

Headaches from page 1A

The first four tapes teach you small adjustments you can make in your lifestyle to help relieve headaches. With the workbook, you should be able to recognize what could be triggering your headaches.

The fifth tape is called a "preventive tape" used just for relaxation. From it you can learn how to control your body and eliminate the symptoms that can cause a headache. The sixth tape is to be used at the very instant you feel that first tinge of pain.

The program will be officially introduced at a workshop, 7-8:30 p.m., Oct. 22, sponsored by the West Bloomfield Community Education at Orchard Lake Middle School, 6000 Orchard Lake Road. Seats are still available through community education.

"They (TensionEnders) attempted to fill the gap of sole pharmacological relief," said Dr. Howard Rossman of the Michigan Institute of Neurological Disorder, who has referred some of his patients to the program.

"Giving someone medication without involving them in their own care or helping them understand what is going on leaves something to be desired," Rossman said.

"This program involves patients in their own health care."

"That doesn't mean, however, that headache sufferers should automatically assume they are part of that 85-95 percent group that suffers from medically non-serious headaches.

Anyone interested in the TensionEnders program must first see a physician to rule out problems such as tumors and aneurysms. "This is not to replace medical supervision," Rossman said. People who never get headaches and suddenly get an onslaught of them definitely should seek medical help, he added.

Also for migraine

TensionEnders tested the program in a pilot group with "phenomenal results." Some migraine sufferers also reported some help from the use of the program, Levick said.

Though to laymen a migraine can mean a variety of different pain levels, it is actually a vascular headache. The pain comes from changes in the arteries going to the skull, and perhaps the arteries going to the brain itself. "But the brain has no

pain receptors," Rossman said.

When Rossman sees a headache sufferer, he talks about stress and nutritional needs, but he is convinced TensionEnders takes the program a step further.

"We plan to integrate this program with our traditional headache program," Rossman said.

Levick and Rossman believe that many headaches can be relieved with the help of stress reduction techniques, improved nutrition and changes in lifestyle. Consider that within the last two years the number of headaches experienced increased 60-70 percent. A great part of that is due to fast-paced lifestyles and stress, Levick said.

In that fast-paced lifestyle, people often want relief now and that means getting medication. "Sometimes that works, often it doesn't," Levick said. "We need to give permission to start helping ourselves."

Rossman agreed. "I tell people the program is the same as a prescription for medication but more important. If you want me to help you get better, help yourself."

C'ville opposes ballot proposals

BY MARIE CHESTNEY
STAFF WRITER

Clarenceville school trustees Thursday watched a video attacking the two tax-cut proposals on the Nov. 3 ballot and then voted to oppose both.

In doing so, Clarenceville joined districts such as Livonia and Redford Union, both of which recently took a stand against the proposals, which promise property tax relief to Michigan taxpayers.

If either Proposal A or Proposal C (Cut and Cap) passes, Michigan could wind up in the same dire financial straits as California did after voters approved Proposition 13 in 1978, said the Clarenceville Board of Education. Clarenceville includes northeast Livonia, southeast Farmington Hills and northwest Redford.

Proposition 13 limited property taxes to 1 percent of market value. Proposal A would limit house property tax assessment increases to 5 percent a year or the rate of inflation, whichever is lower.

Cut and Cap, proposed by Gov. John Engler, would slash property taxes by up to 30 percent over the next five years and held assessment increases to 1 percent or

the inflation rate, whichever is lower.

"The effect will be similar to the negative effect of California's Proposal 13, which resulted in incentives in the tax rate within communities, a drop from a national rank of 8th in per pupil spending to 30th, and a marked decline in California SAT scores," said the trustees.

The video, made by Advance Michigan, a coalition of people opposing both proposals, called the proposals "deceptive and misleading" and claimed passage of either one would make an "imperfect tax system even more unfair."

"A C and T try to exploit legitimate concerns about taxes, but the proposals will only serve the privileged few," the video announcer said.

The trustees said that preliminary projections show owners of the most expensive houses and houses growing most rapidly in value would see the greatest property tax relief.

"It would make wealthier districts and cities the beneficiaries while leaving middle-income districts and cities with less money to operate," the trustees said.

Test drive from page 1A

then told Wagner he had just gotten out of the Navy and had enough separation pay to buy a car.

Everything seemed fine during the 15-minute test drive until the man got near the dealership. When he missed the entrance to the dealership on Grand River, west of M-102, Wagner said he didn't immediately think anything was wrong because many people miss the entrance in the midst of what's usually a traffic snarl in the area.

"He said, 'You drive it back,'" Wagner said, as the two stopped in the adjacent Holiday Inn parking lot.

Now getting suspicious, Wagner stalled when the man wanted him to get out of the car to switch seats. "He wanted to see what I was going to do. I wanted to see what he was going to do," Wagner said.

Wagner meanwhile had set the emergency parking brake as tight as possible to make it difficult for

the man should he attempt to take the car.

"He stepped out of the car and as I grabbed the keys, he turned right back around," Wagner said. While Wagner had one foot in the car and one out, the man "stuck a gun in my face and said, 'I'm going to shoot you.'"

Gun in the face

Wagner said he gave the keys back to the man, who "attacked the gun" in his face. "I'm taking the gun," the man reportedly told Wagner. As the man was unlocking the parking brake, he added, "Why do you have to make it so difficult?"

Apparently unfamiliar with the area, the man asked directions and became angry when it appeared Wagner was stalling with wrong information.

"I felt he was going to shoot me no matter what," Wagner said.

As the man drove along M-102 and down Eight Mile, Wagner tried to talk him out of what he

was doing. "I told him to turn in the car. I told him God would forgive him."

But the man said had his "to do this to survive," Wagner said. Wagner continued to talk to him and told him he could change his life. "I told him, 'I'll forgive you and God will forgive you. You're messing up your life.'"

Finally, Wagner said, the man began looking for somewhere isolated to stop the car. "I kept hoping and praying he wouldn't shoot me," Wagner said. That's when Wagner asked him not to shoot him in the back as he got out of the car.

When Wagner was released he went to the Perry's drug store on Eight Mile in Livonia and called 9-1-1. Livonia police responded first and Wagner was taken back to the car dealership where he remained for the rest of the day.

"This happened at another dealership. A lady was killed. We're being more cautious. But I

should have been more careful and more cautious," Wagner said.

The abductor is described as a black man, about 6 feet, 2 inches tall, thin build, with black hair, slight mustache and medium complexion. When last seen he was wearing an olive green long-sleeve Polo shirt and khaki slacks.

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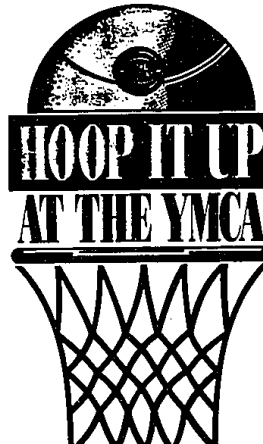
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