

Politics

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general questions," Packard said.

The Women Officials' Network was started in 1997 by state Rep. Pam Godchaux of Troy and Moorehouse, who worked for her.

"There was at that time no opportunity for elected officials to network together. Elected officials had nothing comparable to business groups," Moorehouse said.

The network gives elected women officials a chance to get together, share their unique experiences and support each other. "We look at issues we think are important," McShane said. That includes general issues, such as home rule, as well as issues that may be important to women.

The network, as well as the upcoming workshop, provides good role models for girls and

women. "They can say, 'There are women out there who can do this, so can I,'" McShane said.

McShane, who will moderate the panel discussion on Organizing a Campaign to Win, said the workshop will "prime people to know what it takes" to run a campaign. "It's like a book on a TV or a VCR. It's a lesson on how to do something. How to run a campaign.

"This is invaluable information. It's hard to obtain. You don't often see something like this," McShane said.

Men definitely are invited to participate in the workshop. Yet

there's also an effort to help women interested in politics. "In some cases, you're the only woman ... They look to you. You're the one who takes the minutes in some cases," Moorehouse said. "Women have dealt with lots of condescending remarks and assumptions. It's not an easy road to plow."

Overall, Moorehouse said, cities in Oakland County "have far fewer women on their boards, but women tend to dominate elected library boards. And we're doing quite well in the county."

Registration for the workshop before March 11 is \$25, and after March 11, \$35. For information, call the LWV at (248) 647-1350.

FARMINGTON PUBLIC SCHOOLS INVITATION TO BID

Farmington Public Schools will accept sealed bids for:

Landscape and Irrigation Improvements at Various School Sites, at the Lewis Schulman Administration Center, 32500 Shiawassee, Farmington, MI 48336 until 1:30 p.m. or March 15, 2000 at which time they will be publicly opened and read for presentation to the Board of Education at their next regularly scheduled meeting. No oral, telephonic, telegraphic or facsimile proposals will be considered. No proposals will be considered after the time of closing of bids.

The Board of Education reserves the right to accept any item in the bid; to accept or reject any or all bids; to waive any formalities therein; or for reasons of establishing uniformity, to award the contract to other than the low bidder.

A certified check or a bid bond for 6% of the bid amount issued by a carrier licensed by the State of Michigan and with an excellent or superior rating from AM Best Company must accompany your bid.

Any questions should be referred to Mr. Ron Atan, District Architect at (248) 499-3425 or Ms. Susan Griswold/Metz Associates at (248) 553-2500.

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The City of Farmington Hills reserves the right to accept or reject any or all bids, either in part or in whole, to waive any formalities and to accept the bid which it believes to be in the best interest of the City.

KATHRYN A. DORNAN
City Clerk

Published: March 6, 2000

Arthritis Today

JOSÉ PHIL. WEISS, M.D. RHEUMATOLOGY
18929 Farmington Road
Livonia, Michigan 48152
Phone: (248) 478-7860

PROPER POSTURE

Proper posture is as follows: your stomach should be even with your chest, and ear lobes even with your collarbones. Those old Hollywood movies about girls at boarding school were showing one way to achieve proper posture. You move what a scale of girls trying to walk with a book on their heads. The only way to make that book is to walk steadily right with stomach even with chest and ear lobes even with the collar bone.

There are advantages to the posture you are looking now. First, you remove undue strain from your back. You prevent unnecessary muscular tension and unnecessary muscular wastes rather than putting strain on your back muscles running between the lumbar vertebrae.

Second, you prevent neck aches. Achieving alignment between your ear and your collarbone requires use of the scalene muscles which are inferior to the trapezius and rhomboids. These are the muscles that hold your head up and are responsible to hold your head up. As the responsibility is distributed among several muscle groups, the likelihood diminishes that any single set of muscles will develop strain.

Third, you prevent shoulder aches. Proper posture allows you to stand upright with your legs, and feel how the way ankles and back curves work. Their pull and tension reflects on your body, the balance in their movement permits a sudden shift, a quick and graceful move wherever they are.

You do not need to practice walking with a book on your head. Think proper posture. Take a deep breath, bring your head up, and then work to maintain it.

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Shooting

"I feel as if the incident was not only sad, but troubling," Smith said. "As I watched the events unfold late that evening, I began to believe that our parents would want to take some comfort that we had plan of action."

Wednesday morning, he called an emergency staff meeting. They reviewed safety protocols and determined an action plan. They devised a set of responses if children asked about the incident but decided to discuss it only if the children mentioned it.

"At the elementary level, I didn't feel the need to introduce the topic," Smith said. "In that way, I think it was in agreement with parents' wishes."

Some may have chosen to talk about it. So we didn't introduce the concept."

Smith also wrote parents a letter. He detailed Longacre's safety protocols, including a new playground peer mediation program. He thanked parents for

their support and reminded them that they are a school's first line of defense when it comes to monitoring what students carry to school.

"I shared with them to comfort them," Smith said. "We are all affected by this and we won't just ignore it."

Smith told teachers to report to him if students were discussing the incident. Since he didn't hear directly from anyone and he didn't hear children talking about it himself, Smith assumes there was little feedback from the children.

Often, children are more upset than they show, so that's why some Farmington schools publicly announced counselor's availability on Wednesday.

Farmington High School students are still mourning the death of a senior classmate who committed suicide last week. This incident didn't help.

"We were already dealing with many of those concerns," said Jim Myers, executive director of school and student services for Farmington Public Schools. "And we don't want to become callous to it or jaded about these kinds of things. It was a topic of conversation with parents, students and teachers, too."

Myers said some teachers advised students to discuss the issue with their parents. No teachers reported to him that students were showing anxiety about the incident.

Psychologist Ron Rice offers some advice.

"Offer the opportunity for people to deal with this and have open forums, with a professional present," said Rice of Humanistic Resources in Farmington Hills. "You should have a professional there because there's too much anger and fear when these things happen and many people don't know how to deal with it."

He said avoidance is the wrong answer. "The response should be

sensitive and caring," Rice said.

"Parents should encourage children to express their feelings."

Rice said parents should watch

for three signs of depression:

■ Changes in social behavior.

■ Changes in sleep patterns.

■ Changes in appetite.

"I heard about it on the radio and I didn't believe anything like that could happen," Rice said. "This is a psychologically devastating experience for children and parents - and for society in general."

He advises parents to watch their kids closely and if they appear excessively upset, seek professional assistance immediately.

Patients have discussed the shooting with Rice since the day it happened.

"People who are seeing me for depression or other issues are in here telling me about their feelings about what happened in the school. There is a huge impact at the local level, in all communities. It's a pervasive thing that affects all people - the fact that a child could have access to a loaded gun."

Rice thinks some parents are naive.

"We live in a society where we make assumptions," Rice said.

"We think that when we send our kids to school, they will be safe. That's not true. We live in a violent society. That boy lived in a drug den. He had no idea what death was about," Rice continued.

"At six, he doesn't know what it means for someone to be dead and buried in the ground. As a psychologist, I'm telling you he has no idea of the full impact of what he's done."

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Tickets available at Southfield City Hall main reception desk weekdays (8 am to 5 pm) or the Parks & Recreation Building evenings (5-7 pm) and Saturdays (9 am-2 pm). Reservations are required.

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Community Center 1801 N. Beech Daily	Redford Community Center 16150 Norborne MSU Management Education Center 811 W. Lakewood Lakeview	Redford Community Center 16150 Norborne MSU Management Education Center 811 W. Lakewood Lakeview	Freedom Hill Main Building 16000 Metro Parkway	Novi Community Center Main Building 16000 Metro Parkway	Novi Community Center Main Building 16000 Metro Parkway
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