



Basement filler: The above view looks expansive, but it's just one-third of the entire layout.



Father-and-son fun: Jeffrey and Jeremy Spoon work the controls of their basement model railroad layout.

Train from page 1A

to build model airplanes and, later, to get involved in construction.

The president of a real estate company wanted the same sort of inspiration for his children. He set up a model railroad as the family moved to Farmington Hills.

His son, Jeremy, 17, continues to bring friends over to see the railway in action.

"I really kept it private, just for my kids and their friends," said Spoon, 48.

When the family decided to sell the house, Spoon realized his labor of parental love would have to come down. He decided to give the plaster layout to anyone who's interested. He's keeping the trains and buildings "for my kids' kids."



His creation will be taken down, but his sentimentality for the model trains appears stuck at the station.

"I have a lot of pride in it," he said. "You move on. It's a shame, but it's not the end of the world. Just the end of the line."

Mayor from page 1A

the choice they made by approving the elected-mayor charter amendment.

"Why, in effect, nullify the vote of the people?" Rosen said.

Deb Kenzler, trustee and former president of the Council of Homeowners Associations, suggested the city publish vacancies in the city's newsletter when they become imminent. That would allow for more qualified candidates and avoid having people serve who were doing so because there were no other volunteers.

Councilman Jon Grant said he did not think there was enough time for the council to extensively review each appointment. He said changing the current procedure would require a charter amendment.

Councilman Larry Lichtman, who opposed a directly elected mayor, said some appointments,

to the Arts Commission?" The council took no action on the issue.

In other action, the council:
■ Approved by a 6-1 vote, with Vagnoni opposed, a revised site plan for 4.3 acres on the west side of Middlebelt Road north of 12 Mile Road. The original site plan, which included 12 houses along a 187-foot wide stretch with a 24-foot road, had been rejected. The new plan would include 10 houses, a changed retention pond and other landscaping improvements.

■ Appointed Ken Pool to the Arts Commission for a term to expire Feb. 1, 1998.

Terry Sever
councilman

such as those to the Planning Commission and Zoning Board of Appeals, were more important than others, and should be carefully scrutinized.

"Let's face it," he said, "How important is it who is appointed

Curriculum from page 1A

teachers, health coordinators and counselors oversee the program. Farmington Families in Action President Betty Nicolay and the Rev. Ralph Rabant of Oakland Hills Community Church are also on the committee.

"One parent worried about revisions to the elementary school curriculum.

"That creates problems for children who don't have parents at home who will talk to them about this," said Janet Gage, a Hills parent who serves on the committee. "Their questions are

■ 'When you deal with a topic like this, you get a cross-section of viewpoints. I think we've answered their concerns. We don't anticipate any problems.'

Don Cowan

not going to be answered correctly."

"It's an excellent program... A lot of (parents) are very comfortable with what's being taught."

Those who are not will be allowed to monitor what's taught in

the classroom under a new state mandate. The Farmington district will accommodate curious parents as long as they notify the school ahead of time, Cowan said.

"I'd be surprised if there were any," he added.

Other minor revisions call for the speakers programs to be viewed ahead of time at the high school level. Also, the eighth-grade curriculum will be expanded to include sexual harassment.

"The rest of the program is pretty much intact," Cowan said.

Country Lanes of Farmington

JOIN A SUMMER LEAGUE
Starting May 15th

- Men • Ladies • Mixed • Youth • Seniors
- Mon. 8:00am 1st Place Men's Trio 7:30 p.m.
- Tues. Morning Ladies 10:00 a.m.
- Seniors No-Tap 12:30 p.m.
- Battles of the Sexes Trio 7:30 p.m.
- Men & Ladies Teams of 3 (both sets over)
- Wed. Seniors Mixed 12:30 p.m.
- Youth Scholarship 7:00 p.m.
- Thurs. Parent Youth 7:30 p.m.
- Summer Seniors • Mixed Teams of 4 • 7:30 p.m.

30250 W. Nine Mile Rd., Farmington Hills
(17 Mile West of Middlebelt Road) (810) 476-3201

Spring Golf Lessons
with PGA Professionals

TOP OF THE TEE GOLF RANGE
Tuesdays or Thursdays
• 10 am • 11 am • 1:30 pm • 6:30 pm • 7:30 pm
Cost: \$60 for six 1 hour sessions \$55 per charge each lesson.
Once a week for six weeks.

For information and Sign-Up Call:
628-8333
31800 14 Mile at Orchard Lake Rd., West Bloomfield

Highland In-Home TV Service Contracts are still valid!
For Service Call

HARVEY ELECTRONICS
OF FARMINGTON HILLS
(810) 477-7200

**The Detroit Medical Center
Huron Valley Hospital and
Northwest Ambulatory Services**

are pleased to announce the association of
Huron Valley Internists
**Mark Grushky, M.D. and
Norman Markowitz, M.D.**
in the practice of
Internal Medicine
Commerce Medical Center
8301 Commerce Road, Suite #110
Commerce Twp., Michigan 48382
(810) 363-1800

**Wayne State University
The Detroit Medical Center**

Arthritis Today
Joseph A. Weiss, M.D. Rheumatology
1000 E. Farmington Road
Farmington Hills, Michigan 48334
Phone: (810) 476-1800

THE BEST MATTRESS
The best mattress is a good floor; unfortunately, the rest of the accommodations come at too high a price.
The alternative is as firm a mattress as you can find, a form of a spring mattress. If you must bed in something stuffed with cotton then supplement with a flat board. A 1/2 inch thick piece of plywood under the mattress will suffice.
Mattresses are fine for many men but not for those of us whose feet tend to arch. The rule of thumb is known - not enough research and too many claims, clear evaluation.
The best way to sleep is on your back, that reduces the curve of the lumbar spine. Minimizing the bend reduces potential back muscle strain to a minimum.
Sleeping on your side with your legs bent reduces tension on the spinal cord and to the characteristic posture of a person with sciatica. Sleeping on your stomach, unfortunately the favorite position, is hardest on your back, and is one reason why you need a third mattress. It pushes the stomach in and causes two-dimensional pressure, rather than back muscle pull, to keep your vertebrae in place.
Keeping warm in bed, or at least avoiding a chill, helps your back as warmth keeps back muscle warm. An electric blanket is ideal since it warms weight and allows you to feel on comfort to what pleases you.

Physical Therapy & Sports Medicine
Spotlight on

REASON TO THROW A FIT
If a woman experiences foot problems due to ill-fitting athletic shoes, she is hardly alone. In fact, a recent study by an orthopedic surgeon in California indicates that nearly three-quarters of women's athletic shoes fit too snugly. The reason behind the poor fit is that most women's athletic shoes are not designed for women's feet. In fact, they are merely scaled-down versions of men's athletic shoes, which do not narrow as much from heel to ball as women's shoes do. As a result, 75% of women are confronted with the problem of overly-tight heel compartments, which they try to solve by outgitting themselves with smaller shoes. An athletic shoe that fits a woman correctly should fit snugly at the heel.

If you are a runner or a jogger, then you know pain is your body's way of indicating that something is amiss. Make an appointment with MILDRED PHYSICAL THERAPY & SPORTS MEDICINE, P.C. and give us the opportunity to suggest methods that might alleviate pain and muscle soreness. Treatment goals may be achieved through pain reduction, muscle re-education, neurological rehabilitation and foot and soft tissue mobilization. For more information, call us at (810) 476-7330, or see us weekdays at 33500 Eight Mile Road, Suite A, Farmington Hills.

P.S. Walking/running in shallow water prompts the heart to beat at a slower rate than with land-based exercise.