



STAFF PHOTOS BY SHARON LEMIEUX

Lose the bad stuff: Marcus Warren takes the contaminants out of the newspapers that are turned in for recycling.

Recycling

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"We wanted to be involved in recycling because of the environmental benefit and it's a community responsibility," said Farmington City Manager Frank Lauboff.

Laudable as that may be, there are plenty of practical and economic reasons why communities are becoming more actively involved in recycling.

The processing cost for our 44,474 RRRASOC households is almost \$128,085 a year," said Mike Caspo, general manager of the MRF on Eight Mile and Evergreen in Southfield. "What we would get from selling materials is about \$350,000 a year. But when you lose money is with the collection. And that varies within the communities."

But the savings in landfill space and energy costs will far outweigh the cost of such an operation.

"By getting into recycling, we're stabilizing the growth of landfills," said Farmington Hills City Manager Bill Costick. "Waste costs were skyrocketing. We had three increases in one year. It was a crisis."

Recycling paper instead of using virgin materials reduces energy use by 23-74 percent, air pollution by 74 percent, water pollution and use, said Caspo, quoting a recycling study in the world. It also saves in terms of energy and pollution costs for glass, aluminum, and iron and steel products.

A lot of people can't relate to those numbers and how it affects

them directly. Heidi Jo Wayco, MRF recycling coordinator has an answer.

"Recycling one tin can save enough energy to keep a TV on for three hours of viewing," Wayco said. "That's an energy savings people can relate to."

And Farmington, Farmington Hills, Southfield, Novi, South Lyon, Lyon Township, Walled Lake and Wixom are getting in deeper, so to speak, as a deal negotiated with Waste Management, Inc., the largest waste handling company in the world, will give them eventual ownership of the operation.

Those communities signed a 15-year contract two years ago to

have Waste Management build and operate the MRF in Southfield, and turn ownership over to the authority.

The recycled materials from the communities make up 22 percent of the total, with many communities in the area and industrial concerns such as Chrysler also use.

The facility has a computerized truck scale that keeps track of each truck, its origin, what type of material and how much it brings in. A system of conveyors, separators and compactors separates plastic from aluminum while another conveyor system takes newspapers and bales them up for

distribution to be recycled.

Paper makes up 85 percent of the material recycled. Recycled newspaper continues to sell well and white office paper commands a price of \$385 a ton, almost three times the price of newspaper, Caspo said.

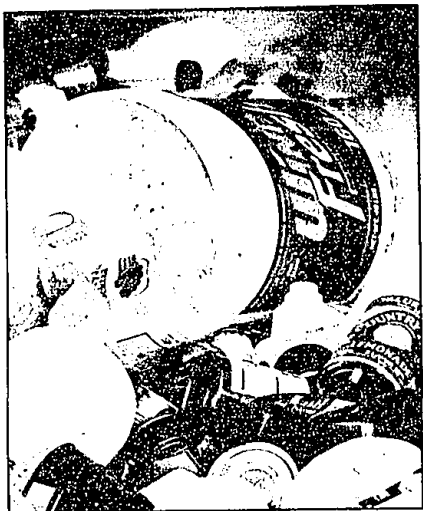
"There's no sign that the prices will drop," he said. "In fact, the demand for white office paper

continues to grow."

And as the demand grows and new technologies can separate and recycle more materials, the facility adapts.

Wayco said increasingly school groups and others interested in recycling come to tour the facility.

Information about tours, presentations and recycling is available by calling (810) 208-2270.



Shut the big mouth: Wide-mouth plastic jugs are discouraged by recyclers because they tend to clog the system.

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Physical Therapy & Sports Medicine

by Richard A. Piller, P.T., A.C.S.

A START TO PAIN-FREE EXERCISE

One of the reasons people postpone beginning an exercise program is the dread of muscle soreness in the days after the first few sessions. Muscle soreness, however, need not be a byproduct of an exercise regimen. By taking ibuprofen (an over-the-counter pain reliever) before or after vigorous exercise, those who are beginning to workout on a regular basis can avoid post-exercise muscle pain. Evidence of this effect comes from a study at Texas Woman's University in Houston, where 20 women went through a bench-stepping routine. Those who took ibuprofen had less muscle soreness than those who did not. It should be cautioned that using this medication on a regular basis to prevent exercise-related muscle soreness is not recommended as regular use can lead to unwanted side effects.

The important thing to remember if you are beginning an exercise program for the first time or are returning to an exercise program after a hiatus is to start out slowly. Exercise in moderation three or four times a week and gradually add light weights. Once you begin to feel stronger, increase the intensity of your exercise routine. For more information or to schedule an appointment, call MILDEN PHYSICAL THERAPY & SPORTS MEDICINE, P.C. at (313) 478-7330, or see us at 35560 Eight Mile Road, Suite A, Farmington Hills. We are open weekdays by appointment.

P.S. Overuse of ibuprofen can lead to digestive upset, gastrointestinal bleeding and other unwanted side effects. And be sure to take ibuprofen after a meal.

Dentistry in the 90s

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

DENTAL IMPLANTS

Many of the nearly 40 million Americans who have lost one 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 also regarded as more natural in terms of looks and feel. It is no wonder, because implants mimic the structure of natural teeth implanted directly in the jawbone. The implant itself looks and acts like the root of a natural tooth. After the gum heals and the bone actually grows over 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.

An important step in maintaining a healthy smile is to replace missing teeth. Dental implants represent new hope for lost smiles. At LIVONIA VILLAGE DENTAL ASSOCIATES, we provide a wide array of services including implants, crowns, bridges, dentures and cosmetic dentistry. If you would like more information about today's tooth, please call 478-2110 to schedule a convenient appointment. Our office is located at 19121 Merriman Road, where "Smiles are our business" from April, May, June & July 8-5. We provide dentistry without fear, tonight sleep in a peaceful bed.

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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.

Arthritis Today

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SKIN PROBLEMS THAT CAN CAUSE YOUR JOINTS TO ACHE

A relation exists between skin conditions and joint inflammation. The most common example is the link between psoriasis and psoriatic arthritis.

In some unlucky people, the error in the immune response that sets off the psoriasis has the same chemical nature as a constituent of the joints. The result is that whatever cause for the skin to itch, flake and burn, starts the same irritation in the hands, shoulders, knees and ankles.

Another condition called E. Nodosum, consists of painful raised knots in the lower legs. This skin problem brings with it painful knee and ankle swelling. Treating the arthritis with the usual medicines used for joint inflammation bring no relief. However, therapy that succeeds in resolving the E. Nodosum will end the associated arthritis.

At times, the arthritis comes before the skin condition. You will have a condition that puzzles your doctor and therefore makes decisions on treatment difficult. Months, possibly years later, the psoriasis or E. Nodosum will appear and the cause of the arthritis will be clear.

You should not dismiss the ache that accompanies a rash, as the result of embarrassment and irritation. Physicians are trained to note the relation between skin and joints and initiate therapy designed to treat both problems.

Update on Obstetrics & Gynecology

EAT YOUR VEGETABLES!

New research out of Yale University indicates that women now may have one more good reason to eat their vegetables. The preliminary data suggests that a woman's risk for ovarian cancer rises 20% for every ten grams of saturated fat that she eats daily, but only two small servings of vegetables daily can more than offset that risk. Naturally, the best of both worlds would have women reducing their intake of saturated fat at the same time that they increase their daily servings of vegetables. Currently, the average North American consumes about 50 grams of saturated fat per day. For every ten grams of vegetable fiber women add to their daily menu, their risk of ovarian cancer drops 37%.

Your mother was right when she told you to eat your vegetables, though she may not have known the specific benefits of live healthy, nutritional food, salads

and steamed vegetables are panning as well as excellent preventative medicine for ovarian cancer and other diseases. My offices are located at 15001 W. 9 Mile Road in Southfield. Women are the mainstay of the family and your health is crucial, don't delay, call 359-9500 to make a convenient appointment for your annual exam.

P.S. Ovarian cancer strikes some 20,000 American women yearly.

To speak with me regarding women's health issues, or to make an appointment, please call 359-9500.