### Chat Room from page B1

cannot be printed.
All youngsters are screened and thoroughly tested upon entering the program. Each has his own educational and psychological goals taillored to his needs. Many of the students exhibit inappropriate behavior, however, with the positive upbeat atmosphere at the enter in time this disappears.

Many troubled youngsters are tearning disabled and or emotionally impaired in some way. Providing for this intrinsic need for the safety structure and belonging is the backbone of the Maxay model. In addition, quoting from the Maxie manual: 'tis the belief that development of therapeutic relationships, both among the youth and between the youth and between they outh and between the youth and sterile is the foundation for in-depth changes and values, their relationships with others, and their attitudes.'

I visited a class for sex offenders and was so impressed with how well the students and their teacher interacted. She showed a great deal of caring and empathy as she explained the program. Students are asked to relive their crime and place themselves in the victim felt and apologize for their inappropriate behavior. Furthermore, students are taught to recognize what trig-

taught to recognize what trig-

gors this inappropriatoness. Why are they committing these acts? Often it's because the same things occurred within they family a setting. Learning to ignore these prompts is a goal of the center. Many young men do not go back to live with their families, but must seek alternative support when they leave. Students move in small groups around the lovely treed campus. Many go to various vocational classes such as printing, graphing, Students will have skills when they leave to get a job, be an entreprenour or pursue further adulations. It's not all work. There aronay extra-curricular activities available. Student council, choir among the control of the many control of the choices as well as sports and changing patterns are the goals of the Maxey Center," said Donna Whitchead. We are fortunate to have such dedicated individuals making a differences in the lives of troubled teems and helping to bring them. But a sproductive members of society.

society.

Eleanor Blum is a school-teacher and a Farmington Hills resident.



Producers: Tony Gorkiewicz and Heidi Peterson of Amera Communications have produced a video to help singles with dating.

### Just in time for Valentine's: successful dating tips video

Valentine's Day is sweet for couples in relationships — chocolates, roses, romentic dinners. But for unattached singles, it can be a bah humbug reminder that there's no special someone.

Enter Dating 101, a new video relossed by Farmington Hills' Amera Communications Inc. to coincide with the mid February boliday.

coincide with the man holiday.

"We've been working on the dating video for a year," said Heidi Paterson, who co-produced the 30 minute tape with Tony Gorkiewicz.

Datassan of Bloomfield Hills.

rated, such as putting a note on the windshield of his girlfriend's car at work telling her how much he enjoyed their evening together. It's something that impressed his girlfriend, now his wife.

Gerkinwier's brother, who he

Gorkiewicz's brother, who he

Gorkiewicz's brother, who he characterizes as a 'natural born ham,' appears in one of the vignettes about fun dating ideas. Footage was shot in downtown Birmingham and around the Farmington Hills area. Interspersed between real life folk giving relationship advice is a dating expert, Joann, who owned her own dating service and offers some good advice. A single couple, Becca and Geoff, play host for the lighthearted look at dating in the '90s.

"I found what the men had to say a bit of a surprise,' aid producer Peterson. "They came off more sensitive than I expected. Women forget sometimes that men have feelings, too."

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out of town, young and old."
The producers consider Dating
101 the first in a series.
"As we go along, they'll get
more advanced," Peterson said.
Topies covered in Dating 101
include what men and women
find most attractive, how to
approach and meet someons,
how to handle being dumped,
tips on building self confidence,
guidelines for single purents,
and safety issues when placing a
personal ad.
"A lot of people are not using.
There are lots of ways to
improve on relationahips. Our
video is positive. It lets you
know that you're not the only
one out there looking for someone.
Dating 101 is available for

one."
Dating 101 is available for \$12.99 at Borders Books & Music in Farmington Hills and downtown Birmingham, Block-buster Music in Rochester and Media Play in Southfield.
Or call 1-800-465-7707 for Visa and MasterCard orders (The cost is \$9.95 plus \$4.95 shipping and handling).

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#### Mystery Ball to aid Sarah Fisher center

gggggAri

Buck and the St. Vincent and Sarah Fisher Center are offering a reward to the individuals who provide information leading to the conviction of the filler of M. Noah Moore of the 7th annual Wild West Mystery Masquerade Ball on Saturday. March 7.
Held in the Shotwell Gustafson Pavilion at Oakland University in Rochester; this fin event is sponsored by Buick to benefit the St. Vincent and Sarah Fisher programs for

to benefit the St. Vincent and Sarah Fisher programs for severely abused children and families in crisis.

The evening's master of ceremonies, Kevin O'Neill of WKQI 95.5FM's morning show, and a cast of characters will transform Oakland University's old iding stables into an 1860s western saloon. As the murder unfolds, characters will provide guests with clues to help them discover who dunnit.

Prizes will be nwarded, to the identity of the murderer.

Dress is wild west, but, not required. Music and dancing will be provided by D.J. Frankie. A premium cash har and an elaborate hors decurred inner featuring bar rounds of beef, racks of wood roasted boby pork ribs, ranchers pasta salad, chilejo meatballs, cowboy, taters, marinated tequila gulf shrimp salad, assorted desserts and coffee will be served courtesy of Forte Belanger Catering of Berkley.

Tickots are \$35 per person and \$250 for a reserved table sponsorship. Members of the committee are Patti Aberlich, Chris and Roger Boss, Joe Capenigro, Bill Dartin, Anna and Mike Durham, Debbie and George Padool, John Forto, Kyle Hoult, Beth Ann and Joe Knisely, Traci Lorio, Bot Mazur, Mike Perugi, Ireno and Don Rogers, and Bridget and Don Rogers, and Bridget and Don Rogers, and Bridget and Jon Services to children and families in crisis for 69 years. Programs include residential treatment and crisis for 69 years. Programs include residential treatment and crisis for 69 years. Programs include residential treatment and crisis for 69 years.

adoption services for children with special needs, and out-reach and residential services for high risk young mothers and their babies.

For tickets call 626-7527, Ext. 3115.



## Light Therapy from page B1

primarily because there is a lack of daylight." While there is a higher incidence of SAD in regions where the winters are dark and gloomy, the reverse is true: "much lower incidence in warm tropical climates.

Like any mood disorder, there are degrees of severity. Astorga points out that the primary treatment for depression remains medication. If someone auspects they may be suffering

remains medication. If someone suspects they may be suffering from SAD, Astorga says "it's important to see a doctor, to have an evaluation and proper diagnosis. A trial of antidepres-sant medication may be needed.

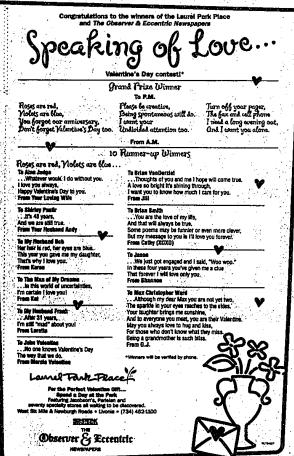
sant medication may be needed.

The following are symptoms of depression: extreme fatigue, lack of energy, sleep disturbances; changes in appetite, significant weight loss or gain; lack of interest in normally stimulating activities; inability to concentrate; difficulty function-

"Regular exercise and proper dict are important. A person who suspects SAD shouldn't treat herself. You need a professional opinion." Megan comments: "Friends who have never experienced depression don't understand. It's almost unbelievable that something as simple as lack of light could affect one's moods so drastically. But when I think about how horrible I felt in winter, how I almost gave up. For me light therapy has been a god-send. I feel as though I finally have my life back."

ing at work or home; irritability,

# the 30 minute tape with Tony Gorkiewicz. Peterson, of Bloomfield Hills, is single and said sho gleaned useful information herself. Much of the tape is on-the-street interviows with single men and women revealing their dating likes and tumoffs. "After college, it's not that casy to meet men," asid Peterson, an Oakland University graduate. "I think there's a huge need for this." Gorkiewicz, who is married and the father of three children, said some of his old successful dating techniques are incorpoanxiety; pessimistic attitude, negative thinking; feelings of hopelessness, helplessness; feel-ings of worthlessness. SAD symptoms depressive symptoms as above with onset of en have feelings, too." Two married couples are also "They gave great answers. They've had success in their relationships," she said. "We talk to local people, folks from Attitudes for the mind





Attitudes for the mind

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