



Mock onlookers: The mock disaster at the Clarion Hotel in Farmington Hills draws a crowd from the Institute of Real Estate Management.

## Disaster from page 1A

The 132 seminar participants knew there would be some type of mock disaster, but that's all they knew. The disaster began while they were in a classroom. "All of a sudden all hell broke loose," Buiting said. "They had no idea about the explosions, the simulated fire or the smoke. They were shocked."

Thanks to a production company, the simulated explosions were loud enough to be real. Theatrical smoke and special effects made the disaster all the more real as real estate managers who were in the building at the time of the fake explosion and fire tried to get themselves out of the dark and smoke-filled halls.

As fire departments, including Redford, Livonia and Grand Blanc from Genesee County en-

acted their roles as rescuers, victims, students from Bloomfield-Lahser High School waited their turn for rescue. "They did a great job," Buiting said.

And there were no short cuts. As each victim — made up with real-looking injuries — were pulled, dragged and hoisted from the building — rescuers, including Community Emergency Medical Services ambulance personnel, patched up their wounds.

In the skies above the disaster the clip of helicopter engines could be heard as cameras zoomed in on the activity to be filmed for a training video for real estate managers.

Seminar participants followed fire personnel through the mock disaster to get a glimpse of how emergencies are handled.



STAFF PHOTOS BY SHARON LEMIEUX

Emergency response: Firefighters from Farmington Hills and Grand Blanc pull a "victim" from a building during the pretend disaster.

"We're trying to teach property managers that all exits are designed to remain open," Baldwin said, showing how doors are closed and can trap people.

Emergency crews were posted down the street at the Farmington Community Library and were sent to the scene in stages just as they would happen in real life as

other departments would be called under mutual aid agreements.

"We found this is something we need to repeat," Baldwin said. "We learned some valuable lessons. There were people (victims) who were missed with the size of the building and the lack of personnel."

Baldwin said the disaster also revealed some communication difficulties among local firefighters and with mutual aid departments.

"This is all part of why we do it. It's something we should all do more often. We should do these every year or two and practice the things we all are learning."

Baldwin said. "It's the out-of-the-ordinary incident we will eventually face."

### Diabetes program

St. Mary Hospital of Livonia will offer a diabetes education program from Nov. 10 through Dec. 8.

The program is scheduled 7-9 p.m. on Tuesdays and Thursdays in St. Mary Hospital Pavilion Conference Room B.

Cost of the class is \$50, which includes a spouse or support person. Registration is required by Nov. 3. To register call 591-2922.

## Mercy Health Services names legal chief

Mary Corita Heid, president of Sisters of Mercy Health Corporation and executive vice president of Mercy Health Services (MHS), has announced the appointment of Agnes Dombrowski Hagerty as vice president of Legal and Public Affairs.

"We are fortunate to have someone as capable as Agnes Hagerty to assume this critical role within MHS. Her enthusiasm and excitement over her ap-

pointment is most gratifying," said Heid.

In 1985, Hagerty joined the MHS legal staff as an associate corporate counsel. In 1990, she was promoted to director of Legal Affairs for the Mercy system. She had previously worked as a corporate insurance analyst with Ford Motor Company.

Hagerty is a member of the State Bar of Michigan, the American Academy of Hospital Attor-

neys and the Michigan Society of Hospital Attorneys.

She holds a bachelor's degree in economics from the University of Detroit, a master's degree in business administration from Mercy College of Detroit, and earned her juris doctorate degree from the University of Detroit School of Law. She is currently a master of laws candidate in finance law at the Wayne State University School of Law.

Mercy Health Services is a Farmington Hills-based non-profit healthcare system sponsored by the Sisters of Mercy Regional Community of Detroit.



Agnes Dombrowski Hagerty

### Arthritis Today

Joseph J. Weiss, M.D. Rheumatology  
18829 Farmington Road  
Livonia, Michigan 48152  
Phone: 478-7850



### BACK STRAIN

The sinews of the back include seven layers of muscles. They begin with the trapezius and latissimus dorsi and go down through the rhomboids, erector spinae, the multifidus, iliocostalis etc. Some muscles run straight from sacrum to skull, others span a single vertebral spine, others start medial to lateral, while others do the reverse. Some fibers plunge to reach the bone, and other muscles connect to ligaments on the spine of their path.

Back ache can result when any muscle group, single muscle, or segment of that single muscle suffers strain or unusual stretch.

Even sophisticated tools of evaluation such as x-rays, CT scanners, EMG analyzers, or thermographic imagers, can rarely distinguish where in the back the problem lies, and from which layer of muscle the pain comes.

To ease, no form of medication or medication or medication has shown itself consistently effective in reducing the pain backache produces or accelerating resolution of the discomfort.

Finally, the complexity of the back musculature brings into question the value of exercises intended to relieve or forestall back strain.

Thus in this age of interplanetary travel and analysis of the human genome, your doctor must talk to you about treatment of back strain in the same manner your grandmother did: take rest, use heat, don't strain your back further, and wait for time to heal the hurt.

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