Tune-up from page C4

surprised how truthful his patients are about their alcohol intake. However, he adds, scrious drinkers or alcoholics may avoid doctors. He recommends limiting your alcohol intake to two ounces a day,

"And use a bartender's measurement of the contraction."

"And use a bartender's meas-ure, not your own."
Rabinowitz believes three or four drinks a week is plenty. "An occasional glass of wine, perfect-ly legitimate. A cocktail before dinner, perfectly legitimate. A couple of beers on a Sunday afternoon, perfectly legitimate," he said.

he said.

However, the numbers add up, he warns. Four beers a day adds up to 28 beers a week. "That's a lot of alcohol."

Stress
"We all live a stressful life. That's part of life," said Rosenbaum. "For people who are hoppy in their jobs and happy at home, the stress is irrelevant within limits. The real problem is with people who do not find satisfaction in their life. Then stress becomes a problem." Sleep deprivation can be a sign of depression, a condition meare often reluctant to talk about with their doctors, said Rabinowitz.

nowitz.

Men usually say, 'I'm okay.' I limit alcohol and see the doctor ask them three questions: Are you having fun in life? Do you go to bed with your worries? How to you sleep? People who go to sleep and wake up at 2 a.m. and

say they can't fall back asleep...there's a likelihood of

any intry can't fail back assistent, there's a likelihood of depression. The good news is that the treatment for depression is much better today than it was, said Rosenbaum. It can be treated with psychotherapy, medication or a combination of both. Another iseparent disorder is obstructive sleep apnea, a condition that affects millions of men and causes them to stop breathing several times during the night for intervals of several seconds. It is often age-related and caused by excessive weight gain.

gain.
"Doctors are roally watching
for it," said Rabinowitz. "It can
lead to uncontrolled hypertension, coronary artery disease,
mood changes and falling asleep
at the wheel... It is something
very treatable."

Common sense

Common sense
Unfortunately, when it comes
to men and their health, lack
common sense is not samething
that can be quickly remedied.
Sometimes is takes the threat of
a heart attack or prostate cancer
to bring a man to a doctor's
office. All the more reason to earlight, exercise, avoid tobacco,
limit alcohol and see the doctor
regularly.

PURLIC STORAGE MANAGEMENT NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that pursuant to Section 4 of the Self Storage Facility Act, State of Michigan, the undersigned will sell at public auditon by competitive bidding. Bairs are for eash only. Removal within 24 hours. For sole are storage units which rent and fees are past due. On the premises where said property has been stored and which are located at Public Storage, 34950 Nine Mile Rd., Farmington, MI on 6-25-02 at 2-15 p.m. Personal property described below.

at 2:16 p.m. Fensonal property described it In the matter of: In the matter of: Chizamonique Whitley D002, misc. items Dean Bruza E012, misc. items Tomnie Pearson E017, misc. items Tomnie Pearson D077, misc. items Tom Pearson D077, misc. items Sormad Gummer C077, misc. items Howared Gorman E050, misc. items Howared Gorman E050, misc. items Howared Gorman E050, misc. items Foxbart June 13 and 18, 2002

JUNE

WEIGHT REDICTION
Providence Hospital and Medical
Centers will hold the Wellness
Seminar for weight reduction at
the following times and locations: 3-5 p.m. and 6:30-50, 30
p.m. Wednesday, June 19, Mission Health Medical Center,
37595 Seven Mile (at Newburgh), Livonia; 1-3 p.m. Saturday, June 22, at Providence
Park, 47601 Grand River (Beck
Road entrance), Novi. Call (877)
345-5500. 345-5500.

SKIN CARE

Canton Center Chiropractic Clinic and Arbonne International will offer "Skin Care 101" 7-8:30 p.m. Wednesday, June 19 at the clinic, 6231 N. Canton Center Road, Suite 109, Canton. Discounts for products. Contact Veronica Preblich at (734) 397-8485.

blich at (734) 397-8485.

BRRAST CANCER DETECTION
Beaumont Hospital's Sharing &
Caring program will present
"Mammograms vs. Ultrasounds.
A Guide to Diagnostic Tools" 7-9
p.m. Thursday, June 20, in the
hospital's 1st Floor Canference
Room, Beaumont Cancer Center,
3577 W. 13 Mile Road, Royal
Oak, Call (248) 551-8586.

CITY OF FARMINGTON HILLS 31555 ELEVEN MILE ROAD FARMINGTON HILLS, MI 48336-1165 (248) 474-6115

ADVERTISEMENT FOR BIDS

Orchard Lake Road Landscaping - Ten Mile to 1-896 - Farmington Hills, MI

Hills, MI
Project Number ENH00349, Control Section STE63459, Job Number S0985A, Federal Project Number STP0263(019), Federal Hem Number LI0189 - Tree and flower installation in the newly constructed 2.22 kilometer median on Orchard Lake Road beginning north of Ten Mile and ending at 1-690 in Farmington Hills.

Net classification for this project is 1311.

Bid deposit required is 5 percent or more of the amount of the bid.
Completion date is October 1, 2002.

Completion date is October 1, 2002.

Scaled Bids for the installation of the Orchard Lake Road Landscaping will be received from contractor having current Michigan Department of Transportation per-qualification at the City Clerk Office, Parmington Hills City Hall, 31555 W. Eleven Mile Road, Farmington Hills MI until 10:00 am., July 9th, 2002 and then and there be publicly opened and read. Sealed Bids may be hand-delivered or mailed by U.S. Mail. Bids delivered to any other location will not be accepted.

Received received may be excepted by the complete of the City Clerk's City Clerk's Company of the Company of th

unopened. No fax bids will be accepted.

Plans and proposal may be examined or may be obtained at the City Clerks
Office, Farmington Hills City Hall, 31555 W. Eleven Mile Road, Farmington
Hills, Mil up to 4/30 pm. of the dup preceding the opening of bids. Contact
Marie Donigan at 248-476-9469 with the 1990 Michigan Department of
The project is in accordance with the 1990 Michigan Department of
Transportation contact of the Special Contact of the Construction and request for
the project of the Construction of Construction and request for
submitted before receipt of proposal. Contract work amounting to not less
than 40% of the original total contract price shall be performed by the
General Contractors own organization.

tinan 40% of the original total contract price shall be performed by the General Contractors own organization.

Each bidder shall file a statement signed by or on behalf of the person, firm, association, or corporation but the bid, certifying that such person, firm, association, or corporation has not, other directly or indirectly or indirectly into any agreement. Of the competitive bidding in connection with the athenited bid. Failure to submit the signed statement as port of the bid proposal will result in rejection of the bid.

This is a Federal Aid Project under the provisions of Section 113 of Title 23 USC. as amounted by the Federal Aid Highway Art of 1983. The Davis-Bacon Act is applicable and requires the Secretary of Labor to determine the minimum wage rates to be paid by the contractors and sub-contractors, which rates will be given in detail in the proposal.

KATHRYN A. DORNAN City Clerk

MEDICAL DATEBOOK

ONE MARROW/STEM CELL

BONE MARROW/STEM CELL
The National Bone Marrow
Transplant Link will offer "Ask
the Experts," a free educational
forum for patients, family members and health professionals
9:30 a.m. to 3 p.m. Saturday,
June 22 of the Livenia Civic June 22 at the Livenia Civil Library. Physicians, nurses, social workers and bone marrow transplant survivors will share expertise. To register, call (800) 548-5268 or send an e-mail to nbmlink@aol.com.

DEPRESSION

ity of Michigan Depression Center offers a
"Family Education Workshop" 6
8 p.m. Monday, June 24, at the
East Ann Arbor Health Center. East Ann Arbor Heatin Center. Learn about depression's risk factors and trentments. Open discussion will be facilitated at the end of the session. \$25 per person; \$30 per family. Preregis-ter by calling (734) 764-0267 or visiting www.med.umich.edu/depression.

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

SORTING OUT LEG PAIN
Logs often hut; the reasons for some pain are dovious. For example,
their spending hours on your knees gardening, you stoped that for the
ted 2-3 days your logs will ache.
Other log pains come out of nowhere, You may arise from bed and

our logs we acree.

In some out of nowhere. You may arise from bed and
to back of your leg that doesn't go away. You cannot recall any activity that could
a back of your know you wouldn't sleep in an awkward position that would result in

It is a part at parts that come and go, but robum. Over time the pain stays more and both read to the set of the pain stays more and which of these legicalism need a doctor's appointment, and which are best caused for by you? The pain that comes from a pink it if from this griet, the skely cause is hip pain, and if botherd the level best may probe in seely in the lone jour that the president is ready in the lone jour that the president pain and to dop any a destant weaking, you need no lone jour pain is made to the pain and to dop any a destant weaking, you make you must be strain that most common are quadrichose and homesters paint you can total it you there a muscle strain the most common are guadrichose and was to use the problems become wome, muscle strains improve.

In case of managed pans, het plots and time is on your adds, in this era of manyelous modelines, we should remember that staff the most amazing and capable treatment comes from considers.

www.drjjweles.yourmd.com



CITY OF FARMINGTON 2002 SUMMER TAX STATEMENT PUBLIC NOTICE

The City of Farmington Summer 2002 Property Tux Statement is payable from July 1, 2002 through August 31, 2002 without penalty. A 4% penalty will be added to delinquent taxes on September 1, 2002.

will be added to delinquent taxes on September 1, 2002.
City Hall offices will be open for payment of taxes 3:30 A.M. to 4:30 P.M.
Monday through Friday except for the following:

Thursdoy, July 4, 2002
For your convenience, a depository is located in the City Hall lobby.
Applications for deferment of 2002 taxes are available at the City of
Farmington Treasurer's office. If your income for 2001 did not exceed
\$25,000 and you are a paraplegic, quadriplegic, senior citizen, cligible servicemen, cligible widow, blind, or totally or permanently disabled, your application must be fifted with the City of Farmington Treasurer's office not later than September 15, 2002. Deferred Summer Taxes may be paid without penalty until Pedvanry 28, 2003.

By law, if the last duy for payment folls on a Saturday, Sunday, or legal

By law, if the last day for payment folls on a Saturday, Sunday, or legal holiday, the last day will be extended to include the next day which is not a Saturday, Sunday, or legal holiday.

PATSY K. CANTRELL City Clerk/Treasurer

Publish: June 16 & 20, 2002



Introducing Oakland Virtual Medical Center, **Oakland County's premier outpatient resource dedicated** to serving the needs of patients and doctors.

Publish: June 16, 23 & 30, 2002

At the Oakland Virtual Medical Center, eight state-of-the-art outpatient facilities have been redesigned to provide a forward-thinking, interconnected resource for state-of-the-art outpatient care serving all of Oakland County. Here you'll find a friendly staff of professionals ready to care for the individual needs of patients and doctors.

Doctors will appreciate our Virtual Scheduler" technology and prompt on-line test results. Using our advanced software, they can schedule treatment or review a patient's test results on-line. Beautifully refined surroundings make visits more relaxing for everyone and afford ample privacy for consultation. No request is too great. No service is too small. We even serve a great cup of Starbucks coffeel

The future of outpatient care has arrived in Oakland County. Visit our website at www.oaklandvirtual.org and discover the difference it could make in your life. Or call (866) 887-OVMC (6862) for complete information. DAKLAND VIRTUAL MEDICAL CENTER LOCATIONS



- REDRY MURGERY CENTER (248) 851-6767

- 1 BERRY SURGERY CENTER (248) 651-6767

 MAISEL WOMEN'S HEALTH CENTER (248) 539-4040

 ROSE MAGNING CENTER (248) 502-3200

 KARMANGO CANCER HISTITUTE'S
 WEISMERG CANCER THEATMENT CENTER (248) 538-6505

 LAHIER SUNGERY CENTER (248) 357-6880

 CENTER FOR CLEAR VISION & 937-4385

 TLABER SUNGERY MISTITUTE (248) 357-4385

 CLEAR VISION CENTER' (248) 348-307

 CHART VISION CENTER' (249) 348-907

 CHART VISION CENTER' (249) 348-907

 CHART VISION CENTER' (249) 348-907



Oakland Virtual Medical Center Eight trusted names. One dedicated system.

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