

## Mother's Day from page C5

Delight, for \$475 for two people. The four-hour experience includes a wine facial and merlot massage, crushed Cabernet body scrub, champagne lunch, a honey and wine Jacuzzi, and make-up application.

If what your mother really needs is a little extra time away from the kitchen, she may like a service from Chef Mary Brady of Diamond Jim Brady's Bistro in Novi. For an initial \$75 an individual can eat "Let Mary Cook" gourmet every day for a week. Meals run between \$7.95 and \$9.95 per person.

"My idea when I started this was to get families eating together, and eating healthy," Brady said. "I mean, do you know what's in a McDonald's meal in terms of calories and fat? But people eat them because they're busy and don't have time to cook."

Brady tailors menu selections to customers' tastes and diet restrictions. The entrees are then prepared, and the customer needs only to perform the final cooking steps.

### Under her skin

Still other mothers may prefer artwork. Permanent artwork. On her person. Bud Scannell, owner, House of Tattooing in Westland, said he has inked many mother-daughter, and mother-son duos, and a tattoo is a popular gift for Mother's Day.

"Mothers tend to be a lot more traditional than their children, especially if it's a first tattoo," he said. "They seem to like the flowers and butterflies. They usually don't want anything too big or elaborate."

While prices on tattoos vary, Scannell said they are \$60 or

## Duo's art on display in city gallery

The City of Farmington Hills Special Services Department presents *Travellers: Water and Clay*, works by Barbara Cicchelli and Pam Reid, at the City Gallery through June 8.

The gallery is located within the Costick Center, 28800 11 Mile in Farmington Hills and hours are 8:30 a.m.-4:30 p.m. Monday through Friday.

For more information call the Cultural Arts Division at (248) 479-1856.

more and, "For \$100 you can have a really nice tattoo." Not every mother has two-legged babies. There are some mothers and fathers whose pets take the place of children in their homes and in their hearts.

"I am one of those people," said Annette Engler, who manages Union Lake Pet Services in Waterford.

This Mother's Day, Engler's two "boys," Norton and Odin, will start their day by climbing into bed with Mom. Engler's husband will bring her breakfast in bed or some flowers.

"Sometimes he will get me a nice gift like some jewelry, and a card from the boys," Engler said. The family will drive to Engler's mother's home in Cadillac so she can see her grandchildren.

Shawn East, who works at Halliday's Pet Resort and Daycare in Canton will celebrate Mother's Day with her two-legged boy child, and her four-legged dog child.

"We'll probably just all go to the park at the Summit, and go for a walk and enjoy our day together," she said.

Best, who knows first-hand about parenting children as well as pets explained the similarity as being a level of degrees of affection and responsibility.

"They're very similar. It's hard to explain it because obviously my little boy would come first in any circumstance. But my dog loves me more than anything. He has that unconditional love and will always have it for me."

## Mom's tell what they would like for Mother's Day

If you're really in doubt about what to get for the mothers in your life, ask and they'll tell you. Or they'll buy it themselves.

"I already bought my Mother's Day present," said Pam Losoy of Canton. She picked up a sewing machine for herself a couple of weeks before Mother's Day. "My husband said he could never pick out exactly what I wanted so I just went shopping for it myself."

Luann Gibbs and her daughter, Courtney, of Belleville, thought for a moment before revealing what Gibbs wants for

Mother's Day.

"She really wants a mother's ring, with all of our birthstones in it," said Courtney.

"She knows me," said Gibbs with a grin. Still, Courtney wouldn't spill the beans and say whether or not her mother would be getting her dream gift this year.

A phone call to China would be Sherry Yan's perfect gift. The Westland mother's own mother lives in China, and she doesn't get to call often because it's so expensive.

"If I just can't call because of the price this year, I'll send her a nice card," Yan said.

Plymouth resident Connie Biskelonis had a simple request for Mother's Day.

"If I could have anything at all, what I'd really like is day with nothing to do."

Pam Neumann of Wayne, however, will be happiest if all of her six children and 10 grandchildren celebrate Mother's Day with her.

"I don't really care about gifts very much, even though they always get me a little something," said Neumann. "I'm just happy when I have all the kids together and have a nice meal."

## Parenting from page C5

ing his mother deal with a disaster. The garbage disposal had backed up and water was overflowing from the sink. As Mom ran downstairs to get a bucket, Robert began using paper towels to block the water from spilling off the counter. Robert was feeling proud of himself for being such a helpful kid. As he was sopping up the water, dad came in, saw the situation and assumed that Robert had caused it. He yelled viciously at the boy. Robert was stunned. Pools of water dropped from his eyes and the deepest sound of sorrow escaped him as he ran to his room. When Mom explained what had happened, dad was consumed with guilt. That sweet little guy was just trying to help out. He apologized to his son

and complimented him for helping out in an emergency, but months later Dad still carried around guilty feelings for blowing up the way he did.

Prolonged guilt is a form of self-punishment. It does nothing to improve the situation. It does not provide positive change. For Dad to get past this unproductive guilt, he has to look at it.

### Analyze

Since guilt is caused when your actions do not match your beliefs, Dad's first step is to analyze his beliefs.

Dad believes that it is wrong to lash out at a kid the way he had, and it's wrong to assume his son had misbehaved without finding out the facts. Dad's actions definitely did not match

his beliefs. Here are three things you can do to resolve guilt from the past.

### Resolving guilt

1. Decide what you will do the next time you're faced with a similar situation. You cannot change the past, but you can plan your actions for the future. Dad decided that he won't jump to conclusions next time. He'll ask, "What's going on?"

2. Make amends. What positive action can be taken to redeem good feelings about yourself. In Dad's case, he apologized for his harsh words, and complemented his son for helping out Mom.

3. Forgive yourself. Realize that there is not one perfect parent in the entire world. You did

the best you could with the experience and information that you had at the time. Everyone makes mistakes.

By learning from your mistakes you become more experienced and grow in wisdom as a parent.

If you wouldn't expect your child to be plagued with continuous guilt for a past mistake, then be as kind to yourself as you are toward your child.

Marilyn Suttle brings personal and professional growth seminars to corporate and educational settings. Email her at [MsSuttle@aol.com](mailto:MsSuttle@aol.com) or visit her web site: <http://Members.aol.com/MsSuttle>

## exhibition **BIRMINGHAM** a gallery tour



Friday,  
May 17, 2002  
6 p.m. - 9:30 p.m.  
Downtown Birmingham  
Admission: FREE

For more information and an event map, contact Downtown Birmingham Principal Shopping District at 248-433-3550

Volunteer docents will provide directions and information about the galleries and their exhibits.

• Free trolley service will shuttle visitors throughout town.

• Meet artists and learn about their work.

• Many galleries will provide food and refreshments.

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## STADIUM Sports School BIRMINGHAM, MI



### SOCCER

#### 4-Day Instructional Stadium Soccer League - Seaholm High School

Grades K-2 6004-01 June 17 - 20 9:00 - 11:00 am \$80  
Grades 3-5 6004-02 June 17 - 20 11:30 am - 1:30 pm \$80

#### Girls Stadium Soccer Camp - Seaholm High School

Grades 6-9 6006-01 June 24 - 27 9:00 am - 12:00 pm \$120

#### 4-Day Instructional Stadium Soccer League - Groves High School

Grades K-2 6008-01 July 8 - 11 9:00 - 11:00 am \$80  
Grades 3-5 6008-02 July 8 - 11 11:30 am - 1:30 pm \$80

#### Stadium Soccer League - Seaholm High School

League meets every Sunday for 8 weeks.

Grades K-2 6009-01 July 14 - Sept. 1 12:00 - 1:00 pm \$109  
Grades 3-5 6009-02 July 14 - Sept. 1 1:00 - 2:00 pm \$109

#### Boys Stadium Soccer Camp - Seaholm High School

Grades 6-9 6010-01 July 15 - 18 9:00 am - 12:00 pm \$120

### FOOTBALL

#### Stadium Football Camp - Groves High School

Grades 6-8 6005-01 June 24 - 28 9:30 am - 12:30 pm \$150  
Grades 4-5 6005-02 June 24 - 27 1:30 - 4:30 pm \$120

#### Stadium Football Camp - Seaholm High School

Grades 6-8 6007-01 July 8 - 10 9:00 am - 12:00 pm \$90

### CHEERLEADING

#### Stadium Cheerleading Camp - Groves High School

Grades 6-9 6003-01 June 17 - 20 9:00 am - 12:00 pm \$120

### SPEED & AGILITY

#### Stadium Speed & Agility Training Camp - Groves High School

Grades 7-12 6011-01 June 22 - 25 9:00 - 11:00 am \$80

Grade Level will be the students grade in the fall of 2002.

For further class or registration information please call (248) 203-3568.

On-line Registration: [www.communityed.net](http://www.communityed.net)

### BPS STADIUM SPORTS SCHOOL

Each camp will be hosted at the state-of-the-art stadium turf fields at either Seaholm or Groves High School. Each field consists of an AstroPlay surface which is like grass, only better! With a combination of rubber and nylon, the fields allow for grasslike foot movement, feel, ball response and appearance.

The Stadium Sports School will provide camp opportunities for area youth under the direction of some of the top area coaches. Coaches from Seaholm and Groves High School will head the list of quality coaches that will be training youth to be their best both on and off the field. Take your game to the next level at the Stadium Sports School!