

# Hypnotherapist tells how she handles stress

Dr. Leslie Miller moved into her new offices in Farmington Hills two days before Christmas. She celebrates both Hanukkah and Christmas. Before the year was out she would be leaving on a vacation.

"It's a good thing my field of expertise assists me in handling all this and I could still enjoy the holidays," Miller said who is a certified hypnotherapist, a member of the American Board of Hypnotherapy, The International Medical and Dental Hypnotherapy Association and the National Guild of Hypnotists.

"My practice involves hypnosis, stress management, no fault psychology and mind development

training," she said. "I call my business The Center for Positive Achievement. Every session I have whether private or with groups involves training — training people to become aware and participate in their own well being."

Since stress has been shown to be the cause of a large number of illnesses, learning what negative stressors are and how to control or eliminate them can improve a life, she said.

"I teach people self hypnosis or creative visualization techniques allowing them to experience new ways of dealing with their stress levels," she said.

## Chairwomen appointed for auction

Cathy Seydel, director of development at Mercy High School, has announced the appointment of Judy Kramer and Beth Nelles of Farmington Hills as co-chairs for the annual "Bid With A Heart Auction."

Kramer and Nelles will be responsible for directing student volunteers for the school's largest annual fundraiser.

The Mercy "Bid With A Heart Auction" is slated from 6 p.m. to midnight Saturday, Feb. 10, in the school gym. Admission is \$50 per person, black tie optional, and features a buffet dinner and open bar. Bid items range from T-shirts to trips to the Virgin Islands.

For more information, call Seydel at 478-8020.

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## Celebration Tour

Harbinger Dance Company's 20th Anniversary Season Celebration Tour continues with a one-night-only performance at 8 p.m. Friday in Smith Theater, Orchard Ridge Campus, Oakland Community College. Gayle Eubanks (left) Bruce Raben, Joe Neal and Greg Patterson appear in "Even Businessmen Get The Blues," along with two new works that are on the play-bill. The tour is sponsored in part by Michigan Council for the Arts, The Skillman Foundation and the Unysis Corp. Tickets are \$10 through the box office, 471-7700, or \$12 at the door.

## 'The Music Lady' comes to entertain

Rita Kirsch, known as "The Music Lady," is the entertainer for Valentine Family Story Hour in both libraries Saturday, Feb. 10. The show begins at 10:30 a.m. in Farmington Branch Library, State and Liberty Street, and at 1:30 p.m. in Farmington Hills Branch Library, on 12 Mile east of Farmington Road.

She will entertain with songs, dance, her guitar and her puppets. The singer-musician-actress has been performing since she was 14 when she learned to play the guitar.

She began her professional career in the early 1970s by performing folk music in the metro Detroit area.

Her specialty is presenting lively programs for children, which always includes audience participation.

One of the highlights of her show is a Cinderella pantomime that includes costume changes and a surprised Cinderella who has to update her dancing style when some

unexpected music is played at the ball — and all of the audience is actively involved.

The programs are sponsored by Farmington Friends of the Library.

There is no charge, but reservations are necessary, made by calling the Farmington Branch, 474-7770, or the Farmington Hills Branch, 553-0300.

## Craft tables for rent

Reservations are now being taken from artists and craftsmen who would like to take part in an Arts & Crafts Sale sponsored by Fairview Early Childhood Center's Parents

Group. The event will take place from 10 a.m. to 4 p.m. Saturday, March 31, in the center. Rental information is given by Marianne Ellis, 626-9571.

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