# Job, population growth predicted by SEMCOG

A modest population and job growth is being predicted by the Southeast Michigan Council of Governments (SEMCOG).

"Although southeast Michigan has lost about five years of growth to the recent recession, there is definitely going to be population and employment growth in this region over the next?" according to SEMCOG

Chairperson Donald Shelton, mayor of Saline.

His comments followed adoption of population and employment planning forecast figures for the year 2003 by anticipated by 2005, also a five-year teleprocess. Such contents in the propulation of 5,224,400 by the year and population of 5,224,400 by the year and the process of changing demographic marriage rates, increased life expectancy—the number of persons per

household is expected to continue drop-ping during the next two decades. For that reason, a total of 2,177,700 households is forecast for 2005, com-pared with an earlier prediction of 2,098,600 for the year 2000.

SHELTON DESCRIBED the adopted Regional Forecast Control Totals as "realistic projections of our region's growth potential.

"We are growing more alowly than some parts of the nation, but growth is definitely going to happen in metropolitan Detroit" in the next 20 years.

Approval of the Regional Forecast Control Totals for population, employment and households is a first step in revision of SEMCOG's Small Area Forecasts, the basic planning data tool used by regional and local planners in

## Greek Americans sought for WSU exhibit

An exhibition called "The Greek-American Family: Continuity through Change" is being prepared by the Wayne State University's Department of Greek and Latin.

The exhibit is planned to present the history of the Greek-American experience in Detroit. It will feature an oral history component resulting from interviews with 100 Greek-American residents in the area.

plete history, as well as photographs, documents, artifacts. Contact Dr. Ernest Ament, chairman of the WSU Green and Latin department, at 577-3032.

THE EXHIBITION will be at the Detroit Historical Museum for six mooths starting Sept. 30, 1984. It will be accompanied by a series of public burse, films and artistic performances.

The exhibit is being funded by a \$12,000 grant from Michigan Council for the Humanities and through additional contributions from the public.

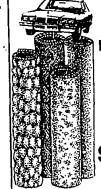
It is being prepared in conjunction with the De-troit Historical Museum and the Greek community of metropolitan Detroit.

of metropolitan Detroit.

CONTRIBUTIONS from the public will be matched by another grant from Michigan Council for the Humanilites.

Contributions will qualify for various tax credits and deductions will qualify for various tax credits and deductions from the State of Michigan and the federal government for glifts to public universities.

Other committee members besides Dr. Ament are: Dr. Janet Langlois, director of WSU Folklore Archive who is collecting the oral histories; Thomasis Tsoutson-Rousson, director of modern Greek studies at WSU, Mrs. Peter Georgeson, and the Rev. Ernest Blougouras, pastor of Annunciation Greek Orthodist Cathedral.



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### Heart rehab class at OCC

Cardiovascular rehabilitation classes will be of-

Cardiovascular rehabilitation classes will be offered again this winter at Oakhand Community College's Highand Lakes Campus, 7350 Cooley Lake
Road, Union Lake.

"The program is ideal for patients who have he
heart surgery, a heart attack, or a stroke, as well a
for those who are being treated for such lilnesses as
coronary artery disease, high blood pressure, high
colesterol, and asthma, 'said Rita Faudman, OCC
exercise physiologist and program coordinator.

"All cardiovascular exercises will be well within
each individual's tolerance level, but at a high
each individual's tolerance level, but at a high
each individual's tolerance level, but at a
filtess."

The Monday, Wednesday and Friday one-hour
sessions are medically supervised and will include
warmup, aerobic activity, and cool-down/stress reducing mini-session.

A two hour lecture/discussion period, to be held.

uting mini-session.

A two hour lecture/discussion period, to be held once a week, will emphasize the psychosocial and physiological adjustments to heart disease or bypass surgery.

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#### Flying seminar

Flying without Fear, a seminar for people fear-ful of air travel, is being offered by Oakiand Com-munity College at its Highland Lakes Campus. The workshop will include relaxation techniques, education to make air travelers more knowledge-able, a visit to a control tower, a bypnotherapist and an opportunity to taxi on the runway in a simu-lated flight.

Advanced registration for Flying Without Fear is under way at the eampus, 7350 Cooley Lake Road, Union Lake, For registration information, contact Carol Lubin, 360-3041 or 851-7038.





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