Team from page 11A

International flavor

International flavor

Athletes compete in district and state tournaments. The winning team from states will go on to international competition if the World Games are held that year and if that sport is chosen to be represented by that state. This year girls' baskethall and a few other teams were chosen to be represented by Michigan. The trip will be totally funded by Special Olympics.

While Team Farmington girls' baskethall won in the district tournament, the group lost to a Detroit team at the state tournament in Grand Rapids acriler this year. Because the Detroit team was unable to attend the international competition, Team Farmington was invited to compete.

So the girls god it by default, which they don't mind a bit, which they have been a team that keeps trying so hard," Bittinger and the state of the team with Team Farmington for three years. Bittingor's youngest child, Tina, 17, is a member of the team.

member of the team.

Dodge ball

"I had a lot of girls when we first started that couldn't dribble a basketball," Bittinger said of her first few practices with Team Farmington. "When a pass would come their way, they would dodge it. It's astounding to watch them now. The first year that we were together, they lost the state by one point. We had so me really good games. They've won the distinctive really a word with which the 10 young wond young wond you productive. The productive is certainly a word with which the 10 young wond you productive. The productive is certainly a word with which the 10 young wond you productive. The productive is certainly a word with which the 10 young wond you productive. The productive is an experience on this trip, the trawy, the young wond you productive. Th

ball team, Lipa was impressed with how well the young men learned to handle thomselves in hotels and restaurants and the noticeable increase in their vocabulary as they talked with people from all over the United States.

"The game was sort of just the thing that we did." Lipa said. "The real happening was how they became productive out there as citizens."

Lipa was recently named Farmington/Farmington Hills Chamber of Commerce "Citizen of the Year."

"That's one of the things that we do here in Team Farmington," he said. "We really work on making the sport not the overall met important thing, but the product that we turn out."

Changing times

Changing times
Lips would like to see that kind
of emphasis charge in the high
schools and middle schools.
"We're teaching young people,
and what we're not doing a lot of
times is teaching them how to be
wood citizen." good citizens.

good citizens."

Team Farmington bead coach
Mike Todorov also sees the opportunity for the basketbell team
to travel to the World Games as a
wonderful vehicle for learning.
Todorov has taught special education at Farmington High School
for 10 wars.

strangers to them and will be ben-efficial for more than just basket-ball.

"I told them, besides gytting in shape for basket-ball, you're going to have to get in shape just to keep up with all the activities at the World Games," Bittinger said. sold.

said.

Some of the things already planned for the athletes include a clambate, a sailboat ride and a luau. There will also be an Olympic Village with some big-time pin trading going on among the athletes.

They was now Manines to the clambate of the clam

pic village with some big-time pin trading going on among the athletes.

Two years ago, Kissinger traveled to the Winter Games in Austria with the Alpine aid team. Bhe found the Special Olympics were very similar to the standard Olympic games.

"The (Special Olympics) World Games are really exciting, the pargentry and everything that goes along with it," Kissinger said.

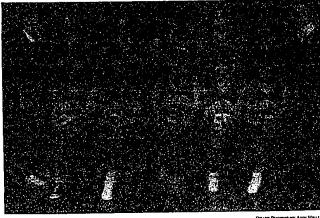
There is a tremendous opening ceremony with thousands of people and big-names stars, colorful lights and the whole bit. The groups of athletes march in behind their country's flag and a sign from their country.

"The "Day I parads in representing the United States of America, but, in their hearts, they're representing Farmington."

The cosches give kudos to the parents, the cities of Farmington and Farmington the Country of Team Farmington. The school district for the tremendous support for Team Farmington.

The school district has provided the school of practices, takes care of the mailing and phones, and is remodeling the lower level into a team room and offices. The cities allow Team Farmington to run concession stands at city or conta. That not only provides a learning experience, but it allows the community to meet the athletes.

the community to meet the atta-letes.
And the parents? According to coach Bittinger, "There is noth-ing I could ever ask of a parent that is not done doubly. It makes cold chilling over you."
But the difference Team Farm-ington has made in the lives of the athletes is what Special



ger at the Health Development Network She has participated in meditation and relaxation for stress reduction and pain manage-ment.

HAPPY

CHRISTNAS • SEA

HOLIDAYS • MERRY

SEASO

Team pick: Team Farmington members include: Mary Parrish (left, front row), Heather Glysson, Julie Hamway, Stacie Cassar, Kelly Giampaola, coach Sue Kissinger (le second row), Rhonda Boatman, Cheryl Collon, Shannon Morrison, Tina Bittinger, Cathy Pacheco and coach Gaye Bittinger.

Cathy Pacheco and coach idOlympics is all about. For Tina
Bittinger, a 17-year-old junior at
Farmington High School, it offered the opportunity to pursue a
sport she truly loved and to be
able to compete on her own level.

The youngest of three children,
Bittinger could follow in her
brother's and sister's baskethall
tootsteps.

Team Farmington is a yearround sports training program
open to children and adults who
are mentally challenged and are
currently enrolled or who have
graduated from the special education programs run by the Farmington Public Schools or who currently line within the school district. Volunteers and donations
are gratefully accepted. For more
information call (810) 489-3849.

For if dreams die Life is a broken-winged bird

That cannot fly.

Hold fast to dreams

For when dreams go



On guard: Team Farmington's Rhonda Boatman (front), Cheryl Collon and Julie Hamway guard against an inbounds pass.

HAPPY HOLIDAYS • MERRY CHRISTMAS • SEASONS GREETINGS •

Positive

from page 11A

inner attitudes of their minds, can change the outer aspects of their lives," William James said.

their lives," William James said.
Old negative tapes you play in your mind can be quite powerful.
To counter these tapes, try starting an inner dialogue with yourself. Give yourself positive measures and images — these will help you overcome negative self-taik and will help promote a positive self-image.

and want to visualize the place-ment of the ball but say to your-self, "that's where I want it to go, but it won't," you will be abotag-ing yourself. You must believe and want the outcome you envi-sion and the changes that result.

sages and images — these will help you overcome negative self-talk and will help promote a positive self-image.

Visualize the outcome you want. For example, if you play golf

Call to mind all the sights, sounds and smells that would appropriately be part of this image. If you have trouble visualizing, use words to describe your desired goal. Put your energy into this image for five minutes then allow it to go and believe it will happen. In addition to visualization, keep dreaming it is by our dreams that we lift ourselves above our problems and give ourselves hope.

Hold fast to dreams

MONEY TO LOAN

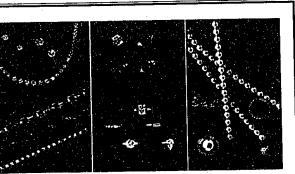
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Caroline Smith is a registered nurse and health programs mana-

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