

'Community Connection' program highlights American Heart Month



MARY LINDA CALDERONE

Coronary heart disease is the No. 1 killer of American women. One woman in eight will develop breast cancer over the course of her lifetime, but only one in 28 will die of it. Almost one in every two women will die of heart disease or stroke. Yet, a recent survey commissioned by the American Heart Association shows that only 8 percent of American women consider heart disease and stroke their greatest health threats.

Take heart! February is American Heart Month. During this month, the American Heart Association launches a nationwide educational campaign to get the message out. And what better way is there to reach 38,000 households in Farmington, Farmington Hills and Novi than to be featured on "Community Connection." "Community Connection" is a program that showcases nonprofit organizations. It runs on INFO TV-12 and is hosted by SWOCC community relations specialist Melanie Young.

Dr. Lewis Jones, physician consultant with the Michigan Department of Community Health, joins Young to discuss

what every woman should know about heart disease and stroke. "A greater focus on prevention is needed," said Jones. "Women can control their lives and choose habits that promote cardiovascular health."

You'll want to tune in and listen to the advice Jones gives, which includes no smoking, watching and monitoring your cholesterol, triglycerides and blood pressure and making physical activity a daily part of your life. There's even information given on "Community Connection" as to how to enroll in a new program developed by the Heart Association called "Choose To Move."

The program teaches women how to incorporate physical activity into their daily routines in creative and practical ways. Young also interviews Katherine Knoll, director of public advocacy for the American Heart Association Midwest Affiliate. See an automated external defibrillator (AED) in action as Knoll demonstrates the device. AEDs identify ventricular fibrillation. These instruments advise the operator whether a shock is needed and will deliver a shock if appropriate. Early defibrillation may determine whether or not the individual's life is saved. The Heart Association advocates the use of them by first responders like police, firefighters, emergency medical technicians and security personnel. Knoll also explains to viewers what they

can do for increased public access to defibrillation.

So tune into "Community Connection" at 8 p.m. Tuesday, Feb. 16; 5:30 p.m. Friday, Feb. 19; and 6 p.m. Tuesday, Feb. 23. You may also request the show on INFO TV-12 at a time that is convenient for you by calling 553-7303, Ext. 2263. In addition, check out the Heart Association's Web site at www.americanheart.org or call the association directly at (888) MY HEART.

P.S. If you're a member of a nonprofit organization and you'd like to be featured on "Community Connection," it's easier than you think. Just pick up the phone and call Melanie Young today at (248) 473-7266, Ext. 14. See you on TV!

Mary Linda Calderone is the media relations specialist for the Southwestern Oakland Cable Commission. The next SWOCC meeting is 7 p.m. Tuesday, April 27, at Farmington City Hall. The next CAC meeting is 7 p.m. Tuesday, March 9, at SWOCC.

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PTA REFLECTIONS

Following are winners of the Farmington PTA Reflections contest. All were honored during a recent school board meeting.

- MUSIC**
- Grades K-2
 First place Dakota Hatfield Woodcreek
 Second place Natalie Ciolfi Hillside
 Third place Allison Budd Highmeadow
 Grades K-5
 First place Joseph Stefan Hillside
 Second place Christina Van Dyke Eagle
 Third place Andrea Tress Woodcreek
 Grades 6-8
 First place David Koch East
 Second place Caroline Coleman East
- VISUAL ARTS**
- Grades K-2
 First place Leah Greene Hillside
 Second place Kari Kuuttila Knobbrook
 Third place Nicole Fumara-da Highmeadow
 Grades 3-5
 First place Danny Sirovy Woodcreek
 Second place Morgan McPeak Hillside
 Third place Kirsten Kamer-man Beechview
 Grades 6-8
 First place Nako Mashimo East
 Second place Brian Ziegler East
 Third place Elizabeth Tosta East
- LITERATURE**
- Grades K-2
 First place Michael Sapick Wood Creek
 Second place Erika Vivyan Beechview
 Third place N a v m e e t Dhillon Wood Creek
 Grades 3-5
 First place Aleese Bagdol Highmeadow
 Second place A l e x a n d e r Sapick Wood Creek
 Third place Timmy O'Connor Gill
 Grades 6-8
 First place Caroline Coleman East
 Second place Brian Ziegler East
 Third place B r i t t a n y Durham East
- PHOTOGRAPHY**
- Grades K-2
 First place Dakota Hadfield Woodcreek
 Second place Jake Williams Longars
 Third place Rachel Justice Hillside
 Grades 3-5
 First place Ellen Fehl Longars
 Second place Lauren Nassar Gill
 Third place Cassio Cook Beechview
 Grades 6-8
 First place Daniel Clay East
 Second place Caroline Coleman East
 Third place Brian Ziegler East

AGENDAS

Farmington Hills Planning Commission Preliminary hearing meeting Thursday, Feb. 11 Council chambers, city hall, 31655 11 Mile

- Old business:
- A landscape site plan for Candlewood Extended Stay Hotel on the southwest corner of Halsted and Hills Tech Drive. Proponent: A.S. Dorchon. Owner: RS Technologies Ltd.
 - A landscape site plan for the renovation of an existing Marathon station at 27735 Orchard Lake Road. Proponent: Brian Carmaghi. Owner: Marathon Ashland Petroleum.
 - Revised site plan for a sports field/additional parking

for St. Andrew Kim Korean Catholic Church at 21177 Halsted. Proponent: Martin M. Daniels, St. Andrew Kim. Owner: St. Andrew Kim.

- New business:
- Site plan for rebuilding an existing McDonald's restaurant at 24020 Orchard Lake Road. Proponent: Frank Martin, Dorchon/Martin Associates, Inc. Owner: McDonald's Corporation.
 - Site plan for a light industrial building at 20765 Randall. Proponent: Mario A. Gargaro, Gargaro Construction Co. Owner: Hamer Properties.
 - Site plan for a drug store on the northeast corner of Nine Mile and Haggerty. Proponent: Albert Ludwig, Selective Development Co. Owner: Haggerty/Nine Development Co.

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At Botsford Commons' Assisted Living Center You Don't Have To Change A Thing.



Announcing the opening of Botsford Commons Assisted Living Center. This innovative facility, located in an historic and newly renovated Albert Kahn-designed

building in Farmington Hills, offers a caring environment for those who need support to maintain daily living routines. Residents receive assistance only with the services needed and requested, encouraging each individual to remain as independent as possible in a safe and secure environment. Center residents retain privacy and comfort in individual apartments while their psychological and social needs are met through a variety of programs and group activities. Easily accessible community living, dining and social areas complement comfortable accommodations with private



baths and generous space for treasured personal furnishings. The center features a chapel, clinical offices and a full range of health care services including geriatric assessment programs. As an older adult, you've lived a life that has been one characterized by dignity, independence and choice. It should continue to be. When you choose Botsford Commons Assisted Living Center, you insure that the next chapter of your life is filled with the same richness of choice and independence to which you are accustomed and that you deserve.

For more information, call 248-477-1646.



Botsford
 HEALTH CARE CONTINUUM

28050 Grand River Avenue, Farmington Hills, MI 48336-5933

Dunkin' Donuts marks opening Feb. 12

The Farmington Hills Dunkin' Donuts, 31080 Orchard Lake Road, will have its official grand opening and ribbon cutting ceremony at 1 p.m. Friday, Feb. 12. The afternoon will be filled with family entertainment, as well as a ribbon cutting ceremony with Farmington Hills officials. Food, fun and prizes will

highlight the event. Marc Mitchell of WKQJ 95.5 and the Q-Crew will serve coffee and give away prizes. "Roary," the Lions mascot and the original Dunkin' "Rocket Man" will be on hand to share in the excitement. The celebration runs until 6 p.m.