



### Vying for the crown

The seven contenders vying for the crown and Miss Farmington 1985 are, from left, Torosa Porter, Cherrita Vallance, Gale Gaud, Danielle Drapkin, Rebecca Theobodeau, Tricia Alexander and Kelly Garver. The annual

pageant, which officially opens Founders Festival, begins at 7 p.m. Wednesday in Vladimir's. Tickets at \$8 each are available in Farmington-Farmington Hills Chamber of Commerce, 33201 Grand River.

## Calcium intake suggested to stave off osteoporosis

Close to 20 million people in the United States have osteoporosis or brittle bones, according to the National Institutes of Health expert consensus panel on osteoporosis. Moreover, this condition is responsible for about 1.5 million fractures each year, especially of the spine, wrist and hip.

There are a number of possible causes of this epidemic. A chronically low intake of calcium is recognized as one of the major factors. In fact, to help prevent osteoporosis, nutrition experts are recommending a calcium intake of 1,000-1,500 mg per day.

Most Americans consume only about 450 to 550 mg per day of calcium. This amount is considerably short of even the current Recommended Dietary Allowance (RDA) of 800 mg for most adults.

Consuming more calcium may not only protect against osteoporosis, but high blood pressure or hypertension as well. A number of scientific studies suggest that too little calcium is associated with hypertension. In reviewing the evidence relating calcium to blood pressure, Norman M. Kaplan, from the University of Texas Health Science Center in Dallas recommends in a recent issue of "Annals of Internal Medicine" that for persons with mild hypertension "... the wisest course may be to ensure that intake of the dietary sources of calcium, mainly milk and cheese, not be reduced."

THE BEST source of calcium, according to most nutrition experts and organizations such as the American Society for Bone and Mineral Research, is calcium-rich foods. Dairy foods in particular offer a number of advantages for individuals concerned about in-

creasing their calcium intake. Milk and other dairy foods are the major dietary sources of calcium in the United States. According to 1982 government statistics, dairy foods supplied 72 percent of the available calcium in the U.S. diet. A single eight-ounce serving of milk, whole, low-fat or skim, contains about 300 mg calcium.

This amount of calcium also is provided by one cup of yogurt, 1 1/2 ounces of cheese, two cups of cottage cheese, or 1 1/2 cups of ice cream or ice milk. Not only do dairy foods contain a lot of calcium, but the calcium is readily available to the body. This is because of the vitamin D and lactose content of milk and many dairy products.

Ninety-eight percent of all milk in the U.S. food supply is fortified with vitamin D. This vitamin, in its activated form, helps the body absorb calcium from the intestine.

Many individuals, such as the elderly who are at risk of osteoporosis, are deficient in vitamin D. They may consume few foods rich in this vitamin, such as vitamin D-fortified milk, fatty fish such as swordfish or mackerel, eggs or liver. Additionally, because many of the elderly tend to be housebound, they may have limited exposure to sunlight, another source of vitamin D.

LACTOSE, OR milk's main sugar, also improves calcium absorption. This was recently demonstrated by Ekhard E. Ziegler and Samuel J. Fomon, at the University Hospital, Iowa City, Iowa. These medical researchers showed that lactose significantly improved calcium absorption in infants.

Milk and dairy products may have yet another advantage in protecting

against osteoporosis. In comparing the effects of milk as a source of calcium with calcium carbonate pills in 22 healthy postmenopausal women, Robert R. Recker, from Creighton University School of Medicine in Omaha, Neb., found that milk did not interfere with the natural process of bone renewal, whereas calcium carbonate suppressed this process.

Throughout life, bone is continually being broken down and rebuilt, a process called bone remodeling. If calcium is in short supply when remodeling occurs, the bones will become thin or porous, resulting in increased susceptibility to fractures. Recker's findings, although preliminary, imply that the calcium in milk may be more effective than calcium carbonate, a popular calcium supplement, in repairing microfractures in osteoporotic bones.

While milk and dairy foods are the best source of calcium, some other food sources of this mineral include salmon and sardines with calcium sulfate, collards, kale, mustard and turnip greens, and some combination foods such as cheese pizza and beef taco.

For a free brochure listing foods rich in calcium, write: Dairy Council of Michigan, 30800 Telegraph Road, Suite 3380, Birmingham 48010.

## Uninformed suntanning can be risky

A deep, overall tan has become a badge of status and beauty for many people. What many sunbathers do not realize is that overexposure to the sun's rays can also be dangerous. Malignant melanoma, a form of skin cancer, has the second-fastest rate of increase of any form of cancer in the United States, second to lung cancer, according to the American Cancer Society.

For men and women, the incidence of the skin cancer has more than doubled during the past decade, the society said.

"Melanoma is completely curable when it's discovered in the early stages, however," said Dr. Arthur I. Holleb, senior vice president of the ACS.

Among American women, there were 4.8 cases of malignant melanoma per 100,000 population in 1981, compared to only 4.1 cases in 1970, Holleb said.

AMONG MEN, the incidence "has gone from 4.3 per 100,000 in 1970 to 10.2 in 1981, the last year for which statistics are complete, according to Holleb.

In numerical terms, melanoma is not common, he said. "In 1985, about 22,000 people will develop the disease and 5,500 will die."

With a few exceptions, the risk of malignant melanoma and other cancers of the skin is directly related to sun exposure.

"As people's sunning habits have changed, the patterns of malignant melanoma have changed, too," Holleb said. "Before World War II, the most usual places for skin cancer to develop were the parts of the body exposed during outdoor work — the nose, lips, tips of the ears, the hands and back of the neck."

People who developed skin cancer during that time were mostly farmers, construction workers and others whose occupations kept them out in the sun, he said.

Since that time, the legs of women and the shoulders of men have become common places for skin cancers to begin, Holleb said.

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ASSETS

1. Cash and balances due from depository institutions	1,000,000	1,000,000
2. Interest-bearing balances	1,000,000	1,000,000
3. Securities from Schedule RC-C	1,000,000	1,000,000
4. Federal funds sold and securities purchased under agreements to resell	1,000,000	1,000,000
5. Loans and lease financing receivables	1,000,000	1,000,000
6. Loans and leases, net of unearned income from Schedule RC-G	1,000,000	1,000,000
7. LEAS: Allowance for loss and lease impairment	1,000,000	1,000,000
8. LEAS: Accrued transfer risk reserve	1,000,000	1,000,000
9. Loans and leases, net of unearned income, allowance, and reserve from items 6, 7, and 8	1,000,000	1,000,000
10. Assets held in trading accounts	1,000,000	1,000,000
11. Premises and fixed assets (including capitalized leases)	1,000,000	1,000,000
12. Other real estate owned	1,000,000	1,000,000
13. Investments in unaffiliated companies and associated companies	1,000,000	1,000,000
14. Customers' liability to this bank on acceptance outstanding	1,000,000	1,000,000
15. Intangible assets from Schedule RC-A	1,000,000	1,000,000
16. Other assets from Schedule RC-D	1,000,000	1,000,000
17. Total assets (sum of items 1 through 16)	10,000,000	10,000,000

LIABILITIES

18. Deposits	1,000,000	1,000,000
19. Other liabilities	1,000,000	1,000,000
20. Total liabilities (sum of items 18 through 19)	10,000,000	10,000,000

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