

Not all cholesterol is bad for your heart

Question: Is it true that a certain form of cholesterol in the blood is actually associated with a decreased risk for heart disease? I thought all cholesterol was bad? Please explain.

M.S.

Farmington

Studies have shown that persons with high levels of cholesterol about the body appears to create a problem. Studies for cholesterol about the properties of cholesterol about the compared risk of developing atherostic (accumulated fatty material within or beneath the surfaces of arteries). This may lead to heart problems

form, and "low density lipoprotein," or LDL form.

The risk of heart attack, it now appears, may depend not so much on the form it takes.

STUDIES HAVE shown that high levels of LDL cholesterol are associated with flower heart disease have proportional takes.

LDL cholesterol is taken up by the body clerosis and heart attacks. On the concell membranes. When there is to much of it in the blood, it may form latty deposits on artery walls. On the rhand, HDL cholesterol is believed to levels and vice versa.

- Heart attack victims generally have lover than average HDL elvels.

- Laboratory admisst that are resist that to reason the rate of the proportional state to reserve the average HDL elvels.

- Laboratory admisst that are resist that to resist at the to heart disease have proportional season to be associated with fewer heart attacks.

- Women (with far less heart disease have proportional to the proportional to the proportional season to be associated with fewer heart attacks.

- Women (with far less heart disease have proportional to the proportional season to be associated with fewer heart attacks.

- Women (with far less heart disease have proportional season than the proportional to the proportional season to the story form and decreasing the HDL or "good" form and decreasing the HDL choesterol are weight loss, recular endurance exercise, cessation of cigarette smoking and moderate than men, have higher HDL levels than men.

These findings have sparked interest in discovering how an individual could of the subscitume season of the proportional levels and vice versa.

- Heart attack victims generally have lover than average HDL levels.

- Laboratory admiss that are resist to the their discovering how and vice versa.

- Heart attack victims generally have lover than average HDL or "good" form and decreasing the LDL or "good" form and decreasing the LDL or "good" form and decreasing the LDL or "good" fo

Thursday, August 21, 1980



🥭 Jocelyn Krieger

Recollections of earlier marches by Nazis

Should the Nazis march in Detroit?
At one time, two Detroiters might have been able to answer that question. Now they are patients in a locked ward of a northwest Detroit nursing home.
I met Rachel and Rivka while distributing gifts before a holiday. Rivka as surrounded by insane people who laugh continuously because life has become a like.

come a joke.
Staring into space, Rivka rocked relentlessly, a behavior which began with the end of World War II when she learned her entire family had perished. But without provocation, Rivka will lunge from her chair and proceed to strangle anyone within reach while shouting the only word anyone has ever heard her speak — "Nazit"

"THIS IS RACHEL." said the nurse as she intro-duced me to the other patient I had come to visit. Be careful because she becomes violent when she thinks anyone may be an enemy. The last thing she

remembers is getting on a train with her family when she was 16. The train went to Auschwitz." As I hurried to leave this living remake of "Snakepit." I felt a tug on my sleeve. "When does the train leave?" asked Rachel.

ASK THE question of Aaron, who lives in a sub-urb, and he will tell you. "God has always blessed America because America has always helped other people. Nazis can't be in America." His smiling confident nature belies the fact that Aaron spent all his teen years as an Auschwitz in-mate.

mate.
His wife never saw a concentration camp. Yet she seldom smiles. For more than 30 years of maried life, her sleep has been disturbed by Aaron's screams as nightmares cause his body to break into a cold sweat

"Everyone thinks he's such a happy man," says Aaron's wife. "I'm the only one who sees what hap-

pens to him in the middle of the night."

ASK ANOTHER Detroiter and she will probably shake her head as if to brush off the question. Just don't ask my naive question: "Do you have any children?"

I was married one week when the Nazis marched into our town in Poland. I was a midwife, and I key would come to the house where I was delivering a baby."

Her voice grew quieter.

"The Nazis would take the new mother from her bed and hold her while they smashed the baby against the wail. My husband and I promised each other not to have children until after the war. Only in the concentration camp, the Nazis did medical experiments on my body. After the war, I was sterile."

ON THE FOURTH of July, I met an older woman

who extolled the virtues of American freedom. "You can't realize how good it is to raise children in this country," she said.

My mention of my 17-year-old son brought a smile to her face. "My son is 17." she began in what seemed an ordinary maternal conversation.

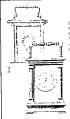
When I asked if her son was planning to go to college, the pleasant banter changed.

"No. My son is dead. The Nazis killed him in 1940."

Immediately I anglogical for

1940."
Immediately I apologized for pursuing the conversation. "I didn't realize your son was dead," I explained. "You said he was 17."
"Yes," she nodded. "My son will always be 17."
Should the Nazis march in Detroit? A good question.

1980 by Jocelyn Krieger. The writer is a Southfield resident, music teacher and actress in broadcast commercials.



The Time Shop

Our Only Location Specialists in New and Antique Itch. Clock and Music Box restoration. 161 TOWNSEND - BIRMINGHAM 646-7377





American

Canning Headquarters

SQUEEZO STRAINER

the preparation of pured truit jellies and jams app baby foods. Handy for or freezing. Bed. 4 2999



Constructed of hardwood, car-parts for ease of operations. Exce wine or cider

Reg. 79.95

Old-Fashioned CABBAGE KRAUT CUTTER

2-knife plane bed with polished adjusta-ble knife that is accurately and keenly sharpened steel.



OLD FASHIONED EARTHEN PICKLIN **CROCKS**

1 To 15 Gal. Pickling Crocks

EVERYTHING

Our Doors Will Close September 1st



brasch interiors, inc.

West Bloomfield 3325 Orchard Lake Rd. Keego Harbor, MI 48033 626-0031

Tues., Wed., Sat. 10:00-5:30. Thurs., Fri. 10:00-9:00.Sun. 12:00-5:00 Closed Monday.

Free Interior Design Service Available.