

RECREATION NEWS

Each week, the Recreation Division of the Farmington Hills Department of Special Services presents a synopsis of upcoming activities. For more information about programs, call the recreation office at 473-9570.

ACTIVITIES CENTER OPEN GYM

The recently renovated gymnasium at the Activities Center is now available for open play and rentals. The schedules are: Adults, Friday 7-9 p.m. and Saturday 8-10 p.m.; Sunday 5-7 p.m. and 7-9 p.m.; Teens, Saturday 3-5 p.m. and Sunday 11 a.m. to 1 p.m.; 12 and younger, Saturday 1-3 p.m. and Sunday, 9-11 a.m.

VOLLEYBALL OPEN GYM

Adults, Saturday, 5:30-7:30 p.m.; Teens, Sunday, 3-5 p.m. Fee per 2-hour session is \$7 and younger, resident \$3 and non-resident \$5.

adults, resident, \$4 and non-resident \$6. For rental information, call 473-9570.

YOUTH BASKETBALL REGISTRATION

Registration is being accepted through Dec. 1 for boys and girls in grades 4 through 8. Grade divisions will be comprised of 4 and 5, 6 and 7 and 8. The program will begin the week of Jan. 2 with two practice weeks before a 10-game schedule starts on Jan. 13. Fee is \$50 per child. Individuals interested in coaching a team should contact the Recreation office at 473-9570.

DOWNHILL SKIING

Students in grades 4 through 12 can enjoy an evening of skiing at Mt. Brighton on Friday evenings. Buses leave designated sites

throughout the city at 4:30 p.m. and return at approximately 10 p.m. There are three 2-week sessions and one 1-week session scheduled. The first session will run Jan. 5 and 12. The fee is \$40 for a two-week session. If a rental is required, \$10 rental fee will be collected on the bus.

SPORTS EQUIPMENT SALE

On Saturday, Dec. 9, from 9 a.m. to 1 p.m. at the Farmington Hills Activities Center (28600 11 Mile Road, Gate 3 or 4) you will have the opportunity to purchase or sell used sports equipment. Items include skates, downhill and cross-country skis and boots, sleds, roller blades and more. Equipment consignment for registering items to be sold will be Friday, Dec. 2, from 5:30-8:30 p.m.

Hills clerk on panel

Farmington Hills City Clerk Kathy Dorman has been named to the state Elections Advisory Committee that will conduct a study of Michigan's elections system over the next year. The committee is expected to submit a formal report to Secretary of State Candice S. Miller by the end of 1996. The nine-member blue ribbon panel is made up of clerks from around the state, along with former state Elections Director Bernice Apoll and state Rep. Rob Breckenridge of St. Joseph.

Sports agent on TV

Kevin Poston, a Farmington Hills resident and a professional sports agent, will be featured on the Monday, Dec. 4, edition of "The Business Page," a weekly half-hour television program carried on public TV stations across the state. Poston, agent to Anfernee Hardaway of the NBA Orlando Magic, will discuss sports marketing on the show, which examines issues affecting Michigan businesses. The program may be viewed at 5 p.m. Monday on WTVS, Channel 56.

FARMINGTON FOCUS

Music for the holidays

The Farmington Community Chorus will present its annual holiday concert at 8 p.m. Friday-Saturday, Dec. 15-16, in the auditorium of Harrison High School on 12 Mile Road between Orchard Lake and Middlebelt roads, Farmington Hills. The chorus, sponsored by the Farmington Hills Department of Special Services, will present a program of holiday selections, including "It's Beginning to Look a Lot Like Christmas," "Sing We Noel" and "Shepherd's Pipe Carol." The 80-plus voices of the Farmington Community chorus are directed by Steven SeGraves and are accompanied by Susan Carr. Tickets at \$8 for general admission and \$5 for seniors are available in advance from chorus members or at the Department of Special Services in the City Hall complex, 11 Mile and Orchard Lake roads. Tickets will be sold at the door on a space-available basis. For additional information, call Kathy Hall, chorus manager, at 471-4518.

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Hours: 10-5:30 Daily Sat. 10-4
Greenfield at 13 Mile Rd.
642-4466

Arthritis Today
Joseph J. Weiss, M.D. Rheumatology
18829 Farmington Road
Livonia, Michigan 48152
Phone: (810) 478-7866

CHOICES

Until recently, the alternatives were few if you had rheumatoid arthritis not controlled by aspirin or its follow drugs. The next step was a trial of gold therapy - given as an injection usually once a week then gradually extended to monthly or beyond.

In the past 5 years, physicians have changed their approach to therapy. Another medication, methotrexate, has proved as efficacious as gold. Experience by some physicians has resulted in greater use of oral corticosteroids. A number of other drugs, borrowed from the cancer specialists, have proved helpful either alone or in combination with gold or methotrexate.

In addition, trials with placebo, once used to treat malaria and anchor arthritis conditions, systemic lupus erythematosus, has shown the drug is useful in modifying the pain and disability of rheumatoid disease.

The investigations of the 1990s have opened the options for the 1990s. What limits your doctor's choice of therapy is concern over the toxicity of these medications. What is best for you cannot be determined by blood tests or x-rays; nothing suffices except trial and error. The dose that is both tolerable and beneficial, is also particular to each individual.

What has happened is that advances of medical science have brought you and your doctor ever closer to the art of medical care.

Dentistry in the 90s

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

HALF THE CAVITIES OF YESTERDAY

Those old enough to remember the "Look Ma, no cavities!" television commercials of the 1960s should not be surprised if that advertising campaign were revived today. The fact is that half the number of cavities are appearing in the mouths of today's patients as were found in those patients of three decades ago. In 1990, the latest year for which statistics have been compiled, a survey of 4,206 dentists in private practice showed Americans received (per capita) half the number of fillings they required in 1959-even though they were four times as likely to visit the dentist. According to the American Dental Association, the primary reasons for today's lower tooth decay rates are fluorides in the drinking water, topical fluoride treatments, and regular checkups.

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P.S. As a result of fluoridation, half of today's schoolchildren have never had a cavity, versus 28% decay-free schoolchildren 20 years ago.

UPDATES IN Obstetrics & Gynecology

GENETIC COUNSELING

Expanded research over the past two decades has led to a greater understanding of how underlying inherited factors cause many illnesses and birth defects. This relatively new information is available in the form of genetic counseling to concerned couples who are about to embark upon starting families. This medical specialty makes use of family history and medical tests to provide couples with information about risks and probabilities that a specific birth defect or inherited disease might occur. Even in families without any unusual patterns of medical problems or children with birth defects, there may be considerations of age or ethnic background that could be reason enough to seek out such information when planning a pregnancy aside from preventing risks in terms of numbers. Genetic counseling helps couples weigh risks in terms of personal values and decision making.

Presented by
James Stubbs, Jr., M.D.

After weighing the information gained from genetic counseling, and choosing to proceed with producing a child, many couples decide to have certain tests such as amniocentesis and chorionic villus sampling (CVS) during pregnancy to gain information about the health of the developing fetus. Tests for any of more than 100 specific disorders of body chemistry can be ordered if genetic counseling reveals an increased risk.

My goal is to provide you with the information and services you need in a relaxed and pleasant atmosphere. Call 650-8000 for an appointment. My office is located at 15901 W. 9 Mile Road in Southfield.

BORDERS WELCOMES

Kevin Trudeau
AUTHOR OF
MEGA MEMORY

THURSDAY DEC. 7 • 7:30 PM
BORDERS BOOKS & MUSIC NOV

FRIDAY DEC. 8 • 7:30
BORDERS BOOKS & MUSIC UTICA

Meet author and television personality Kevin Trudeau as he conducts a mini-seminar where you can learn the link between food and memory, how to cut your study time in half, and more. Afterward, he will accept questions and sign his blockbuster book *Mega Memory*.

Borders Books • Music • Cafe

Physical Therapy & Sports Medicine

by Richard W. Miller, P.T., A.T.C., M.S.

A NEW ANGLE ON ANKLE SPRAINS

Studies indicate that injuries to the ligaments that connect the ankle to the leg, commonly known as ankle sprains, are the most common type of sports injury. Ankle sprains are not limited to any one activity and have been endured while engaging in everything from basketball, jogging, and soccer, to racquet sports and step aerobics. And, while it was once widely assumed that loose joints and high arches were to blame for this injury, new research seems to indicate otherwise. According to researchers at the University of Vermont in Burlington, it is a strength imbalance among the muscles that control medial and lateral motion of the foot and ankle that are to blame. In light of this new information, strengthening the muscles may be the best defense against ankle sprains.

The purpose of our practice here at **MILDER PHYSICAL THERAPY & SPORTS MEDICINE, P.C.** is to relieve pain and restore and achieve optimal movement and health in our patients. Following an examination, we will answer any questions you might have about the various therapy techniques we employ. In this way, you will have a clear understanding of your present condition. To schedule a consultation, call us at (810) 478-7310, or see us weekdays by appointment at 33566 Eight Mile Road, Suite A, Farmington, MI.

If an ankle sprain results in swelling, discoloration, and difficulty in walking, seek medical attention. In the meantime, apply ice, compress with a bandage, and elevate the foot.

Handcrafters' ARTS & CRAFTS SHOW

December 8, 9, & 10, 1995
Friday 9-9, Saturday 9-8, Sunday 11-5

NORTHVILLE RECREATION CENTER
303 W. Main, Northville, MI

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