

# Original research

## 'Reminiscences' wins Farmington Historical Contest

Farmington Historical Society announces the winners of the third annual Lee S. Peel Historical Research Contest and simultaneously launches next year's competition.

"Titled in honor of a prominent local educator, historian and author, the contest encourages original research on Farmington and Farmington Hills history.

This year's winning paper, "Reminiscences of Early Farmington," was submitted by Orene Habermehl. She won the first-prize award of \$100 as well as a certificate.

A special award for a skillful and sensitive oral history interview with Orene Habermehl was given to Clare Carvel.

"Orene Habermehl's 'Reminiscences of Early Farmington' is a fine example of oral history, which tells the personal recollections about

life in earlier times that is often unrecorded in newspapers or other sources," said Steve Olson, speaking for the society.

"The paper includes fascinating vignettes of turn-of-the-century life," he said.

The vignettes Olson speaks of include the story of the meeting of John Habermehl and Louise Prast (Orene Habermehl's parents) while he was attending the funeral of his father who had been killed by a runaway team of horses.

Orene Habermehl gives a colorful account of the cows, chickens and pigs on the path leading to their home, which is now Shilawassee Road.

She tells how her father earned his living as a stone mason in the summer and by cutting ice in the winter. And she tells about her father's

death, in 1908, which left her mother with two children to raise on an income from renting a house, washing dishes at a hotel and doing laundry.

PEEL TAUGHT English and Journalism at Farmington High School for 30 years from 1937 to 1969. During his tenure he taught an advanced English class from 1959 to 1969. One of the writing options assigned in this class was an original research historically oriented similar to the requirements of this contest.

Peel is a past president of the Farmington Historical Society and remains active in the society. He has also authored a book, "Farmington, A Pictorial History" originally published in 1970. This was the first major work on this topic.

The fourth annual Lee S. Peel Historical Research Contest is now open for entries which may consist of any common format — audio, visual or written material concerning original research in Farmington History.

All age groups from elementary school through senior citizens are invited to participate. The primary focus of the contest is to get people to dig into their attics, cellars and family records and put together a story of life in former times in Farmington and Farmington Hills.

The first-prize award has been raised to \$150 in observance of the Michigan sesquicentennial.

SOCIETY MEMBERS suggest topics such as street and place names; orchards; dairy and cheese industries; Detroit United Railroad; flour or lumber mills; inns; merchants and town center develop-

ment; the winery; north Farmington; schools and churches; English and German settlements.

Sources for the entries may be personal recollections, interviews, family diaries or letters, old photographs, paintings and sketches.

Entries should be mailed to Lee S.

Peel Historical Research Contest, 33309 Shilawassee, Farmington 48024. They will be accepted through April 1 and winners will be announced at the Society's annual dinner meeting in May.

Inquiries are taken by Nancy Leonard, 476-4125.



### Guest organist

Colleen Feldpausch will be guest organist for the organ overture and intermissions Friday and Saturday in Radford Theatre, 17630 Lahser. The overture begins at 7:30 p.m. each evening. The movie is "Arsenic and Old Lace." The North Farmington High School senior is winner of this year's Motor City Theatre Organ Society's "Young Theatre Organists' Competition" who continued in competition to win a national award from American Theatre Organ Society. She is a member of the National Honor Society and her school's marching band.

## Don't shovel your way to a heart attack

"Risky one health hazard to eliminate another" is how the president of the American Heart Association of Michigan Andrew Hauser describes snow shoveling. "While shoveling snow from porches and walkways may prevent a sprain, the strain could cause a heart attack," says the Birmingham cardiologist.

Barry Franklin, chairman of the association's and cardiac rehabilitation

committee, also warns of the danger of heart attack while shoveling or shortly thereafter.

To point out how strenuous shoveling is, Dr. Franklin has a formula based on a 154-pound man that relates shoveling to other activities.

The shoveling activity in the formula is lifting the snow, taking two steps and throwing the snow at a rate of 10 shovels per minute. Shov-

eling with a combined weight of 6.8 lbs. for shovel and snow is equivalent to singles tennis or light downhill skiing.

Shoveling a combined weight of 13.8 lbs. is equivalent to running 5.5 mph or playing handball or basketball. Shoveling 22.5 lbs. (wet snow) at the rate of 10 shovels per minute is as strenuous as running 9 mph for the same length of time.

FRANKLIN HAS identified five elements of shoveling that each have a detrimental effect on the cardiovascular system. The first is that shoveling, an upper body exercise, brings about a higher heart rate and blood pressure response because upper body work is less efficient than leg work.

Secondly, says Franklin, "Exercising in a standing position, especially when the legs are frequently motionless, may cause pooling of blood in the lower extremities. The decrease in the rate of return may reduce blood flow to the heart while the heart rate and oxygen demands of the heart are high."

"Simply holding a shovel full of snow, or straining to lift or push heavy loads, creates another form of cardiovascular stress — isometric exertion."

During strenuous lifting efforts, there is another response that induces sudden changes in heart rate and blood pressure and should generally be avoided by persons with cardiovascular disease. This response is holding your breath with your mouth closed.

Simple exposure to cold air causes a constriction of select blood vessels throughout the body, which increases blood pressure and the heart rate and the likelihood of angina. The effect of one, or the combined strain of all of these factors can, and does, cause heart attack.

Some people don't realize they're having a heart attack and even dismiss the pain as indigestion. In

1984 an estimated 350,000 people died of heart attack before reaching a hospital.

The symptoms of heart attack include: uncomfortable pressure, fullness, squeezing or pain in the center of your chest, lasting two minutes or more; pain that may spread to shoulders, neck or arms; severe pain, dizziness, fainting, sweating, nausea or shortness of breath. But not all symptoms may be present.

THE ASSOCIATION has stickers that can be placed near the phone or on the inside of the medicine chest door listing the warning signs of heart attack and what steps to take. It also has space for local emergency phone numbers.

For more information on prevention and warning signs of heart attack, write American Heart Association of Michigan, 18210 W. 12 Mile, P.O. Box 160, Lathrup Village 48076.

The American Heart Association of Michigan is a United Way agency.



### Punched tin and copper

Elaine Hoogerwerf, a Farmington Hills craftswoman, offers items of punched tin and copper at Christmas Arts and Crafts Festival. Hoogerwerf is one of 170 juried artisans who will show and sell their works from 10 a.m. to 5 p.m. Saturday and from noon to 5 p.m. Sunday in Mercy High School, 29300 11 Mile Road. Admission of \$1 is asked at the door for the school's scholarship fund.

### new voices

MR. AND MRS. MICHAEL FAIRBAIRN of Farmington Hills announce the birth of their daughter, Amanda Elizabeth, born Sept. 22. The infant has one brother, Adam. Her grandparents are Mr. and Mrs. David Kirk of Redford and Mr. and Mrs. Ken Fairbairn of Dearborn. Her great-grandparents are Mr. and Mrs. Bernard Kirk of Lakeland, Fla.

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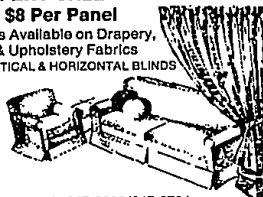
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