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West Bloomfield, Orchard Mall:
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Visit us at our Web site: www.heslops.com

Sale does not include sterling silver, linens, or electronics merchandise. Normal exclusions apply. Please ask a salesperson for details.

Charities

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that," said Corvill.
The Lions had expected to raise \$2,000 to buy eyeglasses for children.
"We're in the process of sending out blind aid seals," he added. "It'll probably be another month before we see the results."
The soft economy will be another hindrance.

"I'm sure that's going to affect us, too," he said.

Goodfellows

The Farmington Area Goodfellows, whose motto is "No child or senior without a Christmas," is still looking for an empty build-

ing to store goods until delivery this holiday season.

"We have an all community mailing going out Nov. 16 so people have 10 days to get things in," said Dick Tupper, president. "We anticipate a reduction in giving because of Sept. 11. Normally we stood on our merits, based on what we've done in years past. This year we'll need more publicity."

Last Saturday was our workshop day. We have almost 100 additional names than last year," he added. Goodfellows covers both Farmington and Farmington Hills. Last year,

deliveries were made to 114 families, 130 seniors and 38 disabled adults.

In addition to the mailing, the Goodfellows rely on contributions from area churches and businesses.

"We give gift certificates to Farmer Jack and Target based on need. They get a food basket which includes canned goods, bread, cereal and a toy box for families," said Tupper. "For seniors, they get a home health box which includes lotions, Band-Aids, stamps and stationery. They also get gift certificates to Farmer Jack and Target."

Call the Farmington Chamber of Commerce at 474-3440 to offer help.

Chat Room

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often unexpected, frequently unpredictable, always overwhelming. Symptoms vary according to the individual, and there are sometimes surprising manifestations. A 34-year-old educator said her primary symptom was severe anxiety. "My doctor prescribed an anti-anxiety medication, and, thankfully, it worked almost immediately. But what I didn't expect when we got the anxiety under control was a profound underlying depression" which she said was eventually brought under control with an antidepressant. "Not everyone who is depressed is in bed all day," she added.

The good news about depression is that there are many new and effective treatments once it is diagnosed.

What to do

What can you do for someone who is depressed? Encourage and spend time with the person. Try to become comfortable with listening or simply sitting. If

that's out of your comfort zone, call once a week. Send cards. Ask if they would like you to read or pray with them. Bring lunch or offer to run errands. Suggest help if they haven't made professional contact, and offer to sit with them while they call. Drive them to an appointment. Show them you care no matter how they respond. Hug them. Tell them you care or admit that you don't know what to say or do. Avoid patronizing statements that induce further guilt. Understand that while isolation is part of the illness, the depressed person doesn't really want to be so lonely and alone. Recognize that it takes several weeks to several months of antidepressant therapy for the medication to take full effect.

It will make a world of difference to a person whose suffering cannot easily be seen but is most acutely experienced.

Symptoms of depression: (from abcNEWS.com)

■ persistent sad, anxious or

empty mood

■ feelings of hopelessness or pessimism

■ feelings of guilt, worthlessness or helplessness

■ loss of interest or pleasure in ordinary activities

■ decreased energy, a feeling of fatigue

■ difficulty concentrating or making decisions

■ restlessness or irritability

■ inability to sleep or oversleeping

■ changes in appetite or weight

■ unexplained aches and pains

■ thoughts of death or suicide

For a thorough depression screening, contact your health professional or ask for a referral.

A depression self-screening tool provided by the National Mental Health Association is available online at www.depression-screening.org.

Kathie O'Donohue is a nurse and Farmington Hills resident

Hocus Pocus Annabelle Broom at Marquis

"Hocus Pocus Annabelle Broom," a musical comedy, is playing at the Marquis Theatre in downtown Northville through Halloween.

Imagine a witch who really doesn't want to be a witch at all. That is Annabelle Broom. She isn't even good at casting spells. She would rather befriend than scare Peter and Judy, two children lost in the woods. A delightful show for kids of all

ages. Nothing is scary and the witches have a comic twist.

Performances are Friday at 7 p.m. Oct. 26, Saturday at 2:30 p.m. Oct. 27, and Sunday at 2:30 p.m. Oct. 28.

No children under age 3 will be admitted.

For more information call the Marquis Theatre at (248) 349-8110.

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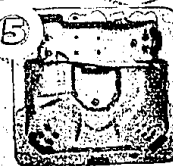
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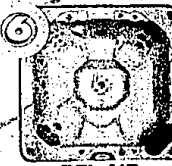
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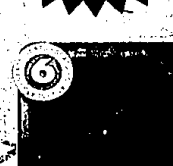
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