

MEDICAL DATEBOOK

Items for Medical Datebook are welcome from all hospitals, physicians, companies and residents active in the Observer area medical community. Items should be sent to: Medical Datebook, c/o The Observer News-papers, 36251 Schoolcraft, Livonia 48150, e-mail: rskoglund@oe.com or faxed to (734) 591-7279.

ONGOING

OVEREATERS
Overeater Anonymous will meet every Sunday 7-8:30 p.m. April-June in the St. Mary Hospital Pavilion, Conference Room A, 36475 Five Mile, Livonia. Another group meets every Thursday evening 7:30-9 p.m. in Unity Church, 28860 Five Mile. Call Kathleen at (734) 427-8812.

AA & ALANON
Alcoholics Anonymous & Alanon meet Wednesdays and Sundays from 8:30-9:30 p.m. at Garden City Hospital North Entrance (6254 Inkster Road) at Garden City. Contact (248) 541-6565 or (734) 776-3415. Everyone's welcome. Alanon meeting Sunday only.

Earnings should be in writing

Prospective business owners can take steps to make sure they're not taken in by fraudulent business opportunities. Before investing in any "biz op," the Federal Trade Commission suggests that consumers:

■ Get all earnings claims in writing. If the promoter hesitates or refuses to give the information in writing, find another business opportunity.

■ Interview references provided by the promoter of the business opportunity. Talk to each prior purchaser in person, preferably where their business operates. This may help reduce your risk of being misled by "shills."

■ Study the business opportunity's franchise disclosure document. It includes information about the company, including whether it has faced any lawsuits from prior purchasers or lawsuits alleging fraud.

■ Ask the attorney general's office, state or county consumer protection agency and Better Business Bureau in the area in which the business opportunity promoter is based and where you live whether the promoter has a history of unresolved complaints.

BLOOD PRESSURE SCREENINGS
Marquette House, a residential assisted living facility in Westland, will hold blood pressure screenings every fourth Tuesday. Screenings are open to the public from 11 a.m. to noon at the Marquette House, 36000 Campus Drive (across from John Glenn High School). Call (734) 326-6537.

WEIGHT LOSS CLUB
The Merry Bowl Trimmers Club, a weight loss support group, meets at 7 p.m. every Tuesday at the Livonia Senior Civic Center, 15218 Farmington Road. The program is open to both men and women. The cost is \$4 a month. Call (734) 425-5675.

THROUGH MAY 2

FOOD FOR HOLISTIC HEALTH
The Tree House in Farmington, 22906 Mooney Street, offers a seven-week class 7-9 p.m. every Wednesday. Learn the five rites of Tibetan exercise and why Jack LaLanne is still strong at age 85. Cost: \$95 (paid at first class). Call (248) 473-0624 to register.

SUN, APRIL 2

ALOPECIA AREATA
Hair loss disorders are emotionally distressing. "Alopecia Areata Answer Day" will be held noon to 4:30 p.m. at the Lawrence Technological University (Science Building, Auditorium S-100) in Southfield. To register, call (734) 420-4155.

WED, APRIL 5

SLEEP APNEA
The American Sleep Apnea Association (A.W.A.K.E.) support group meets 7 p.m. at Garden City Hospital, Classrooms 3 and 4, Lower Level, Medical Office Building, 6255 Inkster Road, Garden City, MI 48136. Dr. William Raminick will speak on gastroesophageal disorders and sleep. Call (734) 348-3330.

THUR, APRIL 6

MANIC DEPRESSIVE
The Manic Depressive and

Depressive Association of Metro Detroit will hold a "dual diagnosis" meeting 7-9:30 p.m. on the first and third Thursday of each month. Call Gary at (313) 632-4217 or Mary Ann at (734) 284-5563.

THYROID DISORDER

The Michigan Thyroid Disorder Support Group will meet at 6:30 in the Plymouth Library, 223 S. Main Street. For more information, call Tracy Green at (734) 453-7945. Web site: <http://community.mlive.com/co/thyroid>

SAT, APRIL 8

CHEMICAL SENSITIVITY
Multiple Chemical Sensitivity Friends support group for anyone hypersensitive to any chemical and/or environmental irritant, meets 2-5 p.m. at the Good Food Company-West, 42615 Ford Road, Canton (1/2 mile west of I-275). Call (248) 349-4972.

Many oppose use of funds to influence urban sprawl

Michigan's Main Street business owners and family farmers reject the notion that state spending should be skewed to influence land use, according to a recent survey by the National Federation of Independent Businesses.

In a recent press release, the NFIB stated that two-thirds (66 percent) of all small-business owners responding to their survey objected to directing state spending on roads, schools, public utilities and other services away from rural and outlying areas in an attempt to restrict suburban growth. Only about one in four (24 percent) endorsed the practice. The remaining were undecided.

Michigan small business owners also said "no" to using tax dollars to pay private landowners for commitments not to develop their property and "no" to creating regional planning authorities to manage growth. By nearly four to one, the respondents felt governmental decisions on land use should be made at the local level, rather

than by state or federal bodies.

"Recently there has been a growing temptation among state lawmakers to slip language dealing with these issues into budget bills," said NFIB-Michigan director Charles Owens. Last year, he noted, Rep. Bill Byl (R-Grand Rapids) added language to budget bills that would have funneled economic development grants, loans and technical assistance to urban areas at the expense of rural districts.

Owens said his group "fully expects" Rep. Byl and others will make the same "back-door effort to rob Rural Peter to pay Urban Paul, all in the name of addressing our alleged 'urban sprawl' problem."

In addition, he said his group is "disappointed" that controlled-growth advocates "seem uncommonly fond of trying to implement their policies by hijacking budget bills," rather than by presenting stand-alone proposals open to public debate and thorough legislative scrutiny.

Read Observer Sports

25% OFF

fragrance of the month



During April, you'll SAVE 25% on all first-quality HONEYDEW MELON scented candles

The finest scented candles, crafted in thousands of styles, colors and fragrances.

YANKEE CANDLE

America's Premiere Scented Candle Company

TWELVE OAKS MALL • NOVI, MI • 248-735-0700

OPEN DAILY! Shop online www.yankeecandle.com

SHOP on LINE
Over 100 Unique, Quality Gift Items at...
Bargain Prices!

Specializing in Gift, Novelty and Collectible Items.
Contact us for our 3,000-item catalog:
Regal Specialty Merchandise
(313) 273-5788
www.regalsm.com

How Much Is Your Jewelry Worth?

Suburban Jewelry Appraisal Services

Appraisals Done While You Wait
Jewelry Repaired/Service Available

Best Buy Award
Diamondist (GIA)
Accredited Appraiser (ISA)

Hours by Appointment
26150 Five Mile Rd.
Wren Bldg., Ste 36
Redford, MI
313-937-0191

SPOTLIGHT ON

Orthodontics

by Josephine Finazza, D.M.D.
MORE YOUTHFUL SMILES

If you are a baby boomer who has worked hard to tone your body with exercise and has preserved your skin with sunscreens and skin creams, it may be time to assess your smile. To begin with, many of those entering middle age never had the advantage of tooth-aligning orthodontic treatment when they were young. Thus, their smiles may not have kept pace with the rest of their youthful visage. And whether teeth were crowded or otherwise positioned poorly, subsequent dental work and other problems may have led to malocclusions that affect both the function and appearance of the teeth. If so, there is no better time than the present to

have the orthodontist assess your need. Standards of beauty vary from culture to culture of course, but most people place a premium on well-balanced, delicately constructed facial features, especially the mouth. The mouth is a focus of attention because we constantly communicate and express our feelings through it. Orthodontics is one way to improve a person's looks and self-confidence. At THE ORTHODONTIC GROUP, 19850 Middlebelt, our computer imaging system helps patients visualize what the end result of treatment may look like. For more information or to schedule a free initial consultation, call 442-8885.

THE ORTHODONTIC GROUP

19850 Middlebelt • Livonia • (248) 442-8885

Arthritis Today

JOSEPH J. WEISS, M.D., RHEUMATOLOGY
18829 Farmington Road
Livonia, Michigan 48152
Phone: (248) 478-7860

SYSTEMIC LUPUS ERYTHEMATOSIS

Systemic Lupus Erythematosus or SLE is an uncommon arthritis. It involves more than the joints.

Therefore, your physician will consider not only the condition of your hands, shoulders, knees, ankles and feet. He will monitor the status of your skin, and red and white blood count, and the state of your kidneys, eyes, heart and lungs.

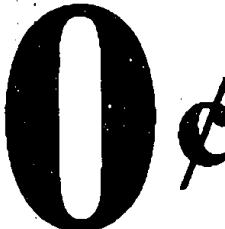
In addition, SLE poses a possible threat for women with the diagnosis who become pregnant because of potential blockage of blood vessels that supply the placenta.

The production of unwanted antibodies is a feature of SLE that causes this potential for widespread involvement. Normally the body's B lymphocytes (B-Cells) produce antibodies that are effective in killing of bacteria and neutralizing the toxins these bacteria produce. However, in SLE B-cells are stimulated by constituents of the body. The results are continuous production of antibodies, and antibodies that direct themselves against the body itself.

The type of antibodies produced and their quantity determine if SLE will develop as a mild disease, or a serious one.

The medical community has learned how to identify and treat SLE, and the idea that SLE is a fatal disease is outdated. If you harbor such a thought, discard it. Using corticosteroids, and anti cancer drugs such as cyclosporin and methotrexate, allows medical control in most cases.

Announcing our new low price...



Free Internet Banking

Metrobank is pleased to offer Net Teller Internet Banking, our banking service that allows our customers the ease of banking in the comfort of their own home.

Stop in today to find out more information.

Metrobank

(248) 474-6600 • www.metrobanker.com

Member FDIC

Equal Housing Lender



DAYLIGHT SAVINGS SPECIALS

| | |
|---|---|
| Del Monte Ripe & Sweet Jumbo 6 Count Cantaloupes \$1.69 | Texas Super Star Seedless Watermelon 49¢ lb. |
| Florida Red Boiling Potatoes A & B Size 49¢ lb. | California Crisp Romaine Lettuce 49¢ lb. |
| Fresh Florida Grape Tomatoes 2 1/3" Flat Size 2/3.00 | Garlic Expressions 100% Natural Classic Vinaigrette Salad Dressing \$2.99 |
| Sealtest Milk Gallons Whole, 2%, 1/2% and Skim \$1.99 | Haagen Dazs Ice Cream All Flavors 2/4.00 |

Prices Good Through April 8, 2000

SHOP JOE'S PRODUCE
for the freshest variety of fruits and vegetables
Proudly Serving Livonia Since 1918

33152 W. Seven Mile
Livonia, Michigan 48152
(248) 477-4333