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breast cancer is familial and that if you don't have a family member who had it, you probably won't get it, but actually most women don't have a genetic component," he said.

Sharing their knowledge about cancer and trying to raise money for research has become a Kozlowski family tradition. Rachel, Anna, David and Jay will be at the Race for the Cure together.

You don't have to be a jock and able to run long distances to take part, Rachel said. The race includes a 5K run for women, a 5K run for men, a 5K walk and a fun walk that takes no athletic ability.

There's a tremendous amount of effort that goes into putting on an event the size of Race for the Cure, Kooman-Midrum said. Every helping hand is needed. Teens will be involved this year more than any other, she added.

Relay for Life

Relay for Life, a 24-hour annual fund-raiser that services the Lakes and Hills communities, begins at North Farmington, June 5 at West Bloomfield High School and ends at noon on Sunday, June 9. Poole, a student at North Farmington High School, got involved when he snuck into a Relay for Life meeting to fulfill required student enrichment time three years ago. Meeting organizers said he could stay if he promised to take part in that year's event.

"The next thing I know I was involved and I was the captain the next year and the next year," he said. Poole applauds North Farmington High School psychol-

'Things can get sad, but for some reason, the 24 hours are symbolic. They did that for a purpose. It's sundown and sunup and new beginnings.'

*Austin Poole
Student, North Farmington
High School*

ogy teacher Dana Shapiro for her support with the group.

Last year, Poole rallied 15 students at North Farmington to participate, and this year he expects "a lot more."
While Poole hasn't had a friend or family member diagnosed with cancer, he does know people who have developed wisdom and inner peace as a result of cancer. He likes to be around those people. People with relatives who died from cancer are often the most inspiring.

"You would think you could notice something different, like a huge loss, but instead you notice a unique gain as in terms of wholeness and wisdom," he said. "They're surprisingly content and optimistic. Through the loss, the strength they've been given, they're transferring to those who are suffering now with cancer and to those who have lost someone to cancer recently."

The Relay for Life has a symbolic interpretation, said Poole. "Things can get sad, but for some reason, the 24 hours are symbolic. They did that for a purpose. It's sundown and sunup and new beginnings."

APRIL

SLEEP APNEA
A.W.A.K.E. support group, sponsored by Garden City Hospital Sleep Disorders Center, will meet 7-9 p.m. Wednesday, April 3 in the Garden City Medical Office Building, 6255 Lakeside Road, Garden City. CPAP units may be brought in for pressure checks. Call (734) 458-3330.

SENIOR DAY
Senior Health Services of Saint Joseph Mercy Health System of Ann Arbor will present Senior Health Day 8:30-11:30 a.m. Monday, April 2, at SJM Health Stop, Briarwood Mall (just off I-94 at the State Street exit), Ann Arbor. Dr. Mary Wisely will discuss Parkinson's Disease. Chair messages available until 10 a.m. for \$5. Samples of health food and drawings for prizes. To register, call Saint Joseph Mercy Health Stop at (734) 627-3777.

MEDITATION SERIES
Saint Joseph's Hospital in Ann Arbor will offer "Meditation: Explore Your Inner Treasure," a four-week class 6:30-7 p.m. Thursday, April 4-25, in the McAuley Cancer Care Center, 2nd Floor Community Room. Sr. Christa Miriana will teach new ways of paying attention to mind, body and spirit. Registration and commitment to attend entire series required. Call (734) 712-2920.

CHEMICAL SENSITIVITY
The Multiple Chemical Sensitivity Friends Support Group—a non-profit support group for people made ill by exposure to pesticides, fragrances, cleaners, etc.—will meet 2-5 p.m. Sunday, April 7, at 31904 Bradner Street (near the intersection of Bradner and 13 1/2 Mile), Warren. Please come unscented. Call 248-348-4972. The group previously met at the Good Food Company in Canton.

DIABETES
Lori Eno, a registered nurse and a diabetic educator from Providence Hospital, will present "Understanding Diabetes" 12:30 p.m. Sunday, April 7, at Our Lady of Loretto Church, northeast corner of Six Mile and Beech Dale, Redford. Lunch provided. \$5 donation accepted. Call the rectory at (313) 634-9300 or Sarah Martoin at (313) 631-6770.

FIRST STEP VOLUNTEERS

MEDICAL DATEBOOK

First Step of Western Wayne County is seeking volunteers, men and women at least 18 years old, to assist with support groups, 24-hour helpline, court advocacy, crisis response team, and emergency shelter services. The next training starts April 8. Please call (734) 416-1111, ext. 202.

HEALTH & HUMOR
St. Colette Parish Health Ministry will present Amanda Hasko of St. Mary Mercy Hospital speaking about "Humor and Your Health" 7 p.m., Tuesday, April 9. The church is located at 17600 Newburgh Road (between Six and Seven Mile roads, across from Laurel Park Mall), Livonia. Call Joanne at (734) 464-4436.

EATING DISORDERS
Join Kyril Antaras, author of *Finding a Break in the Clouds*, at her new workshop, "The Revelation," 7-9 p.m. Wednesday, April 10, at the Neuromuscular Wellness Center, 38216 W. 10 Mile Road, Suite 6, Farmington Hills. Antaras, who has conquered anorexia and bulimia, will share insights and offer solutions based on personal experience. Call Carrie MacGillis at (248) 333-1889 or e-mail: breakintheclouds@com-

cast.net.
IMMUNIZATION CLINIC
St. Mary Mercy Hospital, Livonia, will offer an Infant and Child Immunization Clinic from 6:30 to 9 p.m. Thursday, April 11. WNIC 100.3 radio's afternoon show, featuring Chris Edmonds and Tamie Lockhart, will broadcast live from the hospital from 3 p.m. to 8 p.m. Please bring all available immunization records to be updated. No registration is required. The fee is \$5 per child. Call (734) 655-8940.

TREMOR SUPPORT GROUP
The Michigan Tremor Support Group will meet 7-8:30 p.m. Thursday, April 11, at Temple Isarel, 5725 Walnut Lake Road, West Bloomfield. Dr. Shawn Bolton, a neurologist at the Michigan Institute for Neurological Disorders, will discuss current tremor research and therapies. The meeting is open to anyone suffering from tremors caused by Essential Tremor or Parkinson's Disease. Call (248) 683-2465.

HYPNOBIRTHING
Learn relaxation and self-hypnosis techniques to assist you in a more positive childbirth experience by signing up for "Hypno-Birthing: A Celebration of Life"

offered 7-9:30 p.m. April 11-May 2, Botsford Center for Health Improvement, 39750 Grand River, Novi. Cost: \$275. Call (248) 477-8100.

PROJECT HEALTHY LIVING
The Farmington Area Commission on Aging in cooperation with Botsford General Hospital and WXYZ Channel 7 will offer free and low-cost health screenings at their annual health fair 9 a.m. to 2 p.m. Friday, April 12 at the Cottick Activities Center, 28600 Eleven Mile Road, Farmington Hills. For information, call (248) 473-1830.

CANCER RETREAT
The Circle of Care Family Retreat, held at U-M Matthaei Botanical Gardens 12:30-5:30 p.m. Saturday, April 13, offers patients and families a chance to reflect on the cancer experience. \$10/person or \$25/family. Refreshments. Free childcare for younger children. Call (800) 865-1125 no later than March 29.

HEAD, NECK CANCER SCREENING
Free head and neck cancer screenings will be offered 9 a.m. to noon Saturday, April 13, in the Ear, Nose and Throat Clinic, 8th Floor, Henry Ford Hospital, Detroit. To schedule an appointment, call (888) 734-5322.

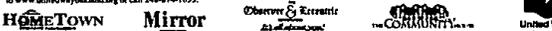
HomeTown Heroes

Do You Want to Honor a HomeTown Hero?

Your Observer & Eccentric, Mirror and HomeTown Newspapers, in conjunction with the United Way Volunteer Center of Oakland, are calling for nominations for the HomeTown Heroes™ Awards, which rewards outstanding volunteers who have given selflessly of themselves to support non-profit organizations in Oakland County. Awardees will be recognized at the HomeTown Heroes Luncheon on Wednesday, June 5, 2002 at the Community House in Birmingham.

NAME OF NOMINATOR: _____ IF GROUP, CONTACT PERSON: _____
ADDRESS, CITY, ZIP: _____
PHONE: _____ FAX: _____ E-MAIL: _____
CATEGORIES: DIRECT SERVICE SENIOR YOUTH GOVERNANCE FAITH-BASED
DIVERSITY
NAME OF NOMINEE: _____ (Must volunteer for an Oakland County non-profit organization) AGE: _____
ADDRESS, CITY, ZIP: _____
PHONE: _____ FAX: _____ E-MAIL: _____
PLACE OF VOLUNTEER SERVICE: _____ YEARS OF SERVICE: _____
AVERAGE NUMBER OF HOURS WORKS PER MONTH: _____ SCHOOL ATTENDING (if applicable): _____
TYPE OF WORK PERFORMED: _____

On a separate sheet, in 200 words or less, tell why you have nominated this individual or business. Describe the nominee's major accomplishments, commitment, self-care, vision, problem-solving skills, and measurable impact upon the community. For Business Champions nominees, please indicate the name(s) of the community organization(s) that have benefited from these efforts. Entries must be typewritten. Do not staple pages. Optional: Include a photo (no larger than 3" x 7") of the nominee, person or group, or for Business Champions nominees, include a photo of person participating in the volunteer activity. Entries must be received by Friday, May 2, 2002. Mail or fax forms to HomeTown Heroes™ Awards, c/o United Way Volunteer Center, 50 Wayne Street • Pontiac, MI 48342 • Fax: 248-456-8209 • For questions or further information go to www.volunteer-pontiac.org or call 248-976-1633.



Involved from page C6

Expo at the Southfield Centre for the Arts, 24350 Southfield Road, Southfield.

Anyone interested in getting high school teams together for Race for the Cure this year, or next year, should contact Rachel Kozlowski at (248) 626-0303 or e-mail her at: rachyariel@aol.com.

American Cancer Society, Relay for Life, servicing the Lakes and Hills Community at West Bloomfield High School, is Saturday-Sunday, June 8-9 at the West Bloomfield High School Track, 4925 Orchard Lake Road.

Starting time is noon on Saturday. The relay continues through noon on Sunday.

Relay for Life of Wayne County begins 6 p.m. Friday, May 3 and continues to 6 p.m. Saturday, May 4 at Southgate Anderson High School in Southgate. There are Relay for Life programs in communities throughout the country. For more information about Relay for Life programs near you, visit www.cancer.org or call (800) 227-2345.

COMING ATTRACTIONS FOR THE MONTH OF APRIL

Reach thousands of potential customers by advertising in our Holiday

Flower Directory

SECRETARIES DAY 2002

By placing your ad on this page potential customers will know you're ready to fill their holiday needs. A great reminder that beautiful, fresh flowers are the perfect Easter holiday greeting.

For more information call:
Tara Eddington (734) 953-2044 or Lindsay Scheffer (734) 953-2095 FAX: (734) 953-2232

Deadline: April 17th
Run Date: April 21st
Ad placement: Entertainment Section

Summer camps are easy to find.

(When you know where to look)

The Observer & Eccentric Newspapers

CAMP CORNER

All deadlines for the Camp Corner will be on Friday before the Thursday Edition.

Look for this corner to appear in the Sports Section every Thursday until July 18th!

Professional Secretaries Week

April 21-27

Whether you say "Professional Secretaries Week" or "Administrative Professionals Week" the point is to praise the individual who makes your job easier from day to day. Whatever title you give the week of April 21-27, The Observer & Eccentric Newspapers has a great and affordable way for you to say thank you for all that individual's hard work.

On Thursday, April 25th you can let all of Wayne and Oakland Counties know how much that person really means to you. This directory will appear in the front of the newspaper, and you can choose from the ad sizes below. (Deadline is Thursday, April 19th)

PROM DIRECTORY

This is your opportunity to help these kids prepare for one of the biggest nights of their life! Don't let business on the corner take away from your chance to grab their attention with what you have to offer!

The first ever "Prom Directory" will appear in all 16 papers in Wayne & Oakland Counties. You know what your business has to offer, so why shouldn't they? You never know, you could win them over and have them come back for an even more important day... their wedding!

The deadline for this directory is on Fridays and you can look for it to appear in the Entertainment/Travel Section.

Total Run: Every Thursday from April 11th through May 10th

Special Golf Directory for the Spring of 2002

What a great place to advertise your golf related business.

This special directory will allow you to reach 400,000 Observer & Eccentric customers. Look for this tab to be running throughout the spring, summer and fall on Thursdays.

All deadlines for the Special Golf Directory are on the Friday before the upcoming Thursday edition.

2 columns x 2 inches (approx. 4 1/4" x 2")

YOUR COST: \$160.00 Per insertion

1 column x 2 inches (approx. 2" x 2")

YOUR COST: \$80.00 Per insertion

OPEN RATE: \$215.60

* 3 column X 3 inch size available in the Camp Corner.

2 columns x 3 inches (approx. 4 1/4" x 3")

YOUR COST: \$240.00 Per insertion

OPEN RATE: \$646.80

FOR MORE INFORMATION - CALL: **DYLAN** (734) 953-2073 FAX: (734) 953-2232

Look for information on these directories in April

- HEALTH & FITNESS DIRECTORY
- CHILD DIRECTORY
- PET DIRECTORY

THE Observer & Eccentric NEWSPAPERS

36251 Schoeller Road • Livonia, MI 48150

- Livonia Observer
- Canton Observer
- Plymouth Observer
- Westland Observer
- Garden City Observer
- Redford Observer
- W. Bloomfield Eccentric
- Farmington Observer
- Southfield Eccentric
- Rochester Eccentric
- Birmingham Eccentric
- Troy Eccentric
- Clawson Eccentric
- Oxford Eccentric
- Lake Orion Eccentric
- Waterford Eccentric