

Youth center volunteers see where money goes

BY TODD WICKS
STAFF WRITER

Some Detroit Edison employees recently got out of the office and put some of their own energy to work at the St. Vincent and Sarah Fisher Center in Farmington Hills.

As part of the United Way Community Services Day of Caring, more than 60 volunteers spent a day washing windows and windows, assisting with the annual art fair, gardening, and building a large, colorful "playscape" for the children at the center.

They joined nearly 500 volunteers throughout the tri-county area participating in community service projects during the last weekend in Sept.

"Our department decided that rather than have a standard United Way event, we'd get our employees in touch with the United Way and see where their dollars went," said Mark Williamson, the United Way chairman of Detroit Edison's Customer Energy Solutions department.

"We hear that the money goes to agencies and projects, but we never see what they're like, what they do, and what the process is... It was a marvelous experience."

The center, which serves as a residential home for abused children

as well as serving teens and families, appreciated the help.

"We worked together to find some things that really needed to be done around the center," said Sallie Justice, St. Vincent's community-relations coordinator.

"They cleaned probably over 100 windows in the main hallway. We take a lot of our visitors through there, so it's really important that it looks nice."

"The kids were actually quite amazed that they could actually see through the windows," said Williamson.

Many of the youths there know that the playscape was coming, and sent the volunteer workers a special note of appreciation.

"All the little kids there put their handprints on a big piece of posterboard and signed their hands," said Williamson. "It was a thank-you card for us. We have it framed at the company now."

"Everybody left with a nice, warm feeling that they got involved," he said. "Some of our people actually want to go back and finish some of the things we didn't do, because it started raining."

"The enthusiasm from the Edison employees was phenomenal," said Justice. "They were doing it for all the right reasons, for the kids. And it showed."



Finishing touches: Tim Bloch, left, and Marty Heiser work to assemble the playscape for St. Vincent.

Pizza makers raise dough for Gill

BY TODD WICKS
STAFF WRITER

The parents of two Gill Elementary students are putting their business to work for the school.

Rick and Kathy Lashbrook, owners of the Papa Romano's Pizza restaurant on Eight Mile, are donating \$1 from every sale of a new pizza ordered on Wednesdays to Gill.

"We wanted to help the Gill PTA out with some extra money," said Kathy. "We thought this would be a good way to promote ourselves with the community and help the school out at the same time."

The pizza is called "The Big Gill," otherwise known as a Big Sicilian, a 12-by-18 inch large square pizza with one item.

The Lashbrooks and the PTA held a special contest at the school to name the fund-raising pie. The winner, Tianna Lusci,



STAFF PHOTO BY SEASON LEMIEUX

"They wanted a partnership with their school, and did that through their business."

Connie Carroll
—PTA Representative

is in kindergarten at Gill and won pizza for her entire class.

The Lashbrooks haven't done much promotion for the Big Gill, but their sales, and the dollars raised, have been steadily rising.

"The first week we got nine orders, and the second week we got 14," said Kathy. "I definitely think sales will be good as soon as everybody realizes what we're doing."

The couple took the business over in 1991, happy to stay and work in Kathy's hometown of Farmington.

"We lived in the same house here for 31 years," she said. "I

went to Gill from the first grade on, then to Power (Middle School), then to Farmington (High School)."

PTA Representative Connie Carroll thinks that once word gets out, the Gill PTA will have a little more money and the Lashbrooks will have a lot more business.

"They really are very supportive of the school," she said, adding that the couple has a business PTA membership as well as a normal one. "They wanted a partnership with the school, and did that through their business."

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BAKER'S CYST
Baker's cyst refers to a swelling that occurs in the back of the knee joint.
The cyst starts when excess fluid forms in the front of the knee. Walking and bending compresses the joint, causing the extra fluid to flow to the back of the knee. At times joint issue acts as a check valve and the extra fluid cannot return to the front when you extend the leg.
The cyst alone does not interfere with walking, and is usually painless. The problem is muscles causes pain, and the swelling of the leg creates the impression of a blood clot.
Usually when rupture occurs, the body absorbs the joint fluid, eventually both pain and swelling resolve. In some instances, disability from pain necessitates an operation to suction off fluid.
Common sense suggests removing the fluid from the cyst before complications arise. However, when a needle tract develops in the back of the knee, the pressure of walking causes the tract to become a channel from which the fluid will leak. Thus, your physician removes fluid from the front of the knee and thereby prevents further build up in the back. In time, the body absorbs the fluid that remains in the cyst.

Dentistry in the 90s
by Herbert M. Gardner, D.D.S. & Martha P. Zindorman, R.N., D.D.S.
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*K Composite resin is also used in the cosmetic dentistry technique known as bonding.

Meetings discuss "Death with Dignity"

Merian's Friends, a group working to promote "Death With Dignity" legislation, is sponsoring meetings in Farmington Hills and Southfield this month.

A town hall-style meeting, moderated by 37th District State Rep. Jan Dolan, R-Farmington Hills, is scheduled for 7:30 p.m. Thursday, Nov. 14, at the Universalist Unitarian Church of Farmington, 25801 Halsted.

Dolan will also moderate a meeting at 7:30 p.m. Nov. 21 at

the Southfield Civic Center, room 222, on the second floor of the parks and recreation building.

The meetings are open to the public.

The group is named for Merian Frederick, who suffered from Lou Gehrig's Disease. At 72, she ended her life with the help of Dr. Jack Kevorkian in his Royal Oak apartment.

For more information, call 626-6366 or 349-6364.

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Physical Therapy & Sports Medicine
by Richard W. Miller, P.T., A.T.C., M.S.
THE ROLE OF ANKLE WEIGHTS
The use of ankle weights is not recommended for strengthening the legs while walking or jogging. Instead, ankle weights are more effectively employed in conjunction with non-weightbearing exercise to strengthen the muscles and ligaments around the knee joint. For instance, from a seated position, a person wearing ankle weights can raise his or her weighted leg until it is parallel with the floor to strengthen and train the quadriceps muscle at the front of the thigh. Leg exercises using ankle weights are also used to treat arthritis of the knee. It has been demonstrated that exercises performed properly with ankle weights lessen knee pain and inflammation by strengthening the muscles and ligaments around the knee and increasing the stability of the joint.
As key members of the health care team, physical therapists are specially trained to improve movement and function, relieve pain, and to restore and achieve the optimal recovery. At MILLER PHYSICAL THERAPY & SPORTS MEDICINE, P.C. treatment goals may be achieved through pain reduction, muscle re-education, neurological rehabilitation, joint and soft tissue mobilization, and improved range of motion and flexibility. To schedule a consultation, call us at (810) 478-7310, or see us weekdays by appointment at 33566 Eighth Mile Road, Suite A, Farmington Hills.
P.S. wearing ankle weights while running or jogging can actually damage the knees.

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