

Angels from page 13A

The trouper had especially good timing, because Bollin was on her way to take her daughter to a long-awaited doctor's appointment.

Observer photographer Sharon LeMieux told all the people we met about how a stranger came to her way to take her daughter to a long-awaited doctor's appointment.



Lynn Leber



Beth Rodriguez



Sharon Bollin



Lori Walton



Donald Payne



Sylvia Wasson

Column from page 13A

don't have a chance to say "thank you" adequately.

The Farmington Observer Community Life section will feature your stories about how strangers turned bad days into good ones, or maybe, changed

your lives in profound ways. Please write us at Farmington Observer, 33411 Grand River Ave., Farmington 48335 and tell us your stories of random acts of kindness. Each story will be another affirmation of the good that surrounds us.

Troop recognizes skills of scouts

"Scouting has aroused my interest in United States history, provided me with skills to use in non-Scouting areas, allowed me an immense appreciation for the environment, given me direction, and helped me to know who I am."

— O. Joseph Lenz III, Eagle Scout

On June 4, at First Presbyterian Church, Troop 179 awarded Scouting's highest rank — Eagle Scout — to O. Joseph Lenz III, a senior at North Farmington High School.

In his high school career Lenz has been a four-year percussionist in the NFHS orchestra, symphony, marching band and percussive ensemble. He has performed in national competitions in Boston, Toronto, and Washington, D.C. An avid bicyclist, he has completed two Pedal Across Lower Michigan (PALM) rides, and cycled up the eastern coast of Michigan in the Shoreline ride, which ended north of the Mackinac Bridge in St. Ignace.

Lenz's Eagle Service Project was fulfilled at Maybury State Park. On the Mountain Biking Trail, he designed, crafted and installed six wooden benches, four wooden bike posts, and a 6-by-3 foot map of the park.

What he gained from the Scouting program was equal to what he put into it, and as his statement

reflects, it continues to be a rich and rewarding relationship.

The Troop Court of Honor recognized other scouts for their progress and achievements. Advancing to the Scout Rank of Life was Matt Rick. The Scout Rank of Star was reached by Terry Tower and Eric Johnson.

First Class was attained by Robbie Gavin, Matt Omer, Kyle Shull, Bryan Campbell, Tony Moran and John Trummer. Tenderfoot was awarded to David Best, and Scout rank was awarded to Sean Newton, Keith Kriner, Sean Montgomery, Jon Smith, Eric N. Johnson, Matt Cox, Don DuChene, Nick Schoeps, Gary Yee, Curtis Nichol and Peter Mousensu.

Merit Badges were awarded to Matt St. Charles, Brad Cox, Terry Tower, CJ Sinar, Scott Montgomery, Eric Johnson, Andrew Campbell and Dan Shea.

BSA Troop 179, one of Clinton Valley County's most active and successful troops has been in existence for over 30 years. Their leadership development is highly regarded as they have won many awards, attended National Jamborees, served as the Governor's Honor Guard at Mackinac Island, and been recognized by the Council for their high level of parent involvement as leaders and Assistant Scoutmasters.

Warning: Sun worshippers beware of rays

■ Sun worshippers know there's danger if they get too much of those rays, but here's a reminder from area dermatologists about what can be the long-term effects when you stay in the sun too long.

BY ETHEL SIMMONS
STAFF WRITER

Because she has a sun allergy, which can cause a rash, Joan Fascetti has been treated for skin problems before. Now she also has developed pre-cancer spots on her hands, "sun damage from golfing," she said.

Fascetti is office manager at Birmingham Dermatology at Medical Village. She has just started treatment there with dermatologist Dr. Lori Haddad. "I'm working at the right place," Fascetti said with a laugh.

Haddad explained that the pre-cancer spots, known as actinic keratoses, are "rough, dry, red, scaly patches." Treatment consists of applying an anti-pre-cancer cream that brings out the spots. "It treats them and cures them." Or, liquid nitrogen can freeze them off.

Fascetti said she has friends who have had the same condition. "It looks worse before it gets better," she pointed out. Some spots that aren't visible are brought out by the cream, which then gets rid of them.

Sunscreen a must

"I golf all the time," Fascetti said. She and her husband, who live in Commerce Township, belong to the Twin Beach golf club in West Bloomfield. "I put sunscreen on my face before I go out," she said. When she gets to the golf course, she applies sunscreen on other exposed areas such as neck, ears and arms.

People like to get out in the sun, but it's dangerous, we've learned. Dermatologist Haddad says her goal is to educate the public. Both natural sunlight and tanning beds can cause damage leading to skin cancer, she stressed.

"I love the sun, too. I used to lay out with baby oil and iodine," she said. But Haddad wants everyone to take the proper precautions, staying undercover — avoiding the sun between 11 a.m. to 2 p.m., protecting yourself with sunscreen at least No. 15 or higher, and wearing hats and long-sleeved shirts. She gives patients brochures from Frogwear, an Arizona company that makes clothes with built-in sunscreen. This apparel is especially desirable for children, Haddad said.

When it comes to the summer sun, don't stay out too long, particularly if you're someone with fair skin, such as a blue-eyed blond. "The key to everything is moderation," she pointed out.

Handling out her business card, Haddad said, "You'll notice I have the sun on my card." Sure enough, a golden man-in-the-sun is shown. She has done that to emphasize her byword, "Be sun smart."

Ultraviolet rays

Natural sunlight contains two types of ultraviolet rays — UVB and UVA. "B are the burning and A are the tanning," she said. Tanning beds may have A, B or both, and both can cause harm, with the deeper damage from the tanning, Haddad said.

Not all sunscreens contain protection from both UVA and UVB rays. Two brands she recommends — Shade and Pro-Sun — do contain both. Others check the product label to be sure.

She also recommends an annual skin exam to look for, or guard against, the three types of skin

cancer related to the sun. Melanoma is the most deadly and can start from a mole or on its own. "The sun increases the chance tremendously and can turn them malignant," she said.

Basal cell carcinoma is the most common type of skin cancer. "It can go as deep as your bone." The second most common type of skin cancer is squamous cell carcinoma, which can also penetrate internal organs.

"All three are influenced by the sun, but there is also a hereditary factor, especially with melanoma," she said.

Cosmetic changes from the sun include uneven pigmentation (dark or white spots, or freckling) and premature aging (wrinkling and sagging).

Of course, the sun does have some positive effects. It stimulates vitamin D, which promotes strong, healthy bones, and helps to prevent osteoporosis, she said. It also helps patients with eczema and psoriasis. "We give artificial light to them. We tell them to get sun."

Peeling, planing

Most of the patients Dr. Constantin Predeteanu sees at the Institute Predete in Troy have skin that has been damaged by the sun. Peeling and dermabrasion are methods the Romanian-born dermatologist uses to rejuvenate the skin.

Because of overexposure to the sun, "After 30 years of age they already start to have wrinkles and a change in the skin on face and hands," he said. "Rough spots and the color getting yellowish" may exist.

The best "treatment" is to avoid damage by staying out of the sun when natural UVB is most intense, he said. Predeteanu urges adults to teach kids not to be exposed to the sun and to use sunscreen during the day.

People enjoy outdoor leisure activities and sports, and vacations in sunny climates, but overdoing life on the sunny side may add up to permanent skin damage, he stressed.

Has your Mom had a mammogram?

The risk of breast cancer increases with age. It is one of the leading causes of death among women 65 and older. Early detection through regular mammograms could prevent many of these deaths. Yet as women get older, they are less likely to get mammograms. Has your Mom had a mammogram? If not, encourage her to get one. It might be your chance to give her good advice.

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