

Protection from sun's rays should start early

BY DR. RAZAN KADRY
CONSUMERISM

In the past, sun exposure was thought to be a healthy benefit of outdoor activity. Modern scientific data, however, has shown many unhealthy effects of sun exposure, such as early aging and skin cancer.

Skin cancer is the most common form of cancer in the United States with more than 1 million new cases diagnosed each year. It is estimated that 87,000 people in the U.S. will be diagnosed with melanoma—the deadliest form of skin cancer—in 2002. Approximately 7,400 deaths will be attributed to melanoma this year. At this rate, one person dies of melanoma every hour.

Severe sunburns may be relat-

ed to the development many years later of the most dangerous kind of skin cancer called melanoma. Melanomas can develop in all age groups. It is estimated that almost 80 percent of a person's lifetime sun exposure occurs before the age of 18.

Built-up invisible sunburns can lead to skin cancer. Basal cell skin cancers usually develop in middle and later life. These cancers rarely spread to other parts of the body. However, their continuous destruction of skin and underlying structures makes their removal necessary. Squamous cell skin cancers can spread to other parts of the body if not treated early.

Sun protection should begin in infancy and continue throughout life. Sun protection in childhood is very important to prevent skin cancer later in life. Teach your children to follow the "ABCs for FUN in the SUN."

- **A=Avoid.** Stay away from the sun in the middle of the day.
- **B=Block.** Use SPF 15 or higher sunscreen.
- **C=Cover Up.** Wear a T-shirt and a hat.
- **S=Speak Out.** Talk to family and friends about sun protection.

Using sun protection will help prevent skin damage, wrinkles, and reduce the risk of skin cancer. The American Academy of Dermatology recommends that you avoid deliberate sunbathing, wear a wide-brimmed hat, sunglasses and protective clothing. If you must be in the sun, use a broad spec-

trum sunscreen with a sun protection factor (SPF) of at least 15 even on cloudy days.

Sunscreen works by absorbing, reflecting or scattering the sun's rays on the skin. They are available in many forms, including ointments, creams, gels, lotions, sprays and wax sticks. All are labeled with SPF numbers. The higher the SPF, the greater the protection from sunburn, caused mostly by UVB rays. Some sunscreens, called "broad spectrum" reflect both UVA and UVB rays. They do a better job of protecting the skin from other effects of the sun including photo damage, photo-dermatitis, and sun rashes. Sunscreens are not perfect, however. Sun protection should always begin with avoiding peak sun hours and dressing sensibly.

Sunscreen should be applied about a half hour before going outdoors. Even water-resistant sunscreens should be reapplied often, about every 1-1/2 hours or after swimming, towel drying or perspiring. Sunscreens should be kept out of the eyes and ultraviolet light-blocking sunglasses should be worn. Sunscreens should be applied generously and evenly so as not to miss any areas of sun-exposed skin.

Sunscreen that block UVB rays are composed of a mixture of some or all of the following chemicals: padimate O, homosalate, octyl methoxycinnamate, benzophenone, octyl salicylate, phenylbenzimidazole, sulfonic acid and octocrylene. Broad-spectrum sunscreens also contain avobenzone or avobenzone (Parsol

1789) to block UVA rays.

Physical sunscreens/blocks or chemical-free sunscreens contain titanium dioxide or zinc oxide which reflect UVB and UVA and can be used by people allergic to chemical sunscreens.

Surprise!! Sun protection is also important in the winter. Snow reflects up to 80 percent of the sun's rays, causing sunburn and damage to uncovered skin. Winter sports in higher altitudes increase the risk of sun damage because there is less atmosphere to block the sun's rays.

For more information and updates, please visit www.aad.org or www.msdwayne.edu/dermatology/. Don't forget to schedule an appointment for your full skin exam.

State appeals limit on drug program for low-income patients

BY KATHY DUNN
ASSOCIATED PRESS WRITER

WASHINGTON (AP) — Michigan is appealing the federal government's decision to limit the number of low-income people covered by a state prescription drug program, a spokeswoman for the Michigan Department of Community Health said Tuesday.

The program, which has been in place for a year,

requires doctors to use a list of discounted drugs when treating 1.6 million low-income patients who get state aid. The federal government's decision affects around 37,000 disabled children and single adults who have been covered by that program.

At issue is whether Michigan can extend its cost-cutting prescription drug program to non-Medicaid patients.

The U.S. Department of Health and Human Services

approved Michigan's request to extend the program to low-income elderly and pregnant patients in December. But on Feb. 14, the department denied Michigan's request to extend the program to the two groups of disabled children and single adults, saying the state failed to show those groups were linked to Medicaid.

Lasher said the state is appealing to the department because it believes many of those patients are poor enough to qualify for Medicaid. For example, she said, the program for disabled children serves 27,000 children, 15,000 of whom are already covered by Medicaid.

While the appeal proceeds, the state is asking doctors to continue to use the prescription drug list. But is not requiring drugmakers to provide the normal rebates required for doctors to prescribe drugs to these patients. Lasher said she didn't know how much the federal

decision will cost the state. Michigan believes the prescription drug program is saving the state around \$42 million per year.

A Health and Human Services spokesman said Tuesday that the department's decision was immediately forwarded to U.S. District Court Judge John Bates, who is set to decide soon whether Michigan's program is legal.

Drug companies have sued over the program, saying Michigan was wrong to go ahead without full federal approval. Patient groups also say Michigan is violating federal law by making changes to its Medicaid program apply to non-Medicaid patients.

The federal government argues that states routinely proceed with programs while waiting for federal approval. Michigan also says it was necessary to proceed because of the budget crisis the state is facing.

Red Cross offers March health, safety courses

The Southeastern Michigan Chapter of the American Red Cross offers the following classes at the Livonia Service Center:

- **Standard First Aid w/AED.** Teaches adult CPR (recognizing and caring for breathing, choking and cardiac emergencies), Automated External Defibrillation (AED) Training, and First Aid. Two certificates are issued for successful completion. Course length: 8 hours. Fee, including materials: \$40. Offered 9 a.m. to 1 p.m. March 8 and 28.
- **Standard First Aid w/AED**

and Infant/Child CPR. Same as above, but also includes infant and child CPR. Three certificates issued for successful completion. Course length: 11 hours. Fee: \$50. Offered 9 a.m. to 1 p.m. March 11, 18 and 25; and 6-10 p.m. March 17, 24 and 31.

- **CPR Review.** Individuals with current CPR certificates can be recertified in Adult, Infant, or Child Community CPR. Current certification and text are required. Read textbook prior to class. Course length: 4 hours. Fee: \$25. Offered 6-10 p.m. March 26.
- **CPR for the Professional**

Rescuer. Training for the Professional Rescuer in single rescue skills and two-person rescue breathing and cardiac emergencies for adults, infants and children. Use of resuscitation mask and bag-valve mask will be taught. Course length: 8 hours. Fee: \$60. Offered 6-10 p.m. March 20 and 27.

- **Nurse Assistant Training.** Teacher/Individuals 190 hours of skill and theory that will enable them to provide quality care for residents in long-term care facilities. This program meets the State of Michigan requirements and upon completion, participant will take the Michigan Nurse Assistant Aide Competency test for state certification. Classes meet three consecutive weeks. Fee: \$565. Call (313) 576-4130 for upcoming course dates.

The Southeastern Michigan Chapter of the American Red Cross also offers instructor courses in First Aid/CPR/AED, Water Safety and Baby sitter Training. In addition, the Red Cross offers Lifeguard Training. For more information on course offerings, call (313) 494-2740 or visit www/semdrcross.org.

FARMINGTON PUBLIC SCHOOLS
INVITATION TO BID

Farmington Public Schools will accept sealed bids for VOICE, VITA CEO AND ARTA CARLING AT HILLSIDE ELEMENTARY as described in the specifications at the Lewis Schulman Administration Center, 32500 Shiloh Avenue, Farmington, MI 48336.

Bids will be publicly opened and read at 1:30 PM, Friday, March 21, 2003 for recommendation to the Board of Education at their next regularly scheduled meeting. No oral, telephonic, telegraphic or facsimile proposals will be considered. No proposals will be considered after the time of closing of bids.

A cashiers check or bid bond for 5% of the bid amount issued by a carrier licensed by the State of Michigan and with an excellent or superior rating from AM Best Company must accompany your bid proposal.

It is strongly suggested that bidders attend a prebid meeting on Friday, March 14, 2003 at 9:00 AM at the front entrance of Hillside Elementary, 48803 W. 11 Mile Road.

Bid documents may be obtained by calling the Purchasing Department at (248) 489-3344. Any questions should be referred to Mr. Michael Johnston at (248) 489-3326.

Published March 6 and 9, 2003

CITY OF FARMINGTON HILLS
31555 Eleven Mile Road
Farmington Hills, MI 48336
PLANNING COMMISSION PUBLIC HEARING NOTICE

DATE: March 20, 2003
TIME: 7:30 p.m.
PLACE: Farmington Hills City Hall
31555 Eleven Mile Road
Farmington Hills, MI 48336

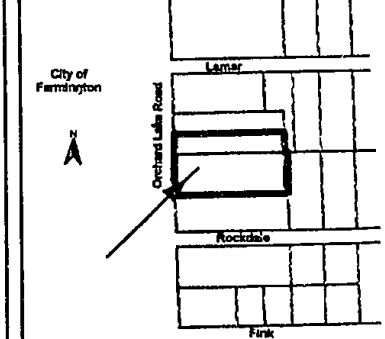
ITEM: Special Approval 51-1-2003

The Farmington Hills Planning Commission will give formal consideration to an application for Special Land Use Approval to allow drive-through service on a bank in an OS-2, Planned Office Service District. The property involved is located on the east side of Orchard Lake Road, between Lamar Street and Rockdale Avenue, and is more particularly described as:

DESCRIPTION
Lots 36, 37 & 38 of Supervisor's Plat of Westhill Woods
Sidewalk Number 22-26-152-003 & 004, part of the
Northwest 1/4 of Section 26, Township 1N, Range 9E, City
of Farmington Hills, Oakland County, Michigan.

The applicant in this matter is Michael Rein, of Bowers & Rein Assoc. Inc., for the TCF Bank.

Any person who is interested is invited to participate in the discussion of the Special Land Use Approval request. The application and Zoning Text and Map may be reviewed in the Planning Office of the City of Farmington Hills on any business day between 8:30 a.m. and 4:30 p.m.



DALE A. COUNTEGAN, Director
Planning and Community Development
City of Farmington Hills

Item: SA 51-1-2003
Phone: 248-473-9543
e-mail: dcountegan@ci.farmington-hills.mi.us

Published March 6, 2003

CITY OF FARMINGTON
SPECIAL COUNCIL MEETING WITH THE FARMINGTON/FARMINGTON HILLS COMMISSION ON CHILDREN, YOUTH & FAMILIES (Summary)

A special meeting of the Farmington City Council with the Farmington/Farmington Hills Commission on Children, Youth and Families was held on Monday, March 3, 2003 in Council Chambers, 23600 Liberty Street, Farmington, Michigan. Notice of the meeting was posted in compliance with Public Act 267-1976.

The meeting was called to order at 7:10 p.m.

COUNCIL MEMBERS PRESENT: Bush, Campbell, Harrison, McShane, Mitchell.

COUNCIL MEMBERS ABSENT: None.

FARMINGTON CITY REPRESENTATIVES PRESENT: Clerk/Treasurer Cantrell, Director Gosa, City Manager Pastus, Assistant City Manager Richards, City Attorney Schultz.

MEMBERS OF THE FARMINGTON/FARMINGTON HILLS COMMISSION ON CHILDREN, YOUTH AND FAMILIES PRESENT: Bates, McGlinchey, Nickelhoff, Sommers, Torzany, Unger.

Council met with members of the Commission on Children, Youth and Families to discuss current activities including "Family Night" events, videos on diversity and depression; and other issues of importance to the Commission and community.

Meeting adjourned at 7:55 p.m.

JAMES K. MITCHELL, Mayor
PATSY K. CANTRELL, City Clerk/Treasurer

Published March 6, 2003

CITY OF FARMINGTON HILLS
31555 ELEVEN MILE ROAD
FARMINGTON HILLS, MI 48336
CITY COUNCIL PUBLIC HEARING

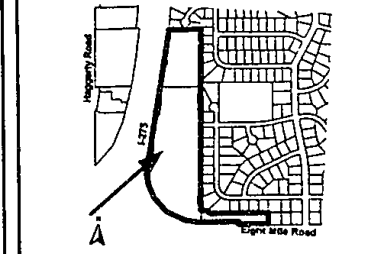
DATE: MARCH 17, 2003
TIME: 7:30 P.M.
PLACE: Farmington Hills City Hall
31555 Eleven Mile Road
Farmington Hills, MI 48336

ITEM: Single Family Cluster Site Plan
80-11-2003

The City of Farmington Hills City Council will give formal consideration to Cluster Site Plan 80-11-2003, which requests the approval of a Single-Family Housing Cluster Plan in an RA-1, Single-Family Residential District. The property involved is located on the east side of I-75, north of Eight Mile Road, and is more particularly described as:

Sidwell #23-31-301-007, 010 and 23-31-378-027

A part of the Southwest 1/4 of Section 31, T1N, R9E, City of Farmington Hills, Oakland County, Michigan



The applicant in this matter is Hubert Lawson for Windham Development, Inc., who seeks this approval in order to build 61 detached single-family units on this 34.11 acre site.

Any person who is interested is invited to participate in the discussion of the plan request. The Application and Zoning Map may be reviewed at the Planning Office of the City of Farmington Hills on any business day between 8:30 a.m. and 4:30 p.m.

DALE A. COUNTEGAN, Director
Planning & Community Development

Item: CLSP 80-11-2003
Phone: 248-473-9543
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Published March 6 and 9, 2003

CITY OF FARMINGTON
COUNCIL PROCEEDINGS (Summary)

A regular meeting of the Farmington City Council was held on Monday, March 3, 2003 at 5:00 p.m. in Council Chambers, 23600 Liberty Street, Farmington, Michigan. Notice of the meeting was posted in compliance with Public Act 267-1976.

PRESENT: Bush, Campbell, Harrison, McShane, Mitchell.

ABSENT: None

OTHERS PRESENT: Clerk/Treasurer Cantrell, Director Gosa, Director Guahman, City Manager Pastus, Assistant City Manager Richards, City Attorney Schultz.

Minutes were approved and/or received and filed.

The Mayoral photograph with Kelly Zander, Miss Farmington/Oakland County 2002-2003, was presented. Executive Director Ginny Morris informed Council that Miss Farmington/Oakland County would no longer exist as of June 30, 2003 due to the termination of this franchise by the Miss America organization.

Director Morgan of the Downtown Development Authority provided a quarterly update including activities and timeline of the Main Street program.

Council granted permission for the Veteran's Memorial Day parade.

Council appointed Kevin Guahman, Director of the Department of Public Services, as Street Administrator.

Council received and filed the financial report for the City of Farmington Brownfield Redevelopment Authority for period ending June 30, 2002.

Council adopted a resolution to award the sale of General Obligation Capital Improvement Sewer Bonds to the low bidder, Comerica Securities.

Council received and filed the 2001-2002 Farmington Employees' Retirement System Summary Annual Report available for public viewing in the City Clerk's office.

Gary Gosa, Director of Public Safety, presented the 2002 Department of Public Safety Annual Report.

Council approved the February 2003 Monthly Payments Report.

JAMES K. MITCHELL, Mayor
PATSY K. CANTRELL, City Clerk/Treasurer

Published March 6, 2003