

Dental Health Month

Some cheeses found to be tooth-saving foods

It's well known that sugar promotes tooth decay, particularly if it is eaten frequently between meals and in a sticky form such as caramels or raisins.

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

What makes specific cheeses tooth-saving foods is unknown. However, several recent findings are shedding some light on this question. Aged cheddar, Swiss and Monterey jack cheeses appear to counter sugar's harmful effect on teeth said Dr. Charles Schachtele, a University of Minnesota microbiologist. Studies carried out by Schachtele have shown that when these cheeses are eaten before or after sugar, less tooth decay will develop.

Eating cheese stimulates the flow of saliva in the mouth. Saliva can be thought of as nature's toothbrush 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 shown that

even in the absence of saliva, cheese is beneficial. Cheese also is particularly protective against decay that develops on the root surfaces of teeth, said Dr. William Bowen, one of the authors of the study.

THESE FINDINGS are especially important for elderly people, who, because of disease or use of medicines, have less saliva. In addition, older people are the most likely to develop cavities in exposed tooth roots, according to the Rochester researchers.

Cheese's beneficial effect also may be explained by decay-inhibiting factors in this food, say University of Toronto dental researchers Dr. M.F. Silva and colleagues in the "Journal of Dental Research." They say calcium in cheese may prevent the loss of minerals from teeth. Alternatively, calcium in cheese may favor restore minerals in teeth, making teeth more resistant to decay.

While certain cheeses are being singled out for their ability to protect teeth, it's important not to overlook the role that total diet makes on

dental health.

Consuming a nutritionally balanced diet made up of a variety of foods in moderation from the four food groups is crucial to the health

of teeth and gums.

In addition to diet, good dental health depends on daily brushing and flossing of teeth and regular visits to the dentist.

Dance ensemble stops on tour

Farmington Hills is among a select group of Michigan communities chosen to host music, dance, theater and other arts programs from Interlochen Arts Academy this year.

Current plans include a performance by the Academy Dance Ensemble at 7:30 p.m. Tuesday, March 1, in the Farmington 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.

In January, more than a dozen Academy groups will have spent up to six days traveling and presenting programs across the state.

Since 1974, academy students

have presented more than 1,200 performances in nearly 300 communities 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 1932 by the late Dr. Joseph E. Maddy, the arts high school has 430 students in grades 9-12, and provides a college preparatory training program in music, art, dance, theater, creative writing and stage design and production.

The academy, the summer National Music Camp and WIAA-FM line arts radio station comprises Interlochen Center for the Arts.

Academy Award-winning actress Linda Hunt, television star Meredith



Schalm-Armistead

Mr. and Mrs. Edward Schalm of Farmington Hills announce the engagement of their daughter, Kelly 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.

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

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

For more information about the

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

Cornwallis surrenders

On Oct. 15, 1781, the British General Cornwallis surrendered at Yorktown, Virginia, thus ending the Revolutionary War. The Quakerstown Chapter Daughters of the American Revolution honors these brave men who sacrificed their lives to bring us a new nation.

Exercise classes are on-going

Debra Hoppe leads prenatal and postpartum exercise classes every Saturday morning in Providence Hospital's Novi Center, on 10 Mile near Haggerty. The classes are on-going. Participants can enroll at any time 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.

Artists show their work in library

Carol Hansen and Margie Guyot join their work for a two-woman show in Farmington Branch Library that will run through Feb. 29.

"Simply put," Hansen says, "art is my life. Everything I do revolves around some aspect of art."

The multi-media artist works in oils, intaglio, ceramics, pastels, prismacolor. After graduation from Farmington High School, she attended many different colleges and is now winding up her education at University of Michigan, student-teaching art in Tappan Junior High in Ann Arbor.

"I've been interested in art for as long as I can remember," she said. "I was about 6 or 7, lying out in the grass in my yard on Orchard Lake Road, when I can remember being very frustrated because a caterpillar wouldn't stay still so I could draw

him with my crayons."

Since that time she has received recognition in countless shows, has become known here for her pet portraits and is a regular participant in Farmington Founders' Festival art shows.

GUYOT WAS born and raised in Iowa, spent much of her childhood in that state's rural areas and shows her love of nature in her landscapes.

She graduated summa cum laude from Morehead State University in Kentucky with a degree in music education and for several years toured as a saxophonist in a road band.

Now a resident of Farmington, Guyot squeezes in time for her art work after work as an assembler in Ford's Wixom plant by limiting her-

self to five hours of sleep a night. She has used scholarship funds from the UAW-Ford Educational Training Program to study with wildlife artist Robert Bateman landscape artist Clyde Aspejiv and artists Jack Hines and Jessica Zemsky.

All of the work she has on display this month in the library was painted on location.

Guyot is relatively new to the art world, but nevertheless has amassed a number of awards. She's received awards for entries in the Helen DeRoy Competition, Michigan State Fair shows and Birmingham's "Our Town." Her work has been published in Wildlife Art News.



Both artists are members of Farmington Artists Club. Farmington Branch Library is on State and Liberty streets.



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 Library.

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