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clothes in the parks. They plan "Park Sweeps" that will ensure that park users are obeying city ordinances.

Police officers intend to strictly enforce bans on alcohol, and ordinances against excessive noise, littering and fireworks. City parks are closed between sunset and sunrise unless the city gives special authorization, Dwyer said.

Farmington Hills officers recently received special training in park patrol requirements and zero tolerance for violators during recent in-service training.

Police mountain bikes patrols that began in 1995 are part of special park patrol plans. This

year, the program has expanded from two officers to a total of seven.

The total includes two school liaison officers who are assigned to bicycle duties when the school year concludes. The officers on mountain bikes can effectively patrol remote areas of the park where cars, motorcycles or foot patrols are impractical. Bicycle officers also have opportunities to interact with citizens as part of the department's community policing efforts.

"Modern law enforcement efforts must focus on pro-active strategies that prevent problems before they occur," Dwyer said.

Police are hopeful high visibil-

ity and zero tolerance enforcement will prevent most problems from occurring. Problems in Farmington Hills parks have been minimal.

Two teenagers were arrested and charged two weeks ago for breaking into the coin box of a park telephone. City officials intend to pursue restitution from persons or parents of individuals caught damaging park property.

"We are going to stay on top of the problem," Potter said. "If we don't then it will get worse."

Potter said if vandalism is left unchecked, some people who normally would not vandalize parks will do so if they see a lax attitude on the part of the city.

In a memo to Dwyer, Potter cited an incident on the night of May 2 when rocks were thrown through the front door glass of the day camp building at Heritage Park and kicked in the skylight from the roof causing \$1,000 in damage.

The next night, someone spray painted graffiti on the wall of the concession building at Founders Sports Park. Two weeks before that, a break-in of the concession building destroyed a \$1,000 roll-up door.

Potter said that Farmington Hills is one of the few cities that offers a reward to citizens who provide information leading to the conviction on anyone vandal-

izing or destroying park property.

City officials are also making sure problems with debris from a construction site west of Heritage Park don't recur.

"We had a resident going through the park complain about debris from a site bordering the park," said City Planning Director Dale Countegan.

In addition to waste materials at the subdivision site next to the park on the east side of Drake north of Indoplex, other construction and landscaping waste as well as waste from residents had been dumped next to the park.

"That is something you typi-

cally see at a construction site like this," said Hills City Building Inspector Tom Williams.

Williams said the builder, Kattan Enterprises, has done a good job overall and built other projects in the city.

Countegan said the company agreed to put back a damaged snow fence and clean up debris on the site and in the park.

"We've told them that they would have to clean it up or we would 'red tag' the site, and not do any more inspections," Countegan said, adding that doing so would stop construction.

But the company has been doing a better job, he said.

Farmington Observer
 (USPS 187 840)
 Published every Monday and Thursday by Observer & Eccentric Newspapers, 805 E. Maple, Farmington, MI 48024-0910. Second class postage paid at Farmington, MI 48029-0910. Postmaster: Send address changes to Observer & Eccentric Newspapers, 805 E. Maple, Farmington MI 48029-0910. Telephone 844-1100.

One year (12 issues) \$47.00
 Home Delivery Service per copy 40¢
 per copy 35¢
 per copy 30¢
 per copy 25¢

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GREAT LAKES BANCORP
 A Federal Savings Bank

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Work gloves and garbage bags will be provided, but volunteers should wear long sleeved shirts and work boots, she said.

Assistant City Manager Dave Call said the city will provide a front end loader, workers with chain saws and will have dump trucks at the site as well.

"We want to haul away as

Western vocal students earn high honors

On Saturday, April 20, 16 Walled Lake Western High School students received the highest honor awarded to a high school vocal ensemble by the Michigan School Vocal Music Association at the State Solo and Ensemble Festival.

To qualify as an ensemble, which cannot exceed 16 vocalists, choir director Greg Cleveland divided Western's Chamber Singers choir into two groups, Madrigals Red and Madrigals Blue.

Both ensembles received straight "1s," a perfect score in music competition, but the Madrigals Blue ensemble was awarded the top finalist award and is invited to perform at the Michigan Youth Arts Festival Vocal Ensemble Invitational Concert at Western Michigan University on May 10.

The Michigan Youth Arts Festival is a culmination of a nine-month search for the finest artistic talent in Michigan high schools, and this is the first year that Western has been selected to perform. While Western's entire music program has received much recognition for their exceptional accomplishments in performing arts, including nine trophies.

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

AFTER JOINT REPLACEMENT

Those who undergo knee and hip replacement must play active roles in their recoveries. More than simply waiting for their pain to subside, patients must set goals for their rehabilitation each step of the way. The first of these may entail standing up and even putting some weight on the joint on the day after surgery. The underlying purpose of this strategy is to stimulate bone repair, prevent joint stiffness from setting in, and stimulate circulation in the leg. Physical therapy during the hospital stay (3-7 days) for hip replacement and somewhat longer for knee replacement involves moving about with a walker, crutch, or cane. With regular rehabilitation therapy after that, the majority of hip replacement patients can give up their walking aids and move with no limp in pain after 6 weeks (longer following knee replacement). Three months following surgery, virtually all hip replacement patients should be able to begin a regular activity program.

Following an examination, we will answer any questions you may have about physical therapy treatment and techniques. Physician referral is often necessary for insurance reimbursement, but it is not required. To schedule a consultation, call us at (810) 478-7310, or see us weekdays by appointment at 3356 Eight Mile Road, Suite A, Farmington Hills.

Upon returning home from the hospital following hip or knee replacement surgery, physical therapists recommend that the heights of beds, chairs, and toilet seats be raised to aid movement and promote independence in the first weeks after surgery.

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finished, anywhere from 11:30 a.m. to noon, Barrett said.

"There is a picnic-type atmosphere afterwards," she said. "We've had a couple of wet, cold days. But the weather usually cooperates."

There are anywhere from 25-30 cleanup sites along the river network and organizations,

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other crafts such as Jefferson Art porcelain lithophanes. Burchart also makes bridal shower center pieces.

Shops like hers survive by word-of-mouth, Burchart said. "We always refer people to other businesses in the area," she said. "I just like the old fashion way."

"I will tell them about the restaurants here. I tell them about the buffet at Luigi's or Mrs. Lovill's (Tea Cozy).

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WRIST PAIN

All of us experience tingles in our wrists, a sudden ache that comes with a simple turning of our hand. Usually, the spasm ends so rapidly, we need not bother to answer why the pain occurred.

However, you may not be so lucky. The pain, instead of leaving, returns and finally remains.

What has happened is that you strained one or more ligaments of the wrist. Since we use our hands throughout the day, the strain never had the chance for adequate rest. Certain movements like turning the lid of a jar, turning a weaver, or playing golf or tennis, cause added stress on the wrist and aggravated the original problem.

What you need to rest for the ligament(s) that are under strain. The demands of day produce you using a wrist splint, though at night it provides the respite the wrist ligaments need if they are to heal.

Exercise for the wrist only aggravates the strain, and medicine, with the exception of pain relievers like acetaminophen or ibuprofen, are ineffective.

If the pain spreads to the other wrist, or if you notice swelling in the hand of the involved wrist, then a doctor's appointment is in order.

Quality in the 90s
 by Herbert M. Gardner, D.D.S. & Martha P. Zinderman, R.N., D.D.S.

SAVING GRACE

People entering their later years should not automatically assume that losing their teeth comes with the territory. In the past, the elderly had to think that dentures were an inevitable step to maintaining a healthy smile as they aged. However, more aggressive preventive and restorative dentistry has kept their teeth longer. The fact is that the most recent survey indicates that only 10 percent of people between the ages of 10 and 64 are totally dentate. The American Dental Association reports that only 15 percent only 20 years before. As for the remaining 85 percent, they have retained, on average, 11.5 of their teeth. And, nearly one-third of all adults were found to keep all 28 of their teeth (not including wisdom teeth). All of this is not to say that we can afford to let our

attention down. More than 40 percent of adults who have their teeth also have at least one tooth or tooth space in need of treatment. Quick attention to these matters saves teeth.

An important step to maintaining a healthy smile is to replace missing teeth. When teeth are missing, the remaining ones can drift position, shifting into the surrounding space. In addition, the CHEFCA (Caries, Abscesses, Tooth replacement, root canal, flaps, crowns & bridges, partial or full dentures, cosmetic dentistry, and extractions are just some of the services we offer. We're located at 19171 Merriman Road. Please call 478-2110 to schedule a convenient appointment. Send us your teeth (not including wisdom teeth). All of this is not to say that we can afford to let our

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P.S. It is always preferable to save a tooth whenever possible.