

obituaries

MILDRED ALLANSON

Miss Allanson, 78, of Farmington died Aug. 11 in Whitehall Nursing Home, Novi.
Born in Iowa, Miss Allanson was a teacher.
Survivors include her sister, Maurine Clifford.
Services were Aug. 13 at the Thayer-Rock Funeral Home, Farmington, with the Rev. Arthur Spafford of 1st United Methodist Church of Farmington officiating.

FRED H. SIKORSKI JR.

Mrs. Sikorski, 26, of Farmington Hills died Aug. 12 in the University of Michigan Hospital.
Mr. Sikorski was a truck driver for a food and die company.
Survivors include his mother Violet; sister, Cathy Andrews; grandfather, William Plinka.
Services were at St. Alexander Catholic Church, Farmington Hills, with the Rev. James Wright officiating. Burial was in Holy Sepulchre Cemetery, Southfield. Arrangements were made by the Heene-Sundquist Funeral Home, Farmington.

JOHN LOUNGER

Mr. Lounger, 72, of Farmington Hills died Aug. 15.
Born in North Dakota, Mr. Lounger was a brick layer for a construction company.
Survivors include his wife, Mary; sons, Joseph and Andrew; daughters, Virginia and Clara Nyzowy; one brother and one sister.
Services were at the Heene-Sundquist Funeral Home, Farmington, with the Rev. James O'Hagen officiating. Burial was in Hope Cemetery, Livonia.

LILLIAN DOHERTY

Mrs. Doherty, 79, of Farmington died Aug. 15.
Mrs. Doherty was a homemaker.
Survivors include her daughters, Lynn Willshaw and Jane Kroupa.
Services were at Our Lady of Sorrows Catholic Church, Farmington, with the Rev. Colum Morgan officiating. Burial was in Holy Sepulchre Cemetery, Southfield.
Arrangements were made by the Heene-Sundquist Funeral Home, Farmington.

EUGENIA H. SOBIESKI

Mrs. Sobieski, 74, of Farmington died Aug. 15.
Mrs. Sobieski was a homemaker.
Survivors include her sons, Leonard and Raymond; and a daughter, Camille Burch.
Services were at Our Lady of Sorrows Catholic Church, Farmington, with the Rev. Edward Belczak officiating. Burial was in Holy Sepulchre Cemetery, Southfield.
Arrangements were made by the Heene-Sundquist Funeral Home, Farmington.

DONALD STEARNS

Mr. Stearns, 57, of Howell died Aug. 16.
Mr. Stearns was self-employed.
Survivors include his wife, Carol; a son, Donald; and daughters, Linda Segue, Patricia Hayward and Beth Dziukowski.
Services were at the Heene-Sundquist Funeral Home, Farmington, with the Rev. William Hildebrand officiating. Burial was in Glen Eden Cemetery, Livonia.

LORINE H. TEDDY

Mrs. Teddy, 57, died Aug. 18 in Desert Valley Care Center, Arizona.
Mrs. Teddy was born in Indiana.
Survivors include her sons, Craig and Clark; and daughters, Cindy, Christy and Darlene.
Services were at the Heene-Sundquist Funeral Home, Farmington, with the Rev. Mike Pannich officiating. Burial was in Parkview Cemetery, Livonia.

HUGH C. McDONALD

Mr. McDonald, 62, of Farmington Hills died Aug. 22 in Bolstford Hospital, Farmington Hills.
Born in Canada, Mr. McDonald was a maintenance man for an apartment complex.
Survivors include his brothers, Donald, Alex and Ronald; and sisters, Isabelle McDonald, Angela Moore and Inez Duley.
Services were at St. Alexander Catholic Church, Farmington Hills, with the Rev. James Wright officiating. Burial was in Holy Sepulchre Cemetery, Southfield. Arrangements

were made by the Heene-Sundquist Funeral Home, Farmington.

RANSFORD IVAN (BUSTER) DELFAVERO

Mr. DelFavero, 73, of Livonia died Aug. 23 in Bolstford Hospital, Farmington Hills.
Born in Wakefield, Mich., Mr. DelFavero was a machinist for Dodge Truck. He was a member of Local

140 UAW.

Survivors include his son, Doug; a daughter, Donna Ashmore; three grandchildren; and one great-grandchild.
Services were Aug. 26 at the Thayer-Rock Funeral Home, Farmington, with the Rev. Darwin Polesky of Ascension Lutheran Church officiating. Burial was in White Chapel Cemetery, Troy.

Blood pressure classes slated

The Oakland County Health Division will offer a series of six blood pressure control classes to residents of Oakland County. The classes will be held weekly 2-4 p.m. at the Oakland County Health Division's South office, 2725 Greenfield Road, Southfield, on Wednesdays, Sept. 28, Oct. 5, 12, 19, 26 and Nov. 2. All classes are free, but pre-registration is required as class size is limited.

Topics that will be covered during these classes include: defining the disease, medications used in treatment, dietary recommendations, living with high blood pressure and cholesterol teaching.

Classes will be taught by Oakland County Health Division public health nurses and nutritionists. For further information or to pre-register, call 424-7042.

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Spinal stenosis will fool you, it can look like backache, poor circulation, sciatica, or arthritis, and yet be none of these conditions.

Spinal stenosis occurs because of narrowing of the spinal canal within which the spinal cord resides. The narrowing results from the deposition of fat or the growth of bone within the canal. If, in addition, there is an inborn constriction of the canal, then impingement of the spinal cord is likely.

A variety of reactions occur. At times, irritation by the part of the spinal cord being compressed stimulates sciatica. At other times the "wooden" feeling in the buttock area parallels what occurs with occlusion of the large arteries. A characteristic of spinal stenosis that sets it apart is that spinal stenosis becomes worse with bed rest, while arthritis and sciatica improve. Moreover, spinal stenosis is relieved by assuming a posture like a cyclist leaning into the wind whereas a similar stance aggravates sciatica.

Diagnosis of spinal stenosis is expedited by CT scanning. Treatment depends on the CT findings, and usually required surgery, though in some instances spontaneous remission occurs.



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