

YMCA

FROM PAGE C1

and fifth in the 50 free (34.59). Other 10-and-under finishers included Mike Tetrick, who was third in the 100 fly (1:31.76), Brook Heelner, 10th in the 50 breast (48.89) and 13th in the 100 breast (1:49.55); and Ali Lum, 12th in the 100 back (1:27.95) and fourth in the 50 back (40.82).

In the 11-12 age division, Katya Bachrouche placed second in the 200 IM (2:38.74), second in the 200 free (2:19.92), third in the 100 free (1:05.14), fourth in the 400 free (4:53.71), fourth in the 200 breast (35.07) and fourth in the 100 back (1:46.60).

Bachrouche was awarded a trophy for a third-place tie in the 11-12 girls overall high-point category.

Ashley Colingen finished in 12th place in the 100 back (1:39.91) in the girls 11-12 division.

CYCLISTS

FROM PAGE C1

All USCF rules apply and a USCF license is required (for an additional \$6). The race also includes mandatory wearing of helmets. Headphones are not allowed and there is no drafting (except with a team member). Computerized timing will be used.

Prizes of \$20 (first place), \$15 (second) and \$10 (third) will be awarded in the Senior/Masters men's and women's classes. Juniors will receive medals.

Many of the Team EQ members will be either competing or working during the time trial.

The group meets for a 25-mile training ride each Wednesday at Ford Field in

In the 13-14 division, several swimmers placed in several events during the evening, final after qualifying for their events during morning preliminaries.

Jando Valtierra placed eighth in the 50 free, (27.85), 12th in the 200 free (1:17.92), seventh in the 100 free (48.89) and 13th in the 100 breast (1:49.55); and Ali Lum, 12th in the 100 back (1:27.95) and fourth in the 50 back (40.82).

Brad Smith placed fourth in the 200 breast (2:47.96), 6th in the 100 free (1:01.87), 12th in the 100 breast (3:01.96) and fifth in the 100 back (1:23.62).

Caryn Switaj placed eighth in the 100 free (1:03.31), 12th in the 100 fly (2:44.65), 12th in the 100 fly (1:12.59) and 12th in the 50 free (29.42).

Drew Warnick placed 11th in the 1,500 free (19:10.91) and fourth in the 400 IM (5:41.80). Doug Frey was 11th in the 200 breast (2:59.22), 13th in the 1,500 free (19:41.01) and fifth in the 400 free (5:01.01).

Denebou, n. "It's a training ride, and out-and-back configuration," Champoux said. "Everybody is working out for themselves. We

Arthritis Today

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



OSTEOPOROSIS OR OSTEOARTHRITIS

The terms "osteoporosis" and "osteoarthritis" are confusing. Both words contain the same beginning letters ("oste"). That phrase stands for bone tissue.

Osteoporosis means that the bone being described is porous, and is weak bone. Technically, the term describes bone that has insufficient calcium lining the network of proteins that is the structure for bone. A related term is osteopenia, which means bone that has lost bone but is not as weak as osteoporosis. A third term is osteoarthritis, which means joint damage can be observed by looking at an x-ray that includes bone such as in the leg, arm or back. These interpretations are often faulty because of the x-ray voltage used or the angle of the x-ray beam.

Joint damage is often caused by a loss of bone in a joint, and the joint is wearing out as a result of loss of cartilage. The change is comparable to a tire being tread. Osteoarthritis is most easily diagnosed by x-ray. For the knee and ankle, weight-bearing films are easiest ways of bringing out the problem of joint damage.

Osteoporotic joints can also be osteoporotic or osteoarthritis, a combination that is common for the hip. Therefore, you need to listen carefully when your doctor describes your arthritis joint.

www.djweiss.yourmd.com

Half Off The Second One Sale



Insulated Glass Patio Door Glass

Buy one unit,
get 1/2 off
the second unit*

**20% off
Storm Doors**

With this coupon • Expires 8-30-02

**20% off
Shower Doors**

With this coupon • Expires 8-30-02

Henderson GLASS

Glass Breaks...your trust in us won't.

CALL 1.800.755.7964

for the location nearest you:

AUBURN HILLS	2100 Walton Blvd.	248.377.4044
BERKLEY	27501 Woodward Ave.	248.543.4046
CANTON	6196 Canton Center Rd.	734.459.6440
DEARBORN HGTS.	22850 Van Born	313.292.6310
FARMINGTON	31205 Grand River	248.476.0730
LIVONIA	31550 Plymouth Rd.	734.261.9050
SOUTHFIELD	24055 W. 10 Mile Rd.	248.353.1500
TROY	3903 Rochester Rd.	248.528.0900
WATERFORD TWP.	6215 Highland Rd.	248.666.1690
COMMERCE TWP.	2891 Haggerty Rd.	248.624.2288

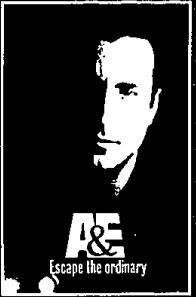
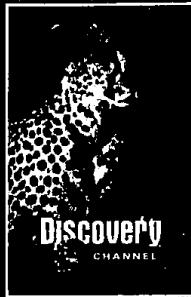
*Second unit of equal or lesser value. ALL OFFERS CANNOT BE COMBINED WITH ANY OTHER OFFER.

OFFERS GOOD FOR MATERIAL ONLY. Offer expires August 30, 2002.

Luxury Mirrored Walls | Beaded Mirrored Doors | Tub & Shower Doors | Custom Euro Shower Enclosures | Glass Table Tops

• FOX SPORTS • TV LAND • FOX NEWS • CNN HEADLINE NEWS • GOLF CHANNEL • WTBS • TURNER CLASSIC MOVIES • MOVIE PLEX • BRAVO • ANIMAL PLANET • THE WEATHER CHANNEL • TV FOOD NETWORK • HGTV • COURT TV • INTERNATIONAL CHANNEL • BET • SCI-FI CHANNEL • DISCOVERY CHANNEL • FOX FAMILY CHANNEL • TRAVEL • CNN • USA NETWORK • A&E • TNT • NICKELODEON • NASHVILLE NETWORK • ESPN2 • MTV • E! • VH-1 • WGN-TV • AMERICAN MOVIE CLASSICS • ESPN • LEARNING CHANNEL • CNBC • MSNBC • C-SPAN • LIFETIME • PAX TV • HISTORY CHANNEL • COMEDY CENTRAL • ETERNAL WORD TELEVISION NETWORK • CARTOON NETWORK • COUNTRY MUSIC NETWORK

LAST
CHANCE!



Connect to Over 75 Channels with Time Warner
Preferred Cable for only \$19.95 per month!