

IN BRIEF

About suicide

A program on suicide — "The Aftermath of Suicide: Shock, Anger, Guilt and Grief" — will be held at 7 p.m. Thursday, Jan. 30, at the Farmington Hills branch of the Farmington Community Library, 32737 W. 12 Mile Road, Farmington Hills. Guest speaker will be Elaine S. Burton, staff grief counselor at the McCabe Funeral Home in Farmington Hills. For more information, call 553-0129.

It's in the cards

A card party to benefit the Order of the Eastern Star, Farmington Chapter 239, will be 7 p.m. Tuesday, Feb. 4, at the Farmington Masonic Temple, Farmington Road and Grand River. Table and door prizes will be awarded.

In good voice

THE GOOD Evening Friends, a Farmington-based repertory chorus, is resuming rehearsals for its spring/summer season. A limited number of openings in all voice parts are available. This mixed chorus features a varied program from Bach to pop, vocal and jazz. The group performs at senior centers, banquets, church groups and service organizations. For booking or membership information, call Ed Meade at 477-5549.

Volunteers needed

Volunteers from the Farmington area are needed by the American Cancer Society to transport cancer patients short distances for treatment at area hospitals. Volunteers are needed Mondays-Fridays between 8:30 a.m. and 5 p.m. If interested, call Betty Alcox at 557-5353.

She's promoted

Andrea Leggett, a Farmington Hills resident, has joined the Ross Roy advertising agency as an account executive. Leggett previously worked as an intern at The Metro Times. She has a bachelor's degree in Journalism/marketing from Indiana University.



Fitness program helps teachers 'Dump Plump'

By Casey Hens
staff writer

The national health and fitness craze has found its way into the Farmington Public Schools, where an emphasis on employee wellness has been in place for more than three years now.

Using things like overall health screening, the "Dump Your Plump" weight reduction and health program, staff square dances and an annual spring walk/run, the district is promoting a long-term employee program which officials believe will carry over into the school environment.

"It allows us to look out for one another," said Pamela O'Malley, assistant to the superintendent. "I think the real heart of the program is at the building level. The ideas generate from the staff."

Although O'Malley said many of the benefits cannot be measured, she said the hope is that a healthier employee is a happier one.

And happier employees mean a happier school environment. "All of the research says that it is true," O'Malley added.

SEVERAL HUNDRED employees kicked off the 1992 "Dump Your Plump" worksite weight-loss competition in January, working in teams to lose weight and get in shape. Last year in the 10-week program, 375 Farmington school employees lost 2,749 pounds in the program. The 5-year-old program is used at companies throughout 27 states.

Jan Gray, a third grade teacher at Hillside, plays volleyball after school.

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— Pamela O'Malley
assistant to the superintendent

The Dump Your Plump contest in Farmington is run by O.E. Dunkel Middle School teacher Julie Ingalls and Ann Hollowell, head custodian at Wood Creek Elementary.

"You feel good that you've offered it and helped give them a chance to offer exercise into their lives," said Hollowell, who is a member of the Wood Creek Fatty Acids team and walks with co-workers after school there.

"It's not just a weight-loss thing," Ingalls said. "We want them to change their lifestyles to include exercise."

In addition to the Fatty Acids, other DYP teams include: the Fatty Melts from East Middle School, the Slim Jims from the Alternative Academy, the Slenderellas from Fairview and the Cellulites from Larkshire. Central office has two teams, the Cellulite Fighters and the Hillbellies, and Hillside Elementary boasts two teams called Snow Plumps and the Seven Dumps, and With A Hearty Heave Ho.

SOME EMPLOYEES exercise together, while others do it on their own. They all earn weekly points and must weigh in at the Lewis Schulman Center each Thursday.

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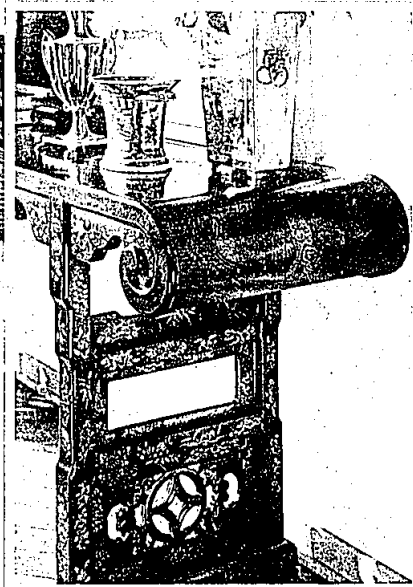
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