

# '93's summer you sunburned faster



BARRY FRANKLIN

**PHYSICAL FITNESS**  
Did you know that...  
■ If you sat in the sun this past summer, it's more likely you got sunburned faster or than in previous years. Why? According to a recent report, ozone layers were 12 percent below normal, allowing more ultraviolet rays to reach the earth.

■ In the United States, more than twice as many people die from bee stings each year than snakebites. For most people, a bee sting is harmless. Unfortunately, about 3

percent of the population is so highly sensitive to the venom that even one sting can provoke a life-threatening reaction.

■ Although several studies have linked vertex baldness (at the top of the head) to an increased risk of heart disease, there is no reason to believe that baldness causes heart attacks. Thus, treating baldness is unlikely to be a useful strategy to prevent heart disease. It seems prudent, however, for bald men to control their risk factors for coronary disease, such as high blood pressure, elevated cholesterol, excess body weight, cigarette smoking and physical inactivity.

■ There is a great new snack food

out called Vegi Snax — ready-to-eat carrot sticks that are sweet, crunchy and absolutely delicious. Each package contains less than 30 calories. The product, made by Fresh World, should be available in local grocery stores in the near future. For additional information call 1-800-762-VEGI.

■ There is no good evidence that being a workaholic is hazardous to your health. If work-related factors seem to predispose to disease, they are more likely to include hostility, job dissatisfaction or insecurity, rather than long hours.

■ There's growing evidence that exercise does as much for the mind as it does for the body. Re-

cently, researchers at Stanford University reported similar reductions in stress, anxiety, and depression in participants who were randomly assigned to home or group exercise regimens. Smokers demonstrated the biggest reduction in stress, suggesting that moderate exercise might be one way of laying the foundation for quitting cigarettes.

Barry A. Franklin, Ph.D., is director of the Cardiac Rehabilitation and Exercise Laboratories at William Beaumont Hospital, Royal Oak. He holds faculty appointments at Wayne State University's School of Medicine and at Oakland University.

## FASHION CALENDAR

### FRIDAY, OCT. 8

**At Madeline**  
Sarasota resort and early spring collection for '93-'94 at Madeline, 6614 Telegraph Road, Bloomfield Hills.

**Trunk show**  
YSL Accessories trunk show during store hours through Saturday, Oct. 9, in Leather Accessories, Level One, at Neilman Marcus at the Somerset Collection in Troy.

### SATURDAY, OCT. 9

**Roz & Sherm**  
Fall and winter coat collections

Informally modeled noon to 4 p.m. at Roz & Sherm at Bloomfield Plaza at Maple and Telegraph roads in Bloomfield Township.

**Men's clothing**  
Burberry Clothing autumn '93 collection with special representative 10 a.m. to 3 p.m. and Donna Karan New York Menwear introduction with special representative, both in Men's Clothing, first floor, at Saks Fifth Avenue at the Somerset Collection in Troy.

**Trend show**  
Newest fall collections highlighted in formal show at 9 a.m. at Hudson's at Oakland Mall in Troy. Doors open at 8:30. Re-

freshments will be served. Cost is \$10 per person. For reservations call 597-2980.

### THURSDAY, OCT. 14

**Shelagh Burke**  
Trunk showing of Shelagh Burke jewelry — ancient influences and contemporary components combined with precious metals and gemstones — with personal appearance by Burke daily through Saturday, Oct. 14.

**'Rainbow Show'**  
"Rainbow Show" benefits the Rainbow Connection and features the season's best from 1993 autumn and holiday collections in Designer Salon, second floor, at

Saks Fifth Avenue at the Somerset Collection in Troy. Libations and savories at 5:30 p.m., show at 6:30 and afterglow at 7:30. Tickets \$26 Patron and \$50 Benefactor. For ticket information, call the Rainbow Connection at 651-1261.

**Stagg & Co.**  
Informal modeling of fashions by Marguerite noon to 2 p.m. at the Stagg & Co. restaurant at the Boardwalk shopping center on Orchard Lake Road in West Bloomfield.

**Bricker-Tunis**  
Giuliana Teso, Italian fur trunk show, through Sunday, Oct. 17, at Bricker-Tunis Furrier in West Bloomfield.

## Time for organizations to submit holiday cards

We're already getting calls at the Observer & Eccentric's five offices from charitable organizations asking when and how to submit Christmas cards for the books with sample cards we will have on display at our local offices.

A special story about the cards runs annually on the front page of

Suburban Life. This year the story will appear Thursday, Nov. 4. On that date, each of the five O&E offices also will have a book available, filled with samples of cards that have been submitted, including details on how to order them.

To have your charity or nonpro-

fit agency included in the sample books, send five copies of each card offered, to the following address: Ethel Simmons, Oakland County Suburban Life Editor, The Observer & Eccentric, 805 E. Maple, Birmingham 48009. Cards and ordering details must be submitted by Thursday, Oct. 14. Readers who want to buy

Christmas cards that benefit charitable organizations can stop into an O&E office — in Birmingham, Rochester, Farmington, Livonia or Plymouth — after Nov. 4 to look at the holiday books.

For more information, call Simmons at 901-2576.

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FALL FESTIVAL III - 1993  
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7:30 p.m.  
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AT  
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## THE 19TH UNIVERSITY LIGGETT SCHOOL ANTIQUES SHOW

October 9, 1993 • 11:00 a.m. - 6:00 p.m.  
October 10, 1993 • 11:00 a.m. - 5:00 p.m.  
850 Briarcliff Drive • Grosse Pointe Woods, MI 48236

39 Antiques Dealers from 15 states

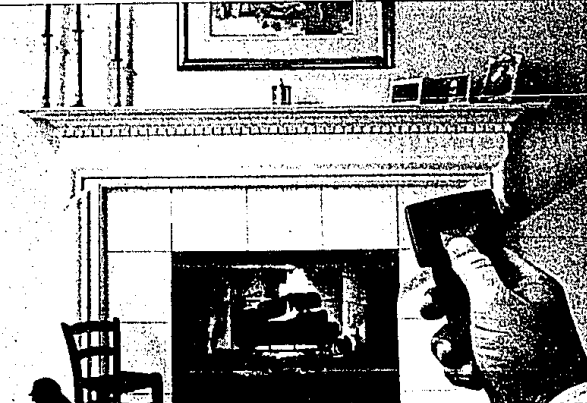
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