

Goss gets surprise award for 25 years

BY SUE BUCK
STAFF WRITER

Farmington Public Safety Director Gary Goss received a surprise award Wednesday after delivering kudos to his officers for their accomplishments for more than 25 years.

Goss was honored for his 25 years of service to Farmington. The annual awards ceremony was held in the Farmington City Hall council chambers with friends and family of the officers in attendance.

Some children accompanied their parents to the podium as they watched their parents receive awards.

Farmington City Manager Vince Pastue announced that the city had another award, this one for Goss.

"You also have a 25-year anniversary coming up on July 15th Pastue said. "Although I've been here only two months, prior to coming here I had two

different public safety directors, his peers, called me and told me, 'You're going to a good community. You are going to enjoy working with Gary.' He's been excellent to work with the two months I've been here and he also has the respect and admiration of his peers throughout the state."

The awards ceremony is one Farmington Mayor Jim Mitchell looks forward to attending.

"This is one of the special meetings of the year, a time when we can hear the stories and to thank the officers for what they do," Mitchell. "We appreciate it."

Goss' award comes at a time when Goss said the city is experiencing its lowest crime rate in Farmington's recorded history.

"Even our traffic accidents are down by 5 percent," Goss said.

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Profits at Baker street going to HFH

BY SUE BUCK
STAFF WRITER

All the profit from a Baker Street Draperies/Doncaster Spring/Summer showing during the week of May 12 will be donated for the first time to the pediatric unit at Henry Ford Hospital in Detroit.

"The money will be donated for families who don't have

enough money for things like car seats, strollers and breast pumps," said Carinne Pomaranski, director of marketing and development for Baker Street Draperies.

The custom drapery is located at 33432 Oakland at Grand River.

Carinne's husband Mark works as an MOHS surgeon at Henry Ford Hospital. He does reconstructive work after cancer surgery.

In thinking of various charitable efforts, Henry Ford Hospital came to mind, Carinne said.

"Doncaster is the same quality and price range as Polo, DKNY, Anne Klein, Tahari, Dana Buchman, KORS and Carilise," Pomaranski said.

Doncaster sizes range from regular 2-18 and petite 2P-16P.

Baker Street Draperies also offers full-service design services ranging from blinds and custom window treatments to furniture, accessories, wallpaper and custom rugs.

To make an appointment for the Doncaster trunk show, call (248) 471-1313.

Chorus performs 'rain and shine' concert

The Farmington Community Chorus performs its 23rd annual spring concert *Come Rain or Come Shine* at the Seligman Performing Arts Center, Detroit Country Day School at 8 p.m. May 9 and 10.

Detroit Country Day is located at 22305 W. 13 Mile Road on the corner of Lahser and 13 Mile in Beverly Hills.

Tickets can be ordered in advance or purchased at the door for \$10.

The 85-voice mixed chorus includes singers from the metro Detroit area. Directed by Steve SeGraves and accompanied by Susan Garr, the chorus will perform a variety of music about rainy days and sunshine, including "On a clear day," "Pennies from heaven," "Let the sunshine in," "Here's that rainy day," and "Greased lightning" as well as solo and small group numbers.

To order advance tickets, call the FCC ticket line at (810) 632-4067 or the Costick Activities Center at (248) 473-1800. Tickets can also be purchased from FCC members.

Visit the group's Web site at www.farmingtonchorus.com



Bill Bresler | STAFF PHOTOGRAPHER

The Farmington Community Chorus is getting ready for their big spring show May 9 and 10. Standing in back are the Greased Lightning dancers, Karen and Jeff Gaver, Christine Kevia, Bill Schan, Paula Vermette, Dave Park, Irene and Randy Patterson. In the foreground: Megan McDonald, Douie Cichocki, Sue Schuler, Meredith Flynn, Kathy DeFever, Kristen Komien, Nilsa Cruz, Marilyn Ryllance, Shelly Addison, Karen Besek and Maria Kruse round out the dance groups.

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Susan Orlowski of Sweet Dreamzzz made a quilt to present to Ron Thomas of Ford Motor Company in thanks for their support of the organization. At right: Kathleen Donnelly of Sweet Dreamzzz.

Arthritis Today
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BEING STIFF BUT YOU DON'T HAVE ARTHRITIS
Getting up and feeling stiff does not mean you have arthritis. The reason for such stiffness is not because your joints are bad, or that your cartilage is wearing down. The stiffness is a muscle problem. Moving after sitting requires the muscles to contract readily and in an orderly manner. These muscle contractions cause the hip and knee joints to extend, flex and rotate which in turn causes the joints to move. When you sit for a long time, your muscles haven't moved for a while and your body has cooled down. These changes impair coordinated muscle action. Furthermore, getting up from a prolonged sit can be more difficult than getting out of bed in the morning. If you look a video of yourself in bed overnight, you likely would be amazed at the movement you make at night. That activity is Nature's way of preparing you to arise in the morning. In contrast, when you sit, you hardly move at all. Therefore, when you arise from your chair, your muscles find it harder to contract quickly and repeatedly as needed. The solution is to sit for shorter periods and arise before your body cools. If you can't, children do. An alternative is to contract your leg muscles by pushing your foot on the floor as if you were pushing down and then releasing the accelerator in your car. Or, you can just accept being stiff for some moments, and not worry about it.

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