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Prescriptions turn into magical habits

Ever since grandma and grandpa popped some of Lydia Pinkham's pills into their mouths, the American public has carried on a sometimes rocky love affair with medicine.

Before the country passed laws in the '20's regulating the contents of over-the-counter drugs, Pinkham's pills included a dose of morphine.

Today, most of the prescriptions written in the country are for Valium.

"People think the pills are magic," said Dr. Frank Zorick, a psychiatrist at Henry Ford Hospital who specializes in sleep disorders.

Sometimes that attitude toward medicine which links its with magic prompts persons to hang onto the pre-

scription for reasons other than the doctor had in mind.

"Man is a creature of habit. You follow a certain pattern when you take medicine. It reinforces the magic of the pill. You take the pill and you'll be rewarded. It helps reinforce this behavior," Zorick said.

A fairly common manifestation of this attitude can be found in persons who rely on sleeping pills. Most of the over-the-counter sleeping aids lose their effectiveness after two weeks, according to Zorick.

FOR ABOUT 25-30 percent of the patients who take a sleeping pill, it has a placebo effect. They are reassured by taking a pill to help them sleep.

But even a placebo can become addictive.

Kicking an addiction, even to a placebo, requires a changing of personal routines.

"There are a host of addictions," Zorick said.

"Everyone has some behavior which is ingrained in them. If a person is accustomed to drinking coffee and reading the paper in the morning, if you take it away from them, disturb their routine, they become upset and disgruntled."

Changing a routine doesn't always insure instant happiness. A dependence upon sleeping pills can be broken at the cost of a few more nights of broken sleep. The first few nights without a sleeping pill can result in insomnia but when sleep returns it ought to be as sound as it was before sleeping aids were introduced.

Taking away the medication can result in a return of the problem which prompted the initial prescription.

Persons who quit taking Valium regularly could be faced with the problems which made them candidates for the prescription in the beginning.

"IT RELIEVES the symptoms," Zorick said.

In the case of a person who is battling anxiety, Valium can relieve the feelings which hinder the person from tackling the underlying problems.

"It can assist a person in changing things," he said.

In the case of Valium, which is the most sold drug in the Farmington area, the tenor of the times may encourage anxiety and thus the use of Valium, according to Zorick.

"There is a spectrum of the population which tends toward depression. People are focusing on it more. The '50's were an age of anxiety and people had more of those problems."

"The '70's are an era of depression. There is more of an emphasis on mood."

The '70's also focused on self-treatment. The age of self branched out into self-help. Persons prescribe for themselves, too even if the prescription is as seemingly innocuous as an effort to take vitamins.

"Now, they're taking vitamins — it's a craze. It's useless. That too isn't an addiction. But it's a dependence."



Of tots and trees

Monday was a perfect day for a snooze on a tree stump or a crawl across an old log — especially if you're a preschooler waiting for mom or dad to finish classes. These youngsters are in the play care center program at Oakland Community College's Orchard Ridge campus in Farmington Hills. David Hessano, 3, (right) found the stump a comfortable recliner. Melissa Olson, 4, (bottom left) and Sharice Brunas, 2, played on the log stripped of its bark. (Staff photos by Randy Borst)



Caddell victory based on strategy

By DAVID RAY

"We planned our work and worked our plan," said G. William Caddell, explaining his run-away victory Nov. 6 in a special election to fill a vacancy on the Oakland County Board of Commissioners.

Caddell will represent the 25th District, which includes southwestern West Bloomfield and north central Farmington Hills.

Caddell, a 44-year-old Republican from Wolverine Lake Village, claimed the county board seat by a 61-39 percent margin over George Montgomery, a Commerce Township Democrat.

Official results gave Caddell 2,890 votes to Montgomery's 1,354.

The new commissioner was making his first bid for public office.

Caddell was campaign chairperson for 24th District State Rep. Richard Fessler, R-West Bloomfield, in his successful re-election bid last year.

Caddell also has worked in County Commissioner Dennis Murphy's, R-Novi, campaigns in the 24th Oakland County District.

For Montgomery, a former state representative from a Detroit district, the setback was his sixth election loss since 1970.

"What can I say?" Montgomery said. "We were clobbered in Farmington Hills and on absentee ballots."

Oakland County Democrats saw the election as a golden opportunity to

claim the traditionally republican district.

The party went out of its way to back Montgomery, party sources said after the election.

AS A CANDIDATE in west Oakland for the fifth time since 1972, Montgomery appeared to have name recognition and political expertise working for him in the short special election campaign.

He was running against a first-time candidate and had gained endorsements from local newspapers.

"But Caddell believed his background as a businessman — a chiropractic doctor with an office in Union Lake area — was a factor in his victory."

His victory now gives the GOP a 16-11 majority on the county board.

"I think our business approach paid off. I think people want the county run in a businesslike manner, and we'll use our influence to keep the county run in the black," Caddell said.

"We'll try to learn as much as possible as soon as possible to become an effective commissioner."

Caddell said he is looking forward to "really getting involved," especially in the budget process. He concedes that his late arrival on the board will minimize his role in adoption of the 1980 county budget that takes effect Jan. 1.

HE SAID HIS goals include opening the lines of communication with local public officials and addressing west Oakland's road and traffic problems.

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Chavez brings farm workers plight to suburbs

By MARY GNIEWEK

He sat cross-legged on the dining room floor, speaking Spanish into the microphone of a tape recorder and coddling a granddaughter who walked back and forth from the kitchen with a plate full of avocados.

Cesar Chavez, best known for organizing farm workers in California, was talking about lettuce.

The national boycott against California-grown Red Coach head lettuce brought the United Farm Worker (UFW) founder and president to the metropolitan area last week.

He came to garner boycott support, but also to visit his daughter and her family who live five minutes away from the UFW office in southwest Detroit.

Dressed in a plaid flannel shirt and gray slacks, wearing a "Don't buy Red Coach lettuce" lapel button, Chavez completed the interview in Spanish and moved into the living room of his daughter's home for the next interview in English.

His sixth day in Michigan, the 52-year-old national figure was winding down from a week of radio, newspaper and television interviews. His suburban sweep included a fundraiser for farm workers in West Bloomfield Monday and an appearance at Oakland University Wednesday.

Some questions, asked time and again, were answered patiently.

"No, I don't know who we're supporting for president in 1980. We haven't decided yet," he said.

"Every interviewer has asked him that," someone in the background chimed in.

FOLLOWING A jaunt through Ohio this week, Chavez will head for Florida, then Texas for more boycott promotion — whatever it takes to bring the growers of Red Coach lettuce into a contract settlement with striking farm workers.

The Red Coach strike is 10 months old. The boycott was called in September because the growers, led by Bruce Church, Inc., still refused to bargain with the farm workers after 20 other companies settled contracts.

"I get physically tired, yes, but not discouraged," Chavez said. "I'm not to the point where I don't want to do this anymore. I enjoy the challenge."

This is his first national tour since the grape boycott of the early 1970s, which Chavez said was the most successful of about 10 boycotts.

"When the grape boycott ended in 1975, a Louis Harris survey showed 17 million Americans, nine percent, were boycotting grapes. It took five years to get nine percent."

"We have our own polling surveys now," he continued. "When our returns show three percent, it will be a successful boycott. Five percent will be extremely successful."

Chavez admits there is still a long task ahead in organizing the nation's 5 million farm workers.

"NOTHING is organized in Michigan," he said. "It's a future priority."

"As for the future of agriculture, we don't know what will happen. The government spends tax money to develop machinery, but they don't do anything to help the people replaced by machinery."

"Progress is OK, but not at the expense of workers. A man works 10 or 15 years in the fields. There's not much else he can do. He's untrained. It's a bleak existence if they get displaced, like the coal miners."

Born in Yuma, Arizona, to a migrant farm worker family, Chavez grew up in California farm country.

"From age 9, I worked in the fields until 1950 (age 23). Then another year, 1952-53 on and off."

He met his wife, Helen Fabela, while working in the Delano, California, vineyards. The Chavez's Detroit-based daughter met her husband during a grape boycott campaign.

Although UFW literature says Chavez has been working 17 years to organize migrant farm workers, he's quick to point out that he has been an organizer for 29 years.

"It goes back a long time. In 1944, I had just joined the Navy. I lived in a

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Dynamic shop is unrelated to tire theft

In a story in the Nov. 19 edition of the Farmington Observer entitled "Cops nab tire ring in Hills," reference was made to one of the suspects working the Dynamic Collision shop in Farmington Hills.

The owners of the shop are innocent of any wrongdoing in relation to the tire theft ring. We regret any embarrassment to owners of that establishment.

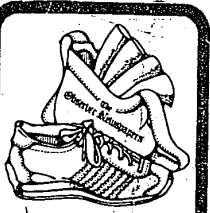


Cesar Chavez: "I get physically tired, yes, but not discouraged. I'm not to the point where I don't want to do this anymore. I enjoy the challenge." (Staff photos by Randy Borst)

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