

sport shorts

North gymnasts top Northville; Falcons triumph

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the 200 freestyle (1:50.9).
The inaugural WLAA meet is scheduled for Wednesday and Thursday at Plymouth Salem High School. The preliminaries begin at 2 p.m. Wednesday, and the finals start at 4 p.m. Thursday.

GYMNASTICS

North Farmington's Sharon Shiffra and Northville's Cathy Heitert each won two first places Thursday, but the Raiders won the meet, 124.65-117.30. Shiffra finished first in uneven parallel bars (8.15) and floor exercise (8.35) and earned a third in vaulting (8.3). Heitert won vaulting (8.9) and balance beam (8.75), took second in bars (7.45) and tied with North's Kim Edwards for third in floor exercise (8.15).

Dona Kebrule of North has second places on beam (8.3) and floor (8.2) to go with a third place on bars (7.25), and teammate Angie Griffin earned a third place on beam (7.8). Northville's Amy Aaron finished second in vaulting (8.4). North, now 11-1 in dual meets, will host the Western Lakes League meet

on Saturday, March 5.

FARMINGTON'S JO Smith won two events Thursday to help the Falcons fly past Walled Lake Western, 118.45-116.0.

Smith won vaulting (8.6) and bars (8.1) and finished second in floor exercise (8.8), and teammate Katie Malachuk gained a second place on balance beam (8.8) and had third on bars (7.35), vaulting (7.85) and floor exercise (7.95).

Western's Barry Mosbeck won beam (9.8) and floor exercise (9.65) and finished second in vaulting and bars (8.05).

FARMINGTON HARRISON lost to Walled Lake Central, 102.35-95.6.

The Runk sisters, Lauri and Julie, and Martin McCaughey accounted for most of Harrison's scoring. Lauri placed second in vaulting (7.35), Julie was second in floor exercise (7.7) and third on bars (5.15). McCaughey finished second on beam (7.65). Central's Donna Finkbeiner won vaulting (7.6), bars (6.5) and floor (7.85), and teammate Shari Bittell won beam (7.4).

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Flares are not related to unusual effort or to personal stress such as a divorce or death, but seem to occur because of an unpredictable lowering of the body's defenses against inflammation. This state may last for weeks to months, but it is rare that your arthritis is changed permanently to a more crippling state. Recovery though slow, is generally the rule.

Taking more medicine to stop a flare is generally not effective. The best treatment is to increase your rest and to do so, if possible, in the form of several short pauses over the day. In addition, it is important that you don't dwell on your present circumstances, but keep in mind that improvement will occur.

If you find yourself failing to fulfill your family and personal obligations, or if you feel you are becoming a burden to others, see a physician. Taking steps to relieve your distress is his responsibility. Dr. Weiss welcomes questions from readers, please address your inquiries to his office.

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