

Support for diabetics

According to the American Diabetes Association, approximately 16 million Americans have diabetes — the fourth leading cause of death by disease.

Approximately 1,700 are diagnosed with the disease each day.

For people with diabetes in metro Detroit, access to quality health care, taking control, access to education and a strong support network are crucial factors in how well they live.

"Having diabetes doesn't mean that an active, fun lifestyle is out of reach; it just means that you need to have in place practical strategies that will enable you to get to where you want to go in life," says Deborah Orloff-Davidson, director of Botsford's Health Development Network. "Botsford's classes and support groups do that."

Every month, an array of support groups and classes are available for people with diabetes through Botsford Health Development Network. "Botsford's classes and support groups do that."

Every month, an array of sup-

port groups and classes are available for people with diabetes through Botsford Health Development Network. All support group meetings are held at the Health Development Network, 39750 Grand River, in Novi.

The Adults with Insulin Dependent Diabetes Support Group is an informal place for information. It meets the third Tuesday of every month.

The Diabetes Evening Exchange meets the third Tuesday every other month. On Tuesday, Jan. 20, at 7 p.m., the Diabetes Players will present "Virginia Gets the Flu and Herb Goes Bonkers."

The Daytime Diabetes Network meets the third Thursday every other month. On Thursday, Feb. 12, at 1:30 p.m., the New Year's double header presentation will be "Heart Smart Bingo and Cooking Demo," an overview of how you can eat smart while eating well.

For more information on these programs, call 477-6100.



Walkers: In honor of SoberOctober, dozens of middle school youth from Nardin Park United Methodist Church walked to raise money for drug awareness programs. Members of the Farmington Hills congregation supported the youth; \$1,253 was raised and went to programs like DARE, SADD and Farmington Families in Action.

Chat room from page B1

just six days.

We also toured the capital, which was a lot of fun. We went to the Australian Embassy, Union Station, White House, Lincoln Memorial, Vietnam Veterans Memorial, National Press Club, the Smithsonian, and Arlington National Cemetery where we witnessed the changing of the guard.

It was very helpful having group leaders as our tour guides because they knew so much about the capital. On Nov. 6, we went to Capitol Hill. After touring the Capitol building, the seven of us from Michigan went to the offices of Senator Carl Levin and Senator Spencer

Abraham. We were not able to see the senators themselves, but we had conversations with their staff. Finally, we were able to meet with Rep. Joe Knollenberg. He was very cool. Because Congress was trying to finish the session early, all of the members of Congress were very busy. Knollenberg took time out of his schedule to talk to us. When we walked into the main office area, we saw a poster of Barry Sanders on the wall. This made us feel right at home.

Knollenberg was more concerned about how we were enjoying the conference rather than telling us about life on Capitol Hill. The senators' staff had

already talked to us about Capitol Hill and how busy it was. This made us feel welcome and privileged to be there. This was the highlight of our trip.

Before the farewell dinner dance, we watched the Michigan game with all of our new friends. Some of them were Penn State fans, so there were a few crushed hopes in the crowd, but everyone was happy. We had just had a once in a lifetime experience. We learned a great deal in that week about the government, shopping in D.C., and dealing with different people. It was the best.

Mitch Forester is a student at Farmington High School.

Pageant seeks contestants

From now on, the Miss Farmington/Farmington Hills Scholarship Program will be known as "The Greater Farmington Scholarship Program."

It is the only Miss America Scholarship Program in lower Oakland County.

The winner will be known as "Miss Greater Farmington/Farmington Hills."

The Miss America Organization awarded over \$32 million in scholarships, which greater Farmington played a major part.

About \$3,300 was awarded to the winner and runners up.

Program Director Ginny Morris said hopes are to double the local scholarship.

"We may not be number one, but we are definitely aiming for the top," Morris said.

Also...

The local organization made several other announcements, including the following:


■ The 1998 pageant will be July 8 at Vladimir's on Grand River and a large celebration party at the Cadillac Cafe will immediately follow.

Application forms for the 25th Scholarship Program may be picked up at the Farmington Chamber of Commerce during regular business hours or by calling (248) 471-9042.

■ The Greater Farmington

program recently announced that former Miss America and Miss Michigan Pam Eldred has joined the organization. She will be working very closely with this year's contestants and with Jennifer Hoemke, the current Miss Farmington/Farmington Hills, preparing her for the Miss Michigan Pageant in June.

■ Meanwhile, a Silver Celebration is planned for the Greater Farmington Scholarship Program. If you know of, or are a former Miss Farmington, please call one of the following phone numbers: Tamara Teets, (810) 912-9494 or pageant headquarters, (248) 471-9042, before May 20, 1998.



A thousand little ways to show we care

A reassuring smile. A good ear. A kind voice. Caring has always been essential to curing, and that is especially true when it comes to our young patients. We care about children so we know how to care for them. At the University of Michigan Health Centers, we believe the only way to know your child and understand all of his or her health needs is to be in your neighborhood. It's the easiest way to help your child the most. Here's what else makes us ideal for your whole family:

- We have plenty of pediatricians, ob/gyns, family practice physicians and general internists in your community.
- Many sites offer extended hours, including Saturdays.
- We have all the services you need to stay healthy. Many locations offer laboratory tests and X-rays, too.
- If you ever need a specialist, you're already linked with the U-M Medical Center and our hundreds of experts.
- Finding the right doctor close to your home is simple, and making an appointment is easy. Just call the number below and we will help you select a physician and even schedule your first appointment.

UNIVERSITY OF MICHIGAN
Health Centers
1-800-211-8181

Because world-class health care shouldn't be a world away.

Reasons to Choose

University of Michigan

Health Care

Insurance

For your convenience we accept most major insurance plans including:

- Medicare
- Blue Care Network
- Blue Cross/Blue Shield of Michigan
- Aetna Managed Care
- Omnicare (not available in Livingston County)
- Selectcare (available in Oct 1997)
- Medicaid
- Medicare
- And Others... Call to make sure your health plan is accepted.

We're In Your Neighborhood

Call 1-800-211-8181 for information about hours and services.

Canton
Joseph G. Jander, M.D. & Assoc.
3524 Canton Center Road

Farmington Hills
Middleton Pediatrics
21000 Middlebelt Road

Livonia
Livonia Internal Medicine
77316 Farmington Road

Plymouth
Plymouth Health Center
8900 Livay Road

Chorus holds auditions for a new session

The Farmington/Farmington Hills Community Chorus will hold auditions for its spring session on Tuesday, Jan. 6 and Sunday, Jan. 11, at the Farmington Hills Activity Center.

If you have ever wanted to sing now is your chance. Come down and experience this activity and meet our 70 plus member chorus.

The chorus performs two major shows each year, a holiday concert and a spring concert as well as singing at the Farmington Founders Festival and at Heritage Park.

This is an exciting musical opportunity for area residents 18 years of age and older. Musical experience is not necessary but is helpful. All sheet music and a practice tape is provided.

Auditions will be held Jan. 6 and 11 beginning at 7:30 p.m. and registration will be the following week for those accepted. There is a registration fee.

For more information, call chorus manager Kathy Hall at 471-4516. The Activity Center is located on 11 Mile Road, just east of Middlebelt.

Tai Chi helps reduce stress

Feeling frazzled? It's time to think about beginning the New Year right with stress management.

Starting in January, the Botsford Center for Health Improvement (TRACC) is offering an introductory course in Tai Chi, the ancient Chinese martial art which is often referred to as meditation in motion. Tai Chi employs breathing techniques along with coordination and relaxation of the entire body. Rapidly increasing in popularity throughout the world, this form of stress management combines relaxation with low impact exercise and has been embraced by devotees of all ages.

The classes meet for eight consecutive Wednesdays, Jan. 7 to Feb. 24, 7-8 p.m. Fee is \$70. Because of limited space, pre-registration is required. For more information and to register, call 473-5600.

TRACC is the Novi based comprehensive outpatient rehabilitation and conditioning facility that specializes in sports, occupational and rehabilitation medicine.