

Newly ordained elder to serve church in Maine

The Rev. Mary Elizabeth Miller, formerly of Farmington, was ordained an elder in the Maine Conference of the United Methodist Church during services Sunday, June 22, at Farmington, Maine.

Miller is a 1972 graduate of Farmington High School and has a bachelor of arts degree from the University of Michigan and an master's from Boston University School of Theology. Her parents are Joe and Margaret Miller, now of Sarasota, Fla.

The newly ordained elder has been appointed pastor of the United Methodist Church of Old Orchard Beach, Maine, where she has served three years as co-pastor. Earlier she was



The Rev. Mary Miller
co-pastor of Hebron United Methodist Church at Attleboro, Mass.

club circuit

WESTSIDE SINGLES meet for a dance party from 8 p.m. to 2 a.m. Friday in Room 1 of Livia, on Schoolcraft west of Inkster. The event is open to all singles over the age of 21.
Admission is \$4 at the door.

MOONDUSTERS meet at 9 p.m. every Saturday in Livonia Activities Center, 15218 Farmington Road. The event is open to all singles over the age of 30.
Admission is \$3.50 at the door, which includes dancing to a live band and refreshments.

MICHIGAN CACTUS AND SUCULENT SOCIETY meets at 2 p.m. Sunday, July 13, in Good Shepherd Lutheran Church, 184 N. Campbell Road, Royal Oak. Guests are welcome at no charge.

Program for the afternoon is a slide show presented by Pat Dean that portrays the exotic members of the cactus family, as well as select specimens of the more common plant in this family.

WOMEN'S AGLOW FELLOW-SHIP, Farmington Chapter, meets at 8:15 p.m. Monday, July 14, in Sveden House, located in Farmington Plaza on Grand River west of Orchard Lake Road.

Speaker for the evening is Sharon Lee Gates, who uses a black light case for an "Inspirational Chalk." The speaker was diagnosed as having acute spinal meningitis and encephalitis that caused paralysis and blindness for nearly two years. Later she suffered rheumatoid arthritis. In both instances she was healed through prayer.

Today she is an award-winning artist, whose paintings hang in numerous church ministries and in colleges in 55 countries in the world. She has traveled to Greece, Holland, Jordan, Africa, Egypt, Mexico and the British West Indies demonstrating her art.

All meetings sponsored by the chapter are open to all church women in all surrounding communities at no charge.

Chapter members will be walking in Founders Festival Parade Saturday, July 19, with a float. They will also tent a booth during festival days to tell festival-goers about Women Aglow, an international organization.

KIWANIS CLUB OF FARMINGTON meets at 6:30 p.m. Tuesday, July 15, in the Elks Club, on Orchard Lake Road, north of Grand River.

Speaker for the evening is Robert Christ of Executive Office Supply. His topic is "A Practical Way of Keeping Fit." Christ is an early morning athlete who keeps trim with exercise before opening shop every morning.

Guests are welcome to make dinner reservations with Lloyd Smith by calling him at 474-2431.

LaLECHE LEAGUE, Farmington-Southfield Chapter, meets at 7:30 p.m. Wednesday, July 16, in the home of Beth Johnson, 33750 Edmonton, Farmington Hills. The meeting is open to all women interested in learning about breastfeeding their babies.

Inquiries are taken by calling LaLeche League's central phone, 382-2800.

Chapter members will be walking in Founders Festival Parade Saturday, July 19, with a float. They will also tent a booth during festival days to tell festival-goers about Women Aglow, an international organization.

Admission is \$3 for each event.

SOUTHEAST MICHIGAN ASSOCIATION OF KIDNEY PATIENTS and Henry Ford Hospital's Renal Awareness Program sponsor a dinner followed by a lecture and discussion at 5 p.m. Thursday, July 17, in Henry Ford Hospital's Clara Ford Pavilion, 2799 W. Grand Blvd., Detroit. The event is open to all kidney patients at no charge.

The lecture this month is called "Insomnia, What To Do About It." Inquiries are taken by Dorothy Schaefer or Jane Dehart, 876-2709.

All club news and announcements for this column are to be addressed to Club Circuit, Farmington Observer, 33203 Grand River, Farmington 48024. The information must arrive before noon on the Monday before Thursday publication.

'Summer Fun' is theme for exhibits

"Summer Fun" if the theme for the exhibits in Plymouth Historical Museum.

A fishing exhibit from the 1920's and sea shell collection from around the world are some of the items on exhibit.

There is a special exhibit of "Coca Cola" items. Coke was first sold as a medicinal drink to relieve headaches, mental and physical exhaustion in 1886. In the 1920's and '30s coke was served as a soda fountain drink. Trays were made each year depicting the clothes and important events of that year. In 1931 the first Santa memorabilia was manufactured.

The exhibit includes many trays, and 1895 urn used in soda fountain, toys and games, many Santa items, change trays found by cash registers until the 1920's, and bottle openers.

The Plymouth Historical Museum, 155 South Main Street in Plymouth, is open to the public from 1-4 p.m. Thursday, Saturday and Sunday. Admission is \$1 for adults; 50 cents for youth and 25 cents for children.

Summer sun can be a killer

By Julie Brown
staff writer

HEATSTROKE REQUIRES prompt medical attention. The condition can result in heart attack, stroke, bleeding disorders, liver or kidney failure, abnormalities in body salt and potassium levels, seizures — and even death.

"All these things can happen while they're treating you for heatstroke," said Dr. Gail Dawson, medical director of McAuley Urgent Care at the Arbor Health Building in Plymouth. "It's a true medical emergency. It kills people."

An estimated 4,000 people die in the U.S. each year as a result of heatstroke, she said. It's the second most common killer among athletes, following head and neck injuries.

Certain preventive measures, however, can reduce the likelihood of heatstroke developing, Dawson said during a Monday afternoon program at the Arbor Health Building. The program, offered by the Catherine McAuley Health Center, covered prevention and treatment of heatstroke and other heat illnesses.

Acclimatizing or getting used to the weather in hot, humid climates is important, Dawson told those at the program.

ALTHOUGH MICHIGAN doesn't have as much hot, humid weather as some other states do, just one 90 degree day can cause problems for Michiganders.

"You're not acclimated, you're not used to that," Dawson said. "You need to give your body time" to adapt to the weather.

It's important to limit exercise in hot, humid weather, she said, and to

rest frequently. Light, loose clothing is the best during the summer months.

Plenty of fluids should be consumed. It's important, however, to avoid alcohol consumption in hot, humid weather.

Several signs indicate that an individual may have heatstroke. A high fever, near 105 degrees, develops. The skin will be hot and dry, with an absence of sweating or reduced sweating.

Other signs of heatstroke include weakness, confusion, vomiting and difficulty in speaking.

The following steps should be taken if an individual appears to have heatstroke:

- Try to arouse the individual. Feel the skin.
- Call for emergency medical help.

If the individual can move, get him or her into a cool environment. Cool the skin with cold, wet sheets and an ice water sponge bath. Massage the arms and legs frequently to improve circulation.

CERTAIN PEOPLE are more likely to develop heatstroke, Dawson told those at the Arbor Health Building program. The elderly and the young are more likely to become victims.

Exercise and other exertion, particularly in hot, humid weather, also make heatstroke more likely. Alcohol, infection, agitation, obesity and heavy clothing increase the likelihood of heatstroke developing.

Certain medications, such as diuretics, also increase the likelihood of heatstroke developing. Stroke victims and those suffering from cardiac disease are at a greater risk.

Children may develop heatstroke

if they're out in the hot weather for too long, Dawson told those at the Monday program. Children should not be left in cars while their parents run errands.

"You've got to be real careful to give them rest and adequate ventilation," Dawson said.

Several other serious heat illnesses were also covered during the Monday program at the Arbor Health Building.

Heat cramps — painful contractions of muscles — can develop if an individual loses salt as a result of exercising strenuously in hot weather.

"That's a very common benign disorder," Dawson said. The treatment for heat cramps includes rest in a cool environment and replacement of lost salt, generally from a cool juice drink.

HEAT SYNOPE, or fainting, can also appear in an individual who is not used to the hot, humid environment. Once again, the treatment is rest in a cool environment.

Heat exhaustion can also develop as a result of water and salt depletion. It is often seen in older people who are on diuretics.

Its symptoms include weakness, dizziness, headache, vomiting and

anxiety. The skin will be pale and clammy.

Treatment of heat exhaustion includes rest in a cool environment and replacement of lost salt and water.

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An estimated 50 million adults — most of them elderly are at risk of contracting influenza and pneumonia, diseases that can reach epidemic proportions.

The others are:

- Hepatitis B: There are thought to be 400,000 to 800,000 infectious carriers of the hepatitis virus in the

United States.

• Measles (Rubeola): The adult population remains susceptible to measles. Outbreaks on college campuses have caused rising concern among public health officials.

• German Measles (Rubella): Rubella is a common disease that can cause central nervous system complications in adults and other diseases in children. The real threat is to unborn children.



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Holy Cross auxiliary elects new officers

Jane Mitchell, a resident of West Bloomfield, has been elected president of the Ladies Auxiliary of Holy Cross Greek Orthodox Church in Farmington Hills. Her vice president is Egli Skourtes of Southfield.

Other newly elected officers are Maria Koutouras, Joan Manolukas and Audrey Kourakis, all of Farmington Hills.

The Greek Orthodox Ladies' Society, organized in 1931, is a primary

mainstay organization in Greek Orthodox parishes throughout the United States and Canada. Its main function is to provide moral and financial assistance whenever possible, whether it concerns children, adults, places or purpose in the Greek Orthodox community.

The newly elected officers will receive their oath of office in September in the church at 25225 Middlebelt.

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