

Buzzards are adapting to life in suburbia

We've noticed large dark colored birds flying over the city this year that look like buzzards. What are they?

The hills are alive with the sound of soaring buzzards. Actually, soaring buzzards don't make a sound but ride warm air currents in search of food. For the last two years I've seen these birds, which are called turkey buzzards, fly around the Farmington area the entire summer.

As cars create more road kill it appears that here birds are taking advantage of free meals. The birds are an important link in the food chain of the natural world. They clean up dead animals that might become breeding areas for disease. They are nature's "waste management" cleaning crew.

Many people don't like the way they look, but it's the service they provide in nature's web of life. I have noticed them on a weekly basis so far this summer in our area. It also appears that

Bring your medicines on vacation

The summer travel season is here and the National Headache Foundation offers this advice for well prepared travelers.

Medication: Be sure to take enough to last approximately double the time period you will be away. Place medication in containers in separate travel bags to prevent spillage or loss. If you're taking liquid medication, be sure it's placed in a leak-proof plastic container.

Food: If there are certain foods that you know will precipitate an attack, have the list written up and refer to it throughout your trip. Many times when eating out there is a tendency to overlook or not recognize the ingredients. Notify the hotel, tour operator or airline in advance if you're on a special diet.

Contact information: Have your physician provide you with an extra prescription and also the generic and chemical name for the drug. Also, have your health insurance company name, address and phone number on hand, the name of a person to notify in case of an emergency, blood type and a list of drug allergies. If you have a medical alert card, be sure to carry it at all times.

Healthcare providers: Take a short medical report from your healthcare provider describing your illness and your mode of treatment. This is essential so that if you have a relapse and need medical attention, the attending healthcare provider has a point of reference.

Adjust dosage schedule: If you're flying long distances, ask your healthcare provider about your dosage schedule. Check if it should be adjusted for high altitudes, lack of activity, different time zones and climates.

Foreign travel can present additional problems for headache sufferers. Consider these tips to navigate your trip.

Be sure your medication is well identified for custom clearance. Don't store your medications in anything other than their labeled bottle. All these funny pills in unmarked containers can arouse suspicions.

Plan for medical help abroad. There's an organization that can supply a list of English speaking physicians overseas. It is IAMA-T 437 Elm Street, Lewiston, NY 14092. Call (716) 754-4883.

Medical assistance overseas can be very expensive. Check your personal medical health policy to see if you're covered for overseas travel. If not, there are travel health insurance policies available for purchase through your travel agent.

The National Headache Foundation founded in 1970 is a non-profit organization dedicated to serving headache sufferers, their families and the healthcare providers who treat them; promoting research into headache causes and treatments; and educating the public to the fact that headaches are a legitimate biological disease and sufferers should receive understanding and continuity of care.

For more information, visit the NHHF Web site at www.headaches.org or call toll-free 1-888-NHP-5552 (Monday to Friday, 8 a.m. to 6 p.m. central time).

some of them are getting used to people the way other species have before them. I was on Sky Drive just south of 11 Mile Road a month ago and witnessed a vulture eating the remains of a skunk on a homeowner's lawn while nearby neighbors moved their grass. This bird was more concerned with its dining adventure than the noise of lawn mowers.

This scene wouldn't have thrilled many people but as a naturalist I sure enjoyed witnessing it. They are adapting to suburbia and the food source available and will probably continue to be part of the landscape.

We don't see them in the winter because they cannot break apart frozen flesh with their beaks which means they have to fly south for the cold months in order to eat. A word of caution to suburbaners - I'd suggest you move every hour or so. In a buzzard's mind, if you haven't moved in six hours you're a happy meal.

As many of you know, we are privileged to have the opportunity to have an award-winning and multi-talented video division in the city of Farmington Hills which produces all the fine shows on Channel 8. It's been my pleasure to be able to work side by side with Dave Tietmeyer and Jacob Nothatsine producing a show called Nature In The Hills. I would like to thank all the people I've met who comment on how much they enjoy the shows on Channel 8. Most of

these shows are filmed using just two people. The one in front of the camera and the one behind it. Then Dave and Jacob use their magic in the studio and produce a product the whole family can enjoy.

If you have an idea for a program, feel free to call the video division at (248) 442-7534. As for me, we're getting ready to send some new Nature In The Hills shows your way. Stay tuned.

Joe Derek is the city naturalist



for Farmington Hills. Leave him a message at (248) 473-9574.

okay, here's more

NOKIA

with up to 3400 minutes, need we say more?

Sign up now for the AT&T Digital Advantage \$39.99 monthly plan and get:

- 400 anytime minutes
- 2000 night and weekend minutes
- plus choose one of these:
- 1000 Mobile-to-Mobile minutes
- OR
- nationwide long distance included

Sign up for 1000 Mobile-to-Mobile minutes or Nationwide long distance and we'll waive the monthly fee for one year. Mobile-to-Mobile minutes apply to calls placed to and from other AT&T Wireless subscribers while you are in the Mobile-to-Mobile Calling Area and on the AT&T Wireless network. Night and weekend minutes, anytime minutes and Nationwide long distance available on calls placed from your Home Calling Area. 2000 night and weekend minutes are available at no additional monthly charge for one year.

And get up to \$80 cash back

It's like getting a FREE phone

Nokia 5165 purchase price	\$79.99
mail-in phone rebate	-\$40.00
mail-in service rebate	-\$40.00
final cost	\$ 0.00

Sales tax applies to original purchase price.

YOUR WORLD. CLOSE AT HAND.

AT&T Wireless

1-800-IMAGINE® attwireless.com

AT&T Wireless Stores

ANN ARBOR 928 W. Eisenhower Pkwy. 248 372-7901 AUBURN HILLS 3922 Baldwin Rd. 248 745-3508 BIRMINGHAM 34200 Woodward Ave. 248 372-7939	CANTON 43241 Ford Rd. 734 981-2107 DEARBORN 22137 Michigan Ave. 248 372-7991	DETROIT 2660 E. Jefferson 313 981-5424 FLINT 3292 Linden Rd. 616 733-1770	LATHRUP VILLAGE 27631 Southfield Rd. 248 372-7921 MADISON HEIGHTS 32800 John R. Rd. 248 589-2770	MONROE 2121 N. Monroe St., #K8 (Frenchtown Mall Kiosk) 734 234-0533 NOVI 43207 Crescent Blvd. 248 372-7951	ROSELAND 31902 Oratio 248 372-7911 TOLEDO 4906 Monroe St., Ste. B 419 473-9756	UTICA 13307 Hall Rd. 248 372-7931 BUSINESS SALES OFFICE 28377 Northwestern Hwy. (Ste. 206) 888 839-6550
--	--	---	--	--	--	---

Important information: ©2001 AT&T Wireless. Requires credit approval, activation fee, annual contract, a cancellation fee and a Digital multi-network phone. May not be available for purchase or use in all areas. Phone availability minutes cannot be carried over to any other month. Remaining additional minutes charges, overcharges and taxes apply. Subject to General Terms and Conditions and calling plan brochure. May not be available with other offers. Nokia 5165 Mail-In Rebate: One rebate per new Nokia 5165 phone purchase. Must be on AT&T Wireless service for at least 30 days and when rebate is processed. See rebate coupon for full details. Expires 9/15/01. \$49 Mail-In Service Rebate: One rebate per activation on a qualifying AT&T Wireless calling plan \$39.99 monthly or above. Must be on AT&T Wireless service for at least 30 days and when rebate is processed. See rebate coupon for full details. Not available if you received a service credit at activation. Expires 9/15/01. Night and Weekend Minutes Promotions: Available on calls placed from the Home Calling Area. Applicable long distance charges additional. Night and weekend service is from 8:00 p.m. to 6:59 a.m. Monday - Friday and Friday 8:00 p.m. through Monday 6:59 a.m. Limited time offer. Nationwide Long Distance: When you sign up for our Nationwide Long Distance offer (available on AT&T Digital Advantage \$39.99 monthly and above) we will waive the monthly fee of \$4.99 for the first 12 months. No wireless long distance charges apply to calls placed from your Home Calling Area to anywhere in the U.S. Standard airtime charges apply. Limited time offer. Mobile-to-Mobile Minutes: When you sign up for 1000 AT&T Wireless Mobile-to-Mobile Minutes (available on AT&T Digital Advantage \$39.99 monthly and above) we will waive the monthly fee of \$9.99 for the first 12 months. Mobile-to-Mobile minutes apply to calls: 1) placed to or received from another AT&T Wireless subscriber's wireless phone; 2) placed or received from your Mobile-to-Mobile Calling Area; and 3) on the AT&T Wireless network when caller ID is received. Long distance charges may apply. Please see the AT&T Wireless Mobile-to-Mobile Minutes brochure for coverage and other details.

ARRIVE SAFELY