The first \$750,000 worth of county road improvements in a Tri-Party Program have been selected and will be completed this year, said Richard V. Vogt, vice chairman of the Oakland County Road Commission.

Selections were made jointly by the three-man Road Commission, participating township boards and the Oakland County Board of Commissioners. Funding will be shared equally by the three parties. Awon Township (\$112,000) — connect passing lanes on south side of Avon Road between Stag Ridge and Raven-hill; construct new passing lane on John R at Thelma G. Spencer Park; pave approaches of Leach Road north off Auburn, Grant Street south off Auburn, Grant Street south off Auburn, and Street South off Auburn and Greenwood Street so

"The program is made possible by the elected county board's commit-ment of \$1 million over a four-year pe-riod, 1981-84," Vogt said. "We will match the county board's dollars, and participating townships will contribute the other third of the cost of projects in their communities.

"PURPOSE OF the program is to accelerate traffic-safety improvements. Amounts to be spent in each township, if all participate, have been determined on the basis of a formula that gives equal weight to county local-road-accident experience, mileage and population of each township.
"Factoring in accident rankings is one way we are able to make good our new years are able to make good our mental tranking is considered."

commitment to make safety improve-ments on a priority basis.

"Some townships have elected to use their entire allotment the first year. Others have elected to wait and use their allotments in future years." Vogt announced the first-year proj-ects and total costs for Observer & Ec-centric area townships:

ouest south off Auburn.

Bloomfield Township (\$119,000) — improve sight distance on Klingensmith at Square Lake Road; construct passing lane and improve the south radius on Quarton Road at Gilbert Lake Road; add lane on south side of Long Lake Road from Andover east for 500 feet; pave gaps on east side of Franklin Road north of Square Lake Road.

Oakland Township (\$25,000) — add right-hand turn lane on Rochester Road at Lonesome Oak; pave approach of Buell Road west off Rochester Road.

Expert gives tips

for beating stress

Meditation and exercise are two keys to managing stress, according to Don Nichols, academic dean at Oakland Community College's Orehard Ridge campus.
Nichols, a Farmington resident who holds a doctorate in social psychology, spoke recently on stress management to a conference of Canadian prison officials,
"People don't know how to handle the stress-related parts of their jobs," he said.
There are two ways to do it, he said. The first is on-the-job meditation during breaks and lunch hours, a practice that allows "you to lose yourself in your own thoughts."
Relaxation techniques allow people in stress-ful jobs to "disassociate themselves from the stressful situation."
The second way to relieve the effects of stress

The second way to relieve the effects of stress is through exercise.

is through exercise.

"People who exercise on a regular basis do not suffer from the same stressful situations that someone right next to them in the workplace can't handle," he said.

"The researchers are unable to determine exactly why it's happening, but we think it's the balance in the physical body creating a balance in the mind."



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