

Chila Mayer, Reporter 248-902-2589; cmmayer@cc.homecom.net on the web: http://www.observor-eccentric.com

OBSERVER-ECCENTRIC HEALTHY LIVING

MS Walk

The rewarding MS (Multiple Sclerosis) Walk returns to Birmingham in two weeks. Families, friends and co-workers will gather Sunday, May 3 at Birmingham Seaholm High School to help end the devastating effects of multiple sclerosis. This is the ninth year the city of Birmingham has hosted the popular event, and the 10th year the National Multiple Sclerosis Society has staged MS walks in communities around the country.

"The Birmingham event goes back and forth between the largest and second largest MS Walk in the state. Grosse Pointe is the other large one," Elana Noble, Director of Communications for the National MS Society, Michigan Chapter, said. "Traditionally, we get around 2,000 walkers in Birmingham."

A fun event designed to raise funds for local programs that help families affected by multiple sclerosis, and for national research efforts seeking the cause, prevention and cure of the disease, the Birmingham walk features 15- and 20-kilometer routes and the debut of a 5K route. All walkers are encouraged to collect contributions in honor of their participation.

"The five-kilometer route is a big change this year," Noble said. "A 1/2 of people like to take on the 20-kilometer route. But there are some who don't have the time, their kids aren't up to it, or they can't walk that far. Whatever the reason, the five-kilometer route is a great opportunity to still enjoy everything the MS Walk offers."

Check-in for the Birmingham MS Walk begins at 8 a.m. at Seaholm with the walks beginning at 9. People can register the day of the event.

The MS Walk will take place in 676 communities across the country this year. Michigan-based events will also be held May 3 in Dearborn, Grosse Pointe and Monroe.

For registration information or additional details, contact the National MS Society, Michigan Chapter at (248) 350-0020 or 1-800-247-7892.

Multiple Sclerosis is a disease that randomly attacks the nervous system and wears away the control a person has over his or her body. Symptoms range from numbness and balance problems to paralysis and even blindness.

Most people with MS are diagnosed between the ages of 20 and 40, but the physical and emotional damage from the disease can be felt for a lifetime.

Dragon Dash

The Orion Township Parks and Recreation Second Annual Dragon Dash will be held next Sunday at the Orion Township Civic Center Park (2525 Joslyn Road).

Featuring an 8K run and a one-mile youth fun run, the course is primarily on safety paths, along residential streets and park areas.

Race day registration begins at 8 a.m., the youth run goes off at 9 and the 8K run follows at 9:30. The 8K run is \$18 and the youth run \$13 on race day.

Call the Orion Township Parks and Recreation Department at (248) 391-0304 ext. 140 for more information.

AD/HD Information

John F. Taylor, Ph.D., a prominent authority on Attention Deficit/Hyperactivity Disorder, will conduct a day-long seminar entitled "Beyond Ritalin: Mega-Answers to AD/HD" on Saturday, May 2 at the Troy Marriott.

Presented by Family and Classroom Training & Resources, the seminar will run from 9 a.m.-6 p.m. For registration information, call (248) 988-0532.

Estrogen seminar

Bloomfield Hills Andover High School will be the site for an upcoming free seminar entitled "Estrogen Replacement Therapy Options & Alternatives."

Sponsored by Forest Therapeutics and presented by Dr. William Bates, the event is scheduled for 7 p.m. Tuesday, May 5. Refreshments will also be made available free of charge. There is no pre-registration required.

Andover High School is located at 4200 Andover Road, off Long Lake Road just west of Telegraph.

Project Health-O-Rama

Crittendon Hospital is once again turning its attention to promoting health and wellness in the Rochester area.

Crittendon will host a Project Health-O-Rama site Friday, May 8 and Saturday, May 9 at Great Oaks Mall (1220 Walton Boulevard) in Rochester Hills. The special two-day event will take place from 9 a.m.-noon both days. According to Carole Beckett, Crittendon's director of Community Health Education, the hospital's healthcare professionals and physicians will staff the entire event.

The following tests will be available at the Crittendon Project Health-O-Rama site: height and weight; percent of body fat; blood pressure lung function testing; hearing; vision testing; glaucoma testing; oral cancer screening (May 9 only); and counseling, referral and health education information.

In addition, the following optional lab-evaluated tests will be available for a nominal fee: blood panel of 23 lab tests (\$22); Fasting Specific Antigen (S25); Hepflori blood test for ulcers (\$15); take-home colorectal cancer screening kit (\$8); and confidential, take-home test kit for the HIV virus (\$35).

Registration is not necessary. For more information, call the Project Hotline at (248) 424-8600 or Crittendon's Community Health Education Department at (248) 652-6269.

Men's Health Fair

Bi-County Community Hospital in Warren will conduct a Men's Health Fair from 8 a.m.-10 a.m. on Saturday, May 9. Those attending the event will receive various health screenings, including diabetes and thyroid screening, foot screening, and skin cancer screening.

Call (313) 769-7488 to register. Cost is \$20 by Wednesday, May 6 or \$25 at the door.

Healthy Living spotlights Oakland County-related health and medical news and information. To submit information, write: Healthy Living, Observer & Eccentric Newspapers, 805 E. Maple, Birmingham MI 48009. Or fax: (248) 644-1314.

Commendable cause

Annual event may draw record field

The Susan G. Komen Breast Cancer Foundation Race for the Cure - Michigan's largest race - represents a special time for thousands of people. Shirley Malamud is one such person.

"I'm looking forward to it this year; it's an exciting time," Malamud, 61, of Huntington Woods, said. "I can remember the first year, my next-door neighbor and I were absolutely touched by what seemed like an enormous number of people that showed up. It was probably only a couple of hundred or so, but there were people holding up signs in honor or in memory of someone. It moved us tremendously."

More than 750 breast cancer survivors are expected to attend Saturday's seventh annual Race for the Cure at The Detroit Zoo, presented locally by the Barbara Ann Karmanos Cancer Institute and conducted by the Motor City Striders. Organizers expect more than 18,000 total participants, bringing together people of all ages and athletic abilities to promote positive breast cancer awareness, early detection and survivorship.

Malamud, diagnosed with breast cancer in November 1992,

RACE FOR THE CURE
WHAT: The seventh annual Susan G. Komen Breast Cancer Foundation Race for the Cure.
WHEN: Saturday, April 25.
WHERE: Detroit Zoo, Woodward Avenue and 10 Mile Road at 1:00 p.m. SCHEDULE OF EVENTS: 7 a.m.-5:30 a.m., packet pick-up/warm up 8:30 a.m., men's 5K run; 9 a.m., women's 5K run/walk; 9:10 a.m., one-mile fun walk.
COURSE: 5K loop course around the Zoo and on adjacent streets in Huntington Woods; aid stations at Start/Finish and at one and two-mile points. USAF certified and sanctioned.
DEPENDING CHAMPIONS: Men's 5K - Tyler Cooley, 15:32; Women's 5K - run/walk - Laurel Park, 17:42.
MORE INFO: Call 1-800-527-5266, the Motor City Striders at 248-644-9059 or visit www.detroitports.com/race-for-the-cure-Detroit.

is cancer-free after recently completing a tamoxifen treatment. She and her husband, Bernard, have become active participants in the Race for the Cure. Shirley, who attends the event in memory of her younger sister who succumbed to breast cancer almost five years ago, serves as a Race For the Cure committee member and participant as a walker.

Bernard, also a race volunteer, has the honor of driving the Ford pace car this year.

"I've made a lot of special friends at the Race for the Cure," said Malamud, who plays an active role in promoting breast health education. "We have a very strong sisterhood as breast cancer survivors, and this event has changed us so

much. Breast cancer touches everyone in every way of life, and I'm just so pleased that the word is coming out. This isn't a silent illness anymore."

The Race for the Cure once again features a 5K run/walk for women, families and friends of all ages and athletic abilities, a 5K race for men, and a one-mile (untimed) walk. The fun walk will be conducted on the zoo grounds as usual, but the 5K loop course has undergone a slight modification. Runners will finish this year's race coming down Woodward after turning off Lincoln (10 1/2 Mile Road) in an attempt to accommodate the larger crowds.

"We're planning for 18,000 to

20,000 participants this year. Last year we had (a record) 15,643," Motor City Striders President Ed Kozloff said. "Things are coming in at approximately that pace but with so much mail coming in you really can't keep a count. This is definitely an event where you want to arrive at the last minute."

"It's always surprising when any event just keeps growing beyond what you originally thought. We originally thought there would be about 500 participants for this event, but it involves a worthwhile cause that's clearly caught the nation's concern."

In conjunction with Saturday's festivities, the second annual Race Expo will be held this Friday from 10 a.m.-7:30 p.m. at the Jonsson Center in Troy. The event is a fun-filled celebration of life, featuring music and entertainment, seminars, fitness exhibitions and special guests. Medical experts from area hospitals will present the most up-to-date breast cancer information. Nutrition and fitness experts will also be in attendance.

The expo is the last chance to register for the race.

Smile! Enjoy cheese with most any meal

When you're watching your weight, you're probably afraid to even look at cheese - let alone eat it! Although cheese is commonly known to be high in fat, calcium and sodium, it's also rich in calcium and protein.

By eating cheese in moderation, or better yet, by eating the reduced-fat and fat-free varieties, you can reap the benefits while still maintaining a low-fat diet.

These variations are usually made either partially or completely with nonfat skim milk supplemented with various additives for texture and flavor. There are plenty of scrumptious recipes that include reduced- or non-fat cheeses, or you can substitute these for the full-fat cheeses in your favorite traditional dishes.

Cheese can be enjoyed with almost any meal. I love its rich flavor in broccoli-cheese soup. (See recipe at right.) Soup is wonderful because it's so soothing, and you can make a big pot of it and freeze it into small containers for later. With just a handful of ingredients, this recipe is a breeze and it's absolutely delicious.

For dinner, pasta is always a favorite. You really can't go wrong with penne in creamy garlic-cheese sauce. (See recipe at right.) It's excellent for entertaining and your kids

will love it because it's creamy and also cheesy. They'll never know it's lower in fat!

If you are looking for a tasty dessert, look no further than this recipe for chocolate cheesecake. (See recipe at right.) What could be better than that combination? And there's only three grams of fat per serving! If your family happens to leave a piece, it can be refrigerated in an airtight container for up to a week. Go ahead and indulge without the guilt.

With all the wonderful fruits at the market this spring, try garnishing this dessert with fresh raspberries, strawberries or whatever happens to be your favorite. If you want to reduce the fat in some of your favorite dishes, be wary of using only non-fat cheeses as substitutes because the consistency may not work with that recipe.

Start with the reduced-fat versions or a combination to see how well it tastes. Remember, moderation is the key. Unlimited amounts of reduced- or non-fat cheeses still have calories.

I read every one of your letters and I love your comments! Please keep writing me with any questions, inspirational stories or suggestions for upcoming articles: "Talk to the Mirror," Weight Watchers Corporate Communications, P.O. Box 9072, Farmington Hills MI 48334-2974. For more information on Weight Watchers, call 1-888-3FLORINE.

(Florine Mark is an appointee to the Governor's Council on Physical Fitness and the Michigan Fitness Foundation.)

TALK TO THE MIRROR



FLORINE MARK

BROCCOLI-CHEESE SOUP

Makes 3 servings
 4 cups broccoli florets
 2 1/2 cups vegetable broth
 1/2 cup skim milk
 1/2 teaspoon salt
 1 teaspoon freshly ground pepper
 1/2 cup shredded extra-sharp cheddar cheese
 In a large nonstick saucepan, bring the broccoli and broth to a boil. Reduce the heat and simmer until the broccoli is tender, about 10 minutes. Transfer the broccoli and about 1/2 cup of the cooking liquid to a blender; puree until very smooth, scraping the sides of the blender every 30 seconds. Remove the knob in the lid. With the machine running, gradually pour the remaining cooking liquid through the hole. Place a large sieve over the saucepan; strain the soup back into the saucepan.
 Stir in the milk, salt and pepper; simmer until heated through, about five minutes. Add the cheese and stir until melted.

PENNE IN CREAMY GARLIC-CHEESE SAUCE

Makes 4 servings
 8 garlic cloves, peeled
 3 cups small broccoli florets
 6 ounces penne pasta
 2 cups evaporated skimmed milk
 1 tablespoon + 1 teaspoon all-purpose flour
 1 1/2 ounces reduced-fat cheddar cheese, grated
 1 1/2 ounces freshly grated Parmesan cheese
 1/2 teaspoon freshly ground black pepper
 1/2 teaspoon salt
 In a large pot of boiling water, cook garlic 3 minutes, until softened. With slotted spoon, remove garlic from water. Mince garlic; set aside. In same pot of boiling water, cook broccoli 3 minutes, until bright green and just softened. With slotted spoon, remove broccoli from water; set aside. In same pot of boiling water, cook penne 9-10 minutes, until tender. Drain, discarding liquid; set aside. Mince garlic in large nonstick skillet, with wire whisk, 4 minutes, until mixture is bubbling and thickened; stir in minced garlic.
 Reduce heat to low. Add cheddar and Parmesan cheeses, pepper and salt to milk mixture; cook, stirring constantly, until cheeses are melted. Stir in cooked broccoli and penne; cook, stirring frequently, just until heated through.

CHOCOLATE CHEESECAKE

Makes 12 servings
 22 reduced-fat chocolate graham cracker squares
 1/2 cup unsweetened cocoa powder
 2 cups nonfat cottage cheese
 One 8-ounce box nonfat cream cheese
 1 cup granulated sugar
 1 cup all-purpose flour
 2 tablespoons unsweetened cocoa powder, dissolved in 1/2 cup boiling water
 4 egg whites
 1 teaspoon vanilla extract
 1 teaspoon confectioner's sugar
 Preheat oven to 325 degrees. Spray an 8" springform pan with nonstick cooking spray. In a food processor, crush the graham crackers; pulse in the margarine. Transfer to the pan, pressing firmly over the bottom and halfway up the sides. Refrigerate until chilled, about 15 minutes. To prepare the filling, in the food processor, puree the cottage cheese and cream cheese; blend in the granulated sugar, flour, dissolved cocoa, the egg whites and vanilla. Pour into the crust; set the pan on a baking sheet.
 Bake until set, about 1 hour. Turn off the oven, prop the door open with a wooden spoon, and let the cheesecake cool in the oven 3 hour; cool completely on a rack.
 Refrigerate in the pan; just before serving, unmold from the pan and sprinkle with the confectioner's sugar.

Try this method to build up the triceps

EXERCISING OPTIONS



MYRNA PARTRICH

Question: I come to class regularly; I take muscle madness. I also work out at home with weights a few days a week, but I hate the back of my arms. My triceps muscles aren't working enough. What is the best way to work triceps muscles? I have dumbbells at home, and I'm up to eight pounds on my tricep extensions.

Answer: Are you doing a "kickback" exercise? Are you executing your movements properly? Are you doing two or three sets of 16 reps? I really do need more information, but let me give you what

your arm beside the trunk of your body.

Now, while keeping your elbow in place, inhale and hold your breath as you extend your arm straight back. Next, continue upper movement as far as possible with your extended arm. Try to get the arm above your back, exhale and return to the bent position. Try to control this movement completely. Try a lighter weight at first if you have trouble.

Here are some additional tips:
 ■ Know that a two-part tricep kickback is more difficult than other tricep exercises. Hold the contraction "at the top" for a few seconds before returning downward.
 ■ Do not overdo the size of your weight. You must be in control during every movement in order to achieve proper execution.

Remember your trunk should be in a horizontal position, the back slightly rounded, and knees bent. If you raise your trunk, the exercise becomes easier and therefore less effective.

When learning to do this tricep kickback, you must execute the move slowly. Pause on the arm extended back; check it out by viewing yourself from the side. Slowly bend the elbow and then lower. Make sure you're not twisting your shoulders up to get extra height.
 OK, now get to work. Enjoy!

(Myrna Partrich is co-owner of The Workout Co. in Bloomfield Hills. She is an appointee to the Governor's Council on Physical Fitness and the Michigan Fitness Foundation. Send questions or comments for Myrna to: Myrna Partrich, 805 E. Maple, Birmingham MI 48009.)