

Skin cancer presentation offered

Attend a free presentation by the Barbara Ann Karmanos Cancer Institute. "Everything you really need to know about skin cancer!" Tuesday, April 24, 11 a.m. to noon at the Karmanos Cancer Institute Somerset Prevention Center. Dr. George J. Murakawa will speak about prevention, detection and treatment of skin cancer. The Barbara Ann Karmanos Cancer Institute is one of the nation's leading cancer research, treatment education and outreach centers.

Show provider appreciation on May 11

Michigan 4C Association has joined with child care organizations nationwide to declare Friday, May 11, to be Provider Appreciation Day. "We are celebrating Provider Appreciation Day with a simple reminder to parents to thank their child care provider on this day," said Mark Sullivan, executive director of Michigan 4C Association. "We know wages are not what keeps child care providers going on a daily basis. It is the love of the job. A small gesture of appreciation will go a long way toward helping providers know how important their role is."

It is estimated that of the 21 million children under age 6 in America, 13 million are in child care at least part-time. An additional 24 million school-age children are in some form of child care outside of school time. In Michigan, over 100,000 children are in licensed care. "We are encouraging parents with children in child care to take this day to show their child care provider how much they appreciate them," continued Sullivan. "It takes a special person to work in this field and these individuals are often unrecognized and under-appreciated. For more information, call Mark Sullivan or Lisa Dodson at 1-800-950-4171."

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Budget from page A1

The city councils of Farmington and Farmington Hills have set a meeting 6:30 p.m. May 8 at Farmington City Hall to discuss jointly-funded agencies and programs. Farmington's share of the jointly-funded agencies for 2001-2002 will be \$621,406 of the total \$6,893,787. These agencies are the 47th District Court, Farmington Arts Commission, Farmington Youth Assistance, Farmington Area Commission on Aging, Commission on Children/Youth/Families, Farmington Area Counseling Centers

and the Farmington Community Library. The budget summary shows total 2001-2002 general fund revenues and expenditures both at \$6,735,886, compared with \$6,820,063 for 2000-2001. "The recommended general fund expenditures as projected within this budget and within current property assessment guidelines can be funded from a tax rate of 10.96 mills," Lauffhoff said. The city lists a millage rate of about 15.14 for all city operations and debt service.

Balancing the next year's budget will require use of \$45,342 from fund balance, Lauffhoff said. The debt levy for the city will be adjusted to 2.50 mills, reflecting retired debt as well as the anticipated participation in a new 47th District Court building, a joint project with the City of Farmington Hills. The 47th District Court held a caseload of 33,689 cases in 2000 compared with 38,316 cases in 1999. Workload and space limitations influenced the decision to build a new court on the campus of Farmington Hills city offices, Lauffhoff said. The cost of the new facility is about \$11.6 million. Also noted in the proposed

budget: ■ Farmington's 2000 population was 10,123, a 2.9 percent increase over the 1990 census of 10,132. ■ The city's housing ranges in age from the 1940s to 2000. "It provides unique opportunities for people of all incomes and cultures to join the Farmington community as a resident," Lauffhoff said. "Most residential areas have available sidewalks, streetlights and many have local schools within walking distance of home." ■ All major capital equipment purchases for vehicles are for replacement only.

H.A. Piraka, M.D., F.A.C.O.G.

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MUSCLE PAIN AND SPRING

A type of muscle ache occurs in spring, when if you are aware of, will save you concern or a doctor's visit. This aching involves the thighs and shoulders. In the legs the aching is worse going up stairs. In the arms, discomfort occurs when you reach up as when putting on a seat belt. The pain diminishes at night, and you feel better in the morning than in the evening. Most helps as does mild activity, but prolonged walking or stairs often increases the ache. The reason for this muscle irritation is that the body has difficulty in making the transition from winter to spring. This problem is particularly prevalent in older individuals. Adapting to the change in seasons becomes more difficult if the individual has not undertaken exercise during the winter. The patients with such aching whom I see, often note that the last winter they did not use the indoor bike as in the past, or skipped the mail walking that was their habit in previous winters. Then that individual starts out in spring with a long brisk walk, or with a cleanup of the whole yard. This aching unlike the athlete's first day of scrimmage, does not appear to be a myalgia and does not resolve in a day. The discomfort I am describing is not so intense but not so short lived, that is the source of worry. The discomfort lingers. However, if the characteristics are as mentioned above, namely better in a.m. and mild with light activity, do not be concerned. Adjust your activity level to what you can comfortably undertake, and let your body guide you to how fast and far you can go.

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Check Ordering Fee	\$0.00	\$60.00	\$200.00	\$77.35
Counter Service	\$0.00	\$192.00	\$0.00	\$0.00
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