

John Bircher joins bandwagon to fight taxes

During the early 1970s Bruce Duke was well-known in town for his "watch dog" duties up at the Farmington School Board meetings.

Every other week, Duke would gather up his tape recorder and trek on over to the meetings to ensure the right wing philosophy got a fair hearing on the Farmington education scene.

Although dropping out of sight for a few years, Duke is now back and is involved in the John Birch Society's 17th District TRIM Committee (Tax Reform Immediately).

Revolting against higher taxes, bigger government, communist influence and lawlessness, the Birchers are fighting for a larger cause, according to Duke—the ultimate reform of the country.

"Taxes especially have taken their toll on Americans," Duke explains as he sits in his modest living room in a Farmington Hills apartment complex.

"Tax revolt is the manifestation of people being set up by the government to steal funds from them legally," said Duke.

The voice of the people crying for reform is what the country needs, according to Duke. He views the current political climate as having the makings of some success for conservative America.

Although a Democratic president sits in the White House and Congress is dominated by Democrats, Duke sees hope for conservatives.

"THE SOCIALISTS expected great things to happen from this Congress. And we expected much the same things as they did. But the opposite happened because constituents wrote to their representatives and told them what they wanted," he said.

"The leftists are in trouble. American people have always been conservative. Now they're aware of it and are



BRUCE DUKE

beginning to assert themselves," he adds.

For Duke and the rest of the Birchers, Communists come in an assortment of guises. They call themselves liberals, socialists, leftists and Communists.

Ultimately, the conservatives will destroy the Communists, according to Duke.

"Criminals should be destroyed or eliminated from the community before they fester," Duke said of the leftists.

"Communists say there is no detente between themselves and us. They want to destroy and bury us. I think it'll be the other way around," he said.

ANITA BRYANT's campaign against homosexuals signals a new era for conservatives, according to Duke.

There was a fantastic turnaround after her," he said.

"I think she's great. She's got a lot of backbone," he said, referring to her

anti-homosexual campaign.

"Homosexuals are against the law and we should obey the law," Duke said. "They're people who made themselves degenerate."

They should turn to Jesus Christ and He'll straighten them out," Duke said.

Turning to Christ is an important step for the American people, according to Duke, who considers himself to be a born-again Christian.

"The return to religion in the last few years is one of the reasons I'm sure we're going to win," he said.

Another sign of good times ahead for the Farmington Hills real estate developer came when laetrile was recently legalized in one state.

"It was a smashing victory in the face of a hostile media, a hostile medical profession and FDA. It was a victory because people talked to their representatives," he said.

Although he's unsure about laetrile's ability to cure cancer he's adamant that it removes the symptoms of the disease.

Another small victory for the Birchers is the way the cities have behaved, recently.

"I'm proud of the big cities and especially Detroit. People in Detroit are practically without a police force because of the top administration in Detroit. But the people are responsible citizens trying to get along," he said.

"They're trying to make their lives halfway tolerable," he said.

In the face of such signs that Duke sees as hopeful, the extension of the Equal Rights Amendment drive is viewed as a tragedy.

ERA's passage is unnecessary, according to Duke because the 1973 Fair Employment Act would cover job protection for women. It doesn't cover what he terms minimal issues like Social Security coverage for women.

LAWS ENACTED to weave a "fabric of protection" around women would be negated by the passage of ERA. Women will lose everything and gain nothing, according to Duke.

Originally, Duke was skeptical about joining the Birch Society. He had read what he terms the bad press and believed it. But several of his neighbors urged him to join and after reading several books on the group, he did. So far, he's spent 14 years in the group which reports itself to have 100,000 members nationally.

If membership reaches 450,000 the group will close its ranks, according to Duke.

Its leaders say that then it would be too strong an influence in the country and that the job of the organization is to provide education.

"The truth is our weapon and it's an effective one," Duke said.

Systematic approach sought

Fellowship is mental health key

By JACKIE KLEIN

They are nervous patients gathered around a table, forming a panel. They introduce themselves by first names only.

Among them are former mental patients practicing self-help and getting after-care to prevent relapses. These men and women are attending a Recovery Inc. meeting in Southfield Parks and Recreation Building on Friday night.

The system used in the non-profit organization was developed by the late Dr. Abraham A. Low, a psychiatrist. Recovery Inc. is managed by former patients who have been trained to help themselves and offer encouragement and strength to others.

"Recovery is a fellowship among the many who have known the discomfort of emotional and mental illness," explains Isadore, who leads the Southfield group. "Through association with one another, members discover their suffering isn't unique."

Week by week, as they undergo training, members find that life consists mainly of trivialities, not the dire emergencies they interpret them to be.

Members of the Friday night group greet each other warmly in an atmosphere of understanding and acceptance born of sharing similar experiences. Those who feel stigmatized are encouraged to rid themselves of the belief that emotional and mental illness is a disgrace.

THEY BEGIN the meeting by reading aloud from Low's book, "Mental Health Through Will Training." The group occasionally listens to one of the late psychiatrist's taped lectures.

Next, in the panel portion of the session, Isadore asks for examples of how members handle such situations as a temperamental misunderstanding with a husband, wife, child, boss, neighbor or stranger. Patients relate how they have dealt with nervous fears, obsessions or compulsions.

Observers or newcomers are asked not to participate until they have read at least a portion of Low's book. Participation is voluntary.

Members give examples according to a formula developed by Low. First, they give the facts. Then they describe how they reacted, how they applied Recovery techniques and how they would have handled the same situation before training.

Using Recovery language, other members of the group point out techniques applied by those who gave examples.

"Several weeks ago my husband went with his friend to a bar to watch a football game on television," says Marian, who's been in the program about a year.

"He said he'd be back about 4 p.m. When 5 o'clock came and Bill wasn't home yet, I became temperamental and worked myself up."

"I THOUGHT he didn't care how I feel and he thinks more about that

darn football game than he does about me. Before long, I had palpitations, tightness in my stomach and pressure in my head. I thought of calling up the bar and telling Bill I wouldn't stand for the way he treats me."

"Suddenly it came to me this was sabotage. I said to myself 'you think he's wrong and you're right.' But in Recovery we learn there is no right or wrong in domestic life. There is only irritation and discomfort, not judgments. Pretty soon I calmed down. When Bill came home at 6, I was irritated but I didn't make an issue of it."

"Before I had my Recovery training, I would have told him exactly how I felt and how wrong he was. I wouldn't have spoken to him for days. But then I would have developed all kinds of symptoms. I would have felt palpitations, shortness of breath, fear of being alone, poor sleep and fatigue all day. I would have suffered for weeks."

Members are also asked to describe symptoms of temper. "My voice shook, my hands trembled and I felt the blood rushing to my head." They learn to "spot" (gain insight into) symptoms and discomfort they produced. The philosophy is that members of Recovery are average, not exceptional.

RECOVERY members are usually persons who have made the rounds of physicians. Many have been hospitalized for mental illness. They worry about symptoms and they fear relapse, Isadore said.

"Underlying manifestations like dizziness, sweats, numbness, tremors and depression are fears of mental and physical collapse and permanent handicap," he said.

"Recovery members learn to handle frustrations and irritations of everyday life and to command their muscles to do the things they fear to do."

"They learn not to run away from fearful situations but to bear the nervous discomfort caused by fears. It's hard at first. But with continued practice and encouragement, they succeed."

Around the table, Recovery members support Marian and endorse her for her efforts. The situation, they comment, was distressing but not dangerous.

"Marian gained self-respect by taking a crack at her self-importance," said John, a member of the group.

"She realized she's not exceptional and her fears are average. She commanded her muscles and exercised her will."

For Marian, like other nervous patients, mental health is a long-range goal, Isadore explains. They realize they can't control their outer environment, but they can change their thoughts.

"NERVOUS patients tend to attach danger to everyday situations," Isadore reflects. "They don't like changes. But as Dr. Low said, comfort is want, not need. Temper blocks insight. Objectivity keeps us flexible. Humor is our best help. Temper is our worst enemy. In Recovery, we learn to lower our standards in trivialities and get rid of our nervous symptoms. We discover that feelings aren't facts and we make small gains. If you're not seeking some miraculous way to good mental health and are ready to make a business of it, Recovery offers a systematic way to help yourself."

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Jack Davis named Jaycee senator

Farmington's Jack Davis has been named as a Jaycee international senator.

The award recognizes the contribution he has made to Jaycees during his 10 years as an active member, according to Farmington Jaycee President Terry Sever.

"This award is the highest given to a Jaycee from his local chapter, along with being recognized by the state and national Jaycees," he said.

Only six other Farmington Jaycees have been awarded the senatorship. They are John Richardson, Bill Brown, Al Kenerson, Pat Nowak, Ralph Parrin and John Sprys.

Davis first joined the Farmington Jaycees in 1972, after having joined the chapter in Westerville, Ohio. He served as that chapter's director and vice-president. He has served as the Farmington club's director, secretary, Farmington Area Advisory Commission representative, vice-president and president.

As president he was responsible for a Blue Chip award given by the state Jaycees, signed by the governor as recognition as one of the top three chapters in the state.

"Jack has been an inspiration to the Farmington Jaycees and is still a very active member," said Sever. He is the personnel director for Vasic Foods and serves on the board of directors at the Farmington Area YMCA.

Along with this award comes a life membership.



JACK DAVIS

Silverdome parking restricted

The Pontiac Stadium Authority has announced that effective immediately the only way football fans can park on the Silverdome main lot is by purchasing a pre-paid parking ticket in advance of each home game.

Cars without the pre-paid ticket will not be admitted to the main lot. Fans are reminded that some 8000 parking spots are available at Auxiliary lots within walking distance of the Silverdome.

The move is an effort to reduce traffic problems around the Silverdome when the Lions play at home. The \$5

pre-paid parking tickets are on sale at area J.L. Hudson stores, the Lions ticket office, the Silver-

dome ticket office and at National Garages and must be purchased prior to the game.

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