

**Difficult to diagnose**

# Fractures a problem for some runners

Although fractures in the runner are not common, when they do occur, it's usually due to abusive training, improper shoe protection or improper foot function.

Certain areas of the foot and leg tend to be more susceptible to fracture-type injuries. Below, in order of decreasing frequency, are fractures common to runners:

- The typical "stress" or "march" fracture is the most common fracture
- A second common fracture in-

affliction. Stress fractures have the unique characteristic of being missed frequently by attending physicians because diagnostic X-ray signs often do not appear for 10 days to two weeks.

In addition, the runner often is unable to distinguish an isolated incidence of injury. The most common complaint concerns disabling pain and moderate swelling on the top of the foot.

- With persistent shin splints, there

is the possibility of stress fractures in the long bones of the leg.

Micro-fractures, due to impact shock and repetitive stress, can occur in these areas and are often difficult to distinguish on X-ray. Repetitive X-ray studies of the leg occasionally reveal these injuries.


Adequate rest is necessary for proper healing to occur.

- This final fracture site is extremely disabling. Acute impact or

care must be taken to prevent displacement or movement of the fractured bone segment to prevent subsequent complications.

Care must be taken to prevent displacement or movement of the fractured bone segment to prevent subsequent complications.

Care must be taken to prevent displacement or movement of the fractured bone segment to prevent subsequent complications.



**jogging**  
**Dr. Charles R. Young**

Twisting of the foot (not repetitive stress) causes a painful fracture in a small bone in the foot. Continued running is out of the question until healing occurs. Even walking is quite difficult.

## West Bloomfield marathon scaled down

West Bloomfield Parks and Recreation and Vic Tanny International will co-sponsor the fifth annual West Bloomfield Marathon April 12.

The marathon has been changed this year to a 13.1-mile run in order to offer the runner a better event," according to race coordinator Chuck Prox of the parks department.

Last year, when the run was moved from Belle Isle in Detroit to West Bloomfield, many dirt roads had to be included in the course. But by using local subdivision streets in West Bloomfield this year, 90 percent of the route will be on paved roads meandering along wooded areas, a golf course and lakes.

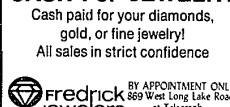
The rolling terrain promises to add a new dimension to the half marathon this year and "runners should be well trained" to run the course, Prox says. More than 200 runners from around the state, Ontario and Ohio participated in last year's race. Aid stations will be set up every two miles. Soup and light refreshments will be available at the end of the race.

All participants, both runners and volunteer workers, will receive a free official race T-shirt. Medals will be awarded all finishers at a ceremony during the afternoon race. Trophies will be presented top runners in each division.

## Choose With Care

A difficult period facing most families is the decision to seek outside care for a loved one. Choosing another home. Entrusting a part of you to others. You are looking for the best in care. The very best in staff. And the warmth of home which stresses the continuation of life. The dignity of the individual. Our 26 years of experience can give that understanding. Choose the best who care.

**Alexander Convalescent Home**  
718 W. Fourth Street, Royal Oak, Michigan 48067 (313) 545-0571



**PFS Preferred Food Service**

"Where Quality and Service Still Count."

Deal with the fastest growing food service in the Tri-County area. We can save you valuable time, with the convenience of shopping from your home.

- CAMPBELL'S SOUP 12.5¢ Can (Regular) 21¢
- CAMPBELL'S PORK & BEANS 12.5¢ Can 24¢
- KRAFT MACARONI AND CHEESE 19¢
- DOMINO SUGAR 5.149
- CHERRY LUNCH ORANGE GRAPE STRAW 5.478

"We believe that poor food is expensive at any price, so we carry brands you know."

ADVERTISED SPECIALS WITH REGULAR ORDER OF FOOD WE RESERVE THE RIGHT TO LIMIT QUANTITIES THIS OFFER EXPIRES 30 DAYS

TO GET MORE INFORMATION MAIL COUPON OF TODAY TO:

**PREFERRED FOOD SERVICE, INC.** Name \_\_\_\_\_  
1407-A Allen Dr. Address \_\_\_\_\_  
Troy, MI 48064 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ No. in Family \_\_\_\_\_

Yes, I am interested in learning more about the convenience and quality of shopping the Preferred Way. I am satisfied with your service. I will send approximately \$45 \$50 \$60 \$70 \$80 per week for food (Please enclose).

**CASH For JEWELRY**

Cash paid for your diamonds, gold, or fine jewelry! All sales in strict confidence

**Fredrick Jewelers** BY APPOINTMENT ONLY  
869 West Long Lake Road at Telegraph 646-0973

**LETTUCE HELP YOU THIS SPRING!**



HOME & GARDEN Monday, April 13

**HOUSE OF DENTURES**  
Licensed Dentist

2830 Grand River Farmington Hills 2 1/2 Blocks West of 8 Mile Rd.

**FREE Consultation and Exam**

• Refines & Repairs Same Day  
• Quality, Personalized Service  
• Purities

Insurance Accepted For Appointment Call 478-1485

**LUXURY INGROUND POOLS**

**4 DAY SPECIAL**  
16x32-8'DEEP COMPLETE INGROUND KIT \$3550

INCLUDES:  
POOL COVERS STAINLESS STEEL LADDER  
LINER WATER RETURN FILTERS PLUMBING

WE HAVE 16 YEARS EXPERIENCE BUILDING QUALITY GUNITE POOLS

walk in steps optional

**Lewis POOL & PATIO**  
4105 Highland Rd. 3 miles w. of Tele 674-1181

HOURS: M-F 10-6 Sat & Sun 11-6

**NEW LAW MICHIGAN**

License plates for the front of your automobile are no longer being issued by the State of Michigan, as of April 1.

Customized License Plate Co. will make you a personalized front license plate to fill in the "Gap" where your state issued license plate used to be... Using your name, your business name, initials or message of your choice! (limited to approx. 20 letters)

EXAMPLES: CLIP, MICHIGAN, KLUTZ, TORACCO ROAD, CHARLIE

Made of solid colorfull, weather resistant acrylic. Not vacuum formed.

Visit our showroom and let us show you the difference.

**CUSTOMIZED LICENSE PLATE CO.**  
28630 SOUTHFIELD RD. - SUITE 133  
SOUTHFIELD, MICHIGAN 48076

SHOW ROOM HOURS 9-5 Mon.-Fri. 10-3 Sat. OR CALL 569-7300 569-7301

**ANIMAL BIRTH CONTROL**

Eliminates bothersome heat periods in females. Helps prevent running away by males. Help control overpopulation of dogs and cats. Have your pet spayed or neutered.

Spay (Females) SPECIAL \$39  
• Dogs - under 30 lbs. over 30 lbs. - add 50¢ per lb.

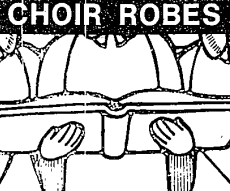
Cats - all \$31  
• extra charge if in heat, pregnant, lactating

Neuter (Males) \$36  
• Dogs - under 30 lbs. over 30 lbs. - add 50¢ per lb.

Cats - all \$19  
• Current Vaccinations Required (check our low vaccination prices)

**NINE MILE RD. ANIMAL HOSPITAL, P.C.**  
(Corner 9 Mile and Telegraph) PHONE: 352-4560

**CHOIR ROBES**



Bright New Colors Many Beautiful Designs also

- USED STOCK ROBES
- All popular colors, reasonably priced
- RENTAL CONFIRMATION ROBES
- MINISTERS ROBES made to order in long wearing materials

Salesmen in your area.

**Willie Cap and Gown Company**  
27521 Schoolcraft - Livonia 421-8810 Hours: 8:30-4:00 Mon-Fri.

**NOW IS THE TIME TO SIGN UP FOR NOW!**

- Earn 5 1/4% interest on all your checking account funds.
- Pay no service charges if you maintain a \$300 minimum.
- Special privileges for retirees! No minimum... No service charges... if you are directly depositing your social security and/or pension checks directly to your NOW account.
- Sign up before May 1, 1981 and receive your first 50 checks free!
- Ask at any Peoples Federal office for details.

Your one-stop family financial center.

**Peoples Federal Savings**

Woodward south of 13 Mile Rd. 549-6600 Long Lake at Coolidge 641-8800 Joy Rd. at Beech Daly 937-2700 Five Mile at Newburg 484-1400

If you work downtown and prefer to bank there, use our convenient office on the promenade level in the Renaissance Center.

MAIL ORDER FORM - CUT ALONG THIS LINE

**\$1295** Enclose check, m.o. or write your Visa - M.C. # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Add \$1.50 for tax, postage and handling.

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE NO. \_\_\_\_\_

OPTIONAL - CHROME PLATED METAL LICENSE PLATE FRAME - ADD \$3.00

CHECK (X) LETTER AND BACKGROUND PLATE COLOR REQUESTED

BACKGROUND PLATE COLOR: WHITE, DK BLUE, RED, BLACK, GREEN, BROWN, ENAMEL

LETTER COLOR: BLACK, WHITE

PRINT THE NAME, INITIALS OR MESSAGE REQUESTED ABOVE.

Please Allow 1-2 Weeks for Delivery.