Blue Cross Blue Shield, Blue Care Network seek angels for awards

Nominations due June 8 for individuals who make extraordinary efforts to improve the lives of Michigan and Blue Care Network are accepting nominations for the annual Caring for Children from each of five rote and Angel Awards from new antil June 8. Now in its third year, the Angel Award is a statewide state of the control of the state of the four regional winners' organizations. Only nonprofit of the state of the four regional winners' organizations with a tate-exempt status under section of the state of the four regional winners' organizations. Only nonprofit of the state of the four regional winners' organizations with a tate-exempt status under section of the state of the four regional winners' organizations. Only nonprofit of the state of the four regional winners' organizations with a tate-exempt status under section of the state of the four regional winners' organizations with a tate-exempt status under section of the state of the four regional winners' organizations with a tate-exempt status under section of the state of the four regional winners' organizations with a tate-exempt status under section of the state of the four regional winners' organizations with a tate-exempt status under section of the state of the four regional winners' organizations. Only on program organizations with a tate-exempt status under section of the state of the four regional winners' organizations. Only on program organizations with a tate-exempt status under section of the state of the four regional winners' organizations. Only on program organizations with a tate-exempt state under section of the state of the four regional winners' organizations. Only on program organizations with a tate-exempt state under section of the state of the four regional winners' organizations with a tate-exempt state under section of the state of the four regional winners' organiz

related to his or her service may be designated.

A panel of judges in each of the five regions will select a regional winner and judges from all five regions will select the Grand Angel. The five regions are southeast, mid-Michigan, west, east and Upper Peninsula.

Teens looking for some zzzzz's should follow tips

Be a bedead and not a deadnead! For a healthy body and
mind, understand the dangers of
insufficient sleep and avoid
them. The National Sleep Foundation recommends the following
tips for tired teens:

1. Understand that sleep is
food for the brain. Lack of sleep
ean make you look tired and feel
depressed, irritable or angry.
Even mild sleepiness can hurt
your performance - from taking
school exams to playing sports or
video games. Most adolescents
need between 8.5 and 9.25 hours
of sleep each night. Remember,
you should awaken refreshed,
not tired.

2. Be consistent. Establish a
regular bedtime and waketime

and maintain this schedule during weekende and school (or work) vacations. Don't stray from your schedule frequently, and never does for two or more consecutive nights.

If you must go off schedule, avoid delaying your bedtime by more than one hour. Awken the next day within two hours of your regular schedule. If you are sleepy during the day, take an early afternoon nap.

3. Get into bright light as soon as possible in the morning, but avoid it in the evening. The light helps to signal the brain when it should wake up and when it should prepare to sleep. (If you wake up in the middle of the night and turn on the light,

stay away from casses in a color, which are all stimulants. Also avoid alcohol, which dierupts sleep.

6. Relax before going to bed. Avoid heavy reading, studying and computer games within one hour of going to bed. Don't fall asleep with the tolevision on since slickering light and stimulating content can inhibit restful sleep.

Reprinted from "Adolescent Sleep Need and Patterns," published by the National Sleep Foundation.

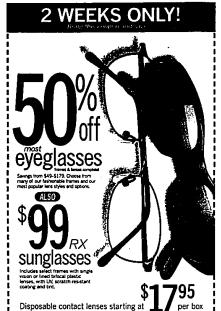
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Teens from page D4

ing first hour and throughout ing first nour and throughout the day, according to prelimi-nary findings and focus group studies by the Center for Applied Research and Educational Improvement at the University of Minnesota, as cited in Adoles-cent Sleep Needs and Patterns.

cent Sieco Neces and Patterns.
Students in the suburban
Edina school district reported
'increased hours of sleep, lesserratic sleep behaviors and less
depressive feelings and behavlors, better grades and little
restriction in time spent in
extracurricular activities.

Keim and Juras say there are more night owls than morning doves in their schools' student populations. They wish that Michigan school districts adopted Minnesota's policy. 'If kids aren't learning at 7:15 a.m., they you're teaching to a brick wall,' said Keim. 'Most people work to 6 in the afternoon. Why can't teachers work to 5 p.m.?'
Luck of sleep affects whole day, said Juras. 'If you fall askep in class and teachers yell at you, it kind of puts you in a bad mood all day.'

Arthritis Today JOSEPH J. WEISS, M.D. RHEUMATOLOGY 18829 Farmington Road Livonia, Michigan 48152 Phone: (248) 478-7860 STRESS & ARTHRITIS

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**Committee Committee C

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