

## MEDICAL BRIEFS

### Arthritis lecture

Providence Medical Center in Novi will hold a lecture on "Arthritis: Hip and Knee Problems," from 7-9 p.m. Wednesday, Oct. 20.

This program presented by Dr. Michael Haynes will focus on current arthritis medication, treatment options and hip and knee replacement.

To register, call (877) 345-5500.

### Cholesterol screen

Total cholesterol screening by finger stick. \$6. HDL screening \$15. No appointment necessary, Monday, Oct. 18.

Call (248) 477-6100 for information. Presented by the Botsford Center for Health Improvement.

## NO TRICKS!

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## Do you support the UN agenda?

"It is not a right to possess a firearm."

"There should be no free availability of firearms."

"Legal firearms which also result in many, many deaths."

"The opportunity to commit offences (gun availability) must be reduced."

"More forceful and stringent regulation of firearms is required."

Consensus of the final United Nations Economic and Social Council (ECOSOC) Commission on Crime Prevention and Criminal Justice (CCPCJ) Regional Workshop on Firearms Regulation for the Purpose of Crime Prevention and Public Safety, held in New Delhi, India (Jan. 1998), as reported by Philip Alpers, gun policy researcher, Adelaide, New Zealand. See: <http://www.pcwp.org/firearms/nt/unlong2.html>

The United Nations and its supporters are working fast to "harmonize" domestic gun laws around the world.

Do your elected representatives support this UN agenda? Has the media given you the whole story?

Like all Americans, the men and women of Brass Roots are angered and saddened by tragedies like those at Columbine and Jonesboro. We agree that we must re-establish and strengthen our country's core values to stop such senseless crimes. But, does the United Nations support those values?

Most nations, and most members of the UN, are governed by tyrants, monarchs, and socialists. Most of them oppose the principles that made Americans the freest people on earth. We cannot afford to have global bureaucrats at the United Nations dictating these policies for the United States of America.

We also cannot afford to be misled by our leaders and the media. We must use every possible means to get the whole truth to the people - the Internet, talk radio, letters to the editor, and advertisements like this one.

Please, take hold of your nation's future. Demand complete coverage from the media. Write your local paper. Call the Capitol switchboard (at 1-888-449-3511) and let your representatives in Congress know you expect them to defend your values. Show the world how a constitutionally limited republic is supposed to work.

Brass Roots' mission is to defeat anti-gun politicians in Michigan. Elected officials whose values are not those of a free America. If you want to see more ads like this one, then join us in the fight. Help sponsor an ad, become a member, or volunteer to help. Please call 1-800-555-GUNS or write to the address below.



Paid for by: Brass Roots  
P.O. Box 246, Hazel Park, Michigan 48030  
**1-800-555-GUNS**  
<http://www.brasrootsusa.org>

Join the United for Freedom Anti-United Nations Day Rally  
Sunday, October 24, 1999, 2 p.m. to 5 p.m.  
On the steps of the Capitol Building in Lansing

## October is Spinal Health Month

# Lower back pain shouldn't be neglected

Many of us go through each day typing on a computer, bending or lifting items, gardening, taking care of our children and playing sports. If not done properly, these activities can cause pain or injury which may become chronic if left untreated.

Because of the importance of taking care of the back and spine, doctors of chiropractic are using their knowledge of the spinal column and nervous system to promote the American Chiropractic Association's (ACA) national observance, Spinal Health Month, during the month of October.

"Back pain is pervasive in our society. Eighty percent of us will suffer from it at some point in our lives, and 50 percent of us will suffer from back pain this

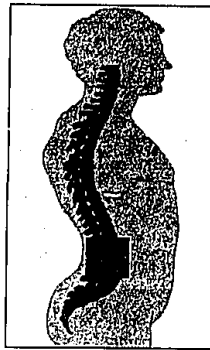
year alone," said James A. Mertz, DC, DACBR, president of the American Chiropractic Association (ACA).

"Low-back pain is the most common work complaint experienced by Americans today. Many Americans today are health and body conscious. We want to look and feel our best by taking care of our bodies-exercising, getting regular dental and eye exams and by getting enough sleep. In doing so, we ignore the focal point of where much of the pain associated with our daily activities originates-our spine," Mertz added.

The central nervous system originates in the brain and channels down through the spinal column, extending to every part of the body. A misalignment of the spine may result in nerve interference, resulting in headaches, low-back and neck pain, among other problems.

Listen to your body. Use preventive measures at work and at home. The American Chiropractic Association recommends the following tips to help reduce the risk of spinal injury:

■ While at the office, remem-



ber to take frequent stretch breaks while working on your computer. The more hours per day you use your computer, the greater the risk of discomfort or injury.

■ While working on your computer, sit with your knees at approximately a 90- to 120-degree angle. Using an angled

foot rest to support your feet may help you sit more comfortably.

■ Make sure your chair fits correctly. Allow for two inches between the front edge of the seat and the back of your knees. The chair should tilt back so you can rest while you're reading what is on your computer screen.

■ Avoid twisting and turning motions. Always bend from the knees, not from your waist, when lifting anything heavier than 10 percent of your body weight, such as a child or a heavy box.

■ Warm up and stretch before any physical activity, including all sports, raking, gardening and shoveling snow. Be aware of your body form and technique; stand as erect as possible and let your legs and arms do the work, not your back. Always allow your body and muscles time to cool down after such an activity.

■ It is important to get a good night's rest. Choose a comfortable supportive mattress as well as a pillow that supports the weight of your head, reducing

the risk of back or neck pain.

The key to spinal health is prevention; listen to your body's warning signals and adjust your lifestyle. If you do experience pain for more than one or two days despite using these preventive measures, consult your local chiropractor.

Doctors of chiropractic are trained to identify the cause of the problem and adjust or manipulate the spine to encourage the body's natural healing process. More than 20 million Americans sought chiropractic care last year for spinal injuries and pain.

The American Chiropractic Association (ACA), the largest chiropractic organization in the country, provides lobbying, public relations, professional and educational opportunities for doctors of chiropractic, funds research regarding chiropractic and health issues, and offers leadership for the advancement of the profession.

The ACA promotes the highest standards of ethics and patient care, contributing to the health and well-being of millions of chiropractic patients.

## FARMINGTON MEDICAL DATEBOOK

Items for Medical Datebook are welcome from all hospitals, physicians, companies and residents active in the Observer-area medical community. Items should be sent to: Medical Datebook, c/o The Observer Newspapers, 36251 Schoolcraft, Livonia 48150, e-mail [kmortson@oe.homecomm.net](mailto:kmortson@oe.homecomm.net) or faxed to

(734) 591-7279.

### MON, OCT. 18

#### CHOLESTEROL SCREENING

Total cholesterol screening by finger stick. \$6. HDL screening \$15. No appointment nec-

essary. Call (248) 477-6100. Botsford Center for Health Improvement.

#### BREAST CANCER

Breast cancer support group that meets on the third Monday of every month. Meets from 6:30-8 p.m. William Beaumont Hospital, Wilson Cancer Center, ground floor Con-

Please see DATEBOOK, D1

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## SEARS OUTLET STORE

One-of-a-kind, out-of-carton, discontinued, used, scratched and dented merchandise. Items pictured are just a few examples of the hundreds of great values. Merchandise shown is representative only. Actual merchandise varies by store.