

POLICE/FIRE CALLS

Listed below are some of the Farmington-area police incidents, fire calls and court cases reported during the past week.

VANDALISM
The convertible roof was slashed on a black 1992 Olds Cutlass parked at the Fairmont Park Apartments on Riverside in Farmington Hills Oct. 3 causing \$300 in damage.

The driver of a blue 1989 Chevy Camaro tailgating a green 1992 Honda Accord at 5:25 p.m. Oct. 3 tore off the Honda's antenna (\$200) after arguing with the car's driver at 11 Mile and Middlebelt. The passenger window on a 1984 Chevy Monte Carlo parked at Farmington Place apartments was smashed Oct. 3, causing \$150 in damage.

DOMESTIC ASSAULTS
Farmington Hills police arrested a Hills teen, 14, after he grabbed, bit and choked his mother into a wall at their Section 6 residence Oct. 3.

Farmington Hills police arrested a Hills man, 65, after he slapped and strangled his wife, 55, at their Farmington Hills residence Oct. 3.

Farmington Hills police arrested a Hills man, 52, for throwing and hitting his grandson, 5, at a Section 36 residence in Farmington Hills. The man was intoxicated and had been drinking for 10 days, police said.

ASSAULT

A Farmington Hills police officer driving an unmarked car was being tailgated by a truck while driving north on Farmington Road at 5:45 p.m. Oct. 3. At a stop light south of Bayberry, the officer confronted the truck driver, a Sylvan Lake man, 27, who pulled out a 7-inch knife and told the officer to leave. The officer, who was armed, then arrested the man. A West Bloomfield man, 55, told Farmington Hills police that another man threatened him at

his attorney's office on Northwestern in Farmington Hills. The attorney knew the other man.

A Farmington boy, 14, told Farmington police he was punched in the face several times by a Farmington High classmate outside Plaza Delight on Orchard Lake Road Oct. 5. He was also held and punched by an unknown assailant. The boy had a red and puffy face when police arrived.

DRUNKEN DRIVING
Farmington Hills police arrested a Wyandotte man, 28, for driving a blue 1993 Ford F-150 pickup on Grand River and Purdue. The truck was involved in a rollover accident. The driver refused to take a blood alcohol breath test.

Farmington Hills police arrested a Detroit man, 50, for drunk driving on Freedom and Fleming Oct. 5. Police stopped the 1990 Ford Probe after it was seen swerving. The driver had a blood alcohol level of .13 percent. It's illegal to drive in Michigan with a level of .1 percent.

Farmington Hills police arrested a Southfield man, 40, for driving a brown 1977 Lincoln west on M-5 near Purdue in Farmington Hills at 4:30 a.m. Oct. 5. The car was swerving and the man had a blood alcohol level of .15 percent.

DRUGS
Farmington Hills police arrested two Hills men, 29 and 33, for marijuana possession who were sit-

ting in a gray 1985 Olds 09 in the lot of the Country Lanes on Nine Mile in Farmington Hills at 9:10 p.m. Oct. 3. The men had marijuana, a scale and pipes in the car.

Farmington Hills police arrested a Canton man, 25, for possession of 5 grams of marijuana at 12:55 a.m. Oct. 4 after they pulled over his purple 1994 Ford pickup for running a red light on 10 Mile near El Marco in Farmington Hills.

Farmington Hills police arrested a Hills man, 30, a Southfield man, 39, and a Redford man, 26, for possession of 8 grams of marijuana while in a black 1991 Ford Ranger pickup in the lot of Mulligan's Pub on Right Mile in Farmington Hills at 12:30 a.m. Oct. 5.

Farmington police arrested a Livonia man, 36, for possession of 9.5 grams of marijuana Oct. 4. The 1991 Ford Ranger was stopped for speeding on M-5 when officers noticed the smell of marijuana. Police found the marijuana underneath the driver's seat.

BREAK-INS
The driver's window of a red 1993 Nissan parked on Grand River was shattered (\$250) and a \$500 T-top was stolen from the car Oct. 3.

Color TVs, jewelry and other items worth \$9,260 were reported stolen from a residence on Wildwood in Farmington Hills Oct. 5 after the slide door was pried open causing \$50 in damage.

See CALLS, 9A

Man bound over on drug charges

A Farmington man, facing drug manufacturing charges, has been bound over for trial in Oakland County Circuit Court.

Larry Alan Miller, 41, was arraigned before Judge Judge James Callahan Oct. 4. Pre-trial has been set for 1:30 p.m. Wednesday, Oct. 11. Miller faces up to 15 years in prison and a \$10,000 fine if convicted.

On July 21, Oakland County Narcotics officers and Farmington police found 83.83 kilograms (about 180 pounds) of marijuana growing in the

basement of an Alta Loma Street home owned by Miller.

That's the equivalent of more than 1,000 marijuana cigarettes, an officer testified at Miller's preliminary examination. Police estimate the 331 marijuana plants, ranging from 6 inches to 3 feet in height, had a street value of between \$200,000 and \$321,000.

What police describe as a sophisticated marijuana cultivation system was found in three rooms, which featured aluminum foil on the walls and an enriched oxygenated water system.

STRETCHING, THE TRUTH

The ability to move the joints through their full range of motion (flexibility) is one of the key elements of fitness and is maintained and improved through stretching. As with most things, there is a right way and a wrong way to stretch. Static stretching, so often practiced by beginners, is to be avoided. It is characterized by stretching to the limit and performing repetitive, quick, bouncing movements that increase the risk of injury to muscles, tendons, and ligaments. Static stretching, on the other hand, involves gradual stretching through a muscle's full range of movement until resistance of the beginning of discomfort is encountered. Then, the maximum position is held for up to 30 seconds, followed by relaxation and several repetitions.

Before engaging in any stretching routine, make sure your body is warm. Stretching while warm should reduce your risk for sustaining a tear or strain in a muscle or ligament. To warm the body, you might engage in light walking for 5 to 10 minutes or slow, deliberate movements with the large muscle groups of motion, call MILDER PHYSICAL THERAPY & SPORTS MEDICINE, P.C. at (810) 478-7330. We are located at 35558 Eight Mile Road, Suite A, Farmington Hills, and our hours are weekdays by appointment.

HINT: Contract-relax stretching involves contracting a muscle against resistance the relaxing into a static extension of the muscle.

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**CITY OF FARMINGTON
SPECIAL COUNCIL MEETING - STUDY SESSION
(Summary)**

A special meeting of the Farmington City Council was held on Monday, October 2, 1995 in Council Chambers, 23500 Liberty Street, Farmington, Michigan. Notice of the Meeting was posted in compliance with Public Act 267-1978.

The meeting was called to order at 5:30 p.m.
COUNCIL MEMBERS PRESENT: Bush, Campbell, Hartsock, McShane, Tupper.
COUNCIL MEMBERS ABSENT: None.

CITY REPRESENTATIVES PRESENT: Clerk/Treasurer Cantrell, Attorney Donohue, City Manager Laubhoff, Assistant to City Manager Richards.

Council met to review a cost sharing formula for jointly funded agencies and programs; and to hear an update regarding concerns with excess flow in the Farmington-Evergreen Sanitary Sewer System.

Meeting adjourned at 6:30 p.m.

ARNOLD T. CAMPBELL, Mayor
PATSY K. CANTRELL, Clerk/Treasurer

Don't sweat the Net!

read Emory Daniels
Cyberspace made clear- every Thursday

Arthritis Today
Joseph J. Weiss, M.D. Rheumatology
18325 Farmington Road
Livonia, Michigan 48150
Phone: (810) 478-7330

A BAD GAIT MAY NOT MEAN A BAD ARTHRITIS

If you care for an elderly person, who walks in an awkward manner, you may conclude that individual has arthritis. A gait characterized by a stiff leg and small steps may not represent arthritis of the hips or knees. The elderly individual may tell you, "I walk this way because I am afraid of falling." The person does not complain of pain but of instability. When stepping backward, even a step, the person loses control. Instead of turning down, the person falls into the chair creating a hard and possibly hazardous landing. Persons with this stiff small stepping gait, do not want to go to a mall or even to church. The problem is that just a brush by someone causes the person to lose balance, and be at risk for a fracture producing fall. People with this impaired gait do not have arthritis. Rather their problem is a loss of coordination in the cerebellar centers of the brain. By questioning and examination physicians often can decide if the problem is arthritis or loss of cerebellar control skills. The distinction is important as dangers come with arthritis medications in the elderly.

Dentistry in the 90s
by Herbert M. Gardner, D.D.S. & Martha P. Zinderman, R.H., D.D.S.

A CONSEQUENCE OF TOOTH LOSS

If lost teeth are not replaced, there can be adverse consequences outside the mouth as well as within. Specifically, lost teeth that are not replaced in later years can lead to a condition known as angular cheilitis. The inflammation of the corners of the mouth is primarily caused by the reduction in the vertical dimension of the bite. As the bite tends to overlap more at the corners of the mouth and teeth, the bite is set for irritation and inflammation. First, counseling and instruction about the mouth, then attempts to correct the condition with help from a dentist leads to a permanent solution. The inflamed areas may also be infected with fungus, which are more likely to invade areas that have already become inflamed. Vitamin B2 may further complicate the problem. Angular cheilitis should be addressed with professional treatment. We are located at 19171 Meridian Road, where we provide a full range of dental services from routine examinations to cosmetic dentistry, all in a friendly, relaxed, and comfortable setting. Please call 478-2110 to schedule a consultation. We are open Monday through Friday, 9 a.m. to 5 p.m., and Saturday, 10 a.m. to 4 p.m.

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(810) 478-2110

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We Care About Your Kids
As Much As You Do
No one under 17 years of age will be permitted to leave the building before 7 a.m. without a parent or guardian.

**Fri., Oct. 13
7 p.m.-7 a.m.
\$15.00**

Includes Hot Dog, Nachos, or Pizza and Soft Drink; & Donuts and Juice in the morning.

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8611 Ronda Drive
Canton

For More Info Call...
(313) 459-6401

CRAFTER'S WANTED TO BENEFIT Michigan Humane Society

WHERE: October 21 TIME: 9-4
WHERE: Oakland Community College
Orchard Ridge Campus

CONTACT: 421-2445

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**BONDERS PRESENTS A SEMINAR BY
Dr. Reuven Bar-Levav**

based on his book
Every Family Needs a CEO

What Mothers & Fathers Can Do About Our Deteriorating Families and Values.

**WEDNESDAY OCTOBER 11
7:30 PM**

Featuring Catered Living in Studio Apartments

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• Laundry
• Daily Housekeeping
• Your Choice of Home Health Care

Plus...

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City _____ State _____ Zip _____
Phone () _____

OBSTETRICS & Gynecology

Magnificent Magnesium

Many obstetricians have long believed that pregnant women with rising blood pressure and a threatening condition called eclampsia who are given large doses of magnesium should be protected from experiencing convulsions and their progenies. Now, a recent study shows that these pregnant women in magnesium will place. In fact, the study published in the New England Journal of Medicine after their comparison of the effects of magnesium sulfate and the anticonvulsant drug phenytoin. The University of Iowa researchers and the Medical Center in Iowa study of 220 pregnant women half were given magnesium sulfate and experienced no convulsions, while the other half received phenytoin and experienced convulsions. The study clearly demonstrated the superiority of magnesium to phenytoin for the prevention of convulsions. Magnesium is known as an anti-spasmodic agent.

Presented by
James Stubbins, M.D.

and is essential for proper nerve and muscle functioning. Foods which contain high amounts of this mineral are legumes, grains, fruits, and dark green leafy vegetables. It is which should be incorporated into your diet to ensure optimum muscle health. My goal is to provide the most up-to-date medical care possible in a relaxed and pleasant atmosphere. A study after their of the one mentioned above suggests that if pregnant women are given magnesium to prevent convulsions or to delay early labor, their progenies better have a better chance of survival.

Call 800-8073 for an appointment. My office is located at 10801 N. E. 30th Road in Rockledge.