

# Resident promoted at TV2

Carolyn Worford has been named station manager/vice president of program development for WJBK-TV (Channel 2).  
The Farmington Hills resident joined TV2 in 1984 as program manager, and was promoted to director of operations in 1985 in charge of programming, production, community affairs and broadcast standard.  
She was named director of programming operations in 1989, and was named director of programming and audience development in January 1993. Worford was given her current position in April.  
Prior to joining WJBK, Worford worked at KSHB-TV in Kansas City, Mo., where she served as

program director. A Kansas City native, she began her career at KMBC-TV in 1974 as executive secretary promotion manager.  
Worford was instrumental in one of the first cooperative agreements between an independent and affiliate station.  
Worford was co-chair of the "Class of '95" a five-year joint project with public broadcasting's WTVS. The project nurtures and chronicles the lives and efforts of metro-Detroit high school students slated to graduate in June 1995.  
Worford's community involvement includes efforts on behalf of the Muscular Dystrophy Association and the United Negro College

Fund. She has served as a corporate leader for Boys & Girls Club of SE Michigan since 1984, and is an alumni member of Leadership Detroit IX.  
Worford is a lifetime member of the NAACP, and a member and mentor for Blacks in Advertising, Radio and Television. In 1992, Worford received the Outstanding Woman in Television Top Management award presented by the Detroit chapter of American Women in Radio and Television.  
Worford has served on the board of directors of the National Association of Television Programming Executives (NATPE) since 1986 and is the organization's 1995 chair.



Carolyn Worford

**Physical Therapy & Sports Medicine**  
Spotlight on  
by Richard W. Hodges, Ph.D., ATC, PT, SCS, FACS

**EXERCISE TO REDUCE BLOOD PRESSURE**

In view of recent evidence that exercise may help lower blood pressure in people with mild hypertension, the American College of Sports Medicine has issued a position statement. In it, fitness experts reviewed 40 studies involving hypertensives and exercise. Their conclusion is that the clearest benefit came to those with mildly elevated blood pressure, as defined as systolic readings (the upper number) of 140 to 159 mm/Hg or diastolic readings (the lower number) between 90 and 105. Those with mild hypertension can reduce their blood pressure by an average of 10 mm/Hg within three months by exercising for at least 20 minutes a day, 3 times a week. The statement also recommends regular strength training. This supplement to aerobic exercise counters age-related

muscle loss and prevents joint and muscle injury.  
If you have high blood pressure, check with your physician to see if MILDER PHYSICAL THERAPY & SPORTS MEDICINE could start you on an exercise program. We will be happy to create an exercise program that suits your physical needs and current capabilities. Physical therapists focus on improving muscle strength, function, and coordination. They test and measure the function of musculoskeletal, neurological, pulmonary, and cardiovascular systems, and they can also treat the problems that are caused by illness, injury, and birth defects. To schedule an appointment, call (810) 478-7330 or see us weekdays at 33566 Eight Mile Road, Suite A, Farmington Hills.

## OBITUARIES

**MARY D. R. SINKOVICH**  
Mrs. Sinkovich, 79, of Livonia died May 4 in Botaford Hospital, Farmington Hills.  
Born in Windsor, Ontario, Canada, Mrs. Sinkovich was a supervisor of housekeeping at Medical Recovery Center, a nursing facility.  
Survivors include her son, Larry; daughters, Hona Thibodeau, Lynne Kadlitz and Clare Kowalek; 12 grandchildren.  
Mass was celebrated May 8. Memorials may be made to Priests of the Sacred Heart, Detroit.  
Arrangements were made by the Thayer-Rock Funeral Home, Farmington.

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**PARISIAN**