

Indoor pollution discussed

Walt Lyons, an "indoor meteorologist" and an expert on air pollution, will speak on the subject at 7 p.m. Tuesday, April 23, at the Farmington Hills Holiday Inn, 38123 W. 10 Mile Road.

Lyons will discuss the links between indoor air pollution

and allergy and asthma. He will highlight three steps for improving indoor air quality: remove the source, ventilate and dilute.

To register, call 1-800-354-6770, Ext. 776. For more information, call 473-5042.

Helmet from page 1A

nances, with some variation in age requirements and 18 other states have laws pending. Dugan said. In addition, Chapel Hill, N.C., and Breckwood, Ohio, have their own ordinances.

Farmington Hills City Attorney John Donohue said that although he did not see it as a concern, a city ordinance could not waive judicial powers concerning negligence if someone did not wear a helmet and were injured.

Councilwoman Vicki Barnett said passing such an ordinance and educating kids would send a strong message. She said the legal sanction against violating the law would create a good peer pressure to wear a helmet.

But Councilwoman Cheryl Oliverio said this was a case of "government getting too involved in people's lives."

"This takes responsibility away from the child," she said. "If the child gets hit and is not wearing a helmet, the parent is responsible."

But Councilwoman Nancy Bates said that laws requiring car seats for children, prohibiting motor vehicles from smoking and others already require parental responsibility.

The council voted 5-2 to support the introduction of the ordinance, with Oliverio and Councilman Terry Sever opposed. A public hearing will be scheduled on the ordinance before it can be adopted.

In other action, the council: **Adopted a resolution supporting equitable funding for Oakland County.** County Commissioner David Moffitt, who requested the city's support on the issue, said it couldn't be posed as an Oakland County versus outstate Michigan or it would not work. But, he added, the county has been a heavy "donor county" in terms of tax support. The council also plans a study session on the issue.

Approved city participation in the Michigan Department of Mental Health/Michigan State Housing Development authority/corporation for Supportive Housing Demonstration Program in which five communities, including Farmington Hills, will participate in planning for a program that will assist the handicapped.

THE MICHIGAN LOTTERY

Here's the Michigan Lottery numbers for Saturday, April 20. The Lotto jackpot was worth at least \$2.2 million.

Daily 3: 5 2 9
Daily 4: 9 5 2 7
Lotto: 5, 6, 13, 32, 37, 48

Arthritis Today

JOSEPH J. WEISS, M.D. RHEUMATOLOGY
18829 Farmington Road
Livonia, Michigan 48152
Phone: (810) 478-7860

MORNING STIFFNESS

A feature of severe arthritis is morning stiffness. That is, in the morning on awakening, your hands cannot move, your feet as if they just had solid to sludge. It may last hours before you can hold a cup or grip a stirring wheel.

What happens is that your hands become exhausted undertaking the day's usual activities. When bedtime comes, the hands stop moving because of excessive fatigue. If you wakened someone without arthritis in night time repose, you would be amazed at the amount of movement the supine resting individual undertakes. The effect of this movement is to allow the person to arise without difficulty in the morning.

In contrast, with arthritis of the hands, comes a lack of night time movement, and brings an inability to resume usual hand motion. You experience "morning stiffness".

The same experience determines if you will be stiff in your shoulders, knees, neck or ankles. If these joints, because of fatigue, required prolonged immobility overnight, then they will not readily function in the morning.

Heat helps to return mobility. However, it requires the total program undertaken to treat your arthritis, as done morning to night, to overcome the problem of a stiff arthritis.

Focus from page 1A

Appearing with Chernaukas will be Monroe resident Terri Sue Lifford, former Miss Michigan and winner of the Quality of Life Award.

Also appearing on the show: Todd Lipa, master of ceremonies for the Miss Farmington program; Alice Taroyan, the program's financial chairwoman; and Don Willman, member of the Miss Michigan Field Directors.

It is hoped that a few of the past Miss Farmingtons will appear to tell what the pageant meant to them. For more information, call 471-9042.

Bring on the bagels!

The challenge: An open contest to determine who makes the best bagels in metro Detroit. The reward: A \$5,000 check paid directly to the winner's charity of choice. The initiator: Charley Kaye of The Bean & Bagel Restaurant.

As of last Friday, however, no other bagel-maker in metro Detroit has been willing to accept Kaye's "Great Bagel Challenge" for charity, which was announced in January and previewed in the Observer's Arts & Entertainment section March 7.

"I feel too many businesses have no problem taking all they can from the communities they serve," said Kaye, whose Bean & Bagel headquarters are on Maple Road in West Bloomfield and who has a retail location at Farmington Road and 12 Mile in Farmington Hills.

"I want to give something back as thanks for all the support I've been given," he said. "The 'Great Bagel Challenge' is a way to raise money for charity and have some fun at the same time."

Even if there are no takers, the challenge will be held Saturday, April 27, at a location to be announced. Kaye's \$5,000 has been earmarked for the Clark School for the Deaf.

Judges will be Detroit-area media personalities. Bagels will be judged on freshness, flavor, texture, size and creativity.

The contest is open to bagel chains, franchises, bakeries and other bagel outlets. For more information, call the Bean & Bagel corporate office at 832-8914.

200 at Lenten Supper

About 200 attended the fourth annual Lenten Supper at St. Alexander's Catholic Church in Farmington Hills March 22.

In the spirit of self-denial that marks the Lenten season for Catholics, the simple meal consisted of soup and bread, along with water, coffee and milk. Parishioners were urged to fast to the extent they were able, prior to the evening event.

The Lenten Supper is intended to foster an increased awareness of the problem of hunger, that as many face throughout the world. Those in attendance were asked for donations to help Manna Meal Soup Kitchen in Detroit. More than \$600 was raised.

For the second year in a row, the meal was followed by a performance of the Metro Catholic Gospel Choir, based at Blessed Sacrament Parish in Detroit.

Items for Farmington Focus may be mailed to the Farmington Observer, 3241 Grand River, Farmington 48336; faxed to 477-9722; or dropped off at the newspaper office. For the computer literate, the Internet E-mail address is: packy@econline.com.

Farmington Observer

(USPS 187-840)

Published every Monday and Thursday by Observer & Eccentric Newspapers, 205 E. Maple, Farmington, MI 48009-0910. Second class postage paid at Farmington, MI 48009-0910. Postmaster: Send address changes to Observer & Eccentric, Newspapers 205 E. Maple, Farmington MI 48009-0910. Telephone 244-1100.

One year (12 issues)	\$42.00
Home Delivery Service	per copy \$10C
Subscriber	per copy \$10C
Non-subscriber	per copy \$25.00

All advertising placed in the Farmington Observer is subject to the conditions stated on the applicable rate card. The Farmington Observer reserves the right not to accept an advertiser's order. Observer & Eccentric will not be held responsible for any loss of advertising copy or for any damage to advertising copy. All advertising copy must be received at the office of the newspaper and only publication of an advertisement shall constitute an acceptance of the advertiser's order.

READER SERVICE

HOW TO REACH US

- Newsroom: (810) 477-5450.
- Newsroom fax: (810) 477-9722.
- Sports: (313) 953-2141.
- Reader Comment Line: (313) 953-2042.
- Classified Advertising: (313) 591-0900.
- Display Advertising: (313) 591-2300.
- Home Delivery: (810) 901-4716.
- Cable/TV Weekly: (313) 953-2182.

HOMELINE: (313) 953-2020

- Open houses and new developments in your area.
- Free real estate seminar information.

CLASSIFIED AFTER HOURS: (313) 591-0900

- Place classified ads at your convenience.

CIRCULATION AFTER HOURS

OAKLAND COUNTY: (810) 901-4716

- Request subscriptions at your convenience.

FAX LINE: 1(800) 967-5904

- You can use a MasterCard, or Visa to access the following information from our classified ads. This service is available by noon Wednesday and Saturday:
- Item No. 9402: Looking for a place to rent or someone to share an apartment with? Get a listing of our rental classifieds. Cost: \$5.95.
- Item No. 9700: Collectibles: Auction sales, Antiques, crafts, rummage sales. Cost: \$5.95.
- Item No. 9800: Recreation: boats, motorcycles, campers, airplanes, etc. Cost: \$5.95.
- Item No. 9822: Vehicles: Used trucks, vans and all makes of automobiles. Cost: \$39.95.

O&E ON-LINE

OAKLAND COUNTY: (810) 901-4711

- You can access On-Line with just about any communications software—PC or Macintosh. On-Line users can:
 - Send and receive unlimited email.
 - Access all features of the Internet—Telnet, Copher, WWW and more.
 - Read electronic editions of the Observer & Eccentric newspapers.
 - Chat with users across town or across the country.

To begin your On-Line exploration, call (313) 591-0903 or (810) 901-4711 with your modem.

At the login prompt, type: new
At the key prompt, type: 7082

Feel free to call us if you need help signing on to O&E Online on our bulletin board service hotline: (313) 953-2266.

THE
Observer & Eccentric
NEWSPAPERS

Spotlight on:
Physical Therapy & Sports Medicine
by Richard W. Milder, P.T., A.T.C., M.S.

HOW WE HEAL

Inflammation is the initial response to injury. As blood vessels in surrounding tissues dilate, a variety of substances are released such as white blood cells which arrive to remove dead tissue and other debris. These and other vascular changes produce heat, swelling, and redness, while the subsequent pain and stiffness serve to minimize injured areas. A day or two after the injury, the body begins to repair itself. First, damaged cells are flushed from the area, then a network of collagen forms to introduce oxygen and nutrients into the injury site. Then, for the next two to three weeks, collagen strands begin to form war-torn over the damaged area. At this point, no effort is made to stretch and strengthen damaged tissue through the rehabilitative process; the collagen will grow into a thick, fibrous scar that renders weak and can cause tightness and discomfort particularly in muscles.

A key member of the health care team, physical therapists are specially trained to test and measure the function of the musculoskeletal, neurological, pulmonary, and cardiovascular systems and to treat physical problems caused by illness, injury, or birth defects. Here at **MILNER PHYSICAL THERAPY & SPORTS MEDICINE, P.C.**, we can relieve pain and restore and achieve our patients' optimal movement and health. To schedule a consultation, call (810) 478-7130. Located at 11366 Eight Mile Road, Suite A, Farmington Hills. We are open weekdays by appointment. So save you time, we will gladly process your insurance claim right here in our office.

P.S. When recovery from injury is attended to properly through physical therapy, the injured muscle or tendon can generally be restored to retain 80 to 95 percent of its original strength within three to six months.

Dentistry in the 90s

by Herbert M. Gardner, D.D.S. & Martha P. Zinderman, R.N., D.D.S.

WHEN TEETH CRACK

Because cracks do not heal on their own, the LIVONIA VILLAGE DENTAL ASSOCIATES, we are happy to answer any and all questions you may have about crowns or onlays, bridges and dentures, and cosmetic dentistry, as well as routine dental care. In our relaxed, warm, and friendly office, located at 19171 Sherman Road, we provide the excellent dental care you deserve. Please call 478-2110 to schedule a consultation. We stress preventive dental care for the whole family. Smiles are our business. Mon., Tue., Thu. & Fri. 8-5, Wed. 8-9 pm.

P.S. Cracked teeth also develop as a result of engaging in the bad habit of biting down on pencils and pens.

LIVONIA VILLAGE DENTAL
19171 MERRIMAN • LIVONIA
(810) 478-2110

P.S. Sealants are usually applied to children's new permanent teeth.

WE'VE MOVED

We are pleased to announce that the staff and physicians of Providence Medical Center - Livonia have officially moved to their new location: the second floor of the new Mission Health medical center located at the corner of Seven Mile and Newburgh roads.

We are now called Providence Primary Care Physicians.

To schedule an appointment with one of the Providence Primary Care Physicians, please call the appropriate number listed below.

Suite 210 - Family Practice (313) 432-7581 Kevin Deighton, MD William White, MD	Suite 240 - Internal Medicine (313) 432-7713 Erno Berdy, MD Lawrence Zablocki, MD William Wooster, MD
Suite 220 - Family Practice (313) 432-7591 Jacqueline Applan, MD Kelly Fitzgibbons, MD Mark Stacherski, MD	Suite 250 - Pediatrics (313) 432-7723 Alita Rice, MD
Suite 230 - Family Practice (313) 432-7701 Kelly Kreuger, DO David Peck, MD Stacy Smith, MD	Suite 260 - OB/GYN (313) 432-7731 Kang-Lee Tu, MD

Our mission is your health, and we pledge to continue to meet your health care needs.

MISSION HEALTH
MISSION HEALTH MEDICAL CENTER - LIVONIA
37595 Seven Mile Road • Livonia, Michigan 48152
(313) 462-2300