

Smell the flowers



Party goes: Peggy Scher (front row, from left), Diane Pochmara, Barbara and David Gay, David Scher (back row, from left), Linda and Jim Campbell and Greg Pochmara took time to smell the flowers on display and for sale at the "Evening of Hope" dinner/dance for Leukemia, Research, Life Inc. More than 1,100 guests filled Burton Manor in Livonia for the 13th annual benefit.

Eat vegetables, drink milk, play

The Michigan Department of Health reports that we have a state full of overfed people. Only two other states, West Virginia and Mississippi, have a more overweight population. And despite increased awareness of the importance of good nutrition and the role that fitness plays in good health, Michigan's obesity rate has increased 6.5 percent since 1987.

Based in Farmington Hills, HDS Services is a food service and hospitality management company that provides dietitians as consultants for food service operations both in-state and nationwide.

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As part of their signature program, "Target Your Heart," all HDS Services facilities present a variety of foods to their clients. Among the many daily selections available are several designed to fit heart-healthy, dietary requirements and inspire better nutrition habits. These include, "Slimmer Soup" and a special "Target Your Health" entree ap-

proved by the American Heart Association. Even with a wide variety of healthy alternatives, it is still up to the individual to choose well.

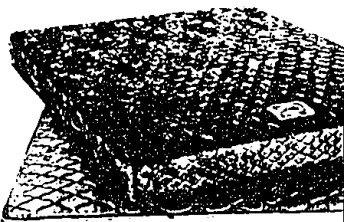
Eat at least five vegetables each day; drink your milk; go out and play and think in moderation, according to Peggy Everts, a registered dietitian for HDS Services.

Found day care right away

Julia Pailon received 35 calls for her Observer & Eccentric Classified day care ad and called her response "Great!" Join Julia Pailon in discovering how great it is to Reach Michigan's Finest Suburban Market

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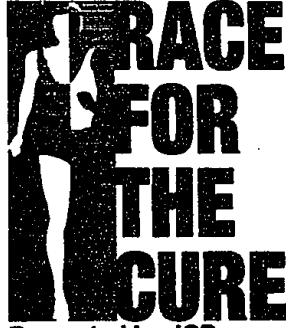
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\*See Store For Details • Sale Ends April 17, 1994

MCF-PRENTIS COMPREHENSIVE CANCER CENTER

locally presents

The Susan G. Komen Breast Cancer Foundation



Presented by JCPenney

**ENTRY FEE**  
\$13 (by March 25), \$16 (by April 1), and \$20 on race day (7:30 - 8:30 a.m.). FREE entry for children 12 and under (no T-shirt). Please register early. All proceeds will be used for worksite breast cancer screening, education and related services.

**START TIMES**  
Registration: 7:30 - 8:30 a.m.  
5K Run/Racewalk/Walk: 9:00 a.m.  
1 Mile Fun Walk: 9:10 a.m.

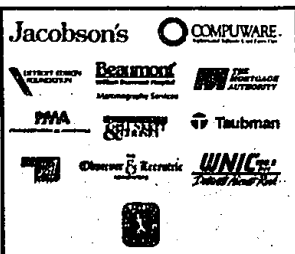
**RACE PACKETS**  
Are mailed to all registered runners the week before the race; packets include race number, T-shirt coupon, course map and directions.

**TIMING & RESULTS**  
The 5K events will be conducted by Detroit's premier running club, the Motor City Striders. Computer scoring by Burns Computer Services.

**AWARDS & AGE GROUPS**  
In the 5K Race, awards will be presented to the overall female winner (not eligible for age group award) and the top three female runners in each five-year age group (14-and-under to 70+). Additionally, awards will be presented to the first three racewalk finishers. Males are invited to participate, but are not eligible for awards.

**ENTRY FORMS**  
Entry forms are available at Jacobson's, Pier 1 Imports, Jenny Craig Centers, JCPenney's, all Michigan Cancer Foundation offices, and all area running stores selling New Balance shoes.

LOCAL SPONSORS



Through the generous support of our sponsors, every penny of your entry fee benefits breast cancer research, early detection & education.

THE CHOICE SHOULD ALWAYS BE YOURS

Residents at Peachwood Inn are more than welcomed to retain their own personal physician. If and when a hospital stay is necessary, residents go to the hospital of their choice. If it is an emergency, either Beaumont, St. Joseph Mercy Pontiac, or Crittenton are the nearest receiving hospitals.

If Peachwood Inn residents elect, there are five excellent staff physicians to choose from. These doctors are from all of the local hospitals. In addition, residents may decide to use our staff podiatrist and dentist.

We think that people should always have choices. You should make certain you exercise your choices. At Peachwood Inn the choice is always yours.

Peachwood Inn

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