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"You don't remember getting the updated newsletter that comes out monthly to residents..." Enberg asked.

Levin inquired if Enberg in her roles with district committees has ever been involved in any cost-cutting measure. There hasn't been the opportunity, Enberg said.

Levin was asked by Enberg to explain zero-based budgeting, which she proposed during the first candidates forum. Each expenditure is reconsidered every year at a zero figure as opposed to projecting costs with the previous year's figures, Levin said.

"To put this process in place sounds like a very expensive process," Enberg said.

Shpiece was curious why Levin

was starting at the top. Levin, 25, said she wants to jump right in.

"As a lawyer you want to be a Supreme Court justice," quipped Shpiece, who was the youngest person ever elected to the Farmington school board at age 18.

A plethora of educational topics were covered: Vouchers, charter schools, school code, MEAP tests, open meetings, teaching creation-

ism, restructuring and merit pay for staff.

Shpiece asked how each one would vote differently, referring to an Observer story that reported distinctions were few between the two during their previous debate. Neither bit.

His follow-up questions — particularly on restructuring and merit pay — revealed differences.

Enberg advocates restructuring where teachers would teach in 90-minute blocks. Levin is against it, saying students' attention spans couldn't handle it.

Enberg called merit pay a complicated and difficult issue, which needs a lot of study.

Asked if it was a priority, Enberg said she'd go very slowly.

"We'll put that as a no, it's not the first thing you'll do," Shpiece said.

Said Levin: "I support merit pay for teachers. I think good work deserves reward."

On the number of school days, Enberg said she favored working slowly toward 220. Levin said 200.

"I think I found three differences so far..." Shpiece said.

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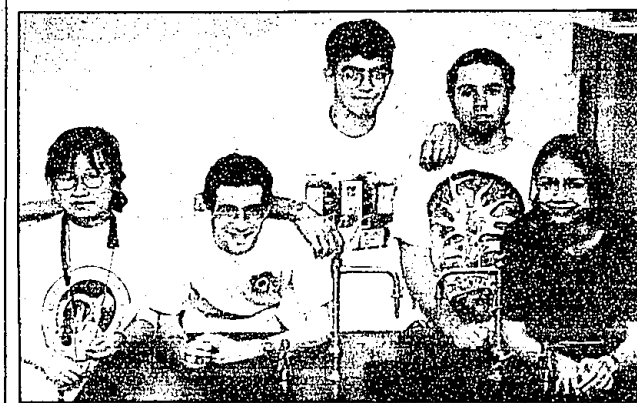
THE Observer
NEWSPAPERS

Team from page 1A



STAFF PHOTO BY SHARON LAMIEUX

Science Bowlers: Students (from left) Saeyoung Park, Mike Hoffman, Sujay Dave, Brendan Fay and Emily Ebenhoe helped Harrison finish third in the Science Bowl.



Go TEAMS!: Harrison's TEAMS entry finished ninth with (from left) Brian Gurwin, Mike Kirby, Andy Budor, Jeff Marinucci, Mark Springer, Alex Ayzengart, Marie Tripp and Matthew Haas.

a bevy of up-and-coming juniors.

Juniors Andrew Budor, Jeffrey Marinucci and Matthew Haas took part in the TEAMS competition. The Science Bowl team included juniors Emily Ebenhoe and Brendan Fay.

The future's so bright, they'll have to wear tinted safety goggles.

"Before, when they would ask a biology question, three of the guys would almost tune out," King said. "Now we have people who take all three advanced placement (Biology, Chemistry and Physics) courses."

"They're already eyeing for (next year). They know they can compete."

Added Ebenhoe: "I'll read the whole biology book over the summer."

Such words make King proud. Academic successes should be chronicled as much as athletic ones, said King, who also coaches tennis.

Students practice as much. In preparation for competitions, students meet for lunch three to four times a week during a two-month period.

En route to the Science Bowl competition in Dayton, students were quizzing each other in King's van. The competitiveness is somewhat different than in athletic endeavors, though.

"When we beat Beaver Creek, they didn't come up to us afterward and say, 'We hate you because we lost,'" said senior Michael Hoffman, who plans to major in computer science at the University of Michigan.

"They say, 'Thank you for a good game.'"

The experience prepares them for what's ahead.

In the TEAMS competition, students work on problem solving. They have to come up with solutions for problems from oil containment to planning a cross-country flight.

"It was a good teamwork exercise," senior Brian Gurwin said.

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MASSAGE AND ARTHRITIS

There are few ways to achieve a high that, like alcohol and drugs, are not unacceptably hazardous.

However, if you had the experience of putting yourself literally into the hands of a person trained in massage, then you know the light and tingling sensation you feel everywhere that individual kneaded and palpated your body.

What massage does is to bring increased blood supply to a muscle; what you feel rests in the ability of that massage to stimulate blood supply to the area under his hands. The release of strain, a warmth that comes from the body's core heat, and the release of tension, result from increased blood flow to the muscles under treatment.

Unfortunately the feeling is as fleeting as it is surprising. Furthermore, if you have arthritis, your major difficulty is not muscle aches but joint inflammation. Massage cannot address this problem.

Massage is beneficial. I encourage my patients to use it if the massage is readily available, inexpensive and the patient realizes the sense of well being is momentary, not meant to replace the carefully constructed regimen the patient should otherwise follow.

Physical Therapy & Sports Medicine

STRENGTH TRAINING ANYONE?

Tennis players can increase their competitive advantage and lower their risk for injury from overuse by engaging in strength training. Because tennis emphasizes the use of certain muscles and neglects others, it fosters muscle imbalances that can lead to such problems as tendinitis. Strength training helps prevent these problems by compensating for these muscle imbalances. For instance, "tennis elbow" (epicondylitis) results from overuse of the arm. The problem occurs when elbow tendons develop microscopic tears due to twisting of the arm (as when the ball hits the racket off-center). Players who strengthen their arm with exercise can better resist these forces and avert injury.

Prevention is always the best bet, so if you engage in a physical activity such as tennis that may result in muscle strain and overuse, make sure you engage in strength training to strengthen your muscles and joints. For more information, call MILLER PHYSICAL THERAPY & SPORTS MEDICINE, P.C. at (810) 478-7330. Our programs are designed to treat a variety of patient problems including sports, personal, and industrial injuries. We are located at 33506 Eight Mile Road, Suite A, Farmington Hills. We are open weekdays by appointment.

P.S. Strengthening the forearm by engaging a ball with the arm extended horizontally, and by doing wrist curls, helps prevent tennis elbow.

OBSTETRICS & GYNECOLOGY

AN UPLIFTING NOTE ON DEPRESSION

Two recent studies indicate that women's expectations that menopause would lead to depression are unfounded. In one study, "Hershey" researchers followed 2,400 premenopausal women between the ages of 45 and 55 for two years. During that time, about 50% of the subjects experienced symptoms of the onset of menopause (irregular periods or the cessation of menstruation altogether), but neither change increased the women's risk for depression. In a similar study, involving a six-year follow-up of 600 middle-aged Swedish women, also found that menopause did not increase the risk of depression or other mental disorders. In fact, both studies pointed out that the biggest determinant factor for depression was the amount of emotional stress in the lives of the women studied — not their hormone status.

While it may seem facetious to say that depression is just a frame of mind,

you may be relieved to know that there is no physiological indication that menopause causes depression. With the accumulation of myths surrounding the subject of menopause, it's no wonder that many find it a depressing subject. In fact, the onset of menopause is, for more women, a period of medical discomfort which improves over time. Several studies also indicate that women are more likely to be hospitalized for depression before menopause than after.

P.S. To discuss the facts in a relaxed and caring environment, call 646-6600 and schedule a convenient appointment. My office is located at 12001 West 9 Mile Road in Southfield.