

County park hosts classes for all ages

Cross-country skiing for senior citizens, Native Americans ecological practices, Eastern Bluebird and animal sculpting will be featured during four nature interpretive classes in February and March at the Independence Oaks Nature Center.

The all-new "Seniors Outdoors" nature program, set for Thursday Feb. 21, gives senior citizens the chance to cure cabin fever by cross-country skiing or hiking.

From 10 a.m. to noon, seniors can enjoy warm-up exercises, lectures on ski safety, a ski tour (weather permitting) and refreshments. Participants can bring their own equipment or rent skis at the park.

Spots must be reserved one week in advance. There is a \$1 fee, plus ski rental.

At "Naturally Native American" on Saturday, Feb. 9, children ages 6-9 can learn how the Indian used his natural surroundings to survive. Participants will hear stories, play games and make crafts.

The mini-class will run 1-4 p.m. The fee is \$10 per child.

BIRD LOVERS can learn about the life and time of the Eastern Bluebird at the "Amazing Blues" nature program 1-2:30 p.m. Saturday, Feb. 16.

Tips on attracting and identifying bluebirds, in addition to information on the creature's natural history and lifestyle will be shared.

A limited supply of bluebirds nesting boxes will be awarded to class members during a prize drawing.

At "Artisans of Animals" on Saturday, Feb. 23 and March 2, taught to youngsters, ages 9-13.

At the Feb. 23 session, class members will sculpt an animal figure, to take at home. During the March 2 class, students will paint their sculpture, review drawing techniques and explore animal colorization.

Pre-registration is required for all Nature Center programs.

A weekday park entry fee of \$3 per vehicle or Oakland County residents (\$6 per vehicle for non-residents) or weekend fee of \$4 per vehicle for Oakland County residents (\$7 per vehicle for non-residents) may be charged for classes beginning before 4 p.m.

This year marks the 25th anniversary of the Oakland County Parks and Recreation Commission established in 1966.

Independence Oaks Nature Center is on Sasabaw Road, two and a half miles north of I-75, near Clarkston.

For more information, call 625-6473.

Long-term dieters still pumping iron

Did you know that...

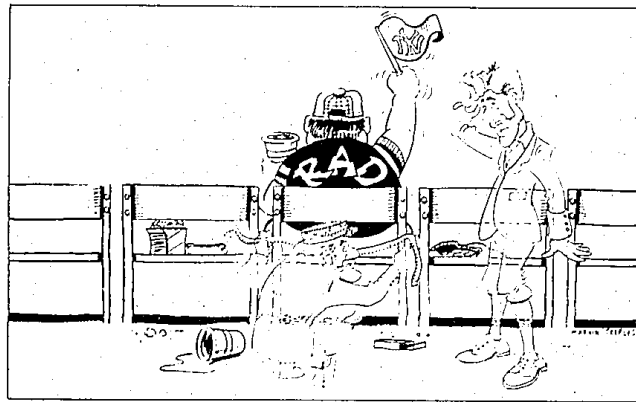
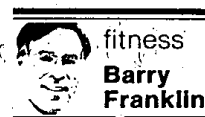
- You should be careful when counting your caloric (neck) pulse. If you apply too much pressure with your fingers, you may cause a reflex slowing of the heart that may lead to an under-estimation of the pulse count or cause you to faint.
- The difference between weight losers, versus those who gain their weight back, is maintenance of the exercise habit. According to Charles P. Lucas, M.D., chief of the Division of Preventive and Nutritional Medicine at William Beaumont Hospital, long-term weight losers are still exercising an average of 3.3 hours a week after several years.
- The white of an egg contains only one percent of the cholesterol, while the yolk contains the remaining 99 percent.
- Aspirin continues to be of great interest to heart specialists. A recent study showed that early intervention with low doses of aspirin could decrease the amount of cardiac muscle damaged by a heart attack and lessen the risk of a second heart attack.
- According to a just-published report, emotional upset represents the most common precipitating cause of heart attack. Almost 20 percent of all heart attacks were triggered by severe emotional stress.
- Pork sausage, bacon, and hot dogs are among the worst foods for you. According to the U.S. Department of Agriculture, fat constitutes more than 80 percent of the total

calories from these red meat products. For food to be truly low-fat, less than 30 percent of the total calories should come from fat.

Our population is getting fatter and fatter. Several years ago, to accommodate the increasing American posterior, Yankee stadium replaced its seats with newer ones that were

2 1/2 inches wider. As a result, more than 6,000 spectator seats were lost!

Barry A. Franklin, Ph.D. is director, Cardiac Rehabilitation and Exercise Laboratories, William Beaumont Hospital, Royal Oak, and associate professor of physiology, Wayne State University, School of Medicine.



Learn to lower cholesterol

The Oakland County Health Division will offer a cholesterol education class 7-9 p.m. on three consecutive Saturdays at the Troy Public Library, 516 W. Big Beaver Road.

The cost is \$7 per person or \$10 per family. Pre-registration is required by Feb. 12. It can be done by calling 858-5306.

GET OUT OF THE DARK.

Human Information Center
Dept. 10, Public Commons B109

Weight Loss Surprises Researchers

WASHINGTON: A nutrition organization was hopeful that a nationally complete "fastest" food tablet would help ease world hunger problems, until a study revealed that one of the ingredients could cause significant weight loss.

Researchers in Europe found that an ingredient in the aphid-natural product Food Source One actually caused people to lose weight, even though specifically instructed not to alter normal eating patterns, according to one study published in the past year. British Journal of Nutrition Researchers in an earlier study had speculated that the weight loss was due to a decrease in intestinal absorption of calories.

While the development of Food Source One, a product of a National Dietary Research, would not be used to successfully build its original goal, the discovery has been a windfall for overnight

people. A Daytona Beach, Florida woman fighting a weight battle for 12 years used the product on the recommendation of her physician and lost 10 pounds. She stated that only after losing 80 pounds, but her cholesterol has dropped from 212 to 143. I have lost 100 lbs of clothes which have not fit me in two years that I'm now wear."

In a separate report, a telephone interview revealed that a Washington, North Carolina pharmacist lost 11 pounds in 25 days on the product and was never hungry.

Food Source One is available through physicians and pharmacists without a prescription because it is a drug and contains only natural ingredients already known to be safe. Copies of the external study are available free from National Dietary Research, Suite 225, 1117 K St., Washington, DC 20005. However, please include Postage & Handling for each request.

ALLEN PARK Allen Park Drugs 3228 Allen Rd. 303-5200	DETROIT Detroit Drugs 1627 State Ave. 846-0778	HOWELL Howell Drugs 11211 Center Ave. 946-8700	OAK PARK Oak Park Drugs 11211 Center Ave. 946-8700	ROUNDTREE Roundtree Drugs 11211 Center Ave. 946-8700	TRENTON Trenton Drugs 11211 Center Ave. 946-8700
ANN ARBOR Ann Arbor Drugs 212 E. Main St. 541-0801	FLINT Flint Drugs 11211 Center Ave. 946-8700	LIVONIA Livonia Drugs 11211 Center Ave. 946-8700	PONTIAC Pontiac Drugs 11211 Center Ave. 946-8700	ST. CLAIR SHORES St. Clair Shores Drugs 11211 Center Ave. 946-8700	WARREN Warren Drugs 11211 Center Ave. 946-8700
CLARKSTON Clarkston Drugs 11211 Center Ave. 946-8700	DEARBORN Dearborn Drugs 11211 Center Ave. 946-8700	DETROIT HEIGHTS Detroit Heights Drugs 11211 Center Ave. 946-8700	FRUITPORT Fruitport Drugs 11211 Center Ave. 946-8700	GRAND RAPIDS Grand Rapids Drugs 11211 Center Ave. 946-8700	LYNCH Lynch Drugs 11211 Center Ave. 946-8700
LYNCH Lynch Drugs 11211 Center Ave. 946-8700	LYNCH Lynch Drugs 11211 Center Ave. 946-8700	LYNCH Lynch Drugs 11211 Center Ave. 946-8700	LYNCH Lynch Drugs 11211 Center Ave. 946-8700	LYNCH Lynch Drugs 11211 Center Ave. 946-8700	LYNCH Lynch Drugs 11211 Center Ave. 946-8700

Waterbed Gallery SUPERSTORES

GREATEST WATERBED SALE EVER!

More Bedroom Furniture Than You Can Imagine.

BETTER NIGHTS SLEEP, EVERYNIGHT!

Heated Waterbed For Cold Nights.

MEDICALLY PROVEN SUPERIOR SLEEP.

Valentine's Day Gifts You Will Be Rewarded For.

ALL PADDED CAPS 15% OFF Expires 2-14-91	ALL COMFORTERS 10% OFF Expires 2-14-91
ANY SHEET SET \$5.55 OFF Expires 2-14-91	WATER CONDITIONER Limit 2 95¢ Expires 2-14-91

SAVINGS THRU-OUT EVERY SUPERSTORE

\$129

Guaranteed Lowest Price This Year

Finely Finished Frame & Headboard, Pedestal, Decking Boards, Quality Mattresses, Safety Liner, Temperature Control Heater, Fill Kit & Easy To Follow Set-Up Instructions, Drawer Pedestal Additional.

Ann Arbor 971-2556	Livonia 427-9292	Mt. Clemens 792-0440
Eastland 445-8300	Livonia Mall 476-3439	Pontiac 601-3337
Oakland Mall 580-5310	Royal Oak 549-0400	Warren 574-0300
Redford 532-1340	Taylor 946-8304	Westland 728-9550

REACH FOR THE POWER. TEACH.

1-800-45-TEACH.

Closets for Him or Her

For today's man or woman on the go, organization becomes critical. With a technite™ closet you can increase storage space by over 100%. With everything in its place, selection and coordination are a snap.

Call for FREE In-home estimates

541-5566

ALL CLOSET SYSTEMS ARE NOT CREATED EQUAL

- Easy dismantling or wall mounted.
- "Acc-shelf" depths of 12", 24", 36".
- Three heights of drawers: 12", 18", 24".
- All drawers feature slow ball bearing glides.
- Customizes to match all spaces in closet and bath.
- Two colors available: antique white and pure white.
- Expert planning for all your storage needs.

Closets for Home Office

Take that extra closet and put it to work for you. File drawers keep the essentials of daily business at your fingertips. Only technite™ gives you so many options.

MUST VACATE

EVERYTHING MUST GO!

REDFORD
14152 Telegraph
Northwest corner of Schoolcraft (I-96)
532-1340

OAKLAND
36 E. 14 Mile
Just east of John R.
Across from Burger King
588-5310

Make Us An Offer

All Floor Models
All Discontinued Items
All Demonstrators
All Scratch and Dents
All One of a Kind
All Canopy Waterbeds
All Softside Waterbeds

Dressers.
Chests.
Mirrors.
Nightstands.
Bookcases.
Black Lacquer.
Motionless Mattresses.

\$78

Temperature Controlled Waterbed

Only Available at the Redford & Oakland Stores