

Free booklet tells how to barbecue without cancer risk

The smell of hot dogs, hamburgers or steaks grilling over a charcoal fire is an essential part of summer time for many Americans. To help keep outdoor cooking enjoyable while reducing cancer risk, the American Institute for Cancer Research has published a booklet it believes should be part of everyone's summer reading list.

"Facts You Should Know About Outdoor Cooking" outlines many of the problems that recent research has shown to be associated with backyard barbecuing. The booklet also offers suggestions on ways to enjoy outdoor grilling while minimizing the health risks that may be associated with it.

The American Institute for Cancer Research, a national cancer organization that sponsors research and education programs on the relationship between diet and cancer risk reduction, has long advocated a set of four "Dietary Guidelines to Lower Cancer Risk."

Guideline number three suggests that one should "consume salt-cured, smoked and charcoal-broiled foods only in moderation." The booklet explains this guideline and offers consumers practical suggestions so that no one should have to give up the enjoyment of outdoor cooking in order to lower his cancer risk.

"THE PROBLEM is cancer-causing compounds seem to form when food is cooked on a grill," said Dr. T. Colin Campbell, AICR senior science adviser and professor of nutritional biochemistry at Cornell University. Charring the

meat's surface forms one such compound, and another possible carcinogen forms in the smoke from fat dripping onto the hot coals of a barbecue, he said.

"The AICR Dietary Guidelines, based on the interim dietary recommendations of the National Academy of Sciences, do not say that occasional barbecuing will cause cancer," Campbell said. "But research has indicated that grilling over a fire does lead to the formation of carcinogenic compounds, which can only mean a higher cancer risk."

Charcoal itself is not the problem, he said. Even gas and electric grills can cause charring of the meat and smoke from dripping fat, which forms cancer-causing compounds.

THE BOOKLET offers a number of tips on how to reduce these health risks. Suggestions include using cooler fires for fewer flare-ups from dripping fat, cooking meat without charring it, and covering grill surfaces with aluminum foil with holes punched to let fat drip out, in order to protect the meats from flare-ups and smoke.

Also included in the booklet are some menu suggestions and recipes that fit the dietary guidelines for lower cancer risk.

Single copies of the booklet, "Facts You Should Know About Outdoor Cooking," may be obtained by sending a stamped, self-addressed, business-sized envelope to American Institute for Cancer Research, Dept. CC, P.O. Box 76216, Washington, D.C. 20013.



Newlyweds Donna Marie Summers and Michael Hall Jones

Summers, Jones wed

Donna Marie Summers of Farmington and Michael Hall Jones of South Haven were married June 15 in Mercy Chapel.

The bride is the daughter of Mr. and Mrs. Donald Summers of Farmington. She is a Michigan State University graduate and is employed as a purchasing agent at the Quante Corp., San Jose, Calif.

The bridegroom, the son of David and Carol Jones of San Diego, Calif., is a Michigan State University graduate and is employed as a packaging representative for the Tharco Corp., San Jose.

The bride's attendants were Kristin Hauser, maid of honor; Suzanne Achtemler, matron of honor; Nancy Summers, Carol Link, Marie Harvey, Beth Siegel and Janet Krawczak, bridesmaids.

Attending the groom were Matthew Jones, best man; Steve Summers, B.J. Jones, Dave Kenyon, Jim Peters, Chris Sarver and Jerry Coster, groomsmen.

A reception followed at Botsford Inn. The couple honeymooned in Jamaica and have made their home in San Jose.

Nursery openings

Sunshine Nursery School, located in Faith Covenant Church on the corner of 14 Mile Road and Drake, has openings for children 3-5 years of age.

The staff has developed a two-year comprehensive program with units of study that encourage the growth of each child socially, as well as promoting a better understanding of their world and their relationship to it.

"We are dedicated to providing preschool children with an atmosphere of love and acceptance as well as the opportunity for them to grow emotionally, physically and intellectually," said Sharon Wade. "It is our desire that all children have a happy and successful preschool experience which enables them to be prepared for continued education."

Classes meet Monday, Wednesday and Friday. Children may attend either morning or afternoon classes.

For information, call Wade at 661-2126.

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new voices

MR. AND MRS. DENIS NICOLE of Farmington Hills announce the birth of their third child, a girl, Anne Elizabeth born July 22 in Sinai Hospital. She has a brother, Matthew, and a sister, Kristen.

The infant's grandparents are Mr. and Mrs. John P. McKinnon of Little Compton, R.I., and Mr. and Mrs. Leo P. Nicole of Pawtucket, R.I.

Her great-grandparents are Mr. and Mrs. Elzar Nicole of Pawtucket, R.I. MR. AND MRS. BRADLEY LIST of Dearborn announce the birth of their son Brian Joseph born June 17 in Beaumont Hospital.

The infant's grandparents are Mr. and Mrs. John Young of Farmington Hills and Mr. and Mrs. Norbert List of Farmington Hills.

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