

# Falling back asleep — It's no easy thing

FOR A LONG time I thought I was virtually alone in the irritating affliction of frequently awakening about 3 a.m. and then not being able to resume normal sleep almost until the bedside radio starts blaring with the 6 a.m. news and weather reports.

I was mistaken. An unsentimental survey among acquaintances leads me to believe there are hordes of humans who are unwillingly awake at about the same hour.

Insomniacs Anonymous has the potential of being a club with enormous membership potential even though finding sites for pre-dawn gatherings could be troublesome. Maybe a conference call network would suffice.

MY QUARREL isn't with waking up; it's not quickly getting back to sleep. I have no trouble dozing off after lunch, or while watching some dumb TV show in the evening, so why does nature penalize me when the world is its quietest?

These are mankind's worst hours, the time when every trifling sound magnifies and every worry multiplies.

While researching the topic, I read that indigestion, overexcitement, pain and discomfort, stimulants, frightening dreams, fear and certain drugs all can produce unscheduled wakefulness. So can a number of mental illnesses, a detail about which I hesitate to speculate.

What I was really looking for, but couldn't find, was a remedy, a reliable process apart from simply answering nature's call to the bathroom that would assure instant resumption of peaceful slumber. I pursued this with a few friends.

Remember, this is at a time of the night when one must be cautious not to awaken others of the family. Walk softly, keep the lights dim, and don't slam any doors are basic rules.

Len Widman, in groping for the same answer, has become an authority on all-night radio talk shows. John Hayes relies on crackers and milk. In contrast, a lady we'll call Angie prefers a slug of brandy. Other suggestions included



through  
bifocals  
Fred  
DeLano

working on tax forms, reading a dull book, recounting life's love affairs or memorizing a choice bit of poetry.

I TRIED reading a few nights ago and chose the new 1987 edition of "The Old Farmer's Almanac." I learned that Friday the 13th will pop up on the '87 calendar three times (February, March and November), that the weather forecast for this section of the nation for Nov. 13-17 is "Cold wave, light snow," and that one alleged way to cure a toothache is to run three times around a church without thinking of a fox. But I didn't sleep.

It is my practice in these stressful moments to depart from the marital mattress, stretch out on the living room sofa and concentrate on listening for the musical chimes of the 70-year-old pendulum clock that hangs on the wall.

What this turns out to be is an interesting exercise in arithmetical gymnastics because of the clock's peculiarities.

For instance, if I hear the clock bong 12 times as though it were midnight I can calculate that it's actually 2:30 a.m. If I'm still awake at the real hour of 5:30, the clock will try to convince me it's only 3.

You see, the part that strikes the hours is out of sync with the part that keeps time. How it got that way is a mystery and the family is divided as to having it repaired.

There are three reasons for my "no" vote: First, it's more interesting as a conversation piece than as a timepiece. Secondly, as a target of concentration it does aid in inducing sleep. Finally, I dream that its erratic habits will some week be mimicked as the key clue that allows Angela Lansbury to solve another crime on "Murder, She Wrote."

## Farmington readers' forum

Letters must be signed, original copies and include the address and telephone number of the writer. None can be returned. Names will be withheld from publication only for sufficient reason. Letters should be limited to 300 words in most cases. We reserve the right to edit them. Send letters to Readers' Forum, Farmington Observer, 33203 Grand River Ave., Farmington 48024.



Jim Ellis and his wife, Bev, at the 1984 Farmington/Farmington Hills Chamber of Commerce Citizen of the Year banquet.

## Name park in Ellis' memory

To the editor:

Reference is made to an article in the Oct. 20 Farmington Observer relative to a proposal that the accomplishments to a dedication of the late Jim Ellis be considered in the proposed naming of the 13 Mile Road Park.

So often a name of a person is chosen whose main contributions have been

made while performing the duties for which they have been hired or elected, and for which they are being paid, rather than as a true public-spirited service.

Having known Jim Ellis for a number of years, both as a member of the Farmington Rotary Club and the Farmington Elks, I can speak from first-hand experience as to his personal dedication.

Thank you for your consideration.

William O. Bliss  
Farmington Hills

## Leaves provide crunch element

To the editor:

Those who advocate the burning, bagging or sucking of leaves are unintentionally contributing to the doom of mankind. The earth is already witnessing the dire consequences of man's failure to obey Nature's laws.

Nature dictates that the leaves be left where they fall, thus decomposing and

replenishing the earth without the need for chemical fertilizers that destroy the soil's texture. Suck, burn or bag enough of them and soon nothing will be able to grow, and we all shall die.

Besides, there are few things more pleasant than the crunch of leaves underfoot on a midwinter's hike. Indeed, they are even crunchier than Cap'n Crunch cereal.

Martin Kaufman  
A concerned citizen and  
defender of the earth  
Raleigh, N.C.

## Article was outstanding

To the editor:

Thank you, Casey Hans, writer, and Randy Borst, photographer — Farmington Observer Newspapers — for the outstanding article on the ship "Ajax," Carl Burger and the Kiwanians.

You are certainly credits to your crafts! A great big thank you for everything.

Kiwanis Club  
Farmington

## Reputable agents gain commission

To the editor:

This letter is in response to the article "Real estate rebel heads own camp," which appeared on Oct. 2, in the Observer & Eccentric.

Contrary to J.R. Paine's opinion, I feel that good real estate agents working for good companies do earn their money by doing a complete job for their clients.

Quite often a client decides to sell their home without the aid of a broker. In many instances, this decision is made after an agent has spent five or six hours compiling a free market analysis for the client.

I'm a real estate salesman for Earl Keim Realty Colonial in Canton, and unlike J.R. Paine who charges his clients \$20 for information on how to sell their own homes, we provide this information "free of charge" to our clients. The library is also an ideal place to obtain information about selling your own home. It is also "free of charge."

I would also like to suggest to Ms. Paine that she should brush up on the current real estate licensing laws. At present, a salesperson must take a 40-hour class, not a 30-hour class as she stated.

A reputable Realtor does earn his commission fee not only by offering good service, but by keeping abreast of any changes in the licensing laws and the regulations in the practice of real estate.

Roger Davis  
Canton

*Who Do You Know?*

Know someone who wants to deliver The Observer & Eccentric Newspapers? Call 591-0500 for route details

## FEATHERBEDS

One European Tradition That Americans Love  
Soft, Comfy, Warm and Fluffy — Featherbeds

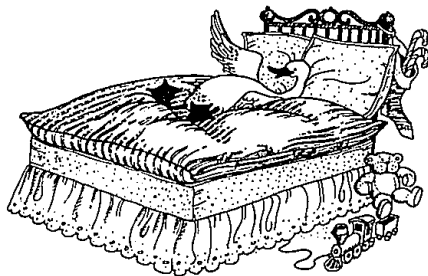
**Now 30% OFF**

	Reg. Price	Sale Price
Twin	\$105	\$73
Full	\$135	\$94
Queen	\$160	\$112
King	\$190	\$133

Great in dorms, vacation homes, campers - just about anywhere.

All of our decorative size feather pillows and one of our best white goose down comforters - **Now 30% OFF**

Come in and see our brand new line of European 100% cotton flat and fitted sheets and pillowcases.



Mon.-Sat. 10-6  
Thurs. till 9  
Phone & UPS orders welcome.

**Scandia  
Down Shops**

BIRMINGHAM PARK PLAZA  
255 S. Woodward (at Brown)  
Birmingham, MI 48011  
258-6870



## Love Is Great. But It Won't Carry Her Up The Stairs.

When it comes to your elderly parents or relatives there may be no limit to your love. Unfortunately, there are limits to your strength and limits to your time. You can't always be there when they need your help. But you can make sure they're cared for by making one of Cottage Hospital's Nursing Homes their new home.

And Cottage Nursing Homes are just that — homes. With comfortable, home-like rooms, nutritious meals and a warm, friendly atmosphere. Registered

nurses, skilled aides, therapists, social workers, dietitians and Cottage Hospital physicians see to it that residents not only get the expert medical care they need but also the personal care they deserve. And you can come see for yourself just about any time. We keep flexible, convenient visiting hours to encourage frequent visits from family and friends.

**COTTAGE  
CONTINUING CARE**

Private pay residents also will find Cottage Hospital Nursing Homes surprisingly affordable. So if your love is great but their needs are greater, call 881-1800 for our brochure.

**Cottage—Belmont**  
19840 Harper Ave.  
Harper Woods, MI 48225  
881-9556

**Cottage—Rose Villa**  
25735 Kelly Road  
Roseville, MI 48066  
773-6022

**COTTAGE—BELMONT**  
Now welcoming  
new residents  
with expanded  
space and  
programs.