

Dumped Faxon sees pattern

Detroit keeps key jobs

State Sen. Jack Faxon, D-Farmington Hills, says it isn't entirely personal. He sees a pattern in the way he was bumped off the Senate Appropriations Committee after Republicans took over the upper house.

"There was very heavy lobbying from Detroit to remove me because I have not been a rubber stamp for the city of Detroit," said Faxon, who publicly criticized his party's leadership for reassigning him to the Labor, Education-Health and Joint Committee on Legislative Retirement.

He resigned from those committees. Senate Minority Leader William Faust's office declined to give out new Democratic assignments last week until the Faxon question had been resolved. Faust could not be reached for comment.

A Republican senator guessed Faxon would cool off, swallow his wounded pride and take his new job.

THERE WAS apparently some heavy politicking involved in Faxon's reassignment.

When Democrats controlled the Senate 20-18 last year, they held an 8-5 majority on the Appropriations Committee, through which all spending bills flow. Appropriations is considered one of the most potent committee jobs in the Michigan Legislature.

With Republicans winning two special elections in January to replace recalled Democrats, the committee numbers shifted, too. Democrats had to lose three members of the Appropriations Committee.

Dropped were Faxon, serving his fourth Senate term after three terms in the House; Lana Pollack, freshman from Ann Arbor; Gilbert DiNello, a sec-

ond-term from Macomb County; and Mitch Irwin, a second-term from Basil St. Marie.

That adds up to four members whom the Democrats dropped. They added one face: Joseph S. Mack, sixth-term from Ironwood.

THE PATTERN, said Faxon in an interview, was that members from Macomb, Oakland and Washtenaw County — all encircling Wayne County — were dropped.

The rest of the story is who was retained: Jackie Vaughn III and David Holmes, third- and fourth-termers, respectively, from Detroit; James DeSana, a third-term from Wyandotte in southern Wayne County; and Joe Conroy, a freshman from Flint.

Faxon noted that Mack hasn't returned to the Senate. Mack, 64, suffered a seizure when the Senate was voting on a reapportionment measure but stayed on the floor until the end of the session.

And Faxon is angry that a freshman like Conroy was retained while his own seniority was overlooked.

FAXON BLAMED the administration of Detroit Mayor Coleman A. Young for putting the heat on Faust to keep the two black Detroit members on Appropriations and dump Faxon, who moved from northwest Detroit to Oakland County after the 1982 reapportionment.

A fan of the creative arts, Faxon recalled he had crossed swords with the Young administration last year over financing and operation of the Detroit Institute of Arts.

A lap a day . . . ?

Recently I asked several health care professionals their advice on how to avoid catching the severe colds and flu that are going around.

For the most part, they gave the usual recommendations — flu shots, getting enough rest, drinking plenty of fluids, dressing properly, eating appropriately and avoiding people with symptoms of fever, chills, congestion, and coughing.

In addition, however, a relatively new preventive measure was advocated — exercise. Recent research suggests that regular exercise may actually help to ward off common illnesses.

SCIENTISTS have now shown that the human body responds to intense exercise and infection in a similar manner.

For examples, body temperature rises, there are increases in the number of infection-fighting white blood cells in the circulation, and the blood concentrations of iron and zinc decrease.

Physiologists theorize that because joggers and other physically active individuals increase their body temperature (by about 4 degrees Fahrenheit) with vigorous exercise, they may be less likely to get sick.

Known as "jogging fever," this increase in body temperature may actually help to destroy invading bac-



fitness
Barry Franklin

teria. The exercise-induced increase in white blood cells is also likely to be beneficial in reducing infections. These cells function in a "Pao-Kao" like fashion, gobbling up foreign bacteria, viruses and related toxins.

FINALLY, regular exercise is also associated with lower blood levels of iron and zinc, which further serves to inhibit bacterial growth.

Athletes, for example, have lower iron and zinc concentrations in their blood, a fact that may account for their claims of fewer illnesses.

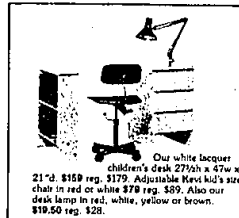
Although there are no definitive studies to prove that physically active people get sick less often than sedentary people, the evidence appears promising.

Ah—choo! I think I'll go for a run. Two or three miles should do it.

A Farmington Hills resident, Barry Franklin, is co-director of cardiac rehabilitation at Sinai Hospital and on the faculties of Wayne State University and Marquette College.

children's workbench

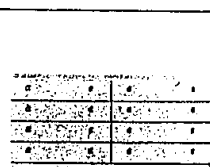
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