

Area women sought for 'mammogram party'

(Submitted by Muskegon Family Care)

If you're a woman over 40 and haven't had a mammogram for two or more years, Muskegon Family Care is looking for you. By hosting a Mammogram Party event (along with Mercy Health Partners, the Cancer Society, Access Health, and Public Health Muskegon County), Muskegon Family Care is hoping to attract 150 women in need of mammograms who can be enticed to get them done with the promise of pampering and partying. "We're especially hoping to find minority and uninsured women, but we realize that middle-class professional women may also avoid getting mammograms," states Gwen Williams, one of the event organizers.

Prior to the last party in 2007, 80 women received mammograms, 12 of whom received abnormal results. Genise Ahmad, a participant in 2007, plans to return this year. "Both of my parents died of cancer, and my sister has cancer now. I just want to do anything I can to increase my chances of not dying from cancer."

"There are a lot of fears associated with mammograms. We hope to break down some of the barriers and empower women to take charge of their lives and their health," said Dr. Street, founder of the Mammogram Party. "Holding the Mammogram Party the day before Mother's Day is our way of acknowledging all that women do for our families and community. It is an opportunity to share in the celebration of our lives and our health, as we come together to support each other in good self-care and health care practices." The party will be held May 9, 2009 at the Greater Muskegon Women's Club, 280 W. Webster Avenue, from 2 to 5 p.m.

Before attending the party, women will be scheduled to go to Mercy Health Partners' Mammography Department to receive their annual mammogram. Reduced cost mammograms will be offered, and qualified uninsured women over the age of 39 will receive a free mammogram through a grant from Komen for the Cure. A ticket will be given at the time of the mammogram as entry into the party. During the party, attendees will be treated to lunch and their choice of a manicure, pedicure, massage, or facial. The day also includes a fashion show, a comedy skit, door prizes and dancing.

Women who would like to obtain their mammogram and register for the event should contact Rosalind at 737-1894 by May 1, 2009. Contributions are being accepted for door prizes and for sponsorship of the fashion show models (\$150 contribution will allow a model to keep an outfit). Potential contributors can contact Gwen Williams at 737-1747 for more information.

Gallery Uptown features four artists

(Submitted by Gallery Uptown)

Earth, Light, and Fire is the art exhibition at Gallery Uptown for the month of March. It includes the work of four artists: Michael Schaafsma, steel, stone and wood work; Jill Jeltema, functional and sculptural pottery; Lisa Hall, sculpted paintings; and Skye Gentle, mixed media paintings and drawings. The exhibit continues through March 30, Monday through Saturday, 10 a.m. to 6 p.m.

The Gallery Uptown is located on the corner of Second and Washington in downtown Grand Haven.

For more information, visit: www.galleryuptown.net or call (616) 846-5460.

Horse racing fundraiser at Saint Mary's

by Pam Mettler

Get ready to place your bets and plan for a night out with friends, food and fun as Saint Mary's Church prepares for its first annual "Armchair Horse racing Fundraiser" on April 17.

The event will begin at 7 p.m. in the church's activity center. Dress is casual and there is no admission charge to attend.

There will be various race packages available for the night and lots of horse races for adult men and women to enjoy. Included will be a "horse owner race" and other race events shown from actual racing day full-color film footage, or on video and DVD. The races are each narrated by top horse racing announcers.

The evening will begin when the Master of Ceremonies welcomes guests and gives a short explanation of how the armchair horse race events are each played. He will announce when the betting windows are open for the first race, and the evening will unfold with all of the drama of a race track simulated within the large auditorium.

Guests will have the opportunity to participate in an "Auction Race" during the night at the horse races, and they will also learn how they can actually own one of the horses of a particular horse race. Pools for bets will also be available and persons have the opportunity to "name" their own horses. All races will be announced by numbers.

Seller, Daily Doubles and Cashier tables will be available to direct guests at the event.

According to Lesa Olszewski, event organizer and Saint Mary's Parish School Board member, "We are very excited about this event because all funds raised will go to offset the costs of providing the busing program at Saint Mary's Parish School."

Anyone interested in attending the event or wishing further information, should call the Saint Mary's Parish School at (616) 842-1282.

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Wed., May 6, 2009 at 4:00 p.m.

at the Fruitport High School parking lot (by the Gym)

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