

Farmington Observer

Published from Monday and Thursday by Observer & Eccentric, 1829 Livonia Road, Farmington, MI 48333. Telephone: 313-913-8628. Fax: 313-913-8629. Second-class postage paid at Farmington, MI. Postmaster: Send address changes to Observer & Eccentric, 1829 Livonia Road, Farmington, MI 48333. Telephone: 313-913-8628. Single copies 50¢. Subscription rates: \$10.00 per year in advance. Single copies 50¢. Delivery outside Michigan add \$2.00 per year. Delivery outside Michigan add \$2.00 per year. Delivery outside Michigan add \$2.00 per year.

Lifelong Patterns of...Self-Defeat

- can't be yourself
- anxiety/depression
- attraction to wrong people, jobs
- saying yes when you mean no

LEARN THE METHOD THAT CAN TEACH YOU TO SEE THROUGH AND RELEASE YOUR UNCONSCIOUS NEEDS

Call for free consultation: 313-913-8628

Arthritis Today

Joseph J. Weiss, M.D. Rheumatology
1829 Farmington Road
Livonia, Michigan 48152
Phone: (810) 478-7850



DIABETES & SHOULDER PAIN

A problem for diabetics is that the effect of disordered sugar metabolism is felt throughout the body. One of the target organs is the shoulder. Diabetes impairs the capability of shoulder tissues to lay down normal fibers, hurt a shoulder and repair. Since the shoulder is subject to continual use and occasional stress, the damage in shoulder tissues is ongoing.

Because of this vulnerability to error in repair, diabetics are at risk for three types of shoulder problems:

- **Rotator cuff tear** - adhesive capsulitis.
- **Impingement** - occurs when the rotator cuff is injured by the shoulder tendon responsible for lifting the arm. In rotator cuff tear a rent occurs in the tendons that raise and rotate the shoulder. In adhesive capsulitis the tissues that form a capsule around the shoulder joint stiffen, severely limiting the motion of the shoulder joint to move or turn.
- **Treatment with exercise and/or injection** brings uneven results. Maintaining good diabetes control has not clearly shown to prevent or modify the severity of these shoulder problems. Fortunately, newer techniques place with time, though this period can stretch from weeks to months.

Spotlight on
Physical Therapy & Sports Medicine

TREATING MUSCLE SORENESS

Muscle soreness is a common problem experienced by both recreational exercisers and frequent exercisers who suddenly increase the intensity of their workouts. The name given to this type of soreness is what you may have heard of after the preceding activity and last up to a week. A 1993 study showed that muscle soreness is the greatest result of the term "muscle trauma" and does not appear to lead to long-term damage. Most people believe that the exercise is a result of over-exercising. A better strategy, however, may be to repeat the activity and to increase the intensity of the activity in the weeks following the first bout of the activity. In fact, research has shown that the production of lactic acid is

READER SERVICE PHONE LINES

- HOMELINE: 953-2020**
- Open houses and new developments in your area.
- Free real estate seminar information.
- CLASSIFIED AFTER HOURS: 591-0900**
- Place classified ads at your convenience.
- CIRCULATION DEPARTMENT: 591-0500**
- If you have a question about home delivery or if you did not receive your paper, please call one of our customer service representatives during the following hours:
 - Monday and Thursday: 8 am — 8 pm.
 - Tuesday, Wednesday and Friday: 8:30 am. — 5:30 pm.
- FAX LINE: 1-800-967-5904**
- You can use a MasterCard, or Visa® to access the following information from our classified ads. This service is available by noon Wednesday and Saturday:
 - Item No. 9402: Looking for a place to rent or someone to share an apartment with? Get a listing of our rental classifieds. Cost: \$5.95.
 - Item No. 9700: Collectibles: Auction sales, Antiques crafts, rummage sales. Cost: \$5.95.
 - Item No. 9800: Recreation: boats, motorcycles, campers, airplanes, etc. Cost: \$5.95.
 - Item No. 9822: Vehicles: Used trucks, vans and all makes of automobiles. Cost: \$39.95.

O&E ON-LINE
BIRMINGHAM AND SUBURBOING AREAS: 901-4711
LIVONIA AND SUBURBOING AREAS: 591-0903

- You can access On-Line with just about any communications software—PC or Macintosh. On-Line users can:
 - Send and receive unlimited email.
 - Access all features of the Internet—Telnet, Gopher, WWW and more.
 - Read electronic editions of the the Observer & Eccentric newspapers.
 - Chat with users across town or across the country.
- To begin your On-Line exploration, call 591-0903 or 901-4711 with your modem.
- At the login prompt, type: **new**
At the key prompt, type: **7082**
- ON-LINE HOTLINE: 953-2266**
- If you need help or have questions, call the On-Line Hotline at the number above.

Festival from page 1A

action is."

Those selling food for thought don't have badly, either. Books Abound owner Skip Rosenthal plans to sell thousands of bound copies outside.

"There will be throngs of people and plenty of banjo playing," said Rosenthal, whose dexterity with the stringed instrument outside the store has become one of the festival's many engaging side-lights.

Residents who live near downtown don't see a financial return as much as they see vehicles leaving the street and parking on their streets. They may get exasperated at times, but most are content to share the city's charms with visitors.

"I like the festival," said Carol Cornilla, Warner Street resident. "Although some people around here don't. They either like it or they don't. But it's for such a short time, and the kids love it. There's never been any trouble that I know of."

Leslie Schorer, who also lives on Warner, is another festival booster.

"I especially enjoy the crafters," she said. "Some of them come from far away and they live in their motor homes in the parking lot next to my house. We have them for neighbors for a few days."

There's always a premium on parking during the festival, but that doesn't bother Oakland Street resident Chris M. Tuttle. "It's never been a problem for us," he said. "I like the Founders Festival... all the events. It's a



Watermelon man: A Farmington Hills 6-year-old seems to have a taste for the watermelon-eating contest during the 1993 Founders Festival.

fun time of the year."

Some former residents can't wait to get back for the event.

Farmington High grads and musicians Brad Allen and Clay Tinham played at the Founders' Festival as 13-year-olds in 1968, and in the 1970s with the Voyager Band.

Allen and Tinham's band

Allin Brothers will be featured at the Farmington Elks Beer Tent 7:30-9:30 p.m. July 13-16. The Elks event has become sort of an annual high school reunion spot.

The pair is hoping to run into some Farmington High grads, who want to sit in and perform with the band.

"We are very excited to be back

playing the Founders Festival after all these years," said Allin, who graduated in 1973. "And look forward to seeing a lot of old friends, teachers and neighbors at the show."

Editor Tom Boer contributed to this report.

Power from page 1A

the Farmington Council of Homeowners. No one is sure why, since the properties are mostly compatible with the RA-1A zoning, it hadn't already been so designated.

"Jean Fox (who pushed for RA-1A zoning for Biddlestone Woods) said it just had never come up," he said. "It was an oversight."

Other residents were also caught short by the proposed development, they say would change the area irrevocably.

"At the time of the Natural Beauty Road designation in November of 1994, there was no development proposed," said Jim Theuring, a 12-year resident of Power Road. "I wish I could say

what will happen. I'm optimistic that we'll at least get a hearing on it (rezoning)."

Peggy Lakica, who moved to Power Road just a year and a half ago, said she did so for the country atmosphere. Although her property would not conform to the proposed new zoning, she is still willing to support the change.

"About 30 percent of the houses on Power Road do not comply," she said. "If our house burned down or were taken away by a tornado, we would need a variance," she said. "But we moved here for the country-like atmosphere. We could have gotten a lot more house somewhere else for the money."

Bicycle from page 1A

The other rider was not injured, but Michael was the only bike rider wearing protective headgear.

Alice Early and other parents are trying to change that. Flanders Elementary PTA members sent a resolution to the state PTA, asking it support legislation to require children to wear helmets while bike riding.

Claudia Heinrich of Farmington Hills took the idea to the Flanders PTA. Some weren't against that they say would change the area irrevocably.

At the time of the Natural Beauty Road designation in November of 1994, there was no development proposed," said Jim Theuring, a 12-year resident of Power Road. "I wish I could say

"I thought it kind of makes sense," Heinrich said. "We got one for our youngest child, and then we decided we'd buy them for our older children."

Heinrich cites numerous statistics: If 50 percent of bicyclists wore helmets, 3,000 head injuries could be prevented and at ages 5-14 more death and disability results from bicycle crashes than from all vaccine-preventable diseases combined.

Said Alice Early: "Bike safety should be on everyone's agenda."

Merchant recommends eye protection, too. Sports glasses can

improve vision and cut down glare.

"You don't want to get dust and debris in your eyes," Merchant said. "Especially around here with the gravel on the side of the road. Cars whiz by and kick up all kinds of crap."

"You don't want any of that stuff in your eyes."

OBSTETRICS & GYNECOLOGY

SMALL-INCISION HYSTERECTOMY

Approx. 600,000 women a year undergo hysterectomies in this country. Nearly one-third of all American women have the surgical procedure done by the age of sixty.

The standard surgical hysterectomy takes for the uterus to be removed through a large incision in the abdomen. In recent years, a procedure known as laparoscopic assisted minimal hysterectomy (LAMH) has become increasingly more common. This procedure makes it possible to remove the uterus through the vagina by means of the incisions in the abdomen, through which optical and surgical tools are inserted to see and cut the uterus from within. Laparoscopic hysterectomy patients to return to full activity in less than a week, rather than face a long recovery period.

Presented by **James Stubbins, Jr., M.D.**

Health Statistics, chances are one out of every three women will have the operation before she reaches the age of 60. Hysterectomies are performed for a number of reasons to remove fibroids, eliminate uterine incontinence and menstrual disorders, and most importantly, to prevent the spread of a cancerous growth.

P.S. LAMH takes place under general anesthesia. Call me at 570-8500 for up-to-date care and facilities. My office are located at 10001 N. 8 Mile Road in Southfield.

Dentistry in the 90s

by Herbert M. Gardner, D.D.S. & Marthe P. Zinderman, R.M., D.D.S.

DEALING WITH TOOTH SENSITIVITY

Anyone who experiences pain when drinking hot or cold liquids is likely suffering from sensitive teeth. This discomfort usually arises when the tooth's outer layer of enamel wears to the point where the underlying dentin is exposed. Channels or tubules in the dentin then enable hot and cold foods and liquids to stimulate the nerve. While tooth sensitivity can be calmed with such desensitizing products as special toothpastes, the best course of action is a preventive one: if gum erosion, malocclusion, or grinding of the teeth are at the root of the problem, they should be addressed. The use of fluoridated toothpastes and mouthwashes is also helpful.

LIVONIA VILLAGE DENTAL
19171 MERRIMAN - LIVONIA
(810) 478-2110

P.S. Tooth pain should never be ignored. Patients may mistake sensitivity for a more serious crack in the tooth.

TABLES FILLED WITH SHOES

SAVE UP TO 60%

\$4.90 \$9.90 \$14.90

\$19.90 \$24.90 1/2 OFF

Greg SHOES 851-5566 OPEN SUN 12-5

"Serving the Community for 20 years"

BORDERS® BOOKS & MUSIC

presents

Book signing with Deepak Chopra
FRIDAY, JULY 14 - 7:30 PM

Bestselling author Deepak Chopra will sign copies of his new novel, *The Return of Merla (Hermyr Books, \$24)*. Well-known in the field of mind/body health, he has written many titles, including *Creating Health* and the million-copy bestseller *Ageless Body, Timeless Mind*.

His new book provides a modern-day fable based on the legends of King Arthur. You'll discover a mysterious murder, a stone with a cryptic message, a dazzling sword, and an eternal love story woven through its pages.

"The Return of Merla is the most important book I have ever written," he said. "I found that in fiction I could write of life's basic truths in a more simple, pure fashion."

BORDERS® BOOKS·MUSIC·CAFE