

# Tips offered to protect safety during power-outs

"Stormy Weather" may be the title of a classic love ballad, but this time of year in southeastern Michigan, the song takes on an entirely different meaning.

Stormy weather occurs frequently May through September, causing damage to electric utility lines, which results in temporary power outages. Detroit Edison has several suggestions to assure your safety and to minimize property damage and inconvenience while it is restoring electrical service.

- Always be prepared for an emergency. Keep handy a battery-operated radio, fresh replacement batteries, flashlight or candles and a first aid kit.
- If your electricity goes out, check circuit breakers and fuses to see if they need to be replaced or reset. Familiarize yourself with the procedures for replacing or resetting the devices. If there are no tripped circuits or blown fuses, see if your neighbors are without power and have reported the outage to Detroit Edison. If they haven't, call the number on your bill to report the problem. Be patient and try again if the lines are busy.
- Stay away from fallen poles and wires, hanging wires or anything the wires may be touching; report the problem to Detroit Edison.

## Stormy weather occurs frequently May through September, causing damage to electric utility lines, which results in temporary power outages.

- To avoid electrical overload when the power returns, disconnect appliances and turn off light switches. Leave one light switch on so you will know when the power returns.

- Keep refrigerator and freezer doors closed to avoid food spoilage. A well-filled freezer, if kept closed, will preserve food for two to three days.

- Dry ice will help keep food cold. Place the dry ice on cardboard on top of food packages in the freezer. Food also can be stored, with ice, in a bath tub, metal bushel basket, pail or insulated picnic hamper. Cover with newspapers, rugs or blankets. (Partially thawed food or food that still has ice crystals can usually be refrozen.)

- Stay out of flooded or damp basements. The water or moisture surrounding your furnace and/or electrical appliances may serve as a conductor of electricity.

- If you must leave your home

for an extended period of time during a power outage, empty the contents of the refrigerator and leave the doors open. Turn off the main electrical and gas supply valves on your meter.

- When the power returns, wait a few minutes before turning on the lights and appliances and then turn them one at a time.

- There may be a low voltage condition, resulting in dim lights, a small television picture and appliances that operate slower than usual. Low voltage will not damage ordinary light bulbs, television sets or heating appliances. Motor-driven appliances may hum and click instead of starting, or once started, not operate normally. Shut them off to prevent overheating and possible burn-out. As soon as repairs to Detroit Edison lines and equipment are completed, full voltage will be returned and appliances will operate normally.



## Teamwork pays off

A Warner Middle School team placed fourth in overall competition for Odyssey of the Mind in early June at the University of Maryland. The seven-member Farmington Public Schools team competed with others in their age group under the "Atlantis" category, where they made a submersible vessel using teamwork and imagination. They also won first place for long-term problem solving. About 650 teams from around the world

competed in the Odyssey event, which helps students develop problem-solving skills.

Team members included: Dawn Sherr (left), Janine Kohl and Steacy Krause in the front row and Terri Wolf, James Haynes, Jon Krause and Brad Hummel in the back row. They were coached by Dee and Ron Krause of Farmington Hills, and won first place at state competition earlier this year.

## Do you have high blood pressure?

People with high blood pressure are needed for a volunteer research study on hypertension (high blood pressure) at Henry Ford Medical Center—Fairlane. The study will evaluate a new drug for treatment in adults over 18 years old.

Free complete physical examinations and laboratory evaluations will be given to all participants who qualify for the study, sponsored by the E.R. Squibb Company.

To find out if you qualify please call: 593-8291

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## Tips offered on Orient tour

For Farmington AAA Michigan travel agent Kathy Mueggen, eight nights discovering the mysteries of the Orient recently has made her a more valuable agent.

Touring Beijing and Shanghai, she discovered, revealed many cultural aspects while Hong Kong's bustle and bustle offers great shopping.

"I now have first-hand knowledge of the Orient which I will be happy to share with anyone planning a trip there," the Farmington Hills resident said.

Travelers can visit far-away places from their living rooms by obtaining videos of various destinations from the AAA Travel Agency, 33133 W. 12 Mile.

**STREET WISE**  
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## foot facts



## THE ATHLETE AND FOOT PAIN By Dr. Daniel Salama, Foot and Ankle Specialist

**THE ATHLETE** There are many categories of runners and joggers, but the same thing must be stated for all, they may all sustain similar injuries from different levels of activity. The overuse syndromes such as knee pain, Achilles tendonitis, shin splints, stress fractures, low back pain, and often can be reduced and in many cases prevented when the runner is attentive to the following basic areas: training, environmental factors, shoes and biomechanical factors. If modifying training programs, environmental factors, or shoes do not provide relief for running injuries, your foot care specialist may be of use. By taking a thorough history and performing a physical examination, and biomechanical exam, mechanical range of motion to discover where support and control can alleviate stress can be analyzed. When running or exercising, only one foot is on the ground at a time, and each foot hits the ground up to 2000 times per mile, bearing up to 8-10 times the body weight. Your feet must absorb the shock of the running surface. These factors all produce stress on your system which could turn a minor problem into a disabling injury if shoes do not provide relief for running injuries, a prescription orthotic appliance may be worn to balance abnormal forces in the foot and leg. Do not confuse orthotics with "arch supports" found at sporting stores. A true custom made orthotic prevents injury, abnormal collapsing of the foot and improves shock absorption, muscle function and athletic performance.

**ACHING FOOT PAIN** When your feet hurt, you hurt all over because your feet are the base of your entire bone structure. Your foot is very complex. It has 26 separate bones held in position by dozens of ligaments, tendons and muscles. These bones and muscles form flexible arches that support the weight of your body. Because your feet support your entire weight, the slightest misalignment of muscle and bones can cause many different problems. The symptoms of faulty foot function may begin with localized foot pain, bunions and before long pain in the legs and knees, radiating into the back.

**ORTHOTICS** Orthotics are custom made forms which correct your individual foot problems. They are made of high-impact materials, such as plastic and super-strength woven fibers, and they're designed to be inserted right into your shoes. The orthotic that is most especially for your foot problem, consistently corrects the position of your foot for walking, running. With a pair of orthotics, pressure points, improper rotation of the foot, and painful muscle strain are all eliminated because your foot is functioning properly.

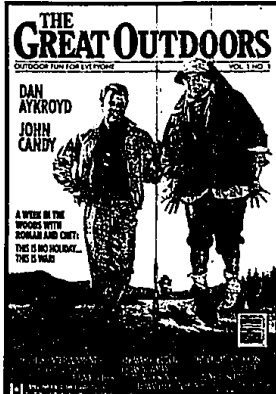
**HEEL SPURS** Faulty foot function is a primary cause of heel pain: over a period of time, excessive irritations lead to heel spurs. Heel pain may occur from too much stress on the heel bone from walking, running, jumping or landing on hard surfaces, or when the plantar fascia is inflamed. Even too much stress within a short period of time (as in sports participation) can create heel distress. Unrelieved, excessive tissue stretching causes inflammation that pulls little pieces of bone away from the heel. Podiatric treatment can relieve these symptoms and correct structural deficiencies or muscle imbalances.

For an Appointment or More Information about Sports Related Injuries or Other Ankle Related Difficulties Call: 474-0040

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