

CHAT ROOM



LISA STARKEY

Decreased estrogen level – midlife concern

Heart disease is the leading cause of death in middle-aged and older women. The biggest risk factor women encounter is decreased levels of estrogen in the body after menopause. The risk is increased for those women who may already have an inactive lifestyle, high blood pressure, high blood sugar and elevated cholesterol levels.

Most women experience menopausal symptoms such as hot flashes – feeling of intense heat, profuse perspiration, and a flushed face. What women do not feel is the changes going on inside the body.

The hormone estrogen acts like a protective shield to the arteries that supply blood and oxygen to the heart. Estrogen prevents occlusions inside these vessels, lowers total cholesterol and lowers low-density lipoproteins (the bad cholesterol). Estrogen also helps to increase high-density lipoproteins (the good cholesterol). The lack of this protective agent places women at serious risk for heart problems.

Be aware of risks

Women need to be aware of the risks that are involved with taking Estrogen Replacement Therapy. A number of studies have shown an increase in endometrial cancer in postmenopausal

Please See CHAT ROOM, B2

Concert launches new era for mansion

■ Saturday Aug. 28 Rufus Harris will be singing spirituals in the gazebo at Warner Mansion. Everyone is invited to the free show and community picnic.

BY TIM SMITH
STAFF WRITER
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With an Ovation Celebrity guitar in hand, Rufus Harris looked out from the steps of the Warner Mansion gazebo and played a few striking chords from "Who is Like Him," one of his newer songs.

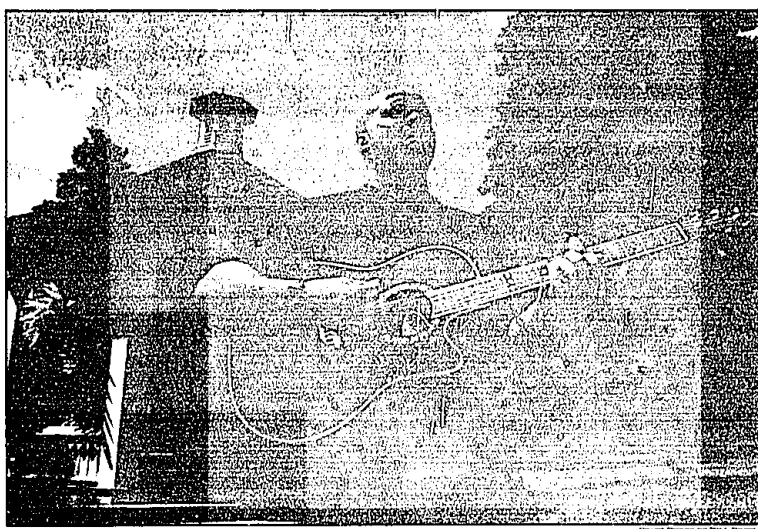
There really wasn't an audience on the green lawn, only a Farmington Observer photographer, snapping pictures of the contemporary Christian musical songwriter and performer's impromptu publicity gig.

But come Saturday, Aug. 28, the Farmington Hills resident hopes to be looking out from that very spot into an impassioned crowd of at least 150. That evening, between 6-9 p.m., the 47-year-old will perform some of his bathed-in-light spiritual compositions, many from his new album, simply titled "Rufus Harris."

It will be the first such concert at the Warner Mansion, 33805 Grand River, a community landmark which city officials are touting for expanded public use and enjoyment.

Those who come out to the free event will have a chance to enjoy hot dogs, ice cream, balloons ... and to pick up copies of the 12-song CD – produced on Bridge Records, the independent label formed by Rufus and his wife, Denise Strong-Harris, who also happens to be a producer for TCI Cablevision of West Oakland County. The carefully recorded album is scheduled for release later this month.

On Aug. 28, for those who come out to what is being billed in concert programs as the "Lovely Warner Gardens," Rufus mostly will be playing his favorite guitar, the electrified Fender Stratocaster. He promises to perform a



STAFF PHOTO BY BILL BACKLICK

Striking a chord: Rufus Harris kicks off the first concert ever on the grounds of the Warner Mansion in downtown Farmington on Saturday, Aug. 28 at 6 p.m. Admission is free.

knock-out set, but not knock out windows of surrounding homes in the historical district.

"I'll be singing live, playing guitar live, all my guitar solos will be live," assured Harris, a Detroit Kettering High School graduate who was part of the Christian band Jubal from 1973-90. "... Our speakers are going to be pointing toward the street (Grand River). It won't be too high-powered, but enough that you can feel it."

"And hopefully, the neighbors will enjoy what

we're doing."

Perfect venue

The Harries plan on inviting congregations from several area churches, including the Harvest Temple Worship Center in Farmington Hills.

"We've been stumbling into a lot of good people," Rufus said. "It's interesting what's developing here."

According to Harris, the idea to play outside the historic home occurred to him during an afternoon jog.

"I pass by here all the time and sometimes I pass by when they're setting up weddings," he said. "I thought, 'What a perfect place for something like this.'"

And an open-air setting is the perfect place for gospel music, Harris emphasized. "The gospel, when it's presented relevantly, and reverently, it's really cool to bring it out into the streets. So

Please See CONCERT, B2

Here's the scoop on Rufus Harris

Who: Rufus Harris, contemporary Christian performer

What: Outdoor concert and picnic at Warner Mansion Gardens

When: 6-9 p.m. Saturday, Aug. 28

Where: 33805 Grand River, Farmington

Admission: Free

Pertinent info: Bring picnic foods, soda, and a desire to hear some inspirational music

Other: Hot dogs, ice cream and balloons will be provided

More info: Call toll-free, 1-888-643-9306, 248-473-7275 or visit <http://www.rufusharris.com>
Slogan: "Listen with your ears ... Listen with your heart!"

New CD: "Rufus Harris," Bridge Records, to be released this month

About the album: The 12-song CD is described as "a refreshingly unique blend of musical styles with influences from folk, rock and jazz all forged into a smooth pop format."

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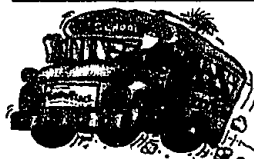
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Vehicle Price:	\$15,000																				
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