



Learning to live one day at a time

'I don't want them to think of themselves as sick, because they are not. They are very healthy kids. I want them to recognize they have a lung condition, like asthma, big deal, so they will take care of themselves.'

—Lynn Pearce

By LORRAINE McCLISH

A Farmington Hills mother, who describes herself as once "being very rigid, a big planner and a great worrier," is now learning to live one day at a time, concentrating on positive aspects and enjoying her children.

Lynn Pearce's children are soon-to-be-3-year-old Brett, and 17-month-old twins Kristie and Kimberly. All are affected with cystic fibrosis.

The little ones each get 45 minutes of physical therapy twice a day and are on a diet and medical regimen of both prescription and non-prescription necessities. Brett, alone, must consume 50 tablets of beef enzyme a day.

"I can't keep them in a glass house, I know that. So we keep things here as normal as possible," Mrs. Pearce says. "I don't want them to think of themselves as sick, because they are not. They are very healthy kids. I want them to recognize they have a lung condition, like asthma, big deal, so they will take care of themselves."

"We will ski, play tennis and racquet ball, but they don't have to know it's therapeutic," she said.

CYSTIC FIBROSIS affects both the lungs and the pancreas and is believed to be inherited by both parents contributing a single gene which carries the disease.

Brett's condition wasn't diagnosed until Mrs. Pearce was pregnant with her twins, and only then, she suspects, because of her work as a registered nurse.

"I knew he had some kind of malabsorption syndrome and I just kept bugging for more tests," she said.

Being a nurse has both its good and bad aspects in this instance, she believes.

"I might be better able to spot the first signs of a cold, or better recognize signs of something coming up. But I also am very aware of all the complications and that might be a case of where ignorance would be bliss," she says.

During the years that all of the children were in diapers, the multiple feedings, the medication, the physical therapy, and the emotional strain caught up with her.

She sought help for herself from Dr. Harold Ellens, through Anderson Counseling Services in Farmington Hills, and help with the children from the Visiting Nurses Association.

"I had many times referred my own patients to that agency when I was working, but it was a long time before it dawned on me that that help was available for me, too," she said.

HELP WAS also available to her from many different and unexpected sources.

The Pearce family has refused aid from the Cystic Fibrosis Foundation and other agencies since the children's father got a promotion at American Motors last year. But Mrs. Pearce said, "Maybe by telling this publicly I



Lynn Pearce holds Kristie, at left, and Kimberly certainly not in personality. (Staff photo by Cynthia Abatt)

will be able to let some others know what's available to them."

While Blue Cross helped with prescription drugs, the Cystic Fibrosis Foundation took care of non-prescription necessities.

Children's Hospital, a Torch Drive supported service, is where the children are presently receiving medical care.

The Visiting Nurses Association helped with extensive required therapy procedures, and Homemaker Service of Metropolitan Detroit helped the family when Mrs. Pearce returned home from the hospital after the twins were born. Both are Torch Drive supported agencies.

Alpha Chi Omega, which has adopted cystic fibrosis as its national project, sends a babysitter once a week so Mrs. Pearce can get out of the house a few hours by herself.

She refers to The Farmington Mothers of Twins Club as "my support group."

The Knights of Pythias made the family a gift of a percussion table. The

custom-made piece is where the children take their therapy exercises.

MRS. PEARCE cups her hands in a prescribed way and claps the children's bodies to loosen mucus that would otherwise clog the small bronchial tubes in the lungs, or plug up the tiny ducts of the pancreas.

"Most of the time I clap to music, or I tell them stories. I think of it as preventive medicine, and so will they," she said.

"I want our friends to know cystic fibrosis is not communicable and there are no emergencies that will arise so no one has to be frightened on that account."

"No one has to treat them with kid gloves. If that happened, they'd start thinking of themselves as sick and I don't want that."

She would like to think that all of the children will go to college, and maybe get married.

Of her husband, Randy, she says, "He has always been the eternal optimist. He has always been able to take one day at a time. With his help, and Dr. Ellen's, I'm learning."

Aid comes from the Torch Drive

The Cystic Foundation, at 1528 Woodward, in Detroit, receives 50 percent of its funding from the United Foundation Torch Drive to serve patients throughout the tri-county area.

Known as CF, cystic fibrosis is a life-threatening disease and the most serious of all lung-damaging diseases. A thick, sticky mucus clogs the lungs and air-

ways, and creates breathing difficulties, high susceptibility to infection and lung damage in children.

It can affect not only the lungs, but also the gastro-intestinal system, and occurs once in every 1,600 births.

Although there is no known cure for the problem, through improved therapy and expanded research, increasing numbers of children suffering from

CF are living into their teens and adulthood with the ability to lead normal and active lives.

THE METROPOLITAN Detroit Chapter of the foundation aids in the identification of CF through public education projects and gives related services concerning treatment and cure of the malady as well as other lung diseases.

The agency also maintains equipment pools, from which parents can borrow, and it supports research programs through special grants.

Children's Hospital of Michigan, another Torch Drive-supported service, is one of five cystic fibrosis centers in the state. Others are located in Ann Arbor, Flint, Grand Rapids and Lansing.

By IRIS SANDERSON JONES

They have a wild dream in the Southfield offices of Michigan Scene magazine. The dream, fantasized by editor Doris Scharfenberg of Farmington Hills, is that every Michigan traveler will someday say "Let's get Scene magazine and find out what's going on."

Mrs. Scharfenberg took editorial control of the magazine last fall after it had struggled for nearly three years to survive in the hands of its founder and publisher, David Zimmerman. Between them, they hope to keep the magazine afloat until an investor can be found.

"We're just like a Broadway producer, we're looking for angels," Mrs. Scharfenberg said. "There is a hole in the magazine industry in Michigan, and we want to fill it."

"Tourism is the second-largest industry in the state, but there is no pocket-sized readily-available magazine for travelers. That's the market we are planning to fill."

Michigan Scene is the third generation stepchild of a project launched by Zimmerman in 1975 while he was writing brochures for hotels and motels in the Detroit area. Zimmerman founded a printing and publishing firm called CARES Inc. and joined Ann Arbor publisher Mike Danovich in founding Southfield magazine.

SOUTHFIELD became Secretariat magazine, and they were eventually

combined into the Northwest Scene Magazine, which used local features and was distributed through private corporations and hotels.

"A questionnaire showed that our readers were overwhelmingly interested in one subject—tourism," Zimmerman said. "Doris is an experienced travel writer, and has changed the magazine into a publication that covers the state."

Mrs. Scharfenberg is a member of the Midwest Travel Writers Association and has published extensively in magazines such as Michigan Living,

Ford Times, Detroit News Sunday Magazine, Chicago Sun-Times and Jack and Jill. She is also a past president of the Detroit Women Writers.

"Scene magazine has survived so far on the basis of mutual ignorance," Mrs. Scharfenberg said. "Dave Zimmerman knows nothing about journalism and I know nothing about printing. The odds against a magazine surviving without major capital are astronomical, but we didn't know we couldn't do it—so we've survived."

"Sometimes we'd like to throw one another out the window, but we're in

basement offices and we don't have any windows," she quipped.

"WE ARE still only distributed in southeastern Michigan, but our editorial material now covers the state," she said. "In every issue we include a calendar of events, a lot of stories about possible trips in Michigan and presently, the profile of a Michigan city."

"If we ever find an investor who is interested in keeping us afloat, we hope to go to 48 pages. Even without it, we are now on the newsstands and running in four colors."

Editing a struggling magazine is a mixed blessing, however, as Mrs. Scharfenberg discovered when she started a series called Couple of the Month. A reader was chosen each month to win a weekend on the town, with accommodations in a first-class hotel. "Unfortunately, we didn't think about modern life styles," Mrs. Scharfenberg said. "So many of our couples were unmarried that we eventually kept the weekend on the town and dropped the hotel."

"The fat hit the fire on the day when we were called by a major corporation, one of the clients that distributed the magazine, and told to take all our recent issues off their stands. Apparently an employee won the weekend and we showed her in front of a well-known hotel with her boss."

"That's not what we had in mind when we promised to cover the Michigan Scene."

Michigan Scene
is custom-made
for travelers

Tourism is the second largest industry in the state, but there is no pocket-sized readily available magazine for travelers. That's the market we are planning to fill.



DORIS SCHARFENBERG