

# Datebook

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reference room, 44201 Dequindre Road in Troy. Call (248) 828-5745.

## TUE, OCT. 19

**WOMEN'S DAY 1999**  
Join the staff of Henry Ford OptimaEyes from 2-7 p.m. for Women's Day 1999. Catering, ideas, holiday fashions, fitness demo, golf advice, body fat analysis, frame make-overs, make-up and skin care, refreshments, holiday cards and a laser vision correction presentation. Call (734) 524-7668 to register. OptimaEyes is located at 35184 Central City Parkway in Westland.

## DIETARY STORE TOUR

Liz Bailey, R.D., registered dietitian, will provide participants with an overview of smart food choices. Learn about low-fat, healthy food selections at Green's IGA. 965 Summit Street in Milford at 8 p.m. Free of charge.

## ALL ABOUT ACUPUNCTURE

Physical Medicine/Rehabilitation Physician Dr. Steven Arbit will host a lively discussion about acupuncture and its integration into Western medicine. An actual acupuncture demonstration will be included. Class begins at 7 p.m. and is free of charge at the Huron Valley-Sinai Hospital.

## BEREAVED PARENTS

Bereaved parents support group for parents whose child has died. Meets on the third Tuesday of each month from 7-8:30 p.m. at William Beaumont Hospital, Admin. Building, first floor, dining conference rooms A & B. 3601 W. Thirteen Mile Road in Royal Oak. Call (248) 551-3160.

## WED, OCT. 20

### LARYNGECTOMY SUPPORT

For people who have or are going to have surgical removal of their vocal cords (laryngectomy) and their family and friends. In coordination with the Michigan Cancer Foundation Support Services.

## THUR, OCT. 21

### THUR, FOR CHILDREN

Providence Hospital and Medical Centers is sponsoring an immunization clinic for children from 4-7 p.m. in the Mission Health

Medical Center, 37595 Seven Mile Road at Newburgh. The fee is \$6 per child and covers all vaccine your child needs (except chickenpox). Don't forget to bring your child's immunization records. Call (877) 345-5500.

## INTERSTITIAL CYSTITIS

Support group for adults who have been diagnosed with the chronic bladder disorder interstitial cystitis. Spouses and support people invited. Meets from 7-8 p.m. William Beaumont Hospital 10th Floor - Classrooms A, B, & C, 3601 W. Thirteen Mile Rd. For information call Amber Olin, (313) 421-8378.

## BREASTFEEDER'S CLUB

Support and education group for adults with chronic lung diseases. Meets at 1 p.m. at the William Beaumont Hospital Administration Building/Lower Level Classroom 2, 3601 W. Thirteen Mile Rd. For information call (248) 551-5027.

## MON, OCT. 25

### CANCER - FOCUS ON LIVING

Support group for cancer patients and their families. The group meets on the fourth Monday of every month from 6:30-8 p.m. at William Beaumont Hospital, Wilson Cancer Center - Classroom G, 44201 Dequindre in Troy. Call (248) 828-5745.

## TUE, OCT. 26

### MEDITATION

Learn to decrease your response to stress, lower your blood pressure and calm your mind. Free registration and free required at 7 p.m. in Novi. Call (248) 477-6100 for information. For your convenience, Botsford Integrated Medicine in Walled Lake also offers a Meditation program. Call (248) 928-0370.

## MAMMOGRAPHY

Mammography: What you should know. Sponsored by Women's Imaging Department - Mission Health Medical Center, Dr. James E. Selis, section chief of Mammography Providence Hospital, will discuss who's at risk for breast cancer, advantages of early diagnosis and mammography/ultrasound and breast stereo-tact. The event runs from 11:30 a.m. to 1 p.m. at the Mission Health Medical Center, 37595 Seven Mile Road, Newburgh. Lunch will be provided.

ed free. Pre-register by Oct. 22. Call (877) 345-5500.

## WED, OCT. 27

### CHAT ABOUT FAT

Everyone's talking about the role of fat in the diet. Here's a chance to get the real low down - including new drug information from an expert in this subject. Light refreshments. 6:30-8 p.m. at Providence Hospital Southfield, 16001 W. Nine Mile Road, Southfield. Call (877) 345-5500.

## THUR, OCT. 28

### ABC'S OF ASTHMA

If you or someone you know has asthma, you will benefit from learning better ways to manage this disease. Get the tools you need for healthier living by talking with a professional. Dr. Rola Bokhari-Panza will speak from 7-8:30 p.m. at the Providence Park Medical Center, Conference Room B (47601 Grand River Ave.) in Novi. The conference is free and space is limited. Call (877) 345-5500.

## FALL/PHOSPHORUS-FALL PREVENTION

Join our Rehab Services staff as they provide a two-session program that will make you aware of the risk factors and strategies for fall prevention in the home and community. A home safety survey, health risk assessment, exercise program recommendations and other fall prevention techniques will be provided from 10 a.m. to 12 noon. Free of charge at Huron Valley-Sinai Hospital in Commerce.

## STUTTERING

Stuttering support group to help adult stutterers improve fluency skills and learn coping techniques. Meets at 6:30 p.m. William Beaumont Hospital Administration Building, Lower Level Classroom 3, 3601 W. Thirteen Mile Rd. For information call (248) 551-0003.

## MON, NOV. 1



*in the 90s*  
by Herbert M. Gardner, D.D.S.

## RESHAPING TEETH

Tooth reshaping involves the removal of small amounts of enamel to create a more uniform appearance. For instance, the points of upper canine teeth can be blunted somewhat to eliminate a "fang-like" appearance. Tooth reshaping ("enamel recontouring") can be employed to alter the shape, length, contour, or position of a tooth and its relationship to adjacent teeth to improve the look of a smile. The technique can also be used to reshape chipped, overlapped, or fractured teeth, as well as to minimize the appearance of crowding. Tooth reshaping may be utilized to correct such developmental imperfections and abnormalities as protruding and grooved in the enamel. And it accomplishes these things without removing substantial amounts of tooth structure.

At LIVONIA VILLAGE DENTAL ASSOCIATES, we are always happy to answer any questions you may have about cosmetic dental concerns, including reshaping teeth. We're located at 19171 Meridian Road, where we're offering you the latest techniques to give you a great appearance. We believe in preventative dental care. If you would like more information, or to schedule an appointment, please call us at 478-2110. Let us help you look better! You can count on us for family-oriented dental care. Smiles are our business.

P.S. Teeth that do not qualify for tooth reshaping include those that have thin enamel or large restorations.

## LIVONIA VILLAGE DENTAL

19171 MERIDIAN RD., LIVONIA, MI 48150  
(248) 478-2110

**CITY OF FARMINGTON HILLS SUMMARY OF PROCEEDINGS CITY COUNCIL REGULAR MEETING OCTOBER 11, 1999**

The meeting was called to order by Mayor Vagnozzi at 7:30 p.m.  
Council Present: Barnett, Bates, Ellis, Grant, Oliverio, Soronen and Vagnozzi.  
Council Absent: None.  
Others Present: City Manager Brock, City Clerk Dornan, Assistant City Manager Whinnery, Assistant to the City Manager Arbenowak, Director Biase, Boyer, Lasky, Fire Chief Marinucci and Attorney Donohue.

## CITY COUNCIL

### TOOK THE FOLLOWING ACTIONS:

- Recognized and honored the achievements of each of the teams that make up the South Farmington Baseball League for the 1999 season.
- Received verbal presentation from City-sponsored Girls State Representative.
- Enacted ordinances amending the City Code to provide new penalties and fines when operating a motor vehicle under the influence of alcoholic liquor, refusing to take a chemical test, and driving while license suspended, revoked or denied, in order to conform to State Law.
- Established October 16, 1999 for council study session meeting with State Legislators.
- Postponed establishment of study session date for discussion of cellular antennas.
- Appointed Myrene Carr to Library Board of Trustees.
- Received Attorney's report for month of October.

## APPROVED:

- Resolution to enter into agreement with Department of Natural Resources to proceed with grant to purchase 15.38 acres of land on Palsom Road.
  - City Council minutes of September 27, 1999.
  - Entering into executive session following regular meeting to discuss collective bargaining issues.
- AWARDED BIDS/PURCHASE ORDERS FOR:**
- Repair of water line at City Hall to A. J. Danboise & Son plumbing in the estimated amount of \$11,000.
  - Cleaning services at Ice Arena to Services Unlimited for a five-year period for a total of \$247,200.
  - Emergency repairs on Fire Department vehicle to Williams Detroit Diesel in an amount not to exceed \$8,000.00.
  - Storm drain maintenance vehicle for DWP from Motor City Ford Truck, Inc. in the amount of \$206,864.
  - Pavement reflectors to P. K. Contracting, Inc. in the amount of \$30,204.
  - Tree and low removal services at City of Farmington Castles Activities Center to Troy Clegg Landscaping in the amount of \$21,900.

ALDO VAGNOZZI, Mayor  
KATHRYN A. DORNAN, City Clerk

Published October 17, 1999

## WED, NOV. 3

### ASTHMA AWARENESS SERIES

This three-session program led by a health care professional will provide participants with basic asthma information including asthma triggers, medication dos and don'ts, tools used to monitor asthma and suggestions for tracking progress. Class meets from 5-7 p.m. \$20 fee.

### VAGINAL BIRTH AFTER C-SECTION

Class provides information for expectant mothers considering vaginal birth after a C-section. Meets from 7-10 p.m. Wednesdays, Nov. 3 and 10 at William Beaumont Hospital, Classroom F, 44201 Dequindre, Troy. Call (800) 633-7377 to register, \$25.

### FIT AFTER FIFTY

This program will present current practice in safe, effective exercise for generalized strengthening and cardiovascular fitness geared for the individual over 50. The lecture/participation format will include issues in flexibility and strengthening/conditioning. 7 p.m. Novi Park, Providence Medical Center, Assarian Cancer Center, 47601 Grand River Ave., Novi. Call (877) 345-5500.

## WED, NOV. 10

### WINTER READINESS

Henry Ford OptimaEyes will offer flu shots from 9 a.m. to 12 noon at their Westland Super Vision Center (35184 Central City Parkway). You'll also have the opportunity to "Ask the Experts," with AAA, Consumers Energy, Westland Car Care and Westland Police. Guest speaker: Dr. Mark Richter from Henry Ford Health System. Call (734) 427-5200 for information.

### TYPE II DIABETES

Learn the results of two clinical trials that looked at the role of blood sugar control in preventing complications from diabetes.



## CITY OF FARMINGTON COUNCIL PROCEEDINGS

A regular meeting of the Farmington City Council was called to order by Mayor Bush at 4:00 p.m. on Friday, October 8, 1999, in Council Chambers, 23000 Liberty Street, Farmington, Michigan. Notice of the meeting was posted in compliance with Public Act 287-1978.

**PRESENT:** Bush, Hartsook, McShane, Mitchell.

**ABSENT:** Campbell.

**OTHERS PRESENT:** Clerk/Treasurer Cantrell, Bill Clark of J.K.A., Inc., Director Gushman, City Manager Lauboff, Assistant City Manager Richards (left at 4:14 a.m.).

The agenda was approved as submitted.

Council awarded bids for the Civic Theatre Renovation Project. Discussion followed regarding theatre renovation and operation. The meeting adjourned at 4:50 p.m.

MARY L. BUSH, Mayor  
PATSY K. CANTRELL, City Clerk/Treasurer

Published: October 17, 1999

## What Would YOU Want to Change?

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- Mastering Relationships
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**The Passion for Life program** guides people through Profound, Positive & Permanent Life change!

Attend an Information session at 7:00 p.m., on October 24, 1999 at the HOLIDAY INN, 38123 W. 10 Mile Rd., Farmington Hills

★ Call 248-478-2900 to RESERVE YOUR SEAT - (seats almost full)

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## CITY OF FARMINGTON CITY GENERAL ELECTION NOTICE

TO THE QUALIFIED ELECTORS OF #1 WARD (PRECINCT NOS. 1-6): NOTICE IS HEREBY GIVEN, That a City General Election will be held in:

THE CITY OF FARMINGTON COUNTY OF OAKLAND, STATE OF MICHIGAN

TUESDAY, NOVEMBER 2, 1999

THE POLLS WILL BE OPEN 7 O'CLOCK A.M. UNTIL 8 O'CLOCK P.M. AT THE POLLING PLACES LISTED BELOW:

PRECINCT #1 - Farmington City Hall 23550 Liberty Street  
PRECINCT #2 - Ten Mile Community School 32128 W. Ten Mile  
PRECINCT #3 - Farmington Senior High School 32000 Shawwassee  
PRECINCT #4 - Flanders Elementary School 32600 Flanders  
PRECINCT #5 - Longacre Elementary School 34850 Arundel  
PRECINCT #6 - Farmington Training Center 35000 Thomas Street

## CITY ELECTION

FOR THE PURPOSE OF ELECTING THE FOLLOWING OFFICERS, VIZ:

THREE (3) COUNCILPERSONS

ALSO

CHARTER AMENDMENTS 1, 2 AND 3

ANY VOTER WHO REQUIRES ASSISTANCE TO VOTE BY REASON OF BLINDNESS, DISABILITY, OR INABILITY TO READ OR WRITE, MAY BE GIVEN ASSISTANCE BY TWO INSPECTORS WHO HAVE EXPRESSED A PREFERENCE FOR DIFFERENT POLITICAL PARTIES.

A BLIND PERSON MAY BE ASSISTED BY A MEMBER OF HIS OR HER IMMEDIATE FAMILY OR BY ANY DESIGNATED PERSON 18 YEARS OR OLDER.

## NOTICE - ABSENT VOTER BALLOTS

The last day to request an Absent Voter Ballot for mailing for the City General Election of November 2, 1999 is until 2:00 p.m., Saturday, October 30, 1999. The City Clerk's office will be open on Saturday, October 30, 1999 from 8:30 a.m. to 2:00 p.m.

PATSY K. CANTRELL, City Clerk/Treasurer

Published: October 17 and 21, 1999

## Arthritis Today

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

## MERALGIA PARESTHETICA

This term is another example of how a sophisticated and scholarly word when broken down into its parts, makes a straightforward statement. The "true" part is Greek for "thigh," "algia" means discomfort, and "paresthetica" translates as numbness. What Meralgia Paresthetica says is that you have a discomfort in your thigh characterized by pain and numbness. In reality, the discomfort of a pain, sometimes sharp, otherwise dull and throbbing, it becomes worse on arising from a chair and bending may be relieved at night, but if you rest on your stomach, the discomfort likely will increase. Sorely you increase the pain, while walking, it subsides.

The cause is not muscle strain, or a form of arthritis that radiates down the leg. Meralgia paresthetica results from a pinched nerve, the lateral femoral cutaneous nerve.

The nerve comes from the low back, runs to the inside of the pelvis, goes under the groin, and completes its course on the outer part of the thigh. There is a bony spur and bursitis to its upper outer part of the leg. Impingement occurs at the point where the nerve runs under the groin. The usual cause is from an ill-fitting belt that falls over the nerve when you sit or change position.

If you develop numbness, you are at risk for the same problem regardless of your weight. In the interim changes in metabolism caused by the diabetes, can cause the nerve to malfunction. Treatment consists of losing weight if being heavy caused the problem, or improving control of your sugar, if diabetes is the culprit.

## COURTYARD MANOR

We offer Assisted Living through a carefully structured and comprehensive program. Personalized care and social activities designed to stimulate body and mind. By focusing our efforts in small groups in our residential setting, we are able to accommodate Active/Alert Memory Impaired, Frail/Recovering, and Alzheimers residents. We welcome Respite.

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- On Site Physician
- Planned Activities
- Visits Available
- Medication Management
- Wander Secure/Barrier Free
- Incontinency Management

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Visit any of our convenient locations:

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3011 N. Saginaw Road  
1-800-756-9199

**COURTYARD MANOR Farmington Hills**  
3970 Farmington Rd.  
1-800-998-0787

**COURTYARD MANOR Livonia**  
13406 W. Seven Mile Road  
1-800-736-2325

**COURTYARD MANOR Sterling Heights**  
13400 Nineteenth Mile Road  
1-800-807-8337

**COURTYARD MANOR WILKINSON**  
46575 Pontiac Trail  
1-800-733-1046