







Police and fire committee chair views services

Continued from 5
Most people don't even realize that the fire department is a volunteer fire department. I didn't when I came to town.

"But as you look at some statistics on crime you can see the breakdown, you have some statistical information from the police department for types of incidents and the severity of those incidents, and you can see the change over the last five years and that gives you a perspective over what takes place.

"The police officer has to respond in that patrol car to each and every one of those incidents. Besides normal detail, such as moving through a subdivision, major highways, assisting people who are not really reported there.

"The economics we haven't looked at in detail, but generally we take a look at the city charter. We're allowed 6 1/2 mills maximum to operate. Now within that, the millage rate goes down in accordance with the budget.

"Police and fire protection has become an emotional issue with many Novi residents. Some are calling for immediate additions to the department. What advice can you give those residents?

"There's two things and it's a two-prong approach. One, quite honestly, is that citizens have to be involved in

a neighborhood watch. You have to participate. That police officer in that marked car or unmarked car cannot be every place.

"You have to be there watching. That does have a deterrent effect relative to types of crimes that are committed within neighborhoods.

"In four to five weeks we're sending out a questionnaire to registered voters on a sampling basis. And that questionnaire will also be available at city hall and other places.

"What it amounts to is if you solve short-term situations you do not serve the purpose of long-term solutions to problems. And I think the committee, police department and the city administration want to be proactive and plan as best we can for the future and resolve issues before they become crises.

"I think that if you look at statistics you can see in some areas of incidents they have decreased. We have sent some messages.

"We have a specialist in crime prevention. The committee supported that position very strongly. We have a juvenile officer, which does have an impact on that type of incident, not only now but also in the future for those young individuals.

"I would hope within six to eight months, but I'll put a qualifier on that. I would not want the committee to finish any sooner than they feel is necessary. I want to do a complete job of it. And I, as an member, would be dissatisfied if we did not. I want to make sure we are as thorough as we can be.

"If you look at the police department, the chief has a law degree. Most of the police officers have bachelors degrees, some of them are working on masters. We have a

highly educated police department with a very, very low turnover. Which is a very strong plus for the community. They know the community."

"And they do a considerable amount of re-training throughout the year. They probably spend 30-40 hours individually going through re-training so we have a highly educated and trained police department.

"The city recently hired four fire protection officers. Those officers are also going through additional training amounting to over 240 hours of training. These individuals are not typically what we look at as firemen, the fact that they sit in the station. These individuals are going to be very active in fire inspection, planning, fire suppression, education and maintenance.

"In fact the committee is looking at that looked at the need for fire suppression officers and fire protection officers during the day and saw a critical need, and that's what this is for. The fire chief came up with an excellent cost effective solution to the problem and I might add I believe the fire chief also has a masters degree, so we're very fortunate."

"Let me handle the fire department first. You can pinpoint that a little differently than the police department. We have community-wide hired four fire protection officers and that's for our daytime response. This community has changed over the years from an agricultural type community to an urban, rural type setting, moving more toward that urban setting.

"And as such we have do not have the volunteers during the daytime. That means that we do not have the response that the community needs, and the movement of the four fire protection officers resolves that on a very very short-term basis. We need to analyze and review those more in depth.

NOTICE IS HEREBY GIVEN that the Planning Commission will hold a public hearing to consider AN ORDINANCE TO AMEND SECTION 3006 OF ORDINANCE NO. 84-18, AS AMENDED, THE CITY OF NOVI ZONING ORDINANCE, TO PROVIDE FOR PUBLIC HEARINGS FOR THE CONSIDERATION OF SPECIAL LAND USE APPLICATIONS. Hearing will be on Wednesday, March 18, 1987, at 7:30 P.M. in the Novi Public Library, 45245 W. 10 Mile Road, Novi, MI.

Jaycee award breakfast set March 7

The Novi Jaycees will present the 1986 Distinguished Service Award (DSA) at the annual Community Recognition Breakfast at the Sheraton Oaks Hotel on Saturday, March 7, at 8:00 A.M. Reservation deadline for the annual breakfast is Monday, March 2, tickets are priced at \$7 per person, and the menu will include scrambled eggs, bacon, juice, toast, coffee or tea. Call 348-NOVI for reservations or more information.

Edison warns of con artist scams

Flowers are not the only species that bloom in the spring. Unfortunately, it is also the time of year when con artists — posing as utility employees — may pop up in your neighborhood. Detroit Edison cautions you to be particularly careful before admitting persons into your home.

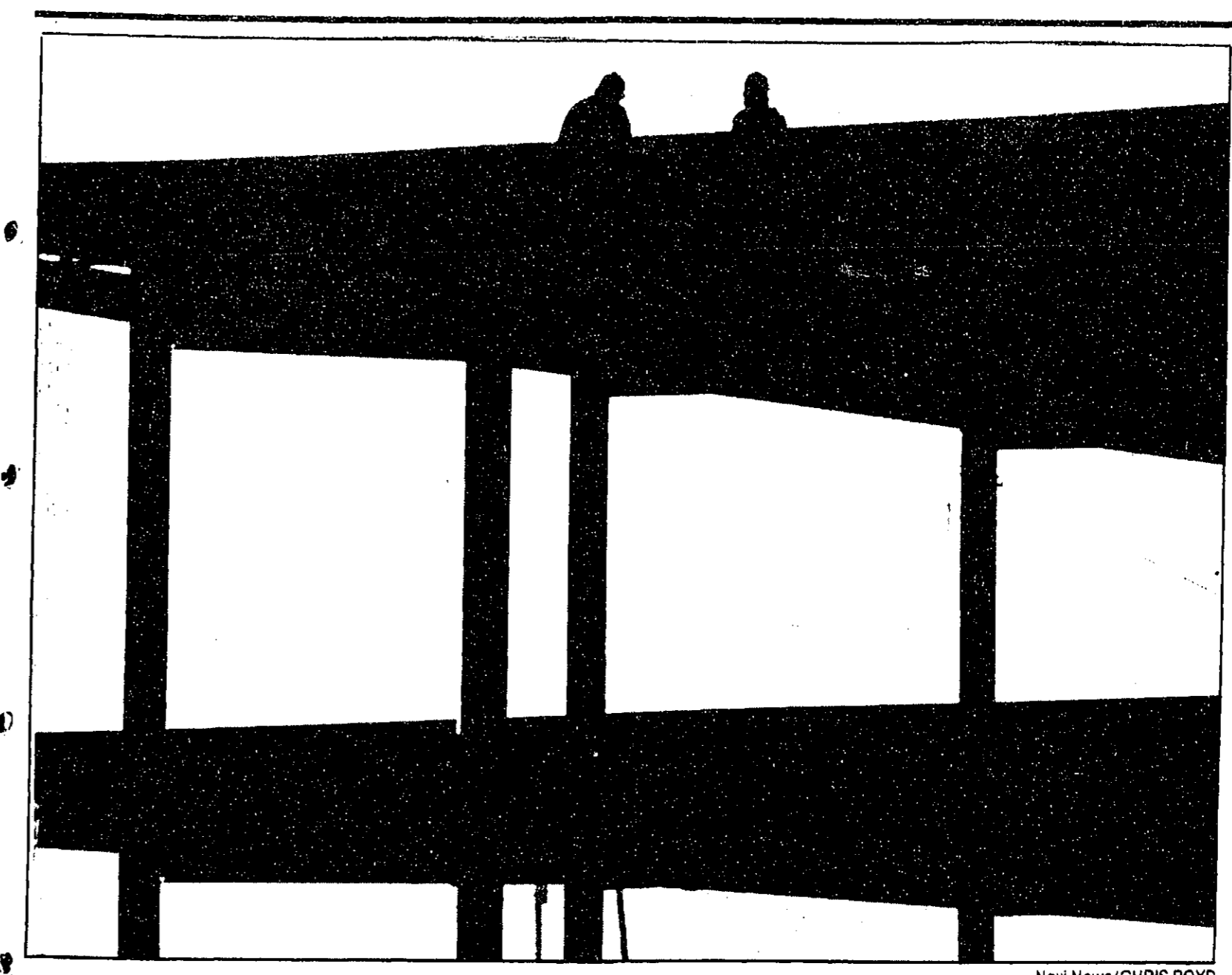
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TO CELEBRATE COME IN ON ANY MONDAY IN MARCH AND PURCHASE A LARGE PIZZA AT MEDIUM PIZZA PRICES
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WEEKEND PACKAGES
Holiday Inn
LIVONIA WEST (I-75 AND SIX MILE RD.)
Friday, Saturday or Sunday Nights
Bask in our climate controlled indoor recreation center. It's full of fun for the whole family; a heated swimming pool, whirlpool and sauna, video games, beating green and much more. It's an affordable way to get away.

NOTICE CITY OF NOVI 1986 TAXES
After March 2, 1987 property taxes are paid to Oakland County Treasurer. A revised statement can be obtained from the City Treasurer's Office during the month of March.
DOG LICENSES
Dog license fees will be increased to \$15.00 on March 3, 1987.
EVELYN I. NATZEL ASSISTANT TREASURER
Office Hours: 8:00 A.M. to 5:00 P.M. Monday through Friday — Closed Saturdays. (02-25-87 NN, NR)



Novi News/CHRIS BOTO

Back on schedule

After delays in obtaining structural steel, construction of the Novi Civic Center on Ten Mile is back on schedule, according to Assistant City Manager Craig Klaver. In fact, Klaver reports that construction is now one week ahead of original estimates, making the Nov. 13 target date for completion of the new facility appear more likely.

Bullard appointed to tax committee

LANSING — State Representative Willis "Bill" Bullard (R-Highland Township) has been appointed to a special committee to study a variety of issues related to property tax and school finance proposals. Bullard, whose 6th State House district includes Novi, said he was pleased to be part of the committee. "Our task is very complex and challenging, but it has to be faced and dealt with once and for all," he said.

NOTICE - CITY OF NOVI REQUEST FOR BIDS - POLICE DEPARTMENT HVAC SYSTEM
The City of Novi will receive sealed bids for a heating/cooling unit to be located at the Novi Police Department according to the specifications of the City of Novi.

Looking for high rates?
Putnam Option Income Trust II
13.58% current distribution rate
Putnam Option Income Trust II offers investors a high current return primarily from writing covered call options on a portfolio of dividend-paying common stocks. You'll receive distributions every quarter and always have access to your money. The minimum initial investment is only \$500.

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Proposed museum puts city on map

The proposed Motorsports Museum and Hall of Fame has put Novi on the map...literally. Larry Clancio, chairman of the group working to develop a Motorsports Museum and Hall of Fame in Novi, reported last week that a company named World Impressions has placed Novi on a map titled "Famous Motorsports Raceways of North America."

WAVES gets Navy women together

Attention, Navy women. There's an organization you might be interested in joining. A Novi woman, Bettie Johnson, is working to establish a Michigan chapter of "WAVES National." The primary purpose of the group is to bring together all former, retired, active duty and reserve Navy women to share traditions, history and individual stories as well as promote Navy women and the Navy to serve Navy women veterans.

CITY OF NOVI NOTICE
NOTICE IS HEREBY GIVEN that the Planning Commission of the City of Novi will hold a public hearing at 7:30 P.M. on Wednesday, March 18, 1987 in the Novi Public Library, 45245 West Ten Mile Rd., Novi, MI to consider Proposed Map Amendment No. 18448 (initiated by Joseph Hoffmann) for property located at Section 35 of the S. side of 9 Mile, E. of Novi Rd. (lotwell no. 22-200-002 & 003) across from Hydromation, to be rezoned from R-1 One-Family Residential to I-1 Light Industrial.

THE NEW

A&P

# The Supermarket With Warehouse Prices

Items & Prices Effective thru Sunday, March 1, 1987. Quantity Rights Reserved.

## BONUS COUPONS

SAVE \$1.27

California Head  
**Lettuce**  
**39¢** each  
With Coupon At Right

Grade "A" Medium  
**Eggs**  
**38¢** doz.  
With Coupon At Right

Absorbent — Delta  
**Towels**  
**37¢** roll  
Pre-Priced 59¢  
With Coupon At Right

**BONUS COUPON**  
No. 686  
A&P Medium  
**Eggs**  
**38¢** doz.  
Limit One 1-Dozen Carton. Limit One Coupon Per Customer. Valid thru Sunday, March 1, 1987.

**BONUS COUPON**  
No. 687  
California Head  
**Lettuce**  
**39¢** each  
Limit One Head. Limit One Coupon Per Customer. Valid thru Sunday, March 1, 1987.

**BONUS COUPON**  
No. 688  
Mueller's — Elbows, Regular or Thin  
**Spaghetti**  
**77¢** 2-lbs.  
Limit One 2-Pound Pkg. Limit One Coupon Per Customer. Valid thru Sunday, March 1, 1987.

**BONUS COUPON**  
No. 689  
Absorbent — Delta  
**Towels**  
**37¢** roll  
Pre-Priced 59¢  
Limit One Single Roll. Limit One Coupon Per Customer. Valid thru Sunday, March 1, 1987.

Premium Quality  
**Whitney's Yogurt**  
**48¢** 6-oz.  
Tropical Fruit  
Lemon  
Vanilla  
Strawberry  
Raspberry  
Cherry  
Peach  
Blueberry  
Wild Berry

Farmer's Choice — Frozen  
**French Fried Potatoes**  
**39¢** 2-lbs.  
REGULAR OR CRINKLE CUT

Wisconsin  
**Russet Potatoes**  
**15¢** lb bag  
**\$1.98**

24 Individually Wrapped  
**Kraft American Singles**  
**\$1.99** 16-oz.  
FAMILY SIZE

Regular or Natural  
**Seneca Apple Juice**  
**99¢** 1/2-gal.  
Seneca Applesauce 99¢ 4-oz.

**Boneless Bottom Round Roast**  
**\$1.67** lb.  
U.S.D.A. CHOICE

Fresh  
**A&P Chilled Orange Juice**  
**98¢** 1/2-gal.  
WITH ICING Pillsbury Cinnamon Rolls 88¢ 6-oz.

In Syrup — Argo Sliced  
**Peaches**  
**88¢** 29-oz.

Mountain Dew, Slice, Pepsi Free, Regular or Diet  
**Pepsi**  
**98¢** Plus Deposit  
2-liter bottle  
TV FEATURE

Regular or Light Beer  
**Coors**  
**\$3.95** Plus Deposit  
Less Than \$8.00 a Case  
12-pack 12-oz. bottles

Cook's — Smoked  
**Ham**  
**99¢** lb.  
SHANK PORTION

P&Q Hamburger or Hot Dog  
**Rolls**  
**48¢** 8-ct.  
Aunt Jane's Sweet Relish 79¢ 10-oz.

Toaster Pastries — Nabisco  
**Toastettes**  
**87¢** 8.75-oz.  
• Strawberry  
• Cherry  
• Fudge  
• Brown Sugar

Regular Absorbency Diapers  
**Pampers**  
**\$8.99** each  
• 32-Ct. Large  
• 48-Ct. Medium

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### FROZEN

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Seedless  
**California Navel Oranges**  
**6/\$1** each  
Imported Honey Mist Melons \$1.98 each

**Fresh Picnics**  
**88¢** lb.  
4 TO 7 POUND AVG.

**Ground Chuck Hamburger**  
**\$1.48** lb.  
ANY SIZE PKG.

Frozen — 4 To 7 Lb. Average  
**Grade "A" Turkey Breasts**  
**\$1.38** lb.

Quarters  
**P&Q Vegetable Spread**  
**25¢** 1-lb.  
Pillsbury Crescent Rolls \$1.18 3-oz.

Family Size  
**Oncor Frozen Entrees**  
**\$1.98** 2-lbs.  
• Salisbury Steak  
• Turkey/Gravy  
• Mostaccioli

Broad  
**Jenny Lee Egg Noodles**  
**58¢** 16-oz.  
Heinz Brown Gravy 77¢ 12-oz.

Fresh, Ground  
**Eight O'Clock Bean Coffee**  
**\$6.99** 3-lbs.  
8 O'Clock Decaffeinated \$8.99 3-lbs.

18 Varieties  
**9-Lives Cat Food**  
**33¢** 6-oz.  
Tidy Cat Litter \$1.44 20-lb.

Heavy Duty Liquid  
**Arm & Hammer Detergent**  
**99¢** 32-oz.  
30¢ OFF LABEL

**FLORIDA HONEY Tangerines** each 6/\$1  
**COSTA RICAN Pineapple** each \$1.97  
**CALIFORNIA Spinach** 10-oz. 88¢  
**CALIFORNIA Green Onions** bunch 3/99¢

BONELESS FLAT CUT Rump Roast 1-lb. \$1.87  
BONELESS BOTTOM Round Steak 1-lb. \$1.97  
BONELESS Eye of Round Roast 1-lb. \$2.17  
BONELESS Eye of Round Steak 1-lb. \$2.37  
FRESH Butt Half Ham Shank Half or Whole lb. \$1.19  
FRESH Ham lb. 99¢  
VIRGINIA BRAND Sliced Bacon 12-oz. \$1.28  
BUTCHER BOY QUARTER Boneless Ham lb. \$1.99

THIN APPLE VALLEY FAMILY Pkg SMOKED OR Polish Sausage lb. \$1.69  
SLICED Herrud Lunchmeats 1-lb. \$1.38  
COUNTRY PRIDE Boneless Tender Cuts 1-lb. \$3.69  
Fresh — Frozen  
Grade A DUCKS lb. 88¢  
HARD Oscar Mayer Salami 16-oz. \$2.19  
WHOLE OR HALF PICKLES Claussen Deli Dills qt. \$1.69  
STEAK IT EASY Sandwich Steaks 14-oz. \$1.99  
CHUB Salmon Steaks lb. \$2.99

DEL  
New Yorker Cheese  
Domestic Swiss 1/2-lb. \$1.69  
WINTER'S SMOKED OR FRESH Liver Sausage lb. \$2.89  
IN-STORE PREPARED Shrimp & Krab Salad lb. \$3.99  
IMPORTED CHEESE Irish Shannon lb. \$3.99  
CHERRY Angel Food Cake each \$1.79

FRESH — GRADE "A" A&P Sour Cream 16-oz. 79¢  
HALF MOON — NATURAL Kraft Colby Cheese 16-oz. \$1.97  
KRAFT — SHARP SHREDED Cheddar Cheese 4-oz. 85¢  
UNSWEETENED — SECTIONS Seald Sweet Grapefruit 16-oz. \$1.98  
SOFT MARGARINE 2-PACK 8 OUNCES Diet Imperial 16-oz. 99¢  
SLICED CHEESE Country Line Longhorn lb. \$3.29  
PRE-PRICED — Six Count, Dairy Fresh  
English Muffins 12-oz. 2/\$1  
FRESH — CHILLED Ocean Spray Crantastic 64-oz. \$1.87

FRESHLIKE — FOUR VARIETIES Frozen Vegetables 28-32-oz. \$1.37  
Cheese, Pepperoni or Sausage  
G&W Pizza 10-oz. 66¢  
BANANA, CHOCOLATE, LEMON OR COCONUT Pet Ritz Cream Pies 14-oz. 78¢  
ANN PAGE Ice Cream Sandwiches 12-ct. \$1.99  
MINUTE MAID CONCENTRATE Frozen Fruit Punch 12-oz. 98¢  
STOUFFERS Chicken A la King 4-5-oz. \$1.78  
FROZEN Coffee Rich Creamer 16-oz. 44¢  
FULLY COOKED — FOUR VARIETIES Tyson Chick 'n Quick 10-oz. \$2.38

BUTTERSWEET — KOEPLINGER'S Wheat Bread 24-oz. 99¢  
NABISCO — LOW SALT OR Ritz Crackers 16-oz. \$1.88  
ROSATO, PEACH OR RASPBERRY Riunite Wine 2/\$6  
Bonus Bag — 4-oz. Free  
Tostitos or Doritos 20-oz. \$2.49  
TWELVE FLAVORS — PLUS DEPOSIT Fayo Pop 2-liter 99¢  
KEEBLER — DELUXE GRAHAM, E.L. FUDGE OR Fudge Stripes 9-12.5-oz. \$1.28  
MINI MARSHMALLOW, LITE OR Swiss Miss Cocoa 12-oz. \$1.48  
INSTANT Folger's Coffee 8-oz. \$3.99

HENRI'S POURABLE — SALAD Taste Dressing 16-oz. \$1.55  
SEAFOOD COMPLIMENT Kraft Tartar Sauce 6-oz. 88¢  
BESSINGER'S Golden Dill Pickles 48-oz. \$1.97  
GOLDEN WHEAT DINNER Mac. & Cheese 7.25-oz. 4/\$1  
FAMILY SIZE — FOUR FLAVORS Royal Gelatin 6-oz. 2/\$1  
Plain, Meat or Mushroom — Alfreddo's Spaghetti Sauce 32-oz. 88¢  
HENZ — 100% PURE Tomato Juice 46-oz. 68¢  
MARTHA WHITE SEVEN VARIETIES Muffin Mixes 5.5-7-oz. 3/\$1

CHOOSE FROM SIX VARIETIES Idahoan Potatoes 4.75-oz. 59¢  
SILVER FLOSS Sauerkraut 16-oz. 49¢  
BONUS PACK — 8-oz. FREE Wesson Oil 32-oz. \$1.28  
ASSORTED FLAVORS Gerber First Foods 2.5-oz. 21¢  
BLUEBERRY, CHERRY OR APPLE West Bay Pie Filling 21-oz. 99¢  
PRE-PRICED — REFILL Fantastic Cleaner 1-1/2-gal. \$2.49  
PRE-PRICED — SUNLIGHT Auto Dish Detergent 50-oz. \$1.99  
PRE-PRICED Coronet Napkins 140-ct. 79¢

AEROSOL SPRAY Secret Deodorant 4-oz. \$1.99  
FAMILY PACK — COTTON Q-Tips Swabs 170-ct. \$1.44  
DISPOSABLE Feudor Lighters each 3/\$1  
Sippy — 4 Varieties Dog Food 14-oz. 3/\$1  
LARGE BITES Mealtime Dog Food 25-lb. \$7.88

California  
**"Bud Antle" Celery Hearts**  
**88¢** pkg.

**Boston Bluefish Fillets**  
**\$2.99** lb.

Fresh Fryer  
**Drumsticks**  
**66¢** lb.

Russer — West Virginia  
**Baked Ham**  
**\$1.99** 1/2-lb.

Fresh — A&P Lowfat  
**2% Milk**  
**78¢** 1/2-gal.  
Hershey's Chocolate Syrup 73¢ 16-oz.

Ten Popular Flavors  
**Sealtest Ice Cream**  
**\$2.49** 1/2-gal.  
Cup-O-Joy Sugar Cones 73¢ 12-ct.

Whole, Peeled  
**Heinz Tomatoes**  
**68¢** 28-oz.  
Brooks Chili Mix 99¢ 3-1/2-oz.

General Mills  
**Cheerios**  
**\$1.38** 10-oz.  
Hawaiian Punch 99¢ 64-oz.

While Supplies Last  
**Diana Quilted Place Mats**  
**\$1.99** each  
Machine Washable 50% COTTON 100% POLYESTER

**FUNK & WAGNALLS NEW ENCYCLOPEDIA**  
This Week's Feature Vol. No. 4  
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## DOUBLE COUPONS

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## FEDERAL FOOD STAMPS WELCOME



# Jobs, roads top Murphy's list

PONTIAC — An optimistic and excited Daniel T. Murphy is calling for greater economic attention to Oakland County's weak links and better roads for all.

Murphy said he will increase our efforts to promote, facilitate and support small business development as well as do more consulting to companies regarding exporting products and services, both nationally and internationally.

"I still wholeheartedly believe that SEMTA is an agency which needs to be restructured in order to provide adequate service to Oakland County residents. SEMTA spends millions of dollars a year for a handful of routes in one portion of the county."

"Today, 2 1/2 years since the inception of the Oakland Tech Park, it has emerged as one of the most important technology parks in the United States. It means about 52,000 jobs in Oakland County by 1995."

# Roads require fast work by officials

Local officials will have to work quickly if they have any dream of getting state trunk lines in western Oakland County in the next five years.

"I will have a bill drafted by the first week of March — or earlier," Fessler said.

Haggerty and I-96 is planned, and Fessler urged pressure to get it built. "It would be 90-percent federal funding. The right-of-way is there; it's protected."

"Our 1983 goal was ambitious: 89,000 new jobs by 1990. There are 130,000 more private sector jobs today than at the beginning of 1983. This is a 37 percent increase."

UGLY KITCHEN CABINETS? DON'T REPLACE... 'REFACE' MODERN & EUROPEAN STYLES FORMICA SOLID COLORS and Woodgrain SOLID WOODS Oak, Cherry and Birch

PLAY BALL! K of C Council #4401 Farmington, MI announces the ST. FRANCES SOFTBALL CLUB WOMEN'S, MEN'S and CO-ED LEAGUE FORMING CALL 476-1100 or 476-1101

RYMAL SYMES COMPANY FIL SUPERFISKY a house "SOLD" word Office: 476-9130 Home: 348-3486

SAVINGS EXPERT TAX PREPARATION \$15.00 OFF (New clients only) by retired Internal Revenue Agent with over 28 years experience as a field auditor. Call between 9 a.m. & 9 p.m. MON-SUN. 855-1656

JCPenney Custom Decorating Sale 50% off selected custom window products. 50% off Custom Draperies, 50% off Sunrise Mini Blinds, 50% off Gallery Pleated Shades, 50% off Scenics Vertical Blinds. Installed Carpet Sale. Sale ends March 7, 1987.

Laurel WATERBEDS by Sommar FURNITURE MATTRESS TWIN SET \$269.88, FULL SET \$478.88, QUEEN SET \$629.88, KING SET \$789.88. 584 W. Ann Arbor Trail Plymouth 483-4700

WEEKEND DINNER SPECIALS Holiday Inn Livonia West. 5-9 p.m. \$8.95 Carved Steamship Beef, Oven Baked Chicken, Pasta du Jour, Fresh Tossed Salads and Steamed Vegetables. FRIDAY NIGHT DINNER BUFFET 5-9 p.m. \$8.95

Perkos BUSTER BROWN 1904 to 1987 Trust is something you have to earn and Buster Brown has been earning America's trust in fitting children's shoes for 83 years. SALE \$19.99 (Until February 28th)

Toro Pre-Season Rider Sale. Save \$200. \$42 a month. Now \$1229. MARKS SMALL ENGINE 16959 Northville Rd. 349-8660

Nearby THE LIVINGSTON PLAYERS will present "The 1940s Radio Hour" at the Millpond Theatre in Brighton on March 6, 7 and 8 and 13, 14 and 15. Nov 7's Lynn Sallow is cast in the role of Anne Collier, while Linda Sallow, former area resident, is the director.

THE KING AND I the Rodgers and Hammerstein musical, will be presented by the Walled Lake Central Music Department at Walled Lake Central High School this week.

MURDER MYSTERY WEEKEND: The Novi Hilton will host its second annual Murder Mystery Weekend on Friday, Saturday and Sunday, March 13-15. Designed for "amateur sleuths" and "part-time detectives", the event will involve three days of excitement and intrigue with participants attempting to solve a murder which they will observe.

"MAX ERNST: BEYOND SURREALISM" will be on display at the University of Michigan Museum of Art in Ann Arbor through March 28. Th exhibition includes over 100 prints and books created and illustrated by Ernst (1891-1976), a leading Surrealist artist whose creative career spanned more than 60 years.



Three-car pile-up

Two Walled Lake residents were seriously injured in a three-car accident which occurred on East Lake Drive near New Court last Wednesday, Feb. 18, at 1:22 p.m. According to police reports, a northbound vehicle driven by Peter James Fry, 23, of Walled Lake crossed the center line and side-swiped a northbound car driven by Matthew Hukkala, 30, of Walled Lake.

# Tax law changes generate millions

Eliminating "fake" dependents on federal tax returns may generate the largest portion of Michigan's anticipated \$170 million windfall from federal tax reform.

Experts studying the impact of federal tax reform on Michigan's revenue are concerned that certain provisions could evoke significant behavioral changes among taxpayers which could dramatically alter the amount. Because these responses are difficult to predict, Michigan could end up planning on revenues that may never materialize, Wilson said.

The Michigan Tax Information Council is a non-partisan research and information organization that provides understandable information on Michigan's tax and spending policies.

HERMAN'S we are sports WORLD OF SPORTING GOODS shape up sale

DUAL ACTION EXERCISE BIKES! MCA Dual Action Exercise Bike \$119.99, MCA Deluxe Dual Action Ergometer \$159.99. PRECOR POWER SALE PRECOR 612 Precision Rowing Machine \$249.99. 20% OFF WEIGHT BENCHES & SLANT BOARDS

RUNNING NIKI Finale for men and women \$19.99, REEBOK Training Shoes for men & women \$29.99. FITNESS NIKI Conditioner Low Tops for women \$29.99, REEBOK Charisma for women \$37.99

MARKS SMALL ENGINE 16959 Northville Rd. 349-8660. Locations: BIRMINGHAM, TROY, SOUTHFIELD, HARPER WOODS, STERLING HEIGHTS, TOLEDO OHIO.





Board of Review hears appeals

You just received an official notice that your property assessment is going up 16 percent this year...

Riedel: 'If they believe they're over-assessed they can schedule a hearing before the Board of Review, which will listen to their arguments and make adjustments if they believe adjustments are warranted.'

Justments right here and save time for both the property owner and the members of the Board of Review...

Riedel noted that assessments were increased on more than 85 percent of the residential properties in Novi this year...

Proof required for review process

It happens every year. Almost as soon as property assessments are released to the public, nearly everyone begins to moan about the rising costs...

That a home is assessed at a higher amount than the homeowner paid for the property, simply because housing costs have skyrocketed...

Occasionally mistakes are made in recording the dimensions of the house or the lot size...

property owners must enclose the petition received with the notice of assessment increase. The petition must be fully executed with any supporting information.

Riedel noted there are two reasons to appeal an assessment - hardship or value. For a hardship appeal, a copy of the 1986 Michigan Homestead form, completed and signed...

Cable Listings

The Southwestern Oakland Cable Commission has announced next week's programming schedule for Channel 12, the community access branch of the MetroVision cable television system serving Novi, Farmington and Farmington Hills.

MONDAY, MARCH 2 Noon - Lifestyles: History of Comedy 12:30 p.m. - Ask the Tax Professional: Investments and the new tax law 1 p.m. - Serendipity: Calendar...

TUESDAY, MARCH 3 Noon - Summit University Forum 1 p.m. - Small Business Focus 1:30 p.m. - Tri-Outlook News 2 p.m. - To Your Good Health: Healthy living habits 2:30 p.m. - Community Uplift: Cystic Fibrosis Foundation...

WEDNESDAY, MARCH 4 Noon - AWANA Invites You: Christian youth 12:30 p.m. - Celebrate Youth: Christian teen activities 1 p.m. - Serendipity: Calendar 1:30 p.m. - The Job Show: Job information from MESC 2 p.m. - Around the World: Italy 2:30 p.m. - Farmington Jaycee Focus: Roy Annette, Vice president of the Michigan Jaycees...

THURSDAY, MARCH 5 Noon - Cities Corner: Farmington Hills cross-country ski seminar 1 p.m. - Tri-Outlook News 1:30 p.m. - Viewpoint: City of Farmington Hills 2 p.m. - Farmington Library: Dinosaur Days 2:30 p.m. - Community Uplift: Cystic Fibrosis Foundation...

Consultants wrap up thorough traffic study

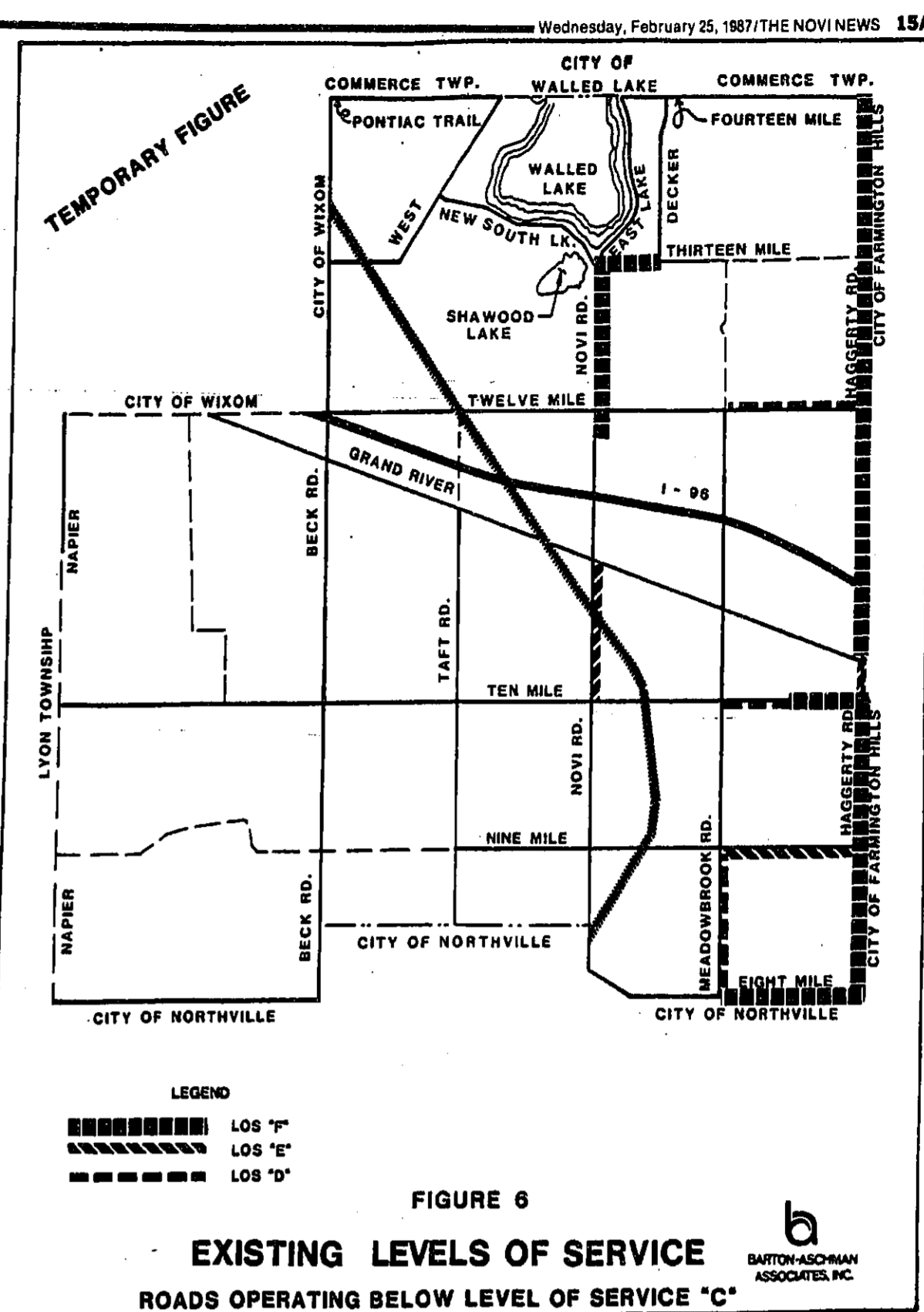
It comes as no surprise to anyone in Novi that traffic is a hot topic around city hall. As part of the master plan update currently underway for the planning commission, Barton-Aschman Associates, city traffic consultants are finishing up a thorough study of the city's current traffic patterns and future needs.

Rod Arroyo, traffic consultant with Barton-Aschman, recently gave a report to the planning commission on the city's traffic status.

As part of the initial report a comprehensive study of existing traffic conditions was completed. Barton-Aschman collected all available traffic counts on roadways within the city from state, regional, county and city sources to show the relationship of traffic volumes to roadway capacity...

Approximately 100,400 vehicles enter and exit Novi during the morning peak hour of 7-9 a.m. and 17,000 enter and exit during the evening peak hour of 5-6 p.m.

Notices of special assessment hearing for various parcels in Novi, including parcels 22-10-400-017 through 22-10-400-025.



CITY OF NOVI NOTICE OF ENACTMENT AMENDMENT TO ZONING ORDINANCE. Part I. That Ordinance No. 84-18, known as the Zoning Ordinance of the City of Novi, is hereby amended by the amending of the Zoning Map as indicated on ZONING MAP No. 18.437 attached hereto and made a part of this Ordinance.

CITY OF NOVI NOTICE

NOTICE IS HEREBY GIVEN that the Planning Commission will hold a public hearing to consider MAP AMENDMENT NO. 18.447 (City Initiated rezoning) for property located in Sections 13 & 24 N. Seeley Rd. S. of 11 Mile Rd. (see well nos. 22-15-351-012, 13-451-014, 24-100-019) to be rezoned from R-1 Residential Agricultural to R-1 Light Industrial. Hearing will be on Wednesday, March 18, 1987, at 7:30 P.M. in the Novi Public Library, 45245 W. 10 Mile Rd., Novi, MI.

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1987 Start something new! World's largest... 43 DAY WORK WEEK... Several full-time openings at local insurance company...

165 Help Wanted

AFTERNOONS For CNC Lathe Operator... Assembly of small parts on afternoon shift in Howell...

165 Help Wanted

HELP WANTED In Dry Cleaning... CLEANING PERSON with strong background... MANAGER/MAINTENANCE/PLANT MAINTENANCE...

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STYLIST WANTED... We are seeking a stylist with good clientele... Full-time position...

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FREE REALTY TRAINING... Earn What You Are Worth... We are interviewing both licensed and unlicensed individuals...

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170 Situations Wanted

A TOP-KNOCK cleaning job... BARTENDER... FIBERGLASS Camper for sale...

175 Campers, Trailers & Equipment

GAR-LITE 5TH WHEELS... All aluminum construction... 1977 to 79 T-Bird Front Headlights...

228 Construction Equipment

1970 560 Case loader backhoe... 1986 Chevrolet 10 ton truck... 1985 Dodge 1500 pickup...

233 4 Wheel Drive Vehicles

1984 Bronco XL 7.5 speed... 1985 GMC 2500 Van... 1986 Chevrolet Jeep mini-truck...

McPherson Oil Company... CASHIERS wanted for self service TOTAL GAS STATION... Starting wage \$37.5...

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DON'T WAIT UNTIL MONDAY!... You can place your ad any day... Enjoy working in a team oriented atmosphere...

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- '86 CUTLASS SUPREME V8 automatic, power steering and brakes, tilt, air, cassette, 77000 certified miles. **\$10,995**
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- '86 CALAIS 4 DR Automatic, air, stereo, alloy wheels extra clean. **\$8,995**
- '86 CIERA LS 3 to choose from, automatic, air, tilt, cruise, stereo, low miles. **\$9,495**
- '85 REGENCY V6 automatic, air, power everything, black, low miles. **\$11,995**
- '85 PONTIAC STE V6 automatic, air, tilt, cruise, cassette, windows, locks, alloys, tu-tone beige & gold, low miles. **\$10,995**
- '85 CIERA BROUGHAM Automatic, air, tilt, cruise, stereo. **\$8,995**
- '85 CAVALIER HATCHBACK Automatic, air, stereo, extra sharp. **\$6,495**
- '85 LeBARON Automatic, air, tilt, cruise, power windows. **\$6,495**
- '85 GRAND AM LE Automatic, air, tilt, cruise, stereo, power windows and locks, luggage rack, alloy wheels. **\$8,995**
- '84 6000 CPE Auto, A/C, Tilt & Cruise, Extra Clean. **\$5,995**
- '84 CENTURY T-TYPE V6 automatic, air, tilt, cruise, stereo, windows, sunroof. **\$8,495**
- '84 CUSTOM CRUISER WAGON V8 automatic, loaded, 9 passenger. **\$8,495**
- '84 CADILLAC SEVILLE V8, leather - sunroof, triple black - 23,000 miles. **\$16,495**
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- '83 CIERA 2 DR, Auto, A/C, Stereo, wire wheels. **\$6,495**
- '83 FLEETWOOD BROUGHAM DeLEGANCE V8, Leather, every available option - Dark Blue. **\$9,995**
- '83 CADILLAC COUPE DEVILLES V8, low miles, excellent condition. **\$10,995**
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'83 Suburban 4x4, loaded <b>\$9995</b>	'83 Chev. 3/4 Ton Pickup Auto., with plow <b>\$7995</b>	'85 Suburban 1 seat <b>\$12,995</b>
'84 Chev. C-10 P.U. 1/2 ton, auto. <b>\$7995</b>	'81 GMC Pickup <b>\$2995</b>	

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2199 HAGGERTY AT PONTIAC TRAIL WALLED LAKE **624-4500**  
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\*Prices plus tax, title and destination.

## FEBRUARY Clean Sweep SALE!

It's All For You

## BUY A NEW OR USED CAR OR TRUCK FROM ONE OF THESE PARTICIPATING DEALERS AND GET A CELLULAR MOBILE PHONE FOR ONLY \$395.

Special Offer!

WITH THE PURCHASE OF ANY NEW OR LATE MODEL USED CAR OR TRUCK

# \$395

A \$1495 Value!

FORD CELLULAR MOBILE PHONE

3.9% or 1000<sup>00</sup> Rebate on 86 & 87 New Taurus. 4 cyl manual or auto retail only.

\* with the cooperation of Ford Motor Co. & Century Cellnet.

\*\* Plus \$150 installation charge. Offer expires Feb. 28, 1987.

## 3.9% ANNUAL PERCENTAGE RATE FINANCING

PLUS UP TO \$600 CASH BACK

Plus! GET A FREE FULL TANK OF GAS WITH THE PURCHASE OF ANY NEW CAR OR TRUCK!

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5 spd. trans, 2.2 engine, carpet, cloth seats, step bumper, stereo with clock, steel belted tires, full wheel covers  
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TRUCKS INCLUDE 7/70 WARRANTY

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New 73 hp 4 liter Power-Tech Six engine also available  
Automatic overdrive transmission available  
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Available in 2 and 4 wheel drive  
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Your 10-Word Classified Ad Will Cost You **\$10<sup>11</sup>**

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DEADLINE IS FRIDAY AT 3:30

YOU'LL MISS THE "PLUS 3" CIRCULATION BONUS IF YOU CALL AFTER FRIDAY  
FINAL DEADLINE FOR WEDNESDAY GREEN SHEET IS MONDAY AT 3:30 P.M.

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For Only **\$395** with purchase of any '85-'86-'87 used car or truck

**1980 MERC ZEPHYR** 4 Dr., auto, air **ONLY \$1900**

**1982 LTD** 4 dr., air, auto, stereo **ONLY \$3400**

**1982 MERC GRAND MARQ** 4 dr., full power **Only \$3900**

**1985 Escort** 2 dr., 4 cyl., 5 spd., air, stereo, grey with grey int. **ONLY \$3900**

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**1981 FORD CONVERSION VAN** Auto, air, stereo **ONLY \$5300**

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**1984 T-BIRD** 30th Anniv., Every fact. opt. **ONLY \$8900**

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**1985 Merkur XR4TI** 5 spd., moonroof, full power, black ext., very clean **ONLY \$11,400**

**1985 LINC TOWN CAR** Signature series, velour, keyless entry, low miles, still under warr. **ONLY \$15,400**

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LOW DOWN PAYMENTS FACTORY WARRANTIES

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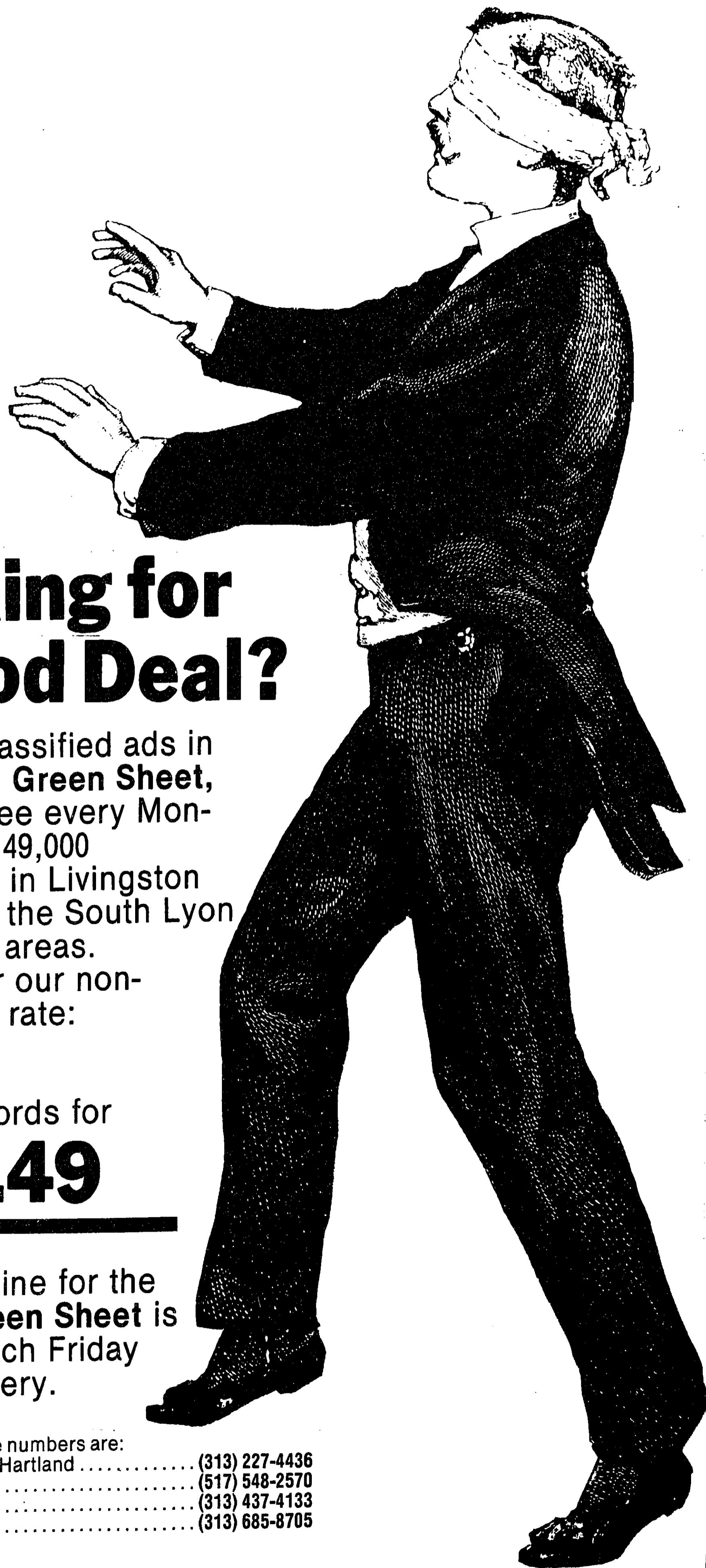
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Howell/Fowlerville ..... (517) 548-2570  
South Lyon area ..... (313) 437-4133  
Milford area ..... (313) 685-8705

**Siger/Livingston Publications, Inc.**



the NOVI NEWS

# Living

**COMMUNITY ED:**  
Spring brochures to be ready this week/2C

**SPIRIT OF CHRIST:**  
Novi Lutherans report expansion plans/3C

**1C**

**BOEC HONORS:**  
Business students earn awards at regionals/3C

**PRE-SCHOOLS:**  
Novi library hosts program on pre-schools/3C

WEDNESDAY  
February 25,  
1987

# INSOMNIA

For some, the bed is the enemy

By MATTHEW J. VALLEY

Sleeping is a part of the daily life cycle most all of us look forward to, and without those precious hours of rest people can become physically drained or downright irritable.

Nearly everyone occasionally suffers from a sleepless night for a variety of reasons. Perhaps the problem is due to anxiety or too much sleep the night before. Whatever the cause, the problem is temporary in nature in most instances.

But for an estimated 30 million Americans, lack of sleep is a chronic dilemma that severely impairs the ability to function on a day-to-day basis. Those who have the problem continually complain of being "washed-out" and fatigued, and experience much anxiety about their predicament.

In medical terms, those persons who can't initiate sleep or maintain it are referred to as insomniacs. Their enemy is the bed.

"It is absolutely disabling for those persons who suffer from insomnia," said Dr. William Allen, medical director for the Sleep Disorders Clinic at St. Joseph Mercy Hospital in Ypsilanti.

"They complain of being achy and tired. They just don't feel right. And the more they can't sleep the more stressful they become."

Though even the most astute medical researchers still don't have all the answers to the reasons behind chronic insomnia, there are some general patterns that have emerged, some experts believe.

Frequent, insomniacs are tense people who display lots of energy, according to Allen. The more they want the problem to go away, the more it bothers them.

"You can actually see the muscle tension. When they are in the room they will do a lot of visual scanning and have a lot of body motion. They are easily recognized," said Allen.

"Anxiety is often at the root of the problem. Some of these people are also suffering from psychiatric illness such as severe depression," he added.

But Dr. Merrill Miller, who is director of research for the Sleep Disorders Center at Scripps Clinic in La Jolla, Calif., cautions against labeling insomniacs.

"There are 51 percent of insomniacs who suffer from anxiety or depression. But another 49 percent also suffer chronic pain or have a breathing abnormality," said Miller. "Those persons experiencing emphysema or rheumatoid arthritis would be included in that group of chronic pain sufferers whose sleep can be greatly affected, according to Miller."

There are also many sleeping disorders which can disrupt sleep. One of them is known as sleep apnea (pronounced AP-knee-a), which occurs when a person's breathing pattern is often interrupted during sleep, so much so that the person feels drowsy during the day.

About 15 to 20 percent of insomniacs also suffer from drug and alcohol abuse problems, which over time can cause drastic physiological changes, doctors said. Some insomniacs frequently use caffeine, which causes the body to remain awake for longer periods of time. Irregular sleeping habits can cause problems, too.

Sleeping pills pose still another problem for insomniacs, according to Allen and other medical persons.

"The vast majority of sleeping pills work for only about two weeks, then they are no better than a placebo. In fact, once they stop taking sleeping pills, insomniacs can suffer from what is known as rebound insomnia," said Allen.



Avenues to sleep are many

By MARILYN HERALD

If you have ever spent the night turning over and over in your bed like a turkey on a spit, you know the problems of insomnia all too well. You probably have also realized that there is no one remedy which works for all those who are not lucky enough to be able to turn their brain switch to "off" when they seek rest.

If getting to sleep is the main problem, try reading in bed, but never, never take books from work to bed with you. Light reading is best, skip the suspense or the depressing descriptions of other people's problems.

Many people find that a warm bath, not a brisk shower, relaxes them enough to help to keep those staring eyes closed.

Everyone needs physical exercise during the day in order to sleep well at night. If your daily routine doesn't include exercise, try taking a walk before bedtime. Being physically tired is one of the best ways to induce sleep.

If worrying is your bag and you do it best at bedtime, or even worse, at 4 a.m., try to avoid thinking about problems after 8 p.m. Make a conscious effort to think of pleasant things (not crises) for a few hours before going to bed and promise yourself that everything will look better by morning light.

Anyone who worries a lot or has children or beloved relatives with problems who live far from home, should make it a rule never to call them long-distance just before retiring. Sure, the rate is cheaper after 11 p.m., but that rate also lasts up to 8 a.m. and is good on Saturdays and Sundays, too. Talking to people with long-distance problems is lots easier if you have a whole day to digest what they said before trying to settle your brains for "a long winter's nap."

Make sure your bedroom is neither too hot nor too cold. Most people find 60-65 degrees the best temperature for sleeping. Add to this some practice that assures you of warm feet sox, electric blanket or an understanding mate who is willing to cuddle them.

If that understanding mate is not disturbed by turning on the light in the middle of the night, or if you sleep alone, try reading yourself back to sleep when you wake up worrying at 4 a.m. It usually takes only a few minutes to get your thoughts off whatever crisis is bothering you and you'll probably be sleeping soundly when the alarm goes off.

Don't get in the habit of napping in the daytime if you have difficulty sleeping at night. This can start a disastrous syndrome that will keep you tossing and turning for weeks on end. Remember how babies can so easily get night and day reversed? It happens to adults too.

If none of the above tips help to keep you sleeping restfully, get up and do something. Sometimes writing a letter or washing the kitchen floor will calm down the brainwaves so that you can go back to bed and right to sleep.

Research has shown that not all people need the same amount of sleep and there is no cause for concern about lack of sleep unless you find you are getting overly tired or tense. If you just can't relax and sleep when going to bed and continue to suffer from insomnia so that it affects your daily routine, see your physician for advice.

Don't take sleep-inducing drugs without a doctor's permission since insomnia can sometimes be a symptom of an illness or depression. Remember, even some over-the-counter sleep inducers can be habit-forming or injurious to your health.

"With sleeping pills you can borrow sleep, but somewhere down the line you are going to have to make up for it. We try to avoid sleeping pills in treating people," he added.

But Miller believes that, for some people, sleeping pills can prove to be a great asset, especially for pilots and other shift workers.

Treatment of insomnia can vary

greatly from one person to the next, but the first step is a proper diagnosis. In instances where people are suffering from severe depression, the solution is to try to attack the psychological problem. Physical problems must also be dealt with accordingly so that the bed is not considered a negative place to be.

"If the person is repeatedly experiencing unwanted, unnatural

sleep during the day, then I would think that they should see a medical expert," said Miller.

At St. Joseph Mercy Hospital, patients experiencing severe sleeping disorders are given a polysomnographic test, which monitors the body during sleep. The equipment measures the activity of the brain, heart, lungs and legs.

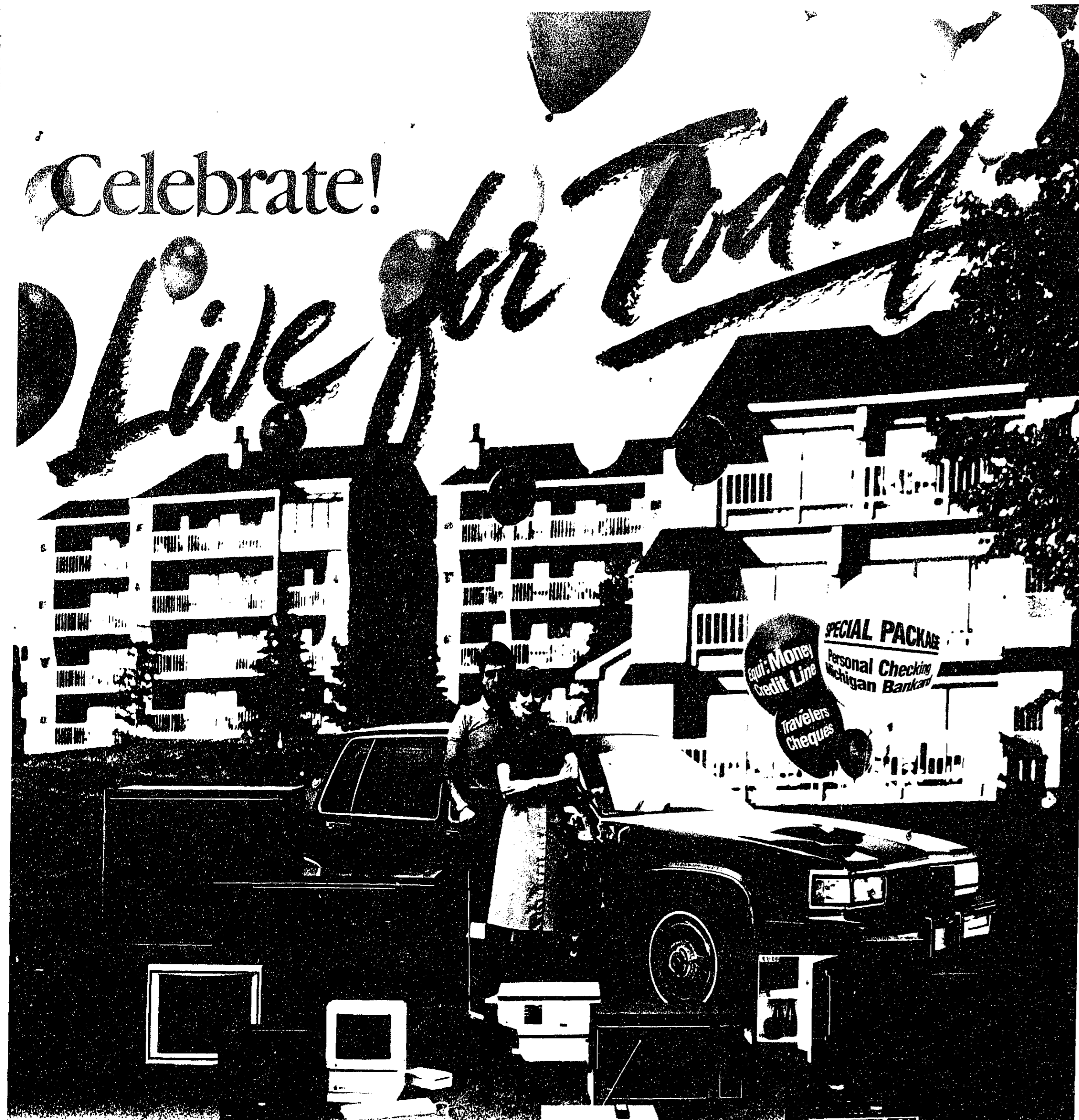
During a visit with a medical doctor, some patients may be advised of certain "hygiene techniques" they should follow before going to bed each night. Avoiding exercise too close to bedtime is a must, according to Robert Turner, coordinator of the Sleep Disorders Clinic at St. Joseph Mercy Hospital.

Other tips are to avoid caffeine before going to bed and maintain a regular sleeping schedule if possible.









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4 RCA 13" XL-100 Color TV w/Remote	2,000	3,200	5,500	12,000	38,000
5 RCA 20" Colortrak TV w/Remote, or RCA Cable Ready VCR w/Remote	2,500	4,000	7,000	18,000	50,000
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## When is a good time to talk about death?

**Right now.**

The death of a family member rarely allows time to make important decisions about burial plans. The worst time to try to make those decisions is when a family member has just passed away. Plans made in advance assure the wishes of all family members, are often less expensive, and certainly less traumatic to all concerned. Talking about death right now can make your life a lot easier, right now.



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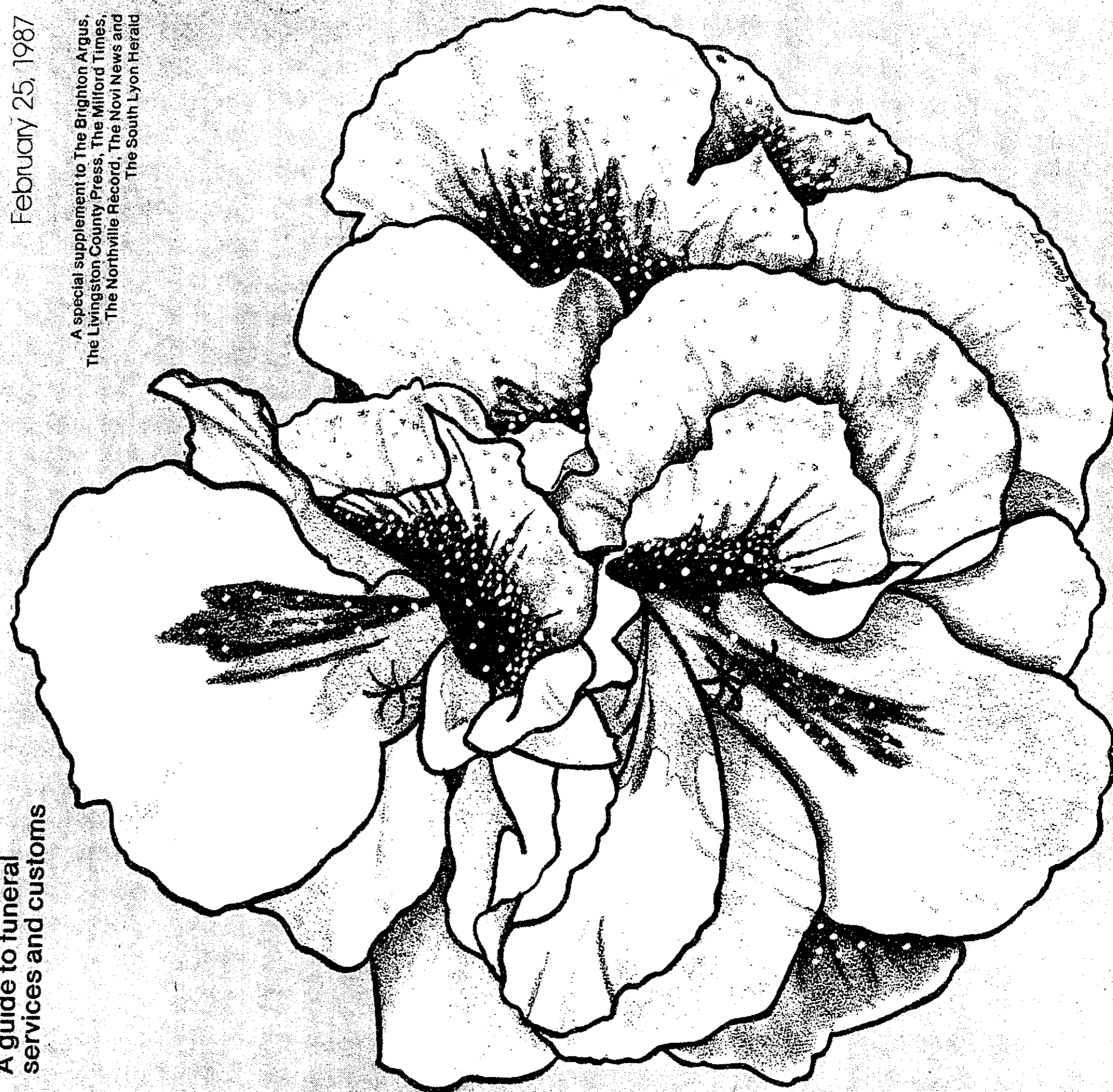
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# In Sympoathy

A guide to funeral services and customs

February 25, 1987

A special supplement to The Brighton Argus, The Livingston County Press, The Hillford Times, The Northville Record, The North News and The South Lyon Herald



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Viewing the body may be helpful

Realization—the moment of truth comes when living persons confront the fact of death by looking at the body. This is particularly true after a sudden or accidental death or one which most of us avoid. The first step in starting the process of healthy mourning is to acknowledge that the death has occurred. Mourning is vital. Often many efforts are made to recover a missing body, or to confirm the fact that death has occurred.

Recall—Proper preparation and sometimes restoration provide to the deceased an acceptable recall image of an immediate response to death. This is not an immediate response to death of those who have died.

Expression—In many instances of loss, the body is present and viewed during the visitation period. This provides an immediate and proper climate for expression.

Viewing is considered therapeutic for people of all ages. It is especially helpful for children who have lost someone loved. In- stead of fantasizing, there is the opportunity to realize what has happened— that the life on earth has ended for the deceased. This is a healthy and realistic picture of what pain you may face.

10) Maintain hope. Paint a realistic picture of what pain you may face.

9) Establish goals for yourself. Concentrate on serving others and developing new interests which will help you find meaning in your life.

8) Share your feelings with others. Relate your problems and memories to those who will listen. Revealing your thoughts helps to alleviate emotional pain.

7) Consult with professionals if grief becomes intense. Feel free to contact your physician, physician or funeral director. Those familiar with the grief process may provide helpful advice.

6) Remain from making hasty decisions. Do not make the adjustment in order to avoid grief entirely. Remember, the grief work must be done in order to avoid grief entirely.

5) Recalling the unforgettable memories. Recall the unforgettable memories. Be unfamiliar with the stages of grief or unaware of your true needs.

4) Avoid making serious financial decisions until you have had time to secure proper advice.

3) Recalling the unforgettable memories. Recall the unforgettable memories. Be unfamiliar with the stages of grief or unaware of your true needs.

Words, acts in mourning

How many times have you tried to comfort a person in mourning, only to find that your words and wish you hadn't tried in the first place?

Finding the right thing to say to a grieving person is difficult. It is also very important. People in mourning need to know support of their friends and relatives. In the following information written by Mrs. Roger Neighbourhood team, has written an essay describing her own experiences with children and death and how she would like to help you.

Get in touch. Telephone. Speak either to the mourner or to someone close and ask for help. Help is also very important. Do not attempt to do it all yourself. Be a good listener. When suffering splits feelings can be shed. In most cases, until after the period of intense grief.

Be aware of the mourner's needs. Find out if the mourner needs a hand or a shoulder to lean on. Do not change the subject. Be as understanding as you can be. Do not offer advice unless it is asked for. Do not offer advice unless it is asked for. Do not offer advice unless it is asked for.

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# "Grief work" is healthy for mourners

## Include children in arrangements

Continued on 2

tainty can arouse anxiety. We need to remember that when there are unanswered questions (or even unspoken ones), children will find their own fantasy explanations. Often these fantasies are scarier than reality.

For example, children, as they struggle to understand the finality of death, may worry that a dead person will need food and have no way to get it. One child who did not understand about burial decided that her grandfather's body had been placed in the attic, and that was why the attic was a forbidden place to play.

It may well be, then, that one of the best kinds of "protection" we can give children is to provide them with simple and straightforward answers to their questions and opportunities to let us know what questions they have. It is precisely because young children don't understand what death is all about that they especially need us to talk about it with them.

Most children want to know what death is like. They may equate death with stillness, but may ask if you can see when you are dead, if you can get hungry or feel cold. These questions may catch us off guard, but they are all part of a natural curiosity about the physical aspects of death.

"What position are you in when you die?" children have asked, or, "If we sat Grandma up, what would happen?" It's not unusual for a child to ask the same kinds of questions again and again before the answers become real to them.

While what we do and how we do it is generally more significant than what we say, actually say when talking about death, there is one consideration that makes words themselves important: Children tend to take what we say literally.

If, in an attempt to explain death, a parent has likened it to sleep, then it is not surprising that a child may assume that death is something from which you can awake. Or, if, instead of using the word "died," we say that someone has "gone to sleep forever," a child may begin worrying that he or she may never wake up some morning.

In one instance, a family was trying to prepare their young son for a visit to the funeral home where the boy's grandfather was awaiting burial. They explained that Grandpa's body would be lying in an open coffin. The boy was very anxious—until he saw his grandfather in one piece. He had expected his head to be missing and only his body to be there.

Children can also feel guilty. They may believe, "If only I had behaved better, she wouldn't have died," or, "I gave him the cold that started him getting sicker."

At an early age, children do tend to think that their thoughts and wishes have magical powers—that wishing someone dead could cause that person to die. Guilt can also come from specific regrets most of us have when a loved one dies, regrets for things we said or did... or for things we didn't say or do.

Children are no different, and it helps to talk about these feelings together. A teenager dealing with her mother's death confided to her social worker, "Did she know that I loved her? What about the

There really are no set answers, but even a very young child can benefit significantly by sharing in at least some of the rituals that attend death, as long as we have prepared them to expect and have been open to their questions.

Funerals provide a structure for the early days of grieving. They provide a time for the sharing of grief, and they bring a sense of closure and finality that, sooner or later, we all have to accept.

Funerals are a time for venting emotions and can bring relief. Children need that relief too. Letting our children view an open casket may be a particular source of worry for us, but even here, it can turn out that the reality of a dead body is less frightening than a child's fantasies about it.

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Funerals involve many decisions

Making funeral arrangements involves many decisions and can be confusing if you've never been through it before. It helps to have an idea of what factors and costs are involved before the time to make arrangements comes. In the following information provided by the National Funeral Directors Association, items included in a funeral and their costs are detailed.

Funeral establishment costs—Charges which specifically involve the funeral establishment include professional staff services, the use of facilities and equipment, transportation and the casket. Most funeral establishments also have burial vaults. There may be some other items to select from the funeral director, such as clothing.

In 1983, the average "total adult" funeral selected was \$2,247. This figure is for the services of the funeral director, facilities, transportation and the casket. They do not include the burial vault, cemetery or crematory expenses, grave marker or miscellaneous items such as clergyman's fee, flowers, clothing or newspaper notices. Burial vaults, required by many cemeteries, range in cost from \$95 to \$5,000.

Crematory costs—There are two kinds of crematories: the traditional and the memorial park. The traditional crematory permits the selection of a monument or marker which in some cemeteries must meet certain specifications. The memorial park crematory generally requires uniform markers that are level with the grass.

In most crematories the cost of a single grave ranges from \$75 to \$500. Initial costs usually include perpetual or endowment care funds. These are for the maintenance and care of the cemetery.

Costs of opening and closing the grave for the burial ceremony generally range from \$50 to \$500.

Mausoleums—Above-ground burial is available in individual, family or community mausoleums. Costs range from \$700 to over \$10,000. In a mausoleum, space for numerous entombments is available.

There are mausoleums which have indoor crypts with corridors or rooms to accommodate visitors. There are also mausoleums which have outside crypts facing lawns or gardens. These are called "garden mausoleums."

Individual crypts in indoor mausoleums start at about \$1,100. Outside garden crypts start at about \$600.

Monument or marker—Bronze markers are priced starting at about \$275 and most granite monuments have a minimum cost of about \$225. The death of either monument or marker can run considerably higher depending upon the size, material, design and craftsmanship of the monument.

Cremation—The approximate cost of a cremation ranges from \$50 to \$200. Many survivors wish to keep the cremated remains in an urn. Bronze urns to hold one person's remains range in price from \$100 to over \$250. Bronze urns intended for more than one person's remains may range from \$100 to over \$500.

Also, when the crematory is a distance from where the death or funeral took place, transportation charges could exceed those of the cremation.

Gift of body to a medical institution—If the body is needed and accepted by a

Children need to discuss death

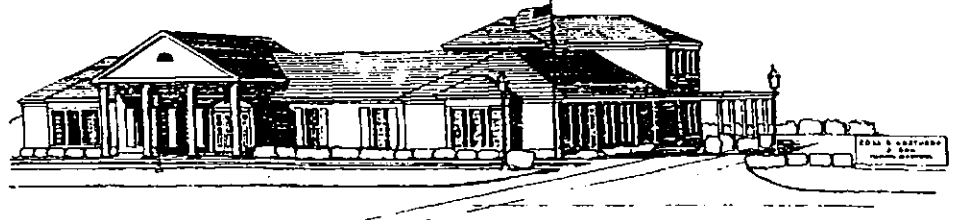
Somehow, it is hard for an adult to comprehend how much worse it is for children. Imagine how much worse it is for children. Imagine how much worse it is for children. Imagine how much worse it is for children.

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# Children need to discuss death

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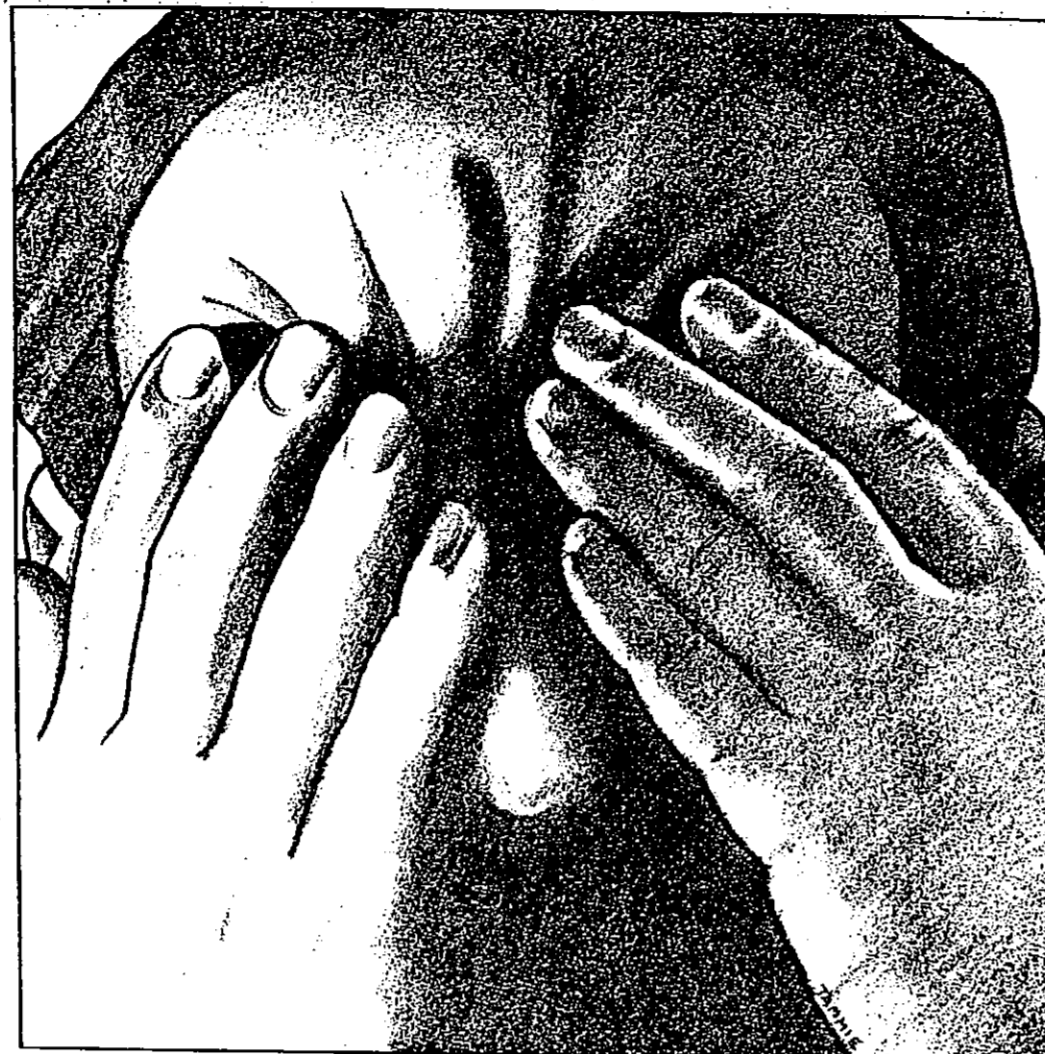
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# "Grief work" is a necessary process



Unresolved guilt, whether "normal" or "neurotic," may be harmful physically and mentally. Often, arranging a meaningful funeral can redirect the feelings of the grieving person into something positive and uplifting.

7) Anger: "Oh, God, why me?" After dealing with personal guilt, it becomes

Continued on 7

Anyone who has lost a loved one can expect to suffer grief. Grief has a number of recognizable symptoms, and people in mourning will usually have some or all of these.

Allowing yourself to experience these symptoms and work through them is often called "grief work." Doing grief work is considered by many to be essential if the grieving person is to be able to accept the death and learn to begin again.

In the following, Dr. James R. Hodge, staff psychiatrist at Akron City Hospital, cites 10 symptoms that may be experienced by those who are grieving, and lists 10 ways mourners can begin to manage their loss.

What may you experience?

1) Shock and denial: "I just don't believe it." The first announcement that a death has occurred is often shocking. The impact of the tragedy may take a few minutes or even a few days to be realized. The unreality of the death may even reoccur occasionally in the future.

2) Emotional release: "I can't stop crying." Crying is a normal reaction to a death. Psychiatrists often emphasize it is a necessity to release tensions and feelings rather than lock them inside. The opportunity to express grief at the funeral with family and friends permits an emotional release, although the grief process usually takes longer to complete.

3) Loneliness: "Without him I might as

well be dead." A feeling of emptiness may occur after the funeral as friends must return to their own activities. Therefore, the feelings of loneliness, isolation and depression become more intense. The thought that no one has ever suffered as much may exist. For some people, the lonely feeling leaves suddenly. For others, it may take months to move to the next phase of grief.

4) Pain: "I just can't bear it." Anxiety and loneliness can create emotional pain. This strain of grief can even cause physical distress. If the physical signs continue for a lengthy period of time, it is possible a healthy adjustment has not occurred.

5) Panic: "What am I going to do?" It may become difficult to concentrate on anything because of the constant memories of the deceased. In fact, the continual preoccupation with the loss may cause a person to worry about his or her own stability. He or she may fear losing control. Not knowing what to do and not understanding what is happening can result in panic.

6) Guilt: "I should have done more for him." Frequently survivors recall things that could have been done for the person who died. This realistic guilt is common. Sometimes, a person will experience unrealistic guilt stemming from a situation which was uncontrollable. This type of guilt is irrational and must be discussed.

# Viewing the body begins grief process

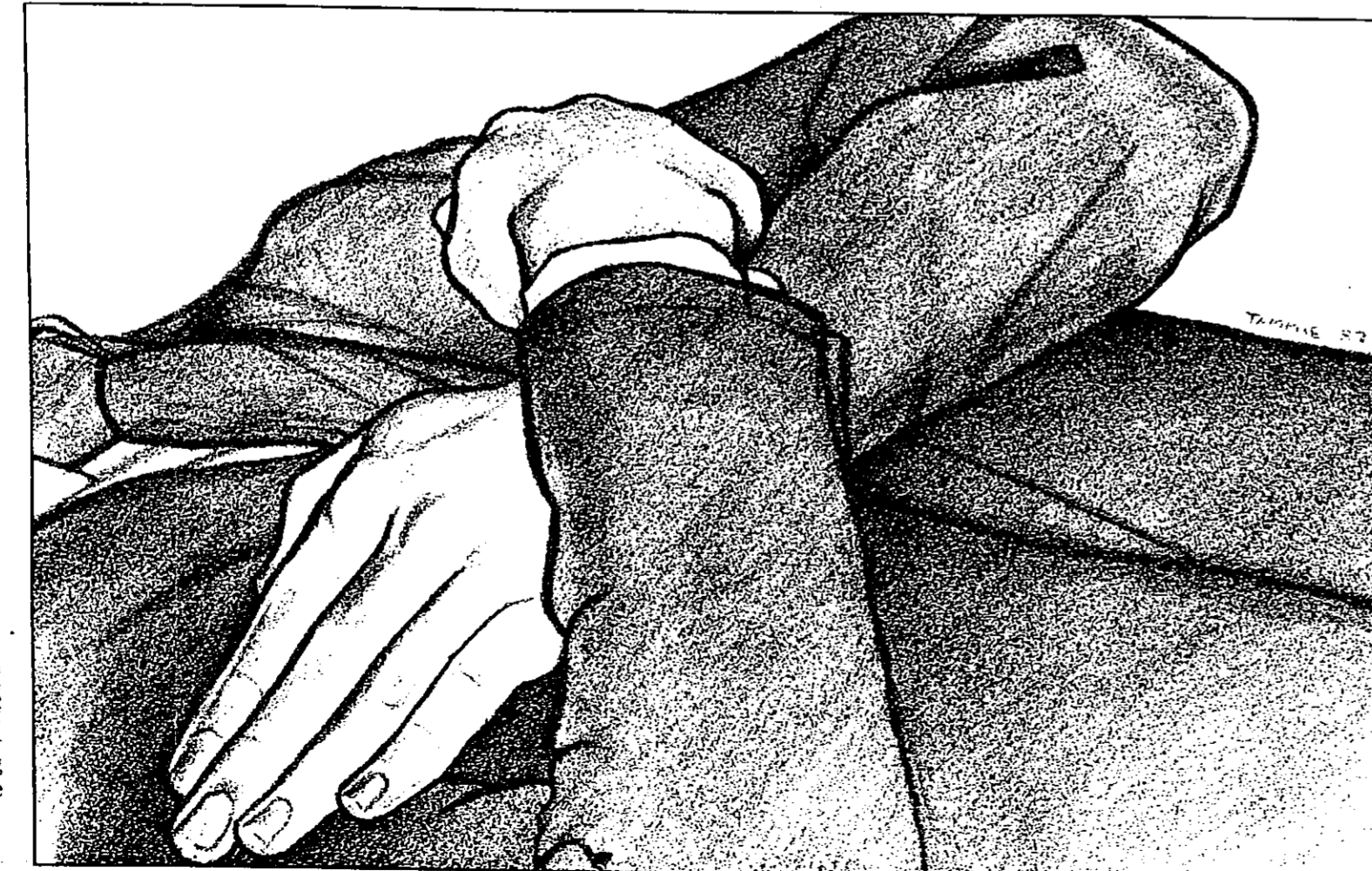
While the thought of viewing a dead body is frightening to many of us, evidence suggests that it may ultimately be good for us.

In the following information provided by the National Funeral Directors Association, the longtime custom of viewing the body after death is explained.

Why the body present? When someone dies, a life on earth ends. What remains is the body of a man, woman or child who once was loved and who loved in return. And when we remember that person we often think of them in terms of their physical being—their body.

That is why it is difficult, if not impossible, for most survivors to disassociate themselves immediately from the lifeless body. Our mind requires evidence that life has ended. The presence of the body gives this evidence. It also provides opportunity for recall and reminiscence. It offers testimony and tribute to the life that has been lived.

In most events and ceremonies there is a meaningful symbol or person upon which to focus our attention. At a wedding it's the bride and groom. For the Pledge of Allegiance it's the flag. At a birthday party it is the person whose birthday is being celebrated. And at the funeral it's the body of the person who died.



Continued on 7

4 In Sympathy

Wednesday, February 25, 1987

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