

BY JENNIFER PLACINTO
STAFF WRITER
jplacinto@co.homecomm.net

The group is looking for parents and community members to help them accomplish their goal.

among students in the Walled Lake schools.

To move in that direction, the group needs community participation from individuals willing to share their ideas on how to begin the battle against substance abuse among youths.

"We're hoping we can really force a community approach to lots of things in the lakes area," Superintendent James Geisler said. "It's important that we look

aware that substance abuse has been a problem for a long time, Geisler said. That's why student assistance coordinators were hired to develop programs and address individuals with abuse.

scheduled for 7:30 a.m. Thursday, Feb. 25 at the Walled Lake Schools Employees Federal Credit Union, located at 3095 S. Commerce Road just west of Central High.

BY PAT MURPHY
STAFF WRITER
pmurphy@oe.homedcomm.no

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basics of therapy. It is also important to work on flexibility. Finally no matter what your ego above measures fail.

you should consider joint replacement when the

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At least for now, the adage holds that the old ways remain the best ways, in the treatment of osteoarthritis. If you have knee involvement and are overweight, then losing at least some of the excess pounds will help relieve strain on the knees. For other joints, treatment requires a variety of responses. Acetaminophen for pain and removal of joint fluid if it accumulates, are the best of therapy. It is also important to continue daily activity to maintain your muscle stamina and flexibility. Finally no matter what your age, you should consider joint replacement when the above measures fail.

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