

WHAT'S HAPPENING

HOLIDAY EVENTS

Holiday Brass
Detroit Chamber Winds and Strings present Holiday Brass at 7:30 p.m. Tuesday, Dec. 10 at the Crestline Center in Farmington Hills. Tickets are \$15 for adults, \$12 for seniors and \$10 for students. Call (248) 473-1857.

Yule Cheer
The Farmington Community Chorus presents Yule Cheer at 8 p.m. Friday and Saturday, Dec. 20 and 21 at the Mercy High School Auditorium in Farmington Hills. (910) 632-4067.

Holiday Music
Farmington High School presents Music for the Holidays at 7:30 p.m. Thursday, Dec. 12 in the school auditorium.

Holiday Instrumental
North Farmington High School will hold a Holiday Instrumental Concert at 7:30 p.m. Wednesday, Thursday and Friday, Dec. 10-12 in the school auditorium.

Novel Choralaires
The Novel Choralaires will perform Christmas in Coming at 7:30 p.m. Friday, Dec. 6 at First United Methodist Church of Farmington, 3312 Orchard River, Call (248) 474-8277.

A Tune Christmas
The Farmington Players will perform A Tune Christmas Nov. 29-Dec. 14 at the Barnes & Noble Bookstore Theater in West Bloomfield. Call (248) 219-0800.

KID STUFF

Breakfast With Santa
Kids can have breakfast with Santa 8-11 a.m. Saturday, Dec. 7 in Fellowship Hall at Orchard United Methodist Church in Farmington Hills. Tickets will be available at the door. Everyone is welcome. Call (248) 626-3620.

Lunch With Santa
Enjoy lunch with Santa at the Longacre House 11 a.m.-noon or 1-2 p.m. Saturday, Dec. 14. Tickets are \$12. All children must be accompanied by an adult. Call (248) 477-8404.

Junior Gardeners
Hill & Dale Garden Club will hold a Junior Gardeners Workshop at 10:30 a.m. Saturday, Dec. 14 at the downtown Farmington Library. Call (248) 474-7770.

SALES/SHOWS

Holiday Market Place
Antioch Lutheran Church in Farmington Hills will hold a Holiday Market Place 10 a.m.-3 p.m. Saturday, Dec. 14. The Church is located at 13 Mile and Farmington Road.

CLUBS

Hill & Dale
Hill & Dale Garden Club will meet at 7 p.m. Thursday, Dec. 12 at the Vagabond Visitor's Center in Heritage Park. Members will create a nature wreath and enjoy special guest day featuring holiday potluck treats.

North Women
Join the Women of North Farmington for their annual Christmas Lunch at 11 a.m. Tuesday, Dec. 17 at Links of the Pines on December 17th starting at 11:00 a.m. Entertainment will be provided by Margaret Warzak, a therapeutic harpist and certified music practitioner. Cost is \$20. Call out date is Dec. 10. For reservation and further information please call Pat Mazzarelli (248) 363-8756.

Neighbors Club
The Farmington Neighbors Club will meet for a Champagne Luncheon at 11:30 a.m. Wednesday, Dec. 18 at the Longacre House in Farmington Hills. Call Emily Simon at (248) 474-0604.

BENEFITS

Clothing Drive
Farmington High School will hold a clothing drive 8 a.m.-noon Saturday, Dec. 7 in the school cafeteria. Needed items include: winter wear for men, women and children; blankets; and new personal wear. All clothing will be donated to the City Rescue Mission of Saginaw. Tax receipts will be available.

Cookie Walk
Community Living Centers, providing homes for developmentally disabled adults, is holding its 12th annual Cookie Walk 9 a.m.-1 p.m. Saturday, Dec. 7 at the Farmington YMCA, 28100 Farmington Road.

Blood Drive
The American Red Cross will hold a blood drive 2:30-7:30 p.m. today, Dec. 5 at St. John Lutheran Church in Farmington Hills. Appointments are now being taken and walk-ins are welcome. Call (248) 474-0544. The Church is located at 23225 Gill Road, between Grand River and Freedom Road.

Hats for the Homeless
Brook Rehabilitation Center in Farmington Hills is sponsoring Hats for the Homeless. The Center will accept donations of hats and gloves now through Dec. 17. The donations will be delivered to the Detroit Rescue Mission on Dec. 18. The Brook Rehabilitation Center will also perform at the Mission 1-2:30 p.m. on Wednesday, Dec. 18.

Message-A-Thon

Healthy Touch Massage will host an eight-hour massage-a-thon noon-8 p.m. Sunday, Dec. 8, at 32595 Grand River, between Orchard Lake and Farmington Roads. All proceeds will be donated to the Farmington Area Goodfellow. Suggested minimum donations are \$25 for a half-hour massage and \$45 for a one-hour massage. Donations will be accepted in the form of cash or check made out to the Farmington Area Goodfellow. In addition, for every one-hour massage scheduled during the week of Dec. 9-14, \$10 will be donated to the Goodfellow. No credit cards, coupons or discounts can be accepted for this event.

Toy Drive
Berkshire Chiropractic in Farmington Hills will be conducting a toy drive with donations going to Community Services of Oakland, a non-profit organization that helps local families in need. With every toy donation a free first visit examination will be offered on Saturday, Dec. 14. Appointments necessary. Call (248) 489-9700.

POTPOURRI

International Classics
Farmington Community Band will perform International Classics at 3 p.m. Sunday, Dec. 8 at Harrison High School in Farmington Hills.

Sabrina Fair
Harrison High School presents Sabrina Fair at 7:30 p.m. Friday and Saturday, Dec. 6 and 7 in the school auditorium.

Just For You
Oakland Community College's Just For You entertainment series presents the Michigan Opera Theatre at 8 p.m. Friday, Dec. 6 at the Orchard Ridge Campus in Farmington Hills. The show will feature Broadway music, holiday rhythms and patriotic airs by a quartet of talented professional artists. Call (248) 544-3422.

Velveten Rabbit
The Marquis Theatre in Northville presents Velveten Rabbit now playing through mid-January. For times and reservation information call (248) 349-8100. Special group rates available.

Artist Exhibit
Watercolor artist Jim Patterson will display his artwork now through Dec. 20 at the Farmington and Farmington Hills City Halls.

ArtSplash 2002
Farmington and Farmington Hills City Halls will be displaying and Emerging Artists Exhibit beginning Dec. 23 through Jan. 31.

MCCULLOCH

FROM PAGE C4

Feel the difference between the tense muscles and the relaxed muscles. Combine the controlled breathing technique with the progressive muscle-relaxing technique and you can learn to bring your stress level down quite noticeably.

VISUALIZATION

Finally, after achieving relaxation, spend some time enjoying it and fantasize about a quiet peaceful, tranquil scene. You might imagine yourself lying on the beach in the warm sun, floating on a mat on a lazy summer day, etc. Like anything else, the more practice, the better you will get at these stress-reducing techniques. Actually, the level of relaxation that can be achieved is greater than when sleeping. The nervous system is more active during sleep than while in a deep state of relaxation.

People who are chronic worriers tend to build up stress without recognizing it, sometimes until symptoms of serious

health problems take over. Generalized Anxiety Disorder is a condition experienced by about 4 percent of Americans. For these sufferers, worry goes beyond a normal degree and stress reactions take their toll physically and mentally. Some tips on preventing yourself from falling into this category include setting up a half-hour "worry period."

This may sound silly but can help contain worrying each day. Also, writing down issues one is worried about can get them out of the head, temporarily. Develop a "what if this happens" list and counter it with another list of "so what, if this happens then I'll do that, the worst rarely ever happens anyway." It may be difficult, but it is important to try and focus on the present. Try to be mindful of the present predicament only and not dwell on what went wrong in the past or what is dreaded in the future.

It has been said that the holidays bring out the best in people and, unfortunately, sometimes the worst. Being mindful of proneness to stress, identifying triggers, practicing stress management techniques, and taking care of yourself can all

be very beneficial.

When confronted by demands of a lot of other people pressing their needs on you, remind yourself that no one other than you can care for your own personal needs to manage, reduce, and hopefully avoid stress - during the holidays or anytime.

RESOURCES

For conditions that aren't too bad, ask your librarian or local bookstore for one of the self-help books on stress management. There are several available.

For more severe and chronic problems, talk to your family doctor or consult with a local mental health facility. Contact the Anxiety Disorders Association of America at WWW.aadas.org for a referral to a professional in this area.

Leonard J. McCulloch is board-certified in trauma by the American Academy of Experts in Traumatic Stress. He is a Fellow of the American Institute of Stress as well as a member of the International Critical Incidents Stress Foundation. He is on staff at Brook Rehabilitation in Farmington Hills and can be reached at (248) 474-2763.

TROUBLE BREATHING?

Do you experience
**Shortness of Breath
Chronic Cough
Sputum Production**

Has a doctor ever told you that you have

EMPHYSEMA or COPD?

You may be eligible to participate in a research study evaluating

**INVESTIGATIONAL
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You must be 40 to 80 years of age and have smoked one pack of cigarettes a day for at least 10 years.

Qualified participants will receive respiratory evaluations and instructions, study related medical care and study medication. Subjects will not be charged for taking part in these investigational studies. For more information about taking part in this study or to register for consideration in future studies, please call:

**Pulmonary Research Institute of Southeast Michigan
(248) 478-6561**

Are you ready for
the Holidays?



Planning a Party?

Why not be the host you have always wanted to be and a guest at your own party? Chefs Steve & Rocky specialize in parties large and small with custom menus to fit any budget. If your plans call for entertaining in the office or your home, why not let Chef prepare ready to serve hors d'oeuvre platters or fully catered dinner parties?

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SUNDAY DEC 9 OPEN 10-10	MONDAY DEC 10 OPEN 10-10	TUESDAY DEC 11 OPEN 10-10	WEDNESDAY DEC 12 OPEN 10-10	THURSDAY DEC 13 OPEN 10-10	FRIDAY DEC 14 OPEN 10-10	SATURDAY DEC 15 OPEN 10-10	SUNDAY DEC 16 OPEN 10-10

Happy Holidays

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FRIDAY ADMISSION

WITH THIS COUPON
FROM DEC 6TH ONLY