

'Reflections' helping kids deal with loss

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situation as normal as possible, and they suggested the Reflections program," said Sharon Barber, Ashley's and Christie's mother.

In its commitment to providing compassionate and comprehensive care, the program includes a number of supportive projects for children, one of which is the Children's Grief Support Groups which Ashley and Christie attended. The once-a-week, eight-week program brought them together with other youngsters in similar situations and enabled them to identify and share the difficult and confusing feelings associated with such a major loss. "Sometimes children get reassurance and comfort from other children who have experienced a loss," said James-Manus. "The group helps remove the feeling of isolation and builds a feeling of community with other bereaved children."

Looking over pictures of the sessions kept in photo books, the girls today laugh as they look back at some of the sessions, at remarks certain other children came up with at times, likes and dislikes they shared, along with special memories and special times they had shared with their father.

Part of the program was creating a quilt of individual memories in which each child makes a patch about 12 inches by 12 inches depicting their "special" person. In the Barber girls' patches, their father was shown with his reddish blonde beard, wearing a peaked cap, bluejeans and a vest.

Another project is a personal memory box. Ashley and Christie each have their own, stocked with items from their father. Christie's holds a picture of herself with her father when she was 3 in a mountain tourist attraction called the "titting room" where everything looks off balance, a small screwdriver to remember his mechanical ability, a neatly folded red bandanna, a tarnished bracelet kept in a drawer, and two tiny figurines of a coyote and roadrunner, two cartoon characters he especially enjoyed.

Among the items in Ashley's memory box is one of his black caps, a large screwdriver, a photo of her father, and a small silk pouch containing several stones and a message given to them in the Reflections group. It reads: "These stones were chosen just for you and have



AFTER SCHOOL FUN—Christie and Ashley Barber take time out from their studies to jump on the trampoline in their backyard.

special meaning. The smooth stones are like the bright and shiny parts of you, the parts that have healed and grown, and are stronger than before. The rough stone is like that corner of your heart that may always feel a little rough and painful because of what's happening to you. But because of what's happening to you, you may always be stronger, more gentle, and more tender with all the people in your life."

Ashley also drew a personal memory book with a drawing she made of her father and herself and 10 thoughts he brings to mind today, among them: "He tickled me good," "Liked T.V. a lot," "Was a mechanic," "Liked our dog a lot."

Ashley and Christie's grandparents are Morrisville Mayor Pro Tem Billy Sauls and Wilma Sauls, and Fred and Evelyn Barber of Raleigh.

Explaining the Children's Grief Support Groups, James-Manus said they provide children with a safe place to identify and share the difficult and confusing feelings associated with loss and grief. "Bereaved children nurture each other by openly offering acceptance and support," she explained, pointing out that compassionate, experi-

enced professionals lead the age-specific groups of six to eight children and help the children learn healthy coping skills through specially structured group activities.

Reflections also provides clinical care and family support services to children who have life-threatening illnesses, are 21 or younger, and under the care of a licensed physician. It offers clinical care with registered nurses, home health aides, physical therapists, and other therapists needed, as well as family support services through social workers, chaplains, bereavement counselors and volunteers.

"I know it helped," Sharon Barber said of the Reflections program. "It let them know they were not alone in the world, not by themselves but by their feelings. When the others started talking, they said to themselves, 'Hey, I've had some of those same feelings.' When one of the other kids would show anger, they learned it was okay to be angry, to feel certain ways. It allowed them to look ahead into the future."

To Ashley, that means planning to be a dancer. She looks forward to her lessons at a ballet school.

To Christie, though, the answer isn't that easy. "I'll get back to you on that," she said.

Residents undaunted by request

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read and less likely to be manipulated.

Hodgkins said these are simply requests for voluntary conservation, and without a limited time frame. "It's continuing, not just for the summer," he pointed out.

And the reaction generally has been positive.

If Dot Hoover has any problem with the use of water, she says, "it's the bills that kill me." She lives alone and says they are never the same. "They change despite the fact I use the same amount. It puzzles me. But I am careful of the water I use and, of course, would be in favor of any savings," she added.

On Airport Boulevard at the Days Inn, the question isn't whether to back conservation, but how can it be accomplished at a hotel where 110 rooms have guests coming and going on a daily basis.

"I'm not sure how it can be done. We can't control how long they stay in the shower," said Barbara McGill, regional sales and marketing director. "And with 110 rooms, we have to consider the washing machines for all who stay here. We certainly are in favor of the proposal, and we do try where it is possible."

The inn's maintenance engineer, Richard Burt, says the housekeepers notify him if they find a leaky faucet or water running in a commode. "We act immediately. Maybe we can save some on the swimming pool, but I haven't given that thought at this point."

Hearon Dickson, vice president and general manager of Dillard Paper Co. on Morrisville Parkway, doesn't feel it's relevant to his type of company, at least not at this time. Chairman of the board of the Morrisville Chamber of Commerce, he says he doesn't have any problem with the commissioners asking for voluntary measures. "They are entitled to make whatever requests they deem necessary, and it does

demonstrate a certain amount of leadership," he said.

In an effort to bolster the move by the five areas to get the state allocation, Morrisville commissioners allocated \$51,138 to join the other jurisdictions in hiring a Charlotte engineering firm to help get approval for the water allocation from Jordan Lake. Local information on population and demand projections, water use and conservation are to be supplied to the engineering firm by the Morrisville town staff.

The road to getting that approval may not be smooth. The matter is potentially controversial since it would require diverting water from the Cape Fear River Basin, of which Jordan Lake is a part, to another basin. Counties that use water from the lower Cape Fear River, including cities like Wilmington and Fayetteville, have noted their opposition.

They claim that by allowing Cary, Apex, Morrisville, and Holly Springs to draw the extra water next year, an interbasin transfer will result. That is when a municipality draws water from one source, and after using it, returns the water to another source. Objectors say unmonitored transfers could lead to water shortages later, and if the water taken out of Jordan Lake is not replaced, the result would be drastically reduced water levels downstream and problems at Fayetteville's new \$40 million wastewater treatment plant which requires millions of gallons from the Cape Fear to operate.

The voluntary conservation measures were made by Hodgkins after he emphasized that Jordan Lake has a finite amount of available water. "I don't know if Morrisville realistically can go back and get more water out of Jordan Lake after this," he said, adding that

"there are so many straws in the lake that the Corps of Engineers won't permit more."

Meanwhile, Morrisville hopes its residents and businesses will try to conserve on that "priceless commodity" referred to by Commissioner Billy Sauls.

Janet and William Richard say they will, and think it's a good request. The McCrimmon Parkway residents say they will follow the town's suggestions. "I only do laundry once a week, so that's not a problem, and since it's a dry summer, I believe in the plan."

And for Mrs. John Medlin of Koppers Road, conserving water, especially clean water, makes her happy.

"I've been involved in a move for clean water ever since 1989 at Shiloh because of the contamination problem in the area," she explains. "I know the need to conserve it. If you see a sprinkler going on our lawn, it's because we have a well. So when we use a sprinkler, it doesn't affect town water."

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Hospice program offers myriad of resources for parents, kids

The Reflections Program offered by Hospice of Wake County is committed to providing compassionate, comprehensive care and support to children with self-limiting illnesses and to children who are grieving over the loss of a family member or close friend.

Among the programs offered are individual support sessions for children scheduled by appointment, as well as grief support groups where children can share the difficult and confused feelings associated with loss and learn coping skills.

A 30-minute puppet show based on Donna O'Toole's book, "Aary Aardvark Finds Hope," demonstrates loving and losing, friendship and hope. Call to schedule a performance for your organization.

There is also a lending library

with books and other grief-related materials for children which can be checked out. Donations of books and cassettes may be made to the lending library in memory of a loved one.

Available as well is a pediatric resource room for children, parents and professionals in which children may use the room by appointment to work with a trained bereavement specialist, using art materials, special games and related activities to express difficult feelings. Resources for parents and professionals supply information on many grief-related issues for children of different ages. Those interested in more information are asked to call Reflections children's coordinator Toni James-Manus at 782-3959.

Board grants more time on site plan

Rollins Leasing Corp., which plans to develop a truck leasing facility on Aviation Parkway near Southport Business Park, has been given an extension of the normal time required to start construction of the building.

The company asked the Morrisville Board of Commissioners to extend approval of its site plan for 12 months. Most of the site grading and preparation has been completed. Original approval of the site plan was given nearly a year ago.

Commissioners were told that the firm was involved in several other projects and had financial concerns about starting a new project while the others were still in development. Gilbert R. Alligood, president of Alligood and Associates, Inc., the engineering firm employed by Rollins for the Morrisville building, made the request at the board's last meeting in June. It was

tabled on a motion from Commissioner Billy Sauls who felt the 12-month extension was too long.

The board brought the request off the table earlier this month and voted to give the company a six-month extension of its site approval on a suggestion by Sauls, who explained he still had a problem with the project "sitting out there for a year."

Town Planner Leisa Powell explained that the company would have an additional six months to file for a building permit at the end of the site plan's extended approval.

Alligood asked if there was a time limit on construction or how long the company would have to complete it, to which Building Inspector Wallace Baker, seated in the audience, answered: "Forever, as long as you work on it."

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