four editions together and increased the savings," Rose said. "People can pick up anywhere from 30 or 40 books to several hundred. Once they pick up the books, then they embark upon the process of selling the books."

If the members of an organization can't sell all of the books by the holiday season, Rose said they can return them to Entertainment Publications at no cost.

Dan Larkin, a Rochester Hills resident, loaded his car with 110 books to raise money for The Detroit Skating Club.

He said figure skating notables like Tara Lipinski and Todd Eldredge rank among some of the skating club's top competitors.

"My daughter is on the precision skating team," he said. "They're really international competitors." Larkin said the book sales will help skaters and their families pay for travel expenses.

But whether they were there to pick up 30 books for their church group, scout club, skating team or civic organization, Rose said at least the book sales will benefit a cause.

Entertainment Publications prints books in more than 170 different markets throughout North America, Europe, Latin America and Australia out of its headquarters in Troy.

Its products are distributed to more than 75,000 schools and nonprofit groups who earn more than \$55 million for their causes each year, according to a press release.



STAFF PHOTO BY COLLEN BIGGINS  
Loading: Rob and Andy Bentz or Rochester help Brina Menard load boxes of the 1998 Entertainment books into their car.

# Milestones from page F5

phia office. Clervi will manage outreach programs for the Pennsylvania Department of Environmental Protection's Office of Pollution, Prevention and Compliance Assistance. Clervi was formerly employed as a senior account executive for W.B. Doner and Company's Detroit office, where she worked on such accounts as Sterling Plumbing Group, Michigan Mutual Foundation and AirTouch Cellular. Clervi received a bachelor's degree in journalism from Michigan State University. She is a member of the Public Relations Society of America, the National Association of Female Account Executives and is currently relocating to New Jersey. In addition to its Philadelphia office, Golin/Marris has offices in New York, Los Angeles, San Francisco, Atlanta, Seattle, Washington D.C. and Boston. It

is part of Shandwick International, the world's largest independent public relations firm with 91 principal offices worldwide.

Keven Smith of Milford was recently promoted to vice president of Glenn Computer Corporation of Southfield. Smith heads the front-end systems division, which provides mortgage bankers with computer hardware and software programs to automate mortgage application processing, closing and tracking. Smith is responsible for product development, improvement, computer programming, sales and client service teams.

Smith was promoted from the position of manager and has held various positions within the company during the past 12 years. Smith holds a bachelor's

degree in business administration from Lawrence Technological University. Glenn Computer Corporation specializes in providing computer hardware and software to the mortgage banking and credit union industry.

Thomas M. Nielsen of Bloomfield Hills was selected as the new senior vice president of human resources for Big C Supercenters in Bangkok, Thailand, a division of The Central Retail Corporation. Nielsen takes his post Sept. 1, 1997. He was formerly the vice president of human resources international for the Kmart Corporation. Central Retail Corporation, the largest retailer in Southeast Asia, operates retail businesses as department stores, discount, food distribution, category killers and specialty stores.

The Recession Watch Index compiled by Comerica Bank, which forecasts the likelihood of a national recession occurring within the next 12 months, registered a 29 percent probability in July.

The Comerica index had remained at the 29 percent mark since July 1996.

"Our index continues to show an impressive level of economic stability," said Comerica vice president and economist William T. Wilson, Ph.D.

"We can expect botched employee benefits, canceled contracts, orders for duplicate inventory, disappearing financial transactions, crashing computer systems - and any number of resulting law suits ..."

Marta Manildi

Miller, Canfield, Paddock and Stone

"We can expect botched employee benefits, canceled contracts, orders for duplicate inventory, disappearing financial transactions, crashing computer systems - and any number of resulting law suits ... unless corrective action is taken now," said Manildi.

# Comerica index: Recession chances remain low

## RECESSION WATCH

adjusted bank reserve growth and the Commerce Department's Index of Leading Indicators.

The index forecasts the probability of an economic slowdown or recession over the next 12 months.

The index last predicted a recession, correctly, in July 1989.

Comerica Incorporated is a bank holding company headquartered in Detroit that operates banking subsidiaries in Michigan, California, Texas and Florida.

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# Stress from page F5

"What many people don't realize is that they can often change their own behavior or attitude so that workplace stress doesn't get to them so much," said Arthur Lewandowski, Ph.D., president of the Michigan Psychological Association.

"But when they feel so out of control, it's hard for people to realize that they do have some power and some choices. That's where a psychologist can help."

Many people simply live with this stress because they are unaware that a trained professional can help them.

These "stressed out" workers often suffer sleepless nights, headaches, increasing conflict with family members or co-workers, and other potentially self-destructive behaviors as a result.

According to national studies, corporations lose about 16 days annually in productivity per worker due to stress, anxiety and depression. These emotional problems are often more debilitating than many serious physical illnesses.

Furthermore, people's psychological health strongly impacts their physical health. Fifty to 70 percent of usual visits to primary care physicians are for medical complaints that stem from psychological factors.

Anxiety and depression are

among the six most common conditions seen in family practice.

Psychologists are objective professionals who are experts in decision-making behaviors. Today, many psychologists use problem solving, outcome-oriented approaches especially suited to helping people cope with work related stress.

When helping people deal with these issues, psychologists may provide concrete, professional assistance in these areas.

First, psychologists can help their clients perform a "reality check" regarding their job-related anxieties. Psychologists are trained to help people sort out what is real and true, given the current facts and situation.

Often people have a way of perceiving the "worst case scenario" as their current situation, exaggerating in their minds the troubles they are facing.

Psychologists can help people separate fact from fantasy, helping to alleviate unneeded stress.

Second, psychologists can help people facing job dissatisfaction or insecurity come up with alternative plans of action.

They can help their clients develop other employment options or financial strategies that will serve as safety nets in

case the feared job loss becomes a reality.

Third, psychologists can help clients understand and manage their feelings about job dissatisfaction and/or insecurity. Psychologists may help workers manage their anger toward unreasonable supervisors or impersonal workplace policies. They can help workers come to terms with the uncomfortable feelings of vulnerability or mourn real losses. Such venting of pent up emotions can often reduce the possibility that physical symptoms or conflict at home will erupt.

Clinical psychologists are highly qualified to work with people experiencing stress due to a variety of troubling life situations, including the onset of medical illness, divorce or separation, or problems within the family.

Psychologists are objective professionals who have masters or doctoral degrees in psychology, have training and experience in the areas of general, as well as abnormal and dysfunctional, human behavior.

The Michigan Psychological Association in Farmington Hills works to advance psychology as a science and profession, and to promote human welfare by encouraging the highest level of standards in all branches of psychology.