



Physical Therapy & Sports Medicine

CHILLING PROSPECTS

While most people know how to grab for an ice bag after twisting an ankle or experiencing other types of sprains, many are not aware that ice should only be applied to the injury site for a limited period of time. According to researchers at the University of Chicago's Orthopedic Surgery and Rehabilitation Medicine Center, using an injury for exactly 25 minutes is the optimum time for quickest healing. When researchers applied ice to the knees of volunteers for various amounts of time, they found that the healing effect began at 5 minutes and reached a peak at 25 minutes. During this time, there was a decrease in blood flow, which reduces swelling. Using longer than 30 minutes posed the danger of damage to tissue and nerves.

PHYSICAL THERAPY & SPORTS MEDICINE, P.C. is devoted to educating our patients on the maintenance of their bodies to relieve pain. Our philosophy is to treat each patient as an individual because every patient is unique. Our programs are designed to treat a variety of patient problems including orthopedic and sports related injuries as well as personal and industrial injuries. For more information or to schedule an appointment, call (810) 478-7310. Located at 3356 Eight Mile Road, Suite A, Farmington Hills, our office hours are weekdays by appointment.

P.S. The best way to ice a joint is to fill a gallon-sized plastic bag with crushed ice and water, wrap it around the entire joint, and strap it in place with an elastic bandage.

As space permits, the Observer & Eccentric Newspapers print, without charge, announcements of class reunions. Send the information to Reunions, Observer & Eccentric Newspapers, 35251 Schoolcraft, Livonia 48150. Please include the date of the reunion and the first and last name of at least one contact person, and a telephone number.

Farmington

CLASS OF 1984
is planning a reunion for 1995.
(810) 477-3134 or (810) 478-0268

CLASS OF 1945
Sept. 30 at the Hunting and Fishing Club.
(810) 228-7885 or (810) 478-8746

CLASS OF 1965
Nov. 4 at Burton Manor in Livonia.
(810) 360-7004

Farmington Hills Harrison
CLASS OF 1978
Nov. 24 at the Bay Pointe Country Club, West Bloomfield.
(313) 591-6569, (313) 958-1758, (810) 477-0263, or Harrison Reunion 1978.
P.O. Box 531494, Livonia, Mich. 48153-1494.

CLASS REUNIONS

CLASS OF 1984
Nov. 25 at the Embassy Suites Hotel, Livonia.
(810) 468-0074

CLASS OF 1985
A reunion is planned for Nov. 25.
(810) 344-4445

Farmdale Lincoln
JANUARY-JUNE CLASSES OF 1945
Are planning a reunion.
(810) 544-0298 or (810) 547-2511

CLASS OF 1946
Sept. 30 at the Northfield Hilton Inn, Troy.
(810) 546-3065 or (810) 474-3399

JANUARY CLASS OF 1985
A reunion is planned for Sept. 30.
(810) 655-9563

CLASS OF 1943
Sept. 16 at the Double Tree Guest Suite Hotel, Troy.
(810) 689-3497

Flint Central
CLASS OF 1975
Aug. 26 at the University Club, Flint.
(313) 454-0523 or (810) 478-2773

Fraser
CLASS OF 1968
A reunion is planned for Oct. 7.
(810) 740-9344 or (810) 852-5430

Fraser
CLASSES OF 1930-1970
Annual picnic 11 a.m. Aug. 27 at Starfesta Park.
(810) 293-2160

Garden City
CLASSES OF THE 1950s
Cruise Sept. 29 to Oct. 2, and dinner-dance Oct. 7, at the Marriott Hotel, Romulus.
(313) 421-0278, (313) 427-0535 or (313) 427-2188

CLASS OF 1948
A reunion is planned for Aug. 26.
(313) 421-1811 or (810) 669-5512

CLASS OF 1995
Sept. 3 at Garden City Park.
(313) 522-0761

Garden City East
CLASS OF 1970
is planning a reunion.
(313) 525-3732 or (313) 464-1659

CLASS OF 1968
Aug. 26 at the Livonia Holiday Inn.
(313) 784-5441, (313) 421-1811 or (810) 669-5512

Garden City West
CLASS OF 1975
A reunion is planned for October.
Send name, address to Reunion 1975, 35252 Eight Mile, No. 31, Farmington Hills, Mich. 48335-5178.

Grosse Pointe
CLASS OF 1968
June 15, 1996, at the Lochmoor Club, Grosse Pointe.
(313) 886-0770

Grosse Pointe South
CLASS OF 1975
July 21, 1996, at the Assumption Cultural Center, St. Clair Shores.
(313) 886-0770

CLASS OF 1968
Oct. 1 at the Grosse Pointe War Memorial, Fries Auditorium.
(313) 885-3505

Barbara Hatch School of Dance

New Accepting Enrollment for 1995-96 season!

Ballet • Tap • Jazz
Freshened thru Africa I

Registration:
Two Aug 21st
4-7pm
Three Aug 28th
4-7pm

"Lance Company Auditions Sept. 18th"

Barbara Mitchell-Pugh • Director, B.F.A. in Dance
33305 Grand River • P.O. Box 111 Farmington Hills, MI 48335
(810) 476-7074 (810) 343-5111

Go against the grain.

Cut down on salt.

American Heart Association

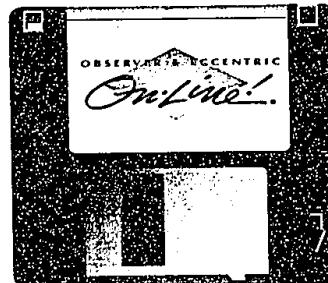
When you get this, you don't get this:

Time limits; you can surf the net for as long as you want.
Hourly charges; none of these babies lurking in the bushes either.

What you get is:

Full access to all the great computer stuff you've read about in those computer magazines they keep sending you; Internet, the World Wide Web, computer shopping, chat groups, games...we could go on and on.
All for only \$190 per year. (the lowest price around!)

To sign up for Observer & Eccentric On-Line! call 591-0903 with your modem.
At the "login" prompt, type: new
At the "key" prompt, type: 9508
For help logging on, call



313-953-2266

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• Gymnastics
• Modeling
Ages 3 to Adult
Beginners to Advanced

(810) 477-3830

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35129 Grand River
Farmington

"Quality Dance Instruction In An Atmosphere which is friendly and promotes a sense of well-being"

Ilene Dreyfus-Schleuning, Director

Dance Masters of America

pine knob music theatre

Observer & Eccentric NEWSPAPERS

Enter to win 2 Lawn seats to see the Righteous Brothers at Pine Knob!

Oldsmobile

RIGHTEOUS BROTHERS

Thursday, August 24 • 7:30 PM

For more information call (810) 377-0100

To qualify, answer questions below and return to: Righteous Brothers Contest, Palace Sports & Entertainment, Two Championship Dr., Auburn Hills, MI 48326. One winner will be chosen and notified on Monday, August 21 and will receive 2 lawn tickets to Righteous Brothers at Pine Knob Music Theatre on Thursday, August 24 at 7:30 pm. Employees of Palace Sports & Entertainment and The Observer & Eccentric are not eligible.

CONTEST QUESTIONS

1. Are they real brothers?

2. What is the title of their hit song most recently heard in the movie Ghost?

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810-476-7478

36550 Grand River • Farmington Hills Between Haledale & Drake

Hours: 8:30-5:00 Mon-Fri, 9-4 Saturday, 12-3 Sunday

Please clip and mail to Grand River Village — Grand River Village, 36550 Grand River Ave., Farmington Hills, MI 48335. For more info, call 810-476-7478.

Name(s) _____
Address _____
City _____ State _____ Zip _____
Phone () _____