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National Bank of Detroit

You are Santa when you give love

I was indeed blessed with an enchanted childhood for not only was my mother a witch but she was married to Santa Claus a year after year in the small northern Michigan town where I grew up. My father would don his red woolly suit and ride in the Chamber of Commerce parade. He visited all the churches, schools, the Old Fellows and the American Legion parties. Everyone took it for granted that he was the one to read when you needed Santa Claus.

After he retired he came to stay with me in the city from Thanksgiving until Christmas each year to work as a department store Santa until, finally, his legs would no longer support him.

THEN, MY oldest son took over and stepped into his grandfather's boots. For eight years he played Santa for churches, schools, private parties and department stores.

This year that son will not be home for the holidays since he is now working in California. So, for the first time in my life, I won't be having my Santa Claus at Christmas.

But the jolly old man in the red suit will always be an indispensable part of Christmas to me.

SANTA NICHOLOS - of which Santa Claus is a variation - was a saint whose feast day is Dec. 6. He was born in Asia Minor at the close of the third century.

Later, he became Bishop of Myra.

A story is told about the good bishop helping the poor magicians who were out of money. It is said that he filled three purses with gold and threw them into the homes of the young women. With these dowries they were able to attract prospective husbands and soon they all married.

After that, any gift of love given anonymously and with no hope of gain in return was attributed to St. Nicholas. Gradually over the years, he became known as the patron saint of children since it is to children that such gifts are given most often.

IN MANY European countries children still receive their gifts on St. Nicholas Day, rather than on Christmas. These gifts are distributed by a saintly old man in the white robes of the church. The English and Northern Protestants took him out of his princely robes and dressed him in a red fur suit more suitable to their climate.

The legend of Santa coming down the chimney belongs to the Norsemen. They had a goddess Hertha who held in high esteem by earth dwellers who appeared in



the fireplace to bring good fortune to a household. Thus, once more, we see the blending of Christian and pagan legends into one beautiful tradition which has become so much a part of Christmas as we know it today.

TODAY, AS ALWAYS, Santa keeps up with the times and changes his clothing and his face to fit the culture in which he finds himself.

He may wear bearskin in the Yukon and Bermuda shorts in the islands. His skin may be black, white or any other color. His eyes may be round or slanted. But he is still Santa.

Whenever you help a stranger without hope of any personal gain for yourself in return, whenever you give an anonymous gift of love, you too are playing Santa Claus. May we all keep the spirit of Santa alive forever.

You may write Gundola at: Box 63, Garden City, Michigan 48133. For a personal reply, please enclose a self-addressed, stamped envelope.

Advertisement for Stiffel Lamp featuring a fireplace scene and the text: 'bright idea for Christmas giving... this handsome Stiffel LAMP... \$13250... MASTER CHARGE BANKAMERICARD CONVENIENT TERMS'.

EMU course combats fear of flying syndrome

Two Eastern Michigan University psychology professors are offering a five-program designed to ease off a common fear among ground-bound travelers—the fear of flying in an airplane.

Psychology professor Peter Holmes and Dennis DePrato note that America is the home of some 40 million people who are terrified of flying in airplanes, from the timid CEO to the gregarious 747.

The two professors intend to end their research and teach the program with a first aim to measure the participant's newly discovered confidence in the air. They are requiring program participants to purchase an airplane ticket and take a flight to the destination of their choice. Such a ticket, they note, can be purchased at a small airport for as little as \$2.

In the first week, Holmes says, of his program, "we will give people a variety of tests scales to get some idea of the particular fears they have about airplane flying. This will give us some background information to find out how they feel about airplanes, what their history is with air-travel—past or like that."

In the second phase of the program, the EMU psychologists plan to teach a skill to enable the flight-scared individual to become less uptight. A skill not unlike techniques used in transcendental meditation, only more goal-oriented.

It is a way of relaxing your body, explains Holmes, so that you feel quite calm. When people do relax, in this way, they usually feel more mentally calm.

Holmes says he and DePrato have been working on this relaxation procedure for more than two years, and have become quite successful in teaching people the skill. Their teaching method, he says,

works much better in this particular setting than learning the skill from a book or trying to pick it up from transcendental meditation.

To register or obtain further information, call Holmes at 487-0123 or DePrato at 487-1257.

Advertisement for Scandinavian Village furnishing store: 'The Finest in Scandinavian Furnishings bransch interiors in Scandinavian Village 3125 Orchard Lane #2 Livonia, Michigan 48150'.

Advertisement for Lug Bug: 'A delightful, new stocking stuffer. The best handle ever for garment bags and a quick, comfortable way to control a business case and carry on bag in one hand. Gives you a free hand for doors, elevators or another bag. Rugged polyurethane in black and brown. \$5.00'.

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Large advertisement for Hammell Music, Inc. featuring a 'GIGANTIC End-of-Year INVENTORY SALE 20% OFF ON EVERY PIANO AND ORGAN IN STOCK' and 'UP TO 45% OFF' on band instruments.

Advertisement for bookpeople featuring 'Eat & Run Year 1977 Diet, Exercise & Engagement Calendar' and 'THE DOONESBURY CHRONICLES'.