

# Power play

## Students find many ways to say thanks to parent volunteers

Like other involved school parents, Power Middle School volunteers toil tirelessly behind the scenes all year to help oversee everything from field trips and bake sales to after-school sports

**Heartfelt message:** Breakfast master of ceremonies and Power eighth-grader Mark Rutledge gives parents his speech about conquering racism.



teams and dances. For that, they get Danish, coffee and thanks.

That's plenty, according to Judy Peterson, one of about 75 parents who attended the Farmington school Friday morning for the Parent Recognition Breakfast. "It just makes me feel very proud that (her sixth-grade daughter) Stephanie is attending Power Middle School," Peterson said, after the continental breakfast and student talent show, "and that the school has taken the time to show us the talents of all their students and to plan such a nice program for the parents." Just as thrilled

was parent Pat Thrubie, whose son, Jim, attends seventh grade at Power. "It's a nice way to show the parents that they are appreciated."

Karen Martin, mother of seventh-grader Henry, lauded the students for their "excellent display." The talent show itself was thrown together in impromptu-style on Friday morning, said Power drama teacher Janice Tocco.

Among performances were the following: ■ "Dancing in the Streets" by the eighth-grade choir, directed by teacher Linda Regan.

■ Eighth-grade drama students Emily Darnbrook and Adrian Grace performing a scene from the play "Mary, Queen of Scots," a dialogue they will recreate in a later competition.

■ Music from a band quintet, directed by teacher Richard Cardaccia.



■ A skit by sixth-graders in the classroom of teacher Patricia Morrill, about the bubonic

They've got rhythm: Power Middle School's eighth-grade choir, directed by Linda Regan, performs a hand-clapping version of "Dancing in the Streets."

plague of the Middle Ages.

Another highlight was program master of ceremonies Mark Rutledge, an eighth-grader. He delivered a closing speech about conquering racism, entitled "My Commitment to the Future." He also used humor and wit to give a heartfelt thanks to parents.

The speech, which won Rutledge an award in the recent Farmington-Farmington Hills Optimist Club Oration Contest, was described by Peterson as "very heartwarming, and I think everybody felt the same way."

Welcoming the parents, who were chaperoned into the cafeteria by student council members, was instrumental music including solos, duos and trios. The music was performed by seventh and eighth graders,

under the direction of teacher Kathy Armstrong.

Some student council members served refreshments provided by faculty members.

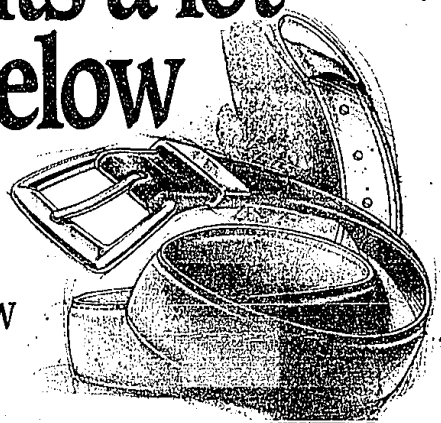
"I volunteered to do this ... to say thanks, because they've done a lot," said eighth-grade student Gina Vermiglio. "Without them we wouldn't be here."

Kristen Schlotterer, a seventh-grader, said the breakfast and student program was an appropriate way to say thanks. "I realize what parents do."

Power assistant principal Norm Lucke described the program as a "thanks for the people who volunteered and who helped us. This is a good, good group of parents. And, as you can see, there's a lot of them."

# Cancer hits a lot of men below the belt.

### Getting a screening now could save your life.



One in eight men will develop prostate cancer: the most common cancer in men and the second leading cause of cancer death in men. **T**his disease hits an estimated 184,500 men annually and takes around 39,200 lives each year. About 80 percent of these deaths may be preventable with early detection. **S**creening

exams are able to detect prostate cancer in its earlier stages when it is the most treatable. An annual exam can detect an enlarged prostate, one of the signs of prostate cancer. Health Development Network at Botsford General

Hospital offers a yearly prostate screening and other programs for men over forty. **D**on't get hit below the

belt. Come to our annual Prostate Cancer Awareness Program. Lectures will be held on May 7, May 11 and May 13. Screenings will be held on May 20, May 21 and May 28. Attending the lecture is a

prerequisite of the screening for first time attendees. For more information regarding times and

locations, call Health Development Network at (248) 477-6100.



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Sample act: Emily Darnbrook (right) and Adrian Grace perform a scene from the play "Mary, Queen of Scots," a dialogue they will recreate in a later competition.

## Meeting topic: Snuffing out teen tobacco use

Farmington Hills city officials will introduce "Operation Tobacco Cooperation" at 9 a.m. Friday, May 1, at city hall.

Some 60 merchants have been invited to the meeting to hear about the city's increased enforcement of state law prohibiting tobacco sales to minors. Farmington Hills police recently ticketed 20 retailers for selling cigarettes to underage decoys.

Farmington Hills Mayor Aldo Vagnozzi, City Manager Dan Hobbs and police Chief Bill Dwyer will talk to retailers. The city took a similar approach to stop the sale of alcohol to minors.

Those attending the program will hear presentations from city officials on police enforcement, tips to avoid selling tobacco to minors and new federal tobacco

regulations. Dwyer said national studies prove the average smoker begins smoking at age 14, and 82 percent of all smokers start before 18.

A recently released report from the Centers for Disease Control and Prevention said 43 percent of the nation's high school students use tobacco and the number is rising.

The chief believes that merchants can really make a contribution by making it difficult for young teens to buy cigarettes near their neighborhoods.

Many young teens don't have the means to go to neighboring communities where enforcement might be less strict, Dwyer said. Farmington Hills City Hall is on 11 Mile and Orchard Lake roads.

**FOOT HEALTH CENTERS**  
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Health Tips  
by Dr. Randy Bernstein and Dr. K.D. Poss  
**FUNGUS NAILS**

Almost everyone has experienced the itching and burning of a foot fungus at one time or another, but did you know that fungus infections of the toenails are also quite common? The specific infections go by names such as onychomycosis, ringworm, and tinea unguium. They often attack the outside of nail first, working inward to the nail root. A single nail may be affected for a long period before the infection spreads to other nails. Symptoms include discolored nails, often with brownish and yellow streaks. Unfortunately, this relatively common condition can be uncommonly difficult to treat. Oral and topical medications may be prescribed, and it may be necessary to surgically remove the nail plate. Laser surgery can also be performed very successfully in our office.

Fungal nails can be persistent. They don't disappear on their own, sometimes recede, and may become re-infected. Seek professional treatment if this problem plagues your every step. Your comfort during treatment is our utmost concern at FOOT HEALTH CENTERS. For Foot and Ankle Care, Our trained professional staff works as a team to make your visits pleasant. Saturday, evening, and early appointments available.

P.S. Fungal infections of the toenail are most common among the elderly, but can occur anytime from childhood on. We are very successful treating fungal nails, with a cure rate of 93%.

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