

# Hotel from page A1

Cleaning rooms takes training, and as Holiday Inn Assistant General Manager James Neufeld says, "It's an art."

He should know. The former teacher and current volunteer firefighter had to try his hand at cleaning a room as part of his management cross training.

"I've done it and it is amazing how fast and how well she cleans a room," he said.

Clark said she has learned a routine that begins with the messiest job first, usually the beds and then the bathroom.

At the Holiday Inn, and many area hotels, business customer stay during the week and families or leisure guests descend on the weekend.

"A lot of the businessmen come back and are regular customers," Neufeld said. "They ask for Dorothy."

Now they will still find her,

but not as a housekeeper. Since May, she has been promoted to the desk, where her strong people skills have been a big plus.

"It's a very different job, but I really like it," she said.

And she knows what people who check in are looking for.

"Most businessmen are tired and just want a clean, nice room," she said.

And having been one of the 30 or so employees who made sure the room was clean, she knows that it is appreciated.

Clark said customers often leave tips under pillows, but she is careful to make sure they are a tip.

"I had one time when I did not take the money, because I wasn't sure," she said. "The man was angry."

But the petite African woman has learned a lot about people.

Hillside hotels are doing a good business. With the city located in a metropolitan area with access to several businesses, with hockey, shows and other entertainment, the hotels are able to cater to the two continents and do well.

"We've had a very good year so far," said Bruce Bussey, general manager of the 202 bed Best Western on 12 Mile. "Clean rooms are very high on the scale. We have about 75,000 guests a year. We have a lot of weddings and bar mitzvahs on the weekends as well as business travelers Monday through Thursday."

Sandra Misraas, manager of the Red Roof Inn on Sinclair, said the 108-room motel has had a "terrific year."

"Times are good," she said.

"Business has been consistent."

With employees like Clark, the Holiday Inn should do well, especially if everyone remembers one piece of advice that Ferguson stresses.

"Never check someone into a dirty room."

# Teacher from page A1

and write and look at good examples."

People at the conference grappled with ethics and standards involving Internet use. A "cyber cop" gave a presentation on what teachers can look out for on the computer network.

Most school districts represented at the symposium have some type of access to the Internet. Farmington is ahead of most districts when it comes to how the computer network can be used in the classroom, Warner said.

"One thing I noticed is the districts that were really strong (into the Internet) had not just support but understanding of the technology from the board and superintendent," Warner said. "It really makes a difference. It pulls everyone together."

At Hillside, Warner helped the school develop its own web site last year through the University of Michigan. Children in her art classes have been incorporating computer use in their projects.

Warner has also developed a business partnership with Hillside and Farmington Hills-based Silicon Graphics.

Her interest in technology and education has continued to evolve.

"When I found out you can draw on a computer, that hooked me as an art teacher," she said.

National School Board Association and the California Tech-



Jean Warner

■ 'It's (Internet) definitely the way we are going to be doing business.'

Jean Warner  
—Hillside art teacher

nology Advancement Project recruited teachers who are using the Internet in their classrooms.

The more that educators use the Internet, they'll become comfortable with the technology, Warner said. The Internet is not a fad, she added.

"It's definitely the way we are going to be doing business," she said.

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There are several flaws in this argument. The acid in the stomach will break down the chicken cartilage, so that the body will never recognize the collagen as other than a group of amino acids. Next, the problem in rheumatoid arthritis is not antibodies to cartilage. The principle source of inflammation is the invasion by white blood corpuscles into the cells that line the joint. No body response to chicken cartilage will stop this process.

The attention received by chicken cartilage recalls the recent furor over shark cartilage, which calls to mind the play given to the arthritis curative effects of rasins soaked in gill, and so on.

Medical therapy in rheumatoid arthritis is based on good science, the alternatives are poor advice, by well meaning but uninformed individuals, or deliberate deception by someone ready to pick your pocket!

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**MYOFASCIAL RELEASE**

One of the manual therapy techniques that physical therapists employ to release muscular tension is called myofascial release, a term which is derived from the Greek "myo" (muscle) and "fascia" (the thin layer system of connective tissue that surrounds, supports, and interweaves with every muscle, organ, and bone in the body). In its natural state, fascia is elastic and relaxed; however, it can become contracted due to illness, stress, or injury. This contraction causes the fascia to pull muscles and bones out of place and cause pain and lack of mobility. The goal of myofascial release is to release tension in the body by releasing the fascia. This is accomplished by softening it with the manual application of long, stretching strokes that warm, elongate, and stretch the fascia. By lengthening the fascia, the physical therapist removes the tightness and restriction that are the source of pain and discomfort.

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P.S. Myofascial release is thought to provide more long lasting effect than may be possible by only releasing the muscles. In which case the tension may return if underlying constrictions in the fascia that bind the muscles remain untreated.

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

**KEEP YOUR GUARD UP!**

In recognition of the fact that however often teeth and the soft tissues of the mouth occur all too often (and unnecessarily) in sports, mouth guards are required equipment in amateur football, lacrosse, and hockey. And, if the American Academy of Pediatric Dentistry has its mouth guards will be required for such school sports as basketball, baseball, and softball, as well as for such seemingly "safe" sports as gymnastics. This recommendation is very much in keeping with the dental profession's belief in prevention behavior's ability to stave off dental disease and trauma. The least expensive type of mouth-guard protection comes in the form of a boil-and-bite model available from sporting goods stores.

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P.S. If necessary, point out the example of professional football and basketball players to your children who can be seen wearing mouth guards on TV.

# Knollenberg to speak here

U.S. Congressman Joe Knollenberg of the 11th District will be a guest speaker at the Optimist Club luncheon Wednesday, Aug. 28, at noon at the Brass Pointe restaurant on Orchard Lake, north of 10 Mile.

For further information, contact Knollenberg's Farmington Hills office at 851-1366.

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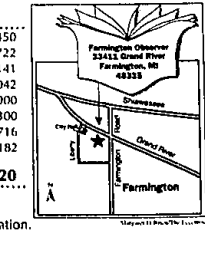
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