

## 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.homes.com.net or faxed to (734) 591-7279.**

## ONGOING

**ADULT CHILDREN OF ALCOHOLICS**  
Adult Children of Alcoholics and dysfunctional families gather everyday for 12 step support group meetings in the metro area. To find a meeting near you call (248) 985-0873 or write: ACA, P.O. Box 401483, Redford, MI 48240-9489, for information.

## AA &amp; ALANON

**Alcoholics Anonymous & Alanon** meeting meets Wednesday and Sunday from 8:30-9:30 p.m. at Garden City Hospital North Entrance (5254 Inkster Road) at Garden City. Contact (248) 641-6565 or (734) 776-3415. Everyone's welcome. "Alanon meeting" Sunday ONLY.

**BLOOD PRESSURE SCREENINGS**  
Marquette House, a residential assisted living facility in Westland, will hold blood pressure screenings every fourth Tuesday in conjunction with Visiting Nurse Association. Screenings are open to the public from 11 a.m. to noon at the Marquette House, 36000 Campus Drive (across from John Glenn High School). Call (734) 326-6537 for information.

## TUE, FEB. 22

**HEART RISKS**  
Be wise... heart wise, heart risks will be held from 7-8:30 p.m. Call (734) 655-8940.

**GRIEF SUPPORT**  
Group meets for people dealing with grief at 1 and 6:30 p.m. at St. Mary Hospital. Call (734) 484-7810.

**PROSTATE CANCER**  
The "Use To" Prostate Cancer Support Group meets from 7-9 p.m. at St. Mary Hospital. Call (734) 432-1913.

## WED, FEB. 23

**CARE GIVERS**  
A caregivers support group meets at St. Mary Hospital from 7-8:30 p.m. Call (734) 655-8940 for information.

## THUR, FEB. 24

**CHILDREN'S EDUCATION**  
A six week course providing

information on pregnancy, labor, and delivery, newborn care and postpartum care. Weekend classes and a two-session refresher class are also available. Register early in pregnancy by calling (734) 455-4330.

**FIBER LECTURE**  
Henry Ford Medical Center - Fairlane is sponsoring a free lecture on fiber and disease prevention. Registered dietitian Conal Sroka of Henry Ford Health System will discuss high dietary fiber intake and its role in preventing or treating obesity, hyperlipidemia, heart disease, high blood pressure, certain cancers, diabetes and gastrointestinal disorders. Meets from 10-11:30 a.m. at the Medical Center, 14041 Hubbard Drive (at Evergreen in Dearborn). Call (313) 982-8384 to register.

**BREASTFEEDING**  
A breastfeeding class will be held from 7-9 p.m. at St. Mary Hospital. Call (734) 655-1100.

**HIV/AIDS SUPPORT GROUP**  
HIV/AIDS heterosexual support group and family is sponsored by Friends Alliance and meets the second and fourth Thursday of each month. Aldersgate United Methodist Church, 10000 Beech Daly, between Plymouth and W. Chicago in Redford. More information call Kathleen (800) 350-7927.

## TUE, FEB. 29

**LIVING WITH DIABETES**  
Taking Charge of Living with Diabetes will be held Tuesdays and Thursdays beginning Feb. 29 and ending March 23 from 7-9 p.m. at St. Mary Hospital. Call (734) 655-8940.

**WED, MARCH 1**  
**YOGA**  
A series of graceful, slow motion movements for increasing flexibility and tone, improving health and mental outlook. Good for relief from muscular tension and mental stress. Dress comfortable and bring a mat. Your instructor is a certified fitness instructor and personal trainer with 16 years of teaching experience. Classes run from 6-7 p.m. and 7:15-8:15 p.m. March 1 - April 5. Cost is \$48 for 6 week class; drop-in rate per class is \$10. Healing Arts Clinic is located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

**AWAKE**  
The American Sleep Apnea Association (Alert, Well and Keeping Energetic) will host a discussion on "Surgery for Sleep Apnea, is it right for you?" at 7 p.m. by Dr.

Gregory Stephens, D.O. (Otolaryngologist). Garden City Medical Office Building (Classrooms 34 lower level), 6255 Inkster Road in Garden City. The meeting is free of charge and open to the public. Call 458-3830 with questions.

## TUE, MARCH 7

**FOOD AND MOOD**  
Learn how food can affect moods and how moods can affect food choices. Tips and guidelines provided to help with emotion-based eating. Call (734) 827-3777 to register. Class runs from 7-8:30 p.m.

## SAT, MARCH 11

**PUBERTY/GROWING UP**  
"A Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up," provides both mothers and daughters ages 9-11 with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. Ann Arbor class from 1-5 p.m. Ann Arbor St. Joseph Mercy Hospital Canton Health Center, 1600 S. Canton Center Road. Call (734) 397-7657.

**TOURNETE BOWLING-THON**  
Bowling-athon for Tourette Syndrome Awareness at 1 p.m. at Vision Lanes (call Debbie (734) 625-6245), Ford Road east of I-275, and Oak Lanes in Livonia (call Rhonda (313) 543-1285). Bowlers are asked to pre-register by mail or phone and then turn in donations when you arrive. Bowling includes 2 games, shoes, pizza, pop and prizes. If you don't raise donations you are invited to join in the fun anyway. The fee to bowl is \$6 per bowler (extra guest \$1). You must register by March 4. Write TSA, Michigan Chapter Bowl-a-Thon, 416 Mary, Royal Oak, MI 48073. Or e-mail teamch@USA.net

## WED, MARCH 13

**VEGETARIAN NUTRITION**  
Menu planning tips and resources for individuals of all ages who are already vegetarian and those who are learning in that direction. Includes hands-on cooking demonstrations. Class runs from 4-5:30 p.m. at St. Joseph Mercy Hospital - Ann Arbor/Briarwood Mall Health Stop (620 Briarwood Circle). Call (734) 827-3777.

**YOUNG MOTHER'S SUPPORT**  
The Young Mother's Assistance

Program (Y-MAP) will host their December support group from 6-8 p.m. at Newburg United Methodist Church (36500 Ann Arbor Trail) in Livonia. For information call (734) 513-7598. Meetings are always held on the second Monday of each month. Y-MAP provides moms an opportunity to meet with other young parents and share feelings and experiences with each other. Speakers are invited to share topics of interest including positive parenting, substance abuse, job search, education and more. Child care is provided by licensed care givers at no charge. A light dinner and refreshments will also be available.

## TUE, MARCH 14

**MESSAGE II (BODYWORK)**  
Advanced techniques that provide long-term results. Techniques include strain-counterstrain, trigger point therapy, myofascial release techniques. Class runs Tuesday, March 14 - April 4, from 6-9 p.m. Cost is \$150. Healing Arts Clinic is located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

## WED, MARCH 15

**DYSLEXIA SUPPORT**  
The Michigan Dyslexia Institute of Detroit Metro Center will meet from 7-9 p.m. at MDI, 30230 Orchard Lake Road (Suite #130) in Farmington Hills. The topic will be Dyslexia: What is it, how is it treated and how important is early intervention? The presenter will be Ann L. Beatty, director. Follow from the Academy of Orton-Gillingham Practitioners and Educators.

## THUR, MARCH 16

**BABY BUILDING**  
Learn the building blocks for healthy nutrition before and during pregnancy and during breastfeeding. Topics covered include the foods you should eat, rating your own diet, common diet-related discomforts of pregnancy, hints for cooking and shopping and nutritious recipes. Class runs from 7-8:30 p.m. Ann Arbor/Briarwood Mall's Health Stop of St. Joseph Mercy Hospital, 620 Briarwood Circle. Call (734) 827-3777.

## THUR, MARCH 16

**IMMUNIZATION CLINIC**  
Providence Mission Health Medical Center - Livonia will host an

immunization from 4-7 p.m. at 37595 Seven Mile Road in Livonia. Cost is \$5 per child and includes all vaccines your child needs except chicken pox. Don't forget to bring immunization records. Call (877) 345-5500 for information.

## SAT, MARCH 18

**PREGNANCY PLANNER**  
If you're thinking about having a baby or are newly pregnant, come to this pregnancy planning seminar. Presentations will cover a range of topics, including deciding if it is time to start a family, preparing for pregnancy, birthing options and parenthood realities. Optional tour of St. Joseph Mercy Family Birth Center. Class from 9 a.m. to 12:30 p.m. St. Joseph Mercy Hospital Education Center, 5301 E. Huron River Drive, Ann Arbor. Call (734) 712-3456.

## WED, MARCH 22

**ARTHRITIS SELF-HELP**  
St. Mary Hospital and the Arthritis Foundation (Michigan Chapter) are sponsoring an Arthritis Self-Help Course, Wednesday, March 22, March 29 and April 5 from 1 to 3 p.m. in West Addition Conference Room B, St. Mary Hospital. This course provides arthritis education and skill building to help participants take a more active part in their arthritis care. Persons with arthritis or related diseases such as lupus, fibromyalgia, or scleroderma will benefit from this course. The cost is \$20 per person and registration is required. Classes are limited. St. Mary Hospital is located at Five Mile and Levan in Livonia. For more information or to register, please call (734) 655-8940.

## THUR, MARCH 23

**STRONG DAUGHTERS**  
Parents of pre-adolescent girls age 5 and up can develop practical strategies to help their daughter achieve and maintain high self-esteem. Learn strategies to counter limiting cultural stereotypes in this six-hour program. Calls runs from March 23 through April 13 from 7-8:30 p.m. at St. Joseph Mercy Canton Health Center - 1600 S. Canton Center Road. Call (734) 398-7557.

## SAT, MARCH 25

**ONLINE IN SPORTS**  
Even is for girls ages 11-18 who are active in sports, their parents and coaches. Learn ways to reduce girls' risk of bone, joint and muscle injuries while improving strength and flexibility. Don't miss a special talk by swimmer and Olympic gold medalist Annette Selmon. Includes breakfast snack and lunch. Call to register. Program runs from 8:30 a.m. to 3:15 p.m. St. Joseph Mercy Hospital Education Center, 5301 E. Huron River Drive. Call (734) 712-3456.

## TUE, APRIL 11 &amp; 18

**SHIATSU**  
Learn the traditional Japanese method of balancing body energy. Done on the floor over the clothing, this energizing treatment promotes health and well-being. Bring a mat and dress comfortably. Class runs Tuesday, April 11 and 18, from 6-9 p.m. Cost is \$75. Healing Arts Clinic is located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

## WED, APRIL 12

**YOGA**  
A series of graceful, slow motion movements for increasing flexibility and tone, improving health and mental outlook. Good for relief from muscular tension and mental stress. Dress comfortable and bring a mat. Your instructor is a certified fitness instructor and personal trainer with 16 years of teaching experience. Classes run from 6-7 p.m. and 7:15-8:15 p.m. April 12 - May 17. Cost is \$48 for 6 week class; drop-in rate per class is \$10. Healing Arts Clinic is located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

## THUR, APRIL 20

**IMMUNIZATION CLINIC**  
Providence Mission Health Medical Center - Livonia will host an immunization from 4-7 p.m. at 37595 Seven Mile Road in Livonia. Cost is \$5 per child and includes all vaccines your child needs except chicken pox. Don't forget to bring immunization records. Call (877) 345-5500 for information.

## STORAGE USA

Notice is hereby given that on March 14, 2000, Lefroy Elfrank Auctioneers, Executive Administrator for Storage USA, will be offering for sale under the Judicial Lien process, by public auction, the following storage units:

UNIT	NAME	ITEMS FOR SALE
B-90	Olivia Brundage	Household Goods

The terms of the sale will be cash only. Storage USA reserves the right to refuse any and all bids. The sale will be held at the following location, 38875 Grand River, Farmington Hills, MI 48335 and will begin at 1:00 PM and continue until all units are sold.

Published: February 13 & 20, 2000

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**Arthritis Today**  
JOSEPH J. WEISS, M.D., RHEUMATOLOGY  
18929 Farmington Road  
Livonia, Michigan 48152  
Phone: (248) 478-7860

**KNEE PAIN THAT IS NOT KNEE PAIN**

Knee pain that comes from the knee includes conditions that breakdown the cartilage of the knee such as rheumatoid or osteoarthritis. In addition, you can consider tears or injury to the menisci and ligaments of the knees as representing knee joint disorders. However, a number of conditions can occur when you may interpret as a painful knee but which are not related to the knee joint. The best known is anterior bursitis. This structure is located just below the knee so attributing your discomfort as a joint disorder is an easy error. In addition, a number of tendons surround the knee, and inflammation of any of them, give rise to the misperception that you are developing arthritis. The quadriceps tendon that anchors just below the knee is a favorite site of inflammation. The biceps femoris that inserts in the outside part of the knee and tibia can cause a pain that comes with walking, is relieved by rest, and becomes worse with each step. The result is a perfect imitation of the features of knee arthritis. What makes diagnosis of these problems difficult for your doctor is that the reasons why these bursitis and tendon problems occur are obscure. In most instances, you will not have experienced an injury or undue strain on the leg to explain why tendinitis would result. The correct treatment for these conditions is to let your physician know. Anterior bursitis usually clears with a cortisone injection. Tendon therapy may help tendinitis, but the success rate of only 50% indicates the need exists to develop better therapies.

CITY OF FARMINGTON HILLS  
SUMMARY OF PROCEEDINGS  
CITY COUNCIL REGULAR MEETING  
FEBRUARY 14, 2000

The meeting was called to order by Mayor Bates at 7:30 p.m.  
Council Present: Bates, Ellis, Grant, McFar and Oliverio.  
Council Absent: Barnett, Bricker.  
Others Present: City Manager Brock, City Clerk Denham, Assistant City Manager Whinnery, Assistant to the City Manager Arbenowke, Directors Blazell, Boyer Countegnan, Lashley, Maultrap and Attorney Donohue.

**CITY COUNCIL TOOK THE FOLLOWING ACTIONS**

- Issued proclamation in recognition of President's Day, February 21st.
- Received verbal presentations on:
  - Friends of the Library program.
  - Mission and work of the city's Consumer Protection Committee.
  - Pending legislative issues.
- Enacted ordinance to rezone Heather Hills Subdivisions and adjacent properties from RA-1 to RA-1A, Single-Family Residential.
- Cancelled regular council meeting of March 13, 2000 due to National League of Cities conference; set council study session meeting for February 28th.
- Received Attorney's Report for February.

**APPROVED:**

- Resolutions to establish a Brownfield Redevelopment Authority and appoint the Authority members.
- Appointment/re-appointments to various Boards and Commissions.
- Establishment of Memorial Park Committee; appointment of committee members.
- San Marino Golf Course green fees for 2000.
- City Council meeting to discuss pending litigation.

**AWARDED BIDS/PURCHASE ORDERS FOR:**

- Carpet for Finance/Central Services Departments to Cobin's Commercial Carpet in the amount of \$19,900.

NANCY BATES, Mayor  
KATHRYN A. DORNAN, City Clerk

Published: February 20, 2000

**SPOTLIGHT ON**  
**Orthodontics**  
by Josephine Finazzo, D.M.D.  
**THROUGH CLENCHED TEETH**

In a great many cases, fingers and thumb-sucking habits lead to the malocclusion known as the anterior open bite. Those afflicted with this biting problem are unable to bring their upper and lower front teeth together when they bring their back teeth together. As a result, the pressures of biting and chewing are absorbed by the back teeth. These who suffer from an anterior open bite, therefore, have unevenly distributed pressure during chewing that may cause their teeth to become crowded and their teeth. This poses a potential danger to the cusps of those teeth taking the pressure as they may break off. Other problems, including

TM joint (jaw joint) disorder is often progressive. A minor joint sound now may mean major pain down the road. Like most medical conditions, the sooner a TM joint problem is discovered, the better the chance is for successful treatment and less expensive treatment. For further information or to schedule a free initial consultation, call THE ORTHODONTIC GROUP, P.C. (248) 443-8885. We provide quality orthodontics for children and adults.

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