

## Bank from page A1

hours earlier, at about 11 p.m., in Dearborn in which a guard, 29, was shot to death and \$1.2 million was stolen.

That robbery involved a different bank, the Michigan National Bank at Michigan and Gully, in Dearborn.

Dearborn police did arrest a man in Farmington Hills Thursday night in connection with the Dearborn robbery and murder.

Perry Hollie, 26, was arraigned Friday in Dearborn. Police are seeking Federal Capital Offense charges in the murder, which could result in the

death penalty for a conviction. In the Dearborn incident, keys were removed from the victim's pocket and about \$1.2 million was taken from the armored truck.

In the Farmington Hills incident, there was not money stolen.

"There is no connection between the two robberies," said Farmington Hills police Chief Bill Dwyer.

Police are looking for a man described as African-American, in his mid 20s, with a medium complexion, unusual fading or



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Drawing shows suspect in Hills robbery

color on top of black hair, possibly with a mustache, wearing a black waist-length leather jacket and armed with a pistol.

Dwyer described the killing of the unarmed service technician as a "vicious ambush without provocation." Dwyer said the murder was Farmington Hills' first of the year. There were three homicides in the city in 1995.

Anyone with information is asked to call Farmington Hills police at 474-6181. A reward of at least \$15,000 or more is expected for anyone who steps forward to solve the crime.

## Bush from page A1

any where else."

Bush's civic involvement covers a myriad of activities. Along with her city council duties, she's on the Cornucopia Hall planning committee, the Foundation for Children, Youth, Families and is a SAGE volunteer in Farmington Public Schools.

She previously served on the Chamber of Commerce, including a term as president. She tallied the most ticket sales for this summer's Founders Day Corvette Raffle.

When the occasion calls for it, Bush has stepped up to celebrate the community's past.

She developed and chaired the Meadow Muffin Man fundraiser as part of the city's 125th Anniversary celebration in 1992.

With Jack Curd, Bush helped spearhead efforts to honor those who fought in World War II as part of a 50th Anniversary Commemoration Committee.

"She is a jewel, a warm, caring, compassionate human being," said Curd in his nomination letter. "... I guess if I had to rate Miss Mary on a scale of one to 10, she would be an 11."

Added Katherine Hall, who was also involved in the World

War II committee: "Mary was one of the first people to volunteer her services for this worthwhile project ... Her enthusiasm for the project was contagious."

Such enthusiasm is derived from having lived and worked here, Bush said. The North Farmington High graduate was an associate broker for Thompson-Brown realtors for 25 years before leaving to start her own business.

She was elected to Farmington City Council in 1993, which in itself was a historical footnote. She tied with then councilman Richard Tupper for the second, four-year term.

Both picked from a hat to figure out who would get the four- and two-year terms. Bush was surprised as seeing a rabbit pulled from a hat upon hearing she was selected for Citizen of the Year honors.

"I guess to sum it up, I'm shocked and honored," Bush said. "I would never imagine I'd be selected. I was just doing what I enjoyed in the community."

"I would have never guessed this."

## Some winners from the past

Here are some past Farmington/Farmington Hills Citizens of the Year:

1995 — Cathy Webb  
1994 — Todd Lipa  
1993 — Walter Christensen  
1992 — Walter Sundquist  
1991 — Lloyd Smith  
1990 — Betty Nicolay  
1989 — Kay Blakeney  
1988 — Kay Briggs  
1987 — Shirley Richardson  
1986 — Bayard Tupper  
1985 — Jean Fox  
1984 — Jim Ellis  
1983 — Harold Gibson  
1982 — Robert McConnell  
1981 — Sandra Donlon  
1980 — Richard Headlee  
1979 — Allan Kenerson  
1978 — Floyd Calms  
1977 — Terry Sever

## Hills Council to hold community meeting

"These meetings will help us be more specific in responding to issues of specific interest to people in particular geographic areas within the city," said Aldo Vagozzi.

The agenda will include a review of the traffic study and improvements to M-5/Halsted, an update on the public safety millage, plans for police and fire service changes and an update

on the Youth Program.

Speakers will include Public Services Director Thomas Biasell, Police Chief William Dwyer, and Fire Chief Richard Marinucci. Several police officers assigned to this area of the city will also be present.

The mayor and members of city council will conduct a question and answer session as part of the informal meeting.

## Bullard from page A1

"As far as I'm concerned, I think values education gets into a murky area," Bullard said. "My first question is, 'Whose values are you going to teach?'"

Board members were happy to see the state Legislator. Bullard's predecessor David Honigman — who battled illness throughout his term — visited the Farmington board on one occasion.

"I think your views on educa-

tion are right in line with what this board believes..." said Trustee Cathy Webb, who suggested the board should invite newly-elected state Rep. Andrew Raczowski, R-Farmington Hills; and U.S. Rep. Joe Knollenberg, R-"We appreciate your accessibility."

Said Bullard in parting: "If I ever get out of line, call me up and let me know."

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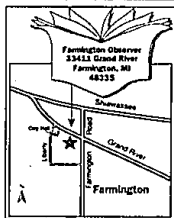
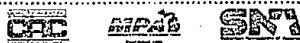
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## The Farmington Observer



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**COMPLIANCE IN MEDICATION**

What makes you take your medicine as directed, is a matter well researched by psychologists. Your doctor is assured of your cooperation if you believe that the medicine makes you better, reduces your pain, allows you to move more easily, or relieves the stress of your illness.

Apparently there is no difference whether you take the medicine one time or up to four times per day. What counts is your belief in the medication.

Aging does not affect your ability to comply with a drug regimen, even one that requires you to take multiple medicines. Evidence indicates that the brain has several reasons to make the decisions and create the patterns needed. Even if you must take several medicines, and on a schedule that requires taking medication three or more times a day, you will do well if your motivation is strong.

Research also shows that you are the best judge of when a medicine no longer does its job. Your ideas on dosage schedule and amount of medication may not have the scientific basis of a physician. However, your experience feeling better or worse after taking medication indicates whether that regimen works for you.

As a patient you walk a thin line. You need comply, but you must be skeptical if you are to avoid a waste of money and a hazard to your health.

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

**KEEPING AN EYE ON WOMEN'S KNEES**

A woman is more susceptible to knee pain and injury than a man because her wider pelvis increases the angle at which her upper and lower leg bones meet at the knee. Consequently, women are at higher risk for kneecap alignment problems, as well as ligament and cartilage injuries. And, as researchers at the University of Michigan found, women rely more on their quadriceps (at the front of the thigh) than the hamstrings (at the back of the thigh) to stabilize their knees. The result is greater vulnerability to ligament injuries. This over reliance upon the quadriceps is thought to be largely a matter of mistrainging at all levels, from high school on up. Along with being encouraged to strengthen their quadriceps, women should be urged, as well, to engage in exercises that increase the quickness of the hamstring response, such as hamstring curls and jumping rope.

The physical therapists at Milder Physical Therapy & Sports Medicine, P.C. will work with you to improve your movement, prevent, decrease pain, and to reach your therapy goals of movement and function. Examples of conditions treated by physical therapists are knee injuries, muscle strains, ligament sprains, TMJ, stroke, arthritis, low back pain, carpal tunnel syndrome and much more. To schedule a consultation, call us at (810) 478-7330, or see us weekdays by appointment at 33566 Eight Mile Road, Suite A, Farmington Hills.

P.S. The American Physical Therapy Association recommends that good muscle balance be maintained in the legs as a means of averting knee injury.