

# Letter carriers to collect food for needy

On Saturday, May 11, Farmington-area letter carriers will be collecting and delivering more than just the mail.

As part of a joint participation between the United States Postal Service and the National Association of Letter Carriers, May 11 has been designated "National Food Drive Day."

Farmington area Postmaster Don Hall describes the event as "a way our communities can

lend their support to those in need."

"All of our letter carriers will be collecting donated non-perishable items from residents mailboxes on May 11 for distribution and delivery to Farmington and Farmington Hills charitable organizations," he said.

Hall said these organizations are all located and serve in the community and are associated with the Oakland County Food

Bank. They include the Boys & Girls Republic, Food Bank of Oakland, Salvation Army and St. Alexander Church.

Letter carrier steward Charlotte Ott said, "Although the Food Drive is a national program we feel all donations from our customers should be provided to local charities."

"We ask that all residents of Farmington and Farmington Hills place any item for dona-

# Tranchida gets life in Biggar murder

By LARRY PALADINO  
STAFF WRITER

Kenneth Ray Tranchida's guilty plea of second-degree murder in the death of Oakland University student Tina Biggar saved the need for a trial, but it didn't mitigate the punishment imposed by Oakland Circuit Judge Rudy Nichols.

Nichols sentenced the 42-year-old man Friday to life in prison, taking habitual offender provisions into account because it was Tranchida's fourth conviction.

Although Tranchida could be eligible for parole in 15 years after the sentence begins, it won't begin until he serves out his time for a previous parole violation. That means the life term won't begin until the year 2027, according to Nichols' office.

Tranchida, who grew up in Southfield, had been on parole last year from a larceny conviction when he met and later killed Biggar. She was an OU psychology student who was working for an escort service while doing research on AIDS and prostitution.

in Pontiac for processing for shipment to a state prison.

Oakland County Prosecutor Richard Thompson in mid-April had consented to a plea bargain agreement, lowering the charges from first-degree murder, in exchange for a guilty plea. Also, Thompson said, it would spare the Biggar family from details on her life as a prostitute that would have come out in a trial.

Had Tranchida been convicted of first-degree murder he would have been given a mandatory life sentence.

In written statements to police, Tranchida said Biggar, 23, complained about her financial difficulties the morning of her death. He told police that he grabbed her by the shoulders during the discussion and she fell backward, hitting her head on a sofa, killing her.

He told police he didn't know what to do and so he put her in the trunk of her car, drove to his aunt's former home on Nine Mile Road near Dunns Scenic in Southfield, and put the body behind a fence near the back of the property.

Police found the body Sept. 21.

# Koga murder trial delayed

The trial of a Farmington Hills woman accused of drowning her baby has been postponed until July.

Itsumi Koga, 35, was scheduled to go on trial in Oakland County Circuit Court before Judge Jessica Cooper today. The trial was postponed to July 22, when re-

sults from a forensic examination should be complete.

Koga, who is on an electronic tether at the Farmington Hills apartment, is accused of taking her 26-day-old son Tomoyuki from her Citation Club apartment and to a pond behind it and drowning him.

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Heat and even icing a swollen joint are helpful, but their efficacy is short lived. Joint exercise seems sensible, however joints are like tires, every use, no matter how small, increases wear.  
Devices for the feet, braces for the back and knees, and supports for the ankle and wrist, are of limited value. The basic impairment is deep into the joint, so aids applied to the surface of the body add no stability or support against strain.  
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by Herbert M. Gardner, D.D.S. & Martha P. Zinderman, R.N., D.D.S.  
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