Dental Health Month

Some cheeses found to be tooth-saving foods

Less well known is that some cheeses protect against this disease reports the Dairy Council of Michigan.

It's well known that sugar promotes tooth decay, particularly if it is beneficial. Cheese also is particularly and in a sticky form such as caramels or raisins.

The well known that sugar promotes the sugar promotes as the sugar promotes and the sugar promotes as the sugar promotes as

cheeses protect against this disease reports the Dairy Council of Michigan.

What makes specific cheeses tooth-saving foods is unknown. However, several recent lindings are shedding some light on this question. Aged cheddar, Swiss and Montery Jack Reseases appear to counter the part of the property of the Michigan Counter the process of the Michigan Counter the Co

cxposed tooth searchers.

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The cxposed tooth searchers with the case of the case of the case of the ability to protect against tooth decay will develop.

Eating cheese sumulates the flow of saliva in the mouth. Saliva can be thought of as nature's tooth brush because of its ability to protect against tooth decay. But this is not the only explanation for cheese's protective effect.

Another recent study at the University of Rochester has a composition of the case of t

dental health.
Consuming a nutritionally balloced diet made up of a variety of foods in moderation from the four flood groups is crucial to the health



Schalm-Armistead

SCHAIM—ATTHISTEAD
Mr. and Mrs. Edward Schalm of
Fainington Hills announce the engagement of their daughter. Relly
ann, to Patrick Timothy Armistead,
son of Mr. and Mrs. Robert Armistead of Farmington Hills.
The bride-to-be is a graduate of
Farmington High School, employed
with Corrosion Fluid Products Corp.
in Farmington. Her fiance is a graduate of Hartland High School in
Hartland, Mich. and a student at
Oakland University majoring in accounting.

counting.

An August wedding is planned in Trinity Episcopal Church, Farmington Hills.

Dance ensemble stops on tour

Farmington Hills is among a se-lect group of Michigan communities chosen to host music, dance, theater and other arts programs from Inter-lochen Arts Academy this year.

Current plans include a performance by the Academy Dance Ensemble at 7:30 p.m. Tuesday, March I, in the Parnungton High School auditorium.

The group's appearance is part of the Interlochen Outreach Tour 1987-88, funded with the support of the Michigan Council for the Arts, under its "Show-On-The-Road" program.

have presented more than 1,200 per-formances in nearly 300 communi-ties through the outreach program.

Fifteen miles southwest of Traverse City, Interlochen Arts Academy is situated between two glacial lakes on a wooded, 1,200-acre campus in northwestern lower Michigan.

Founded in 1982 by the late Dr.
Joseph E. Maddy, the arts high
school has 430 students in grades 912, and provides a college preparator
ty training program in music, art,
dance, theater, creative writing and
stage design and production.
The academy, the summer Nation
all Music Camp and Wild-AFM line
arts radio station comprises Interiochen Center for the Arts.
Academy Award-winning actress

Baxter-Birney, CBS personality Mike Wallace, and Lorin Maazel, former conductor of the Cleveland Symphony and Vienna State Opera, are among the celebrated Interlo-

chen alumni. For more information about the

On Oct. 19, 1781, the British General Cornwallis surrendered at Yorktown, Virginia, thus ending the Revolutionary War. The Quakertown Chapter Daughters of the American Revolution honors these brave men

Interlochen Outreach Tour or Inter-lochen Center for the Arts, contact 616-276-9221.

Exercise classes are on-going

Debra Hoppe leads prenatal and postpartum exercise classes every saturday moraing in Providence Hospital's Nova Center, on 10 Mile near Haggerty. The classes are ongoing Farticipants can enroll at any ame by calling Hoppe at 478-1047. Hoppe is a member of International Dance-Exercise Association and is certified by the International Dance-Exercise Association Foundation





Margie Guyot's self-portrait is at left. The pencil drawing above is the work of Carol Hansen. Both are on display in Farmington Branch Li-

Artists show their work in library

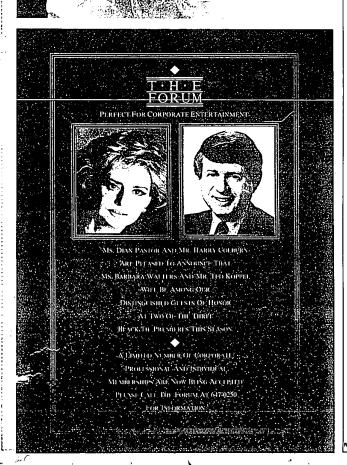
Carol Hansen and Margie Guyot join tneir work for a two-waman show in Farmington Branch Library that will run through Feb. 29.
"Simply put," Hansen says, "art is written will be the same of the UAW-Food Educational Training to High School, she attended and the same of the work shows.

GUYOT WAS born and raised in how statement of the work shows and the same of the work shows.

GUYOT WAS born and raised in how statement of the work shows and states rural areas and shows of more statement of the work shows has an unsued to the UAW-Food Educational Training to High School, she attended many different colleges and is now winding up her education at the states rural areas and shows of more shown in the landscape artists Jack Hines and Jessica Zemsky.

GUYOT WAS born and raised in the work shows has shown and raised in var-spent much of her childhood in the state's rural areas and shows the state in her should be shown in the library was painted that state's rural areas and shows the state of the work shows has an unshould the work shows and Jessica Zemsky.

All of the work shows has on display this month in the library was painted that state's rural areas and shows the state of the work shows has an unshould the work after work as a manufed of avarids. She's received the town in the state in the art of the work shows has an unshould the work after work as a name of the work shows has an unshould the work after work as a manufed of avarids. She's received the town in the UAW-Food Educational Training to the U







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