



Christine Marie and Bill Liptak enjoy yoga relaxation in a peaceful setting. They're assuming the posture to stimulate physical, mental and emotional health while keeping fit.

She says, yoga aids body, too

By JACKIE KLEIN

Do you need something for nerves, tension, fatigue, better sleep and posture, weight control, rejuvenation and agility?

Christine Marie, who will be conducting a six-week course in beauty and relaxation beginning Nov. 1 in Dana Scoutas College, Southfield, claims her methods can do wonders for your morale and shape you up before the holidays.

"The emphasis this term will be on exercising while you're doing something else, healthy eating and shape control," Christine said. "I've been teaching my own style for more than 10 years, and that includes a common sense approach to health and nutrition using yoga techniques."

The sessions will be Monday nights 7:30-9:30 p.m. in the college on Nine Mile and Evergreen. For information on enrollment you may call (424) 5351 or write P.O. Box

302, Brighton 48114.

"The program of beauty and relaxation helps you to help yourself since your body, mind and emotions so that your life will be successful and happy as it should be," Christine said.

"YOGA DOESN'T mean weird postures or strain on the body. Everyone goes at his or her own pace and the unusual postures reinvigorate and maintain health through the endocrine glands and circulatory system."

Muscles are kept in a constant state of partial contraction, ready for full contraction which comes with a message from the brain, Christine explained. This state, muscle tone, means strength, firmness, elasticity and fitness, she said.

"The right kind of exercise keeps muscles in a constant state of readiness so that any sudden, necessary activity can be coped with without cramps or aches," she said.

"Rest and relaxation are also important because emotions like anxiety, fear, overwork and sleeplessness can contract muscles more than the limit required for perfect tone. This brings a feeling of tension and can lead to backaches, headaches and other symptoms."

SLACK MUSCLE tone usually makes extra exertion difficult or painful and can also lead to pockets of fat forming around the slack muscle, Christine said. She considers her course a novel approach to physical fitness.

Filling each two hours with nature's tranquilizer, refreshing techniques of yoga stretching, is a natural way to tune up the body, restore equilibrium and relax our irritated selves, she said. "Yoga means union or yoke and you can apply its techniques in your office, your home or your car."

Hatha Yoga physical postures for stretch-

ing and relaxing, brings health and weight control and relieves tensions day or night, she said. Raja or mental yoga is applied for concentration, memory and awareness. Ibhathi Yoga, the yoga of devotion, enhances all religions and enlightens personal compassion and understanding. Christine said. Jnana Yoga is knowledge in the search for truth and Kritya Yoga, cleanliness, deals with fasting and health.

"Karma yoga is the incorporation of your daily actions with the peaceful flow of calm in the universe," she said. "All this is explained in simple English in my classes. You can refer to yoga as a tension breaker in your daily life."

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Loyalty

Pernick takes a 'realistic' approach

By JACKIE KLEIN

Only through all governments cooperative approach to problem solving can realistic answers to regional needs be supplied, according to Oakland County Commissioner Lawrence Pernick (D-Southfield).

Pernick, 43, who has served on the county board eight years as a representative of District 20, is seeking re-election to a two-year term. As associate chairman of South-east Michigan Council of Governments (SEMCOG), he stresses regional planning.

SEMCOG, with delegates from local communities and counties, seems the best answer to solving problems of transportation, land use, sewer water quality, housing and others. Control of government services can still be maintained on the local level but when local governments can't solve their own problems, state and federal intervention is the alternative.

Pernick, an insurance agent, was chairman of the Oakland County Board of Commissioners in 1973. He is chairman of the board's finance committee, a member of the drain board and county retirement commission.

Pernick maintains the board's attempt to change spending priorities in the county have met with vetoes from County Executive Dan Murphy.

We operate with a \$60 million budget," Pernick said. "All incumbents advocate fiscal frugality, but many budget slashing efforts have been thwarted. For one, our attempt to merge the county drain commis-

sion and public works department, at an estimated annual savings of \$27,000, was passed by the board but vetoed by the county executive.

An attempt to merge the disaster control office with the sheriff's department to cut between \$25,000 and \$30,000 a year and improve services failed after a recommendation against the measure by the county executive.

Pernick said he proposed an amendment to add \$7,000 to the county's federal grant application for Southfield's Life Support Unit. The proposal was defeated. Pernick said, after a negative recommendation by Murphy.

An attempt to initiate a cooperative data processing system between the county computer department and Oakland schools, which would result in a possible saving of more than \$20,000, was rejected by Murphy. Pernick said.

"One of my first acts as chairman of the finance committee was to appoint a citizens advisory board," Pernick said. "They have drafted a nine-point policy for improved computer operations. I brought professional, unpaid consultants in to review improvements in data processing department which had a \$200,000 budget five years ago. It's grown to more than \$2 million."

Pernick said he's disappointed in the recently approved \$250,000 organized crime task force because it fails to involve local police agencies.

"The task force is operated by the Oakland County prosecutor and five state police," Pernick said. "Law enforcement continues to be a political witch hunt with grand jury secrecy."

Beyond long range planning and budget allocations are stymied under the present system, the burden on taxpayers is greater. But I am ready to meet the challenge and I believe my record of accomplishment qualifies me to deal with continuingly developing problems."

Communication could be improved, says Feldman

By JACKIE KLEIN

Southfield Republican Maynard Feldman, candidate for Oakland County Board of Commissioners, stresses the need for an open line of communication between district residents and the county.

Feldman, 42, is challenging incumbent Lawrence Pernick for a commission post in District 20 which includes all of Lathrup Village and a large portion of Southfield. A display and merchandising consultant, Feldman is an appointed member of the Southfield Mayor's Wage and Salary Commission, past president of Tanglewood Homeowners' Association, past president and lifetime board member of Congregation Beth Acham Men's Club, and a member of the board of directors of Adat Shalom Men's Club.

"In view of the role of the board of commissioners, it is essential that each district be represented by a commissioner fully aware of the problems and needs of his district," Feldman said.

"I AM running for the office because I feel my opponent has neglected Southfield and Lathrup Village. To my knowledge, he hasn't attended any county meetings other than for specific reasons."

Feldman contended he has a better understanding of the needs of the people because he has participated in local government. He said he has attended council meetings representing residents of Tanglewood subdivision and has worked for school and police and fire millage proposals in Southfield.

"I care about the quality of life in Southfield and Lathrup Village and I believe in active civic and community involvement," Feldman said. "I believe in accountability on the part of our commissioner."

"I ALSO believe that communities, in



PERNICK FELDMAN

Communication could be improved, says Feldman

which county property available for sale or lease is located, should have the right of first refusal. Availability of such properties should be made known to communities and a reasonable and adequate time allowed for definite acceptance or refusal to acquire the parcels."

Feldman said when he was president of Tanglewood Homeowners' Association, the City of Southfield at his request applied to lease county property west of Greenfield between Oaklup and San Quentin for a children's playground.

"The city was unable to lease this property, but last summer it was leased to the City of Berkeley for an adult baseball park," Feldman said. "Our request of first priority was still on file with the county. Upon my investigation, I was advised the county was aware of the request and notified the city of that fact by letter. Southfield officials had no record of the communication."

Feldman emphasized his position that more involvement, communication and accountability of commissioners in the county would make local communities more desirable and secure.

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