## Bone marrow from page 13A

family members) transplants."

family members) transplants."
When Jacobs asked the pan-clists, "What were your needs at the time of transplant?" Dr. Larry Usher replied, "I'm a gen-eral practitioneer, but bone mar-row transplant is such a special-ried area, I knew nothing about a," He said he had a wonderful support group of family mem-bers, psychologist, psychiatrist

and social worker.

To Jacobs' question, 'How did
your life change after the transplant?' Panela Yager, who sells
real estate, replied, 'I'm always
an extrovert. Now I'm much
more patient. Things do not
upset me anymore. I am different. I am more self-assured.
I've learned to be a lot less judgmental."

## MATH & SCIENCE Chemistry Magic

## July 29-August 2 • 9:00 - 3:00 • Ages 6-11 Locomotion

August 5-9 • 9:00 - 3:00 • Ages 6-11

### Mathematical Creations

August 12-16 • 9:00 - 3:00 - Ages 6-11

New Morning School → 313/420-3331 14501 Haggerty Rd., (at M-14 & 1-275) • Plymouth, M1 • 48170

## May is time to beautify

May is Keep Farmington Benutiful month. Spring will be late this year, goes the song, but it's not too late to make beautification plans. Farmington's Beautification

Farmington's Beautification Commission urges businesses, schools, churches and multi-dwelling complexes to clean up, and to improve landscaping and window displays.

Each summer the commission takes a look at the community, seeking special examples of beautification offorts. Awards are given for overally issual appearance, plantings, window displays, and landscape maintenance.

We want Farmington's charm and beauty reflected.

"We want Farmington's charm and beauty reflected

said Rosemary Fitzpatrick. Beautification Commission

cally displa products, and cre-ntively pictures services.

Contact the Beautification
Commission at City Hall for assistance in planning your beautification project.

Beautification commission.
Flowering annuals add instant color to any location.
Some annuals are drought tolerant: salvia, moss rose, dwarf morning glory, and alyssum.
Others are heat tolerant: wax leaf, begonia, zinnias, dahlberg daisy.

leaf, begonia, zinnias, dahlberg daisy.

Businesses that have side-walk boundaries can add color with the use of attractive win-dow decoration, which aestheti-cally displa products, and cre-

# TINA-MARIE SOUTHFIELD COMMONS

"For Those

Put a little romance into an evening out starting with alluring lingerie. You'll feel special and SPECIALISTS IN

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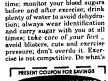
# Rice from page 13A

oping osteoporosis.

Prior to beginning an exercise program, it is important to visit your doctor and obtain a complete physical exam. People over the ago of 35 must have a stress text to rule out heart disease. A thorough eye and foot exam is also recommended, as are laboratory tests to determine kidney function and blood sugar control.

Your express program should

function and blood augar control.
Your exercine program should
be fun. Pick an exercise which
you enjoy or exercise with a
friend or a group. Some ways to
help you adhere to an exercise
program include: always start
slow and steadily increase your
time; monitor your blood sugars
before and after exercise; drink
lenty of water to avoid dehydration; always wear identification
and carry sugar with you at all
times; take care of your feet
avoid bilaters, cuts and exercise
pressure; don't overdo it. Exertice is not competitive. Do what's



**SAVA 9188**1 313-396-5340

800-477-TUBS

and decreases your risk of developing estemporosis.

Prior to beginning an exercise program, it exercise program, it is important to visit your doctor and obtain a complete physical

right for you.

Ten minutes three times a day is great. You don't need to run a marathon to reap the benefits. Exercise is the most important thing a person with diabetes can do to keep blood sugars under control and reduce the risk of complications. Take control it.

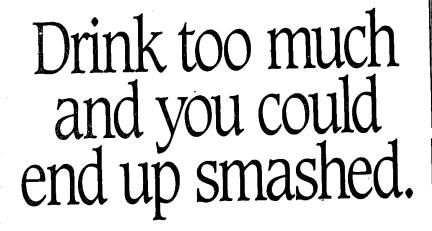
To assist in beginning an exer-

your health. Exercise. It's worth it.

To assist in beginning an exercise program, Botsford General Hospital offers a 10 week, state of the art, comprehensive exercise program for people with diabetes cailed diabetes-cize. This program is individualized to meet the needs of the person with diabetes. Additionally, the hospital's diabetes support group offers a wide variety of educational topics including the June 18 meeting which features' exercise" and a tour of Botsford Hospital's Total Rehabilitation and Athletic Conditioning Center (TRACC). For information, call Botsford's Health Development Network at (810477-610).

Donna Rice, RN, health programs coordinator at Botsford Huspital, has over ten years experience in her field.

# HEADING FOR COVER



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Botsford is a full service hospital with Board Certified/Residency Trained Emergency Specialists on staff.

Emergency care is available 24 hours every day. Urgent Care is open 10:00 am to 11:00 pm, 7 days a week.

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