

RECREATION NEWS

The following is a listing of recreation events sponsored by the city of Farmington Hills:

Swan Lake staged

■ The Swan Lake ballet will be 7:30 p.m. Saturday, March 20, at the William Costick Activities Center. Tickets are \$8 for adults and \$5 for children 12 and under and adults 55 and older.

Hockey event

The Farmington Hills Ice Arena, in conjunction with the

Novi Ice Arena, is registering teams and individuals for ages mini-mite through midget. Teams are guaranteed 10 games plus season ending tournament. The registration deadline is Friday, March 19. For details on team registration, call Farmington Hills Ice Arena at (248) 478-8800. Call Novi Ice Arena at (248) 347-1010 for details on individual registration.

Adult softball

■ Farmington Hills is accepting

new adult team registration for men's, women's, and coed softball. Registration is on a first-come first served basis. Leagues will play one night per week. For fees and nights of play, call (248) 473-9570.

Euchre night

■ Sign up as an individual or as a team for a euchre night 7 p.m. Friday, March 19, at the Heritage Park Visitor Center. Refreshments and prizes are included as part of the \$12-per-

son fee and \$6-per-person fee.

Friday madness

Kids age 6-12 can go mad at the Costick Activities Center from 7-11 p.m. Friday, March 26. There will be swimming, snacks, dinner, movies and plenty of games. Cost is \$10 per person. Preregistration is required by 4:30 p.m. March 26. For more information, call (248) 473-9570.

Dinner show

A dinner show will be held 6 p.m. Thursday, March 25, at the

Costick Activities Center and will include a pasta dinner and a performance by Brainstormers, who will bring stories from audience members to life. Cost is \$9 for adults and \$6 for children under 12. Call (248) 473-9570 for details.

Easter event

■ The Farmington Hills recreation division will hold "Parkey's

Easter Eggstravaganza" 10 a.m. to 1:30 p.m. Saturday, March 27, at the Heritage Park Day Camp Building. Cost is \$10 per child. Activities for children ages 3-5 will be 10-11 a.m. and noon to 1:30 p.m. for children ages 6-10. For more information about this event, call (248) 473-9570, 8:30 a.m. to 4:30 p.m. Monday through Friday.

'Children and Police' is this year's theme for Hills department's poster competition

The Farmington Hills Police Department's annual poster competition is open to Farmington area public and parochial high school and middle school students.

The winning design will be printed on posters and fliers to promote the department's 12th annual open house Sunday, May 16. All entries should be submitted on 18 by 24-inch white poster board with a design incorporating the theme of "Children and Police." Colors are limited to red, black and medium blue.

Deadline for entries is 3:30 p.m. Wednesday, March 31. All entries should be submitted to: Farmington Hills Police Department's Crime Prevention Section, 31655 W. 11 Mile


Road, Farmington Hills 48336.

Entries should include name, school, grade level, home address and phone number on the back.

First place winners receive \$150; second place \$100; and third place \$50. Entries will be displayed prior to the judging at a location to be announced. All poster awards will be presented at the Open House Showmobile at 12:15 p.m. May 16.

For information, phone Juliet McGlinch in Crime Prevention 473-9637 between 8:30 a.m. and 4:30 p.m. Monday through Friday.


■ **Deadline for entries is 3:30 p.m. Wednesday, March 31. All entries should be submitted to: Farmington Hills Police Department's Crime Prevention Section, 31655 W. 11 Mile Road, Farmington Hills 48336.**



Now Accepting New Patients

Christina DiMaggio, MD, recently joined the practice of David Clarke, MD, Robert Dodds, MD, and Kang-Lee Tu, MD. As a specialist in Obstetrics and Gynecology, she provides prenatal care to women and their developing babies, as well as routine medical care to women throughout their lives. She has a special interest in childbirth, infertility, and wellness care.

Upon earning her medical degree at Wayne State University, Dr. DiMaggio went on to complete her internship and residency at Providence Hospital. She is a member of the American Medical Association and the American College of Obstetrics and Gynecology.



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For appointments: 248-380-4821

Mission Health Medical Center
37595 Seven Mile Rd., Suite 480
Livonia, Michigan 48152
For appointments: 734-432-7731

Arthritis Today

JOSEPH J. WEISS, M.D. RHEUMATOLOGY
18829 Farmington Road
Livonia, Michigan 48152
Phone: (248) 478-7860

EXERCISE AND ARTHRITIS

If you have arthritis, you cannot exercise, but if you have arthritis you must. It is possible to reconcile these opposite instructions.


Arthritis damages joints. In osteoarthritis the problem is a loss of joint cartilage, similar to the wearing away of tread on a tire. In rheumatoid arthritis and similar conditions, there is inflammation in the joint so that each move causes irritation. Via a skewed knee looks pain every time a part leg rises against it.


If your joints are under such impairment, moving them only brings on pain, with more movement causing more pain. You cannot exercise the way others would expect of you.

Yet, for the benefit of your lungs, heart, muscles and state of mind, you must take on activity that stresses you.

No single answer exists that can answer your question of how to exercise well and do so within the limits imposed by impaired joints. With the aid of a physical therapist, as these individuals have a perspective on training and the equipment available to do it.

The point is that ways exist to work within the limits of your joints and the needs of your body. Finding that way is an individual exercise.





OLDER AND BETTER


by Herbert M. Gardner, D.D.S.

According to a recently released survey conducted by the American Dental Association (ADA), older Americans are taking better care of their teeth. Among the survey's 300 respondents age 65 and older, 70 percent are scheduling annual visits to their dentists, and 53 percent are brushing their teeth twice daily, as the ADA recommends. And, because this elderly population is taking better care of its teeth than previous generations did, older Americans are likely to keep their teeth longer than their predecessors. This is important in that it will help increase awareness of the fact that tooth decay and gum disease, not age, dentures need not necessarily be an inevitable consequence of getting older.

This survey confirms that proper dental care is ever so important for all ages. At LIVONIA VILLAGE DENTAL ASSOCIATES, we recommend a healthy diet for all family members. Caring healthy smiles at any age is what we do. Everyone wants a beautiful smile - and everyone should have a healthy one. We're located at 19171 Merriman Road, where we feel a deep responsibility and commitment to provide the very best care with state-of-the-art equipment. Call 478-2110 to schedule an appointment for professional, gentle dental care. Smiles are our business. We provide dentistry without fear "twilight sleep."

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P.S. In its advanced stages, gum disease can weaken the bone and tissues that otherwise hold teeth firmly in place.



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