

Post Office from page 1A

He's complained but has not been satisfied with the response. Traces can be put on first class mail but are difficult because they are not sent by registered or certified mail, postal officials said.

Acting Postmaster Hall said there are times when mail is not delivered.

"Sometimes a carrier might get into an accident later in the day," Hall said. "Or, they get sick and bring something back and it's too late to make adjustments on the route."

Another attorney in the same building on Northwestern Highway had similar problems last year. "We've had no problems

■ 'When I finally got a hold of someone he said, 'Well the carrier has the flu' or something. I said, 'You mean you don't have backup people?'

*Marilyn Zucker
Hills resident*

since then," Melissa Stone said. Moss has even gone as far as sending test pieces of mail to himself. All the pieces came back, he said.

"They have me do all the work," Moss said. "I have a new policy now: I simply do not mail anything out of that building. I hate to say it, but I've just grown accustomed to it."

While complaints about the mail delivery date back to the Pony Express, these pertain to the impersonal nature of the service.

People complain their respective carriers change day to day. There is not a consistency in who or when mail gets delivered or who answers their concerns.

"The first time I spoke to someone, they tried to put a guilt trip on me. 'Well the mail carrier was sick,'" Zucker said.

LOTTERY

The Lotto jackpot was worth at least \$5.6 million. The Michigan Lottery numbers for Saturday, Jan. 6, 1996 are:

■ DAILY 3:
784

■ DAILY 4:
7828

■ LOTTO:
1, 6, 10, 30, 40, 42



A game at the meet

In the cards: Forest Elementary fourth-graders Elana Lebovic (left), Valencia Smith and Catherine Munaco play a game of Crazy Eights while they wait for a break to end at the North Farmington/Harrison swimming meet Thursday. The girls have older brothers who compete for North Farmington. For meet results, see the Observer Sports Section.

SIRHAN LE MILIK/STAFF PHOTOGRAPHER

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Physical Therapy & Sports Medicine

HELP FOR FROZEN SHOULDER

The condition commonly known as frozen shoulder (adhesive capsulitis) is characterized by a shoulder that is so stiff and painful that it is impossible to move normally. The problem usually starts with a slight injury or a minor incidence of bursitis or tendinitis which prevents use of the joint. Eventually a vicious cycle of stiffness, pain, and disuse may follow that leads to weakening of the tissues and loss of function of the shoulder. If left untreated, the condition may slowly progress to the point where the stiffened, immobile shoulder may show partial improvement, followed by no more feeling of pain. However, shoulder mobility may remain permanently impaired for this reason, it is important to seek treatment when you think that frozen shoulder may be developing. The physical therapist can improve mobility with exercises, including those designed to increase the range of motion of the shoulder.

The purpose of our practice here at MILLER PHYSICAL THERAPY & SPORTS MEDICINE, P.C. is to successfully relieve pain and achieve our patient's optimal movement and regain by promoting function and mobility. Following an examination, we will answer any questions you might have about physical therapy treatment and techniques. To save you time, we will gladly process your insurance claim here. To schedule a consultation, call us at (810) 478-7330, or see us weekdays by appointment at 13206 Eight Mile Road, Suite A, Farmington Hills.

PS: For a persistent and severe case of frozen shoulder, a physician may recommend that the shoulder be manipulated as far as possible under a general anesthetic.

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