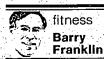
主社机关的支持 经营产品 Pot bellies are just the worst!

Did you know that.

Approximately one out of
cyry 700 Americans will collapse
and dle suddenly each year. Research studies show that heart discase is present in the majority of
these victims, and up to 75 percent
show evidence of a healed, or old
hier tiles.

these victures, and you to be better, show evidence of a headed, or old heart attack.

• Longtone eigarette smokers on wis the life of the state of



faxatives have potential side of-fects, they should be used only as a last resort, on your doctor's advice. To treat constipation, simply con-sume more fiber and drink plenty

of fluids, including a cup of not liquid (coffee, teal first thing in the morning

• Mounting, evidence suggests that having a pothedly is even more important than total body weight that having a pothedly is even more exacting your risk for diabetes, elevated cholesterol, high blood pressure and heart disease.

• For free advice on improving your diet, call the National-Center for Nutrition and Dietetics' at 1-800/386-1655. Your specific questions will be answered by a registered dictition, 10 am, to 5 pm, Monday-Friday (EST).

**Borry A. Frinikin, Ph. 1, is director, Cardina Rehabilitation and Exercise Lubaritories, Viden in Reauthous Hospital, Repair Onk, and insocente professional for the Part of Physiology.









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Land trust

County parks practice environmental 'safe keeping'

Every day is Earth Day at the Oakland County Parks Preserving and protecting 4,000 acres of public land is a priority for the Oakland County Parks and Recreation Commission. Business 4 conducted in an environmentally-sensitive manner, protecting the water, the uit and the land.

The Oakland County Parks have conducted environmental "safe water than the conducted environmental "safe wident in facilities and equipment maintainence/perations, resources management, public education and community involvement assets with the community for the property of the proposed of the proposed of the property of the

Lewis Wint.
The parks recycle used molor oil, concrete, coal askes, vehicle batteries and more. Chemical use is limited, especially near water sources, Environmentally friendly products are purchased whenever possible. Energy-saving devices are implemented to reduce energy condumption and bulk packaging disposal is

FREE DELIVERY

A INSTALLATION

Blepharospasm:

Neck Dystonia:

· Hand Dystonia:

"NEXT TO LHERTY, our out-door heratage is the linest legacy we can leave to our children," Wint believes. "We're proud of our leader-ship in preserving park had and creating, recreational opportunities for all the people of Oakland County, We have a commitment to make sure the land is preserved and we can leave it safe and clean." Public involvement in caring for the parks is encouraged with volunterism, citizen-watch type, programs and an innovative Christmas tree recycling program.

grams and an innovative Christmas; tree recycling program. As an example, "Junior Hangers" are encouraged to experience nature:

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of DYSTONIA

DYSTONIA

Dystonia is a neurological disorder characterized by sustained abnormal postures, askward movement, or involuntary contractions of muscies. Among its common forms are:

Other muscle groups can be affected. A neurologist can provide proper diagnosis and treatments including oral drugs and a new neglection. Botos, that can be injected into affected muscles to lesson the excessive contractions. For further information and evaluations; contact:

The Clinical Neuroscience Program Sinai Hospital. 14500 West McNichols, Sutte 001 Petiol. Michigan 48235 (313), 493-5943 Peter A. LeWitt, M.D., Director

√ีs<u>ınaı</u>

Have you

Personal

Scene?

heard about

excessive blinking of exaggerated eye closure

involuntary grimacing or movements around the mouth

the mouth intrining or twisting of neck, jerky intovements, or painful spasms, of neck or shoulder muscles involuntary tensing or contraction of hand or forearm muscles (as in writer's cramp)

with their eyes and ears, respect animals and their environment; follow all park rules, pick up litter and report vindalism to park staff. The Orion Owls Project asks the same of

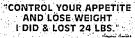
adults.
For two years, the Gakland County Parks have assisted county readents in their recycling efforts. Wint reports. More than 5,000 Christmas trees have ben ethipped into mulch and compost for use at the parks. In exchange, the floot for Club of Detroit, a lumber industry organization, has donated thousands of seeddings to recyclers at the parks. 'an

nual Earth Fair. The group has also given the parks system trees for reforestation plantings.
The Independence Caks Nature Center near Clarkston is the system's education nucleus. Naturalist lead year-round environment a the Earth Fair.

For a complete list of the Oakland County Parks environmental prac-tices, phone 313/858-0906.

Agency needs parent aides

Program The parent aide offers support to For further information, call the family through a once-a-week frame Sadler, Sally Knaack or contact with them. The families in Mary Kaye Neumann at 658-7766.



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