



**ON FREEP.COM**

**An apple a day...**

It's apple season in Michigan, and the trees are lush with the more than 20 kinds of apples grown in our state. Find the orchards, cider mills and u-pick places nearest you with our 2007 Apple and Cider Guide at [freep.com/apples](http://freep.com/apples). And while you're there, don't forget the pies and apple butter too!

**RUTH TO THE RESCUE**

**Don't speed taking your kids to school**

Are you prone to speed as you drive your children to school so they won't be tardy? Being late isn't desirable, but it's far better than causing an accident. Speeding to school is never worth the real possibility of injury or death.

- RUTH SPENCER, LOCAL 4 NEWS



**TECH TIP**

**Merriam-Webster gadget is more than a dictionary**

The speaking version of the Merriam-Webster 11th Edition Collegiate Dictionary contains 400,000 definitions, 4,000 quotations and guides to English usage, punctuation and style. It also can provide translations in five languages. It costs \$120 at [www.franklin.com](http://www.franklin.com).

- DEBORAH PORTERFIELD, GANNETT NEWS SERVICE

# SATURDAY JUMP START

## NEWS2USE

# Dealing with a pet's death can take time



Photo from Nancy Sitter-Osberg

When people lose a pet, "they have lost a connection that they've invested so much emotional energy into that it is a very valid loss," says Nancy Sitter-Osberg, a pet pastor at Whispering Pines Pet Cemetery in Ypsilanti.

### Grieving the loss helps teach you lessons about life

**N**on-pet owners may not understand the range of emotions people go through when a pet dies. They can go from anger to grief to relief.

Nancy Sitter-Osberg, an ordained minister who has been a pet pastor at Whispering Pines Pet Cemetery in Ypsilanti since 2002, said it's OK to grieve.

"A pet shares an intimacy with their owner on many levels ... through happiness, illness, a loss of a job, a relationship or the loss of a living pet or relative.

"When they do lose their pet, they have lost a connection that they've invested so much emotional energy into that it is a very valid loss."

For many owners, "their pets are their kids," said David Techner, who has been a funeral director with the Ira Kaufman Chapel in Southfield for 35 years. "They're four-legged kids. That's one of the things that's so indicative about owning a pet — in good times and in bad, they're always there."

**ABOUT CHILDREN**

Though it's common for children to be confused and upset, the death of a pet can be an important life lesson, Techner said.

"Oftentimes, a first experience for a child in terms of losing anything or anyone is with a pet."

Techner said that "when a pet dies or is in the process of dying, sometimes it's better to give all the

**Health follow-up**

Last week's News2Use about cholesterol brought a response noting that free screenings are scheduled in metro Detroit until Sept. 15.

The tests will show participants' total cholesterol, HDL cholesterol, LDL cholesterol and triglycerides. They will be done at 15 CVS pharmacy stores with Minute Clinic locations.

For more information, go to [www.minuteclinic.com](http://www.minuteclinic.com) or call a metro area CVS.

possibilities. Kids can handle it, and they have to handle it. ... Let them know they are still expected to go to school, and that life does go on — it's just absent that pet."

**GUIDANCE**

According to [www.healthycatanddog.com](http://www.healthycatanddog.com), the average life span of a domestic cat is about 14 years, and about 13 years for a dog.

"The reality is that if you live for an average lifetime, you're going to lose that pet," Techner said. "Pets teach us a lot of lessons, and one of them is a lesson of loss and that we can go on with life."

Here are some suggestions:

- Have a candid conversation with your veterinarian about your feelings if your animal is dying.
- Talk among yourselves as a family.
- Don't dismiss a pet's death, especially if you have children. "Treat it very carefully because the pet and the child had a relationship," Sitter-Osberg said. Ask: How do you feel about losing Spot?
- Talk to other pet owners.
- Allow time for grieving. Don't get a new pet right away. "Pets can't really

be replaced. Be sad a little," and then when you're ready to get a new pet, do so, Techner said.

■ Pay attention to surviving pets. Give them extra care and leeway because they are grieving the loss of an animal companion. Talk to your vet if other pets stop eating or appear depressed or highly agitated.

It's important that friends, coworkers and employers are sensitive when someone's pet dies, Techner said. "If they say 'It's just a dog,' well, that's my dog. That's my kid."

**ABOUT FUNERALS**

Pets can be memorialized through burial or cremation. Ashes can be spread or kept in urns or in specially-made pieces of jewelry.

"I'm an advocate for doing something. Whatever feels right to people," Techner said.

Sitter-Osberg, who has officiated at many memorial ceremonies for animals, urges parents to be honest with their children about the death of a pet and allow children to be a part of the animal's burial.

"Children see the dignity and a sense of peace at a burial situation, and this may carry to them ... when they lose someone else," she said.

"Dignify the loss. This may be the child's first actual loss where they feel something, and we don't want to make them feel callous."



Today's News2Use is by Erin L. Hill, Free Press copy editor and staff writer. Got an idea for news you can use? E-mail it to [elhill@freepress.com](mailto:elhill@freepress.com) or call 313-223-4666.

**OVERHEARD**

"It has not worked out as we had hoped."

GEN. DAVID PETRAEUS, in part of his summary of results of the Iraq troop increase. STORY, 6A

**IN TODAY'S FREE PRESS**

**Bin Laden tells Americans to adopt Islam**

NATION & WORLD, 6A

**National jobs picture looking like state's**

BUSINESS, 8A

**Weather plays fall color role**

SATURDAY LIFE, 1C

**Getting it straight**

The Free Press corrects all errors of fact. If you know of an error, please call the newsroom at 313-222-6600.

■ An article in some editions of Friday's Local News section incorrectly reported where the late Joseph Marasco, 52, of Grosse Pointe resided at the time of the 2005 slaying of Barbara Iske. He lived on Dodge Place.

■ The name of the director of "Shoot 'Em Up" was misspelled in Friday's Life section. Michael Davis directed the film, which opened Friday.

**Contact us**

To start or stop delivery, or for missing papers: 313-222-6500, 800-395-3300

To give us a news tip: 313-222-6600

To get a previous edition: 313-222-6876

To submit community listing items: 313-223-4496

To place a classified ad: 586-977-7500, 800-926-8237

**Your Free Press store**

■ Order Free Press books, posters and T-shirts, including our new Tigers book: [www.freep.com/bookstore](http://www.freep.com/bookstore) or 800-245-5082.

■ Order Free Press photo reprints or full-page reprints: [www.freep.com/reprints](http://www.freep.com/reprints).



**We've put a new Twist in your Free Press.**

**SUNDAYS**

06ma0228cmp\_n

**Preps Extra**

Follow your team every Friday.

**Why One Detroit Area Doctor Is No Longer Mystified About Your Severe Back, Neck and Sciatica Pain.**

Detroit, MI. — Have you tried pills, injections, therapy, surgery or massage? Shaun L. Stanley DC is offering *The Severe Back, Sciatica, And Disc Pain Guide* for local residents suffering from severe back, sciatica, and leg pain. Discover why your treatments have failed and a possible new solution that most doctors have not heard of. Call 1-800-469-3618 Toll Free. (24 hour recorded message) or go to: [www.midischernation.com](http://www.midischernation.com)

**Worker's Compensation**

Specializing in Michigan Worker's Compensation

- Helping Thousands of Clients for over 39 Years
- No Recovery • No Fee • No Case Too Small
- One of the Largest Worker's Compensation Law Firms in the State of Michigan
- We've Collected Millions of Dollars for our Clients in Worker's Compensation cases in Michigan

FREE CALL FREE ADVICE

**1-800-LAWYERS**

**1-800-529-9377**

Law Offices Zambor, Mollen & Shiffman P.C.

**Best Time To Buy A Play System!**

4 National Brands! 100s Of Models! All On Sale!

**SAVE UP TO 45%**

**INSTALLED WITHIN 1 1/2 WEEKS**

Financing Available On Approved Credit

The Doll Hospital & Toy Soldier Shop

3947 W. 12 Mile, Berley 248-643-3115 Mon-Sat 10-6:30, Thu 10-6:30, Sun 12-4