

African-American women at higher risk for breast cancer

Doctors don't know exactly why breast cancer kills more African American women than white women who are diagnosed with the same disease. Researchers at Detroit's Barbara Ann Karmanos Cancer Institute are exploring issues faced by women who are at risk for breast cancer with a new study, "Family History and Breast Cancer."

As part of the study, African American women who are at risk for breast cancer will be interviewed for approximately one hour about their impressions, thoughts and feelings about their family history of breast cancer.

African American women age 18 years and older who have a close relative, a sister, mother or daughter, who has been diagnosed with breast cancer are eligible for study. Each participant will receive a \$25 stipend. The interview will take place at a convenient time and location, depending on the participant's needs. For more information about the Family History and Breast Cancer study, or to enroll, call 1-800-KARMANOS (627-6286) from 8 a.m. to 6 p.m. weekdays.

The project is led by Karmanos Cancer Institute medical oncologist Michael Simon and supported with funds from the Susan Gomen Foundation, a national breast cancer awareness advocacy organization.

"We hope to gather enough



information to better address women's concerns about breast cancer, and educate African American women about their breast cancer risk, as well as prevention and early detection options," said Simon.

"Through participation in this study, women can reach out and help their sisters for generations to come."

Breast cancer is the most common cancer in African American women. African Americans with breast cancer face more than twice the risk of dying, compared with white Americans, primarily because they are diagnosed at more advanced stages of the disease, according to the Susan Gomen Foundation.

The Karmanos Cancer Institute, operating the Moyer L. Simpson Center for African American Cancer Center of metro Detroit, is one of the nation's leading cancer research, treatment and outreach facilities.

Programs planned

William Tyndale College's Stanley Lecture Series will sponsor programs in celebration of African American History month and in partnership with the Detroit 300 celebration.

It includes "A Concert of African American Spirituals Commemorating the Underground Railroad" and lectures by Douglas Strong, professor of Christianity and historical theology, on "Faith, Human Rights and Political Action."

A concert is slated Tuesday, Feb. 6, at 8 p.m. The lecture series runs Wednesday, Thursday and Friday, Feb. 7, 8, 9 at 11:30 a.m. An additional lecture is scheduled Feb. 8 at 7 p.m.

The concert will be at Walled Lake Central High School, Oakley Park and Commerce roads in Walled Lake. Lectures will be on the main campus of William Tyndale College at 35700 W. 12 Mile just west of Drake.

Music society gets grant

The Community Foundation for Southeastern Michigan has awarded 344 grants totaling \$5.7 million to nonprofit organizations throughout the seven counties of southeast Michigan.

These grants will support the work of diverse agencies providing programs in the areas of arts, culture, civic affairs, health, human services and youth.

Among the allocations was a \$35,000 grant to the Chamber Music Society of Detroit; Farm-

ington Hills, to support a string quartet residency by the New York City-based Brentano String Quartet in late January, early February.

The residency, which will reach more than 600 students in Detroit alone, will include master classes at Wayne State University and projects with the Detroit Public Schools, Cranbrook Educational Community, Detroit Country Day School and the Suzuki Royal Oak Institute of Music.

Don't declare diet war

On Jan. 1, 85 percent of Americans vowed to lose weight and get fit, according to New York fitness expert and author Jonathon Fields.

"And 75 percent of those folks made the same promise last year," said Fields.

He offers these tips from his new book, *The Long Hard Fix: Create the Critical Mindset that Powers Diet and Exercise Success*.

See it to be it. Success begins with a clearly defined meaningful goal. Forget about baby steps. They never really work. Set your horizon at least 12 weeks away, think big, write it down and tell a friend.

You've got to believe. Weight loss is possible, no matter how many times you've failed before. Witness the National Weight Control Registry with over 3,000 people who

have kept off an average of 60 pounds for five years.

Get the "ugh"-out of exercise. Take the hopscotch test. If you liked hopscotch, games or activities as a kid, then you don't hate to exercise, you are just bored by what you have tried. Make it fun and you'll never get enough.

Houston, we have time! Exercise creates its own time. A NASA study showed regular exercise increases efficiency as much, it actually lets you get done in seven hours what non-exercisers do in eight. That leaves an extra hour to get moving.

Don't declare a diet war. Drinking 10 glasses of water may mean weight loss, but it'll also keep you chained to the nearest restroom. If your diet wars with your lifestyle, you are sure to quit.

College open house Saturday

William Tyndale College offers admissions has scheduled Saturday, Feb. 3, at 10 a.m. as an official Visit Day, inviting those interested to meet the professors, learn about the college and admission requirements. High school transcripts can be evaluated that day.

William Tyndale College is at 35700 W. 12 Mile Road, just west of Drake Road in Farmington Hills.

This is open to prospective students and their families free of charge.

FARMINGTON CLUB CIRCUIT

EXCHANGE CLUB
The Farmington Exchange Club will meet from noon-1:30 p.m. Wednesday, Feb. 7, at the Brass Point Restaurant in Farmington Hills. Motivational speaker Donna Marie will be the guest speaker.

FARM. GARDEN
The Farmington Garden Club will meet at noon Monday, Feb. 5 at the Longacre House in Farmington Hills. Carolyn Dana Lewis, founder of the Great Lakes Rhododendron Society, will give a presentation. Call 615-3616 or 476-3017.

EMBROIDERERS
The Farmington Hills Embroiderers Guild will meet at 9:30 a.m. Wednesday, Feb. 7 at Faith Covenant Church in Farmington Hills. The topic of discussion will be the Arts Festival project. Call Charlotte at 926-0899.

FARM. GENEALOGY
The Farmington Genealogical Society will meet at 7 p.m. Tues-

day, Feb. 20 at the downtown Farmington Library. The program will be *Where Do I Go From Here: Getting Back to Basics* presented by FGS members.

NORTHVILLE GENEALOGY
The Northville Genealogy Society will feature a talk on *Streets of Detroit, People behind the Names*, at 2:30 p.m. Sunday, Feb. 11 at the Northville Public Library.

Dr. Martin F. Brosnan, retired from Henry Ford Museum and Greenfield Village, will provide a 19th Century slide tour of the city of Detroit describing Joy, Jefferson, Lodge, Bagley, Fonger, Williams and other people who had streets named after them. Call 348-3006.

CHRISTIAN WOMEN'S CLUB
The Christian Women's Club of Farmington Hills holds meetings at Maple Woods Church, 31240 Wakefield Dr. in Novi. Including brunch, the cost is

\$10.50. Dates are as follows: Feb. 8, March 8, and April 12 from 9:30-11 a.m. For reservations, call Brenda at 248-961-4205.

BNI
The Business Network International, Farmington Hills chapter, will meet 7-8:30 a.m. Wednesday, Feb. 7, at the Grand Cafe in downtown Farmington.

The Greater Farmington Hills chapter will meet 7-8:30 a.m. Thursday, Feb. 8, at the Comfort Inn 30715 W. 12 Mile, in Farmington Hills.

OPTIMIST CLUB
The Optimist Club meets at 7:30 a.m. every Wednesday at Anita's Kitchen, 31005 Orchard Lake Road. Call 474-8680 or 442-0708.

KIWANIS CLUB
The Kiwanis Club of Farmington Hills meets at 12:15 p.m. every second and fourth Tuesday at the Steak & Ale Restaurant,

27590 Orchard Lake Road in Farmington Hills. Prospective members are welcome. Call 661-8463.

TOASTMASTERS
The Windbagger! Toastmasters Club meets 6:30-8:30 p.m. every Thursday, except the first Thursday of the month, at Kerby's Koney Island, 21220 Haggerty, in Farmington Hills.

FINNISH CENTER
The Finnish Center in Farmington offers a variety of clubs to join such as dancing, singing, weaving, cards and more. You don't have to be Finnish to join. Call 478-6939.

To have your club listed, submit the information no later than Monday for the following Thursday publication to: Club Circuit, Farmington Observer, 34411 Grand River, Farmington MI 48335.

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