



The Farmington School District includes Farmington, most of Farmington Hills and a tiny portion of West Bloomfield Township.

Precinct No. 1 is located in the Farmington Training Center, 33000 Thomas in downtown Farmington; Precinct No. 2 is in Duncel Middle School, 32800 12 Mile; Precinct No. 3 is Warner Middle School, 30303 14 Mile; and Precinct No. 4 is in East Middle School, 25000 Middlebelt.

"The district has been very much aware of what its needs are, and has been very careful to buy only what it needs," Frisk said. "I believe our district is very conservative and modest about what it will spend during the year."

Polls in the district's four precincts will be open from 7 a.m. to 8 p.m. Tuesday.

## Brodhead speaks tonight

Former Congressman William Brodhead will speak to students and the general public at the Orchard Ridge Campus of Oakland Community College at 7 p.m. Monday, Sept. 24 in the Smith Theatre. The free program includes a question and answer session.

William Prisk, the district's assistant superintendent for finances and services, agreed, "I expect the usual (small) turnout. I don't know why we'd expect anything different at this point."

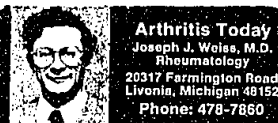
the 17th District is a practicing attorney in Wayne and Oakland counties. He is also responsible for government affairs for the law firm of Plunkett, Cooney, Rutt, Watters, Stanczyk & Pederson.

For more information about the series, contact Harvey Bronstein at 471-7744.

Brodhead's topic will be "How Government is Influenced."  
The former U.S. Representative for

sonality Betty Jean Rivkin and Southfield psychologist Juanita Doss co-host the program Thursdays at 9:30 a.m.

The purpose of the program is to introduce you to the latest medical discoveries plus other health-care issues, and the physicians in our own community who are leading specialists in their areas of medicine.



### More On Back Pain - Mid Back Pain

Little has been written on mid-back complaints: the aching you have felt between your shoulder blades. Such discomfort, unlike neck or low back pain, rarely is caused by conditions involving the back bones themselves.

Most mid-back aches are the result of strain on the scapula (shoulder blade) muscles. The scapula is anchored by muscles that connect to the mid-back vertebrae; strain on the scapula places tension on these anchoring muscles. It is this tension that you feel as a mid-back ache.

Another cause for such discomfort is fibrositis. In this instance, "trigger points" — areas of irritation under the skin — cause radiation of pain across the mid-back region and up the neck.

How are mid-back conditions treated? If the cause is muscle strain, the treatment is: improved posture. Standing erect with the ears even with the clavicle (collar bone) throws the scapula back into proper relationship with the ribs and relieves strain on scapular muscle attachments. If the diagnosis is fibrositis, then medication, heat, and injection of trigger points, usually brings relief.

**SKINTALK SKINTALK SKINTALK SKINTALK SKINTALK SKINTALK**


**JON BLUM M.D.**

### ADULT ACNE

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**JON H. BLUM, M.D., P.C.  
MARK L. NELSON, M.D., Ph.D.  
DERMATOLOGISTS  
32005 W. 12 MILE  
FARMINGTON HILLS 553-2900**

**SKINTALK SKINTALK SKINTALK SKINTALK SKINTALK SKINTALK**



It starts quite innocently: you convince yourself the symptoms aren't serious. So if you sought medical help you'd just look foolish. And later it's too late.

Each year 350,000 Americans die from heart attacks before reaching the hospital. Often after a deadly, unnecessary delay. In fact, the average victim waits over three hours before consulting a doctor. Because he doesn't realize what his symptoms mean. And he doesn't want to seem silly.

Please, learn the warning signals of a heart attack. And, if you experience any of them, get help. Call a paramedic at once. Or, if you can get to an emergency room faster another way, do so. Without a second thought.

After all, saving face means nothing compared to saving your life.

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### WARNING SIGNALS OF A HEART ATTACK

1. An uncomfortable pressure, fullness, squeezing or pain in the center of your chest behind the breastbone.
2. The sensation may spread to your shoulders, neck or arms. If it lasts for two minutes or more, you could be having a heart attack.
3. Severe pain, dizziness, fainting, sweating, nausea or shortness of breath may also occur. But are not always present.

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