

Advocate for disabilities group holds fund-raiser

The Advocacy Group, a new Oakland County organization for people with disabilities, is having its first fund-raiser at 6 p.m. Friday, Nov. 27, at the Kingsley Inn of Bloomfield Hills. All money raised will be used to assist individuals with disabilities in areas like independent living and voter registration. Fund-raiser tickets are \$35 for one, or \$65 for two. The evening will include dinner, dancing and an auction. For more information, call 623-7396.

Head injuries cause biking deaths

**PHYSICAL FITNESS** Did you know that... ■ New research confirms that acute mental stress can markedly elevate an individual's blood cholesterol level. These findings highlight the potential significance of behavioral factors in the development of heart disease. ■ Estimates by the World Health Organization indicate that of all the people who are alive today, approximately 500 million will die from tobacco related diseases. ■ Head injuries account for 85 percent of the nation's 1,000 bicycling deaths each year. Many of these deaths could be prevented if all cyclists wore helmets. ■ Adherence to an exercise program can be significantly improved by the use of well-conceived behavioral management strategies. Recently,

researchers at Michigan State University reported that 117 faculty and staff who lost 40 dollars that they could maintain an exercise program for six months were successful 97 percent of the time. In contrast, the 20 people who served as a comparison group, who weren't required to wager, adhered to the program only 19 percent of the time. ■ Although Tylenol (generic name acetaminophen) can be substituted for aspirin to treat pain or fever, it does not have the same effect on preventing blood clotting. Consequently, Tylenol can't be substituted for aspirin as a preventive measure for heart attacks. ■ Your body is more likely to convert fat calories into body fat than calories from carbohydrates. One study suggests that if you consume 100 excess carbohydrate calories, only 77 of them will end up being stored as body fat. On the other hand, 97 out of every 100 excess fat calories ends up being stored as body fat. 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.

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Mr. Samuel Brewer, hand-cutting Alden shoes, c. 1931.

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