

Farmington Observer

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UPDATE ON Obstetrics & Gynecology

MONTHLY ACCOUNTING

While the "typical" menstrual cycle is said to occur every 28 days and last 5 days with an average blood loss of 30 to 100 milliliters, most women have a unique pattern. By becoming familiar with her menstrual pattern, a woman can better discern symptoms that may give her reason to consult with the doctor. For instance, many women include heavy bleeding that lasts a day or two past the end of their period. This is not a woman's normal pattern of that is very heavy, should prompt a call to the doctor. On the other hand, if bleeding is scanty, it may be a sign of pregnancy. Periods that are 3 to 7 days late may indicate pregnancy, or a lack of ovulation. While some women do not menstruate, others experience bleeding between periods. Should prompt a check.

P.S. If you spot a few days before your period and this is not a usual feature of your menstrual pattern, consult with the doctor to discuss your needs, please phone 339-9500 and schedule a convenient appointment.

BORDERS BOOKS & MUSIC

presents



Robert Munsch!

FRIDAY, JUNE 16 - 3 PM

Celebrated children's author Robert Munsch joins us at this afternoon for a reading and book signing! Canada's best-selling author, his titles include: *Love You Forever* (Fairy Books, \$4.95) and *The Paper Bag Princess* (Fairy Books, \$4.95).

We're celebrating his book *Purple, Green and Yellow* (Annick Press Ltd., \$4.95) today—

YOU wear a plain white T-Shirt and WE will supply the markers to color it! Bring your creativity!

He will sign two books per person.

Robert Munsch is also visiting two other Borders stores today:

11 am at Ann Arbor: (313) 668-7652
7 pm at Dearborn: (313) 271-4441

BORDERS BOOKS & MUSIC

Farmington Hills
2000 Riverchase Lane, Suite 100
(810) 277-0111

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THE

Observer & Eccentric

NEWSPAPERS

Retire from page 1A

banian speaking teacher at Farmington High.

"You can't find staff like that by putting an ad in the paper," Alameddine said. "We have to look and recruit."

Sometimes that has meant going to non-academic places such as churches, mosques, temples and social clubs. Even the department's secretary Sylvia Akouri is bilingual, speaking Arabic. If it makes a student or parent feel welcomed instead of foreign, Alameddine thinks such diligence is worth it.

He only needs cite his own experience. The native of Tripoli, Lebanon, came to the Detroit area in the mid-1950s to attend Wayne State University.

When he'd go into a classroom, he'd rush right to the front. Proximity didn't matter.

When the professor spoke, Alameddine still couldn't understand a word.

Drugs from page 1A

"A few are saying no to drugs," Dwyer said. "But for the most part these programs aren't having an effect."

Dwyer said those drug problems are translating to crimes, as individuals looking to support the expensive, addictive habits turn to robbery or other violent crimes. In Farmington Hills, armed robberies have doubled this year, with drugs involved in all of them, Dwyer said.

Dwyer, who has been involved in drug enforcement for more than 20 years, including a stint as head of Detroit's narcotics division, said the volume of drugs flowing efforts by law enforcement agencies to stop the flow.

"It was 20 years ago that we went to Mexico and made a big drug bust," Dwyer said of the mission that had Detroit police, the Drug Enforcement Agency and the Mexican Federal Police involved in what at the time seemed like a major bust.

"We thought it was a big deal at the time," he said. "But looking back, it didn't have much effect at all."

I put 25 good years into this district. I feel good about it. The changes that have taken place have been positive ones.

Haroune Alameddine

"The tears were rolling down my cheeks because of the tension," he said.

"When they see they have someone who speaks their language... they feel they belong." That's being taken to extremes, though, say critics. They point to dual-language programs, which allow a child to be taught both in his native tongue and English.

Debate has surfaced in Dearborn, which has a high percentage of Arabic students. Farmington uses traditional bilingual instruction, which includes tutoring. Alameddine sees benefits in dual-language, having students fluent in more than one language.

"We are now in a global world," he said. "It's a gift to speak two languages."

Alameddine arrived in the Farmington district in 1970, starting as a science teacher at O.E. Dunkel. He spent seven years teaching in Detroit Public Schools, including five years at Post Junior High.

His wife of 35 years, Carole Alameddine, is a special education instructor at Kenbrook Elementary.

As bilingual director, Alameddine is proud of how the schools and the community have come together on diversity. He cites the Farmington/Farmington Hills



Haroune Alameddine

Multicultural/Multiracial Community Council as a prime example.

He plans to spend more time with his four grandchildren during his retirement, he said.

"Personally, I'm blessed to live in the community we have and to have so many friends you've heard about," Alameddine said.

eliminated through the use of DNA testing.

"That's 100 people that we didn't have to send teams of officers out to interview," he said. "That would cost a lot of money and use a lot of resources. Adding more police without the training and infrastructure is like adding more factory workers without retooling. It's not efficient."

Even with efficiencies and with programs to educate young people about the dangers of drugs, there will be little progress until the country becomes outraged with the problem, Dwyer said.

Like the advent of Mothers Against Drunk Driving, citizens have to become active in the fight against drugs and make Congress act.

"With cocaine, you're dealing with a much more vicious drug," Dwyer said, pointing out that 30 years ago drug users committed crimes, but usually against property, not people.

And with heroin use increasing along with that of cocaine, there will be more crimes committed unless the country takes more aggressive action, he said.

"Congress is not taking an active role," he said.

Dwyer said because the United States maintains friendly relations with countries like Colombia, efforts to curtail drugs coming in are hampered from the start.

"Seventy percent of the heroin coming into this country comes from Colombia, and most of the cocaine," he said. "The DEA knows who is running these cartels and can't do anything about it."

Dwyer said the United States should consider using its military to crack down on drug traffickers. That won't happen until there is a realization by the public that the United States is losing a drug war it can't afford to lose.

"I'm not advocating legalizing drugs," he said. "But we have to change the way we are handling the problem. And until people in this country get upset enough to get the Congress involved, we're never going to deal with this problem efficiently."

Arthritis Today

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18829 Farmington Road
Livonia, Michigan 48152
Phone: (810) 478-7860

WHAT KIND OF ACTIVITIES FOR ARTHRITIS

"What exercises can I do for my arthritis?" The question implies that just as weight lifting helps develop muscles, so should some form of body building strengthen impaired joints. The reality is that no exercise builds up joints, rather every move only wears cartilage more. The best way to help your joints through exercise is to move in a manner that stretches ligaments and tendons. If the muscles surrounding the joint are supple, then the body can control joint movement to minimize wear on cartilage and decrease pressure on inflamed joint tissues. Slowly stretching tendons of your arms and legs by reaching upward and outward, increases blood supply to these areas. Repetition induces a counter force to actively revascularized tendons. Heat from a shower or bath at the same time is ideal, the warmth encourages further blood flow into the active limbs. The best overall exercise is walking. Even if your condition includes the hip or knee, try to attain a steady pace. Walking, no matter how slow, offers a workout that involves all your muscles, including your heart and lungs as well and fulfills an inner need to participate in the life around you.



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Dentistry in the 90s

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

DENTAL IMPLANTS

Many of nearly 40 million Americans who have lost some or all of their teeth are considering more than bridges and dentures as replacements. According to estimates by the Academy of General Dentistry, more than 500,000 dental implants are done annually in this country increasingly seen as more permanent solutions to dentures. Implants are regarded as more natural in terms of looks and feel. It is no wonder, because implants mimic the structure of natural teeth. Implants are placed in the jawbone, the implant itself is secured into the bone, the implant itself looks and acts the way of a natural tooth. After the gum heals and the bone actually attaches itself to the implant, a porcelain tooth is screwed onto the implant. The result is a fixed prosthesis that is hard to distinguish from the tooth it replaces.

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P.S. Unlike a bridge, an implant that replaces a single lost tooth does not make any demands upon the two healthy teeth on either side.

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