



Stopping: Hodge Bryant works out using a stair-step machine at the Farmington YMCA.

Getting fit from page C5

Holmes, adding that it usually takes a year for clients to implement the skills they learn into their every day routines.

Very powerful

"It's so powerful," she added. "People are learning to take care of themselves. We have one lady who lost 75 pounds by just turning off the (emotional) triggers." Each session is co-led by a registered dietitian and a mental health worker. Six skills are

reinforced: nurturing, effecting limits, body pride and acceptance, good health, balanced eating and mastery of living - exercise.

"It's not therapy," Holmes stressed. "The dietitian is outcome oriented and the social worker deals with the process. The marriage of these two elements works well. We're very excited to be able to deliver a program that people can see a difference in their lives."

Antigone debuts Jan. 12 on Hilberry stage

The Hilberry Theatre on the campus of Wayne State University presents *Antigone* by Jean Anouilh, a modern version of the Sophocles classic. *Antigone* opens on Jan. 12 and plays in rotating repertory through March 29.

Jean Anouilh's play is essentially a re-working of the original with modern language and references. *Antigone*, a young woman living in the good grace of her uncle, the King, finds herself in a situation where she must violate the strictest of laws to stand up for her ideals. The play follows *Antigone* as fate drives her

into a state of civil disobedience and ultimately to become a hero. She is the original strong, independent woman. *Antigone* is a play about all age-old conflicts between young and old, male and female, established political power and rebellion.

The Hilberry Theatre's production of Jean Anouilh's *Antigone* is directed by Anthony Schmitt, a regular director at the Hilberry Theatre. The cast features third year Hilberry Company members Tanisha Gonzalez as *Antigone*, Aaron Lake as Creon, Heidi S. Olsen as nurse, Emily Miller as Ismene, Mike Schraed-

er as Haemon, Fred Shahadi as first guard, Erik Gratton as messenger, and Sean Ramey as Page.

Second year company members include Christopher Gilbert and Chad Smith. New first year members include Seth Amador and Shelly Gaza.

Antigone plays Jan. 12 through March 29 and is presented in rotating repertory with Luigi Pirandello's *Six Characters in Search of an Author* (through Feb. 22) and William Shakespeare's *Cymbeline* from Feb. 9 through April 5. The Hilberry Theatre is located on the campus

of Wayne State University at the corner of Cass and Hancock in Detroit.

Performances are scheduled Thursday, Friday and Saturday evenings at 8 p.m. with matinees Wednesdays and Saturdays at 2 p.m. Tickets range in price from \$11 to \$18, with student tickets available the day of the performance for \$7.

Coupon books are on sale at the box office and group discounts are available. For tickets and further information, call the Hilberry Theatre box office at (313) 577-2972.

Author offers advice for dealing with stress

What is the single factor that can most shorten your life expectancy? Stress.

According to best-selling author Michael Roizen in *Reckless: Are You as Young as You Can Be?* having three or more major life events in a one-year period can cause more than 30 years of aging. But for people who have effective strategies, the stress is significantly minimized.

To deal with these concerns is a new strategy called Emotional Freedom Techniques. By simply tapping on a series of points on the body, you can use these techniques to clear stuck emotions and self-defeating patterns, producing profound breakthroughs.

Several years ago, the National Multiple Sclerosis Society created the Fund Raising Hall of Fame. Induction into the Hall of Fame is the highest honor the MS Society bestows upon volunteer fund-raisers, and although

it's usually fast and amazingly effective. And anyone can do it, including children.

Phillip Mountrose, co-author of the newly-released book and tapes *Getting Thru to Your Emotions with EFT*, maps out the following four keys to dealing with stress:

■ Evaluate the circumstances that are creating stress. Review the regular activities of your life and notice where the stress is coming from. Write a list of the stressful situations you commonly find yourself in. This new awareness is where healing begins.

■ Find ways to reduce outside pressures.

■ Develop new responses to

circumstances that are to remain. Relaxing music and a new attitude can work wonders. Just taking a few deep breaths and walking around a bit may make a big difference.

■ Find more ways to incorporate relaxation into your life. This may include doing a regular relaxation or meditation, walking in nature, taking an occasional bubble bath, having a massage, allowing an extra 10 minutes to get where you need to go, and taking a scenic route.

Phillip Mountrose is the author of *Getting Thru to Your Emotions with EFT*. His newest book, co-authored with his wife Jane, is *Getting Thru to Your Emotions with EFT: Tap into Your Hidden*

Potential with the Emotional Freedom Techniques. There are also two demonstration video tapes and two guided visualization audiotapes of the EFT material available from Holistic Communications. On the Internet from Amazon.com, or call Holistic Communications at 1-800-491-1579 (tapes are available only through them). For more information visit www.gettingthru.org.

For a FREE Special Report on "New Dimensions in Healing" send a SASE to Holistic Communications, PO Box 278-H, Arroyo Grande, CA 93421. Include e-mail address if available.

Farmington Hills CPA lauded by MS Society

dozens of people from across the country are nominated, few meet the criteria for this award.

This year's recipient raised


\$150,956 for the National MS Society in the past decade by riding in the MS 150 Bike Tour. Ely

Tama, a Farmington Hills certified public accountant, uses letter writing campaign to raise funds and create a greater awareness about the disease among his business clients.

Ely was inducted into the

Fund Raising Hall of Fame at the National MS Society's 2000 National Leadership Conference in Washington, D.C., and was recognized at the Michigan chapter's annual meeting.

Ely was inducted into the



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