

## WEDDINGS

Belkowski—  
Crowley

Mary Belkowski of Farmington and Felix Belkowski of Sterling Heights announce the engagement of their daughter, Cynthia Belkowski, to James Crowley, son of Terry and Georgia Roberts of Toledo, Ohio.

The bride-to-be is a graduate of Central Michigan University and currently working in medical sales in the Detroit area. Her fiancé is a graduate of the University of Toledo and currently works in advertising sales at the Toledo Blade.

The couple met while skiing in



northern Michigan. They will be married Feb. 10 at St. Francis of Assisi in Ann Arbor.

Heart healthy nutrition  
— for Valentines Day

Planning on celebrating Valentine's Day with chocolates, cookies or a romantic dinner for two?

You may be putting yourself at risk for a broken heart. Botsford Hospital offers a two session workshop, Cholesterol Connection, which promotes heart healthy nutrition as an alternative to drug therapy or surgery for the prevention of heart disease.

"The link between high cholesterol and heart disease is clear," said Gale Cox, program coordinator at Botsford's Health Development Network (HDN). "But a low fat, low cholesterol diet can typically lower the risk of heart disease by 20 to 30 percent."

Botsford's cholesterol connection workshop begins with an overview of cholesterol and a self assessment. Attendees learn how to make changes in their own dietary patterns to reduce blood cholesterol levels, dietary fat intake and body weight. Helpful

hints on grocery shopping and understanding new food nutrition labels are also provided.

"Even foods that are packaged as cholesterol free may still be dangerous because it's saturated fat, not just cholesterol, that affects cholesterol level," said Cox. "Our suggested diets include hypocholesterolemic foods, meaning that they can work to lower blood cholesterol."

The two session class will be held from 7 to 9 p.m. on Wednesday, Jan. 31 and Wednesday, Feb. 7, at Botsford Health Development Network, 39750 Grand River Ave., in Novi. The cost is \$40. Pre-registration is required. Call 810-477-6100.

Botsford Hospital is a 330 bed osteopathic teaching facility serving Farmington Hills and its surrounding communities. It's affiliated with the Michigan State University College of Osteopathic Medicine.

## Geography is just a state of mind

Geography is the name of the game during the month of January at Prime Time, the YMCA after school child care program in Farmington Public Schools.

Beginning the first week of January, each school picked a state they wanted to learn more about. For instance, Wooddale elementary chose California. It was their task to design a map, discuss points of interest for that state and find the state capital. The second week, the students had to find out what region of the country the state was in, any nick names for the state, as well as the state flower, bird and tree.

Week three featured a trivia game, making a mural of the state flag, and finally putting together a visitor's guide. During week four, the kids have a quiz and display their artwork. The winning school with the most interesting project receives a pizza party.

The activities are designed to bring more structure and informal enrichment to the latch key program. Over the next

several months, there will be several monthly activities for each school to participate in, including Healthy Kids Day on April 13, at Twelve Oaks Mall.

The overall goal is to develop the body, mind and spirit of prime time students and let them have fun at the same time. Kids have commented that it's fun, challenging, helps them work together, and lets them compete for a prize.

Sandy Duncan of the Wooddale site said parents have been very helpful in bringing in snacks and ethnic foods from California. One of the children has an uncle living in California and he has been helpful with pictures and points of interest.

Such projects help chase away the winter blues.

Established in 1985, the Farmington area YMCA is a non profit, community oriented organization dedicated to building healthy minds, bodies and spirits. The Farmington Y is also the leading provider of child care in Oakland County.



California dreamin': Wooddale elementary students in the YMCA prime time program focus on learning about the state of California during after school child care.

From left, Shannon Levin, Charles Banks, Tyler Bingham (teacher) Lauren Morris, Susan Duncan, Emma Weaver, Rachel Carter, Scott Morris, and Portia Matthews work diligently on their California project.

## Botsford Hospital earns top level rating

The Botsford General Hospital mammography unit has earned the highest rating from the Department of Health and Human Services' division of Mammography Quality and Radiation programs.

The rating places Botsford in distinguished company: only 32 percent of the nation's hospital and health care facilities receive the top level rating, where no areas of the unit are found to be in noncompliance with quality

standards.

Given as a result of the annual inspection, the rating indicates that an observed deviations under the Mammography Quality

Standards Act were found in the facility's equipment, performance, technologist quality control, medical physicist survey, personnel qualifications, medical re-

ports or outcome audits.

The Botsford facility is also accredited by the American College of Radiology.

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**VALENTINE LOVE LINES**  
Monday, February 12, 1996

Send that someone special in your life a message of love this Valentine's Day Weekend. The sentimental memories it will create will last much longer than flowers or candy! Create your Valentine's Day Love Line message on the lines provided.

**SAMPLE**

**ADD A PHOTO ...**  
A photo will add 12 lines to your Valentine Ad and must be in our office by Thursday, Feb. 8th.

There are five average words per line with a minimum of three lines.

Send check or money order with your Love Lines to  
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56251 Schorcraft, Livonia, MI 48150  
Attention: Classified Department

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