

Ring in ears is annoying problem

Dear Jo: I have a most annoying problem. It is a ringing in my ears. I started about three years ago. I have been to see several ear specialists but apparently this ringing cannot be stopped. I find that I get some relief by keeping my radio on most of the time. Is there any other way this problem can be helped?

Mrs. R.T.

Dear Mrs. T.: You are not alone. Many people are plagued by this annoying problem. Tinnitus, a ringing in the ears, can also be heard as a booming, rushing or surging sound from somewhere in the head. A practical way to get relief is to do as you are already doing — listening to the radio or the T.V. Other ways are to keep a humming electric clock or an electric fan nearby. Dr. Jack Pulec, a Los Angeles neuro-otologist has devised a sound emitting test instrument known as a tinnitus analyzer. The instrument measures the frequency range and noise intensity of the ringing in the patient's ears. He then uses a small device the size of a hearing aid — "a masker" — and tunes it to give off sounds that seem to neutralize the tinnitus. The "masker," which is worn by the person just as a hearing aid is worn, has been successfully in 82 percent of the cases where it has been tested. I would suggest that you speak to

your ear specialist (otologist) for more information on this masking device.

Dear Jo: I am a widow. I agree with you when you say that the best help for a widow usually comes from another widow. Early in my widowhood, I was told by a close friend (who also lost her husband) to expect to feel the loss more intensely at certain times of the day. She said the most trying time, and I found this also to be true, is between the hours of 5 and 9 p.m. This of course was the time of day I spent almost exclusively with my husband. Knowing this, I planned to do something specific at these hours. I met friends, usually other widows, for dinner. I went to the library, the movies and generally made sure that I wasn't at home waiting for the never-to-arrive "step on the stairs" or "key in the lock" that announced my husband was home. Perhaps this bit of advice will help others as it has helped me. Mrs. A.L. Widowed one year and doing my best.

Dear Mrs. L.: Thank you for your letter. I learned from a letter from another widow that breakfast can also be a difficult time. She says that after being widowed for three years she still pours two cups of coffee and is not sure whether it is from habit or just good memories.

Church hosts national singles meet

More than 1,000 singles from all over the country are expected today through this weekend for two gatherings sponsored by Single Point, a ministry of Ward Presbyterian Church in Livonia. The weekend conference will have workshops geared to probing the problems and joys of living as a single. Special guests leading workshops include Rev. Jim Smoke of Hollywood Presbyterian Church; Dr. Frank Freed, clinical psychologist from Orange, Calif.; Bud and Kathy Pearson, ministers at Orange Coast Community Church at Orange; and Kaaren Witte, author of the book "Great Leaps in a Single Bound."

Others are Janice Barfield, an airlines flight attendant who wrote a book titled "You Can't Fly but that Cocoon Has Got to Go" and David Diles, local telecaster.

A SELECTED GROUP of 200 will be participating in a Single Adult Leadership Congress, scheduled through tomorrow. It is focusing on the way to develop a singles ministry. Leaders for that intensified study are Timm and Karen Jackson, Ward's staff ministry team to single adults, and Derric Johnson, founder of ReGeneration, a professional musical ensemble and minister to single adults at Fraser Memorial United Methodist Church at Montgomery, Ala.

Events will take place in Ward Church, Farmington Road and Six Mile.

TIMM JACKSON, heading arrangements for the projects, said it was planned because, "There is an obvious need."

A national count of 60-million singles, up 11 percent in the last four years, indicates that "a lot more people are opting for the single life," he said. "We have between 600 and 800 singles involved in our ministry every week," he noted, "and there are 3,000 on our mailing list. Since June 1, about 800 new people have signed up."

The workshops, he added, are designed to address singles concerns and "help them cope with singleness."

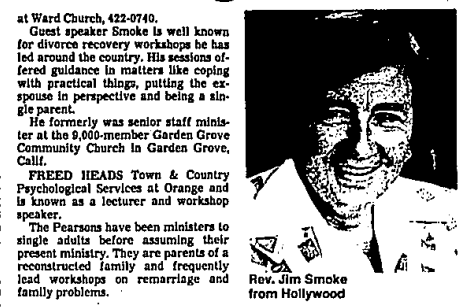
Smoke, he said, will lead workshops on "Building Walls or Building Bridges," and "Healing the Hurts — Binding the Wounds." Freed's discussion groups will be titled "Becoming Your Own Best Friend" and "How to Act — Not React."

SINGLE parenting, remarriage, dressing for success, singles newsletters, stress, career development, the "Barbie Doll" generation and money will be topics of other workshops.

Common Bond, a musical group affiliated with the local ministry, will provide a special concert. Conference events will begin at 11 a.m. Friday and go on through a 10 p.m. mixer. On Saturday, the schedule runs 7:30 a.m. to evening, and on Sunday participants will begin with worship at Ward Church and finish after dinner at 2 p.m.

The leadership conference will run from through luncheon at 11:30 a.m. Friday.

There is a \$70 fee for attending the entire weekend schedule and \$40 for Saturday events only. Questions should be addressed to Single Point Ministries



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