

Planning a Funeral

Religious rituals are an important part of many people's lives. For many, planning a loved one's funeral can bring together family and friends. For others, it is a lonely and vulnerable period. Emotional distress and time pressures can prevent the bereaved person from making informed decisions necessary to the planning of the type of funeral he or she wishes for the deceased.

The Better Business Bureau advises those planning a funeral to exercise a little caution. After receiving information on the different types of funeral arrangements, try to reach a decision based on the finances available. Avoid offers of "grief counseling" which may serve as an inducement to buy higher priced services. Decide whether or not certain extras are necessary or in keeping with the deceased's lifestyle.

Considering the expenses involved as well as emotional well-being, it may be a good idea to have a friend assist in choosing a funeral home. He or she may be in a better position to think clearly and find out exactly what services and

important information, before any agreement is signed. Once a firm price has been set, the reputable funeral director can be helpful in making the arrangements. It is wise to tell the funeral director about any special death benefits the deceased may have had after a funeral cost has been set. An unscrupulous funeral director may tailor his costs

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merchandise are included. Once a funeral home has been selected, be sure to obtain an itemized list of expenses, as well as other

to fit the amount of insurance carried by the deceased.

Keeping Funeral Costs

How can you get your friends and neighbors together at summer's end to renew acquaintances and exchange vacation news? Simple. Plan an "Indian Summer" party, a traditional and colorful time in early fall when most people are back from vacation and there's a lot of free time for get-togethers.

Decorate your table with the colors of fall, add some fresh flowers and get the conversation flowing with some thirst-quenching Bacardi Roman Punch. Then treat your guests to the pièce de résistance, a Perfect Fruit Tart, and your reputation as a creative and tasteful party-giver will be assured.

PERFECT FRUIT TART

- 1 egg yolk
- 1/4 cup softened butter or margarine
- 3/4 cup granulated sugar
- 1 cup flour
- 3 tablespoons cornstarch
- 1 cup apricot nectar
- 1/2 cup Bacardi light rum
- 1 teaspoon grated lemon peel
- 1/4 cup lemon juice
- 6 cups assorted sliced or cut-up fresh fruits (apples, oranges, peaches, pears, pineapple, strawberries, bananas)

Combine egg yolk, butter, 1/4 cup sugar and flour in bowl. Cut with pastry blender or two knives until mixture resembles coarse meal. Press against sides and bottom of 9-inch pie plate or spring form pan. Bake at 400° F. for 10 minutes. Cool.

In saucepan, combine remaining 1/2 cup sugar and cornstarch. Gradually stir in nectar and rum. Bring to boil, stirring constantly. Boil 1 minute. Remove from heat and stir in lemon peel and juice. Cool completely. Gently fold in fruit. Spoon into prepared crust. Chill at least 4 hours. If desired, garnish with sweetened whipped cream. Makes one 9-inch tart or pie.

Down

The cost for an average funeral these days is approximately \$12,000. This includes such items as the casket, the vault or liner, grave marker, as well as basic services, depending on the funeral. Because the costs of funerals are so high, many funeral homes are beginning to provide simple "graveside" services. Usually the body is interred within 24 hours, without a viewing, thus eliminating the need for embalming and other extras adding to the funeral's expense.

Those interested in information on a more cost-effective type of burial may want to look into a memorial society.

(health watch)

Our knowledge of medicine, and all of science for that matter, has increased greatly in the last century. But there are times when we take this information explosion for granted and assume that we have always known these things. Sometimes it is interesting to look back at medical folklore to see how far we really have come.

While some of this medical folklore is amusing and quaint some of it was remarkably accurate. For example, the Indians of South America used to chew fever-curing Peruvian bark to treat malaria. Today we use refined quinine derived from the same source. For heart trouble, the English brewed a tea made of the leaves and flower of the foxglove. Today, we use digitalis refined from this plant.

There is, perhaps, no more fertile area of folklore than pregnancy and child-

birth. Mothers used to be prohibited from painting and decorating while they were pregnant. This was a real and useful warning because paint in those days contained a great deal of white lead and turpentine. The lead was truly dangerous and the turpentine was nauseating and unpleasant.

Paints today contain very little of either white lead or turpentine to the expectant mother can paint all she wants, even the walls. Contrary to general belief, there is no danger to her in stretching. Nor is there any danger of her causing twists of knots in a baby's umbilical cord by hanging out the wash or by handling rope.

General medical superstitions cover a wide range of diseases, methods of treatment, and materials. Consider:

- A popular treatment for whooping cough consisted of passing the patient

through a horse collar three times.

-When a man died of

tuberculosis his family, tired of harboring so many cases of the disease, decided to put a stop to it.

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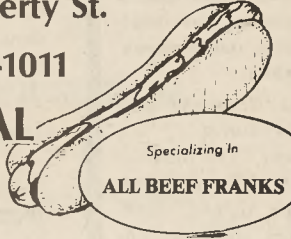
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Suicide from page one

years later. "I don't think so. Then I was trying to run away from my problems, but I learned that you have to stand up and face them. I learned that you can't run away from yourself."

Denise may never try suicide again, but such is not always the case. Many persons do try several times. The poet Sylvia Plath finally died in her fourth suicide attempt.

Some people believe that those who talk about suicide never attempt it, but that myth has been disproven in psychological studies. The majority of suicide victims have stated their intentions to friends and family on at least one

occasion before they carried out their intention.

Black psychologist Alvin Poussaint says: "Young blacks, in particular, are likely to kill themselves after confrontation or perceived victimization by institutional authorities such as police, court, welfare department, or landlord."

"Any patient who has repeatedly stated that 'life is not worth living' and has expressed a wish to die should be considered a severe risk."

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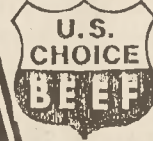
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