

ELECTION

5 run for 2 seats as new chief comes aboard

BY MARIE CHESTNEY
STAFF WRITER

The big question in Clarenceville Public Schools is whether the district will get new school board members at the same time its new superintendent, Tom Tattan, arrives from Plymouth-Canton Community Schools.

Two incumbents - Wilson Bowden of Heath and Gary Gasser of Angling - face three challengers in the June 10 school board election in which two four-year seats will be filled.

Challengers are Thomas Aldrich of Brentwood, Beverly Guertin of Negaunee and Brian Silvernail of Fremont.

The two new board members will take their seats July 1, the same time Tattan takes over the

top Clarenceville job.

Incumbents Bowden and Gasser both sat in on interviews and helped pick Tattan as successor to Superintendent David Kamish. But, among the three challengers, the newly chosen superintendent also gets high marks.

"What I've heard is that he's well qualified and likes kids," Aldrich said.

"They say he's a hands-on person who does well with administrators," Silvernail said.

"They raved about how much he accomplished in Plymouth-Canton; that he's student oriented, people oriented and a real go-getter," Guertin said.

Gasser said the board screened 57 superintendent applicants and Tattan stood out from the start. Based on an on-site visit to

Plymouth-Canton, Gasser said he saw Tattan as being an educational leader with a strong curriculum background.

Bowden did not attend a recent candidates' interview held by the Observer. Gasser could not make the group interview and was interviewed separately.

Amid the excitement of June's school election and the excitement of Tattan's arrival, Clarenceville residents will also be saying good-bye to Kamish, their highly popular superintendent for the last five years and educator in the district for more than 30 years.

As Clarenceville students themselves, both Silvernail and Guertin have known Kamish a long time, and will miss the personal touch he brought to his job.

"He knows every student,

employee, parent," Silvernail said.

Guertin remembers Kamish as her principal at the former Edgewood Elementary.

Aldrich praised Kamish for his leadership in getting residents to pass recent millage requests, and for the financial stability the money will bring to the district.

Gasser said Kamish should not be judged based on the past year alone when there was some turmoil. "He is honest, caring, committed to Clarenceville, and I'm sorry to see him go. I've known him since 1974 and both my sons went through Edgewood when he was principal there."

Passage of Proposal A by Michigan voters in 1994 has been a boon to Clarenceville, said the three challengers. With Proposal A, the bulk of the dis-

trict's money comes from the state; Clarenceville taxpayers get a tax cut.

"We needed it and we supported it," Guertin said. "Progress is still in the works in Clarenceville and Proposal A helped to accomplish that."

"Tax relief" was needed," Aldrich said. "Clarenceville voters always come through on things we need."

"Clarenceville was one of the beneficiaries of Proposal A," said Gasser. "We came out on top as per pupil spending remained the same."

If elected, Aldrich said he would work to make sure things weren't changed "just for the sake of change."

"I'm from the old school; kids today are getting a lot of technology thrown at them. But they

don't have a lot of old basics, discipline. We need to make sure stuff isn't being shoved just for the sake of change but with a real purpose in mind. We changed the grading from A-B-C to 4-3-2. Was there a good reason? We need to slow down the pace of merging the old with this new stuff."

Silvernail believes students should be better trained for the world of work. "Kids graduate and can't even read and write."

Guertin believes Clarenceville students should be encouraged to explore every option open to them. "There's been a lack of giving students the opportunity to look into everything available. We need to strengthen their background."

Clarenceville School Board

OBITUARIES

ANNA COLLEEN ADRAGNA
Mrs. Adragna, 71, of Farmington Hills, died May 29 in Botsford Hospital, Farmington Hills. Born in Cleveland, Ohio, Mrs. Adragna was a homemaker.

Survivors include her daughters, Candi Nagel, Aileen, Candi Howard and Amy London; 10 grandchildren and two great-grandchildren.

Mass was celebrated May 23

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at Our Lady of Loretto Church with the Rev. Charles Morris officiating. Burial was in Christian Cultural Memorial Cemetery, Rochester Hills.

Arrangements were made by the Charles R. Step Funeral Home, Redford Township.

WILLIAM H. SPIER
Mr. Spier, 44, of Farmington died May 26.

Born in Detroit, Mr. Spier was a graduate of Farmington High School and attended Oakland Community College. He was the owner of Lakeview Market in Walled Lake.

Survivors include his brothers

Nicholas and Charles; sisters, Eleanor Strong and Elizabeth Spicer; companion of Janet Grant and her son, John.

Services were at the Thayer-Rock Funeral Home, Farmington. Burial was in Oakwood Cemetery, Farmington.

RUTH GIBBONS
Mrs. Gibbons, 88, of Livonia, formerly of Farmington, died May 28 in Dorvin Nursing Home, Livonia.

Born in Detroit, Mrs. Gibbons was a teacher in the Detroit Public Schools for 40 years.

Survivors include her sister Jane Greenholt; nephew, Loren

Van Tassel; niece, Virginia Clarke.

Memorials may be made to Trinity Episcopal Church, 26880 LaMuera, Farmington Hills 48334.

Private services and burial arrangements were by Thayer-Rock Funeral Home, Farmington.

CARL F. SHELTON
Mr. Shelton, 65, of West Bloomfield, formerly of Farmington Hills, died May 29.

Born in Slayden, Tenn. Mr. Shelton was an engineer/president of State Fabricators. He started as an engineer and worked his way to president of

the company. He was a graduate of Cooley High School and Lawrence Technological University.

Mr. Shelton was a World War II veteran.

Survivors include his wife, Beverly; sons, Kevin and Timothy; brother, James Shelton; four grandchildren.

Services were at the Thayer-Rock Funeral Home, Farmington, with the Rev. Jean M. Love of Clarenceville United Methodist Church officiating. Burial was in Glen Eden Cemetery, Livonia.

Memorials may be made to Alzheimer's Association, 17220 W. 12 Mile Road, Suite 100,

Southfield 48076.

ELIZABETH MUELLER
Mrs. Mueller, 88, of Lexington, Ky. died May 17.

Born in Louisville, Ky., Mrs. Mueller was a longtime employee of Lanphar and Co. in Detroit and Farmington.

Since 1982 she made her home in Fort Lauderdale, Florida, moving last fall to Lexington.

Survivors include her sister-in-law, Helen Miller; nieces, Sally Boucher and Pam Newhouse; nephews, Richard Meers, William Meers and Neil Miller.

Cremation has taken place.

Hills ice arena melts down for dry floor activities

BY WILLIAM COUTANT
STAFF WRITER

Farmington Hills Ice Arena staff members are preparing to change speeds with a number of dry floor activities this summer.

Arena Manager Jerry Nelson said one of the arena's two ice surfaces will be converted for dry floor activities beginning June 9. The process takes about four days.

The arena has scheduled and is working on other events for

the arena for the month that the ice surface will be dry. The surface will be refrozen in mid-July.

"We already have planned a roller blade camp and clinic," Nelson said.

Other activities include a Chamber of Commerce roller rink on July 13 as part of the Founder's Festival, a Golden Gloves boxing tournament, the library's "Unplugged" program alternative to television on June 23 that will feature three movies for families, "Casper," "Pocahontas," and "Jumanji."

"It will give you the big sound experience," Nelson said. "Canton has tried something similar, but outdoors. This way, weather will not be a factor."

The two-surface arena was completed in September of 1995 to include figure skating, hockey and other ice skating programs. It was also designed to become a multi-purpose facility.

"One month should give it a good trial," Nelson said.

He said a carnival and other activities are also being considered.

Nelson, who became arena manager in February of 1995 after a long career as parks and recreation director in St. Clair Shores, said the arena's concession business has been better than expected.

Nelson said the Ice Arena Advisory Committee is still trying to come up with a tenant for

the restaurant area.

Susan McKendrick, president of the Farmington Hills Figure Skating Club, said the club's probationary membership in the United States Figure Skating Association will be another plus for skaters at the arena.

"This will make our club eligible for USFSA events," she said, adding that skaters at the club competing in USFSA events had to represent other arenas and clubs.

The USFSA is the qualifying organization for the Olympics. The Hills club also has representation from the Ice Skating Institute of America.

Anyone interested should call McKendrick at 476-2199 or

Kathy MacMillan at 477-3843 for more information.

Nelson said anyone interested in the Roller Hockey programs can register at the arena or call 478-8800 for more information.

The clinic will run from June 17-21 for four age groups: 6-10, 11-15, 16-18 and adult.

The clinic is designed for participants with little or no skills. Instructions and scrimmage play is the focus.

The camp program runs from June 24-28 for ages 6-8, 9-11, 12-15, 16-18 and adult and is designed for players with hockey skills. The cost is \$90 for the clinic and \$85 for the camp, which includes all equipment.

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Physical Therapy & Sports Medicine

by Richard W. Mulder, P.T., A.T.C., M.S.

MUSCLE PAIN

When muscle pain strikes, it is useful to know whether the problem is a cramp or a spasm. Muscle cramps are associated with sharp, aching pain with clenching throughout the muscle. It occurs when a muscle is fatigued or underused and is usually suddenly overused. A spasm is localized and typically triggered by injury or cumulative trauma. Whether a muscle is cramping or in spasm, the physical therapist will want to lengthen it with a slow, gentle stretch to calm the contractions. The idea is to stretch the muscle only as far as one can without pain. Beyond that, gentle massage may help loosen it up. Teasing a cramp with ice slows muscle contraction and eases any lingering weakness. As far as spasms are concerned, either heat or ice is appropriate. Icing the muscle during the spasm relieves inflammation, while heat may help the muscle to relax.

Following an examination, we will answer any questions you might 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) 478-7350 or see us weekdays by appointment at 33566 Eight Mile Road, Suite A, Farmington Hills.

PS: Stretching helps prevent muscle injury by keeping the muscle elongated, while a warm-up keeps the muscle warm and pliable.

'Cops for Kids' run Saturday

Organizers of the seventh annual Cops for Kids 10K are expecting more than 250 participants at Saturday's event.

The run raises money for the Muscular Dystrophy Association, is organized by the Farmington Hills Police and starts and finishes on the grounds of Oakland Community College's Orchard Ridge Campus north of 13 Mile between Farmington and Orchard Lake roads.

Registration begins at 7:30 a.m. at H building, the 10K competitive run and 5K non-competitive run/walk start together at 9 a.m. There will also be a one-mile fun run.

The \$18 fee, which goes to MDA, includes a T-shirt, and food and beverages after the run. In addition to an overall men's and women's winner, there will be awards for winners in 14 categories by age, sex and for police officers and police teams.

Brett Marquardt, 8, Michigan's goodwill ambassador for MDA, will be on hand to help present the awards.

"This will be our seventh year and OCC has really worked behind the scenes to make this work," said Inspector Mark Bledsoe. "OCC and the sponsors have been great and really made this even a success."

The run raised about \$4,000 for MDA last year and has raised more than \$18,000 since the first event.

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Dentistry in the 90s

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

SAVING TEETH WITH ESTROGEN

Women are often given estrogen to relieve symptoms of menopause and to protect them from heart disease and osteoporosis (bone thinning). Now, there is evidence that female hormones may also help postmenopausal women to keep their teeth. Research involving 42,000 postmenopausal women nationwide shows that women who had used estrogen regularly at some time were 24% less likely to lose their teeth than women who had never taken the hormone. The study, conducted at Harvard and Brigham and Women's Hospital, points to estrogen's protective action against tooth loss in postmenopausal women. Estrogen may also have a protective action in strengthening the jawbone. It also noted that, although the indications of the study are clear,

there is little supporting evidence to date. The only other major study in a California retirement community found that estrogen users had a 36% decrease in the risk of tooth loss.

This week's column on estrogen has been brought to you by LIVONIA VILLAGE DENTAL. We're happy to provide dental services for people of all ages, helping assure your natural teeth will last you a lifetime. We're located at 19171 Merriman Road, where we achieve excellence in client satisfaction by performing quality dental services. We stress preventive health care for the entire family. Please call 478-2110 to schedule a convenient appointment Mon., Tue. & Fri. 8-5, Wed. 9-5 p.m. Smiles are our business.

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P.S. The study mentioned above also pointed out that older women and smokers using estrogen only had a slightly higher risk of tooth loss than those who were younger and did not smoke.

Arthritis Today

JOSEPH J. WEISS, M.D. RHEUMATOLOGY

10821 Farmington Road
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NEW MEDICATIONS FOR POSTMENOPAUSAL OSTEOPOROSIS

In some instances regular exercise and sensible eating habits will not suffice to prevent a woman from experiencing post menopaual osteoporosis.

Post breaks or an inheritance of small bones, may necessitate supplementation. New medications are available to add to or use in place of daily estrogen therapy.

Two new drugs are Fosamax and Miacalcin. Both work by slowing down bone loss, and both cost between \$60-\$80 for a month's supply. You must take Fosamax on a completely empty stomach, and because of associated heartburn, you need to remain upright for at least 30 minutes after each dose. Miacalcin is a nasal spray and has no gastrointestinal side effects except possible nasal irritation.

A related expense with these medications is the cost of a Dual Energy X-ray Absorptiometry (DEXA) to assess your bone mass for osteoporosis. The charge is approximately \$125, and the x-ray should be repeated every 18 months to 2 years to evaluate your response to therapy.

Finally, these medications are new, and all their side effects and drug interactions are yet to be discovered.

New alternatives are available, but your physician, understandably, may want to watch and wait a bit longer before urging their use for you.

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