

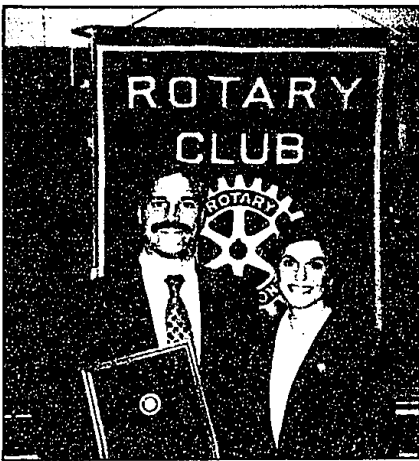
Rotary honors couple

The Farmington Rotary Club honored Bob and Nancy Gorga during the organization's 17th-annual Vocational Service Award Luncheon Oct. 18.

The Gorgas are POHI teachers at Eagle Elementary School. The POHI program is for elementary children who are Physically or Otherwise Health Impaired and require physical and occupational therapy as well as academic training as a part of their day-to-day school curriculum.

The Gorgas are graduates of Western Michigan University and have taught the POHI program at Eagle School for 18 and 16 years, respectively. They are married and the parents of two children.

The Farmington Rotary for the past 17 years has recognized someone from the Farmington area each October that has dem-



Bob and Nancy Gorga

onstrated outstanding service to the community through their vocation.

The Farmington Rotary meets each Tuesday at 12:10 p.m. at Mountain Jacks restaurant.

League offers state government info

Looking for information about state government? The League of Women Voters has a toll-free telephone service (1-800-292-5823) that may be helpful.

The league's Citizen Information Center in Lansing offers to

help people find out about such things as pending legislation, the state constitution, election laws, voting regulations or tax information.

The telephone is answered from 10:30 a.m. to 3:30 p.m. weekdays.

The telephone service is paid for by the league's education fund. The League of Women Voters is a nonprofit organization that works to keep voters interested and informed about governmental issues.

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Farmington High grad cast in EMU theater production

Jullie McGowan, daughter of Farmington Hills residents Robert and Lillian McGowan, has been cast in "Roll of Thunder, Hear My Cry" at Eastern Michigan University Theatre.

The play will be staged Nov. 18-19 and Dec. 1-3 at EMU. Tickets and information on curtain times may be obtained by calling the EMU Theatre box office, 1-313-487-1221.

McGowan is a graduate of Farmington High School, where she was active in forensics, youth groups, swim team and Men's on Wheels.

Since her arrival at EMU, McGowan has been a member of Tae Kwon Do Club. "Roll of Thunder, Hear My Cry" will

mark her theatrical debut at EMU.

The theaters at Eastern Michigan will open the award-winning family drama Nov. 18 in the Quirk Theatre on campus.

Adapted from the novel by Mildred D. Taylor, "Roll of Thunder" won the Newbery Medal in 1970, and was selected by the New York Times for Best of Children's Books 1970-1980. Other awards include an ALA Notable Book and Pacific Northwest Young Readers award.

The play focuses on the story of Cassie Logan, a girl raised by a family determined not to surrender independence or humanity simply because they are black.



Jullie McGowan

McFarland Florist named to area's 'Future 50' list

McFarland Florist & Greenhouses in Farmington Hills has been named among the "Future 50 of Greater Detroit" by BDO Seidman Accountants & Consultants, the Greater Detroit Chamber of Commerce and WWJ Radio, recognizing the area's most successful young companies.

McFarland's was selected from 21,000 eligible companies in Southeast Michigan which are no more than five years old, have annual revenue of at least \$500,000 and have employment growth of at least 10 percent since it was established.

Mary J. Lore, McFarland president and owner, purchased the 65-year-old family-owned business in March 1992 and through aggressive and marketing efforts has increased sales during the two-year period by 62 percent.

McFarland plans to open a second location in Farmington Hills in November. McFarland offers a range of floral and garden center

products and services for both the individual and corporate market.

Lore was recently named the 1994 Marketer of the Year by the Society of American Florists and Floral Management Magazine. This first-time ever award was to recognize outstanding marketing efforts and inspire the industry to utilize marketing to build their business.

In addition to her successful management of McFarland's, Lore is also vice president of a business development firm in Detroit. She admits to spending around 100 hours a week between both activities.

"We are very excited about being recognized as one of the area's successful emerging companies and being recognized by the industry. We are committed to listening to our customers, anticipating what they want and backing it up with superior customer service," said Lore.

Lore accepted the Future 50



Mary J. Lore

award at the Awards Banquet Oct. 18 at the Troy Marriott Hotel and accepted the Marketer of the Year at the Society of American Florists' Convention in Scottsdale, Ariz., on Sept. 20.



12 alternatives to lashing out at your child.

The next time everyday pressures build up to the point where you feel like lashing out — STOP! And try any of these simple alternatives.

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1. Take a deep breath. And another. Then remember you are the adult . . .
2. Close your eyes and imagine you're hearing what your child is about to hear.
3. Press your lips together and count to 10. Or better yet, to 20.
4. Put your child in a time-out chair. (Remember the rule: one time-out minute for each year of age.)
5. Put yourself in a time-out chair. Think about why you are angry: Is it your child, or is your child simply a convenient target for your anger?
6. Phone a friend.
7. If someone can watch the children, go outside and take a walk.
8. Take a hot bath or splash cold water on your face.
9. Hug a pillow.
10. Turn on some music. Maybe even sing along.
11. Pick up a pencil and write down as many helpful words as you can think of. Save the list.
12. Write for parenting information: Parenting, Box 2866, Chicago, IL 60690.