

Hunt on for cause of sleeplessness

(Continued from page 1B)

concentrate on my work. And I didn't want to get into medication again."

"IT'S VERY frustrating," said Rita, "when you know you have to be up at a certain time and you need a certain amount of sleep to be able to get up."

Two stumbling blocks to sleeping quickly and soundly, she noted, are an overactive imagination and itching caused by health problems.

"The difference between when I was 20 and now (53) is that when I was younger I could turn my mind off," said Mary. "As the years went by I added new ideas and problems and it all piled up. A death, work problems, other things, international affairs — I tried to connect them to a broader plan."

ANOTHER MUTUAL concern is the absence of a meaningful relationship. "That's one of my big gaps," said Mary. "I don't have enough personal life. I get out and socialize. I go to a lot of activities, and I ride my bicycle a lot."

"I spend a lot of time trying to find people to share things with."

Rita echoed those words. "I'm absolutely sure that a good deal of this is due to not having a personal relationship," she said.

Of necessity, Freedman said, "We are obviously beginning to look at this in a simplistic fashion. Until now very little work has been done on sleep disorders."

"The federal government has never

given any research money, although a lot of work is going into it now, especially the overuse of Valium."

THE STUDY will take at least another year to complete, he added. "The next step will depend on what comes of this."

Standing over a voluminous computer printout taken from a volunteer's

night at the clinic, Freedman noted that the study has already proved how, in the grand scheme of things, everything is interrelated.

"Finding out what sleep is, is the key to the answer."

Anyone interested in volunteering for the sleep research project may contact Freedman at 256-9520 or Sattler 256-9559.

Helen Cope turns 90

A champagne party in the First Presbyterian Church of Farmington celebrated Helen Cope's 90th birthday. Her four children were there, coming from both the east and west coasts to propose toasts.

Eight nieces and nephews, 10 grandchildren and more than 100 friends joined in toasting the active lady from Farmington Hills who still drives her own car, travels around the world by herself and volunteers

in numerous community activities.

Music for the Nov. 3 affair came from the MellowMacs, a quartet formed by Mr. and Mrs. Donald Meachin and Mr. and Mrs. Donald McDaniel, long time friends of the guest of honor, and singer-guitarist Frank Patrolo.

Mrs. Cope was introduced to the nation on NBC television when she traveled to Washington, D. C. in 1978 to work in the office of U.S. Senator

Robert Griffin (R-Mich.) as a senior intern.

The guest of honor was not the oldest at her party. Mrs. Cope's 94-year-old brother, Theodore Gibson, was there from Hartford, Conn.

Honoring their mother at the party were Lois Barber, from Greenwich, Conn.; Frances Cope Hummel, from Columbia, Md.; Lucy Cope from Santa Maria, Calif.; and Robert Cope from Muskegon.

THIS IS WHAT PEOPLE IN OUR COMMUNITY SAY ABOUT SHIRLEY STADLER

State Representative SANDY BROTHERTON	Intelligent and hard working, she would be a real asset to the Council.
Mayor EARL OPPERTHASER	Objective reasoning and personal dedication has earned her the respect and admiration of many people in and out of city government.
County Commissioner JOHN McDONALD	Her background and knowledge of local affairs would be an asset to the Farmington Hills City Council.
Planning Commissioner PAUL GRIGIO	She works very hard to make fair and objective decisions after considering all alternatives.
Teacher JUDY GUERTIN	She has demonstrated an ability to see the overall picture and will give thoughtful consideration to all residents.
Chamber of Commerce Director WILLIAM FLATTERY	I have known her for many years...she is a conscientious and dedicated citizen of this community.
President, Earth Alive, Inc. NANCY KOURTJIAN	Her expertise in environmental issues evolved from thorough research and extensive participation in this vital area.
Homeowner, Westbrook WALLIN McMINN	Her efforts will go a long way in demonstrating the responsiveness of the people on the Planning Commission to the valid concerns of those who live in the areas affected.

VOTE FOR STADLER

FARMINGTON HILLS CITY COUNCIL
November 6, 1979

Paid for by: Shirley Stadler Campaign Committee,
26385 Greythorne, Farmington Hills, MI 48018



Y's holiday term opens

Registration for the YMCA holiday term is under way in the Northwest Branch, at 25540 Grand River. Swimming classes begin the week of Nov. 12. Other classes and holiday workshops begin the latter part of November and early December.

Programs offered will include a number of pre-holiday workshops involving skills and crafts related to decorating and entertaining during the Thanksgiving and Christmas season.

One or two session workshops will teach participants how to create wall hangings, patchwork items, handbags, vests, wreaths out of bread dough and houses from gingerbread. Thanksgiving table centerpieces and Christmas greenery.

A series of specialized photography workshops are scheduled on Mondays the early part of December.

Information on all Y programs is available by calling 537-8500.

Nov. 15-18
ANTIQUE SHOW
at
Orchard Mall
Show Open:
Thurs. - Fri. &
Sat. 10:00
Sundays 12-5
ORCHARD LK. RD.
(N. of Maple)
FREE ADMISSION
LIGHTED PARKING

DR. RONALD A. REIFSCHEIDER
PODIATRIST • FOOT SURGEON
7439 Middlebelt • Suite 4
at 14 Mile Road
WEST BLOOMFIELD
by appointment only
IS
PLEASED TO ANNOUNCE
the opening
of an
ADDITIONAL OFFICE
at
Michigan Medical Center
1000 seven mile rd. at woodward ave.
detroit
By Appointment • 891-3560

Appearing Now
in
JUDY POWERS
Tuesday-Thurs. 7-12
Fri & Sat. 8-1
Schuler's
6066 W. Maple Rd.
W. Bloomfield
851-8880
FOOD TO GO WITH YOUR
FUN & SPIRITS
Ha'Penny Lounge

LOSE 17-25 POUNDS
(MEN LOSE
28-35 POUNDS)
**QUICKLY • SAFELY
PERMANENTLY**
IN JUST 6 WEEKS
NO SHOTS
NO DRUGS
NO CONTRACTS
INDIVIDUAL
DAILY COUNSELING
because it's hard to lose weight alone...
CALL TODAY
642-5665
Get started on your way to a thinner,
happier, healthier life.
Cranbrook Center 20233 Southland Rd. Suite 112

Art-a-Facts
John Singer Sargent (1858-1925) was an American portraitist living in London. Sargent painted the common English to appear aristocratic, while portraying the American as a vibrant yet common citizen.
Northwest Blue Print
Artist and Drafting Supplies
13450 Farmington Rd. (at Schoolcraft) Livonia
525-1990

**MR. SWEEPS EXPERT CHIMNEY
CLEANING SERVICE IS LIKE
"FIRE INSURANCE" FOR YOUR HOME...**
of a fraction of the cost of home insurance.
A Clean Fireplace Means:
- a warmer, cleaner home
- a safer burning season
- protection for your family, home and possessions
- energy efficient, lower heating costs
- Professional Chimney Cleaning with the latest equipment
Mr. Sweeps
Expert Fireplace and Chimney Cleaning
Call for Appointment or Appointment
885-6191
No Mess! All Work Insured.

ELECT MICHAEL J. O'HAIR TO THE FARMINGTON HILLS CITY COUNCIL

- * 10 years of service in local government
- * 5 years as Manager of Employee Development with a large Michigan Utility
- * Currently Administrative Director of a large Child Psychiatry Program
- * Former Management Instructor at Wayne State University
- * Former Seminar Leader for the University of Michigan (Government Manpower Planning)
- * B.A. Psychology, Oakland University
- * M.A. Political Science, Public Administration, Wayne State University

FOR: Maintenance of the Master Plan in the face of increasing pressures to urbanize our City.

FOR: Holding our taxation increases to a minimum by assessing the need for, and the results of spending money and providing services in a cost vs. benefit manner.

FOR: Keeping politics out of the Council chambers and out of the legislative decision making process.

FOR: Maintaining current zoning wherever possible.

FOR: Senior and low to moderate family housing with rental subsidies, without increasing City taxes, for our current residents and their immediate families.

AGAINST: Scattered HUD housing or any purely public managed housing projects.

AGAINST: HUD or City funded construction of low income and senior housing in this City, as an expensive and difficult to control alternative.

Mike believes that the current Council is neither fully sensitive nor responsive to the voices of the people of this City, and is overly controlled by the City administrators hired to serve the public at the direction of the Council. Mike O'Hair will constantly work to place the leadership role back in the hands of the Council, and to make the Council more responsive to the people's needs.

PLEASE VOTE ON NOVEMBER 6, 1979!

Paid for by the Committee to Elect Michael J. O'Hair

FARMINGTON LUMBER
474-4000
32800 GRAND RIVER
FARMINGTON HILLS
Daily 8-6
Sat. 8-4

45% OF YOUR HEAT BILL CAN
BE CAUSED BY A DIRTY FURNACE
HAVE YOU HAD
YOURS CLEANED?
FALL SPECIAL CLEANING *\$99*
ANCHOR HEATING & AIR CONDITIONING
522-3007

2nd GAS ALLOWANCE
LIQUIDATION SALE!
Must Reduce
\$200,000 inventory
VESTED SUITS
Designer & European Styles
Finest Fabrics
\$68 to \$108
Reg. \$225
¾ ZIP-LINED
LEATHER JACKET
\$98 to \$108
Many sizes & colors (Reg. \$175)
Save 20% - 50%
LEATHER SPORT COATS AND
FULL-LENGTH LEATHERS
MENS SLACKS
ALL-WEATHER
COATS
Botany 500
Zip Out Lining
NOW \$68
Reg. \$95
Visit our new Boys
and Young Mens
Department

EXCALIBUR SHOES for MEN
'totes' zipper
Town Boots
\$16. sizes S,M,L,XL,XXL
'totes' Galocha
stretch rubbers
\$8. sizes S,M,L,XL,XXL
Protective Footwear
by
totes

Orchard Mall
Orchard Lk. Rd. N. of Maple
WEST BLOOMFIELD • 851-5122
Mon-Wed & Sat 10-6
Thur & Fri 11-9 Sun 12-5

DONN WOLF IS AGAINST HIGHER TAXES
DON'T BE TAKEN IN BY THE MISLEADING TAX PROPAGANDA BEING CIRCULATED BY THE "SMITH-DOLAN-BIG MONEY" COALITION.
On September 17, 1979, Councilmembers Dolan and Smith put a 3-mill tax increase on the ballot. It will increase your city taxes by one-third! Realizing this mistake, they are now trying to blame Wolf and others for it. Look at the facts: 1) Wolf and the others were not even on the City Council when Dolan proposed and Smith supported the tax increase proposal; and, 2) Wolf has continuously spoken out publicly against the Smith-Dolan Tax Increase Bill and urges you to vote against it and any other form of increased taxes!
KEEP TAXES DOWN... KEEP HUD OUT!
TOMORROW VOTE WOLF
Endorsed by the Council of Homeowners Associations of Farmington Hills
Note: You can help...Because we do not have the big money people behind us, it is difficult to combat the mass mailing of the Smith-Dolan advertising. Please help us by showing this notice to a friend. Thank you, Donn Wolf.
Paid for by: Citizens for Donn L. Wolf Committee, 23826 Barfield, Farmington Hills, MI.

JACK'S FACTORY OUTLET
335-8277
Wholesale Mens Wear
Miracle Mile Shopping Center
Telegraph North of Square Lake Road
Open Mon. Tues. Wed 10-6 Thurs. Fri 10-8 Sat 10-7 Sun 12-5