

COMMUNITY LIFE

THURSDAY, OCTOBER 3, 1996

Page B1



SALLY RANDALL

Getting asthma under control requires attitude

Get an attitude! A positive one that is. Managing asthma on a daily basis requires an I can do attitude.

The incidence of asthma is on the rise. According to the National Center for Health Statistics, currently 12 million people nationwide have asthma, of which 4 million are children. Moreover, it's reported that up to 13 million people have not yet been diagnosed.

The reason for this continuous rise in asthma is not quite clear, but the need for medical treatment is. Most asthma trouble can be attributed to not taking asthma seriously, a poor understanding of the disease process, and not knowing how to take medications correctly. Self treatment with over the counter drugs can be dangerous. Anyone experiencing shortness of breath, wheezing, coughing or difficulty breathing should see a doctor.

People with asthma have over reactive airways. This means that the muscles surrounding the airways react by tightening up when exposed to certain triggers. Inflammation, swelling, and mucus further clog the airways producing a wheezing sound and making breathing more difficult.

A few common triggers are allergies to pollen, trees, molds, dust, pets or foods, viral respiratory infections, weather changes, exercise and irri-

See ASTHMA, B3

Homeowners delight in gardens

Members of Hill and Dale Garden Club judged landscapes in the Farmington Square subdivision recently.



BY MARY RODRIQUE
STAFF WRITER

The flowers compliment each other: brilliant tall purple salvia planted next to squat crimson red begonia. Shrubs are neatly clipped on a well-manicured lawn. The mailbox at curbside has a wooden planter box bursting with flowers.

On the front porch, across from two big flower pots, stands a chair made of coarse wooden branches, with ivy creeping up from a pot underneath.

The attractive grounds surrounding Carl and Sandy Occhialini's home at 37805 Windwood in the Farmington Square subdivision was named overall best landscape winner in a competition judged by members of the Hill and Dale Garden Club recently.

"I was very surprised. There are an awful lot of nice homes in the area," said Sandy Occhialini, the primary gardener.

"My parents were older when I was growing up. I spent a lot of time doing yard work. I find it relaxing. I enjoy it. My husband does the heavy work for me. He mows and I maintain. I have ideas of what to do."

The garden club, whose members plant and maintain the gardens at Heritage Park and the Longacre House, accepted a challenge from the Farmington Square homeowner's association board this past summer.

"We wanted to recognize the outstanding landscapes but had to figure out how to judge them impartially," said Brian Hellebuyck, vice

president of the association board.

"A local realtor suggested we contact a garden club. Hill and Dale was the first one I called and they were very receptive."

It was a first time experience for the garden club members.

"Evaluating the landscapes was a brand new thing for us," said club president Marvel Steiger.

But the members were up to the challenge, armed with classes in landscape design critique, some having achieved the distinction of Master Gardener.

The club has 43 active members from Farmington and neighboring communities. It meets the second Thursday of each month at 7 p.m. in the Farmington Hills Library on Twelve Mile Road. New members are always welcome.

"It was a good learning experience for us," said Steiger, who oversaw four teams of three persons each to pore over the 250 homes in the subdivision west of Halsted, north of Nine Mile.

Assisting Steiger with the final evaluations were Jean Moran, first vice president of the Federated Garden Clubs of Michigan, and Chris Sechler, membership chairman for Hill and Dale.

"The Beautification Committee (rates) the local businesses. I don't know if this has been done on a subdivision level before," said Steiger.

Sechler says it was a good learning experience.

"Even though we've had classes in landscape critique, it's reinforced what we've learned," she said.

Moran, also a landscape critic, said she saw a correlation between floral design and yard landscaping.

"The most outstanding home led you gracefully to the front door," she explained.

"It made you want to visit, to feel welcome. It's in the way plantings

See GARDENS, B2



STAFF PHOTO BY SHARON LAMBERT

Welcome home: Sandy Occhialini and granddaughter Gabbi, 3, sit on a cane chair on her porch. The Occhialini home was judged best overall landscape by Hill and Dale garden club.

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