even if they are adopted by lean or normal weight

Volunteers are needed

Lightboase Caregivers, 109 Williams, Pontiac, needs volunteers in northern Oakland County to provide non-on-one assistance to seniors and handleapped people, enabling them to remain in their homes. Transport and visit a person from their church or geographic area. Call Rosellen Loye, 9 a.m. to 5 p.m. weekdays. Jewish Home for the Aged, 1910 W. Seven Mille Road, needs volunteers willing to share their talents, ters willing and concerns for a few hours weekly. Some opportunities or if your organizatival provides the constraining and concerns for a few hours weekly. Some opportunities are Sunday Bingo games, friendly



Potbelly linked to heart disease

it?
• Research studies in both Sweden and the United States have now shown a link between potbellies and heart disease. To determine if you're at risk, divide your waist by your hip measurement. Values of more than 1.0 for men and 0.8 for women are



considered abnormal.

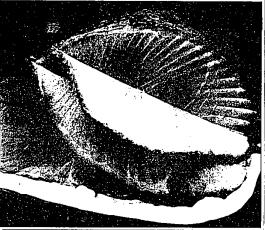
considered abnormal.

Research scientists at the University of Michigan say they have "a better idea" for the millions of soft-ball players in the United States. According to their previous studies, silding causes 71 percent of recreational softball injuries.

The researchers studied softball games to see if stimply changing bases would lower lajury rates. Astronomy of the strain with those designed to the strain with those designed to the strain of the strain of the strain of the strain with the strain of the strai



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