

Plan before moving

Dear Jo: I would like to add to your column on information to the real estate agents who help older clients make the move from their homes to apartment living. I made the move back in 1963 and if, "I knew then what I know now," I would have been much happier.

As part of the move, real estate agents and their clients should discuss among other things — how quiet they want their new location to be — for example: most apartment complexes have paper thin walls and noise from adjoining apartments does filter through.

We didn't realize until after our move how quiet our previous home was until we were witnesses to the noise of late night parties, loud music and the exuberant comings and goings of younger people.

We were embarrassed when we complained about the noise, as the other apartment dwellers were simply living their lives. — so it was really "our problem" — one that could have been avoided with a little planning.

Before moving into an apartment, the older person should find out if pets are allowed. I think the hardest part of our move was having to part with our dog. The apartment didn't have anywhere he could run, so we had to give him up.

Realtors should find out if their clients enjoy children — and whether or not they wish to live in a complex that caters to families with young children — they may prefer (as we did) an all adult environment.

Dear Jo: I saw the letter in your column from the lady who complained about cramps in her legs at night.

Motorists traveling east and west between Toledo and Cleveland should avoid the Ohio Turnpike (I-90/80), advises the Automobile Club of Michigan. An alternate route is suggested due to bridge construction between Interchanges 7 and 8A (Lorain County West exit) which during peak hours can delay traffic up to two hours.

Michigan motorists who would normally use the turnpike headed east to Cleveland are advised to take State Route 2 as an alternate route. Motorists can take I-75 south into Toledo and connect with I-280 which leads to Route 2.

Those traveling to Youngstown, Ohio, or into Pennsylvania should take State Route 3 to State Route 57 in Lorain. Follow 57 south to Interchange 8 to get back onto the Ohio Turnpike.

gerontology

A. Joyayne Farrell

Your advice about the leg exercises was pretty good — but the best and simplest way to get rid of this annoying problem is to place a pure wool blanket (nothing else will do, but pure wool — acrylics don't work) on the bed on top of the bottom sheet — then sleep on top of this blanket. I have recommended this to a number of people, and they tell me that they have never had a leg cramp since. Also, if a strong magnet, purchased from any hardware store, is placed in the bed close to the knee area — this will also prevent cramps.

Mrs. M.H.

Dear Mrs. H.:

I usually base my advice to readers' questions on current research and writings, but so many people have written or told me about these suggested remedies that I thought I'd pass them along to readers who suffer from leg cramps as I see no harm in either remedy — nor expense, and if it works, all the better. Thank you for your advice.

Readers can write to Joyayne Farrell at P.O. Box 66, Postal Station G, 1075 Queen St. E., Toronto, Ontario, Canada.

Erickson says farewell

This is my final column. Because I believe termination should be rational and closure is always important, I prefer to share concluding thoughts rather than simply fade away.

One of us have offered our views to each other since November 1972. We have been challenged by each other's columns, and we have placed no restrictions on each other. Our sharing has expanded horizons and enlarged the center in which each of us lives.

Focusing attention on readers has been challenging. Telephone calls and letters from you have made interesting dialogue whether agreeing or disagreeing. Writers and readers have challenged each other to think about vital issues.

An amazing spread of interests appear in topics we have touched. Ethics in family and community has been the most difficult, for heart and head get mixed. Responsibilities in the southeast Michigan region have

required trying to get beyond not adding the forest for the trees close at hand. Maximal issues in freedom have provided the fun of trying to express a philosophy of life. Peace and human relations has been frequent topics as we seek ways to overcome the human proclivity for conflict.

My last column, more than 10 years of writing by publishing a book of the best 50 columns out of more than 500. A humorist's benefit in putting them together was opportunity to correct errors that crept into any newspaper. We are proud of the booklet. You can contact any of us for a copy.

Termination brings regret. My departure includes a strong feeling of leaving home. Interesting mind and heart for nearly 14 years gives separation a feeling of missing important support and challenges from colleagues and readers.

Closure brings relief. Neither nostalgia or elopie are real, but our area does bring

moral perspectives
Ray. Sharkey

an uncommon stress. A future of new challenges and fresh horizons gives one hope.

AND THERE are friends. I will fit here to feel disappointed when what seemed a very bad column fell to the floor in the editorial room for lack of space. Harder thoughts about how a column could have been better will not haunt me a few days after sending one off.

The moral message is that closure is part of being ethical in any relationship. We have shared concerns that have helped us grow, and that is good. Shalom!



Wayne County
591-0900
Oakland County
644-1070
Hochester/Avon
832-3222

ARPIN'S of Windsor 58th ANNUAL FUR SALE Fine Canadian Furs

Come see Arpin's 1984-85 fabulous collection of fashion furs, expertly crafted into today's exciting new designs...and of course, you are assured of fine quality and value when you shop Arpin's.

Furs by Arpin
The Specialist for over 58 years

DUTY & SALES TAX REFUNDED
Full Premium on U.S. Funds

484 Polaris Street
Windsor. 1-519-253-5612
Daily 9 to 6:30/Fri. to 6

Construction on the Ohio Turnpike will not be completed until late November.



ALEXANDER
A Continuing Care Center

Providing skilled nursing care in a quiet, residential setting for over thirty years, our professional staff is dedicated to serving the special short-term, convalescent and long-term needs of our patient-guests and their families.

718 W. Fourth Street, Royal Oak
545-0571

A.E. HOSKINSON

EXCELLENCE IN CUSTOM UPHOLSTERY

The state of the art in custom upholstery
Emphasizing Elegance through timeless styling
and European craftsmanship

3337 AUBURN ROAD, AUBURN HILLS, MICHIGAN 313/853-2113

Include renting in your party plans

Your next party can be your best when you rent. Whether it's a dinner party for eight or a garden party for eighty we can help make it easier and more economical, too. We have decorations, chairs, tables, party tents, cups, glasses, silverware, china, linens... and much more! Call on us for your next party!



BLOOMFIELD HILLS
334-1577
2390 FRANKLIN ROAD

ANNUAL LABOR DAY TWO DAY ESTATES

AUCTION

Monday, Sept. 3 & Tuesday, Sept. 4

at our galleries, 825 Woodward Ave., Pontiac
7:00 P.M. EACH EVENING

ANTIQUE & CUSTOM FURNITURE, DECORATION AND CLOCKS: American, English, French & Oriental, ENGLISH, CONTINENTAL AND ORIENTAL PORCELAIN AND CHINA including collection of antique English Staffordshire Figures and a collection of Royal Doulton Mugs and Figurines. PAINTINGS, PRINTS, BRONZES AND STATUARY including an Icarus, SILVER, CRYSTAL, CHINA AND ART GLASS: 124 P.C. Gold Plated on Sheffield Silver on Copper Flatware set in Free Standing Center. Candelabras, trays, tea sets, 3 P.C. Durgold Tea and Coffee Set. Antique American Brilliant Period and Bohemian Cut Crystal, Victorian, Art Nouveau, and Contemporary Art Glass and Paperweights, etc. ORIENTAL RUGS in large and small sizes. COLLECTION OF CUSTOM DESIGNED AND ESTATE JEWELRY - MISC.: Collection of Asian Hand Carved Ceremonial Masks, Spanish Knight in Armor on Horse, Old Maps, Palpoint and Art Nouveau style table lamps, etc.

EXHIBITION: Tue. August 28 - Fri. August 31 - 10 a.m. - 4 p.m.
Mon. Sept. 3 and Tues. Sept. 4 - 6 p.m. - 7 p.m.
CATALOGUES: Available at exhibition \$2.00
TERMS: Cash, Check, Visa, MasterCard and American Express
(All property subject to 10% Buyers Premium)
INFORMATION: Call 338-9203

CB CHARLES

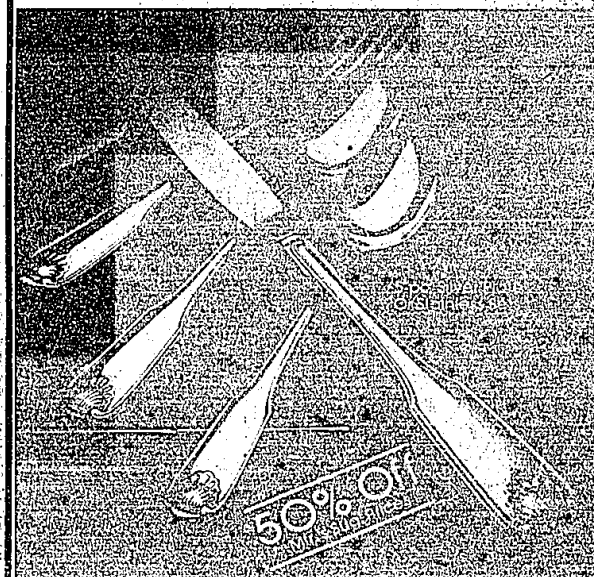
AUCTIONEERS, APPRAISERS, ESTATE SPECIALISTS
825 Woodward Avenue • Pontiac, Michigan 48053 • (313) 338-9203

Everyday Low Discount Prices

ACCENTS for less

- Convenient Parking • Free Gift Wrap • Bridal Registry
- Mail Orders • Phone Orders: 642-6655
- We Accept American Express • MasterCard • Visa
- Dinnerware • Flatware • Table Linens • Lamps
- Crystal • Stoneware • Brass & Wood Accessories
- Gourmet Appliances • Cookware

- Waterford • Spode • Mikasa • Noritake • Rosenthal • Sifon
- Royal Doulton • Hummel • Lladro • Onoda • Lenox • Miro
- Orla • Cristal D'Arques • Landes • Pfaltzgraf • Anchor/Hocking



ONEIDA

5-pc. Flatware sets from Oneida, a name synonymous with quality. Choose from a collection of patterns in Continuity Silver Plate, Heirloom, Deluxe or Profile Stainless.

On Sale Aug. 30 Thru Sept. 1

Accents At 223 W. Maple, Downtown Birmingham. Open 10-5:30 Mon., Tues., Wed., Sat.; 10-9 Thurs., Fri.; Closed Sunday

Thinking of Selling Your Jewelry?
SEE ROBERT GALE
Fine Jewelry
In Birmingham
725 S. Adams Rd.
N. of 14th Mile
844-8650

David Wachler & Sons
THE FAMILY OF AWARD-WINNING
JEWELRY DESIGNERS
AUTHORIZED INSURANCE AND ESTATE APPRAISERS
• Certified gemologists • Member American Gem Society • Complete gem identification laboratory, photos available • Fine jewelry repair & refinishing • Free jewelry inspection
Call for an appointment
100 S. Woodward • Birmingham, AL 35203 • (205) 540-4622
Renaissance Center World of Shops • Tower 200, Level 2
Detroit, MI (313) 239-6922

WE WILL BUY
Your fine jewelry and precious gems. Immediate payment.
Fully insured consignment arrangements available.
By Appointment - 942-2650
GREENSTONE'S
Charmers of fine jewelry for over 30 years
528 N. Woodward • Birmingham • Mon.-Sat. 8:30-6:30

FITNESSE
Exercise Company
Exercise instructors needed.
Must have aerobic exercise
and/or dance teaching experience.
Call for audition
appointment.
540-2535 or 851-3488

"THE STORE FOR THE ACHING BACK"
OPENING SOON!
My Aching Back, Inc.
26501 W. 42 Mile Road
Suite 100
Southfield, Michigan
Phone: 353-3432