

Diversity forum slated

The Farmington/Farmington Hills Multicultural/Multicultural Community Council is hosting a forum at 7 p.m. Thursday, Nov. 8, entitled, *Talking to Parents about Diversity*. The program will be held at the Farmington Training Center.

This forum, presented in collaboration with the Farmington Area PTA Council, is intended to give parents and other community members an opportunity to hear a variety of perspectives, ask questions and share insights about how the community's diversity can enrich the quality of family life.

For more information call 489-3339.

WSU community forum focus is bioterrorism

The Wayne State University School of Medicine, in partnership with the Wayne State University Physician Group, will host a community forum on bioterrorism at 7 p.m. Thursday, Oct. 25, at the WSU Oakland Center, 33737 W. 12 Mile Road (just west of Farmington Road).

The public is invited to attend this free educational panel discussion, which will feature Wayne State University physicians and scientists as well as government public officials. The discussion, which will include a question-and-answer session, will focus on steps that have been taken to prepare for biological terrorism, information about how illnesses induced by bioterrorism can be treated as well as cool headed tips for handling the fear that has been accompanied by news reports of criminal dispersion of anthrax.

Panel participants will include Michigan Sen. John Schwartz, a practicing physician and a member of the Senate Health Policy Committee; public health officials, and several WSU professors from a variety of medical backgrounds, including emergency medicine, immunology and microbiology, occupational and environmental health, psychiatry and infectious diseases. The moderator will be Dr. Tara Washington, WSU assistant professor of radiation oncology and co-host of WJR's "The Medical Hour," which is sponsored by the Wayne State University Physician Group.

For more information call 877-WSU-DOCS.

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Escanaba from page A1

ties held at Farmington High, Harrison High and North Farmington High.

Brown is finalizing the details. "It's a way to keep kids off the street," said Brown, who is a Harrison High School graduate. Brown and Lauren, his wife and high school sweetheart, have three children in Farmington Public Schools. Randin and Mallory, a senior and a sophomore, respectively, attend Farmington High School and son, Derek, attends O. E. Dunekel Middle School.

This is the first time the city of Farmington is attempting such a fund-raising endeavor at the city-owned theater, according to Farmington City Manager Frank Lauhoff. He knows how costly tickets to the all-night parties have become, soaring to \$40 from \$15 each more than five years ago.

Purple Rose will discount the price of the film, Lauhoff said.

Brown, a Farmington Hills resident, produced "Escanaba in the Moonlight," with Jeff Daniels, a Chelsea resident, who wrote, directed, and starred in the film.

They have an office on Liberty Street in downtown Farmington. Both Brown and Daniels support using a predominance of local talent for both the crew and cast. They plan to premiere "Super Sucker," a film about two rival door-to-door vacuum salesmen at the Sundance Film Festival in January.

Of the 100 people on the crew about 90 are Michigan natives; of 53 speaking roles, 80 percent went to Michigan natives, Brown said.

"Super Sucker" stars Sarah Kamo, a former Farmington resident and Harrison High graduate. She plays a reporter, Tamara Thompson.

Arthritis Today

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

THE RIGHT AMOUNT OF EXERCISE

If you have arthritis of the knee, you will ask: "What can I do to improve it? Should I walk more, do special exercises, or curtail my activities?"

Your doctor is likely to respond with: "All of the above."

What he means is the following: You need not walk more, but it is necessary to keep your activity up. It is ideal to tell you that with arthritis of the knee, swimming is the best exercise. However, getting to a pool and possessing the swimming ability to give yourself a vigorous workout, is beyond the reach of most people. Therefore, you have to undertake the usual activities that involve walking or biking. You need to maintain these activities, not to keep your legs strong, but for a healthy heart, lungs and mental outlook.

In the past, the concept of special exercises to strengthen your leg's quadriceps muscle was popular. Current ideas of how the leg works cast doubt on the value of particular leg strengthening exercise as treatment for arthritis. However, if you undertake these exercises, you need to take care not to strain the knee joint at the same time. Thus, knee bends are not acceptable, isometric strengthening is the only safe way to proceed.

At the same time as you are active, you must be ready to curtail what you do. If the knee joint hurts, stop and rest. The dictum no pain, no gain does not apply to arthritis of the knee. Knee pain is a signal for your body to cease and desist.

The way you handle your activity in arthritis of the knee is more important than the medicines you take.

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- why you need to reeducate yourself about education funding

DATE: Tuesday, November 6, 2001
TIME: 6:00 PM Hors d'oeuvres
6:30 PM Seminar begins
PLACE: Salomon Smith Barney
35055 W. Twelve Mile, Suite 101
Farmington Hills, MI 48331
SPEAKERS: Richard Schloss, Tax Attorney
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