D YOU know that...

• Salt restriction, weight loss, exercise and stress reduction are considered the most effective non-drug means of lowering blood pressure. Many patients with mild hypertasion can achieve normal blood pressure by use of these methods.

- The guidelines for performing cardiopulmonary resuscitation have recently been revised. For example, the initial four quick breaths have been changed to two slower ones. Moreover, the previous chest compression rate of 60 to 80 per minute has been increased to 80 to 100 per admits.
- Dr. Kenneth Cooper, the father of aerobic exercise, has developed a simple test for healthy adults to determine if you are overdoing it. After you stop exercising, stay moving for an additional five minutes, then take your pulse. If it's still above 120 beats per minute (or above 100 it you're over 50), then your workout is too strenuous.
- · A recent study concluded that a non-smoking woman whose husband is a smoker is more than twice as likely to die of heart disease than one whose husband never smoked.
- A relatively new medical treatment, involving clot-busting drugs, may restore blood flow and limit heart damage, if it is given in the first few hours after a heart attack.







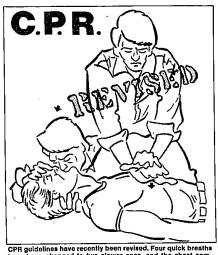




According to a recent study, one of the most effective drugs, called TPA, dissolved clots in 64 percent of

• The slowest time in marathon history was recently achieved by a 40-year-old double amputee when he crossed the finish line in four days, two hours. 48 minutes and 17 seconds. He covered the 26-plus mile distance by using his arms instead of his legs.

Burry A. Franklin, Ph.D., a West Bloomfield resident, is di-rector of curtiac rehabilitation and exercise laboratories, Wil-liam Beaumont Hospital, Royal Oak, and associate professor of Physiology, Wayne State Univer-sity School of Medicine.



CPR guidelines have recently been revised. Four quick breaths have been changed to two slower ones, and the chest com-pression rate of 60 to 80 per minute has been increased to 80 to 100 per minute.

Buses travel to big parade

SEMTA-Claus buses will "lead the way on Thanksgiving Day" to the Thanksgiving Parade Nov. 27 In downtown Detroit.

Severa bouring Parade Nov. 27 In downtown Detroit.

Severa bouring locations are available at the Carlo throughout and near Oak-locations of the Carlo throughout and the Carlo throughout and the Carlo throughout and the Carlo throughout and the Carlo through Carlo the Carlo through Carlo the Carlo through Carlo the Carlo through Carl

OTHER TICKET outlets and

Others Total outside and boarding locations are:
Lakeside Mall, Sterling Heights 7:45 a.m.; Section 27 along Park & Rec, (Upton Ring Road House), 40433 Utlica.
Summit Place, Pontiac, 7:45 a.m.; southwest corner, 855 Oakland Ave.

(T,Ro-11A,S-12A)(O)13A

Roame moves to S'craft

Schooleraft College announces the appointment of Betty J. Roame as the College's Director of Labor Relations. Roame comes to Schooleraft from Oakland Community College, where she served as Director of Personnel.

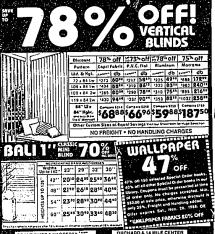
where she served as Director of resonnel.

Roame received a bachelor's degree in business from Detroit Institute of Technology and a master's degree in supervision and management from Central Michigan University

ment from Central nacuugas com-sity.

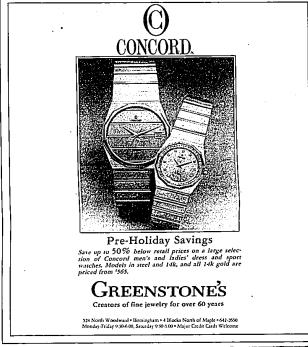
Former state coordinator and member of the American Associa-tion of Women in Community and Junior Colleges, she is also a mem-ber of the Michigan Community Col-inge Personnel Administrator Asso-ciation, the American Business Womens Association and the Ameri-can Management Association.

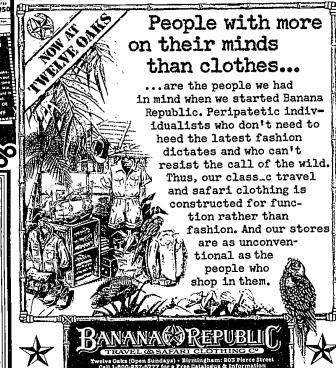




drapery boutique

dropery boutique







THE GIFT OF SKIING FOR SKIERS OF ALL AGES * SATURDAY BLIZZARD - Saturday Ski

Program for children 8-17 ★ MINI BLIZZARD - Fully Supervised Saturday Program for children 6 & 7 years old

- BABY BLIZZARD Special Tuesday Program for 4 & 5 year old skiers
- LADIES BLIZZARD Special Tuesday or Thursday Program for adults
- ADULT BLIZZARD · Wednesday Evening Session for adults

ALL PROGRAMS INCLUDE PROFESSIONAL SKI INSTRUCTION

CALL BLIZZARD TODAY: 335-1128