

OBITUARIES

SISTER DOLORES NIEMKA
Sister of Mercy Dolores Niemka, 46, an internationally recognized composer, performer and music publisher, and an psychology professor at the University of Detroit Mercy, died of pneumonia March 27 in St. Joseph Mercy Hospital in Ann Arbor.
Born in Detroit, Sister Dolores got her start in music playing, "How Much Is That Doggie in the Window" on the accordion for classmates at immaculate Heart of Mary. She received holy cards in payment for her labors.
Sister Dolores joined the Sisters of Mercy in 1967 and studied English at Mercy College, and Psychology at Oakland University and Wayne State University, where she earned her B.A., M.A., and Ph.D.
Sister Dolores served on the board of directors of Mercy High School in Farmington Hills. She volunteered at the Michigan

Humane Society and taught classes in pet care.
Survivors include her mother, Helen; a brother, Ernest.
Mass was celebrated March 30 at Mercy Center Chapel. Burial was in Holy Sepulchre Cemetery, Southfield.
Memorials may be made to the Sisters of Mercy-Regional Community of Detroit, 29000 11 Mile Road, Farmington Hills 48336.
VESTA LEE LLOYD
Mrs. Lloyd, 91, of Farmington Hills died March 27 in Botsford Hospital, Farmington Hills.
Born in Piedmont, Missouri, Mrs. Lloyd was a homemaker.
Survivors include her sons, Walter, James and Richard; sisters, Mable Wells and Lerna Sheffield; 11 grandchildren and many great-grandchildren.
Services were at the Thayer-

Rock Funeral Home, Farmington, with the Rev. Fred Froman of First Baptist Church of Farmington officiating. Burial was in Glen Eden Cemetery, Livonia.
LUCILE H. ANDERSON
Mrs. Anderson, 83, of Farmington Hills died March 29 in Clinton-Aire Continued Care Center.
Mrs. Anderson was a homemaker. She was past worthy matron of Nankin Chapter O.E.S. Survivors include her son, C. Rand; daughters, Grace Yankovsky, Marilyn McKinney and Deanna Joseph; 14 grandchildren and 18 great-grandchildren.
Services were at the Uth Funeral Home with the Rev. David Owens officiating. Burial was in Parkview Cemetery, Livonia.

RITA VIRGINIA SCOTT
Mrs. Scott, 78, of Farmington Hills died March 28 in Botsford Hospital, Farmington Hills.
Born in Detroit, Mrs. Scott was a homemaker. She was a former employee of Ford Motor Co. and was in the Civil Service during World War II traveling the United States extensively.
Survivors include her husband, Riland; daughter, Sharon Blazer; son, Michael; sisters, Stella Oldrich and Marie Donovan; brother, Lawrence Fitzley; three grand-

children and two great-grandchildren.
Mass was celebrated at St. Clare of Assisi Catholic Church with the Rev. Fred Klettner officiating. Burial was in Holy Sepulchre Cemetery, Southfield.
Arrangements were made by the Heene-Sundquist Funeral Home, Farmington.
JOANNA A. STELTZNER
Mrs. Steltzner, 48, of Farmington Hills died March 27 in St. Joseph Hospital, Pontiac.
Born in Detroit Mrs. Steltzner was a homemaker. She was a long time leader and chairperson in Boy Scouts and Girl Scouts in Farmington Hills.

Mrs. Steltzner worked for K-Mart Corp for five years as cashier/bookkeeper and Cambridge Drugs for four years and was a social worker at the Sarah Fisher Home for three years.
Survivors include her husband, Dale; son, Dale II; daughters, Dawnita Stachurski and Jodie Steltzner; brother, Robert Koday; six grandchildren.
Mass was celebrated March 31 in Our Lady of Sorrows Catholic Church with the Rev. William Tindall officiating.
Memorials may be made to the American Diabetes Association, Suite 2255, 30600 Telegraph Road, Bingham Farms 48025.
Arrangements were made by the Thayer-Rock Funeral Home, Farmington.

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UPDATE ON Obstetrics & Gynecology
EXERCISE TO PREVENT BREAST CANCER
A recent study out of the University of Southern California provides evidence that confirms what many researchers have thought all along: that exercise helps protect women against breast cancer. After the USC researchers reviewed the exercise habits of 1,000 women aged 40 years and younger, they found that two to three hours of moderate exercise per week reduced the risk of breast cancer by 20 to 30 percent. Four or more hours of physical activity was found to reduce the breast cancer risk as much as 60 percent. The researchers thought to be linked with estrogen production. After extensive exercise is known to hasten estrogen production in some women, moderate exercise may lower estrogen production levels sufficiently to keep such estrogen-related abnormalities at bay.
All of us try to do our best to live a healthy lifestyle. Unfortunately, the

Presented by James Stubbs, Jr., M.D.
stress of today's fast pace can cause wear and tear on our bodies. There are some things you can do, however, to help keep your body healthy and in good shape. Make a point to listen very carefully to all my patients and other suggestions for treatment. It is my goal to stay up-to-date on all the latest advances in the field. You can find me at 15301 N. 9 Mile Road in Southfield.
P.S. Many women who engaged in sports as adolescents were the least likely to get breast cancer, according to the USC. The beneficial effects of exercise extend to women over 50.
For Appointment (810) 558-9500

Dentistry in the 90s
by Herbert M. Gardner, D.D.S. & Martha P. Zinderman, R.M., D.D.S.
HEALTHY TEETH AND BONES
Dietary and dental care may not seem to be far apart, but the facts bear it out. Because teeth are embedded in the jawbone, loss of bone density due to the bone-thinning disease can cause teeth to become loose. A recent study of 122 postmenopausal women by researchers at the Human Nutrition Research Center at Johns Hopkins University found that women who took an every day of an antioxidant for 100 days had a 10 percent reduction in bone loss. The women who took the antioxidant had a 10 percent reduction in bone loss. The women who took the antioxidant had a 10 percent reduction in bone loss. The women who took the antioxidant had a 10 percent reduction in bone loss.
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P.S. In the above-mentioned study, the more teeth the women lost, the less bone density they had in their spines, wrists and hips.

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