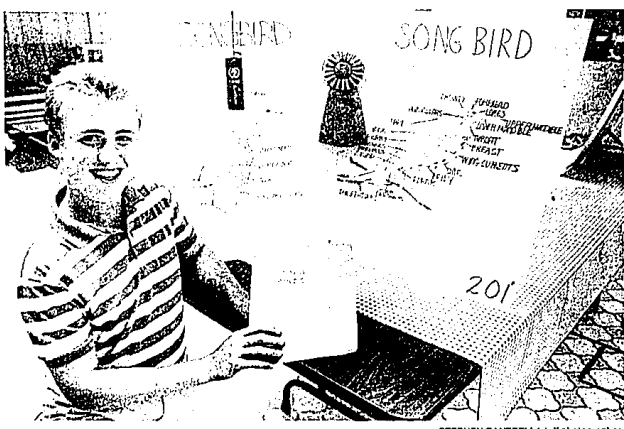


## Grand Champion

"Songbirds" has won Marc Moranic the title of "Eton Academy Middle School Grand Champion." The Farmington Hills resident took the title in the Birmingham academy's spring Science Fair for his study of bird formation and flight.



STEPHEN CANTRELL/staff photographer

## Guidelines give dietary advice

Dr. Elmer John Kozora and the American Holistic Medical Association (AHMA) have published the second edition of "Nutritional Guidelines," a manual of practical dietary advice.

Nutritional Guidelines is designed to provide men and women of all ages with simple and effective ways to improve their eating habits and reduce their risk of acquiring diet-related diseases. The book offers concise, straightforward advice, as well as detailed charts outlining nutritional information about many natural and brand name foods.

"The last few decades have seen radical changes in the American diet," says Kozora, editor of Nutritional Guidelines. "Only 80 years ago, the majority of food we ate was fresh. Today, nearly 95 percent of what we eat has been processed in some way. As a result, we're seeing greater incidences of heart and blood vessel disease, stroke, obesity, diabetes and cancer."

"But just as a poor diet can be life-threatening, a good diet can be life-enhancing. The purpose of Nutritional Guidelines is to help men and women lead healthier and happier lives through good nutrition."

KOZORA is founder and medical director of The Women's Health & Wellness Centre in Farmington Hills. He holds appointments with several Michigan hospitals and is a member of numerous state, national and international organizations, including the AHMA. Kozora also served as editor for the AHMA's first edition of Nutritional Guidelines, published in 1982, and plans to regularly update the book with quarterly newsletters detailing the latest de-

velopments in nutrition. Nutritional Guidelines include the general principles of good nutrition, including advice on the use of sugar, sodium, carbohydrates, fats and oils, fiber, food additives, water, caffeine, alcohol and whole foods.

It gives information about specific vitamin and mineral supplements.

It tells the latest findings about nutrition-related disorders, such as food allergies and osteoporosis. The book contains nine detailed charts outlining the nutritional content of various natural and brand name foods.

Nutritional Guidelines is available at The Women's Health & Wellness Centre, 27620 Farmington Road, Suite 107. The book can also be purchased at Betty's Grocery Store in Birmingham and Good Food Company in Livonia. The price of the book is \$4.95.

## Orientation set for volunteers

People interested in volunteering at Common Ground, Oakland County's 24-hour crisis center, may attend an orientation session at 7:30 p.m. Wednesday, June 3, at Common Ground, 1090 S. Adams, Birmingham.

For other information about volunteer opportunities at Common Ground, call Connie Justice, coordinator of volunteers, at Common Ground's business line, 645-1173.

## Tent meetings mark 100th anniversary

The first Salvation Army that served residents of Detroit opened its doors in October 1887, in Cadillac Square.

Twenty Salvation Army Corps serving the metro area celebrate the 100th anniversary with a week of revival tent meetings. The meetings

begin at 7 tonight and continue each evening through Friday, on the grounds of the Farmington Hills Salvation Army Corps, on the corner of Inkster and Shiloh Road.

"We will have a different speaker each evening, and Salvation Army bands and choruses from throughout

the area," said Capt. John Crampton, who heads up the host corps.

"Coffee and doughnuts will be served from our Salvation Army Canteen. Child care will be provided and don't forget admission is free. We want everyone to come out and get a taste of what the Salvation

Army is all about."

Crampton said he was preparing for about 500 guests each evening. He asks that people attending the revival meetings park in St. Alexander Catholic Church lot, on Shiloh west of Inkster, and use the shuttle bus to the Salvation Army grounds.

## Sacred Heart opens summer school June 2

Opportunities to explore environments, have an introduction to computers, increase math and reading skills and experience science through hands-on activities are all part of the summer program at the Academy of the Sacred Heart. The academy is located at 1250 Kensington Road, Bloomfield Hills.

Classes will begin June 22 and end July 30. The program features qualified instructors and limited enrollment on the 45-acre campus.

For information, call 646-8900. The Academy of the Sacred Heart is a college preparatory, independent, Catholic day school for boys and girls in prekindergarten through

grade 4, and for girls only in grades 5-12.

Operated by the Religious of the Sacred Heart, it educates students of varied faiths and backgrounds from

35 Detroit metropolitan communities. The academy, which was established in 1851, is one of the oldest continuing independent schools in Michigan.

## 32nd degree received

Farmington Hills resident Brian R. Wimmer was one of 55 Masons who received Scottish Rite Freemasonry's 32nd degree in Masonic Temple, Detroit.



Brian Wimmer

The spring class was named in memory of the late Rev. H. Norman Jackson, a 33rd Degree Mason who was pastor of First Congregational Church in Waydantette.

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Young woman, 24, with interests in sports, dancing, friends, conversations, good wine, gourmet cooking, and long walks in the twilight, wishes to meet gentlemen who share similar interests. Must be between 20-30 years old. Please send photo, phone number and address to: Box 0000 Observer & Eccentric Newspapers, 36251 Schoorcraft Road, Livonia, MI 48150

We will keep your name and telephone number confidential; the box number will allow us to identify your replies. Studies have shown that our readers are high income, educated professionals. So if you are searching for a bit of "luv" in your life, why not try "LUV SCENE?"

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