

Suburban Life

Loraine McCallish editor/477-5450



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No shortage of work for students who paint houses this summer

By Susan Buck
staff writer

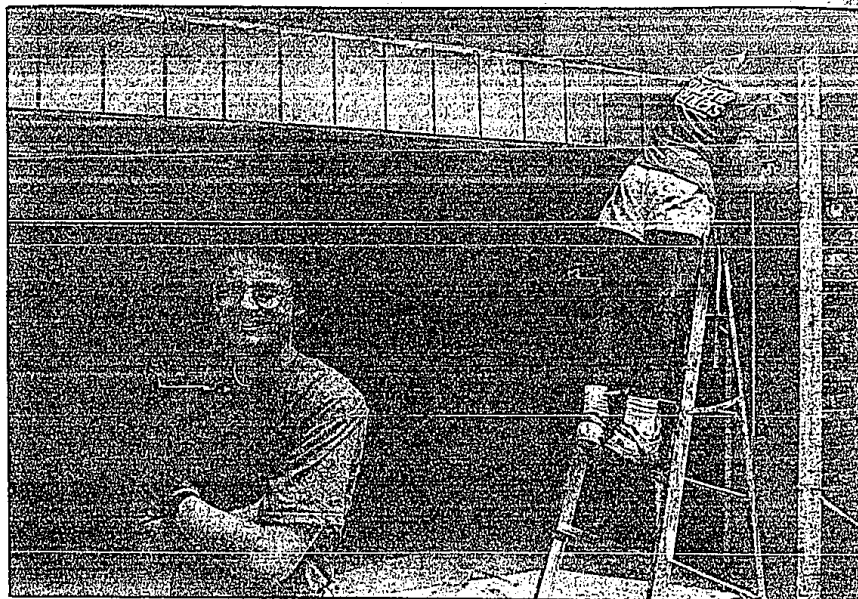
AT 20 YEARS of age, Jason Botwick is an entrepreneur. Botwick, a college student majoring in economics at Purdue University, bought a franchise in the Triple A Student Painters company in December and is now the regional manager for the Farmington area. Locally, individual students hold franchises in the Livonia, West Bloomfield and Birmingham areas. "The company isn't new, but it is new in Michigan," said Botwick, who graduated from North Farmington High School. "It was started in Toronto in 1980 with six painters. Since then, it has grown into the largest residential painting company in the whole world. There's a regional off-

ice in Mount Clemens that hires people from the Midwest. In turn we hire people to work for us."

BOTWICK BECAME interested in the company last year when he worked as a painter for the group. He learned about the company when a neighbor hired the company to paint his house. Botwick was attracted to the company's lawn advertisement signs, which resemble real estate signs, and began to investigate the company as an employer. "There's no trick to painting, but you definitely have to concentrate. There's certain things that make things go faster. It's hard work. There's no doubt about that," he said.

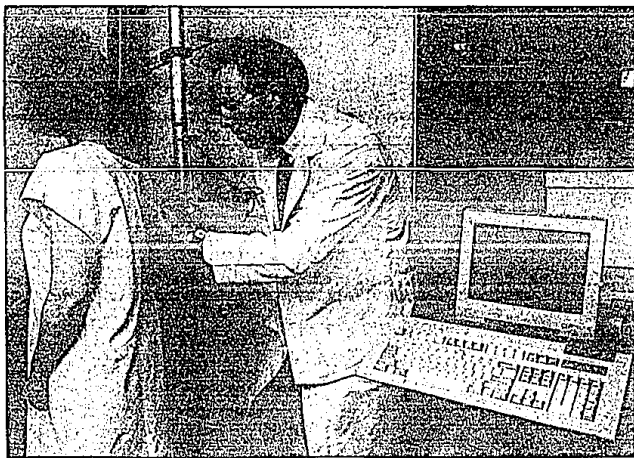
Botwick trains his new painters on

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RANDY BORST/staff photographer

Jason Botwick, at left, a junior at Purdue University, is on the job site with one of his employees, Scott Kirkwood, a senior at University of Michigan. Both are residents of Farmington Hills.



RANDY BORST/staff photographer

With better posture you can get more oxygen in the lungs and make weak muscles strong, according to Dr. Bruce Lowen who examines a patient with the use of his new computer.

Posture is analyzed by snappy young computer

By Norreen Flack
special writer

Dr. Bruce Lowen, a Farmington Hills chiropractor and specialist in kinesiology at 32380 Farmington Road, started pointing out flaws with my posture as he read the print out from the Metrecom, a computerized spinal analysis.

Who would have guessed that I had a weak latissimus dorsi? Or that my left foot turned in because of an imbalance with my psoas muscles? "There must be some mistake," I thought as he continued to spin-off problems with my psoas. "Let me see that."

For years, I have prided myself with "perfect posture." No teachers had to tell me to sit up straight. But there I was in my patient uniform getting analyzed by a snappy young computer during "Good Posture Month."

The Metrecom was developed by Farrow Medical Technologies in Montreal, Canada in 1987. Lowen is one of four Michigan doctors who practice with the computer. The Metrecom is presently used in Florida, Pennsylvania, New York and Michigan. Lowen began using the Metrecom in March as an aid in identifying

weak muscles quickly and assessing treatment. Pinpointing weak muscles manually takes much longer and is not as effective as the Metrecom, Lowen said.

"The Metrecom helps the patient understand what is going on with their posture," Lowen said. "They can have a visual picture when they leave the office."

"THE PATIENT must stand in a set position balanced by a steel guard that curves around the neck. The doctor traces over pressure points of the body with a penlike instrument connected to the computer. In minutes, a five page print out of the persons skeletal analysis on general posture with a sagittal and frontal view appears.

The print out marks imbalances in a persons skeletal structure which allows the doctor to locate muscle weaknesses.

"When I find a muscle that is weak," Lowen said, "I know there is a reason for the weakness. By assessing posture, I find out what is going on with the body. I work to improve overall function of the body. To improve posture."

Inaccuracies may occur if the patient moves out of place. A trained professional should perform the test

to make sure the patient is relaxed and stable for accurate results, Lowen said.

Abdominal discomfort, headaches, backaches, arm, shoulder, and neck pains are symptoms which may be related to postural imbalance. These effects are often caused by stress, poor diet, lack of exercise, or fatigue.

Lowen claims that most people do not realize the importance of posture balance and muscle strength with regards to total body health.

A TEXT USED by Lowen, "A Touch For Health" by John F. Thie, states, "Some of the muscles are related to a specific organ system because they share a lymph vessel or an acupuncture meridian. When we have improved the muscle by restoring the energy flow of these systems, this also gives relief to the organ which is sharing that system."

"With better posture," Lowen said, "you can breathe better. You can get more oxygen to your lungs, and you can make weak muscles strong."

After the correct muscle is located, the doctor has several ways to treat a problem with posture such as massage, acupuncture, or prescrib-

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