

Subscriber Info

A few changes...

A few changes will occur next Thursday, Jan. 18. All local subscribers will be upgraded to home delivery. Your subscription will include our Green Sheet supplement to be delivered on Sunday. Please call our customer service hotline with any questions or concerns at (888) 840-4809.

Inside

Giving the gift of life



The Northville area's blood supply has hit critical mass, but opportunities to give are coming up. We take a look at this vital need of the gift that can't be substituted. — Page 6A

Opinion

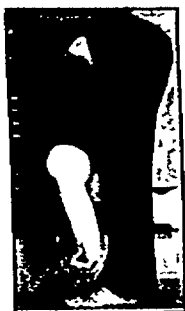
The Dream in haste

Dr. Martin Luther King, Jr. wanted justice now — not later. We think Northville is doing its part to help live out King's credo by hosting Respect Week. — Page 12A

Hometown Life

It's a stretch

Yoga is once again catching on, increasing flexibility and inner peace. Find out about this old-is-new-again exercise technique. — Page 1AA



Sports

Fit to be tied

After falling behind early on, the Mustang hockey team found the weapons to rally to a 5-5 tie last week. — Page 1B



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Werth eyed for township police chief

BY ANDREW DIETDERICH
Staff Writer

Northville Township manager Chip Snider expects the community to get its money's "Werth" with its new police chief.

Snider will recommend Northville Township Public Safety Sgt. John Werth be named to the top police job in the community at the Jan. 18 board of trustees meeting. He was one of two internal applicants for the position vacated by Snider when the Northville Township board of trustees appointed him manager last fall. Werth starts Jan. 22 for the position that has a budgeted salary of about \$70,000.

"When I first came and interviewed with the department the chief at that time asked me what my goals were and told him 'I want your job,'" Werth said. "I've always shot for the goal to someday run the department. This is a dream come true."

The department has 25 sworn officers, 10 dispatch clerks, and 13 reserve officers. Werth, 39, said he wants to continue the tradition started by Snider.

"We have a real good department and I hope to help continue that tradition," he said.

Werth started at Northville Township in May of 1985 and has served in the patrol and investigative divisions of the department. He was assigned to the Michigan State Police Western Wayne Auto Theft and Narcotics Unit for 2.5 years in 1988. He returned to Northville Township and worked in the detective bureau until his pro-

WHAT HE'S WERTH

Here's some quick information on police chief candidate John Werth:

- 15-year veteran of township police department.
- Served in patrol and investigative divisions of the department.
- Graduate of Syracuse University; enrolled in graduate program of Eastern Michigan University.

motion to sergeant in March 1996. Most recently, he has served as a patrol road shift supervisor.

"John has been with the department since 1985 and has been a stellar employee on every assignment he's been on," Snider said. Snider also is the director of public safety.

Werth earned his bachelor's degree in political science/criminal justice from Syracuse University and is working on graduate work at Eastern Michigan University. He graduated in November from the Eastern University School of Staff and Command.

A private firm was contracted to help find a police chief. Representatives from the firm interviewed the lieutenants and sergeants in the department along with Snider

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photo by JOHN HEIDER

Silver Springs teacher Kim Gall, center, helps students navigate the board game "Circle of Respect." From left, Olivia Niemiec, Jessica Accardo, Jenny Egnor and Bobby Thomas. For more about Respect Week, see page 4A.

It's all about respect...

Respect Week in Northville slated for Jan. 15-19

By CHRIS C. DAVIS
Editor

For the second year in a row, representatives from a host of Northville organizations are hoping a week designated for respect spills over beyond the seven-day window.

And also for the second year in a row, Northville's Respect Week will be tied in to the celebration of Martin Luther King, Jr. Day. —

the day named for the slain civil rights leader who championed respect among all peoples.

"Our community recognizes the holiday by having a celebration of Dr. King's life and his accomplishments," said Northville Youth Assistance director Mary Ellen King — no relation to Martin Luther King. "It's appropriate to tie in Respect Week with a man who did so much for people and talked about respect as often as

he did."

Respect week will begin on Martin Luther King, Jr. Day, Jan. 15. A silent candlelight vigil and walk from Northville city hall to First Presbyterian Church of Northville will be held at 7 p.m. The kickoff event will also feature the reading of King's famous "I Have A Dream" speech, given in Washington, D.C. in 1963, and

Continued on 10

City looks for ways to a newsrack cutback

BY ANDREW DIETDERICH
Staff Writer

The city of Northville plans to erase the rainbow-like myriad of newspaper and magazine racks in two central locations with a new ordinance.

The ordinance specifically applies to two spots in the central business district where more than 30 newspaper and magazine racks are located. The two locations are across from the Michigan Gift Mart, 133 W. Main St., and near the bandshell area next to the

"It's been a concern for the last several years as we've seen a great proliferation of boxes. We used to have four...now we have 16."

Gary Word
Northville city manager

Kitchen With, 134 E. Main St.

Under the ordinance, the city would pay for two big, modular units that publications would pay to use.

Gary Word, Northville city manager, said the ordinance was developed to give the city more control over aesthetics and public safety.

"It's been a concern for the last

several years as we've seen a great proliferation of boxes," Word said. "We used to have four boxes at each location and now we have 16."

According to the ordinance, the intent is to "improve visual image and pedestrian safety, and protect the unique aesthetic and historical attributes of downtown Northville."

The goal would be reached through the elimination of all boxes currently in place and replacing them with one big, modular unit in each spot. The ordi-

nance requires the city provide the modular units, which have an estimated cost of \$12,000 to \$18,000 each. The companies that use the boxes will be required to register with the city and pay an annual fee to cover maintenance and operation.

Space in the newsrack units would be given priority based on frequency of publication. Additional places for other publications could be added to the unit. Word

Continued on 11

Seniors get help with bus transport

Northville seniors will have an option to hitch a ride on a new transportation system offered by Northville Parks and Recreation starting Jan. 22.

That's the first day a new bus purchased by the department will be in operation. Seniors who wish to make reservations may do so starting Jan. 15.

The bus allows seniors to get driveway-to-driveway service to area grocery stores, malls, banks, and drugstores.

The transportation system also will allow entertainment opportunities such as lunch and dinner trips, concerts, theaters, museums, and rides to special center events. Priority will be given to medical appointments and other errands.

The bus is being purchased through Wayne County development grants specifically designed to meet senior needs or other projects that improve communities.

Here are some of the details:



Photo by JOHN HEIDER

Northville Township trustee Marv Gans, right, Northville school board member Martha Nield, center, Traci Sincok (not pictured) and Northville Senior Center administrator Sue Koivula and others rolled out the welcome wagon for the city's new bus that will be primarily used to transport local seniors to social outings. The bus made its debut Monday afternoon for an ice cream social.

- Service area. The service area will be a five-mile radius from the senior center. The radius is from 13 Mile Road to Joy Road to Farmington Road and to Currie Road.
- Service hours. The hours of service will be Monday through Friday from 9 a.m. to 4 p.m.
- Fare structure. A suggested donation of \$2 per one way trip.

- Service level. Reservations must be made two working days in advance Monday through Friday between 9 a.m. and 11:30 a.m. Requests for rides will not be accepted at any other times.
- Where to call. Seniors who wish to schedule a ride may call (248) 349-4140 and ask for transportation.

Cavaliere named new sports editor

The Northville Record has a new face at the sports desk, and it belongs to Colby Cavaliere.

Cavaliere was named as sports editor for the Record and Now News last week and arrived on the scene last Thursday. He replaces former sports editor Jason Schmitt, who resigned late in 2000.

Originally from Fort Lee, N.J., the 24-year-old Cavaliere now resides in Fenton and commutes to the Record office. Though the greater New York City area escaped much of the snowfall that pounded Michigan several weeks ago, Cavaliere didn't get away unscathed.

"On the day I was moving, it just started snowing like crazy," he said. "If I'd left a day earlier, I could have dodged it all."

Cavaliere graduate from Montclair State University with an Eng-

lish degree, and has worked for the Palisades Park, N.J.-based Bergen Newspaper Group covering high school athletics. He also worked for WVOX-AM in New Rochelle, N.Y. as a sports radio talk show co-host.

Cavaliere said he left the Atlantic coast behind in the hopes of starting fresh.

"I was looking for the prospect of a new beginning," he said. "I'm definitely looking forward to this. I want to get experience and learn the tricks of the trade to build a future for myself."

When he's not covering sports, Cavaliere is a sports participant. He also said he enjoys reading in his spare time.

Northville Record editor Chris Davis said he believed Cavaliere would provide the sports coverage Record readers have come to expect.

"I spent quite a bit of time trying to locate a sports editor who I thought would be able to do the job," Davis said. "Colby stood out above the crowd. He knows sports, but more important, he's got a positive attitude. I know he'll do well."

Cavaliere can be reached at (248) 349-1700, ext. 104.

Colby Cavaliere

Police Reports

WINDOW BROKEN OUT OF DOWNTOWN NORTHVILLE JEWELER

A window was broken out of a downtown Northville jeweler that left enough room for a person to fit through, but nothing was taken from the store.

The incident happened Jan. 9 at 2:05 a.m.

According to a city of Northville police report, police were dispatched to the location after a window on the north side of Goldsmith Gallery, 101 Main Centre, was reported. Two officers responded to the scene and entered the building through the hole to make sure no one was inside.

The owner of the store arrived shortly after police and he confirmed nothing had been taken from the store. There are no suspects or witnesses.

UNDERAGE DRIVER PASSES OUT WHILE DRIVING DRUNK

A 19-year-old Walled Lake man was arrested for drunken driving and underage consumption of alcohol after he passed out at the wheel.

The incident happened Jan. 7 at 1:53 a.m.

According to a Northville Township police report, police responded to the area of Clement and Bloomerest on the report of a stranded motorist. When they arrived police found a 1991 Chevy Camaro stuck in a snowbank blocking traffic. The driver was passed out at the wheel and the car was not running.

Police woke the man up who said he thought he was in West Bloomfield. When they got him out of the car he fell into a snowbank. He admitted to drinking two-and-a-half 40-ounce beers. He was given a preliminary breath test in which he blew a .183.

He was arrested for underage consumption of alcohol and operating a vehicle while under the influence of intoxicating liquor.

WOMAN ARRESTED FOR

ALCOHOL LEVEL THREE TIMES LEGAL LIMIT

A 50-year-old Novi woman was arrested for driving with a blood-alcohol level more than three times the legal limit.

The incident happened Jan. 3 at 6:55 p.m.

According to a Northville Township police report, police received complaints about a possible drunken driver in the area of Seven Mile Road and Northville Road.

They responded and followed the car in question which was driving 5 mph eastbound on Seven Mile Road in the westbound lane. She was pulled over in the Highland Lakes Shopping Center.

Police attempted to talk to the woman who had difficulty rolling down her window and opening her door. Additionally, she had a hard time pulling her license out of her wallet.

She was given a series of sobriety tests with which she had difficulty including a preliminary breath test in which she blew a .302.

She was arrested and taken to the hospital because of her high level of intoxication.

She was released on a \$150 bond pending sobering.

90 MPH JAUNT ON SIX MILE LANDS LIVONIA TEEN IN COURT

A 16-year-old Livonia man goes to court in February on a reckless driving charge in Northville Township.

The incident happened Jan. 3 at 10:13 p.m.

According to a Northville Township police report, police radar clocked the teen driving a 1998 Ford Taurus 90 mph westbound on Six Mile Road near the Northville High School. The speed limit in the school zone is 45 mph.

Police reached speeds as high as 110 mph to catch the driver, but did. The 16-year-old said he was late getting his friend home and thought he was only doing 70 mph. He was given a ticket for reckless driving and a February court date.

19-YEAR-OLD BUSTED FOR DRUNKEN DRIVING IN CITY

OF NORTHVILLE

A 19-year-old Northville man was arrested for drunken driving in the city of Northville.

The incident happened Jan. 7 at 1:43 a.m.

According to a city of Northville police report, police saw the man driving his 1986 blue Lincoln southbound on South Main Street near Seven Mile Road with white lights in the back of the car and no seatbelt on the driver. He was pulled over and police detected a strong odor of intoxicants when talking to him. He was given a series of sobriety tests with which he had difficulty including a preliminary breath test in which he blew a .12. In Michigan, .10 is considered to be operating a vehicle while under the influence of intoxicating liquor.

A police search of the car revealed 10-12 empty beer cans and two full cans. Additionally, a background check of the man revealed his license was suspended out of Battle Creek for failure to pay two tickets.

The man was arrested for drunken driving, driving with a suspended license, and being a minor in possession of alcohol. He was released pending sobering and posting of a \$500 bond.

WOMAN STRUCK BY CAR WHILE TRYING TO CROSS THE STREET

A 25-year-old Northville woman was struck by a car while she was walking across the street at the intersection of South Wing Street and West Main Street.

The incident happened Jan. 6 at 9:35 a.m.

According to a city of Northville police report, the woman said she was walking eastbound on West Main Street when she attempted to cross the street at South Wing after traffic had cleared. A car turning left from Main Street did not see the woman and struck her. The 79-year-old driver of the 2000 Oldsmobile was given a ticket. The woman was treated for minor injuries at the scene.

Township's sewage, water rates slated for increase

BY ANDREW DIETDERICH
Staff Writer

The cost of doing your "business" in Northville Township just got a little more expensive.

The Northville Township board of trustees has approved a 2 percent increase in sewage disposal rates and 3 percent increase in water purchase rates for 2001. Connection fees will remain the same for 2001. The rates become effective Jan. 15.

The increases are less than last year's when sewage costs jumped 5 percent and a 2.5 percent increase was put in place for water.

Increases in water and sewage costs from the Detroit Water and Sewer Department and a decrease in the sewage costs from the Ypsilanti Communities Utilities Association led to the changes, said Don Weaver, director of public services in Northville Township.

"The rate increases we received were passed on to our customers," Weaver said.

Residents will pay \$2.52 per 1,000 gallons of water in 2001 compared to the present \$2.45 per

"There are increases in labor costs, chemical costs and various environmental requirements that generally increase costs."

Don Weaver
director, public services
Northville Township

1,000 gallons. Costs for sewage will be \$2.47 per 1,000 gallons this year compared to \$2.42 for last year.

The township received a increase in water costs of 3 percent from the Detroit Water and Sewer Department last July.

The township's sewage flow is divided between Wayne County and the Ypsilanti treatment plant. The township received an increase in sewage costs from the DWSJ of 2.34 percent beginning in July. However, the township realized a decrease in costs of 1 percent since September. The combined variables

led the township to increase sewage bills for residents by 1 percent.

Weaver said this year's increases are relatively low compared to other years. In other years, increases in water and sewage costs are inevitable.

"It just like any other business," he said. "There are increases in labor costs, chemical costs, various environmental requirements that generally increase costs."

A 20-year forecast developed by the township predicts water cost increases of 3 percent and annual sewage increases of 1 percent.

Additionally, the forecast predicts water and sewage connection fees to stay the same through 2005, when they are expected to increase 9 percent. Connection fees are paid by developers when they build into the plumbing and water systems in the township.

Andrew Dietderich is a staff writer at the Northville Record. He may be reached by calling 349-1700.

Corrections

A photo on page 1A of last week's edition of the Record contained an incorrect caption. The parties in the photo were Emily Gantt and her mother, Mary. Both were attending the Northville Nite festivities at

the Northville Recreation Center.

A photo on page 1B of the Dec. 28 edition of the Record misidentified Aaron Redden as another Northville Mustang football player.

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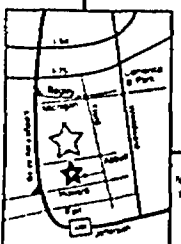


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LOOKING FOR A USED CAR OR TRUCK?

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Obituaries

BETTY M. HALLOCK

Betty M. Hallock, 77, died Jan. 6 at her home in Northville. She was born Feb. 19, 1923 in Gary, Ind., to Walter and Pauline (Whitaker) Wagner.

Ms. Hallock lived in this area for most of her life. She worked at the Starting Gate and Northville Downs for a total of 37 years. Her memberships included Fraternal Order of Eagles of Northville and American Legion Post No. 147.

She is survived daughters, Laura (Wayne) Buckner of Highland and Cindy Hallock of Northville; sons, Roy (Deborah) of South Lyon and Don (Marchia) of Wixom; mother, Pauline Wagner of Northville; sister, Wanda Schwab of Northville; brother, Bud Wagner of Florida; ten grandchildren and two great-grandchildren.

Ms. Hallock was preceded in death by her husband, Walter Wagner.

Service was held on Tuesday, Jan. 9 at Casterline Funeral Home Inc. in Northville. Pastor Robert S. Hedglen of Newport Community Church, Newport, Mich., officiated the service.

Interment was in Rural Hill Cemetery.

MICHAEL J. MCINTOSH

Michael James McIntosh, 53, died Dec. 23, 1999 at his home in Northville. Mr. McIntosh was born May 30, 1947, in Highland Park, Mich., to Peggy (Culbert) and Harley G. McIntosh.

Mr. McIntosh was a lifelong resident of the area and an artist.

He is survived by a sister, Janis C. Gorski of South Lyon; mother, Peggy McIntosh of Northville; nephew, Kevin Gorski; and niece, Kimberlee Gorski.

Services were held Dec. 28 at Casterline Funeral Home Inc. in Northville. Interment was in Oakland Hills Cemetery of Novi.

Memorials to the National Spasmodic Torticollis Association, 9920 Talbert Ave., Suite No. 232, Fountain Valley, CA 92708 or Bipolar Disorder at the University of Michigan Hospital in Ann Arbor.

WILFRED A. STERNER

Wilfred A. Sterner, 88, of Novi died Jan. 7 at Botsford Hospital in Farmington Hills. She was born Dec. 25, 1912, in Detroit to Fredrick W. and Lelina (Wurm) Sterner.

Ms. Sterner was a lifelong resident of Novi. She was a retired engineer with the auto industry, and a member of St. Paul's Evangelical Lutheran Church of Northville. Ms. Sterner was a graduate of the University of Michigan.

She is survived by two brothers, Melvin (Gwen) of Farmington Hills and Fredrick (Bettie) of Kalkaska; and nephew and niece, Walter (Mimi) of Indiana.

Ms. Sterner was preceded in death by a sister.

Services will be held Jan. 11, 11:30

a.m. at St. Paul's Evangelical Lutheran Church in Northville, with Pastor Thomas Lubeck officiating.

Arrangements were made by Casterline Funeral Home Inc. of Northville.

Memorial contributions to the Lutheran Layman League, The American Bible Society, or the World Relief Fund.

HORACE RICHARDSON

Horace Richardson, 96, died January 6, at Westland Convalescent Center.

He was born at Madison, Illinois, the son of Edward and Myrtle (Phillips) Richardson. He had worked for years at Burroughs as a handy-man.

Mr. Richardson is survived by a

nephew, James Driscoll. His wife, Agnes, died in 1992.

A Masonic Memorial Service was held on Monday, January 8th at 7:30 p.m. from the Northrop-Sassaman Funeral Home. Burial was at the Grand Lawn Cemetery in Detroit.

IRENE BASHUR

Irene Bashur, 81, died January 1st at Sinai-Grace Hospital in Detroit after a long illness. She was born in Footdale, PA., the daughter of Charles and Helen (Stefanick) Hendricks. Her life revolved around her husband, Stanley who survives her along with her children, Marcia Bashur and David and Patricia Bashur of Northville. She is also survived by three grandchildren,

one great-grandson and four brothers. Visitation was held at the Northrop-Sassaman Funeral Home and a Mass was said on Friday from Our Lady of Victory Church with Father Steven Wertanen officiating. Interment followed at Rural Hill Cemetery.

MARY M. OSTIC

Mary M. Ostic, 67, died January 5 at her home in Hastings. She was born March 24, 1933 to Mike and Vera (Charlton) Solmen.

Mrs. Ostic owned and operated the Gayle Beauty Salon in Detroit for four years.

She is survived by her husband, Elbridge Ostic, a daughter, Linda

Ostic, Fairbanks, Alaska, a daughter, Paula (Tom) Ryan, Buford, Ga., a son, Keith Ostic, Hastings, and three grandchildren. She is also survived by a brother, Mike (Mickey) Solmen, Ohio, a brother, Jim (Connie) Solmen, Ohio, a sister, Jeanne (Bill) Alexander, Ohio, a sister, Nancy (Jerry) Wagner, Nev., and many nieces and nephews.

Preceding her in death were her parents and a brother, Paul Solmen.

Services were held Monday, January 8 at 11:00 a.m. at Hastings Grace Brethren Bible Church, 600 Powell Rd. with Pastor Russell A. Saver officiating.

Interment was at Fuller Cemetery in Carlton. Memorial contributions may be made to Salvation Army or charity of one's choice.

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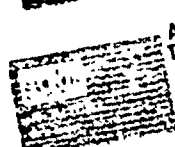
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CASTAWAY (PG-13)
12:50, 3:40, 6:30, 9:20
ORACULA 2000 (R)
12:30, 2:45, 4:50, 7:25, 9:40
MISS CONGENIALITY (PG-13)
11:45, 2:10, 4:25, 6:45, 9:00
BOOE, WHERE'S MY CAR? (PG-13)
1:15, 3:05, 5:10, 7:20, 9:30
EMPEROR'S NEW GROOVE (G)
1:00, 2:55, 5:00, 6:50, 8:45
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RESPECT WEEK: Martin Luther King, Jr's "I Have A Dream" Speech

On Aug. 28, 1963, Martin Luther King, Jr. gave his historic "I Have A Dream" speech at the steps of the Lincoln Memorial in Washington, D.C. The speech described a future of racial harmony King envisioned for America. A year later, King was awarded the Nobel Peace Prize. On April 4, 1968, King was assassinated by James Earl Ray in Memphis, Tenn. King's birthday — January 15 — is today a national holiday. We have reprinted the text of the "I Have A Dream" speech below.

Five score years ago, a great American, in whose symbolic shadow we stand signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of captivity.

But one hundred years later, we must face the tragic fact that the Negro is still not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity.

One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to dramatize an appalling condition.

In a sense we have come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men would be guaranteed the inalienable rights of life, liberty, and the pursuit of happiness.

It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check which has come back marked "insufficient funds." But we refuse to believe that the bank of justice is bankrupt.

We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. So we have come to cash this check — a check that will give us upon demand the riches of freedom and the security of justice. We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to open the doors of opportunity to all of God's children. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood.

It would be fatal for the nation to overlook the urgency of the moment and to underestimate the determination of the Negro. This sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality.

Nineteen sixty-three is not an end, but a beginning. Those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual. There will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges.

But there is something that I must say to my people who stand on the warm threshold which leads into the palace of justice. In the process of gaining our rightful place we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred.

We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again we must rise to the majestic heights of meeting physical force with soul force. The marvelous new militancy which has engulfed the Negro community must not lead us to distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny and their freedom is inextricably bound to our freedom. We cannot walk alone.

And as we walk, we must make the pledge that we shall march ahead. We cannot turn back. There are those who are asking the devotees of civil rights, "When will you be satisfied?" We can never be satisfied as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities.

We cannot be satisfied as long as the Negro's basic mobility is from a smaller ghetto to a larger one. We can never be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream.

I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow cells. Some of you have come from areas where your quest for freedom left you battered by the storms of persecution and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive.

Go back to Mississippi, go back to Alabama, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our northern cities, knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair.

I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident: that all men are created equal."

Respecting others across grade levels

Silver Springs students deal with real-life questions of dignity, kindness

BY CHRIS C. DAVIS
Editor

Here's the scenario — you borrow your brother's bicycle and leave it out in the rain. Is this an example of showing respect?

Students at Silver Springs Elementary School have been grappling with and discussing situations like this over the last several weeks by playing a game called "Circle of Respect," which is part of the district's career prep curriculum. The game teaches students about how giving respect to others is often the best way to get it.

The playing of the game is the result of a shared effort between second-grade teacher Kim Gall and fourth-grade teacher Merilee Kreutzberg. A student from each grade level is paired with another from the other grade. Together, the split-grade pairs consider the ramifications of the "what-if?" questions presented in the game and then come up with an answer to the question. The students provide justifications for the responses they generate.

In instances where the second-grade students may have a difficult time articulating a response or considering the fallout of a situation presented, the older student will provide some wisdom picked up through the early years of elementary school, Gall said.

"They're learning about coop-



Photo by JOHN HEIDER

Silver Springs Elementary students Whitney Staelens, left, and Amy Yakima work together on solving a question for "Circle of Respect."

eration and about being respectful in situations outside of just the classroom," Gall said. "It's teaches role play that opens up a myriad of ways in which kids can show respect to other people."

Gall said the game is primarily designed to help get students to

thinking of others and how their own actions and words can affect the lives of others.

"They really get excited when they play," Gall said. "You can tell that everyone is thinking hard about the results of actions and how to show respect to others."

Gall and Kreutzberg's classes have been playing the game for about three weeks and will continue to play it for a few more.

Chris C. Davis is the editor of the Northville Record. He can be reached at cdavis@ht.homecomm.net.

DR. RESPECT

Clinical psychologist Ray Guarendi will be presenting a seminar on parenting, morals and responsibility on Jan. 18 at the Northville High School Auditorium. He focuses on dealing with the difficult aspects of parenting using a humorous approach. The seminar is sponsored by the Northville Council of Parent-Teacher Associations. To reserve a spot, call (248) 348-4238. Guarendi's website can be reached at www.kidbrat.com.



every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.

This is our hope. This is the faith with which I return to the South. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood.

With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

This will be the day when all of God's children will be able to sing with a new meaning, "My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring."

And if America is to be a great nation this must become true. So

let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania!

Let freedom ring from the snow-capped Rockies of Colorado!

Let freedom ring from the curvaceous peaks of California!

But not only that; let freedom ring from Stone Mountain of Georgia!

Let freedom ring from Lookout Mountain of Tennessee!

Let freedom ring from every hill and every molehill of Mississippi. From every mountainside, let freedom ring.

When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, "Free at last! Free at last! Thank God Almighty, we are free at last!"



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Mother arrested for holding infant in tub of hot water

By RANDAL YAKY
Staff Writer

A Novi mother of two was taken into custody by the Novi police over an alleged case of child abuse right before the holidays.

Marisa Borsa, 22, was arrested on Dec. 22 after police claimed that the woman held her 11-month-old child

in scalding bath water for up to three minutes. Such an exposure could have produced second or third degree burns on the child, according to Oakland County Prosecutor's Family Division Deborah Carley.

Carley said Borsa initially tried to blame the incident on her 2 1/2 year old daughter.

"This child was held down in 120 degree water," Carley said. "There are

second and third degree burns on over 15 percent of the child's body."

Borsa's Attorney Randall Lewis said Borsa has indicated the entire incident was merely a "mistake."

"She denies that she tried to hurt this child," Lewis said. "She was picked up the Friday before Christmas, she had no prior criminal record, and she spent Christmas and New Years in jail."

Borsa is currently being held on \$150,000 personal bond. She was originally held on \$150,000 cash bond which would require her to pay the entire amount to get out of jail. If a personal bond is put up (\$1,500) she will be released to a three-quarters house in Pontiac under court-sanctioned supervision. Judge Brian MacKenzie, 52nd 1st District Court, has prohibited Borsa from any con-

tact with her children, or any minors, until the case has been resolved.

According to Lewis, there also remains a neglect case against Borsa. Borsa's children are currently in the custody of her parents who, Lewis said, were "extremely upset" that their daughter was "hauled off" in such a manner.

"They grabbed her out in front of her house," Lewis said. "She had no

attorney present. There was no reason for that."

According to Novi detective Kevin Hebert, the child was transported to University of Michigan Hospital on Dec. 16.

Prosecutors have filed a petition to terminate Borsa's parental rights. A hearing on the neglect issue is scheduled for this week in Oakland County Circuit Court.

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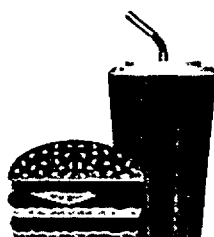
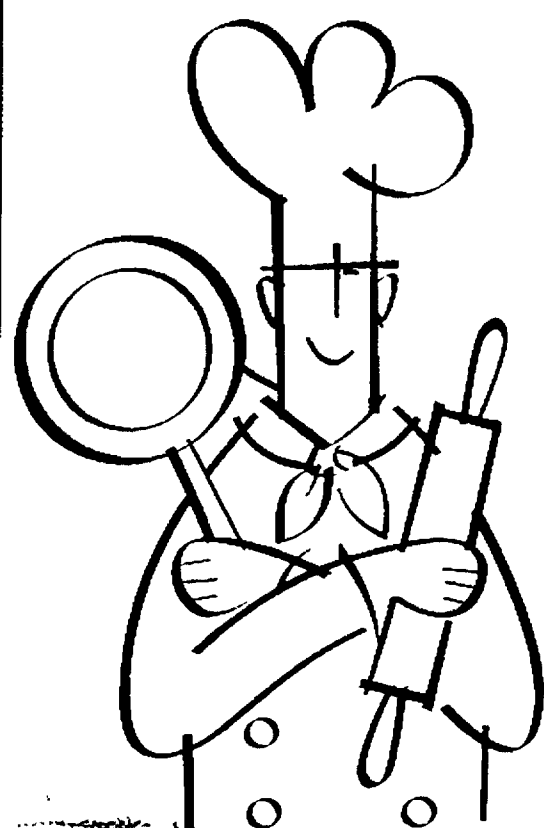
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Area blood supply dangerously low, Red Cross says

By CHRIS C. DAVIS
Editor

A deep, cold winter has not only annoyed motorists and sent heating bills through the roof. It's also emptied the supply shelves as blood banks throughout metro Detroit.

American Red Cross spokesperson Amy Neale said the area's supply of blood, which ordinarily hovers at around a two- to three-day stockpile, is now down to just one day. In the case of some of the more rare blood types, the supply is expressed in terms of hours.

"Supply-wise, we're hurting really, really badly," Neale said. "This winter has not been good for us."

Under normal circumstances, Detroit-area blood banks bring in 20 percent of their stock from other areas. Neale said heavy snowfalls and frigid temperatures that affect the Northville area also impact other regions, compounding the lack of blood.

Neale said it's very typical for there to be a slowdown of blood donors around the holiday season, with Christmas-New Year's celebrations providing enough distraction on their own. Couple that with icy thermometer readings to discourage would-be donors, and the result are the bare walls in the Red Cross' blood banks, Neale said.

"A lot of people think that the need around this time of year grows because there are more traffic accidents, but that's only a small bit of the reason," she said. "The bigger part of it has to do with people on vacation and a lot of the schools and auto plants shutting down. We get a good portion of our blood from those locations."

Though she had no confirmed

BLOOD FACTS

- An adult body contains eight to 12 pints of blood.
- The entire donation process takes about an hour and includes a registration and a mini-physical.
- One unit of blood can be separated into components and used to benefit up to three patients.
- Only 5 percent of eligible adults donate blood for the entire population of southeast Michigan.
- The most needed blood type in the area is O.
- The average healthy person is able to give blood every 56 days.
- Donating blood rarely hurts. To see what it feels like, pinch the skin on your elbow.
- It is impossible to get HIV or AIDS from donating blood.

Where are blood drives taking place in the next few days?

- Jan. 14 (St. Alexander Catholic Church of Farmington Hills): 8 a.m. - 2 p.m. Call (248) 474-5748
- Jan. 15 (North Congregational Church, Farmington Hills): 2 p.m. - 8 p.m. Call (248) 848-1750
- Jan. 22 (First Baptist Church of Northville): 2 p.m. - 8 p.m. Call (248) 442-7019.
- Jan. 25 (Farmington Hills Fire Department): 2 p.m. - 8 p.m. Call (248) 426-4400

cases of it happening with the current blood drought, Neale said it wasn't uncommon for patients having elective surgery to be delayed until supplies were stabilized.

"We're looking for donors in a big way," Neale said. "If people can give, we hope they will. We need it."



file photo by JOHN HEIDER

Pam Prezioso is prepped by registered nurse Lynn Gagin during a Red Cross blood drive at Northville Township's Ward Evangelical Presbyterian Church last year. A drive at First Baptist Church of Northville is slated for later this month. For more information on giving blood, call (800) 448-3543.

friends
don't let friends
drive drunk



First Baptist Church of Northville will be hosting a blood drive on Jan. 22 from 2 p.m. to 8 p.m. For more information or to make an appointment, call (248) 442-7019.

Chris C. Davis is the editor of the Northville Record. He can be reached at cdavis@ht.homecomm.net.

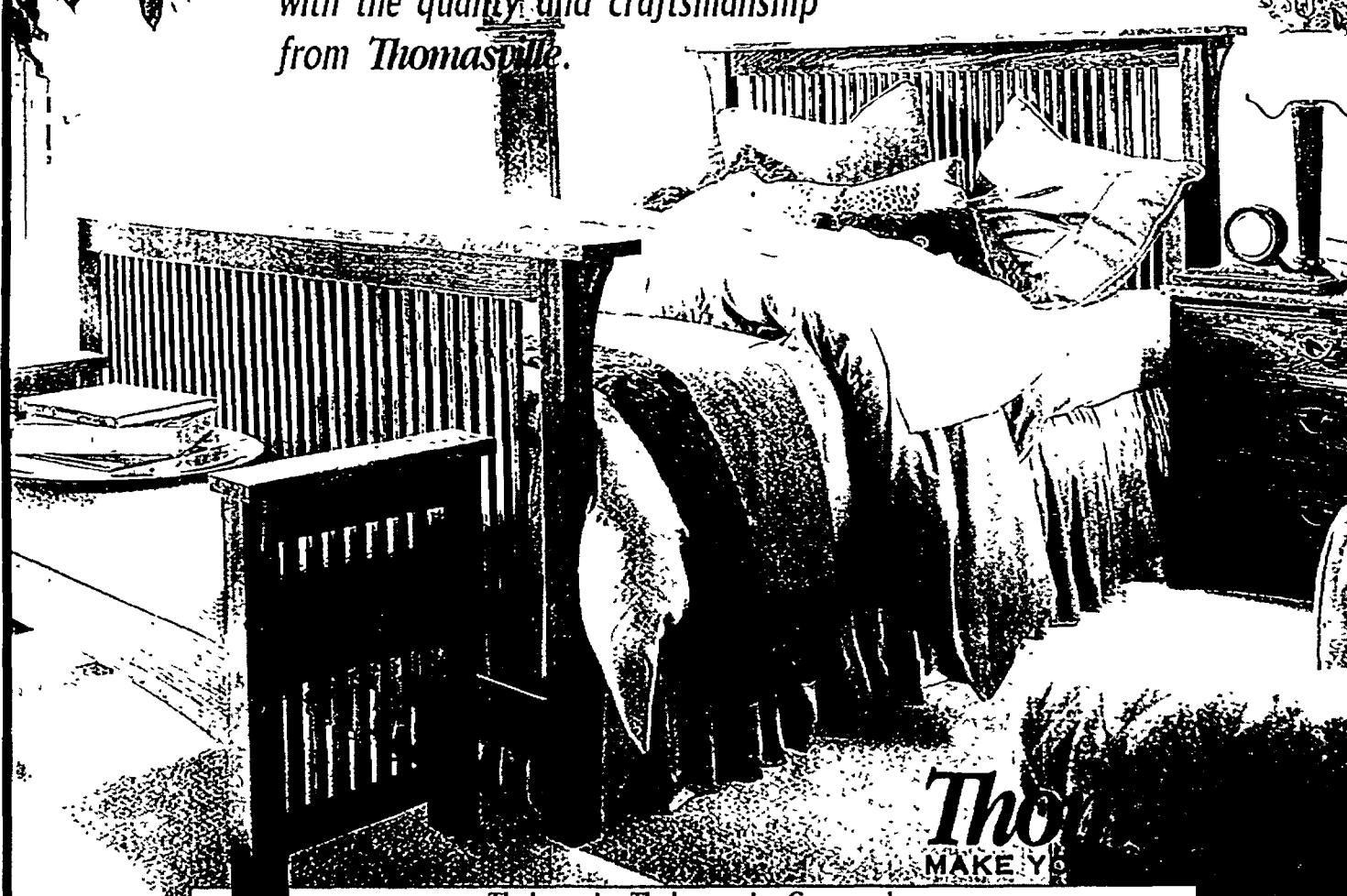
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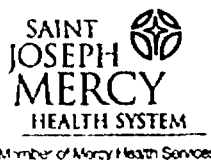


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A Member of Mercy Health Services

HOME HEALTH CARE AND HOSPICE SERVICES

Saint Joseph Mercy Health System offers you comprehensive and compassionate care. And the peace of mind that our services meet the highest medical standards.

Our broad range of services includes home care, durable medical equipment, and infusion therapy for patients through these highly regarded programs:

- Saint Joseph Mercy Home Care
- McPherson Home Care

We offer comfort, support, compassionate care, and pain and symptom management for terminally ill people and their families through the dedicated workers and volunteers of these hospice organizations:

- Hospice of Washtenaw
- Livingston Community Hospice

We recognize how difficult an illness or disability can be on you and your loved ones, and we are ready to help. Please call us at the number for your area:

In Livingston county and surrounding townships:
1-800-862-5162

In Washtenaw, Western Wayne, Lenawee, and Northern Monroe counties:
1-888-418-5572



— Mike Clark, USA TODAY

"Younger audiences ought to see this movie...we're reminded of how gripping policy give and take...can be. Donaldson and the corridors of official Washington seem well-matched."

— Richard Schickel, TIME MAGAZINE

"Seen through the eyes of presidential aide Kenny O'Donnell (Costner), THIRTEEN DAYS is a suspenseful tale. Well acted, especially by Costner and Greenwood...they make us feel their life threatening pain and puzzlement."

— Peter Travers, ROLLING STONE

"The Kennedy bonding still fascinates, and director Roger Donaldson makes a lively business of watching politicians, diplomats and military brass go at each other in verbal contact, you don't see too many Y2K action films that focus on the spectacle of man thinking."

— Elvis Mitchell, THE NEW YORK TIMES

"THIRTEEN DAYS is a man's man drama. Bruce Greenwood is a startling realization. Steven Culp scores decisively."



THIRTEEN DAYS

KEVIN COSTNER
BRUCE GREENWOOD
STEVEN CULP
ROGER DONALDSON
"THIRTEEN DAYS" IS A MAN'S MAN DRAMA. BRUCE GREENWOOD IS A STARTLING REALIZATION. STEVEN CULP SCORES DECISIVELY.

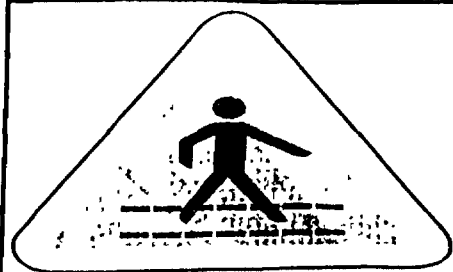
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AMC LIVONIA 20	AMC SOUTHFIELD CITY	BIRMINGHAM 8	MJR SOUTHGATE 20
SHOWCASE AUBURN HILLS	SHOWCASE PONTIAC	SHOWCASE STERLING HEIGHTS	SHOWCASE WESTLAND
STAR FAIRLANE	STAR GRATIOT AT 15 MI.	STAR GREAT LAKES CROSSING	STAR JOHN R AT 14 MILE
STAR ROCHESTER HILLS	STAR SOUTHFIELD	STAR TAYLOR	UA COMMERCE STADIUM

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Singles Seeking Singles

VERY EASYGOING
I would like to meet a SWM, 35-45, who is outgoing and easygoing, 5'4", blonde SWF, 33-40, I enjoy working out, sports, bowling, golf, reading and more. Ad# 1545

SOCIAL BUTTERFLY
I'm a bubbly, outgoing and blonde SWF, 38, 5'6", blonde blue eyes, 115 lbs. My interests include horseback riding, traveling, motorcycles, dancing and music. I'm seeking an honest, SWM, 25-35, Ad# 3457

LOVELY
I'm a 5'5", brown hair and eyed, SWF, 31, enjoy walks, the outdoors, dancing and trying new things. I'm looking for an honest and open-minded, SWM, 28-35, with a good sense of humor, and can be serious at times. Ad# 2601

WARM WISHES
I am a quiet and shy SWF, 50, 5'7", 140 lbs., with light brown hair/eyes, who is seeking a caring, understanding, communicative SWM, over 50. I enjoy seeing, tea markets and concerts. Ad# 3548

WHAT A LADY!
Outgoing, caring, blonde SWF, 30, medium height, 200 lbs., brown hair/eyes, likes horseback riding, walks and working out, seeks a lovable, active, SWM, 30-35, Ad# 7886

ELOQUENT
I have been described as being a non-judgmental, SWCF, 73, 5'7", with blonde hair, green eyes, retired. I enjoy traveling, dining and shopping. Seeking an honest, SWM, 45-55, who is a primary interest. Ad# 401

LET'S GET TOGETHER
I'm a shy SWF, 45, who enjoys bowling, movies, cooking, and I'm looking for a SWM, 42-55, interested in companionship. Ad# 5126

VIBRANT
SWF, 33, N.S., 5'7", long blonde hair, blue-green eyes, easygoing and enjoys traveling. Seeking a SWF, 28-38, Ad# 1789

STAYING ACTIVE
Wierd, caring, personable, SWF, 44, 5'7", with blonde hair and blue-green eyes, hobbies include gardening, fishing and walking. I am looking for a caring, loving, honest, SWM, 45-55, Ad# 3187

KIND & LOVING
Attractive, outgoing, active romantic, SWM, 39, 5'10", enjoys the outdoors, water sports, snowmobiling. Seeks open-minded, attractive, 14, SWF, under 44, Ad# 5368

DON'T LOOK ANY MORE
I'm an attractive, honest and far SWM, 45, looking to meet a pretty, semi-professional SWF, 36-45, who enjoys gardening, water sports, snowmobiling, music and traveling. Ad# 1119

FROM THE HEART
Well-rounded, hardworking, SWM, 45, 5'8", who enjoys exercising, rollerblading, running and traveling. Seeks SWF, 36-47, 5'6"-5'10", Ad# 4075

GENEROUS HEART
I'm a SWM, 41, attractive, tall, caring and very humorous, enjoy art, brushing, hiking, riding, dirt-bikes and spending time with children. I'm looking for a SWF, 32-42, who is attractive, honest, who speaks three mind and there emotions. Ad# 5539

SPECIAL SOMEONE?
I'm a kind-hearted and happy, SWM, 27, interested in meeting a kind, honest, loyal, sincere and affectionate, SWF, 21-32, who hobbies are movies, music and more. Ad# 3384

LOVE & CARING
I'm an understanding and helpful, SWM, 41, who enjoys working on homes and fixing things. I'm looking for a true and caring, SWF, 28-38, who is very beautiful on the inside. Ad# 7435

QUALITY TIME
SWM, 33, 6'1", with brown hair and 230 lbs. My personality is happy and uplifting. Interests include weight lifting, mountain biking and my motorcycle. I would like to meet an honest and loving, SWF, 19-35, Ad# 5695

WICKED COMEDY
Funny, SWM, 42, 5'10", European, with brown hair/eyes. My hobbies are swimming, hockey and the outdoors. Seeking an honest, caring and sensitive SWF, over 22, with beautiful eyes. Ad# 6605

MINUTES AWAY
41 year old, N.S. SWM, 5'8", with short dark hair, brown eyes and good looking. Outgoing and understanding. I have a good sense of humor. I seek a SWF, 28-38, Ad# 7022

CATCH ME WHILE YOU CAN!
I'm a SWM, 32, I enjoy camping, fishing, and spending time with children. I'm looking for a SWF, 28-35, who is good with children, lives outdoors and is honest and loving. Ad# 1399

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Winter Sale

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SAVE 25% to 40%

on everything at Classic Interiors, and for one week only, we will pay your 6% sales tax or qualify for one year interest-free financing.

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- Bradington-Young
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- Sligh
- Jasper Cabinet
- Hooker
- Howard Miller
- Thomasville
- Butler
- Canal Dover
- I.M. David

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Township police consider Werth for top cop spot

Continued from 1

to create a template for what characteristics the ideal candidate would possess. For example, Snider said one of the questions asked candidates when the last time they played a role in affecting positive change.

Bill Pomeroy, Northville Township board of trustee, said Werth's history in the community makes him the best choice.

"John brings a strong commitment to Northville Township and has the best interest of the community at heart," he said. "He knows what Snider wants, what the board wants, and what the citizens of Northville Township want."

Andrew Dietderich is a staff writer at the Northville Record. He may be reached by calling (248) 349-1700 extension 114.

Mill Race Matters

Thursday, Jan. 11
Archivists, 9 a.m. Cady Inn.
Friday, Jan. 12
Girl Scouts, Church at 7 p.m.
Saturday, Jan. 13
14th Tennessee, Church, 5 p.m.
Sunday, Jan. 14
Mill Creek Community Church, 10 a.m., Church
17th Michigan, 5 p.m., Church
Tuesday, Jan. 16 p.m.
Stone Gang, Cady Inn/Grounds, 9 a.m.
Wednesday, Jan. 17
Mill Creek Community Church Prayer Meeting, Church, 7:30 p.m.

The Northville Historical Society would like to thank the members of the Highland Lakes Women's Club for their generous donation to Mill Village. We would also like to thank Christine Hinkle for her generous donation.
The park is looking very beautiful with its coat of white snow. The wreaths decorating our building were donated by the Northville Garden Club and are maintaining their beauty with all this cold weather.

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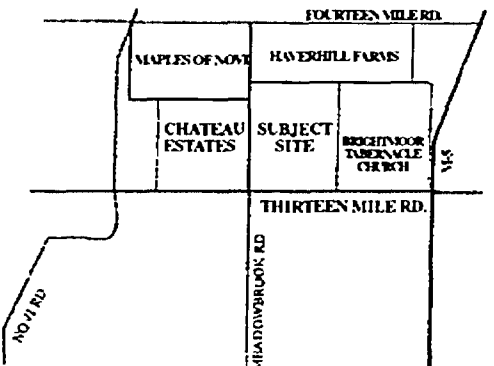
LOANS: Direct lender loosens its requirements for homeowners who need money now.
Have you been turned down for a loan? Do you need more than \$10,000 for any reason? Are you paying more than 10% interest on any other loans or credit cards? If you are a homeowner and answered "yes" to any of these questions, they can tell you over the phone and without obligation if you qualify.
High credit card debt? Less-than-perfect credit? Self-employed? Late house payments? Financial problems? Medical bills? IRS liens? It doesn't matter!
If you are a homeowner with sufficient equity, there's an excellent chance you will qualify for a loan—usually within 24 hours. You can find out over the phone and free of charge—if you qualify. Stone Castle Home Loans is licensed by the MI Licensing and Enforcement. Open 7 days a week. Call 1-800-700-1242, ext. 322

**CITY OF NOVI
NOTICE OF PROVISION OF THE
SNOW EMERGENCY ORDINANCE**

NOTICE IS HEREBY GIVEN that in accordance with Chapter 33, Article III, Division 5, of the Code of Ordinances, City of Novi, Michigan, a snow emergency shall be deemed to exist whenever: (1) freezing rain, sleet or four (4) or more inches of snow has been forecast for the area by a newspaper circulated in the city, or by a radio or television station with a normal operating range covering the city; or (2) freezing rains or sleet has fallen or four (4) or more inches of snow have accumulated in the city.
Whenever any vehicle without an operator is found parked or left in violation of any provision of this division, the Director of the Department of Public Services, or his designee, or the Police Department may immediately remove the vehicle or cause the vehicle to be removed to a place of safekeeping at the expense of the registered owner of the vehicle.
Failure to comply with the requirements set forth in Chapter 33, Article III, Division 5, of the Code of Ordinances, City of Novi, Michigan, may also result in the prosecution for same, and liability to the extent of the penalty therein provided.
ANTHONY NOWICKI, DIRECTOR
DEPARTMENT OF PUBLIC SERVICES
(1-11-01 NR/NN 1021863)

**CITY OF NOVI
PUBLIC HEARING NOTICE**

NOTICE IS HEREBY GIVEN that the Planning Commission for the City of Novi will hold a public hearing on Wednesday, January 17, 2001 at 7:30 P.M. in the Novi Civic Center, 45175 W. Ten Mile Road, Novi, MI to consider **ERICKSON RETIREMENT COMMUNITIES SP 00-66**, located north of Thirteen Mile Road and northeast of Meadowbrook Road, to consider **PRELIMINARY SITE PLAN WITH PD-1 OPTION, SPECIAL LAND USE PERMIT, WOODLAND PERMIT AND WETLAND PERMIT** approvals. The applicant is proposing a senior citizen retirement community campus, including independent congregate units, assisted living units and skilled nursing convalescent units.
All interested persons are invited to attend. Verbal comments may be heard at the hearing and any written comments must be received by the Planning & Community Development Department, 45175 W. Ten Mile Road, Novi, MI 48375 until 5:00 p.m., Wednesday, January 17, 2001.
NOVI PLANNING COMMISSION
ROBERT CHURELLA, SECRETARY
(1-11-01 NR, NN 1022461)



**NOTICE TO THE RESIDENTS
CHARTER TOWNSHIP OF NORTHVILLE
OFFICE CLOSING**

The following Charter Township of Northville Administrative Offices will be closed on Monday, January 15, 2001 in observance of Martin Luther King's Birthday.
Township Civic Center 41600 W. Six Mile Road
Township Financial Center 41660 W. Six Mile Road
Township Public Services/Water & Sewer 16225 Beck Road
The Department of Public Safety and the Fire Department will remain open.
The offices will re-open on Tuesday, January 16, 2001 at 8:00 a.m.
(1-4/11-01 NR 1021117) SUE A. HILLEBRAND, CLERK

**NOTICE TO THE RESIDENTS OF THE
CHARTER TOWNSHIP OF NORTHVILLE**

The Board of Trustees will meet on the following dates for the 2001 year. All meetings will begin at 7:30 p.m., unless otherwise posted, and will take place at the Northville Township Civic Center located at 41600 W. Six Mile Road, Northville, MI 48167.
Thursday, January 18
Thursday, February 15
Thursday, March 15
Thursday, April 19
Thursday, May 17
Thursday, June 21
Thursday, July 19
Thursday, August 16
Thursday, September 20
Thursday, October 18
Thursday, November 15
Thursday, December 20
This notice is posted in compliance with PA 267 of 1976 as amended (Open Meetings Act), MCLA 41.72a (2) (3) and the Americans With Disabilities Act (ADA). Individuals with disabilities requiring auxiliary aids or services should contact the Northville Township Board by writing or calling: Sue A. Hillebrand, Clerk, 41600 W. Six Mile Road, Northville, MI 48167 (248) 348-5900.
SUE A. HILLEBRAND, CLERK
CHARTER TOWNSHIP OF NORTHVILLE
(1-11/2-01 NR 1021627)

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Novi, Michigan 48375-1822
(248)348-1800

John J. O'Brien John P. O'Brien
Michael D. O'Brien/Watt Nicole A. McKinnon

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Dinners include a pint of our award-winning hand-crafted ale!

Chicken & Sausage Lasagna
Suggested with Vulcan's Vienna Ale.
New Orleans Pasta
Suggested with our Promethean Porter.
Grilled Salmon Pasta
Suggested with Vulcan's Vienna Ale.
Greek Pasta
Suggested with our Firelight Lager.
Paella Papardella
Suggested with our Burning Brand Bitter.

Bonfire Bistro & Brewery
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Thursday, January 11, 2001-NORTHVILLE RECORD-9A

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Ann Arbor 734-769-5016
Northville 248-380-3338
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...When I think back to that first class and how I never thought that I could go 3 miles, no one could be more surprised than I am, that I am now looking forward to my first race - Barbara C. age 50 Ann Arbor
Thanks to 101, I took over 6 minutes off my 5 K time. - Dan F. Age 40
...Running 101 changed my life. - Lisa G. age 31 Ann Arbor
...I love meeting people to run with each week, it keeps me motivated - Rebecca H. Age 26 Livonia

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**CITY OF NORTHVILLE
ADVERTISEMENT FOR BID
FORD FIELD RENOVATION**

The City of Northville will receive sealed bids for the Ford Field Renovation until Wednesday, February 14, 2001 @ 2:00 p.m. EST, at which time and place all bids will be publicly read aloud in the Northville City Hall, 215 West Main St., Northville, Michigan 48167.
General Outline of Work consists of Site Development including: Demolition, Site Preparation, Soil Erosion and Sedimentation Control, Site Utilities, Asphalt Paving, Topsoiling, Baseball Field Development, Pedestrian Bridge, Site Signage, Landscaping and Irrigation.
Proposals must be on forms furnished by Landscape Architect and be accompanied by Bid Bond or Certified Check in amount of five (5%) percent of Proposal submitted.
Drawing(s) and Specifications may be obtained at The City Hall, Clerks Office, 215 West Main Street, Northville, Michigan 48167 on or after January 19, 2001. Please call (248) 349-1300 before picking up plans and specifications. A Pre-Bid meeting is scheduled for 10:00 A.M. February 1, 2001 at the Cady Inn. The Cady Inn is located in the Mill Race Village north of the project site.
A check in the amount of \$50.00 must be submitted as a deposit for each set of Drawing(s) and Specifications (Bid Package), same to be refunded upon return of Bid Package, in good condition, within ten (10) days of opening of Bids. Make check payable to The City of Northville.
Accepted Bidder will be required to furnish Satisfactory Performance Bond and Labor and Material Bond, and in amount of 100 percent of Contract, total cost of which to be paid by accepted Bidder.
All Proposals submitted to remain firm for a period of 45 days after official opening of Bids.
The City of Northville reserves right to reject any or all Bids, in whole or in part, and to waive any informalities therein.
1. The contractor or his subcontractor shall not discriminate against any employee or applicant for employment because of race, religion, color, national origin, handicap, age or sex. It will take affirmative action to insure that applicants are employed and that employees are treated during employment, without regard to their race, religion, color, national origin, age, sex, height, weight, or marital status. Such action shall include, but not be limited to, the following: employment upgrading, demotion or transfer; recruitment advertising; layoff or termination; rates of pay or other forms of compensation; and selection for training, including apprenticeship.
2. The contractor or his subcontractor shall comply with all published rules, regulations, directives, and orders of the Michigan Civil Rights Commission relevant to Section 206, 1976 P.A. 453, as amended.
TRACI SINCOCK
PARKS AND RECREATION DIRECTOR
(1-11-01 NR 1022543)

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Northville Area Briefs

CITY DEVELOPS PLANS FOR COUNTY BLOCK GRANT MONEY

The Northville City Council has approved the use of about \$65,000 from the 2001 Wayne County Community Development Block Grant program.

Under guidelines for the program, the funds can only be used to serve low/moderate income residents, eliminate slums or blight, or provide an urgent community need.

City council determined the money would be used in several areas including: \$6,500 to update

the parks and recreation master plan; \$6,500 administration of the CDBG program; 9,750 to help subsidize the curb-to-curb bus services for the senior transportation program; and \$42,250 toward a possible senior center renovation resulting from the expansion of the city of Northville post office.

TOWNSHIP MODIFIES DESIGN AND CONSTRUCTION STANDARDS

The Northville Township board

of trustees approved two modifications to its design and construction standards.

The first change pertains to sanitary sewer pipe. The changes delete the use of vitrified clay pipe, require PVC pipe to have a stiffer wall, and allow the use of corrugated pipe.

The second change permits the use of corrugated PVC sewer pipe.

CITY DEVELOPS ELECTRONIC COMMUNICATIONS POLICY



The Northville City Council

approved an electronic communications policy to coincide with the implementation of electronic communications into its business processes.

The policy applies to internal and external e-mail, Internet, voice mail, cellular phones, and all computer systems.

The policy was compiled from information contained in books, articles, trade publications, the Michigan Municipal Risk Management Authority suggested policy, and other resources, according to a report to the council from Gary Word, Northville city manager.

HELP and HOPE



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Respect Week festivities focus on people

Continued from 1

singing by the Northville High School choir.

Respect Week and MLK, Jr. Day were celebrated simultaneously in Northville for the first time last year. Mary Ellen King said the purpose for Respect Week was evident in the name of the seven-day stretch — it's all about respect.

"We're looking for respect between people, in the community, in schools, and in churches," Mary Ellen King said. "Obviously, we hope that the respect people show goes beyond just one week, but this is a good starting place and reminder for everyone to be respectful of others."

Last year's MLK walk turned out about 300 people, Mary Ellen King said.

"It's quite a thing to see all those people walking down the street in silence," she said. "It can be a moving moment."

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Library Lines

LIBRARY HOURS

The Northville District is open Monday-Thursday, from 10 a.m. to 9 p.m.; Friday and Saturday, from 10 a.m. to 5 p.m.; and open Sundays, from 1-5 p.m. Located at 212 W. Cady St. near city hall, with parking off Cady Street. For detailed information about programs or services, to quest a renew library materials, call (248) 349-3020.

CELEBRATE BEARS AND BOOKS: LIBRARY CONTEST FOR KIDS.

In honor of the birthday of Winnie the Pooh's creator, A.A. Milne, in January the library is celebrating bears and books with this fun contest. Kids in preschool through sixth grade can stop by the information desk and enter by completing a puzzle. Ten winners will be drawn at random and will receive a copy of the classic bear story. One entry per person, please. The contest runs from Jan. 15 through Jan. 26; winners will be notified on Saturday, Jan.

27.

LITTLE ME CLUB - STORY-TIME FOR THE VERY YOUNG

Little ones, parents and caregivers can make new friends while enjoying music, beanbag fun, and simple stories with youth library Miss Dorie. This drop-in lap sit and activity-based program is designed for children ages 10 months to 2 years old, but infants and older children are welcome to attend, also. The Little Me Club is offered once a month, with the next session on Jan. 18, from 10:30 to 11:15 a.m. No preregistration is required.

WINTER STORYTIME FOR GRADES FOUR, FIVE AND SIX

Storytime has expanded to 45 minutes of film stories and a whole lot more. This program is especially designed for children ages 4 and 5 and for those in kindergarten to attend independ-

ently. Sorry, younger or older children or additional siblings may not attend. Please register for either the Monday or Tuesday session. Monday sessions are at 4 p.m. from Feb. 12 through March 19. Tuesday sessions are at 11 a.m. from Feb. 13 through March 20. Register at the library or by calling starting Jan. 23.

SAVY SATURDAYS: CANDLE MAKING

Teens create their own candles at this special program on Saturday, Jan. 20, from 3 to 4:30 p.m. All materials supplied; no registration necessary. Just drop in and have fun.

LIBRARY BOARD MEETING

The next meeting of the Northville District Library Board of Trustees will be Jan. 25 AT 7:30 p.m. The public is welcome to attend these monthly meetings, typically scheduled on the fourth Thursday.

Big number of news racks prompts city into action

Continued from 1

said.

"It all boils down to aesthetics and the use of the public right-of-way," he said.

However, there may be other issues that are not-so-obvious.

Bob Jackson, managing editor of the Northville Record, said the ordinance may succeed in one aspect but fail in another.

"If the city is looking at this from an aesthetic standpoint, this ordinance will achieve that," he said.

"Our concern is that regulation of newsracks may harm us from a business standpoint and cuts against free speech issues."

Other businesses support the move.

Thomas Hartman, president of the Farmington Hills-based The Real Estate Book, said he supports the ordinance.

"We are all for it," he said. "We look at distribution points like this as our core business and without good distribution, our magazine doesn't get picked up."

Additionally, Hartman said the ordinance will keep the amount of publications in the area from getting out of hand.

"With the city controlling what publications can be distributed there, it will keep out the publications that don't have permission to be there," Hartman said.

Andrew Dietderich is a staff writer for the Northville Record. He may be reached by calling (248) 349-1700.

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APPLY AT: 30230 Plymouth Rd., Livonia

For locations in: Canton, Livonia, Plymouth, Redford, Westland

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For locations in: Ann Arbor, Pontiac, Waterford, Rochester, Romeo, Uxva, Washington

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Our fundamental purposes are to enhance the lives of our readers,
nurture the home towns we serve and contribute to the business suc-
cess of our customers

Respect others to honor King's dream

"We have also come to this hal-
lowed spot to remind America of
the fierce urgency of now."
— Martin Luther King, Jr.

The late Dr. Martin Luther King, Jr. knew one thing perhaps better than anything else: that respect, dignity and honor for a fellow human being weren't concepts that could wait. They needed to be addressed right here, right now, with a fierce urgency that demanded immediate attention.

Next week, as Northville takes time to honor Dr. King and his legacy, we believe that the civil rights leader could take solace in the knowledge that in a very small way, people in Northville are cognizant of that very ideal.

Northville will be once again running Respect Week in conjunction with Dr. King's birthday. During the seven-day period (and hopefully well into the future), Northville residents and business owners will be asked to take a moment and to take the extra step as a way of showing respect for one another. Whether it's in the classroom, the stock room, the board room or the prayer room, Northville will be doing what it can to extend the hand of brotherhood.

In the school district, students are being asked to reflect on Dr. King's famous "I Have A Dream" speech, given at the steps of the Lincoln Memorial in 1963. Regardless of one's skin color or religion,

the words spoken that day had an impact not only in the immediate sense, but inspired future generations to live up to the noble cause envisioned by King and his supporters.

In elementary classrooms, students have been playing games in which scenarios are presented which raise the question, "Is this a way of showing respect?" Being kind isn't something that's learned

Regardless of one's skin color or religion, the words spoken by Dr. King had an impact not only in the immediate sense, but inspired future generations to live up to the noble cause envisioned by King and his supporters.

by osmosis at the onset of adulthood. It's learned early on, when toys are borrowed and friendships forged.

All told, Northville is doing what it can, in its own small way, to not only pay tribute to Dr. King, but more importantly, to expedite The Dream with

the sense of urgency articulated that historic day in Washington.

We hope all Northville residents have dreams of their own — dreams of being able to live in peace and with a sense of respect about themselves. Such dreams cannot truly be achieved, however, unless they are forged with a sense of honor and respect for others, whose own dreams and own backgrounds may be markedly different than one's own.

Whatever the dream and whoever the person, let us make the most of Respect Week and Martin Luther King, Jr. Day. Great things have been achieved when people think globally and act locally...like Dr. King once did.

Police chief pick is Werth-y of the job

Sometimes, you don't need to look very far to find what it is you're looking for.

That's something that was learned when the Northville Township board of trustees began its search for a township manager, and after months of looking and thousands of dollars in interviews, settled on township public safety director Chip Snider.

Now, Mr. Snider appears poised to make a recommendation that Sgt. John Werth assume the role he once held, as the township's top cop. We think it's an excellent choice, and we urge the township board to approve the recommendation.

A 15-year-veteran of the township's police force, Mr. Werth is both educated and experienced in criminal justice. He has shown himself to be an effective leader-by-example whose organizational skills match what being a police chief demands.

Mr. Werth's commanding presence is matched with an overwhelming sense of honor and

respect for not only fellow officers, but also — and more importantly — the people he's sworn to serve and protect. He brings a sense of humor to a job that can be both emotionally and physically taxing.

Mr. Werth is also astute enough to understand that for all he's seen, learned and experienced, he doesn't know it all, and wants to go on and learn more, as evidenced by graduate degree programs in which he's enrolled.

When census figures are released later this year, it's very likely that Northville Township's population will stand at around 25,000, and quite possibly more than that. There are a myriad of indications that the growth of the last decade will continue for some time to come, meaning that Northville Township is a town on the move.

Knowing that, we think the township needs a strong, decisive, caring police chief running the show. We think John Werth is the person for the job.

FOR THE RECORD

Do you feel safer with a CCW law?

We ask readers about how they feel about Michigan's new "shall issue" concealed weapons law.



Barbara Linder
Northville Township

"No, I feel much less safe."



Bill Richardson
Northville Township

"Absolutely. Proven history shows that when guns are taken away from everybody, crime gets worse."



Amanda Haley
Northville Township

"No, I don't think that it's good. I don't think any random person should get a gun."



Hans Kaling
Northville

"Yes, I own a business, and sometimes you carry a lot of money."



Diane Wiggins
Salem Township

"Yes, I do. I do believe it's safer."

By Erin King

LETTERS

■ Rebuttal: Bible and religious history

I welcome Mr. (Steve) Pichen's contribution to our discourse on ethics and morality. I'm sure that he will come to agree with me that the Judeo-Christian influence on moral behavior is not the only known influence.

Recorded history, to which Mr. Pichen refers, is replete with pre-Christian concerns about the behavior and morality of *homo sapiens*. I mention only the three Greek philosophers, Socrates, Plato, and Aristotle, who, writing in the third and fourth century B.C., laid down the philosophical foundations of western culture.

Plato, especially spoke of major ideas involving the unity of virtue and knowledge, of virtue and happiness.

Aristotle wrote "good conduct arises from habits that can be acquired by repeated actions and corrections." He also believed in accountability for actions one performs and the consequences they bring about.

As to my comment that the Bible was written "for the ultimate benefit of man," I ask only that one must carefully "cherry pick" his way among the many pages of the Bible to glean that which may be helpful in living a moral way of life. As an aside, I suggest one must move most carefully in "cherry picking" his way through the Old Testament.

I stand by my premise that "over eons of time (Biblical times included) man has learned, by trial and error — often with painful results — what helps or hinders him in living in harmony with his fellow man."

(I welcome other empiricists — or transcendentalists — to join the 'fray').

Alfred P. Galli

■ Special thanks to Winchester teachers

Thank you for your dedication and continued support of our children. We are so fortunate to have our children taught and directed by such a capable and committed staff of teachers.

Winchester Teacher's
Appreciation Committee

■ Another take on high school driving

I read where there are problems at the new high school when 470 students drive to school. I have a solution that won't cost a dime. My two boys graduated from Northville High School in 1970 and 1972.

The old Northville High School didn't have a parking lot that would accommodate 470 cars so students couldn't drive to school unless you had a valid reason.

I have had three cars for 33 years but the boys were not allowed to drive to school. I'm old fashion and when high school students allowed to drive to school, most of their thoughts are what they will do when school lets out.

Case in point.

Back in 1965, a very prominent and wealthy attorney had a son in Northville High School. He bought his son a new Ford Galaxy Hard Top from our local Ford dealer, John Mach. Two months after the boy had the car, he said to John Mach that his son's marks had gone down since he gave him the car.

John looked him in the eye and said, "what did you expect would happen? The boy thinks he is a big-shot now."

I relented when my sons went to college and law school, but on the condition that they kept their grades up. I wasn't going to pay for their legal education so they could have a good time on me.

We were very lucky as we had no problems. I know the students won't like my solution but we pay for busses so let them use them. I can't see where it hurt my boys. I guess my memories of the depression years are still working.

Dean H. Lenheiser

■ Appreciation for Northville Nite help

About 900 people celebrated the New Year with family and friends at Hillside Middle School on Dec. 31. There were activities for everyone thanks to the efforts of some wonderful volunteers and generous donors.

A huge thanks and pat on the back goes to several groups who donated either money or materials. This includes Northville public schools, Northville Community Foundation, Home Depot, Karen Woodruff of Century 21, Northville Masonic Association, and Sign-a-Rama of Novi.

In addition, a small army of volunteers gave of their time this evening to bring smiles to the faces of young and old.

They included: Home Depot staff, Northville High School students, Moose Lodge, Ryder Hob by Shop, Northville Youth Librarian, Shari and Doug Fesko, Mary and Joe Barberiol, Sue and Kathleen Egan Gary Harris (who has given handwriting analysis for four years now), Norman and Virginia Kleiner, Shirley Klokenga, Marlene Kunz, Connie and Mel Newdigger, Shari Peters, Paul Sincok, Tom and Sonja Swigert, Bob, Scot and Stacey Taylor, and the Northville Nite Committee.

Last but not least, a big thanks goes to a very special group who has made Northville their home base these last few years. Because of their generosity and community involvement, Northville continues to reap the benefits of this energetic group in so many ways. Without them, our community would not be as rich.

Thank you so much Oak Pointe Church for your continued involvement in our lives. You generous donations and active volunteers serve our community well and we are very grateful.

Sue Taylor
Special Events Planner
Northville Parks & Recreation

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Help Can't Wait
1-800-HELP NOW

■ Parents should examine curriculum

Novi parents, take note that the Novi schools are on the road to approving the grades 4 through 9 Growth and Development curricula.

In other words, this is your chance to have input regarding the sex education of your children. Please take the time to obtain an outline of the content for these classes, and I encourage you also to view the student materials, handouts, videos and teacher guides.

Also, voice your opinion at the public hearings, held before the next 2 school board meetings. Note that there is no formal policy detailing "opting out" of these courses. Students and parents have had difficulties with the issue of alternative assignments when their children have opted out from the sex ed classes. In Novi as well as in Northville.

Obtain a copy of the outline or view the materials (for grades 4-8) through the office of Dr. Rita Traynor at the Ed. Svcs. Bldg. on Taft north of Ten Mile, phone (248) 449-1200. For grade 9, make arrangements to view the materials with the High School, (248) 449-1500.

The public hearings will at 6:45pm before the next 2 school board meetings. The first one is on Thursday, January 18 at Orchard Hills Elementary. The phone there is 449-1400, and it is near Meadowbrook and 10 Mile. The second one is at the Ed. Svcs. Bldg. on Thursday, February 8th.

Parents, I encourage you to become educated yourself about the materials and approaches used by the schools, and about the risks of teenage sexuality. The stakes are much higher than a generation or two ago, and are not fully negated by use of prophylactics. I refer not only to AIDS, but also to Herpes, HPV, and chlamydia, which can have lifelong consequences (illnesses and infertility), and for HPV (and possibly chlamydia) can cause cancer.

Please check out these websites for more information:
www.medicinstitute.org or
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Nancy Couch Nowak

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OTHER OPINIONS

Wall Street can be a mean place

I've been darkly suspicious of Wall Street ever since I tried to launch a robotics venture one year ago.

We had a pretty good idea for a company, complete with cutting edge proprietary technology and a snazzy business plan. But we needed capital. We prepared our pitch (complete with nicely colored flip charts) and dutifully made the rounds of the venture capital and investment banking firms on The Street.



Phil Power

We were regularly greeted by bored newly-minted MBA's from Harvard and Stanford who had obviously aced the course in "Patronizing the Entrepreneur." I remember vividly one young man, complete with a beautifully custom-tailored blue shirt, white collar, brilliant chrome yellow necktie and mauve suspenders. He listened to us for at least three minutes before dismissing us with a curt, "The market's far too big for your idea...I'd advise you to go back home to, um, Michigan."

So maybe I was a little too eager to take in a piece in the business section of the *New York Times* on what's happened to Wall Street's stock research analysts. The *Times*' headline read: "How Did So Many Get It So Wrong? As They Do Little but Shout 'Buy,' Analysts Often Send Investors Astray." In these days of stock market turmoil, it makes important reading.

The article traced the evolution of Wall Street analysts, whose research is supposed to help investors judge the attractiveness of stocks. Analysts used to operate independently, offering investors and brokers detailed recommendations as to whether to buy or sell a given stock at a given price. Analysts would "follow" a company over the years, developing an understanding of its technology and product, market prospects and management capability.

Sometimes analysts would recommend investors sell shares and sometimes they would recommend a buy. In the days when the commissions charged by Wall Street firms were relatively high, a far-seeing analyst's recommendation could generate a lot of trades and a lot of income. Analysts — and their firms — were rewarded for good, hard, independent digging.

Two things happened to change this. First, commissions declined, forcing Wall Street to look elsewhere for revenue to cover the costs of research.

More importantly, in recent years Wall Street firms have emphasized investment banking, venture capital, stock underwriting and retail sales of shares underwritten by the firm. In this new environment, potentially negative reports by independent analysts became a cost, not a benefit. Independent research was eroded.

The *Times* article quoted Robert A. Olstein, a mutual fund manager with 32 years of experience, who likened today's analysts more to racetrack touts than to independent researchers.

"What passes for research on Wall Street today is shocking to me," said Olstein. "Instead of providing investors with the kind of analysis that would have kept them from marching over the cliff, analysts prodded them forward by inventing new valuation criteria for stocks that had no basis in reality and no standard of good practice."

The *Times* cited the remarkable lack of "sell" recommendations made by analysts, even in a declining market. Of 8,000 current recommendations made by analysts covering companies in the Standard & Poor's 500-stock index, only 29 are sells, according to Zacks Investment Research in Chicago.

In recent years, Wall Street firms have emphasized investment banking, venture capital, stock underwriting and retail sales of shares underwritten by the firm. Let the buyer beware...

More telling and far more troubling were examples cited in the *Times* story of supposedly independent analysts issuing recommendations on stocks underwritten by their own firms. The vast majority of these were "buy," even when the companies faced tough — even deteriorating — business conditions. Analysts interviewed by the *Times* denied this represented a conflict of interest, but the denials didn't seem persuasive to me.

In today's economic climate, when so many ordinary investors have made and lost so much money in the stock market and when markets are extraordinarily volatile, the implications of the *Times* article are far-reaching. Individual investors can no longer take analyst recommendations as gospel; especially when the stocks they tout are the same ones underwritten and pushed by their own firms. Worse, it's tough to get anybody — even your friendly broker — to come clean about which analysts are truly independent and tough minded and which are mere touts.

"Caveat emptor" says the Latin tag... "Let the buyer beware."

Phil Power is chairman of HomeTown Communications Network Inc., the company that owns this newspaper. He welcomes your comments, either by voice mail at (734) 953-2047, ext. 1880, or by e-mail at ppower@homecomm.net.

Changing faces, ice, Elvis, etc...

More random thoughts and observations on life...

• It's a week of ups and downs for me in the personnel arena. On the downside, I'm losing Andrew Dieterich, a veteran reporter here for the last two and a half years. Andrew has done an outstanding job during his time here and unearthed some stories that made my eyes the size of Frisbees. I wish him the best down the road.



Chris C. Davis

On the upside, I've gained a sports editor in Colby Cavaliere. Together with the Novi News editor, Kelli Cooley, we determined that Colby was our guy. He brings experience in sports coverage and a zeal for athletics to the table. More than anything else, though, he brings a positive attitude, which is something I can't live without among anyone who works here. Give Colby a call and say hello to him, if you get a chance.

• Maybe Northville residents don't bother with resolutions anymore, because the four-week "Resolution Check-Up" entry blank we ran back in November and December didn't net a single response. The idea was to have readers send us their pledges for what they

wanted to change about themselves. Throughout 2001, we'd pull a pop quiz on the respondents, doing a story on how those early-January pledges were holding up. Oh, well. I'll go on record with a resolution of my own, and that is to get in shape by the summer months. I'll get back with you by Memorial Day to let you know how I'm doing.

• You know the ice is getting too deep on your roof when an icicle falls off actually puts a dent in the steel-toed boot you're wearing.

• All I'm saying is that if you purchase a real Christmas tree, you should make certain to tell a friend or relative to water it while you're out of town. Because if you don't, you may find that the needles which once were on the tree will shed to form a blanket on your living room floor. And if your hypothetical tree happens to do its hypothetical shedding, don't use a Hoover vacuum to clean up the needle bedding, because it will burn out the motor. But like I said — this is strictly hypothetical...not that this happened to me.

• I hope the folks at the Music & Motor Festival in Novi take note of this: word comes that the number of Elvis impersonators has jumped from 150 in 1977 to about 35,000 this year, according to Gordon Forbes III, producer and director of a recent Elvis TV documentary. Forbes said that if the trend continues, one-third of the world's population will be imitating The King by 2019. If the festival is still around in 20 years, it could be a very confusing event.

• While shopping at Home Depot in Northville Township last week, it was a tale of

You know the ice is getting too deep on your roof when an icicle that falls off actually puts a dent in the steel-toed boot you're wearing.

two check-out clerks. On my first trip, made on Saturday morning, I forgot that I'd placed about 10 stud brackets at the bottom of my cart. I presented them to the cashier after she was already processing my payment. "Merry Christmas," she said with a smile. Conversely, the next day I came in and presented a plastic bag containing what I thought was 20 washers. In reality, I had 21 — a fact discovered when the cashier opened the bag and counted them individually. The moral of the story? When you're a consumer, everything evens out in the long run.

• Just think of how much safer we all are with this new concealed weapons law in Michigan. Now there's no need to fret as you walk down the mean streets of Northville. If someone gives you a dirty look at Dunlap and Main, just flash 'em your Smith & Wesson. They'll think twice before messing with you again.

Chris C. Davis is the editor of the *Northville Record*. He can be reached at cdavis@ht.homecomm.net.

It's time to talk about pay raises

The very first issue state lawmakers will face when they get to Lansing to start session for the year will be the question of whether to accept the 36 percent pay raises proposed by the State Officers Compensation Commission.

Senators and Representatives will have a total of just three session days to take up the issue before the Feb. 1 deadline.



Mike Mallot

Under the rules, the SOCC recommendations automatically take effect unless state lawmakers vote by a two-thirds majority to reject those pay increases.

The salary hikes given out by the seven-member panel this past December included a 36 percent jump for legislators, taking them up to a salary of \$77,400 in 2001. They get 3 percent more in 2002. Their expense accounts also jump \$2,000 annually to \$12,000.

The SOCC also gave 13 percent pay hikes to the Justices of the Supreme Court, taking them to \$159,960. The Lieutenant Governor gets 19 percent more, his wage rising to \$120,400.

And the governor, who appointed the members of the SOCC, gets a 14 percent salary hike, bringing him to \$172,000.

The exorbitant increases have a number of legislators upset, and several have promised to do their best to get the salary hikes tossed out despite the short timeframe. Sen. Gary Peters, D-Bloomfield, has promised to introduce a res-

olution to reject the raises. New House Speaker Rick Johnson, R-LeRoy, has promised that there will be a vote held in the House before Feb. 1.

Rep. Clark Bisbee, R-Jackson, has also announced he'll attempt to put a constitutional amendment on the 2002 ballot to change the way legislative salaries are set. Bisbee's proposal would be to require lawmakers to vote affirmatively to accept such raises.

But the first thing state voters should be asking themselves is how this system got so screwed up.

Didn't we vote, back in 1968, to create the SOCC to come up with a better system for setting lawmakers' wages? The point of the system was to find a way to set salaries that would be fair, would compensate those officials for the work they do, at rates high enough to attract people to the job without getting excessive, and yet make lawmakers accountable for the increases they take.

The idea was to depoliticize the issue. An independent panel would more likely come up with a fair wage, we believed back then, and lawmakers would still be able to vote to override the recommendations if the political appointees on the panel got carried away while handing out raises.

So why isn't the system working? Because of the Feb. 1 deadline. It comes around way too soon, and at a time when lawmakers are busy dealing with other things. The leadership is trying to get itself organized. Lawmakers are setting their agendas for the year. They are setting up their offices and hiring staff.

The Feb. 1 deadline is set, not by the constitution, but by implementing legislation.

Some will say there needs to be a deadline in the law, and I think they're right. Without a

As it stands, the state deadline is a convenient excuse for lawmakers to take pay hikes without having to accept the responsibility. Legislators can say things were too busy or there wasn't enough time.

deadline, the issue of pay raises could go on all year long and take time away from more important business, the business these lawmakers were elected to do, which they are being paid to do.

But it could be March 1. Or April 1. And there is no need for a constitutional amendment to change it.

Lawmakers have set it themselves, and they could change it themselves.

It could be a little later to allow the lawmakers a fair chance to really debate the issue and vote on a resolution. It could be a little later to allow state residents to express their views about the proposed pay hikes to legislators.

As it stands, the arbitrary deadline is a convenient excuse for lawmakers to take pay hikes without having to accept the responsibility. Legislators can say they tried to reject it, but others stalled. Things were too busy. There was just wasn't enough time.

Mike Mallot reports on the local implications of state and regional events. He can be reached by phone at (248) 634-8219 or by e-mail at mmallot@homecomm.net.

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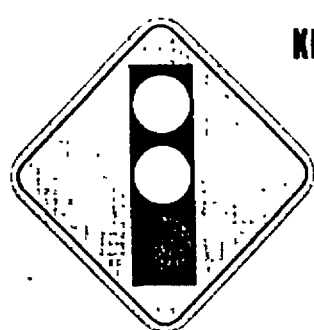


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Novi educators grapple with question of 2nd high school

By STEPHANIE FORDYCE
Staff Writer

To build or not to build a second high school — that is the question.

Now it's up to Novi residents to help come up with the answer.

Beginning January 8, over 350 residents will become a part of a city-wide telephone survey to aid in the on-going research by the school district's Blue Ribbon Task Force.

Formed in August, the task force is made up of 60 students, parents, teachers, and administrators who will help implement the future space, population and technology needs of Novi schools.

"This is one of the most important citizen committees ever formed in this district," said Superintendent Dr. Emmett Lippe. "The message is simple. If we as a community do not identify and meet the needs of the district necessary to maintain and build upon the excellence of education in Novi schools for the next decade, who will."

In the past ten years, from the fall of 1989 to the fall of 1999, student growth in the Novi rose 54 percent from an enrollment of 3,789 to 5,804 — an equivalent of 200 new students per year.

With student population on the rise and school infrastructure aging, Lippe said there is a need for more facility space.

"If we are going to maintain the current quality of education we are accustomed to in Novi, we really have to provide our school the space and programs it needs to meet the standards this community expects," he said.

In order to provide the Blue Ribbon Task Force community input and to involve as many people as possible in their decisions, surveys will be conducted at random during the week of January 8.

The survey will ask citizens 10 to 15 questions ranging from high school expansion to athletic facilities and will also ask to rate the district and the schools the residents have been in, as well as what they would be willing to pay in a bond vote.

"This community is really a product for planning ahead. The challenge that rests before the school district now is what we need to do for the next ten years," Lippe said. "It's up to the community and the degree of which they want to make proactive plans."

Pollsters will select 350 citizens at random. If you should receive a call from telephone surveyors,

"...the task force is now asking for input from the larger community prior to making a recommendation to the board."

Emmet Lippe
superintendent, Novi public schools

your Caller ID will read: 906- Marmen Computing. Times the survey will take place will be between the hours of 5-9 p.m. Feaster said they will conduct "call back" surveys on Sunday.

In the middle of December, Feaster met with five focus groups (12-15 members), made up of PTO members, community leaders, senior citizens, and parents. The data from these focus groups was then used to formulate the survey. The survey was then forwarded to the task force for review and later with the board.

Blue Ribbon Co-chair Steve Schram said because the community is critical in providing the task force feedback on their preliminary recommendations, the surveys are crucial.

"The general public will be the final arbiter on whether or not we'll be successful in obtaining the millage," said Schram during the

task force's preliminary report in December.

With high school enrollment looking to exceed its capacity by the 2003/2004 school year, one of the biggest questions facing citizens will be whether or not Novi needs a second high school.

The existing high school has a capacity of 1,800 students with a projected peak of 2,400.

One option is building a 9-12 high school for about 1,200 students and remodeling portions of the existing high school (Option A). The other option is to build an addition to and remodeling portions of the existing high school (Option B).

While the task force's preliminary report included three options for the future of the high school, Feaster and the district felt that one or the other in terms of options would provide them with a clear-cut answer. The third option that

was given by the committee was to remodeling the existing high school and construct a community facility which could hold both students and community programs.

"The two options, really, are a new high school or a high school addition, otherwise it becomes difficult to distinguish what the community really wants," Lippe said.

During a September task force meeting, members were asked to come up with both the advantages and the disadvantages to adding a new high school.

The most popular answers to the advantages of having a single school were: lower costs by not duplicating resources; continuing community unity by eliminating rival high schools; and keeping the children together from fifth through graduation.

Other single high school advantages the task force addressed were broader curriculum for students and more learning opportunities, strong sports, no struggle with attendance boundaries, and less competition for funding.

The most popular advantages for having two high schools included: more individualized instruction and the opportunity for more kids to be involved in activities like sports and theater, therefore giving

more students the chance to be a "star."

Other high points for a second high school that were mentioned included less traffic, less stress on facilities, less parking problems, safer environment, help in catching "at risk" students, and the opportunity to potentially offer a magnet school.

Once the results from the January survey are in, the Blue Ribbon Task Force will meet in February and review them. Using this input, the committee will produce a final recommendation report, which will be presented to the board March 1.

"Not only is the school district asking for input from this task force, but the task force is now asking for input from the larger community prior to making a recommendation to the board," Lippe said.

Once the Novi Board of Education hears the final results of the survey and the final report of the Blue Ribbon Task Force, they will consider their proposals and possibly decide on a bond vote.

Stephanie Fordyce is a staff writer for the Novi News. Her e-mail address is sfordyce@ht.homecomm.net

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Thursday, January 11, 2001



Yoga class instructor Tameka Gallien properly positions the arms of a student during a Thursday morning class.

Story by
Stephanie
Fordyce
Photos by
John Heider



The Sports Club of Novi's Yoga Class by Tameka Gallien performs the "downward rising dog" during their Thursday morning class.

No longer a fad...

21st century Yoga is for everyone

From Hollywood to right here in Novi, yoga has become the workout of choice.

With celebrities like Madonna and Woody Harelson practicing the 5,000 year-old Indian method, yoga has experienced a significant increase in popularity in the last eight years.

While in the past yoga has been associated with vegetarianism, communal living, and long hair, it now has become the hottest exercise of the new millennium.

Yoga instructor for the Sports Club of Novi, Tameka Gallien, said the whole system of Yoga is built on three main structures: exercise, breathing, and meditation.

"Yoga is the union of the mind and body," she said. "It reduces stress, increases flexibility, muscular endurance and overall vitality."

Brought to the United States in the early part of the 20th century, yoga was first introduced to baby boomers by a woman named Satchidananda at the Woodstock Festival in 1969.

The word yoga means "to join" or "union," and Gallien says it brings the body and mind together into one harmonious experience.

"That's why they call it a mind-body connection," she said. "It targets all areas of the body, from your

neck down to your feet, as well as the brain, with meditation."

Gallien, who has been teaching yoga since 1982, said yoga can be extremely healing in our hurried, worried culture because it makes us slow down, breathe and stretch our muscles where we hold our tension.

"People have so much going on in their lives," she said. "They get stressed with their jobs, their kids, and even from the drive on their way here, so this is a good way for them to relax and calm down. It grounds people."



Yoga students Pam Border, right, and others try balancing on one foot while holding the other during a Thursday morning Yoga class at The Sports Club of Novi.

we focus just on breathing," Gallien said.

Gallien said yoga is not defined by shape or age, and that people can be practicing the art of yoga

at any point in their lives.

"It's a class anyone can join," she said. "It's multi-level and multi-aged. I have anywhere from teenagers to seniors in their 70s in my classes."

Director of Community Relations for the Sports Club of Novi Debbie Nuttle said what's great about Gallien and the club's other yoga instructor Ann Weurthe, is that they have designed the classes to fit both beginners and more advanced members.

"It's one of those classes where Tameka and Ann will work with you to progress," she said. "They encourage people to do only what they can and they provide alternatives to some of the harder stretches and positions, so there is no need to feel overwhelmed or intimidated."

Northville resident Cathy Rankin, who has been taking yoga at the club for the past five months agreed.

"You just go to your edge, anyone can do it," she said.

Rankin, mother of a 15-month-old, said she first got involved in the yoga class for the body conditioning, but the meditation portion proved to be an added bonus.

"Initially I went for the body, but the mind followed," she said. "It was an extra benefit in that it's relaxing, and that it takes you away for just that hour that you are there."

Rankin said for her, the biggest advantages of yoga have included toning of muscles and an increase in flexibility.

"I mean I could barely touch my toes before I started," she said.

Rankin said she has even taken the yoga techniques she has learned in class and integrated into her daily life.

"I use it when I can't fall asleep at night," she said. "I use some of the meditation techniques and concentrate on my breathing and relax. I've even used it with my husband



Demonstrating the amazing flexibility that often comes with Yoga instruction, Cynthia Anthony bends forward and brings her head as close as possible to her legs in order to stretch the hamstring.

because he has bad hips and I've done a couple stretches with him as well."

Newcomer Jan Bartol, of Farmington, said she took yoga because she wanted to try moving her body in a different way.

"I think I just wanted to explore different exercise opportunities," she said. "I was looking for a mind-body thing and something that would be good for my back."

Contrary to popular belief where the past image has been that one only sits with legs crossed chanting a mantra, Rankin said yoga is in fact sufficiently strenuous.

"They don't think you do any work, but it's enough to work up a good lather of sweat," she said. "It's a well-rounded exercise."

Gallien said while she has modernized the yoga class to fit the club, the overall intent is still the same.

"It's really about them feeling wonderful and reducing their stress levels," she said. "I just want them to feel better when they leave."

Gallien said while most yoga courses allow no talking or sound, she uses music in her classes to set a calming mood.

"In most classes they don't use music because they feel it's distracting, but I love it. I use sounds of the ocean, something natural, so they feel like their outdoors," she said.

Rankin said she has definitely found a new love with the club's yoga class and would encourage anyone who is looking for a little solidarity in their lives to try it.

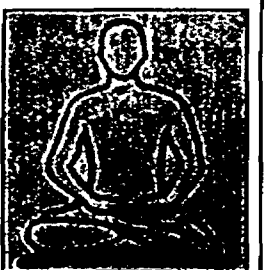
"I think if you just open yourself to try it, you might be very surprised just how much you enjoy it," she said.

The Sports Club of Novi offers both day and evening classes in yoga. Class schedule is Mondays at 7:30 p.m.; Tuesdays at 11:30 a.m.; and Thursdays at 11:30 a.m. and 6:30 p.m. For more information please call (248) 735-8850.

Stephanie Fordyce is a staff writer for the Novi News. Her e-mail address is sfordyce@ht.homecomm.net

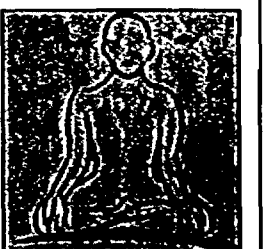
ASANAS

Observing and practicing the integrity of each posture is the best route to getting all the benefits that Hatha Yoga can offer. Relax, breathe slowly and deeply through your nose, go with the flow and merge with the beauty of these postures. Here are some of the basic and most common yoga exercises from www.rivernaya.com



Lotus Pose

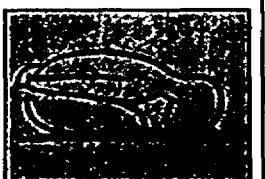
LOTUS POSE (Padmasana):
Rest the right foot on the left thigh, near the hip joint, and the left foot on the right thigh, near the hip joint as well. Clench the jaws. Press your tongue against the roof of your mouth. This is thought to be the best posture for meditation. The loop seals the prana, vital energy of the body, enabling you to reach a more profound level of consciousness.



Perfect Pose

PERFECT POSE (Siddhasana):
Press the muladhara (base of spine) cakra with your left heel. Then press the svadhisthana (pelvic plexus) cakra with your right heel. Keep the toes of the right foot in the bend of the left knee, exposing only your right big toe. This posture stimulates the nervous system.

YOGA POSE (Yogasana):
Sit in cross-legged sitting position. Put your hands behind you and grip the left wrist with your right hand. Draw in a deep breath and slowly bring your forehead and nose in contact with the floor. Exhale as you lower your head. Keep your head on the floor for about eight seconds, then rise up slowly, breathing in as you reach your initial position. Practice this round eight times.



Yoga Pose

SPINAL TWIST (Bharadvajasana):
Sit on the floor. Press the muladhara cakra with the right heel. Cross your left foot over the right knee, resting it flat to the right side of your right knee. Grasp the left big toe with your right hand while keeping the right arm along the left side of your left knee. Wrap your left arm behind your back (or rest it on the floor for support) and turn your neck to the left as far as possible. Hold your chest erect while assuming to twist your body. Reverse the process, i.e., starting by pressing the muladhara cakra with your left heel.



Spinal Twist

Northville Seniors

The staff at the Northville Senior Center at 215 W. Cady Street coordinates the following services and activities for seniors age 50 and older. For more information or to register for an activity, call (248) 349-4140.

SERVICES

• Newsletter
The senior newsletter is a monthly publication filled with information on senior citizen activities, trips and services. You can pick up a newsletter at the Senior Center or receive it monthly by mail for an annual contribution of \$7.

• Telephone Reassurance (Telecare)

Homebound residents can receive a daily telephone call or an occasional call to check on their well being or to talk to someone free of charge. Please call the Senior Center to register.

• Blood Pressure Screening

Come get your blood pressure checked free of charge. Held at the center on the second Monday of the month, from 1:30-3 p.m. by Westland Convalescence Center and the fourth Monday of the month, from noon to 2 p.m. by St. Mary's Hospital. An appointment is not necessary.

• Focus: HOPE

Food distribution is usually the fourth Friday of every month from 11 a.m. to 2 p.m. at the Senior Center. January distribution will be on Jan. 26.

• Senior Services Directory

The Northville Senior Center has created a directory of services available to senior citizens. The directory includes information on support programs, health and medical services, available housing, organizations providing finan-

cial assistance and much more. Please stop by the Senior Center to pick up your free copy today. (Funding for this directory was provided by the Oakland County Community Development Block Grant Program.)

• Tax Counseling Services

Free tax counseling sponsored by AARP will be available on Tuesdays, Jan. 30 through April 10. Hours are 9 a.m. to noon and 1-4 p.m. Volunteer tax counselors will prepare your state and local tax forms. Most forms will be on hand. Appointments are scheduled at 1 1/2 hour intervals. No charge for service, however, donations to the senior program will be gratefully accepted. You must call the Senior Center ahead of time to make an appointment. (248) 349-4140.

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Tuesdays: Meijer, Kohl's, Target and local banks.
Fridays: Farmer Jack/Hiller's or Shopping Center Market/Busch's (alternating Fridays.)

Bus begins pickup at 9:30 a.m. from your home. Cost is \$2. Call the Senior Center for reservations 24 hours in advance.

• Bus Service for Movies, Lunch and Shopping at the Mall Twice a Month

The senior bus goes to AMC 20 and Laurel Park Mall for an afternoon (noon to 4 p.m.) of movies, lunch and shopping. The days scheduled are the second and fourth Monday of each month. Pick-up will begin from your home at 12 p.m. or the MAGS parking lot shortly thereafter. Cost is \$2. Please call to make reservations.

• Wanted: Bus Drivers

With the addition of a second bus in January, we now have immediate need for additional part-time bus drivers. This position requires a CDL driver's license. Hours are flexible, events are great to attend free, and seniors are rewarding to serve. If interested, please call the Senior Center at (248) 349-4140.

ONGOING ACTIVITIES

• Card Playing

Join us for cards at the center. Enjoy several hours of fun for just \$1. The schedule is as follows: Bridge, Wednesdays, 12:15-3:15 p.m.; Pinochle, Mondays and Thursdays, 12:30-4:30 p.m. and beginning Pinochle on Tuesdays, from 12:30-3:30 p.m.

• Detroit Symphony Orchestra

Northville Senior Center has reserved tickets to various concerts throughout the season. Tickets to Classical Coffee Concerts are \$28 for residents and \$35 for non-residents. Upcoming classical concerts include: The Titan and Motocelly, Jan. 5; The Fantastic Symphony, Feb. 2; and Beethoven's Eroica, Feb. 23. Future Pops Concerts include: Fielder's Favorite, Feb. 8; and Debbie Reynolds, March 8. (Cost for Debbie Reynolds is \$38 for residents, \$45 for non-residents, departure time is 7 p.m. from MAGS.) Tickets to Pops Concerts are \$34 for residents, \$41 for non-residents. Departure time is 9 a.m. from MAGS for all concerts unless otherwise indicated. Registration is necessary.

SENIOR FITNESS

• **Senior Drop-in Morning Volleyball** (for co-ed adults 50 and up)
Do you want to look young,

think young and feel young? Get rid of that sedentary feeling. Come out and play volleyball. All levels of play are welcome. Held on most Mondays, Thursdays and Fridays at the Parks and Recreation Gym from 10:30 a.m. to 12:30 p.m. Cost is \$1. For more information, call the Northville Parks and Recreation Department at (248) 349-0203.

• Healing Touch Therapy

Healing Touch is an energy-based alternative healing. It balances the human energy field: touching body, mind, emotion, and spirit. Beginning in January, Cynthia Drolshagen R.N., a Healing Touch practitioner, will be available on Fridays, 10 a.m. to noon at the Senior Center. Cost is \$10 for a 45-minute to one hour session. Please call the Center (248) 349-4140 for an appointment.

• Bowling at Novi Bowl

Come and bowl a few games at Novi Bowl on Wednesday, Jan. 17 or Wednesday, Jan. 31 at 1 p.m. Bring along a few friends and enjoy a little exercise. Bowling fees are \$1.75 per game. If you would like transportation on the senior bus, the cost is \$4. Please call the Senior Center to register.

• Seniorcise

Join us for a basic exercise class at the Senior Center that will improve your strength and flexibility. The four-week session begins Jan. 17 and meets Wednesdays, 10-10:45 a.m. Cost is \$20. Stop by the Senior Center to register.

SENIOR ACTIVITIES AND DAY TRIPS

• **Pot Luck Luncheon**
Held at the Senior Center on the third Monday of every month from noon to 1 p.m. Bring your own table service, a

dish to pass and \$1.

• Dinner at Dan's River Grill in Manchester

Join us for dinner at Dan's River Grill in Manchester on Thursday, Jan. 25. Bus will leave from MAGS at 4:30 p.m. Cost for transportation is \$4 payable to the driver. Please call the Senior Center to register.

• Plymouth Ice Sculpture Spectacular

The Northville bus will be heading for Plymouth on Friday, Jan. 19 for the annual International Ice Sculpture Spectacular. Gifted carvers will amaze you with their talented display of frozen art. Bus departs from MAGS at 4 p.m. Dinner is on your own at one of the many Plymouth restaurants near the display. Cost is \$4 payable to the bus driver. Call the Senior Center to make reservations.

• Travel Show

Come to the Senior Center on Tuesday, Jan. 23 at 10 a.m. for our next travel show. Several tour companies will present information on upcoming trips and answer any questions you may have. Refreshments will be served. Please call the center to register. (248) 349-4140.

• "The Lion in Winter" at Meadowbrook Theater

Join us for a trip to Meadowbrook Theater to see "The Lion in Winter." Before the show, we will enjoy a delicious meal at The King's Court in Canterbury Village. Cost is \$42. Departure time from MAGS is 10:30 a.m. Stop by the Senior Center to register.

SENIOR CENTER TRIPS

• **Jan. 15-25, Marco Island.**
Cost is \$969 per person, double occupancy.

• **Jan. 25, "A Sentimental Journey" at Kallowsky's in Oxford.** Depart at 8:15 a.m. and return at 5:30 p.m. Cost is \$49 for residents.

• **Jan. 26-Feb. 5, Fort Myers Beach.** Cost is \$999 per person, double occupancy.

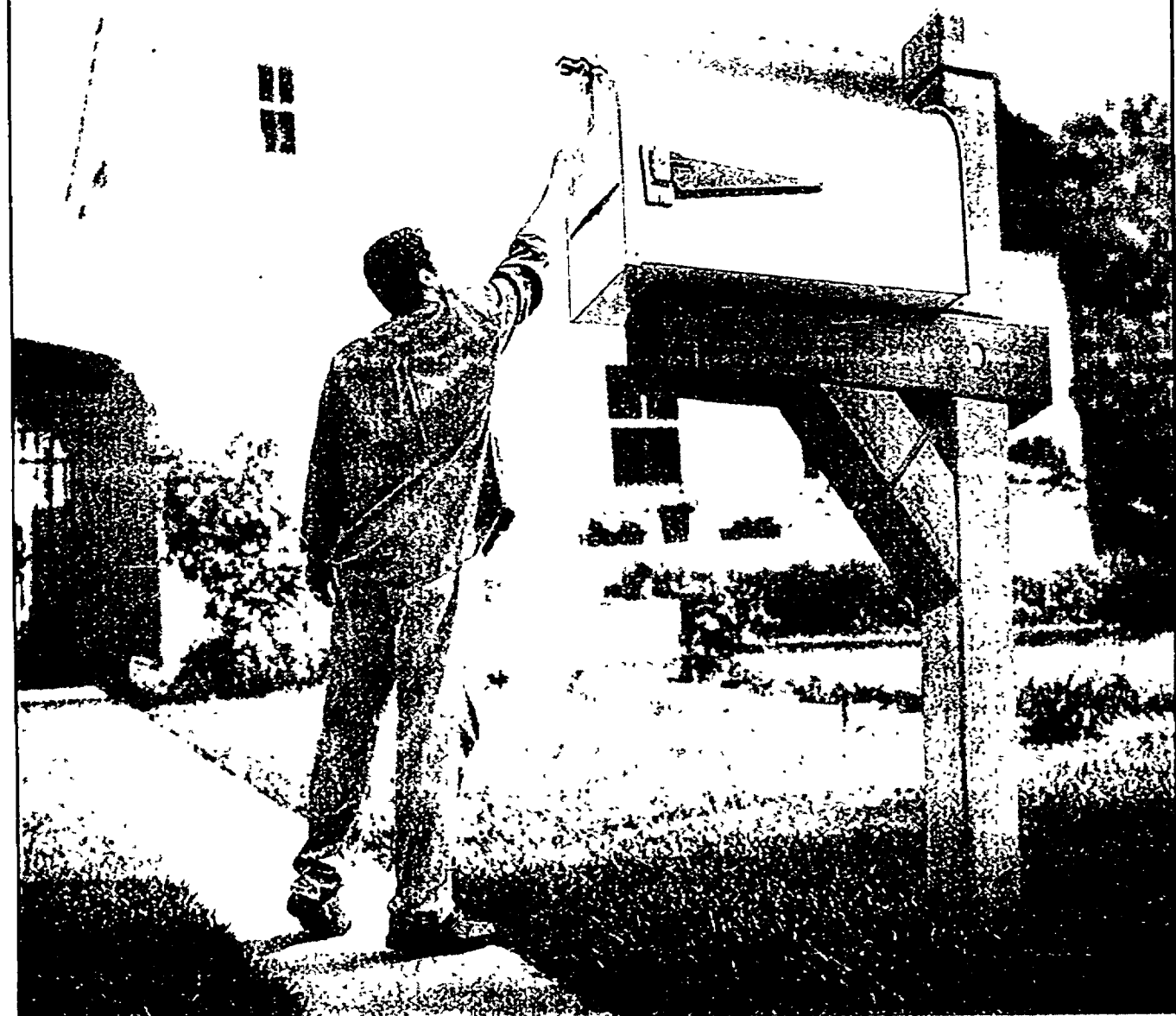
• **Jan. 30, Greentown Casino.** Cost is \$16 for residents.

• **Feb. 28, Soaring Eagle Casino.** Cost is \$26 for residents.

• **March 18-23, Spring Training with "The Tigers."** Cost is \$929 per person, double occupancy.

PRASE CHAPEL CHURCH OF GOD Sunday Worship 10:00 AM 8101 W. Cady St. - Northville Children's Church & Nursery Home Study Groups 6:00 PM Meeting Thursday 7:00 PM 21260 Hagerty Road - Northville Youth, Pre-School, Boys, Girls, Adults (734) 216-7454 Ron Schubert, Pastor	CHURCH OF TODAY WEST (Unity) New Location Meadowbrook Elementary School - Walled Lake (South of 13 Mile on Meadowbrook Road) (248) 467-0000 Services 10:00 AM Children's Church 10 AM Minister Barbara Clevenger
GOOD SHEPHERD LUTHERAN CHURCH 9 Mile & Meadowbrook Wisconsin Ev Lutheran Synod Sunday School & Adult Bible Class 8:45am Worship 10am Thomas E. Schroeder, Pastor - 349-0565	FIRST PRESBYTERIAN CHURCH OF NORTHVILLE 200 E. Main St. at Huron - (248) 349-0911 Worship & Children's School 8:15-11:00am Children's Church 10:00am Children's Church 10:00am Minister Barbara Clevenger
FIRST CHURCH OF CHRISTIANITY 1100 W. Ann Arbor Trail Plymouth, Michigan Sunday Worship 10:30 am Sunday School 10:30 am Wednesday Meeting 7:30 p.m.	OUR LADY OF VICTORY CATHOLIC CHURCH 770 Thayer Northville WEEKEND LITURGIES Saturday 5:00 p.m. Sunday 9:15 a.m. & 12:30 p.m. Church 349-2621, School 349-3610 Religious Education 349-2559
NORTHVILLE CHRISTIAN ASSEMBLY 41355 Six Mile Road - Northville (248) 348-9000 Sunday School 9:30 & 10:45 am Sunday Worship 9 am, 10:45 am Pastor Orla T. Buchan, Sr. Pastor Northville Christian School Preschool & K-8 (248) 348-9001 • www.northvillechristian.org	ST. PAUL'S LUTHERAN MISSOURI SYNOD High & Elm Streets, Northville 11:00am Pastor Church 349-3146 Sunday School 9:30 a.m. & 11:00 a.m. Sunday School & Bible Classes 9:45 a.m. Wednesday Worship 7:30 p.m.
NOVI UNITED METHODIST CHURCH 41571 W. Ten Mile - Meadowbrook 349-2652 (24 hrs.) Sunday Worship at 9:45 a.m. Nursery Care Available Louise R. Ott, Pastor	FIRST UNITED METHODIST CHURCH OF NORTHVILLE 349-1144* 8 Mile & Taff Road Worship Services 8:00 am & 10:15 am Sunday School 9:15 - 11:00 am Summer Worship 9:15 & 11:00 am (July thru Labor Day) Rev. John Heca Rev. Gordon Nusz Rev. Jennifer Buxby
MEADOWBROOK CONGREGATIONAL CHURCH 21355 Meadowbrook Rd. Novi at 8 / Mile Morning Worship 10 a.m. Church School 10 a.m. 248-348-7757 Minister: Rev. Dr. E. Neil Hunt Minister of Music: Patrick Kuhl	FIRST BAPTIST CHURCH NOVI 45301 11 Mile at Taff Rd. Daycare, Infant-5 yrs., including pre-school Dayschool K-12, Home School K-12 Sun. School 9:45 a.m. • Worship 11:00 a.m. & 6:00 p.m. Dr. Gary Ethier, Pastor 349-3477 www.novibaptistchurch.org
ST. ANNE'S EPISCOPAL CHURCH (248) 624-3817 430 Nicolet St. Walled Lake 9 am Worship Service & Church School The Rev. Leslie Harding Vicar	FIRST BAPTIST CHURCH OF NORTHVILLE 217 N. Wing Sunday Worship 10:45am & 6:30 p.m. Wed. Youth Meetings 7:00 p.m. Boys Brigade 7 p.m., Pioneer Girls 7 p.m. Sunday School 9:30 a.m.
CHURCH OF THE HOLY CROSS EPISCOPAL 10 Mile between Taff & Beck, Novi Phone 349-1175 Sunday 7:45 a.m. Holy Eucharist Sunday 11 a.m. Holy Eucharist 11 a.m. Sunday School & Nursery The Rev. Leslie F. Harding	FIRST CHURCH OF THE NAZARENE 21260 Hagerty Northville 348-7600 (between 8 & 9 Mile Rds. near Novi Huron) Sunday School 9:45 am Morning Worship 11:00 am Discipleship Service 6:00 pm (nursery provided) Dr. Carl M. Leth, Pastor
FAITH COMMUNITY PRESBYTERIAN CHURCH 44400 W. 10 Mile Novi, Novi 349-5666 1/2 mile west of Novi Rd. Reverend J. Henderson, Pastor Jennifer M. Sabat, Associate Pastor & J. C. Smith, Parish Associate Worship & Church School 9:00 and 10:30am Sunday	SPIRIT OF CHRIST LUTHERAN CHURCH E.L.C.A. Ten Mile between Hagerty and Meadowbrook Worship Sat. 5:30 p.m., Sun. 10:30 a.m. "A Friendly Church" Pastor Matthew M. McMahon - 248/477-6296
WARD EVANGELICAL PRESBYTERIAN CHURCH Dr. James H. McGuire Senior Pastor 40000 Six Mile Road - Northville MI 248-374-7400 Services 8:30, 10:00, 11:30 a.m. Sunday School & Nursery Provided Sunday Evening Service 6:00 p.m. Live Service Broadcast WLZ 560AM 11:00 a.m.	OAK POINTE CHURCH Northville High School on 6 Mile Sunday 9:30 a.m. and 11:00 a.m. Casual, contemporary live band (248) 615-7050
ST. JAMES ROMAN CATHOLIC CHURCH NOVI 46325 10 Mile Rd. Novi MI 48374 Saturday 5:00 p.m. Sunday 8:30 & 11:30 a.m. Reverend James F. Cronk, Pastor Parish Office 347-7778	CORNERSTONE COMMUNITY CHURCH 10:00 a.m. Sunday Service at Novi Civic Center Quality Kids' Care and Learning Located on 10 Mile, 1/2 mile west of Novi Road www.cornerstonecommunity.com 248-888-1188
CHURCH OF THE HOLY FAMILY 24506 Meadowbrook Rd., Novi MI 48375 Masses Sat. 5pm, Sun. 7:30 am 8:45 am, 10:30 am, 12:15 pm Holy Days 9 am, 5:30 pm, 7:30 pm Father John Budde, Pastor Father Andrew Cernocki, Assoc. Pastor Parish Office 349-8847	OAKLAND BAPTIST CHURCH 23893 Beck Rd., Novi - S. of 10 Mile Adult Bible Study & Sunday School 10:00 AM Morning Worship - 11:00 AM Junior Church - 11:00 AM Sunday Evening Church Service 6:30 PM Wed. Evening Bible Study, Prayer Meeting 7:00 PM PASTOR - TIMOTHY WHYTE (248) 348-2748 We're One Big happy Family!
WORLDWIDE HARVEST CHURCH "A Place to Grow" Sunday Worship Services 11:00 AM Led by Pastor Keith J. McArd The Corner Inn - Maclellan Farm 1424 S. Orchard - 1/2 mile east of Novi on Farmington Hill For more info call: (248) 925-4105 anytime	HOLY ASCENSION CATHOLIC CHURCH Rev. Wayne Ruchay, pastor A new Eastern Catholic parish is being formed to serve Orthodox in the St. Lawrence suburbs of Detroit. The parish is celebrating its first anniversary on the feast of the Holy Trinity every Sunday at 8:30 p.m. at Our Lady of Providence 16115 Brock Rd. Northville For more information call 734-582-1241
NEW LIFE LUTHERAN CHURCH ELCA Sheldon Rd. and Ann Arbor Trail in Red Elementary School Adult Bible Study & Sunday School 9:15 Morning Worship & Sunday School 10:15 Childcare Available Pastor Howard Buchholz (734) 459-8181 www.newlifelutheran.org	COMMUNITY UNITARIAN UNIVERSALISTS Sunday 10:30 am at BECC (old Scranton) 125 S. Church Street, Brighton Rev. Suzanne Paul, Minister (810) 225-2882 lavinto@yahoo.com
CHURCH DIRECTORY For information regarding rates for church listings call The Northville Record or Novi News (248) 349-1700	UNIVERSALIST UNITARIAN CHURCH OF FARMINGTON 25301 Halsted, Farmington Hills 248-478-7272 www.unfarmington.org An historic church house in the woods north of Grand River, celebrating progressive religion for over 150 years. Services & Sunday School 9am & 11am

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Engagements



Graf-Stanfield

Dennis Graf of Dearborn and Joan Graf of Columbus, Wis., announce the engagement of their daughter, Jolie June Graf, to Lanny Ray Stanfield Jr., son of Lanny Stanfield Sr. of Cambridge, Wis., and Ardys Stanfield of Oregon, Wis.

The bride-elect is a 1992 graduate of Northville High School. She received her degree from Lawrence University in 1997 and is currently employed with Shopko.

The groom-elect is a 1993 graduate of East High School in Madison, Wis., and graduated this year from Madison Area Technical College. He is also employed at Shopko.

A May 26 wedding is planned.



Oikarinen-Fischer

Kenneth and Pamela Oikarinen of Novi announce the engagement of their daughter, Kerri Oikarinen to Travis Fischer, son of Rick and Susie Fischer of Spokane, Wash.

The bride-elect is a 1993 graduate of Novi High School and a 1997 graduate of University of Michigan. She currently lives in Ypsilanti and is employed by Visteon.

The groom-elect is a 1994 graduate of Ferris High School and a 1998 graduate of the University of Michigan. He currently works at UUnet.

The couple will exchange vows in March of 2001.



Oikarinen-Cameron

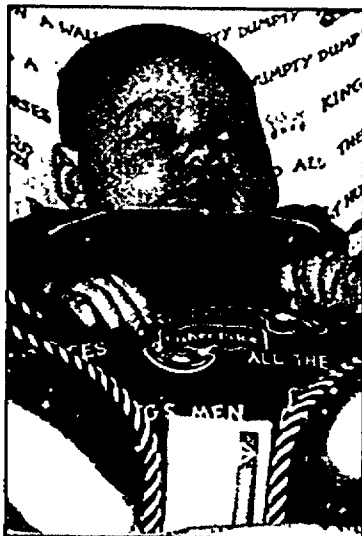
Kenneth and Pamela Oikarinen of Novi and Greg and Robin Cameron of Novi announce the engagement of their children, Kristi Oikarinen to Joel Cameron.

The bride-elect is a 1996 graduate of Novi High School and is working toward her masters degree in biomedical engineering from the University of Michigan in May of 2001.

The groom-elect is also a 1996 graduate of Novi High School and is working towards his business degree from Henry Ford Community College in May of 2001. He is currently employed with Cameron the Sandman.

The couple will exchange vows on October 20, 2001.

Birth



Lindsey Boivin

Julie and Michael Boivin of Novi announce the birth of their daughter, Lindsey Anne, born Oct. 19 at 11:31 a.m. in William Beaumont Hospital, Royal Oak. She weighed 8 pounds 3 ounces and was 19 inches long.

Lindsey's arrival was anxiously awaited by her big sister, Allison.

The proud grandparents are Sadie and Wallace Brown of Farmington Hills and Joseph and Carol Boivin of Lake Orion.

On Campus

Eric Nadeau, son of Michael and Iris Nadeau of Northville, has been named to the Ohio Northern University Dean's List for the fall quarter of 2000-2001. He is a freshman majoring in general studies.

The Dean's List includes students who attain a grade point average of 3.5 or better on a 4.0 scale.

Pamela J. Beal, an accounting major in the Eli Broad College of Business, was awarded for her perfect 4.0 grade point average during her graduating ceremony on May 5. She is the daughter of Richard and Joyce Beal of Novi and a 1995 graduate of Novi High School.

In Service

Navy Lt. Eric A. Wheatley, son of Ida Wheatley of Northville, recently reported for duty at Naval Hospital in Cherry Point, N. C.

Wheatley is a 1985 graduate of Northville High School and joined

the Navy in August of 1993. He is a 1991 graduate of the University of Michigan with a bachelor of science degree and a 1997 graduate of U of M with a MD degree.

Business

Consumers Energy Foundation has awarded \$2,750 in grants to four southeastern Michigan community organizations to recognize outstanding volunteerism by three utility employees.

Ann Rau is such an employee who works as a customer energy specialist at the Livonia cus-

tomers service center and volunteers 80 hours each for two organizations.

She serves as Girl Scout Troop 2321 Troop cookie manager in Novi and helps the Novi Jaguars Boys U-10 Green Soccer Team. The \$800 grant will help both organizations.

Mom's resolutions include singing silly songs

Being that it's the beginning of a new year, I decided to take some time to think about how I can parent better and thank those who've taught my husband and I by example: our parents. They've been a great support during our learning curve. What I do already know (based on experienced parents' advice and a few shows of Oprah) is that you can't be a good parent unless you also take care of yourself and your spouse. So here's a few thoughts and challenges I've made for myself, my husband, my 2-year-old twins and my 3-month-old. Maybe it will spur a few ideas of your own. Please feel free to share them with me and I will run them in my next column.

A mother's resolutions for 2001:
I will listen carefully to my kids no matter how frustrating it becomes.

I will wake them up with a smile



Wendy Pierman-Mitzel

and put them to bed with a smile.

I will read to them at least 20 minutes a day.

I will sit down and hold each child no matter how much laundry piles up down the basement.

I will sing silly songs and dance goofy dances each day.

I will take the time to hold my baby and look into his eyes, knowing that soon he will be wrestling with his two brothers in the next room.

I will not feel guilty for putting in a Winnie the Pooh video so that I can take a shower or make important phone calls.

I will give the boys a new experience each week: either a trip to a new place or a new craft or skill to learn.

I will begin to teach them how to cook, no matter how messy it may get.

I will make a date with my husband each month.

I will make time for a serious conversation each day with my spouse.

I will listen without getting jealous

to what a great time my spouse had going out to lunch.

I will make each tap class and each aerobics class no matter how tired I am from the day's cardiovascular activity of chasing kids about.

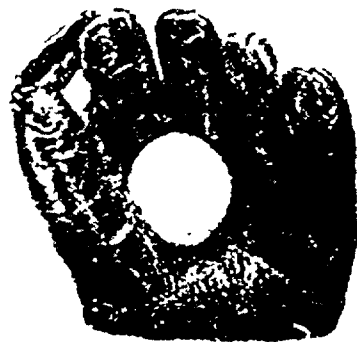
I will learn to eat more for lunch than what's left on the twins' plates. (What? Half a chicken nugget and a chunk of cheese isn't lunch?)

I will set a good example for my children by doing something nice for someone else once a week.

I will be open to learning new things every day just as my children are open to new experiences.

Wendy Pierman-Mitzel is a special writer for HomeTown Newspapers and a guest columnist on parenting. She can be reached at (248) 349-1700.

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- Boneless Spare Ribs
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- Hong Kong Beef
- Mu Shu Pork
- Human Shrimp
- Lemon Chicken
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- Shrimp with Garlic Sauce
- Human Beef
- Chicken with Cashews
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Community Events

WOMEN'S HEALTH SEMINAR
A Women's Health Seminar will be held on Sunday, Jan. 28, from 11 a.m.-12:30 p.m. in the sanctuary at Novi United Methodist Church, 41671 W. Ten Mile road, just west of Meadowbrook. An open invitation is extended to the public. The program will include information regarding osteoporosis, perimenopause, menopause, women and heart disease, breast cancer prevention, and detection.

EXERCISES AND TECHNIQUES IN STRESS REDUCTION
This program will be held on Thursday, Jan. 18 at 7 p.m. at Providence Park Medical Center, 47601 Grand River Ave. Suite B124, Novi. Please enter at the Beck Road side of building. Today's hectic lifestyle frequently leaves many of us feeling stressed and looking for relief. Some of the many symptoms of high stress levels affecting our health are poor sleep patterns, clenching your jaw, grinding your teeth, and chronic muscular tension. This is a lecture/participation class designed to illuminate some of the symptoms and effects of stress. Participants will

perform techniques for stress, breathing techniques and guided relaxation with imagery tapes. Please wear loose, comfortable clothing and, if available, bring an exercise mat. There is no charge for this class, however, RSVP by phone if you plan to attend. Oakland Physical Therapy P.C. at (248) 380-3550.

CONCERT CHORALE AUDITIONS
The Northville Concert Chorale will be holding auditions for its performance of Mozart's "Requiem." The concert is a part of the First Presbyterian Church Fine Arts Series which sponsors concerts and a juried art show. This outstanding concert series has attracted such artists as the Detroit Wind Ensemble, The Galliard Brass, Gemini, The Christa Grix Trio, and the Ann Arbor Digital Consort. In addition, the concert series features the Northville Concert Chorale in major choral works with orchestral accompaniment such as Handel's "Messiah," Faure's "Requiem," and Mendelssohn's "Elijah." The concert series is in its 11th season. The performance of Mozart's "Requiem" is on Sunday, March 18 at 7 p.m. The chorale per-

forms with professional soloists and the Michigan Sinfonietta Orchestra of Ann Arbor. The chorale has members from the entire metro Detroit area and has 50 members. This outstanding chorus is eager to welcome new members and share the opportunity to sing excellent choral music. Auditions are held at the church on Saturday, Jan. 20 from 10 a.m. to noon. To schedule your audition, please contact Darlene Kuperus at (248) 349-0911.

CRAFT SEMINAR
New Beginnings: a Fresh Start in Home Decor will be held on Sunday, January 14 from 1-3 p.m. at JoAnn Etc., 43570 West Oaks Drive, Novi. JoAnn's decorating experts will show how to achieve fabulous looks with a minimum of fuss. Included will be learning to mix colors and patterns, create simple slipcovers, use fabric panels for emphasis, make stencils and add floral accents. Admission is free.

FIRST PRESBYTERIAN TO OFFER DIVORCE WORKSHOP
The First Presbyterian Church of Northville, 200 E. Main Street, Northville, will be holding a Divorce Recovery

Workshop from 7-9 p.m. Jan. 11 through Feb. 22. Cost is \$30 and child care can be provided with two days advance notice. The workshop is for people thinking of divorce, in the process of a divorce, and/or divorced/separated to heal and grow. For more information call (248) 349-0911.

NORTHVILLE GENEALOGICAL SOCIETY
The next meeting of the Northville Genealogical Society will be Sunday, Jan. 14 at 2:30 p.m. at the Northville District Library, 212 W. Cady St. Featured will be a presentation of "Detroit and Wayne County Research" by Ruth McMahon, drawing on her 14 years experience as a professional genealogist. She will tell how to access genealogical records for one's personal research and where to find those records. If you are new to family research, a beginner's class precedes the meeting at 1:30 p.m. This class is full of tips on where and how to begin your research. For more information, check their Web page at <http://www.rootsweb.com/~miwayne/nugensoc.htm> or call (248) 348-3006.

YOUTH ARTIST COMPETITION
The Plymouth Symphony and Evola Music present 2000-2001 A Sound Odyssey: Youth Artist Competition on Feb. 4, 2001 at Evola Music, 7170 N. Haggerty Road, Canton. There are three divisions: Senior Instrumental Division (grades 10-12.) \$500 scholarship award; Senior Piano Division (grades 10-12.) \$500 scholarship award; and Junior Instrumental and Piano Division (grades 7-9.) \$350 scholarship award. Application deadline is Jan. 15, 2001. Past participants are encouraged to reapply, however, musicians are eligible to win only one First Prize Award in each division. Winners may have the opportunity to perform with the judges. If there is insufficient merit shown in any division to award a particular scholarship, it will not be given. The decision of the judges is final. This program is made possible through foundation

gifts and supported by a grant from the Michigan Council for the Arts and Cultural Affairs. The Plymouth Symphony is a non-profit organization that provides participation without regard to race, religion, sex, age, handicap, national origin or creed. For more information or an application, please call (734) 451-2112 or visit the Plymouth Symphony Web site at www.plymouthsymphony.org

NORTHVILLE NEWCOMERS
Start the new year right by making new friends and joining the Northville Newcomers in these upcoming events: Winter Morning Coffee, Tuesday, Jan. 16. Winter Evening Coffee, Wednesday, Jan. 17. Brunch with an Interior Decorator, Wednesday, Jan. 24 and Sweetheart Dinner Dance, Saturday, Feb. 10. For details on these and other club activities, call Sally Bettes, Membership Chair, at (248) 735-0192. New members are welcome at any time.

Master Gardener program offered for Wayne County

The Michigan Master Gardener Program is a horticulture education and volunteer leader training program offered by Michigan State University Extension. It provides home gardening information to Michigan citizens through a network of trained volunteers. An interest in plants, a personal commitment to volunteerism and an enthusiasm for sharing knowledge with others are the only prerequisites. To become certified as a Master Gardener, participants must pass weekly quizzes, the final examination, and volunteer 40 hours within one year of completing the class to help MSU Extension educate the public in the horticulture field. Wayne County MSU Extension will be offering Master Gardener classes at the following locations and times:

- Wayne County MSU Extension Office
640 Temple, Sixth Floor, Detroit, MI
This class will start on Saturday, Jan. 13, 2001, from 9 a.m.-1 p.m. All classes will be taught for 12 consecutive weeks, and the following topics will be covered: Introduction to Plant Science, Flower Gardening, Indoor Plants and Their Care, Integrated Pest Management, Vegetable Gardening, Woody Ornamentals, Soils for Plant Growth, Household Pests and Wildlife, Lawn Establishment and Care, Growing Backyard Fruit, Diagnosing Plant Problems, and Composting and Vermiculture. The fee structure for the course is as follows:
 - Home Gardener - Wayne County resident, \$200.
 - Home Gardener - out-of-county resident, \$240.

- Two members of the same household (share book.) \$300.
 - Horticulture professional paying by business check, \$210.
- Applications for the 2001 Master Gardener class can be picked up at the Wayne County MSU Extension office at 640 Temple, sixth floor, Detroit, from 8 a.m. to 4 p.m. To have an application mailed to your home, you can call Monica Van Buren or Kristine Hahn at (313) 833-3417 during the same hours. Wayne County MSU Extension must receive your completed application and a check for the entire course fee made payable to MSU Extension by Friday, Dec. 8. Acceptance into the class is based on the application. Those not accepted will have their checks returned.

On Campus

Brittany A. Kureth of Novi enrolled at Colby College this fall and embarked on a four-day orientation trip to help acclimate to college life before classes began. Kureth participated in a backpacking trip on the Appalachian Trail from the Bigelow mountain range to the Kennebec River from Aug. 30-Sept. 2 with about 12 other students including two returning students who were trip leaders. Kureth is a graduate of Detroit Country Day School. Besides introducing students to outdoor recreation and public service opportunities in Maine, Colby Outdoor Orientation Trips provide

a relaxed atmosphere where students can make initial friendships and get their bearings. Afterward, a three-day, on-campus orientation introduces the rigorous academic program and the rich cultural life at Colby, which ranks among the most selective liberal arts colleges in the U.S., according to surveys by "Time," "Newsweek" and "U.S. News & World Report." Lauren Parkins of Novi was named to the Dean's List for winter term at the University of Michigan College of Engineering. Parkins is the daughter of Bob and Mary Parkins, and a 1999

Novi High School graduate. Local students from the University of Michigan-Dearborn's College of Arts, Sciences and Letters participating in cooperative education assignments with local employers: **NORTHVILLE Jennifer Bozyk**, Society of Manufacturing Engineers and Kristina Moore, Compuware Corp. **NOVI Jennifer Hickox**, UM-Dearborn's Media Services and Katherine Hyun, Ford Motor Co.

CITY OF NORTHVILLE NOTICE OF ADOPTION ORDINANCE #12-4-00

NOTICE IS HEREBY GIVEN that the Northville City Council has adopted Ordinance No. 12-4-00 - AN ORDINANCE GRANTING A LIMITED, NON-EXCLUSIVE, REVOCABLE ELECTRIC FRANCHISE TO DTE MARKETING ENERGY, INC. The provisions of this ordinance shall become effective on January 15, 2001, upon publication. The Ordinance was adopted by the City Council on Monday, December 18, 2000. The complete text of the ordinance is available for public inspection during normal business hours at the Office of the City Clerk, 215 W. Main St., during the hours of 8:00 a.m. and 4:30 p.m., prevailing local time.

(1-11-01 NR 1021517) DIANNE MASSA, CITY CLERK

NOTICE OF PUBLIC HEARING CITY OF NORTHVILLE

The City of Northville Planning Commission will consider a request for a special use permit to allow the continued use of a second floor apartment located at 410 S. Main Street. The property is zoned Professional Business Office (PBO) and the first floor will be used office purposes. Second floor residential uses are allowed as a special use in accordance with Article 7 and Article 16 of the City of Northville Zoning Ordinance. The proposed special use will be considered by the Planning Commission at the January 16, 2001, meeting at 7:30 p.m., at the City of Northville, 215 W. Main St., Council Chambers. The purpose of this public hearing will be to consider public input on the second floor residential use. The complete application can be reviewed at the City Hall during normal business hours. Written comments will also be received at the above address.

(1-11-01 NR 1021516) DIANNE MASSA CITY OF NORTHVILLE, CITY CLERK

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COMMUNITY FOCUS

Page 5AA

Thursday, January 11, 2001



The Thorton Creek classroom of Susie Aheimer, far right, rear, salute their construction of a model of a Viking explorer's ship that they made for their studies of Scandanavian countries. Photo by JOHN HEIDER

Leif's kin

Thorton Creek turns classroom into Viking ship

By CHRIS C. DAVIS
EDITOR

Though it wasn't quite ready to cross the North Atlantic, students in Suzanna Aheimer's class at Thornton Creek Elementary built a Viking ship as part of a unit on European and Scandinavian explorers.

The ship, constructed from cardboard boxes, tubes and a bedsheet, was one of the hands-on elements Aheimer said she wanted to bring to the classroom. The building of the ship started in miniature when one of her students built a model of a Viking ship and brought it into class.

"We thought it looked neat, and pretty soon we had all kinds of materials coming in from the students' homes," Aheimer said. "We just kind of found ourselves in over our head with stuff and we had a ship before we knew it."

The ship was just one part of the explorers unit. Other elements of study have included pen-palling with sixth grade counterparts in

Jyvaskyla, Finland, and learning about the feared Vikings Eric the Red and Leif Ericson.

The lessons learned about the 11th and 12th-century seafarers was apparently sinking in. Student Luci Boar said he learned that the Vikings made landfall on two areas of modern-day North America: Vinland and Newfoundland. He said he also learned that the Vikings wore capes and carried battle axes.

"They were a lot different than the other European explorers," he said.

Erica Tykao learned that shields adorned the port and starboard sides of the ships as a defense against attack from competing explorers or native populations. The Vikings made their multiple trips between the Old World and the New in an attempt to trade for goods.

True to form, the S.S. Aheimer was also protected from attack with shields of its own, albeit of the corrugated cardboard form.

And though the Vikings may

Norway has...
Eric the Red
Nokla phones

Lichen
Reindeer
Snowshoes
Oslo
Aurora borealis

The U.S. has...

Randy Moss
Nokia phones
(lots of them)
Crabgrass
Roadkill deer
Arctic Cat snowmobiles
Osgood (Chris)
Oldsmobile Aurora

have been courageous and smart where sailing was concerned, they weren't necessarily the brightest when it came to warfare. Student Greg Sheppard said he learned that on one of Leif Ericson's return visits to Vinland, Ericson and some of his fellow sailors located rowboats on an island, indicating the presence of another party nearby. When that party was located, Ericson's band attacked, not knowing that one of the people killed in the melee was Ericson's brother.

The Vikings took no chances with the gods, though, and decorated the bow of their crafts with figureheads. On the S.S. Aheimer, it's a dragon — the mascot for

Thornton Creek.

Aheimer said the Viking / explorer project helped make tangible the stories alluded to in textbooks, but also bridged gaps and formed friendships between classmates.

"We like to be a hands-on class," Aheimer said. "Of course, we have to read the books, but in between we try to have activities that give us a chance to manipulate or build something. We try to have a little bit of fun along the way."

Chris C. Davis is the editor of the Northville Record. He can be reached at cdavis@ht.homecom.net.

Interurban was popular in late 1800s

Though it can take just over a half-hour to get into the city of Detroit these days, Northville residents are limited by one thing: to get anywhere, one has to drive.

Bus — and earlier, train — service was, though slow, a convenient way of getting into either Detroit or Ann Arbor in earlier years.

As early as 1898, a branch of the Detroit United Railway (DUR), known as the interurban, carried passengers from Northville to Detroit and back. The route was not direct, with a change of trains in Wayne, but it was an efficient, inexpensive and reliable form of travel.

The Detroit, Plymouth and Northville Railway (DP&N) was a branch line was a branch line of the DUR. Northville stipulated an addition to their contract in the way of street lighting. Three street lights each were required between Bradner and Northville roads. According to historian Jack Schramm in his book, "When Eastern Michigan Rode the Rails," "This provision was amended in 1904 to add lights at Benton's and Wilsey's crossings..."

The next year Northville requested even more lights to be placed at each street crossing on the line.

The first car came to Northville in the fall of 1899. Fares were 10 cents from Plymouth to Northville and 15 cents from Plymouth to



Barbara Louie

Wayne. The Wayne station was one of the busiest on the entire line.

Trains ran once a hour, beginning at 6:15 a.m. until 11:15 p.m. From Wayne, one could transfer to a train going either to Detroit or to Ypsilanti and Ann Arbor. Return trips from Detroit's City Hall also left regularly up to 9 p.m. with the connection at Wayne. Travel time between Northville and Detroit, including the transfer at Wayne, was approximately 2 1/2 hours.

The Wayne-Northville DUR line was cut back in the 1920s. Also cut was the Northville-Farmington route which had continued into Redford. Bankruptcy court ordered the abandonment of the line, and by 1928, the DUR to Northville had ended.

In 1922, the city of Detroit's Department of

Street Railways (DSR) had begun the municipal ownership and operation of all street railways within the city limits. Detroit thus became the first city in the nation to find an alternative privately-owned mass transit.

With the paving of Northville Road to Plymouth in 1922, bus service was made possible. The Detroit Motorbus Co. in 1925 began service from Detroit directly to Plymouth and Northville. The Routes ran via Plymouth Road and via Seven Mile Road. According to Schram, "Those direct routes were not only faster, but eliminated the transfer at Wayne. After this service started, DUR's rail branch was doomed."

By the 1960s, when DSR busses began an extended run to Livonia Mall along Grand River Avenue, a conflict arose with a private bus company out of Northville.

The Northville Coach Lines provided a limited service to the mall. They took the DSR to court, claiming the extended service to the suburbs (i.e. Redford Township and Livonia) was cutting in on their territory. Northville Coach Lines lost the suit in Circuit Court and the DSR continued its service to Livonia Mall for many years.

While freight trains still race through Northville daily, there are no longer any stops in town, and passenger train and bus services were discontinued long ago.

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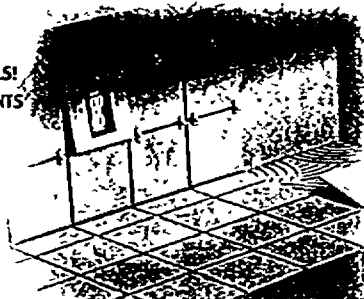
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Sat. January 20th9:30am
Sat. January 27th9:30am
Sat. February 3rd9:30am

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Keenen Ivory Wayans, actor

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MOVIES

Karl Kling, Editor 248-685-1507

Thursday, January 11, 2001

What 'Congeniality' lacks in thrills, makes up for in fun

By Karl Kling
Editor

Unlike many who take on the task of reviewing films, I do not view the responsibility as being akin to solving the world's ills. Rather, when viewing a film, I try to compare apples to apples - which I feel allows an individual film to state amongst its own.

Knowing that I wasn't entering the realm of classics "North by Northwest" or "The Maltese Falcon," I understood the parameters in which I would review Sandra Bullock's latest offering, "Miss Congeniality."

It wasn't "Citizen Kane," but it wasn't "Porky's" either.

The premise behind the film is that Bullock, an FBI agent, must infiltrate the world of beauty pageants to apprehend an elusive assassin who has used various methods to murder individuals during high-profile events.

It didn't take Robert Ludlum to develop the plot. Bullock, whose appearance was reminiscent of Janeane Garofalo, underwent an extensive makeover session – with Michael Caine overseeing the project – so that she could enter the contest to get the skinny from the inside.

Really? I never would have thought of that.

Despite the obvious, it works. Bullock, as agent Grace Hart, plays her role well as both the disheveled, midifferent agent and the pageant contestant. Benjamin Bratt, who was more believable enduring his stint on NBC's "Law & Order," wasn't stellar in his performance as Bullock's fellow agent, but neither was he a stiff.

The relationship between Bullock and Caine was the meat of the entree. Caine, as pageant consultant Victor Melling, was hired by the FBI to transform Bullock into beauty queen material. Not exactly a miracle with what he had to work with, but the story line was still plausible.

Miss CONGENIALITY



"Bullock, as agent Gracie Hart, plays her role well as both the disheveled, indifferent agent and the pageant contestant."

Bullock's reluctance to shed her feminist ways in pursuit of the Holy Grail of bimboism was in constant battle with Caine's desire to return to the top, both forsaking the underlying reason for being there in the first place: To stop an assassin before they strike.

Other key performances are



Benjamin Bratt, Sandra Bullock and Michael Caine do the beauty pageant circuit in "Miss Congeniality."

given by Candice Bergen as the pageant organizer and William Shatner as the event's longtime MC.

What is most surprising about "Miss Congeniality," is that despite full-knowledge of the final

outcome, most moviegoers had a few laughs and spent a couple of hours in good-natured fun. Isn't that what the entire experience is all about?

If you head into the theaters looking for an on-the-edge-of-

your-seat thriller, head elsewhere. If you are in search of the movie that you can enjoy a bucket of popcorn and relax mindlessly for a couple of hours being entertained, then may we suggest "Miss Congeniality."

Karl Kling is editor for the Milford Times. He can be reached for comment at 685-1507 or by e-mail at kkling@homecom.net.

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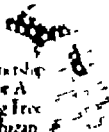

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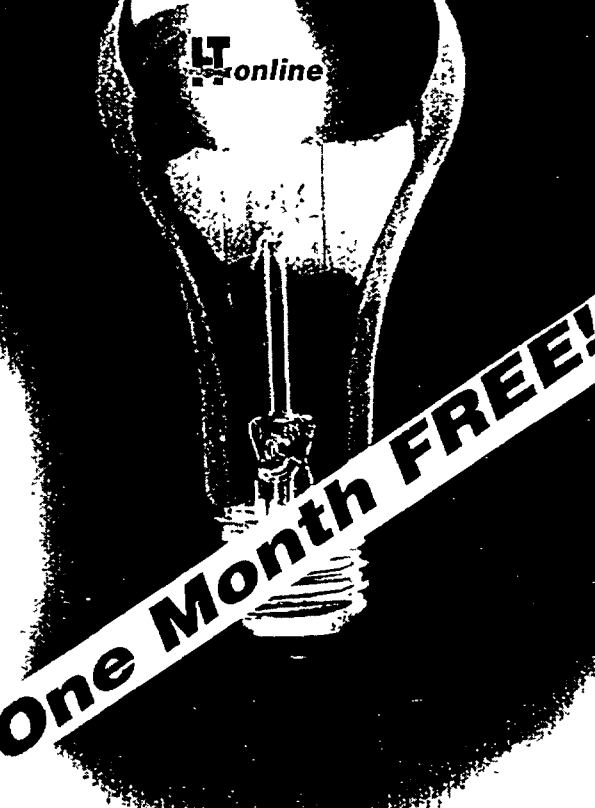
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Thursday, January 11, 2001

Hats off!

Ryan's 3 goals spur Mustang comeback tie

BY COLBY J. CAVALIERE
SPORTS EDITOR

It sure looks like it's going to be a long bus ride home when you fall behind by three goals in the first period on the road against one of the top teams in the division.

But that's just what happened to Northville in a game against Livonia Churchill on Jan. 3, in which the Mustangs rallied for an eventual 5-5 tie.

"To come back from being down three goals in the first against one of the top teams is a great moral victory," said Mustang coach Brad O'Neill.

Mustang Hockey

The game featured a wild comeback featuring a natural hat trick by senior forward Rob Ryan, and a game tying goal with seconds remaining that turned a sure Northville loss into a point saving tie.

After falling behind 4-1 after the first period, Ryan tried to single-handedly bring his team back. Ryan notched three goals in a row to achieve the rare natural hat trick, and also assisted on a later goal.

Senior forward Brandon Caverly added to the comeback effort with a goal of his own. Not wanting to waste a chance at a big win, Livonia Churchill struck back, adding another goal, to take a 5-4 lead.

But once again Northville dug deep, and found that extra strength to fight back. With just under a minute to play, the other senior captain, Bill Salliotte, tied the game at 5-5. The back and forth goal scoring would finally come to an end, and the teams would settle for a tie at the buzzer.

W.L. WESTERN 4, NORTHVILLE 2

After their big comeback against Livonia Churchill to earn a tie, Northville returned home to face

Continued on 2



Photo by JOHN HEIDER

Mustang forward Rob Ryan prepares to shoot during a recent game. The talented senior scored three times to lead Northville to a come-from-behind tie against Churchill.

Grapplers earn 66-4 victory over Franklin

BY COLBY J. CAVALIERE
Sports Editor

In a 66-4 drubbing at the hands of Northville on January 4, Livonia Franklin found out how tough it is to win when you don't have the wrestlers face the opposition.

"It was a good divisional start for us. We head into division competition healthy and are looking to repeat as champs for the fourth year in a row," said Northville coach Bob Townsend after the win.

In four of 13 matches, Northville wrestlers found easy victory when they went unopposed at the 125, 130, 140, and 215 pound weight classes.

Northville dropped only one of the matches against a Franklin opponent when the Patriots' James Azzopardi beat Ricky Rigner 13-0.

But that would be it for Franklin's joy. Making up for the Mustang wins were Ravi Saran,

who beat Jacob Garbutt by way of fall at 1:51 in the 102-pound class. At 119, Jason D'amna beat Nick Debay 8-3, at 135 Brian Ashby beat Kat Borowski by fall at 1:38 and at 152, Chad Neumann beat Joe Bolek by fall at 1:10.

More Mustang winners were Anon Palushaj at 160, who beat Ray Lionillo by fall at 58 seconds. Josh Pettijohn beat Matt Navaro 8-4 at 171. Jayse O'Brien (189) beat Richard Martinez by fall at the 5:13 mark. Finally, Val Pulushaj beat Matt LeBlans by fall at 54 seconds to win the heavyweight class.

The match was an easy win for the Mustangs in their first divisional match, but plenty of wrestling season remains, a match tonight against Livonia Churchill.

Colby Cavaliere is the Sports Editor of the Northville Record and can be reached at (248) 349-1700, ext.104

Layoff contributes to Mustang loss

BY COLBY CAVALIERE
Sports Editor

Blame it on good defense, or a long holiday layoff, but the Mustangs' basketball team was anything but crisp in a 42-39 loss to North Farmington on Friday.

The ugly defeat dropped Northville's record to 3-3, and to 0-1 in the WLLA Western Division.

"We clearly showed signs of the long Christmas layoff — that's for sure," said Northville coach Scott Baldwin.

Northville was guilty of 28 turnovers, many of the unforced variety. Even when they could hold the ball long enough to get a shot away, Northville was plagued by misses.

The Mustangs shot a dismal 5-for-25 in the second half. "We were getting good shots, but we just weren't making them," said Baldwin.

Northville may not have had their offensive game going, but the

"Stangs' defense was terrific. Despite the lack of offensive production, Northville found themselves leading the Raiders by two with a minute to play.

To a fan in the stands, it may have appeared that three straight turnovers with less than a minute remaining would have buried the Mustangs, but the defense hung tough, and the game wasn't decided until a potential game tying layup missed its mark with four seconds on the clock.

Northville's David Greger shined in the loss, tallying 22 points (10-15 in free throws) and pulling down 14 rebounds.

Northville will look to get back on track when they take on John Glenn High School at home on Friday.

Colby Cavaliere is the Sports Editor of the Northville Record, and can be reached at (248) 349-1700, ext.104

Northville volleyball team earns honors in invitational

BY COLBY J. CAVALIERE
Sports Editor

Only some of the best teams in the area could be found at the Salem Invitational Tournament on Jan. 6. A total of 12 teams were invited and split into three division pools of four teams each. The teams then took part in a round robin style group of matches. Following the matches, the top two teams from each division entered a playoff to determine the winner.

Northville started pool play slowly with a loss to Tecumseh, but

bounced back with a huge win over fierce rival Livonia-Churchill.

"We were a little down after the slow start, but the big win over Churchill really seemed to fire up the girls, and get us going for the rest of the day," said Northville coach Nikki McEvers.

The Mustangs followed the Churchill victory with a win over Manchesters to earn the second playoff spot in their pool. Northville took down Grosse Ile High School in the first round of the playoffs, but fell to Clinton in the second round.

Lauren Temple and Lisa Tellish led Northville with 15 kills each on the day. Temple continued her outstanding offensive contributions to lead Northville in aces with seven. Leading the afternoon's defensive effort were Kathleen Ochmanski, who tallied 30 digs and Emily Olt with 12 blocks.

Northville gets on the bus and hits the road to take on Harrison at 7 p.m. on Monday.

Colby Cavaliere is the Sports Editor of the Northville Record and can be reached at (248) 349-1700, ext.104

Wildcat wrestlers finish 5th in Tournament of Champions

BY COLBY J. CAVALIERE
Sports Editor

Where can a high school wrestling fan go to watch some of the area's best teams battle for top honors? Look no further than the Tournament of Champions, which was held on Dec. 29. A total of 16 teams participated, with the Wildcats being one of the headline teams.

When the mat dust settled at the end of a long day, Novi had been able to wrestle themselves into a fifth place finish behind the top four teams of Lapeer West, Davison, Bedford, and Dundee.

If it had not been for some missing wrestlers due to injury, Novi could have found themselves even higher, coach Brad Huss said.

"If we had our wrestlers at 119,

and 171, I think we could have finished in second or third," said Huss. Novi brothers Josh Churella and Ryan Churella both won their weight classes, at 103, and 145 respectively. Also winning his weight class was J.R. Muldoon at 112. Among the other Wildcat wrestlers that placed, were Brian Ong (sixth place at 125), Brett Terbeck (7th place at 130), Vince Slovan (fourth place at 160), Nick Slovan (second at 215), and Tim Stefanon (fifth place at 275).

Missing from the Wildcat lineup because of injury were Corey Nobach at 119, and Scott Kordlandt at 171.

The competition was top of the line, and rivaled that found at the state playoff level, Huss said.

"Overall, I think we wrestled extremely well against some of the

"Overall, I think we wrestled extremely well against some of the top schools around."

Brad Huss
coach

top schools around," said Huss.

At the moment the Wildcats sit pretty with a perfect 7-0 record. They take that unblemished mark to Howell to face the Highlanders on Friday for the first league match of the season.

Colby Cavaliere is the Sports Editor of the Novi News, and can be reached at (248) 349-1700, ext. 104



Senior Megan Samhat performs on the balance beam. Samhat, along with teammates Lindsey Carlson and Katie Braine helped the Northville- Novi team defeat Brighton, 139-138.

Gymnasts defeat Brighton

The 2001 edition of the Northville- Novi high school gymnastics team showed great promise in a gritty, come-from-behind win against the team from Brighton Thursday night, Jan. 4. Although a number of "Wild Stang" gymnasts were unable to compete in the meet, the team still squeaked out a 139.8-138.9 victory.

Northville- Novi was led by junior Lindsey Carlson who are returning from an injury-plagued 2000 sea-

son. In this season's opening meet, she had the highest team all-around score of 35.95 and placed first on vault and beam, with second place finishes on bars and floor. Seniors Megan Samhat and Katie Braine, both shaking off nagging injuries, performed well for Northville. Braine finished strongly on floor, to take first place with an outstanding 9.4. She also finished fourth on beam. Samhat placed first on bars and contributed third

places finished third on bars and tie for fourth on floor.

Coach Lindsay Crews said the team was very fortunate to pull out a victory against a very strong Brighton team, particularly considering that they had lost ground on each of the first three rotations. However, the team responded well to the challenge by registering an event score on floor of 36.55, far and away their best event score of the evening.

Ryan hat trick salvages tie against Livonia-Churchill

Continued from 1

the Warriors from Walled Lake Western on the Jan. 6.

This time Northville was the victim of a comeback, as the Mustangs failed to put away the Warriors when they had them down.

"We were up 2-1, but really should have been up 4-1 with the chances we had," said O'Neill after the letdown loss. By failing to take advantage of scoring opportunities,

Northville allowed the Warriors to stay close, and eventually saw four unanswered goals get by to let Western steal the game.

Continuing his stellar play, senior Rob Ryan scored one goal and assisted on another. Junior Tim Hillebrand tallied the other goal for Northville.

Colby Cavaliere is the Sports Editor of the Northville Record, and can be reached at (248) 349-1700, ext. 104.



Photo by JOHN HEIDER

Mustang goalie David Ely-Bond, a sophomore, guards net in an away game against the Canton Chiefs in early December.

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Photo by JOHN HEIDER

Andrew Sawmiller specializes in the butterfly for the Novi Mustang swim team, which beat Plymouth Salem last week.

Novi swimmers halt losing streak

By COLBY CAVALIERE
Sports Editor

It's been quite some time since the swim team from Novi High School could be happy after a meet with Plymouth Salem. With last Thursday's 94-92 win, Novi halted a long losing streak against their pool rivals. "They have been the only team to beat us in a dual meet in the last four years, and in the seven years I've been coach, we had never beaten them," coach Bill McCord said.

The two teams were tied going into the diving event, but that's where Novi really shined, and shot on their way to the victory. Novi outscored Salem 10-3 with a 1-2 finish. Senior Steve Alberty, one of

the five divers to set new personal best scores, notched a score of 245.70. Right behind Alberty in second place was fellow senior Derrick Zona with a score of 223.00.

"Our divers were in a real zone, and a key to our win," said McCord.

Novi won two events, the second being the 100 yard backstroke, won by Taehwan Yoo with a time of 1:08.38. Despite winning only the two events, Novi swimmers placed so consistent in the others that they were able to squeak out the two-point win.

The match was tight throughout, with three separate lead changes, the final change coming when

Novi took an 88-84 lead after outscoring the Rocks 11-5 in the 100 breaststroke. The match came down to the final event — the 400 free relay — where Novi only needed only second- and third-place finishes to win the meet. To better his chances, McCord split his best swimmers into separate teams, swapping Matt Shafer and Chris Capanyola. The tactic was a great success, as the team of Mike Reynolds, Shafer, Matt Ochab, and Jordan Moblo took second place with a time of 3:37.82, and third place was won by Jack Tyler, Ian Robertson, Mike Bliss and Capanyola.

Among the whopping 10 second-place finishes were junior Andy Capanyola in the 50 free (24.29),

senior Andrew Sawmiller in the 100 butterfly (57.61), and junior Moblo in the 500 free (5:14.65). Novi also racked up second-place finishes in the 200 medley relay, and 200 free relay.

To round out the consistent day, Novi swimmers took third in 11 of 12 events. To add to a big team victory was the news that Michael Bliss will be returning to the state meet in the 100 back stroke after he qualified with a second-place time of 56.18.

"[Michael] will be a repeat performer for us," McCord said.

Colby Cavaliere is the sports editor of the Novi News. He can be reached at (248) 349 1700, ext. 104.

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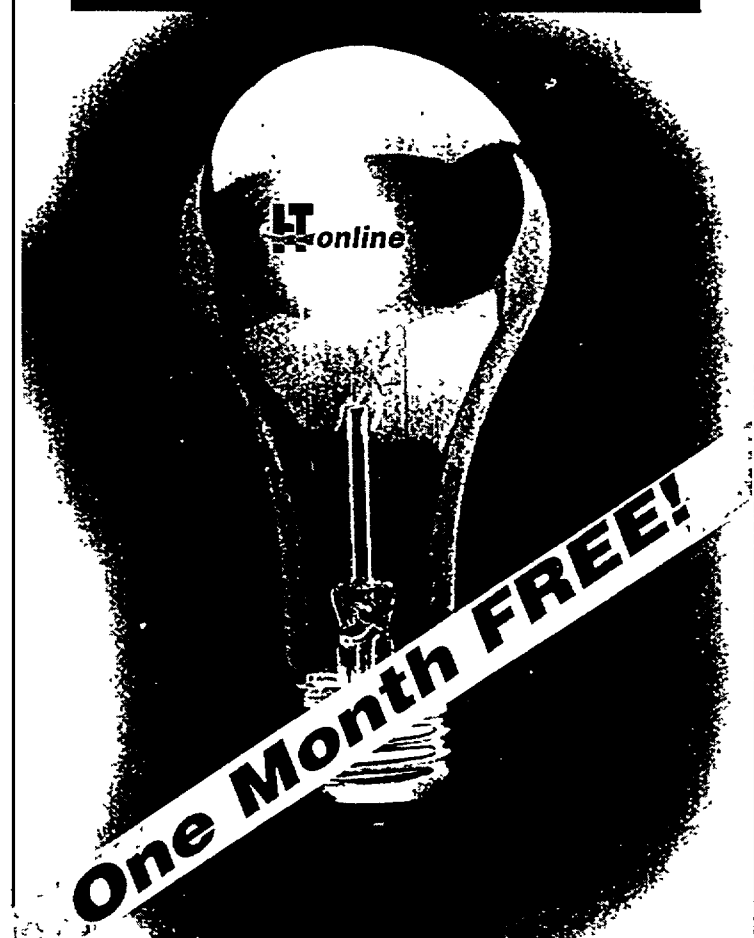
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RS virus seems like a cold in little kids

Nasty winter virus can send babies, toddlers, kids to the hospital.

It's that time of year again. Time for babies, toddlers and children to come down with their usual winter sniffles and sneezes, and for parents to be ready with tissues, cough syrup and hot soup. But it's also time for parents and doctors to be vigilant for a virus whose symptoms look like a simple cold at first, but in fact can send little ones to the hospital.

It's called RSV, for respiratory syncytial virus. And Marie Lozon, head of pediatric emergency services at the University of Michigan Health System, warns that it can take a heavy, even deadly, toll on many children - especially the very young or those with certain health conditions.

"RSV is the most common cause of serious respiratory disease in younger children, especially infants and very young toddlers," said Lozon, who sees a large number of RSV cases in the UMHS Emergency Department each year. "It's most dangerous in younger children or those with risk factors involving their lungs or their hearts. But even the average healthy child could get RSV and get quite ill from it, even requiring hospitalization, oxygen and other treatments."

"RSV is the most cause of serious respiratory disease in younger children, especially infants and very young toddlers," said Lozon, who sees a large number of RSV cases in the UMHS Emergency Department each year. "It's most dangerous in younger children or those with risk factors involving their lungs or their hearts. But even the average healthy child could get RSV and get quite ill from it, even requiring hospitalization, oxygen and other treatments."

RSV infections can progress to bronchiolitis - not be confused with bronchitis - or pneumonia, and even death. In newborns and very small infants, it can occasionally cause temporary interruptions in breathing. Lozon added, leading some physicians to speculate that RSV may be associated with Sudden Infant Death Syndrome, or SIDS.

The American Lung Association estimates that 90,000 hospitalizations and 4,500 deaths a year result from RSV infection in babies, toddlers and children.

RSV is around us all the time and can live on surfaces or hands, making transmission easy. Its high season starts in late fall and peaks

in January and February, often with local outbreaks. During that time, those most at risk include infants under six months; children born prematurely; those with asthma, cystic fibrosis, weak immune systems or heart conditions; and the elderly.

So what can worried parents do? Lozon recommended two key steps: handwashing and other practices to cut down on transmission of the virus within a family, day care group or class; and special attention by parents to a child's symptoms, so they can get medical attention if needed.

RSV often enters the body through the nose, mouth or eyes, or through inhalation of droplets from a cough or sneeze. If you touch an object that's been touched by a person with RSV, and then touch your face with the hand, you can be infected. It takes about four days for symptoms to develop, and some older children and adults never show signs but can still spread the virus.

Most kids get infected with RSV by the time they're 2 or 3 years old. But even though it's pretty hard to avoid contact with RSV-carrying things and people, especially in winter, Lozon urges everyone to take a few common-sense measures that can protect the most vulnerable.

First, make a habit of washing your hands often, with soap and water, especially after you've been near someone who's coughing or touched objects they've used. It's a good idea year-round, but becomes especially important now for many reasons.

Keeping children with any cold-like symptoms away from babies is another good idea. Lozon said, as is keeping infants and at-risk children away from crowded places during peak RSV season. And parents and caregivers like day-care providers should take extra care to clean surfaces and faces often, especially when dealing with one child who has symptoms and others in the same house, classroom or day-care center who don't.

Still, there's no fool-proof way to avoid RSV completely, no vaccine at this time to prevent it, and no guarantee of immunity this year if you've had it before. Some high-risk kids may be able to get injections of immune-boosting medication, but most children aren't candidates for it. So, Lozon advised that parents and others learn how to tell RSV from a common cold.

One of RSV's hallmarks, she said, is the area of the body it affects. "A

FACTS ABOUT RESPIRATORY SYNCYTIAL VIRUS OR RSV

- RSV is the most common cause of lower respiratory tract disease in infants and young children. Almost all children experience an RSV infection by the time they're 2 or 3.

- An adult or older child infected with RSV can spread the virus for three to eight days, even though symptoms may not be present. Small infants may spread it for up to four weeks.

- RSV causes about 90,000 hospitalizations and 4,500 deaths each year in infants and kids.

normal cold or cough generally is confined to the upper respiratory tract, above the collarbone," Lozon explained. "But if an RSV infection progresses, it can go into the lower respiratory tract, below the collarbone, inflaming the small airways and causing a wheeze and a difficulty in breathing."

Healthy older children and adults may have strong enough immune responses to keep it in the upper respiratory system, and should recover within a week. But younger and sicker people may not fare so well. Infants and former premature babies have immature lungs, while kids with asthma and cystic fibrosis have lung-based problems that RSV can worsen.

Even in otherwise healthy children, an aggressive case of RSV can still cause serious breathing difficulties. Still, Lozon said, most children who get RSV has a mild to moderate case. One about 2 percent of patients need hospitalization for their first RSV infection.

RSV often starts like any other cold, with a fever, congestion, a runny nose and a cough, said Lozon. "But often will progress into a more serious situation where instead of a regular runny nose, the child's nose runs continuously and much more so. Both nose and mouth secretions can be incredible, so much that the child may be gagging on them. Then it progresses into a worse cough, and then a wheeze."

Besides the breathing problems and runny nose, infants may have other symptoms, Lozon said, such as poor feeding and listlessness or lethargy. "Unfortunately, they also may have periods of apnea, meaning they will actually stop breathing for a short period of time," she said.

If a child has breathing pauses, is working hard just to breathe, makes a high-pitched sound

when breathing, or if their chest or belly sucks in and out when they breathe, Lozon said adults should seek medical attention immediately.

Other danger signs are if the child can't eat or drink well, is listless, has a color change or can't pursue normal activity despite their symptoms.

Anyone who suspects RSV in a baby, child or adult should treat the early symptoms just like they would treat a cold, using tactics approved for the patient's age group. For example, give over-the-counter medicines to reduce fever and cough, clear out nose and mouth secretions, increase water and feeding, and use a humidifier. Don't give infants cold medicines, though.

If you think you need to call a doctor, Lozon advised trying the child's primary physician first and getting his or her opinion about whether to seek further help. Describe the child's symptoms in detail to help the doctor's decision.

But don't refrain from going to the emergency room if you see RSV-like symptoms, she urged. Doctors there can test for the presence of RSV, support a child's breathing with oxygen, or even give anti-virus drugs or immune treatments in serious cases.

"I'm very comfortable that parents have excellent judgment, and if they're worried, even if I'm not, I'd rather be safe than sorry," she said. "If you're not sure, we'd rather see you than not."

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Take a grocery store tour to learn how to build a healthy diet this new year.

Sticking to your resolution to lose weight by eating a well-balanced diet this new year may just be a matter of what you put in our cart at the grocery store. To get started, throw out your list and get ready to make a few changes to your grocery shopping routine to eat healthier in 2001.

Gradually break away from your normal shopping routine by beginning to look for products you don't always purchase instead of shocking your family with a completely new set of foods, says Holly Noble, registered dietitian, M-Fit Health Promotion Division at the University of Michigan Health System.

"Just open your eyes to the rest of the products that you don't normally buy," Noble said. "People get into a routine and they tend to buy the same products and they don't realize that there might be a healthier choice that is not only better for them, it might even taste better."

Start by rolling your cart down the fish, meats and poultry aisle. There are a variety of choices you can make in the meat and seafood departments that fit within healthy eating guidelines. "When you're looking at the fish counter, any choice is going to be better than a high saturated fat meat," Noble said.

The American Heart Association recommends eating a fish meal at least two times every week to replace the red meats that are higher in saturated fat. Fish provides Omega-3 fatty acids that have been shown to help prevent heart disease. Plus, fish is an easy dish to prepare because it only takes about ten to 15 minutes to bake.

Two 3-ounce servings of lean red meat or fish should be included in a healthy diet every day. Lean red meat is very versatile and can be prepared as a

healthy dish by baking, broiling, grilling, steaming and stir-frying. To find the healthiest cuts of meat, Noble recommended looking for meats with the words "loin" or "round" on the label and to limit buying high-fat meals like sausage, prime rib and spare ribs. The leanest cuts of meat will have little marbling throughout or fat around the edges.

If you're hunting for meats that are lower in fat, chicken and turkey are great choices. You also can lower your calorie intake from chicken and turkey by removing the skin after baking, Noble said. For a colorful assortment of foods that are full of vitamins, minerals and also are a good source of fiber, take a stroll down the fruits and vegetables aisle.

"In the produce area, from fruits to vegetables, there's a lot of different colors and they all provide different nutrients," Noble said. "So when you're shopping you want to try to put a rainbow of colors in your shopping cart." The deep purple color in blueberries has anthocyanin that may protect against heart disease, while the orange color caused by the beta carotene in sweet potatoes can help prevent cancer.

When purchasing lettuce, color is a major nutritional determinant. The deeper the lettuce color, like in spinach and romaine, the more nutritional benefit it has compared to a lighter-colored lettuce such as iceberg.

Noble recommends eating at least five servings of fruits and vegetables every day by making them a part of every meal and using them as a nutritious and filling snack between meals. But don't forget to leave some

room for carbohydrates like pasta, rice and grains in your diet. Carbohydrates should make a large portion of a diet because they provide nutrients such as B vitamins, folate and fiber. However, it's important to remember to properly balance carbohydrates with other foods.

"The problem with carbohydrates some people have is they don't always know when to stop. Add vegetables to your pasta dishes to add a little more bulk. You can also choose whole wheat products that will fill you up, as well as giving you more nutrients."

"The problem with carbohydrates some people have is they don't always know when to stop. Add vegetables to your pasta dishes to add a little more bulk."

Holly Noble
Registered Dietitian

one of the key ingredients to look for when buying cereal. Cereal is a good option for breakfast because it provides essential vitamins and minerals, in addition to fiber. To get the greatest nutritional benefit from cereal, there should be at least 2 1/2 grams of fiber per serving.

"If your favorite cereal doesn't have 2 1/2 grams of fiber, you can also try adding a small amount of bran cereal to your bowl," Noble said.

Just like cereal, everyone has a favorite snack. But there are a few things to consider when buying snacks to fit into a healthy diet.

"Everyone enjoys snacking from time to time and you don't have to eliminate that from your diet," Noble said. There are lower fat alternatives like baked snacks, some crackers that are lower fat and some cookies that are lower in fat. But you do need to watch out because sometimes lower fat

does not mean lower calorie."

The best way to eat any kind of snack is in moderation, of course. To do that, Noble says to moderate your portion size putting some of the food onto a plate or in a bowl rather than eating right out of the bag or box.

Like snacks, there are a wide variety of choices down the bread aisle and it's not always easy finding the healthiest loaf. Not all brown breads, for example, are packed with fiber and whole-wheat flour.

"You really need to look at the ingredient label and make sure that the first ingredient is either whole wheat flour or oat flour because some of the brown breads are just enriched wheat flour with added caramel coloring," Noble said.

Labels are also a shopper's best resource when buying dairy products. Dairy that is lower in fat or fat-free is also generally lower in calories, but the nutritional value remains the same. It's best to try a variety of lower fat products since many brands differ in taste and texture to find out which one you prefer. Low-fat cheese - a blend of several different cheeses has been greatly improved during the years to taste and melt better when cooking.

The only obstacle you may face down the dairy aisle is deciding between butter and margarine.

"The margarine and butter debate still goes on, but the bottom line is that butter is a very high source of saturated fat which is known to lead to heart disease if consumed in excess," Noble said. "You want to look for (margarine) that has two grams or less saturated fat or you could also choose the margarine sprays which are calorie-free, fat-free but still give you some of that flavor."

But in the quest for a healthy diet in 2001, remember you do not have to eliminate any of our favorite foods from your grocery cart even if they may not be full of nutritional benefits. The easiest way to maintain a healthy diet is balance less-nutritional foods with food that have a variety of health benefits.



Do it for
someone
you love

Coaching a major league team is a full-time job and so is my responsibility to my family. That's why I eat plenty of healthy foods like veggie burgers, spinach and bean burritos, and vegetable lasagna. The more vegetarian meals you include in your routine, the better. So play it safe for your team.

Tony LaRussa, Manager of the St. Louis Cardinals

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Old World Elegance

Exquisite mahogany woodworking highlights Stauch home

By Annette Jaworski
SPECIAL WRITER

They say a man's home is his castle, and in the case of Konrad and Christel Stauch -it couldn't be closer to the truth. The Old World style home stands like a European castle with its rounded turrets overlooking a private lake.

Inside, Christel Stauch says the décor was intentionally kept very traditional to remain consistent with the style of the exterior. Their previous home had more of an eclectic style, and here she wanted to go with an enduring and classic approach.

"I wanted something that I wouldn't get tired of," Christel Stauch noted. She also was careful to blend light colors on many walls and floors throughout the home, so that the dark mahogany wood would not look overwhelming.

For example, many of the built-in furnishings and cupboards use mahogany wood. It's used extensively in the library, creating a very traditional and masculine look. The foyer also has a mahogany spiral staircase, which is part of a dramatic marble entry leading to a loft area on the second story.

The home features a total of four fireplaces, two are hand carved mahogany from South

Africa. In the great room, they feature another mahogany fireplace that was detailed on site.

Another outstanding feature of the home was the quality of the woodworking. Each room has a slight variation of crown moulding, each elegant in its own way.

The family appreciates the comfortable radiant floor heat inside all the ceramic tile and marble floors. This makes it extra nice to walk on those cold mornings.

It really didn't require a stretch of the imagination for Konrad Stauch to know exactly what they wanted to build. He believes a house should be built according to a family's needs. For starters, large closets were a necessity.

"With two daughters with lots of clothes, we wanted closets that might be as big as some people's bedrooms," he said.

Daughters, Jennifer and Cheryl indeed fill two large walk-in closets. Each room has its own variation. One closet is rectangular with storage dressers at the far end. Another is a square configuration with the storage dressers in the center like a work island. Both bedrooms use a blend of floral and plaids in different color schemes and patterns.



Continued on 2

This carved mahogany fireplace is one of four fireplaces that accent this beautiful home.

Photo By JASON TUCK



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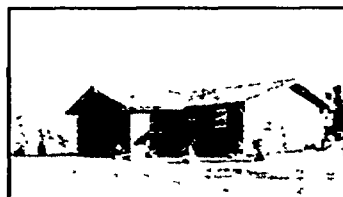
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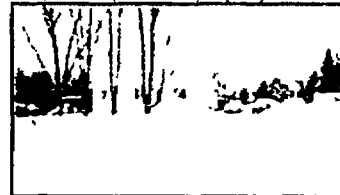
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NOVI - Lovely home backing to woodlands! Nice great room, spacious kitchen, 3 bedroom, 2 baths, finished basement with possible 4th bedroom, great 2-bered deck.
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FARMINGTON HILLS - Spacious 4 bedroom Colonial in Farmington. Large family room, formal dining room, beautiful deck w/retractable awning, lots of updates, professionally landscaped lot.
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Marvelous mahogany enhances Stauch home

Continued from 1

Christel and Konrad also have their own oversized walk in closets as well. Christel's is a complete dressing room with a vanity. She notes they eliminated the need for dressers by using built in dressers and drawer space in the closets.

And for practical purposes, a laundry room is found on the lower and upper levels. A butler's pantry also helps when it comes to serving guests. The kitchen and the butler's pantry are done in jewel like plum tones.

An interesting wallpaper pattern called tenting was used in the bathroom and guest rooms. The paper is laid in an unusual configuration similar to four triangles or a pattern similar to the folds of a tent. The tricky part is to match the wallpaper pattern.

Original art is featured throughout the home, and downstairs are woodland scenes by a personal friend,

Thomas LeGault. Other pieces collected through their extensive travels include three originals by I. Tarkay and also a painting by Fanch LeDan.

The Stauch's are a close-knit family that enjoys entertaining and recreational activities. Their basement is a testimonial to a lot of fun family times, with its arcade and pinball machines. You'll also find a workout room and their own tanning booth. A special room is dedicated to Konrad's golf game, designed after a putting green. The carpet forms the shape of a golf green, and hand painted murals on the wall depict a golf course. The remainder of the living area in the basement also follows the golf theme.

The basement floors also contain the radiant heat, and extra high ten-foot ceilings down below. Christen also notes that they were very conscious of the placement of the beams throughout the basement by using engineered trusses. You'll find a brick fireplace down here.



Photo By JASON TUCK

Original art and elegant furniture are featured throughout the Stauch home.

Last, but not least, is the five-car garage, used for cars and storage, because a guy just can't have too many toys.

Mayflower story misses the mark on cup and saucer

By Anne McCollam
COPLEY NEWS SERVICE

Q. The cup and saucer seen in this photo belonged to my grandmother. She received it in the 1950s from a friend who told her it had come over on the Mayflower. I did some research at the library and only found confusing information on the mark. The cup has no handle and the pattern is a brownish burgundy. I would appreciate any help you can provide on its age, maker and value.

A. T.W. Barlow & Son in Longton, Staffordshire, England, made your cup and saucer. Medina is a mulberry ware transfer-printed pattern that was produced from around 1830 to the 1850s. Many of the Staffordshire potters that made Flow Blue also made mulberry ware. Some identical patterns can be found in examples of both flow blue and mulberry ware. A combination of red, gray, purple and brown dyes gave the ware the color of berries from the English black mulberry tree, thus the name.

Although your cup and saucer are old, they didn't arrive in America on the Mayflower. The firm of Barlow & Son was not established until the 1800s. Your 19th century cup and saucer would probably be worth about \$75 to \$125 in good condition.

Q. I have a wash set that includes a bowl, pitcher, chamber pot and small pitcher. The set was a wedding gift to my parents from a Minnesota senator. I have enclosed the mark that is on each piece.

Could you please tell me something about the value of the set?

A. Doulton and Co. has been located in Burslem, Staffordshire since 1853. The word "England" was added to their mark after 1891 and "Royal" was added



T.W. Barlow and son of Longton, Staffordshire, England, made this mulberry ware cup and saucer. Medina is a mulberry ware transfer-printed pattern that was produced from around 1830 to the 1850s. The combination of dyes gave the ware the color of berries from the English black mulberry tree, thus the name. It would probably be worth about \$75 to \$125 in good condition.

in 1902. Based on that, your set was made between 1891 and 1902.

The value of your set would probably be about \$500 to \$650.

Q. I would like to learn the origin and value of a porcelain berry bowl that was a gift to my mother in 1906. In the center of the bowl is a scene of two sailboats and one rowboat. The edge of the bowl is scalloped and trimmed in gold. On the back is a red star above a wreath and the words "R.S. Prussia."

A. Reinhold Schlegelmilch began making hard paste porcelain in Germany in 1861. Both Reinhold and his brother Erdmann used the RSP red mark from the late 1870s to around 1917.

Your berry bowl would probably be worth about \$1,200 to \$1,400.

Q. I have a hardcover book titled "While the Clock Ticked" by Franklin W. Dixon. It's a Hardy Boys mystery, copyrighted 1932 and published by Grosset and Dunlap Inc., New York.

Can you tell me if it's worth anything?

A. The Hardy Boys mystery series was first published in

the 1920s. Books in good condition, without damage to edges, pages or illustrations, and with original dust jacket fetch the highest prices. Assuming your book meets all the criteria, it would probably be worth about \$25 to \$35.

BOOK REVIEW

"Collector's Compass - '50s Decor" published by Martingale and Co. is an excellent resource for collectors interested in the Mid-20th Century Modern style. This reliable reference guide is brimming with information on buying, selling, restoring, appraising and living with this streamlined post-World War II furniture. A panel of prestigious experts has compiled valuable information that collectors can count on. The International Society of Appraisers has endorsed this essential guide.

Address your questions to Anne McCollam, P.O. Box 490, Notre Dame, IN 46556. For a personal response, include picture(s), a detailed description, a stamped, self-addressed envelope and \$10 per item (one item at a time).

Visit Copley News Service at www.copleynews.com.

Green Stamps' rewards collectable

By Linda Rosenkrantz
COPLEY NEWS SERVICE

There aren't many of us around - outside the sphere of Willard Scott - who remember the beginnings of Green Stamps or are even aware of how far back they go.

In case you don't remember them at all, they were the small green gummed stamps consumers were given when they made purchases at their local market or gas station. The stamps were then pasted into booklets provided by the firm of Sperry & Hutchinson, which could be redeemed at S&H redemption centers for a variety of useful and decorative objects. And among those objects available in the early Green Stamp era (which began back in 1896), were pieces of the now highly collectible Nippon porcelain.

Nippon is actually a generic term for a variety of hand-painted china and other wares made by the Japanese for export to the United States during the period from 1891 to 1921. The reason for these particular dates is that the McKinley Tariff Act of 1891 decreed that from that time on all goods imported into the United States had to be marked with their country of origin, and the Japanese used the words "Made in Nippon" (the Japanese word for Japan) to represent their country. In 1921, a new law dictated that the names of the countries of origin would have to appear in English, so from that point on, Japanese articles were stamped with the word

"Japan."

Quite a lot of her information can be gleaned from the mark stamped on the back of the various pieces. More than 200 different manufacturers' marks have been identified, but the three most common are the rising sun, the wreath and the maple leaf. The finest quality Nippon is marked in green, the middle grade in blue and the lowest grade in magenta.

Almost every conceivable kind of porcelain object can be found in this category, from oversized vases to small open salt dishes, tea and chocolate sets to children's toy dishes to hatpin holders to humidors. It is the theme and quality of execution that establishes the value of a piece, and most collectors specialize in one particular type, such as the Nippon era products of firms like Noritake or a favorite pattern, or articles employing the tapestry technique, in which a cloth was dipped into liquid slip (clay) and then stretched onto the porcelain item.

During the bisque firing, the material would burn off, leaving a textured look resembling needle-point.

A large contingent of Nippon collectors focus on portrait pieces or reproductions of famous paintings, and these have recently been skyrocketing in price, especially the ones with coraline decoration (coraline is made by firing small colorless beads on the ware). Most of the portraits on Nippon pieces are decalcomanias (decal), also called

transfer prints or penny transfers. Most popular are portraits of European nobility, including Madame Lebrun, Queen Louise, Madame Recamier, Marie Antoinette, Marie de Medici and Empress Josephine de Beauharnais, although the majority of subjects are attractive anonymous women, as well as Roman Catholic cardinals wearing red robes and distinctive caps.

Yet another interesting specialty is that of Nippon pieces decorated with motoring scenes. These relatively rare examples reflect the early years of the automobile age, portraying horseless carriages, women in their special "automobile veils," and men wearing dusters. These motoring motifs can be found on inkwells, ashtrays, cups and saucers, and even children's tea sets.

"The Collector's Encyclopedia of Nippon Porcelain" by Joan F. Van Patten (Collector Books), the bible of Nippon collectors, has just been published in a new sixth edition. In addition to hundreds of color illustrations, it includes such features as a history of the Noritake Company with design sketches and salesman's pages, vintage ads for Nippon china, a large group of back stamps, and even a contextual section on manners, culture and dress in the Nippon era.

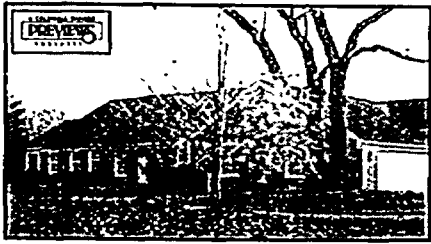
Linda Rosenkrantz edited Auction magazine and authored nine books, including "My Life as a List."

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Northville \$1,200,000
Over 3 acres of riverfront! Is the setting for this quality home. Fabulous vaulted family rm, master ste w/adjoining sitting rm. One of a kind location and home. Breathtaking. (BGN87PIC), 248-347-3050



Northville \$514,900
Custom Condo On Lake! Best view in complex, 2 story fireplace great room, 1st floor master suite, Oak kitchen, awesome walk-out bsmt, immediate occupancy & 4 full bath. (BGN79BLU), 248-347-3050



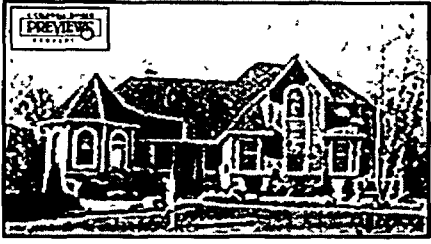
Millford \$209,900
Beautiful home, This 4 br, 2 bath home sits on a beautiful wooded acre lot just South of the Village of Millford. 3 car garage, and loads of updates. (BGN01DAW), 248-347-3050



Novi \$274,900
Updates galore, New custom kitchen w/hardwood floor, 4 br, 2.5 baths, family rm w/brick fireplace, formal living/dining rm, large tree lot for privacy, new roof, windows. (BGN00HEA), 248-347-3050



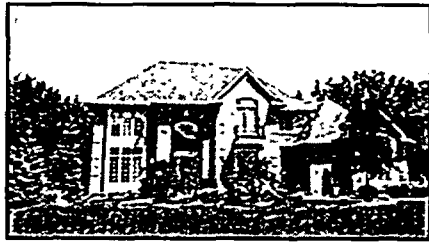
South Lyon \$300,000
Spectacular Lakeside Setting! 4 br, 4 baths, hwd floors, family room w/fireplace, library, formal living/dining, finished bsmt, screened gazebo, brick paver, deck. (BGN17ATW), 248-347-3050



Northville \$979,900
6 BR, MODERN VICTORIAN. Backs to preserve, newer carpet t/o, alarm, open staircase to great room, finished walkout bsmt, indoor pool, deck & gazebo. (BGN49MCD), 248-347-3050



Northville \$514,900
Stunning Northville Colonial. With immediate occupancy. Sheer elegance as you enter the 2-story foyer to a circular staircase, Oak floor in foyer, kitchen & 1/2 bath. Tear drop ceiling. (BGN93DEE), 248-347-3050



Northville \$549,900
Immediate occupancy, Northville Colonial in hills of Crestwood. Situated on walkout lot backing to woods. Bridge overlooking family rm w/2-story wall of windows. (BGN78RED), 248-347-3050



Novi \$194,900
Deep in sub, backing to stream. Come & see this 3 br Colonial that is deep in the sub on a quiet street. Great floor plan, white cabinets in kitchen, fam rm w/fireplace, large yard backs to stream. (BGN25RIP), 248-347-3050



Brighton \$247,500
Country Living. Stunning 2-story in quaint country sub. GR w/gas FP & formal dining room, center island in kitchen, ceramic floors in kitchen, baths & laundry room. Neutral carpeting & lots of windows. Close to 10 acre nature reserve & freeways. Corporate owned (OE-SLY-22RIV) 248-437-4500



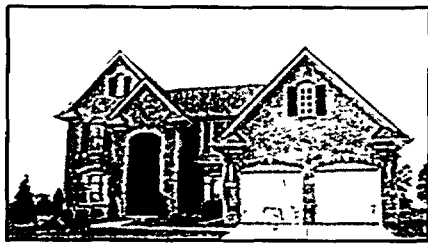
Novi \$888,900
Absolutely stunning. Fabulous Novi Colonial, 2-story marble foyer w/curved staircase, step-up master suite w/Jacuzzi & huge walk-in closets, fin daylight basement, enormous chefs kitchen. (BGN50SUM), 248-347-3050



Brighton \$549,900
Absolutely spectacular, 3 br Cape Cod on over 2 acres of manicured grounds. Spacious & open great rm floor plan, 2 fireplaces, 1st floor master, walk-out basement. Perfection! (BGN53DEE), 248-347-3050



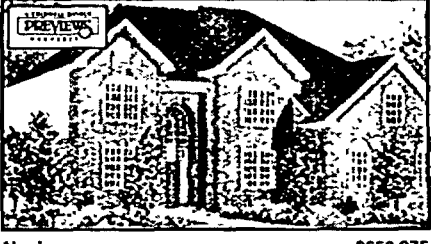
Northville \$375,000
Enjoy the views! Of the Towering trees from this spacious home. Walk to downtown Northville & award winning schools. Corian counters, updated master bath & fabulous settings. Privacy. (BGN56GRA), 248-347-3050



Plymouth \$393,990
Plymouth new construction, Popular Monarch Model featuring a 1st floor ceiling, expanded kitchen & nook, hardwood floors, 3-car garage, landscaping & a/c included! Immediate occupancy. (BGN13CHA), 248-347-3050



South Lyon \$259,900
Don't Miss Out! Beautiful three bedroom ranch, master suite w/walk-in closet. New hardwood floors and finished basement w/4th bedroom. Brick patio, many extras (BG-SLY-40WIN), 248-437-4500



Novi \$658,975
ELEGANCE & GLAMOUR! 4150 sq ft Colonial w/4br, 4.5 baths, 9 ft. ceilings, gourmet kitchen w/Granite countertops, 2-story family room, dining room w/ tray ceiling. (BGN59SHI), 248-347-3050



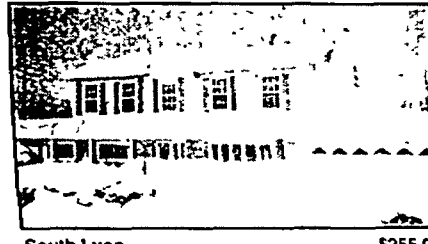
Green Oak \$294,900
Absolutely awesome Green Oak home. Located deep in sub, backing to preserve, walk-out basement, wrap around deck, 3-car garage, decorator perfect. Lake & boardwalk in sub. (BGN43MON), 248-347-3050



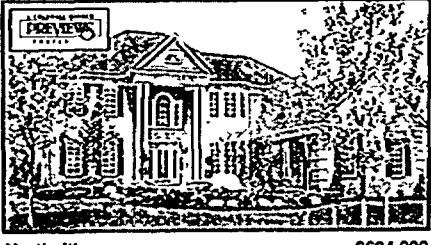
Northville \$205,000
Don't hesitate on this ranch. Private brick patio & landscaping. Enjoy the updated windows, remodeled kitchen & bath, newer appliances, newer: roof, C/A, furnace, water heater & hardwood floors (BG-SLY-08SHER), 248-437-4500



Plymouth \$369,990
Huntington Park new construction, Popular Plymouth area home boasts double staircase, large master suite, 1st flr laundry, island kitchen, butler's pantry, private study, hardwood flrs & quick occupancy. (BGN05CHA), 248-347-3050



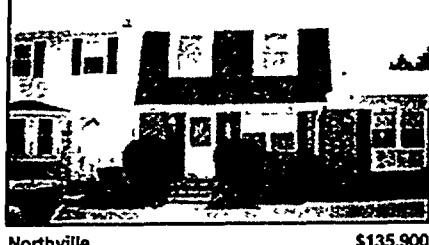
South Lyon \$255,000
Picture perfect, 4 bedroom, 4 bath, 2 story Colonial 1st floor laundry w/mud room, 2-car attached garage. Formal living rm w fireplace, kitchen w breakfast room & more. (BGN60LIL), 248-347-3050



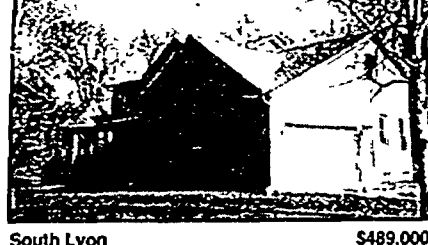
Northville \$624,900
Brand new! Over 3500 sq ft, 4br, 3.5 baths, 2 story foyer, gourmet kitchen, formal living & dining room, library w/french doors, gas fireplace, master suite. (BGN61DEE), 248-347-3050



Hamburg \$279,900
Four star energy efficient home, New construction 1.5-story Cape Cod, 4 bedrooms, 3 baths, cathedral ceilings joining living rm & kitchen. Full basement. 1.25 acres. (BG-SLY-43PRO), 248-437-4500



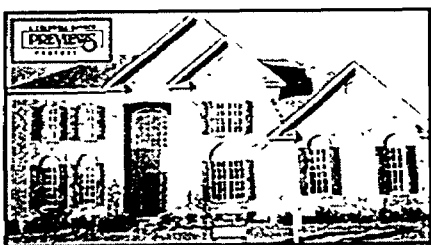
Northville \$135,900
Terrific, 2 bedroom townhouse condo on a quiet court. Totally updated kitchen and half bath, family rm w fireplace, full basement. Complex has pool, tennis courts & lakes. (BGN75IRO), 248-347-3050



South Lyon \$489,000
Enjoy privacy on almost 6 acres. With a view of Walnut Creek Golf Course. Home built in 1995 with many custom features. Property offers 3 buildable parcels. A peaceful setting. (BGN40JOH), 248-347-3050



South Lyon \$159,900
A rare find. Home located in desirable downtown South Lyon sub on over 2 acres. Level landscaping with grape arbor. Bring your vision for completion. Currently 75% structural (BG-SLY-10WHI), 248-437-4500



Novi \$600,000
CUSTOM ELEGANCE! Prestigious sub location, 3600 sq ft, 4br, 3.5 baths, full Oak staircase, gourmet kitchen, eat-in nook, 2-story family room, 3 car garage. (BGN10ABE), 248-347-3050



Inkster \$89,900
4 bedroom bungalow! Finished basement in this cute bungalow, 4th bedroom in basement, 2-car detached garage. Hardwood floors & knotty pine in master bedroom. Run don't walk! (BG-SLY-44FRE), 248-437-4500



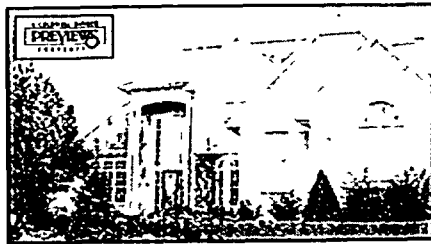
Novi \$399,900
Gorgeous Cape Cod, Nestled among mature trees at the back of the sub. Over 3000 sq. ft, full basement, great rm w/vaulted ceiling, fp, large kitchen, 1/2 acre lot. (BGN75COV), 248-347-3050



South Lyon \$409,900
Custom Colonial, W/1st floor Master, library, gourmet kitchen w/double oven, hardwood floor, 2 story great room w/2-way gas fireplace. Gazebo, deck, backs to woods! (BGN67STG), 248-347-3050



Waterford \$229,900
Was builder's model, Loaded w/extras. Open vaulted ceilings throughout, high windows, open spacious floor plan. 1st floor master & laundry, 2 fireplaces, security system, sprinklers (BGN15TAN), 248-347-3050



Northville \$529,900
PICTURE PERFECT! 4br, Colonial w/step-up Master suite, island kitchen, hardwood floors, 2-story foyer w/crown molding. Family room w/tray Ceiling & fp, finished bsmt. (BGN56ROL), 248-347-3050



Lyon \$274,900
Fabulous! 3 br, 2.5 bath Northville on a large 1/2 acre country lot. Built in 1998, neutral decor t/o, extra deep basement, 3 car attached garage, spacious kit. & more. (BGN38PAR), 248-347-3050



Novi \$354,900
Stunning home! Unmatchable style & quality. 1996 built, 2-story w/3 br, 2.5 baths, great room w/fireplace, dining room, library w/French doors, deck, sidewalk! Hurry! (BGN08WOO), 248-347-3050



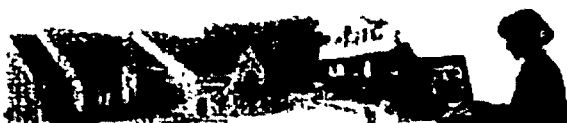
South Lyon \$319,000
Outstanding horse farm on 10 acres. Three huge horse stalls! Four BR quad-level home. Family room w/fireplace. 2-car attached garage. Pool. Award winning schools (BG-SLY-21DIX), 248-437-4500



Northville \$1,550,000
What a setting! Like brand new! Awesome 4 bedroom, 4 1/2 bath Northville Estate on 1.36 acre heavily wooded lot near downtown Northville. 3 FPs, gorgeous landscaping, circular drive, huge study, granite T.O, state of the art T.O 248-347-3050



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Deadline: Country Living, Creative Living plus Fowlerville and Hartland Shoppers, Creative Living, Fri. 3:30 p.m., Mon. 3:30 p.m.
Published in: Country Living, Creative Living, Fowlerville, Shopper and Hartland Shoppers

Over 50,000 circulation every week

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Tuesday - Thursday
8:30 a.m. to 5 p.m.
Monday & Friday
8:00 a.m. to 5 p.m.

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Classified ads may be placed according to the deadlines. Advertisers are responsible for reading their ads the first time it appears and reporting any errors immediately. HomeTown Newspapers is not responsible for errors in ads after first insertion.

Equal Housing Opportunity Statement: We are a participant in the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to equal housing because of race, color, religion or national origin. Equal Housing Opportunity slogan: "Equal Housing Opportunity." Table 11. Illustration of Publisher's Notice.



SOUTH LYON. Built in '95, this gracious four bedroom, 2 1/2 bath colonial overlooks private wooded setting, complete with nature trails. Fireplaces in both living & family room. Lovely kitchen with center island, Euro range/oven, oak floors... this is a must see! \$259,900 (L520ak)

COMMERCIAL. Boating & beach privileges on Lower Strata Lake. Custom all-brick colonial on huge private lot. Family room with vaulted ceiling & fireplace, oak circular stairs, 3+ side entrance garage dry walled, enclosed porch, patio. \$436,900 (L28Loc)

NOVI. Beautiful four bedroom colonial in Windridge Place sub with sidewalks. Two story ceramic foyer, vaulted ceilings, dual stairway oak flooring throughout kitchen & half bath area, office & living room with bay windows, premium corner lot \$408,999 (L05Ash)

FARMINGTON HILLS. Great Farmington Hills location! Lot backs up to walking & nature trail. Large first floor master bedroom with Jacuzzi tub. First floor laundry, great room with natural fireplace beautiful multi-level deck. This home is in move-in condition. Home warranty included. \$284,900 (L41Sus)

REDFORD. Affordable aluminum bungalow with three bedrooms, 1 1/2 baths, dining room, basement with wet bar, & garage. Redecorated & recarpeted throughout. All lawns re-sodded, newer black top drive. Updated bath with jet tub. \$115,900 (L79Kgn)

LIVONIA. Beautiful three bedroom ranch in great area of Livonia. Updates include: newer kitchen, windows, roof, furnace & hot water heater. Downfall off formal dining room to spacious deck & patio, master bedroom with half bath. Home warranty included. \$169,999 (L31Mls)

LIVONIA. Wonderful piece of land, over an acre. Brick story & half home sits on one of the lots. Two large bedrooms, living room with natural fireplace, dining room, finished basement, large two car garage with workshop. Newer windows, new furnace & air conditioning. \$250,000 (L18Pty)

Quality Real Estate
37699 Six Mile (Suite 200), Livonia
(734) 462-3000

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300 Homes

300-498
REAL ESTATE

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In the \$250's
\$0 DOWN
Financing Available

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NEW CONSTRUCTION**
1700 s.f. colonial
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• Sewers
• Sidewalks
Priced from
\$179,000 to
209,000
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Another Classic Move!

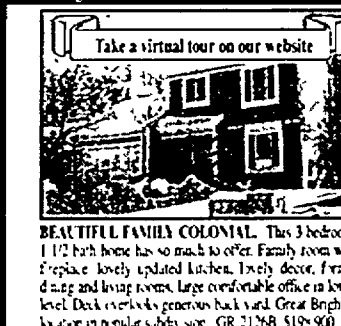


ANNE WARD
248-477-1010

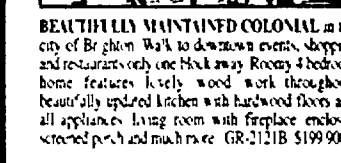
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Griffith Realty
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(810) 227-1016 (517) 546-5681 (734) 878-4848 (517) 223-1992



BEAUTIFUL FAMILY COLONIAL. This 3 bedroom, 1 1/2 bath home has so much to offer. Family room with fireplace, lovely updated kitchen, lovely decor, formal dining and living rooms. Large comfortable office in lower level. Deck overlooks generous back yard. Great Brighton location in popular subdivision. GR 21248 \$199,900



BEAUTIFUL MAINTAINED COLONIAL in the city of Brighton. Walk to downtown events, shopping and restaurants only one block away. Recessed 4 bedroom home features lovely wood work throughout, beautifully updated kitchen with hardwood floors and all appliances. Living room with fireplace enclosed screened porch and much more. GR 21218 \$199,900

For more information on any of these listings visit - www.griffithrealty.com

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Brighton, MI 48116

Please RSVP to reserve
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Call Lisa 810-227-5500 or
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STOCKBRIDGE, NEW CONSTRUCTION. 3 BR, 2 baths, 1200 sq ft, attached 2 car garage, full basement, on 2 acres \$139,900. Call Jerry days, (248) 680-5499, or evenings, (517) 546-5479.

BUY, SELL, Trade call
1-888-999-1288

303 Open Houses

BRIGHTON - Open House Sunday 1-3:00 p.m. 5026 Bidwell, immaculate ranch, total remodel, gourmet kitchen, professional landscaping. RE/MAX Allstars, Ruth Weber, (517) 552-4147

BRIGHTON - Open Sun. 1-5. 11845 Wagonwheel, off 196 to Pleasant Valley exit. Charming 3 bedroom/2 bath house on treed lot. Large deck, recent updates, lake privileges, neutral decor, clean, clean, clean! \$199,900. Call Joyce, (810) 227-5005. REAL ESTATE ONE

BRIGHTON CITY, Open Sat. & Sun. Jan. 13 & 14, 1:00 - 5:00pm. Better than new 4 br., 2 1/2 bath, 2 story built in 1999. Large country kitchen, Great room w/fireplace and 9th ceiling. Library w/hardwood floor and french doors. Professional landscaping. \$247,500. 1266 Durwood Ct., N. of Lee Rd. off of Pepperidge. (810) 225-8396

OPEN HOUSE

Sun. Jan 14th; 1:00 - 4:00 pm
Gorgeous 2 story home on 5.1 beautiful acres, 1 BR; 2.5 baths; 12x13 cedar closet; large "country kitchen" w/full view of rolling, wooded setting. Finished w/out basement. Spa/hot tub w/water, mood lighting & more! Manual south of Howell at: 1971 Sexton Rd. \$299,999
your hostess: Karen Ruerat of Keller Williams Realty
810-531-2019

MILFORD - Open House near Brighton. 1-4pm Sun., Jan. 14. Completely remodeled 4 bedroom, 2 bath home close to all freeways & shopping. 12966 Spencer Rd. Call Cindy (248) 684-5346

NORTHVILLE - Lakes of Northville. Sun. 1-4pm 42440 Bradner, 4 br., 2 1/2 bath colonial. Move-in cond., family room w/gas fireplace, separate living room & dining room, 2 door walk leads to large deck, park-like setting \$336,900. (248) 344-0895

NORTHVILLE - Open Sun. 12-4. by owner only. Charming 2025 sq ft. colonial, 3 1/2 acre, beautiful mature pines, 4 bedrooms, 2.5 baths, hardwood & slate floors, dining, living, kitchen and breakfast room, fireplace in family room, 1st floor laundry, screened porch, side entry, 2.5 car garage, basement, new furnace \$428,900 (248) 349-6485

306 Brighton

FREE! SEARCH
Over 2,000 homes for sale in Livingston County at www.livingbrighton.com

WATERFRONT - Have your own dock on Crooked Lake. 4 bedroom contemporary, 2350 sq ft., 25 vaulted ceilings in great room, \$425,000. Call Pete Maxfield for details at 866-PETERMAX or on line: www.petermaxfield.com

\$174,900.00 Brighton
Snuggled on tree setting! Overlooks tranquil nature area. Just 4 years old, 3 BR Colonial. Full basement, fenced backyard. 2 car att. garage. (L7477)

\$219,900.00 Brighton
Lake front home, close to town! 4 BRs. 3 car att. garage. Large, lovely treed yard leads to lake. Park area in sub. (L7473)

(810) 227-1111

306 Brighton

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(810) 227-1111

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COLDWELL BANKER

\$247,000.00 Brighton
How soon can you move? Fabulous new construction, 3 BRs, warm oak floors, cozy gas fireplace view from kitchen & Great rm. High efficiency mechanicals, a/c, 1st flr. laundry. Paved drive, grass in. (L7490)

\$249,900.00 Brighton
1800 sqft. 4 BR Ranch w/walkout basement, Country sub. just outside of town. Large wooded lot. 2 car attached garage. (L7470)

\$330,000.00 Brighton
Fabulous setting & location. Spacious custom bld. 2283 sqft. ranch, 4 BR w/1800 sqft., newly finished walkout, 2 fireplaces, Bruce hardwood floors, ceramic baths, Cathedral ceilings, gigantic deck. Outbuilding! OK! Stocked pond! (CO 7498)

\$389,900.00 - Approx.
3450 sqft., plus 1100 sqft finished walkout! Billiards rm., open air atrium, green house style denette! 3 fireplaces, 4 BRs. Area of fine homes. Convenient location. (L7440)

\$439,000.00 Privacy.
country setting yet great for the commuter! Fantastic custom built 4 BR on beautifully treed 5 acre setting w/river fed pond. Loaded w/unique features. Huge, dramatic great room w/wall of windows! 3 car att. garage. (L7483)

\$439,000.00 Privacy.
country setting yet great for the commuter! Fantastic custom built 4 BR on beautifully treed 5 acre setting w/river fed pond. Loaded w/unique features. Huge, dramatic great room w/wall of windows! 3 car att. garage. (L7483)

(810) 227-1111

COLDWELL BANKER

\$144,900.00 Brighton
Start the year in a new home. 3 BR vinyl sided Ranch, large walk out basement w/high ceilings, 1st floor laundry, master suite has full bath! Built in 2000! (L7494)

\$149,900.00 Brighton
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323 Howell

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326 Milford

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328 Northville

1986 UPGRADED ranch, set on wooded 1.22 acres. \$325,000. Large 3000 sq ft. \$335-1825. REMAX On the Trail

333 Pinckney

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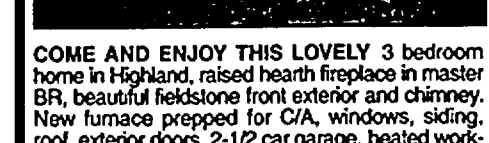
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377 Lakefront Property

HOWELL LAKESHORE POINTE - 4000 sq ft. Thompson Lake. Three homesites still available. \$112,500. Boat slip at neighbor's marina included. Use our builder and receive a \$22,000 BUILDER CREDIT. For more info call DELCOR HOMES (517)545-2280

379 Northern Property

BURT LAKE - 2800 sq ft house w/ 100' sandy frontage wooded lot 3 car garage extra garage for toys many extras across from snowmobile trails. Qualified buyers only. \$795,000. (231)238-6932

INDIAN RIVER - 90% of Burt Lake frontage lot is high and wooded garage. \$375,000. (231)238-6932

382 Lots & Acreage/Vacant

50 ACRES Putnam Township ideal for horse farm & your own private estate or several small estates. \$400,000. Ask for Mitch Harris (810)229-7838

FOWLerville 5 Acres rolling meadow w/ out site. Sandy soils paved road \$59,900. (810)599-6019

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387 Real Estate Wanted

ALL ADS TO APPEAR UNDER THIS CLASSIFICATION MUST BE PREPAID

389 Commercial/Industrial Sale or Lease**390 Business Opportunities**

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392 Commercial/Retail Sale/Lease**COLDWELL BANKER**

BRIGHTON TOWN & COUNTRY

Stockbridge Vacant Land zoned commercial. Busy main road in town. Ready to develop. (L7497) \$165,000.00. (810)227-1111

394 Indust./Warehouse Sale/Lease

WAREHOUSE & office 4000 sq ft, 14 ft overhead doors, Brighton Twp. \$1,600/mo plus utilities (810)225-4729

395 Office Bus. Space Sale/Lease

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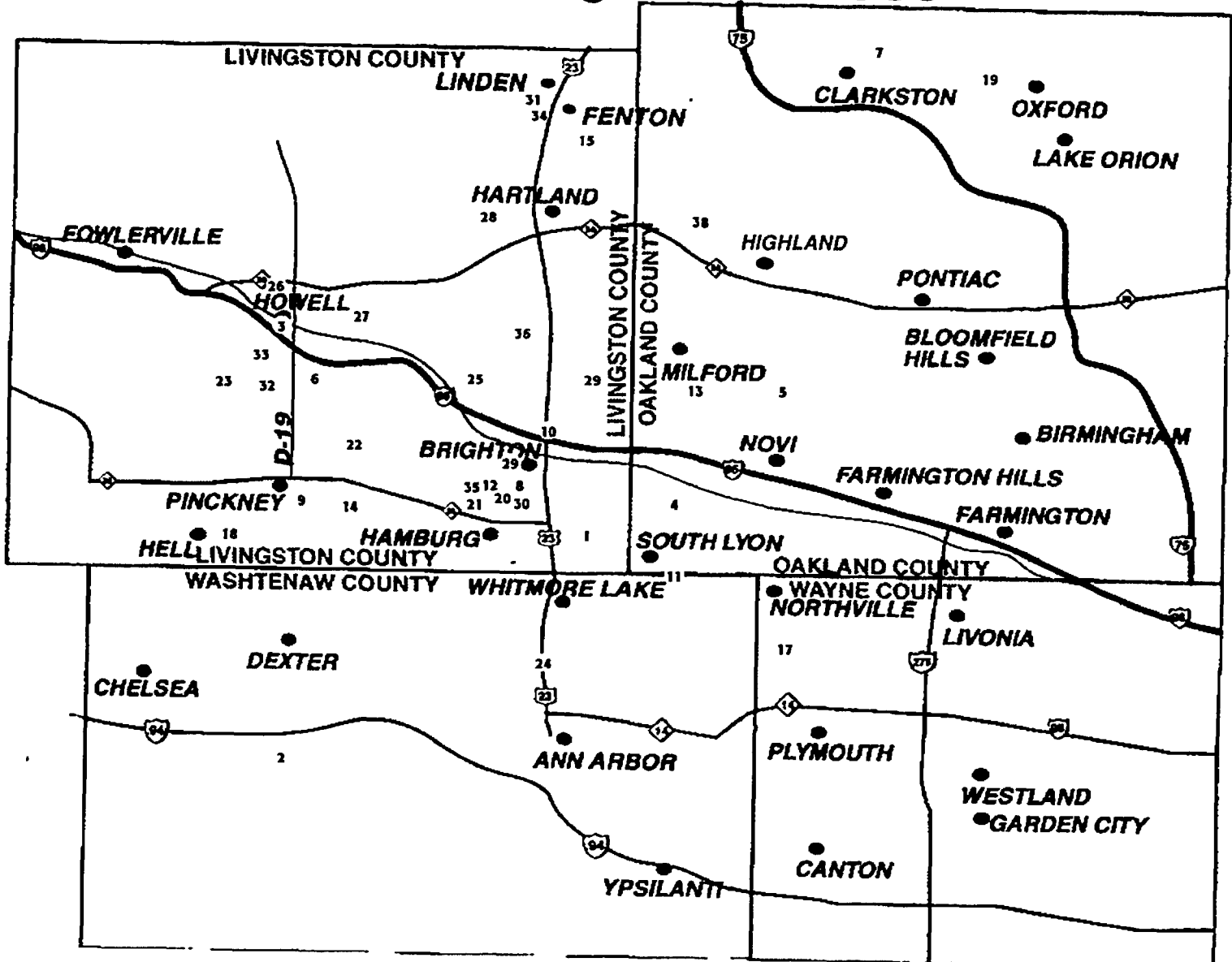
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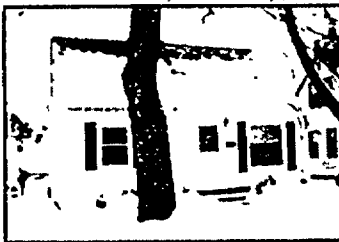
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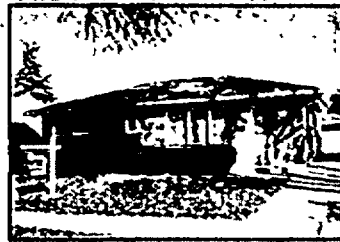
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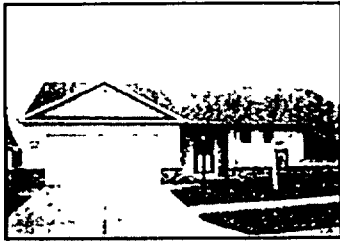
VINTAGE CAPE COD on park-like setting. Historical area of custom built homes. Well maintained & meticulously clean. Large living room w/fireplace, carved wood mantel, large formal dining & wall of windows. Comfortable screened Florida room. (17SUM) \$146,900 248-349-5600



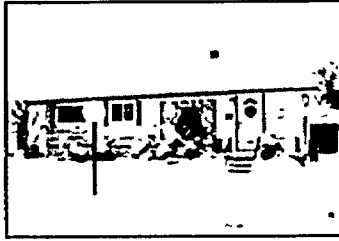
CUSTOM BUILT CONTEMPORARY. Impressive entry, 4 spacious bedrooms, large car garage, private yard with pool, indoor SPA & sauna plus mirrored exercise room. Neat & clean. (77WES) \$799,900 248-349-5600



AFFORDABLE ELEGANCE. Warm & inviting brick ranch is ready for its new family. Newer roof, furnace, C/A, windows, large bow windows, beautifully landscaped, remodeled bath & kitchen w/oak cupboards, new carpeting T/O, 2 1/2 garage & large family room. (12MIR) \$129,900 249-349-5600



SHARP RANCH CONDO W/FULL BSMT! 2 bedroom, 2 bath, 2 car attached garage. Cathedral ceilings, fireplace, deck over looking nature preserve. Move-in condition. Neutral decor. All appliances stay. (45AND) \$224,900 734-455-5600



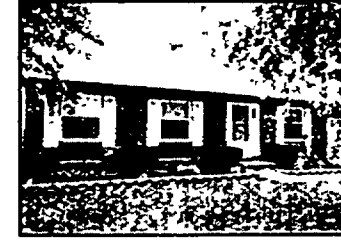
PLEASANTVILLE! 3 bedroom ranch w/full basement, 2 car garage, C/A, updated eat-in-kitchen, newer windows, great 1st time opportunity! Built in microwave & dishwasher, large back yard, home warranty incl. (83GLE) \$119,900 734-455-5600



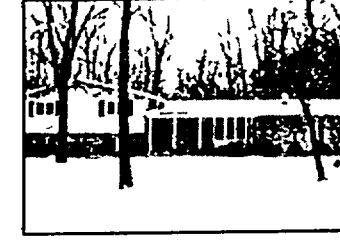
1954 BRICK DUPLEX! With 2 Units. Close to Downtown Plymouth & Hines Park. Spacious living room & 2 bedrooms. HDWD under carpet, kitchen w/dining area. Tenants on month to month lease. Home Warranty. (40PAR) \$167,900 734-455-5600



LIVONIA offers this 4 bedroom, 1 1/2 bath ranch w/large lot, oversized garage, newer furnace, freshly painted. New furnace '98. Mechanic's dream garage (10ORG) \$149,900 248-349-5600



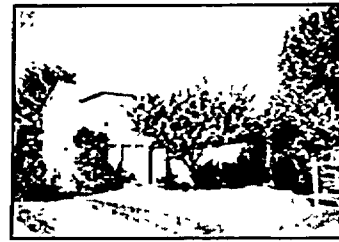
CANTON DOLL HOUSE. Super clean 3 bedroom ranch with many updates. A car lovers dream with oversized 2 car heated garage & attached 1 1/2 car garage. (58WHI) \$169,900 248-349-5600



5 ACRE WOODED ESTATE. You wouldn't believe you're only a mile away from town in the private home w/modern kitchen, family room, w/cozy fireplace & bar, 4 bedrooms, 2 1/2 baths, large deck with hot tub. Home warranty included. (93NIN) \$386,500 248-349-5600



VINTAGE COLONIAL! Worth seeing! Well kept home in Boston-Edison features. Newer: furnace, block windows, natural woodwork. Huge finished 3rd level-used at master bedroom w/WI. Beautiful Oak front door. (10ATK) \$159,900 734-455-5600



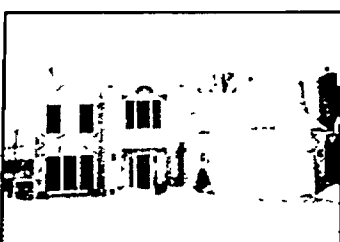
NICE LARGE ROOMS! Vaulted ceilings in Great room w fireplace. 3 bedroom Cape cod w/over 2,000 sq. ft. 2 car att. garage, C/A, deck, landscaped, 1st flr laundry & master BR. \$2,500 Carpet Allowance at closing! (12GLE) \$214,900 734-455-5600



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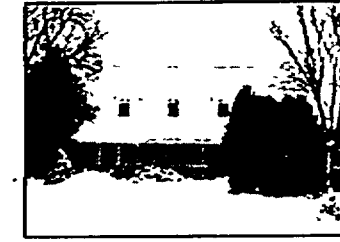
BEAUTIFUL CANTON COLONIAL! Better Homes & Gardens 4 BR, 2 1/2 BA on quiet St. in Gengary Sub. Spacious FR w/fireplace, Bay window in Formal DR, doorwall from kitchen to custom deck. 1st floor laundry, master suite, full bsmt. (69BEN) \$299,900 734-455-5600



DOWNTOWN PLYMOUTH! Across from 2+ Acre park! Sunroom Welcomes you! Newer windows & roof. Updated kitchen w/Maple cabinets, FR w/skylights. Formal dining room, 3rd bedroom. Mechanics dream garage 30x221 Perennial Garden. (48HAR) \$197,000 734-455-5600



THEY KEEP UPDATING ME! Stunning 3 bedroom brick ranch w/newer roof, garage & house, furnace & C/A, cement driveway. Freshly painted & carpeting T/O. Updated kitchen & bath w/oak cupboards. Cozy Family room w/wood fireplace. (10BUR) \$142,900 248-349-5600



NORTHVILLE CAPE COD. Nestled on approx. 3.36 wooded setting w/lovely pond. 3 horses allowed. 4 bedrooms, 2 1/2 baths, 1st floor master, dining room, oak kitchen, family room w/fireplace, C/A, basement, car garage & 1st floor laundry. (30RID) \$389,000 248-349-5600



ADULT CONDO ON Crooked Lake. Ranch style with garage and 2 full baths. Clean and neutral, ready to move into and enjoy the easy life. (52CAM) \$127,500 248-349-5600



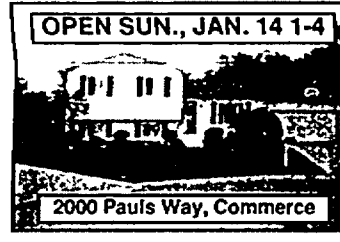
CHARMING 3 bedroom ranch in downtown Plymouth. Newer kitchen, family room with fireplace, hardwood floors throughout, newer windows, basement & C/A. (83ROS) \$199,900 248-349-5600



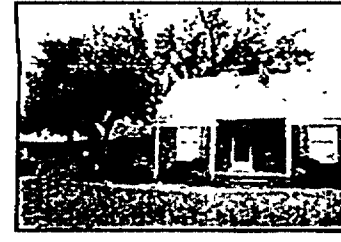
QUIET NEIGHBORHOOD! Great location. Easy commute & close to shopping. Many updates: Roof, gutters, downspouts, C/A. Doorwall from kitchen to deck-natures private yard. Full bath in basement. Large kitchen, appliances (19BRE) \$135,430 734-455-5600



TONS OF SQUARE FOOTAGE! Lots of storage space in this 5 bedroom colonial. 2 bath, huge kitchen, all appliances stay, circuit breakers, newer entry door & roof, lovely yard, covered patio (60HAZ) \$117,000 734-455-5600



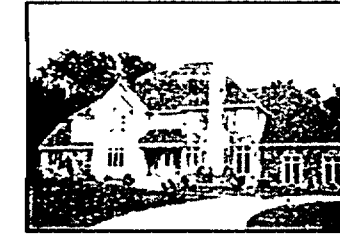
SPRAWLING 4 BEDROOM, 2 Bath home w/family room. Attached garage & park-like yard. Convenient to M-5 Connector, schools & shopping. Call today for list of updates & more info! (00PAU) \$219,900 734-455-5600



BEAUTIFUL COUNTRY SETTING. Desirable home w/lots of trees on double lots. Newer white kitchen cabinets, newer doors including garage door. Cozy all season breezeway. Huge deck. (15NOR) \$158,900 248-349-5600



GROWING FAMILY? You'll want to see this original owner. 4 bedroom, 2 1/2 bath colonial that offers many updates: kitchen, roof, windows, furnace/AC and more. Finished LL has 5th bedroom/office. This home raised one family and is ready for yours. (89CLE) \$369,900 248-349-5600



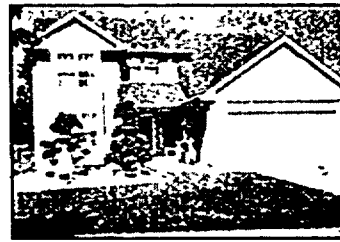
EXQUISITE CUSTOM BUILT - 5 bedroom contemporary on a 1.15 acre lot at the end of a cul-de-sac overlooking a park-like setting & pond. Custom marble foyer w/crown moldings T/O. 3 fireplaces, wet bar & 1st floor master. (58VAS) \$1,150,000 248-349-5600



WONDERFUL 3 BEDROOM HOME! Remodeled kitchen, dining room, vinyl siding & a large backyard for the kids to play in and plenty of room for a garden. One half block from Crowley park. Home Warranty included. (17CHE) \$99,500 734-455-5600



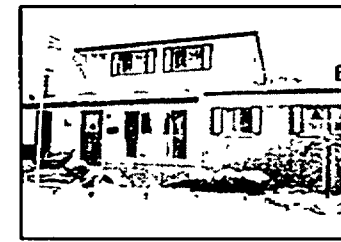
CHARMING FARMHOUSE! Step back in time. 5 bedroom, 1 1/2 bath, hardwood floors & beautiful woodwork. Big country kitchen, living room, library, heated covered porch. Commercial/Residential. Double lot. (00JOY) \$174,900 734-455-5600



OUTSTANDING 4 BEDROOM! Cape Cod floor plan, wonderful neighborhood, Livonia Schools. Only 4 yrs old, 1st floor master suite w/garden tub, enormous kitchen & cabinets, 1st floor laundry, loft overlooking family room, showpiece fireplace (48TIM) \$264,900, 734-455-5600



NATURE'S SPLENDOR. It's worth the drive home-quiet & serene wooded 1/2 acre lot with lake privileges. Cozy, custom-built cape cod w/3 car attached garage, super finished W/O basement, lots of windows & lights, 3 fireplaces, upgrades too numerous to mention. (76SAN) \$499,989 248-349-5600



FORGET ABOUT RENTING! Easily affordable. Good schools, taxes & easy to maintain, yet lots of room. 4 bedrooms & 2 full baths. Basement & 2 car garage w/loft. Nice neighborhood, close to activity center. (42EIL) \$139,900 248-349-5600



HONEY-STOP THE CAR!! This is it! Gorgeous 3 bedroom brick home in prime sub on a super lot. Totally updated T/O: windows, flooring, kitchen & baths, exterior too. Florida room, security system & sprinklers. (53FAI) \$214,999 248-349-5600



3BR LAKE FRONT CONDO! Stunning view of Ford Lake. Need quick SALE! Master Suite with updated bath and walk-in closet. Cozy Living Room w/fireplace 2 full baths, deck & much more. (93CLI) \$110,000 734-455-5600



STOP! NOT A DRIVE BY! Larger than appears 3 bedroom, eat-in kitchen, extra large laundry room for work area & storage. New vinyl siding & roof in 1999. Deck overlooking large fenced yard. Home warranty (68LIN) \$116,900 (248) 363-1200



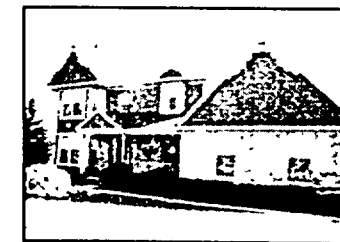
BEAUTIFULLY WOODED YARD! Deck, Hot tub, 3 bedroom, 2 bath, fireplace in Family room. Maytag washer & dryer stay. Carpet allowance. DSL Internet Ready Office, 2 car garage. You'll want to see this one! (28WOO) \$170,000 734-455-5600



BREATHTAKING Tanglewood golf course setting for this executive caliber home. One of the finest lots in Lyon Township. The elegant interior offers solid doors T/O, Skylight, crown moldings, marble entry, sauna & x-tra room for office or bedroom. (65STA) \$800,000 248-349-5600



SMILE YOU FOUND IT... Well maintained colonial located walking distance to schools and town of Northville. 3 bedrooms, 1 1/2 baths. Great family neighborhood. Private fenced backyard that is nicely landscaped. (92ELY) \$235,000 248-349-5600



PACK YOUR BAGS. Move right in and enjoy the peaceful setting of this stunning colonial on large wooded lot. All hardwoods on main level. Beautiful kitchen w/large windows, huge master suite. (88PEM) \$304,900 248-349-5600



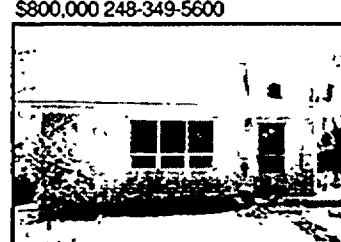
WORK'S DONE FOR YOU! Newer: carpet, paint, wall paper, window coverings T/O. 3 BR, 2 1/2 BA ranch on 1 acre in Saline! Updates: Kitchen, furnace w/cleaned ducts, C/A, HWH, roof. Walkout, lower level, deck, heated pool (46COV) \$245,000 734-455-5600



GREAT CONDO! 55+, Terrific Floor Plan. Updates: Freshly painted, newer furnace, windows & doorwall. Spacious bsmt HPP, all appliances stay. Master BR w/huge W/Cs. Com. Pool & clubhouse. Carpet/Decor allowance. (67NEW) \$119,900 734-455-5600



PICTURE PERFECT! Pride of ownership T/O. Lovely layout. 3 bedroom, full basement, garage, formal dining room & large rec room great neighborhood. All new windows. Just one of the many updates. Don't miss out! (C3WOO) \$129,900 734-455-5600



NORTHVILLE OFFERS: 3 bedroom, 1 1/2 bath ranch with open floor plan, hardwood floors, updated kitchen, ceramic bath, W/O basement & 2 car garage. Northville schools. Location! Location! (31WAL) \$229,900 248-349-5600



1994 CUSTOM BUILT CONTEMPORARY on a dead end street with no thru traffic, Cathedral ceilings, C/A, hardwood floors, white bay kitchen, formal dining room & LL, prepped for even more bathrooms. (21JAC) \$189,900 248-349-5600

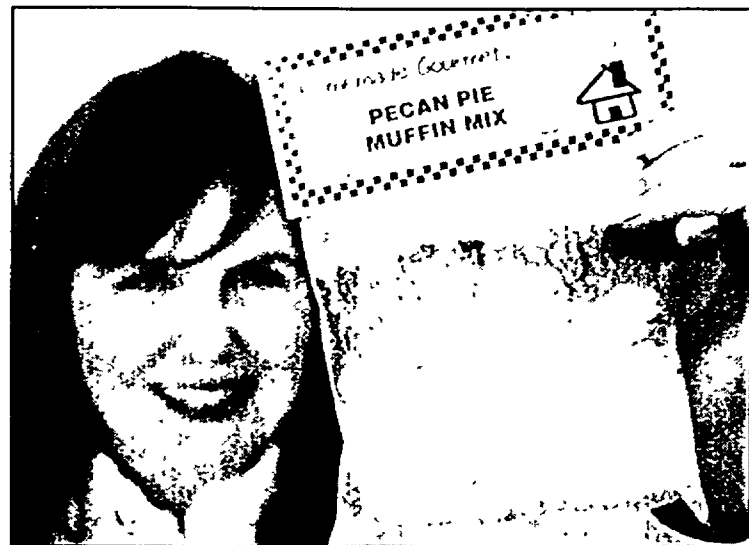


WALK TO DOWNTOWN. 3 bedroom, 2 1/2 bath tri-level with basement and enclosed porch. Large family room w/fireplace and 2 car attached garage (77HOL) \$198,900 248-349-5600



Company gives you the right stuff

Homemade Gourmet allows you to be a chef with your busy schedule



By Annette Jaworski
Contributing Writer

Just because you're busy, doesn't mean you can't enjoy a gourmet dinner.

After all, don't you and your family deserve a delicious hot meal after a long day? Homemade Gourmet is ready to do the preparation for you, says South Lyon's Mary Schifano and Highland's Holly Morgan.

"Busy people deserve to eat gourmet," said Schifano. "It's simple, it's good, and it's priced right."

By using Homemade Gourmet basic mixes and adding your own touches, you can create an entire meal, including entrée, beverage and bread, dip and dessert. It's a real dinner in the time it takes to get fast food.

"The thing I like about these is that they're so simple and they taste awesome," said Holly Morgan.

The easy to use mixes are a convenient way to create an entire meal. Founder of the product, Tami Van Hoy, calls the method, dump, stir and cook. Morgan and Schifano believe a good meal on the table can help to bring families back to the dinner table. And, who couldn't use a little more quality family time?

To Morgan, the real test of the product quality was getting a stamp of approval from her 87-year-old father in law. For Schifano, it was when her young children were looking for seconds when she made taco soup. And, her husband, Steve, who's an executive chef, even enjoys the mixes at home as well.

Take a few staples from the pantry, like diced tomatoes and a can of corn; combine with a taco soup mix. Simmer for 20 minutes, add ground beef or other meat if you desire, you've got a hearty bowl of soup. Mix up a package of hearty tomato basil bread mix to accompany it.

Entrees include several soups, new tortilla soup, hearty beef and vegetable, Texas chili, lucky bean, black bean and ham or creamy corn chowder. There are also mixes for spaghetti and meatloaf. Look for dips and seasoning mixes such as garden herb, mock spinach, and BLT. A warm slice of bread like Texas cornbread or tomato basil can top off the meal. Bread mixes can also be used in bread makers, too. Or try the favorite for breakfast, pecan pie muffin mix. Beverages include tea mixes, shakes, cappuccinos and cocoas. Save some room for dessert such as cobbler, butter pecan cookies, chocolate truffle mix and brownie pie.

The ingredients are very basic, which also makes them versatile as well. You can experiment by mixing flavors to suit your preference.

The company was established by Tami Van Hoy in October 1997, who adapted her grandma's great cooking into package mixes. She began making these for personal use and for gift giving. After rave reviews, she eventually began offering them to the public.

Schifano and Morgan were both star directors for another direct sales company that underwent a buyout. They sought new chal-



Photos by TODD VAN SICKLE

Mary Schifano and Holly Morgan show off the many recipes that are available in the Homemade Gourmet line.

enges and a source of income when they came across Homemade Gourmet. They were attracted to the company initially because they loved the product. Secondly, it offered a great career opportunity. They saw the product was reasonably priced and an affordable item for the family food budget. Because of their years of direct sales experience, the ladies were very focused on the compensation plan, which they found to be one of the best in direct sales.

They hope to bring in more people, who enjoy food to spread their message through home parties or craft shows. They point out that since it's a relatively new company, the territory is wide open for new distributors. The ladies are one of the first to bring the product to the state of Michigan. Currently there are 374 distributors, with the majority in Texas.

Theresa Day, Head of Distributor Relations for Homemade Gourmet, says that the strength of

the company is that it's affordable, consumable and just good, basic food.

"It's good for busy moms, one of our taglines is that busy people deserve to eat good food," said Day.

The ladies also create and deliver locally baskets full of the Homemade Gourmet yummys. The baskets make great gifts for house warming or a mom with a newborn who has better things to do than slave in the kitchen. They

also sell fun items for kids, who can make sidewalk chalk, play clay and an ornament mix.

Homemade Gourmet will be sponsoring the Taste of Homemade Gourmet on Sat., Feb. 17 at the Novi Hilton from 10 a.m. until 12 noon. To attend the seminar or to schedule a home show, or just inquire about their products contact Mary Schifano at (248) 437-4887 or Holly Morgan at (248) 889-1121.

It's time for your retirement account to grow up

\$1,000,000,000,000. One trillion dollars. That's the value of assets currently sitting in Individual Retirement Accounts. Yet despite their tremendous potential as wealth builders, IRAs are too often underutilized and undermanaged. If you are among the vast number of people whose retirement is coming closer into focus, you can no longer afford to let your IRA languish. The time has come to help your IRA grow up and develop into the valuable source of retirement income it can and should be.

Does the following scenario have a familiar ring? You fully funded your IRA when your contributions were deductible and then stopped once the rules changed. You are not alone. The Tax Reform Act of 1986 sharply curtailed the deductibility of IRAs for many middle- and high-income taxpayers. As a result, IRA contributions plummeted from a peak of \$38.3 billion in 1986 to approximately \$12 billion in 1998, according to The IRA Reporter, a financial industry publication.

IRA lethargy has a second failing: Many times IRA assets have been invested the same way for years without thought to changing market conditions. Think back to the decisions you made, perhaps decades ago, regarding your own IRA. Maybe you put your IRA contributions into one

mutual fund year after year and have never investigated whether the fund's style has evolved or your own objectives have changed. Or, perhaps your local bank has a standing order to roll over your IRA automatically into another certificate of deposit every few years with no thought given to prevailing interest rates.

If you consider your IRA as merely an extra cushion of cash to supplement other sources of retirement funds, think again. Pensions, Social Security and earned income only provide about 70 percent of retirement funds. Your IRA savings can play a major role in closing the gap.

Whether your own IRA holds only a few thousand dollars or much more, you can take two immediate steps to increase its value: Resume yearly contributions, and actively manage your account.

Consider this: If you fully funded your IRA since 1974, with the maximum allowable amount, regardless of whether the contributions were deductible or not, you would have over \$100,000 today if you earned an annual 8 percent rate of return.

One of the reasons some working Americans forego making an IRA contribution is that the taxation of non-deductible IRA contri-

butions can be an area of confusion. IRA Form 8606, which tracks non-deductible IRA contributions, distributions, and basis, is simpler to complete than you may think. Why not take a few minutes to review this form and dispel some of the mystery. Certainly the potential to generate extra tens of thousands in tax-deferred dollars is worth a little extra effort to complete the necessary paperwork.

If you expect your IRA to become a viable means of support during your retirement, you have to take an active role in managing these assets. You might consider moving a portion

of your assets into securities that have performed well as a group over the long term. Your IRA is the classic long-term investment. Historically, stocks, despite their short-term volatility, have outperformed other market sectors over the long term. A strong case can be made that every retirement portfolio should include a selection of individual stocks, equity mutual funds or unit investment trusts to counter the effects of inflation and capture the greatest potential for total return over the long term. However, determining which investment is right for you requires a careful analysis of the type of

investor you are and matching your feelings toward risk and reward with specific investment choices.

The bottom line: Take care of your IRA by sustaining it with yearly contributions and nurturing it with appropriate investments. In return, your IRA could pay you back with a source of funds that should provide a comfortable means of support during your retirement years.

Paul J. Vandenheede, Salomon Smith Barney does not offer tax or legal advice. Please consult your tax or legal advisor.

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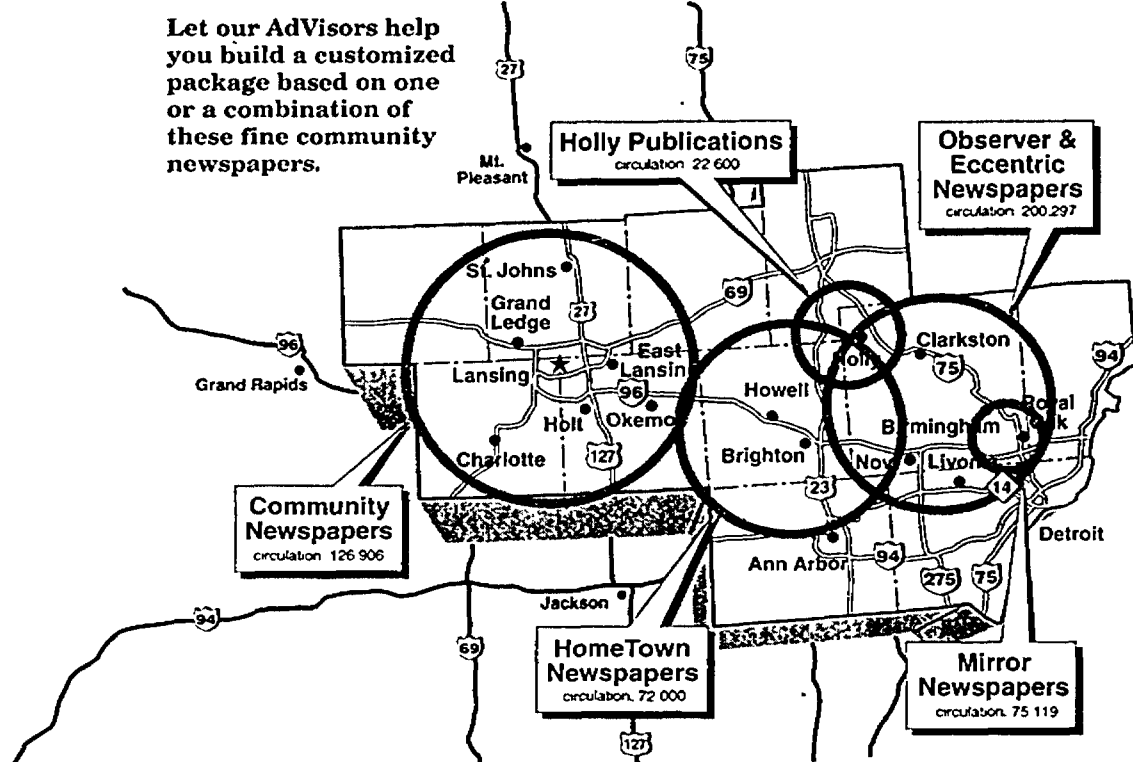
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for group home in Highland Twp. Must be 18, valid driver's license, high school diploma or GED. Must be trained in Home Health Aide. Please call main office for application & information. Mon-Fri. 10am-3pm. (248)661-8795

ASSISTANT GROUP HOME

needed for group home in Hartland, MI. Full time, primary second shift position. Direct care and administrative duties. Experience preferred. Benefits and \$500 hiring bonus. Send resume to MCSI, P.O. Box 317, Sawyer Creek, MI 48473 by 1/17/01

ATTENTION! Ideal for

work. Work part-time scheduling pick ups for Purple Heart Call Mon-Fri. 9am-5pm (734)728-4572 or fax (734)728-0008

AUDITORS NEEDED

in the Ann Arbor/Plantation area. Must be 18 yrs. Old with reliable transportation, no experience necessary, paid training \$9/hr (734)971-7447 or toll free (877)331-2664

AUTO BODY PERSON

Certified McDonald Ford Auto Body, Northville Blue Cross/Blue Shield Paid holidays 401(k) Ask for Sam (248)347-5800

AUTO BODY repairmen needed

Exp. commission plus benefits. Also help needed. Bill's Collision (248)887-2297

BARBER WANTED

Contact Noelle, (810)632-5092

AUTOMOTIVE TECHNICIAN

Certified tech w/autotruck drivability & heavy equip exp. Good pay & benefits. Wixom area. (248)437-8178

AVON

Looking for higher income? More flexible hours? Independence? AVON has what you're looking for. Let's talk. (888)561-2866

BAGEL MAKER

No exp. necessary, will train. Flexible hrs. Call (248)960-8711 or apply in person at The Bagel Station 29806 Wixom Rd., Wixom

BOAT DETAILER

needed for fast growing marina. Dependable, hardworking. Medical benefits, 401K, Exc. pay. Will train. Apply at Wonderland Marine West, 5796 E Grand River, Howell (517)548-5122

BRANCH MANAGER

Leading distributor of supplies for the metalworking industry looking for a motivated person with good communication skills to be trained in all facets of running a branch customer service, inside sales, shipping/receiving, inventory control. Potential for advancement. Call for interview (734)261-5990

BRIGHTON AREA auto

customizing shop looking for self motivated team player to handle heavy call volume, typing filing misc. Mon-Fri. 9-6:30pm. Call Stephanie (248)521-1632

BRIGHTON AUTO customizing

shop looking for Technican Certification preferred. Call Stephanie at (248)521-1632

BRIGHTON COMPANY

has immediate full time warehouse position opening. Good benefits plus bonuses. Call Rod at (248) 486-8166

CARPENTERS (exp.) or laborers

wanted. Full time. Please call 248-640-2179

CARPENTERS (ROUGH)

No experience necessary. Must have own transportation. Blue Cross/Blue Shield 401K available. (313) 554-3262

CARPENTERS

Try LOG HOMES! Will train. Wage based on skill level. Must have good transportation! Call (248)698-4094 leave message

CARPENTERS WANTED

Experience helpful but not necessary. Looking for energetic, self-motivated individuals to join our growing company. Paid health insurance after 90 days, vacation. Please call (517) 545-9186 after 5pm, or (810)577-5615

CARPENTERS

wanted for Graduate Construction Residential rough framing. All positions available. High pay, benefits & perks. Tons of work. (734)513-9800 (734)425-4164

CARPENTERS WANTED

No experience necessary, benefits, competitive wage. (248)474-6040

CARPENTERS: ROUGH

in finish. We offer top pay & full benefits. Call (734)525-6545 or fax resume to (734)525-5873

CARPET & VINYL stores

now hiring INSTALLERS for the Washenaw & Livingston County areas. Requires minimum 5 yrs. experience, truck & tools. Interested persons please contact Fred at 1-800-482-3650

BILLY BOB'S Gameroom

furnishings has excellent opportunities available. We are looking for enthusiastic people for both general office and sales positions. Flexible hours and great benefits. We are the leader in home entertainment and home office furniture. Contact Paul Green at 517-545-4348 or fax resume to 517-545-7264.

Builder

SALES COORDINATOR

KSI is seeking a Builder Sales Coordinator at their Brighton location. This person will be organized, multi-task oriented & professional with good interpersonal & clerical skills. The position involves computer data entry, answering phones & creating bids & orders. The successful candidate will have customer service experience & be able to work in a fast paced environment. Complete benefits package and competitive wage being offered. Our company uses DialAPP, a 24 hour, 7-day-a-week applicant screening system. To apply for this position, log on to www.apponline.com and enter job code 1655 (810)229-2230

CARPENTER - Laborer

for framing/building company. Full time/insurance available. Call after 6pm, (517)546-7593

CARPENTER, EXP. or will train

reliable person. Great opportunity to move up. Good pay/benefits. (810) 231-3174

CARPENTERS & LABORERS

for rough framing. Slight track on site. Blue Cross/Blue Shield & Dental. Brighton area. Call (517)223-7518

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502 Help Wanted Clerical/Office

ADMINISTRATIVE ASSISTANT
Full-time position in Northville for dependable, organized person with excellent phone and people skills. Must possess positive attitude and willingness to learn. Word and Excel skills a plus. Competitive wage and benefits package. Full time. Smoke-free environment. Mail resume to: Administrative Assistant, P.O. Box 5380, Northville, MI 48167 or fax to (248) 349-0021

ADMINISTRATIVE ASSISTANT
Northville District Library seeks applicants for position to handle financial, personnel, and office management. Acts as secretary to Director and Library Board. Excellent organizational and computer skills required, experience in human resources, financial, and record keeping preferred. \$30,000 plus benefits. Send resume to: P. Gagnon, Northville District Library, 212 W. Cady, Northville, MI 48167

ADMINISTRATIVE ASSISTANT
Manufacturing company seeks a part-time Administrative Assistant. Experience with word processing, preparing spreadsheets, graphs and auditing helpful. Excellent benefit package and tuition reimbursement. Please send resume with salary requirements to: Belanger, Inc., HR Mgr.-AD, 22700 Heshp, Nov, MI 48375, fax (248)348-6157

ADMINISTRATOR
Progressive company in Howell seeking experienced Full time administrator. Must possess extensive computer skills coupled with excellent communication abilities. Person will interact with several department managers and provide administrative support to a transportation department. Pay range \$12.50-\$14.50/hour. Full benefit package. Call for additional information at (810) 229-2033 EOE.

ASST. FINANCE DIRECTOR
Requires undergraduate degree in accounting, finance, or related field and 3 yrs. professional experience, preferably governmental accounting/finance/budget Computer exp w/invoice based applications. Computer network coordinator. Salary \$45,224-\$50,765 and benefits. Send resume, cover letter & 3 professional references by 2-9-01 to: Finance Director, City of Howell, 611 E. Grand River, Howell, MI 48843, Fax: (517)546-6014, e-mail: Becky@ci.howell.mi.us

BOOKKEEPER Office Manager wanted for an established pool & spa on Blue Cross-Blue Shield & dental Progressive pay plan. Call Donna at (800)432-8994

BOOKKEEPER 20-25 flexible hrs/week. Exp necessary A/P, banking, various other duties. Send resume with salary requirements to P.O. Box 11116 Farmington, MI 48336

BOOKKEEPER ASAPI. Howell, exp necessary! Counter Point & Real World helpful, pay based on exp. Call (517) 552-0536

BOOKKEEPER Flexible Schedule Competitive Salary Contact Duane (248)374-0688

BOOKKEEPER THROUGH trial balance with construction experience preferred. Full time Excel & computerized accounting. Full benefits. Fax resume with salary requirements to (248)684-5793

BOOKKEEPER/ADMIN. ASST. Farmington Hills office seeking bookkeeper/Admin. Asst. with experience in Quickbooks, Word & Excel. Flexible hours. Fax resume to Bookkeeper/Admin. Asst. (248)471-2056

BRIGHTON COMPANY has openings for AP & Customer Service positions with good communication and PC skills. Benefits, incentives and bonuses program. Please apply in person. Call Rod at (248)466-8166

COMPANY NEEDS energetic, accurate and dependable full time help for busy office. Please apply at Classic Window, 57245 Travis Rd., New Hudson

CLASSIFIED ADVISOR (inside sales)

Approximately 32 hours per week, downtown South Lyon. Applicant must possess a High School diploma and excellent communication skills. Computer experience helpful, type 40wpm. Some sales (no pressure selling) experience helpful, but will train. Hourly wage, plus commission. Paid vacation and medical available after successful completion of probationary period. Smoke-free environment. Please call (248)377-4133, ext. 307, leave message EOE

CLERICAL GROWING co. in Farmington area is seeking an individual with top data entry and multi task skills. Experience with sales and purchase orders a plus. Pleasant personality and detail oriented a must. Excellent benefits. Salary to commensurate with experience. Send resume to Box #2917 Observer & Eclectic Newspapers 36251 Schoolcraft Rd, Livonia, MI 48150

CLERICAL POSITION available full time days. Competitive wages, good benefits & 401K. Person must possess good office skills, be flexible in assigned duties and have prior computer and data entry experience. Please fax resume and wage requirements to: (248)473-7885

CLERK/TYPIST \$20.584-\$27.865 Full-time positions available in Nov., Walled Lake and Southfield. Must be a high school graduate or GED and have six months clerical experience. For Typist I positions, must type 40 CWPM

CONTACT: Oakland County Personnel, 1200 North Telegraph Rd., Dept. 440, Pontiac, MI 48341-0440 (248)559-0530. <http://www.oc.oakland.mi.us> An Equal Opportunity Employer

CORPORATE RECEPTIONIST Great opportunity in a top Michigan company for individual with experience in answering phones, general office duties and working with people. Seeking professional with high energy and a positive attitude. Some computer skills helpful. Diversified Recruiters (248)344 6700 Fax: (248)344-6704 See jobs of the Week at www.jobscdr.com

CREDIT BUREAU Personnel Full time entry level for motivated staff, above average skills & expectations a must. Great benefit package, paid vacation, medical, dental assistance and retirement program. Rob, (734)665-6173

CUSTOMER REPRESENTATIVE FTSS is the leading manufacturer of crash test dummies offering competitive salaries and benefits. We are seeking a strong candidate for our export market. Experience required, 3-5 years customer service, letter of credit, computer literate, strong communication skills. Sales background a plus. Send resume or email to

FIRST TECHNOLOGY SAFETY SYSTEMS 47460 Galleon Dr. Plymouth, MI 48170 hr@ftss.com EEO/AAE

CUSTOMER SERVICE Retail Furniture Chain Seeking Full Time Office Staff at Livonia Location. Hand Picked Contact Dana Entry Phone (734)525-3999 Or fax (734)525-4707

EXECUTIVE SECRETARY Part-Time Attractive hours 9-2 M-F. Exciting position w/Nov developer. Must be able to communicate well & be proficient on a computer. Shorthand desirable but not necessary. Fax resume to (248)449-4024

CUSTOMER SERVICE/ACCOUNTS RECEIVABLE

Key position for business in Plymouth. Responsibilities will include Customer Service with emphasis on analyzing customer accounts for discrepancies. Previous Accounts Receivable or accounting experience preferred. Send resume with salary requirements to: Subm 700713, Plymouth, MI 48170 OR Fax Attn: A/R, (734)416-3810 OR E-mail lr_abs@hotmail.com Attn: A/R EOE

CUSTOMER SERVICE Midwest area's largest hydraulic seal distributor is seeking a customer service oriented person to assume responsibility for creating and answering customer orders and delivery follow-up for our customers. Computer experience helpful. Mechanical ability is a plus. We provide a modern, smoke-free office with sales and purchase orders a plus. Pleasant personality and detail oriented a must. Excellent benefits. Salary to commensurate with experience. If you are interested in working with a fast moving company, please submit your resume to: Mary Skoops, P.O. Box 436, Farmington Hills, MI 48332-0436 or email, miskoops@zattok.com

CUSTOMER SERVICE account rep. This is an inside, non-sales, salary position. Selected candidate will have excellent phone presence, problem solving skills, typing ability, 10 key, & be a self starter. Company offers BC/BS, PPO, dental, life, paid vacation and holidays and profit sharing plan. Send resume to: Export Corporation, 6060 Whitmore Lake Rd., Brighton, MI 48116 (810) 227-6153

EMPLOYMENT INTERVIEWER Personnel Placement firm seeks individual to screen applicants for openings with major client companies. Must be able to work in a fast paced environment and possess excellent communication/customer service skills. Diversified Recruiters (248)344-6704 Fax: (248)344-6704 See jobs of the Week at www.jobscdr.com

Engineering Assistant Commercial property insurer offering competitive salary & benefits. seeks Engineering Assistant. Qualifications, proficient in Microsoft Word & Excel, working knowledge of Microsoft PowerPoint & Access. Good math aptitude. Attention to quality & accuracy. An equal opportunity employer. Fax resume to (248)344-6704

IDEAL POSITION in Highland. Exp. potential. No travel. Pleasant environment. Flexible schedule. Professional verbal skills a must. (248)687-7236

INSURANCE Non agency seeks full time commercial lines CSR's, personal lines CSR's and Account Manager's. Wage plus benefits. Fax resume to (248)675-2550

LEGAL SECRETARY Full time Minimum 1 year experience in plaintiff law for medical malpractice. Call (734)425-2400

EXPERIENCE COMMITMENT & policy analyst wanted. Landmark, Call Kim or Chuck at (810) 227-1733

Admin./Misc. Part Time Are you looking for the Part-time job of your dreams? Hours Approx. 9-3 (25-30hrs per wk. 3-4 days a month 9-5) team atmosphere, a company that goes beyond the ordinary to treat each employee with respect and appreciation

Our ideal candidate has a strong work ethic, good organizational skills, detail-oriented and is self-motivated. Is able to do a variety of tasks, shipping, clerical, sales support, reception and other duties. Starting pay is \$14.30 an hour. Please send us your resume or stop by: Mon - Fri, 8:00 - 5:00 Beyond Components, 24301 Catherine In Dr Suite 100, Novi MI 48375 Tel 248 380 8804 Fax 248 380 8942 www.beyondcomponents.com

PAINTING, WALL repair trim carpentry, remodeling home inspection. Call Ins Reputable (810)413-7807

PLASTERING & Drywall New work & repair. Coves & textures. All work guaranteed 20 yrs exp. Mary, (248)624-4011

POLE BARN Construction Building year round. Will bid labor & materials or labor only. PETER M. YOUNG (734)878-5205

AAA MPR Plumbing Service. Specializing in kitchen/bath. Free est. Mark (248)360-6773

G.E.C. HOMEWORKS Inc. Plumbing, electrical, carpentry. Residential. 20 years experience. Free estimates. Low prices. (517)545-9386

FILE CLERK/SECRETARIAL SUPPORT (for Southfield) law firm. Full-time

Full-time legal secretary position to Ann Arbor office managing partner in a medical malpractice defense law firm available. Ideal candidate for the busy team oriented "late charge" position must have strong organizational and interpersonal skills, a minimum of 4 years legal secretary experience and strong typing skills. MS Word & strong experience required. Great salary/benefits offered. Please send cover letter, resume and salary requirements to: E. Samuelson/AA, Kitch, Drutchas, Wagner, Dandridge & Valtutti, One Woodward Ave., 10th Fl., Detroit, MI 48226 Fax: 313-965-7403 or Email samuel1@kitch.com EOE

GENERAL OFFICE Full-time customer service position for fast paced Farmington Hills office. Seeking detailed oriented individual with good communication skills. Experience in Microsoft office helpful. Good benefits. Fax resume to (248)474-3410 or Call Pam (248)474-6624

GENERAL OFFICE Part-time position available for general office help. Minimum 20 hours per week, Monday-Friday, between the hours of 8am-5pm. Duties may include answering phones, data entry, light filing, and various office related tasks. PC experience a plus. Starting pay \$7.50-\$8.50/hour. Interested applicants please call (248)486-7343, or forward resume with salary history to: 7699 Kensington Court, Brighton, MI 48116-8561

GENERAL OFFICE Full or part-time with experience in Peachtree accounting excellent working conditions & benefits. 15 Mile & Haggerty area. Fax resume to (248)926-6290

GENERAL OFFICE. If you organized, computer literate, good with people, can do light bookkeeping, come grow with us. Wixom, (248)390-6566

HOMEROUTE-ON-LINE R.E. Services seeks talented individual who enjoys providing extraordinary experiences in customer service. (517)540-0000, X104

HOUSEKEEPER Professional family in Bloomfield Hills. Full-time or part-time, live in or out. Non-smoking environment. References. Excellent salary. Paid health insurance & vacation. Send response to Box 2958 Observer Newspapers 36251 Schoolcraft Rd, Livonia, MI 48150

IDEAL POSITION in Highland. Exp. potential. No travel. Pleasant environment. Flexible schedule. Professional verbal skills a must. (248)687-7236

INSURANCE Non agency seeks full time commercial lines CSR's, personal lines CSR's and Account Manager's. Wage plus benefits. Fax resume to (248)675-2550

LEGAL SECRETARY Full time Minimum 1 year experience in plaintiff law for medical malpractice. Call (734)425-2400

OFFICE ASSISTANT Part-time Office Assistant wanted for 120 unit apartment community in Milford, MI. Applicants should be energetic and outgoing, possess strong communication skills and have the ability to prioritize daily tasks. Successful qualifications include working knowledge of Microsoft Word and Excel. Prior marketing/retail experience desired but not required. Competitive salary available. Submit resume to: The successful candidate, Mail cover letter and resume to: South Hill Apartments, 585 Gwendolyn Blvd., Milford, MI 48381 or fax to (248)685-3522

OFFICE 12-30-4-30 hrs/wk. Please see a plus Send resumes: Plymouth Technology, Inc. 32221 Schoolcraft, Site 202 Livonia, MI 48150 Fax (734)458-8183 Email: mlmicha@plymouthtechnology.com

PART TIME Administrative Assistant, 10am-2pm, 5 days per week. Applicant will be responsible for data entry, basic accounting, filing phone and receptionist desk duties. Please send resume, letter of interest and salary requirements, postmarked by January 19, to: Hamburg Fire Department Inc. Attn: President P.O. Box 389 Hamburg, MI 48139

PART TIME receptionist for AAA agency, 16-20 hrs/wk., no evens or weekends. Send letter of interest/resume to: 42020 Grand River, Suite A, Novi MI 48375 or call (248)347-6969

PART-TIME OFFICE MANAGER CPA firm in Brighton seeking experienced office person to work between 15-20 hours per week. Computer skills needed coupled with outgoing personality. Will provide a variety of administrative support. For further information call (810) 229-2033 EOE.

PART-TIME POSITIONS available for Customer Service Representatives at The Sports Club of Novi. Must be willing to work early mornings & late evenings. Free health club membership and program discounts are included. Call (248)735-8850, ext 4017

LEGAL SECRETARY TO PARTNER

Full-time legal secretary position to Ann Arbor office managing partner in a medical malpractice defense law firm available. Ideal candidate for the busy team oriented "late charge" position must have strong organizational and interpersonal skills, a minimum of 4 years legal secretary experience and strong typing skills. MS Word & strong experience required. Great salary/benefits offered. Please send cover letter, resume and salary requirements to: E. Samuelson/AA, Kitch, Drutchas, Wagner, Dandridge & Valtutti, One Woodward Ave., 10th Fl., Detroit, MI 48226 Fax: 313-965-7403 or Email samuel1@kitch.com EOE

LOGISTICS COORDINATOR Full-time position with progressive company in Howell seeking an individual to support the transportation department and assist with creating and optimizing efficient routes. Candidate must possess strong communication skills and be computer efficient. Benefits package. Pay range \$12-\$13.50/hour. For additional details, please call (810) 229-2033. EOE.

MARKETING ASSISTANT Major company seeks a creative individual to assist with corporate brochures, bulletins and marketing packages. Desires some marketing background with Word and Excel. Excellent career growth. Diversified Recruiters (248)344-6700 Fax: (248)344-6704 CALL FOR OTHER OPENINGS!

RECEPTIONIST - 10-6pm Mon-Fri. Benefits after 90 days \$8 an hr. to start Ask for Ms. Pence. (248)473-7433

RECEPTIONIST - (temporary) to help out with office duties and research at Brighton-based business publication could develop into part-time position. Fax resume to (810)220-5320; or mail to: Insider Business Journal, Attention Receptionist, P.O. Box 260, Brighton, MI 48116

RECEPTIONIST Entry-level position for growing Wixom Company. Heavy phones, secretarial, light accounting. Experienced in Microsoft Word and Excel a plus. Attention to detail and a great attitude a must for our fun, hardworking, fast paced office. Starting wage \$9/hr. benefits after 60 days. Fax resume to (248)669-0661

RECEPTIONIST Position Fiber/Glass Insulation P.O. Box 930559 Wixom, MI, 48393

RECEPTIONIST for friendly Milford Office, part-time position. No experience necessary, willing to train. Contact Lisa before 2pm at (248)684-2280

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PEDIATRIC DENTAL office in Brighton is looking for a highly motivated, energetic receptionist. Experience not necessary. Will train. Please send resume.

Pediatric Dental Associates 10407 E. Grand River, Ste 600 Brighton, MI 48116

PLANNING/ZONING SECRETARY 8:30am-5pm, Monday - Friday. Assist Building Inspector/Zoning Official with the administration of site plan review, variances, private road applications, as well as the regular minutes for the regular and special meetings of the Planning Commission and Zoning Board of Appeals. Back up recording secretary for Town-ship Board Answer phones, filing and assist the clerk in setting up elections. Successful applicant will have good references and an ability to work well with the public. For interview and more information call Milford Twp. (248)685-8731.

QUOTER/RECEPTIONIST, Insurance Agency. Part time, flexible hours, computer skills required. Answer phones, request quotes, prepare proposals. Call (810)227-8321

RECEPTIONIST - 10-6pm Mon-Fri. Benefits after 90 days \$8 an hr. to start Ask for Ms. Pence. (248)473-7433

RECEPTIONIST - (temporary) to help out with office duties and research at Brighton-based business publication could develop into part-time position. Fax resume to (810)220-5320; or mail to: Insider Business Journal, Attention Receptionist, P.O. Box 260, Brighton, MI 48116

RECEPTIONIST Entry-level position for growing Wixom Company. Heavy phones, secretarial, light accounting. Experienced in Microsoft Word and Excel a plus. Attention to detail and a great attitude a must for our fun, hardworking, fast paced office. Starting wage \$9/hr. benefits after 60 days. Fax resume to (248)669-0661

RECEPTIONIST Position Fiber/Glass Insulation P.O. Box 930559 Wixom, MI, 48393

RECEPTIONIST for friendly Milford Office, part-time position. No experience necessary, willing to train. Contact Lisa before 2pm at (248)684-2280

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SECRETARY 40 hrs/wk. Mobil-valued wigwag communication & computer skills. \$13/hr. fringe benefits. Send resume. P.O. Box 701100, Plymouth, MI 48170.

SECRETARY FOR medical equipment company. Flex time. Office & computer exp through Excel. P.O. Box 7006, Nov, MI 48376 Fax (248)380-7954

SECRETARY needed for gutter co. Job duties include: scheduling, invoicing & answering phones. Fax resume to: (810)231-6088 or mail to P.O. Box 103, Lakeland, MI 48143

SECRETARY/HUMAN RESOURCES Immediate opening Full time. Send of fax resume to: METRO TECH, 15711 Farmington Rd., Livonia, MI 48154 Fax: (734)762-4246 Phone (734)762-4244

SECRETARY/ADMIN. ASST. Busy office needs strong Word & excel skilled person, self-motivated. Full or flex position. Fax resume to: Secretary/ Admin Asst. (248)471-2056

TELEMARKETING Full time person with good written and oral telemarketing skills. Wage plus benefits. Fax resume to (248)675-2550

ENGINEERING Electrical / Electronics Degree Required. AS or BS will be considered. Position involves applications support, testing and field support for sensing, feedback and motion control systems. Travel required. Send resume to: Promiss Inc., P.O. Box 748, Brighton, MI 48116

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506 Help Wanted Medical

LPNs & CNA's
Looking for outgoing nurses and nursing assistants with a positive attitude to assist traumatically brain injured adults with activities of daily living. Non-Hung Days 6am to 6pm, 2pm to 10pm and Midnight 6pm to 6am. Excellent Health Insurance and Retirement Plan. Call Walworth Rehab (810)227-0119 x206 or x217 for appointment.

MEDICAL ASSISTANT
Full time. Friendly. Send resume to 43422 West Oaks Dr. PMB #167, Novi, MI 48377-3300

MEDICAL ASSISTANT or LPN
needed in ENT office. Exp. preferred. Must be able to work in Howell & Commerce offices. Full time. Exp. pay & benefits. Call Sally (248)360-4300 or (517)545-0900

MEDICAL ASSISTANT
Part-time, busy, pleasant group medical practice, between 10-2 (248)476-4724

MEDICAL ASSISTANT/RECEPTIONIST
Experience needed 20-36 hrs/wk. For busy internal medicine practice in Livonia. Salary & benefits depend on experience. Fax resume to: (734)464-9797

MEDICAL ASSISTANT/RECEPTIONIST
Medical Assistant / Receptionist for Family Nurse Practitioner practice. Multi-task position includes both medical assistant skills and clerical duties. MA certification required. Full time position, some evening hrs., excellent benefits, salary based on experience. Send resume to: U of M School of Nursing/ Nurse Manager Center Community Family Health Center 1230 North Maple Road Ann Arbor, MI 48103 Fax: (734)998-7163

MEDICAL BILLER
Experience required. Excellent benefits. Competitive salary. Friendly atmosphere. Plymouth area. Call Scott (734)533-6970

MEDICAL BILLER
Experienced, full time, on site, busy Non-clinic Flexible time player. Non-smoker, benefits. Janet (248) 426-9900 x227

MEDICAL RECEPTIONIST
Full time, friendly. Send resume to 43422 West Oaks Dr. PMB #167, Novi, MI 48377-3300

MEDICAL RECEPTIONIST
Full time position available at a busy family practice office in Milford. Experience required. Send resume to 248-685-0057 or call 248-685-3600, ext. 11

Medical Receptionist
Busy Pediatric office in W. Bloomfield. Full or part-time. Experience preferred but will train. Call Debbie (248)655-7416

NURSE ASSISTANTS (CNA's)
Starting \$9.00-\$9.50/hr., benefits & rapid wage advancement. Full time & part time PM & Midnight Shifts. Paid training available. Apply at West Hickory Haven, 3310 W. Commerce Rd., Milford 930am-330pm (248)685-1400

NURSES \$22/HR. for quad female in Pontiac area. 2nd & 3rd shifts, part time. Please call B.J.'s Home Health Care, 1-877-547-5700

NURSES, ALL shifts, full or part-time & on call. Apply at West Hickory Haven, 3310 W. Commerce Rd. Milford 930am-330pm. (248)685-1400

OFFICE MANAGER needed. Mavis & Dean Physical Therapy looking for a high energy & organized person for a growing physical therapy practice. Medical billing exp. needed. Competitive salary w/ full benefits package. Please send resume to 5757 Whitcomb Lake Rd #900 Brighton MI 48116 or Fax to (810)220-5805

OPTOMETRIC ASSISTANT
Experience preferred but not necessary. For South Lyon optical office. Full or part-time. Top pay commensurate with exp. (248)437-7600

PHYSICAL THERAPY AIDE
Excellent student experience. Training provided. AM position, no weekends. Wixom. Call (248) 926-5826 Fax (248) 926-5830

PHYSICAL THERAPY TECHNICIAN/AIDE
Part-time, 20-25 hrs per week to assist physical therapist in outpatient orthopedic clinic in Novi. Must be flexible with late morning/afternoon hours. Experience helpful but will train the right individual. Call Joanne (248)380-3550

RADIOGRAPHER
For busy occupational medicine clinic in Livonia. Full-time. Mon-Fri. 2:30-11pm, benefits. Require experience in clinic setting preferred. Send resume and salary requirements to: Director of Human Resources, Fax (734)995-2913 or E-mail jobs@epmgrp.com

RECEPTIONIST
with insurance billing experience. Full-time, Livonia & Farmington areas. Please call (810)504-6681

RESIDENTIAL TEACHING ASSISTANTS
Looking for outgoing positive individuals to assist traumatically brain injured adults with life skills. Prefer background as CNA, Direct Care Workers, COTA's or Psych Majors. Non-Hung Full and Part-time mornings, afternoons and midnights. Must be willing to work every other weekend. Call Walworth Rehab (810)227-0119 ext 206 or ext 217 for appointment

RN-LPN - Medical Assistant
Full or part time with excellent benefits. Will offer premium pay for Dermatology experience. Ann Arbor Plymouth area. Fax resume (734)996-8767

RN HEDIS Temporary Position
2:26-01 to 5:31-01. Medical record review. Full time or part time. \$25/hr. Fax resume to Medical Review Group @ 734-678-0635

SEEKING EXPERIENCED
reception for medical office. MA preferred. Please fax resume to: Kathy (810)225-1934 or call (810)225-1930

RN NEEDED for supervisory position. Will be responsible for supervising clinical staff, training, & staff scheduling. Must have ability to solve problems & leadership qualities. Send resume to: 8580 W. Grand River Suite 206, Brighton, 48116 Attn: Office Manager or fax resume to: (810) 227-6703

RN/LPN POSITIONS available. We offer experience pay as well as a new wage increase. Benefit package, weekend & shift premiums, and tuition reimbursement. Apply at Medwedge of Howell, 1333 W. Grand River, Howell (517)548-1900 or fax (517)548-0933

RNs \$19 - 21/HR
LPNs \$16.50 - 18.25/HR
12 Hour Shifts!
Are you a dedicated professional who has a positive attitude and a love for nursing? If so, you would fit perfectly with our current nursing team at Heartland Health Care Center of Ann Arbor. We are seeking caring individuals with strong leadership skills and a team approach to nursing. We have openings for full time, part time and contingent staff on our skilled, dementia, and long-term care units. We offer medical, dental, 401K, paid vacation/sick/personal time, weekend premium, health insurance, long term disability, tuition assistance, and sign-on bonus.

Apply in person or fax resume
Human Resources
Heartland Health Care Center
4701 E. Huron River Dr.
Ann Arbor, MI 48105
FAX: (734)677-5857
PH: (734)975-2600

Social Worker
Heartland Health Care Center, a leading rehabilitation nursing center, is currently seeking a full time qualified Social Worker. Responsibilities include assisting the interdisciplinary team in providing comprehensive social work services to our residents.

The successful candidate will possess excellent communication and organizational skills as well as the ability to multi-task. BSW preferred. MSW/ASW preferred. Experience in a fast paced medical setting, knowledge of assessment, discharge planning, documentation, program development and group work preferred.

We offer a competitive salary and benefit package including medical, dental, 401K, life insurance, and paid sick/personal vacation time. Please fax resume with salary requirements.

Heartland Healthcare
Ann Arbor
4701 E. Huron River Dr.
Ann Arbor, MI 48105
FAX: (734)677-5857
PH: (734)975-2600

Sub-Acute Nurses
RNs \$21-22/HR
LPNs \$18.50-20.25/HR
12 Hour Shifts!
Every 3rd Weekend

Are you a dedicated professional who has a positive attitude and a love for nursing? If so, you would fit perfectly with our current nursing team at Heartland Health Care Center of Ann Arbor. We are seeking caring individuals with strong leadership and clinical skills and a team approach to nursing care. We have openings for full and part-time staff on our SUB-ACUTE unit.

The successful candidate will be currently licensed in the state of Michigan and demonstrate proficiency in all areas of sub-acute care including but not limited to IV therapy, complex wound care, tracheostomy care, medication, administration, enteral feeding, TPN, catheter care, respiratory therapy and physical assessment. Excellent documentation and care planning skills a must. Background is sub-acute, skilled or medical social setting preferred. Must be BCLS certified.

We offer medical, dental, 401K, paid vacation/sick/personal time, weekend premium, holiday pay, life insurance, long term disability, tuition assistance, and sign-on bonus.

Apply in person or fax resume
Human Resources
Heartland Health Care Center
4701 E. Huron River Dr.
Ann Arbor, MI 48105
FAX: (734)677-5857

THE PLYMOUTH INN Assisted Living Facilities has opening for Resident Assistant, 11PM-7AM. Competitive wages & benefits. Call (734)451-0700

X-RAY TECH
Full time or part time. Flexible schedule. Livonia area. (810)504-6681

X-RAY TECH/MEDICAL ASSISTANT for busy ENT office in Farmington Hills. Head & neck X-rays only, must be AART registered. Can train for medical assisting. Full time with benefits.

Send resume w/ salary requirements to Attn: Karen, 29300 Orchard Lake Rd #100, Farmington Hills, MI 48334

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Accepting Applications for immediate openings
DAY WAIT STAFF
BREAKFAST COOK
Full Benefit Package
401K & Vacations
Apply in Person
Beverly Hills
Grill
31471 Southfield Road
Between 13 & 14 Mile Rds

APPLY NOW! Waitstaff, Counter & Kitchen staff. Full & part time. We will train. Benefits, too! Yum Yum Tots, Brighton

BARTENDER/ LUNCH WAITER
Full Benefit Package
401K & Vacations
STREETSIDE SEAFOOD
273 Pierce Street
Downtown Birmingham

BUSSERS/CLEAN UP, 4 hrs/day, Mon-Fri \$15 raise after 30 days. Milford area (248)685-6485

CAFETERIA HELP, days, 6:30am-1:30pm & evenings, 7:30pm-11pm. Brighton area (810)225-8870. Armark Corp

COOKS - Days/Nights
DOOR PERSONS / WAITSTAFF - Nights/Wknds
Apply: Players Ballards Bar & Grill, 38503 10 Mile

COOKS - DRIVERS
Waitstaff & Shift Managers
Immediate Openings!
Flexible Hours
Apply in person at any of these areas

Pizza Hut locations
• 5757 Whitcomb Lk Rd., Brighton (810)227-8363
• 8300 W. Grand River, Brighton (810)227-7788
• 2860 E. Grand River, Howell (517)548-1223
• 22128 Novi Rd., Novi (248)348-4600
• 43455 West Oaks, Novi (248)349-3232

DAY SERVERS needed
Full or part-time. Please call Robin at Company's Restaurant Plymouth (734)416-0100

DAYTIME CHEF, cocktail waitresses & kitchen help. Experienced. Serious inquiries only. Memories (810) 227-9306

DON'S OF Traverse City now hiring line cooks, part time. Days & nights. Bussers/dishwasher. Days & nights full time. Please call for immediate interview (248)380-0333

LINE COOKS
WAIT STAFF
HOST PERSONS
Apply in person at
JW's Sports Club
24555 Novi Rd., Novi (248) 349-7038

MANAGEMENT POSITIONS, pizza maker, dishwasher, counter help. Immediate openings. We offer it locally. Call Pat Bean to learn more about this exciting new career. (810) 227-4600 Ext. 626

Additional Courses
• Continuing Education
• Cram for the Exam

NEW BAR & RESTAURANT
Hiring
• KITCHEN STAFF
• BAR STAFF
Days & evenings. Apply in person 24555 Novi Rd. or call (248)349-7038

Help Wanted Professionals

CGA
Full-time Computer Tech Needed
Small Growing Company
22271 Pontiac Trail
South Lyon, MI
(248) 437-1304

COLDWELL BANKER
Real Estate Career Seminar
"NEW AGENTS"
Wed. Jan. 17th
7:00 - 9:00 PM
525 Main St. #240
Village of Milford

Learn what the real estate business is all about and how easy it is to get started. Great earning potential. Best in office training assures you a fast start. For reservations Call John Hussey 248-685-1588

COLDWELL BANKER
CALLAN, REALTORS®
(248) 685-1588

CLINICAL STAFF Supervisor 20 hours per week home visiting program for families of young children. Masters Degree and experience with child development and parent education preferred. Send resume to Pam Carter, Women's Resource Center, 2980 Dorri Rd Brighton, MI 48116

COLLECTION PROFESSIONALS
Experienced & entry level collectors for established Ann Arbor agency. Great benefit pkg., paid vacation, medical, tuition assistance & retirement program. Rob, (734)665-6173

512 Help Wanted Sales

ASSISTANT TO Realtor Excellent income, no expenses, flexible schedule. Must be computer literate, people oriented. Must be licensed or willing to obtain. Ruby (248)437-1345 x223

BRIDAL Consultants wanted. Evenings & weekends. Call for interview (248)348-2783. Elizabeth's Bridal Manor Northville

ESTABLISHED BRIGHTON retail flooring store is seeking experienced professional sales associates. Interested persons please send resume to P.O. Box 548 Chelsea MI 48118 Attention Sharon

FREIGHT FORWARDING SALES
Worldwide International Freight Forwarder is seeking an experienced sales person in transportation and logistics, with emphasis in air and ocean cargo. Proven track record. Compensation package to include company car, cell phone and expense account. Salary negotiable. Please fax resume to (734)955-7265

INDEPENDENT INSURANCE
Agent - personal lines - large book. Call (734)971-1006 or (734)429 9222 evenings

MORTGAGE SALES Rep. Experienced or inexperienced. Top pay for top rep. Concord Mortgage Inc., (810)220-5329

INTERIOR DESIGN/SALES CAREERS
Working in an Ethan Allen store gives you the support and training you need to be successful. We provide a high-quality, one-stop decorating resource, offering your clients the styles and products they want with the service and satisfaction they need. This level of commitment has made Ethan Allen a world-renowned designer, manufacturer and retailer of fine home furnishings.

Now you can begin a new career with a dynamic industry leader offering an outstanding opportunity for professional and personal growth in an environment that fosters success and recognizes and rewards your achievements.

We are currently seeking new talent to help fuel the growth in our stores in:

• Auburn Hills • Ann Arbor • Livonia
• Birmingham • Lakeside • Novi

Meet with our Corporate Director of Human Resources and our Regional Trainer and learn more about your future with Ethan Allen. Visit one of the following:

OPEN HOUSES

AUBURN HILLS
Monday, January 22
10AM - 1PM & 2PM - 5PM
100 Brown Rd.
Auburn Hills, MI

LIVONIA
Tuesday, January 23
10AM - 1PM & 2PM - 5PM
15700 Middlebelt Rd.
Livonia, MI

ANN ARBOR
Wednesday, January 24
10AM - 1PM & 2PM - 5PM
820 W. Eisenhower,
Ann Arbor, MI

If you are unable to attend our Open Houses, please fax your resume, which must include a cover letter and salary requirements to: Director of Human Resources at 802-754-6218 or e-mail: ea21kurz@together.net

For more information visit our website at www.ethanallen.com

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CMC
Telecom, Inc.
HERE IS your chance to break into 100 billion \$ industry of telecommunications. CMC Telecom is a leading provider of Tele Mktg. services for corporations nationwide. Our unique product offering gives our Account Executives the edge that they need.

We are looking for entry level sales professionals to join our already successful sales staff. Our experienced management team will take an active role in the training and development of our new Account Executives. Candidate must be personable, outgoing and not afraid of success. Compensation plan includes base salary, commission & competitive benefits. Please fax your resume to (248)688-2812 attention VP of Sales or email to komos@cmctelecom.net

FREE
Intensive Two Week
QUICK START
National Prudential
Real Estate Training
High Success Rate

Call Stan Steinberg
7 am - 5 pm
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ARE YOU A "NATURAL"?
The people who succeed in the real estate profession must have:

• A "Sky is the limit" mentality.
• Problem solving ability.
• A desire to provide extraordinary service.
• A love of people and new situations.
• Ambition and dedication.

If you have these qualities you may be a "Natural" for the real estate profession. Call today for information about the intensive training program that has started in a career field of unlimited potential.

Real Estate One
Call Kathy Solan
(248) 684-1065

SELL THE AMERICAN DREAM
Real Estate is Booming!
We're looking for self-directed individuals who want unlimited earning potential with an industry leader. Training available, flexible hours.

Northville/Novi Area
Kathy O'Neill
(248) 348-6430
REAL ESTATE ONE

REAL ESTATE CAREER OPPORTUNITY
Looking for dynamic individuals to join our team? Licensed or unlicensed. Are you thinking about starting a career in real estate? Or have a license & need a place to call home? Call Scott Griffin at ERA Griffin Realty, (810)227-1016 for a private interview.

REAL ESTATE SALES, Nov. office, expanding. Pre-licensing classes begin Feb. 5th, Mon. & Wed. 6-10 pm, for new Sales Associates. Call Ginger at (248)476-0540

RETAIL SALES positions, full & part-time for a pool & spa show room. Progressive pay plan. Call Donna at (800)432-8991

SALES PERSON
Full or part time
for lighting showroom
• Excellent Benefits & Pay
Apply in person at
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& Newburgh, Livonia
(734)464-2211

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\$100K+ FIRST YEAR
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5173305@home.com

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1 Make more money
2 Flexible hours
3 Career change
Let us help you keep your New Year's resolutions
Call us for more information and free training!
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Our very busy newspaper is seeking enthusiastic individuals to join our Livonia sales team! Requires a high school diploma or equivalent, 6 months to 1 year of telephone sales experience, ability to type 40 wpm, good spelling and grammar skills. Responsibilities include serving new and current advertising customers via telephone. We offer a great work environment, excellent benefits, and time off policy. Submit resume to The Observer & Eccentric Newspapers, 36255 Schoolcraft Rd., Livonia, MI 48150 e-mail: ebobk@oehomecomm.net Fax: (734)953-2057 Must include job code: ISR

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SALES PERSON
Full or part time
for lighting showroom
• Excellent Benefits & Pay
Apply in person at
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SALES REPS NEEDED
\$100K+ FIRST YEAR
1-800-587-5046 ext. 0787
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CROSSWORD PUZZLE

1 Forum wear	5 Wolf gang?	9 Drive the getaway car	13 Positive thinker	18 Upinski leap	19 Deejay	20 Interoffice communique	21 Hickman or Strawberry	22 Canadian coin	23 Ordinary	24 "Trinity" author	25 Kind of paint	26 Start of a remark by Don Marquis	30 Narcs' org.	31 "Agnus"	32 Cinema sled	36 Lineman's tool	40 Seville shout	42 Renown	45 Debut recording	46 Atmosphere	47 Discontinue	49 Sharpen a skill	with "for"	52 Part 2 of remark	57 Cartoon canine	58 Part 3 of remark	59 Delany and Wynter	60 Time of your life	63 Head line?	65 Susan or Shake-speare	69 Entreaty	70 Mrs. Eddie Cantor	73 Prom date	76 Gulliver's first name	78 Portly	79 Wattle's partner	81 Speculation	83 Conductor	84 Gold brick?	86 Pageant prop	89 Part 4 of remark	90 Sixth sense	93 Part 5 of remark	99 Mellow	101 Studio sign	102 "Breath You Take" (83 smash)	103 Computer image	bar	106 Belarusian city	108 Cote cutie	109 Battered	111 November	11th honoree	113 Strump side	115 Create a chemise	116 End of remark	125 Monastery bigwigs	128 Tivoli's Villa d'	129 Neighbor of Can.	130 Concept	131 He had things done by Friday	132 — breve	133 Unusual	134 It's nothing	135 Off the plate	136 Basketball's Willis	137 Black	138 Seth's son	DOWN	1 Baja bite	2 The yoke's on them	3 Passed-on item	4 Choir member	5 Whales	greeting	7 Poirot's concern	8 Handle	9 Tickle	10 Wodehouse's	11 Send out	12 Peter of reggae	13 Dieter's discomfort	14 Cleared the slate	15 Cardigan part	16 Pipe cleaner?	17 Building wing	21 Signifies	27 HST's predecessor	28 Crusader kingdom	29 Persian, presently	33 Early epic	34 Rel	35 Speck	36 Talk-show pioneer	37 Mechanic's offering	38 Pressing need	39 — de Cologne	40 Above, to Arnold	41 Installed tile	44 — Galos, CA	47 Basilica	48 Italian rumble	50 Diffident	53 Kind	54 Use a toboggan	55 Handle harshly	56 "Alley"	61 Indian export	62 Toque	64 Pipe	66 Medical grp.	67 Upstart	68 Price twice	70 Infamous	71 Singer	72 Enhance	74 Generator parts	75 Stumble	77 Isolated	80 Tropical snake	82 Connecticut campus	85 Spinks stat	87 Go back	88 "— Good Men" (92 film)	90 Decorate glass	91 Oxford, e.g.	92 Except	judgment	94 As a group	95 Canvas cover?	96 Nuremberg numeral	97 Cinnabar, for instance	98 "— the season ..."	99 Wideness trans.	100 "Holy smoke!"	105 Unseal	107 Pot	109 Dairy cow	110 Be obligated	112 Boca —, FL	114 Winning bit	115 Burning bit	116 Have on	118 Presque —, ME	119 Mala — (evaluate)	122 Actress	123 Slouch	124 New Mexico resort	125 Parker of football	126 It may be padded
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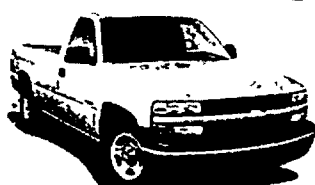
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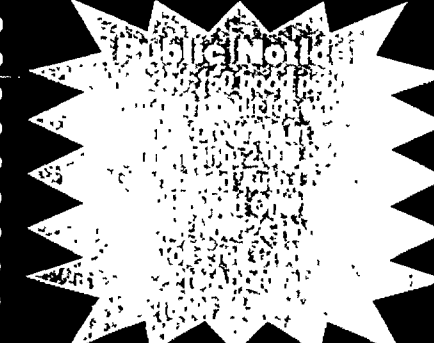
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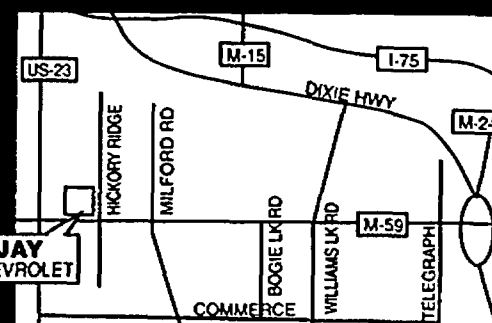
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ANNOUNCEMENTS

620 Announcements/ Notices

BEST SELF Storage of Hart
land 700 N. Old US 23 Bright-
on. Hold a lien sale on misc.
items in units occupied by
Christa Rankin LD Gudith,
Shelby Wyrostek, on Wed
Feb 28 2001 at 12 noon

BEST SELF Storage 1481
Grand Oaks Dr. Howell MI will
hold a lien sale on misc.
household items in units occu-
pied by T. Merfield Unit #124
D. King Unit #210 E. Holton
#308 Hearts Designs #312, S
Morano #317 February 28
2001 12 noon

DEFAULT of rental payment.
Sale of household & personal
items. Terry Cook Jr. #37 B'n
Pr. #223 Charles Cassive
#234 Sale date 2-13-01 1pm
US 96 South Lyon 271 Lot
1-248-37-1600

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Sat. Jan. 13th - 7:00 pm
Ole Gray Nash Auction
202 S. Michigan Ave.
Howell, MI
(corner of Michigan & Sibley)
Interesting collection of cast
iron pieces such as doorstops
& hunks, nice walking sticks,
swords & knives, assorted
household items, pictures,
jewelry, comics & toys. Many
items still coming in.
Gary T. Gray
Auctioneer
517-546-2005

PUBLIC AUCTION
Sun, Jan. 21 - 2:30pm
25275 Devon
Franklin, MI
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Opportunity in Franklin Vil-
lage. Spectacular custom
home w/ 2000sq ft marble
flooring, new carpet through-
out, newer kitchen w/ granite
counter tops, 5 bedrooms, 3
full baths, 2 lavs, 5th bed-
room on 1st floor w/ full bath,
huge master suite w/ walk-in
closet, dressing area, and
marble bath. Home is updated
throughout. Basement
and 3 car garage. Located
on 1 acre lot with a gorgeous
view of a pond and mature
trees.

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everybody works great \$1800
(248)486-3442

1992 ESCORT, Manual trans.,
runs, \$700 or best offer (248)
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1994 PROBE, 4 cyl, 1.5 speed,
air, 34K miles, new tires \$2500
1992 FORD Tempo, 4 cyl auto
2 dr \$1500 (517)548-0573

798 Autos Over \$2,000

1990 OLDSMOBILE Calais In-
ternational Series sporty 1.9L
er, babed, great 1st car for
college \$3400 (248) 437-3724

1/10/2001-11/14/2001

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2001 PRIZM

\$64¹⁵*
PER MONTH

Stk. #3412
GMS, 1st payment \$68.45, Sec. Deposit \$75, Tax & Title \$294, \$4000 Trade Equity Total cash due \$456.45



2001 CAVALIER

\$105⁹⁴*
PER MONTH

Stk. #3344
GMS, 1st payment \$112.29, Sec. Deposit \$125.00, Tax & Title \$259.00, \$4000 Trade Equity Total cash due \$436.29



2001 MALIBU

\$115⁶⁴*
PER MONTH

Stk. #3408
GMS, 1st payment \$122.57, Sec. Deposit \$125.00, Tax & Title \$289.00, \$4000 Trade Equity Total cash due \$536.57



2001 IMPALA

\$134⁹¹*
PER MONTH

Stk. #3421
GMS, 1st payment \$143.80, Sec. Deposit \$150.00, Tax & Title \$364.00, \$4000 Trade Equity Total cash due \$597.80



2001 S-10 LS

\$89⁷³*
PER MONTH

Stk. #10317
GMS, 1st payment \$95.11, Sec. Deposit \$100.00, Tax & Title \$259.00, \$4000 Trade Equity Total cash due \$454.11



2001 TRACKER

\$110³⁸*
PER MONTH

Stk. #10404
GMS, 1st payment \$117.95, Sec. Deposit \$125.00, Tax & Title \$289.00, \$4000 Trade Equity Total cash due \$531.95



2001 BLAZER LS

\$113²⁴*
PER MONTH

Stk. #10437
GMS, 1st payment \$120.03, Sec. Deposit \$125.00, Tax & Title \$319.00, \$4000 Trade Equity Total cash due \$564.03



2001 SILVERADO

\$170⁸⁴*
PER MONTH

Stk. #10355
GMS, 1st payment \$181.09, Sec. Deposit \$200, Tax & Title \$259.00, \$4000 Trade Equity Total cash due \$640.09

USED CARS



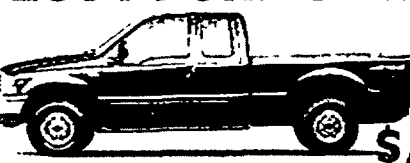
2001 CHRYSLER PT CRUISER

Limited, auto, low miles



MANY
AVAILABLE -
CALL FOR YOURS
TODAY

2001 FORD F-250 DIESEL

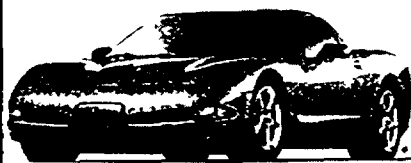


AS
LOW AS

\$439 PER MONTH

Super duty, ext. cab, 0 down payments

2000 CHEVY CORVETTE



MANY
AVAILABLE

Coups and convertibles

1994 GMC SONOMA 2WD Reg. cab, nice truck	\$4,995 or \$99mo.
1995 OLDS CUTLASS CIERRA Very clean car, V6	\$4,995 or \$99mo.
1995 MERCURY MYSTIQUE V6, loaded, very sharp	\$4,995 or \$99mo.
1995 MERCURY SABLE V6, loaded, runs great	\$5,995 or \$99mo.
1994 OLDS 88 ROYALE Loaded, very sharp!	\$5,995 or \$99mo.
1997 OLDS ACHIEVA Auto, air, loaded	\$6,900 or \$109mo.
1997 FORD CONTOUR Auto, loaded, V6, clean	\$6,900 or \$109mo.
1998 CADILLAC DEVILLE Loaded, 11,000 miles, luxury!	\$21,900 or \$325mo.
2001 CHEVY CORVETTE 206 Very rare!	CALL FOR DETAILS

1998 CHEVY S-10 Reg. cab, low miles	\$7,900 or \$129mo.
1998 DODGE DAKOTA EXT. CAB Auto, V6, air, good miles	\$13,950 or \$229mo.
1998 OLDS AURORA Leather, loaded, top of the line!	\$17,500 or \$269mo.
2000 FORD WINDSTAR 7 passenger, rear air	\$16,900 or \$259mo.
1998 PONTIAC TRANSPORT 33K miles, 4 dr, extended	\$16,900 or \$259mo.
2000 FORD EXPEDITION 4X4 7 passenger, loaded, 0 down	As Low As \$339mo.
2000 CHEVY S-10 4X4 EXTENDED ZR-2 Loaded, 0 down	As Low As \$279mo.
1999 CHEVY BLAZER ZR-2 HIGH RIDER 4X4 Loaded, 20K miles	As Low As \$299mo.
2000 CHEVY S-10 EXT. CAB 4X4 Loaded, very sharp	As Low As \$269mo.

2000 CHEVY BLAZER LS Loaded, low miles, 4 dr	As Low As \$279mo.
2000 OLDS ALERO GLS Leather, alum. wheels, loaded	As Low As \$239mo.
2000 CHEVY LUMINA Low miles, extra clean	As Low As \$199mo.
2000 CHEVY SUBURBAN LT Leather, rear air, loaded	As Low As \$399mo.
2000 CHEVY MONTE CARLO SS Leather, 3 to choose	As Low As \$299mo.
2000 CHEVY SILVERADO 4X4 EXT. CAB Low miles, loaded	As Low As \$299mo.
2000 CHEVY SILVERADO 2500 4X4 LONG BOX Lots of toys!	As Low As \$319mo.
2001 GMC SIERRA EXT CAB 4X4 Duramax Diesel, 3 in stock	CALL FOR DETAILS
2001 FORD F-250 SUPERDUTY EXT. CAB Diesel, 390 miles	As Low As \$449mo.

2000 CHEVY SILVERADO 2500



AS
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\$339 PER MONTH

Auto, CD, loaded, 0 down payments

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- 2) Pay stubs show at least \$1300/month gross?
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* All payments based on 36 month lease with \$4000.00 cash or equity trade due at signing. 12.99% interest per year.
** All payments based on 36 month lease with \$4000.00 cash or equity trade due at signing. 12.99% interest per year.
*** Reported credit by lending source at the following terms:
1. Cash down 10% to 20% cash
2. 3000 cash down 12 months to 24 mos. lease
3. 4000 cash down 12 months to 24 mos. lease
4. 4000 cash down 12 months to 24 mos. lease
Units subject to 3000 mile limit. See dealer for details. Credit must be approved by lender. All vehicles subject to price list.

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MORE!
 ASK FOR DETAILS

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Our new facility is designed to enable us to provide you with the world-class sales and service experience that you deserve. We are located just north of I-96 and just east of Milford Road on Pontiac Trail! See You Soon!

2001 RANGER XLT SUPERCAB 4DR

Stk. #19731Q



Up to \$1,500
 Factory Cash

- 3.0L V6 Engine
- Automatic Overdrive Trans
- Cloth 60/40 Split Bench Seat
- Power Equipment Group
- Power Mirrors
- Power Window/Lock Group
- Remote Keyless Entry
- Convenience Group
- Speed Control/Tilt Steering Wheel
- Leather Wrap Steering Wheel
- Air Conditioning
- Power Steering
- Power Brakes
- AM/FM Stereo & CD Player
- Sliding Rear Window
- Wheels: Chrome 7 Spoke 15"
- And More

24 Mo. Lease w/Renewal Bonus	\$139*	24 Mo. Lease	\$159*
M.S.R.P.	\$21,185		
PURCHASE	\$17,589**	SAVE	\$3,596
NO ADDITIONAL DESTINATION CHARGE = \$560 VALUE			

2001 TAURUS SE 4 DR

Stk. #13941C



- 3.0L 4V 6-Cyl. Engine • Auto Overdrive Transmission • Front Floor Mats • Rear Floor Mats • 5-Pass Seating w/Fir. Cons/Shift • Audio Group • Mach Stereo • CD Changer (6 Disc)

24 Mo. Lease w/Taurus/Taurus	\$189*	24 Mo. Lease w/Renewal Bonus	\$209*	24 Mo. Lease	\$229
M.S.R.P.	\$19,690				
PURCHASE	\$17,289	SAVE	\$2,401		
NO ADDITIONAL DESTINATION CHARGE = \$600 VALUE					

2001 F-150 SUPERCAB 4 DR

Stk. #11381R

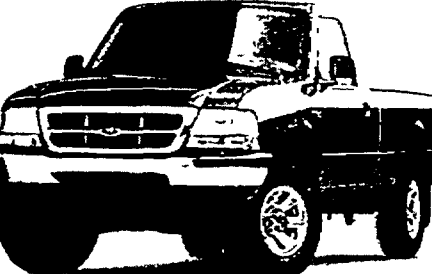


- 4.2L EFI V-6 Engine • 3.55 Ratio Limited Slip Axle
- 16" Cast Alum Wheel
- Cloth Captains Chairs
- XLT Series • AM/FM Stereo/Clock • Single CD Player • Remote Keyless Entry • CFC Free Air Conditioning

24 Mo. Lease w/Renewal Bonus	\$139*	24 Mo. Lease	\$159*
M.S.R.P.	\$25,070		
PURCHASE	\$19,489	SAVE	\$5,581
NO ADDITIONAL DESTINATION CHARGE = \$690 VALUE			

HURRY! THESE PRICES ARE GOOD THROUGH JANUARY 16TH, 2001

2000 RANGER XLT



- XLT Trim • 2.5L EFI I-4 Engine
- Automatic O/D Transmission
- P235 Steel BSW A/Season Tires • Sliding Rear Window • Elec. AM/FM Stereo/CD/Dual Media • 15" Style Silver Wheels • Cassette Player • CD Player • Air Conditioning

Stk. #30660Q

M.S.R.P. \$16,845

AS LOW AS	PURCHASE \$12,489**	SAVE	\$4,356
NO ADDITIONAL DESTINATION CHARGE = \$560 VALUE			

2000 CONTOUR SE SPORT

M.S.R.P. \$19,455

Stk. #13370H



- 2.5L DOHC 6-Cyl. Engine • Auto Overdrive Trans • Power Moonroof • 6-Way Power Driver's Seat • Pwr. Mirror • 15" 6 Spoke Alum. Wheels • Illuminated Entry • Remote Keyless Entry System • AM/FM Stereo CD Player/P-Sound • Premium Sound System

AS LOW AS	PURCHASE \$15,689**	SAVE	\$3,766
NO ADDITIONAL DESTINATION CHARGE = \$560 VALUE			

2000 E-150 CARGO VAN



- Air Conditioning • CFC Free • Elec. AM/FM Stereo w/Clock • Light/Convenience Group • Air Bag/Passenger • Second Gen. • Automatic Heavy Duty • Anti-Lock Brake System • 4 GL EFI V6 Engine • Elec. Auto O/D Transmission • P235/75R15XL BSW AB-Season • 3.55 Ratio Beudax Axle • Full Length Floor Covering • Glass Fixed 28 Cargo Door • Sho Trunk Work Bin Rack System • Vinyl Bucket Seats

AS LOW AS	PURCHASE \$16,989**	SAVE	\$6,006
NO ADDITIONAL DESTINATION CHARGE = \$665 VALUE			

VISIT US AT OUR NEW LOCATION TODAY!!

2000 RANGER XLT SUPERCAB



- XLT Trim • 3.0L FFV V6 Engine • Automatic O/D Transmission • P235 Steel OVAL A-Season Tires • 3.75 Ratio Limited Slip Axle • Sliding Rear Window • Class III Trailer Hitch • Elec. AM/FM Stereo/CD/Dual Med • 7 Spoke 15" Chrome Wheels • 4 Wheel ABS • Power Window Lock Group • Remote Keyless Entry • Speed Control/Tilt Steg. Wtl • Leather Wrap Steering Wheel • Air Conditioning

AS LOW AS	PURCHASE \$16,489**	SAVE	\$5,656
NO ADDITIONAL DESTINATION CHARGE = \$510 VALUE			

2000 F-150 SUPERCAB 4x4 4 DR.



- XLT Series • 5.4L EFI Engine
- Electronic 4-Spd Auto O/D
- 3.55 Ratio Limited Slip Axle
- Cab Steps • Electronic Shift • 4x4 Sliding Rear Window
- Class III Trailer Towing Group
- Remote Keyless Entry
- 6-Way Power Driver's Seat
- 4x4 Off-Road Equipment Group
- Skid Plates
- 17" Cast Aluminum Wheels
- CFC Free Air Conditioning
- 4 Wheel ABS
- Premium AM/FM with CD player

AS LOW AS	PURCHASE \$24,989**	SAVE	\$7,771
NO ADDITIONAL DESTINATION CHARGE = \$665 VALUE			

2000 EDDIE BAUER EXPLORER



- Eddie Bauer Series • 4.0L SOHC V6 Engine • 5-Speed Automatic O/D Trans • 4.10 LS Axle/Trailer Tow • Side Air Bags • Heated Seats • Power Moonroof • Trailer Towing Package • Spot Bkt W/Lthr Seat Surface • Mach Audio System W/Cass/CD • Loaded

AS LOW AS	PURCHASE \$26,689**	SAVE	\$9,116
NO ADDITIONAL DESTINATION CHARGE = \$550 VALUE			

SERVICE AND PARTS OPEN EVERY SATURDAY 8am TO 4pm

ALL PRICES INCLUDE
 DESTINATION AND DELIVERY

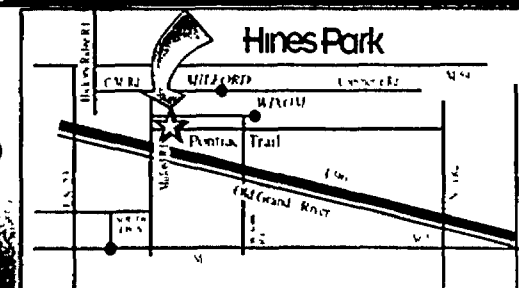
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799⁹⁹
Reg. \$899.99*

\$100 OFF



PROFORM 785SS Treadmill
 • Personal Trainer Control panel reads speed, minutes-per-mile pace, time, distance, laps, incline, calories and fat calories burned
 • EKG Grip Pulse™ with PulseView Window for heart rate display
 • iFit.com™ compatible
 • 0-10 MPH
 • 1.5%-10% incline
 • 2.5 horsepower
 • 20"x55" treadbelt
 • 8 workout programs

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Mind, Body and Soul

599⁹⁹
Reg. \$799.99*

\$200 OFF



PROFORM 725EX Treadmill
 • 4 window electronics display shows speed, time, incline, pulse and calories burned
 • 0-10 MPH
 • EKG Grip Pulse Sensor
 • 1.5%-10% power incline
 • 2.5 horsepower
 • 19"x55" treadbelt

Only \$23.00 A Month!
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FREESTYLE ECG 4 Heart Rate Monitor
 Ergonomic design, night vision illumination, time functions, calculates calories and out of zone alarm.

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Power Buys for your new fitness program!



BOLLINGER Rapid Results
 Solar belt plus lightweight waterproof vinyl suit, insulates lower back muscles, helps shed excess water weight.



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 Includes workout mat.



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 Displays heart rate and elapsed time, programmable, target zone with out-of-zone alarm stopwatch.



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"Preparing for the Super Bowl was the ultimate challenge."

JUNIOR SEAU

San Diego Chargers Linebacker

What Junior Says...

"Growing up, I played several sports competitively, but I always had a passion for football. The Pop Warner City Championship introduced me to the pressures of tough competition. During my high school career, I was fortunate enough to play in various championship games, and later, at USC, I played in the Rose Bowl as a sophomore and junior. Every time I advanced to the next level, the competition got tougher and the physical and emotional demands greater, but nothing prepared me for the pressure of the Super Bowl. After the Chargers won the AFC Championship game, we had two weeks to prepare for Super Bowl XXIX in Miami. We had daily press conferences, media interviews, and photo sessions—all in addition to our daily workouts. After a couple of days I felt myself losing focus. I decided to spend a half hour each day alone to review my assignments against the 49ers. This "quiet time" allowed me to sharpen the focus on my game and helped me relax so I could enjoy the adrenaline rush as the "big game" approached."

Junior's best tips...

Preparing for the "Big Game":

1. Try to maintain your normal routine as much as possible.
2. Set aside time alone to focus on your assignment/goal.
3. Enjoy the opportunity and stay present in the moment.

Junior Seau has gone to the Pro Bowl 9 times. Junior graduated from USC with a degree in public administration. Seau has been awarded the NFL Linebacker of the Year, NFL Defensive Player of the Year, and the NFL Man of the Year Award during his decorated 11-year career.

WORKOUT GEAR

ONLINE ITEM

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\$100 OFF

499⁹⁹ Reg. \$599.99*

PROFORM Crosswalk Treadmill

- 2.25 horsepower
- 0-10 MPH
- 3%-10% incline
- 18" x 50" treadbelt
- Dual action works both upper and lower body

34⁹⁹

ADIDAS Women's Stripe Tops

39⁹⁹

ADIDAS Women's Stripe Tights

Only \$19.00 A Month! When You Use The Sports Authority® Credit Card

299⁹⁹ Orig. \$359.99

\$60 OFF

PROFORM 285T Treadmill

- 2.0 horsepower
- 0-10 MPH
- 3-10% incline
- 16x45 Treadbelt
- 2 LCD windows display speed, time, distance and fat calories burned

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ONLINE ITEM

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FREE Dumbbells Included

ONLINE ITEM

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PROFORM 525E Treadmill

- 2.25 horsepower
- 0-10 MPH
- 3-10% power incline
- 18" x 50" treadbelt
- 4 LCD windows display speed, time, distance, pulse, total calories and fat calories burned

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FITNESS QUEST

Excel 325 Magnetic Bicycle

6 pre-set "Target Zone" training programs with speed and resistance settings, adjustable handlebar and seat height, 8 level dial tension control.

199⁹⁹

Included! Fitness & Nutrition CD-ROM

FITNESS QUEST 395 Recumbent Bicycle

Electronics display time, speed, distance and calories burned, friction free magnetic resistance, adjustable seat.

ONLINE ITEM

#223657

PROFORM 585 E Elliptical

Low impact exercise, upper body workout, extra long stride length, adjustable resistance, single window electronics, book holder, natural motion without impact to joints, aerobic benefit.

399⁹⁹ Reg. \$449.99*

\$50 OFF

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Only \$15.00 A Month! When You Use The Sports Authority® Credit Card

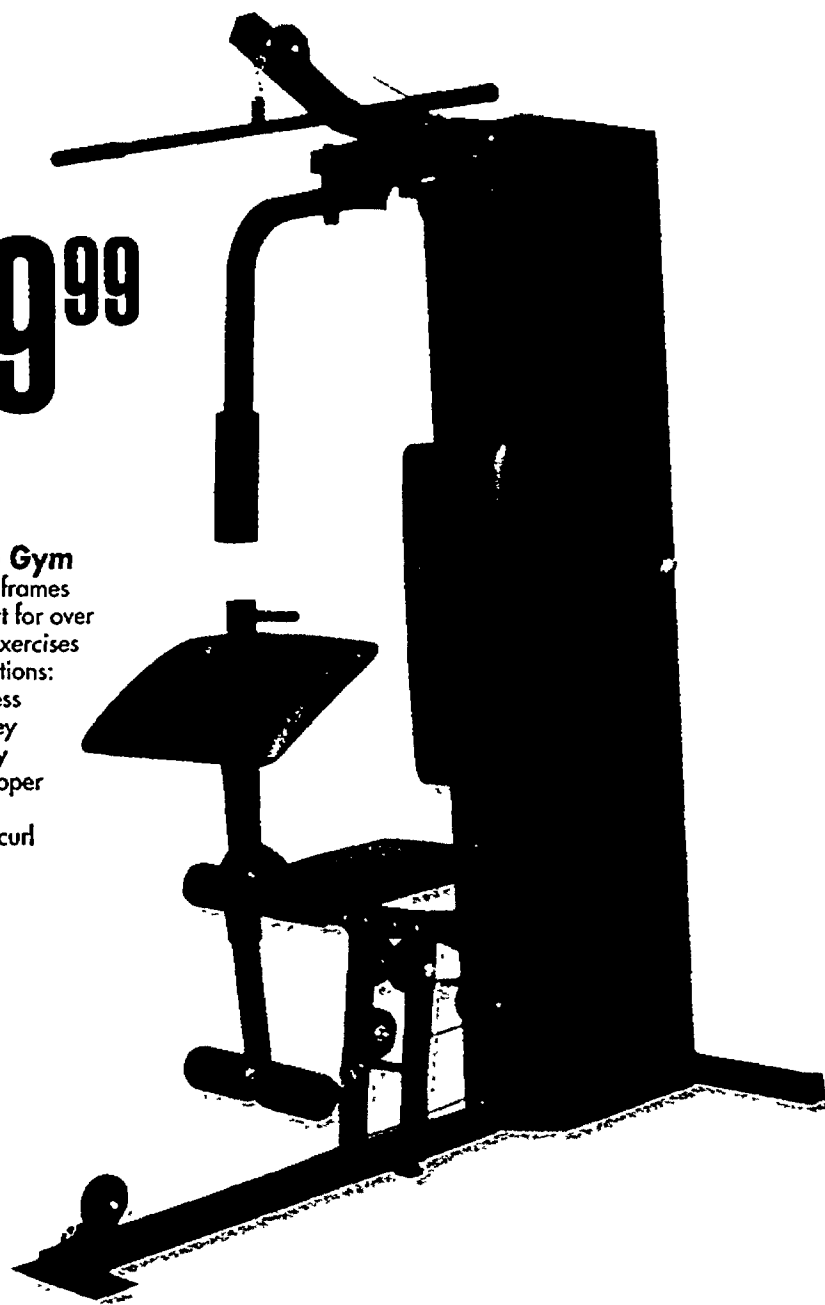
HOME GYMS

249⁹⁹

WEIDER

XP23 Home Gym

- Durable steel frames
- Workout chart for over 30 different exercises
- 6 workout stations:
 - Bench press
 - High pulley
 - Low pulley
 - Leg developer
 - Butterfly
 - Preacher curl



299⁹⁹

IMAGE 4199 Cage Machine

- Decline, flat, incline and military bench positions for a complete chest workout
- Smith Machine barbell feature allows for simple locking and unlocking, 48" wide bench press
- Squat rack and adjustable seat

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FITNESS QUEST Brutus 470 Dual Stack Home Gym

- Multiple user home gym
- 6 workout stations:
 - Butterfly/press
 - Lat/high pulley
 - Row/low pulley
 - Ab crunch pulley
 - Leg press
 - Preacher curl-leg combo

399⁹⁹

Orig. \$499.99

\$100 OFF

Only \$15.00 A Month*
When You Use
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WEIGHT BENCHES

69⁹⁹

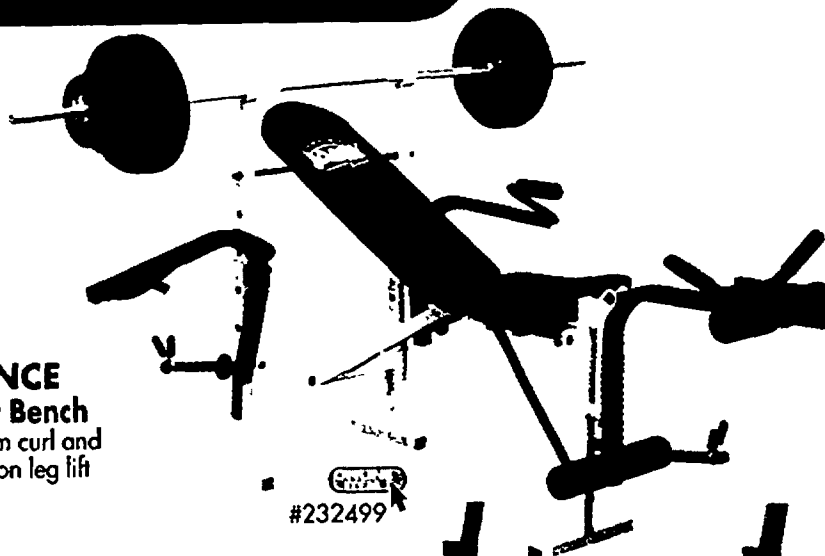
Weight set not included

EXTREME PERFORMANCE

EX-155 Weight Bench

Butterfly, angled arm curl and rowbar, multi-function leg lift with leg curl.

#232499



99⁹⁹

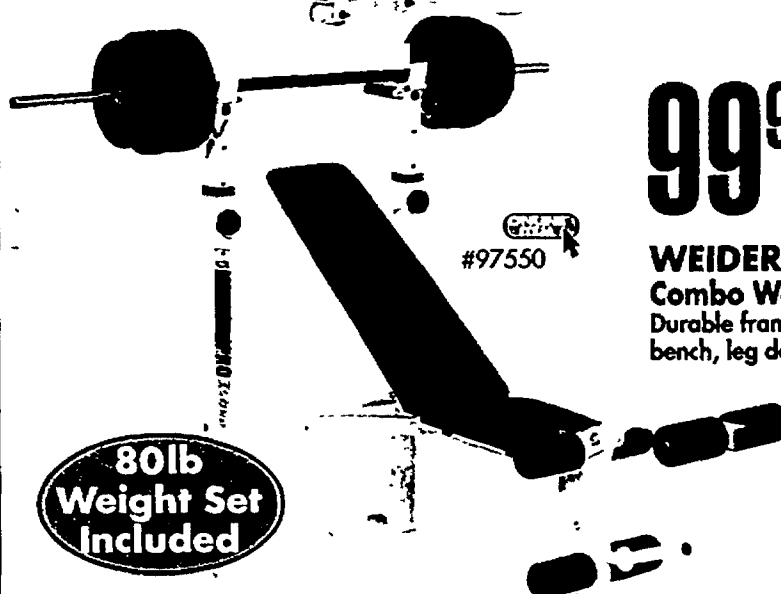
WEIDER

Combo Weight Bench

Durable frame, incline/decline bench, leg developer.

#97550

80lb
Weight Set
Included



129⁹⁹

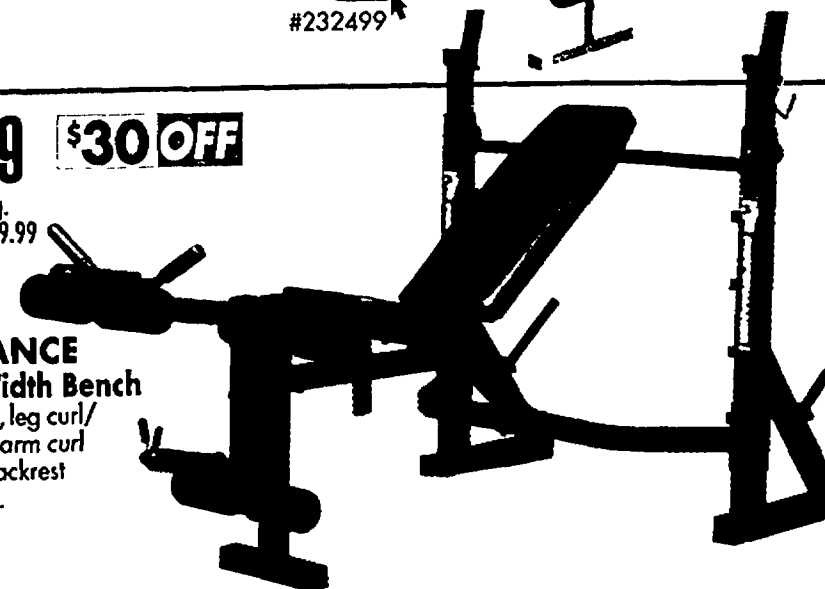
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EXTREME PERFORMANCE

LX630 Mid-Width Bench

Built in squat rack, leg curl/extension station, arm curl pad, adjustable backrest and incline bench.



179⁹⁹

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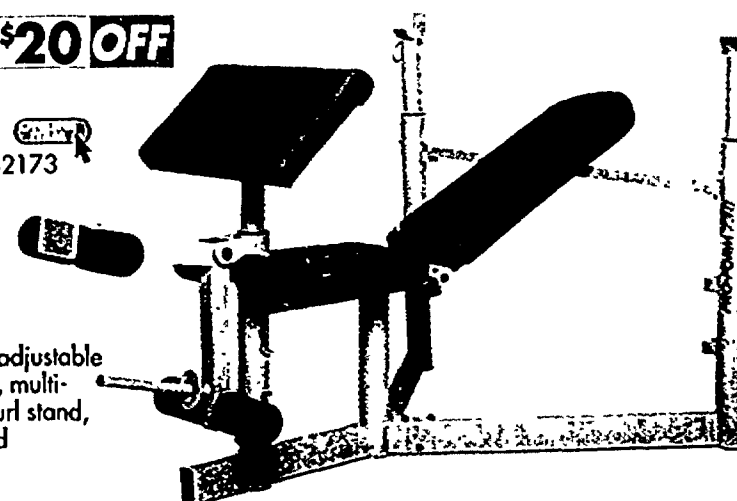
\$20 OFF

#32173

PROFORM

738 Olympic Bench

Includes bench press rack, adjustable height rack, bar lock down, multi-position bench, preacher curl stand, leg extension/curl lever and double stitched vinyl seats.



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THE
SPORTS
AUTHORITY

3

BOXING



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Gloves with
Century Bag
Purchase

79⁹⁹

REEBOK
Men's
Hydromove
Tank Tops

#12340

CENTURY
Hydro 2 Portable
Training Bag

Super duty vinyl air/water training bag, personalize bag by adding/removing air and water, air chamber adjusts to cushion the wrist and hand for a strong accurate workout.

REEBOK
Men's Lycra
Shorts

#56322

39⁹⁹

CENTURY
40 lb. Vinyl
Heavy Bag

16oz. vinyl covering, bottom tie down web straps and support chains.

As Seen on TV

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TRISTAR
Ab Slide

Shapes, tones, stretches and strengthens abs, waist, obliques, arms, back, chest and shoulders for a complete upper body workout.

#382385

99⁹⁹



AB DOER

Allows full motion for an exceptional workout of abs, back and shoulders.

#384495

FITNESS QUEST
Torso Track 2

One simple movement works abs, back and shoulders.

99⁹⁹



#147767



199⁹⁹

FITNESS QUEST
Total Gym 1000

Total body workout, uses your own body weight to provide resistance - lat pulls, squats, crunches, arm pulls and leg curls



#16223

99⁹⁹

CENTURY
Wave Master

Free standing portable training bag, water filled base, adjustable height.

ONLINE ITEM
#58830



19⁹⁹ **CENTURY**
Boxing Gloves

FITNESS APPAREL

14⁹⁹ Reg. \$19.99
EVERLAST
 Men's Pigment
 Dye T-Shirts
#6100

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EVERLAST
 Women's Racer
 Bra Tops
#6103

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 Bootleg Pants
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22⁴⁹ Reg. \$29.99
EVERLAST
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22⁴⁹ Reg. \$29.99
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 Entire Stock of Men's
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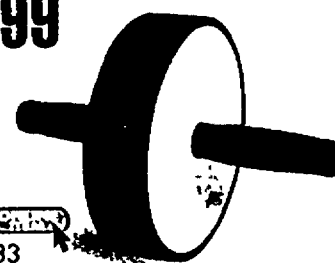
BOLLINGER
 Cotton Jump Rope
 Wooden swivel handles, 8 1/2'
 heavyweight long lasting
 aerobic jump rope, develops
 coordination and stamina.

ONLINE ITEM
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8⁹⁹
BOLLINGER
 3lb Soft Touch
 Ankle Weights
 Wear on ankles to
 tone up calves.
#6405

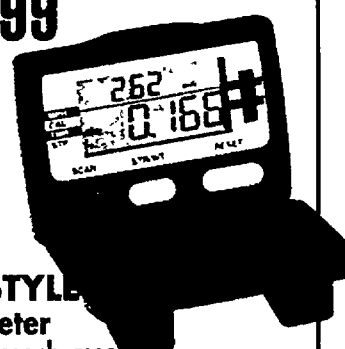


9⁹⁹
ALTUS
 Dual Exercise Toning Wheel
 Dual wheels for greater stability,
 non-slip handles for greater comfort,
 can be used for all levels of fitness.
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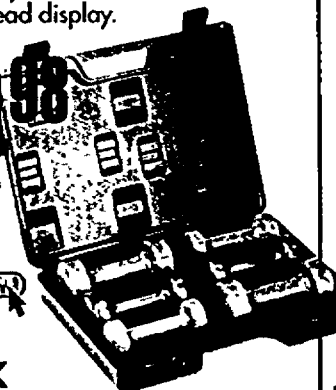
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#16032

FREESTYLE
 Pedometer
 Personal coach, monitors
 calories burned, distance
 traveled, stores both daily
 and weekly workouts with
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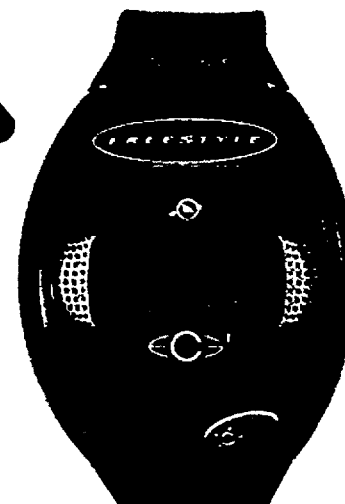


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 20lb Fitness Set
 Includes three pairs of solid
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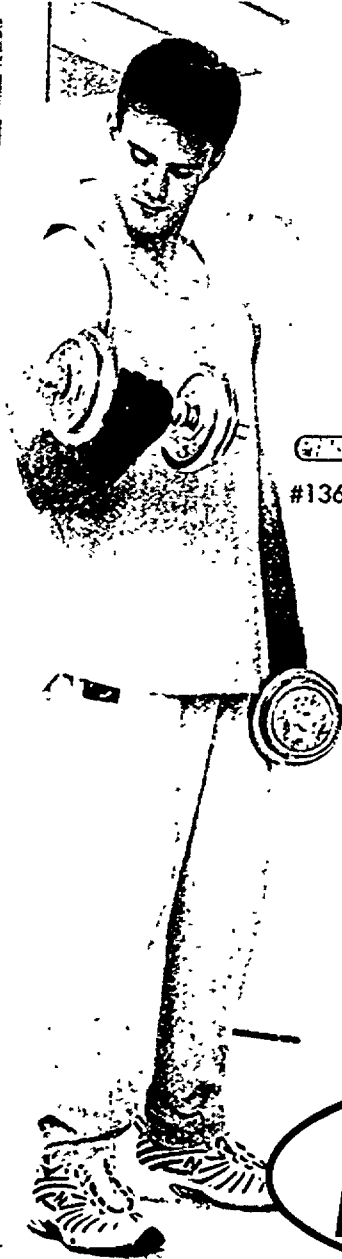
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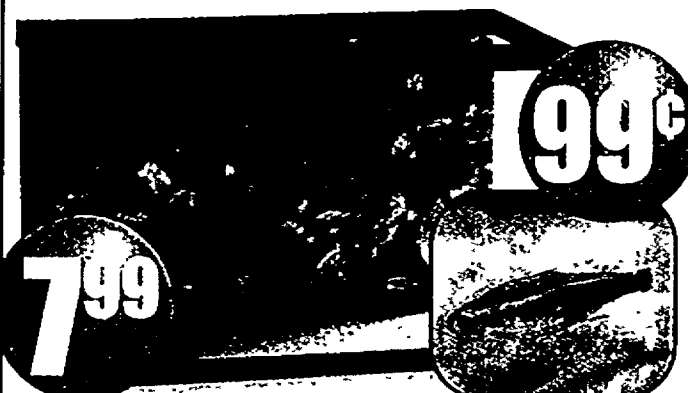
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See inside for details



New! smart saturday

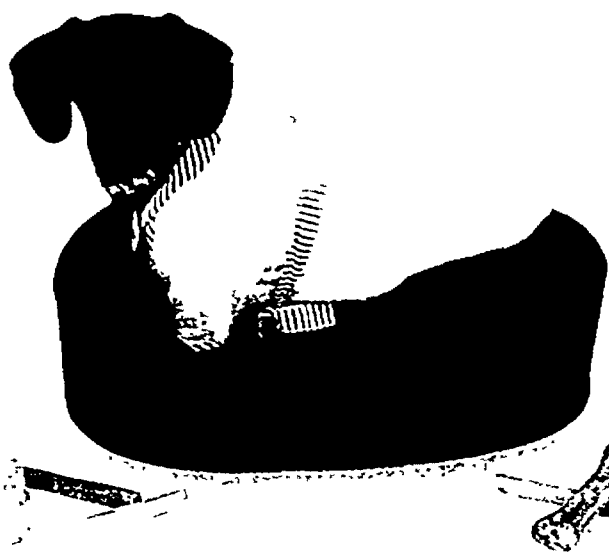
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Saturday, January 13th

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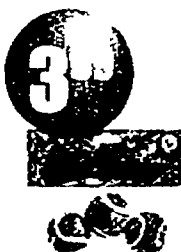


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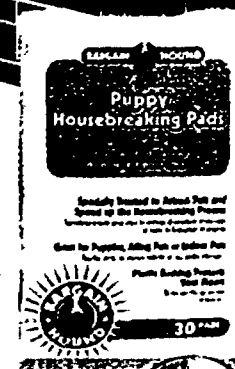
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Bargain Hound Crate
with pan, 24" L x 20" W x 21" H



59.99

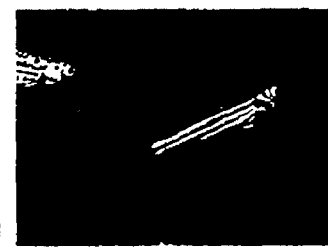
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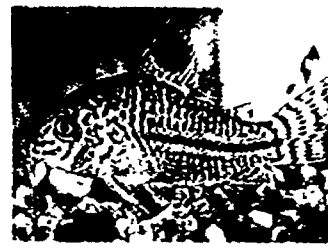
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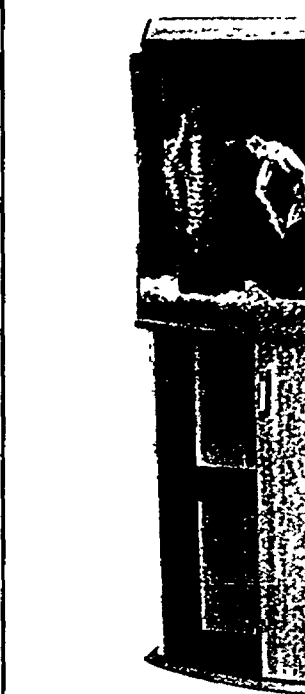
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129⁹⁹ Top Fin Oak Finish Aquarium Stand Also available in black, 46 gal. **149⁹⁹**

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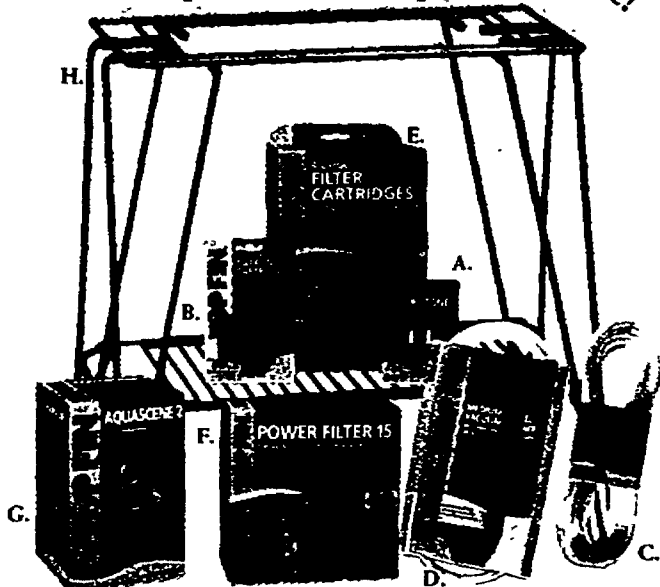
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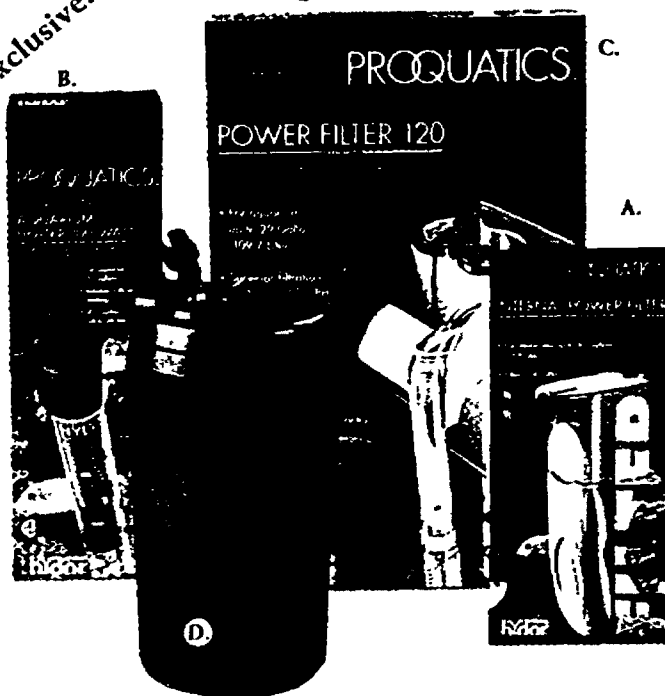
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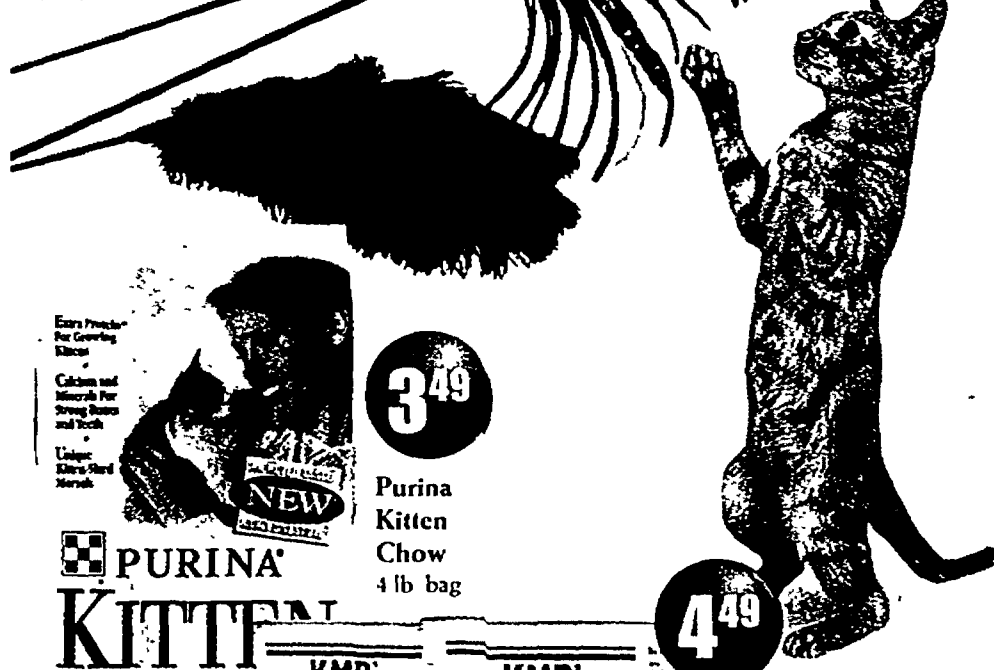


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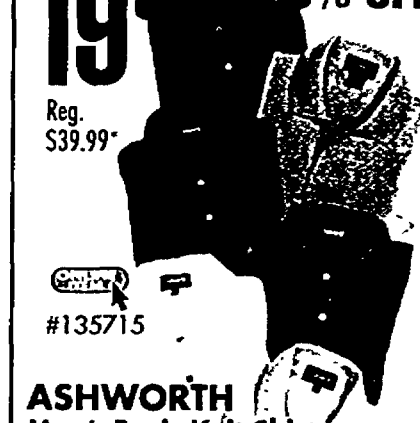
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Oversized, lightweight
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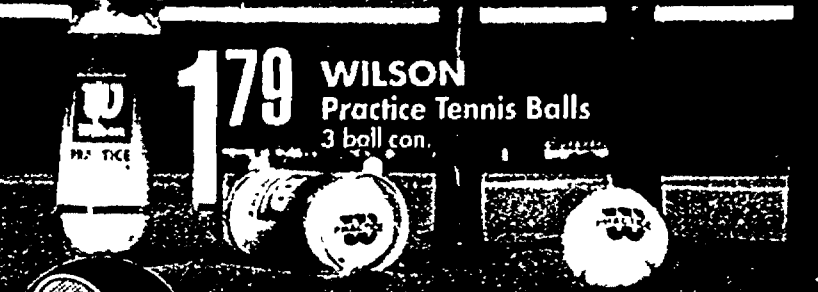
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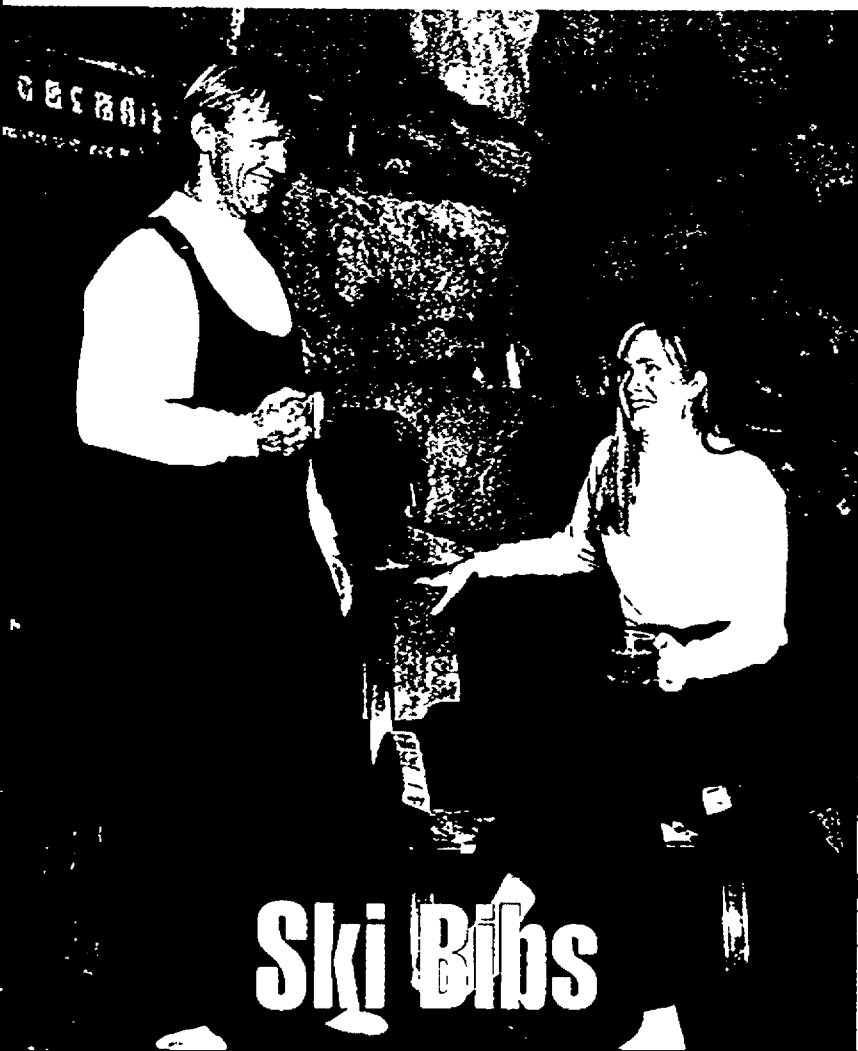
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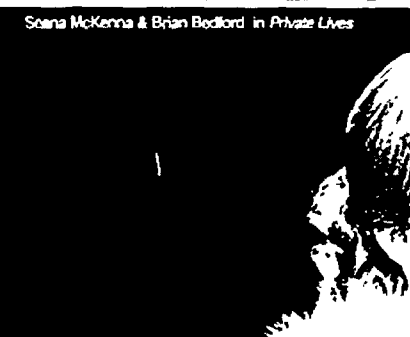
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super saturday

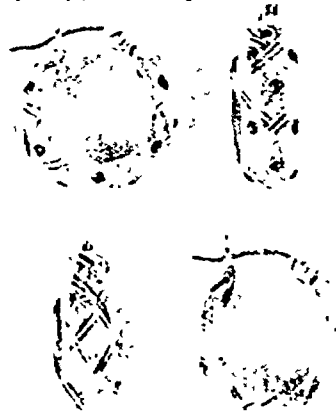
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14k gold 18" herringbone
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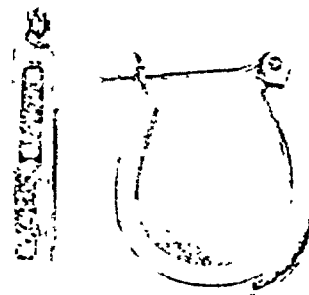
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89⁹⁹ FINAL PRICE

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Croft & Barrow® Long Sleeved Knit Tops

Misses' • Petites' • Plus Size

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19⁹⁹

Misses' fine gauge ribbed mockneck.



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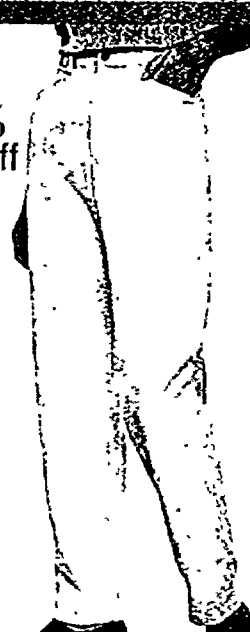


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Villager Sportswear

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Misses' shown



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Maternity



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Sleepwear,
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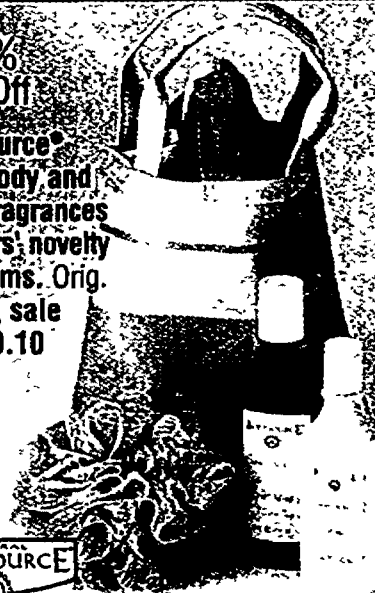
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Styles vary.



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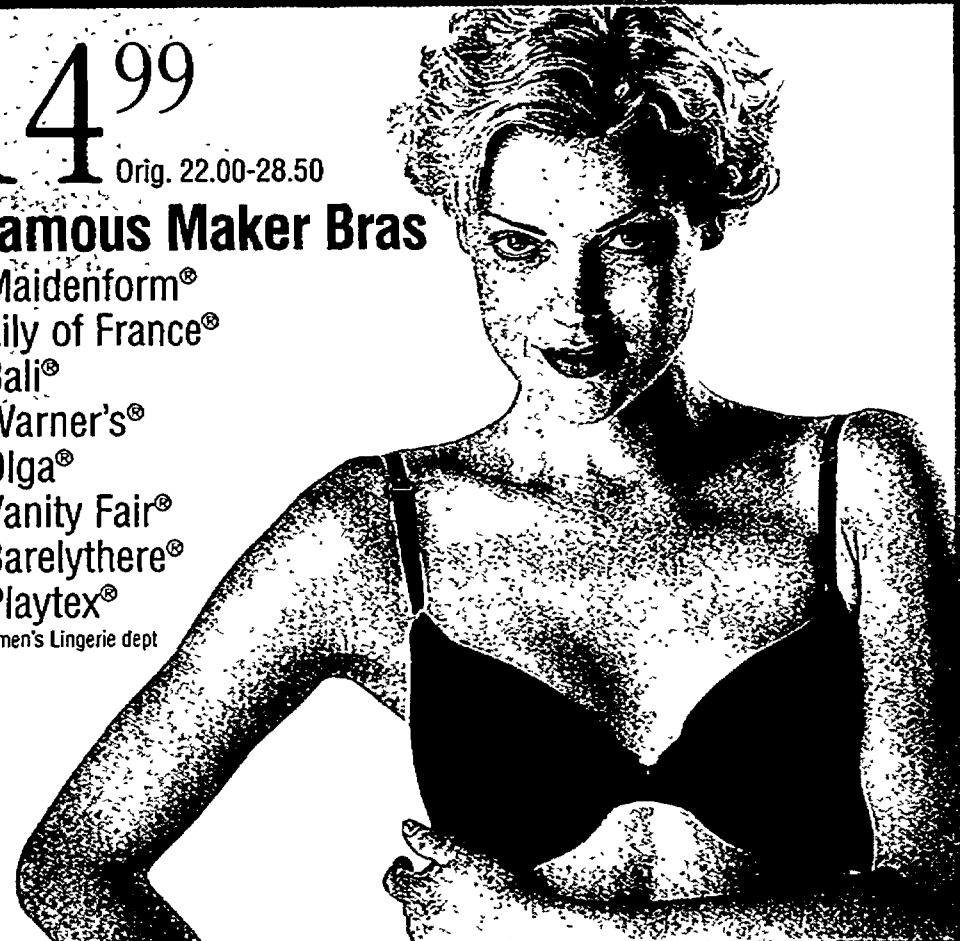
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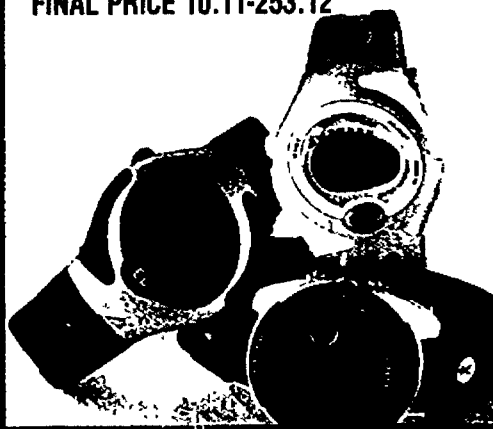


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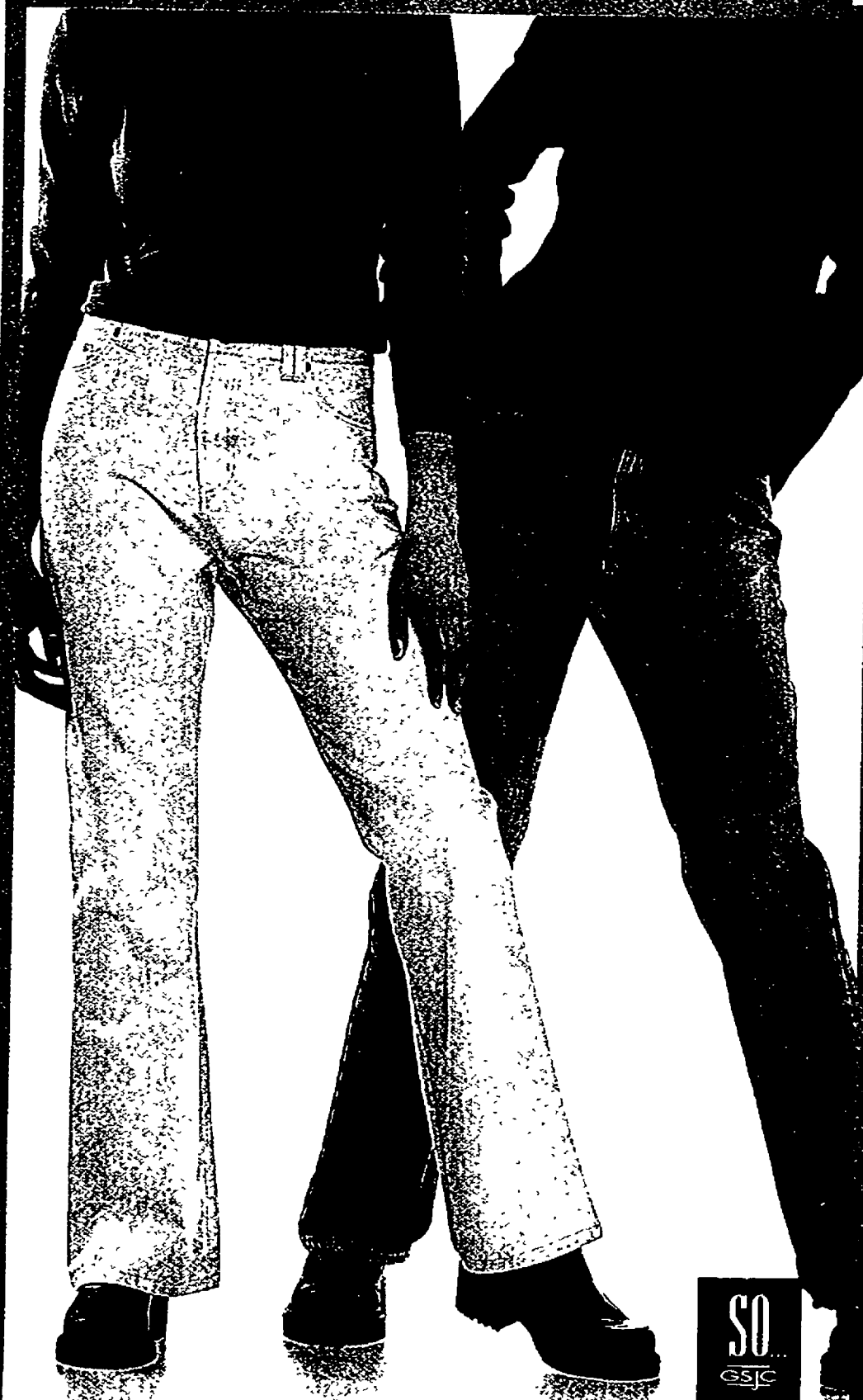
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18⁹⁹

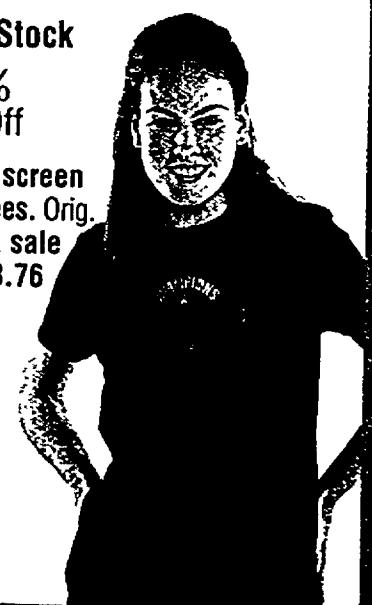
Juniors' French
terry hooded
jacket. Orig. \$26



Entire Stock

33% Off

Juniors' screen
printed tees. Orig.
\$16-\$28, sale
10.72-18.76



26⁹⁹

Juniors' l.e.i.[™]
twill pants.
All other Juniors'
Mudd[®] & l.e.i.[™]
twill pants, sale
24.99-29.99

**Mudd
l.e.i.**



Entire Stock

33% Off

Pantsuits and
dresses for her.
•Misses'
•Petites'
•Plus Size
•Juniors'
Orig. 49.99-
99.99, sale
33.49-66.99



one day only - 8am to 10pm

50% Off

Men's Croft & Barrow® solid mockneck. Orig. \$18, sale \$9

Available in Extended Sizes
S • M • L • XL
XXL • LT • XLT

croft & barrow

50% Off

Young men's Sonoma Vintage plaid shirt. Orig. \$32, sale \$16

GENUINE
SONOMA
JEAN COMPANY®

19⁹⁹

Men's Lee® 5-Pocket Denim Jeans

Available in Regular, Relaxed or Loose Fit.

Lee

17⁹⁹

Men's Croft & Barrow® solid twill or denim sport shirt. Orig. \$34

Available in Extended
S • M • L
XXL • LT

croft & barrow

17⁹⁹

Men's Bugle Boy® 7M carpenter jeans. Available in Stonewash or Black Finish.

M
BUGLE BOY

Entire Stock

40% Off

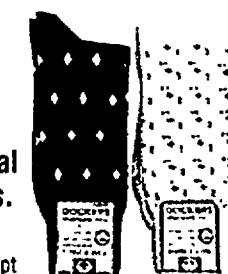
Men's golf apparel. Orig. \$30-\$48, sale 18.00-28.80

PENGUIN
HAGGAR
H
GOLF
fairway
SPORT

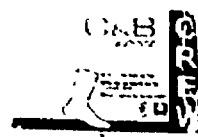
Entire Stock

30% Off

Men's dress, casual and athletic socks. Orig. \$6-\$15, sale 4.20-10.50 Men's dept



C&B



29⁹⁹

Your Choice

- Men's Dockers® Classic Fit No Wrinkle Twill Pants
- Men's Haggar® Gabardine Dress Pants

DOCKERS®

haggar.

super saturday

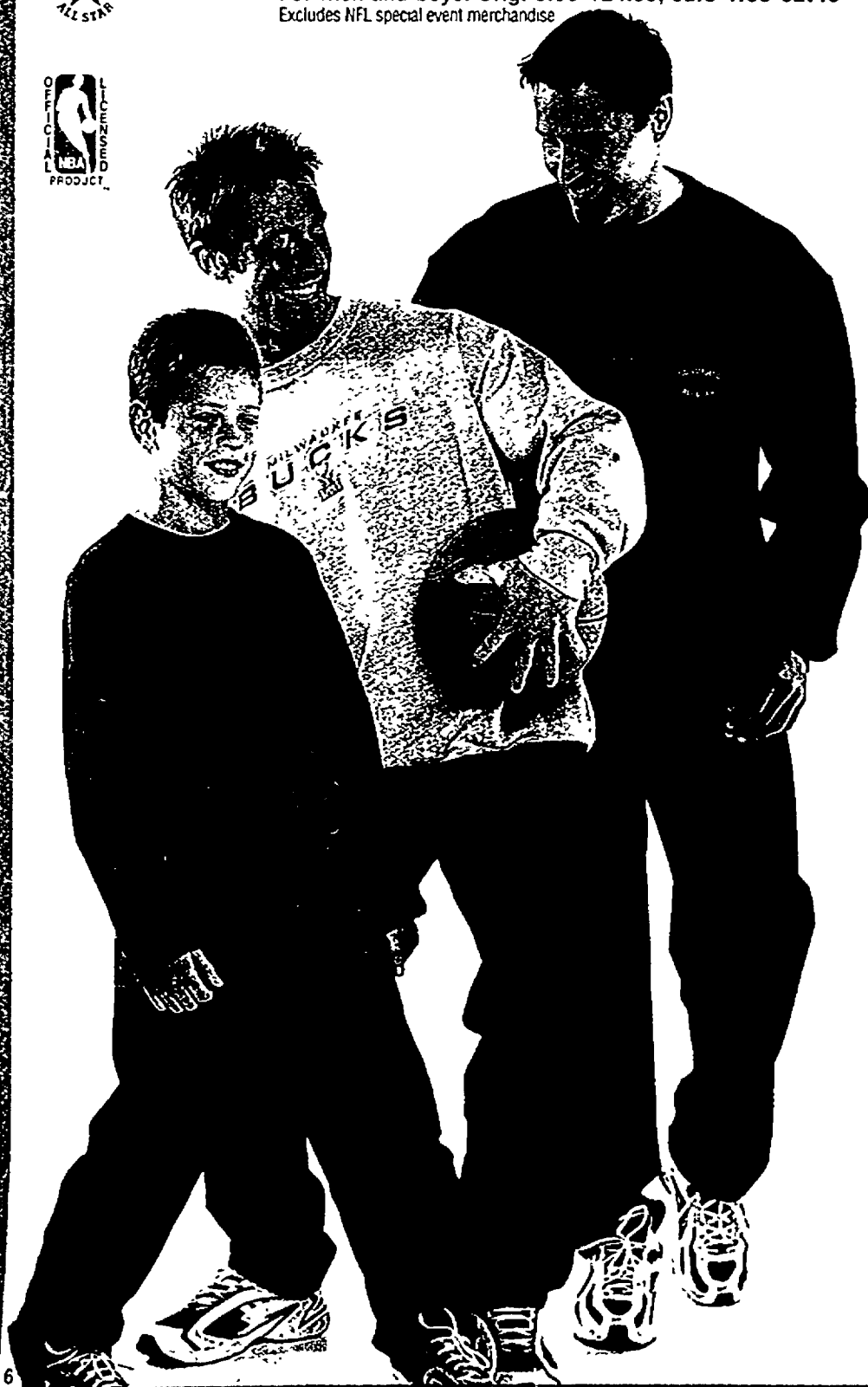
50% Off

Entire Stock Reebok®, Fila®, Converse® and Team Licensed Athletic Apparel and Accessories

For men and boys. Orig. 9.99-124.99, sale 4.99-62.49
Excludes NFL special event merchandise



Reebok



29⁹⁹

Women's selected shoes and boots.
Orig. 39.99-44.99



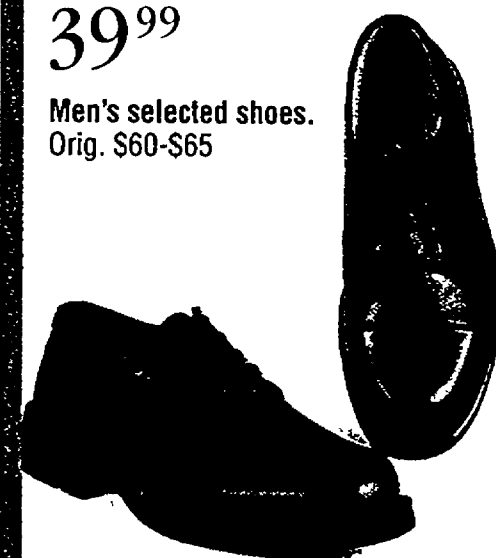
9⁹⁹

Kids' selected shoes and boots.
Orig. 16.99-30.00



39⁹⁹

Men's selected shoes.
Orig. \$60-\$65



40-50% Off

Selected athletic shoes for men, women & kids.
Orig. 29.99-79.99, sale 17.99-47.99



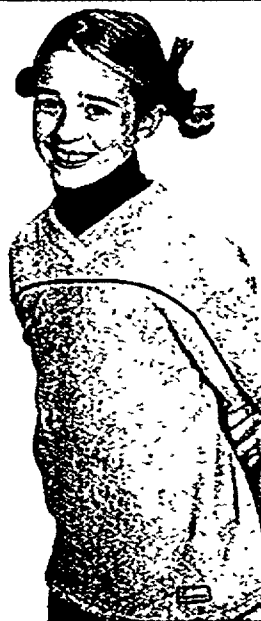
one day only - 8am to 10pm

Entire Stock

50% Off

Kids' double brushed fleece.

- Girls' 4-16
 - Boys' 4-20
 - Toddlers'
- Orig. \$18-\$40,
sale \$9-\$20

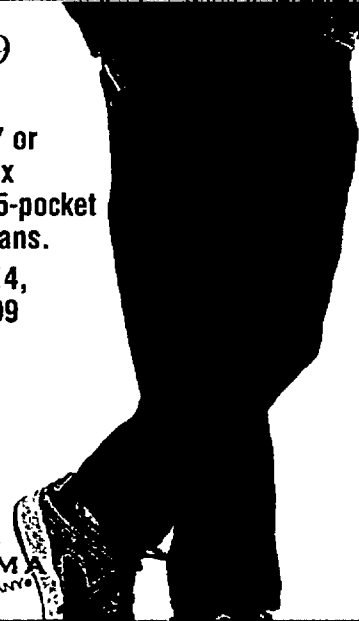


11⁹⁹

Boys' 4-7 or
girls' 4-6x
Sonoma 5-pocket
denim jeans.

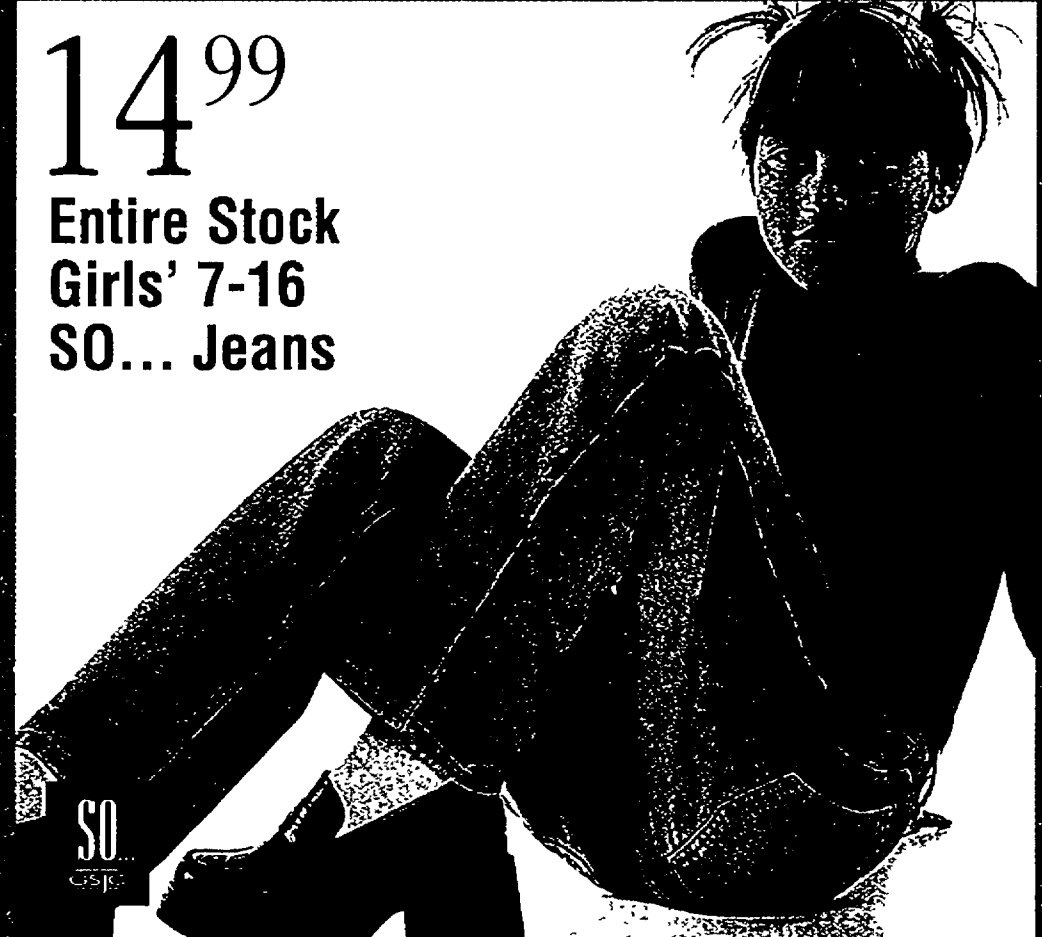
Boys' 8-14,
sale 12.99

GENUINE
SONOMA
JEAN COMPANY®



14⁹⁹

Entire Stock
Girls' 7-16
SO... Jeans



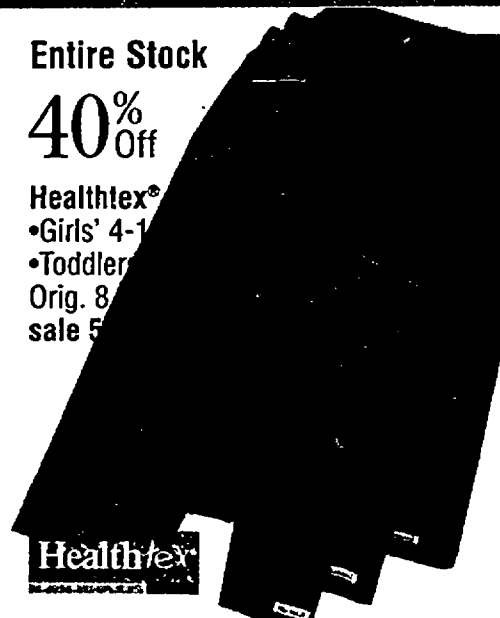
Entire Stock

40% Off

Healthtex®

- Girls' 4-16
 - Toddlers'
- Orig. 8.99,
sale 5.39

Healthtex®



Entire Stock

6⁹⁹

Boys' 4-7 or
girls' 4-6x
Sonoma
basic fleece.
Orig. \$14

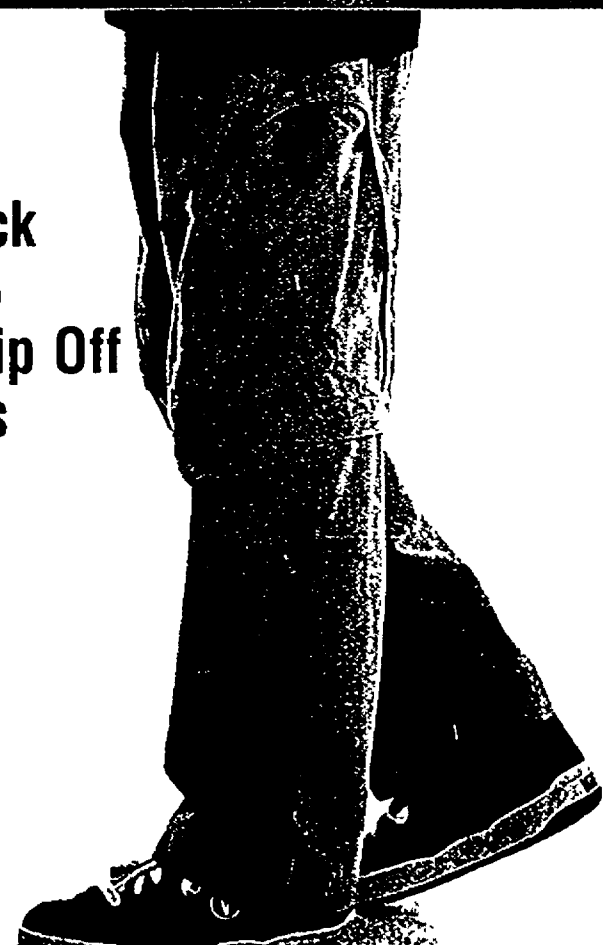
GENUINE
SONOMA
JEAN COMPANY®



19⁹⁹

Entire Stock
Boys' 8-18
Sonoma Zip Off
Tech Pants

GENUINE
SONOMA
JEAN COMPANY®



Entire Stock

33% Off

Infants' care and
feeding accessories.

Orig. 1.99-84.99,
sale 1.33-56.94



Entire Stock

30-40% Off

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Orig. 1.99-31.99,
sale 1.19-22.39
Excludes Jockey®.



super saturday

2/\$7

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Over 1.2 lbs. of cotton per towel
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Washcloth, sale 1.99

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CANNON

2/\$11

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Other sizes. Reg. 3.99-17.99, sale 2.79-12.50

Entire Stock

50-60% Off

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All Sizes

79⁹⁹

200-thread ct. Bed in a Bag®. Reg. 129.99-189.99
180-thread ct. Bed in a Bag®. Reg. 99.99-169.99, sale 59.99 all sizes

Entire Stock

35-50% Off

Decorative pillows and chair pads. Reg. 9.99-34.99, sale 6.49-22.74

50% Off Entire Stock Bed Pillows and Mattress Pads

Reg. 9.99-129.99, sale 4.99-64.99

Entire Stock

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Luggage, sale 13.99-189.99
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Samsonite

AMERICAN Tourister

SONOMA

Quarto

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sale 4.79-89.99



Entire Stock

30-40% Off

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dinnerware and
accessories.
Featuring
Summer Breeze.
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sale 3.49-99.99



PFALTZGRAFF

40-70% Off

Entire Stock Frames
and Albums

Reg. .99-56.99,
sale .59-34.19



*home
&
white
sale
continues*

35% Off

Fruit gel candle jars.
Reg. 21.99, sale 13.99



Entire Stock Massagers

15-50% Off

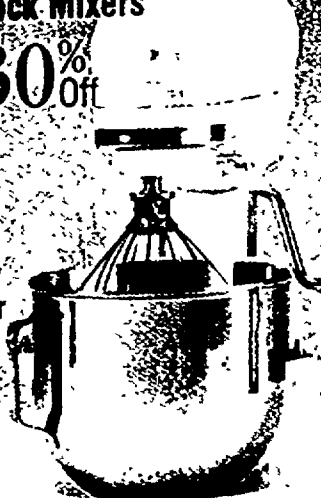
44.99
Massage mat
with heat



Entire Stock Mixers

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239.99
Heavy Duty
Stand Mixer



KitchenAid

Entire Stock

20-50% Off

Cookware.
Reg. 7.99-379.99,
sale 5.59-299.99

129.99
T-Fal® 11-pc. set



20-50% Off

Entire Stock
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Deep Cleaners

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\$20 instant rebate on
any vacuum or deep cleaner
over \$99.99.

Your Choice
199.99
Before \$20
Rebate



s t o r e w i d e CLEARANCE



EXAMPLE OF YOUR CLEARANCE SAVINGS

\$20.00 Original Price
 - \$8.00 40% Off Clearance Savings
 = \$12.00
 - \$6.00 50% Additional Clearance Savings
 = \$6.00 FINAL PRICE
 for a total savings of \$14 or 70%

**When you take an
 additional 50% OFF
 already reduced
 clearance prices.**

Final prices given at register. Clearance prices represent savings off original prices.
 Selection varies by store. Interim markdowns may have been taken. Sorry, no price
 adjustments given on prior purchases. Excludes outerwear for men, women and kids.

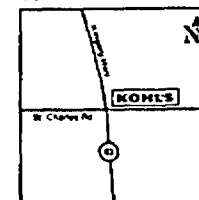
KOHL'S

That's more like it®

Prices good Saturday, January 13, 2001 only.

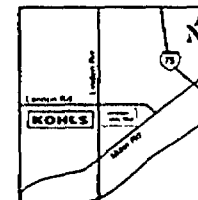
Items indicated on sale or referencing a comparative former or future price represent reductions from former or future offering prices (with or without actual sales) at Kohl's or at a competitor of the item or of comparable merchandise. Intermediate markdowns may have been taken. Clearance merchandise is excluded from entire stock categories herein. Actual savings may exceed percent savings shown. KOHL'S® and Kohl's brand names are trademarks of Kohl's Illinois, Inc.

Visit Our New Locations:



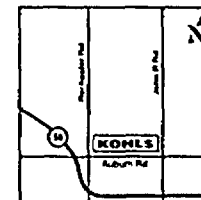
Elmhurst

Northeast corner of
 Rte 83 (Kingery Hwy)
 and St. Charles Rd



Flint

Southwest corner of
 Linden Rd and Lennon
 Rd, just north of
 Genesee Valley Mall



Rochester Hills

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 of Rochester Rd

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w/ year
subscription
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Plus - make FREE long distance calls anywhere in the U.S.

Headset required - long distance services provided by 3rd party websites, Triton makes no guarantees or warranties of 3rd party services.

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DIALUP IS STILL YOUR BEST VALUE!

- Monthly rates as low as \$10.99** for unlimited use
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- Easy setup NOW in a 5 minute phone call--no strangers trampling through your living room
- Cable systems slow down during peak usage because the same line serves many households
- Cable hookups are an easy target for hackers because of a constant connection
- For the average user doing research, email, or chat, a 56k modem is more than sufficient

NEED MORE SPEED?? SEE BACK OF THE FLYER

**Based on 15 months (3 month introductory \$4.95 rate plus a yearly \$149.95 subscription)

After the Introductory offer,

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Quarterly.....\$59.85

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\$149.95

Save up to **\$90** paying by the year!

*INTRODUCTORY OFFER - First 3 months then \$19.95/month. Offer expires 5/31/01. No price adjustments for prior sales. \$4.95 applies to new subscribers only. 6 & 12 month rates available to current customers, too.

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And if you like us

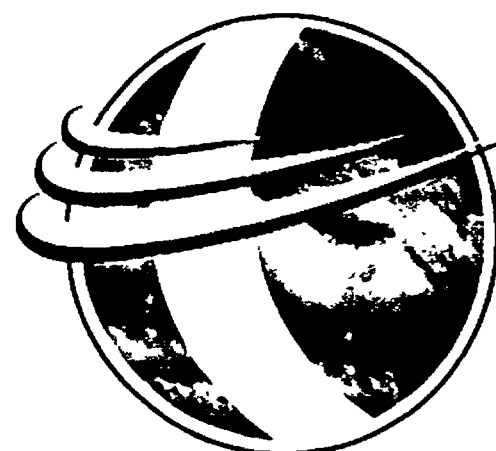
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Grand Rapids
Business Journal
2 years in a row



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fee will be charged for service calls. In the event of early cancellation
a \$200 fee applies. Regular voice telephone line and service not
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certain areas due to factors associated with DSL technology such as line
conditions or distance.

www.triton.net/dsl

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- ISDN comes with 2 lines, so if you are surfing the net at 128k and a call comes in, it drops your speed to 64k while you're on the phone. After you finish your voice call it will reconnect for the full 128k speed again.
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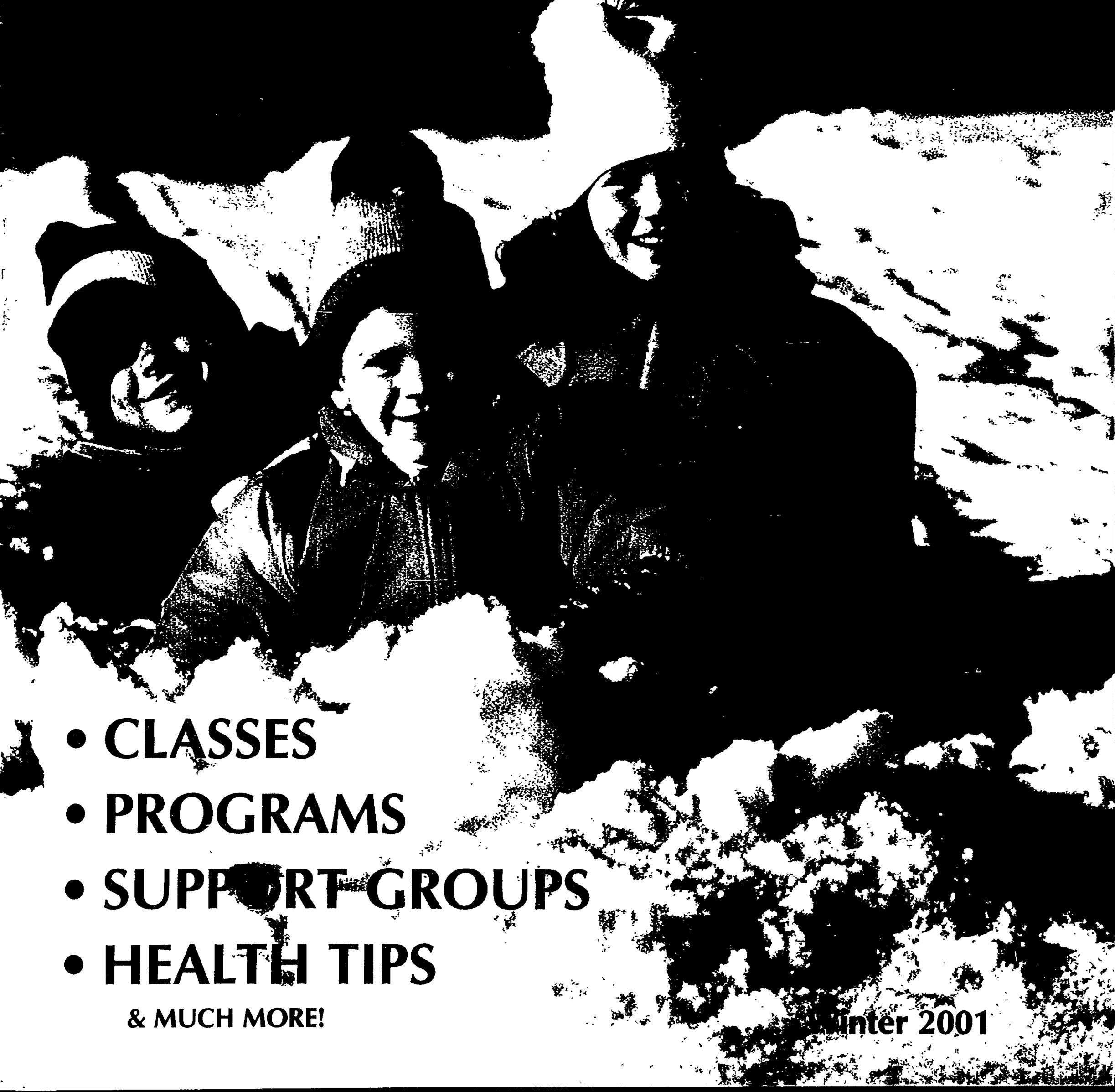
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- **HEALTH TIPS**

& MUCH MORE!

Winter 2001



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When most people think of a hospital, they think of a building and rarely the people in it. But for us, St. Joseph Mercy Hospital is our people — nothing more. So, when we were recently ranked among the one hundred top hospitals in the nation, and the one hundred top orthopedic specialty hospitals for knee replacement, it was simply a testament to our expert staff. Here, and throughout Saint Joseph Mercy Health System, we have one of the best health care teams anywhere. People committed to helping and healing. People committed to health and wellness. People committed to you.

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SAINT
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 MERCY
 HEALTH SYSTEM



A Member of Mercy Health Services

ST. JOSEPH MERCY HOSPITAL

Welcome!

to Saint Joseph Mercy Health System Community Education



Saint Joseph Mercy Health System is pleased to present the following programs, events and services for you and your family's better health. Programs have limited space available and require advance registration unless indicated. The classes listed here and/or their dates and times are subject to change. Please call the Saint Joseph Mercy HealthLine at (734) 712-5400 or (800) 231-2211 or the telephone number listed with the program for more information, dates, fees, directions and/or to get details on registration.

Look for the blue boxes **Health Tip** throughout the calendar for useful health hints! Remember, the health tips contained in this calendar are not intended to substitute for professional care.

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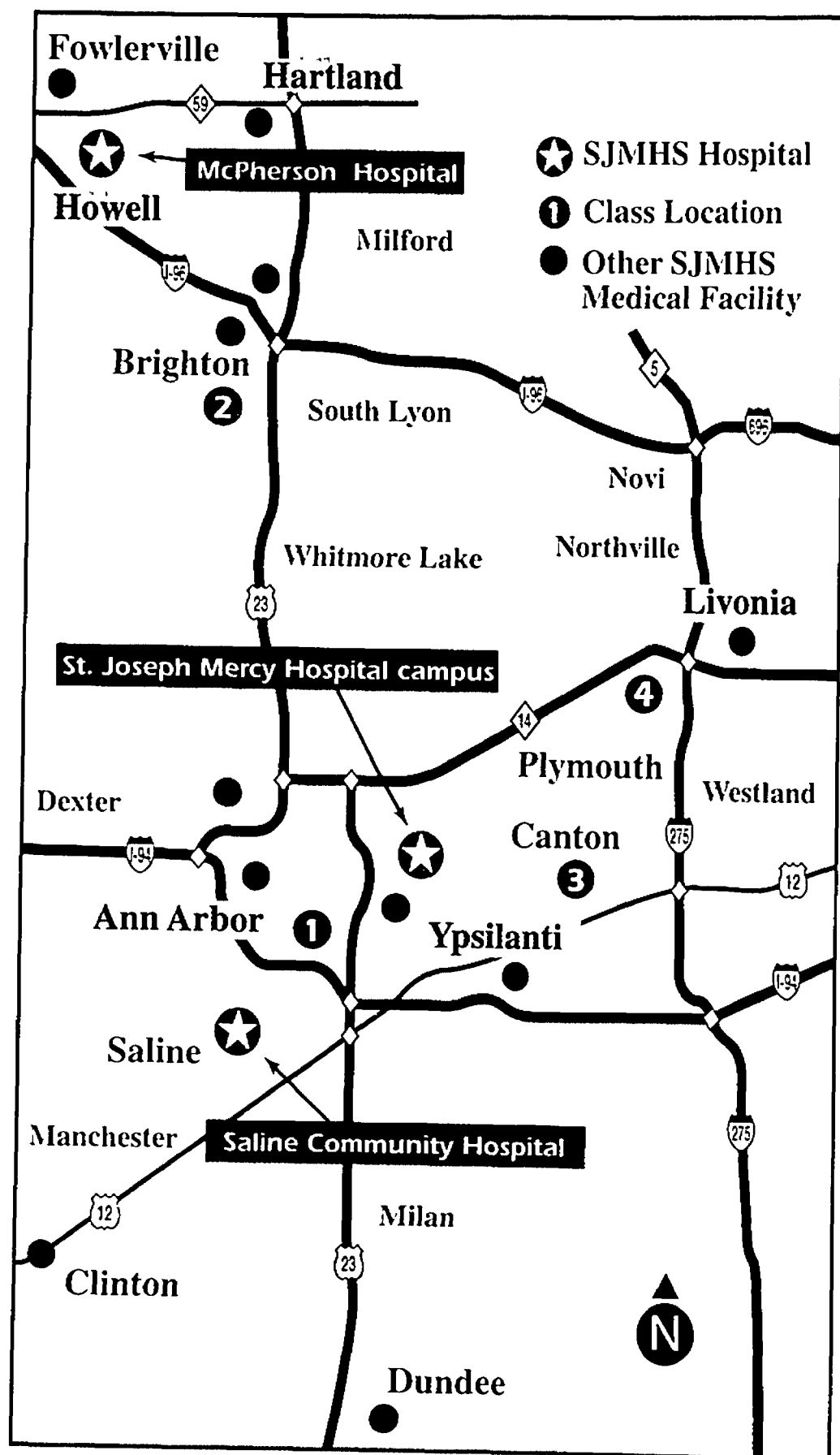
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The Community Health Guide is produced and published by the Marketing and Media Relations Department of Saint Joseph Mercy Health System.

If you have any comments or would like additional copies of this guide, please call (734) 712-2357.

COMMUNITY EDUCATION LOCATIONS

- ★ **Ann Arbor: St. Joseph Mercy Hospital Education Center**
5301 E. Huron River Dr.,
Ann Arbor, MI 48106 (734) 712-3456
Ann Arbor/MCCC: McAuley Cancer Center
(734) 712-5948
Ann Arbor/MHVI: Michigan Heart & Vascular Institute (734) 712-5205
Ann Arbor/MMHS: McAuley Mental Health Services and McAuley Chemical Dependency Services
2006 Hogback
Ann Arbor, MI 48105
(734) 712-2595
Ann Arbor/RHC: Reichert Health Center
(734) 712-5300
Ann Arbor/SHB: Senior Health Building
(734) 712-5189
- ① **Ann Arbor/Briarwood Mall: Health Stop**
620 Briarwood Circle
Ann Arbor, MI 48108 (734) 827-3777
- ② **Brighton: Saint Joseph Mercy McPherson Health Building**
8580 West Grand River Ave.
Brighton, MI 48116 (810) 220-8900
- ③ **Canton: Saint Joseph Mercy Canton Health Center**
1600 S. Canton Center Rd.
Canton, MI 48188 (734) 398-7557
- ★ **Howell: McPherson Hospital**
620 Byron Rd.
Howell, MI 48843
(517) 545-6000
- ④ **Plymouth: Saint Joseph Mercy Arbor Health Center**
990 W. Ann Arbor Trail
Plymouth, MI 48170 (734) 414-1010
- ★ **Saline: Saline Community Hospital**
400 Russell St.
Saline, MI 48176
(734) 429-1500
Greenbrook Recovery Center
(734) 429-1592



Saint Joseph Mercy Health System and its physician partners provide a comprehensive range of health care services for residents in Washtenaw, Livingston, Jackson, Lenawee, Monroe and western Wayne counties.

St. Joseph Mercy Hospital
5301 E. Huron River Drive
Ann Arbor, MI 48106
(734) 712-3456

McPherson Hospital
620 Byron Rd.
Howell, MI 48843
(517) 545-6000

Saline Community Hospital
400 Russell St.
Saline, MI 48176
(734) 429-1500

For information on physicians, services and community education classes, call Saint Joseph Mercy HealthLine: (800) 231-2211

St. Joseph Mercy Health System Mission

We work together and with others, in the tradition of the Sisters of Mercy, to relieve suffering of body, mind and spirit and to improve the health of our communities.

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Tues.	6	Senior Health Day	16
Wed.	7	Childbirth Education "Refresher" Class	16
Wed.	7	Finding Fats That Fit	13
Wed.	7	What Are My Heart Medications?	10

EVENTS AT A GLANCE

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Thur.	8	Dine Fine	13	Mon.	2	Finding Fats That Fit	13
Sat.	10	Heart-to-Heart Conversation for Mothers and Daughters on Puberty	14	Mon.	2	Joy of Soy II	13
Sat.	10	Healthy Solutions Orientation	13	Tues.	3	Kids Cook I	8
Mon.	12	Supermarket Sleuthing	14	Tues.	3	Health Care Provider Professional BLS	7
Mon.	12	What Triggers Your Eating?	14	Tues.	3	Senior Health Day	16
Mon.	12	Irregular Heart Rhythms	10	Wed.	4	Meal Planning: What's For Dinner?	13
Wed.	14	Fabulous Fiber	13	Wed.	4	What Triggers Your Eating?	14
Wed.	14	Diabetes and Heart Disease	10	Wed.	4	What is Heart Failure?	10
Thur.	15	ABCs of Fruits and Vegetables (DASH I)	12	Wed.	4	Staying Healthy As You Age	17
Thur.	15	Marvelous Meats	13	Thur.	5	Cholesterol Confusion	12
Thur.	15	Learning About Stroke	10	Sat.	7	Guest Chef Program	13
Thur.	15	Breastfeeding Preparation	16	Sat.	7	Spring Fair Celebration	17
Sat.	17	Healthy Solutions Orientation	13	Sat.	7	Boot Camp for New Dads	14
Mon.	19	Braving the Cravings	12	Mon.	9	Fabulous Fiber	13
Mon.	19	Eat Locally—Michigan Cooking	13	Mon.	9	Vegetarian Wonders	14
Mon.	19	Going Through Open Heart Surgery	10	Tues.	10	Kids Cook II	8
Wed.	21	Meal Planning: What's For Dinner?	13	Wed.	11	Baby Building	14
Wed.	21	Supermarket Sleuthing	14	Wed.	11	What Triggers Your Eating?	14
Wed.	21	Learning About Stroke	10	Wed.	11	Heart Disease, Diagnosis and Treatment	10
Thur.	22	Delightful Desserts	12	Thur.	12	Fabulous Fiber	13
Thur.	22	Maximizing Your Food Choices	13	Thur.	12	Healthy Solutions Orientation	13
Sat.	24	Boot Camp for New Dads	14	Thur.	12	Lower Your Blood Pressure	10
Sat.	24	Is It Time To Have a Baby?	16	Mon.	16	Supermarket Sleuthing	14
Sat.	24	Emotional Eating	13	Mon.	16	Vitamins and Minerals	14
Sat.	24	Healthy Solutions Orientation	13	Wed.	18	Braving the Cravings	12
Mon.	26	Joy of Soy I	13	Thur.	19	Get Hooked on Fish!	13
Mon.	26	Maximizing Your Food Choices	13	Thur.	19	Healthy Solutions Orientation	13
Mon.	26	Surviving After a Heart Attack	10	Fri.	20	Project Healthy Living	17
Tues.	27	Immunization Clinic	8	Mon.	23	Emotional Eating	13
Wed.	28	Cholesterol Confusion	12	Thur.	26	Food and Mood Connection	19
Wed.	28	Exercising with Heart Disease	10	Thur.	26	Breastfeeding Preparation	16
Thur.	29	Finding Fats That Fit	13				
Thur.	29	NutriTots	8				
Sat.	31	Healthy Solutions Orientation	13				

Health Information Library in the Reichert Health Center

Books, pamphlets and videos are available on a variety of disease and wellness topics.
Mondays–Thursdays; 9 a.m.–4 p.m. and Fridays;
9 a.m.–1 p.m. (734) 712-5177

CPR/BASIC LIFE SUPPORT

- **Adult Heartsaver Basic Life Support (BLS)**
This American Heart Association course covers adult CPR and foreign body airway obstruction. Use of barrier devices and automated external defibrillation is also discussed. \$25*
Howell: First Wednesday monthly; 7–10 p.m.
(517) 545-6571
- **Adult Heartsaver Plus Basic Life Support (BLS)**
For non-clinical staff requiring basic life support training for work or for licensure (home health aides, unit clerks, clerical staff, daycare providers and adult foster care workers). \$30
Howell: First Thursday monthly; 1–4 p.m.
(517) 545-6571
- **First Aid**
Basic first aid information and techniques including assessment, respiratory care, sudden illness and trauma. Prerequisite for this class is the Adult Heartsaver BLS course. \$25*
Howell: Third Wednesday monthly; 7–10 p.m.
(517) 545-6517
- **Health Care Provider Basic Life Support**
Course for health care providers that covers adult and pediatric CPR, foreign body airway obstruction, automated external defibrillation and cardiopulmonary emergencies. \$50
Howell: Second Monday monthly; 12:30–4 p.m. or Fourth Thursday monthly; 8:30 a.m.–12 noon
(517) 545-6517
- **Health Care Provider Professional Basic Life Support**
Course covers adult and child CPR, foreign body airway obstruction, automated external defibrillation and other cardiopulmonary emergencies common to health care providers. \$100
Howell: Tuesdays, Feb. 6 or Apr. 3; 8 a.m.–3 p.m.
(517) 545-6213
- **Pediatric Basic Life Support**
Covers pediatric and infant CPR and basic life support for children and infants 0 to 8. Appropriate for parents, grandparents, child care providers and babysitters over 12. \$25*
Howell: Second Wednesday monthly; 7–10 p.m.
(517) 545-6571
**Or \$60 if registered for Heartsaver, Pediatric Basic Life Support and First Aid.*

CANCER EDUCATION AND SUPPORT

- **Brain Tumor Support Group**
For people diagnosed with brain tumors and their families/friends.
Ann Arbor/MCCC: Fourth Tuesday monthly; 7–8:30 p.m.
(734) 712-5400 / (800) 231-2211
- **Breast Cancer Support Group**
Monthly discussion group providing ongoing support to women diagnosed with breast cancer.
Ann Arbor/MCCC: Third Thursday monthly; 7–8:30 p.m.
(734) 712-2920

- **Cancer Lecture Series**
Free monthly sessions designed to provide up-to-date information about a variety of topics relevant to cancer patients and their families. A light dinner is provided. Pre-registration required.
Ann Arbor/MCCC: Second Wednesday monthly; 6–7:30 p.m. (734) 712-2920
- **Kids Care**
Free education and support program for children of cancer patients and their parents. Separate groups for children and adults run concurrently.
Ann Arbor/MCCC: Fourth Wednesday monthly; 6:30–8 p.m. (734) 712-5314
- **Look Good...Feel Better**
Free workshop for women receiving chemotherapy and/or radiation therapy for cancer treatment. Includes instruction by a cosmetologist and skin care experts, complimentary cosmetics and tips on wigs, turbans and scarves.
Ann Arbor/MCCC: Third Wednesday monthly; 12 noon–2 p.m. (734) 712-4183
- **Lymphedema Support**
Lymphedema is a serious condition characterized by a swollen limb or body part that worsens over time. For a free telephone consultation to answer your questions about lymphedema prevention and treatment, call the St. Joseph Mercy Hospital Rehabilitation Services Department at (734) 712-3160.
- **Prostate Cancer Support Group**
Free education and support for men diagnosed with prostate cancer and their partners.
Ann Arbor: Third Thursday monthly; 7–8:30 p.m.
(734) 712-3655
- **Prostate Screenings**
If you are a male age 50–70, a male with a family history of prostate cancer or an African American male 40–70, you are eligible for a free prostate cancer screening. Pre-registration required.
Ann Arbor/MCCC: Fourth Thursday monthly; 4–5 p.m.
(800) 231-2211 / (734) 712-5400
- **Share and Care**
Free ongoing support group for people with cancer, their family members and friends. Join at any time; please register to come. Offers an opportunity to discuss common concerns, exchange information and share experiences.
Ann Arbor/MCCC: First and Third Tuesday monthly; 7–8:30 p.m. (734) 712-5314
- **Wellness & Spirituality Support Group for Cancer Patients**
Four-week series for cancer patients who wish to explore spirituality, health issues and the meaning of their cancer experience. Must commit to all four weeks. \$80
Ann Arbor/MCCC: Mondays; Jan. 29–Feb. 19; 6–7:30 p.m. (734) 712-2920

CHILDREN'S, ADOLESCENT and TEEN HEALTH

■ Adolescent Support Groups

Ongoing groups where teens explore a number of issues including developing autonomy, dealing with sexuality, self-esteem, social skills, peers, parents, school and decisions about their future. \$15/session with a four week minimum.

Group for ages 12-14, Mondays: 5-6:30 p.m.

Group for ages 16-18, Mondays: 6:30-8 p.m.

Ann Arbor/MMHS: (734) 712-0813

■ Attention Deficit Hyperactivity Disorder (ADHD) Groups

Groups for elementary, middle and high school students with ADHD/ADD discuss common concerns, develop problem-solving skills and improve self-image. Separate concurrent parent group focuses on improving parental coping skills.

Call for start dates. \$120 (\$60 per child/\$60 per parent)

Ann Arbor/MMHS: Thursday evenings

(734) 712-4399

■ Immunization Clinics for Children

Walk-in immunizations for children through age 18.

Excludes Influenza Vaccine. Bring your immunization records with you! \$7

Canton: Tuesdays, Jan. 30, Mar. 27; 4-6:30 p.m.

(734) 398-7557

■ Growing Tree Resiliency Skill Building Group

An eight-week program providing skill building, education and peer support to children ages 4-11. Call for start date.

\$300 for child and caretaker/\$100 for each additional child.

Ann Arbor/Child Care Center: Thursdays: 6:30-8 p.m.

(734) 712-4320

■ Kids Cook!

Hands-on cooking class is designed to teach kids how to prepare healthy and tasty foods in a safe way. Kids Cook 1 is for children ages 3-8. Kids Cook 2 is more involved and for ages 8-12. \$20 (second child from same family is \$10)

Kids Cook 1: Tues., Jan. 23; 4-5:30 p.m. or

Tues., Apr. 3; 4-5:30 p.m.

Kids Cook 2: Mon., Jan. 29; 4-5:30 p.m. or

Tues., Apr. 10; 4-5:30 p.m.

Ann Arbor/Briarwood: (734) 827-3777

Health Exploration Station



The HES is quickly becoming the field trip of choice by teachers. Pre-school through high school programs are offered on a variety of health related topics. Call to make a reservation for your school,

scout or civic group to visit. The interactive exhibit gallery is also open to the public on the fourth Thursday of each month from 10 a.m. to 8 p.m. No reservations are necessary. Please call (734) 398-7518 for more information.

■ NutriTots

Learn how to develop good eating habits in young children ages 2-4. Designed for parents and children, with separate classes held concurrently. First and third class includes a light lunch for kids and parents. Second class is at a local supermarket; parents only for that class. \$40 (May be a covered benefit; check with your insurance carrier.)

Ann Arbor/Briarwood: Thursdays, Mar. 29-Apr. 12;

10:30 a.m.-12 noon

(734) 827-3777

■ Relationship Issues for Children in Late Elementary and Middle School

Groups for students who have trouble fitting in and who may be the target of teasing. Call for start date. \$73/session with a 12-16 week minimum. (May be a covered benefit; check with your insurance carrier.)

Fourth/fifth graders. Wednesday; 4:45-6:15 p.m.

Sixth/seventh/eighth graders. Wednesdays: 6:15-7:45 p.m.

Ann Arbor/MMHS: (734) 712-4399

■ ShapeDown

Innovative 10-week weight management program for children and teens. Parents and kids work together to learn how healthy eating, an active lifestyle and effective communication promote weight loss and family unity. \$400 (May be a covered benefit; check with your insurance carrier.)

• Free orientation Mon., Jan. 22; 7-8 p.m.: MHVI

Auditorium for Monday evening classes beginning

February 5 for ages 6-11 and Thursday evening classes beginning February 1 for ages 12-16

• Free orientation Tues., Jan. 23; 7-8: Chelsea Community Hospital White Oak Building for Tuesday evening classes beginning February 6 for ages 6-12

(734) 712-5694

■ "Surginauts"

Designed to familiarize you and your child with the surgery experience. A tour is included.

Howell: First and Third Saturdays monthly; 10-11 a.m.

(517) 545-6728

DIABETES

■ Diabetes Education

Health professionals assist newly diagnosed and long-term diabetics to better manage their disease through medication, diet, exercise and healthy living. Personalized program provides information on more complex diabetes management. Both individualized appointments and classes are offered.

Ann Arbor: (734) 712-2431

■ Diabetes "Learn, Taste and Share" Program

Free diabetes nutrition program geared towards people with limited insurance coverage or limited financial resources. Includes hands-on cooking demonstrations, tasty meals and supermarket tour.

Ann Arbor/Sequoia Place: Tuesdays, Feb. 6-Feb. 27;

10 a.m.-12 noon (734) 712-5400 / (800) 231-2211

- **Diabetes Type II Class**

Education about Diabetes Type II and generic information about managing the disease through diet and exercise. Especially beneficial for newly diagnosed people.
Howell: (517) 545-6517

- **Living Well with Diabetes**

Free education and support group for people with diabetes and their families. Group features presentations by various health professionals and time to share experiences and learn from others with diabetes. Call for specific information regarding upcoming topics.
Ann Arbor: First Friday monthly; 2–3:30 p.m. or Third Tuesday monthly; 7–8:30 p.m.
(734) 712-2804

HEALTHIER LIVING

- **Be Fit - Benefit—Starting an Exercise Program**

Learn the ABCs of a healthy and workable exercise program. Get started on a schedule for building exercise into your life.
Ann Arbor/Briarwood: Mon., Jan. 22; 10–11 a.m. or Thurs., Jan 25; 1–2 p.m. or Mon., Feb. 5; 7–8 p.m.
(734) 827-3777

- **Chronic Pain Management**

Free ongoing lecture and therapy group for individuals with chronic pain. Participants will learn self-management skills for coping with chronic pain.
Ann Arbor/MCCC: Fourth Monday monthly; 7–8:30 p.m.
(734) 712-5898

- **Depression Treatment Group—Ten Steps to Self-Esteem**

Enjoy life more by learning concrete steps to decrease depressive symptoms and increase emotional wellness in this ten-week program. Call for start dates. \$73/session; ten-week minimum. (May be a covered benefit; check with your insurance carrier.)
Ann Arbor/MMHS: Thursdays; 6:30–8 p.m.
(734) 712-4399

- **Freedom from Joint Pain**

Free presentation for people suffering from arthritis and/or joint pain. Physician available for questions after presentation.
Howell: Fourth Friday monthly; 2–3 p.m.
(517) 545-6289

Health Tip

Fitness for Your Heart

What can you do to reduce your risk of heart disease? Exercise regularly. It enables your heart and lungs to work more efficiently and helps keep your blood pressure, cholesterol and weight in check. Before you start an exercise program, talk with your doctor. Then incorporate physical activity into your daily schedule.



Life Lessons

Life Lessons is a 16-week program that takes you on a journey in which you explore a new way of being in the world. Through programs on meditation, yoga, nutrition, fitness, time awareness and stress physiology, you'll learn to shed old behaviors and restore inner peace and harmony. You'll become mindful of life in all its richness and you'll be healthier as a result. Attend a free introduction session to learn about the Tuesday evening program that begins on February 13.
Ann Arbor/MHVI: Tues., Jan. 23; 7–8 p.m.
Ann Arbor/Briarwood: Sun., Jan. 28; 4–5 p.m.
(734) 712-5694

- **Group for Young Adults with Major Depression or Bi-Polar Disorder**

Ongoing group for young adults ages 18–23 who have been diagnosed with major depression or bi-polar disorder. \$15/session; four week minimum.
Ann Arbor/MMHS: Tuesdays; 6:30–8:00 p.m.
(734) 712-0813

- **Kidney Education Class**

Class for patients with kidney failure and their families. Information about what our kidneys do and treatment options. Overview of issues including nutrition, insurance coverage and coping with illness.
Ann Arbor/RHB: Third Thursday monthly; 1–3 p.m.
(734) 712-3483

- **Learn to Read Your Mind: Introduction to Cognitive Behavior Therapy**

Free introductory session that provides an opportunity to learn how your thoughts influence your feelings and behaviors. Especially helpful for those who have difficulties with anxiety or anger.
Ann Arbor/MMHS: First and Third Wednesdays monthly; 6:30–8 p.m. (734) 712-4388

- **Marital Arts Seminar**

Seminar designed for couples who wish to strengthen their marital relationship. Emphasis is on the practical application of interpersonal skills to develop greater intimacy within the marriage. Call for start dates. \$180 for six-week course.
Ann Arbor: Tuesdays; 7–8:30 p.m. (734) 712-2503

- **Relationship Issues for Adults**

For adults who have difficulty developing or maintaining healthy relationships. Call for start dates. \$73/session; minimum 12–16 weeks. (May be a covered benefit; check with your insurance carrier.)
Ann Arbor/MMHS: Mondays; 7–8:30 p.m. (734) 712-4399

■ **Smoke Stoppers**

Educational program to help smokers learn to become smoke free and stop smoking for good! Learn proven behavior modification and stress management techniques. Program is one-on-one individual counseling. Information session is free. \$165 (May be a covered benefit; check with your insurance carrier.)

Ann Arbor/Briarwood: Call to arrange start date
(734) 827-3768

■ **Stress and Lifestyle Management**

Four-week course for managing stress and implementing lifestyle changes. Participants learn to manage stress through physical and cognitive techniques. \$90 (May be a covered benefit; check with your insurance carrier.)

Ann Arbor/MHVI: Thursdays, Feb. 1–Feb. 22: 6:30–8:30 p.m.
(734) 712-3583

■ **The Well-Informed Family Series**

– **Clinical Depression: Understanding the Diagnosis and Treatment of Depression**

Free session designed for individuals who wish to learn more about their depression diagnosis.

Ann Arbor/MMHS: First Monday monthly: 7–8 p.m.
(734) 712-2503

– **Through Sickness and in Health: Understanding Depression and Its Impact on Intimate Relationships**

Free session for couples who wish to learn more about the impact of depression on marital and other intimate relationships.

Ann Arbor/MMHS: Second Monday monthly: 7–8 p.m.
(734) 712-2503

– **When Someone You Love is Depressed: Understanding Depression and Its Impact on the Family and Children**

Free session designed so you can learn how to assist a loved one suffering from depression.

Ann Arbor/MMHS: Third Monday monthly: 7–8 p.m.
(734) 712-2503

– **Understanding the Diagnosis and Treatment of Panic Disorder**

Free session for individuals and their families who wish to learn more about panic disorder, its manifestation and implications for daily living.

Ann Arbor/MMHS: Fourth Monday monthly: 7–8 p.m.
(734) 712-2503

HEART/CARDIOVASCULAR

■ **"...And the Beat Goes On"**

Cardiovascular information whether you have a heart/cardiovascular condition or not. Walk-ins welcome! \$5 (or free if referred by a medical professional). Call for more information or to register: (734) 712-3546

Ann Arbor/Briarwood:

Wed., Jan. 17: 1:30–2:30 p.m.	What is Heart Failure?
Wed., Feb. 14: 1:30–2:30 p.m.	Heart Disease, Diagnosis and Treatment
Wed., Feb. 28: 1:30–2:30 p.m.	Lower Your Blood Pressure

■ **"...And the Beat Goes On" (continued)**

Wed., Mar. 21: 1:30–2:30 p.m.	Learning About Stroke
Wed., Apr. 11: 10:1:30–2:30 p.m.	Heart Disease, Diagnosis and Treatment

Canton Health Center:

Thurs., Jan. 25: 10:30–11:30 a.m.	Diabetes and Heart Disease
Thurs., Feb. 22: 10:30–11:30 a.m.	Heart Disease, Diagnosis and Treatment
Thurs., Mar. 1: 10:30–11:30 a.m.	What Are My Heart Medications?
Thurs., Mar. 15: 10:30–11:30 a.m.	Learning About Stroke
Thurs., Apr. 12: 10:30–11:30 a.m.	Lower Your Blood Pressure

Ann Arbor/MHVI:

Wed., Feb. 21: 6–7 p.m.	Exercising with Heart Disease
Wed., Mar. 7: 1:30–2:30 p.m.	What Are My Heart Medications?
Wed., Mar. 14: 1:30–2:30 p.m.	Diabetes and Heart Disease
Wed., Mar. 21: 1:30–2:30 p.m.	Learning About Stroke
Wed., Mar. 28: 6–7 p.m.	Exercising with Heart Disease
Wed., Apr. 4: 1:30–2:30 p.m.	What Is Heart Failure?

If you've had a heart attack, you should attend these classes.

All classes are held at Michigan Heart & Vascular Institute.

All classes are \$5 (or free if referred by a medical professional).

Please call (734) 712-3546 to register or for more information.

Wed., Jan. 17: 11:30–12:30 p.m.	Going Through Open Heart Surgery
Wed., Jan 24: 11:30–12:30 p.m.	Surviving After a Heart Attack
Mon., Mar. 5: 1:30–2:30 p.m.	Heart Disease, Diagnosis and Treatment
Mon., Mar. 12: 1:30–2:30 p.m.	Irregular Heart Rhythms
Mon., Mar. 19: 1:30–2:30 p.m.	Going Through Open Heart Surgery
Mon., Mar. 26: 1:30–2:30 p.m.	Surviving After a Heart Attack

Health Tip

Recognize the Signs of a Stroke

If you are having a stroke, emergency medical care can reduce your risk of brain damage. Seek care immediately if you are experiencing impaired speech or sight; sudden weakness or numbness in your face, arm or leg; an unusual headache; dizziness; or unexplained behavior changes.

■ **Cardiac Rehabilitation**

Supervised exercise program for individuals with cardiovascular disease or significant risk factors for developing heart disease. Program includes education on exercise, stress, cholesterol, body fat, low fat cooking and medications. Program at Saline Community Hospital called "Pumper Power." Fee involved. (May be a covered benefit; check with your insurance carrier.)

Ann Arbor/MHVI: Call for appointment (734) 712-3105
Saline: Call for appointment (734) 429-1640



FOR BETTY

TO FINISH THIS RACE,
IT TOOK A WHOLE TEAM.



For Betty, walking to the corner was once as exhausting as running a 5K race. To get her back on her feet it took a whole team from the Michigan Heart & Vascular Institute of Saint

Joseph Mercy Health System. A team hand picked from 40 top heart and vascular specialists. Her care was comprehensive and coordinated from initial diagnosis and treatment to rehabilitation and prevention. If you or a loved one is facing a serious cardiovascular problem, you want a great team on your side. Talk to your primary care physician first. And ask about Michigan Heart & Vascular Institute. Or call the Saint Joseph Mercy Healthline at 1-800-231-2211.

Your Health. Your Life. Your Team.



**MICHIGAN
HEART & VASCULAR
INSTITUTE**



**AFFILIATED WITH
SAINT JOSEPH MERCY HEALTH SYSTEM**

REGIONAL SITES

Cardiology

Ypsilanti
734-483-5000

Ann Arbor
Michigan Heart & Vascular
Institute at
St. Joseph Mercy Hospital
734-712-8000

Saline
Saline Community Hospital
734-712-8000

Canton
734-398-7515

Howell
McPherson Hospital
517-545-6909

Chelsea
Chelsea Community Hospital
734-712-8000

Plymouth
734-414-1070

Livonia
St. Mary Hospital
734-462-3233

Jackson
517-787-1234

Adrian
517-266-1042 or 517-265-2958

Tecumseh
517-423-5560

Vascular Surgery

Ann Arbor
Michigan Heart & Vascular
Institute at
St. Joseph Mercy Hospital
734-434-4200

Adrian
517-263-0711

Tecumseh
517-423-5560

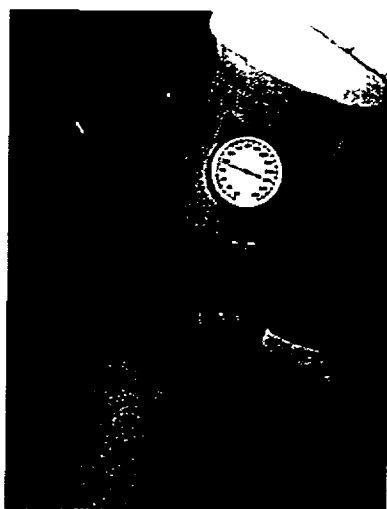
Howell
McPherson Hospital
734-434-4200

Cardiovascular & Thoracic Surgery

Ann Arbor
Michigan Heart & Vascular
Institute at
St. Joseph Mercy Hospital
734-712-5500

**SAINT
JOSEPH
MERCY**
HEALTH SYSTEM

A MEMBER OF TRINITY HEALTH



Wednesday is Heart & Vascular Day at Health Stop in Briarwood Mall

A cardiac nurse will be available from 10 a.m. to 3 p.m. to do risk factor assessment screenings for heart disease and stroke, take blood pressures, do cholesterol screenings, answer questions and help patients find resource material.
(734) 827-3777

■ **Heart of a Woman Program**

Program geared for women who want to learn more about their cardiovascular health. Call for more information.
Ann Arbor/MHVI: (734) 712-5100

■ **Heart-to-Heart Network**

Talk with other people who have heart or vascular disease in this free group. New groups forming on a regular basis.
Ann Arbor/MHVI: (734) 712-3583

■ **Partners at Heart**

Free support group for spouses and partners of cardiovascular patients. New groups forming on a regular basis.
Ann Arbor/MHVI: (734) 712-3583

■ **Implanted Cardioverter Defibrillators (ICD) Support Group**

Bimonthly meeting for ICD patients, their family and friends. Meetings usually held on Tuesdays from 2 to 4 p.m.
Ann Arbor/MHVI: (734) 712-8036

LUNGS/PULMONARY

■ **Breathing Easy—Pulmonary Rehabilitation**

Exercise and educational program designed to improve the breathing capacity for those who suffer from chronic lung diseases, such as emphysema, asthma and chronic obstructive pulmonary disease (COPD). Each session is designed to meet individual needs and is coordinated by a respiratory therapist. Saline Community Hospital program is called "Puffer Power." Fee involved. (May be a covered benefit; check with your insurance carrier.) Call for appointment.
Ann Arbor/Plymouth/Howell: (734) 712-5367

Saline: (734) 429-1640

■ **Breathers Club**

Learn how to reduce the impact of lung diseases and how to improve your breathing in this free support group. Designed for adults who have chronic lung diseases and their families.
Ann Arbor/Plymouth: Second Wednesday monthly
(734) 712-5367

Howell: Second Tuesday monthly (517) 545-6382

NUTRITION AND HEALTHY EATING/COOKING CLASSES

All classes are held at Health Stop in Briarwood Mall. Fee is \$20 per class or \$15 with multiple class punch card. To register for a class or for more information call (734) 827-3777.

Health Stop is also offering you a free nutrition or hands-on cooking class for your birthday. Please call the Health Stop for more details.

■ **ABCs of Fruits and Vegetables (DASH 1)**

Get new ideas and taste new foods as you learn how to increase fruit and vegetable intake. The DASH program has found that as people increase their fruit and vegetable intake, their blood pressure, cholesterol and weight improved.
Wed., Jan. 31; 2:30–3:30 p.m. or Thurs., Mar. 15; 7–8 p.m.

■ **Braving the Cravings**

This class looks at the multiple aspects of eating out of control. Learn how making behavior changes can lead to successful weight loss.
Wed., Feb. 21; 2:30–3:30 p.m. or Thurs., Mar. 1; 7–8 p.m. or Mon., Mar. 19; 10–11 p.m. or Wed., Apr. 18; 2:30–3:30 p.m.

■ **Breads, Muffins and More**

Power up your day with nutritious and delicious whole grains. Prepare breads, muffins and other baked goods using a variety of flours.
Thurs., Feb. 15; 11 a.m.–12:30 p.m.

■ **Cholesterol Confusion**

Get the scoop on what each cholesterol number means. Sample foods that help lower cholesterol.
Wed., Jan. 17; 2:30–3:30 p.m. or Wed., Jan. 24; 7–8 p.m. or Mon., Feb. 26; 10–11 a.m. or Wed., Mar. 28; 2:30–3:30 p.m. or Thurs., Apr. 5; 7–8 p.m.

■ **Cooking With Common and Uncommon Vegetables (DASH II)**

Continuation of DASH I, but this time you're in the kitchen to get hands-on practice with some tempting fruit and vegetable dishes.
Wed., Feb. 7; 2–4:30 p.m.

■ **Delightful Desserts**

Let us show you how to prepare healthy desserts your whole family will love.
Thurs., Mar. 22; 1–2:30 p.m.

Health Tip

Enjoy a Full, Active Life!

Are you looking for ways to steer clear of health problems as time goes by? The key to maintaining an active, independent lifestyle at any age is exercise. Social support—getting involved with others—can boost your emotional and mental well being. And eating lots of fruits and vegetables can protect you from disease.

■ **Dine Fine (or Speed Feed)**

This class is a must for those who eat out often. Learn about the best fast food choices and other restaurant survival tips. Wed., Jan. 31; 7-8 p.m. or Thurs., Mar. 8; 1-2 p.m.

■ **Eat Locally—Seasonal Michigan Cooking**

First in a four-class series that showcases the foods that Michigan offers. Hands-on cooking class taught by staff from Ann Arbor's People's Food Co-op. Other classes will be offered later this year. (\$20 per class or \$60 for series) Mon., Mar. 19; 5-6:30 p.m.

■ **Emotional Eating**

It is not uncommon for people to eat in order to relieve emotional stress. Learn to identify the many forms emotional eating can take, how it can sabotage your best efforts to manage your weight and how you can let your emotions work for rather than against you.

Tues, Jan. 23; 7-8 p.m. or Tues., Feb. 20; 7-8 p.m. or Sat., Mar. 24; 4-5 p.m. or Mon., Apr. 23; 10-11 a.m.

■ **Fabulous Fiber**

Learn why we need fiber, what it does and where it is found. Good fiber intake can help with overall health.

Thurs., Feb. 1; 7-8 p.m. or Mon., Feb. 12; 10-11 a.m. or Tues., Feb. 27; 7-8 p.m. or Mon., Mar. 5; 7-8 p.m. or Wed., Mar. 14; 2:30-3:30 p.m. or Mon., Apr. 9; 10-11 a.m. or Thurs., Apr. 12; 7-8 p.m.

■ **Finding Fats That Fit**

This class will show you how making small changes in your diet can decrease fat while keeping the flavor.

Mon., Feb. 5; 10-11 a.m. or Tues., Feb. 13; 7-8 p.m. or Mon., Feb. 26; 7-8 p.m. or Wed., Mar. 7; 2:30-3:30 p.m. or Thurs., Mar. 29; 7-8 p.m. or Mon., Apr. 2; 10-11 a.m.

■ **Get Hooked on Fish!**

Learn that cooking fish can be quick, easy, tasty and within your budget. Tips on purchasing and storing fresh fish will also be discussed.

Thursdays, Jan. 18 or Apr. 19; 11 a.m.-12:30 p.m.

■ **Guest Chef Program**

Take advantage of a rare opportunity to have a hands-on cooking class with some of the great chefs in our community. Some sessions will include a hands-on cooking class, plus demonstrations and exhibitions.

Sat., Feb. 3; 1:30 p.m.

Zingermann's (Chef Roger Bowser)

Sat., Mar. 3; 1:30 p.m.

Weber's Grill (Chef Jerry Carpenter)

Sat., Apr. 7; 1:30 p.m.

Tios (Chef Tim Seaver)

■ **Herbal Supplements**

Introduction to herbal products with a discussion on how products are reviewed or tested. Information provided on popular herbal products, including dosages and safety issues. Mon., Jan. 22; 7-8 p.m.

■ **Joy of Soy I and II**

These classes show you how to incorporate different soy foods (tofu, tempeh, soy, flour, soy milk, TVP, etc.) into your diet. Take one or both classes to learn creative ways to begin including these tasty and nutritious foods in your daily menu.

Joy of Soy I—Mon., Mar. 26; 5:30-7 p.m.

Joy of Soy II—Tues., Jan 16; 5:30-7 p.m. or Mon., Apr. 2; 5:30-7 p.m.

■ **Marvelous Meats**

Learn healthy and nutritious ways to include meats in your diet. You'll learn to prepare pork tenderloin with fruit sauce, chicken and black bean quesadillas and more!

Thurs., Mar. 15; 11 a.m.-12:30 p.m.

■ **Maximizing Your Food Choices**

Get the facts on how much fat, protein and carbohydrates to eat so you can achieve a healthier, more nutritionally-balanced diet.

Mon., Jan. 29; 10-11 a.m. or Tues., Jan. 30; 7-8 p.m. or Mon., Feb. 19; 7-8 p.m. or Wed., Feb. 28; 2:30-3:30 p.m. or Thurs., Mar. 22; 7-8 p.m. or Mon., Mar. 26; 10-11 a.m.

■ **Meal Planning: What's for Dinner?**

This class will help you learn quick and easy steps to plan healthy, balanced meals.

Wed., Jan. 17; 7-8 p.m. or Thurs., Feb. 8; 1-2 p.m. or Mon., Mar. 5; 10-11 a.m. or Wed., Mar. 21; 7-8 p.m. or Wed., Apr. 4; 2:30-3:30 p.m.

■ **Nutricare Weight Management Support Groups**

Led by a social worker, these ongoing groups focus on sharing feelings and stresses associated with weight management. Topics include emotional eating, nurturing ourselves without using food and getting support for making healthy lifestyle changes. \$20

Every other Tuesday starting Jan. 16; 6:30-7:30 p.m. or every other Thursday starting Jan. 11; 4:15-5:15 p.m.



"Healthy Solutions" Weight Reduction Program

"Healthy Solutions" is a 13-week program that combines intensive lifestyle education with a nutritionally complete, "decision-free" diet utilizing delicious shakes, puddings and microwaveable entrees. Approximately \$100/week (\$20 class fee + \$80 food)

One-hour orientation is FREE! Call (734) 827-3777 to learn more!

Ann Arbor/Briarwood:

Saturdays, Mar. 10 or Mar. 17; 10:30 a.m.

Saturdays, Mar. 24 or Mar. 31; 9:30 a.m.

Thursdays, Apr. 12 or Apr. 19; 5:30 p.m.

Canton:

Mondays, Jan. 22 or 29; 5:30 p.m.

Mondays, Feb. 5 or Feb. 12; 7:30 p.m.

■ Supermarket Sleuthing

This class walks you through the grocery store in the comfort of a classroom and will discuss all aspects of label reading. After this class you'll find nutrition labels less confusing and trips to the supermarket more efficient and healthy.

Wed., Jan. 24: 2:30–3:30 p.m. or Thurs., Feb. 15: 7–8 p.m. or Mon., Feb. 19: 10–11 a.m., Tues., Mar. 6: 7–8 p.m. or Mon., Mar. 12: 7–8 p.m. or Wed., Mar. 21: 2:30–3:30 p.m. or Mon., Apr. 16: 10–11 a.m.

■ Vegetarian Wonders

In this class you'll learn quick and simple ways to incorporate grains, legumes and other meatless entrees into your diet.

Mon., Apr. 9: 5:30–7 p.m.

■ Vitamins and Minerals

Determine if you are meeting your vitamin and mineral needs and how to change your food choices and/or supplements to maximize your health.

Mon., Apr. 16: 7–8 p.m.

■ What Triggers Your Eating?

This class will provide you with valuable tools to gradually change many of your unhealthy eating habits.

Wed., Feb. 14: 2:30–3:30 p.m. or Thurs., Feb. 22: 7–8 p.m. or Mon., Mar. 12: 10–11 a.m. or Wed., Apr. 4: 7–8 p.m. or Wed., Apr. 11: 2:30–3:30 p.m.

PARENTING

■ A Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up

Provides both mothers and daughters ages 9–12 with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. \$45 for mom and one daughter (\$10 for each additional daughter or grandmother).

Ann Arbor: Sat., Jan. 20: 1–5 p.m.

Saline: Sun., Feb. 18: 1–5 p.m.

Canton: Sat., Mar. 10: 1–5 p.m.

(734) 712-5400 / (800) 231-2211

■ Parenting for Prevention: Strengthening Your Child's Emotional Health

Eight-week education series that focuses on strengthening the emotional health of children ages 4–11 so they develop healthy coping skills and are less likely to engage in self-destructive behaviors. Group designed to run concurrently with Growing Tree Resiliency Building Group (see page 7). Free if child is enrolled in Resiliency Building Group, otherwise \$150.

Ann Arbor/Child Care Center: Thursdays: 6–7:30 p.m.
(734) 712-4320

■ Parenting Your Adolescent Series

Parents or primary caretakers of teens should attend these three ongoing workshops to learn about: Basic Concepts and Skills in Parenting, Understanding Your Teen's Development and Self-Awareness in Parenting. \$15/individual; \$25/couple per session.

Ann Arbor/MMHS: Mondays: 5–6 p.m. (734) 712-0813

Good Boys, Good Men: Raising Sons Today (Two-Hour Preview)

Are you concerned about the messages your son receives about how to become a man? Solid family support offers the single strongest defense against negative cultural influences. Join us to learn strategies to continue building your son's unique personality and stay emotionally connected as he grows to become a man. \$20

Canton: Sun., Feb. 4: 1–3 p.m.

(734) 712-5400 / (800) 231-2211



■ Raising Strong and Confident DaughtersSM

Parents of pre-adolescent girls ages 5–12 can develop practical strategies to help their daughter achieve and maintain high self-esteem. Learn strategies to counter limiting cultural stereotypes in this six-hour program. \$65 per person or \$120 per couple raising same daughter.

Canton: Tuesdays, Mar. 6–Mar. 27: 7–8:30 p.m.

(734) 712-5400 / (800) 231-2211

PREGNANCY, CHILDBIRTH AND INFANT CARE

■ Baby Building

Learn the building blocks for healthy nutrition before and during pregnancy and during breastfeeding. Topics covered include the foods you should eat, rating your own diet, common food-related discomforts of pregnancy, hints for cooking, shopping and nutritious recipes. \$20

Ann Arbor/Briarwood: Wed., Apr. 11: 7–8 p.m.

(734) 827-3777

■ Boot Camp for New Dads

This class is designed for first time fathers of all ages. You'll learn lots of practical information on parenthood, baby care, becoming a family and supporting the new mom. You'll even get hands-on experience in holding and comforting a baby with the help of "veteran" dads who bring their babies to class. Taught by men! \$20

Ann Arbor: Sat., Apr. 7: 9 a.m.–12 noon

Ann Arbor/Briarwood: Thurs., Feb. 8: 6–9 p.m.

Brighton: Sat., Feb. 17: 9 a.m.–12 noon

Canton: Sat., Mar. 24: 9 a.m.–12 noon

(734) 712-5400 / (800) 231-2211

Health Tip

Reduce Your Child's Risk of Ear Infections

- Avoid exposure to tobacco smoke.
- Breastfeed rather than bottle-feed as long as possible.
- When bottle-feeding, hold your baby in an upright position.
- Try to select childcare facilities with fewer children to decrease exposure to respiratory infections.



You're Gonna Drool.

You really are. And when you experience our personalized care at Saint Joseph Mercy Family Birth Centers, you'll know why. You'll appreciate the nicely appointed birthing suites, with special amenities for dad. Comforting labor support, including epidurals and water therapy. Baby can stay in your room, or in the nursery if you prefer. Not to mention expert specialty care — just in case. If you're planning a baby, plan one with us. Together, McPherson and St. Joseph Mercy hospitals deliver more babies than any other health system in Washtenaw and Livingston counties. And we'd love to deliver yours, too.

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MCPHERSON HOSPITAL, HOWELL

For a free Bundle of Joy kit
call (800) 231-2211.



Is It Time To Have a Baby? Pregnancy Seminar

If you're thinking of having a baby or are newly pregnant, come to this pregnancy planning seminar. Presentations will cover a range of topics, including deciding if it's time to start a family, preparing for pregnancy, birthing options and parenthood realities. Valuable resource manual included. \$15 per couple.

Ann Arbor: Sat., Mar. 24; 9 a.m.–12:30 p.m.
(734) 712-5400 / (800) 231-2211

■ **Breastfeeding Preparation (Partners Class)**

Class offers expectant mothers and their partners instruction on breast-feeding. \$20 (May be a covered benefit; check with your insurance carrier.)

Howell: Thursdays, Jan. 18, Feb. 15, Mar. 15, Apr. 26;
7–9:00 p.m. (734) 712-5400 / (800) 231-2211

■ **Breastfeeding Preparation (Women Only Class)**

Class to educate and prepare expectant mothers to nurse their infants. \$20 (May be a covered benefit; check with your insurance carrier.)

Howell: First Thursday monthly; 8–10 p.m.
(734) 712-5400 / (800) 231-2211

■ **Childbirth Education Class**

Labor and delivery preparation class for expectant mothers and their labor support coach. Information regarding natural childbirth techniques, relaxation exercises, medical intervention and Caesarian births is included. \$60 (May be a covered benefit; check with your insurance carrier.) Classes available in Brighton and Howell. Call to schedule the best time for you!

(734) 712-5400 / (800) 231-2211

■ **Childbirth Education "Refresher" Classes**

Two-week class designed for expectant mothers and their labor support coaches who have already experienced childbirth and who wish to review the breathing and relaxation techniques and medical interventions available. \$30 (May be a covered benefit; check with your insurance carrier.)

Brighton: Wednesdays, Mar. 7–14; 7–9:30 p.m.
(734) 712-5400 / (800) 231-2211

■ **GrowFit**

Ongoing exercise program for pregnant and postpartum women that's staff by an ACSM certified exercise specialist. \$40/month.

Saline: Mondays and Thursdays; 6:45–7:45 p.m.
(734) 429-1640

■ **Infant Care**

Classes for expectant mothers and their partners to learn about basic newborn care. Includes feeding, burping, bonding, diapering, bathing, infant safety and much more! \$20 (May be covered benefit; check with your insurance carrier.)

Howell: Fourth Wednesday monthly; 7–10 p.m.
(734) 712-5400 / (800) 231-2211

■ **McPherson Hospital Family Birthing Center Tour**

First Thursday monthly; 7–8 p.m. or Third Saturday monthly; 3:30–4:30 p.m.

(734) 712-5400 / (800) 231-2211

■ **NutriBaby**

This class can help your child get a healthier start toward a lifetime of good eating. Learn how to feed your baby, when to introduce different foods, and how to make feeding time fun for your baby and relaxing for you. Class includes cooking demonstrations, recipes and food tasting. \$20

Ann Arbor/Briarwood: Thurs., Jan. 25; 7–8:30 p.m.
(734) 827-3777

■ **Prenatal/Postnatal Aquatic Exercise**

Ongoing exercise program for pregnant women or women who have recently delivered who wish to begin a post-partum exercise program. \$5/session

Howell/Aquatic Center Pool: Wednesdays; 8 p.m.
(517) 545-6213

■ **Prenatal Education**

Classes for expectant parents who plan to deliver their baby at St. Joseph Mercy Hospital. Topics include: Breastfeeding, Self Care, Infant Care and Pain Management During Labor. \$10

Ann Arbor: Many dates/times to choose from.
(734) 712-5400 / (800) 231-2211

■ **St. Joseph Hospital Family Birthing Center—Video Tour**

For your convenience, a video tour of the St. Joseph Family Birthing Center is now available. To view a copy, contact your physician's office or the Health Information Library in the Reichert Health Center. (734) 712-5177

SENIORS

■ **Bill Help for Seniors**

Free assistance in managing bills and answering questions related to health insurances. Sponsored by Senior Health Services, Catholic Social Services and Washtenaw Council on Aging. Pre-registration required.

Ann Arbor/SHB: Wednesdays, 9:30–11:30 a.m.
(734) 712-3625 or (800) 803-7174



Senior Health Days at Health Stop

The first Tuesday of every month is Senior Health Day at Health Stop in Briarwood Mall. From 8:30 a.m. to 9:30 a.m. there are health screenings available. At 9:30 it's a health lecture on topics of interest to seniors. At 11 a.m. it's an interactive cooking presentation and lunch. Fee for screening is \$5; cooking presentation/lunch is \$20. Registration required.

Ann Arbor/Briarwood: (734) 827-3777

■ LifeLine

Phone response system that links subscribers to 24-hour emergency assistance.

Howell: (517) 545-6427

■ Peer Counselors and Senior Volunteers

Ongoing group is actively recruiting older adults to participate in volunteer opportunities, including peer counseling and other activities.

Ann Arbor/SHB: Fourth Thursday monthly; 1:30–3 p.m.
(734) 712-5464

■ Staying Healthy As You Age

Free health lecture where Bharati Srivastava, M.D., from Senior Services at Saint Joseph Mercy Health System, talks about the normal aging process and discusses strategies to help you stay as healthy as possible during the middle and later years. Light refreshments provided. Registration required.

Canton/Summit: Wed., Apr. 4; 1:30–2:30 p.m.
(734) 397-5444

■ "The Village" Senior Housing Community

The Village at St. Joseph Mercy Hospital is a 90-unit senior housing community scheduled to open in spring 2001. Fifty of the units will be traditional apartments with services that include meals, housekeeping and social activities. Forty "assisted living" units will also feature 24-hour care and assistance. Residents will have full access to the Saint Joseph Mercy Health System continuum of care. For more information call (248) 305-8857.

SPECIAL PROGRAMS

■ Hospice Volunteering

Seeking volunteers to provide support and care to terminally ill patients and their families. Volunteer training is required and is offered four times a year. Office help is also needed. We have a Hospice/Home Care Speakers Bureau that offers informational speakers free of charge to groups and organizations.

Hospice of Washtenaw, Ann Arbor: (734) 327-3400
Livingston Community Hospice, Howell: (517) 545-6797

■ Livingston Community Hospice Valentine Dinner Dance

Enjoy a memorable evening with your valentine at this annual event. Dinner dance with silent auction to benefit Livingston Community Hospices' Total Patient Care Fund. \$35/ticket (sponsorships are also available)

Bakers of Milford: Sat., Feb. 3; 6 p.m. (517) 545-6194

■ St. Joseph Mercy Hospital's Spring Fair Celebration

Annual art fair, silent auction and quilt raffle with a spring and gardening theme. There will also be a health corner offering health screenings and education. Proceeds help support the Neighborhood Health Clinic. \$1

Ann Arbor/RHB: Sat., Apr. 7; 9 a.m.–4 p.m.
(734) 712-5400 / (800) 231-2211

Project Healthy Living

Free and low-cost health screenings including:

- Blood pressure
- Vision and glaucoma screening
- Hearing
- Height and weight
- Bone density
- Body composition
- Blood tests (includes lipid profile)
- PSA (blood test to screen for prostate cancer)
- Ovarian cancer screening
- Colorectal kits

First come, first served; no registration required.

Saline: Fri., Apr. 20; 7 a.m.–2 p.m.

(734) 712-5400 / (800) 231-2211



■ Volunteering

All three hospitals and several outpatient facilities have ongoing needs for volunteers to assist patients and/or staff. Many opportunities are available. Call for details and to make an appointment.

Ann Arbor: (734) 712-4159

Howell: (517) 545-6296

Saline: (734) 429-1581

SUBSTANCE ABUSE, EDUCATION AND SUPPORT

■ Adult Significant Others of Chemically Dependent People—Introduction Session and Eight Week Program

Learn about chemical dependency and the effect on family members. Become acquainted with services available to family members through McAuley Outpatient Behavioral Services and self-help groups in a free introduction session. There is also an eight-week program for partners, parents, adult siblings or adult children of a chemically dependent person.

Introduction session: First and third Wednesdays monthly; 4–5:30 p.m.

Eight week program: Tuesdays; 6–7:30 p.m.

Ann Arbor/MMHS: (734) 712-4399

■ Chemical Dependency Treatment: Adolescent Recovery

Group educates adolescents ages 12–17 on addiction and how to achieve and maintain recovery. Assists youths from early through advanced recovery. Two different groups; call for start dates. \$73/session (May be a covered benefit; check with your insurance carrier.)

Ann Arbor/MMHS: Mondays, Tuesdays; 7:30–9 p.m.
(734) 712-4328

■ Chemical Dependency Treatment: Couples Group

Group which focuses on couples/relationship issues for people in early recovery. Call for an assessment and referral. \$192 (May be a covered benefit; check with your insurance carrier.)

Saline/Greenbrook: Wednesdays, 7–8:30 p.m.
(734) 429-1592

Health Tip

Easy Phone Access to a Wealth of Health Information

Health information is close as your phone with the Mercy Health Information Library, a service of Saint Joseph Mercy HealthLine. This free, automated telephone service features audio-recorded health information on hundreds of topics. Call (800) 231-2211 for your free copy of the directory listing all available health topics.

Sample Topics:

6922 Dining Out Tips for Dieters
4842 Communicating With Your Teen
6772 Stress Management Quiz
7881 Staying Active After Retirement

■ Chemical Dependency Treatment: Early Recovery for Adults

Adults are involved in gender-specific or mixed-gender weekly groups along with individual therapy. Focus is to achieve and maintain abstinence from chemicals and to develop a healthy lifestyle. Call for an assessment and referral. \$86/session; minimum six weeks. (May be a covered benefit; check with your insurance carrier.)

Saline/Greenbrook: Various days/times
(734) 429-1592

■ Chemical Dependency Treatment: Family Recovery Group

Three-session series on chemical dependency recovery that focuses on family dynamics, what to expect and options for families in recovery. Call for an assessment and referral. \$192 for three sessions. (May be a covered benefit; check with your insurance carrier.)

Saline/Greenbrook: Tuesdays; 6–7:30 p.m.
(734) 429-1592

■ Dual Diagnosis and Chemical Dependency Recovery Group

For adults who are chemically dependent and also have a mental health diagnosis. Call for an assessment and referral. \$86/session; minimum six weeks. (May be a covered benefit; check with your insurance carrier.)

Saline/Greenbrook: Mondays; 5:30–7 p.m.
(734) 429-1592

■ The Growing Tree

Eight-session program provides age-appropriate substance abuse education and peer support to children ages 4–11 who are closely associated with someone who is abusing alcohol or drugs or who is in a recovery program. \$300 for child and caretaker/\$100 each additional child.

Ann Arbor/Child Care Center: Thursdays, 6:30–8 p.m.
(734) 712-4320

■ The Growing Tree Alumni Group

For children ages 4–11 who have graduated from the Growing Tree. The group activities reinforce and expand on themes presented in the Growing Tree Program.

\$15/session; minimum six to twelve weeks.

Ann Arbor/Child Care Center: Semi-monthly/Tuesdays; 6:30–8 p.m. (734) 712-4320

■ Parenting for Prevention

Eight sessions focusing on raising children who are less likely to use alcohol and drugs. Recommended for those individuals with a family history of substance abuse. Runs concurrently with Growing Tree. \$150 (free if child is involved in The Growing Tree).

Ann Arbor/Child Care Center: Thursdays, 6–7:30 p.m.
(734) 712-4320

■ Parents of Substance Abusing or Chemically Dependent Children of Any Age

Peer-led, free support group provides parents with information and emotional support as they deal with a chemically dependent or substance abusing child, regardless of their age.

Ann Arbor/MMHS: Tuesdays; 7:45–9:15 p.m.
(734) 712-4328

■ Teens Using Drugs: How to Know

Free session for parents, teens, professionals and anyone else who works with or cares about teens. Learn how to identify substance use, abuse and dependency.

Ann Arbor: First Tuesday monthly; 7:30–9 p.m.
(734) 973-7892

■ Teens Using Drugs: What to Do

Another free session for parents, teens, professionals, etc. that will clarify issues about the appropriate way to deal with a teen's use of alcohol and other drugs.

Ann Arbor: Second Tuesday monthly; 7:30–9 p.m.
(734) 973-7892

SUPPORT GROUPS AND PROGRAMS

For more information about other support groups, call the Michigan Self-Help Clearinghouse at 1-800-777-5556 (Monday–Friday, 10 a.m.–3 p.m.)

■ Alcoholics Anonymous

Saline/Greenbrook: Thursdays, Saturdays; 7:30 p.m.; Sundays; 1:30 p.m. (734) 429-1526

■ Alcoholics Anonymous Alumni Group

Saline/Greenbrook: Sundays; 10 a.m. (734) 429-1526

■ Alzheimer's Support Group

Support for people caring for an individual with Alzheimer's or other dementia.

Howell/First Presbyterian Church: Third Thursday monthly; 2–4 p.m. (517) 545-6023

■ Ann Arbor Stroke Club

Support group for stroke survivors and caregivers.

Ann Arbor/SJMH Rehab Unit: First Tuesday monthly; 7 p.m. (734) 712-2426

■ Arthritis Support Group

Free monthly support group for people suffering from arthritis and/or joint pain or for those recovering from joint replacement surgery.

Howell: Third Friday monthly; 2–4 p.m. (517) 545-6289

■ **Caregiver's Support Group**

Free, eight-week series held twice a year that provides caregivers education on various topics and includes discussions about the feelings that occur while taking care of your loved one. Call for next starting date. Pre-registration required.
Howell: (517) 545-6797

■ **Grief and Bereavement Counseling**

Hospice of Washtenaw offers counseling for individuals and families grieving the loss of a loved one. Focus is on age-related bereavement concerns and feelings. Donation.
Ann Arbor: Call for appointment (734) 327-3409

■ **Grief Support Groups**

Free adult grief support group offered to anyone in the community who has experienced a loss by death. The groups give individuals the opportunity to share experiences and learn coping techniques from one another in a confidential setting.
Howell: First Wednesday monthly; 12:30-2 p.m. (517) 545-6797
Fowlerville: Fourth Thursday; 7-8:30 p.m. (517) 545-6368

■ **Parish Nurse Partnership**

A partnership between a local Saint Joseph Mercy Health System hospital and your local church to bring a health ministry to area congregations.

St. Joseph Mercy Hospital: (734) 712-8766
McPherson Hospital: (517) 545-6757
Saline Community Hospital: (734) 429-1638

■ **Parkinson's Support Group**

Ann Arbor: Second Sunday monthly; 1:30 p.m. (313) 562-6596
Howell: Last Tuesday monthly; 7-8:30 p.m. (517) 546-3307

■ **Survivors of Suicide Support Group**

Monthly support group open to anyone who has experienced a loss by suicide.
Howell: First Tuesday monthly; 7 p.m. (517) 545-6796

WOMEN'S HEALTH

■ **Breast Cancer Prevention Study**

St. Joseph Mercy Hospital is a research site for the Study of Tamoxifen and Raloxifene (STAR) breast cancer prevention trial. These medications show tremendous promise in the prevention of breast cancer. For more information about the STAR study or for a free breast cancer risk assessment, call the Ann Arbor Regional CCOP at (734) 712-3304.

■ **Challenges for Women in Midlife**

Support group that focuses on the transitional issues for women in mid-life and beyond. \$15/session, minimum four weeks.
Plymouth: Wednesdays; 10-11 a.m. (734) 712-4399



Heart of a Woman Lecture Series

Trouble With Your New Year's Resolution?

Learn the nutritional effects that weight loss, exercise and staying healthy have on you. \$5 (or free if referred by a medical professional).

Ann Arbor/MHVI: Tues., Jan. 23; 7-9 p.m.
(734) 712-5400 / (800) 231-2211.

Effects of Cholesterol on a Woman's Heart

Learn the importance of cholesterol in the prevention of heart disease in women. Learn about the different types of cholesterol, which ones affect women more than men and the different ways to treat high cholesterol. A light snack will be served. \$5

Ann Arbor/Briarwood: Tues., Feb. 6; 7-9 p.m.
(734) 712-5400 / (800) 231-2211

■ **Divorce Support Group for Women**

Group provides an opportunity for women to talk about the process of divorce and its aftermath. \$15/session, minimum four weeks.

Ann Arbor/MMHS: Fridays; 1-2:30 p.m. (734) 712-4399

■ **Emotional Eating: The Food and Mood Connection**

Increase your awareness about how overeating can become an unhealthy way of dealing with emotional stress. Learn how to develop healthier strategies for channeling emotions. \$5

Canton: Thurs., Apr. 26; 7-8:30 p.m.
(734) 712-5400 / (800) 231-2211.

■ **Mental Health Services for Women**

McAuley Mental Health Services has ongoing groups which assist women with specific needs related to stress, depression, life changes, relationship difficulties, sexual traumas, compulsive behaviors, pregnancy, neonatal loss, infertility and other issues. Call them at (734) 712-4334 for further information.

■ **Weekly Support Group for Women**

Support group that focuses on improving self-esteem, confidence, exploring relationships, transitions, role demands and other challenges from a woman's perspective. \$15/session, minimum four weeks.

Ann Arbor/MMHS: Tuesdays; 6:30-8 p.m.
(734) 712-4399

■ **Women and Sexuality: Enriching Sexual Intimacy**

Presentation designed to enhance a woman's understanding of her sexuality and how to incorporate it into a loving relationship. Presenters will address why it's difficult to communicate about intimacy, how your body image effects your sexuality and what women expect men to know. \$5

Ann Arbor: Wed., Feb. 7; 7-8:30 p.m.
(734) 712-5400 / (800) 231-2211



OPENING - SPRING 2001

SAINT JOSEPH MERCY WOODLAND HEALTH CENTER

The new Saint Joseph Mercy Woodland Health Center is a 96,000 square foot outpatient facility that will house primary care and specialty physicians supported by comprehensive diagnostic and testing services. Scheduled to open in Spring 2001, this center will meet the growing health care needs of Livingston County.

For information call: (810) 220-8715

SAINT
JOSEPH
MERCY
HEALTH SYSTEM



A Member of Mercy Health Services

7635 W. Grand River Avenue
One mile North of the
I-96/Grand River Interchange

The health center will feature:

- Outpatient surgery
- Urgent care
- Pharmacy
- Lab
- Ultrasound, CT, mammography, X-ray, bone density
- Physical therapy and rehabilitation
- Oncology
- Non-invasive vascular testing
- Community health education
- Primary care physicians, pediatricians, OB/GYN, internal medicine, and family practice
- Specialty services (allergy, audiology, cardiology, general surgery, nuclear medicine, neurology, neurosurgery, ophthalmology, orthopedic surgery, pain management, plastic surgery, urology, and more)



ST. MARY MERCY
HOSPITAL

36475 Five Mile Rd
Livonia, MI 48154

A MEMBER OF TRINITY HEALTH

Winter 2001

Y about Your Health

A RENEWED FOCUS

New Year's resolutions may come and go, but a healthy lifestyle is a worthwhile goal any time of the year.

At St. Mary Mercy, our doctors, nurses, and support staff are committed to help you achieve your wellness goals, and at the same time are ready with the latest medical care in times of illness or injury.

Our doctors are among the best in the area, highly trained, and experienced. Most are board certified in their specialties, and take pride in caring for you and your family.

Please take a moment and read about some of our latest services to help you keep your New Year's resolutions, such as our new Weight Management Program and our partnership with LifeTime Fitness-Novi.

Please call me if you want to discuss health care in our community. My door is always open.

David A. Spivey

David A. Spivey
President and CEO

Is Your Workout on Target?

Research shows that even moderate activity, like golf, dancing, or yard work, can lower some risk for disease.

But vigorous activities are best for heart health. Activities such as brisk walking, running, swimming, and jumping rope raise your heart rate and sustain it. Other good bets are bicycling, roller skating, tennis, soccer, and basketball.

How can you be sure that your workout is on target for heart health? Experts recommend that adults exercise in their target heart range for at least 20 minutes, three to five times a week. Reaching this range can help you get the greatest health rewards for your heart and the rest of your body. To calculate the range that's right for you, subtract your age from 220. The result is your maximum heart rate. For example, if you are 40 years old, your maximum heart rate is 180. Your target range is 50 to 75% of that number, or between 90 and 135 heartbeats per minute.

To see if your heart rate is within your target range, count how many times your heart beats per minute during your workout. Stop during your workout and count your heartbeats:

- Find your pulse on your neck, wrist, or the base of your thumb.
- Use your watch to count your pulse for



10 seconds. Multiply that number by six. When you stop exercising, your pulse does not immediately return to normal. Rather, it slowly returns to your resting rate. The more fit you become, the more quickly your pulse will fall. ★

I N S I D E

**New Weight
Management
Program**

3

**Great Doctors
...Delivering
Babies in a
Private Setting**

5

**Latest Breast
Cancer
Prevention
Study**

7

Taking Another Look at Ulcers

ULCERS ARE TREATABLE

Ulcers are easier to treat than ever before. Left untreated, ulcers can cause other problems. To find a doctor on staff at St. Mary Mercy Hospital to treat your ulcers, call Physician Referral at 1-888-464-WELL.

true or false: Spicy foods and stress cause ulcers. Researchers have known for several years that the answer is false. These things may aggravate an ulcer. But, more often than not, the cause is a bacteria which commonly lives in the stomach.

This bacteria, *Helicobacter pylori*, can weaken the stomach's protective coating, allowing stomach acid to harm the stomach's lining and cause a sore, or ulcer. *H. pylori* can be transmitted from person to person through food handling and poor sanitation. The bacteria also can be found in unclean drinking water. Treating it with antibiotics and acid reducers generally cures such ulcers.

ANOTHER CULPRIT

About 20% of people with ulcers do not have *H. pylori*. Their ulcers are the result of taking

too much aspirin or anti-inflammatory drugs, such as ibuprofen and naproxen sodium. These common pain relievers, when taken too often, can allow stomach acid to erode the lining and cause an ulcer. Acetaminophen does not lead to ulcers.

POSSIBLE PREVENTION

There are no absolute ways to prevent the spread of *H. pylori*. But, experts recommend that people:

- wash hands thoroughly
- make sure food has been prepared properly
- drink water from a clean source.

To prevent ulcers from pain relievers:

- try a different pain reliever, such as acetaminophen
- talk with your doctor about changing the dose or how often you need to take it.

How do you know if you have an ulcer? Some

of the common signs are:

- burning pain in the stomach, usually when it's empty
- nausea
- vomiting
- bloody stool
- loss of appetite.

The earlier you get help, the easier the ulcer is to treat.

If you have an ulcer, it helps to:

- take the medications that your doctor gives you
- avoid smoking—it makes it difficult for an ulcer to heal
- avoid alcohol
- know which foods may bother your symptoms—sugar and caffeine can increase stomach acid, while salt can irritate the stomach.

Some studies have shown that licorice root may protect the stomach lining and help ease some ulcer symptoms. *

Depending on the cause of an ulcer, treatment can take up to three months.



Welcome New Doctors!

Recently, a number of new doctors have joined the medical staff at St. Mary Mercy to meet the increased needs of our growing community. These doctors have joined existing medical practices in the area and are all accepting new patients:

Hussein Azzam, MD, is board certified in pediatrics and allergy, asthma, and immunology, and has joined the Paris Allergy Center of Livonia. 734-591-6660.

Anjana Barad, MD, board certified in family practice and has joined Freedom Medical Clinic in Livonia. 248-476-4724.

Deborah Brigell, MD, is board certified in internal medicine, endocrinology, diabetes and metabolism, and has joined the practice of Anthony Kilbane, MD, in Livonia. 734-779-2136.

Andrea Demrick, MD, internal medicine, recently completed her residency at St. Joseph Mercy Hospital, Ann Arbor, and has joined New Horizons Medical Center in

Livonia. 248-474-4900.

Marc Helzer, MD, family practice, recently completed his residency at Oakwood Hospital and has joined the Family Practice Medical Clinic of Northville. 248-349-1900.

Martin Kornblum, MD, completed his

residency at William Beaumont Hospital in orthopedic surgery, has a fellowship in spinal surgery at the University of Virginia Medical Center, and has recently joined Orthopedic

Surgeons, P.C. in Livonia. 734-953-8874.

Pamela Morrison, DPM, podiatry, completed her residency in podiatric surgery at Genesys Health System, and has joined Krinsky, Kane, Choos, and Associates in Westland. 734-525-2555.

For more information on these and other doctors on staff at St. Mary Mercy Hospital, call Physician Referral at 1-888-464-WELL.



Among the new doctors joining the St. Mary Mercy staff are (l-r) Anjana Barad, MD, Pamela Morrison, DPM, and Andrea Demrick, MD.



ABOUT NUTRITION

◆ Eating a **vegetarian diet** may ease **premenstrual and menstrual symptoms**. A study found that when women changed to a low-fat, meatless diet they felt less pain than when on their usual diets. The diet also helped to **improve mood changes and water retention**. The vegetarian diet included grains, vegetables, legumes, and fruits.

Obstetrics & Gynecology

◆ Eat your **vegetables** and **save your vision**. Diets loaded with green, leafy vegetables, orange vegetables, and wheat foods helped a group of women and men ward off cataracts. Their diets were low in fat and high in protein and fiber. People who ate spinach at least once a week had the **lowest risk of cataracts**.

Ophthalmology

◆ A diet rich in **whole grains** can help lower a woman's risk of diabetes. In this study, women 55 to 69 years old who ate the most fiber and magnesium had a **lower risk of getting type 2 diabetes**.

American Journal of Clinical Nutrition

WEIGHT MANAGEMENT PROGRAM MAKES NEW YEAR'S RESOLUTIONS EASIER

Losing weight is hard; keeping it off is even harder. Just in time for those New Year's resolutions, St. Mary Mercy is pleased to introduce an intensive weight management program that not only helps you lose weight, but helps you keep the weight off.

The Center for Health Management's program is unlike any other diet plan. It

includes the option of a medically supervised program and a non-medically supervised program—Healthy Solutions—depending on the amount of weight loss desired. Lifestyle education classes are included.

Please call 734-655-8940 to attend a free, no obligation orientation.



HEALTHY HIGHLIGHTS

Eating Right? Check Out This Web Site

The United States Department of Agriculture has designed a Web site that can help you find out whether you're getting your recommended daily allowance of nutrients. The Interactive Healthy Eating Index asks you to enter your age, gender, and all the foods you've eaten for the day. Your diet will then be analyzed. You'll get a list of how many calories, fats, proteins, and vitamins you've eaten. To reach this site, go to: <http://www.usda.gov/cnpp/>.

A Heart-Felt Gender Difference

Heart disease is the leading killer of American women. But did you know that signs of a heart attack are different in women than men? While men most often experience chest pain, women also complain of other symptoms, such as:

- upper abdominal pain
- nausea
- difficulty breathing.

As a result, many women mistakenly believe they have heartburn. This could delay getting needed treatment.

A Cup of Java for Good Health

Not just one cup of coffee, but several a day, may actually help ward off two diseases in men.

- Gallstone disease: Between two and four cups of caffeinated coffee a day were found to lower men's risk of gallstone disease. Decaffeinated coffee did not lower the risk.

- Parkinson's disease: Higher coffee and caffeine levels have been found to lower a man's risk of developing this disease. Drinking one cup of caffeinated beverage showed some benefits, while drinking more showed greater benefits.

A word of caution: Caffeine can cause headaches or insomnia. It can also bother the stomach and increase blood pressure.

Several Traits Add to Depression Risk

A study of city-living women and men offers clues as to why women are more likely to develop depression. Three traits may make women more vulnerable:

- Chronic strain
- Feeling a lack of control
- A tendency to focus on emotions when sad or stressed

These three traits are linked to each other. For example, women who tended to focus on their emotions had more chronic strain over time. And focusing on problems created strain by affecting motivation and problem solving.

The study suggests that women who do well under stress:

- focus thoughts on solving problems

- put energies toward parts of their lives they can control
- turn to friends for support.

The Right Way to Treat a Fever

When a child gets a fever it can be frightening for parents. But here are two quick rules:

- Don't alternate between acetaminophen and ibuprofen—use only one. Switching can lead to an overdose or side effects, such as vomiting.
- Don't give aspirin to children or teens. It could lead to Reye's syndrome, a disease that affects the liver and brain.



Calendar of Events

ST. MARY MERCY HOSPITAL

Programs * Classes * Support Groups * Events

St. Mary Mercy Hospital offers community programs, classes, support groups, and events to help you learn more about good health for you and your family. Unless otherwise noted, please call the number listed in each heading for more information or to register. You can also access these on our website at www.stmarymercy.org.

For a physician on staff at St. Mary Mercy Hospital, call 1-888-464-WELL.

GENERAL COMMUNITY HEALTH PROGRAMS AND SUPPORT GROUPS

Call 734-655-8940 or 1-800-494-1650 (out of area only).

"55 Alive" Mature Driving Program
A refresher course to help drivers 50 years of age or older improve their skills and prevent traffic accidents. (fee)

- *Monday and Tuesday, March 19 and 20, 9:00 a.m. to 12:30 p.m., West Addition B*
- *Monday and Tuesday, May 21 and 22, 5:30 to 9:30 p.m., West Addition B*

Basic Life Support—
Cardiopulmonary Resuscitation (BLS-CPR).

■ **BLS-Adult Heartsaver:** One-person rescue technique; Heimlich maneuver; information to assist the adult in a

breathing or cardiac emergency; heart-health information for the layperson. (fee)

Thursday, January 25, 7 to 10 p.m., and Thursday, March 15, 7 to 10 p.m., Auditorium

■ **BLS-Instructor Training:** This course will prepare the new instructor to teach all of the American Heart Association basic life-support classes. Must have current health care provider card. (fee)

Tuesdays, January 23 and 30 (two-day class), 9 a.m. to 3:30 p.m., Auditorium

■ **BLS-Pediatrics:** Safety information, as well as rescue techniques for infants and children up to age 8 in a breathing or cardiac emergency; includes injury prevention for the layperson and child caregivers. (fee)

Saturday, February 3, 9 a.m. to 1 p.m., Auditorium

Be Wise...Heart Wise

Classes for cardiovascular health can be taken individually or in a series of six sessions:

#1—Heart Risks, #2—Stroke, #3—Ups and Downs, #4—Eater's Choices: Cholesterol and Your Heart, #5—Fitness-Wise, #6—Stress Management for Your Heart's Sake.

Mondays, March 12, 19, 26, April 2, 9, 16, 7 to 8:30 p.m., West Addition B (fee)

Blood Pressure Measurement—
no charge

■ **St. Mary Mercy Hospital Main Lobby**
(Five Mile Road)

1st Monday of the month, 1 to 3 p.m.

■ **Wonderland Mall—Center of Mall**
Plymouth and Middlebelt Roads, Livonia
2nd Monday of the month, 8 to 10 a.m.

■ **Northville Senior Center, 215 West Cady,**
near Sheldon Road/Main Street
4th Monday of the month, noon to 2 p.m.

Caregiving 101

Participants will learn vital skills and gain knowledge from health care professionals to help them provide quality care for their loved ones as well as themselves.

Additionally, participants will benefit from hearing about the experiences of other caregivers who understand what they are going through.

■ **Basic Care Needs**
Thursday, March 15

■ **Safety and Communication**
Thursday, March 22

■ **Emotional and Spiritual Needs**
Thursday, March 29

■ **Community Resources**
Thursday, April 5

■ **Special Skills:**
Caring for the Person with Dementia
Thursday, April 12
7 to 8:30 p.m. West Addition B

Diabetes Consultation (Individual)
Learn skills to improve blood sugar control and change your lifestyle by a Certified Diabetes Educator. By appointment. (fee)

continued on next page

Diabetes Education Classes

Self-care and control of diabetes for persons ages 18 and older, including lifestyle changes, diet, foot care, blood testing, medication, complications, exercise, coping, and resources. (fee)

- January 9, 11, 16, 18, 23,
7 to 9 p.m., Pavilion A
- January 30, February 1, 6, 8, 13,
7 to 9 p.m., Pavilion A
- March 6, 8, 13, 15, 20,
12:30 to 2:30 p.m., Pavilion A
- March 26, 29, April 3, 5, 9,
7 to 9 p.m., Pavilion A
- April 24, 26, May 1, 3, 8,
7 to 9 p.m., Pavilion A
- May 22, 24, 29,
9:30 to 11:30 a.m. and 12:30 to 2:30 p.m.
(lunch is on your own), Pavilion A
- June 12, 14, 19, 21, 26,
7 to 9 p.m., Pavilion A

Durable Power of Attorney

Information to help make medical treatment choices is available upon admission or by request.

Facing the Challenge of Alzheimer's Disease

7 to 9 p.m., Auditorium

- An overview of Alzheimer's disease and understanding difficult behaviors.
Thursday, February 1
- Presentation on the advanced stages of Alzheimer's disease and advance directives.
Thursday, February 8

HMR Weight Management

A medically supervised weight management program with weekly classes and support. Class begins January 11, 6:30 to 8:00 p.m. Call for other dates or for more information, 734-655-1783. (fee)

Immunization Clinic— Infant and Child

Routine childhood and hepatitis B vaccines are offered to infants and children up to 18 years of age.

*Thursdays, February 15,
April 19, June 21
Held 5:30 to 8 p.m.
West Addition
A & B*



Nutrition Counseling (Individual)

Individual dietary program for your personal health needs. By appointment. (fee)

Parish Nurse Program

This program assists churches, synagogues, and mosques to develop a holistic, faith-based health and wellness ministry within their faith community.

Senior Health Connection

Join other adults ages 55 and older for special events, discounts on health education classes, and monthly lectures on health topics of special interest to mature adults. Lectures are held from 1 to 3 p.m. in the St. Mary Mercy Auditorium.

- Happy Heart:
Enjoying Relationships in Your Life
Wednesday, February 14
- Herbal Therapy and Supplements
Wednesday, March 14
- The Funny Bone is Connected to the...
Wednesday, April 11
- Osteoporosis
Wednesday, May 9
- Home Safety
Wednesday, June 13

Stressed for Success— Stress Management

Learn how to decrease the stress in your life and manage the stress you cannot eliminate. (fee)

- Wednesday, Feb. 7, 14, and 21
- Wednesday, May 9, 16, and 23
- Wednesday, Aug. 8, 15, and 22
- Wednesday, Nov. 7, 14, and 28

Wellness in the Workplace

A wellness program tailored to meet the needs of your business or organization.

SUPPORT GROUPS—COMMUNITY

There is no charge for these programs.

■ Asthma Support Programs

Discussion and support for adults and children suffering from asthma. Sponsored by Blue Care Network. Call 248-593-3755.

■ Cancer Support Group— "Focus on Living"

A support and self-help group of cancer patients and their families. Cosponsored by

the American Cancer Society. Meets monthly.

*First Wednesday of every month,
7 to 8:30 p.m., Auditorium*

■ Diabetes Support Group

For adults with diabetes and their family members. Meets monthly.

*Second Wednesday,
7 to 8:30 p.m., Auditorium*

■ Grief Support Group

For those impacted by the loss of a loved one or family member. Meets monthly.

Call Angela Hospice, 734-464-7810.

*Second and fourth Tuesdays,
1 p.m. and 6:30 p.m.,
Angela Hospice, 14100 Newburgh, Livonia*

■ Impotents Anonymous

Discussion on the causes and treatments of chronic impotence. Meets monthly.

*Last Wednesday of the month, 8 p.m.,
Pavilion A. Call 734-462-5858.*

■ Multiple Sclerosis Support Group

Discussion and support for MS patients and families. Meets weekly. Call Livonia Family YMCA at 734-261-2161.

*Every Friday, 6 p.m., Livonia Family
YMCA, 14255 Stark Road, Livonia*

■ Overeaters Anonymous

Support and discussion for compulsive overeaters. Meets weekly.

Sundays, 7 to 8:30 p.m., Pavilion A

■ Ostomy Support Group

Program providing information on ostomy surgery, colostomy, urostomy, ileostomy, or continent ostomy procedure. Sponsored by the United Ostomy Association. Call 313-533-1020 for information.

■ Scleroderma Support Group

Discussion and support for scleroderma patients and families. Meets monthly. Call 248-349-2899 for information.

*Third Thursday, 7 to 8:30 p.m.,
First Floor Conference Room*

■ "Us Too" Prostate Cancer Support Group

Discussion and support on social, economic, emotional, and health problems related to prostate cancer. Meets monthly. Call 734-432-1913.

*Fourth Tuesday, 7 to 8:30 p.m.,
West Addition B*

BEHAVIORAL HEALTH PROGRAMS AND SUPPORT GROUPS

Call 734-655-2944 or 1-800-494-0277 (out of area only).

Chemical Dependency Program

Group, individual, and family counseling for alcoholism, drug addiction, and related emotional problems based on a thorough assessment. Reimbursable by most insurances.

Intensive Outpatient Substance Abuse Program

A continuum of care on an outpatient basis for the alcohol or chemically-dependent person.

Mental Health and Substance Abuse Classes

Health care professionals in Behavioral Medicine offer classes on the third Monday of each month from 6 to 7:30 p.m. in Pavilion A. Preregistration requested.

■ Physiology & Medical Complications of Addiction—*January 15*

■ The Complications & Treatment of Bipolar Disorder—*February 19*

■ Gambling Addictions—*March 19*

■ Drug & Alcohol Addictions within the Family—*April 16*

■ Medication Compliance Is Great for Your Mental Health, Isn't It?—*May 21*

■ Schizophrenia and Family Support—*June 18*

SUPPORT GROUPS— BEHAVIORAL HEALTH:

(No Charge)

■ Al-Anon

Open to family members and friends of alcoholics. Meets weekly.

Mondays, 8:30 to 10 p.m., Cafeteria

■ Alcoholics Anonymous (AA)

Open to anyone with an alcohol dependency. Meets weekly.

Mondays, 8:30 to 10 p.m., Auditorium

■ Gamblers Anonymous (GA)

Open to anyone with a gambling depen-

dency. Meets weekly.

*Mondays, 7:30 to 9 p.m.,
Lower Level Conference Room E*

■ Mental Health Day Treatment Alumni Group

First and Third Thursdays of every month, 5 to 6 p.m., Pavilion A

■ Mental Health Support Group

Adult family members and friends of mental health patients will benefit from group interaction to help cope with the stresses and concerns from a loved one's mental illness. Meets weekly.

*Thursdays, 6 to 7 p.m.,
5th Floor Group Room*

REHAB AND SPEECH PROGRAMS

Call 734-655-2955 or 1-800-494-0422 (out of area only).

Accent Reduction Program

A program for speakers of English as a second language who wish to improve their English speech and communication skills. (fee)



Back School

A licensed physical therapist discusses common back injuries, posture, and body mechanics the first Wednesday of each month, noon to 1 p.m. (no charge)

Children's Speech Program (C.L.A.S.S.)

A program for children with a diagnosis of speech language impairment and a current Individualized Education Plan (IEP). This program is designed to supplement services provided in the school system. Children's Language and Speech Services (C.L.A.S.S.) is offered four times a year based on the school calendar year. (fee)

WOMEN'S AND FAMILY HEALTH PROGRAMS AND SUPPORT GROUPS

Call 734-655-1100 or 1-800-494-1615 (out of area only).

Baby Beeper Program

Pagers can be leased on a monthly basis towards the end of your pregnancy if you plan to deliver and/or attend a class at St. Mary Mercy Hospital.

Breastfeeding Class

Certified lactation consultants explain the benefits of breast milk, getting a good start in the hospital, and how to continue breastfeeding at home. (fee)

*January 25, February 21, March 22,
April 26, May 24, June 28, 7 to 9 p.m.,
West Addition A*

Breastfeeding Program

Individual consultation is available Monday through Friday, 8 a.m. to 4:30 p.m. in the Marian Women's Center with certified lactation consultants before your delivery, while in the hospital, and once discharged home. Breast pump rental is available. (Fee for outpatient lactation services.)

Childbirth Education

Classes for expectant mothers and partners using the Lamaze method, including relaxation and breathing techniques.

Preregistration is required early in your pregnancy. Six weekly sessions. (fee)

● *January 29, March 5; January 2,
February 6; January 24, February 28*

● *March 12, March 23; February 13,
March 20; March 7, April 25*

● *April 30, June 11; March 27, May 8;
May 2, June 6*

● *June 18, July 30; May 15, June 19;
June 13, July 25*

● *June 26, Aug. 27
7 to 9 p.m. West Addition A, or*

● *Saturday workshop, 9 a.m. to 4:30
p.m., February 3, March 10, April 28,
and June 2*

West Addition A & B

continued on reverse side

Visit our website! www.stmarymercy.org

Foster Parenting Classes

Specialized parenting classes for foster parents. Call 313-396-0262.

Infant Care Class: "Getting to Know Your Newborn"

Focuses on care of your well infant, including feeding, bathing, sleeping, and activity habits. For parents and those caring for an infant. (fee)

*Thursdays, January 4, March 1, May 10,
May 31, West Addition A, 7 to 9 p.m.*

Infant Care Class: "Caring for the Sick Infant"

Focuses on infant safety (childproofing your home), immunizations, and signs of illness. For parents and those caring for an infant. (fee)

*Thursdays, January 11, March 8, May
17, June 7, West Addition A, 7 to 9 p.m.*

Natural Family Planning

Using the Billings Ovulation Method, the series of four classes teaches couples how to determine times of fertility and infertility. This program fulfills the guidelines of the Ethical and Religious Directives of the Catholic Church. Registration is required. (fee) Call 248-926-9909.

*Saturdays, February 24, March 10,
March 24, May 5, 10 a.m. to noon,
Pavilion A*

Pre/Postnatal Fitness

This six-week class includes warm-ups, stretching, low-impact aerobics, cool-down, and relaxation techniques as well as education. (fee)

*January 10 to February 21, February 24
to April 4, April 25 to May 30, June 13 to
July 25, 6 to 7 p.m., West Addition B*

Safe Sitter Class

A program that teaches boys and girls ages 11 to 13 how to handle emergencies when caring for young children. Safe Sitters

learn basic life-saving techniques, safety precautions to prevent accidents, how and when to call for help, and tips on basic child care. (fee)

Sibling Class

This two-hour class helps expectant parents and their children with sibling rivalry, signs of jealousy, and steps to take to minimize these behaviors. Held in West Addition B. (fee per family)

- *Saturday, January 13, 10 a.m.
to noon*
- *Thursday, March 8, 6 to 8 p.m.*
- *Thursday, May 3, 6 to 8 p.m.*

SUPPORT GROUPS FOR WOMEN: (No Charge)

Breast Cancer Support Group

A self-help and educational group addressing topics of concern for women with breast cancer.

*January 9, February 13, March 13,
April 10, May 8, June 12, 7 to 9 p.m.,
West Addition B*

Menopause Support Group

An opportunity for women to share feelings and concerns confidentially about menopause, mid-life issues, and health-related matters.

*Wednesdays, January 3, February 7,
March 7, April 4, May 2, June 6,
7 to 9 p.m., West Addition B*

Mother-Baby Postpartum Support Group

Mothers and babies are encouraged to attend this group. A certified lactation consultant discusses the postpartum period of adjustment.

*Tuesdays, January 9, February 13,
March 13, April 10, May 8, June 12,
10 to 11:30 a.m.,
West Addition B*

Tours of Maternity Center

Tours of the maternity center are designed for adults and children ages 10 and older. Children under age 10 are encouraged to attend the Sibling Class in the Pavilion lobby.

- *Mondays, January 15, 29; February 12,
26; March 12, 26; April 9, 23; May 7, 21;
June 4, 18, 6 p.m.,*
- *Saturday, January 13, noon*

SPECIAL EVENTS

Prostate Screening Day

*Saturday, March 3
7:30 a.m. to 4 p.m.
St. Mary Mercy Hospital Pavilion
Use South Entrance
No charge*

Spring Craft Show

*Saturday, March 31 and Sunday, April 1
9 a.m. to 4 p.m.
St. Mary Mercy Hospital Auditorium
Use Five Mile Road Entrance
No charge*

Project Healthy Living

*April 9, 10, and 11
10 a.m. to 6 p.m.
Wonderland Mall
Free and low-cost health screenings
Sponsored by
St. Mary Mercy Hospital
Call 734-655-8940.*

Women's Health Day

*Saturday, April 28
8 a.m. to 12:30 p.m.
Holiday Inn
Livonia West
Breakfast, speaker,
workshops, exhibits.
Please call 734-655-1100 for
more information.*



MIRACLE OF LIFE MATERNITY CENTER

Great Doctors In Your Own Backyard

Delivering Babies in a Private Setting

or those who have personally witnessed the birth of a baby, you know the indescribable joy that moment brings. Seeing the miracle of birth firsthand can be a life altering experience for mom, dad, and the entire family.

For the doctors and midwives who deliver babies every day at St. Mary Mercy Hospital, this experience

is just as special. "Even after 30 years of delivering babies, each new birth is like the first," said M. H. Neal, MD, Chairman, Department of Obstetrics and Gynecology.

Because this is such a personal time, many moms

choose St. Mary Mercy's Miracle of Life Maternity Center. In fact, St. Mary Mercy is the only hospital in the area where every mom remains in a private room from labor, recovery, through postpartum. Complete with soft colors, wallpaper, large picture window, hardwood floors, refrigerator, TV/VCR, restroom with Jacuzzi showers, heating lamps, and built-in hair dryers, the birthing suites at St. Mary Mercy are more like the rooms in a four-star hotel.

The doctors also appreciate the maternity center. "The rooms provide a home-like environment, since most of the medical equipment is out of sight until needed for the birth," said Michael Gatt, MD, Ob/Gyn.

The specialized obstetricians, midwives, and nurses provide care 24 hours a day, and 24-hour neonatology support through U-M

Hospital is available on-site for babies requiring special assistance. Anesthesiologists are on hand 24 hours a day to administer epidural anesthesia, if desired. A Special Care Nursery is also available.

"Since most babies remain with mom, bonding occurs right from the beginning," added Judy Dudum, MD, Ob/Gyn. Baby care

education, lactation consulting, newborn hearing screening, and the first exam by a pediatrician are all experienced right in the privacy of mom's room. Visiting is a family affair.

"Helping moms through pregnancy and delivery is a privilege," said

Wendy Valhoff, Certified Nurse Midwife.

"We share in their joy."

Since the new maternity center opened in 1997, the doctors and midwives at St. Mary Mercy have delivered over 1,500 newborns a year...each one as special as the first.

"We are pleased that at St. Mary Mercy we can meet our families needs for privacy and personal care," said Janet Sabo, RN, Manager of the Miracle of Life Maternity Center.

If you would like to tour the Miracle of Life Maternity Center, call **734-655-1100**. If you are looking for an obstetrician or pediatrician, we can help you find one who will meet your individual needs. Just call our Physician Referral Service at **1-888-464-WELL (9355)**.



Great doctors...over 1,500 babies are born each year at St. Mary Mercy Hospital.



CHOOSING PAIN RELIEVERS: WHICH IS GOOD WHEN?

You have many choices for pain relief at the store. But which one is right for the pain, ache, or fever that you have today?

Fever: Aspirin and non-steroidal anti-inflammatory drugs (NSAIDs) work well to reduce fever. However, children younger than age 19 should not use aspirin. Have them try acetaminophen or an NSAID, such as ibuprofen, ketoprofen, or naproxen sodium. Since these medicines could upset the stomach, take them with food.

Joint pain: Acetaminophen, ketoprofen, and naproxen sodium work well to treat this pain.

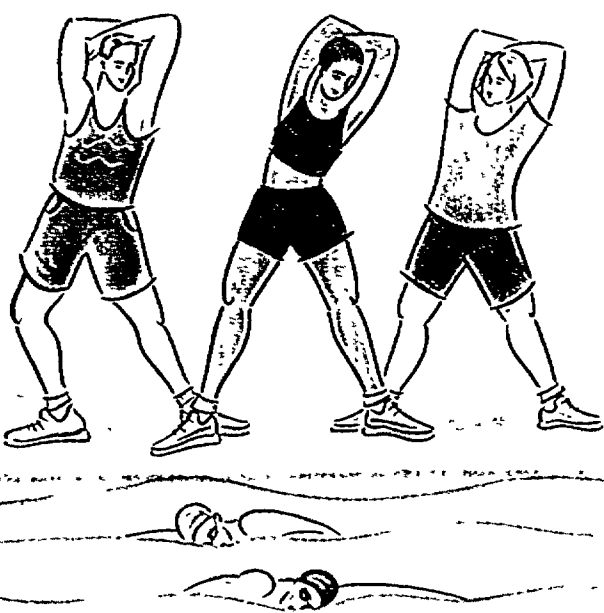
Menstrual cramps, sprains, and strains: NSAIDs, such as ibuprofen, ketoprofen, or naproxen sodium, are made for these aches.

Headache: Aspirin is ideal for easing mild headaches. For migraines, try a pain reliever specially made for migraines.

Not all pain relievers are right for everyone. People with ulcers or kidney disease should not take some NSAIDs. If you have a chronic illness, talk with your doctor about what's best for you.



How to Sleep Tight Tonight



ABOUT FITNESS

◆ **Weight training** improves strength, endurance, metabolism, and heart function.

It can help prevent or manage chronic conditions, such as low-back pain and diabetes. Weight training is good for people who find aerobics tough, such as the elderly.

Circulation

◆ Fitness as a teenager may help women prevent osteoporosis later in life. This study looked at whether women between the ages of 19 and 21 played high-impact sports in junior high and high school. These types of sports included basketball and tennis. Those who did play had much higher bone density than those who did not.

Medicine and Science in Sports and Exercise

◆ **Fitness activities** can lower an older adult's risk of falling. A review of studies found that men and women ages 60 and older can lower their risk for falls by joining a fitness program. Fitness can include balance training, such as tai chi, and strength training.

British Journal of Sports Medicine

Occasional insomnia doesn't have to be something to lose sleep over. Taking steps to change your behavior in the hours leading up to bedtime may be all it takes to get a good night's rest. Experts suggest the following:

- Don't have anything with caffeine after the noon hour.
- Avoid nicotine and alcohol near bedtime.
- Don't eat a large meal near bedtime, but don't go to bed hungry, either.
- Some medicines may cause insomnia—talk with your doctor about finding something that won't keep you up.
- Try taking a soothing shower or warm bath before bed.
- Sleep in a quiet, comfortable, and slightly cool room.
- Avoid taking naps during the day.
- Exercise in the morning or during the middle of the day.
- Make a sleep schedule—go to bed at the same time every night and get up at the same time.
- Practice deep-breathing techniques or

meditation to relax before sleep.

Melatonin, often sold in health food stores, may help people whose insomnia is due to jet lag or a change in work schedule. But no studies have shown that it can help other causes of insomnia.

If you can't fall asleep after 20 minutes, get out of bed and do something relaxing until you feel sleepy. Then go back to bed. You might also benefit from keeping a sleep diary. This can help pinpoint a potential cause of insomnia.

If your sleeplessness persists longer than a month, it may signal a greater problem. Chronic insomnia can be triggered by a number of causes, such as stress or menopause. It has been linked to serious disorders such as depression, heart disease, and an overactive thyroid. ★

Trouble sleeping? St. Mary Mercy's Sleep Disorders Unit specializes in treating insomnia and other sleep disorders. Call 734-655-2610.

Breast Biopsy Technique Now Available

breast cancer is the development of abnormal cells in the breast. These cells grow and replace normal healthy tissue. But, breast cancer is a treatable disease, especially with early detection.

St. Mary Mercy Hospital now offers area women the latest technology for detecting early stage breast cancer through stereotactic breast biopsy. Benefits of this newest technology include the following:

- Early diagnosis of breast cancer without extensive surgery

- Minimal impact on healthy tissue

- Requires only an antibiotic ointment and bandage

- Allows patients to go home the same day, resuming normal activities, with results generally available in two to three days

Breast cancer usually starts as a small lump. However, with time the lump can grow and spread to nearby areas, such as muscle or skin, as well as the lymph nodes under the arm. Ultimately, the tumor can spread to vital organs, such as the liver, brain, and lungs.

"With one out of every nine women developing breast cancer, you need to be aware of the latest techniques for early diagnosis," said Stephanie Falbo, MD, Radiology, Marian Women's Center. "This latest technology offers area women a complete state-of-the-art breast care facility."

Despite progress in early detection, as well as improved treatment, breast cancer is now the third leading cause of death for women in the United States. To detect breast cancer at the earliest possible time, women should do monthly breast self-exams and have a

mammogram at least once a year, or as recommended by their doctor.

If a lump is detected, stereotactic biopsy allows for accurate diagnosis minimizing the removal of healthy tissue around the lesion. "Most breast lumps are not cancer," said Dr. Falbo. "Often they are fluid-filled cysts in the

breast tissue that change with the menstrual cycle. But every lump must be evaluated."

The stereotactic biopsy system complements the existing diagnostic procedures now available in the Marian Women's Center, including ultrasound, radiology, mammography, and education. This equipment was made possible, in part, by the generous contributions of the community through recent fund-raising benefits.

For information on this procedure or other breast care

services, contact your physician or the Marian Women's Center at **734-655-1100**.

MEN'S HEALTH: FREE PROSTATE SCREENING

Prostate cancer not only affects men, but the whole family. In fact, over 25% of men tested indicated abnormal results.

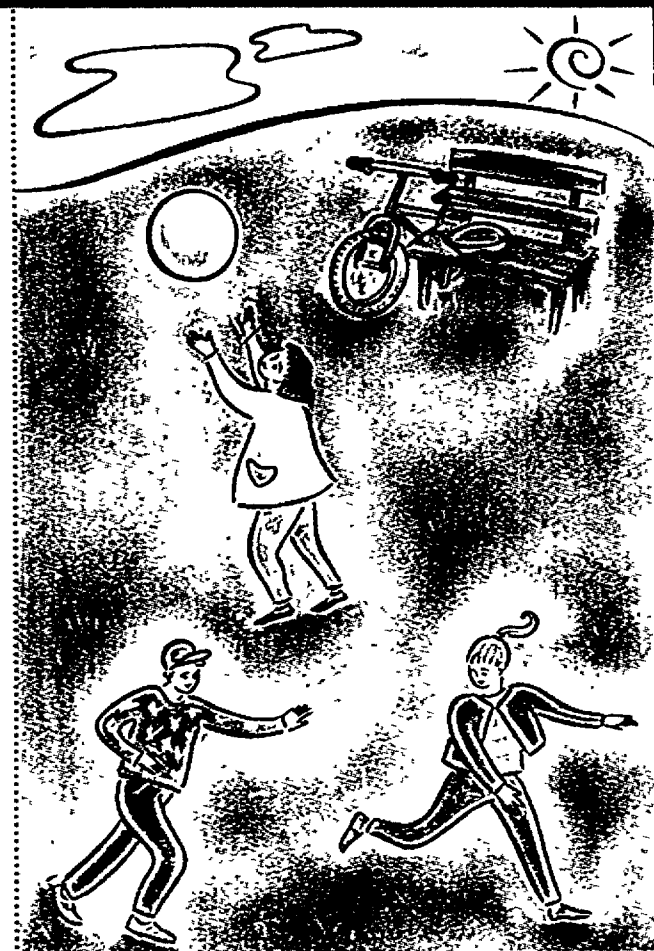
Men can get a *free* prostate cancer screening on Saturday, March 3, from 9 a.m. to 5 p.m., at St. Mary Mercy Hospital. The screening includes:

- ◆ prostate exam by a physician
- ◆ blood test to measure PSA level

Preregistration is requested; call **734-655-8940**.



Stephanie Falbo, MD, reviews mammogram films in the Marian Women's Center.



ABOUT CHILDREN

◆ Should you ask for **anti-biotics** for your child's next **ear infection**? In this study, children who did not get antibiotics for an ear infection did almost as well as those who did. Although fevers didn't last as long in the group that took antibiotics, duration of pain and crying were the same. After 11 days, ear tests and symptoms were the same in both groups.

British Medical Journal

◆ Sit down to a nice dinner, for your children's sake. A national survey found that children from families who ate dinner together had **better eating habits** than those who did not. Children who frequently had **family dinners** tended to eat more fruits and vegetables and less fried foods and soda.

Archives of Family Medicine

◆ **Breast milk** is best for warding off asthma. A study found that infants who were breastfed for at least four months had a **lower risk of asthma** at age 6. Also, infants who were given only breast milk before 4 months of age were less likely to develop asthma as a child.

British Medical Journal

Visit our website! www.stmarymercy.org

**ST. MARY MERCY
PARTNERS WITH
LIFETIME
FITNESS-NOVI**

Starting the new year with an exercise program? You'll find a new twist at LifeTime Fitness Center in Novi.



St. Mary Mercy now offers wellness programs, medical resources, health information, and select health programs at the fitness center as part of a unique new partnership.

Programs that are currently offered or will be held soon include:

- ◆ weight management
- ◆ cardiopulmonary resuscitation (CPR) classes
- ◆ physical therapy
- ◆ pre/postnatal fitness
- ◆ health screenings.

LifeTime Fitness-Novi is located on Haggerty Road, between 8 and 9 Mile. For more information, please call St. Mary Mercy Community Outreach at 734-655-8940, or check out our website at www.stmarymercy.org.

Daytime Wetting: Children and Urinary Health

Bedwetting is a well-known, common part of childhood. But for many children, daytime bladder control is the problem.

Daytime wetting can affect children of all ages. But it is most common among preschoolers.

Daytime wetting can have many causes. One common reason is ignoring the need to urinate, or "holding it."

Young children often are too busy playing. Also, getting to the bathroom on time may be less of a priority once

toilet-training excitement and praise are gone.

Or a child may be reluctant to use a

bathroom away from home. Using rewards, such as stickers or stars for staying dry, may help in such cases.

Urinary tract infection (UTI) is another cause

of daytime wetting, especially among girls. UTIs usually also have other symptoms, such as cloudy, dark-colored or strong-smelling urine, or pain or burning during urination.

Other causes of daytime wetting may include:

- weak bladder muscles
- caffeine or artificial sweeteners
- anxiety or stress
- bladder or kidney problems
- laughter, tickling, or excitement
- bubble bath or even traces of laundry detergent on

underwear can irritate a girl's urethra and lead to daytime wetting.

Daytime wetting generally fades away on its own. But,

check with your doctor if your child is older than age 4 and is having this problem. Or, if it suddenly appears in a child who was completely toilet trained. *



ST. MARY MERCY HOSPITAL MISSION STATEMENT

We serve together in Trinity Health.
in the spirit of the Gospel.
to heal body, mind, and spirit,
to improve the health of our communities,
and to steward the resources entrusted to us.

TRINITY  HEALTH

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