March of Dimes Talent Show Slated

Area youngsters are practicing diligently for the March of Dimes talent show slated at 7:30 p.m. Jan. 23 at the multipurpose room of the E. J. Lederle junior high school in Southfield. Children from kindergarten age through the teens have prepared 25 acts. There is no admission charge. Donations will be accepted for the March of Dimes. Southfield youngsters in the show are (back row left to right) Janis Crawford, 19924 Cooley; Debbie Hampton, 22513 Nancy and Martha Juhnke, 22723 Nancy. (Front row left to right) Andrea St. Mary, 22720 Nancy; Sandy Sampeer, 22215 Prosper and Gary Cortes, 25351 Larkins. Mrs. Shirley St. Mary (right) is the producer of the show. Rev. G. Burton Hodgson, 2488 Derby, Birmingham, is the Oakland county chapter chairman.

B'field Hills JHS

Lancers Win Last Two Cage Outings

By CHRIC GRYSON

The Bloomfield Hills junior high Lancers have been victorious in their last two games. The first one played with West Bloomfield Dec. 16 was won by the Lancers 32-12. The second game played Jan. 7 was Lancers 30, Madison 20. The team members include Chuck West, Roy Waters, Roger Stewart, Bill Pettibone, Ted Barrett, Dennis Laughlin, Tim Martin, Fritze Stressen-Reuter, John Scheppe, Tom Fry, Dick Paulson, Art Traverza, Hugh Diamond, Brian O'Neil and Bill Weeks.

* * *

Girls' basketball tryouts were held Monday, Jan. 5 and Thursday, Jan. 8. Those who made the team are Pinky Listman, Judy Geyman, Denise Ashley, Lois Saylor, Kaye Martin, Barb Stelzer, Meredith Plaxton, Sue Pulve, Susan Balmer, Kathy Mitchell, Carol Lindmark, Marcia Rider, Carol Williams and Holly Fry. Practice for this team was held this past Monday, Jan. 12.

* * *

The results of voting for the special group from each grade is as follows: the seventh grade; president is Mark Miller; vice president it Amy Jo Cummins; secretary is Judy Raskins; and treasurer is Bruce Perkins. For the eighth grade: president is Tom Boyer; vice president is Andy Marin; secretary is Cindy Harry; and treasurer is Virginia Van Dyke. For the ninth grade: president is Jim Scott; vice president is Pam Walker; secretary is Kathy Moon; and treasurer is Bob Stressen-Reuter.

Mr. McGuire expresses his hopes that these people will be able to stay after school certain nights to make or cook various things such as apple butter and the like. They could then sell these things and raise money for various wanted school events. These people will begin work very soon.

* * *

Blomfield Hills junior high held its dedication on Sunday, Dec. 14. The ceremony was held at an open-house for all spectators who wished to come.

* * *

The seventh grade girls held their final volleyball games on Thursday, Dec. 18.

Buff Russel and Barry Schriber provided some good entertainment the other day when they sang their version of "Hang Down Your Head Tom Dooley." They each sang and played guitars.

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ACE Meets Tonight At Kimball School

Dr. Guy Hill of Michigan State University will speak on "What it means to be an Educator Today" at the Associaton for Childhood Education dinner meeting tonight at 6:30 in Kimball high school, Royal Oak.

Birmingham schools will be represented by 28 A.C.E. members.

The association is composed of parents, teachers and administrators interested in promoting good practices in elementary schools.

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Medical Mirror

WHAT DOCTORS SAY ABOUT:

Better Health Through Knowledge

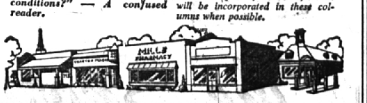
Q. "Please discuss chronic mastitis. Can it lead to something else?"—M.M.

A. "Mastitis" means inflammation of breast tissue. Chronic indicates that the condition has been present for quite some time. Mild breast inflammation, which shows up as a tender spot or lump is often due to repeated slight injury as might be produced by a tight bra. In chronic cystic mastitis there are breast lumps but not much inflammation. The lumps may be of almost any size and may or may not be tender. A fair percentage of breast cancers seem to start in the changes of chronic cystic mastitis. It is very important that any unusual breast conditions be brought to the attention of your doctor. Early discovery and prompt medical advice is a *must* in breast disorders. Knowing this, many women examine their breasts every month or so, just to make sure. For free booklets showing how self-examinations are made write to The American Cancer Society, Louisville, Ky.

Q. "I read a lot about heart trouble and its cause but I am more mixed up than ever. How important is diet, exercise and other things in causing heart conditions?" — A confused reader.

A. You have every right to be confused because there is no simple explanation. Rich diets increase blood fats in some people which, in turn, is thought to be bad for blood vessels, including the coronary vessels that feed the heart muscle. However, there is no absolute proof that this alone causes coronary attacks. Higher than usual blood fats may be just one of many factors. There seems to be some individual or personal susceptibility to coronary disease. This proneness is probably influenced by many things such as heredity, diet, sex hormones, physical exercise (or lack of it), mental stress, and other life situations. What can we do to combat heart disease? As a start we might develop healthier habits and try to live more moderately. However, caution shouldn't be carried to the point of stripping away all incentive or push. Few would suggest that we exist in a continuous state of boredom just so we can live long enough to develop something besides heart trouble.

Answers do not necessarily reflect the opinion of all doctors. The diagnosis and treatment of disease is the function of the patient's personal physician. Questions directed to Science Editors, P.O. Box 396, Madison Sq. Sta., N. Y. 10, N. Y. will be incorporated in these columns when possible.



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Barnum JHS

Water Ballet Tryouts Held at Barnum JH

By PATSY GORDON

Tryouts were held during the week of Dec. 8 for girls interested in becoming members of the water ballet. Mrs. Fairbanks, who sponsors this group, judged each girl on a five-point system. On each stunt the performer was given a rating of either five, four, three, two, or one, depending on the ability shown. The girls with the highest points were chosen and are as follows: Judy Lester, Linne Underdown, Wendy Hutton, Francis Quillian, Sally John, Linda Ryan, Kay Caldwell, Linda McCain, Sue Cork, Wallace Kirkpatrick, Marcia Hutchinson, Linda Purdy, Betty Shelley, Kay Tibbits Kay A'Hearn, Connie Bassett, Martha Kinnison, Kindy Squibb, Claudia Cairns, Chris Howell, Helen Hodner, Holly Knox, Mary Bangs, Julie Francis, Jane Cather, Sue Jobin, Jean Frezelle, Marcia Warren, Lauri Smith, Roxy Peterson, and Sue Crandal.

In order to remain in this group, girls must average C or above, have no 3's and a majority of 1's on their report cards. The theme will be decided upon in January. The water ballet is scheduled to be held early in May.

* * *

Miss Love's first hour ninth grade science class took a field trip to the Cranbrook Planetarium on Dec. 11. This was both educational and enjoyable.

* * *

Nearly eighty dollars was sent to help rebuild the high school in Clinton, Tennessee, as a result of the "Give up a coke for Clinton" drive held in November.

Last Month, "Holiday Forecast," the homemaking fashion show, brought a large turnout. Students of Miss Daniels' clothing classes presented this program at 7:30 p.m. in the Barnum gym for 300 parents and relatives. Cotton skirts, blouses, and aprons were modeled by seventh grade girls.

* * *

The eighth and ninth grade girls made more difficult projects such as jumpers, wool skirts, wool dresses, and night shirts.

The commentators were Peggy Cummings, Phyllis Collins, Jo Fautock, Jackie Brown, Erin Newhouse and Julie Francis.

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