

Election from page A1

Lake and Farmington Hills, said she had not seen a successful write-in campaign at the state level.

"A lot of people will also vote a straight party ticket in November," Dornan said.

Democrats were encouraging moderate Republicans to cross over and support their candidate, Democratic primary winner Steve Dilort.

"The residents of Farmington and Farmington Hills are generally centrist in their political leanings," said Vicki Barnett, 11th District Democratic chairwoman and a Farmington Hills City Council member.

"The average resident opposes assault weapons, prayer in the public schools, and public funding of religious schools, and supports a woman's right of choice," Barnett, who lost in a bid in 1992 to defeat state Sen. David Honigman, said the emotions are strong after a defeat.

"I know she won't go hard," Barnett said. "It's devastating emotionally."

Terry Sever, who finished third behind Raczowski and Webb, called an attempt at a write-in campaign "foolish."

"It's no sense being bitter over it," said the Hills councilman and former mayor. "It's done. Everybody had two-and-a-half months of campaigning season. She started in February. Andy had I have to give Andy and Cathy a lot of credit. They were able to raise a lot of money and they had tremendous organizations. Probably that's the big difference."

Sever, who lost in a June bid to defeat Sen. Willis Bullard, credited the Raczowski and Webb for their campaigns.

"I'm very disappointed," he said. "I thought I had a very good chance to win with all the support I have had in the past, but I have to give Andy and Cathy a lot of credit. They were able to raise a lot of money and they had tremendous organizations. Probably that's the big difference."

Sever said telephone banks, used by Raczowski and Webb, proved very effective.

"It appears as though campaigning has modernized and shifted to the telephones," he said. "I didn't mount a telephone campaign. They were obviously able to do that."

Linda Joliceur, who finished last, thanked her supporters as well and said the lack of absentee voter support was a factor in her campaign.

"I think we know now we missed the absentee," she said. "That's where the numbers really fell off. We did not get the absentee vote."

Dolan, who supported Webb, said she would not encourage a write-in campaign.

"A write-in campaign can be very divisive," she said. "The electorate has spoken."

Dolan said she was surprised by an apparent backlash by some voters over the support and

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Arthritis Today
JOSEPH J. WEISS, M.D. RHEUMATOLOGY
18829 Farmington Road
Livonia, Michigan 48152
Phone: (810) 478-7660

MORE TO BEING TIRED THAN NEEDING REST

The scenario is familiar to you. You have arthritis and you feel tired. You tell your physician that your joints don't feel that bad, and cannot explain why you have such fatigue.

The doctor undertakes a review of your status. He finds your blood adequate, your thyroid functioning normally, your heart working well, and that your liver and kidneys are acting as they should.

One can say that you are tense and depressed and that your emotions are weighing you down. Your response is that it is such the case, you would not have approached your doctor to check out your physical condition.

What may be lacking is not sufficient rest for the body but a lack of time for yourself. What you may need is to turn your back on the laundry basket, the shopping list, and the room that needs dusting. Instead, you should concentrate on yourself, taking the time to do what pleases you, giving your mind the equivalent of a long warm bath.

That satisfaction, when missing, like the lack of a single essential vitamin, makes the whole body suffer. You feel fatigue, but rather than a problem that weighs you down, you have an enthusiasm.

What you may need is not a pill, but to find and cultivate what gives you a sense of self.

Physical Therapy & Sports Medicine
by Richard W. Milder, P.T., A.T.C., M.S.

PULLING THE TRIGGER ON PAIN

The manual therapy technique known as trigger point therapy seeks to identify and release the hold of the overly sensitive, irritated points and bands of pain deep in the muscles known as trigger points. Trigger points, which are usually found in right muscles, may radiate pain to other areas of the body and cause muscle weakness and restricted range of motion. They can result from direct trauma to the body exposure to cold, reverse of muscles, or chronic postural imbalance. Any of these factors can cause muscle contraction which, if held over time, can lead to an involuntary holding pattern that can become the source of chronic nagging pain. When this occurs, the physical therapist may apply deep finger pressure or other techniques to trigger points to release the chronic contraction. After that, muscles

surrounding and containing the trigger points are stretched to prevent their recurrence.

MILDER PHYSICAL THERAPY & SPORTS MEDICINE, P.C., employs a detailed quality assurance program to ensure the highest standards, including continuing education and case follow-up. Our professional staff works closely with referring physicians to tailor each patient's treatment plan, making communication and documentation a priority at all times. To schedule a consultation, call us at (810) 478-7310, or see us at 33366 Eight Mile Road, Suite A, Farmington Hills. We are open weekdays by appointment. To save you time, we will gladly process your insurance claims right here in our office.

P.S. A common site for trigger points is the large muscle (trapezius muscle) that lies between the shoulder blade and the neck.

Ireland from page A1

Lange went to Ireland as part of an educational program for high school students sponsored by the Irish-American Cultural Institute. She returned Saturday.

"The woman we were staying with told me, 'You'd have to pay her daughters to do step-dancing,'" Lange said. "Here, we do all these things to hold onto our culture... and here to find out nobody does it. It's thought of as kind of quirky."

The Irish Way program is designed to be a total immersion in the Emerald Isle culture.

Students took classes in Irish history, literature, and language during the day. In the evening, the ventured into the small towns to sample the shopping and the craic, an Irish term for good conversation.

They viewed the scenic Ireland: the Cliffs of Moher, the Laker of Killarney and Dingle Bay. The 100-plus contingent seen the cosmopolitan Ireland: going to the Abbey Theatre and shopping in Dublin. The group was invited to the home of U.S. Ambassador Jean

Kennedy-Smith.

Students stayed clear of Northern Ireland, which was the scene of rioting during the Protestant commemoration of the Battle of the Boyne.

Lange also spent a week with an Irish family in Portlaoise, which is an hour's drive west of Dublin.

These experiences separated images of the mythical land's leprechauns and rainbows from those realities of a struggling European nation.

Drugs and crime are a problem. So, too, is unemployment, which doesn't leave people Lange's age with a bright outlook.

"The attitude is, 'If I go to college, fine. If I don't, no big deal,'" Lange said. "They knew there wasn't much hope of getting a good job even if they went to college -- unless they come here."

"Some of them wanted to come here and some of them didn't. They had some interesting impressions of the United States: They thought the teenagers here were all like those in the movie, 'Clueless.'"

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

The cosmetic dentistry technique known as bonding makes use of a composite material that can be used to match the color of virtually any natural tooth enamel. As a result, these composite fillings are virtually indistinguishable from the teeth into which they are inserted. This makes bonding a more satisfactory choice than bleaching (which lightens stains) for eliminating tetracycline stains. Bonding is also useful for concealing calcium-deficient white "dead" teeth, as well as the dark stains that are caused by diffusion from lower amalgam fillings. Bonding can also be used to build up the contours of teeth, to a limited extent, and restoring the edges of chipped or worn teeth. And, while the bonding composite is not strong enough to

withstand heavy chewing pressure or repeated contact with opposing teeth, it provides a way to improve the appearance of teeth without going to the expense of restoring to veneers or crowns.

If you have any questions about cosmetic dentistry please call us at LIVONIA VILLAGE DENTAL ASSOCIATES. Our dental services include dentures, crowns, dentures, and cosmetic dentistry. It is important to us that any dental experience be a positive one for all of our patients. We are currently accepting new patients and invite you to call 478-2110 to schedule a convenient appointment. We're located at 19171 Merriman Road, Suite 100, Farmington Hills, Mon., Tues., & Fri. 8-5, Wed. 10-6pm.

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P.S. Bonding may be employed to both cover and build up the necks of teeth exposed by receding gums.

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- USE THE NEWSROOM FAX - (810) 477-9722 - to send press releases, letters to the editor, obituary notices, sports results and other information.
- CALL SPORTS - (313) 953-2141 - to reach sports staff.
- USE OUR READER COMMENT LINE - (313) 953-2042 - to let us know what you think of our stories and service.
- CALL CLASSIFIED ADVERTISING - (313) 591-0900 - to place "for sale," "help wanted" and other small ads.
- CONTACT DISPLAY ADVERTISING - (313) 591-2300 - to place larger, free-standing boxed advertisements.
- CALL CIRCULATION - (810) 901-4716 - to subscribe to our paper.
- CONTACT CABLE TV WEEKLY - (313) 953-2182 - for information about advertising in our local weekly TV and cable guide.

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Map of Farmington & Environs

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CITY OF FARMINGTON
SPECIAL COUNCIL MEETING WITH STATE REPRESENTATIVE
(Summary)

A special meeting of the Farmington City Council Senator Willis J. Bullard, Jr. was held Monday, August 5, 1996, in Council Chambers, 22800 Liberty Street, Farmington, Michigan. Notice of the Meeting was posted in compliance with Public Act 287-1976.

The meeting was called to order at 6:10 p.m.

COUNCIL MEMBERS PRESENT: Bush, Hartsock, McShane, Mitchell.

COUNCIL MEMBERS ABSENT: Campbell.

FARMINGTON CITY REPRESENTATIVES PRESENT: Clerk/Treasurer Cantrell, City Manager Leubhoff, Assistant To City Manager Richards.

Mayor McShane opened the meeting noting that the purpose of the meeting was to discuss with Senator Bullard issues which are of concern to the City. Discussion followed regarding recent changes and proposed changes in state revenue sharing, residency requirements, unavailability of liquor (tavern) licenses for downtown development, the need for additional funding for roads, and pending changes in elections law.

Meeting adjourned at 6:45 p.m.

JOANNE M. McSHANE, Mayor
PATSY K. CANTRELL, Clerk/Treasurer

Published August 12, 1996

Has your Mom had a mammogram?

The risk of breast cancer increases with age. It is one of the leading causes of death among women 65 and older. Early detection through regular mammograms could prevent many of these deaths. Yet so many women get older, they are less likely to get one. It might be your chance to give her good advice.

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- **AFTER HOURS CIRCULATION** - (810) 901-4716.
- **FAX LINE** - (313) 953-2288 - offers access to the following information from our classified ads with a MasterCard, or Visa. This service is available by noon Wednesday and Friday:
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