

Governor feted at fund-raiser



Peter Nielsen (left), Florine Mark and Gov. Blanchard at the Weight Watchers Building in Farmington Hills Tuesday.

About 200 people gathered to meet Gov. and Mrs. James Blanchard, former Mr. Universe Peter Nielsen and others at "Help Support Michigan's Fittest Governor, GYM Blanchard," Tuesday in Farmington Hills.

Also attending the fund-raiser was Scott Welland, 1982-88 Guinness world record holder for running the marathon backwards, plus other fitness experts.

The event was held at the Weight Watchers Building in Farmington Hills.

The evening was sponsored by four area business people: Marlene Brogan, managing partner, Brogan and Partners; Sandy Hermanoff, president, Hermanoff & Associates; Florine Mark, president and CEO, WW Group Inc.; and Rosemary Wolock, attorney.

Following the fitness theme, the Merchant of Vino served mostly Michigan light hors d'oeuvres and drinks, including GYM Blanchard Vineyard Punch and a variety of low fat, low cholesterol specialties created by Juliette Jonna.

Apples were donated by Michigan Apple Committee, Dewitt, Mich.

around Farmington

All announcements for this column must be mailed to Around Farmington, Farmington Observer, 21898 Farmington Road, Farmington 48024. Deadline is noon Monday for the Thursday publication and noon Thursday for the Monday publication. Requests for announcements will not be taken over the phone.

• WE'RE NOT LAUGHING

Monday, April 2: "We're Not Laughing: The Value of Humor," talk by Nancy Schmitt, from Rehabilitation Institute, at 7 p.m. in Farmington Branch Library, 23550 Liberty Street. No charge. Sponsored as a public service by Farmington Chapter Older Women's League (OWL).

• fitness factory

Monday, April 2: Morning and evening aerobic classes start for series of 10 weeks by Fitness Factory in Piemontese Club, Nine Mile Road between Halsted and Haggerty. Low impact and high-low impact offered. Babysitting available in morning sessions only. Registrations taken by Linda Pierce, 474-4822.

• constructive discipline

Tuesday, April 3: Constructive Discipline and Decision Making for Parents sponsored by Farmington Area Chapter of the Learning Disabilities Association at 7:30 p.m. in Farmington Hills Library, 12 Mile between Farmington Road and Orchard Lake Road. Speakers will be Gill Henderson, former principal of Warner Middle School and Myrna

Henderson, special education teacher for the Farmington Public Schools. No charge.

• gymboeree

Tuesday, April 3: Children from 3 months to 5 years of age and their parents are invited to open house from 10 a.m. to 11:30 a.m. and again from 6 to 7:45 p.m. in Gymboeree, in Mercy Center complex, through door D, Gate 4, on 11 Mile east of Middlebelt.

• RIGHT TO LIFE

Tuesday, April 3: Right to Life-Lifespan meeting begins at 7:30 p.m. in Our Lady of Sorrows Church hall, Power and Shilawasse Road. Open to all interested persons.

• spring into summer

Wednesday, April 4: "Spring into Summer" dinner and show of Jacobson's fashions begins at 6 p.m. in Vladimir, 26125 Grand River, to benefit Association for Retarded Citizens-Northwest Communities. Tickets are \$20 each. Reservations taken by the association, 937-2360.

• romantically yours

Wednesday, April 4: "Romantically Yours," a lighthearted and humorous musical look at the changing mores of romance over the past 100 years performed by Farmington Musicals members and guest artists at 12:30 p.m. in Farmington Hills Branch Library, 12 Mile Road east of Farmington Road. No charge.

• galactic society

Wednesday, April 4: Galactic Car-

tographers Society meet at 7 p.m. in Farmington Hills Branch Library, 12 Mile east of Farmington Road. Open to those who enjoy science fiction, fantasy and gaming. No charge.

Dog licenses available at Hills City Hall

New 1990 dog licenses are available through May 31 at the Farmington Hills City Hall, 31555 W. 11 Mile.

Oakland County fees are \$5.50 for a license for an unsexed animal, \$8.50 for a license for a male or female and \$20 for a delinquent license, as of June 1.

Rabies and unsexed animal certificates, signed by an accredited veterinarian, must be presented when applying for a license. The certificate must show vaccine as being effective through the date of application. A copy of a receipt from the veterinarian is not acceptable.

Dog licenses can be purchased through the mail. Send proof of rabies/neutered or spayed with a check or money order for the correct amount to the city hall. The ZIP code is 48018.

'Bag it' to help Football Backers

The Farmington Football Backers want you to bag it.

The Farmington High community support group is, again, holding its annual garbage bag sale to raise money for extras for the school's football program.

The two-ply, heavy-duty garbage bags are being sold in boxes of 100

for \$15 per box, and can be ordered in advance. A member of the Football Backers or the school's football team will deliver them in the spring.

Organizer Bill Dixon said the group had good luck going door-to-door and selling to residents last year, and he wants to also encourage business participation in this year's fund-raiser.

Football players will again go out in May selling the bags door-to-door.

Any business or resident wanting to place advance orders should contact Dixon at 478-8453, or see any member of the Football Backers or the football team.

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Arthritis Today
Joseph J. Weiss, M.D. Rheumatology
18829 Farmington Road
Livonia, Michigan 48152
Phone: 478-7880

DO EXERCISES BENEFIT THE SHOULDER?
When muscle strain is the cause of knee pain, treatment may include quadriceps strengthening exercises. But for shoulder pain, athletes excepted, such muscle strengthening therapy is rarely appropriate.
The reason is because the legs are weight bearing, and the arms are not. The primary purpose of the upper extremities is for manipulating and moving; these tasks put a premium on coordination. Thus, in the shoulder, forearm and hand muscles are many in number, short, and small. In contrast, the muscles of the leg are designed for strength and a fast response. These muscles are few in number and composed of bulky muscle fibers.
The practical expression of this difference between arms and legs is in instructions for proper lifting: you are told not to bend over and pick up an object with your back and arms, but rather to squat down and lift up, using your legs as a lever.
If you strain your leg, you may start an exercise program to build the muscles back to a state of strength. However, if you injure your shoulder tendons, the best response is rest and heat. This approach is the fastest way to bring the arm muscles back to contracting in a coordinated manner.

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34 Th. P. 9300-00-15, W. 34 90 30-5-10

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