



Pat Bordman

## Getting to know me, to know all about me

I. Me. Myself. Simple words, they carry within them the difference between a sense of personal identity and the inability to differentiate from others.

Infants are not born with a feeling of separateness. The self emerges slowly and is an essential aspect of personality development. The budding sense of self is vulnerable and requires support and encouragement from outside.

One way to encourage the flowering of this individuality is through recognition. By showing children they are valued, the idea of "I-ness" will gradually blossom.

Photographing children is a concrete way of demonstrating how important

## Neighbors meeting neighbors

The Farmington Neighbors Club invites all women of all adjoining suburbs to a luncheon meeting at noon, Wednesday, Jan. 21 in Glen Oaks Country Club, 30500 13 Mile Road, Farmington Hills.

Cyvia Snyder, an art educator and member of the Speakers Bureau of the Detroit Institute of Art, will talk on "A Walk with Art."

Reservations are being accepted by Ruth Paul, 478-5739, before Thursday, Jan. 15.

they are to us. The attempt to capture and preserve an image of a child is a parent's proclamation of the younger person's worth. But it is only through a child's own experiences that he or she develops an idea of self.

This project might assist the child by providing a reflection of himself, a concrete identity to look at, play with, wonder about, admire.

**START WITH** duplicate photos of the child, or pictures that will not be used for your permanent photo album. Be sure the photos are flattering and be sure they have your child alone. Carefully cut out the background and leave only the picture of the child.

Place a dab of glue at the bottom of the photo and attach the photo to the top of a popsicle stick. This me-puppet can now be used to act out scenes of daily living, to have internal dialogues, or just to look at.

The child may request pictures for you-puppets of family members or friends to include in real-life playsets. If you are fortunate enough to have an instant camera, this would be a fun project. Some background objects can be cut from magazines and glued to the sticks in a similar fashion.

Hopefully this photographic puppet will help the child see himself in a positive way.

Patricia Bordman has a master's degree in early childhood education. She has taught elementary school and conducted workshops and lectures. Write her c/o the Observer & Eccentric Newspapers, 36251 Schoolcraft Road, Livonia 48150. ©PATRICIA BORDMAN

## We pay a high price for plastic packaging

It's hard to believe there is an oil shortage when grocery stores are now using plastic bags for packing. I think we have more important things to do with our petrochemicals. Could Con-  
cern comment?

T.R., Livonia

It's true that plastics are a part of the petrochemical industry.

However when it comes to the plastics used for packaging, such as polystyrene, polypylene and polystyrene foam, the issue is not so much oil as it is mounting waste disposal problems. These by-products represent less than 3 percent of each barrel of oil produced.

Plastics are not biodegradable, and, because they do not decompose, discarded plastic is clogging up our al-

ready over-burdened waste stream. Solid waste, useless, unwanted or discarded material that cannot be salvaged or recycled, is the real environmental threat that results from our use of plastics as disposable packaging.

Every year Americans throw away some 40 million tons of assorted trash, plastic bags and cups, ballpoint pens, disposable cigarette lighters, bottles and cans, old furniture, appliances and cars.

The national trash heap keeps growing as we add to the list of throwaways. Packaging is one of the largest single contributors, comprising as much as a third of all municipal waste. Ninety percent of all packages are thrown away within one year of purchase. And the cost of this consumer and environmental problem is passed on to the buyer. That's you and me.

Packaging also carries a hidden price tag. The cost of collecting and disposing of it once it is thrown away.

The consumer can pay for a disposable item as many as six times. The first cost is when an item is passed on to the consumer. The second cost figured into the price of an item is transportation. The third cost is the actual purchase in the store. The fourth cost is in trash pick-up when the item such as packaging is thrown away. The fifth cost results in disposal whether land fill or incineration. And the sixth and perhaps most expensive of all is the price we pay in the environment from the pollution caused by our wasteful habits.

Consumers do have a choice. First, think about what you buy, and second, think about what you throw away.

As for those plastic bags used by supermarkets just don't take them. You have the option to ask for a paper bag. If enough of us do that then they will soon disappear. Remember, the con-

## consumer mailbag

sumer determines what products do or do not sell.

### ECO-TIP

Looking for a way to reduce your food bill. Remember that protein doesn't come only from meat. Send for a copy of Concern's new cookbook "I Am Not A Vegetarian." More than 60 recipes for meatless main dishes even the most confirmed meat and potatoes person will enjoy. Included in this book are almost two dozen menu suggestions and a guide for using inexpensive vegetable proteins in your diet.

For a copy send \$5.02 (which includes tax and postage) to Concern Inc., Detroit, 1 Northfield Plaza, Troy 48068.

## Cancer series teaches about coping with disease

A patient education program designed to help people seek strengths and resources to cope with cancer and its therapies is being offered at St. Joseph Mercy Hospital, Pontiac, through the efforts of American Cancer Society volunteers.

The "I Can Cope" program series will be presented from 7-9 p.m. on eight consecutive Tuesdays, beginning Jan. 27 in the McAuley Building, classrooms A and B, St. Joseph Mercy Hospital, 900 N. Woodward.

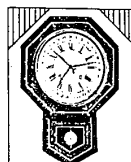
The objectives of the patient education series, which were developed at North Memorial Medical in Minnesota, are three-fold: to increase the cancer patient's knowledge of the disease; to increase the cancer patient's control over his or her life; and to decrease the anxiety the cancer patient feels about the disease.

The program will be led by Lynne Carpenter, the cancer and ostomy nursing coordinator; Barbara Cloutier, patient education coordinator at St. Joseph Mercy Hospital; and Josephine Wharf, nursing supervisor for Upjohn Healthcare Services.

THE WEEKLY class sessions help participants increase knowledge about physical anatomy, cancer, potential health problems, nutrition, communication skills, stress awareness, physical fitness, utilizing community resources, and the essential role patients play in their own treatment.

Guest instructors include: Rajan Krishnan, M.D., oncology specialist; Diane Leiman, clinical specialist; Susan McEwan, clinical specialist; Ruth Mandell, dietitian; Michelle Hoffmeyer, physical therapist; Dennis Dooling, continuing care coordinator; Sister Josephine from Ministerial Healing Department; and community resource professionals.

Cancer patients and family members can register for the "I Can Cope" course by calling Diane Mattiello 858-3037. There is no fee but class size is limited and participants are expected to attend every class session. Persons interested in courses given at other tri-county locations should inquire at the American Cancer Society by calling 557-5553.



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