

Singing may lengthen life

Even if you can't carry a tune or hit the high notes, go ahead and sing anyway, no matter what the music critics say. The results of a new study suggest that the more you sing, the longer you may live.

"You can sing your way to healthy lungs as you grow older," was the result of a study presented at the annual meeting of the American Lung Association — the Christmas Seal People — and its medical section, the American Thoracic Society.

Researcher, Kathy A. McCormick of Gerontology Research Center, National Institute on Aging, and the University of Maryland, Baltimore, has shown in her study that professional opera singers have stronger chest wall muscles and that their

hearts pump blood better than those of otherwise normal non-singing adults. This may help explain why professional singers often outlive non-singers by 20 years or more.

Twenty members of the New York City Opera Company, between the ages of 28-65, were examined for lung and heart function during sustained deep, diaphragmatic breathing. It was found that their hearts worked more efficiently in pumping blood and that their heart rate was lower than a group of non-singers, all under the age of 40.

IT WAS also noted that some of the singers smoked and some never engaged in physical conditioning ex-

ercises. Regardless of these factors, the group as a whole were able to maintain diaphragmatic breathing with large lung volumes during testing.

"The cardiopulmonary differences were similar to those seen between conditioned athletes and untrained subjects during exercise testing," stated Dr. McCormick.

The results of this study indicate that the normal decline of heart and lung function due to aging can be slowed down by singing. It was also found that smoking and a sedentary lifestyle in the non-singers will accelerate this normal rate of decline.

According to McCormick, "Singing is a conditioning exercise of the muscles of respiration. It very effi-

ciently tones up the chest wall muscles in a manner similar to swimming, rowing and yoga."

The American Lung Association, its affiliates and its medical section, are dedicated to the control and prevention of all lung disease and related causes such as smoking, outdoor and indoor air pollution and occupational lung hazards.

The American Lung Association of Southeastern Michigan (ALASEM) through donations to Christmas Seals, is able to provide more than 40 free community health services to citizens in Wayne, Oakland and Macomb counties. For more information about those services or about lung health, call 961-1697.

New cross

The Rev. S.J. Anthony of the Holy Cross Greek Orthodox Church in Farmington Hills admires a cross recently erected at his church. The 2,000-pound iron figure is constructed of one-half-inch iron plate and incorporates both the traditional and modern elements of the Orthodox cross. The cross was donated by the Holy Cross Ladies Auxiliary, who raised the needed \$10,000 over 2½ years through local bake sales and rummage sales.

Local players win

Bridge player Beverly Kruger, a Farmington Hills resident, placed first in the Jack Oki Pairs for players with 0-50 masterpoints in the summer North American Championships played late last month in Toronto. Ontario Her win was made in a field of 100 players who came from throughout the U.S. and Canada.

All told, about 10,000 players competed in the summer games.

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How A Small Community Came To See The Light At The End Of The Tunnel.



A few years back, the not practically craved in on the people who lived in this small mining community.

The mine had been shut down. Putting half the town out of work. And taking away a livelihood that had been a way of life here for decades.

Considering that miners all across America were struggling with all the same kind of problems, there did not seem to be even the slightest ray of hope left to the town. Problem was, just like the miners could not afford to go much longer without work, the company could not afford to reopen the mine. Much less run it profitably enough to keep it up and running, as it had before.

But when the State of Michigan got the miners and the mining company together, people began to see things in an entirely different light.

So when they figured out a way to reopen the mine, we pitched in to help figure out a way to finance it.

Today, the mine is open again. The miners have gone back and reclaimed their jobs.

And even though there's still some hard work ahead for everyone concerned, the entire town is beginning to see a much brighter future for itself.

At First of America Bank, we all take special pride in what this small community achieved just by digging deep inside themselves for answers.

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