Farmington awarded loan subsidy money

Farmington City Hall Thursday, Feb. 20, with Oakland County Commissioner John McDonald and city officials, where the CAP program was ex-plained, according to Farmington Ad-ministrative Assistant Robert Schultz, who said he was pleased with local in-terest in the program.

an effective rate of 6.5 points below the current prime rate, Schultz sald, Manu-facturers National National Bank of-fers the loan at its current prime rate, and CAP dollars are added at a zero interest rate, netting the lover, subsi-dized toan rate. Each merchant and property owner will deal with the bank individually, once plans are approved.

O&E Monday, March 3, 1986

Gramm-Rudman federal budget-cut-ling law, being challenged in the U.S. Supreme Court. The CAP program is funded through federal Community De-velopment Block Graat money from the Department of Housing and Urban Development (HUD), which has not re-leased its figures to date, she added.

The goal of the program is to offer and be cause of the implications of the integration of the program is to offer and be cause of the implications of the integration of the integratio

ly. A six-person Farmington advisory panel will meet, as needed, to review applications for the loan subsidy mon-ory, according to Schultz, Included on the panel are Schultz, business owners Walter Sundquist, Ernie Ajloany and Gregory Hohler, resident Richard Donner, and Farmington director of public services Earl Billing. The project must benefit the central business district area, Schultz added. The county uses federal definitions

of "rchabilitation" when defining al-lowable projects for the program. The rchabilitation plan must "make possi-ble a contemporary use, while preserv-ing those portions and features of the property significant to its historic, ar-chitectural and cultural values," ac-cording to information given at the city workshop. In addition a contemporary use, while preserv-ing those portions and features of the property significant to its historic, ar-cording to information given at the citik of the truth and cutural values," ac-cording to information given at the citik walts must be retained, or the build.
a t least 75 percent of the build.
a t least 75 percent of the build.
Certain types of external and inter-ior chabilitation is allowed under plan rorbabilitation is allowed under plan to at least 50 percent of the build.

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SAVE 30"

OATS

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G. OR QUI

Counselor believes in herself

Continued from Page 1

TOGETHER, THEY helped es-tablish the Southfield Rehabilitation Center, where they helped patients cope with their own pain by prompt-ing the patients' own healing mecha-nism to activate, mainly through branets

The provide set of the set of the

Farmington Public Schools to bring It to teen-agers. Cotter works with private clients or students at OCC who suffer from any number of fears or anxletics, but the mainstay of her classes is "Obstive Living." "Whether it is depression, stress, agoraphobia or anger, it is all a how-to program designed for self-change. You are the one who is going to have to do the changing."

she said. I start out by teaching how to identify the behaviors, the thoughts, the life events that creat-ed the negative. From there, you learn all the skills that will evoke a high self-esteem to ensure managehigh self-esteem to ensure manage-ment and control of your feelings."

ment and control of your feelings." STUDENTS IN her "Positive Liv-ing" classes come with a variety of problems. Other classes are de-signed specifically for the grieving, or the widowed, the lonely or single marents, or the agoorphobies. "Whatever it is, you are always hybriscally and emotionally what you think." Cotter said. "And all of it has to do with as-sessing your self-esteem. The lower you feel, the less you think of your-self, and the less you are going to yourself, and he less you are going to yourself." Cotter believes a lot of unhappi-mess is caused by the faise belief that one can live happily even after.

"So you lived this good life and then late kicked you in the teeth. Well, you can't give up and give in to your (east. You have to realize that fate is not personal and then refuse to live out your life in quiet desperation," she said.

COTTER'S CLASS was the first of its kind on the Orchard Ridge cam-COTTER'S CLASS was the first of its kind on the Orchard Ridge cam-pus. "The time was right," she said. "There were a few classes teaching specifics, such as assertiveness training, or TA (Transactional Anal-ing that taught you that your feel-ings were the results of what you cell yourself and what you believe. "There was a never-ending list of hav-to books on the market at the time and there was also somewhat if a stigma connected to going to a counselor for help." "I dort believe you can get that much out of a how-to book. I think when I takted what I coll "That's when I takted what I coll educational counseling, taking it out of the clinke and utiles it ince the

secting her positive-living philosophy taught in the area's high schools. She describes this as all the ingredients that go into a cake. The recipe has to contain posi-tive emotion ingredients before you can get positive results in IIE," she said. Cotter IIsted divorce, stepfami-lies, agoraphobla, and children and her children coming back to live with their parents, known as "the cluttered nest," as "the big diseases of the "80s," "We in the Farmington area are sulfering all that like anyone else, but we are people striving to make hids ther with est Washandi our coupt to be somewhere near the top of the needs list so we can work on our self-actualization, and our teens are in a position to give time to partice that will make a good cake, "she said. The Cotters are parents of four

ingrediente that will make a good cake," she said.d. The Cotters are parents of four boys who grew up in Farmington Hitls, attended North Farmington Hitls fachool and Michigan State Uni-versity, and making carcers in some aspect of psychology. Their son, Jun, joined Farmington Hills Coun-seling Services early this year.



The second annual cable awards night ceremony sponsored by the Pub-lic Access Advisory Committee, the Southwestern Oakland Cable Commis-sion (SOCC) and MetroVision, has been exherited

Channel 12 is having a contest to pick the most amusing, tasteful bloopers. Filmed bloopers must be sub-mitted on ½ VHS tape by is April 1.

"Inat's when I started what I call educational counseller, taking it out of the clinic and putting it into the classroom, teaching people how to deal with their own feedings and their own problems. It is a non-therapeutic, academie approach," she said.

WORKING WITH the heads of Farmington Schools' home econom-ic departments, she is in hopes of

Submit tapes to SOCC, 23600 Liberty,

Farmington 48024. For information, call 473-7266.

Winners' bloopers will be included in the awards coremony on May 3, to be alred on Channel 12.



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