

THE TELEGRAPH

VOLUME IV NO. 3

SEPTEMBER 1989

A message from the County Executive

Thanks to Employees the County is great

Dear Employees,

As many of you may have read or heard the Greater Detroit Economic Development Group, which is comprised of leaders from Oakland, Macomb and Wayne counties and the City of Detroit, has presented a plan that deals with maintaining the high quality of life in Oakland County which we have come to enjoy. I wholeheartedly support the plan.

The plan, among other things, urges developers to concentrate their efforts in our more mature communities and to shy away from mass developments in our rural communities. The plan aims at rebuilding our "core" cities so that all of Oakland County can reap the fruits of the high quality of life tree.

This high quality of life so abundant in Oakland County has put us at the top of the national map for folks who are looking to move their businesses and families here. We're the talk of the nation when it comes to new retail areas. Our neighborhoods, with high

quality schools, and our beautiful parks system are draws for people from all over the country.

But Oakland County wouldn't have the gleaming reputation it does for being so efficient without its dedicated hard-working employees.

It's the men and women who work for Oakland County government who give us such a good name. I want you to know that it's the employees, the people in all county departments, who are the backbone of the elected officials success. Without you we wouldn't have a leg to stand on.

It's the health inspectors who keep our restaurants clean and our lakes safe for swimming.

It's our water and sewer department staff who keep our sewers clean and plan for future development.

It's our economic and community development people who keep our profile high and our neighborhoods shining.

It's our court and law enforcement



Dan Murphy

personnel who keep our streets safe.

It's our budget division staff who keep our finances balanced.

Every single person in this county has a job that is so appreciated. I wish I had the space to list every division and its accomplishments because the examples of good government and dedication are everywhere.

We, who are elected to public office, are here to develop and administer policies. But I believe we must take time to tip our hats to our employees, those of you who carry out the jobs everyday. Without you we wouldn't be so successful.

Thank you and Congratulations.

Sincerely,
Dan Murphy

Librarians are The Telegraph's new copy editors



Phyllis Jose and Betty Hegedus of the Reference Library will be The Telegraph's new copy editors.

Phyllis Jose and Betty Hegedus from the Reference Library will be our new copy editors.

Phyllis, the Reference Library Director, has worked for the County for 12 years. She holds two M.A. degrees; one in Linguistics and one in Library Science. Her B.A. is in History with a minor in English.

Betty, a Reference Library Technician, has worked for the County for ten years. Currently, she is working on her B.A. in General Studies with an emphasis in Library Science.

Both Phyllis and Betty are enthusiastic about their new positions as copy editors for our County newspaper.

"We have access to the editing tools and are looking forward to working with the staff of **The Telegraph** to provide a quality newspaper," said Betty.

Welcome aboard!

Editor's Column

A lot is happening...



Suzan Singer

Dear Readers,

I want to begin by saying thanks to all of you who submitted names for the "Unsung Hero" column. This edition's recognition goes to Mary Lou Prevost and Carolyn White for donating many hours of their time to help others less fortunate than ourselves. Mary Lou and Carolyn repeatedly collect money and clothing for area shelters and appear on call whenever these charities need help. They have encouraged us to join in their support and by placing donation boxes in various county buildings have made it convenient for us to open our hearts to help others. Thanks Mary Lou and Carolyn for enhancing other people's lives and for giving us the opportunity to help others and feel good about doing it.

The very small staff of The Telegraph would like to welcome aboard Reference Library Director Phyllis Jose and Reference Library Technician Betty Hegedus as our new copy editors. Phyllis and Betty

graciously agreed to take on the task making sure all of the publication's grammar is in place and words are spelled correctly. They are a very welcome addition.

They also have decided to write a "library column" which will appear in each edition highlighting books and services available in our library.

Anyone else who has permission of his or her manager to contribute is welcome. Remember this is an employee newsletter and all help is appreciated.

Special thanks go out this month to Sue Cullins in Word Processing for doing much of the typing and to Public Information intern Anna Lipar for writing short stories.

On a final note, several months ago a letter-to-the-editor asked if we could install a private phone booth in the Executive Office Building. We have been working on that request and are getting prices as to how much it would cost. Michigan Bell no longer installs phone booths with doors so we are getting prices for having one built. Due to vacation schedules and the installation of a new county-wide phone system it's been difficult for people to work on this request but it is in the works.

Thanks for all of your help and suggestions and keep those names of Unsung Heros coming.

Sincerely,
Suzan Singer

Various In-Service Training Programs Are Offered Through County

Barb Brooks, Coordinator of In-Service Training Programs, is responsible for the diverse training programs available to employees. She encourages all to take advantage of these learning opportunities since they may do so during regular business hours. Presently three training programs are available: writing workshop, first aid, and needs assessment. All the classes are taught by County employees who want to share their expertise with fellow associates.

It is Circuit Court Administrator Judy Cunningham's second year teaching the one-half day writing workshop. She teaches basic business writing including: memos, letters and reports. The class is offered in the Spring and Fall. In the past it has been popular and well attended.

"Judy uses her own materials and teaches the class herself. What she does would cost the County a couple thousand dollars a year. She definitely is dedicated to serving her associates," said Brooks.

Keith Overby, Sergeant of Public Safety, teaches a very important class in CPR and first aid. The class is offered at the request of a County department. No person would want to miss this valuable class.

"Keith has worked with Parks and Recreation concerning first aid. Now, he would like to share important first aid knowledge with County employees," said Brooks.

Dr. Hewitt, manager of Clinical Services at Probate Court, will be offering a class of needs assessment next Spring. The class is based on looking at where one is in their field now, where one would like to be in their field someday, and the avenues of how to get to where they want to be.

"The class Dr. Hewitt is scheduled to teach will be very beneficial to those interested in attaining knowledge for climbing to be the best they can be in a career-minded world," said Brooks.

Barb Brooks is looking for more people from the different departments who are interested in sharing their special expertise. She would like to see up more programs in the future, but she can't without your help. Those interested in being our "teachers" please call Barb at 858-1850.

Be aware about AIDS

Aware about AIDS? Why should you be more aware about AIDS? October is National AIDS Awareness Month and with 4-6 persons out of 1000 thought to be carrying the virus that causes AIDS, it's everyone's business to be aware.

By understanding AIDS, we can feel confident that we are not at risk and talk about it clearly and factually with co-workers, friends and family.

Take a moment to review the facts...
...AIDS is caused by a virus called HIV... This virus is **not** easy to catch. It is transmitted into the human body via infected semen, blood, blood products or breast milk. The AIDS virus can lie

dormant in the body 5 or more years.

AIDS is found in all groups, homosexual, heterosexual, adults and children. You can minimize your risk of contracting AIDS by abstaining from sex, using condoms, having one mutually monogamous sex partner and not injecting your body with needles.

The Oakland County Health Division materials center has a variety of films, pamphlets and materials relating to AIDS. The Oakland County Health Division provides confidential and anonymous AIDS testing in both North & South Offices. Call 858-5220 (North Office) or 424-7155 (South Office) for an appointment.

"Unsung heroes" find peace helping needy

Mary Lou Prevost and Carolyn White



by Anna Lipar

Carolyn White and Mary Lou Prevost of Personnel have spent many years helping to care for needy families. Their involvement in the community has touched so many lives that we believe it is "above and beyond the call of duty."

Carolyn and Mary Lou are both active members of Bethel United Church of Christ in Waterford. It is at Bethel where the women began their

service to the community. For more than 20 years, Carolyn has faithfully taught Sunday School. Mary Lou is currently president of the Church Council. In the past, Carolyn and Mary Lou have helped raise money to pay bills, purchase medication and buy groceries for needy senior citizens.

Once they saw how much they could help, they became involved in an international service sorority. At the sorority they joined with others to help people less fortunate than themselves. They have even had the staff in the Executive Office Building contribute food and toys for children. Their exuberant spirit spreads rapidly and when they get involved in a project, others seem to follow.

Most recently, the women gave their assistance to Baldwin Avenue Human Services in Pontiac. That is where they find they can help most. A large number

of people come to Baldwin for assistance and they appreciate people like Carolyn and Mary Lou who reach out to them.

Baldwin has 20 beds for people who don't have shelter; and can accommodate them for a month. There also are countless others who are aided with food and clothing at Baldwin.

Carolyn and Mary Lou are constantly collecting donations of food, clothing, and money to help out Baldwin Avenue Human Service. They want to encourage people to give a little of themselves by volunteering or contributing to others who need their help. Anyone interested in joining Carolyn and Mary Lou to help the needy, please call 858-1846 or 858-0535. Remember every little bit counts.

Thank you Carolyn and Mary Lou for your generosity in your countless efforts to help the needy. We need more caring people like you!

New resource books available

Two new books are being offered to Oakland County through Youth Assistance, a division of the Oakland County Probate Court. They are the *Oakland County Directory of Human Services* and *Family Fun Book and Wellness Guide*.

The 1989-90 *Human Resources Directory* is intended for use by County personnel, school districts, municipalities and non-profit agencies. It provides emergency phone numbers; an alphabetical listing of agency services; a series of 22 appendices concerning such topics as: school-community education programs, employment services, day care, and self-help groups; a geographic index of each agency; and a service index of agencies listed according to the type of service each provides.

The *Family Fun Book and Wellness Guide* is intended for all families and holds useful information for families to raise happy and healthy children.

The book divides into two sections:

1. The *Family Fun Book* emphasizes a wide range of attractions and activities in Southeast Michigan that

families can experience together.

2. The *Wellness Guide* offers parents practical information on a broad range of topics of importance in raising healthy families. For example; counseling services, where to go for parenting classes, how to talk to your kids about sex, tips on working with teachers, help for drug problems, teen pregnancy, tips on kids and TV, how to choose a good day care, and much, much more!

There are still free copies of the *Oakland County Directory of Human Resources* that are available to County employees and County departments that need them. Please call the Youth Assistance office at 858-0051.

The *Family Fun Book and Wellness Guide* is \$8 and may be ordered through the mail. Just send \$8 to:

Oakland County Youth Assistance
Advisory Council
1200 N. Telegraph
Pontiac, MI 48053

or, it is attainable in Youth Assistance on the second floor, east wing of the Court House.



Thanks to you Christmas in July was a success!

Thank you County Employee's for your generous support of the Christmas Care Basket program for H.A.V.E.N. and Lighthouse.

People usually give at Christmas, but what most don't realize is that many need aid in the summer months too. This is why the program "Christmas in July" was created.

H.A.V.E.N. and Lighthouse which are agencies supported by United Way, help the needy.

The enormous contributions proved that Oakland County cares just as much in July as they do in the giving season of Christmas.

Thanks again!

Let's keep tabs on our friends

New Employees

Mary Banks is a Clerk I for Judge Cooper. Mary is a second-year law student at Wayne State University.

JoAnn DeBell is Judge Sosnick's secretary. JoAnn comes from 48th District Court, where she was Judge Gus Cifelli's secretary.

Sheila Garin is Judge Gilbert's Research Attorney. Sheila worked for Judge Michael Harrison in the 30th Judicial Circuit before coming to Oakland Circuit Court.

William Irving is Judge Cooper's Research Attorney. William was formerly employed at Wayne State Circuit Court. He replaces Sandra Sudnick, who left June 5.

Andrea LaFranca is a Court Clerk I for Judge Mester. Andrea is a student at the University of Detroit School of Law.

Mary Ann Nemer is a Clerk for Judge Andrews. She is also a student at Wayne State University School of Law.

Kelley Ott is a Court Clerk II for Judge Mester. Kelley also attends the University of Detroit School of Law.

Melissa Pennington is a Co-op Student in the Assignment Clerk's Office. Melissa is a student at Kettering High School.

Michael Sherman is a Court Clerk I for Judge Andrews. Mike is a student at Wayne State University School of Law.

Marilyn Gotke is a Clerical Trainee in Circuit Court.

Sharon Friedman is a temporary Family Counselor, replacing Marsha Colman who is on sick leave. Sharon is an attorney and limited licensed psychologist.

David A. Bertucci started May 22 as a Referee for the Honorable John N. O'Brien. David replaces Joseph G. Salamone.

Debbie Beck returned to Friend of the Court from medical leave June 23, 1989. Welcome back!

Beverley Snyder came back to her former position as a Clerk II in the Animal Control Division.

James King, a retired Sergeant from Animal Control, has returned to work on the dog census this year.

Teresa Genereux, an Oakland University student, is working as a Co-op Student with the Animal Dog Census Program.

Dawn Walker, a recent Brandon High School graduate, is a Co-op Student working in Animal Control.

We would like to welcome **Cherri Doyle** and **Bonita Hill** to the County Clerk's Division. Glad to have you aboard!

Curt Chowanic is an Equalization Appraiser Trainee.

Valerie Taylor is a Clerk in Equalization.

Roger J. Smith, P.E., joined Oakland County on June 12, 1989. Roger is Deputy DPW Director - Solid Waste and will be overseeing the planning and implementation of the County's Solid Waste Management Program. He comes to us from the City of Southfield.

Roseann LaForge is a new employee at the Water & Sewage Operations Division Eight Mile Water Department.

After working for 20 years in the fast-paced business climate of Detroit, **Margit Beutel** has opted for the relative peace and quiet of the Oakland County Parks.

Margit, who recently joined Parks & Recreation's Design and Development Department as an architectural engineer, possesses an impressive list of credentials. Prior to serving a year at Roger Margerum Architects as production manager and senior architect, she spent 20 years with the Smith, Hinchman & Grylls architectural firm in different capacities, including senior architect. While at Smith, Hinchman & Grylls, she participated in major construction projects at the Michigan State Capitol Building, University of Michigan Dental School, and Harper Grace Hospital.

Margit was born in Aussig, Czechoslovakia and attended high school in Heppenheim, West Germany. She earned a bachelor of architecture degree from the University of Graz, in Austria, and a master of architecture degree from the University of Michigan.

Transfers

Lori Wolfe has left Central Support Unit to become a Public Health Sanitarian in Environmental Health Services of the Health Division.

Parks & Recreation welcomes **Pam Seaman** to its accounting staff. Pam



Lori Wolfe

was previously with Employment and Training, a federally funded county program. Her duties as an Account Clerk at Parks & Recreation include converting manual accounting systems to electronic systems.

Frank Trionfi has joined the Oakland County Parks and Recreation staff as Chief of Administrative Services.

Frank previously was Supervisor of Selection and Placement with the Oakland County Personnel Department for 10 years. In his new position, he will coordinate budget, personnel, accounting, purchasing and data processing matters.

He sees his new role as providing support for parks and rec. officials as well as his own staff, and plans to continue the department's move towards computerization.

Joseph Todd has transferred from Computer Services to the Water & Sewage Operations Division Eight Mile Water Department.

Diane Castle is a Typist I in the Court Administrator's Office. Before coming to the Circuit Court, Diane was a Children's Supervisor II at Children's Village.

Promotions

Al Arnold was promoted to Animal Control Supervisor on July 19, 1989. Congratulations Al!

Laura Broooks, who was an Animal Shelter Attendant, was promoted on May 1, 1989 to Animal Control Officer. Good luck Laura.

Joy Hornkohl was promoted from an Equalization Appraiser Trainee to an Equalization Appraiser I-Certified on July 31, 1989.

Brian Menghini was promoted from an Equalization Appraiser I-Certified to an Equalization Appraiser II-Certified on May 22, 1989.

Employees make news...

Mary Strang was promoted to Typist II in the Water & Sewage Operations Division.

Ed Clark was promoted to Water Maintenance Supervisor I. Ed works for Water & Sewage Operations Division.

Kudos

Jack D. Wiegand, Family Counselor to Judge Kuhn, has been appointed to the Community Dispute Resolution Program Advisory Committee by the State Court Administrator.

Ronald H. Foon, Referee for Judge Schnelz, has been elected as a representative to the Regional Family Support Council.

Martha D. Anderson, Referee for Judge Howard, has been elected to be the regional representative to the State Family Support Council.

Congratulations to Gary Armstrong, John Dunlop and Cynthia Hickey, who have completed 25 years of county service; and **Clara Matas, Kris Vollmer and Jack D. Wiegand**, who completed 20 years of service. These Friend of the Court employees were recently recognized for their contributions to Oakland County.



Richard Kuhn, Jr.

Congratulations to **Vickie Krigner** of Community Mental Health! After years of working for the County full time, having an adorable child and attending school part time, Vickie recently received her master's degree from Eastern Michigan University. We're proud of you, Vickie!

On June 7, 1989, **Joseph Minjoe** of Community Mental Health Administration, received a gold watch for 25 years of services. Keep up the good work.

The President of the United Way of Oakland County, Andrew Creamer, first vice president, NBD, is pleased to announce the recent appointment of



Carl Pardon

Carl Pardon, division manager of Veteran's Services to the 1989 United Way Campaign Cabinet.

Pardon first volunteered for United Way in 1986. Last year, Pardon served as vice chairman of the campaign's Government Unit, which raised \$144,000. This year he will chair the unit and strive to increase pledges from government employees.

Mary Ann Rivard is in the "Who's Who in the Midwest" due to be published this fall.

Congratulations to the following Community Mental Health Service Award recipients: **Kathryn A. Brown, Janice G. Fortin, Joyce W. Gracey, Jeanne Grae, Sandra L. Grignon, Jeri Hopp-Bundridge, Mary Ann Mullally, Daniel P. O'Neil, and Viola J. Prince**, who were 10 year award winners; **Norbert Birnbaum, Gene A. Harris, A. Sue Hubbard, Patricia L. King, Marguerite J. Lachenauer, Jane A. Mellen, Bruce A. Mikola, Yvonne Schuermann, and Pamela J. Verch**, who were 15 year award winners; and **Novella Fowler, Mary J. Velte, Susan B. Williams and Harold L. Yokley**, who were 20 year award winners.

Commissioner Richard D. Kuhn Jr. was admitted to the Michigan Bar on June 8 in a formal admission ceremony held in the Board of Commissioners Auditorium.

The University of Southern Florida College of Public Health named **Helen Rodgers Beske** the 1989 Outstanding Woman in Public Health. Beske retired recently from the Sarasota County Public Health Unit where she worked in various jobs. She was formerly employed by Oakland County Health Division as Assistant Director of Nursing before moving to Sarasota, Florida in 1973. She originally joined the Health Division in 1965 as a Public Health Nurse.

Mrs. Beske was described by her

Florida colleagues as being a much sought after consultant to many others in Florida. The nursing director at Sarasota County said, "Mrs. Beske was not only a proficient senior manager with consistently outstanding communications skills, but also a perennial hostess and friend."

Anniversaries

Richard L. Mathews, Veteran's Counselor, celebrated his 15th anniversary with Oakland County on March 4.

Jean Mason, Veteran's Counselor, celebrated her 15th anniversary with Oakland County on January 7.

Lynda Crowell, Clerk III in the Veterans' Division, celebrated her 10th anniversary with Oakland County July 3.

Leaving

Community Mental Health would like to say "Goodbye" to **Dr. Nydia M. Quiroga**. Dr. Quiroga has left CMH to start her private practice, which also includes working with St. Joseph's Mercy Hospital/Fox Center. Best wishes! You will be missed.

Ruth Clymer, Deputy Jury Clerk for the past 13 years, retired on June 15. Ruth plans to travel and enjoy life.

Joanne Heenan, Court Reporter to Judge Ziem, left on June 6 after 3½ years with the Circuit Court. Joanne plans to spend time with her husband and travel, beginning with a two month trip to Alaska.

Peggy Higdon, Clerk for Judge Mester, left June 8 to study for the July Bar Exam.

Judy Nick, Clerk for Judge Mester, left August 11. Judy will be attending day classes at Detroit College of Law.

Paul Nicoletti, Clerk for Judge Gage, left June 16. Paul will clerk for the law firm of Federlein, Grylls and Keranen.

Nicole Rosen, Clerk to Judge Ziem, left June 2. Nicole is returning to law school and getting married.

Dahlia Petries, Pretrial Services Investigator, left May 1. Dahlia will be working at the Washtenaw Police Department.

Robert DeWitte left Oakland County on August 11, 1989, and is now working for the City of Southfield.

Employees make news...

Married

Congratulations to **John J. Houghton**, former Friend of the Court, who was married in July 1989.

Wedding bells rang on June 10, 1989, for **Alex Braitman** of Community Mental Health, and **Carol Tracey**. Best wishes to the both of you!

Congratulations to **Stacey L. Zehnder**, Contract Manager of Community Mental Health, and **Thomas Herron**, who were married on May 20, 1989.

Susan Porter of County Executive Word Processing married **Tony Cullins** on May 6, 1989. Congratulations!

Kim Kirk and **Raul Corpus** were married April 22, 1989. Kim works in Register of Deeds and Raul is a former employee of that division.

Tammy Havens of the Equalization Division married **Richard Metrick** on July 22, 1989.

Births

Keith Krinn, Environmental Health Supervisor, Health Division-North, and his wife **Peggy**, Typist, Health Division-South Office, are the proud parents of their first child, **Cassandra Frances**. Cassie weighed 7 pounds, 9 ounces, and was named after her grandmothers, **Frances I. Krinn**, Indiana and the late **Cassie H. Machniak**.

Ken Taber, of Animal Control, and **Rhonda Taber**, of Friend of the Court, are proud to announce the birth of their bouncing baby boy, **Kinnie Luke**. Kinnie was born on February 7, 1989, weighed 8 pounds, 12 ounces, and was 20½ inches long.

Mary Shiel, of Animal Control, and her husband **Steve**, are proud to announce the birth of their beautiful baby girl, **Katelyn Marie**. Katelyn was born on May 28, 1989, and weighed 7 pounds, 11 ounces.

Matt Treais of the Aviation Division, and his wife **Vicky**, are the proud parents of a baby girl. **Erika Victoria** was born on July 19, 1989, weighed in at 8 pounds, and was 21 inches long.

Claudia Bradford of the County Clerk's Vital Statistics Unit, and her husband **John**, became proud parents of **Lauren Ashley Bradford** on May 26, 1989, at 7:56 a.m. Lauren weighed 6 pounds, 6 ounces, and was 18 inches long. Congratulations Claudia!

Jearl "Butch" Hoisington, the Water & Sewage Operations Division Industrial Pretreatment Program Inspector, and his wife **Donna**, are the proud parents of a baby girl, **Rebecca**, who was born on May 26, 1989.

More Kudos

Judith L. Anderson, R.N., B.S.N., Program Coordinator of the Oakland County Breast Cancer Detection/Education Center, was elected as a medical director for a one-year term to the State Board of Directors, American Cancer Society Michigan Division, Inc. in Lansing.

She is one of five medical directors representing Oakland, Macomb and Wayne counties. She presently serves on the Board of Directors for the Oakland County Division of the American Cancer Society.

Lew Wint, chairman of the Parks and Recreation Commission, has been named Outstanding Board/Commission Member by the National Recreation and Park Association, Great Lakes Region.

The award is given to board members with a record of outstanding contributions to the parks and recreation field.

Lew was recently elected to his twelfth term as chairman of the commission. He received a Special Award in 1987 from MRPA, and in 1986, the NRPA honored him with a board and commission member award for longstanding service and commitment to parks and recreation.

Lew was founding member and continues to serve as a trustee for the Oakland Parks Foundation.

Parks & Recreation's " **Scooter**" program achieved a High Honorable Mention status in *Sourceletter* magazine's Creative Program Awards Competition. *Sourceletter* is a newsletter published for parks and recreation professionals.

Scooter is off and running at three parks this year, Addison, Groveland and Independence. 1989 Scooters are: **Matt Baldes**, **Mike Boyd**, **Becky Brown** and **Tammy Spavin** (all of Mobile Rec.); **Lauri Hagggett** and **Carole Ann Lippincott** (Groveland); **Tom Wagner** (Addison) and **Jenny**

Jensen (Public Communications). Keep up the good work, Scooters!

The following Equalization employees attained their Level I Certification from the Michigan State Assessors Board: **Linda Cebulski**, **Joy Hornkohl**, **Lori Norris** and **Anita Tubbs**.

Brian Menghini of Equalization attained his Level II Certification from the Michigan State Assessors Board.

Robert Baker and **Beth Shafer** of Equalization received their Personal Property Examiner's Certificates.

In Memoriam

Circuit Court wishes to express its sincere condolences to the families of **Judith A. Flury** and **Jim Davis**. Judith was the managing editor of the *Pontiac Oakland Legal News*. She died Tuesday, May 23, at St. Joseph Mercy Hospital in Pontiac at the age of 39.

Jim Davis, a former Court Service Officer retired on April 29, 1989, after 17½ years of service. Jim died Tuesday, June 20, of cancer.

Children's Village Seminar Successful

On May 9, Oakland County Children's Village presented a half day seminar on the New Juvenile Justice Waiver Laws.

More than 70 people attended the first seminar held to assist law enforcement agencies. Courts and correctional officials deal with the new and complex juvenile justice law package which went into effect Oct. 1, 1988.

Pete Balzerini, Chief of Intake for Children's Village organized the event and acted as panel moderator. Comprising the panel were Jan Hunt Kost, State Court Administrative Office; Gerald Poisson, Oakland County Prosecutor Office; William Lovett, Department of Corrections; and Larry Miesner, Department of Social Services.

Health News

Milk and Heart Disease Is There A Connection?

by Linda Eaton
Public Health Nutritionist

There is a rumor going around that drinking milk and eating other foods containing the milk sugar, lactose, will increase your risk of heart disease. The idea is based upon a study of Russian men who had had heart attacks. These men drank 3 or more glasses of whole milk per day. Russian men who drank less than 3 glasses of whole milk per day had a significantly lower risk of having a heart attack. Milk sugar intolerance was not a factor for these men in determining the amount of milk consumed.

Is this proof that milk and other foods containing milk are bad for your heart? No! The Russian study did not report on other important aspects of the diet such as total fat, saturated fat, cholesterol and fiber. Therefore, it is impossible to put the blame on milk! Low fat milk products are an essential part of a healthy diet. Calcium found in milk products are needed to aid in the prevention of osteoporosis, in the control of high blood pressure, and maintenance of healthy bones and teeth.

If you are concerned about diet and heart disease contact the CHARGE Risk Reduction Program at 858-1394 and sign up for a fall class series called "Healthy Lifestyles - Put Your Heart Into It".

Workouts: Try Morning

Sometimes it's hard to find a good time to exercise. When is the best time? Try an early morning workout, reports *Women in Business*. According to John Foreyt of Baylor School of Medicine in Houston, Texas, people who plan to exercise early in the day are more inclined to follow through with it.

In the morning you have fewer reasons not to exercise, with the exception of getting up a little earlier. After work it's tempting to make excuses—you're too tired or too busy. There's an added plus to doing morning exercise, claims Foreyt. "Psychologically, it tends to give you a feeling of self-control."

Regular Exercise a plus

The "University of California, Berkeley Wellness Letter" reports that regular exercise has been shown to inhibit or even reverse some of the declines associated with aging.

"Whether you're 40 or 70 or older, three or four brisk 30 minute walks each week over an extended period of time can make a difference", according to Elaine Glasser, Extension Home Economist for Oakland County Cooperative Extension Service.

Dr. Thomas W. Patrick, Jr., a new Jersey physician, used the term "wogging" to describe walking briskly. It's slower than jogging or race walking, but provides the same benefits without the high risk of sprains or strains.

Why wog?

It improves circulation and helps your heart and lungs work more efficiently.

It increases physical endurance and gives you more energy.

It burns calories to help you lose

extra pounds or maintain your ideal weight.

If you're over 60 or in poor health, check with your regular doctor before you begin wogging.

Always start your "wog" with a warm up. Begin with 5 to 10 minutes of bending or stretching exercise, or just walk at a normal pace for the first 5 minutes, then pick up speed.

If you're short of breath, you're going to fast. Slow down. Try the "talk test". If you are too breathless to carry on a conversation, you're moving too quickly.

After finishing your "wog" cool down by walking slowly or doing a few gentle stretching exercises. Follow with a hot bath or shower if you like.

Extension Bulletin E-1845, "Walking Your Way to Fitness", includes a sample walking program to get you started. It's available from the Oakland County Cooperative Extension Service.

CMH Staff wins award Programs called innovative

The Oakland County Community Mental Health Services Board has been recognized by the National Association of Counties for its excellent programming in Mental Health Services.

Dr. Nydia Quiroga, formally Chief of Child Services, and Dr. Jim Graves, Director of Oakland County Community Mental Health, both received awards for their outstanding work in Mental Health Services for Oakland County in July. Dick Cooper M.S.W., M.B.A., Chief of Services for Developmentally Disabled, also received deserved recognition.

In 1982, Dr. Quiroga helped institute the "Single Entry Assessment" program for screening youngsters to determine if they are emotionally impaired and need psychiatric hospitalization at Fairlawn Center.

The screening takes place at one of the Oakland County Child and Adolescent Clinics. The child does not

always need hospitalization and may be treated outside the hospital for mild emotional impairment. This, in effect eliminates the trauma of separating the children from their parents when hospitalization is needed. As a result, this saves taxpayers valuable dollars from unnecessary hospitalization.

During the last several years, Dr. Graves and Dick Cooper were responsible for putting the "Respite and Recreation" program into effect.

The "Respite and Recreation" program was devised to get developmentally disabled individuals involved in activities outside their homes. The parents take their adult children to these activities and then have a break from the high stress of raising developmentally disabled individuals.

Congratulations Dr. Quiroga, Dr. Graves and Dick Cooper for your fine contributions to Mental Health Services and a job well done!

When A Child Is Sick

If you ask children what they want to be when they grow up, they always have an answer. Whether it be a cowboy, astronaut or something they made up, their desire to become that person is so strong that they dress up and role-play for hours on end.

A child's hopes and dreams for the future, no matter how badly he wants something, can quickly disappear if he becomes sick, especially with a long-term illness.

Leukemia is second only to accidents as a life-threatening affliction in children between the ages of 2 and 15. An average of 500 children in Michigan will be diagnosed as having leukemia this year, 231 of those children live right here in Oakland County.

The Children's Leukemia Foundation of Michigan (CLF) receives funds from the United Way of Oakland County and other local United Ways to reach, serve and deliver support programs that are making a difference in the lives of families battling and beating leukemia. CLF sponsors summer and winter day camps where leukemia patients are given the opportunity to meet and share common experiences with other children who have the same disease. Your pledge provides funding for medication assistance, research, and education that prepares patients and their families for the treatment process.

Leukemia cannot be prevented but, in most cases, it can be treated effectively with chemotherapy. Today, nearly 90 percent of children achieve remission, and 60 percent of those children remain in remission longer than five years.

Hemophilia, a bleeding disorder, can result in uncontrolled internal bleeding, especially in boys. In Michigan, 241 children must deal with hemophilia every day of their young lives.

A bump or blow can cause painful internal bleeding into muscles and joints of the hemophilia victim. At the onset of a bleeding episode, clotting factor (proteins isolated from human blood plasma) is administered intravenously to enhance blood clotting. Clotting factor is extremely expensive, averaging \$40,000 to \$60,000 per person per year. Because hemophiliacs have a virtually normal lifespan, they must deal with the costs of treatment their entire lives.

In addition to education and research, your gift to United Way

Unsung Heroes

*The sky is blue, the grass is green,
the world glows in an extra fine sheen
at the County parks, where people happily gather
to enjoy the day with this beautiful weather.*

*They are proud to have such a nicely groomed place
which they can afford with our dear Lord's grace.
But does anyone think: who worked all year
to get the parks groomed so wonderfully here?*

*Does anyone think of all these long hours
that were required with back breaking powers?
Does anyone ever stop a moment to think:
who are those guys that are God's and earth's link?*

*It doesn't just happen all by itself,
no little gremlins, no diligent elfs.
The wind blows branches and leaves around
we know, we have them everywhere on the ground.*

*But no one likes to find all that at the park
when a picnic is planned from daybreak to dark.
And all that the roughnecks ruined in them
needs to be repaired again and again.*

*Now the litter is gone, the flowers are bright
the sun smiles to earth, and all is just right.
God blessed the parks, and lets us be gay
and smiles how "our heroes" helped make it that way.*

*When you have some time of rest on your own
go visit some parks and let them show
how others have worked hard on the trees,
the flowers and all the eye sees.*

*God bless the "Unsung Heroes" with many good days
that lay before them, we hopefully pray.
Enjoy good days in the wonderful parks...
because of our heroes, they're always ready for us.*

Poem written by Margit Beutel, architect in design and development for Parks and Recreation. Parks & Recreation employs more than 350 part-time summer workers to keep the parks in shape, in addition to 82 full-time staffers who work year round. That's a lot of "Unsung Heroes"!

Thanks to you...
it works...
for ALL OF US



provides hemophiliac patients with financial assistance, loans of orthopedic appliances, scholarships, vocational guidance, as well as counseling and support groups for the patient and family.

For more information on children's diseases, contact your United Way at Work representative, or First Call For Help at 456-8800.

How to Get A Fair Reading

Want to enhance the chance of reports and manuscripts getting a fair reading?

Start halfway down the first page and then make sure the last sentence breaks onto the second page. This helps lead the reader into more of your copy before reaching a preliminary judgment about it.

•When you must ask someone c. the telephone to hold, provide the name of the person who will be speaking with the caller. You'll find people will wait longer.

Oakland County Employees Retiring Between June 1, 1988 and May 31, 1989

The following County Employees were added to the rolls of the Oakland County Retirement System during 1988 or the first five months of 1989. In recognition of outstanding service records their retirement is hereby commemorated with the presentation of the Certificate of Retirement plaque.

In order of Retirement beginning June 1, 1988:

Name	Department	Length of Service
Kenneth G. Griffin	Fac. Main. & Operations	25 years
Ann Seleno	Health	16 years
Dorothy Hemingway	Accounting-Public Works	30 years
Phyllis Cooper	Probate Court	19 years
Joanna Martin-Long	Health	23 years
Dorothy Young	Probate Court	18 years
Billie Sue Holderman	Community Mental Health	18 years
George Schutte	Water & Sewer Operations	32 years
John Hicks	Sheriff	18 years
Donats Trascenko	Support Services-Garage	19 years
J.R. Hodson	Probate Court	27 years
Vernon Gaines	Fac. Maint. & Operations	21 years
Eunice Gooch	Clerk/Register	19 years
Lucille Schreiner	Probate Court	16 years
Marilyn Sondgerath	Health	25 years
Marie Bruce	Community Development	22 years
Nora Lee Bush	Children's Village	22 years
Wayne E. Callihan	Probate Court	25 years
James L. Williams	Prosecuting Attorney	13 years
Sally Kaplan	Probate Court	17 years
Mark R. Gallo	Sheriff	8 years
Fannie G. Smith	Sheriff	17 years
Charles Yelton	Probate Court	12 years
Patricia J. Miller	Medical Care Facility	18 years
Margaret A. Walters	Medical Care Facility	14 years
John J. Houghton	Friend of the Court	15 years
The Honorable Norman Barnard	Probate Court	32 years
Robert W. Page	Board of Commissioners	14 years
The Honorable James S. Thorburn	Circuit Court	25 years
Eula Nichols	Medical Care Facility	4 years
Marion Ely, Jr.	Computer Services	23 years
Helen Cooper	Drain Commissioner	19 years
Kathleen T. Nicholson	Health	16 years
James G. Smith	Equalization	31 years
Donna Lewin	Probate Court	12 years
Edward P. O'Rourke	Health	36 years
Katalin Csele	Fac. Main. & Operations	27 years
Virginia T. Perry	52nd District Court/1st Div.	20 years
Olive J. Suter	Health	15 years
Barbara Lane	Food Services	10 years
Harold Scheerer	Water & Sewer Operations	23 years
Collen Hunt	Health	20 years
Patricia Okon	Health	25 years
Howard Altman	Clerk/Register	17 years
David Caspers	Water & Sewer Operations	12 years
Estelene Coats	Sheriff	17 years
Charles L. Ross	Parks & Recreation	15 years
Gerald Carney	Equalization	25 years

(Turn to page 10)



Web Gemmel

Oakland County Offers Rebate to Improve Rental Properties

Rental property owners thinking of fixing up their rental units can take advantage of a unique program offered by Oakland County. The Rental Rehabilitation Program (RRP), administered through the Community Development Division, allows investors to recover up to 50% of rehabilitation expenses by receiving an end loan rebate from \$5,000 up to \$8,500 per unit depending on the number of bedrooms in each. An added advantage is that Section 8 certificates are available in support of RRP. Section 8 provides vouchers or certificates to income-qualified tenants to subsidize a portion of their rent. For further information on the Rental Rehabilitation Program, contact RRP Coordinator Kristin Hoffman at 858-0493.

Children's Village to host fundraiser

On Friday, October 6, at Deer Lake Racquet Club the Children's Village Advisory Council will host its second annual "Autumn Adventure" fund raiser. A limited number of 250 tickets will be sold for the event. The elimination raffle features dinner for two and a chance for over \$20,000 in cash and prizes, including \$10,000 cash prize.

Money raised from the event will go towards phase II construction of an on-ground, multi-purpose athletic field; in addition to Christmas time activities for the children.

Tickets are \$125.00 each. For further information contact Greg Alessi at 858-1135.

(continued from page 9)

Retirees say goodbye

Franklin J. Wells	Parks & Recreation	10 years
George Saffell	Parks & Recreation	14 years
Gary Woods	Sheriff	15 years
Julian M. Zabik	Safety	9 years
James B. Davis	Friend of the Court	17 years
Harold C. Hess	Fac. Maint. & Operations	30 years
Essie Branch	Medical Care Facility	28 years
Webster Gemmel	Accounting	24 years
Daniel Himmelspach	Children's Village	28 years
Charles Lewis	Sheriff	20 years
John C. Whetstone	Circuit Court Probation	16 years
Sara Ball	Health	6 years
Fred Schultz	Sheriff	25 years
Earl Koonce	Probate Court	31 years
Don Rolph	Probate Court	28 years



Fred Schultz

Earl Koonce and Don Rolph



This newspaper is printed on recycled paper

Do you know your Reference Library?



At the Reference Library we can obtain books and magazine articles which our library doesn't carry through the interlibrary loan system. We do an average of 100 interlibrary loan transactions per month. We would like to explain briefly how this system works.

When a patron requests a book or journal article, we first check our own holdings. If the article is not found in our collection, we will try to interlibrary loan the item. When the request is for a book we go to the GEAC computer terminal to determine if the title is held in the collection of any of the libraries which are in the Wayne-Oakland Library Federation (WOLF). This allows us to check the holdings of 70 libraries in the Wayne-Oakland area.

If found in the GEAC data bank we request the book electronically on the computer and the patron can expect to receive it in a week to ten days. If the title is not in the holdings of any of the WOLF libraries, the request is sent to the Region of Cooperation which means the title will be searched through the Online Computer Library Center (OCLC) system. OCLC contains the holdings of most public and educational libraries in the United States. When the title is requested through the OCLC system, the time frame in which the patron can expect his/her book can vary from seven days to three weeks.

Once the title has been GEMed (GEAC Electronic Mail), the library staff can neither speed up the request nor intervene to stop it if the patron decides he/she no longer needs it.

If you request an article from a magazine not owned by the Reference Library, we check the Oakland County Union List of Serials (OCULS). This is a listing of journals held by both public and private libraries in Oakland County. If the journal is owned by an OCULS member, we call that library and they will copy and mail (or Fax) the article to us - usually at no cost to the Reference Library or the patron. If the journal containing the requested article is not owned by participating OCULS members, the request is then GEMed to WOLF where again it is searched through the OCLC data base. A request, either electronically or by mail, is initiated there on our behalf. Both books and journal articles found on OCLC are mailed directly to us thereby speeding up the delivery of the information to the patron.

Our "hit" rate on obtaining information the patron has requested through interlibrary loan is about 98 percent so if we don't have exactly what you're looking for here at the Reference Library we will be happy to get it for you via interlibrary loan.

AMERICAN RED CROSS BLOOD DRIVE

The next American Red Cross Blood Drive is scheduled for Thursday and Friday, September 14 and 15, 1989 in the Courthouse Lobby, Ground Floor 10:00 a.m. through 4:00 p.m. Blood donor pledge cards will be available from attendance clerks. Give blood! Give life!

Prizes Needed for Patient Games

When you are cleaning out drawers and closets and come across that little trinket or extra pair of socks your Aunt Mary gave you for your birthday and it just does not go with anything, how about donating it to the Activity department at Oakland County Medical Care Facility?

Our prizes are always in need of replenishment. There are many items the patients can put to use. A few of these are: cosmetic bags, small boxes of kleenex, stamps, sun catchers with plastic suction holders, simple crossword books. We are sure you can find something else in that closet that we have not mentioned.

We also restring beads for our ladies to slip easily over their head for prizes.

Be a friend and drop off a prize at a switchboard for a patient and give yourself some new space at home to start your collection for another year of those, I'll never use it items.

Calendar

September 23

"Flyway Float" nature program at Independence Oaks Nature Center, 6-8 p.m. Canoe around Crooked Lake in search of migrating waterfowl and other wetlands wildlife. Cost: \$3/canoe/hour. Call 625-6473 to register.

September 23

Fall classes begin at Waterford Oaks Activity Center. Classes include dance, photography, dog obedience and more. Call 858-0906 to register.

September 24

Second annual Mountain Bike Fall Classic and Trials at Addison Oaks County Park. Observed trails and cross-country race for all ages. Prize drawings and awards for racers. Spectators welcome. Call 693-2432 for details.

September 24

Antique Show at Springfield Oaks Activities Center, 10 a.m.-4 p.m. Juried antique show featuring authentic antiques from 40 exhibitors. Call 625-8133 for more information.

September 29

Clogging Workshop at Waterford Oaks Activity Center, 8-11 p.m. Learn this unique folk dance. Call 858-0906 for details.

September 30

"Catch the Color" nature program at Independence Oaks Nature Center, 9-11 a.m. Capture the beauty of autumn on film by focusing on fall through the lens of a camera. Basic photo tips for beginning and advanced photographers. Bring camera, film and tripod. Call 625-6473 to register.

October 1

5th Annual Fall Color Car Classic at Independence Oaks County Park. Judging and trophies in categories ranging from pre-1920 to present, "kit cars," street rods, race cars and classic commercial vehicles. Spectators welcome. Concessions, boat rentals, moonwalk and live entertainment. Call 858-0906 for more information.

October 3

"Woodland Sweep" adult mini-class at Independence Oaks Nature Center, 7-8:30 p.m. Join in an evening of broom making using the fall-blooming witch hazel. Create a broom that is both practical and decorative. Cost: \$6/person. Call 625-6473 to register.

October 6-8

Country Folk Art Show at Springfield Oaks Activities Center. More than 100 folk artisans from across the country. Friday 5-9 p.m., \$6 admission; Saturday and Sunday 10 a.m.-5 p.m., admission \$4. Call Betty Long, 634-4151 for more information.

October 7

"Applefest" nature program at Independence Oaks Nature Center, 6-7:30 p.m. A celebration of "apple activities" for the whole family includes making cider, stringing apples and apple stories and songs around an evening campfire. Cost: \$1/person. Call 625-6473 to register.

October 14

"Fall Color Bus Tour", 10 a.m.-4:30 p.m. While on a leisurely bus tour through northern Oakland County, visit a candle factory, take a hay ride at an apple orchard, go through the streets of historic Holly and visit a dairy farm. Fee includes transportation, admission fees and light refreshment. Bring a sack lunch. Cost: \$6.50 for adults, \$4.50 for children 12 and under. Call 625-6473 to register.

October 14

"Shine On Harvest Moon" nature program at Independence Oaks Nature Center, 7-8:30 p.m. Learn about preserving the harvest while sampling some treats, and then take a walk under the Harvest Moon. Cost: \$1/person. Call 625-6473 to register.

October 15

Woodcarving Show at Waterford Oaks Activity Center, 10 a.m.-5 p.m. Handcarved articles on exhibit and for sale. Call 858-0913 for information.

October 21

"Halloween Magic" nature program at Independence Oaks Nature Center, 1-4 p.m. An afternoon of Autumn Halloween fun to include magic shows, hayrides, stories, pumpkin decorating, face-painting and more. Cost: \$2/person; some craft sessions may have an additional charge. Call 625-6473 to register.

October 22

Antique Show at Springfield Oaks Activities Center, 10 a.m.-4 p.m. Juried antique show featuring authentic antiques from 40 exhibitors. Call 625-8133 for more information.

October 28

"Nature Fears and Halloween Fables" nature program at Independence Oaks Nature Center. Evening hikes beginning at 7 p.m. During a guided night hike, experience Halloween and animal creatures and learn the truth behind their legends and superstitions. Pre-registration is MANDATORY for this program. Cost: \$2/person. Call 625-6473 to register.

November 1

"Tuning Your Tot Into Fall" nature program at Independence Oaks Nature Center, 10-11:45 a.m. Stories and songs of the season, along with a nature hike, craft and snack, for children 3 to 6 and their parent or grandparent. Cost: \$2/tot. Call 625-6473 to register.

November 4

"Back Trails Trot" nature program at Independence Oaks Nature Center, 1-3 p.m. Take a long, brisk hike along the trails with a naturalist who will attempt to interpret whatever unexpected natural features occur. Call 625-6473 to register.

November 12

Antique Show at Springfield Oaks Activities Center, 10 a.m.-4 p.m. Juried antique show featuring authentic antiques from 40 exhibitors. Call 625-8133 for more information.

November 18

"Fowl Play" nature program at Independence Oaks Nature Center, 1-2:30 p.m. Learn about turkeys, grouse, pheasants and quail with their unique colors and behaviors. Call 625-6473 to register.

November 24-26

Country Folk Art Show at Springfield Oaks Activities Center. More than 100 folk artisans from across the country. Friday 5-9 p.m., \$6 admission; Saturday and Sunday 10 a.m.-5 p.m., admission \$4. Call Betty Long, 634-4151 for information.

December 2

"Birds of a Feather" nature mini-class at Independence Oaks Nature Center, 10 a.m.-12:30 p.m. Children ages 6 to 8 will learn about birds through sights, sounds, a craft and more. Snack and all materials provided. Cost: \$6/child. Call 625-6473 to register.

It's the snack foods that set your diet back



Do you know how much fat you're eating in your favorite snack food? Compare how many butter pats are in each snack food. This is just one of the activities included in the Nutrition classes on how to lower blood cholesterol.

In August, September and October, the Health Division's CHARGE Risk Reduction Program will again offer blood pressure checks and fingerstick cholesterol tests at Oakland County work sites.

The tests are voluntary and confidential. It takes about 20 minutes total to check both cholesterol and blood pressure. For those found with high or borderline blood pressure or cholesterol levels, a schedule of nutrition classes will be available to pre-register for, as well as one to one counseling. A donation of \$5.00 per

person covers equipment and supplies for both tests. Mr. Murphy has authorized paid release time for employees who wish to participate.

Facts to Share:

—Any employee may be tested at any site listed. Just follow the sign-up instructions for each site. Appointments are required. Walk-ins will only be accommodated at our walk-in screenings in the classroom of the Health Division Annex. Check CHARGE Bulletin Board for dates of the walk-in screenings.

—Not all buildings will have

cholesterol screenings. See inclusive schedule.

—Employees can fill out reminder cards when signing up to help them remember the appointment they select.

—Each participant will receive a free wallet size blood pressure and cholesterol record card.

—Adult family members (age 19 or older) are welcome.

—No special preparation is required for the cholesterol test. To get as accurate a blood pressure as possible, individuals should wear short or easily rolled-up sleeves.

CHOLESTEROL AND BLOOD PRESSURE TESTING SCHEDULE

Building	Testing Room	Day/Date/Time	Where to Sign Up	When to Sign Up
Administrative Annex I 196 Oakland Ave.	Conference Room	Tues. 9/5 - 8:30a.m.-12:30 p.m.	Reception Area	Mon. 8-21 thru Mon. 9-4
	1st floor Conf. Room	Tues. 9/12 - 9:15 a.m.-2:00 p.m.	Soc. Serv. Personnel Office 3rd floor	Mon. 8-28 thru Mon. 9-11
Administrative Annex II	Conference Room	Wed. 9/20 - 9:00 a.m.-1:30 p.m.	Desk at front door	Mon. 9-5 thru Mon. 9-18
South Office	Conference Room	Tues. 10/3 - 9:00 a.m.-1:00 p.m.	Switchboard	Mon. 9-18 thru Mon. 10-2
Walled Lake Dist.Ct.	(Jury Assemble)	Tues. 10/10 - 2:15-4:00 p.m.	Court Administrator	Mon. 9-25 thru Mon. 10-9
Court House	Comm. Auditorium & East Lobby	1. Mon. 10/9 - 1:00-4:30 p.m.	1st floor Info. Desk	Mon. 9-25 thru Fri. 10-6
		2. Wed. 10/11 - 9 a.m.-1:00 p.m.	1st floor Info. Desk	Mon. 9-25 thru Fri. 10-6
		3. Fri. 10/13 - 9 a.m.-1:00 p.m.	1st floor Info. Desk	Mon. 9-25 thru Fri. 10-6
Rochester District Court	Conference Room	Tues. 10/24 - 1:45-4:00 p.m.	Court Administrator	Mon. 10-9 thru Mon. 10-23
Troy District Court	Conference Room	Mon. 10/30 - 1:00-2:30 p.m.	Court Administrator	Mon. 10-16 thru Fri. 10-27

WALK-IN CHOLESTEROL AND BLOOD PRESSURE SCREENING SCHEDULE

Building	Testing Room	Day/Date	Time
Health Annex	Classroom	Mon. 9/25 - 11:00 a.m.-1:30 p.m.	Walk-in
Health Annex	Classroom	Mon. 10/23 - 11:00 a.m.-1:30 p.m.	Walk-in
Health Annex	Classroom	Mon. 11/20 - 11:00 a.m.-1:30 p.m.	Walk-in
Health Annex	Classroom	Mon. 12/18 11:00 a.m.-1:30 p.m.	Walk-In

OAKLAND RECYCLES!

A new feature this issue is Oakland Recycles! Here we will report the latest news in our office paper recycling program. The chart below shows just how we are doing.

Building	Approx. Weight	Trees Saved
Public Works Bldg.	10,562 lbs.	90
Computer Services	34,775 lbs.	296
Oakland Schools	19,825 lbs.	169
Executive Office Bldg.	15,437 lbs.	131
North Office Bldg.	2,275 lbs.	19
Board of Commissioners	1,137 lbs.	10

Each ton of paper recycled saves 17 pulp trees for other purposes.

Employee reception and participation has been strong wherever the program has been implemented. Our broker, Midstates Fibres, reports we are all doing a great job of keeping the paper clean and free of contaminants. Keep up the good work.

Computer Paper Our Most Valuable Recyclable!

Computer paper is worth about twice as much as the other forms of white paper we recycle. If you generate large quantities of waste computer paper, you may want to consider setting it aside. Just save the boxes the paper comes in and collect your discarded paper in them. When they are full, write "recycle" in big letters on the top sheet and leave it out for custodial staff to remove. We will keep it separate and sell it at the higher price. A box a week, month, or year helps. Our environment is worth the little extra effort it takes to recycle.

Program Expansion

The Office Paper Recycling Program is expanding soon to the following buildings: Administrative Annex II, Oakland Avenue, North Health, and Health Annex. In addition, Judge Breck and his staff recently joined the program.

If you would like more information on the County's paper recycling effort, contact Steve Stanford at 858-0129.

Medicare Care Volunteers Recognized

On May 3, 1989, twelve of the volunteers from the Oakland County Medical Care Facility went to the Holiday West Inn for a well deserved recognition program presented by the Community Councils Association. The keynote address, "You Make a Difference" was presented by Mrs. Barbara J. Brown.

Ms. Rosemarie Britton-Gipson, a volunteer at OCMCF, received a special gift for being the newest volunteer of the nursing homes represented. Five of our volunteers attending were recognized for volunteering 50 or more hours for the year of 1988. They were:

Eleanor Smithson	255.15 hours
Dorothy Keener	170.13 hours
Billie Crowley	156.10 hours
Polly Korff	136.30 hours
Evan McNaughton	85.20 hours

Older Substance Abusers: Present a Special Problem

by Ruth Evens
Coordinator, Substance Abuse Services
Oakland County Health Division

"I don't know what to do.

"He was always a good father. But now that he has retired he seems to be drinking more. Mom says she can't understand what is happening, but she's scared."

Joan is describing her helplessness and fear about a family problem. How can the family handle the problem their father is having with alcoholism? Too often they simply look the other way.

Rarely do we think of the older members of our society when we talk about the war on drugs. Perhaps as a society we'd prefer not to see this part of the problem. There is a tendency to say things like: "Yes, he drinks a little more than he should, but after all, he's earned the right to live his life as he chooses. Sure Mom tips a few every afternoon, but what else does she have do?"

But the abuse of alcohol and drugs by older adults takes a terrible toll on lives as well as family peace and harmony. We're told that 25 percent of older adult

admissions to hospitals are due to alcohol or other drug related problems.

The price we pay as a society includes higher care costs; family discord; fear and frustration; and, for the substance abusing older adult, increased health problems and decreased ability to pursue the rewards of the golden years.

Often the adult children or the older adult are blind to the problem. Telling our 65 year old mother or father their behavior has convinced us they have a drinking problem and we want them to get help is, at best, a difficult task. The chances are high we'll be told to mind our own business, and that we have no right to tell them what to do. Possibly they will respond with a guilt-producing statement like "After all I've done for you!"

For those who brave the angry rejection of parents or spouse and confront the issue, another problem surfaces. Where can an older adult go to learn about alcohol and other drug dependency and begin the recovery process?

The traditional residential programs are not usually designed for these people. Our senior citizens often feel alone and "different" when in a group

dominated by 25 to 40 year old people. Program directors tell us their staff is not trained to handle their problems which may include a slightly slower learning pattern and a tendency to fill the parental role for younger participants.

For families struggling with this issue, there now are specially designed programs. Outpatient services for substance abuse are available from Catholic Social Services. With the addition of public funds an outreach worker will be available for home visits. Recently they initiated a day treatment program for recovering alcoholics at Sheltering Arms in Birmingham. In this setting, seniors will be able to learn about alcohol dependency and practice new coping skills. The day treatment will include van service for those requiring transportation. In daily four-hour sessions, trained professionals will help people practice a new drug-free lifestyle.

If you know of someone 55 or older who is experiencing problems with alcohol or prescription medication (another common problem for this age group), call Pat Spence at the Sheltering Arms Program, 646-1040.

We need employee support

Dear Employees,

Rumor has it that the Commissioners are hearing voices! "Wednesday parking is impossible!" "But we have no security!" "With all the storage boxes in my office I can barely find my desk!" "Standing outside this courtroom is cruel and unusual punishment!" "I've got prisoners stashed all over the state and still have them sleeping on my floor!" "The landfills are overflowing!" "Burn!" "No, recycle everything!" "Compost!" In the background, a small but insistent chorus chants "No new taxes!" Welcome, my friends, to the wonderful world of Planning, Building and Finance!

Be assured that we have heard you all, that Dan Murphy has heard you, and with a full measure of cooperation from all concerned, we will have an acceptable proposal in our hands by the middle of January. What does "acceptable" mean? Simply stated, the Board and Mr. Murphy are in total agreement that a plan can and must be developed that will meet your needs within the framework of projected county revenues. (Read \$80 million max.) Knowing that fiber optics are no match for the county grapevine in transmitting information, it surely comes as no surprise that at least \$50 million must be pared from the "wish list" painstakingly prepared by the departments and our architects. There is no other way.

How can we possibly do that? My suggestion is that each member of every department or branch accept the responsibility of analyzing his or her own position in search of any modifications that would help us reduce the project to an attainable size. **You** are our "resident experts!" No one else has a better grasp of the duties you perform. Will you contribute your expertise to the necessary "brainstorming" that confronts us all if we are to balance successfully your needs and the public funds available.

For instance, can you detect any duplications of effort that have been overlooked? Record storage is always a problem. Are some of them kept because of archaic statutes that should be revised? Do you have a solution to the Wednesday morning madness? (Making it a holiday for all but the courts has already been suggested... and rejected!) Are there "low tech widgets" or high tech items soon available that would increase productivity? Have all procedures, including those ingrained by custom, been given an honest appraisal with an open mind? None of us has all the answers, but each of us has some. We need your help and will appreciate your recommendations. Just forward them to the Board office and I assure you they will be reviewed before final decisions are made.

I appreciate the frustration of those



Nancy McConnell

who are forced to work under overcrowded conditions. Please try to understand the need for precise planning before the final bidding documents are prepared. Costly change orders can wreak havoc in any building project, and when a project as massive as ours is undertaken, a contingency of \$12-16 million or more could be at stake. Wouldn't you prefer to see those funds for more space or equipment in a carefully designed plan? (Or a raise?)

All of this takes time, and we ask your assistance and patience. Together, I am convinced that we will meet the challenge and build a fiscally sound facility in which we can all take pride. Can we count on your support?

Sincerely,
Nancy McConnell



Asian Artists

This beautiful doll was part of a "Festival of Dolls" exhibit that appeared in the Executive Office Building last month. The dolls were loaned to the exhibit from the Japanese School of Detroit. There were many art works which arrived from China. Cultural Coordinator Virginia Rogers was quite excited about the exhibit as it arrived in Oakland County just days after the student uprising in China began. (Photos by David Van de Grift)