

CENTENARIAN

At 104, Irene Livermore is the oldest resident of Farmington Place Senior Residence.

With the help of her daughter, Carol Remington, who lives next door, she is still walking and taking care of her personal needs in a comfortable apartment.

A new century was dawning when Irene was born in 1892. Her life's journey took her from the world of the horse drawn buggy to explore in space and the nuclear age.

Irene taught school for a year and then married at 19 and settled on a second floor above their general store in Clifford, Michigan, south of Cass City. Two daughters were born there.



They moved to Detroit in 1923. She has been a resident of Farmington Place for 12 years.

Irene enjoyed reading first to her children then grandchildren. She has a delightful sense of humor and has painted many pictures in watercolor and oils. They hang in both apartments.

She is one of the oldest of Michigan Mothers. At age 98, she was in a parade in Lansing. At 100, she threw her first pitch for senior softball games in Farmington. The mayor and officials came to celebrate her 100th birthday.

For her 104th birthday on Dec. 17, she will celebrate at the residence and also at a luncheon.

Hope Lutheran offers Advent vespers services

Beginning this week and running through Wednesday, Dec. 18, Hope Lutheran Church of Farmington Hills will be conducting Advent vespers services every Wednesday at 7:30 p.m.

The services will include special music and dramas to highlight our anticipation of the Christmas holiday. Come spend a mid-week hour in praise and worship to prepare your heart and mind for the Christmas season.

Hope Lutheran Church is located at 39200 W. Twelve Mile Rd., just east of Haggerty. Call 553-7170.

NEW VOICES



James and Bernadine Quinlan and Russell Christo.

David and Corinne Quinlan of South Lyon announce the birth of their daughter, Kara Lillian, on March 3, 1996.

Kara arrived at 4:35 p.m. and weighed 7 pounds, 12 ounces and was 22 inches long.

She joins her two brothers, Dominic and Mitchell, who are two years old.

Her grandparents are Eugene and Ellen Cabadas of Fenton.

She is also the granddaughter of James P. and Judith Quinlan of Farmington Hills.

Kara is the ninth grandchild of the Cabadas family.

She is the seventh grandchild for the Quinlans.

Her great grandparents include Genevieve Cabadas,

Total conditioning important for skiers

Although it's never too late to prepare for the upcoming ski season, the sooner you start your conditioning, the more you'll enjoy the first few runs.

Total body conditioning is important because although downhill skiing is a power oriented sport, cardiovascular activity assists in fueling and

conditioning those muscles utilized.

Cross country skiing is considered an endurance sport by most, and it requires more muscular ability than downhill. The primary muscles involved in downhill skiing are the quadriceps, hamstrings, hip flexors, gastrocnemius and rotator cuff

group. In cross country, it is all of those and latissimus, trapezius, rhomboids, pectoralis minor, and gluteus maximus and minimus.

Downhill skiers should focus on a combination of long duration low intensity and short duration high intensity training. Cross country skiers should focus on longer duration moderate intensity activity.

Control of motion is necessary to assist in performance enhancement and injury reduction, regardless of which type of skiing you choose. Proper muscular flexibility is essential.

In almost all cases, injuries acquired during the ski season could have been prevented or minimized by proper pre-season conditioning.

Top skiers from high school to world class performers follow a regular rule and pre-season training program to improve their ability and reduce injury.

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HOLIDAY MIDNIGHT MADNESS

Thursday and Friday

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10 a.m.-midnight
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Think trim to survive holidays

As the holidays approach, we do more, shop more, party more and eat more. If you are like most Americans, you will gain between 7 and 10 pounds this holiday season.

So should we just succumb to the temptations of the season and vow to diet in the New Year? No, says Lorraine Stefano, founder and director of Think Trim. She points out that you can enjoy your holidays without gaining any weight.

Here are her healthy holiday tips:

Go through the buffet line twice. Yes, twice. Start by going through the line without your plate. Look over the whole buffet and make some choices.

Then go through with your plate remembering you can have some substitutions. Instead of whole eggs, use egg substitutes; instead of regular cheese or sour cream, use the nonfat variety.

Stuff your turkey, not you. Stuffing is truly only for turkeys. So sample some of the holiday food but remember moderation is the key. Try to leave the party feeling satisfied, not stuffed.

Don't be fooled by the gift wrap. Many holiday foods are around all year long. The red and green foil wrapped chocolate Santa tastes the same as the chocolate pumpkin you ate a few months ago. The reindeer Christmas cookie is only a sugar cookie in disguise.

Choose healthy alternatives. This is the perfect time of year to redo that old family

recipe by making some healthy substitutions. Instead of whole eggs, use egg substitutes; instead of regular cheese or sour cream, use the nonfat variety.

Stay active. As the holidays approach, our schedules become busier, but plan time to exercise. Remember any exercise is better than no exercise and you can even make exercise a part of your holiday celebration with family and friends. Take a long walk in the neighborhood to see all the holiday decorations, build a snowman, go ice skating, dance to all your favorite Christmas carols.

Start now. Think of how much further along you will be on Jan. 1.

Ski clinic

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groups and requires more conditioning than downhill. Pienkosz recommends exercise bikes, treadmill walks with some elevation, and swimming to get skiers in shape.

"Most ski injuries take place at the end of the day. How much energy your body has will greatly affect injury potential," he said.

"Eat properly for a good energy source. It's better to spend \$1.69 on an energy bar than \$2 on a brownie. Energy bars available at sports shops offer the proper amounts of carbohydrates, protein and fat."

Almost half of all ski injuries are equipment related, an area addressed by Scott Stilling, a Nordica representative whose visit was sponsored by Dunham's Sports.

For 22 years, Stilling was a

professional ski instructor and was former director of the Royno Mountain resort in northern Michigan.

"There are less ankle and foot injuries today due to stiff high boots," Stilling said. "That stress is absorbed by the knee now. Ankle injuries can occur if the boots don't fit right. We see this most in kids who get an equipment passed down from an older child in the family. Proper fit and adjustment is crucial."

Increased speeds due to fiberglass skis, and better groomed slopes lead to more injuries today, Stilling said.

Stilling's advice to all skiers: buy wrist guards (in many accidents, skiers automatically put out their hand to brake the fall) and take at least one ski lesson and learn how to fall properly.

Jumping rope, running and

stretching exercises are good preparation.

Sean Rinney, a physical therapist, talked about the importance of keeping lower back and abdominal muscles strong.

Steve Holman, a trainer employed by Northville Schools and operator of the Northville ski club which claims 400 children as members, praised the seminar and the TRACC staff.

"It's incredibly worthwhile. These guys are the best," said Holman, who has also received therapy at TRACC following knee surgery.

Linda Cunin of Novi read about the clinic in the newspaper and came with her husband.

"We're thinking of taking up cross country skiing," she said. "This lets you think about all the things involved."

Walking

from page B1

with many common health problems, such as heart disease, hypertension, obesity and diabetes. Walking at a moderate rate (one mile every thirty minutes) can help you:

burn body fat and lose weight
reduce cholesterol and LDL (bad lipids) levels in the blood stream
increase levels of HDL (good lipids) in the blood stream
stabilize blood sugars and help in the control of diabetes

moderately decrease your blood pressure

The key to these benefits rest more on how regularly you walk rather than how briskly you walk. You burn almost the same amount of calories whether you walk or jog a mile. Again, it's the distance and the regularity of the exercise.

Regular walkers also reap many psychological benefits. Besides being a pleasurable diversion, walking also increases the blood flow to the brain, stimulates the nervous system, reduces accumulated stress chemicals in the blood, and causes the release of endorphins which elevate your mood and have a positive effect on your psychological well-being.

With all these benefits, you'll want to get started right away. There are a few things you should do before you begin.

Check with your physician before beginning any exercise program.

Make sure your shoes fit well and give you feet proper support and stability.

Set your goal. Be realistic. Goal setting serves as an incentive to motivation.

Integrate your walking routine for a warm up (five minutes) and cool down (five minutes).

A warm up should include light stretching and an aerobic warm up. Light stretching of muscle groups, such as thigh, calves and lower back, help loosen muscles and joints and make them less prone to injury.

Start walking slowly and gradually increase your pace. This aerobic warmup allows your body's metabolism time to gear up for the increased workload. A cool down should include an aerobic cool down and static stretching. Gradually decrease your intensity and pace. This allows your heart rate metabolism to decrease slowly. Stretch and hold each muscle group for thirty seconds. This will help prevent muscle soreness and improve flexibility.

Think safety first. Walking with a partner is a good idea. It increases compliance and makes walking safer and more fun. When walking outdoors, use well

lit trails and let someone know your regular route. Be careful when walking on uneven ground or sidewalks.

Become a mall walker. The climate inside a mall is always perfect, cool in the summer and warm in winter.

Botsford General Hospital sponsors two walking clubs in the area. There is no cost to join and there are incentives for your hard work.

Laurel Park Place (Six Mile Road and Newburgh). You can walk Monday to Saturday, 8 a.m. to 9 p.m. and Sunday from 11 a.m. to 5 p.m. Free blood pressure screenings courtesy of Botsford Hospital is done in Jacobson's Court from 8 a.m. to 10 a.m. on the fourth Monday of every month.

Livonia Mall (Seven Mile and Middlebelt). You can walk Monday to Saturday from 7:30 a.m. to 9 p.m. and Sunday from 9:30 a.m. to 5:30 p.m. Free blood pressure screenings are done courtesy of Botsford General Hospital in the courtyard near lot 6 from 8 a.m. to 10 a.m. the third Wednesday of every month.

(Sally Randall, RN, is health programs coordinator for Botsford General Hospital's Health Development Network.)

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