

OBITUARIES

SALLIE C. MCCURDY

Mrs. McCurdy, 72, of Farmington Hills died July 8.
Mrs. McCurdy was a World War II veteran and a retired postal worker in Farmington.
Survivors include her son, Ray;

daughters, Kathryn Darcy, Vicki Shikila and Sue Chast; brothers, T.P. Rasley, sister, Betty Stanifer; four grandchildren.

Memorials may be made to the Alzheimer's Association.

Arthritis Today

Joseph J. Weiss, M.D. Rheumatology
18829 Farmington Road
Livonia, Michigan 48152
Phone: (810) 478-7850



HORMONES FOR OSTEOPOROSIS

Why does your doctor start one woman on estrogen to prevent osteoporosis, but take another woman not to bother?

The reason is because there are two types of osteoporosis. The first type is called postmenopausal osteoporosis. The second variety is known as senile osteoporosis.

Postmenopausal osteoporosis affects the bone of the back. Senile osteoporosis concerns such things and adds the long bones such as the femur to the structures at risk.

Postmenopausal osteoporosis can be slowed by hormone therapy. Nothing to date stops senile osteoporosis. The best therapy for both types is prevention.

Bring along: thick bones to old age. Keep active at all times. Exercise with reasonable stress of calcium stimulates bone modeling. This effect occurs most successfully in your first 21 years, but activity influences bones even into the tenth decade of life.

Be aware that extra calcium does not help and may harm. The body needs only 500 mg. - 1000 mg. of calcium a day. Any more goes out in the urine or stays in the kidney stones.

The role of other medications such as prosthonone, vitamin D, and calcium is untested and your physician is correct not to routinely undertake such therapy.

BY LARRY O'CONNOR

STAFF WRITER

Highmeadow Common Campus Principal Barbara Reams is taking her new job a page at a time.

Reams, 54, has been named to head the Farmington Public Schools' magnet school. Her appointment was OK'd by the Farmington Board of Education at a recent meeting.

Since she's been hired, the Pinckney resident has been busy leafing through Highmeadow's yearbook.

"I'm trying to match the teachers' faces with the names," Reams said. "I know how good it feels when someone remembers your name."

Placing names and faces isn't the only way she's preparing for the assignment. She's met with outgoing principal Jan Colton—who is transferring to Hillside Elementary—to get the lowdown on the Highmeadow way.

The job comes with high expectations.

Highmeadow students score ex-

ceptionally well on Michigan Educational Assessment Program and Comprehensive Tests of Basic Skills exams. Highmeadow was named a national exemplary school in 1994.

Highly sought-after openings are filled through a districtwide lottery system. The program is considered a district model.

Also, Colton has been in charge of Highmeadow since its inception. Not everyone was pleased with the initial news of Colton's transfer, especially parents.

"We've come to grips with it," said Highmeadow PTA president Almee Ergas.

Ergas pledged PTA support for the new principal at Monday's board study session. She has a gut feeling Reams can maintain Highmeadow's family atmosphere and excellent standing.

"It's a combination of things," Ergas said. "(Reams) seems extremely professional. She's done some wonderful things at the school she was at before.

"She's also a very warm person."

Like her predecessor, Reams has her own success story. She is a medical professional turned teacher turned administrator. The Pinckney High graduate worked four years as a medical assistant at the University of Michigan Medical Center.

At the same time, Reams was volunteering at her son's school.

"The more I did with the children and the more I did at school, the more I wanted to be there," Reams said.

Reams subsequently went to Eastern Michigan University, where she earned her bachelor's, master's and specialist's degrees.

For four years, Reams was a classroom teacher for grades three and five in Pinckney.

She was appointed principal at Village Educational Center in 1983 and moved to Country Elementary as headmaster for seven years. She has been principal at Farley Hill Elementary for three years.

Pinckney schools have experienced turmoil in recent years. The superintendent was fired, and the district struggled with privatizing custodial and bus services.

The district didn't have a cur-



Barbara Reams

riculum director. Instead, Reams and other staff developed one. Reams also served as district liaison for administering Public Act 25.

She's looking forward to focusing on one role at Highmeadow. "I don't have a problem putting in the extra effort," she said. "I do like new things. I look forward to learning a lot. These people have together a wonderful program."

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- attraction to wrong people/jobs
- anxiety/depression
- saying yes when you mean no

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Physical Therapy & Sports Medicine

By Richard W. Allen, PT, A.C.S., S.S.

MIDSOLE SEARCHING

Business men want to rethink their strategy of purchasing footwear. They are looking for a way to improve the health of their knees. According to a study out of the University of Massachusetts, running shoes with firm midsoles are best at saving the knees.

Researchers at the university's biomechanics laboratory found that running shoes with soft midsoles (the part of the shoe directly under the foot that cushions impacts) do little to protect the knees from strain caused by long runs.

But midsoles with a certain degree of firmness (half of the soft up on impacts) while hard midsoles perform much better.

Far too often, runners are told to buy a new pair of shoes every year. But if you're a runner, you can save your body a way of telling you that something is wrong. Why not schedule an appointment with MIDDLE PHYSICAL THERAPY & SPORTS MEDICINE, P.C. and give us the opportunity to suggest methods for alleviating pain, weakness, and other injuries associated with running. Our programs are designed to treat a variety of patient problems including orthopedic and sports related injuries as well as personal and industrial injuries. We are located at 3350A Eight Mile Road, Suite A, Farmington Hills, MI 48334. 478-7110 to make an appointment or to inquire about our program.

P.S. To preserve your knees, runners should look for running shoes with midsoles made of firm polyurethane in a "bump" or "bump" style. They should avoid shoes with soft, spongy ethyl vinyl acetate.

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THE
Observer
NEWSPAPERS

Farmington Observer

ISSUES 182-840

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