

Anger support
Angela Hospice, 14100 Newburgh Road, Livonia, offers ongoing grief support groups every second and fourth Tuesday. Next meetings are 1 p.m. and 6:30 p.m. April 8 and 22. Call Joan Lee at (734) 464-7800.

Anger management
Biochemist Sandy Baumann will offer "Getting the Red Out: Letting Go of Anger" 6:30-8:30 p.m. Tuesdays, April 8 and 15 at Schoolcraft College, 18600 Haggerty Rd., Livonia. Learn about the physiological effects of anger on the mind and body, along with common myths about anger. Recognize the steps of escalating anger in another person and discover many ways to deal with your own anger. Cost is \$48. Call (734) 462-4448 by April 7.

Herts & Supplements
St. Colette's Parish Health Ministry will present Marilyn Dean speaking on "Herts, Supplements and Vitamins" 7 p.m. Tuesday, April 8. Learn how to read labels, ingredient safety, vitamins, antioxidants and herbs. St. Colette's is located at 17600 Newburgh Road (across from Laurel Park Place) between St. and Seven Mile Roads, Livonia. Call Joanne at (734) 464-4436.

ADHD
CHADD (Children and Adults with ADHD) will hold its April meeting 7 p.m. Tuesday, April 8 at Holy Trinity Lutheran Church, 39020 Five Mile Road (between I-275 and Newburgh), Livonia.

Dr. Art Robin, professor of psychiatry and neurosciences at Wayne State University and a specialist in adolescent and adult ADHD, will be the guest speaker. Recorded information line: (313) 438-3099. Call Ken Smith, state director for CHADD, at (313) 438-3763.

Mind-meds school
The U-M Medical School is enrolling students in its third annual Mind-Meds School. 7-9 p.m. every Tuesday from April 8 to May 13 on the Medical School campus. The tuition is \$75 per person; complimentary parking provided. Program focuses on infectious disease and covers a range of subjects: the microbial world; immunization and vaccination; diagnostic laboratory procedures and the uses and abuses of antibiotics; opportunistic infections in immunocompromised patients and HIV/AIDS; respiratory and gastrointestinal infections; the evolution and ecology of infectious diseases; emerging infections; bioterrorism and biological warfare. Space is limited. Registration forms and payment must be postmarked no later than March 25. For a copy of the registration form, visit www.med.umich.edu/mindschool/mindmeds or call (800) 742-2300 and enter category 6540.

Adoption
Child & Parent Services of Bingham Farms will conduct an adoption program titled "Building a Family through Adoption" 7:30 p.m. Wednesday, April 9, at the Birmingham Community House, 380 Bates, Birmingham. Meet families who have participated in domestic and international adoptions. Cost is \$3. Call (248) 644-5832 for reservations.

Thyroid
Michigan Thyroid Support Group will meet 6:30 p.m. Monday, April 14, at the Plymouth Library in downtown Plymouth. Dr. Nubbaum from The Center for Holistic Medicine will discuss treatment of thyroid disease. Call Tracy Green at (734) 453-7945 or email mthyroid@yahoo.com. Visit Web site at <http://wwwcommunity.mlive.com/cthyroid>.

Yoga
Aubonne International will sponsor a "Women's Twin Awareness Seminar" 7 p.m. Tuesday, April 15, at the Canton Summit in the Arts II Room. Learn how toxins in the environment can cause allergies, hormonal imbalance and sickness. Call Colleen Weaver at (734) 397-7789.

Prostate cancer
John Dr. Jeffrey Forman for a free super-perfume on "Managing Prostate Cancer Treatment Side Effects" 6:30 p.m. Tuesday, April 15, at the Western Cancer Center, 2925 Northwestern Highway, Farmington Hills. RSVP (248) 538-6514.

Blood drive
VFW Post 9885, 6440 N. Dix Road, Westland, will sponsor a Red Cross blood drive 2-8 p.m. Wednesday, April 23. Waiting welcome. For an appointment, call Larry Tebor, post surgeon, at (734) 377-8329, or (313) 261-2807 and leave name, telephone number and time desired.

Health fair
Attend Northridge Church's first ever health fair 10 a.m. to 2 p.m. Saturday, April 26. "Spring into Good Health" is for the whole family. We'll have booths set up throughout our Activity Center and Chapel for things like physical fitness, fire safety, child safety, heart disease and diabetes information. We'll have hearing evaluations and cholesterol testing and smoking cessation information. There will also be a massage table. Call (734) 414-7777, Ext. 225.

Yoga
Balsford Center for Health Improvement, 39750 Grand River, Novi, will offer a six-week session of "Gentle Yoga for Beginners" 10-11 a.m. Monday beginning April 28. The fee is \$55. The class emphasizes stretches for strength, flexibility, relaxation and energy enhancement. Learn techniques to help alleviate insomnia, anxiety and stress. Includes breathing and meditation exercises. To register, call (248) 477-6000.

Overeaters Anonymous
Support group for overeaters meets 7 p.m. every Friday at Providence Park Nov. 4760 Grand River Avenue, Novi. Helpline: (313) 438-HELP or (248) 474-9456.

Alcoholics Anonymous
Everyone is welcome to Providence Hospital-sponsored AA meetings held: Noon every Tuesday and Thursday at Providence Medical Office Center, Novi, 39500 W. 10 Mile Road (at Haggerty), Novi. Call (248) 348-9362; noon every Wednesday at Mission Health Medical Center-Livonia, 37595 Seven Mile Road, Livonia. Call (734) 953-1188; and 8:30 p.m. every Wednesday at Providence Hospital, 16000 W. Nine Mile Road, Southfield. Call (248) 333-4911.

Gambling
The Gamblers Anonymous Support Groups meets 7:30-9 p.m. Mondays at St. Mary Mercy Hospital, 36475 Five Mile Road, Livonia, in Classroom 4. Call (734) 655-2544 or (800) 454-0277. Group is open to anyone with a gambling dependency.

Cancer
Join "Focus on Living," a cancer support group offered 7-8:30 p.m. the first Wednesday of each month at St. Mary Mercy Hospital, Livonia. The group is designed to help cancer patients and families come together to help each other in living with a cancer diagnosis and treatment. Co-sponsored by the American Cancer Society. Call (734) 655-9140 or (800) 494-1650.

Tremor Disorder Support
Shari Finsilver of Orchard Lake leads a local support group for those who suffer from Essential Tremor, a debilitating and incurable movement disorder. The group meets 7-8:30 p.m. on the second Thursday of the month at Temple Israel, 5725 Walnut Lake Road in West Bloomfield. Contact Finsilver at (248) 683-4338 or finsilver@earthlink.net, or visit www.tremorsupport.com. To learn more about the International Tremor Foundation, visit www.essential-tremor.org or call (888) 387-3667.

DONATE
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think they won't die, but if you're on the receiving end (of a transplant), that's when you really want it done," he said.

TO MOM, WITH LOVE

Mary Rowley of Livonia never hesitated about her decision to donate a kidney to her mother, Kathy Glowacki of Westland, whose kidneys were damaged by years of chronic pyelonephritis. Glowacki had begun dialysis, a process much rougher on her body than she had anticipated.

"She was very sick, and I certainly didn't want to see her going through any more sickness than she had to endure," said Rowley. "We underwent testing, and, voila, we were a match."

The three years prior to Glowacki's transplant were the worst. She could no longer walk through a grocery store without suffering complete exhaustion. She underwent her transplant Feb. 24, 1999, at Henry Ford Hospital.

"It's not a day you can forget," she said.

Glowacki recently had her anti-rejection medication cut down from 11 pills to 10 pills a day, a small but significant milestone, she said. She continues to relish her new-found health. "It's amazing because

after the transplant you realize how sick you really were."

Glowacki was hesitant to allow Rowley to donate a kidney. She worried not only about Rowley but about her other two daughters, both of whom have kidney disease. If they needed a kidney, to whom would they turn?

Rowley was the only daughter with disease-free kidneys. "I needed time to process it," she said.

However, her two other daughters assured their mother that with eight children between them, they would find a donor if necessary.

Rowley had her kidney removed through the traditional large side incision. A short while later, Henry Ford Hospital routinely began doing laparoscopic kidney removal. Although Rowley's after-surgery pain and recovery was greater than her mother's, she would do it all over again.

"Oh yes, definitely. I'd just ask for a double dose of pain medication," she said.

MAKE A DECISION

Rowley said her six weeks of post-surgical pain has given her mother a better quality of life. It also has created a "special bond" between them (she's quick to point out that doesn't mean she's the favorite daughter!).

"I keep an eye out for her. I say, 'Don't do that to my kidney.' Rowley is feeling great,

except for an occasional twinge in her side. Also, she can no longer wear clothes with a too-tight waistband - a small price to pay for giving her mother the gift of life. She encourages people to sign the backs of their driver's license as soon as they receive it.

"Do it when you get it. Don't wait. All your parts can be donated."

George Kopp tells people to talk to their families in addition to signing the back of their licenses. And put your name on the donor register.

"There's no money involved, just putting your name on the list," he said. "You're recycling organs and giving them to someone else." To the families of donors, he says: "Your loved one, part of him or her, is alive in someone else."

For more information about the Gift of Life Agency, contact Jamie Thayer at (800) 482-4681 or e-mail: thayerjam@giftoflifemichigan.org.

Transplant Center holds donation awareness event

The University of Michigan Transplant Center is pleased to announce a campus-wide organ and tissue donation event scheduled for Thursday, April 10 through Sunday, April 13. The U-M Organ and Tissue Donation Drive is being coordinated by the Interfraternity Council of the U-M.

During the drive, members of each fraternity and sorority on the U-M Ann Arbor campus will distribute Michigan Donor Registry cards and lapel pins urging people to consider their wishes about organ and tissue donation. The students will also accept donations for U-M Transplant Center.

As part of Organ and Tissue Donation Awareness Month, which is designated for April this year, students will work to spread the word on the U-M campus about the importance of

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each student making a personal decision about donation and to share that decision with a family member. Michigan Donor Registry cards are also a vehicle to record one's wishes. Several hundred thousand people are currently listed on the Michigan Donor Registry, and nationwide, more than 80,000 Americans are awaiting organ transplants. The four-day event is sponsored by the U-M Transplant Center, Gift of Life Michigan, the U-M Interfraternity Council, the U-M Panhellenic

Association, and Big George's Home Appliance Mart of Ann Arbor. Big George's has long been a supporter of organ and tissue donation initiatives in Michigan.

For this event, Big George's also has issued a challenge to all of the participating fraternities and sororities to distribute as many Michigan Donor Registry cards as possible and also to generate funds for the Transplant Center. Big George's will recognize the most successful fraternity or sorority by awarding them a 50-inch television set for their house.

For more information about the U-M Organ and Tissue Donation Drive, or organ and tissue donation and transplantation, call (734) 936-3460 or visit www.med.umich.edu/trans/pu blic.

Abortion payment law on hold pending outcome of lawsuit

LANSING (AP) — A law that will change the way health care providers are paid for an abortion won't be enforced when it takes effect on March 31, according to an agreement between the state and a group that advocates abortion rights.

The New York-based Center for Reproductive Rights and the state agreed to delay the enforcement of the new law from March 31 to April 30 as a federal judge considers the group's lawsuit over the law. The new law, which will prevent women from paying for an abortion until completing a 24-hour waiting period, will take effect as scheduled on March 31 but won't be enforced until April 30 under the agreement, says Eastman, a spokesman for Attorney General Mike Cox, said Monday.

The agreement is expected to be filed with the U.S. District Court this week, Eastman said.

The lawsuit argues that the new law limits women's access to health care services, such as physical exams and birth control, and will put abortion clinics out of business.

However, supporters of the legislation say it protects women from being financially pressured to go through with an abortion.

A hearing on the lawsuit is scheduled for April 25 before U.S. District Court Judge John O'Meara, who ruled that a similar law that took effect in 2000 was too vague.

The new law was intended to clarify a provision in a previous statute challenged in federal court.

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- Four tickets to the May 15 Detroit Tiger-Oakland A's game, along with autographed memorabilia, baseball and an appearance on the field before the game!

RULES:

- Entries must be received by April 25, 2003
- Entrants must be at least 18 years old
- Entries must be 100 words or less and include a non-returnable photograph
- Entries must include name, age, address, phone, e-mail
- Employees of the Observer & Eccentric Newspapers and sponsors listed below are ineligible

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