

## on the agenda

City of Farmington Hills  
31555 Eleven Mile  
February 21 — 7:30 p.m.  
Public Hearing:  
• Consideration of introduction of  
Zoning Amendment C22-22, Location:  
adjacent to 14400 Middlebelt. Propo-

nent: Farmington Hills Planning Com-  
mission.  
• Consideration of introduction of  
Zoning Text Amendment C22-22 to  
permit alternative uses of qualified his-  
toric buildings within the one-family  
residential district.

### New Business:

- Consideration of request of Bob and Hovig Inc. for transfer of owner-  
ship of 1983 class C licensed business  
for dance permit, at 29505 Nine Mile,  
from Be My Guest Inc., Robert Balder-  
rama, 1907 Seyburn, Detroit.
- Consideration of appointments to  
boards and commissions.
- Consideration of executive session to  
discuss labor negotiations.

### City Managers Report:

- Hearing on needed repairs to In-  
dependence Hills Subdivision retention  
basin, Witherspoon Commons area, and  
contracting for the work required.
- Recommends the initiation of a  
S.A.D. for the construction of road im-  
provements in Tarabasi Roseland Gar-  
dens Subdivision and establish March  
19 for hearing on determination to pro-  
ceed.
- Recommends the award to the  
low bidder for the construction of the  
Cass Avenue sewer.

# She's a champion

Continued from Page 3

do that all on my own. When you're a  
handicapped person, it's natural for ev-  
eryone to want to do everything for  
you.

"But they couldn't swim these events  
for me. I had to do it on my own."  
Cornell is a member of the Motor  
City Wheelers, which sponsors sports  
events for handicapped persons. She is  
coached by Karen Johnson, a physical  
therapist at Beaumont Hospital, and  
Steve Goddard of OCC's Athletic De-  
partment.

Her husband Tom, a design engineer  
for Ford Motor Co., and her 12-year-old

son Kirk are avid fans, as are an aunt  
and uncle who live nearby and attend  
most of the swimming meets.

"I have a very supportive family,"  
said Cornell, "and some wonderful  
friends, too."

Cornell was scheduled to compete in  
a swim meet for the handicapped this  
weekend in Windsor, Ont. She said she  
may skip that meet, however, on the  
advice of her doctors, who have  
advised her to take it easy after the  
strenuous state regional meet.

But she's looking forward to the na-  
tionals in Tennessee in May. "From  
there we hope to qualify for the Wheel-  
chair Olympics," she said.

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**Arthritis Today**  
Joseph J. Weiss, M.D.  
Rheumatology  
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Phone: 478-7860

**DR. WEISS**

**UPDATE ON OSTEOPOROSIS**

As you know, osteoporosis is a condition wherein calcium is lost from the bones. Women are predisposed to this problem which often leads to weakening of the vertebrae in the back. The resulting pain can be incapacitating.

Several therapies are offered to treat this condition. Some experts advocate the use of estrogen or estrogen and progestin for women at the menopause. A role for fluoride is under investigation, while at present, high doses of vitamin D are prescribed by many physicians.

All authorities agree that calcium 1.0-1.5 grams a day and regular exercise are key elements in the prevention of osteoporosis. Exercise is important as it provides the bone with a mild, repetitive stress which encourages remodeling and laying down of bone. Swimming, jogging, biking, and walking are examples of suitable activities.

I would encourage women to drink a pint of milk or the equivalent in milk products each day and to initiate an exercise program that includes at least 20 minutes of activity 4 times a week. Women, in their quest for personal health, should place reliance not on doctors but on themselves.

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