

Sold house in 2 days

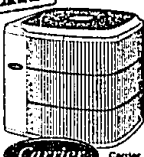
Joseph Sayles of Plymouth sold his house on Saturday, just two days after his ad appeared in the Observer's Eccentric Classified Real Estate section. "It was worth it to place an ad in your paper," he told us. **Reach Michigan's Finest Suburban Market**

HEATWAVE ALERT!

UP TO \$200 REBATE

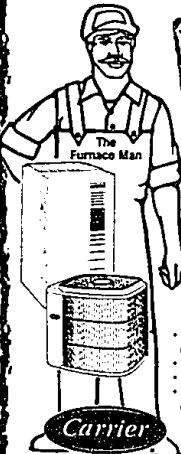
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Exercise, calcium-rich foods counter osteoporosis

EXERCISING OPTIONS



MYRNA PARTRICH

my posture with exercise? I

Dear Myrna: I drink my two cups of coffee every morning and two more around four in the afternoon. I am a middle-aged woman with an osteoporosis problem — my back is a little rounded. My question is can I correct

have heard that coffee isn't a good mix with osteoporosis. Is this true?

This question of coffee versus osteoporosis has been around for some time. Until now it has been unclear whether coffee affects loss of bone. Conclusions of studies have gone both ways.

A new study linking coffee to reduced bone mass recently made headlines in the New York Times. Researchers from the University of California-San Diego did find a small degree of bone density among post-menopausal women

who drank at least two cups of coffee per day for years.

This condition occurred only in women with no calcium intake. An unfortunate problem is that women drink coffee instead of water or milk. The study also shows that if you drink at least one glass of milk per day, there is no threat of osteoporosis from coffee just a few times a day.

The key to strong bones is to consume foods rich in calcium and a little help on the side with a calcium supplement if necessary. Exercise is imperative. A must.

You must strengthen your upper back muscles. An exercise expert can work with you on a program. Don't be afraid of strength training. It can really make a visible difference.

Myrna Partrich is co-owner of The Workout Company in Bloomfield Hills and an appointee to the President's Council on Physical Fitness and to the Governor's Council on Physical Fitness. Send your questions to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham, 48009.

Everyone knows someone with diabetes.

Fourteen million Americans are living with diabetes. Unfortunately, more than half do not know they have it because diabetes can strike silently. Many will first learn about diabetes when they are treated for one of its complications — kidney disease, blindness, amputation, heart disease or stroke. Know the early warning signs of frequent urination, unusual



thirst, extreme hunger, frequent infections or blurred vision. While there is no cure for diabetes, every day research brings hope. The American Diabetes Association is the nation's leader in the fight against diabetes — funding research, education and patient services.

14 million reasons to find a cure.



Until there's a cure, there's the American Diabetes Association.

We interrupt this newspaper to talk about television.

You probably gave it a lot of thought before you ordered cable television, after all, it is an added household expense.

Or maybe you were so excited when cable came to town, you signed up without a second thought. Either way, now you have it, so why not enjoy it even more by using our free Cable/TV Weekly book? The one that arrives every Monday with your Observer & Eccentric Newspaper*.

Take a look at what's in there. You'll find interesting features and the usual network listings, but those cable numbers are what we really want you to examine. You see,

they match your cable numbers and that makes your cable service more valuable! You'll find all with the numbers the cable company is using in your city! "More for your money" takes on new meaning as you discover that not only are the regular cable channels there, but your local channels are listed for you, too.

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Observer & Eccentric
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CABLE/TV WEEKLY

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