

Friendship is what they're all about Cancer society warns against too much sun

Farmington Neighbors Club wound up its 25th year of making newcomers feel welcome in the community. "Friendship is what we're all about," said Pearl Berres speaking for the group.

In 1955 a group of Farmington women formed the Newcomers Club with a eye toward fostering friendliness and to acquaint the new residents with community people and places. "Only the name is changed," Mrs.

Berres said. "The club has flourished and branched out to embrace some charitable pursuits along the way." During the silver anniversary tea, given in Farmington Community Center this month, about 100 women saluted past presidents and welcomed Bonnie Paiva as president for the coming term.

Vice presidents for the social club are Connie Blazek and Shirley Thiel. Treasurer is Joyce Juza and secretary is Ruth Steggle.

against too much sun

Modesty may have dictated swimwear fashion 50 years ago, but the fair delicate complexion of the turn-of-the-century bathing beauty was protected from the sun's damaging ultraviolet rays.

distinguished by dark brown pigmentation, starting as a mole-like growth, increasing in size.



Gloria Butt (seated) completed her tenure as president of Farmington Neighbors Club presiding over a 25th anniversary tea and welcoming in the group's new officers. From left, Char Price, Connie Blazek,

Joyce Juza, Ruth Steggle and Bonnie Paiva will carry on the club traditions, set in 1955. Mrs. Paiva is the group's new president. (Staff photo by Randy Bors)

MEMBERSHIP in Farmington Neighbors Club is open to Farmington and Farmington Hills residents as well as residents of surrounding suburbs. Meetings take place on the third Wednesday of the month in Glen Oaks Country Club, 36500 13 Mile Road, coupled with noon luncheons and a program.

In addition, the club administers a variety of activities for special interest groups, bridge for fun or tournament play, bowling and golf and a session for those who sew cancer pads.

The club offers a daytime theater group, and a lunch-out activity for members to become acquainted with new restaurants.

"For evenings, our husbands join us for couples bridge. We have a dinners group that meets in the members' homes. There are some special events and parties planned each year," Mrs. Berres said.

"Whether you are new in the neighborhood or have lived here for some time, we invite you to join us," she said. Regular monthly meetings take a summer break until September, but the club has two potluck bridge parties planned; one on July 17 and the other on Aug. 21.

Marnie Ryan will take reservations for the potlucks, from both members and newcomers, at 626-0343. Club membership inquiries will be taken by Ms. Thiel, 553-9477.

Today, sun bathers seek the sun to look young and healthy, when in fact the sun is prematurely aging the skin.

The least damaging effect of over-exposure to sun is painful sunburn, which in turn can cause nausea, fever, blistering and peeling.

Another result, with small but unattractive consequence, is premature aging. The sun weakens the skin's elasticity and causes dryness.

Skin cancer is the worst result of too much sun.

There are three forms of skin cancer. With the exception of malignant melanoma, the rarest form, the overall cure rate for skin cancer is higher than 90 percent.

Basal and squamous cell cancers are direct results of over-exposure to ultraviolet rays. Either of these forms may appear as a pale pearly nodule or a red scaly patch.

The uncommon malignant melanoma, a virulent form of skin cancer, is

"BE ALERT, to any unusual skin condition," said Carol Russell speaking for the American Cancer Society. "Then have it checked by a physician. The only way to fight cancer effectively is through early detection."

Ms. Russell continued, "Since most people are unwilling to give up their sun-centered life style, the American Cancer Society recommends a few things for sunning safely."

The society recommends any suntan product that contains PABA as the best possible cover-up. PABA absorbs ultraviolet rays and allows gradual tanning. Those who are very fair complexioned are advised to apply zinc oxide to their skins before going out in the sun.

The society especially warns against the sun from 10 a.m. to 3 p.m. when ultraviolet rays are the strongest, and during this damage period, no more than 15 minutes should be spent in the sun.

Headquarters for the American Cancer Society in Michigan are at 29500 Southfield Road, Southfield.

N. Comai takes top prize

Farmington Hills resident Nancy Comai walked away from Holy Cross Greek Orthodox Church's Glendi this month \$500 richer. She won the top prize in the drawing that is part of the Greek festival hosted by the church at 25225 Middlebelt Road.

Coming in for four additional prizes were V. Cofield of Detroit, Sophia Demopoulos of West Bloomfield, C. Marrs of Taylor and Jennifer Simon of Detroit.

Chairman for this year's three-day event was Nick Marcos Madias.

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