

Battlefield's advice: 'Commit no nuisance'

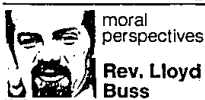
THERE COULD be no misunderstanding. It was stated in four languages. It was a place of special meaning. It was to be given especial respect and regard.

The sign stands near the memorial erected after World War II to commemorate the Battle of the Bulge in Belgium in the winter of 1944-45. More than 300,000 soldiers were either wounded or killed in that battle, including more than 220,000 German and nearly 80,000 American soldiers. The sign admonishes one and all to "COMMIT NO NUISANCE."

THROUGH THE ages, specific parcels of land have been assigned special regard and respect in remembrance of important events of life.

In the midst of his flight from his brother's wrath, Jacob dreams of God's presence in the midst of the desert wasteland and erects an altar "because God is in this place and I knew it not" (Genesis 28:16). Named Bethel, it became one of the most important sites in Old Testament history.

In our country, we give special meaning to such places as Independ-



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ence Hall in Philadelphia, where the Declaration of Independence was signed, the Civil War battlefield at Gettysburg, where more than 50,000 Union and Confederate soldiers were killed, and a burial plot for Sgt. Floyd, one of the first to die on the Lewis and Clark expedition in 1804.

IT IS NOT the land itself that is hallowed, but the deeds of valor and sacrifices of life there given that mark those places of earth with our regard and devotion.

Abraham Lincoln warned us that "in a larger sense, we cannot dedicate, we cannot consecrate, we cannot hallow this ground. The brave men, living and dead, who struggled here have consecrated it far above our poor power to add or detract." That is why we are to COMMIT NO

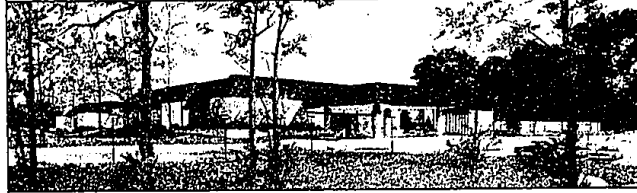
NUISANCE. We want that place to reflect our values of life and love.

But why must we wait until others have died in acts of supreme sacrifice before we admonish each other to COMMIT NO NUISANCE in this place or any other place? The Judeo-Christian tradition has always placed life above land — people above place.

If we were to COMMIT NO NUISANCE to one another, then there would be little need for us to erect memorials in devotion and respect to valor and sacrifice of life. All of life would reflect this meaning, the meaning first given to it by God in creation.

COMMIT NO NUISANCE... certainly, but not only in this place. Always and ever never against another as well.

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Four courses that aren't fattening

Botsford General Hospital is bringing a four-course menu of fitness and fun called GAMEFIELDS to metro Detroit! The Gamefields are outdoor fitness courses with something for everyone, ages 1 to 100. We've already awarded twenty Gamefields to schools and community parks around the Detroit metropolitan area, and we'll award twenty more to new locations this year.

For our Grand Opening ceremonies, we've chosen Southfield High School, located at the corner of Lahser and Ten Mile Road. Come join in the festivities at 11:00 a.m. on September 23rd, and come back again and again to enjoy the Southfield High School Fitness Course. Also, watch for Botsford General Hospital to announce new Gamefield openings in your area.

Indulge in the Gamefields, a gift to your community from Botsford General Hospital. They're the least fattening - and most fun - courses we know of.

GAMEFIELD
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against cancer
can be cooked up
in your kitchen.

There is evidence that diet and cancer are related. Some foods may promote cancer while others may protect you from it.

Foods related to lowering the risk of cancer of the larynx and esophagus all have high amounts of carotene, a form of Vitamin A which is in cantaloupes, peaches, broccoli, spinach, all dark green leafy vegetables, sweet potatoes, carrots, pumpkins, winter squash, and tomatoes, citrus fruits and Brussels sprouts.

Foods that may help reduce the risk of gastrointestinal and respiratory tract cancer are cabbage, broccoli, Brussels sprouts, kohlrabi, cauliflower.

Fruits, vegetables and whole grain cereals such as oatmeal, wheat and wheat may help lower the risk of colorectal cancer.

Foods high in fat, salt or nitrite-cured foods such as ham, and fish and types of sausages smoked by traditional methods should be eaten in moderation.

Be moderate in consumption of alcohol also.

A good rule of thumb is cut down on fat and don't be fat. Weight reduction may lower cancer risk. Our 12-year study of nearly a million Americans uncovered high cancer risks particularly among people 40% or more overweight.

Now, more than ever, we know you can cook up your own defense against cancer. So eat healthy and be healthy.

No one faces
cancer alone.

AMERICAN CANCER SOCIETY