

obituaries

ROSEMARIE MILLER
Mrs. Miller, 61, of Farmington Hills died April 20 in Providence Hospital, Southfield.
Mrs. Miller was a homemaker. Survivors include her husband, Robert; daughters, Gail Bache, Lynn Kazanow and Janis; sons, Robert and Michael; mother, Rose Pengue; three

brothers; four grandchildren.
Services were April 23 at St. Fabian Catholic Church with the Rev. Seamus Ryan officiating. Burial was in Holy Sepulchre Cemetery, Southfield. Arrangements were made by McCabe Funeral Home, Farmington Hills.
HENRY A. HOELSCHER
Mr. Hoelscher, 89, of Farmington

Hills died April 21.
Mr. Hoelscher was a plant superintendent for Automotive Manufacturing before retiring.
Survivors include his sons, William, Robert and Thomas; 17 grandchildren and five great-grandchildren.
Services were April 24 at St. Fabian Catholic Church, Farmington Hills, with the Rev. Seamus Ryan officiating. Burial was in Holy Sepulchre Cemetery, Southfield. Arrangements were made by McCabe Funeral Home, Farmington Hills.

MRS. LABOHN
Mrs. LaBohn, 74, of New Hudson died April 19 in St. Joseph Hospital, Ann Arbor.
Mrs. LaBohn was a homemaker. She was past president of POW Committee. Survivors include her sons, Gary, who is missing in action, and David; daughter, Lou Ann Ebejer; parents, Mr. and Mrs. Ralph Schwab; three brothers; two grandchildren.

Services will be May 8 at the New Hudson United Methodist Church, 56730 Grand River, New Hudson. Memorial tributes may be made to the National League of Families of POWs and MIAs, 1908 K Street, N.W., Washington, DC 20006. Arrangements were made by Heeny-Sundquist Funeral Home, Farmington.

Runners to learn about conditioning

Conditioning and nutrition are the key to injury prevention not only for runners but for all athletes, says Dr. Bruce Deschere.
Deschere will be one of three speakers at Providence Hospital's Runners Clinic scheduled from 7-9 p.m. Saturday at the hospital's Novi Ambulatory Care Center, 39500 W. 10 Mile Road. Marathon runners Doug Kurtis, winner of the 1982 Mardi Gras Marathon in New Orleans, and Gary Wolfram, winner of the 1981 Dixboro Run will round out the free program.
Deschere is a family practice physician who has an interest in sports medicine. He has trained at the Cleveland Clinic for Sports Medicine and currently covers the West Bloomfield High School football team.
His advice to participants at the Runners Clinic will include the following tips to help prevent injury.
"Proper shoes are important. Runners need to know what to look for for their own individual comfort," he says. He cautions runners about gradually breaking in their new running shoes. "Don't throw the old ones out

right away," he says. "Switch back and forth until the new ones are broken in."
"Stretching also is essential even in the winter when you may not be running as much. Muscles get shorter and tighter with a lot of exercise," he explains. "Injuries are more likely to happen unless runners continually stretch these muscles."
Deschere cautions runners to do things gradually. "Build up to the run by gradually increasing your distance and speed. It's also important to change terrain, especially if you've been running on flat areas."
Deschere will also present information about nutrition for runners. "People who exercise regularly as runners do require a different diet," he says. "One with an emphasis on carbohydrates."
The Southfield physician also enjoys sports. He runs, bicycles and plays tennis in the summer and swims and skis, both cross country and downhill, in the winter.
To register for the free clinic, call 424-3068.

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