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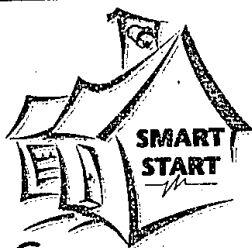
Farmington Observer

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IN THE PAPER
TODAY

About those outages: Take note, residents who wish to air their views on Detroit Edison and the recent power outages in the Farmington area. /5A

BUSINESS

Business moves: The Observer's Business Milestones column highlights promotions, transfers, hirings, openings and other key business news with a Farmington-area connection. /10A

TASTE

Maine lobster: Get cracking — August is Maine lobster month. Find out how to prepare and eat these tasty crustaceans. /1B

SPORTS

Role player: Former Farmington Hills resident Scott Kowalkowski hopes to make the Detroit Lions roster again. /1C

LOTTERY

The Saturday Lotto jackpot was expected to be worth at least \$5.2 million. The Michigan lottery numbers for Saturday, Aug. 19, are:

DAILY 3:
437

DAILY 4:
1303

LOTTO: 5, 12, 19, 20, 25, 49

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Sowerby, Vagnozzi differ on rules



Farmington Hills mayoral candidates Aldo Vagnozzi and Paul Sowerby exchanged letters recently, each suggesting how the campaign should be conducted.

BY BILL COUTANT
STAFF WRITER

Candidates Aldo Vagnozzi and Paul Sowerby can't quite agree on the ground rules in the Farmington Hills' first campaign to elect a mayor directly.

Vagnozzi, a Hills councilman, mailed Sowerby a letter welcoming the attorney to the campaign and suggesting both candidates limit their campaign spending.

The councilman also proposed that they participate in at least four debates during the campaign, turn down contributions from developers

who are or may be trying to build in the city, and make reports of campaign contributions available to the public and the media.

Sowerby, a former council member, answered Vagnozzi's suggestions with a letter of his own calling for a minimum of six joint public forums and asking that Vagnozzi resign his council seat while running for mayor.

The only area of agreement seems to be on the number of joint public forums.

"I suggested a minimum of four, but six is fine with me," said Vagnozzi.

As to the idea of quitting the council to run for mayor, Vagnozzi said it made no sense. Office holders do not resign to run for another office he said.

Vagnozzi will have two more years on the council after the fall election. If he loses the mayor's race, he would stay on council. If he won, the council would appoint a successor until the

See DIFFER, 4A

Recognizing stress starts road to health



First in a series

BY BILL COUTANT
STAFF WRITER

Stress has become an occupational hazard for everyone from homemakers to business executives at an alarming and depressing rate.

"Problems related to stress that I see have doubled — maybe even more — over the past few years," said Dr. Max McKinney, who practices family medicine in Farmington Hills.

Too much stress, and the seaming epidemic of chronic depression that often accompanies it, have always posed health problems. But a changed work environment in the 1990s, has probably made it a bigger health threat. With companies downsizing, and people either "between jobs," trying to start a new career, or accepting a buyout in their present career, an uncertain future adds stress.

"More recently I'm seeing a downsizing in education," McKinney said. "There are more teachers who were bought out. They're retired at 54, but they are nervous about the future."

Then there are those who are either single parents, or from households with two working parents, who are finding the stress of family and work a tough balancing act.

"We see a lot of single family households where the person has kids and is working full time," said Caroline Smith of Botaford General Hospital's Center for Health Improvement. "They have the classic symptoms such as irritability, trouble with depression, trouble sleeping and a lack of energy."

The problem is sometimes quite serious, and without the right ques-

See STRESS, 6A

3 file for 3 seats in Farmington Council race

BY LARRY O'CONNOR
STAFF WRITER

No candidate will go to bed in Farmington without a council term Nov. 7.

Friday's filing deadline passed. Three candidates — including incumbents William Hartzack and JoAnne McShane — submitted nominating petitions for the Farmington City Council election. Planning Commission member James K. Mitchell has also entered the race.

What race? There are only three open seats. In other words, this could be a hot featuring three tortoises with ailing knees, and the result would be the same.

All there is to battle for is who will get the longer terms. The top two



William Hartzack



JoAnne McShane



James Mitchell

See COUNCIL, 5A

He remembers McCarthy

The death Wednesday of Detroit radio giant J.P. McCarthy saddened many, including Bob McConnell, one of Farmington Hills' founding fathers who had a fond remembrance of McCarthy.

McConnell, who has a long and colorful career in Farmington Township and Hills politics, remembered being interviewed by McCarthy on his "Focus" program in 1978.

Subject of the interview was the feasibility of what is now the I-275 expressway, which ends in western Farmington Hills.

"He was the kind of interviewer who put you at ease," said McConnell, who still has a tape of that program. "He had the ability to draw out the information. He was really skilled in asking questions." (For a story about the radio personality, see Page 5A.)

FARMINGTON FOCUS

Applause! Applause!

Willistine Cheeks, senior competency evaluated nursing assistant (CENA), is the "Applause! Applause!" winner for August at the Botaford Continuing Health Center in Farmington Hills.

Cheeks, a first-time recipient, has worked at the nursing facility for four years.

As a senior CENA, her responsibilities include providing nursing support, making assignments to other CENAs and following up to ensure tasks are completed.

Cheeks was nominated for the award by her charge nurse, Françoise Mawby, who said, "We always know that we can count on Willistine to

keep things running smoothly. She is patient when training new nurses and upbeat when working with residents."

Auditions, anyone?

The Michigan Classic Ballet, directed by Mary C. Geiger, will hold auditions on Saturday, Aug. 26, at the Smith Theatre on the Orchard Ridge campus of Oakland University in Farmington Hills for its December production of "The Nutcracker."

Would-be apprentices, ages 8-9, will be auditioned 10:30-11:30 a.m. Saturday. Auditions will be held from 11:30 a.m. to 1:30 p.m. for hopefuls in the junior (ages 10-12) and senior companies (13 and over).

An audition fee of \$12 will be charged. The ballot company will perform "The Nut-

See FOCUS, 4A