

Safe shoveling

Take care: guard against a heart attack

Al yes, the activity Michiganians dread most is drawing near — snow shoveling.

Blessed with the Great Lakes, we are, in turn, cursed with an annual snowfall that residents of most other states cannot fathom. Even though the sturdiest Michigan resident has braced himself and honed a fine edge at his shovel, is he really ready?

Snow shoveling is a cardiovascular challenge as well as a test of one's determination. The American Heart Association of Michigan warns that many Michiganians suffer heart attacks while shoveling every year.

Barry Franklin, director of cardiac rehabilitation and exercise laboratories at William Beaumont Hospital, says, "Based on the risk factors

for heart disease, we can characterize the type of person most likely to suffer a heart attack while shoveling. The person who's generally sedentary, who smokes, who is overweight, or who has high blood pressure or a heart condition is the one that's most likely to have a heart attack.

Anyone with a heart problem should not shovel at all. If you're over 40 or have one or more risk factors, you should check with your doctor before the snow starts piling up. Franklin, chairman of the Heart Association's exercise and cardiac rehabilitation committee, adds, "People don't realize that the more risk factors they have, the greater their chance of having a heart attack while shoveling."

"There is another strain on the cardiovascular system that a lot of people don't realize — the cold," says Franklin. Cold weather makes your heart work harder because it has to pump blood through vessels that have constricted in reaction to the cold.

"SNOW SHOVELING involves upper extremity exercise and isometric (static) exertion," says Franklin. Unfortunately, both forms of exercise create an excessive demand on the heart.

Exercising in a standing position, especially when the legs are frequently motionless, may cause pooling of the blood in the lower extremities. This may reduce blood flow to the heart while the pulse rate and oxygen demands of the heart are high.

Shoveling itself is harder work than one might think, too. According to research studies, a 154-pound man shoveling a weight of 8.8 pounds (shovel and snow) is exerting the energy equivalent to singles tennis or light downhill skiing. Shoveling a combined weight of 13.8 pounds is equal to the energy required to play basketball or handball or running 5.5 miles per hour. Shoveling 22.5 pounds (full per minute) is as strenuous as running at nine miles per hour for the same amount of time.

Another strain that you may not even be aware of is brought about by a common response to strenuous lifting. This response, holding your breath with your mouth closed, can cause sudden changes in the heart rate and blood pressure. This should be avoided, particularly by people with cardiovascular disease.

Finally, if you have to shovel a large area, do it a bit at a time. Rest when you're tired and don't push yourself. If the snow is winning the battle, hire a youthful neighbor.

ANOTHER DANGER is that some shovelers don't realize they're having a heart attack and dismiss the pain as indigestion. Indeed, more than 25 percent of all heart attacks are unrecognized. In 1984 an estimated 350,000 people died of a heart attack before reaching the hospital.

The symptoms of heart attack include:

- Uncomfortable pressure, fullness, squeezing or pain in the center of your chest, lasting two minutes or more.
- Pain that may spread to shoulders, neck or arms.
- Severe pain, dizziness, fainting, sweating, nausea or shortness of breath may also occur.
- Not all symptoms may be present. If you suspect that you or someone with you is having a heart attack, stop whatever activity you're doing.
- don't wait; call the emergency rescue service immediately
- sit or lie down
- If it would be faster, have someone drive you or the victim to the hospital.

The Heart Association also has free publications called "The Heart Attack Survival Kit" and "Heart Attack" in addition to a "Fact Sheet on Heart Attack, Stroke and Risk Factors." A calendar listing the warning signs and what steps to take in case of heart attacks is available free. For more information on prevention and warning signs of heart attack, write: The Heart Association of Michigan, 16319 W. 12 Mile, P.O. Box 180, Lathrup Village 48076. The American Heart Association of Michigan is a United Way agency.

Bloodmobile to visit

Five American Red Cross Bloodmobiles will be in the Farmington area during November.

Your blood donation helps more than one patient because the components are separated. For example, the red cells will be used to treat a patient with anemia or may go to a patient undergoing surgery. The platelets may be needed by a patient with leukemia or by a patient undergoing chemotherapy for the treatment of cancer.

The plasma might be fresh frozen for transfusion to a patient whose blood is not clotting, or it may be pooled with other donor plasma and fractionated into derivatives used to treat patients suffering from shock, bleeding problems, burns or hemophilia. Derivatives may also be used in the preparation of various vaccines.

If you have never donated blood, you should know it is safe, relatively painless and takes less than 45 minutes from registration to post-donation snack. Only sterile, disposable

needles are used and immediately discarded so there is no danger of contracting any communicable diseases, says Blood Services Southeastern Michigan Region Officials.

Donor criteria are simple. You must be in good health, weigh a minimum of 110 pounds and be between the ages of 17 and 70.

Bloodmobiles and contact people for appointments are below:

• Thursday, Nov. 5, Botsford Hospital, 28050 Grand River, Farmington, 6 a.m. to 6 p.m. For an appointment, call Beverly Weiss, 471-8651.

• Monday, Nov. 9, Little Caesar Enterprises, 24152 Haggerty, Farmington Hills, 10 a.m. to 4 p.m. For an appointment, call Jim Lotti, 477-5161.

• Saturday, Nov. 14, St. Clare of Assisi Catholic Church, 29200 10 Mile, Farmington Hills, 10 a.m. to 4 p.m. For an appointment, call Angie Mullins, 478-8728.

Knights slate a Vegas night

St. Francis Knights of Columbus, at 21900 Middlebelt Road, is holding a Las Vegas Night Friday, Nov. 6 between the hours of 8 p.m. and 1 a.m. Admission is \$3 per person.

St. Francis K. of C. has for many years donated to the mentally retarded programs in the area. Two of the main projects are the Farmington Training Center and St. Clare Catholic Church Mentally Retarded Program. They also donate \$100 every month to a different needy family in the Farmington, Farmington Hills and Southfield area.




FROM A WOMAN'S POINT OF VIEW
We offer special wrapping & handling of your valuable possessions.
Also specialize in commercial moving.
TALK TO HELEN IVORY AT 642-4511
24200 GIBSON WARREN, MI 48089
PHOENIX IVORY
MOVING & STORAGE CO.

UNITY OF LIVONIA

AFFILIATED WITH UNITY SCHOOL OF CHRISTIANITY
PUBLISHER OF THE "DAILY WORD"
CELEBRATES 25 YEARS OF MINISTRY

HEAR REV. GENE SORENSEN

in his "CELEBRATE LIFE" Series
Sunday Morning Services
10 and 11:30 a.m.
Youth Education and Care for All Ages




TUNE INTO GENE'S LESSON ON
WJR, 760 AM, SUNDAY, NOV. 15th 7:10 a.m.

EXPERIENCE EVENING VESPER SERVICE

with "oasis" candlelight silence
support for world peace, and
illuminating "singspiration"

SUNDAYS, 6:00 p.m. WITH
MILLY COLLINS, ASSOCIATE MINISTER



Celebrate New Ideas!


CHARLIE CHAPLIN
"The Gold Rush"
Saturday, Nov. 7th, 7:00 p.m.
with film expert Cinda Harris
Donation \$4

WOMEN WHO LOVE TOO MUCH
with Rev. Gene Sorensen
Wed. 7:30 p.m. Class/Support Group
Nov. 11th - Recovery & Intimacy
Nov. 18th - Remembering Divine Love
Free Will Offering


A COURSE IN MIRACLES
with Barbara Wade
Licensed Unity Teacher in Training
Monday evenings, 7:00 p.m.
Free Will Offering

FIGHT HEART DISEASE, KIDNEY DISEASE AND BLINDNESS.

Support the American Diabetes Association.



Harry A. Kezelian, D.P.M.,
Kevin E. Till, D.P.M. and
George G. Budak, D.P.M.
announce the
opening of the newest
Arbor Foot Clinic
at the Farmbrook Medical Center
29877 Telegraph Road, Suite 400
(just north of 12 Mile Road
behind the AMC Jeep Dealership)
in Southfield
354-0057
for all walks in life...



Arbor
Foot Clinics, P.C.

2 other locations to serve you
Executive Square Plaza
42512 Hayes, Suite 800
in Mt. Clemens
266-0908
Hutzel Professional Building
4727 St. Antoine, Suite 311
in downtown Detroit
831-6442

Men, if you're about to turn 18, it's time to register with Selective Service at any U.S. Post Office.

It's quick. It's easy.
And it's the law.

U.S. Savings Bonds now offer


- competitive rates
- exemption from state & local income taxes
- complete safety
- convenient purchase



to find out more,
call anytime
1-800-US-BONDS

Oakland Hills Memorial Gardens

Enduring Beauty & Care
In Oakland County's Full-Service Cemetery



Oakland Hills Memorial Gardens

Cremation: The Dignified Spending Alternative

Having a family means having responsibility. As parents, you decide together what is best for the family. Seldom are these responsibilities delegated to your family. If one parent dies, who's responsible for the necessity of making burial arrangements in time of grief? The single spouse? A son? A daughter?

With our prearrangement program parents can decide together, under the best of terms, what is best for the family.

Complete Cremation Planning

Ask for details

Oakland Hills Memorial Gardens

43300 Twelve Mile Road, Novi
349-2784 851-2335

Please mail me additional information about:

<input type="checkbox"/> Cemetery Property	<input type="checkbox"/> Chapel Mausoleum
<input type="checkbox"/> Complete Cremation Planning	<input type="checkbox"/> Crypts
<input type="checkbox"/> Personal Mausoleum	

Name _____
Address _____ Phone _____
City _____ Zip Code _____

Owned By The Members We Serve

Membership Eligibility

SCHOOL SYSTEMS

- Farmington
- Clarencetown
- Novi
- South Lyon
- Howell
- Farmington
- Pinckney
- Fowlerville
- Livingston
- Brighton
- Oakland Community College

ELECTED OFFICIALS AND EMPLOYEES OF THE CITIES OF:

- Farmington
- Farmington Hills
- Novi

OTHER EMPLOYMENT GROUPS

- U.S. Post Office — Farmington
- Broadhart Products Inc.
- Farmington/Farmington Hills Chamber of Commerce Members
- Novi Chamber of Commerce Members

Any person related to a member by blood, marriage or adoption may join, too.

- Great Loan Values
- No-Fee Credit Union Checking
- Regular Share Savings
- IRAs
- Money Market Accounts
- Automated Teller Machines (Statewide access)
- Payroll Deduction
- Once-A-Member, Always-A-Member

Farmington Office
23617 Liberty Street
Farmington, MI 48024
(313) 474-2200

Howell Office
115 University Drive
Howell, MI 48843
(517) 546-8390

Livingston-Oakland Counties Federal Credit Union

Regular Office Hours
9:00 A.M. to 5:00 P.M. Monday-Thursday
9:00 A.M. to 6:00 P.M. Friday

NCUA