

# Reaction split on Blanchard speech

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Brotherton is "a little disappointed that (Blanchard) didn't call for more cuts and even though I agree with what he said...too much money the state collects isn't spent by the state. It's sent to colleges and universities, welfare agencies and local governments."

Republicans of the Senate and House appropriations committees plan to prepare a "hit list" of \$800 million in cuts, according to some GOP appropriation committee members in both the House and Senate.

Additional savings could be realized, said Brotherton, by slashing funding

for social services and medical aid to aid to dependent children and aid to colleges and universities.

Countered Faxon: "You cannot have a healthy state if you take off its legs and Blanchard can't cut any more than he's cutting."

"I think the governor has come through on a very sound and prudent level responding to the many concerns that people have had over reducing the size and the cost of government, and at the same time maintaining and actually reaffirming Michigan's fiscal integrity as a state in terms of its ability to adequately pay for what it provides for and balance its budget," he said.

Faxon, who met with Blanchard on Thursday, said the governor realizes that the reductions he is making will cause "a lot of special interest groups to feel as if they've been unjustly picked. He realizes that some programs may have been good programs when they started and he also realizes the state cannot afford to maintain costly programs at a time when we have limited economic resources."

Blanchard has no chance of getting through the legislature what he proposes, said Brotherton.

"He's placed himself in a bargaining position by setting his sights high. "There are people I know who are

Democrats that are raising hell about the tax hike."

Faxon is more optimistic. Meanwhile, the mood on the streets of Farmington the day after Blanchard's State of the State address, was one of reluctant acceptance.

"I think his proposal seems fairly decent, because a lot of people are laid off," said Donald Ballard, of Millford, who was shopping in the Farmington area last week. "I'm not exactly for it, but something has to be done."

Said Redford's Robert Burns, "I think if it's good for Michigan, it's good for everybody."



FRANKY DORST/STAFF PHOTOGRAPHER

Farmington visitors Robert Burns (above) and Donald Ballard (right) supported the governor's proposal.



Farmington visitors Robert Burns (above) and Donald Ballard (right) supported the governor's proposal.

# National defense is discussed

"National Defense Without War" will be the topic of a lecture by Gene Sharp, a Harvard University sociologist and political scientist. The lecture will be at 7:30 p.m. Monday, Feb. 14, at Mercy College of Detroit as the second in its 1982-83 Peace and Justice lecture series.

The complimentary program, co-sponsored by Mercy College of Detroit and 17 Detroit area community, academic and religious organizations, is open to the public.

Sharp will explain how nonviolent, civilian-based defense has worked historically and could defend countries today against invasion or repression. He will also discuss efforts of countries who are considering a program of non-violent defense, including Sweden and the Netherlands. The evening will conclude with audience dialogue.

Lisa Uhno, chairman of Mercy's Master Events/Lecture Committee, said, "The understandable desire to preserve one's homeland and values has led to defense systems which now include extensive nuclear capability. If

ever deployed, all humankind would suffer. So the present dilemma is how to provide defense while preserving life. Nonviolent civilian resistance offers hope of an achievable answer."

Sharp has been invited to present this idea to such diverse groups as the U.S. Army War College and Pax Christi USA. The concept is also under study by the Detroit Conference of the United Methodist Church and was included in the second draft of the U.S. Bishops' Pastoral Letter on War and Peace. Sharp recently received the first prize award for the best statement on the abolition of war from the Institute for World Order. He has written many articles and authored three books, including "The Politics of Nonviolent Actions."

The event will be held in McAuley Auditorium at Mercy College, located at 8200 W. Outer Drive at the Southfield Freeway, south of Seven Mile Road in Detroit. For more information, call Mercy College at 592-6200.



Harry Kalajian

# Vice president named at Bell

Harry Kalajian of Farmington Hills has been promoted to vice president for regulatory and external affairs for Michigan Bell effective Feb. 1, 1983.

Kalajian, 50, currently is assistant vice president for regulatory affairs. He will succeed Frank R. Zimmerman of Northville who has been named executive vice president and chief operating officer.

A native Detroit, Kalajian joined Michigan Bell's engineering staff in Detroit in 1955 shortly after completing a master's degree in industrial engineering at Wayne State University. He earned a bachelor's engineering degree at Wayne in 1954.

# Investment officer



Thomas Cary

Farmington Hills resident Thomas W. Cary has been promoted to investment officer in the trust investment division at Manufacturers National Bank of Detroit. Cary manages the trust department's collective investment funds invested in tax-exempt securities. Prior to joining Manufacturers in January 1982, Cary was affiliated in the investments area with Mellon Bank and Marine Bank in Pennsylvania.

Cary is a member of the Detroit Bond Club. He received his bachelor of business administration in finance degree from Kent State University.

# Mixed marriages are discussed

A workshop on new approaches to intermarriage will be presented from 10 a.m. to 4 p.m. Saturday, Feb. 26, at the Birmingham Temple, 28611 W. 12 Mile Road, Farmington Hills. The workshop will be led by Rabbi Sherwin Wine, Dr. Gail Parker, Dr. Robert Handelman and Bernetta Miller. There is a registration fee; lunch will be provided.

According to recent studies, 40 percent of marriages involve persons of differing religious faiths.

This workshop will focus on six issues: personal identity; developing a shared philosophy of life; celebrating two cultures; raising children; dealing with parents and dealing with the community.

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**THE USE OF HEAT IN TREATING ARTHRITIS-PART 2**

In my last column I discussed the value of heat therapy in the treatment of arthritis. Today I will discuss what forms of heat can be used, advantages of heat over other treatments, and finally, the limits of heat therapy.

The two forms of heat are "WET HEAT," AND "dry heat". You are feeling the warmth of hot water when you use a hot water bottle. Dry heat is what you get from a heating pad. For reasons unknown, wet heat penetrates further than dry and is generally the preferred form.

The greatest asset of heat is that it can be used at the convenience of the user and be applied repeatedly with no danger. All other therapies carry the risk of toxicity or the possibility of an allergic reaction.

The limits to the use of heat are twofold. One, if proper care isn't taken, burns from its application can occur. Second, there are numerous instances in which heat cannot be applied often enough or penetrate into the joint deep enough to fight inflammation. In such circumstances the use of medication is necessary.

Dr. Weiss welcomes questions from readers. Please send your inquiries to his office.

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# Are you reducing your risk of heart attack?

Most coronary risk factors are preventable, curable or treatable. Do you know what they are? Test yourself. Find out how much you know about preventing a heart attack. This is not a pass or fail test. Its purpose is to tell you how much you know about avoiding a heart attack.

- Which is a major risk factor to heart attack?
  - a High blood pressure.
  - b Cigarette smoking.
  - c High levels of cholesterol and fat in the blood.
  - d Diabetes.
  - e All of the above.
- Which additional factor may contribute to your risk of heart attack?
  - a Obesity.
  - b Family history of heart disease.
  - c Lack of regular exercise.
  - d All of the above.
- Which health risks are most controllable by the individual?
  - a Risks related to your behavior and habits.
  - b Inherited traits.
  - c Problems in your environment, such as air pollution, highway conditions.
  - d Conditions that require care from hospitals, doctors and other health professionals.
- If you feel uncomfortable pressure, sickness or breath or pain in the center of your chest lasting 2 minutes or more:
  - a Drive yourself to a hospital immediately.
  - b Wait an hour, it may be heart-burn or indigestion.
  - c Call an emergency rescue service.
  - d Leave a message with your doctor's answering service.
- Which foods add to cholesterol in the blood?
  - a Polyunsaturated vegetable oils and margarine.
  - b Low-fat milk and yogurt.
  - c Egg yolks, butter and cheese.
  - d Fish and poultry.
- A stroke happens when oxygen-rich blood is cut off on its way to the brain. Warning signals of stroke include:
  - a Temporary dimness or loss of vision, particularly in one eye.
  - b Unexplained dizziness, unsteadiness or sudden falls.
  - c Sudden, temporary weakness or numbness on one side of the body.
  - d Temporary loss of speech.
  - e All of the above.
- Anyone starting a program of regular exercise for cardiovascular fitness should:
  - a Go "all out" from the start.
  - b Constantly push to increase the intensity of activity.
  - c Pick activities which are rhythmic and repetitive. Start slowly.
  - d Always stand still or lie down immediately after exercising.
- Hypertension means:
  - a Being nervous and high-strung.
  - b Feeling very tense.
  - c Having blood pressure that stays higher than normal.
  - d All of the above.
- Untreated, high blood pressure can cause which problem?
  - a Stroke.
  - b Heart attack.
  - c Kidney failure.
  - d All of the above.
- If you have high blood pressure, you will need to:
  - a Take medications as prescribed.
  - b Get your blood pressure checked regularly.
  - c Decrease amount of sodium (salt) you eat.
  - d Lose weight if overweight.
  - e All of the above.

**ANSWERS:**  
1) b 2) d 3) a 4) c 5) a 6) e 7) c 8) d 9) d 10) e

Score 100 points for each correct answer. 100 or 90 — Excellent: Your answers show you're aware of the risk factors for a heart attack. Just remember, you can call Red Cross anytime anywhere in your family needs health instruction.

80 or 70 — Good: But, there's room for improvement. Call Red Cross for a listing of the health and safety courses available at your local Red Cross chapter.

60 or below — You need help! Learn how to take better care of your heart. Call your nearest Red Cross chapter.

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