A warning sign: earlobe crease

DID YOU know that:

• A diagonal earlobe crease may sometimes indentify heart attack patients or persons with hidden heart disease. Researchers speculate that a loss of the elastic substance around the earlobe's blood vessels may contribute to the crease, similar to the loss of elasticity that characterizes hardening of the heart's arteries.

• Scuba diving has one of the highest death rates of any sport — similar to the risk of sky diving and professional car racing. The activity places a considerable strain on the heart, much more so than regular swimming.

• A McDonald's Big Mac contains as many calories as a Dairy Queen banana split. A Burger King Whopper actually contains more.

• Smokers of the new "low tar"/low nicotine" cigarettes are merely kidding themselves. Researchers have shown that these smokers simply compensate by taking more puffs and inhaling more deeply.

• One clever inventor, in an effort to reduce his body weight, designed a fork with a traffic light. The "Slenderfork," which has sold in the thousands, slows down the eating process by flashing a green light for six seconds (eat) and a red light for 25 seconds (stop). The inventor allegedly lost 130 pounds.

• Over a 70-year span, the average adult covers about 25,000 miles on foot, or 2½ times the circumference of the earth.

• Not all blood cholesterol is bad. There is actually a "good" form of cholesterol called HDL or high density lipoprotein cholesterol. HDL helps to prevent the accumulation of cholesterol deposits in the walls of blood vessels, protecting against heart disease.

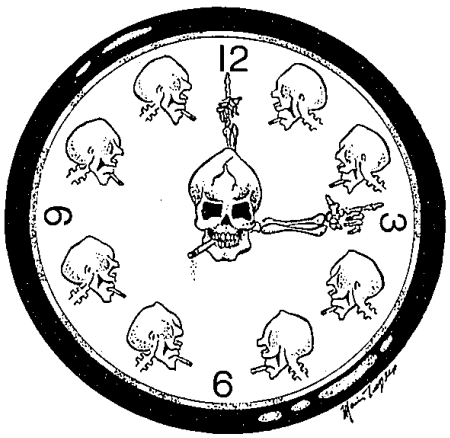
• The greatest number of injuries occur in morning runners, a recent study revealed, perhaps because muscle and related tissues are better stretched later in the day. Running after work, *the study concludes, also relieves* tension and may be best for losing weight, since it decreases appetite for several hours.

• Many physical fitness authorities now believe that the single best overall exercise for the cardiovascular system is cross-country skiing.

• Wool is one of the best fabrics to wear when exercising outdoors during the cold winter months. In contrast to most materials, wool provides warmth, even when wet.

• A health educator for a Philadelphia insurance company counted 300 people who had a choice between the escalator and the stairway to get off the second floor. Although the stairway and escalator were side-by-side, 297 people chose the escalator and only three took the stairs.

A Farmington Hills resident, Barry Franklin, Ph.D., teaches physiology at two colleges and is co-director of cardiac rehabilitation at Sinai Hospital.



Smokers of "low tar/low nicotine" cigarettes take more puffs, inhale more deeply and fool only themselves.

fitness
barry franklin

School plans music tonight

"Music at Christmas" will be presented at 3 p.m. Sunday Dec. 16 by the Performing Arts Department of Henry Ford Community College. The event will be in the Adray Auditorium of MacKenzie Fine Arts Center.

The free concert is open to the public.

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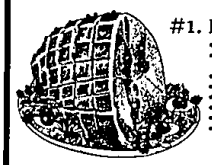

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• 8-10 pounds of Decorated Holiday Ham
• California Mixed Vegetables (With Broccoli, Cauliflower & Carrots)
• Baby, Seasoned Irish Potatoes
• Candied Yams and Cole Slaw
• Holiday Pie (Apple, Cherry, Mincemeat, or Pumpkin)
• Loaf of Holiday Rye Bread and Butter
• Bottle of Fancy Dijon's Mustard
• Our Special Raisin Sauce
Generously serves 8 to 10 people.

#2. Our Moveable Feast, $39.00
• 15-pound Hen Turkey (weight before cooking)
• 2 Quarts of Sage Dressing
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• Pumpkin Pie w/Real Whipped Cream
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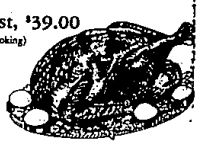

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#4. Hot Appetizer Tray
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84"x84" 2W	356.00	115.05	292.00	94.05	256.00	83.05	246.00	91.05
97"x84" 1W	404.00	131.05	333.00	108.05	292.00	94.05	281.00	73.05
109"x84" 1W	324.00	105.05	267.00	86.05	235.00	76.05	226.00	88.05
97"x84" 2W	365.00	119.05	301.00	97.05	264.00	85.05	253.00	91.05
109"x84" 2W	409.00	133.05	337.00	109.05	295.00	100.05	283.00	92.05
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