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Greensheetclassifieds.com

INSIDE

Honor in Nepal Teacher and

trekker Heather **O'Neal** demonstrated common Nepalese greeting, "N'ahmats'e,"

which means "I honor you." She'll be repeating the seminar - which tells about her experiences in the Himalayan nation in Ann Arbor this evening. - Page 4A

One wish? One dish!

Chef Mary Brady spends time this week discussing the growing interest in one-dish meals:

they're easy to prepare, easy on cleanup and can taste great, too. She offers some helpful hints for making the one-dish meal work. While you're at it, check out her recipe for eggplant parmesan. – Page 8A

MARKETPLACE



All that glitters...

Milford Jewelers is not only stocked with high-quality merchandise, but its sales and service staff wants to do what it can to keep customers coming back. – Page 13A

SPORTS

Caged John

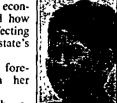
GREEN SHEET Cassis, DeRoche step up

City gets a new face in state senate

By Sam Black SOUTH LYON HERALD EDITOR

As state Senator Nancy Cassis

examines her goals the economy and how it is affecting the state's budget remains foremost in her mind.



new senator, she has clout

representative serving on promi-

nent committees. Only seven senators are incumbents, and her experience in the House has landed her on several important committees. In her coming term, she will be one of the most sought after people in Lansing - people seeking answers and solutions, and of course, votes in the Senate. Last week held great ceremony

as she prepared to take her seat on the floor of the Senate for the first time. Before business hours, staff, friends and family gathered in her new offices in Lansing's Farnum



photo by SAM BLACK Novi resident Craig DeRoche, who will be representing the cty of Northville in Lansing, takes the oath of office.

DeRoche is **DeMan** in Lansing

By Victoria Sadlocha STAFF WRITER

State Rep. Craig DeRoche is beginning his term with fervor, swinging into action during his first full week of business with residents of Novi close in thought.

The week ending Jan. 17 has been a busy one for DeRoche (R-Novi), focusing his attention on transportation and the increasing importance of road improvement projects in Novi.

Continued on 6

Benefit hailed a success

By Jennifer Norris STAFF WRITER

Family members of two-year-old Matthew Derwenskus are calling a recent spaghetti dinner fundraiser held in his honor an enormous success.

The Jan. 4 fundraiser was organized to benefit Derwenskus, who underwent two surgeries in October to remove a brain tumor. Proceeds from the fundraiser are carmarked for family expenses.

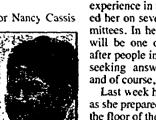
Sally Bars, an aunt of Derwenskus, said during the child's first surgery, doctors were only able to remove about 80 percent of the tumor. The remainder of the tumor was entangled around the brain stem, making removal highly dangerous and risky.

The first one was an emergency surgery because the tumor was so large," said Bars.

The initial surgery took place at Rainbow Children's Hospital in Ohio.

A second surgery on Derwenskus followed at LeBonheur Hospital in Tennessee. Radiation treatments





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Owners and pooches hope to fetch awards at dog show

STAFF WRITER

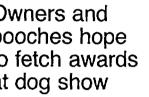
Novi is going to the dogs, liter-

More than 2,000 dogs, ranging from the pedistrian cocker spaniel to the exotic kai-ken from Japan, are expected to flood into the Novi Expo Center Jan. 17-19 for the Livingston County Kennel Club and Oakland Kennel Club shows.

everything dog, it's acutally three shows. The Livingston County Kennel Club will hold back-toback shows Jan. 17 and 18, fol-lowed by the Oakland Kennel Club show on Jan. 19.

Deerfield Township resident Bill Gidday, who heads up the Livingston group, explained that under American Kennel Club rules, each kennel club is allowed two shows a year. He said his group used to put on a summer show in Fowlerville, but the show outgrew the venue and now they do two shows back-to-back at the Novi Expo Center. Don Leonard, who heads up the Oakland Kennel Club, said his group hold's both its shows at the Novi Expo Center, but it hold its second show in November. Leonard and Gidday said their shows will attract exhibitors from at least 20 states and Canada. And while exhibitors will be coming from as far away as California, some will be coming from right here in Novi and Northville, including Michelle Asher and Amanda Cook. Asher is a dog groomer from Novi who'll be showing Jack Russell terriers, the breed made famous by the television show "Frasier." "They are just neat dogs," said Asher, who has shown dogs off and on for a quarter century. "They have great personalities."

The dog days of winter dinner



By Phil Foley

ally.

While it's one weekend of



Glenn's boys' basketball team managed to pull one out against a feisy Mustang

squad and end Northville's undefeated streak. --- Page 1B

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Photo by JOHN HEIDER Northville Township resident Amanda Cook will be showing her Bernese mountain dog "Ch. Lightning Fullmoon's Streak" at this weekend's Livingston County Kennel Club dog show at the Novi Expo Center. The Bernese are swiss mountain dogs who are used to cart goods. Lightning may attain 100 pounds.

were performed at St. Jude Hospital. Bars said the fundraiser, which was hosted at the Westfield Activity Center in Trenton, attracted over 1,200 participants.

The event drew residents from Northville and even other states.

"The fundraiser was awesome." said Bars. "There were so many people there from Northville. There were people that drove in from Ohio just for it. It was just so overwhelming people would drive four or five hours just to come to the fundrais-

The amount of funds raised through the event are still being calculated.

The all-you-can-eat spaghetti dinner fundraiser featured a variety of entertainment venues, a silent auction and a 50/50 raffle.

Participants were also able to leave written and video messages to Derwenskus and his family.

"We just tried to capture the

Continued on 4



Photo by JOHN HEIDER

With wet, snow and slush-covered sidewalks recently, local chiropractors are reporting a rash of people seeking help after slip and fall accidents.

Doctors, chiropractors urge caution on slippery streets

By Jennifer Norris STAFF WRITER

With winter in full tilt, snow and ice are a certainty for area residents. And slick walkways can

have catastrophic outcomes if residents slip and fall. Local chiropractors can attest

to the high level of bodily trauma caused in a slip- and-fall accident and recently have been treating a high number of patients with such injuries,

Just how often are chiropractors seeing the results of icy conditions and falls?

"Every day," said Albert F. Dick, a Nonhville-based chiropractor, who attested to the potential severity of a slip-and-fall.

"It's similar to getting hit in a car accident." he said.

In a slip and fall accident, nerves and ligaments can be knocked out of alignment, but people may not experience any pain for awhile, Dick said.

"Eight or nine months may go by without symptoms," he said.

Left untreated, Dick said, the injuries that resulted from a fall can worsen over time and cause other problems

Northville chiropractor, Ken Stopa, said "A great number of slip and falls have been reported here in Northville, Basically, people are slipping on ice or snow covered parking lots [and] driveways."

But even a near fall can cause trauma to the body.

"A lot of them are jolting their bodies," said Stopa. "They slip and they catch themselves. They'll go a couple hours and feel OK but they'll start feeling pain."

And the winter season is only increasing the number patients chiropractors see due to a slip and fall.

Stopa said on one Monday morning he treated seven people who had suffered a fall.

While people may feel unin

Continued on 5



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Community Events

THIS WEEK •

Rebroadcast of public forum ---state school superintendent Tom Watkins

DATE: Jan. 16, 21 LOCATION: Broadcast on Comcast Channel 18

TIME: 6 p m. (Jan. 21); 9 p.m. (Jan. 16)

DETAILS: Watkins, a Northville resident, appeared at Northville High School on Oct. 21 and spoke to those in attendance about education in Michigan. The event was sponsored by the Legislative Action Network. PHONE: (248) 596-9067

Get Fit For The New Year free senior fitness seminar / class DATE: Jan. 17, 31 LOCATION: Northville Senior Center (215 W. Cady Street) TIME: 10 a m. **DETAILS:** A 20-minute lecture on the benefits of work will be combined with a 20-minute strength and toning workout, designed for senior citizens of all fitness levels. The sessions can be done standing or sitting and are free of charge to seniors. PHONE: (248) 449-7634

Northville Woman's Club Meeting DATE: Jan. 17 LOCATION: First Presbyterian Church of Northville (200 E. Main Street) TIME: 1:30 p.m. **DETAILS:** A representative from AAA-Michigan will be speaking on "The Older, Wiser Driver." The event's chairperson is Rigmor Cuolohan. PHONE: (248) 349-3064

Wedding Planning 101 DATE: Jan. 18 LOCATION: Old Church Square Banquet Facility (145 N. Center Street) TIME: 12:30 p.m.

DETAILS: Representatives from several wedding-related businesses will be on hand to answer questions about wedding planning and organization. Admission is \$10 per person. Advance registration is required.

PHONE: (248) 668-9273

Cereal Bowl benefit bowling outing for New Hope Center for Grief Support DATE: Jan. 19 LOCATION: Novi Bowl (21700 Novi Road) TIME: 3 p.m. DETAILS: The outing, which supports Northville's New Hope Center for Grief Support's KIDZ program, includes shoe rental, two games of bowling and food. The KIDZ program helps grieving children through play, art, roleplaying and other creative outlets. Registration is \$25 for adults. Children pay their age in dollars. PHONE: (248) 348-0115

Got a non-profit or community event coming up you'd like people to know about? We'd be happy to help you. Send basic information (date, time, cost, overview and a contact telephone number) to:

The Northville Record 104 W. Main Street, Northville, Mich. 48167 or fax to (248) 349-9832

Listings can be publicized for up four weeks in advance of the event. Promotional may also be submitted and will be published, space permitting.

Blood drive

DATE: Jan. 20 LOCATION: First Baptist Church of Northville (217 N. Wing Street) TIME: 2 p.m. - 8 p.m. DETAILS: Blood is urgently needed during the post-holiday months. Shortages become especially prominent in the midst of winter. Appointments may be made in advance. PHONE: (248) 348-1020

Finance-political writer speak-ing presentation — Hugh Sidney / Time Magazine DATE: Jan. 21 LOCATION: Edward Jones (1039 Novi Road, Northville) TIME: 6:30 p.m. **DETAILS: Edward Jones investment** representative Chris Willerer will host the free presentation, which will focus on answering questions regarding the financial market outlooks in 2003. Advance registration is required, but future broadcasts of the event at Edward Jones offices may be forthcoming. PHONE: (248) 348-0423

Auditions for Plymouth Community Chorus "Broadway Legends" DATE: Jan. 21 and 28 LOCATION: Hillside Middle School (775 N. Center Street) TIME: 7 p.m. DETAILS: The auditions are open to the public. No appointment is necessary to audition. PHONE: (734) 254-9617

Senior Recognition Day DATE: Jan. 22 LOCATION: Northville Community Center (303 W. Main Street) TIME: 1 p.m - 3 p.m. DETAILS: Residents age 95 and over will be honored at the celebration. Persons in that age group have lived through Prohibition, the Great Depression and two World Wars. are recommended. PHONE: (248) 349-4140

chased in advance at the Northville Parks and Recreation office or at the door. Genitti's Hole-In-The-Wall will be open for lunch at 1:30 p.m. Dining reservations can be made by calling (248) 349-0522. PHONE: (248) 449-9950

Northville Woman's Club meeting

DATE: Feb. 7 LOCATION: First Presbyterian Church of Northville (200 E. Main Street) TIME: 1:30 p.m. DETAILS: Sylvia Durant will be speaking on "A Better Woman." The event's chairperson will be Mildred Astbury. PHONÉ: (248) 349-3064

Soup bowl silent auction DATE: Feb. 9 LOCATION: First United Methodist Church of Northville (777 W. Eight Mile) TIME: 10:30 a.m. DETAILS: Soup bowls painted by volunteers earlier in the month will be sold by silent auction. Winning bidders will be served homemade soup at 12:30 p.m. All money raised from the auction will benefit homeless charities. (First United Methodist will host the homeless in the spring.) PHONE: (248) 349-0455

Northville Woman's Club meeting --- Guest Day

DATE: Feb. 21 LOCATION: First Presbyterian Church of Northville (200 E. Main Street)

TIME: 1:30 p.m. DETAILS: Ruth Mary Atchison, Evelyn Harper and Marge Bolton will be speaking on the history of the club and the memories of past club presidents. The event's chairperson will be Shirley Lipa PHONE: (248) 349-3064

Library Lines

LIBRARY HOURS

The Northville District Library is open Monday through 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 p.m. to 5 p.m. The library is located at 212 W. Cady Street, near Northville city hall, with parking off Cady Street. For detailed information about programs or services, or to request or renew library materials, call (248) 349-3020.

WINTER KIDS CLUB

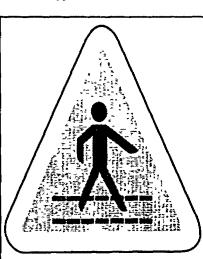
Kids in the first and second grades are invited to join us for this six-week series of after-school programs, featuring stories and fun activities! All programs are on Thursdays, from 4:15 to 5 p.m., from Jan. 23 through Feb. 27. Registration begins January 2 in person or by phone.

WINTER STORYTIMES FOR 4s, 5s, AND KINDERGARTENERS

Children who are in 4, 5 or in kindergarten, and comfortable attending without a caregiver present are invited to join this special six week series of 45 minute storytimes. Each program features stories and creative activities, so children should also be able to use scissors, glue and other materials. Please select from one of the following sessions: Mondays at 4 p.m., from Feb. 10 through March 17; Tuesdays at 10 a.m. from Feb. 11 through March 18; or Tuesdays at 2 p.m. from Feb. 11 through March 18. Registration begins Jan. 21 in person or by phone.

HYPNOTISM: MYTHS AND MISCONCEP-TIONS

Hypnotherapist Elizabeth Barker will demonstrate self-hypnosis and stress reduction techniques



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on Jan. 16 at 7 p.m. Please register at the Information Desk.

DISPLAY CASE AVAILABLE

Want to publicize your organization or a special event? Showcase a special collection? The library has two glass display cases, available to organiza-tions and individuals in Northville. Display cases are booked on a monthly basis. The largest one is located near the library's entrance, and a smaller kiosk style one is located in the area near the fireplace. For more information, contact the library.

JUNIOR BOOKS CHAT AND CHOW

Kids in the fourth grade and up are invited to this fun monthly book discussion group, with treats provided. At the next meeting on Jan. 29, we will talk about "Redwall" by Brian Jacques. The program runs from 4:15 to 5 p.m. Sign up and pick up a copy of the book at the Information Desk.

HALF-PRICE SALE ON USED BOOKS

Throughout January, the Friends will be offering used books at half-price in The Book Cellar room on the lower level. Open every Sunday from 1 to 4 p.m., the Book Cellar offers a variety of books and other formats, and is operated by the Friends volunteers. Hardcovers will cost 50 cents and paperbacks only 25 cents.

LIBRARY BOARD MEETING

The next meeting of the Northville District Library board of trustees will be Jan. 23 at 7:30 p.m. The public is welcome to attend these monthly meetings, which are typically scheduled on the fourth Thursday of the month.

Adult auditions for "The **Emperor's New Clothes**" DATE: Jan. 19 LOCATION .: Marguis Theatre (135 E. Main Street) TIME: 5:30 p.m. **DETAILS:** Performers must prepare a song and bring their own sheet music. An accompanist will be provided. Approximately 40 performances will be held March 8 through May 4. Selectees must be available during the daytime. PHONE: (248) 349-8110

Painted soup bowl charity drive

LOCATION: First United Methodist

Church of Northville (777 W. Eight

TIME: 3 p.m. (Jan. 19); 7 p.m. (Jan.

DETAILS: The soup bowls, decorat-

painted by volunteers and fired for a second time and will be sold at a

ed with non-toxic paints, will be

silent auction on Feb. 9

PHONE: (248) 349-0455

to fight homelessness

DATE: Jan. 19, 21

Mile)

21)

Single Point Lighthouse Cafe DATE: Jan. 24 LOCATION: Ward Evangelical Presbyterian Church (40000 Six Mile Road) TIME: 7 p.m. - 10 p.m. **DETAILS:** The event is geared toward single adults. Hot dogs and specialty coffees will be available. Live entertainment will be provided by other members of the group. The event is \$5. Child care will be available free of charge. PHONE: (248) 374-5920

COMING UP

Northville Arts Commission Winter Concert Series --- The Sirens DATE: Jan. 26 LOCATION: Genitti's Little Theatre (108 E. Main Street) TIME: 3 p.m. **DETAILS:** The Sirens are three musicians from London, Ontario. They've created clever songs in an eclectic style and are influenced by folk, jazz, swing and doo-wop. Tickets are \$8 and may be puravailable to you -- free of charge. Just use electronic channels for the day to day stuff.

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est in an expanding Michigan company

Record looks for best of area's teachers

Beginning next month, the Northville Record will honor monthly a local teacher for his or her excellence in the classroom. We are looking for readers to help in identifying these outstanding teachers.

Nominations can be emailed to

cdavis@ht.homecomm.net, faxed to (248) 349-1700, ext. 114, or mailed to Chris Davis at the Record, 104 W. Main Street, Northville, Mich. 48167. Nominations must be received by the last day of the month.

One teacher in the local area - either public or private school --- will be honored each month through June, then again beginning in September. The teachers will be photographed in their classroom for publication along with a feature story on the educator. The highlighted teacher will also receive a prize from the Record.

Nominations can come from students, parents, school administrators or community residents who have contact or knowledge of a teacher's classroom activities.

To nominate a teacher, please send the teacher's name, school address and the school's telephone number along with a statement of no more than 200 words telling us why this teacher deserves to be our Outstanding Teacher of the Month.

The staff of the Record will make each selection. The winning teachers will be featured in the Record on the second Thursday of the month.

Please help us in honoring the many dedicated teachers who do outstanding work APIT A A A

N PREVENT FOREST FIRE

Northville School Briefs

GIRLS EMPOWERED

Northville Youth Assistance presenting "Girls Empowered" program а designed to encourage healthy living and personal empower-ment for girls through workshops on self-defense, friendships and cliques, hip-hop dancing and nutrition.

Northville Youth Assistance is sponsoring the program with a substantial financial subsidy. Participants will be charged \$30. Scholarships are available in the event of hardship. The after-school session for girls in grades 6, 7, and 8 will be Tuesdays Feb. 4, 11, 18 and 25 from 3 p.m. until 4:30 p.m. in Room 188 at Hillside Middle School.

The sessions for girls in grades 4 and 5 will be Wednesdays Feb. 5, 12, 19 and 26 from 6:30 p.m. until 8 p.m. in Room 188 at Hillside Middle School.

Registration is limited and will be accepted on a firstcome, first-served basis. To register. call (248) 344-1618.

SCHOOL **JANUARY:** BOARD RECOGNITION MONTH

The month of January marks the annual observance of School Board Recognition Month and provides a time to honor the work of school board members and their commitment to public education. The theme of this year's celebration is "They're Counting on You: Leadership for Learning."

School Board Recognition Month is celebrated by 560 local and 57 Intermediate School Districts in Michigan, as 4,200 elected school board members are honored by their schools and communities for their dedication to school governance.

In the Northville Public School District, school board members must develop policies and make tough decisions on complex education and social issues, which impact the entire community. The bear responsibility for an operating budget of \$50 million, 5,805 students, over 900 employees and 12 buildings.

The men and women serving the Northville Public School district and their years of service are:

Judy Handley, president - 5 years

Judith Wollack, vice-president -2, years

Gregory Pelc, secretary - 3 :years

Jerry Rupley, treasurer - 3 years Joan Wadsworth, trustee - 9,

years Karen Paciorek, trustee - 6

months Ken Roth, trustee -

months H.M.S. CARNIVAL/AUC-

TION FEB. 28 The Hillside Carnival is slat-

ed to take place Feb. 28 from 5 p.m. until 8 p.m. The Silent Auction is continuing and will be a substantial portion of the Carnival. All proceeds will be used to provide academic enrichment opportunities for students.

RESPECT WEEK: JAN 19-

Northville Youth and Family orum, Northville Public Forum. Schools, Northville Township, the City of Northville and the PTA Coordinating Council will join forces once again for a community-wide focus on respect during the week of Jan. 19.

The purpose of Respect Week is to recognize the importance of respectful behavior within our community.

MLK CELEBRATION

Northville Parks and Recreation, Northville Youth Assistance, Northville Public Schools and ACORD are presenting a Dr. Martin Luther King Jr. Celebration Jan. 20 at 7 p.m. in the Hillside Middle School auditorium.

The event is to feature a message by nationally renowned speaker lan Hill and performances by school choirs.

This Respect Week event is free and open to the public. For more information, call

Northville Youth Assistance at (248) 344-1618.

EARLY CHILDHOOD REG-**ISTRATION**

The Early Childhood Center will begin enrollment for Summer and Fall 2003-2004 Programs. Programs include Kids' Club, Wondergarten, Child Care, Preschool and Parent/Child Classes.

Families with children currently enrolled in ECC Programs will register February 24 through March 7, 2003. Class size is limit-

Registration for "new" families will take place on Saturday. March 22, 2003 at 8:00 a.m. at the Early Childhood Center (Board of Education Building). The entrance and parking for registra-tion will be on the Cady Street side of the building. Informational signs will be posted with the number of available openings by each program. Children will be placed based on availability on a first come, first serve basis beginning at 8:00 a.m. A \$50.00 registration fee (check or money order) will be required for registration.

For more information visit: www.northville.k12.mi.us or call 248-344-8465.

OVS students given Alhambra dose of holiday cheer

By Jennifer Norris STAFE WRITER

The local Order of Alhmbra last month extended some holiday cheer to the students at Old Village School, as they experienced a visit from Santa.

Old Village School principal Art Fischer said members of the organization visited the school in December, bringing gifts and a unique opportunity to meet Santa Claus.

Fischer said one of the members was dressed in a Santa suit and posed for photographs with each of the children individually.

The kids look forward to it and the parents certainly look forward to it," said Fischer, adding that a parents particularly cherish a holiday keepsake photo of their child.

"Lots of times this is the only time they have a picture of their child sitting on Santa's Hap." he's the han 3 . said. "I get a lot of positive comments from the parents. Lots of times, it's too difficult to take them to the mall. It's just a wonderful

Fischer said the background for the photo was specially decorated for the event.

Every student in the building had the opportunity to have their photo taken with Santa Claus.

Fischer said the Order of Alhambra, a local Northville/Novi organization is a group of religious men that look for events to sponsor for the mentally handicapped.

School officials estimate the group has participated with the school for at least 10 years.

"They do all different types of events," said Fischer. "This is one of the major ones they do with us. It's just great."

Ted Marzonie, a member of the Order of Alhambra, said the organization is dedicated to working with handicapped children.

"We do take the time to work with them," said Marzonie. "We enjoy what we do." 1 1

Jennifer Norris is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 107 by e-mail ог



submitted photo

Members of the Order of Alhambra Manresa Caravan No. 217 brought some holiday cheer to students at Old Village School last month.





Benefit dinner gives hope to ailing infant

Continued from 1

whole evening to show Sandy and Kurt Derwenskus [Matthew's parents] and their children how much love support there was that evening," said Bars.

Derwenskus has two older sisters, Megan, 6 and Paige, 3.

The results of Derwenskus' second surgery

on his brain tumor has left the family feeling hopeful.

"They think they got 99.9 percent of it, if not all of it," said Bars. "He's got his energy back. He started walking again a couple weeks ago. He still has a trachea tube and a feeding tube. I think the family has just adjusted really well. We have a great support system with family and friends. It was so apparent Friday night. People were just swarming in It was great." "Our whole family is overwhelmed with the

kindness and generosity of Sandy and Kurt's reighbors, friends and family. There are wonderful people in the community. The outpouring and the outreach from everyone has just been phenomenal."

Bars said Derwenskus will be monitored carefully in the weeks and months to come to ensure the tumor isn't regrowing.

"The scary part is it could resurface," said Bars. "They have to go back in six weeks for another checkup to see if it's regrown and then again every three months for one year. There's the scary possibility that the cancer could come teack. We just hope and pray it's not going to."

Those interested in assisting the family may send checks payable to Friends of Matthew Derwenskus c/o Sally Bars 2282 Ruskin Street, Trenton, Mich. 48183.

Jennifer Norris is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 107 or by e-mail at jnorris@ht.homecomm.net.

Speaker brings tales of Nepal to Meads Mill

By Jennifer Norris STAFF WRITER

Few people can say they know what it's like to trek along Mount Everest, but not Heather O'Neal.

O'Neal, an Ann Arbor resident and president of "Of Global Interest, LLC" spoke to students at Meads Mill Middle School Monday, detailing her cultural experiences and mountain journeys in Nepal.

Sandwiched between the countries of China and India, Nepal features some of the highest mountains in the world in an area slightly larger than the state of Arkansas.

O'Neal presented information on the culture, climate, customs, language and alphabet of Nepal to students in Shelley Woodrich's classroom.

Woodrich, who teaches seventh grade social studies at Meads Mill, attended high school with O'Neal. During her college years, O'Neal said she decided to study abroad, but never imagined Nepal would be her final destination.

"I'd never heard of Nepal before in my life," she said, but a sense of curiosity propelled her halfway around the world.

"I learned it is [like] a little kingdom," said O'Neal, poised before a group of assembled students. "Going to Nepal is like going back in time, in my mind."

Ranked among the poorest countries in the world, O'Neal said the people of Nepal have captured her interest and respect.

"If I can, I want to try to help these people," she said. "I love this country. These people are truly amazing. 1 am so fascinated by these people."

During her presentation, O'Neal also relayed her story of traveling with a two-time cancer survivor, Sean Swarner, through the rugged

and icy mountain terrain of the Himalayas. O'Neal said Swarner's goal is to encourage others with cancer and provide a sense of hope. Multiple picture slides of Mount Everest, Nepal and O'Neal's jour-

neys were shown to the students. Woodrich said O'Neal's visit to her classroom provided an unique opportunity to teach students about far away lands.

"It's a motivating way to start the unit on geography," said Woodrich.

Lisa Sethi, a seventh grade student at Meads Mill, was among the participants in O'Neal's classroom presentation. Sethi was allowed to try on attire typically found in Nepal.

"It's a nice outfit," she said, adding that she enjoyed learning about the foreign nation and the climbers' level of adeptness. "That's daring."

O'Neal said she hopes students become enchanted with learning about diversity and foreign cultures.

"It's not strange or weird," she said. "It's fascinating."

Heather O'Neal organizes custom tours of trekking and exploring in Nepal and other countries. For more information on adventure travel or cultural presentations call (734) 369-3107 or e-mail her at ofglobal@aol.com. Further information is available online at www.ofglobalinterest.com.

A public showing of the film "Altitude" depicting the Mt. Everest climb will take place at 8 p.m. tonight at 120 Eighth Street in Ann Arbor.

Jennifer Norris is a staff writer for the Northville Record, She can, be reached at (248) 349-1700, ext. 107 or by e-mail at jnorris@ht.homecomm.net.

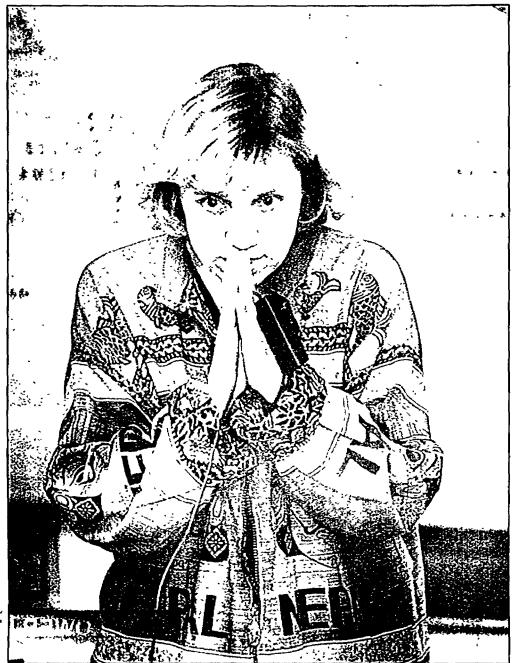


Photo by JOHN HEIDER Teacher and trekker Heather O'Neal shows Meads Mill Middle School students Nepalese common greeting, "N'ahmats'e", or "I honor you" during her talk and slide-show on her travels in the mountain country.





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Nill Race Matters

Mill Race Village is an 11-acre collection of 19th Century buildings along the Mill Pond operated by the Northville Historical Society. The Illage is open dawn to dusk seven days a week and is located on the west side of Griswold north of Main Street in downtown Northville. The ffice, located at the Cady Inn, is open Monday through Friday from 9 a.m. to 1 p.m. The Archives are open on Thursdays from 9 a.m. to 1 p.m. t by appointment. The lst Sunday in June through the third Sunday in October the buildings are open from 1 p.m. to 4 p.m. with docents iost/hostesses) in each to share the history of that building. For detailed information about special programs or renting the facilities call the ffice at (248) 348-1845.

'Jan. 16	9 a.m 1 p.m.	Archives Open to the Public	Cady Inn	
	6:30 p.m 9:30 p.m.	Northville Historical Society Annual Meeting	Cady Inn	
, Jan. 19	10 a.m 12 p.m.	Mill Creek Community Church	Church	
	1 p.m 4 p.m.	Heirloom Rug Hookers	Church	
Jan. 21	9 a.m 12 p.m. 7:30 - 9 p.m.	Stone Gang Weavers Guild Meeting Cottage	Village & Cady Inn	
Jan. 22	7 p.m. - 9 p.m.	Mill Creek Community Church Prayer Service	Church	
Jan. 23	9 a.m 1 p.m.	Archives Open to the Public	Cady Inn	
	3:45 p.m 5:30 p.m.	Brownie Scout Meeting	Cady Inn	

While the buildings will not reopen until June, the Village is still a pretty place for a walk. The snow has given it a nice Victorian appearance. Don't forget to bring your camera - it is a great place for photographers.

The Mill Race Quarterly, a Northville Historical Society Publication, will be mailed soon, if you have not yet joined or renewed your membership with the Historical Society, please contact the office at 248-348-1845 or stop in any week day from 9 a m. to 1 p.m. to make sure you receive your copy in the mail.

Watch your step, chiropractors caution

Continued from 1

jured initially after a slip and fall, chiropractors say such a tumble can lead to other physical problems. Such ailments can include headaches, tingling in the hands, numbress in the fingers and arms, low back pain or a burning sensation down the legs. A slip and fall can also result in whiplash to the neck and spine

"People don't really pay attention to the way they fall. They just know they fell and they just keep going, which is normal for all of us," said Stopa. Local chiropractors encour-

ensure the body is in proper

What to do if you slip and

According to Stopa, the fol-

lowing tips are recommended in

case a slip and fall occurs.

Stopa. "That's the key."

"Make sure you get examined right after a slip and fall," said

alignment.

fali

• If you are on the ground with someone, have that person call EMS. aged thorough screenings to

• If nothing is broken, get to your spinal care physician to check for whiplash and misalignments of the spine.

• Get an extensive spinal examination from head to toe from a chiropractic physician. • Ice the affected areas for 20

minutes on and off for one hour and then repeat. · Do not move, stretch or ever-

cise the affected areas.

areas. This will increase inflammation and pain.

· Elevate any effected limb,

especially if swollen. • Do not wait to get an exami-

nation. · Get an examination, even if you have no pain. Symptoms are the last sign of damage to the body.

for the Northville Record. She can be reached at (248) 349-1700 ext. 107 or by e-mail at jnorris@hthomecomm.net.

• Do not put heat on affected

Jennifer Norris is a staff writer

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and Your

Ad

Continued from 1

They are the smartest dogs I've ever owned."

Asher will be showing Fox Valley Glowing Ember, known as Emmy around the house. Emmy, who turned one-year-old on the 14th, has won 11 of the 15 shows she's entered and established championship status. Emmy's aunt, owned by an Illinois breeder, is the top rated Jack Russell terrier in the country, noted Asher.

Cook's two Bernese mountain dogs are also champions. The 12-year-old Northville girl will be showing animals that weigh nearly as much or more than she does.

Cook's mother, Carla, said that when they first started competeing two years ago, friends suggested, "A little girl and big working dogs were not a good mix, but Amanda was adament. She does all the handling and training herself."

Cook will be competing in the junior handler division.

Bernese mountain dogs are used in Denmark to pull milk carts. Carla Cook said the breed was developed in Switzerland and said the dogs are similar in size and build to Saint Bernards.

"People often mistake them for Bernies," she said. According to Gidday, the Cook's animals won't even be the most unsual at the show. That would be one of the 11 rare breeds expected to be shown at Gidday's Federation of Rare Breeds show between held Jan.

17, 18 along with the Livingston County Kennel Club show. "There are more than 400 breeds around the world and the AKC only recognizes about 170," he noted, adding that he noted, adding that number is increasing.

Gidday and his wife raise bolognese, the royal dog of

" There are more than 400 breeds around the world and the AKC only recognizes about 170."

> Bill Gidday Livingston County Kennel Club

Italy, and contondetuler, Madagascar's royal dog. Their contondetulers are among a mere 400 specimen in the country, while Bolognese number less than a hundred. However. neither animals will be shown in Novi since they both have puppies and the Giddays don't want to risk bringing home and illness.

There will, however, said Gidday, be Icelandic sheep dogs, Nova Scotia duck tolling dogs, white shepherds and Norwegian buhunds, among others on display. Gidday noted the show is an excellent way for people thinking about getting their children a dog to get a look at a lot of breeds in a short time.

Besides, he said, "What kid doesn't want to get licked by a dog?

Tickets for the show are \$15 for families, \$6 for adults and \$4 for seniors 65 and up and kids 12 and under. The shows run 8:30 a.m. to 5 p.m. each day.

For more information about club. each visit www.infodog.com.

Phil Foley is a staff writer for the Novi News. He can be reached at (248) 349-1700 ext. 108 or at pfoley@ht.homecomm.net.





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Cassis ready to roll up sleeves in state Senate

Continued from 1

Building, the suite's broad windows offering a nearby view of the steps, pillars and dome of the state Capitol. Cassis' granddaughter cut teeth on the Senator's desk phone cord, as Cassis wrapped her arms around the child and spoke with constituents.

By 9:30 the entourage dropped with an elevator and made the short walk toward the Capitol on a surprisingly warm winter day. "It's so exciting. I'm going to pinch you," Pam Sass of Novi told Cassis.

"I didn't think it would be as exciting as when I was first elected, but it is," Cassis responded.

Cassis was not alone in her

excitement. Senators from throughout the state filled the floor and balcony of the Senate with friends and family, and general rules of the floor were set aside. Cameras flashed and guests became caught up in the ceremony among the ornate walls and the glass ceiling tiles showing emblems of each state of America. The room was so packed that cold air blew from the vents along the walls to cool the onlookers and journalists gathered at the event.

Addressing the budget

In the coming months, the excitement will be overtaken by hard work - possibly the most challenges difficult the Legislature and the governor's

office have coped with since Proposal A changed school funding a decade ago. In a recession, states are scrambling for cash and cutting programs. Predicted surpluses have changed to assured shortfalls in tax revenue.

Across the nation, politicians are making proposals to ease the burden. President George Bush has been pushing for tax cuts in hopes of increasing consumer spending and encouraging investment by businesses. Meanwhile, California Gov. Gray Davis is asking his state's legislature for an \$8.3 billion tax hike in a state where the sales tax is already 7.5 percent.

Here in Michigan, the state is forecasting a \$1.5 to \$2 billion shortfall. On Tuesday, the Legislature embarked on its

Revenue Estimating Consensus Conference where the Senate, House and Treasury, with the help of University of Michigan economists, began designing a foundation for funding the 2003-2004 budget. Despite the concerns, Cassis remains hopeful that Michigan's downturn will be shallow and short-lived. She points to economists' outlooks published in the Wall Street Journal that show Michigan and the nation as a whole rebounding better than earlier expected.

'That's our sense that the economy is growing, but it's growing at a slower rate," Cassis said.

As chair of both the Senate Finance Committee and the Republican Policy Senate

Committee, Cassis will play a significant role on economic proposals before they reach the floor for a vote.

She said her goal is to encourage policies and promote ideas that will help business, industry and investment recharge sluggish economic growth. And for many constituents, it's the standard Republican policy.

"Remove restrictions where we can, and facilitate business attraction to the state is all important," she said. "We're building on the achievements over the past 10 or 12 years."

Cassis argues that Michigan has weathered the recession better than much of the nation because the Engler administration, especially, worked to encourage a more diverse economy. Though Michigan is depenent on the auto industry, it's les so than it was a decade or mre ago. Continued support for te Automation Alley and the Bi-Science Corridor and othr diverse industries will her Michigan's economy expand an to become less prone to dips 1 employment and consumer and business spending.

And that leads to more tr revenue for the state.

"We've worked hard to get a this point," Cassis said. "Th policies and structures are a place to keep Michigan's econmy moving forward."

Sam Black is an editor fe Hometown Newspapers. Reac him at 248-437-2011 or e sblack@ht.homecomm.net.

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Novi's DeRoche to represent Northville in House THINKING ABOUT

Continued from 1

"Road quality, construction and congestion are major issues for the residents of Novi," DeRoche said. "I am committed to ensuring Novi receives the funding it has been promised and continues to benefit from a strong working relationship with all of the organizations and people involved in the process."

Meetings with the Road Commission of Oakland County, the Road Builders Association and the director of the Michigan Department of Transportation

works, along with a meeting with the House Fiscal Agency to discuss road funding formulas.

The former Novi city councilman also plans on spending the first few weeks in his new position learning the ropes about the budget process and the fiscal problems facing the state.

"It is important that we face our fiscal challenges head on," he said. "I am very interested in finding a bipartisan way to solve our budget crisis without harming K-12 education.

The state representative said he plans on

budget challenges he believes may be accomplished without hurting the state's education system.

House Speaker Rick Johnson (R-LeRoy) said he feels very positive about the freshman class' first full week in session, including State Rep. DeRoche.

We have a lot of talent in our freshman class, and I expect great things from them,' Johnson said. "Craig and his new colleagues are already getting involved and making sure their voice is heard in the process

DeRoche said he has been very enthusi-

ties since being sworn in Jan. 8. DeRoche was accompanied at the ceremony in Lansing by his wife, Stacey, and 21-month-old daughter, Carley.

'I am very excited about the upcoming session, and I look forward to serving the residents of Novi," he said. "Representing the voice of our neighbors in Lansing is what this process is all about."

Victoria Sadlocha is a staff writer for the Novi News. She can be reached at (248) 349-1700. 105 ext. or at vsadlocha@ht.homecomm.net.





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ENTERTAINMENT

Sam Eggleston, 248-349-1700

Thursday, January 16, 2003 Power hungry? Take control with Face Off 2003

By Sam Eggleston ENTERTAINMENT WRITER

Tired of Curtis Joseph hogging time in the goal? So am I, and now there's something I can do about it.

I can change that with a simple press of a button - on my Playstation II controller, that is. 989 Studios has put the power in my hands with NHL Faceoff 2003. This game is pretty sweet, especially when it comes down to the look of the players, I, of course, have taken to the role of controlling the Detroit Red Wings in this game, and I don't even have to look at their jerseys during the between-play sequences to tell you who they are. Even Chris Chelios' nose is busted and crooked, just like in real life.

The arenas are well rendered as well. Joe Louis Arena has each

and every banner hanging, as does New York, Dallas and Colorado (those that I really paid attention to) - and I'm sure the others follow that lead.

Now, the realism in this game is pretty sweet. The puck bounces about like it should, dinging off the bar or whacking into the pads of the goalie. Hit a guy with a sweet hip-check and watch him skid across the ice, out of control. Crowds boo and cheer with the hits, the goals, the saves and the calls by the referees.

Faccoff 2003 has everything you could want from an ice hockey game. Sweet controls makes it nice and easy to control the players throughout the game. Too many hockey games have an obsession with physics, and your players end up spiraling out of control because, if you're anything like me, you can't skate like a professional. That's their job.

When I pick up a game like eyes out of my head playing an Faceoff 2003, I want the game to entire season). be easy to control. 989 Studios brings that to me and so much more.

I've also come to enjoy the career mode. Tired of Cujo? I was. I made a pretty sweet trade with him to the Rangers just so I could get good old Manny Legace between the posts - he's a great goalie anyway. Not only can you play a single season, you take over the role of general manager over 10 years while dealing with free agents, drafts, retirement and trades.

This game also brings you great animation from every player on the ice, with goalies even making diving saves and actually saving with both their glove and their stick hands. There are a ton of awards to win, besides the coveted Stanley Cup (which I won in a single weekend by burning my

Now, as with every game, NHL Faceoff 2003 isn't perfect. In fact, until I adjusted the difficulty of the game, I was winning most of them by 10 or more goals. The other thing I found was that when a line switches, there is sometimes (though very. very rarely) a small delay in getting the second line onto the ice. leaving a small gap in the action as you or your opponent skates up and down the ice without much in the way of opposition.

That's really the only down-side to the game as the action is fast, the graphics are good and the controls are easy to learn. In fact, one of the best things to learn in this game is the deke moves, which allow you to come on goal at full speed during a break away and fake your way to a sweet goal. Once you do that,

and score any goal or make a great save, there are some really nice multi-angle replays of the play.

Besides career mode, there are also modes for practice, exhibition, season, tournament and shootout. Oh yeah, and you can make your own player too. Sam Eggleston is a heck of a defender, but please don't ask him to shoot. He'd much rather be checking people into the boards.

If you've been a big fan of the Faceoff series from 989 Studios, then you'll of course love this one. If you're a big hockey fan, like my grandpa,

then you should enjoy this game too. He even managed to beat me even though I had two days practice and he only had one. Truth was, I felt sorry for him and - no, no, it's true! I did! All right, all right, I admit it. He's just that good. It also helped that he made his own goalie, his own center and his own defensive line. Then, after setting up his miracle team, he forced me to play as Florida and kicked me around the ice like I was in Pee Wee hockey.Lucky for me. I'll have the opportunity to get some practice time in on this one, and then I'll ask for a rematch.

A-7

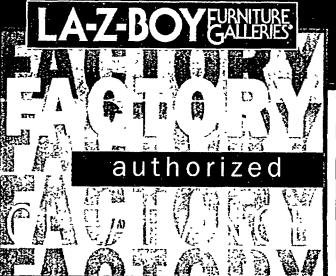
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ENTERTAINMENT

Sam Eggleston, 248-349-1700

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Food For Thought

In this hectic world it is important to find shortcuts to allow more time with friends and family, not to mention time for our-

selves. One-dish meals are attractive for all of the obvious reasons and then some. Many families must



have two Chef Mary Brady breadwin-

ners to make ends meet. Oneparent households are common, and as a result time is limited for cooking. One-dish meals have the advantage of easy cleanup, are great tasting, offer nourishment and they're easy on the checkbook.

There are a few fundamental rules - protein, starch, greens and/or fruit, minimal utensils and time. The object is to streamline cooking to allow for enjoyable, leisurely meals. It is important that when families sit down to cat together that quality time be spent. One-dish meals get back to basic, homey fair. They can be simple or elegant enough for company. As a general rule they are much more reasonable and nutritious than a frozen entrée or trip to the corner fast food chain.

The options are incredibly varied and range from soup, salad, casserole, sandwiches, pizza, pasta and stews. Assorted cooking methods and utensils may be employed: crock pots. pressure cookers. woks. microwaves and ovens.

When planning a one-dish meal choose as many fresh ingredients as possible. Although convenience foods are an important part of saving time, they are often expensive for what you get. For instance, a two-pound bag of white rice is one-fifth the cost of boxed rice mix. Another point to keep in mind is the additives and high salt content of prepared foods. There is a place for prepared

foods and it is wise to have some on hand, but spend a few extra minutes when shopping to read labels and compare prices.

I like to plan my meals for a week and then go grocery shopping. The fewer trips to the store and less lines I wait in, the happier I am. Most fruits and vegetables will last a least a week if stored properly. Celery, onions, carrots and peppers are staples in my crisper. Ground turkey or beef, a chicken, soup. fish bones and reasonable cuts of meat that can be slow cooked stock the refrigerator and freezer. Dried beans, (kidney, black, and northern), rice, different pastas, tuna and good quality tomatoes fill the pantry.

Watch for bargains. Recently, uncooked turkey breast was on sale, and after pulling out my handy wallet calculator. I found it to be half the price of luncheon meat. A turkey requires little attention while cooking, is much more nutritious than prepared meats, supplies a soup carcass and is a treat in the lunch box. I bought two. The moral of the story is pre-plan, save money, time and supply a higher quality nutritional meal.

After the grocery trip has been handled, the other half of the war is to be waged. The cooking! It is so important to be, organized. If you are making extra chili, pre-soak the beans overnight. Måke extra and freeze for a future meal. Determine what will be served as an accompaniment. Homemade cornbread and a simple green salad would round out the meal. Try fresh fruit salad with a dab of yogurt for dessert.

Have the proper utensils. If soups are a favorite, have an appropriate sized stock pot. It can double as a pasta cooker. Casserole dishes are invaluable. Pull out the crock-pot that is stored and start to use it again. Pressure cooking is seeing a revival, and justly so. If you're considering purchasing pots and pans, choose sizes suitable to your family size and favored cooking-styles. A large wok doubles as a steamer when a basket and cover are used.

1

An excellent source of recipes I've found is the book titled, "365 Easy One-Dish Meals" by Natalie Haughton. It is available at Border's bookstores. So fill the pot and unwind, dinner is taking care of itself.

Mary Brady is a certified executive chef and co-owner of Diamond Jim Brady's Bistro in the Novi Town Center. If you have culinary questions or comments for chef Mary Brady, you can contact her via e-mail at djbistro@aol.com.

RECIPE

Recipe provided by chef Mary Brady of Diamond Jim Brady's Bistro

Eggplant Parmesan

2 medium eggplants washed, stem end removed

2 eggs or 3 egg whites mixed with _ cup water I cup Italian bread crumbs, p

urchased or homemade

1 large canned tomatoes, cru shed

_ teaspoon each oregano, basil, thyme

Salt and pepper to taste 1 cup Parmesan cheese, pref erably freshly grated

Slice eggplant lengthwise into 1 inch slices. Dip in egg white, and then the bread crumbs. Broil on a cookie sheet until crisp and brown on both sides. Mix tomatoes and spices. Taste and adjust seasonings. Layer eggplant to cover bottom of casserole, sprinkle with Parmesan cheese and cover with sauce. Continue layering until ingredients are used. Finish with any remaining sauce. Cover and bake for one hour at 350 degrees. Serves four.

Note: A Caesar salad and garlic toast are possible accompaniments. The only fat in this recipe is from the cheese and that is minimal. Approximate, preparation time is twenty minutes.

Emagine's Novi Theater announced that starting immediately they will be playing one select open captioned film each

week for the hearing impaired. Open captioning is enhanced English subtitles that are 98percent verbatim with audio prompts for slamming doors. doorbells and off screen dialogue (radio broadcast).

Unlike subtitles in foreign films, open captions are placed directly beneath the person speaking on screen.

Open captioned films ensure movie patrons of a complete onscreen experience. No equipment is needed to be installed by the theatre operator. An open captioned film is so flexible that it can play on every screen in any theatre.

All sound is intact on the original film so the movie can be enjoyed by those with a hearing impairment or the general public. The

schedule of Open

Captioned films at Emagine Novi will begin as follows:

Jan. 10 thru Jan. 16 - MY BIG FAT GREEK WEDDING: showing at 1:10, 3:10, 5:10, 7:10, 9:10

Jan. 17 thru Jan. 23 - LORD OF THE RINGS: THE TWO TOWERS; showing at 12:50. 4:25, 8.00

Jan. 24 thru Jan. 30 - DIE ANOTHER DAY; showing at 1:05, 4:05, 6:45, 9:25

Jan. 31 thru Feb. 6 - TWO WEEKS NOTICE: showing at 1:25, 3:30, 5:35, 7:40, 9:45

The films will run seven days a week. For more information and updates, interested viewers can log onto the Web at www.emagineentertainment.com.

Tripod Caption Films, an outreach program of the Tripod Education Program was created to bring The Big Screen Experience to Deaf and Hard of Hearing movie going audiences. Recently it became its own 501c3 nonprofit with a new name, InSight Cinema.

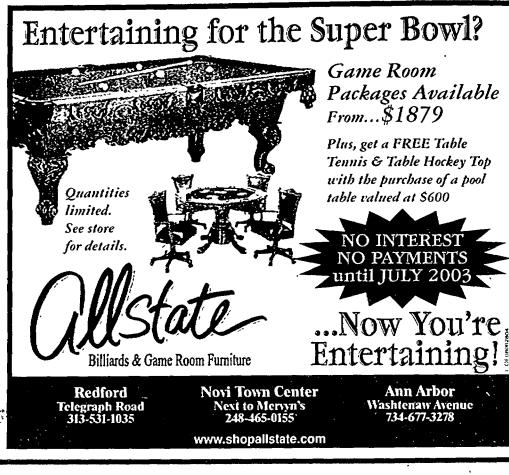
Thursday, January 16, 2003

A-8

"We are so excited to work with Emagine to bring these films to Detroit", said David Keith, president and CEO of InSight Cinema, in a prepared statement.

Keith, a former senior vice president for New Line Cinema. explained, "Our goal is to focus on increasing awareness and improving the accessibility of movie-going for deaf and hard of hearing audiences."

There are currently 28 million Americans identified as deaf or hard of hearing in the U.S. With the aging baby boomers starting to lose their collective hearing after years of loud rock concerts and escalating noise pollution, that number is expected to increase over the next 10 years.











OTT

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ENTERTAINMENT

This honeymoon isn't worth remembering

By Victoria Sadlocha STAFF WRITER

"Just Married " brought enough people to the theaters over the weekend to topple "The Lord of the Rings' The Two Towers," but the question is why?

The PG-13 rated movie for sexual content, some crude humor and a brief drug reference is about is enjoyable as having yoar wisdom teeth pulled out by a caveman

The film staring Ashton Kutcher and Brittany Murphy is a sad example that poor writing, canned laughter and no imagination will produce a box-office hit.

"Just Married" begins with an introduction to Sarah McNerney, played by Murphy, and Tom Leezak, played by Kutcher, as they part ways angrily after returning from their honeymoon.

Sarah is a Beverly Hills, Wesley College graduate, daughter of the part owner of the Lakers and the Dodgers, and is used to having the best of the best.

On the other hand, Tom is a bumbling doofus from a blue-collar family who works as a spot traffic reporter on the graveyard shift every other weekend when the regular guy is sick at KNR radio station.

After their airport parting, Sarah returns to her daddy's gated mansion and Tom returns to his "Animal House" looking loft. It is when Tom returns to work

that he starts having flashbacks, and flashbacks within flashbacks, spanning from the day the couple met to his self-proclaimed botched proposal to their wedding to finally their everything-goes-wrong honeymoon.

Some of the happenings making their honeymoon so miserable include blowing out the wiring of a French Castle when trying to plug in an American adult device, driving their car into a snowbank, meeting up with a flatulent hotel hostess and ending up in jail.

Christian Kane from "Life or Something Like it," plays the non-Polish, well-educated man Sarah once slept with and the favorite of her father, who hates Tom.

Peter of course shows up at their wedding and honeymoon adding extra drama to the situation.

At the end of the film, the couple reunites as husband and wife, and the disapproving father realizes Tom may be a good catch after all.

The pretense alone is trite at best, but even done-before ideas may tum into a gem - look at "My Big Fat Greek Wedding."

"Just Married" moviegoers must love the notion something impossible may work.

Thursday, January 16, 2003

A-9

Oh, and maybe they love to see gratuitous breast shots, which may be seen in the movie often - though, thankfully, none in the nude Adding to the mess, Murphy was not believable at all as a welleducated, upper-crust society gal. She was much more believable as a misfit to the upper class in 'Clueless'' and as a disturbed psychiatric patient in "Don't Say a Word."

Kutcher on the other hand was very believable and pretty cute as the boob. After all, the character wasn't much of a stretch from his role as Kelso in the Fox TV series 'That '70s Show.'

The Robert Simonds Production for Twentieth Century Fox movie relied only on physical pranks. missing any type of witty or meaning dialog.



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Cute couple, hey? Too bad their honeymoon turns into a wreck in Just Married.

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OPINION

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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 success of our customers.

Economic war: meet the troops

While having a Northville Township resident in the governor's office is a nice bragging right for the next four years for our community, Jennifer Granholm is but one piece - albeit a big one - of the state government puzzle.

The burden of lawmaking, though, will fall on the shoulders of folks like Nancy Cassis and Craig DeRoche, as well as Bruce Patterson and John Stewart. These four individuals - elected or re-elected last November - will be under heavy pressure through 2005 to steer the state back on course. Facing one of the largest budget deficits in the country, the good times are G-O-N-E, leaving our state Senators and Representatives in the unenviable position of having to find a way out of the mess.

Ms. Cassis, Mr. Patterson and Mr. Stewart are all familiar faces in the hallways of the state Capitol, but Ms. Cassis and Mr. Patterson will be jumping ship from the House to the Senate. In Mr. DeRoche's case, his trip down Interstate 96 to Lansing will be his first as a legislator. In three of four cases, our lawmakers will be learning new jobs. They'll need to be fast studies, as there isn't much time to spare.

Signs of a troubled economy are evident in Northville and Novi alike. Once highly-touted businesses are trying to find their way through bankruptcy proceedings. Storefronts that had bombarded customers with enticing sales are now "FOR SALE." Unemplyoment and inflation are creeping upward, while wages remain stagnant, investment plans go through a bloodletting, public education is financially bludgeoned and local roads and infrastructure continue to beg for repair or replacement.

Where to begin? That task falls on the shoulders of the aforementioned four persons, as well as their colleagues under the white dome. Certainly, Ms. Granholm can act as the field general in waging this economic war, but she needs her ground troops to do the dirty work.

Ms. Cassis, Mr. DeRoche, Mr. Stewart and Mr. Patterson asked for our vote in November. We gave it to them. Now we're asking them to step up and be the leaders they indicated they wanted to be.

The time for election talk is over. The time for action is at hand.

Good luck. This will neither be easy nor pretty.



Photo by John Heider

Novi resident Michele Asher gets a kiss from her Jack Russell terrier "Ch. Fox Valley Glowing Ember" who will be showcased at this weekend's Livingston Co. Kennel Club dog show at the Novi Expo Center. "Emmy" is one year old.



Support dog park by attending meeting

On behalf of [our] entire family, we are writing to encourage the Northville City Council to support establishing an off-leash dog park in the Northville community. As residents of Northville for over 10 years, and the owners of a dog, we feel this is an idea whose time has come. Many communities, including West Bloomfield, Lake Orion, Pleasant Ridge, Clinton Township, Mount Clemens, Royal Oak, Warren, and Walled Lake have already established dog parks for their residents and their dogs. It is time for Northville to follow suit. As taxpayers with growing children, we fully support and appreciate what the Northville Parks and Recreation department has done over the last several years to provide areas and programs for out adults and youth to enjoy. May we point out, however, that while our soccer fields and baseball diamonds have only seasonal opportunities for use, a dog park would be something that could be utilized all year round by all age groups, including our senior citizens. Make no mistake - a dog park is not just for dogs, but would also provide many benefits for our community's residents including safety, exercise and socialization. We have been made aware that the concept for a dog park is in the parks and recreation five-year plan that was approved by both the township and the city. We encourage our elected representatives to move forward and turn this concept into a reality. We also encourage other residents to come out and support this plan at a Public Hearing to be held on Jan. 21 at 7:30p.m. at Northville City Hall.

Walters from Livonia, Barbara Grover from Canton and Meredith Diamond from Grosse Pointe.

We are most grateful to the merchants who who partnered with us by decorating and donating a tree: Gardenviews, Margo's, Fraser Inn, Northville Pharmacy, Pamplemousse, Long's, Bee's Knees, Ultimate Toys & Gifts, Pear-aphernalia, Helen's Uptown Cafe, Orin Jewelers and Genitti's. We also thank Gordon Lawn and Home Care and Plymouth Nursery of Plymouth. A gift book will be donated to the library collection with a label signifying our gratitude, in the name of all these businesses.

To all the residents who purchased tickets,

ing our new governor, love to use the phrase that children represent the future of this country. Ironically though, most of those voices belong to people who strongly support abortion.

hursday, January 16

Let's all give some thought to those who have had their future taken away from them merely for convenience sake. Mr. Engler's pro-life stance may not be to everyone's liking, but to me it speaks volumes about his character.

> Nathan Menoian Novi

COVERNMENT

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U.S. Senate

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State Representative

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State Representative - 20th District John Stewart (R-Plymouth)

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699 Anderson Building 124 N. Capitol Avenue Lansing MI 48933 (517) 373-3816

Craig and Ailsa Blunk Northville

Tree Fantasy organizers announce raffle winners

The Friends of the Northville District Library have just concluded their fourth annual Fantasy of Trees raffle and would like to announce the following winners: Elizabeth Storm, Robyn Sabourin, Troy Taylor, Marge Lanzon, Jane Inier, Diane Hrivnak, Beth Ann Knisely, Richard Brown, Barbara Freeland, and Mark Kronner, all from Northville, Dana Szanti, Christine

thank you for supporting the library, and to all the people who donated time and talent to work on this project, thanks to you also. Happy New Year to all.

> Peggy Koppy Chairperson, Fantasy of Trees Northville

Engler's abortion stance part of his legacy

I read [Phil Power's column] about former governor John Engler. I agreed with most of [his] comments, but was stopped cold by [his] negative spin of Mr. Engler's pro-life stance.

In my opinon, anyone who speaks up for the unborn and takes a stand for life deserves some degree of respect. Politics aside, Mr Engler's pro-life views are to be commended. Unfortunately, those who champion abortion have been given an undeserved platform, mostly through the media, to hurl snide remarks and unfair comments at those who place significant value on the life of the unborn. Sadly, the murder of unborn children in this country has been reduced to a political issue.

I would like to see the media use its power more wisely and come down on the side of life. Abortion isn't about choice. It's about right and wrong. It's a proven fact that 99.9 percent of the abortions performed in this country are not done to protect the physical health of the mother, but rather for the convenience sake.

I ask you, what unborn child would ever choose to be aborted? I wonder if proponents of abortion would ever have the courage to actually witness an abortion? If they did, it wouldn't take them long to change their position

Many of our public figures today, includ-

Thanks for assistance with Salvation kettles

The Plymouth Salvation Army Corps has nothing but praise for Northville and its citizens. We helped meet and surpass the goal of \$121,000 for the 2002 Christmas Kettle Campaign. Total amount raised in Plymouth. Canton, Northville & Belleville was over \$129,000. Divisional Headquarters informed us that Northville's Shopping Center Market was the No. 1 site in the Detroit metropolitan area for donations. \$15,513 was raised there during the kettle campaign. All the money raised in the red kettles stays in the community to help those less fortunate.

Thank you to the following groups and individuals who helped to achieve our goal: First Presbyterian of Northville, First United Methodist of Northville, Our Lady of Victory, Northville Police Department Northville Fire Department, Northville City Employees, Northville Kiwanis, Northville Co-op Preschool, Northville Mothers' Club Life Members, Northville Christian Assembly Missionettes, Thornton Creek Elementary, Moraine Elementary, Silver Springs Elementary, Hillside Middle School, Cub Scout Pack No. 746 (Den 7), Advanced Technology, Ron Bush, Dick Gray, Charlie Cox,. Schuyler Hoving, Libby Smith, Carolyn Nieuwkoop, Kate Knoth, Greg Bell, Tom & Sonia Swigart, Jim and Holly Cracraft, Sara and Terry Ryan, Robin and Ryan Kuhlow, Carolyn Stochr & Jan Cole, Chuck and Pam Burke, Jay Moore, John Romance, and Jim McMichael.

> July Kohl Northville Coordinator Salvation Army Kettle Campaign

> > Continued on 14

Share your opinions

We welcome your letters to the editor. Please include your name, address and phone number for verification. We ask that your letters be 400 words or less. We may edit for clarity, space and content. Mail: Letters to the Editor, Chris C. Davis, Northville Record, 104 W. Main, Northville, MI 48167 E-mail: cdavis@ht.homecomm.net Fax:(248) 349-9832



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OTHER OPINIONS Thursday, January 16,

\$uppertime with John\$on

BRIBE: n. Something offered or given Network, pulling in \$2.02 million. to a person in a position of trust to influ-Republicans gained five seats in the ence that person's views or conduct.

CONTRIBUTE: n. To give or supply in common with others; give to a common fund or for a common purpose

So which was it that Michigan House Speaker Rick Johnson was doing back in December when he wrote to lobbyists and other fat cats offering "a meal or a meeting" in

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Page 11A

Phil Power

instructive: "I would like to let you know how imperative your assistance has been and continues to be to the House Republican Campaign Committee...In place of having our usual large annual dinner. I would like to spend a meal or meeting with you to discuss the upcoming year and the role of the House Republican Campaign Committee. It is my intention that each of these engagements raise \$20,000 to maintain and increase our majority in years to come."

The exact amount requested is equally instructive. Turns out \$20,000 is the top limit on contributions to political action committees such as the House Republican Campaign Committee. What a surprise!

The House Republican Campaign Committee led all PAC's in fund-raising between January and October last year. according to the Campaign Finance

November election, now controlling the House 63-47. Again, not a surprise.

Johnson, a farmer from northern Michigan, was re-elected Speaker of the House last week for a second term. He is generally regarded as hard working and fair, although blunt.

To its credit, the story was broken last week by the normally Republican-lean-ing Detroit News. Editorial comment around the state called Johnson's letter "ham-fisted," "crass" and "clumsy." Lansing insiders I talked with called the letter "politically tone-deaf" and "embarrassing." but emphasized that the practice isn't anything that hasn't been going on for years and followed by both parties.

Most said Johnson wasn't really soliciting a bribe, arguing that his letter didn't offer a specific quid pro quo in return for the \$20,000. I think that's mumbojumbo. Why would anybody pony up with 20 grand to have a nice intimate meal with one of the most powerful politicians in Michigan? Just because the food is real good at Johnson's favorite restaurant?

No, a quid pro quo is a quid pro quo. whether or not it is specific. People don't pay big bucks to chin-chin with the Speaker of the House just because they enjoy his company. They expect some-thing in return for their \$20,000. Michigan political insiders for years

have argued vociferously there is a clear distinction between the widespread practice of asking for political contribuions and actually soliciting bribes. Never mind how bad it looks, they say. Everybody has done it for years and, anyway, how else are you going to finance the political system?

I think that's just outrageous! All that kind of thinking does is condone a polit-ical system whose financial basis encourages the infestation by wealthy special interests and generates wide-spread cynicism about how the public's business is really conducted.

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In this context, what's going on these days in Wisconsin offers an interesting alternative. There, a ton of legislators are now under indictment for taking kickbacks and shaking people down in the hallways of the state capital. Oſ

course, the solution 15 Most said ble togeth-Johnson wasn't yet really soliciting a law better to regulate bribe, arguing that his letter There is no didn't offer a law or regspecific *quid pro* that can quo in return for suppress a the \$20,000. wink-wink, that is

exchange of money for influence, access and power. Instead, we should be forthright and publicly fund elections, the way they do it in other industrialized democracies like England, France and Scandinavia. But, of course, people over there really don't understand how democracy really works.

Speaker Johnson's letter may be an outright solicitation for a bribe or merely a request for a generous campaign contribution. Either way, it's a disgusting shakedown.

Phil Power is the chairman of the board of the company that owns this newspaper. He would be pleased to get your reactions to this column either at (734)953-2047 or at ppower@homecomm.net.

We parted without saying a word

We never even got a chance to say goodbye, her and I.

I walked out the door on Thursday night, not fully realizing this was the end - not even thinking about it, really. I suppose I knew deep down inside that it had to end, but I just didn't think it would happen as soon as it did.

Ours had been a relationship I'd probably taken advantage of through the years. And



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We had our share of arguments. I'd be lying if I said we didn't. From time to time, she'd freeze up on the spot, or lose something important I'd given her. I got rather angry with her. I said some awfully mean things right to her face. but she never retorted. She'd just state matter-of-factly that an error had occurred, and I'd have to start over. Any questions? No. there never were. There was no sense arguing. Apology accepted we move on.

We had our good times, too. There were days when I'd look at her and think she was the greatest thing I'd ever laid eyes on. Everything clicked just the right way. And even after I got married, she and I spent long nights together.

originally, and from what I've been told. her relatives are working in shows in Las Vegas and Los Angeles. She ended up in Northville, but I haven't ascertained exactly as to how. My suspicion is that

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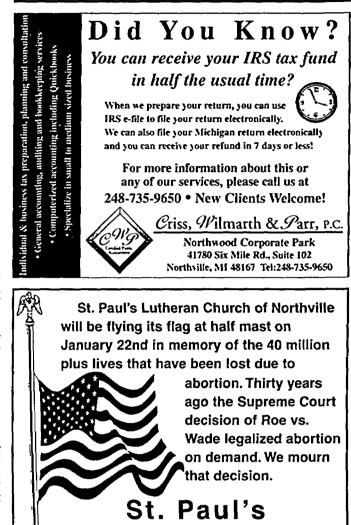
saw her There were picture in days when I'd a magazine and look at her and flew out here. think she was the greatest my heart thing I'd ever my laid eyes on. think back

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Chris C. Davis

ber the day we first made contact. She was pretty and shapely, not like others I'd seen. Dressed in a wild shade of blue, she was waiting there the moment I arrived at the office. She didn't say a word at first but I managed to push the right buttons, and eventually we got communicating with each other.

It was like that for a long, long time. Every once in a while, I'd catch her sleeping, but a little shake and she'd

more hip... Oh, we tried to keep things businesslike, but we had some fun together. too. (My wife knew about her all along. and even met her a few times. There was but remember never any jealousy.)

People have stopped in to see the new face. They like her, and to a certain extent, are envious of the good thing I have going. She's got qualities the old one never did. She's slimmer and wears a more chic look. She's quieter and (I almost hate to say it) more reliable than what I had before. I'm certain that we'll grow to understand each other's idiosynchracies as time goes on, but for now, we're still in the getting-to-knowvou stage.

No one's asked if she has a sister, but I'm sure she does. She's from California,

that Everything blue beauty I knew clicked just the well. and I can right way. only hope

now, she's happy. I'll never forget her. I'll forever the night I walked out on her. never to see her again. I'm a little sad, if you couldn't tell.

I guess it happens to a lot of people when they get a new work computer to replace an old one.

Chris C. Davis is the editor of the Northville Record. He can be reached at (248) 349-1700, ext. 114, or at cdavis@ht.homecomm.net.

Back in the swing of things...sort of

The alarm clock went off at 6 a.m. on Monday, and all I could do was groan. (Hey, I'm being honest.) Although exited to return to work after a four-week leave, all I could think about while getting ready was snuggling back up under the blan-

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Pauline Lupercio

make-up. hopped in my car and tried to wake myself up as I drove in.

And I'm back.

I do have to admit that after a month of playing housewife, getting back into the "working groove" is a little strange. With a new home, I now must learn to balance work, cleaning house, cooking dinner, working out, sleeping, and everything else that comes with married life and home ownership into one 24hour period.

So far, I am failing miserably.

Let's take Monday for example. Since I had arrived to work at 7:30 a.m., I was able to put in my eight hours and leave the office at 3:30 p.m. And even with the extra hour and a half added to my evening. I still fell pathetically short.

Cleaning house didn't happen because my husband and I were busy' painting the living room. When it was time to get dinner ready I realized I had forgotten to defrost the chicken the previous night, so we dined on frozen cuisine. Working out was rescheduled for Tuesday evening since I had already dedicated my Monday night activities to spending some quality time with my television.

(I've got priorities, you know.) And sleep? That didn't happen until after we covered the living room with the second coat of paint and cleaned up our mess.

Needless to say, this "working woman/wife" thing is going to take some getting used to. No longer am I living in

١

my parent's basement and enjoying the easy life. No longer is dinner ready when I walk through the door or my laundry done for me when my mother was feeling generous.

Now I'm the one that is responsible. Don't get me wrong, though. I'm not complain-

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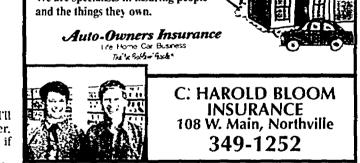
cooker),

Life may be a bit more complicated now but I think I can handle it.

paint some more, work out, and do some laundry.

And since I don't watch any Tuesday night television, we'll have plenty of

Pauline Lupercio is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 109 or by e-mail at plupercio@ht.homecomm.net.





Attention: Northville City and Township Dog Lovers. Your Support is Needed.

Please attend the Northville City Public Hearing for the proposed Cady Street Temporary Dog Park which will serve the Northville city and township.

7:30 pm, Tuesday, January 21st Northville City Hall (215 W. Main St.)

Information: 248-348-5886 The Northville Dog Park Committee



9

Obituaries

Robert Jordan Crawford

Robert Crawford of Farmington Hills died Jan. 8 at his bome. He was 82. Mr. Crawford was born Dec.

23, 1920 in Detroit. He later martied Kathryn

Meade, to whom he was wed for 56 years. She survives him. The two retired in Northville. World ١. War II veter-

an.



Mr. Robert Crawford was Crawford a retiree of

Pipefitters Local No 636, a job he held for 55 years

In addition to his wife, Mr. Crawford is survived by his children. Patrick (Joan) Crawford, Terry (1 inda) Crawford, Kevin (Teresa) Crawford, Robert (Cheryl) Crawford, Michael (Barbara) Crawford and Brian Crawford, his siblings, Kenneth (Pat) Crawford, Rita (Edward) O'Neill, and Jean (Spence) Turner; and 21 grandchildren.

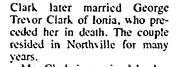
A memorial service for Mr. Crawford was held Jan. 11 at Our Lady of Sorrows church in Farmington Father Ronald Browne officiated the service. Interment was at Holy Sepulchre Cemeters in Southfield.

Funeral arrangments were handled by Heeney-Sundquist Funeral Home of Farmington.

Glenna Lucille Clark

Glenna Clark died Dec. 24 at the George Good Samaritan Center in George, Iowa. She was 93.

Ms. Clark was born May 24, 1909 in Lansing to Dr. Harry L. and Reatha (Boerem) Imus. Ms.



Ms. Clark is survived by her sisters, Celestine Wright of Lakeland and Eunice Billie Lyon of Cheboygan; her niece, Linda Dielman of Mount Pleasant; her nephews, Richard Imus of Millville, Del., Robert Hodges of Calgary, Alberta, William Lyon of Independence, Mo., Harry Lyon of Alpena, Daniel Wright of Belleville, Douglas Lyon of Rockford; and several grandnieces and grand-nephews. In addition to her husband. Ms. Clark was preceded in death by her parents: her daughter, Reatha Jean; her brother, Dr. Henry Imus; her sister, Vhelma Hodges; her godchild, Lucia Starkenburg; and her nephew. Lawrence Wright.

Funeral arrangements were handled by Sanborn Funeral Home of Sanborn, Iowa. Memorial contributions may be made to the George Good Samaritan Center in George.

Juanita Donzella (Beattie) Hutchison

Juanita Hutchison of Northville died Jan. 11. She was 89.

Ms. Hutchison was born in Elkhart, Ind. on Oct. 18, 1913 to Clayton W. and Zelma (Nelson) Beattie. She relocated to Northville from Lake City in 1984. Ms. Hutchison had resided in Lake City for 16 years. A former associate at Hudson's-Northland, Ms. Hutchison retired from the Ferry Seed Company of Detroit in 1938. She also worked as a cook for the Southfield Public Schools and was a mem-ber of the First Baptist Church of

Obituaries are printed free of charge in the Northville Record, but information must be provided to the Record no later than noon of the Tuesday preceding the Thursday of publication. Obituary information not originating from a funeral home must be accompanied with a photocopy of a stateissued death certificate. Materials can be sent to:

The Northville Record 104 W. Main Street, Northville, Mich. 48167 or faxed to (248) 349-9832

Northville. Her husband, William, preceded her in death in 1995.

Ms. Hutchison is survived by her daughters, Patricia (Richard) Allen of Northville and Judith (John) Walker of Lancaster, Ohio; four grandchildren, James, John, Steven and William; four great-grandchildren, Adam, Karina. Sydnee Grace and Simeon; and her sisters-in-law, Jean Mack of Livonia, Marion Zieba of Owosso and Helen Kozlouski of Chelsea.

Ms. Hutchison's family will receive friends Jan. 18 at 11 a.m. at First United Methodist Church of Northville. A memorial service will follow thereafter. Rev. John Wilkes of First Baptist of Northville will officiate.

Memorial contributions may be made to Arbor Hospice, 331 N. Center, Northville, Mich. 48167. Funeral arrangements were made by Northrop-Sassaman Funeral Home of Northville.

Nila B. Breakie

Nila Breakie of Northville died Jan. 10. She was 81.

Beloved wife of the late Allan. Dear mother of Richard (Linda), Janice (Reuben) Eliuk and the late Ronald. Loving grandmother of Brett, Ryan and Rachelle Eliuk. Great grandmother of Blake Eliuk.

A memorial service for Ms. Breakie was held Jan. 13 at Metropolitan Seventh Day Adventist Church of Plymouth. Memorial contributions may be made to Metropolitan Junior Academy, 15586 Haggerty Road, Plymouth, Mich. 48170.

James J. Zayti

James Zayti of Northville died at his home Jan. 11. He was 53. Mr. Zayti was born in Detroit on May 23, 1949. A graduate of Northville High School and Palm Beach Community College, Mr. Zayti was part-owner of a Northville trucking company. He was preceded in death by his father, Julius J. Zayti.

Mr. Zayti is survived by his mother, Margaret Zayti; his son, James J. Zayti II of California; and his siblings, Michael (Laurie) Zayti of Ozark, Mo., Sherry (Dan) Roark of Tulsa, Okla., Jeff Zavti of Northville, Mark (Tonia) Zavti of Northville and Christina Zayti of Northville; and his stepchildren, Jennifer and Michael Bates.

A memorial service for Mr. Zayti was held Jan. 15 at Northrop-Sassaman Funeral Home of Northville, which handled funeral arrangements. Rev. Cy Smith officiated the service. Memorial contributions may be made the American Cancer Society.

Jerry Gale

Jerry Gale of Northville and South Lyon died Jan. 12 at St. Joseph Mercy Hospital in Ann Arbor. He was 78.

Mr. Gale was born May 19. 1924 in Detroit to Charles Gale and Rose Femich. He married Geraldine Gale on Feb. 11, 1949. She survives him.

Mr. Gale relocated to Northville from Redford in 1990. Prior to that, Mr. Gale and his family lived in the Corktown district of Detroit. He and his family owned a family business called Trigale Market. The city of Detroit has preserved his family home.

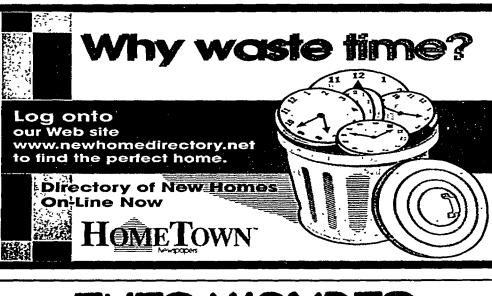
A 23-year sheet metal model maker and sheet / exotic metal worker for Ford Motor Company. Mr. Gale had also worked for Brooks and Perkins Company and spent time working on the United States' first space satellite and on the Apollo space program's metal program. Mr. Gale was also a member of the United Auto Workers and a Navy veteran of World War II. He enjoyed fishing and pheasant hunting.

In addition to his wife, Mr. Gale is survived by his children. Jeanette (Michael) Hayden of Ann Arbor and Gary Gale of Northville; his brother, Joe Gale of Brighton; his grandchildren, Jason (Shannon) Gale, Jerrold Hayden and Jasmine Hayden: and his great-grandson, Trevor Gale. He was preceded in death by his sister, Mary Micallef; and his brothers, Paul and Vince.

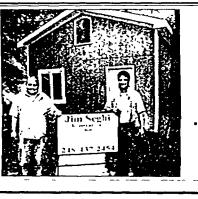
A memorial service for Mr. Gale will be held Jan. 16 at 7 p.m. at Casterline Funeral Home of Northville, which handled funeral arrangements. Father Ray, of Ann Arbor's Maryiann Hills, will officiate. Interment will be at South

Nonhville residents Jennifer Marie McPeake and Michael Dean Adams were among the graduates of Cleary College during December 2002 commencement exercises.

The following Northville residents were named to the Schoolcraft College dean's list for the fall 2002 semester: Demetrios Anastasiow, Fatina Attala, Jennifer Banwart, Jillian Beck, Kevin Berend, Kristopher Berlin, Julia Berry, Beth Beson, Lauren Betteley, Xiaojiang Bo, Amy Bowen, Thomas Bowen, Maria Brhlikova, Mary Bruce, Terri Buechs, Terry Bueter, Daniel Bulgozdy, Jennifer Burton, Mark Butcher, David Chiasson, Karen Chiasson, Marcia Cole, Philip Common, Seth Corbin, Jennifer Craig, Maira Cuerva, Adam Devlin, Steven Dimopoulos, Stacey Dunkerley, Bradley Dunmead, Rebecca Dunning, Christie Eggleston, Rene Ford, Vanessa Franulic, Joshua Frick, Silvia Jacqueline Gonyea, Garcia, Michelle Gorton, Gerald Grinsm. Rebekah Grimm, Mark Harbour, James Hay, Robert Holsinger, Lindsey Hopkins, Danielle Lindsey Hubbard, Leslie Keane, Lindsay Kennedy, Stephen King, RyAnn Klassen, Kara Lamanna, Sandra Learman, Ning Luo, Andrew Manore, Michele Mitchell, Kellie Monthei, Joshua Morris, Jonathan Muir, Jaclyn Nay, Andrea Nelson, Lisa Partlow, Terra Peters, John Petlicke, Hayley Pickren, Kara Piekarski, Geraldine Quinn, Jonathan Radon, Christina Jonathan Radon, Robinson, Christopher Sandberg, Elyse Sherman, Khadija Shoucair, Cheryl Sibley, Tamara Taylor, Lynn Teubert Elizabeth Thomas, Yolanda Tremble-Matthews, Jody Washington, Jennifer Wood, Gretchen Word, Dennet Zeni, Sabri



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9:30 & 11:00 a.m. **Northville High School** (6 Mile between Sheidon & Beck) For more information call us at 248.615.7050. www.oakpointe.org

REGIONAL MARKETPLACE

Page 13A

NFIB

Steering small business to victory lane

Like a NASCAR 500-mile race, each two-year session of Congress gets off to a fast and furious start. Some hard-chargers will leap to the front of the pack. knowing they have little chance of winning, but unable to resist the temptation to show off for the roaring crowd. Others with ample power will lag just behind the sprinters, content to wait for that moment when the overambitious ones fizzle out or tangle with the guardrails.

Round and round Capitol Hill they'll go. Sometimes it will be bumper-to-bumper competition, other times long, boring stretches with little worth watching. Occasionally, we'll be treated to spinouts, fender benders and even a few big pile-ups.

Some people scoff at our federal lawmakers for their biennial legislative marathon, failing to understand that behind all that smoke and noise, some important work gets done. Often, it's not pretty, but it is our democracy, alive and well and in full pursuit of representative government.

American small businesses are gearing up for their own race. according to the latest statistics from NFIB's Small Business Economic Trends. In the most recent survey, those expecting the economy to get better in the next six months rose 11 points to 42 percent of all firms, a very strong reading.

Much of this optimism on Main Street is due to large gains in their outlook for general business conditions. Especially encouraging were the statistics for employment-positive for the first time in nearly a year-and-ahalf.

Over the past three months, 12 percent of these entrepreneurs reported increasing employment a seasonally adjusted average of more than six employees, while 14 percent said they reduced their workforces by just over three employees.

Are you listening Congress? Your pit crew-those small-business owners who keep the nation's economic engine humming-is signaling that now is the time to make your move. The road ahead is clearing, just slightly, and the opportunities to jump into the lead are coming into view.

But it won't be easy. There will be challenges and stern competition. No sooner than the first gavel of the 108th Congress fell, the opponents of free enterprise were trying to jump-start legislative proposals that would grind away the already-narrow profit margins small firms manage. They should pay heed to NFIB surveys which show that although sales trends improved slightly late last year, profit trends for small businesses did not rise with them. The net percent of those reporting higher earnings fell by three points. In the survey, small business mapped out a winning strategy. But they can use some help from Congress: Taxes took first place as the single most important problem, while the cost and availability of insurance were right behind. Poor sales came next, followed by government regulation and red tape. Wise legislating can win the race. By clearing the obstacles of anti-growth taxation and unaffordable health insurance, and by dodging the potholes of burdensome regulation. Congress can steer the small-business sector and the nation's economy into Victory Lane.

- and that it doesn't have to Milford Jewelers' co-owners Tamar Aguilar and Jacques Chopjian have seen that look said.

before. - The expression of half-surprise and half-relief by new customers who see for the very first time what affordable, hand-crafted jewelry looks like up close. Maybe it's the hand-engraved

styling of a particular ring that boasts an Old World appeal. Or maybe it's the platinum prongs used exclusively by Milford Jewelers to set all of its clear diamonds and jubilant gemstones. Often, it's the customer service,

the friendly, laid-back approach to custom designing fine jewelry. They all come with the look.

"We see that look a lot, especially with new customers who are used to having jewelers tell them they can't have - or worse yet, they can't afford - the jewelry they really want," Tamar said. "Here, it makes us feel good to know that people are getting exactly what they are paying for." She said such customer satisfaction is too often a surprise among newer customers typically used to getting far less quality for a much higher price. "People are so overwhelmed by what's possible. They find it hard to believe that they can actually work with us to design the jewelry piece they have always wanted

break their bank account," Tamar

"That's also kind of sad, -though, -because- a lot-of-cuistomers have been telling us, 'We never knew we could have a jewelry piece designed like this ... or altered or redone... or melted down and made into something else. No one ever told us that."

Jacques said the difference between what customers imagine and what a jeweler offers is many times a tell-tale sign about a jeweler's true ability. At Milford Jewelers, he said the sparkling possibilities of the universe are limitless - and affordable.

Milford That's because Jewelers is one of only a handful of jewelers who specialize in more than mere retailing. Born into a family which has spent the past 30 years refining its craft and its professional reputation, Jacques and Tamar are the youngest of five jewleryentrenched siblings. Boasting a myriad of high-tech equipment (including laser soldering machines and platinum casting ovens) and about 30,000 wax jewelry molds, the family is prepared for just about any jewelry need.

wonder, 'With what equipment? And where?' We have a manufacturing facility that requires 4,000 square feet. Anyone can make a wax mold, but that's only half the real job.

The other half is attention to detail, the finishing touches which are hallmark Milford Jewelers meticulous diamond and gemstone settings, coupled with personalized styling and handengraving.

Such services need not come with a hefty price tag. Jacques said.

And contrary to what some jewelry customers have been told through the years, the road to quality fine jewelry does not trek exclusively through the highpriced forest of mass-produced designer lines "Some jewelers sell only designer lines because they don't have the ability to craft jewelry themselves," Jacques said. Believe me, the more customers look around for someone who can actually work with their hands, the better off they are going to be.

COMING SOON

Soon Milford Jewelers - "Your friendly jewelry store" - will be expanded.

Thursday, January 16, 2003

By spring, Milford Jewelers will also become "Your friendly jewelry Web site."

The new 24-hour online store will feature a wide array of fashionable and affordable fine jewelry, including rings, bracelets, necklaces and specialty gifts. Additionally, the site (www.milfordjewelers.com) will feature an online vault filled with literally thousands of available loose diamonds and precious gemstones.

But the site will be more than just an online jewelry store, said Tamar Aguilar, who owns the popular Main Street, Milford jewelry boutique along with her older brother, Jacques Chopjian.

"We have taken our time developing our Web site because we wanted to do it right," she said. "We wanted to offer more than simply lewelry you can purchase."

She said the forthcoming site, slated for a spring debut, will feature much more than mere product. It will also be part of a 'jewelry partnership' with several industry leaders.

have several pleasant surprises st sav we

her store. Milford Jewelers: 'My special valentine'



Jack-Faris is president of NFIB (the National Federation of Independent Business), the nation's largest small-business advocacy group. A non-profit. non-partisan organization founded in 1943, NFIB represents the consensus views of its 600.000 members in Washington, D.C., and all 50 state capitals. More information is available on-line at www.nfib.com.

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"We hear a lot of jewelers claim they can craft this or that." Jacques said. "And we always

Tamar said since last May when she and her brother opened their Milford Jewelers doors for the first time, nearly 1,000 new customers have discovered the affordable difference that handcrafted excellence and personalfor people who find it difficult to shop for fine jewelry, whether it's in a store setting or on the Internet," Tamar said.

"Our family has always been a leader when it comes to customer service, so when it comes to the Internet, we are looking to carry that same reputation there as well."

Tamar's best advice: "Bookmark and register at our site now (www.milfordjewelers com). Believe me, by spring, you'll be very glad you did."

ized customer service can make.

We have gotten that 'look' a lot during the past year," she said "But it makes us proud to know

}

that when people leave our store, they have gotten the jewelry they dreamed about - at a price they can actually afford."

"People are so overwhelmed by what's possible. They find it hard to believe that they can actually work with us to design the jewelry piece they have always wanted — and that it doesn't have to break their bank account."

> Tamar Aguilar Miltord Jewelers co-owner



Letters to the Editor (cont'd)

Continued from 10 DeVos attacks unwarranted

When Betsy DeVos mounted ad hominem attacks upon John Stewart, R-Plymouth, she did so because of his stalwart support of his district's hallowed public schools Betsy no longer believes in, nor does she support, public schools.

When she speaks of "public schools," — far-right code — she has two things in mind. First, public schools are failing because they don't promote her own ideas of values and morals. Second, she is referring to schools in areas of high concentration of minorities, usually urban core schools.

Betsy essentially shares the same view as Pat Robertson: "Modern educators are moved not only by a denial of the existence of God, but militant hostility to any form of Judeo-Christian theism. Professional educators say that Creationism cannot be taught because it requires a belief in God. Morality cannot be taught without major revisions because our entire history speaks of the importance of God and religious values."

Betsy's husband, an Amway scion, shares similar views. Dick said during their voucher crusade [that his effort was] "to make sure the parents who are people of faith (understand and vote for his voucher proposal, because they are the ones) whose lives are being affected negatively by a bad system. (Religious parents) are the folks who have the most to gain."

Betsy also telegraphed her position telling a friendly crowd of private and religious school operatives her voucher scheme "eliminates the most onerous language in the Michigan constitution" (prohibition on direct and indirect support for religious education) and she brashly bragged their initiative would deliver "vouchers, tax credits and whatever you can come up with" — a huge jackpot for religious educators — should Amway's voucher have passed.

Vouchers didn't pass, going down nearly three to one. Still, Betsy crusades on, now trying to defeat and purge the Republican party of those brave enough to oppose her schemes and attempts to bedevil public education out of revenge and misguided ideology.

John Stewart is a bold example of the new wave of proactive, mature Republicans in this after-Engler era. Betsy remains the sure voice of doom and regression and will take her party and civility downward.

Representative Stewart, to survive and inspire the honest debate central to civic betterment, must weather Betsy's abuse, especially if she is coronated Michigan's Republican Party chair.

> Thomas Houseman Holland

Bush tax plan benefits the rich

It becomes harder and harder to discuss the factics of the Bush administration calmly. We now have a plutacracy, government by the wealthy for the wealthy. So one should really not be surprised by Mr. Bush's latest scheme masked as an attempt to get us out of the recession and make jobs available for the unemployed. We need to help those poor multimillionaires, those CEOs who made tens or even hundreds of millions of dollars laying off American workers and transferring operations to third world countries where they could pay desperate workers below subsistence wages and destroy the environment.

That's why Mr. Bush is pushing for elimination of the estate tax, trying to make us think that he wants to help family businesses when it is not for their benefit but for his rich sponsors. (Instead of the entire tax, the amount passed on tax free and family owned businesses could be excluded from the tax.) Now the latest is removal of the tax on dividends, telling us he wants to help stimulate the economy and also help us poor seniors who might have some investments. As a senior who depends on her investments to live a modest life. I see no reason why I should pay no taxes on money I get through the mail while others labor to earn theirs. But this tax preponderantly benefits the rich and it is done at the expense of raiding Social Security, which is paid for by the average working person. The average working man or woman pays at a rate of 0.075 percent but if you are making \$2 million, your rate is 0.003 percent and if you average \$80 million as some of Bush's ČEOs do, your rate is 0.0008 percent. It is this money that is expected to make up for the \$900 billion this gift to the rich will cost. But then the Bush administation has had its eye on destroying Social Security

all along anyway, so it won't bother Mr. Bush.

So after making new rules to allow lumber companies to cut down our old forests, and after the war on women by this administration. I guess I should get used to it and try to bear it out. But it's getting harder and harder. I can see why my parents left Italy when Mussolini took over. You can only take so much.

> Irene Piccone Northville

Don't just blame SUVs for oil woes

Americans for Fuel Efficient Cars recently began a new advertising campaign that points out the link between sport-utility vehicles and terrorism. It has made quite a stir.

AFEC alleges that because terrorists receive much of their funding through the sale of oil we must reduce our gasoline consumption to help fight the war on terrorism. Since SUVs are the most popular of the fuel-inefficient vehicles, they are the target of these ads. And now everyone is upset.

Not by our country's dependence on foreign oil, mind you, but because someone would have the audacity to state that the terrorists receive their funding from the Middle-Eastern governments from which we buy oil.

As if that weren't bad enough, these ads also imply that in order to be patriotic we should trade-in our SUVs for more fuel-efficient cars. When Americans heard this, they went nuts.

Most of us didn't notice that these ads were direct parodies of the anti-drug ads upon which our government has wasted millions. And why would they? The "drugs = terrorism" ads were nothing more than the deceitful propaganda that Americans have become so accustomed to hearing.

When this campaign began some of us simply nodded our heads and said, "Yup, those damn potheads, they're the reason the World Trade Center fell." Others changed the channel.

But now a bunch of liberals from California have forced us to open our eyes and reexamine our lifestyle. When we did this we saw something painful.

SUV owners, despite their outrage with this campaign, didn't once deny that their vehicles guzzle more gas than regular cars or that some of the money they spend refilling their tanks finds its way to terrorists. Instead they lashed out in defense and yelled "But your cars use gas too!"

After this obvious fact was pointed out even Americans that don't drive SUVs began to agree that this campaign had gone too far. Here's the kicker: this is exactly the reaction that AFEC hoped to get.

Their ad campaign isn't about ostracizing "soccer moms" so much as it's about drawing attention to the fact that we, as a country, are funding terrorists through our consumption of oil.

All of us are guilty of this. Even me. My car, a Chevy Cavalier, gets roughly 27 m p g.. Although this is considered a respectable fuel-economy. I am still funding terrorists every time I fill up my tank. This makes me angry.

But not at the people who would dare to point this out, instead I am angry at those who are so offended by this message that they would quickly end the discussion on what we should do about this problem. Our economy is based on oil, so much of which comes from terrorist-friendly countries that in effect, our economy is based on funding terrorists.

Before you stop reading, consider that, in the bottom of your heart, you know I am right. Even the Bush Administration knows that I am right, as they exploited the Sept. 11, 2001 attacks to renew their calls to drill for oil in the Alaskan Wildlife Preserve.

The problem with their plan is that it might take a decade to get to that oil, and that even after we do, there probably won't be enough to significantly lessen our dependence on foreign oil imports. What we need are alternatives

What we need are alternatives to oil. Hybrid vehicles are a good start, though they still rely on gasoline. However the very-near future will provide our country with the opportunity to switch to transportation technologies that require no gasoline at all. The prototy pes for these vehicles are already under development.

If we honestly want to win this war against terrorism we will urge our government to heavily invest in these new technologies. But before we can do that we must first recognize the painful truth that our economy runs on a product that, all-to-often, helps to fund terrorists.

> E. Joseph Addison Northville



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Thursday, January 16, 2003

A future among stars? Icers have Could senior Ashleigh Doinidis be Northville's representative in space?

By Sam Eggleston SPORTS WRITER

Call her smart, and she says she has to work hard to be it. Call her talented, and she says she tries. One of the first things many people would notice when first meeting Northville senior Ashleigh Doinidis is that she's modest.

Doinidis, a captain on the pom pon squad, isn't the kind of student-athlete that's going to step forward and announce her accomplishments. She doesn't ring her own bell, though she has more than enough going for her in life to justify it if she did. "I try and work hard," Doinidis said after being asked about her positive results in the way of grades at Northville High School. "It's a lot of work.

As with many seniors at this stage of their final year in high school, Doinidis has a rough draft of her future sketched out in her mind. She's already been accepted to the University of Michigan's engineering school, and if things go right she hopes to be studying the world of aerospace.

In fact, take it a step further and beyond college, and hopefully Doinidis finds herself working for the National Aeronautics Space Administration - better known

as NASA. "I'd like to be an astronaut," she said. "I know it's a little kid kind of a dream, but working for NASA later in life would be

awesome. Space walks, lift offs, weightlessness - it all sounds like big dreams for a high school student from Northville, Michigan. But, her love of science and mathematics may just give her the solid foundation to make such a dream a reality.

"I love math and science," Doinidis said. "Those are my biggest loves right now. Actually, I enjoy physics the most. Those subjects are just the easiest for me."

And when she isn't solving the equations for the speed of light traveling near the gravitational forces of a black hole,



Ashleigh Doinidis

Northville students.

She's a member of the "Treblemakers," an acappella group that sings at pep assemblies and the such, as well as the secretary of her class, part of the National Honor Society and part of the group "Make a Difference." That doesn't even touch on her youth group Young Life," or the fact that she's also a varsity athlete.

"I love it so much," Doinidis said of pom pon. "It's so much fun. You get to be with good friends, and with a coach (Melissa Millgard) that is just awesome. It's just the coolest."

Pom pon wasn't always a part of Doinidis' life though. She was a cheerleader before fellow captain and good friend Lindsey Chomiuk convinced her that pom was the way to go.

"I just woke up one day and decided to try out for it," Doinidis said. "It was the best choice I've made in high school. I'm completely happy that I did īt.

on cheerleading either - in fact. her best friend is a cheerleader: Alexis Kheir.

Doinidis and Kheir also have another thing besides sports in common --- they're both from Greek backgrounds.

"She's a good Greek girl, just like me," Doinidis said. "We're both Greek, and we're pretty proud of that."

The grandparents from both her mother and father's side hail from the "old country."

"They have heavy accents, and they have some things they do that are definitely not Americanized," Doinidis said. "We do a little bit in the way of traditions.

Including having a succutent lamb for Christmas dinner instead of the turkey or ham many people had.

"I love lamb," Doinidis said. 'It's very good. We don't cook it out in our front lawn like in (the movie) My Big, Fat Greek Wedding."

When the time comes for her

taste of wins

Now that these guys have tasted the

sweet sweet flabeing the champions after winning an Ohio tournament over the holiday break, I expect

them to continue with their winning ways.

The Northville Mustangs hockey team have been hailed as the champs, and now they want that feeling to come again. Sure, they may not be going on to win the state championship at this point, but I'd say watch out if you're one of their regular-season opponents.

This squad isn't going to lay down for anyone. They've been able to win in all sorts of fun ways: blowouts, close games, come-from-behind, never-trailed and just plain-old-good hockey. They are scrappers, and they come to play each and every time they take to the rink. Sure, they take their bumps and bruises now and then, but what team doesn't? I think next up on the list of

teams that will fall to the Mustangs is Plymouth Canton. A nice Western Lakes Activities Association match up, the Chiefs will be taking the bus ride over from Plymouth and skating against our boys out there on the ice at the Novi Ice Arena.

No doubt, you can expect a good game. The Mustangs and the Chiefs are both up and coming teams in the league and both have good game plans. The only difference, that I can see, is that the Mustangs are skating with the knowledge that if they put their mind to winning, they can - and that can be a very dangerous thing for opponents.

The Mustangs may not have the "superstar" ability of the past this season, but they have something that is even more important - team work. There may not be a hat trick scored each and every night by a single player as the Mustangs lose. Instead, three

players each get a goal and they win. These players aren't selfish, they aren't arrogant about their abilities and they aren't afraid to

out there at a given time. They have a deep bench, and they believe in the system that Coach Jeff Bond has brought to this program. They want to win, and they are quite capable of doing it.

Take that and add that the Mustangs have home-ice advantage in front of their fans and their family and friends and you've made quite the uncomfortable situation for the Chiefs to skate in to.

Now, even if the Plymouth Canton Chiefs pick up a copy of this column and read it over, I doubt they are just going to throw down their sticks and let the Mustangs win (though that would prove to be an interesting story). Being a team in the WLAA, they aren't a pushover in any way, shape or form. Canton athletics are known for being very competitive and very dedicated which reminds me of some Northville athletics I know of.

That doesn't mean I think Canton will win though. In fact, I am going back to my old ways and sticking to my guns as I pick my Mustangs to walk away with the victory as they hit the ice just to prove me right --- right, guys? NORTHVILLE 4,

CANTON 2.

Sam Eggleston is the sports writer for the Northville Record and the Novi News. He can be reached at (248) 349-1700, ext. 104 or at seggleston&ht.homecomm.net.



made it clear it would be well after she was through with colvor of lege, she said it may even resemble the movie a little.

"Maybe not so elaborate," Doinidis said. "It'll be a mix. I'll have my Greek dancing, but I'll go for norm too. I don't want it to seem too out of whack." And no doubt, when that time

comes, her mother, Linda, and father, Nick, will both be in attendance. As well as her older brother, Steve, and older sister, Jessica.

"Steve and I are close in age, so he's pretty close with me," Doinidis said. "(Jessica) was also in the Treblemakers group." Her brother, a Catholic

Central graduate, plays lacrosse at Western Michigan University, while her sister was in pom pon at Northville before graduating in 1997. Makes for a pretty talented family.

"I guess you could say that," Doinidis said, being modest once again. "We work hard, and have our parents to motivate us." And, just like most seniors, Doinidis makes time to have a social life as well. She and her

friends can be caught driving on a nice, dry day in her 2000 Volkswagen Cabrio convertible.

"It's a fun car in the summer," she said. "It's kind of bad in the snow, though. Sometimes, it's really fun attempting to get to school.

And when they're low on cash and can't afford to go anywhere. Doinidis' gang can be found hanging out in one of the girls'

houses — playing UNO. "It's kind of our thing," Doinidis said.

With things like pom pon's regional and state competitions looming in February and senior prom and graduation not far behind, a student's senior year can prove to be a hectic one.

"It's a lot of mixed emotions," Doinidis said. "It's really exciting, but sad that you will be leaving friends. It's the joy of a new place, but the sadness of leaving the other behind." And for Doinidis, who plans

on staying in the dorms in Ann Arbor to get the most out of her college experience, it all comes down to one emotion.



Doinidis is making herself a well-known name among

Not that it changed her views to get married, and Doinidis pretty excited," she said. "I am." ; give the puck up to anyone that is

"Overall, I think we're all



First loss catches up to cage squad

By Tyler Carter SPECIAL WRITER

After an impressive 7-0 start to the season, the Mustangs were finally defeated. The loss came on Friday night at John Glenn, but the game was one of the most exciting of the season.

With sophomore starter Marcus Davis out for the night after an injury in the game against Churchill and senior Roger Garfield playing on a sore ankle, the Mustangs came into the game missing the healthy roster they have enjoyed so far this season.

With the Militant Mustangs on hand in full force for the game, the compact John Glenn gymnasium was packed with energy. As is standard practice for the faithful Northville cheering section, the Militant Mustangs made sure that no good play by a Mustang or error by an opponent went unnoticed.

After the Rockets jumped to a six point lead by the end of the first half, the Mustangs were able to regroup and cut the Rockets' lead to one by the end of the third quarter. The intensity of the game in the second half was incredible.

Although unable to overcome the deficit, the Mustangs put up a great fight against a strong John Glenn club. The final score, 46-38, doesn't begin to depict what a close struggle the game really was.

Coach Darrel Schumacher said of the game, "John Glenn was a good test to see where we stand right now. We had a legitimate shot to win the game, but as long as we learn from our errors, we are

improving."

Roger Garfield knocked down two critical shots from three point land, adding to his point total (12) on the night. Scott McNeish also had 12, including two from the free throw line late in the game. The top rebounder for the Mustangs was senior Jeff Varley, who pulled down 10 boards: a vital statistic for the Mustangs.

Ås Coach Schumacher feels that boxing out and rebounding have begun to improve, other aspects of the game still need more work: "We had a few holes in our defense and we definitely have to work on crisper passing."

The Mustangs are not scheduled to play John Glenn again; however, a rematch of Friday night may surface in the conference finals.

Earlier in the week, the Mustangs went to Churchill and took care of business, coming away with a decisive 55-31 win. After the victory, Northville's division record improved to 2-0. Each division game is essential, as the Mustangs will play each team from the division twice over the course of the season. Canton looks to be the toughest competition on this side of the conference, and the Mustangs have already defeated them once this season.

The Mustangs took control of the game in the opening minutes and never let the Chargers back into the game. McNeish led the offensive attack with 10 points, followed closely by Adam Konst and Chris Jacobs, who scored 9 and 8, respectively. Jacobs also came away with a team-leading 5 rebounds. Everyone on the Mustang roster saw playing time



Northville's Scott McNeish, left, shoes his jump shot during a recent January contest.

in this game, and they all took Stevenson at home. advantage of it.

The Mustangs will travel to Franklin tomorrow for a 7 p.m. On conference match up. Tuesday, be sure to catch them again at 7.00 as they do battle with

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Tyler Carter is an intern for the Northville Record and the Novi News. Comments can be directed to the sports department at (248) 349-1700, ext. 104.

No Mercy

Girls' hockey puts Marlins on ice

By Michael Zerkich SPECIAL WRITER

Can you feel that? It's the charge of a recent victory still surging through the air. The team that harnessed that win? None other than the Northville girls' varsity hockey team.

The Northville girls played their first every home game at the Artic Pond in Plymouth, Michigan winning in dramatic fashion last Wednesday. The final score of 6-4 against the Mercy High School Marlins of Farmington was a barn burner. Mercy registered the first four goals of the game in the first five minutes and the Mustangs fought back

The Mercy scored the first four goals in less than five minutes during the initial period and led the Mustangs four to one. The Mustangs galloped into motion scoring three unanswered goals in the second period while only allowing the Marlins eleven shots on goal for the final two periods. This was Northville's first league win of the year.

"I thought everyone played exceptionally well, and as has become a Northville tradition, no one quit and in fact actually picked up the tempo," head coach Bill-Holden said.

The Mustangs (1-3) have lost against three of the league's top three power houses of Cranbrook, Gross Pointe North and South.

"Three of Mercy's first four goals where very weak shots and caught goalie Danielle Bigi of guard, it was just a matter of Danielle adjusting, which can be very difficult early in a game," said

Coach Holden.

When Northville fianlly came in the second period Mercy Goaltending Jenna Martineze made several acrobactic saves that kept the game close.

Northville's defensive play was outstanding, Heather Barent, Annie Kirkpatrick, Arnanda Lariche, Nicole Ozog, Amanda Jones and Samantha Guminea continued to thwart almost every attempt by the Marlins throughout the second and third periods of the game. The Mustang's defense not only forced Mercy to shoot from the sides, but made sure the traffic in front of the goal to a minimum.

We rely heavily on all of our defenseman to keep the puck moving and to force our opponents to shoot from the sides rather than in the middle," definsive coach Brie Barry said.

The Mustang offensive was excellent with player scoring several "firsts" for themselves. Amy Cauzillo notched her first threegoal "hat trick" of the season and Emlly Doren had her first two goal game ever. Lindsay Miglio added her first goal of the season. Steffanie Papich, Caitlyn Crawford and Meredith Ponder each tallied their first assists of the season.

"What was so exciting to watch was the hustle and persistence of the players even when we were down four to one," said assistant coach Adenna Perazzo.

Other attempts by Jenny Forker, Kim Bagian, Racheal Reuter, Jessica Palushaj Bridget Hughes, Marie McIntyre and Allie Spencer all came close to scoring goals second and third periods.

hometownnewspapers.net Editor 248-349-1700 Sam Eggleston. seggleston@ht.homecomm.net

Tough teams show 'Stangs rough time

By Sam Eggleston SPORTS WRITER

One of the nice things about swimming against some of the best teams in this part of Michigan is that it gives a team the chance to see what it takes to be state champions - they downside is that you don't get the victories you'd like to get.

The Northville Mustangs swim team was able to get the chance to swim against the defending state champion Ann Arbor Pioneer River Rats in the Salem Invitational January 11 after defeating Livonia Stevenson 102-84 two days prior.

In the Invitational, the Mustangs took fifth out of six teams, as Pioneer won the meet with 365 points, Salem took second with 248, Dearborn was third with 175 and Canton had 139 points. Northville 116 and Stevenson 106.

"We were a lot closer to Canton then I thought we'd be," Northville coach Rich Bennetts said. "That will kind of set up the Northville-Canton dual meet, which we swim Thursday (today)."

The meet, which was held dif-ferently than most, found each even having four heats, with a single swimmer or diver from each school in each heat. The fourth best swimmer in the event was in the fourth heat, the third best in the third heat and so on and so forth with each heat being scored. The first and second-place athletes in each event were awarded a medal for their efforts.

"It's hard to come back and do that again when vou have two meets in three days."

> **Rich Bennetts** Northville Swimming & Diving coach

"In the end, your fourth best swimmer could score as many points as your best swimmer," Bennetts said.

Unfortunately for Northville, when you swim against the defending state champions who didn't lose much to graduation, as well as a Western Lakes Activities Association powerhouse like Salem, you might not get many first and seconds in any heat.

'Obviously with Pioneer in the picture, they were out front," Bennetts said. "And Salem is a very strong team as well. Most of the firsts and seconds went to them."

But, Northville wouldn't be denied though. John Campbell, a senior diver, took second in his heat of the diving event, while fellow senior Jason Albosta took second to the defending state champion diver from Pioneer in his heat.

Sophomore Joe Hogan, the younger brother of stellar girls' swimmer Shannon Hogan, set a

life-time best with a 5:38.88 in the 500-meter freestyle event which was good for a second place finish.

"That was a really good swim for him," Bennetts said. Against Livonia Stevenson

two days earlier, the Mustangs had a better showing — which was also part of the reason they had a tough time in the Invitational.

"They really swam hard against Stevenson," Bennetts said. "It's hard to come back and do that again when you have two meets in three days."

The Mustangs took firsts from their 200 medley relay team of Brad McIntosh, Albosta, Joe Lunn and Tyler Carter with a time of 1:53.46. Lunn was also first in the 200 individual medley with a time of 2:14.41, while Mike Handley was first in the 50 free with at time of 25.25 seconds.

Albosta took 198 points in the diving, good for a first, while the 400 freestyle relay team of Lunn, Billy McIntosh, Brad McIntosh and Brad Farris was first in 3:41.20.

We didn't take a lot of firsts. but we had a lot of seconds and thirds," Bennetts said. "That just speaks well for this team, and the rest of the season as they continue to improve."

Sam Eggleston is the writer for sports the Northville Record and the Novi News. He can be reached at (248) 349-1700, 104 ext. ог at seggleston@ht.homecomm.ne



Submitted Photo

Nice high-kick routine!

The Northville high School pom pon squad recently placed second at the Mid-American Pom Pon Association's High Kick Competition. The routine, which was choreographed by coach Melissa Millgard, helped the girls draw the recognition from the judges that they had been working so hard to receive.

Pom pon, a varsity sport at Northville, works on the routine they use during competition over a 10-month period, including but not limited to performances at home football, basketball and most home soccer games.

The team consists of 31 talented and dedicated members: Emily ban-ish, Erica Bivens, captain Lindsey Comiuk, Kristin Dauss, Ashley Dickinson, captain Ashleigh Doinidis, Meghan Fidge, Kathy Garfield, Kristin Gutman, Ashley Handley, Sara Henson, Kristina Janevski, Lindsey Jones, Amanda Kelly, Carolyn Kirkman, captain Lauren Lininger, Rachel Martin, Taylor Miglio, Megán Monticciolo, Andrea petty, Kaleigh Rays, Megan Roney, captain Amy Scheich, Katie Scheich, Laura Snearly, Katie Spinale, Elizabeth Spinale, Andrea Stoner, Nicole Timmerman, Kristi Wysocki and Courtney Zokas. The girls will return to action when the compete at the Mid-American Pom Pon Association's Regional Competition to be held at Churchill High School in Livonia. Make sure to go and support your Mustangs!

Sports Shorts

Youth Free Throw Contest

All boys and girls ages 10-14 are invited to participate in the local level of competition for the 2003 Knights of Columbus free throw championship. The local competition for Council 11811 will be held Sunday, Jan. 19 from 2-5 p.m. at Holy Family Church Gym in Novi. The church is located at 24505 Meadowbrook Road, one-quarter mile north of 10 Mile Road.

For more information or to obtain an entry form, contact Ted Mech at (248) 478-1132.

Jeff Jones Pitching and **Hitting Camp**

ances by Detroit Tigers catcher Brandon Inge. This camp features over 25 different instructors, including Jeff Jones — a 26-year professional baseball veteran with the last 15 years being spent as the Detroit Tigers pitching coach. Also to teach will be Jason Beverlin, a pitcher for the Cleveland Indians, and Larry Feola, a professional player for Detroit and New York.

The pitching camps run Jan. 11-Feb. 2 on Saturdays from 11 a.m.-1 p.m. and Sundays from 3:30-5:30 p.m. and 5-7 p.m. Hitting camps will be Saturdays

from 12:30-2:30 p.m. and Sundays from 2-4 p.m. and 6:30-8:30 p.m.

Center. If you have any questions regarding the Western Wayne Wildcats AAU Basketball teams, call Kim Fiscus at (248) 380-9496

Softball/Baseball Private

ages 6-18, improve their game. Instructors include Oakland University coaching staff, Big 10/MAC All-Conference softball/baseball players, the Toledo Mudhens manager, former professional players and college/HS coaches. Pitching, hitting and fielding are the lessons available and are by appointment only. The fees for the lessons start at \$35 per 1/2 hour or five private lessons for \$160.

For more information, call (248) 668-0166 or e-mail totalbballwixom@aol com, or check out the Web site at www.eteamz.com/totalbaseball.

Recreation department is accepting final registrations for its Winter Youth Basketball Season. Several openings remain for sixth-througheighth grade girls, eighth- and ninth-grade boys and 10ththrough12th-grade boys leagues. A waiting list has been initiated for the ninth- through 12th- grade girls

league. If enough girls register for the league waiting list, an additional team will be formed.

All leagues will play a 10-game schedule, primarily on Saturdays beginning Jan. 18 and ending March 22. Teams will practice one or two times per week beginning Jan. 6 through March 17.



Camp fees are \$195 each or \$350 for both. For more informahitting and pitching camp hosted tion, call (248) 668-0166 or e-mail totalbballwixom@aol com, Oľ

check out the Web site at www.eteamz.com/totalbaseball.

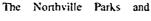
AAU Basketball tryouts

The Western Wayne Wildcats 2003 Northville AAU Girls Basketball team will be holding try outs for the upcoming season for 11-year-olds on Jan. 17, 6:30-8 p.m. at Northville Community

between 9 a m. and 3 p m.

Total Baseball will be offering a by Jeff Jones with special appear-

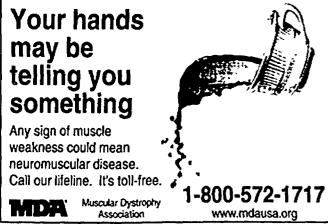
Lessons and Training Total Baseball will help players, **Rec Basketball Registratio**





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Sunday School 9:30 & 10:45 am Sunday Worship 9 am, 10:45 am	WEEKEND LITURGIES Saturday, 5:00 p.m.
Pastor Otis I. Buchan, Sr. Pastor Northville Christian School	Sunday, 7 30, 9, 11 a.m. & 12 30 p.m.
Preschool & K-8 (248) 348-9031 • www.northville.christian.org	Church 349-2621, School 349-3610 Religious Education 349-2559
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Morning Worship 10 a.m.	High & Em Streets, Northville T Lubeck, Pastor
Church School 10 a.m. 248-348-7757	Church 349 3140 School 349-3146 Sunday Worship 8:30 a.m. & 11:30 a.m.
Ministen Rev Dr. E. Neil Hunt	Contemporary Service at 11:00 a.m.
Minister of Music: Patrick Kuhł	Sunday School & Bible Classes 9:45 a m.
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10 Mile between Taft & Beck, Novi	CHURCH OF NORTHVILLE
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11 am Sunday School & Nursery	Rev Jennifer Boby
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44400 W 10 Mile, Novi, 248-349-2345 1/2 mile west of Novi Rd	Daycare Infant-5 yrs. including pre-school Dayschool K-12 Home Schoot K-12
Dr Richard J Henderson, Pastor Rev Anne Scheiber, Associate Pastor	Dayschool K-12 Home Schoot K-12 Sun School 945 a m. + Warshp, 1100 a m. 8 600
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46325 10 Mile Rd Novi, Mil 48374	Sunday Worship, 10:45a m, & 6:30 p m
Saturday 500 p.m Sunday 8 930 & 11 30 a.m	Wed You'h Meetings 7:00 p m Boys Brigade 7 p.m., Pioneer Girls 7 p m.
Reverend James F Crank, Pastor Parish Office 347-7778	Sunday School 9-30 a.m
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24505 Meadowbrook Rd, Novi, MI 48375	OAK POINTE CHURCH Northville High School on 6 Mile
Masses Saf 5 pm Sun 7.30 pm. 8 45 am 10:30 am, 12 15 pm	÷
Holy Days, 9 am, 5 30 pm, 7,30 pm fr John G Budde, Pastar	Sunday 9:30 a.m. and 11:00 a.m.
Et Paul Battien, Associate Pastor	Casual contemporary live band (248) 615-7050
Parsh Office 347-8847	
WORLDWIDE HARVEST CHURCH	CHURCH OF TODAY WEST (Unity)
Pastar Kelth J McAra Sunday Worship Service, 11:00 AM	New Location: Meadowbrook Elementary School - Novi
The Saymount im, Walani, M (496 and Walam Rd east)	(South of 13 Mile on Meadowbrook Road) (248) 449-8900
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Club Hockey

By Jim Stevenson SPECIAL WRITER

The Northville High School Club Hockey Team played three tough games in three nights but unfortunately came up short in all of them.

The first game of the trio came January 5 as they traveled to Monroe to play the St. Mary's Catholic Central squad in a nonconference game. The Falcons opened the scoring with a powerplay goal on a shot from the left point. The Mustangs tied it up as Matt Bray fired home a pass in front of the net from Craig Hofmeister and Ryan Pyatenko.

However, with only six seconds left Catholic Central scored to take a 2-1 lead going into the second period. The Falcons extended their lead to 3-1 in the second period. In the final stanza, the Mustangs pulled within one as Mike Sklut scored on a slap shot from the right circle that caught the top corner of the net. Alan Kursa assisted on the goal.

Northville had lots of chances as time winded down, including a minute with an extra man as they pulled goalie Robert Davison --- but the Falcons held on for a 3-2 win.

The following night, Northville faced off against Grosse Pointe North in a conference match at Arctic Pond Arena. The first period was scoreless and was highlighted by some fine saves by Robert Davison.

Just 30 seconds into the second period, the Mustangs took the lead as Kenny Papich passed the puck to Sean Hohl who scored to make it 1-0. However, the talented Vikings kept the pressure on and they finally tied the score on a rebound midway through the second period.

Just 90 seconds later they scored again on a similar play to take a 2-1 lead at the end of two periods. In the 3rd period Nick Karebian dug the puck out of the corner and carried it to the front of the Viking net where he backhanded a shot by the goalie to tie the score. Matt Bray gathered an assist on the goal.

One minute later, Jim Stevenson and Alan Kursa broke in two on one and Kursa fired a shot past the goalie to regain the lead at 3-2. However, the Vikings continued to apply forechecking pressure in the Mustang zone and tied the score with just under two minutes remaining. They then followed up with a final tally and the game ended as a heartbreaking 4-3 loss after a hard fought game.

The Mustangs then returned to action for the third game in three days as they took on the Huron New Boston varsity squad at Novi Arena. The Chiefs took the lead midway

through the first period on a shot from between the circles. They finished the period with another goal after the Mustangs turned the puck over in their own corner to take a 2-0 lead. However, Northville was competitive with the varsity team and midway through the second period got on the board on the powerplay as Jim Stevenson controlled the puck behind the goal and centered a pass to Richard Grajewski who fired it past the Chief goalie.

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Alan Kursa collected the second assist. The Huron team came back one minute later with a goal to extend their lead to 3-1. The Mustangs continued to put forechecking pressure on the Chiefs but a Huron player broke loose on a breakaway and scored to finish the second period at 4-1. The Mustangs didn't quit and less than one minute into the 3rd period Jim Stevenson gained control of the puck near the Chief net and put it past the goaltender to pull within two. However, the Chiefs regained their three goal lead on a nice one-timer making it 5-2. Mike Sklut pulled the Mustangs within two goals again as he scored a powerplay goal with assists to Ryan Serge and Kenny Papich. Northville continued to pressure the Chiefs but were unable to score and dropped the contest 5-

UPCOMING NORTHVILLE HIGH SCHOOL

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ATHLETICS

Hockey	1	
Canton	Home	6
South Lyon	Home	6
Churchill	Away	6
WL Central	Away	2:15
Swimming and	I Diving	
Canton	Away	7
Pinckney	Away	6:30
Churchill	Home	7
Wrestlin	Ig	
Salem	Home	6:30

Salem	Home 6:30
Brighton Invite	Away 8:30 a.m.
Garden City	Away 9:30 a.m.
Franklin	Away 6:30
Fenton JV Invite	Away 10 a.m.

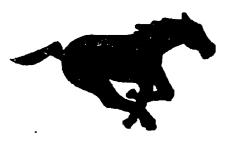
Basketball

Franklin	Away	-
Stevenson	Home	1
WL Western	Home	7
Salem	Away	1
	Stevenson WL Western	Stevenson Home WL Western Home

Volleybal	1	
W.L. Western	Home	7
Woodhaven	Away	8 a.m.
Canton	Away	7

Gymnastics

WL Central	Away	7
Hartland Invite	Away	8 a.m.
Brighton	Home	7
Farmington Invite	Away	9 a.m.









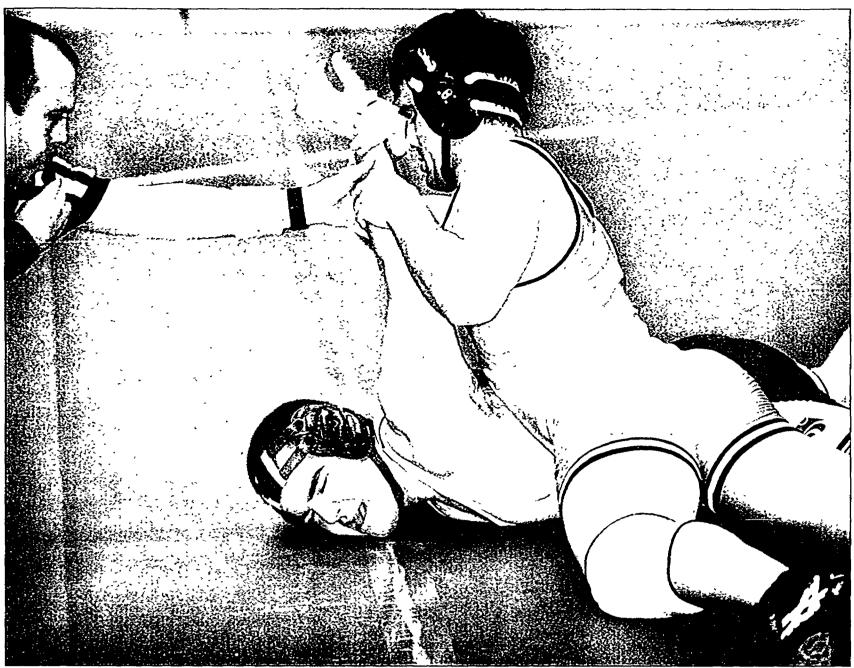


Photo by JOHN HEIDER the season. Here, two 215-pound wrestlers

The Northville wrestlers have been stepping up to the top of their game since losing to Novi early in the season. Here, two 215-pound wrestlers are looking to see who is going to walk away the victory.

JOSH D'Anna leads the way Mustangs more than happy to follow him to wins

By Kita Mason SPECIAL WRITER

Call it D'Anna's day! Senior captain Josh D'Anna 119 was beyond clutch in the Mustang's performance at South Lyon January 11.

He did nothing more than win and pin whenever the team needed him. Josh ensured Northville's third place finish in the tournament, and almost got a tie for second place for the Mustang team. It was an amazing performance.

The first match of the day was against South Lyon High School. On the strength of pins by Dave Quick 189, and Mike Carter 112, and point victories by John Manica 130, Brad Ashby 135, Bill Riegner 145, Jeff Ponder 160, and Adam Blunk 103, Northville was abead 29-28 going in to the final match. All Josh D'Anna had to do was win on points. D'Anna came out with fire in his eyes. He wasn't going to settle for a point victory, he pinned his opponent in less than a minute! It was a statement. The Mustangs faced Ann Arbor Pioneer in the second round. This time, pins by Ashby, Rick Riegner 152, Steve Cain 189, and Ben Mason wrestling for the first time at 215, plus point wins by Manica, and Carter found Northville down by one going in to the final match. Nobody mentioned the pressure but once again, D'Anna had to win. And, cool as can be, once again, D'Anna pinned! The final score was Northville 36, Pioneer 31. Saline High School had

Saline High School had Northville for lunch. D'Anna pinned his opponent, but it wasn't enough to overcome the 49-12 deficit going into the final match. The only other scores for the Mustangs came on a pin by Cain, and 3 point victories by Ponder and

HWT, had tied the match for Northville at 26 all with a pin in the 11th match, but Northville fell behind again. Josh would have to do nothing less than a third pin to tie the match. D'Anna came up with a three-point win in a grueling 13-6 victory. He did everything except hold his stippery opponent down long enough for a pin.

All day long, D'Anna had been anchoring the matches at the 119 weight class. Going into the fifth and final match against Eric/Mason, D'Anna was called upon to move up a weight to 125, and start the match. On no rest, D'Anna pulled out a three-point victory at 125 to start the Mustangs off on their final victory for the day. Dave Carroll 140 got his second pin toumament againsi Erie/Mason, and points were generated by Manica, Mueller, and Carter. Erie/Mason voided four weight classes, and could never recover from that deficit. Northville's third place position at the South Ly on Invitational was a

tremendous improvement from last place in 2002. It also marked the first time in three years that Northville had defeated South Lyon one on one.

Northville 31, Churchill 30

Northville beat WLAA foc, Livonia Churchill, by one point January 9. The final score for the match was 31-30, but a win is a win, and Northville is now 2-0 in the conference.

Northville's points were generated by Adam Blunk 103, Mike Carter 112, Brad Ashby 135, Dave Carroll 140, and Dave Quick 189. Ashby and Carroll pinned their opponents. Carter's match was a back and forth nail biter that had Carter pulling out an 8-7 victory with a last second 2-point reversal. Steve Cain 215 took his match into double overtime. Here, the rules give the victory to the first offensive move. It was a heartbreaking 3-point loss, which brought the score up to 31 Northville and 27 points for

Churchill. The pressure was on Marc Mueller HWT to hold the victory.

The Charger heavyweight was aware that he needed to win by 4 points for a tie, or more for the win. Both sides were sweating. Mueller held off an offensive flurry by Livonia in the third period to only allow a three-point loss. The fans erupted in the stands when the final seconds ticked down. It couldn't have been closer, but the Mustangs take home the victory.

During the JV round versus Churchill, Todd Schoenheide pinned his opponent in the third period, and Ben Mason pinned his opponent just 43 seconds into the match. Good performances from the underclassmen are showing

Victory reaches 'Stangs

New Year may prove difference for Northville

By Roger Garfield SPECIAL WRITER

The girls' volleyball team has not had much success in the early part of their 2002-2003 campaign, but they finally got off the schneide January 11 at the Madonna University Tournament.

Their first win of the season came in a match against Ferndale. The Mustangs won in a rout.

"We were never in danger of losing," said first-year Northville head coach Rick VanderVeer. "The girls played pretty solid."

The Mustangs, playing in their third competitive tournament of the season, had an up and down day.

and down day. They couldn't pull out a match against a below average Clarenceville squad, but they were impressive versus Trenton, a team that had their way with the 'Stangs one week prior.

"It was a disappointment," VanderVeer said of the Clarenceville match. "We should have beaten them." He was very pleased with their performance against Trenton, however.

"We played them very, very well. The girls proved a lot to me; I know they now have the ability. That was the best they played all year."

The Mustangs played eight matches on the day, and their lone victory came against Ferndale. Gabriel Richard won the tournament.

"On the whole, we played a lot better," said VanderVeer. "A number of people really stepped up when we needed them to. Erica Johnson did a great job serving. Kelly Wasalaski was very consistent all day. She's a defensive specialist, and she had a good day passing. Lauren Temple had a great day, which is usual for her.

"I made some rotation switches, and it made a huge difference," he added. "We got some real good production out of some of our hitters." Northville took on John

Northville took on John Glenn on Wednesday, January 15. It was their first league game of the season. Next week they host the Warriors of Walled Lake Western on January 22 at 7 p.m.

Blunk.

Then came the perennial State Champs from Bedford High School. The score was close, 31-25, going into D'Anna's match, but the previous 13 Northville wrestlers couldn't generate enough points for any margin of error. Mare Mueller have in this sport.

Kita Mason is a special writer for the Northville Record and the Novi News. Comments can be directed to the sports department at (248) 349-1700, ext. 104.

Roger Garfield is an intern for the Northville Record and the Novi News. Comments can be directed to the sports department at (248) 349-1700, ext. 104.

Mustangs take tough ice loss

Rocks show why they don't lose

By Kita Mason and Sam Eggleston HOMETOWN NEWSPAPERS

No doubt, their New Year's resolutions didn't include this game — not by a long shot.

The New Year didn't start out well for the Northville High School varsity hockey team as they met up

with the undefeated Plymouth Salem Rocks January 11, and were shelled 8-2.

In the end, the inability to stop the powerplay, as well as stay out of the penalty box, proved too much for the Mustangs to recover from as the very powerful Rocks crushed them.

Six of the Rocks' goals came on the powerplay as it showed that the Mustangs just couldn't control their emotions long enough to stay out of the penalty box.

Simply put - most were retaliation penalty minutes. It

may not seem fair, but you see it starting at the Mini-Mite level, and read about it in the pros it's not the first hit, it's the retaliation that gets called. This may be a lesson that was learned the tough way, but no doubt the Mustangs will learn to not retaliate.

Leadership and the following of it is key for any team. The captains tried to show the rest of the team the way, but they couldn't get the other icers to follow.

Jimmy Richl putNorthville on the scoreboard late in the second period with a hard, rising wrist shot that bounced in off the crosshar. Richl's goal was set up by Joe Vitale. Five Plymouth Salem goals later, with under a minute left in the game. Mike Marquardt took a pass from Kellen Smetana and fired a blistering slap shot from the blue line into the Rocks' net to end the Mustang scoring.

the Mustang scoring. As he pumped his fists into the air, with the Northville fans cheering, it was clear that Marquardt's goal was for Northville pride.



SUBMITTED PHOTO

The Northville boys' varsity hockey team knows that they were the best team in the Ohio Classic Hockey Tournament by looking at one simple fact - they beat four teams to take the championship.

The Northville skaters are down, but they aren't out. These Mustangs know how to win, and they'll keep firing pucks at the net until the final buzzer blows. That's the Northville way, and

this team is as good at showing it as any team wearing the orange and black.

Kita Mason is a special writer for the Northville Record and the

Novi News. Sam Eggleston is the sports writer for the Northville Record and the Novi News. Comments can be directed to the sports department at (248) 349-1700, ext. 104. How to feel good about *that* old car



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Canopy bed is a problem in a room full of windows

By Rose Bennett Gilbert COPLEY NEWS SERVICE

Q. I am so disappointed to find that the canopy bed I've always wanted won't fit in our bedroom. It's not a question of size; the problem is all the windows and doors in the room. There's no blank wall long enough to put the bed against.

A. Then let the bed float in the center of the room with walkabout space all around it. You may want to push a chest or dresser against the headboard to anchor it visually and hold a pair of bed lamps. Or, if there's room, flank the head of the bed with a pair or nightstands, as you might in an ordinary arrangement.

A floating canopy bed is especially effective because the frame itself defines the sleeping space, even when it's left bare. In the photo we show here, the canopy becomes a kind of sculpture, dark and spare against the deliciously soft and sensuous linens (from Peacock Alley: (800) 275-0784).

Q. Remember the '90s rage for botanicals? Flower patterns for wallpapers and fabrics so anatomically correct, you could stare at the wall and earn extra credits in botany?

A. Well, forget 'em. For the time being, at least, the hottest thing that grows in design for 2003 is the palm tree. Plus the monkeys that usually hang out in palm trees. Both motifs showed up on painted furniture and in decorative accessories at the latest High Point Furniture Market, and were all over the textile market in New York City. As trade journal editor Jennifer Marks reported, "If it's got a palm tree or a monkey on it, it's out the door!" (Translation: a sure seller).

No surprise then that a range of greens is still going strong in bed ensembles, towels and other fabrics for the home, especially sage greens and teals, according to Jennifer. Other colors to watch for include apricots and terra cottas, and their pastel relative, pink. Pink? Yes, but not timid, too-sweet nursery pink. For 2003, think 1940s pink: soft, slinky, satiny, glamorous, nightgown-y, on top of the bed, as well as in it. As Jennifer pronounced. "Pink finally gets some r-e-s-p-e-c-t!"

Q. The landlord has warned us (in writing, in the lease) that we'd better not put any holes in the walls, even to mount sconces and hang pictures and mirrors. I say sacrifice the security deposit! We need to decorate our walls to make a home. But my husband's after me to think of other ways. Help? A. Modern technology has already heard your cry for help.

Check out an innovative product called Command Adhesive. It involves a whole system of self-stick hooks and hangers that hold tight to your walls until you get ready to move or rearrange your artwork. Then the hooks obligingly let go without leaving marks or nail holes, according to a representative from the manufacturer, 3M. (See more for yourself at www.commandadhesive.com).

But where is it written that you have to actually hang your decorative items ! I love the look of large mirrors simply leaning against the wall. Taking that idea several steps further, the former director of the famed Frick Museum installed narrow, lipped



When windows and doors present a problem, a canopy bed can look elegant in the center of the room.

ledges around the walls of his apartment to hold a constantly changing display of his favorite artwork. And ne-plus-ultra inte-rior design talent Vicente Wolf lined up five different wood chairs shoulder-to-shoulder against a brilliant white wall to show off his collection of black-and-white photos. The effect was both amusing and smashing, especially in Wolf's drop-dead, 3,000square-foot loft in the industrial West Side of New York.

Rose Bennett Gilbert is the co-author of "Hampton Style" and associate editor of Country Decorating Ideas. Please send your questions to her at Copley News Service, P.O. Box 120190, San Diego, CA 92112-0190, or online at copleysd@copleynews.com. (c) Copley News Service

Only two ways to get rid of food-loving moths

Q: I opened up some corn meal that I've had for about a year or so, and there were some fine, dusty spider webs leading from the corn meal to the sides of the container. I also saw a couple of little flying moths. Do I have two problems and why are there spiders in corn meal?

A: Your two problems are actually one and spiders have nothing to do with it. Your culprits are the moths. More specifically, either Indian Meal Moths or Mediterranean Flour Moths. These critters begin life as an egg that hatches into a small larva. This is a tiny, segmented insect that feeds on a number of kitchen food items. This list includes a number of grain or protein products like corn meal, dry dog and cat food, birdseed, flour, pancake and cake mixes, nuts, dried fruit and cereal. There are dozens more. The tiny larva feeds in the food product. growing larger. It leaves a fine silken thread behind itself that gets covered in the food product dust. Eventually, the larva leaves the food product and crawls off to a nice spot to pupate. There, it will change in about a week into a small beige moth. The larva often crawls up the wall and across the ceiling. It is a creamy white with a small brown head. It spins a white silk cocoon around itself and makes the change over. When the moth emerges, it flies around to find a moth-mate. The female then looks for a suitable place to lay eggs. She wiggles or chews her way into a food product and lays her eggs. Then she wanders off and drops dead. It's a simple life: eat, have fun and reproduce. Sealed bags don't keep them out. Neither does mummifying food in plastic wrap or tin foil. The cure is simple but time consuming. Sort all the suspected products, whether open or not. Put the products into plastic containers with airtight lids. The moths can't get in and if you missed another life stage, they can't get out. Or, put things in the refrigerator or freezer. Pet food and birdseed can be stored in the garage in a clean garbage can with a tight lid. Secure the top with a rubber strap with Shooks or a bungee cord. Toss out the invaded items. This should put an end to your wandering pals. If you need

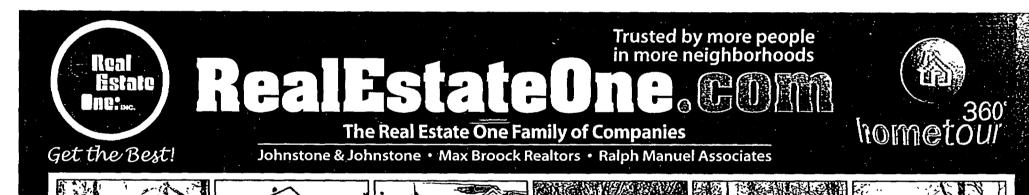


more information, contact our office for written information on grain and flour moths.

Q: I got this cute Christmas tree houseplant for the holidays It says on the tag that it is a Norfolk Island Pine. How do I take care of it and can 1 plant it in my yard?

A: This lovely evergreen-type plant comes from Australia's Norfolk Island. Its Latin name is Araucaria heterophylla. It is extremely happy when the temperature stays between 41 and 73 degrees. Keep it away from heat ducts and contact with cold windows. It requires a high humidity to hang onto all its needles and branches. Needless to say, it is not going to make it outside in a Michigan winter. In its native land, it can grow to 200 feet tall but the best it usually gets to is around five or six feet tall. This is not a plant that you can prune. It you chop the top out, it is doomed. It cannot grow lateral shoots. Here's what you need to know. Water with mineral free water like rainwater or melted snow. Keep the soil damp but not soggy. The pot must have good drainage and the plant cannot sit in a puddle of water. They do best with bright, indirect light. To keep up the humidity around the plant, put the plant on a gravel filled tray. Raise the pot above the gravel on an inverted saucer or brick. Keep water in the tray but the plant out of the water. It creates a little, somewhat humid microclimate. Fertilize a bit during the summer months. Your Norfolk Island Pine could probably spend the summer in a shaded portion of your yard, if you keep it watered and it is humid - Gretchen Voyle is the

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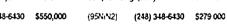


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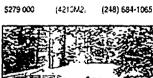
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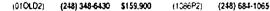
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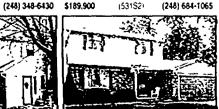
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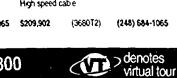
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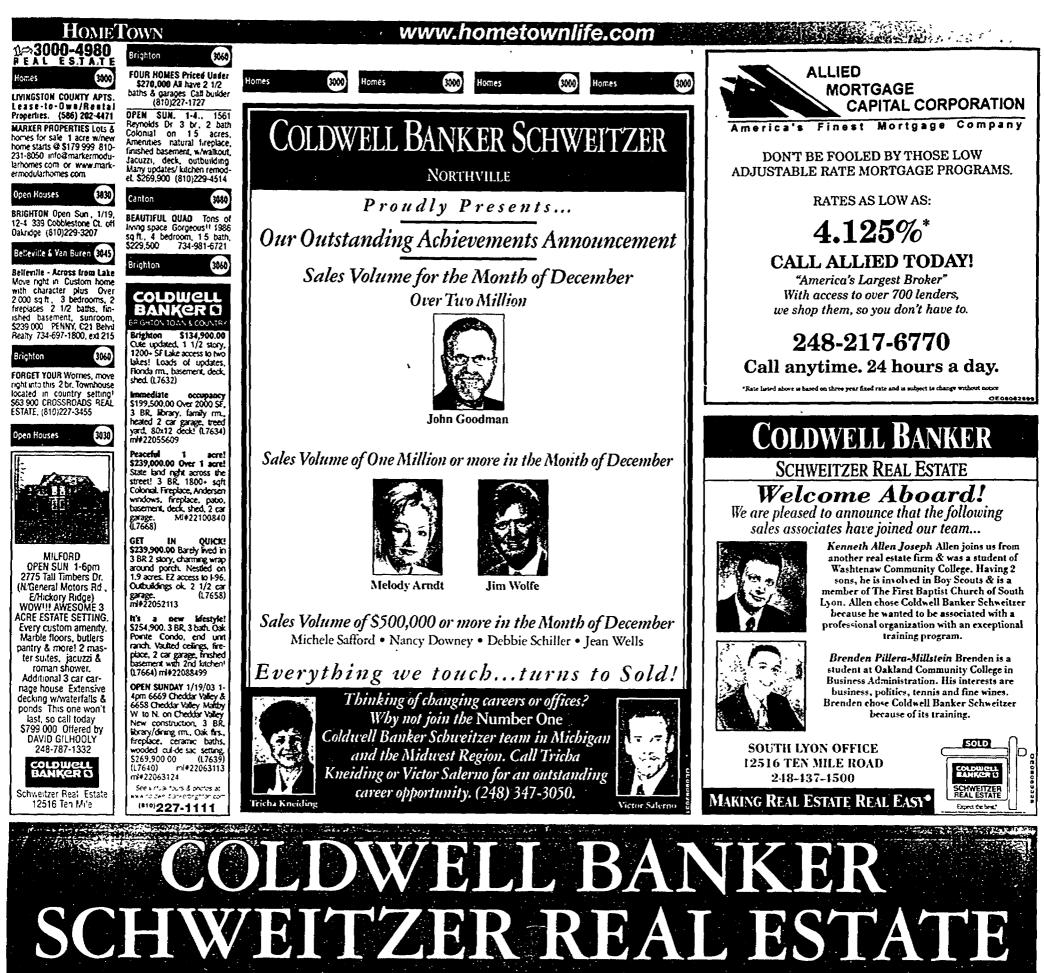


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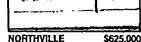










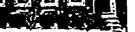


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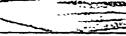
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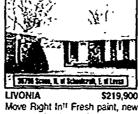
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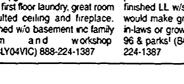
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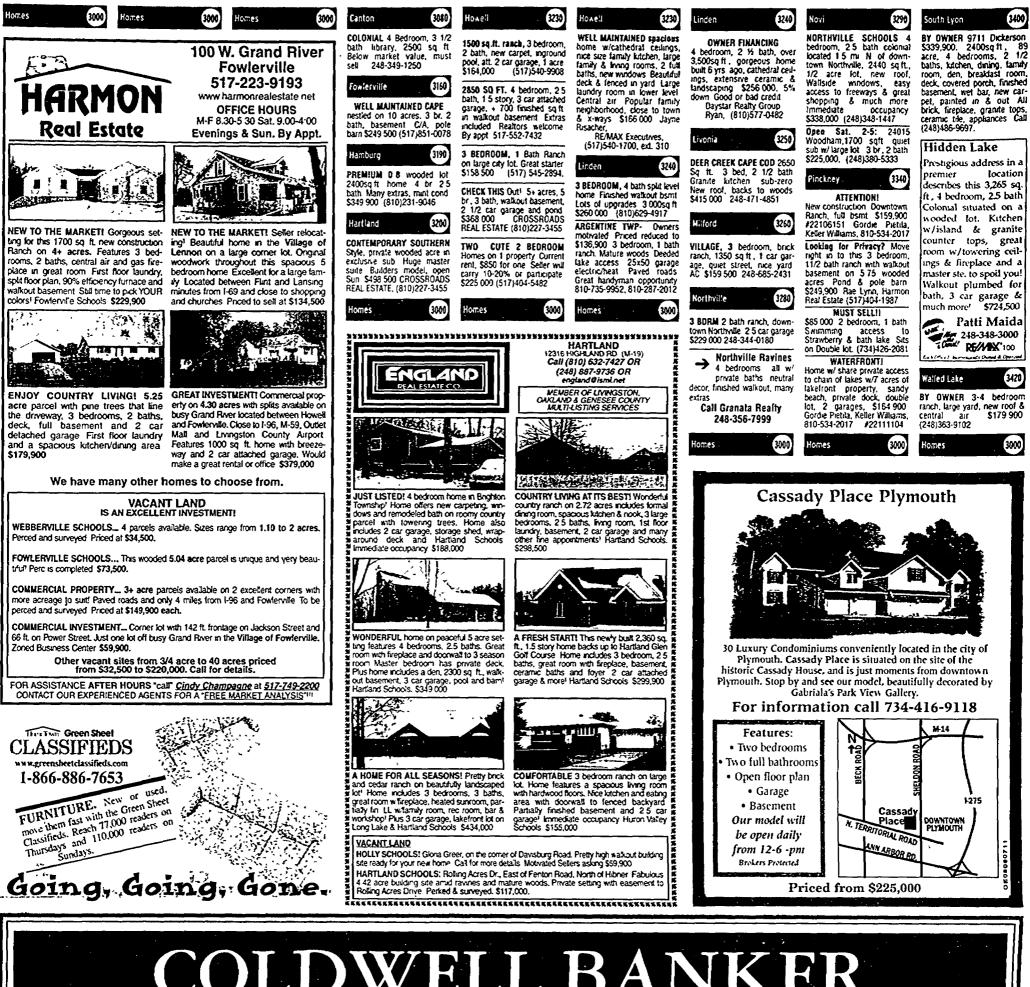
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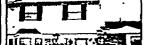


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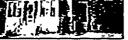
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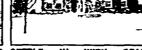


CHARMING JEWEL - Sparking WALLED LAKE CONDO - Lovely 2 Fresh & neutral Two bedroom, 2 story jewel loaded with charm. Updated 4 bedroom, 1 bath, upper level ranch with condo in Canton. Bay window, sky bedroom, 2 bath home in great in-lowin 1st floor private entry Newer carpet, condo in Canton. Bay window, sky bedroom, 2 bath home in great in-lown 1st floor private entry Newer carpet, kitchen and family room allow easy front porch, cove ceiling, hardwood to go! Three bedrooms, oversized on South Lake (all sports, 110 acre, no lights, spacious rooms and great Plymouth location. Part, separate launchy room, living You'll love the cutstanding 4 floors, fireplace, built-in China cabinet, kitchen, full basement preped for bath public access) Deed restrictions make parking Call today for an appointment! Very open. Lovingly cared for \$304,900 room with cathedral ceiling & balcony



HUNK

Great location, next to park with walking, biking & tennis Main level private 1 car garage & additional storage room. \$125,000 (076HI)



SETTLE ÍN WITH bedroom, 2/2 bath colonial in premier cozy breakfast nook, den'office, deck, and priced to sell in a great area! golf community Nearly-new choice view-capturing windows of towering \$154,900 (132WI) providing a formal dining room or living trees and a particility finished basement. room, a deck and a loyer Main level \$237,500 (768TU) laundry Sprinkler system (mmediately va lable \$319 900 (462SP)



REAL CHARMING 3 BEDROOM - 1% NEW CONSTRUCTION - Here's a



BUILD IN THE IRISH HILLS! COMFORTS! - Central ar, eat-in bath Plymouth ranch offers inviting gold opportunity! Brand new and ready 210 feet of partially wooded waterfront this an area of newer upscale homes! \$139 900 (000CA)





- Three bedroom colonial with all the Better than new condo (built 2000) square feet, 2 car attached garage, spotlessly clean hardwood foors in kitchen, nook and 2 story loyer Large 1st floor master suite separate tub & shower Gas with fireplace huge deck, clubhouse & pool

loft overlook and a setting on the 18th \$139,900 (981VI) fa.rway \$529,900 (413BA)



club fairway-home clarms 4 befroms port with commons view Open floor ranch with oversized kicken features Looking for square foodage for under (1st floor master), 24 baths and a load plan with fireplace & skylights. Large ceramic tile floor & doorwall to yard - \$150,000? Here it is! This 3 bedroom of nocities like Conan, grante, deck, open kitchen and basement. 1,150 square leet open floor plan, full ranch has 1,480 with a 40 x 11 family hardwood, 2 slory great room windows. Neutral decor throughout. Move nght int basement prepped for bath \$154 900 room and new kitchen. Come take a

PYC CO (140WI)

H

10.715



Thursday, January 16, 2003-GREEN SHEET EAST/CREATIVE LIVING

SQUARE FOOTAGE GALORE! lock' \$134 000 (214FE)



clubhouse \$279 000 (040BA)

TIP.TOP SHAPE - This home is OUTSTANDING WALKOUT - You'T PEACEFUL kitchen, oak cabinets, no-wax floor, airy stove, refroerator and microwave. New

1

B 0)

LOCATION ready for the new owner. Three say yes to this 4 bedroom, 2 bath 2 Beautifully upgraded 2 bedroom condo 3,623 sq it traditional colonial backing bedroom ranch with fresh paint in story Play space - % acre yard Light & with basement and garage. New to parkland. Three car garage, dual

airy spirit with volume ceilings, carpet, white kitchen, great room with starcases, gournet latchen with hearth Spacious living room with fireplace fireplace, dining area with doorwall to room. Living room, den, volume ceilings, carpeting throughout Large oversized Convenient dire-in kitchen, pantry, pato with worderful pond view Ruge crown moldings warsoting hardword garage, 28:22 Close to elementary warkout basement, pato, big view deck bath with garden tub \$173,900 flooring, wark-in closes, lush bathrooms school \$123,900 (607CA) and fully landscaped immediately (363HU) man level laundry Walk-in pantry forma available, \$234,900 (593HA)



ELEGANT AND EXPRESSIVE crown moldings wainscoting hardwood

dining and central air l occupancy \$479 900 (369EL) Immediate



NORTH WESTLAND Vacant Alfordable North Westland residential recarpeted, fresh & clean Just move n. 4 bedroom, 2% bath colonial Formal lot. All utilities available, partially Three bedroom ranch with basement diring room & living room, family room fenced, negotiable 3-year land contract, and garage. Great curb appeal Call with fireplace and recessed lighting, 2 \$29,900 (305WE)



IDEAL RANCH - Updated, painted, MOVE RIGHT IN TO - This updated



now for appointment, \$127,900 (255WI) new doorwalks with etched glass opening to new 2-bered cedar deck. Home has new windows, new furnace and air also Two car attached garage and large front porch! \$237,900 (000RY)



Thursday January 16 2003-GREEN SHEET EAST/CREATIVE LIVING 4C www.hometowalife.com Manufactured Homes 3740 3750 3720 Mobile Homes White Lake (3450) White Lake (3450) POLICY STATEMENT Condos For Sale Nebberville 3430 **lestland** 3445) 3580 All advertising published in HomeTown Newspapers is subject to the conditions Waterfront Homes SOUTH LYON - Beautiful, 1 bedroom, 1st floor, new apple-ances, laundry hockup, car-port \$78,990 313-382-5875 1850sq ft BRIGHTON 44' E. CROOKED Lakefront, 2 bedroom, 2 car attached, newer construction, Brighton FARMINUU 1600 sq ft 40x+0 w/220 Fowlerville Schoois 900 734-722-9262 RANCH, 3 bedroom, base-ment garage \$0 down \$900 mo Will assist wicost or funance 734-405-2413 Modular Loaded We Finance Apole Mobile Homes (810)227-4592 stated in the applicable rate card, copies of which are available from the advertis-Real Estate, Inc. schools, no realtors \$289 900 Call 248-361-7467 bet 6-10pm BRIGHTON 1997 2 bedroom will rent to own - Deal Apple (248) 887-7500 Ing department HomeTown Newspapers, 323 E Grand River, Howelt, MI 48843 (517)548-2000 HomeTown SOUTH LYON - Upper unit, 2 bedroom, 1 bath, laundry room, all newer appliances. private entrance, many up-dates! \$93,600 248-446-8066 Mobile Homes Recycle this Newspaper COLDWELL BANKER D 3520 Livingston County (810)227-4592 **BRIGHTON - 3 bedroom sin-**Newspapers reserves the right not to accept an New Homes gle, carpet 2 yrs old, nice tol & quick occupancy \$8 700 Call Crest, 800-734-0001 GENDA TWP. Banch en 25 wooded acres wipond lots of gardens out buildings Hartland schools Four Winds Manufactured Homes (3140) 3520 Livingston County FILE Lake **Privileges!** advertiser s order HomeTown Newspapers Beautiful treed building INVENTORY CLEARANCE site. Whitmore Lake. \$135,500.00. (£7561) sales reps have no author-ity to bind this newspaper and only publication of an BRIGHTON - Like new 16x70, Huge SavingS Northville Area Free Lot Rent on Specific • 2 Baths tons of extras in Sylvan Glen & priced to selt #553 Call Crest, 800-734-0001 Realty (810) 225 9673 COLDWELL BANKER D ERIGHTON TOWN & COUNTRY . U.T., GE Appliances mi#22075081 advertisement shall consti Hom tute final acceptance of the advertiser's order. When more than one insertion of 3540 Winter Wonderland on Oakland County FOWLERVILLE - single w/big expando, full drywall, Jacuzzi (248) 486-5414 All sports Whitmore Lake Build your dream Howell - 5 Acres FOWLERVILLE 1989 24 x48 tub exc shape # Call Crest, 800-734-0001 wooded 2 to choose from \$80 000 00 & \$85,000 00 #540 Fleetwood Stoneridge modu-lar, 3 bedroom, 2 full bath, good cond Grandshure the same advertisement is JUST REDUCED \$399,900 ordered, no credit will be given unless notice of typographical or other errors is given in time for correction before the sec-\$0 DOWN here! home Cathedral ceiling and picture windows in great room offer fantastic view of all sports Brendel Lake \$224,900.00 (L7653) m 1 # 2 2 0 8 6 8 5 9 Home Loans, free pre-HARTLAND Must sell Will good cond Grandshire Estates, Immediate occupancy avaid (517)521-3448 m1+22086856 ML#22078888 With Purchase Of sacrifice. 28:55 on large cor-ner lot (248) 889-3728 qualification, Equisource Andersen windows and oak trim throughout this cus-tom built contemporary home. Finished walkout pro-New Home Home Credit. Call Joe Lakefront \$219,900.00 Pinckney \$145,000.00 (Exp 1-31-03) Loaded w/updates 2 BR, ranch, assoc offers water-Harrison (248) 451-0267 ond insertion. Not respon sible for omissions 3 BR brick ranch w/full HAMBURG. 2033 sq ft. 4 bed-HARTLAND MEADOWS vides easy access to sprawling yard leading down to sandy beach and includes a workroom Boat lift & dock room, huge master suite, fire-place, all appliances, ready to move in Paramount Homes, Assumable mortgage \$415/mo, no closing costs (248) 889 5627 finished walkout, natural sible for omissions Publisher's Notice All real fireplace, updated kutchen, 2 car garage. Howell. (L7645) ml #22067480 included Lake frontage is 50' Agents and buyers front park on all sport Washtenaw County 3560 estate advertising in this newspaper is subject to the Federal Fair Hosing Act of Patterson Lake! (17672) m#22107309 move in Paral 734-484-2900 come CALL BRIAN A. PICKL AT (248) 875-7080 HOWELL Great starter home Very nice. \$10 000 Apple Mobile Homes (810)227-4592 YACANT RESIDENTIAL 14.5 acres on Mitord Rd in Mitord SPECIALULAR BUILEING SITE Zoned 1.3 1 12 acre Spits Alfowed at HOWELL. 2000, 32x44, 3 br. 2 bath, AC, fireplace, Jacuzzi Investment opportunity \$178,500.00 Live in one rent the other! 2200+ SF, on 1 1968 which makes it illegal COLDWELL BANKER D ALL SPORTS LAKE to advertise any prefer-ence limitation or dis-crimination. This newspatub, perimeter lot, near entrance/clubhouse Burkhart tub. \$268,900.00 North HOWELL - Large 3 bedroom double wide \$15,000 Apple Mobile Homes. (810)227-4592 Ridge \$62,500 517-540-1557 country acre! MI#22055156 BRIGHTON TOWN & COUNTRY Shore Whitmore Lake Place 3280 Northville 3280 per will not knowing! (L7633) Fabulous treed site on all Northville \$159,900.00 4 BR. great PINCKNEY SCHOOLS. Only accept any advertising for real estate which is in vio-tation of the law. Our readsports. 1400 sqft, 3 BR ranch (L7652) neighborhood Easy com mute to Ann Arbor. Man Wonderful \$49 900 1.7645q ft, new double wide, 3 bedroom, fireplace, appliances & more Paramount Homes, 734-484-2900 HOWELL - Nice 2 bedroom, 2 bath single, VACANT \$11,900/best /597 Call Crest, 800-734-0001 Interior Grand River \$189,900.00 Freshly painted mi#22075095 ers are hereby informed that ail dwellings adver-lised in this newspaper are available in an equal hous-ing opportunity basis (FR Doc 724983 Filed 3-31-72 8 45am) extenor 2400 SqfL 3 BR, large kitchen, newly added great room. 2 car garage, deck, shed (17630) A<u>Public</u> Auction 1-96 exit 153 updates incl remodeled kitchen, Fenced yard, brick Across from See virtual tours & photos at paver patio, 2 car garage (L7673) ml#22107794 melibankeroneton co IN CHATEAU HOWELL 1989 3750 Mobile Homes (*19)227-1111 Patriot 24x72 w/ 8x10 addi-tion 3 br 2 bath, newly deco-rated \$28,000 (517)546-3282 Call Erin mi#22102164 \$179,900.00 3 BR ranch, fin ALL AREAS - Starter homes from \$5,000 bank owned REPOS, singles, doubles We finance & can work w/brussed Subjection W S on Faria with shed basement, newer Pergo flooring, newer carpeting in LR Large lenced yard, 2 car heated garage w/workshop Northfield Twp (L7644) mH#22066670 72 8 45am) Classified ads may be \$189,900.00 3 BR, go Farms & Horse Farms 3630 geous lake view, hilltop set ung, Finished basement. A/C, garage & shed. Hamburg fwp. (L7589) LINDEN 3 bedroom Modular placed according to the home Very clean Apple Mobile Homes (810)227deadlines. Advertisers are credit - showings 7 days Call Crest, 1-800-734-0001 responsible for reading their ads the first time it appears and reporting any SOUTH LYON on 3+ acres Hamburg Tv ml#22111340 Huge pole barn winice well kept home South Lyon Schools, Salem Twp taxes Call to view (248) 486-5976 \$210 000 Motivated Seliers! **Ouality** 4592 BRAND NEW 2003 model homes for sale Great floor plans, exc terms & loan rates, bruised credit OX, choice of private property or park sets Call Crest Homes, 800-734-0001 RIDOWICH \$319,000.00 Pinckney \$224,900 00. Newer 3 BR ranch, 2+ coun-Wonderful large, 3 BR ranch, over 1 private acre 2 way Fireplace, hardwood floors, full **U** llomes errors immediately Manufactured Homes 3740 HomeTown Newspapers will not issue credit for errors in ads after first try acres, fireplace, A/C. 1st floor laundry island latchen. IN NOVI (17667) **pasement** incorrect insertion Condos For Sale 3720 mH22098433 Basement, redar deck, 2 ca **OWN A NEW** SKYLINE 3 Cherry (L7646) garage MI#22070475 10 ACRES! \$344,500.00 BRIGHTON. Renovated 1 bed-room in Hidden Harbour New HOME FOR A Dream Home Waiting to be Finished 2400 + SF, 3 BR on peaceful Manufactured Homes (3740) A prime property in Northville with 4 acres of wooded Howell \$285,000.00. & serene setting abundari Move appliances/ carpet, great loca-tion1 \$59 900 (313)382-5875 w/wildlife abounds 28x40 pole barn heated work area & bliss on a cul de sac with private drive. You finish this Custom built 2100 SF 3 BR. \$202 / Month Grandfather 3 bath surrounded by pines. mansion of 6800 sq. ft. 4 enormous bedrooms w. 4 \$99 PER MONTH \$2114 DOWN 200 amp service 2 car garage, deck. (17575) NOVI - Country Place 3 bed-room, 2 1/2 bath, gas fire-place, eat-in kitchen Approx, 17 acres, bonus **Out Of** fall baths & a great room with 17° ceiling room, walkout w/work shop, SITE RENT garage, det ml#22111753 The House new! \$26,900 vaulted ceitings, fabulous island kitchen (L7617) place, eat-in kitchen Mannington floors finished basement w/office new appli-ances \$179 500 Open Friday, Saturday Sun (248) 380-9481 Sat. Feb. 15th at Noon See Firtual tours & photos at www.colume.ibankerbrighton.com **2 YEARS ON IN WHITE LAKE** SKYLINE mi#22079914 44555 Woodland Park Northville, MI 3 Bedrooms NEW MODELS (*10)227-1111 SOUTH LYON - RANCH 2 Baths **Rose Premier** \$329,900.00 4 BR ranch 1900+/- SF. fabulous far £. PLUS \$1000 GE Appliances Auction Group, LLC. Skylights & More ished walkout w/wet bar CASH BACK Years to buy it... 1.877.696.SOLD stone freplace, study Bult in 1999, 3 car garage, screened \$199/Month Site Rent 1 Year **ANN ARBOR AREA** www.bethroseauction.com hot tub room, sprinklers. KINGSLEY on selected models, based on deck. Access to great fishing lake! (P7678) ml#22112615 NEW HOMES 13% down, 975% APR, 180 payments Minutes to sell it. The Grandfultur const Installing for the same • 1176 sq ft. all appliances, Interest rate subject to change Stan higher her sen What do soots you place an ad in the meet Sheet ClaryFech and find Grandta her a new home Milford 3260 Milford 3260) JUST LISTED \$405,600 00 3 Bedrooms \$500 SEARS Dream home, secluded set-ting! On 7 splittable acres! 2 Baths Deluxe GE Appl. **GIFT CERTIFICATE** Newer 4 BR, 1st floor MBR, bonus room, 3 sided fire Skylights & More 1997 CADILLAC DEVILLE いいいいしいいいい With Purchase Of New Home Very sharp, only 20,685 miles Only \$36,800 place Walkout, Just 1 vr old (60 1-31-03) und place to ad because the time is mysts Pre-Owned Homes From \$6 900 Champagne Pearl with neutral (CO7674) mi+22110168 leather interior heated seats, Hursn Valley Schools ESTATES **GREEN SHEET** See virtual tours & photos at www.coldwellbankerbrighton.co **\$500 SEARS** chrome wheels-tooks and drives on Seeley Rd N. of Grand River 100,00,520 **GIFT CERTIFICATE QUALITY HOMES** (***)227-1111 (ke new \$19,000 firm Call for) Urchase Of New Hor (Exp. 1-31-03) a test drive' 000-0000 at 3720 3720 Condos For Sale **Condos For Sale** Cedarbrook **QUALITY HOMES** Estates at "CATALINA COVE" On M-59 West of ARBOR We can help you. Bogie Lake Rd. Call In beautiful Kingsville, Ontario STONEWOOD ESTATES Joyce Hed

• 18 Custom 1900's Style Homes Custom Design and Interiors · Walk to Downtown · Wooded Setting Daviight and Walkout Styles Available First Floor Master Bedroom Open 12 to 4pm Sunday Or By Appointment ------\$ 1417



1



Hospital HOWELL, BYRON Terrace Close to hospitals & freeway 2 bedroom apts., \$625/mo Call (517)546-3396 HOWELL, SUNNY Knoll, sen rooms, from \$475 (517)546-3396 W/ APPROVED CREDIT HUGE 1 & 2 BEDROOM APTS wark to downtown Mulford HEAT INCLUDED. EXTRA STORAGE, CATS 0 X 248-685-1524 or WWW CORMORANTCO COM LYON TWP. 2 bedroom apt. \$525 All utilities included, 12 mo lease. No pets 248-437-2046 MILFORD - 1 bedroom, 750 sq.ft, refurbished \$550'mo + security. (248) 420-1760 Available Jan 15th MILFORD - Three 1 & 2 Metro Park bedroom new apartments available \$475-\$850/mo 248-685-8738, 248-685-2102 (248)437-6794 NORTHVILLE 1 blk from Main ext 418 St. Large 1 br., w/walk in closet. Overlooking babbling brook. Available immediately \$725/mo (734)420-1027 ۰ * conditions apply SOUTH LYON, downlown. NORTHVILLE historic bldg 1 bedroom near Starbucks

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3950

THREE NEW cevelopments Near South Lyon & Hamburg with South Lyon, Brighton & Dexter schools 1/2-4 acre St. Unique reception area built around industrial arti-facts. Must see to appreciate. Call 248-349-7077 for appt. wooded walkouts, parks, lakefront/lake access, paved streets Compare my prices Owner (734) 663-4886

Great building site, 13 1/2 acres, 3 mil from Lake Huron I BUY HOUSES, any price, any condition Pre foreclosure help (517)404-8803 3380 Cemetery Lots **Dakland Hills Memoral** Plots, Lot #125A, unit 2 3 &4 in the Garden of Victory, \$1200 ea 734-453-9396 Commercial/ Industrial For Sale 3890

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1.5 Acres

>: Wooded 11

walkout, good

perk, modulars

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ances, skyrool w/ceiling fans \$28,000/best, 734-223-9176

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OWNER SAYS SELL! Beautiful

rolling hills and wooded

frontage with great fishing REDUCED! Listed at \$50 000,

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 car garage, full basement, on, beautifully wooded acre. Great vacation home! \$134,500
 Call for details 231-625-9066

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rd Full time caretaker, utilities

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Par C 10 Ac \$74K

Par D 8 3 Ac \$70K

Par E 20 Ac \$109K

Par G1 25 Ac \$130K

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Par G4 7.5 Ac \$59K

Par G5 7.5 Ac \$59K

See aerial photos at dandavenport.com

DAN DAVENPORT

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HOWELL 5 acre walkout site, near town \$53,500, terms

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Guraxes & Carports Indoor & Outdoor Pools and Spi Exercise Equipment Terris Gearts Washer & Drier Rir al Yon Must Take Maantage of this offer before

January 31st, 2003 10 Mile Road 1/2 mile E. of Pontiac Tr. Mon-Fri 9-5, Sat 10-2 (248) 437-9959

Fer Buildings New Available

HOWELL 2 bedroom, Lake bedroom bungalow, 1 bath \$700'mo Rent or Rent to Own 734-405-2412

Chemung dock across street, 900 sq ft , large lot \$750 mo 248-343-1102, 248 960-7178 HOWELL- Very nice 2 bed-FOWLERVILLE - 3 bedroom room appliances included No pets/smoking \$650/mo + security (810) 229 9893 (248) 685-7082 NORTHVILLE, DOWNTOWN, 2 bedroom w'appliances, short & long term avail Certain pets okay \$895/mo 248-347-3888

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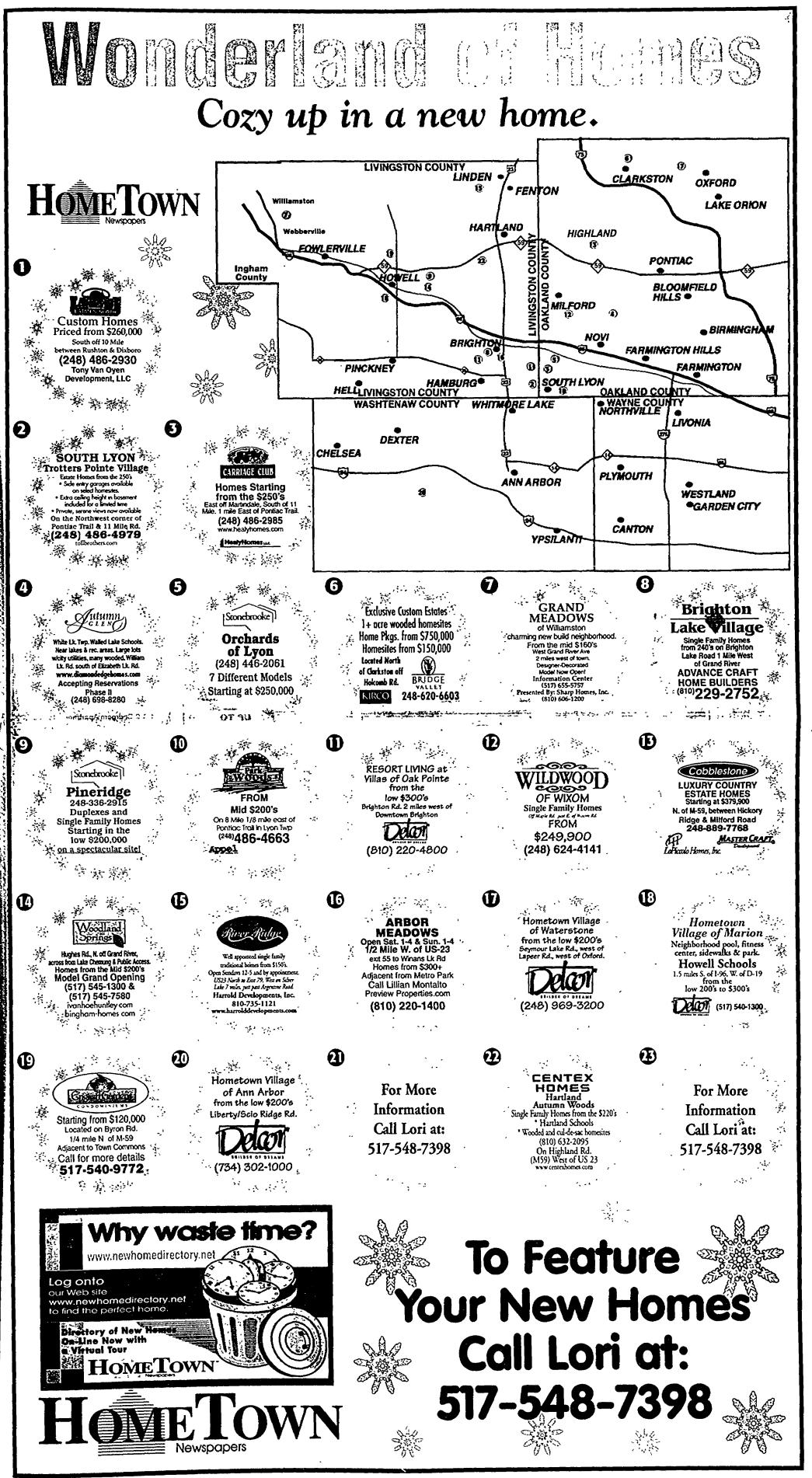
"FOP TOO LONG OUR CULTURE HAS SAID, 'IF IT FEELS GOOD, DO FL' NOW, WE WANT TO BE A NATION THAT SERVES GOALS LARGER THAN SELE. WE'VE BEEN OFFEREN A UNIQUE OPPORTUNITY, AND WE MUST NOT LET THIS MOMENT PASS. MY CALL IS FOR EVENY AMERICAN TO COMMENTO THE SERVICE OF YOUR NEIGHBORS AND YOUR NATION. BY DOING THIS, WE SUSTAIN AND EXTEND THE BEST THAT HAS EMERGED IN AMERICA." ★ ★ EVERYONE CAN DO SOMETHING. ★ ★ Answer the President's Call to Service. When you volunteer to help

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GARDEN CITY - Updates! Three bedroom 1'2 bath Tri-Level Totally updated lutchen with newer cabinets & Pergo floors Updated bath Newer roof & central air Hardwood floors. Family room with fireplace Basement & garage \$138 500 (88ARC) 734-455-5600



DEARBORN HEIGHTS - Move right in! Charming 3 bedroom brick & aluminum Ranch offers finished basement, 2 car garage + newer roof, central air, furnace and storm doors \$149,900 (38HAS) 734-455-5600



SOUTHGATE - Immaculate condition Beautiful 3 bedroom brok Ranch close to schools and shopping. Partially finished basement with family room and bar, hardwood floors, appliances and garage \$149 900 (86TRE) 734-455-5600



DEARBORN - Great home for the money Three bedroom, 1 bath Ranch with open floor plan and newer flooring Large fenced-in yard and 1 car garage. One year home warranty Priced to sell quickly \$139,900 (62BUR) 248-349-5600



NOVI - Move in and relax. What's your choice - TV in finished walk-out with room for games & exercise or gathering in large family room by fireplace overlooking fenced yard & beautiful pool Five bed-rooms, 3.1 baths Filled with quality design. Buy now and be ready for spring



COMMERCE - Commerce Pines 4 bedroom, 3 bath contemporary Ranch Large great room with fireplace. Vaulted ceiling & Florida room, Wooded lot overlooks pond Outside lights & spnnklers. Multi-level deck with hot tub Home warranty included Lower level rec room with bath \$259,900 77SPR) 248-349-5600

bath 1 story on a wooded lot with pond.

Vaulted ceilings, sky lights, living room fire-

place & oak kitchen with all appliances

No.1



CANTON - Colonial. Updated 4 bedroom, 1% bath home with newer windows, roof, etc. Two car attached garage. Family room with firep'ace Partially finished basement. A beauty \$249,900 (62CAR) 248-349-5600



YPSILANTI -- Lakefront Condo Awesome 2 bedroom, 1'2 bath, 3 story unit with beautiful scenic view of an all sports lake Boat & dock facility available. Fireplace in Irving room Large working kitchen \$126,500 (93CLI) 248-349-5600



LIVONIA - Outstanding top to bottom. This meticulously maintained 4 bedroom, 21/2 bath home is ready for the fussy buyer. Beautiful updated kitchen, formal dining room, family room with fireplace, fresh decor throughout. Nothing to do but move in and enjoy. Quick occupancy \$229,900 (22MAS) 248-349-5600



NORTHVILLE - Super Northville Ranch. Well maintained 3 bedroom, 2 bath home near Hines park with huge family room with vaulted ceiting & doorwall to deck. Hardwood floors, 2 car garage, finished basement with 4+ bedrooms & private full bath. 1 year home warranty. \$255,000 (75HOM) 248-349-5600



LIVONIA - Custom throughout. Incredible lot offers custom Ranch with 4 bedrooms, 3's baths Finished lower level. Home leatures oak crown moldinos, hardwood floors, custom window treatments Newer carpet, 3-tiered deck. Brick paver pato \$419,900 (25STM) 248-349-5600



PLYMOUTH - Cape Cod in Plymouth' Four bedrooms, 2'2 baths Enjoy your almost 1 acre of treed property! Home has beautful newer kitchen, walk-out basement, some work to be done - but well worth the investment \$285,000 (35ANN) 734-455-5600



GARDEN CITY - Check it out. Large master bedroom in this 3 bedroom Ranch with 2'z car garage, hardwood floors, great closet space + updated bath, ceramic tile roof & gutter Fireplace in family room \$134 900 (04LAT) 734-455-5600



DEARBORN - Spectacular home at TPC Luxurious gated community All the finest amenities, gournet kitchen, beautiful master suite with marble bathroom, 3 bedrooms, 3 full baths, 2 half baths, professionally finished rec room and 2 docks \$584,900 (36TUR) 734-455-5600



INKSTER - Almost new construction. Seller has updated this 3 bedroom Ranch. Newer rool, furnace, air conditioning, siding & much more. Remodeled lutchen and newer carpeting make this home a must see Home warranty provided \$89,000 (11WOO) 248-349-5600



Spectacular winged PLYMOUTH -Colonial Lovely 4 bedroom, 2'2 bath home on premium lot presents formal living & dining rooms, library family room with fireplace finished basement, 2 car attached garage first floor laundry + updated roof, windows & French doors + screened porch \$364.900 (83CHA) 734-455-5600



SUPERIOR - Exceptional Colonial[®] Four bedrooms 2'2 baths - recently renovated Entry level with large eat-in kitchen area & a lot of cabinets & counters. Formal dining room oversized family room 2 bedrooms & I brary Two bedroom apartment in upper level Outside entry \$284,000 (90CHE) 734 455 5600



DEARBORN HEIGHTS - Fabulous1 Ranch on nearly an acrel Upgraded custom kitchen with appliances & ceramic floor Format dining room. Fireplace in living room & wood stove in family room Jacuzzi tub in bath & sky lights Eight car garagel \$339 900 (17EVÅ) 734-455-5600



bedroom, 3 bath Colonial completely renovaled in 2001. Maintenance-free exterior Master on main floor or second floor. Enormous kitchen with snack bar First floor laundry & deep lot \$219,900 (04LIB) 734-455-5600



VAN BUREN - Like new 3 bedroom Cape Cod sitting on a court. First floor master with bath & walk-in closet Living room with fireplace full basement, 2 car attached garage central a r, first floor laundry, sprin-kler system & more \$230,000 (46MAU) 734-455-5600



PLYMOUTH - Lovely, hard to find four bedroom sprawling Ranch nestled in one of Plymouth's most prestigious areas \$334 900 (03POR) 734-455-5600

1 24 127



175 CadyCentre 248-349-5600

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DEARBORN - A place to call home. Nice 3 bedroom Dearborn Bungalow offers fireplace in living room, coved ceilings, finished basement with full bath & bar plus newer furnace & central air \$142,999 (45WOO) 734-455-5600

₩71 Ŷ.

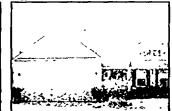


WESTLAND - Spacious Colonial. Wellmaintained 5 bedroom, 2 bath home with newer furnace, central air, hot water heater & carpet. Huge master bedroom with full bath & walk-in closet. One year home warranty included \$159,900 (14WAL) 248-349-5600









MILFORD - Cape Cod with a great location & view from this 3 bedroom, 2% bath home. Open floor plan with vaulted ceilings & large rooms flowing together First floor master with walk-in closet. Large loft overlooks family room & fireplace Part-finished basement with ceramic floor & walk-out \$264,900 (75ROC) 248-349-5600

Master bedroom wiwalk-in closet & bath Finished lower level could be third bedroom full bath. First floor laundry \$209,000 (11DAN) 248-349-5600 NORTHVILLE

PLYMOUTH 705 South Main St. 734-455-5600



CANTON - Updated 2 bedroom Condo Great location facing serene court yard Open flowing floor plan, new oak kitchen and bath, spacious living room with new carpet and door to balcony Master bedroom with walk-in closet \$114,900 (35FRA) 734-455-5600



VAN BUREN - Sprawling Ranch! Three bedrooms, 1'2 baths on almost an acre! 2'2 car attached garage, family room with fireplace & blower Updates include windows, roof, vinyl siding, some carpet & paint Near Lower Huron Metro Park \$198,000 (21RIG) 734-455-5600



11.1.

LIVONIA - Spacious Irving Charming 3 bedroom, 2 bath Ranch sitting on a 12 acre for with a 3-tiered deck & cherry kitchen Ready to move into \$164,900 (70WAY) 734-455-5600

NORTHVILLE - Fantastic upper level

Condo! Three bedroom 2.2 bath with tran-

quility overlooking stream. Neutral decor-

Kitchen updated 2001 with cabinets, floor

& appliances Living room with fireplace,

finished walk-out with family room lav &

Berber carpet Opens to pato \$212,000

(66WAS) 734-455-5600



NORTHVILLE - Location! Location! This stunning 3 bedroom Cape Cod, 1996-built Condo sets new meaning to prime lot. It is located on a gorgeous waterfront lot with a breathtaking view Add a professionally finished walk-out basement & large deck off great room. Sharp, clean & wow \$429 900 (38LAK) 248-349-5600

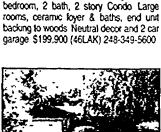


NORTHVILLE - Affordable Colonial. Walk to downtown from this updated 3 bedroom home with beautiful hardwood floors, living room, dining room, updated kitchen with maple cabinets, family room with natural fireplace, basement and 2 car garage. One year home warranty \$234,900 (12ELY) 248-349-5600



NORTHVILLE - Prestigious Northville Condo Three bedroom, 3¹ bath & finished walk-out lower level with kitchen facilities Large master bedroom suite with alcove & loft All appliances stay plus washer & dryer doorwalls, pato, balcony, central air and one car garage \$299,000 (44EAS) 248-349-5600







LIVONIA - That up-north feeling in the city One story Ranch home on a walk-out basement, 2 car garage, master bedroom with private bath Newer carpeting, close to expressways, schools & shops \$249.900 (20SUN) 248-349-5600



CANTON - Lovely Pulte-built! Three bedroom, 2/2 bath Colonial in Lexington Square sub! Huge patio updated kitchen with counter tops and sink, Armstrong laminate wood floors. Formal dining room living room with fireplace and basement. Two car garage: \$249,900 (52HAR) 734-455-5600



PLYMOUTH - Country in Plymouth! Three bedroom Bungalow close to downtown! Deep lot with vegetable garden. Cute home with refinished hardwood floors Newer kitchen & updated bath Copper plumbing & updated electrical \$184,900 (51HAG) 734-455 5600



L Î Î



REDFORD - Well maintained' Three bed, 1's bath brick Bungalow with 24x15 master suite with 's bath Finished basement with bar, glass block windows & work shop Newer roof entry doors vinyl windows, carpet & central air with dehumidifier. New porch \$142 500 (12SEM) 734-455 5600

WESTLAND - Desirable end unit Charming Condo with great room with outstanding corner gas fireplace, bath with brass accents & jetted whiripool tub & glass doors Newer paint & carpet, first

SOUTH LYON - Gorgeous interior Open floor plan for entertaining. Tons of updates Family room with fireplace, living & dining room. Kitchen with oak cabinetry & appliances Finished lower level with office & floor laundry + a garage \$115 000 (43HUN) 734-455-5600 rec room Two car attached garage Built in 1994 \$229 900 (25DEE) 248-349-5600



3 bedroom Bungalow with oak floors,



NORTHVILLE - Charming 3 bedroom downlown Cape just waiting for first time buyers. Updated kitchen, newer carpet & windows, finished lower level Ready to move into Cabbage town neighborhood near schools, shopping & city park. Home warranty \$259 000 (41BAS) 248-349-5600



NOVI - Custom, all brick exterior. FF master w./walk-in closet. Jet tub All bedrooms have attached baths. Granite kitchen counters, great room gas frpic, 3 car garage Hardwood floor in foyer Stone floor in kitchen. Gas log fireplace Dual zone furnaces & 9 foot ceilings in basement \$479 000 (50IOR) 248-349-5600

22



Whitmore Lake from the balcony of this 3

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tography equipment Must be able to start early & have reli-able transportation Good pay plus mileage If interested call Rob, 800-439-1197, between

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Generator Service Tech Self motivated person Background in mechanical &

DIFTARY AIDE for Senior Positions Housing in Northville Day Afternoon & weekend only shifts available Call Breeann HAIR STYLIST/ NAIL TECH FLex hours, flex pay Plymouth/Northville area Call Cathy: 734-420-3540 DRIVER - EXP. CAR HAULER Must have CDL Class A & good driving record Newer equip-Regional & long dis individuals. Send resumes to INSPECTOR Heslop, Inc. 22790 Heslip Dr. needed for precision machine shop exp/required Top pay Novi, MI 48375 ATTN: M. Npeake & exc. benefits. Fax resume to With CDL endorsement A with (248) 374-1998 (Novi area) air brakes For immediate placement Call 248-827-7200 MANUFACTURING COMPANY MANUFACTURING CUMPART in the Ann Arbor area looking for Machine Operators, expe-rience a plus Applications being taken daily from 9am-4pm or send resume No INSULATION INSTALLER with exp needed for South Lyon based to Good wages nefits Crown Insulation (248)486 9296 Whitesell of Michigan 727 W Ellsworth Rd Insurance agency customer Service Rep Exp in P&C or college graduate Career track to Ana Arbor, MI 48108 with benefits. West Dosition That County Oakland County Call (248)363-5746 MASON LABOR needed Call 734 878 6629 JANITORIAL Income for Holidays. Mechanic Taition, Car, etc? Wanted immediately Forklift Quet, easy, trexible nights, in trucks. Seeking skilled forklift trucks Seeking skilled forum mechanics Minimum 2 yrs exp Offering up to \$24 per hour Includes medical den-tal optical 401k retirement & Novi, Wixom, Hudson area \$8-10 hr Beats retail any day! (313)537-2451 KENNEL HELP. Must love animats AM or PM some weekends Must be 18 or older & dependable Arimal House Hause Kernel (248)486-1706 1 EARN **EXTRA** MONEY! Commercial mortgage compa-ny seeks individual with real Produce Help Deli Help Bakery Help Baker/Cake Decorator Night Crew Meat Wrappers Meat Cutters Join our team on a full or part time basis. We offer competitive wages and benefits are available. apply at: Country benefits plan Market 600 N Lalayette South Lyon, MI 48178 (248) 486-1770

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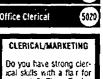
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Call in position up to \$10/hr Cook - Call in position up to \$11/hr Receptionist - Call in position up to \$11/hr New wage range and great benefits included! Interested applicants can send resume or apply in person Personnel Dept. 103

2851 E. Grand River Brighton, MI 48116 ALCENT

LOE

Regular and Substitute posi-tions available. Brighton Area Schools - \$10.96 per hour Must have good driving record WJI tran Applications may be obtained at the Transportation Office 9898 E Grand River (behind VG's in Brighton) between 7am and 2 30pm E 0 E

Loss

6440 Insurance

6320 In Memoriam

Help Wanted General 5000

PICK/PACKER Needed for

SHOP/DELIVERY PERSON, 25 to 40 hrs./week Good driving record. Must be mechanically inclined and be able to lift 100 pounds \$15 hr. Start immediately Must be flexible Please fax resume for interview (810)632 9403

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yrs practical experience th degree Located with a 5 ties of Brighton Fax resume to (248)446-8374 ACCOUNTS PAYABLE Part time Functions include entering involces running checks and filing Must be PC literate Far resume to 22 LEDI 2001 or annual

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proficiency MS Office proticiency MS Office Access Excel Paradox 3-yrs exp Resume & salary history EDU PO Box 9060. Farmington Hills, MI 48331 FAX 248-848-3771 ADMINISTRATIVE ASSISTANT

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ASSISTANT Zoning Administrator Full time days Accepting applications until January 24 2003 Charter Township of Hightand 205 N John St Hightand XI 48357 (248) 922-2201 art 136 505 837-3791 ext 126 EOE ASSISTANT TO SECRETARY

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Major Co seeks fine years of exp as senior level assistant SH or speedwriting and degree required too benefits include

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CRT/RRT

Howell Care Center

(517)545-4210 or lax (517)545-7661.

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5020

Office Clerical

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village office 25-35 hrs 3 or 4

days/wk. Must know how to

f le pleadings/court docs Right pay for Right exp (248)685-1122

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to work with all aspects of computers a must including Excel Graphics Networking &

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kshort@generalry.com

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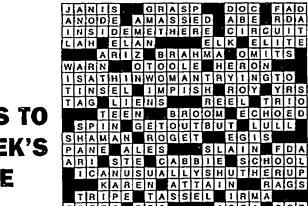
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8 Start to 47 "Siddhartha" 97 Play on 57 Discontinue 107 Printer's snooze Vane letters *Strange Interlude measure 109 Entangle author words 49 Mayberry 100 Quiet --playwright 60 Quaker mouse 110 "A Yank in 10 Chubby moppet 101 Myriads of Checke 50 Nick of "Cape Fear moons 51 NYC power 102 Worth has three (41 film) ioons colonist 62 Baby bites 64 Hazard 113 113 --- pro quo 116 Beethoven 11 Forearm 108 Southwest 52 Like some 12 Actress ern sights 109 Essential 65 Keats' dedicatee Nightingale" 120 Sahara Scuba site vision Thompson dogs 53 Astronaut vision 123 Decorative 13 Segmen 14 Lodging 111 Crop up Slayton 112 68 Tach meas 59 Trademark Attraction* **69 Actress** 15 PD abb vase 16 Designe designs (87 film) Ruby 124 He doesn't 113 Bog, for 61 Tree Quant 70 He doesn't snore, 17 Gung-ho 18 Spine start 24 Spud state house? he's . . shört have deten 63 Lipstck mishap 67 Chalky 114 Press 130 FBI ton, he's "So --- You" ('77 song) 115 75 Pano figure employee 25 Quiche, e g 78 Brit, lexicor 131 Asian peninsula 132 Give off 29 Young cheese 71 Drive off 117 Research 79 Puente or Jackson bovine 118 First name 31 Pry 80 Cognizant 84 Actor 33 Bar food? 72 Swimmer 134 Metro or Gertrude in tennis 32 119 Blind part 120 Dole (out) 73 Actor fishermen Novello Prizm 86 Rushed 135 Lowdown 33 Skater Lamas 88 Poet **Babilonia** 74 Nerd 121 Arizona hound 75 Jazz 136 Trick Teasdale 35 Sty guy 36 Hockey's river 122 Writer phrase 76 French spa 77 Compel 90 Paint over 137 Serenceti Hunter 92 Sacks springer Lindro 37 Word form 124 Collar a 94 Urania's sister 96 Seer's gift DOWN for "eight" 38 Chemical 81 Unit of crook 125 Coach 1 Eavesdrop 82 Savanna Parsoghian prefix 39 Ready for a 98 Undo an electron-126 Word with error 99 He's not ically sounds 83 Facilitated carpet or cabbage 2 Smelten fight 41 Lodge 85 Impede ignorant, he's... stuff 3 Legal brother 87 TV's 127 Aussie 42 Comrade walker **103** Approaches "Нарру ---" 4 Atlanta 128 89 Racy "Great 43 Ken or 104 Superlative suffix campus 5 Adage 6 Shade of neckwear? Lena Expecta 105 It's up in the 44 91 Turner and tions' Koppel 93 Certain character Madigan 56 Right-fielder 106 '60s cam green 7 Broad st. (°67 film) 129 Byrnes or 46 Demure 95 Boy king Roush ous org. 114 15 10 111 112 13 6 17 21 22 20 26 28 29 35 31 32 33 34 35 44 43 45 47 40 41 42 46 50 55 56 57 62 64 60 67 68 69 71 72 70 73 74 80 82 [83 79 81 90 86 88 89 93 100 101 102 104 106 10 111 112 109 16 121 122 117 118 119 120 124 126 127 128 125 131 132 133 135 136 137



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Medical Receptionist

1248:889 2696

Receptionist position

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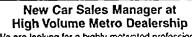
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SALES

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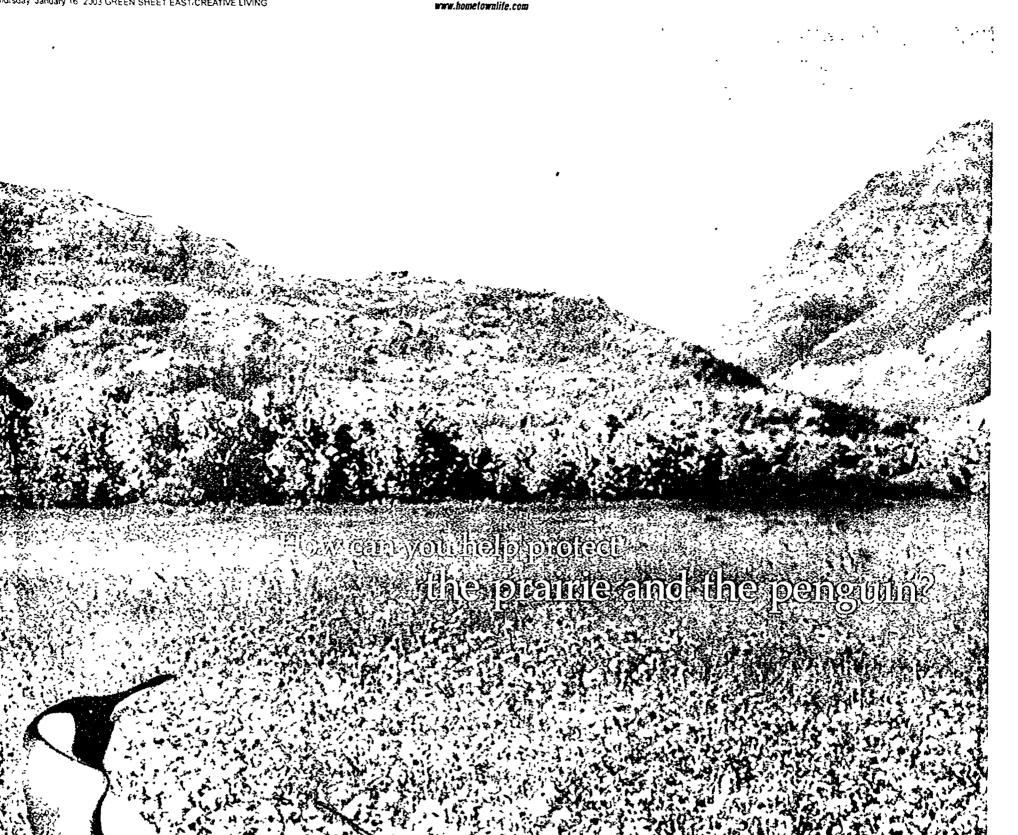
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	0400 Cabinetry/Formica	F	J	Tuning/Repair/Refinishing	1900 Taxdermy	Anyone providing \$500,00 or more in material and on labor fur residential
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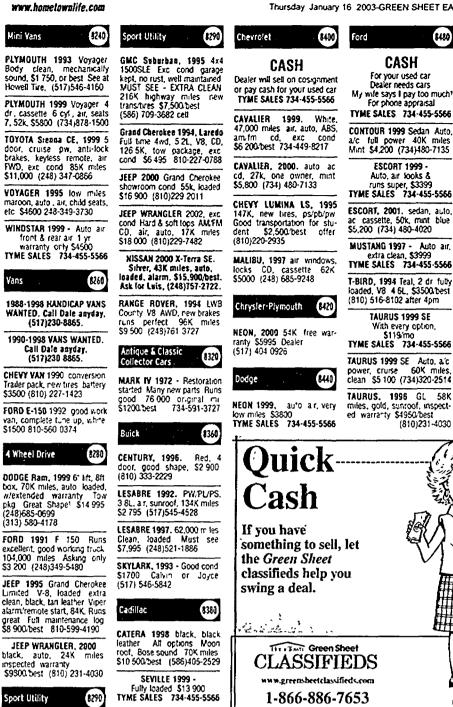
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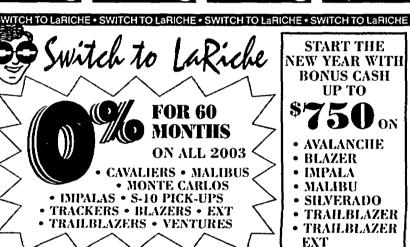
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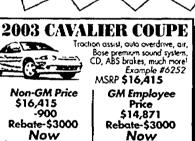
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Thursday, January 15, 2003 A supplement to Milford Times • Northville Record • Novi News • South Lyon Herald

E. S. C.

Vater, water everywhere

Some skeptics say health claims of designer bottled H20 are all wet

By Lisa Marshall SCRIPPS HOWARD NEWS SERVICE

Water is water. Many a skeptical shopper has mumbled these words as they shuffled past shelves full of bottled H2O at the local store.

But don't say that to Mike Peters and Gary Bland.

The two spend their days in a small laboratory in Boulder, Colo., pumping hundreds of gal-lons of tap water through a series of high-tech looking machines. The end product: Water.

But not just any water, they say. "This has many, many thousands of times more available free radical scavengers (antioxidants) than any supplement or food source you can find," says Bland, co-founder of Nu Aqua

water. While their clear liquid looks like all the rest, Nu Aqua's material press asserts that the purified, ionized, alkaline water --- loaded with cancer-fighting antioxidants and minerals and said to absorb more efficiently into the cells "may be one of the significant most health discoveries of our time.' Convincing the

waterlogged public and skeptical health experts that their product is unique could be a big task.

The International Bottled Water Association, a trade group representing companies that sell calorie- and chemical-free bottled water, now boasts 600 member compa-

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How much you drink?

> Divide your weight in pounds by two, and that is the minimum number of ounces of water you should drink each day. For instance, a 130pound woman should drink 65 ounces, (eight 8-ounce glasses and more) per day.

Add 4 to 6 ounces of water per 15 minutes of moderate to vigorous activity.

and odorous, you are not drinking enough water. It should be nearly clear.

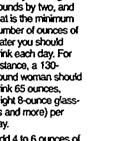
BOULDER CENTER FOR SPORTS MEDICINE

nies. Www.mineralwaters.org, a Web site devoted to the wide array of fortified and enhanced waters now on the market, includes no less than 2,500 brands.

Some are spiked with herbal supplements, vitamins, minerals, fiber or soy isoflavones. Some contain nicotine, caffeine or ephedra. Some are marketed as more pure or better tasting; others hint at health benefits, from cancer prevention to a better sex drive.

orth the money

water should



- If your urine is dark

SOURCE:



HomeTown



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from the tap be just as good for you? Experts aren't sure.

"I tend to walk right by them," says Sara Hanifin, a sports nutritionist with the Boulder Center for Sports Medicine. "I think they are expensive and they contain a lot of things that you can just get from food."

Bland and Peters, a chemist, acknowledge the large number of purified and mineralized waters on the market, and the several machines consumers can buy to ionize tap water. But their water is the first to do all three, they say.

It has no calories, sweeteners or added vitamins. Instead, it is structurally changed through an eight-stage process.

First, they strip local tap water of any chlorine, metals, or other contaminants and begin with "totally raw water." Then, they spike it with 73 trace minerals drawn from the Great Salt Lake and configured in a mix "identical to the mineral balance in human blood." Then the water passes through a series of machines that strip away acid and load it with hydroxyl ions, antioxidants believed to scavenge for cancercausing, wrinkle-producing free radicals.

The complex jonization process also reduces the amount of molecules per water cluster from 14 to six, which, Bland says, makes the water and its energy-giving oxygen absorb more efficiently into the cells.

The bottom line, for those who slept through chemistry class: It tastes good and it makes you feel better, they say.

"It actually gives you soft hands," Peters says. Adds Bland: "Colors get brighter, Your vision gets clearer, because of more oxygen going to your capillaries. You have more energy

Stephen Lower, a retired chemistry professor at Simon Fraser University in Canada, has devoted an elaborate Web site and thousands of his own dollars (defending lawsuits) to debunking what he calls "water quackery." His primary target: the ionized water market. He takes issue with claims that "ionized water" absorbs into the cells more quickly. And he questions what "ionized" really means.

"It doesn't make scientific sense," he says. "I've looked very hard through all the world's literature, and there is just no scientific evidence that you can run water through a machine and physically change its structure. It's bunk."

Scientific evidence that ionized water is better for you is extremely slim. However, Peters and Bland point to one recent study by researchers at the University of Texas which showed that rats fed ionized water lived longer.

Federal law prohibits fortified water makers from making specific claims that their products will help treat, cure or mitigate diseases or serious health problems.

7

By Jeff Brumley SCRIPPS HOWARD NEWS SERVICE

haken Baby Syndrome. It sounds so clinical, so ... nonthreatening.

After all, how bad can shaking a baby really be? Very bad, according to experts and those who have seen its effects firsthand.

Janet Goree of Clearwater, Fla., is a case in point. Her granddaughter died nearly 10 years ago after being shaken violently by her son-in-law.

an infant

cause lasting brain

delay.

"There doesn't have to be an impact for this

damage to Why is shaking occur, said Goree, a fulldangerous? Shaken time Baby Syndrome A baby's neck musactivist.

cles are very weak and its head is large and Just two or three seconds of heavy in proportion to shaking and the the rest of its body. When a baby is shakbaby's life, and en, the neck snaps that of his or her back and forth, much family, is shatlike whiplash, causing tered forever, she the brain to hit the front said. and back of the skull. The injuries to

This can damage the a shaken baby brain and cause it to often are fatal. bruise, bleed and swell. When they are Brain development not, the physical during the crucial peritrauma lasts a od from birth to age 3 lifetime, and is very rapid. Shaking, families are bled even if not evident by emotionally and symptoms above, can financially dry. "(Babies) have

damage that can big, floppy heads appear later as a learning disability or other and weak shoulders," Goree explained. "The brains are going

one way and the skull's going the other way. The brain will slam around inside the skull.

Since her granddaughter died, Goree has been a tireless campaigner for Shaken Baby Syndrome education and training programs for medical professionals, law enforcement and parents. She is the founder of the Shaken Baby

"When you've reached that point where you feel you might act out violently, you really have to step away."

D. Scott Joseph

Executive Director Indian River County, Fla., Healthy Start Coalition

Syndrome Prevention Project and travels the nation educating anyone

To get the word out, Goree developed the Train a Trainer program. The state-funded project conducts workshops throughout Florida for those on the front lines: doctors, nurses, paramedics, police and social workers.

"We actually train people so they can go out and do this training for young parents or schools or juvenile detention centers," Goree said. Trainces hear some pretty chill-

who will listen.

ing facts: About 50,000 children in the United States die from being shaken each year.

But the information Goree really wants to impart is how to identify the syndrome and how to prevent it.

The common denominator usually is an irritable, crying and "cominconsolable" pletely baby. Anecdotal evidence suggests such periods often follow immunizations, Goree said.

Next, add parents, usually younger ones and especially inexperienced fathers or live-in boyfriends. Mix in some anger, frustration and exhaustion, and you've got the recipe for tragedy, Goree said.

One in four shaken babies will die from the shaking, Goree said, and the rest will have injuries that can seem out of proportion to the shaking: permanent brain damage, cerebral palsy, paralysis, blindness, seizures, delay in development and broken bones.

What the perpetrator often doesn't understand is how fragile and

nosed, but it is thought to be the leading cause of child-abuse death in Florida.

"Unfortunately, it still happens too often, and often it's because parents are not equipped to handle, the stress" that accompanies a newborn, said Sylvie Kramer, executive director of the Healthy Start Coalition of St. Lucie County, Fla.

That's especially true for teen parents, who can be in for a rude awakening if they think the baby is going to be a bundle of joy. "Let's face it, none of us are born knowing how to be parents," Kramer said. But there are things parents can

learn to help them through their infants' extended crying bouts, said D. Scott Joseph, executive director of the Indian River County, Fla., Healthy Start Coalition, "They need to understand that it's natural," he said.

Through its United Way-funded TLC Newborn program, Joseph, said parents learn "just to use patience as much as possible" and to make sure that all the common causes of crying - a wet diaper and hunger among them - have been eliminated as causes.

If nothing works and the baby keeps crying, do anything but act out, he said.

"If you feel like you're getting to the point where you have to act out on it, you have to walk away." Joseph said, explaining that even leaving the baby alone for a little while is better than possibly injuring it.

"When you've reached that point where you feel you might act out violently, you really have to step

How to avoid Shaken Baby Syndrome

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Angela Selph/Scripps Howard News Service

If baby won't stop crying

- Try burping baby.
- are hard to Try feeding baby. come by
 - Offer baby a pacifier.
 - Hold the baby against chest or massage, walk with or rock baby.
 - Sing or talk to the baby

To help yourself remain calm

- Count out loud to 10, 20 or 50 before reacting to the baby
- Turn on your favorite music. Phone a friend or relative, ask them to come over to help
- Write down your thoughts; write that you do not want to hurt your baby.
- Call your baby's doctor if crying is uncontrollable.
- Call a local or national crisis Ine

Why babies cry

- Hunger.
- Too hot or too cold.
- Diaper needs changing
- Discomfort, pain, fever, illness.
- Teething
- Boredom or over-stimulation.

Signs that a baby might have been shaken

- Extreme mitability
- Decreased appetite.
- Inability to suck or swallow.
- Vomiting
- Lethargy or poor muscle tone
- Inability to follow movements with eyes
- No smiling or vocalization.
- Rigidity.
- Seizures or convulsions.
- Pale or bluish skin Loss of consciousness.
- Difficulty breathing
- Dilated pupils.
- Blood spots or pooling of blood in eyes.
- Bruises on shoulders, neck, nos, back, upper arms and wrists.

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Over-50s not embracing retirement catch-up plan

By Homer Brickey TOLEDO BLADE

When Steven Cotner heard about the new "catch-up" provisions for retirement plans of workers over 50, he quickly signed up.

"It's a great opportunity to tuck away an extra thousand dollars a year," said Cotner, president of Corporate Intelligence Consultants in Perrysburg, Ohio. "It's a no-brainer."

Nationally, hundreds of thousands of workers age 50 and older are expected to go beyond the normal maximum on their 401(k) contributions, and eventually millions could choose to, experts say.

With the stock market's downtum in recent years having taken a heavy toll on many retirement savings plans, the provision permits employees who are over age 50 to add thousands of dollars to their retirement funds, perhaps getting their nest eggs back on track.

Still, there hasn't been a stampede to use the provision, partly a question of whether people are aware of it and can afford to do it.

"I'm not absolutely sure we want to do the catch-up, just from the standpoint of money (we would have) to put into it," said Jeff Oster, 54, national training manager for Schindler Elevator Corp. in Springfield Township, Ohio.

However, he and his wife, Nancy, 50, see the advantage, especially in their 38 percent tax bracket. "Every \$1,000 we can contribute will save us \$380 in tax," he said.

"It would be to our advantage, and right now we're considering the options." A 2001 law enabled people age 50 and older,

A 2001 law enabled people age 50 and older, starting in 2002, to put an extra \$15,000 in a 401(k) plan in the next five years, and an additional \$5,000 into individual retirement accounts in the next seven years. Those extra payments are on top of the rising maximum limits permitted for everyone in those retirement funds.

The catch-ups, through 2017, enable a 50-yearold IRA participant to put away an additional \$14,000 by age 65 and a 401(k) participant an additional \$70,000.

The provision was aimed primarily at women who may have quit work for a number of years to raise children and, returning to work, found they were far behind in accumulating retirement savings. But Congress didn't want to target it just to women, so it also was made available to men.

But use of it has been slow.

Only about 6,300 of nearly 338,000 eligible over-50 participants in 1,025 401(k) plans nationwide had signed up for catch-up contributions, according to a recent study by T. Rowe Price, the Baltimore mutual-fund company.

The U.S. General Accounting Office estimated that 721,000 people, or about 11 percent of those eligible, will add the catch-up to maxed-out 401(k) contributions. If each took full advantage, it would add \$11 billion to the \$50 billion in regular contri-



Life Coach Lu Wright, behind, walks and talks with massage specialist Betsy Kabrick on a trail west of the Boulder, Colo., Table Mesa neighborhood . The trail is one of Wright's favorites to bring clients to chat outdoors about their life and work.



People turn to coaches to help them find the right path to job success

By Carlotta Mast SCRIPPS HOWARD NEWS SERVICE

The Sept. 11 terrorist attacks caused many people to re-evaluate their lives. Kevin, a software engineer at a telecommunications firm, was one of those people.

Burned out on designing software — something he's been doing since 1980 _ and looking for more fulfilling work, Kevin turned to Boulder, Colo., career coach Sue Frederick.

"I am looking to make a complete career switch," says Kevin, who doesn't want to reveal his last name for fear his current employer will find out about his plans. she says. "But in a down economy, there isn't such an abundance of opportunities that we can 'should' our way into a job that we'll end up hating."

The first step is to assist clients in identifying and assessing their values, skills, interests and talents. Some use tried-and-true assessment studies. Others use open-ended questions to hone in on an individual's inner passions.

Career coaches also spend a lot of time working with their clients on the more practical aspects of landing a job, such as resume and cover-letter writing, interview preparation and learning how to network. Once we identify the path someone wants to take, I help them make it happen in a real, responsible way," Frederick says "I am a hard taskmas-Most of the career coaches interviewed for this article charge an hourly rate for their services, with fees ranging from \$65 to \$150 an hour. Others typically charge an upfront fee — which can range from \$2,000 to \$10,000 — to work with a client until he has landed his desired position. Lu Wright, owner of Wright Coaches, focuses her business on helping women who are re-entering the work force, relocating or facing other life transitions. "I brainstorm with my clients about how to improve the current moment," Wright says. "A lot of times we're dealing with career, but it's never just career.

Tips from the pros

- Set goals. Determine what you'll accomplish each day or week and hold yourself accountable to those goals
- Target your efforts. Rather than carpetbombing the entire job market with your resume, focus your energy on those opportunities in line with your goals. Most important, customize your resume, cover letter and other materials to each job opportunity.
- Be persistent. Don't wait for a job to be posted to contact a company. Look for a "coach" within the company to mentor you
- Be creative. It takes more than a great resume to land a job in this hiring environment. Stand out from the job-seeking crowd by creating a brag book that highlights your

MONEY

Out-of-work dot-commers take jobs in real estate

By Marsha Ginsburg SAN FRANCISCO CHRONICLE

Katharine, Holland's high-tech job had vanished faster than you can say "no more personal driver" when she took the plunge.

Persuaded by the weak economy, deflated high-tech industry and robust real estate market, hordes of mid-life workers many of them refugees of the dot-bomb market — are flocking to a new career: real estate.

"It's a market that's still performing," said Holland of San Francisco.

"You can get in and get a paycheck. If you sit around and wait for high tech, it could be a long wait. I called recruiters and they said they were in dire straits themselves."

In one of the few fields that has remained afloat — and one at which practically anybody can take a shot — residential real estate is a quick and relatively inexpensive career to invest in.

And the job market is hot, especially in California.

The number of people holding real estate licenses in the state is projected to reach 323,000 this year, the most since 1996, according to the California Association of Realtors. CAR membership is projected to reach 111,000 by year's end, the highest since 1993.

Real estate schools are reporting almost double the usual number of students.

Coldwell Banker, which heavily recruits new hires, set a goal of adding 500 agents to its San Francisco-area ranks in 2002 and was stunned to get 1,000, many of them high-tech refugees.

"We're getting a newer type of person. We've started seeing people with incredible business backgrounds from companies going under," said Avram Goldman, president of Coldwell Banker Northern California, based in San Ramon. With 4,000 agents, it's the largest realty company in Northern California.

"The economy has allowed us to attract these people," he said.

Despite the surge in interest in the profession, real estate agents aren't on Easy Street. Their paychecks are unpredictable. Holland, 38, decided on real estate last

year after her second layoff.

As a public relations and marketing executive in the dot-com world, she was used to riding in limousines, jetting clients to New York and making a comfortable salary.

"I figured I had hit bottom, and why not try it?" she said of her decision to go into real estate. "What did I have to lose?" Even though the first year might only bring in \$25,000, Holland said she realizes that after her first year she might do much better than she ever did in the corporate world. She's not alone in her belief. In the past six months, Holland said, three friends have gone into real estate, and two others have hit her up for lunch to find out more about it

butions, enabling hefty spending of their nest eggs later.

One reason for the slow takeoff of catch-ups, experts say, is that the catch-up provision of the Economic Growth and Tax Relief Reconciliation Act of 2001 kicks in only after an employee has reached the normal contribution limit.

"If you're only putting in \$5,000 to \$6,000 per year, it probably will not matter to you that you can contribute \$11,000 as a regular contribution and add an additional \$1,000 as a catch-up contribution," said William Cantrell, a tax specialist with Hantz Financial Services in Springfield Township.

Another reason may be company communication with employees.

"People are just not aware of it," said Julie Higgins, a partner in Trust Co. of Toledo, a firm that is trustee or records-keeper for 85 to 90 retirement plans.

The catch-up measure will prove popular among workers already maxed out on their 401(k) plans, said Scott Hamner, a principal in the Toledo human-resources consulting firm of Findley Davies, Inc.

"A lot of people defer as much as they can," he said. It is not uncommon for an employee making \$40,000 a year to defer 25 percent of pay to get close to the \$11,000 limit, he added.



Retaining tax records

Do you still have restaurant receipts and cancelled checks from 1991?

Accountants are often asked how long people should retain books and records for tax purposes.

Steve Martini, a certified public accountant and partner in the Los Angeles-based accounting firm Martini, Iosue & Akpovi, has this advice:

Keep bank info for five years: We recommend that items such as bank statements and cancelled checks be retained for at least five years. That's based on specific IRS guidelines regarding certain substantiation that you need to retain in case of an audit.

Never discard tax returns: We always recommend that clients retain tax returns forever. Never dispose of them. There's information that your accountant can get off of those returns that could be invaluable in preparing future tax returns.

Hold home records four years after sale: Homeowners should retain all records from the purchase of their home, as well as any improvements, for as long as they own the home and for four years thereafter. Working with Frederick, owner of BrilliantWork.com, Kevin is developing a game plan for eventually leaving his company and possibly opening his own orchid greenhouse.

"What Sue brings to the table is a clear program that helps you structure your thinking," he says. "The last time I met with her I felt pretty excited about pursuing this."

Kevin is one of a growing number of people who have decided to hire a career coach to help them identify new career goals and map out a strategy for achieving those goals.

"You go to a doctor when the pain is beyond what you feel you can manage on your own," says career coach Leigh Olsen, owner of Accelerated Job Search.

"When you hire a career coach, you are saying, 'I have tried everything I can think of and now I need some assistance."

Layoffs have forced many to enlist the services of a career coach.

"I hate to say it has been a good year for me because of the layoffs, but I do have more clients," says Frederick, who launched BrilliantWork.com one year ago after being laid off herself from several Internet companies.

"There are a lot of people out there with severance packages who do not have a clue about what they want to do with their lives."

Many career coaches say the silver lining to a pink slip is that it affords a person the opportunity to make a positive career change.

Cynthia Morris, president of the Boulder Coaches Alliance and a creativity coach, says a lot of people make career decisions based on what they think they should do rather than on what they want to be doing.

"That is how we end up in jobs we hate — jobs that might be great for money but that don't feed our souls." accomplishments and skills, says Don Strankowski of Ascend Career and Life Strategies Of write a job business plan, outlining how you would help a prospective employer meet her business goals.

Network, network, network. Finding the right job requires finding the night connections, says Boulder, Colo., career coach Maria Greco. Rather than cold-calling strangers, contact people close to you who might be able to make introductions to people who can possibly open doors for you.

Seek out the experts. Leigh Oisen of Accelerated Job Search advises her clients who want to change careers to learn from the experts in their new field. "A short cut to a new career is to actually do an apprenticeship with the best in the field." says Oisen, who studied with Richard Bolles career development guru and author of "What Color is Your Parachute" — when she decided to become a career coach



Career Coach Donald Strankowski speaks with a client who is seeking advice concerning a job he is being recruited for in Minnesota.

"You go to a doctor when the pain is beyond what you feel you can manage on your own. When you hire a career coach, you are saying 'I have tried everything I can think of and now I need some assistance."

> Leigh Olsen, CAREER COACH AND OWNER OF ACCELERATED JOB SEARCH

> > y

"It's just a phenomenon right now," she aid.

Variety of ways you can save on income taxes

By Loretta Kalb SACRAMENTO BEE

There's no such thing as too much guidance in how to save money on taxes.

So here are pointers from the New Yorkbased accounting and tax firm of KPMG LLP.

Think about harvesting your investment losses in the stock market. Review your stock portfolio to determine if it's advisable to recognize capital losses to offset capital gains. Don't forget that a net capital loss of up to \$3,000 can offset ordinary income.

Consider turning your stock market loss into a gain for your stocks that decreased in value this year. By donating those stocks to charity, you can claim a capital loss and a charitable contribution.

Take advantage of the new contribution limits for both traditional IRAs and Roth IRAs, which increase to \$3,000, up from the long-established \$2,000. If you're 50 or older, you can make that \$3,500 under new "catchup" provisions.

■ If you lost a job in 2002, tally up all jobsearch-related expenses. You may be eligible for a deduction if your expenses exceed 2 percent of your adjusted gross income.

Enroll in an employer-sponsored dependent care program to earn federal tax-exclusion benefits of up to \$5,000 and/or a medical expense reimbursement plan, which allows employees to use pretax dollars for medical bills not covered by insurance.

Learn about the alternative minimum tax. Consider meeting with your tax adviser or buying income-tax software to calculate what expenses will not be deductible or only partially deductible.



HOMETOWN PLUS, Thursday, January 15, 2003 • 3

HOME & GARDEN

Skil's **Corded Drill** with a gripactivated LED light.

Lighting the way **By Angelica Pence** SAN FRANCISCO CHRONICLE

The sun may be setting early these days, making for less and less daylight. But that's no excuse for putting away your power tools, and putting off (yet again) those nagging homeimprovement projects --- at least

not anymore. Skil Power Tools recently introduced a new line of tools that have lights built right into the motors.

"Not having enough light when using power tools was a problem continually heard from do-it-yourselfers," said Kevin Walsh, product manager for Skil, which manufactures tools both for consumers and the construction market worldwide. "Our onboard SiteLight turns on automatically through a grip-activated sensor, illuminating the work space in low-light areas such as cabinets, closets, basements and garages.

The company's revamped circular saw, drill, screw driver and jigsaw brighten dark work areas, while improving your accuracy in the shop and home. The screwdriver, for one, worked wonders on one very unruly shoe rack in my closet. Skil's easy-tohandle gadget made the awkward job easy and quick.

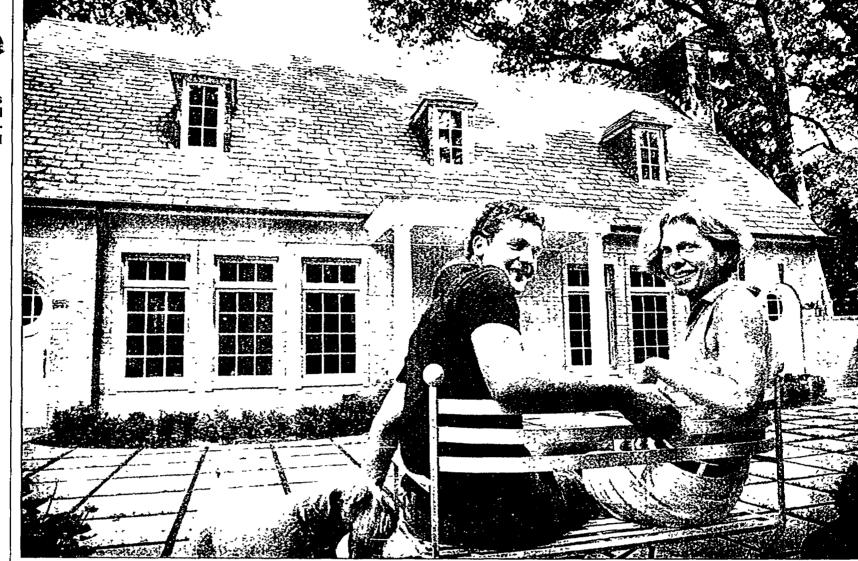
Skil's new lighted line includes:

Screwdriver: The driver (available in 2.4 and 3.6 volt versions) has an adjustable, fourposition handle and flashlight style front-end. (\$19 to \$29) Corded Drill: The 5.0 amp

drill, with a grip-activated LED light, shines its light directly where the bit meets the surface to be drilled. (\$39)

Jigsaw: The 5.0 amp model is great for following a close cut line in a garage, basement or when you're blocking your usual light source. (\$69)

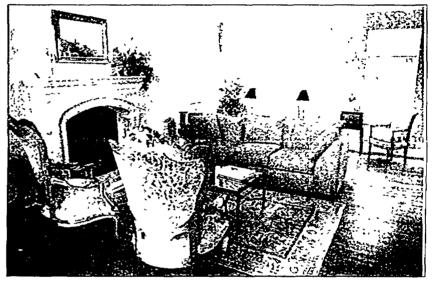
Circular Saw: 2.6 horsepower model has a powerful halogen light and a patented "line of sight system," making it easier to follow a straight cutting line. (\$79)



Photos by Lake Fong/Pittsburgh Post-Gazette Landscape architect Elise Smith, shown here with her son, Ben, and their dog, Lucy, has recently renovated a 1927 four-car garage built for Pittsburgh steel executive William Larimer Jones.

garage

A steel executive's garage



The centerpiece of Smith's living room is the cast-stone fireplace mantel.

a friend. The main floor is an infor- wants doesn't make renovation any mal open space with the kitchen on easier. The building's steel and cona large living room on the right. In between is a new central staircase, fiberglass columns echoing those out front and a few small partitions built to highlight a collection of paintings.

crete junior-b eam construction

Skil power tools are available at major home improvement and hardware stores.

On the Web: www.skil.com



... A continuing compendium of tips and tricks from Home & Garden Television

Kitchen design

When designing a kitchen, be sure to allow enough clearance for cabinet doors, pullout drawers, dishwasher doors and accessories that extend into the room.

Check those outlets

When remodeling, make sure all existing electrical outlets are appropriately placed in the new configuration.

Shower flow restrictions

Plumbing codes mandate that standard shower heads and body sprays be fitted with flow restrictions allowing 2.2 gallons of water per minute (about half of this is hot water).

Proper placement

When remodeling your bathroom, think about the placement of the door and fixtures. You should be able to reach the shower valve or volume control from the shower threshold, and running water shouldn't aim at the door.

Use vertical space

1.1

If your kitchen has a high ceiling, take advantage of the extra height by installing a shelf near the ceiling and using it as a display area for kitchen collectibles. They are safe and out of reach but still easy to see.

is forged into a fine home

By Kevin Kirkland PITTSBURGH POST-GAZETTE

n 1927, steel executive William Larimer Jones had a four-car garage built at his Sewickley Heights, Pa.

estate . But landscape designer Elise Smith envisioned the building as more than a garage ..

OK, so it wasn't an ordinary garage. The 1927 brick building had a massive stone chimney, slate roof and a narrow window running almost the length of one gable side. And it cost more than \$320,000, a steep sum for a garage but a relative bargain for a home and five acres in Sewickley Heights.

The key here is that it wasn't a home. It was a four-car garage with a basement and two primitive bed-rooms on the second floor.

The fact that a single woman was leading the renovation added to people's puzzlement. "They couldn't believe a woman was taking this on One of my friends said, 'Elise, you're one tough broad.'

Smith, who specializes in small courtyard gardens and historic restorations, had rehabbed a couple of other buildings. But this was the first time she would be starting with a nearly blank slate --- three floors of 46-by-24-foot spaces in what she calls "a really cool shell."

One of Smith's first tasks was coming up with an exterior design

that erased the garage look but retained interesting details such as brick dentils and rays made of roof slate around the doorways.

A friend with an architecture and renovation background helped design the facade, replacing the four garage doors with tall picture windows, a small porch framed by columns and a massive 4-by-8-foot front door modeled after the unique originals.

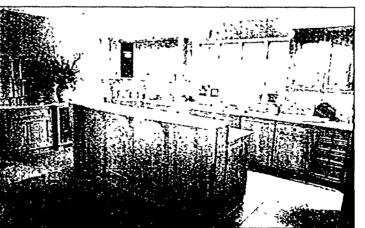
She designed the interior herself, with a little drawing assistance from

Linking the living room and the kitchen, which features light maple cabinetry and Aztec limestone counters, is a wide-plank hickory floor.

"The space wanted a planky, English cottage look," Smith said.

The living room, with 18-inchthick walls and unadorned openings with stone sills, is dominated by a large cast-stone fireplace mantel. This room wanted a beefy, strong kind of thing," she said.

But knowing what a building



Smith's 'cottage look' is showcased by the plank floor and cabinetry in her kitchen.

one of the biggest obstacles for Smith and the "A Team," her name for the group of subcontractors she pulled together.

The steel and concrete floors meant carefully planning where to locate plumbing runs and wiring chases. Smith was determined not to have to do it twice, putting in 2-1/2 baths and wiring each room for highspeed Internet access

"This whole building is about longevity," she said, not to mention resale.

Though the house is not large, it has plenty of storage, including two 8-foot-wide closets in the master bedroom and lots of built-ins. Linen closets are built into the knee walls of both bedrooms and glass-topped end units were installed in alcoves by the bed in the guest room.

Glass walls enclose a well that runs from the guest room to the kitchen, highlighting the long, narrow window on that side of the house.

The entire renovation was finished in just seven months, due in part to Smith's experience. Of course, the landscape design was hers. It combines a formal courtyard in the front - 2-by-2-foot bluestone pavers with hard fescue planted in between and boxwood hedges on the edges with naturalistic plantings.

"It's all about low maintenance and sitting on my patio with a glass of wine," she said, laughing. "After working on other people's homes all day, I don't want to come home and work in mine."

Sole survivors: Professional walkers put carpet through the paces

By Judy Stark ST. PETERSBURG TIMES

Matt Livingstone walks for a living. Fifteen, 18, 20 miles a day, from 7 a m. to 3:30 p m. Fifty minutes walking, 10-minute break. Forty minutes for lunch

He's a carpet walker at the Solutia Wear-Dated carpet fiber plant near Pensacola, Fla.

Livingstone is one of a team of six whose job is to walk on the carpet to test the durability of the mind walking." fibers. They walk in a figure eight on a track of carpet samples, each one 17 inches wide and 9 inches long. The track is 15 to 20 feet long. depending on the number of samples.

Livingstone, 24, has been walking for a living for about four years. He has paralysis in his right arm, which made it hard to find a job. When he talked to the Wear-Dated people, "they asked me if I didn't

Rusty Carter, the engineer responsible for the testing area, said the walkers typically wear crosstrainers or some kind of athletic shoe. Rubber soles turn out to be the worst for carpet, so those are the shoes of choice.

The walkers tread on many kinds of carpet samples' commercial grade, residential grade, thick pile, low pile. Each sample is walked upon by 20,000 "traffics" (foot-

steps), Carter said, and that takes the team about a week.

"We do have machines that simulate traffic on the carpet, but the biomechanics of the way people walk are hard to simulate on a machine," Carter said. "The best correlation is to actually have people walk on the carpet."

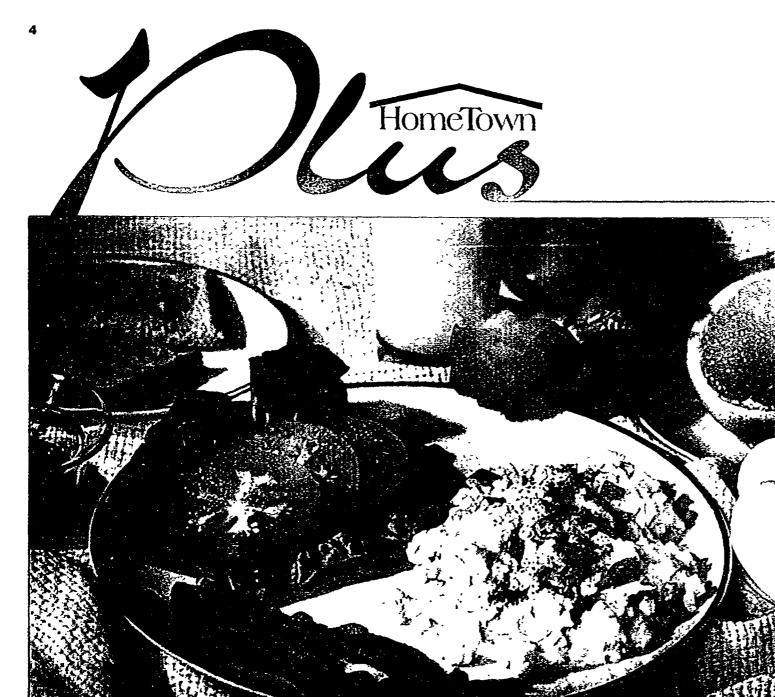
Then engineers examine each sample to see whether it is showing traffic wear, matting or crushing.

Wear-Dated produces the carpet

fibers and sells them to mills. The mills that want their carpets to carry a Wear-Dated label testifying to its durability send carpet samples back to be tested, and that's where the feet of Livingstone and his co-workers come in.

Solutia says it's the only company with a full-time team dedicated solely to walking on carpet. Each person walks about 4,275 miles a year.

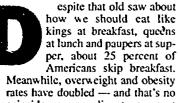
"It's a little monotonous," Livingstone acknowledged.



THE CHANPIONS OF BREAMPIONS OF

Experts agree with Mom: It's the most important meal of the day

By Susan Houston RALEIGH NEWS & OBSERVER



Meanwhile, overweight and obesity rates have doubled — and that's no coincidence, according to a recent study by Obesity Research.

People who eat breakfast regularly are more likely to maintain weight loss, write the study authors. They draw their conclusions from monitoring the 3,000 participants of the National Weight Control Registry, who have successfully maintained a weight loss for six years. Nearly 80 percent of the participants eat breakfast every day. But that's not the only reason to eat breakfast. This study and others have shown that a good breakfast also reduces hunger later in the day and increases metabolism (the ability to burn calories).

cluded that children who ate breakfast got more daily nutrients especially calcium and vitamins A and C — than those who skipped. And children who eat breakfast also get higher grades in math and are less likely to be described as depressed, anxious or hyperactive, reports The Archives of Pediatric and Adolescent Medicine.

While any breakfast is better than no breakfast, some foods are clearly better for you than others.

Avoid simple carbohydrate foods such as danishes or doughnuts, Mitchell says. Your body burns them up in about 30 minutes, leaving you hungry. Make cooking breakfast a daily pleasure

By Judy Green SACRAMENTO BEE

Mollie Katzen's out to change our take on breakfast. A good sign she will succeed lies between the covers of her excellent new cookbook, "Sunlight Cafe" (Hyperion, \$29.95).

As with her "Moosewood Cookbook" (the original one) and "Vegetable Heaven," Katzen proves again that vegetarian cooking is robust and imaginative. Most of all, in her hands, it's delicious. (The cafe of the title, by the way, is fictional.)



Cast-iron skillets make memories that are light as air

DOD

By T.C. Mitchell

ANCHORAGE DAILY NEWS

Several years ago during a too-infrequent trip back home, my mom gave me one of her cast-iron skillets. There's no telling how long she'd had it. She said it might even have been my grandmother's.

I was reluctant to put it in my bag because it weighed as much as the rest of my travel gear.

Since then, though, I've cooked with it more than any other pan in my repertoire.

I could go on about how cast iron distributes heat evenly for more consistent cooking. How easy it is to maintain. But the fact is, I find a great deal of romance in cooking with my mom's old skillet., especially when I'm cooking up something for my daughters.

So I began bringing up the subject with acquaintances and friends who have experience with castiron cookware. I found people of three minds: the ones who cook with cast iron and praise its glory; those who once did and now lament they gave theirs away; and those who have no regrets but still linger in the joy they felt in its using.

The most common reason for eventually leaving cast iron for other cookware is its weight. Cooking three squares for a kid or four while hefting around 5-pound skillets and 10-pound Dutch ovens loses its romance in a hurry. That's the story the moms give. Still, they find love in those memories — now that they're indeed memories.

À single dad I talked to, though, still cooks only with cast iron. It's something that's stuck with him since his days as a guide in Wyoming.

Maybe there's room for moderation here.

So I bought what Lodge Cast Iron calls a starter set: an 8-inch skillet perfect for a two-kid frittata, a 10-inch skillet for a mess of franks and beans, a 10inch griddle for grilled cheese sandwiches or pancakes, and a 5-quart Dutch oven that makes a home smell of slow-cooking stew.

Sheryl Stanek of the Cooperative Extension Service in Anchorage, Alaska, said her favorite dish in her cast-iron skillet is pineapple upside-down cake. "It caramelizes beautifully."

Some people worry that cast-iron skillets react to acidic foods. But that's a bit misleading. Fans believe cast iron absorbs traces of flavors, so the chili the day before might infuse a little of itself in the next pot roast. Those who don't want chili in their bread should simply wipe the pot clean, coat the surface with the recommended oil or fat and put it away in a dry place.

If you're not comfortable with lowing it as is a

Breakfast eaters are more likely to get the nutrients they need daily than those who skip.

"Eating breakfast is important because it shifts the body out of the starvation mode of the night and into action," says Carol Mitchell, registered dietitian and nutritionist with the North Carolina Cooperative Extension. "When the body thinks that it is starving, it hoards energy by slowing down the burning of calories. This makes concentration difficult. Both children and adults can become cranky."

The consequences of skipping breakfast are particularly negative for schoolchildren, according to various studies. USDA researchers conThe same is true of sugary foods and drinks. "The blood sugar rises quickly and is followed by an energy decline and feelings of hunger," Mitchell says. "This can lead to nonstop eating throughout the day."

Fatty foods like sausage, bacon and biscuits with gravy should be occasional treats, not regular breakfasts.

Instead, look for things that balance the body's need for protein and complex carbohydrates. "Foods that have some protein and a little fat, in addition to complex carbohydrates, tend to stay with you longer and provide the energy you need to make it through the morning," Mitchell says.

Here are some healthy breakfast recommendations from Mitchell:

Whole-grain cereal with lowfat or fat-free milk and fruit

Egg with toast

Fruit breakfast shake or smoothie made with low-fat milk or yogurt

Granola bar and fruit juice
 Oatmeal with raisins or dried

cranberries

Half a peanut butter sandwich

How does green-chili-tortilla scramble sound for Sunday brunch? Or maybe crispy Southwest polenta hash with black beans and a side of fruit? If your sweet tooth wakes up early, you could go for her divine apple-pear crostada with commeal crust.

Of course, these dishes presume you either plan ahead or have time to indulge your appetite. For breakfast on the run, Katzen lures you into considering the simple choices, such as fresh berries in buttermilk or a fruit smoothie.

To tell the truth, most of her ideas involve time, but her organizational presentation, including what you can do in advance, make cooking ahead easy. The results are worth it.

It's clear Katzen took care with "Sunlight Cafe" to create a superb friend for the everyday cook. She writes complete recipes, presuming nothing without talking down to her audience. She suggests substitutions

B ayons

to accommodate various vegetarians and cooks who like variety. Her mini-informational essays on ingredients and techniques stand out in pastel-colored boxes yet are woven into the whole with accurate crossreferencings. Cooks don't have to turn a page to complete a recipe.

While Katzen doesn't try to convince us to abandon our favorite box cereal, she does entice us to cook a bowl of oats so we can try some of her topping suggestions, such as maple syrup or a berry sauce (recipe included). She also includes evotic dishes, such as masfouf, a Moroccan-style couscous dish, and anooshavoor, a Turkish barley and apricot porridge.

Katzen's other chapters on breads, eggs, potatoes, vegetables, griddle foods, yogurt and cheese, puddings, condiments and sweet things are equally rich and diverse.

DISPELLING MYTHS. NUTRITIONIST CAROL MITCHELL COUNTERS ANTI BREAKFAST LOGIC

"I'm not hungry in the morning."

TRUTH: Start by eating small amounts and add more as time goes by. Bring fruit or yogurt snack to work or school.

"I don't have time to eat breakfast."

TRUTH: Plan ahead and set your clock a few minutes earlier. Try something quick, like a toasted waffle.

"I'll gain weight."

TRUTH: Studies show the opposite to be true. Breakfast caters are less likely to be ravenously hungry by lunch and tend to eat less during the day.

"I don't like breakfast foods."

TRUTH: Breakfast can be any food, including last night's leftovers. Try kid-friendly macaroni and cheese. If you re not comfortable with leaving it as is, a sponge and some warm water should be enough to clean it up.

It seems there are as many ways to season cast iron as there are to disrobe the proverbial cat.

Although all treatments call for some kind of fat, most experts believe oil, not shortening, is best because shortening contains saturated fat that doesn't oxidize the metal as well and therefore doesn't provide a solid finish.

So according to most experts, lightly coat the pan with vegetable oil and then put it in a cold oven.

Some say to heat the oven to 350 degrees for one hour. Others say two hours at 300 degrees.

Once the pan is seasoned, it requires only a light coating of oil after each use to be ready for the next meal. In some crees, say when cooking bacon, the necessary fat is already present. Wipe it clean and you're ready for the next use.



Sugar conversions

All natural sweeteners are not equally sweet, nor do they perform the same way in recipes: For example, if you substituted dark brown sugar for white sugar in a biscotti, the final cookie is softer. And substituting wet sweeteners like honey or maple syrup for a dry white or brown sugar can upset the whole balance of a recipe. Here are some guidelines for substitutions.

Combine a 1/2 cup each of dark and white sugar as a substitute for 1 cup of light brown sugar.

Add 1 to 2 tablespoons of molasses to 1 cup of white sugar as a stand-in for brown sugars.

One-and-three-fourths cup of powdery confectioners sugar (which contains a small quantity of cornstarch) equals 1 cup granulated sugar.

■ Molasses, honey, and corn syrups can stand-in for each other in a recipe. The final taste will vary depending on the sweetener.

Thinking about healthy snacks

Looking for an easy, inexpensive, delicious and extraordinantly healthy snack that even your kids will love? Does a product like this even exist? Yes: it's baby green soybeans in the pod, known by its Japanese name, edamame.

They're common Japanese restaurant fare, which now you can easily make at home. You'll find them in the freezer section of your supermarket, labeled either "soybeans" or "edamame." Steam them and then sprinkle them with kosher salt before serving. To eat, pop the beans out of the pods directly into your mouth.

Edamame is an excellent source of protein, B vitamins, calcium, and fiber. It's a snack you can truly feel great about.

Thomas' comes out on top in English muffins comparison

By Lynne Char Bennett SAN FRANCISCO CHRONICLE

Eggs Benedict, McDonald's Egg McMuffin and Burger King's Breakfast English Muffin have one obvious thing in common. An English muffin is the base for the toppings.

Eleven different English muffins were available in the stores where we shopped. We bought the plain version with no added flavor, not whole wheat or sourdough. They were opened, then toasted until slightly browned and crisp.

Our tasters preferred Thomas' Original, which took first place. This product had a "pebbly surface," was "crunchy, yeasty, and had great flavor." All the panelists liked the texture. Three people would buy it and two might.

Second place went to Earthgrains Original. Tasters thought it had a "good taste and flavor" and "nice crunchy texture." Detractors thought this muffin was "a little spongy, with floury meal on the bottom." Three tasters would purchase this product, one might and one would not.

Rainbo (14 ounces, \$2.59), took third place with its "nice look, crunchy texture" and "pleasantly salty" taste. However, one taster commented

that it was "spongy and light." Like the Earthgrains brand, three people gave Rainbo a thumbs-up, one might buy it and one would not.

Just one point behind Earthgrains was Bays. This was the only brand that required refrigeration. Again, texture was a major factor in the panelists' decisions. A "chewy, crunchy texture and tangy flavor," gave this brand some points, but one person thought it "whitebready."

Surprisingly, four would buy this muffin and one would not.

The panel also tasted Mrs. Wright's, Oroweat Extra Crisp, Sconehenge, Trader Joe's Fat Free, Van de Kamp's, Whole Foods Organic and Wonder Original, but they scored lower than the top four and were not ranked.

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Huron Valley-Sinai Hospital 1 William Carls Drive Commerce, MI 48382-2201 248-937-3300 www.hysh org

Huron Valley-Sinai Hospital, the fastest growing hospital in Michigan, has the only fullservice hospital-based emergency department in Western Oakland County. It also offers the area's most extensive array of community health education programs.

Physician Referral

If you are looking for a physician with an office near your workplace or home, for yourself or a family member, the

DMC's Physician Referral Service is here to help. Our knowledgeable staff can match you with a physician who meets your requirements for geographic location, insurance provider, gender, or a particular language.

The DMC Referral Service can put you in touch with a physician in your neighborhood. Call our tollfree number, **1-888-DMC-2500**.

Volunteer Services

Are you interested in lending a helping hand? Giving a friendly smile? Doing something for your community? That is the volunteer challenge of service giving and caring at Huron Valley-Sinai Hospital. Adult and teen opportunities are individually arranged. If you are interested in talking to someone about sharing your special talents, call the Office of Volunteer Services at 248-937-3505.

Did You Know...

- Li Your heart beats about 100,000 times in one day and about 35 million times in one year?
- The aorta is the largest artery in the body and is almost the diameter of a garden hose?
- S Your body has about six quarts of blood that circulates throughout your body three times every minute?
- In one day, the blood in your body travels a total of
 12,000 miles? That's four times the distance across the United Sates
 from coast-to-coast.
- ^{C1} The heart pumps the equivalent of one million barrels of blood during the average lifetime?

Some seven million Americans suffer from coronary heart disease (CHD), the most common form of heart disease. CHD is the number one cause of death for both men and women, and results in more than 500,000 deaths each year.

According to the Center for Disease Control, more than 60 million Americans have some form of cardiovascular disease, including high blood pressure, coronary artery disease, stroke, congestive heart failure and many other heart-related conditions.

Early detection and treatment of heart disease is important. Huron Valley-Sinai Hospital is pleased to announce the Cardiac Calcium CT Scan, a painless, safe and accurate one-

minute test that can tell you whether or not you are at risk for a heart attack. Evaluating and measuring the calcium build up in your coronary arteries, combined with a blood pressure check and health risk assessment, will give you a comprehensive picture of your overall risk for heart disease. It not only gives you the opportunity to seek treatment and make appropriate life-style changes, but puts you in charge of your own health.

This procedure requires no injections, treadmills or any other preparation such as fasting. Most patients should finish the test within an hour, including the health risk assessment performed by a cardiac nurse.

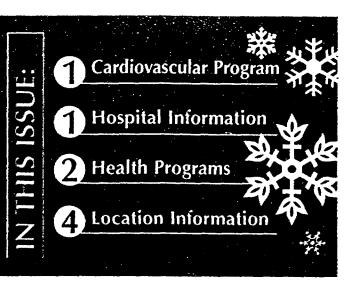
For more information on cost and how to make an appointment, please call the Huron Valley-Sinai Hospital Department of Radiology (248) 937-3440.

Screening Fair

Spring Into Health Fair (Project Healthy Living)

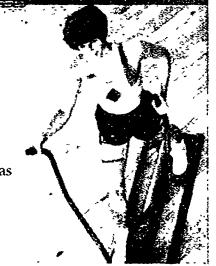
Friday, April 11, 9 a.m. to 2 p.m.

Cost: Nominal fee for some tests (check or cash required) In coordination with WXYZ, United Health Organization and the United Way, Huron Valley-Sinai Hospital is proud to host *Project Healthy Living.* Some of the available screenings include blood pressure, podiatry, blood testing, medication and nutrition counseling. Depending on attendance, there may be a wait for some screenings. Use Garden Entrance.









Winter 2003



Detroit Medical Center/Wayne State University

Huron Valley-Sinai Hospital 1 William Carls Drive Commerce, MI 48382-2201 248-937-3300 www.hvsh.org

Preregistration

Registration is required for classes. Call 248-937-3314 or 1-888-DMC-2500 (1-888-362-2500) unless otherwise indicated.

Payment

Prepayment (cash, check, or charge) is required. Please make checks payable to Huron Valley-Sinai Hospital and send to the attention of the:

Office of Community Health 1 William Carls Drive Commerce, MI 48382-2201

If no cost is mentioned, the program, seminar or support group is free.

Canceled Programs

Please register early to avoid disappointment. Limited enrollment will cancel or postpone some classes. Refunds on canceled classes will be issued if necessary.

If a program will be canceled as a result of inclement weather, attempts will be made to notify registrant with a telephone call to the number provided when registering. Postponed programs will be rescheduled.

You may reach the Office of Community Health during normal business hours at 248-937-3314 or by calling our toll free number, 1-888-DMC-2500. If you are calling after hours or on a weekend, you may leave a message.

Location

The majority of programs in this calendar are offered at Huron Valley-Sinai Hospital unless otherwise indicated. The DMC Health Care Center in Novi or DMC Rehab Center will also host some seminars and support groups.

Blood Drive

Spring Blood Drive

Community Health Programs

Wednesday, April 30, 6:30 a.m. to 5 p.m. In conjunction with the American Red Cross of Oakland County, Huron Valley-Sinai Hospital is recruiting donors for its blood drive that is held in the hospital's Conference Center. Blood donors must be at least 17 years of age, weigh more than 110 pounds and be in good general health. The donation process takes a little more than one hour. Community members can pledge a donation by calling (248) 937-3314. Appointments are encouraged to prevent lengthy waits.

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Lifestyle Enrichment

STRESSMANNAGEMENTISERIES Attend each individual NEW session or all sessions. Attend all four sessions for \$25.

Stress Management Overview Monday, Feb. 3, 6:30 p.m. Cost: \$10 fee Learn techniques to turn stressors into positive energy.

Finding More Time Monday, March 3, 6:30 p.m. Cost: \$10 fee Learn simple steps you can take to find more time and energy for the things that matter most.

No More Excuses

Monday, March 31, 6:30 p.m. Cost: \$10 fee

Are you tired of setting the same goals? Learn strategies that you can use to acheive your desires.

Letting Go of Clutter Monday, April 28, 6:30 p.m. Cost: \$10 fee Clutter can weigh us down and prevent us from having a stress-free life. Learn skills

that you can you use to get rid of clutter fast.

Laser Vision Correction Seminar Tuesday, Feb. 4, 7 p.m.

Cost: FREE

Would you like to discover the world beyond glasses and contacts? Ophthalmologist Robert T. Clark, M.D., will provide information about the most advanced refractive surgery techniques available today including the new VISX S3, which has improved surgical results. The LASIK Laser Vision Correction procedure corrects nearsightedness, farsightedness, and astigmatism. The procedure involves little or no discomfort and eliminates dependence on glasses or contacts. Dr. Clark will share his own successful LASIK story and how it has changed his life. Bring your glasses or prescription with you.

Golf Fitness Seminar Tuesday, Feb. 25, 7 p.m. Cost: FREE

Range of motion and proper body mechanics can affect your golf game. Learn how to physically prepare for a great golf season from Physical Therapist John Connolly, P.T., A.T.C., and Orthopaedic Surgeon Philip T. Schmitt, D.O.

Take Heart - Using the Latest

Technology to Detect Heart Disease Thursday, Feb. 27, 7 p.m. Cost: FREE

In conjunction with Radiology Services, Clinical Nurse Manager Gayle Angelosanto, R.N., B.S.N., will discuss Cardiac Calcium CT Scanning. This state-of-the-art testing can help tell if you are at risk for a heart attack. Learn about risk factors of heart disease and how to be proactive about your heart health. Time will be allowed for a question andanswer session.

I COTICARESERIES

The "Toe-tal" Picture -Podiatry Medicine and Basic

Foot Care Tuesday, March 4, 7 p.m.

Cost: FREE Learn about the medical specialty of

Podiatric Medicine and how a Podiatrist can help with the diagnosis and treatment of many foot and ankle problems. Podiatrist G. Daniel Shanahan, D.P.M, F.A.C.F.A.S. will also discuss conservative and surgical treatment methods for common foot and ankle problems.

Obsessive-Compulsive Disorder – Its Nature and Treatment NEW! Thursday, March 27, 7 p.m.

Cost: FREE

Behavioral Psychologist David J. Wartel, Ph.D., will discuss the different types of obsessive- compulsive disorder and the treatment options available. The focus will be on behavioral treatments such as exposure and response prevention, postponing rituals and exposure for obsessional thinking.

NEW!

NEW

Colorectal Cancer Awareness Program Call for date and time

Cost: FREE

Our team of health care professionals will discuss the screening, diagnosis and treatment of colorectal cancer and provide prevention information. Learn why colorectal cancer shouldn't be the cancer that no one talks about!

Athletic Appetite Tuesday, March 18, 7 p.m. Cost: FREE

March is National Nutrition MonthTM. This program is designed for the competitive athlete as well as the recreational "Weekend Warrior". Liz Bailey, R.D., will sort through all the nutrition claims related to sports nutrition and dispel any myths about the appropriate diet for athletes.

Weight Watchers* AT WORK PROGRAM®

Mondays, 12:30 p.m. Call for starting dates and fees Weight Watchers^{*} is pleased to offer its program entitled "Winning Points." If losing weight is something you've been thinking about, attend the Weight Watchers' AT WORK PROGRAM¹. A representative will share how this twelve-week program can work for you (you must enroll by week four). The program is open to the community.

Feldenkrais – Awareness

through Movement Call 248-305-7575 for dates and times Cost: \$60 fee DMC Rehab Center - Novi Do you need to improve your posture, man-

age stress, increase flexibility and decrease pain? Joan Doczema, P.T., registered Feldenkrais practitioner, will present this six-session program that will help you sleep better, decrease stiffness and improve coordination.

REVISED!

Nix Nicotine!

Coming in February 2003 Call for dates and times.

How many times have you tried to quit smoking? Would you like to increase your chances of success? Join in with other soon to be ex-smokers in this dynamic new smoking cessation program. Learn new techniques and get the support you need from other people in the same situation.

Support Groups

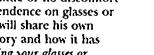
Support groups are free and held at Huron Valley-Sinai Hospital. Registration is not required unless otherwise indicated. Family members or friends are welcome. Note: Some support groups vary their schedules around holidays. Call 248-937-3314 or 1-888-DMC-2500 toll-free or the specific phone number listed to confirm or for more information.

AL-ANON/ALATEEN Meeting

Every Sunday, 10 a.m. AL-ANON and ALATEEN both offer recovery programs for families and friends of alcoholics, whether or not the alcoholic seeks help. Members give and receive comfort and understanding through a mutual exchange of experiences, strength and hope in a bond that is protected by a policy of anonymity. Call 248-706-1020 or 248-889-2486.

Alzheimer's Family **Support Group**

Fourth Wednesday of every month, 7 p.m. Offered in conjunction with the Alzheimer's Disease and Related Disorders Association, the group, led by healthcare professionals, provides an opportunity for . discussion, sharing and information for interested family members.





Huron Valley-Sinai Hospital



Third Thursday of every month, 2 p.m. Offered in conjunction with the Arthritis Foundation, this group offers mutual support, education and social activities.

NEW

Breast Cancer



Second and Fourth Tuesday of every month, 10 a.m.

Offered together with the Barbara Ann Karmanos Cancer Institute, this informal group for breast cancer patients, survivors and their support persons, provides an open forum where questions are answered, concerns are expressed and educational information is exchanged. Speakers will be offered on topics of interest to the group. For more information or to add your name to the mailing list, call 248-937-5017.

Breather's Club

Third Wednesday of every month, 2 p.m.

With the American Lung Association of Michigan, this group provides information and support to people affected by lung disease.

Cardiac Rehab Support Group Call for dates and times

Assists persons with the effects of heart disease by providing information about coronary artery disease and healthy lifestyle choices. Call 248-937-3606.

Diabetes Support Group

Mondays, Jan. 20, March 3 and April 14, 7 p.m.

Health care professionals provide alternating topics of diabetes management education, coupled with an open-forum of support and discussion from participants. Call 248-937-3600.

H.U.G.S. (Help, Understanding and Grief Support)

Third Thursday of every month, 7 to 9 p.m.

This self-help group facilitated by a nurse who is trained in grief counseling addresses the needs of families who have suffered a pregnancy or newborn loss. Support is available after a miscarriage, stillbirth, newborn death, ectopic pregnancy and during subsequent pregnancy after loss. Call 248-937-4261.

NEW!

La Leche League

Fourth Friday of every month, 6 to 8 p.m.

This group helps mothers to breast feed through mother-to-mother support, encouragement, information and education.

Lupus Support Group

First Tuesday of every month, 7 p.m. In conjunction with the Michigan Lupus Foundation, this group will provide support and teach coping skills to people with lupus and their support person.

Pediatric Parent Group Quarterly on Thursdays, 7 to 9 p.m. DMC Rehab Center - Novi

This group is for parents and caregivers of children with special needs. Opportunities to share information, experiences, and to network will be provided. Call 248-305-7575 for more information.

RESOLVE

Fourth Monday of every month, 7 p.m. Whether you need to deal with feelings, make decisions, or understand the medical and emotional impact of infertility. **RESOLVE** can help. This peer-led group provides the opportunity to meet others who are experiencing infertility, form friendships and build a support system as well as gather information and knowledge. Call 248-680-0093 for more information.

Spinal Cord Injury Client

and Family Support Group Third Tuesday of every month, call for times DMC Rehab Center - Novi Facilitated by social workers, this group for family members, friends and significant others offers support, education and resources. Call 248-305-7575 to register.

Spinal Cord Injury Client Support Group

Weekly on Wednesdays, 12 to 1 p.m. DMC Rehab Center - Novi

This group, facilitated by social workers, is for persons who have experienced a spinal cord injury and offers support, education and resources. Call 248-305-7575 to register.

Traumatic Brain Injury

Family Support Group Second Tuesday of every month, call for times and fee DMC Rehab Center - Novi

Facilitated by social workers, this group for family members, friends and significant others offers support, education and resources. Call 248-305-7575 to register.

Parenting

Call 248-937-3619 for more information or to register for parenting classes held at Huron Valley-Sinai Hospital.

Bringing Baby Home Call for dates, times and fee

This class offers an overview of newborn care including behavior, nutrition, hygiene and dress. Participants will receive information on safety issues such as signs of illness, response to choking and rescue breathing.

Childbirth **Education**

Call 248-937-3619 for more information or to register for childbirth classes held at Huron Valley-Sinai Hospital.

Birth Awareness

Call for dates, times and fee This course fully prepares expectant parents to participate in the birthing process. Learn the mechanics of labor and birth, as well as the appropriate relaxation and breathing techniques. This class should be attended during the last three months of pregnancy. Early registration is necessary.

Birth Review

Call for dates, times and fee If you have had a baby within the past two or three years, this class is tailored to meet your needs. You will review labor, breathing, birth, relaxation and visualization techniques. Information on how to handle sibling issues will also be discussed.

Big Kids' Class

Call for dates, time and fee This class helps explain the sudden change from "baby" to big sister or brother. Siblings receive an on-the-si preview of mom's visit to Huron Valley-Sinai and learn what it all means.

Breast-feeding Education

Call for dates, time and fee Most mothers are choosing to breast-feed their babies. Breast-feeding may be "natural" but it may not be easy. Many mothers are surprised when they and their babies don't seem to know what to do. This class offers many suggestions that will improve your success. The class reviews the benefits of breast-feeding, positioning, use of a breast pump and milk storage. Common questions, concerns and community resources will also be discussed.

Touring the Obstetrics Unit Wednesdays, Thursdays or Saturdays, call for times Cost: FREE Tours of the Maternal/Child unit are available. Preregistration is required.

Call 248-937-5120 to arrange your tour.) Group size is limited. in with General Health

Education

Chemotherapy Class Call 248-937-5055 for an appointment Cost: FREE Offered by the Karmanos Cancer Center, this two-hour class, led by certified oncology nurses, is for chemotherapy patients and/or their caregiver. It will provide an overview of how chemotherapy and other medications for cancer treatment work. Symptom management, nutrition and self-care techniques to use both during and after chemotherapy will be discussed.

Ränked number-one in customer satisfaction.

CPR for Family and Friends

Call for dates and times Cost: \$25 fee

For the lay responder 12 years of age and older who wishes to learn cardiopulmonary resuscitation (CPR) for adults, children and infants. Participants will receive an American Heart Association participation card.

Call 248-937-3600 for dates, times and fee

The Michigan Department of Community Health has certified this comprehensive program. Education is provided by a health care team in order to provide adults with diabetes the specific tools that will enable them to cope and manage their disease process for life.

********* Heartsaver CPR Call for dates and times Cost: \$25 fee Learn about adult, child and infant CPR and AED. Completion card provided.

Lumpectomy and

Mastectomy Class Call 248-937-5055 for an appointment Cost: FREE

The Barbara Ann Karmanos Cancer Institute at Huron Valley Sinai Hospital is offering a class designed for women who have had or will have a lumpectomy or mastectomy. This class can be attended before or after surgery. Topics include what to expect from surgery and inimediately after. The recovery process and the long-term effects of these procedures will also be discussed. Time will be allowed for a question and answer session.

Pediatric Surgical

Orientation Program Call 248-937-3394 for dates and times Cost: FREE

Is your child scheduled for a surgical procedure at Huron Valley-Sinai Hospital During this hour-long program, your child, age 4 to 10, will receive an introduction to hospital personnel and equipment used in the operating room. The session will include basic preoperative instructions for the parent who attends and a tour of the surgical area. There will be time for a question and answer session.)

Super Sitter Course Call for dates and times Cost: \$15 fee

Taught by pediatric nurses, this course includes instruction on general safety, emergencies, feeding, diapering, bathing, bedtime information and other tips to help youngsters ages 11 to 14 become qualified babysitters.

First Aid and CPR Call for dates and times

Cost: \$50 fee First aid topics and adult, infant and child CPR are taught. Participants will receive an American Red Cross certificate upon completion.

Diabetes Education Program



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Community Health Programs

s A A Huron Valley-Sinai Hospital

General Health Education (continued)

Understanding Intravenous Therapy Call 248-937-5045 for an appointment Cost: FREE

Make an informed decision about your health care. Learn about your options if you or a loved one is faced with a condition that requires long-term intravenous (IV) therapy. The IV Resource Team will provide information on all types of intravenous access devices that could make therapy easier and less painful. Hands-on demonstrations of the latest devices will be given.

Health Programs

Adult Arthritis Aquatics Group Call 248-305-7575 for dates, times and fee

DMC Rehab Center – Novi

These aquatic exercise classes are for adults with arthritis and focus on range of motion, strengthening and endurance exercises.

Breast and Cervical

Cancer Control Program (BCCCP) Call the American Cancer Society at **1-800-922-6266** for more information or to determine eligibility. If you are eligible for this program, call **248-424-7100** to make an appointment.

The only defense against cancer is early detection and treatment. The BCCCP is a screening program for women 40 years of age or older to have a free or low-cost breast exam, mammogram and pap smear.

Cardiopulmonary Rehab and Fitness Center

Call 248-937-3606 for dates, times and fee

This program involves a combination of exercise and educational sessions for individuals who have or who are at risk for heart disease and for those persons with lung conditions, including, but not limited to, asthma, chronic bronchitis, Chronic Obstructive Pulmonary Disease (COPD), and emphysema. The program is designed to help those who need and want a supervised exercise program. A written referral from your physician is required and some additional diagnostic testing may be necessary.

Fitness Program

Call 248-305-7575 for dates and times and fee

DMC Rehab Center-Novi

Open to all former patients following completion of therapy at DMC Rehab Center – Novi. Initial clearance from your physician is required.

The Karmanos Cancer Institute Prostate Program

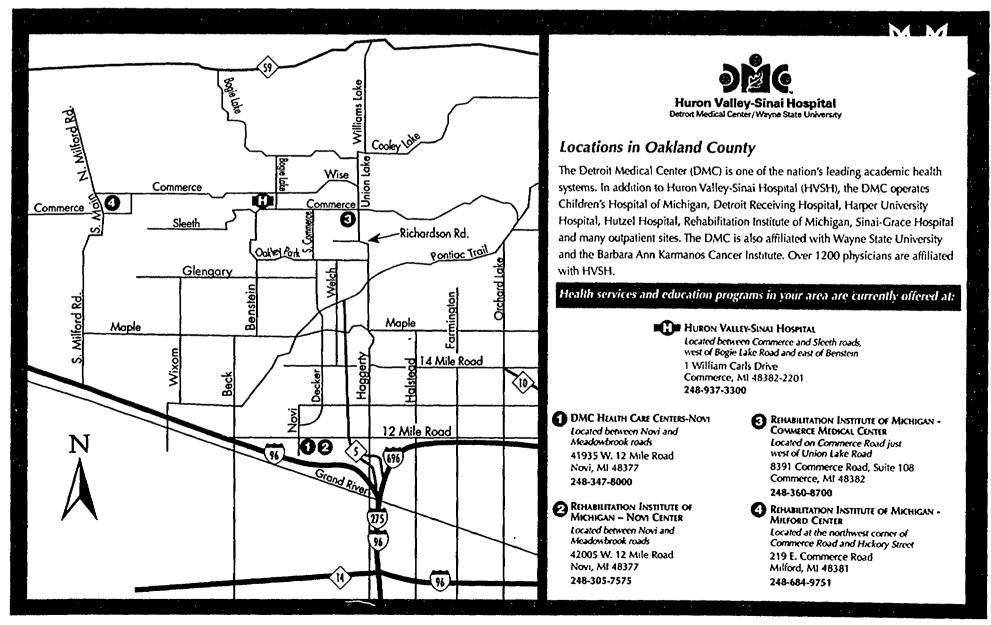
The Barbara Ann Karmanos Cancer Institute Prostate Program at Huron Valley-Sinai Hospital was developed to provide state-of-the-art treatment and to promote prostate health through educational programs. This outpatient program offers comprehensive diagnostic and treatment capabilities, provided by a skilled compassionate medical staff using a multidisciplinary approach. Call 248-937-5077 for more information or to make an appointment or arrange for a low-cost Prostate-Specific Antigen blood test.

Krieger Geriatric Center

If you are 60 or over, the Krieger Geriatric Center can help you maintain good health with up-to-date medical information, preventive care, early diagnosis, and when necessary, medical treatment. For an appointment at the Krieger Geriatric Center, call **248-937-3419**.

The Bone and Joint Program

Huron Valley-Sinai Hospital's Bone and Joint Program offers a wide-range of services, from joint replacement and sports medicine to preventative orthopaedic care and education. The program offers personalized care for people of all ages and utilizes the expertise of a team of highly skilled physicians. Call 248-937-3453 for more information.



Miles Ahead. Minutes Away.



or

SAME CLINIC, BOTH NIGHTS

at 7:00 p.m.

CONSTRUCTION

FINANCING

Kitchens & Bathrooms

Wed., Jan. 22™

at 7:00 p.m.

WOOD

BASEMENTS

or

POLE BARNS

Separate Clinics,

Same Night

OPEN HOUSE! Tues., Jan. 21st

Mon., Jan. 20*

at 7:00 p.m.

High Quality AND

DOORS

Andersen

at 7:00 pm

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- Cash and help to build your home2
- Andersen Window/Door Deal2
- New Kitchen/Bath lines and displays ... 3

- 40 pre-priced home plans7

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- Save money and build home equity Kitchen displays that rival the best you'll see anywhere
- Thousands of sq. ft. of showroom space Chelsea Lumber is Small Town Friendly and Big City Capable



Seated I to r: Shelly Williams, Cece Riley, Joe Ewald, Jean Bust Standing I to r: Neal Moor, Bart Bauer, John Daniels, Kevin Kunzelman, Doug Beaumont

When you visit us, we'll assign you to your own Home Construction Financing Professional, one of nine people who work exclusively in our Construction Financing Department. They have the expertise to explain the financing details *and* to help you with your construction from start to finish.

There is one person who is directly responsible for answering all your questions. You won't be shuffled from one person to another. You'll get as much or as little help as you want...just stop in or call toll free 1-800-875-9126 or 475-9126 locally.

Come meet our friendly and knowledgeable people who are dedicated to helping you build your dream home! We feature energy efficient Andersen® products.



Whyconsie Grou Construction Enonaire Plante

- Compare our interest rate. Banks provide the dollars for a final mortgage, but do not care to provide dollars during construction.
- You will save money by being your own general contractor and, if you choose, by providing some of the labor yourself, or by using your relatives' and friends' help. And remember, we're there to help guide you.
- You don't have to wait, why not start your home now? Nothing will make you prouder than building the home of your dreams.

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- **EXPERIENCE!** Our Financing Plan is the **original**. All others have tried to copy ours! For more than 36 years, we've been financing newhome construction, making it possible for over 4,000 homes to be built in a 17-county area. We've helped more people and financed more homes than all the others put together.
- WE MAKE IT SIMPLE. When you talk with Chelsea Lumber, the whole process shifts from complicated to doable. All the estimating, qualifying and arranging for any outside contracting is done with the help of your personal Home Construction Financing Professional.
- WE PROVIDE FINANCING. Cash to build your home is provided by Chelsea Lumber Company, and no payments are due until your home is completed. We are your one-stop source for money and materials (You don't have to buy the materials from us).
- FOR SEVENTY-SIX YEARS, Chelsea Lumber has been selling top-quality building materials at low prices. As a Home Construction Finance customer, you will get our lowest cash 'n carry prices (not even the boss buys for less). Compare our material prices with any other dealer.
- WE NOW OFFER Ă DESIGN LIBRARY LOUNGE WITH 40 PRE-PRICED HOME DESIGNS PLUS HUNDREDS OF OTHERS TO SELECT FROM.
 WE ALSO HAVE DESIGN CONSULTANTS TO MODIFY A CURRENT DESIGN OR TO DESIGN TO YOUR SPECIFICATIONS.

How important is this decision?

Building your home is the most important financial decision you'll ever make - it's that important! Join the hundreds of Michigan families who choose Chelsea Lumber's Home Construction Financing Plan each year. Come learn the facts...see our facilities...meet our people at our FREE CLINICS MONDAY, JANUARY 20 or TUESDAY, JANUARY 21 at 7:00 PM, and then make an informed choice about this most important decision.

Chelsea Lumber has been the leader in Construction Financing Plans for 36 years. We now offer the most complete package available. Whether you are building a new home or want to re-mortgage your present one, we have services and rates that rival anyone...lumber companies or banks. The difference is, we know construction <u>and</u> financing like no one else. Our experience works for you. Call us toll free now for an appointment at 1-800-875-9126.



COME SEE OUR BRAND NEW DISPLAYS! Chelsea Lumber has added 3,500 sq. ft. to display America's top manufacturers... including WOODHARBOR.



Can you imagine cabinets and Interior doors that <u>actually match?</u>

Imagine...finally, a cabinet maker that also manufactures interior high-quality doors so we can coordinate your cabinets and interior doors to <u>actually match</u>. Woodharbor offers a full line of custom kitchen and bath cabinetry as well as CastPointe, their semi-custom line.

Imagine...at Woodharbor, custom, handcrafted woodwork is what they are all about. Cabinetry and interior doors crafted from the inside-out to be beautiful... a world of fine cabinetry. Whether it's simplicity and clean lines of a Shaker design or the embellishments of French Country, Woodharbor delivers with an eye for detail.

Imagine...a cabinet line that offers a generous selection of woods – cherry maple, oak, birch and hickory – and the ability to create your own finish. And, Woodharbor starts with solid engineering from dovetail joints to hardware that is chosen for precision and reliability. You are only limited by your **imagination**.

a Asko

A full line of high performance, high efficient washers, dryers and dishwashers. Asko appliances are some of the best-performing, most ecology-friendly on earth.

AT CHELSEA LYMBER OMPANY

Service, Design and Quality

are what you can expect from us.

Our goal is to bring your thoughts and ideas for your kitchen and/or bath areas to fruition, so every detail of the project is addressed from faucets to crown moldings. We'll help you select the right cabinetry and counter tops; we'll present fixtures and accessory choices that accent the space; and, we'll work with you in coordinating other material selections.

Whether you're expanding, remodeling or building new, you will find exciting ideas and products at the Chelsea Lumber Company design center.



-Another name for the finest in custom cobinetry offering unique flexibility in many styles-Traditional, Country, Contemporary, Casual, Quality products start with quality manufacturers ...

In addition to all the great name brand cabinets above, in **Counter Tops** we have Corian, Solid natural stone Granite and Marble, Custom laminate, and Zimmer Marble cultured marble tops. In **Tubs and Showers**, we carry Manhattan, Jacuzzi, Aqua Glass, Zimmer Marble, and Kohler. Our **Faucets** are Aquadis, Delta, Moen, Grohe, and Kohler. And, in **Appliances** we offer Bosch, Sub Zero and Asko washers, dryers and dishwashers, built to last longer.



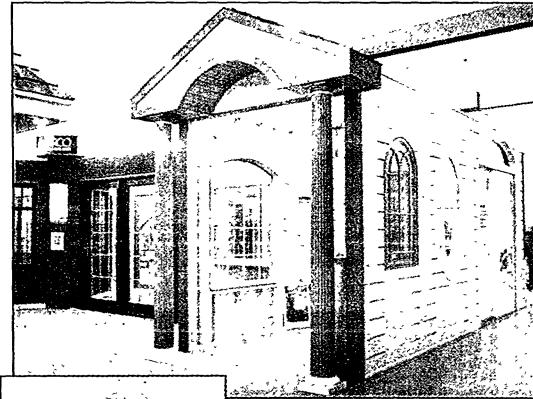
Left to right. Front row: Jennifer Mann, Stephanie Folts, Becky Chamberlin, Lisa Hartman. Back row: Kathy Stecker, Alicia Seamon, Mamie Wallace, Jeanene Miller, Rick Tarantowski, Pam Kiel.

Whether your home's design is classic or contemporary we'll provide the creativity, expertise and assistance to ensure your complete satisfaction.

WINDOWS DOORS ENTRANCES STAIR PARTS MOULDINGS

Come and see for yourself...

3,500 sq. ft. of Display Space for Windows, Doors, Entrances, Stair Parts, and Mouldings. Plus 3,000 sq. ft. of Kitchen and Bath Displays, Over 20,000 sq. ft. of Showrooms.





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Norco

Norco products are available in thousands of shapes and sizes complemented by a vast variety of glass and grill options.

- Aluminum Clad Exteriors
- Eight Colors Low-E Glazing
- Also Available Primed-Paintable
- Special Sizes Available Patio Doors

Marvin

- Aluminum Clad Exteriors
 - Five Colors Low-E Glazing
 - Also Available Primed-Paintable
 - Bare Wood Also Available Special Sizes Available • Patio Doors

EXTERIOR DOORS -

STEEL

DOOR CRAFT

- Low Maintenance
- Energy Efficient
- Wide Selection of Designs
- Many Glazing Options
- Adjustable Thermal Oak Threshold
- Magnetic Weatherstripping
- Solid Wood Block Design

- International Wood Products Highest-grade Solid Hardwoods • All Hand-carved Doors
- Six Hardwoods

ENTRANCES

- Hand-sanded and Sealed
- Comprehensive 5-year Warranty
- 40 Stain Colors 17 Glass Designs

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Woodharbor

With Woodharbor you are assured the finest craftsmanship and finish for all the interior wood products in your home. From doors to fireplace mantels to cabinetry, choosing Woodharbor means you have chosen wisely.

 Prefinished • Six Hardwoods Seven Stain Colors

Craftmaster • Prefinished

- Oak and Birch Flush
- Elite Molded Colonial
- Twelve Styles Primed •French Decorative

• Six Styles

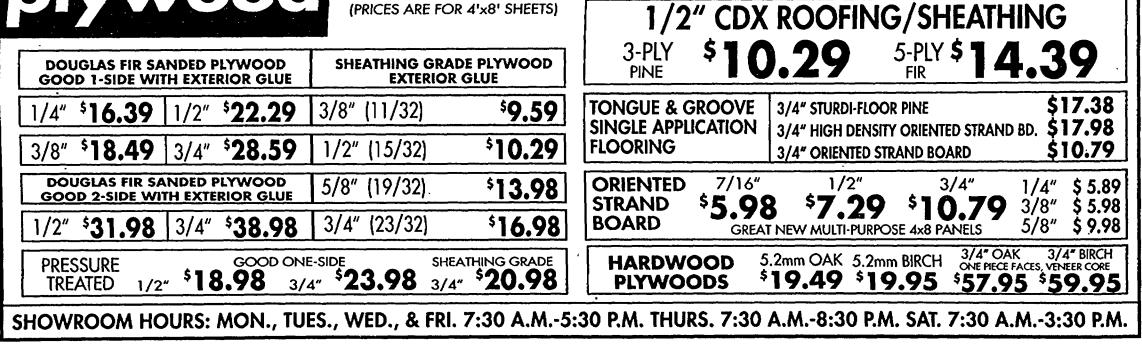
Wood Paneled

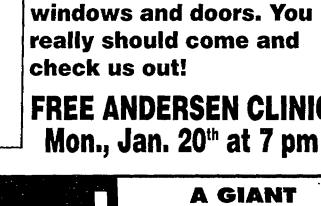
•Louvered STAIR PARTS

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- PLUS ORIENTED STRAND BOARDS





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We can buld it on your site, or deliver it for you to build.

Why build a permanent WOOD basement?

–Warmer and dryer–Year around installation–Utility cost savings
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Let us answer any questions you may have and quote a price

Come to our FREE CLINIC Jan. 22nd at 7:00 p.m.

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2x6x8	\$5.89	2x8x8	^{\$} 6.95	1/2" CDX PLY	^{\$} 19.98
2x6x16	^{\$} 11.98	. 2x8x10	^{\$} 8.98	5/8" CDX PLY	^{\$} 22.89
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One trip to Chelsea Lumber and you will "feel" the difference.

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Erected Packages to get the job done.		ACKARD	ONLY . ERECTED	\$329		3315			.40 retentic "x4"x8'	T
MATERIALS PACKAGE:	<u> </u>	<u>4 X 24</u>	ON YOUR SLAP			7600	\$4610	R	ounded-Edge	\$2.98
• Plans		CORD	MATERIALS ONLY	\$408		4055			-1/4"x5"x8' umbo Rounded-Edge	\$3.97
 All materials including steel-cla walk-in door with Weiser lock 16x7 paneled steel overhead do 	or	<u>2 X 24</u>	ERECTED ON YOUR SLAE			9885	\$6145		"x6"x8'	57.00
 Additional 9 x 7 overhead door included with the Cord. 	THE	UDSON	MATERIALS ONLY	\$ 28		2850			ough Sawn Red Pine	\$7.98
 12" overhang 4 sides (Hudson has 6" on eaves only) 		<u>2 X 22</u>	ERECTED ON YOUR SLAE			6835	\$3875	6	"x8"x8' ough Sawn Red Pine	\$17.98
ERECTED PACKAGE: • Construction by dependable		REGAL	MATERIALS ONLY	\$358		3600		5	"x5"x8' (full 5"x5")	
craftsmen backed by Chelsea Lumber		<u>8 X 24</u>	ERECTED ON YOUR SLAB		سيبط ومعادية والمتحدي	8555	\$ <u>5380</u>		ough Sawn Red Pine	\$8.98
SLAB (FLOOR) INCLUDES: A 4" slab rimm Local codes may call for a different footing	ed with expansion joint, f	fiberglass reinforced concrete. I conditions may require addit	2 24" deep footing, two rows	of block, a 24° apron at ga ad/or footing at extra cost.	rage doors, and a 3x2 Important Note: Erec	3 apron at service doors. 4" ted prices are based on a pr	of sand is included for the i re-leveled site free of vegetat	Dase.	1 Railroad Ties Actual Size	\$ 8.89
NEW	X	have a tru smooth. S	e cedar profile ca ince it's free from	refully molded natural flaws	into one sid and knots, t	e and the revers here's no splitti	se side is	1 x 4 x 10 1 x 6 x 10 1 x 8 x 10 1 x 12 x	5' 3/4" × 3-1/2" 5' 3/4" × 5-1/2" 5' 3/4" × 7-1/4"	\$9.89 \$13.39
	ABIC	\cap $$	which means the I warranty; Reversible; I					5/4 x 4 x 5/4 x 6 x	16' 1" x 3-1/2"	\$9.98
SALE THRU SA	Man Inter GAL. Wall Flat	rior Latex l & Trim Paint Finish	 Our Premium fla The ultimate in wall decor 	And a part that have	9	10-ft. sect TWO \$20.00	HIAN STYL E TREATED ion with post THREE \$27.4		/4" CDX x4x8 x6x8 x4x10 x6x10 x6x12 x6x12	\$32.89 \$3.29 \$4.98 \$3.98 \$6.59 \$4.98 \$4.98 \$7.59
DISCOVE	IS IS	THIS SOM	<u>NE SPECIA</u>	L KIND (<u>OF PLA</u>	<u>CE – OR</u>	WHAT!		NG YOURS	
CHELSEA LUMBER IS-		finest cedar 2 ality – and for	X4'S & 2X6'S	in Michigan	We know	lumber and	this is it	1/2× 1/2>	BEVEL SIDING	L FT. KIN
معلك	<u></u>	10'	12'	14'	16'	18'	20'		B CHANNEL S	r
PECIALLY 2x4	\$6.69	\$7.79		\$10.98	^{\$} 12.98				AR, RUFF-SAWED, K	
SELECTED 2.4	\$10.98	\$13.79		^{\$} 19.88	\$22.79	\$25.98	\$30.98			9 UN. FT.
DECK								K	LN DRIED, RUSTIC	IHIK-BUIT
DECK- $\frac{2x0}{4x4}$	\$18.89	\$22.89 \$11.60	\$27.98 \$13.69	\$15.60	\$18 60	\$21 60	\$21 60		EDAR BEVEL SIDING	
$\begin{array}{c} \text{DECK-} & \underline{2x0} \\ \text{GRADE} & \underline{4x4} \\ \text{CEDAR} & \underline{5/4x6} \end{array}$	\$18.89 \$8.89 2x2	\$22.89 \$11.69 2'S AND SPINDLES	\$ 13.69 CEDAR LATT		\$ 18.69 CED.	\$21.69 AR PANELING-SI	\$ 24.69 DING		EDAR BEVEL SIDING 6 59 대 1x8 A & BTR CLEAR	88 ¢⊮N
DECK- GRADE <u>4x4</u> CEDAR <u>5/4x6</u> ROUGH-SAWED BOARDS KILN-DRIED CEDAR 1X3 43 ° LIN. FT	\$18.89 \$8.89 2x2 RAIL	\$11.69 2'S AND SPINDLES	\$13.69 CEDAR LATTI DECORATIVE-F	CE PANELS UNCTIONAL	CED. 1x6 V-El	AR PANELING-SI		1)	EDAR BEVEL SIDING 36 59° FN. 1X8 A & BTR CLEAR KILN-DRIED CEDAR	88 €∰. ⊰
DECK- GRADE CEDAR ZXO 4x4 GRADE CEDAR 4x4 5/4x6 5/4x6 ROUGH-SAWED BOARDS KILN-DRIED CEDAR 1X3 1X3 43° UN. FT 1X4 39° UN. FT	\$18.89 \$8.89 2x2 RAIL CEDAR 42" TAPERED-EN	\$11.69 2'S AND SPINDLES	\$13.69 CEDAR LATTI DECORATIVE-F	CE PANELS UNCTIONAL	CED. 1x6 V-El	AR PANELING-SI		1	A & BTR CLEAR KILN-DRIED CEDAR	88 ° H.
DECK- GRADE CEDAR 2x0 Mail CEDAR 4x4 5/4x6 ROUGH-SAWED BOARDS KIUN-DRIED CEDAR 1X3 43° UN. FT 1X4 39° UN. FT 1X6 84° UN. FT 1X8 *1.19 UN. FT	\$18.89 \$8.89 2x2 RAIL CEDAR 42" TAPERED-EN SPINDLES	\$11.69 2'S AND SPINDLES ND \$2.10	\$13.69 CEDAR LATT DECORATIVE-F	CE PANELS UNCTIONAL 4'x8'	CED. 1x6 V-El Rough saw sound knoi smooth ba	AR PANELING-SI DGE CEDAR ved face, ts, ick 9		1)	EDAR BEVEL SIDING 5 59 FT. 1X8 A & BTR CLEAR KILN-DRIED CEDAR 5 52.39 5 3.39	88 ° F. 9 UN. FT. 9 UN. FT. 9 UN. FT. 9 UN. FT.
ZXO ZXO GRADE 4x4 CEDAR 5/4x6 ROUGH-SAWED BOARDS KILN-DRIED CEDAR 1X3 43° LIN. FT 1X4 39° LIN. FT 1X6 84° LIN. FT	\$18.89 \$8.89 2x2 RAIL CEDAR 42" TAPERED-EN SPINDLES CLEAR PREM	\$11.69 2'S AND SPINDLES ND \$2.10	\$13.69 CEDAR LATT DECORATIVE-F	CE PANELS UNCTIONAL	CED. 1x6 V-El Rough saw sound knoi smooth ba	AR PANELING-SI		در ا المرا المرا	EDAR BEVEL SIDING 36 59 ° HN 1X8 A & BTR CLEAR KILN-DRIED CEDAR 4 \$1.29 5 \$3.39 30 \$4.49	88 ° H. 9 UN. FT. 9 UN. FT. 9 UN. FT. 9 UN. FT. 9 UN. FT.

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PO	LE B	AR	NS:	WED.	<u>CLUN</u> ., Jan. 22	<u>∏C</u> ™ 7 PM	Equ (Giv	lestria	n B	arn	8				
			MATER PACKA		EREC PACKA		Double Furlow	barns designed in 1 g, our 4-stall barn, 7 with everything to	The Stable. 0	r our 6-stall	barn, The Tri	ple Furlon	our person g. Each has	s its own uni	m, <i>The</i> ique
		STE	EL ROOF S	HINGLE ROOF	STEEL ROOF	SHINGLE ROOF	shingled roof w	rith a 12" eave over a material estimat	hang and you e for you wit	r choice of c h all the mai	juality FABR	AL steel sid ailable or, i	ling or T1-1 if you choo	l I SmartPan se, build any	iel siding. 7 barn to
24'x32'	4KWOOD 8 FT. HIGH W 12 FT. x 7 FT.		525	\$3385	\$5660	\$5900	your specificati	ions with the same	quality const	*NUMBER STALLS	OF	M/ Si	ATERIALS	ONLY IONS	
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Storewide Clearance New markdowns taken

EOFYOURGHEARANCESAMINGS

50% Additional Clearance Savin

for a total savings of \$14 or 70%

40% Off Clearance Savino

Original Price

FINAL PRICE

\$20.00

-\$6.00 =\$6.00

TO/o Off

original prices

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 cold weather accessories; winter boots and men's, misses' & kids' outerwear.

Shop online: clearance

Misses' Clearance 70% Off Original Prices

Fall & Winter Sweaters

from Croft & Barrow[®], Sonoma and Nine & Company[®].

Coordinates

from Sag Harbor[®], Norton McNaughton[®] and Villager.

Dress & Casual Shoes

from Nine & Company[®], Villager, Dockers[®] and I.e.i.[®].

Wool Separates

from Harvé Benard®.

Denim & Corduroy

from Levi's® and Gloria Vanderbilt®.

Famous Maker Jewelry

from Napier[™], Villager, 1928[®] & more.

Slippers

from Dearfoams®, Totes® and more.

Handbags

from Villager, Nine & Company* and more.

Men's Clearance 70% Off Original Prices

Icelandic Fleece from C&B Sport and Sonoma.

Fall & Winter Sweaters

from Dockers[®], Croft & Barrow[®], Arrow and Sonoma. Warm-up Suits from C&B Sport and Reebok*.

Dress & Casual Shoes and Boots

from Dockers®, Lee® and Sonoma.

Loungewear & Robes

from Dockers[®], Columbia Sportswear Company[®] and Croft & Barrow[®].

Sport Shirts

from Croft & Barrow® and Arrow.

Kids' Clearance 70% Off Original Prices

Playwear

from Healthtex[®], OshKosh B'Gosh[®] & Carter's[®]. Playwear not intended as sleepwear.

Icelandic Fleece

from SO... & Sonoma.

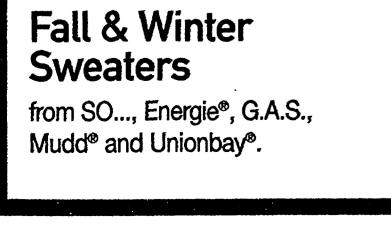
Sleepwear from Carter's[®] & OshKosh B'Gosh[®].

Fall & Winter Sweaters from SO..., Sonoma, Mudd® and Unionbay®.

Athletic & Dress Shoes

from Mudd[®], I.e.i.[®], Esprit, Sonoma, Reebok[®] and more.

Juniors' Clearance 70% Off Original Prices





Knit Tops

from SO... & Self Esteem®.

from SO... and Energie* .

Dresses & Pantsuits

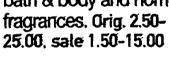
from Ronni Nicole, Teddi[®], Sag Harbor[®] Positive Attitude[®] and Miss Erika.

3









35% off fashion accessories for her. **Orig. \$3-\$25**, sale 1.95-16.25





saturday, january 18

8am-10pm

entire stock 30-50% off

NINE & COMPANY®, HAVANA JACK'S **GAFE®** and OUTFIT BY JPR career collections for misses. Orig. \$24-\$74. sale 16.80-51.80

entire stock 50% off

N.Y.L. & SONOMA sherpa & fleece anoarel for misses. petites and women. Drig. \$24-\$38. sale \$12-\$19 Misses shown. A shop online P11711

entire stock

Pantsuits & dresses for misses, petites, women and juniors. Drig. \$40-\$98, sale 24.00-58.80 Misses' shown.

40-50% off

Coordinates for misses. petites and women. Orig. \$29-\$76, sale 16.99-45.60 Selected styles. Misses' shown.

Villager Teddi.

40-50% off

Petites' sportswear. Orig. \$14-\$72, sale 7.00-43.20 Selected styles.

12:12:2

 Genuine Sonoma Jean Company® Gloria Vanderbilt*

Sag Harbor[®]

entire stock 30-50% off

BABY AND ME™ maternity sportswear. Orig. \$16-\$48, sale 11.20-24.00



entire stock 40% off

SO... denim & twill Dants for juniors. Drig. 29.99-34.00. sale 17.99-20.40 **Ishop online** P11717

SO..GSJC.

entire stock 40-50% off

MUDD[®], lei.[®], & UNIONBAY® tops for juniors. Orig.\$16-\$32. sale 9.60-16.00

entire stock **40%** off

Juniors' spring sweaters. Drig. \$24-\$28, sale 14.40-16.80







entire stock **40%** off

Juniors' screen printed tees. Ong. \$16-\$22, sale 9.60-13.20



and the state of the second second

35% off

Novelty screen printed tees for boys 4-20. Selected styles.

entire stock

50% off

CROFT & BARROW®

casual pants for men.

Double pleated style.

Orig. \$40-\$45,

sale 20.00-22.50



entire stock 40-50% off

CROFT& BARROW® knit & woven sport and dress shirts for men. Orig. \$18-\$36, sale 9.00-20.40 Shop online P11722

35% off

SONOMA separates for toddlers.

Selected styles. Sshop online P11715

entire stock **40% off**

LEE[®] denim pants for kids. · Boys' 4-18 • Girls' 4-16 Toddlers' Sshop online P11716



in an in the second second

entire stock **40%** off

SONOMA underwear for men. Reg. \$15-\$17. sale 9.00-19.20 A shop on the P11721

Genuiñe Sonoma Jean Company®.



30% off

save

50%

fleece crew

for men.

Orig. \$22,

sale \$11

CHAMPION®

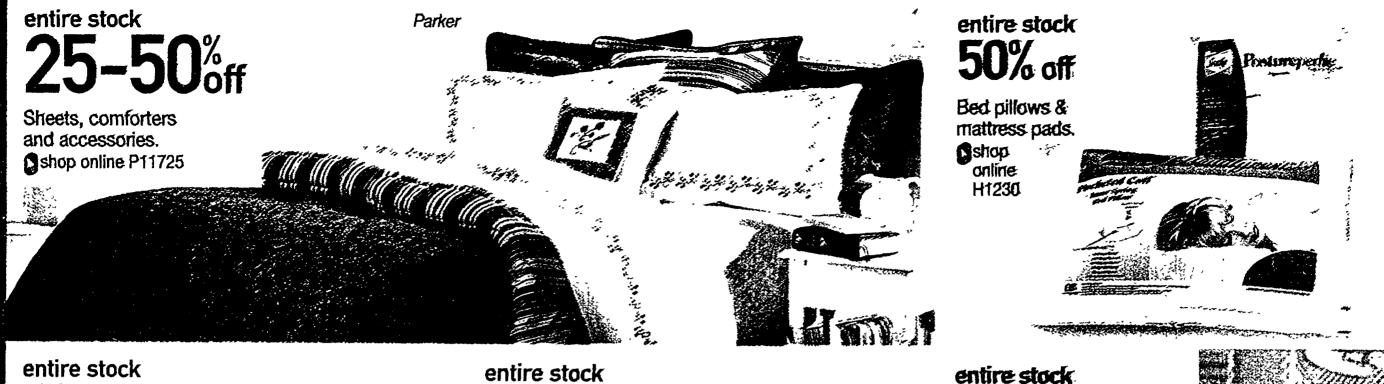
LEE® 5-pkt. basic jeans for men. Shop online P11723











entire stock **40%** off

Table linens and decorative pillows. Assorted placemats, tablecloths & more.





Accent, area & kitchen rugs and doormats. Shop online H1310

entire stock 35-50% off

Bath towels. Solid and decorative bath, hand and fingertip towels; bath sheets and washcloths. Shop online H1110

Villager

18

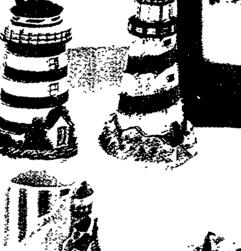
- Martex[®]
- Fieldcrest[®]
- Cannon[®] Royal Family[®]

entire stock 50-60% off

Luggage. Reg. 24.99-379.99, sale 12.49-189.99 Shop online H1720

35-50[%] off

Bath coordinates, accessories, shower curtains and rugs. shop online H1130





Entire Stock Home on Sale

Chesapeake Point





Winter Outerwear Clearance entire stock winter coats & jackets for the family Styles vary by store.

9:

men's

Orig.	\$60
Orig.	\$80
Orig.	\$140
Orig.	\$250-\$300
Orig.	\$325-\$375

Now	\$30
Now	\$40
Now	\$70
Now	\$130
Now	\$170



misses'

Orig. \$90-\$110	Now \$50
Orig. \$120-\$140	Now \$70
Orig. \$150-\$180	Now \$90
Orig. \$200-\$230	Now 512
Orig. \$250-\$300	Now \$15



kids

Orig. \$60-\$70	Now \$35
Orig. \$75-\$80	Now \$45-
Orig. \$90	Now \$50
Orig. \$95-\$110	Now \$55
Orig. \$120-\$135	Now \$70





20

50

Open a Kohl's

that's more like it

Prices good Saturday, January 18, 2003.

"Sale" prices and percentage savings offered in this advertisement are discounts from Kohl's "Regular" or "Original" prices. The "Regular" or "Original" price of an item is the former or future offered price for the item or a comparable item by Kohl's or another retailer. Actual sales may not have been made at the "Regular" or "Original" prices, and intermediate markdowns may have been taken. Clearance merchandise is excluded from "Entire Stock" promotions in this advertisement. In some events, actual savings may exceed the percent savings shown. KOHL'S® and KOHL'S brand names are trademarks of Kohl's Illinois, Inc.

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Charge and Receive Additional Discounts 10 Times a Year.

Subject to credit approval. See store for details.

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What makes your **mother** special?

American Profile would like to feature some of our readers' mothers in an upcoming Mother's Day story. Tell us, in a concise letter, why your mother is such a great mom. Mail it to: Mother's Day, c/o American Profile 341 Cool Springs Blvd., Suite 400 Franklin, TN 37067 or e-mail it to mymother@americanprofile.com Please include your full name, address, and telephone number.

Q Did Elvis write any of the songs he sang? If so, what are some of them?

-B.J. Stewart, Texas

Though he was creative in his interpretation of songs—think of his rocked-up version of bluegrass standard Blue Moon of Kentucky-Elvis Presley was not a songwriter. Of all the songs he recorded, he only really played a part in writing two-That's Someone You'll Never Forget and You'll Be Goneaccording to the archives department at Graceland. He does get co-writing credit on a few of his hits, including All Shook Up, Heartbreak Hotel, and the songs that appear on the Love Me Tender soundtrack. However, those are the result contractual negotiations by his manager, a fairly common practice at that time used to increase the amount of royalties that performers received for the recordings. In addition to receiving a percentage of sales for performing the songs, Elvis also received a songwriter's percentage.



Q Is Jean Smart working on any projects? I loved her on Designing Women. —Jason W., Ohio

Turn your television to NBC at 8:30 p.m. Eastern time Tuesdays to catch Jean Smart in *In-Laws*. The show is about a newlywed couple that moves back home with the wife's parents to save money so the husband can attend cooking school.

Smart, 43, plays the wife's mother. She has kept busy since leaving Designing Women in 1991 after working on the show for five seasons. After leaving the series, Smart appeared in feature films such as The Brady Bunch Movie, The Odd Couple II, and numerous television movies. She also starred in two other short-lived comedy series—High Society and Style and Substance. Smart recently appeared in the Broadway revival of The Man Who Came to Dinner, earning a Tony Award nomination. She also had a high-profile recurring role on Frasier and won two Emmys for her work on the show. Smart met her husband, actor Richard Gilliland, on the set of Designing Women. They have one son.

Q I've enjoyed Ryan Stiles on ABC's The Drew Carey Show and Whose Line Is It Anyway?, but I haven't read anything about him. Can you fill me in?

-Mark B., California

Ryan Stiles has been doing comedy for a long time. He performed at small clubs near his home in Vancouver, British Columbia, and dropped out of high school when he was 17 to pursue it full time. In 1986, he started perfecting his improvisational skills when he joined Canada's Second City comedy troupe and went on to join the Los Angeles outfit in 1990. Whose Line Is It Anyway? is a knockoff of a British **Ryan Stiles** show, on which Stiles was a regular from 1989 to 1998. His movie credits include Hot Shots! and Hot Shots! Part Deux. He has guest-starred on several television shows: Mad About You, Murphy Broun, and The John Larroquette Show are just a few. Stiles, 43, is married and has two children. He and his family split their time between Los Angeles and Washington state.



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Page 2 • American Profile



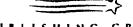
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THE ISTORY

COMES ALIVE. WHERE тне PAST

by RUTH EPSTEIN

Spotlight ICE Watch

Hometowi

The Housatonic River is one of Connecticut's

prime natural resources, but in the town of Kent, it also works for the fire department.

Each winter since 1978, Kent's volunteer department has used a section of the waterway that meanders from western Massachusetts to Long Island Sound to generate money for its coffers, as well as to provide a jackpot for an astute or lucky—guesser.

For \$2, entrants pick a day and time they think the ice will break up on the river, assuming the river freezes over as it usually does—with the closest guess splitting the pot with the fire department. The local Ice Watch was the idea of the late John Greene, longtime editor of the *Kent Good Times Dispatch*, and was fashioned after an event he'd heard of in Alaska.

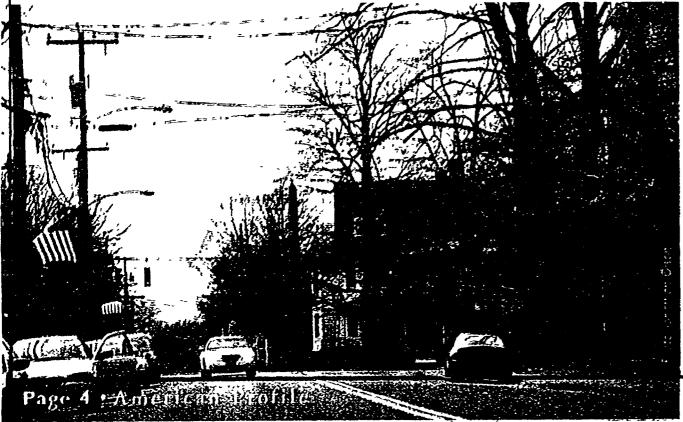
Veteran firefighter Arthur Seabury, 90, oversees the project. He's devised an intricate system consisting of a tripod, a clock, and a cable that records—by registering movement—the precise moment the ice breaks up. That can be anytime in late winter or early spring, but often it happens in February or March.

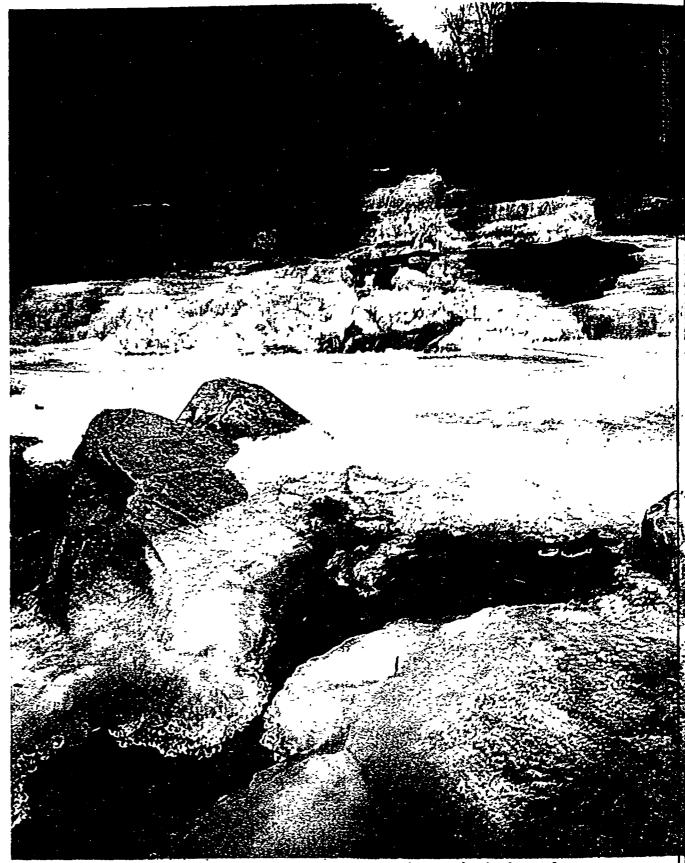
That moment depends on the temperature, or a rainfall that makes the river rise, but it can be dramatic. When it goes, the ice buckles, cracks, and snaps, the surface becomes jumbled and chaotic, and floes begin to break off and float away, bashing into solid ice farther downstream. The fire department has gotten good at gauging the weather and alerting the town on the most likely day, and the breakup sometimes attracts a crowd, including a *Dispatch* reporter.

"The contest is a very good provider of money and a good way to keep the department in the limelight," says Seabury, who no longer responds to fire calls but remains on the department's roster. The pot has gone as high as \$7,000.

Occasionally, though, the Housatonic doesn't cooperate. A warmer-than-normal winter last year kept the river from completely freezing over—and also kept the pot low. A random drawing held by the department in the spring picked the ticket of George Deakin of Milford, who split the \$1,280 pot with the fire department.

Scenic Route 7, a lovely drive, is Kent's Main Street.





When the ice breaks up, it's an early sign of spring and a jackpot for someone.

Kent (pop. 2,858), in northwestern Connecticut, is served by the Housatonic in more predictable ways as well. During the summer its waters provide whitewater canoeing, kayaking, tubing, boating, and swimming. For the expert, Rattlesnake Rapids in Falls Village, 20 miles north of Kent, and at nearby Bulls Bridge, offer challenging whitewater runs. Hikers on the Appalachian Trail also enjoy views of the river as the trail parallels it for five miles between Kent and the town of Cornwall Bridge (pop. 1,278), the longest stretch of river walk between Georgia and Maine.

Bulls Bridge, one of the state's two covered bridges still open to traffic, crosses the Housatonic a few miles south of Kent. George Washington was purported to have traversed the river at this site in 1731, just before the span was erected. Legend has it his horse fell in, resulting in a rescue.

While Kent has a number of craft boutiques and art galleries, for many the lure of the town is its natural beauty: Kent Falls State Park with its dramatic cascading waterfall is renowned. The Housatonic attracts anglers to some of the best fly-fishing in the region. Bald eagles are beginning to nest along some stretches of the river again, and hikers taking a break from the Appalachian Trail are common during the summer.

But some just come for the ice watch. For the last 20 years, Bonnie and Dennis Andres have traveled the 25 miles from Torrington (pop. 35,202) each winter to place their bets.

"It's such a neat idea," Bonnie says. "I always guess Feb. 24 at 6:55 p.m., the day and time of my birth. It's a good winter activity. We don't ski or snowboard. We just buy tickets."

Ruth Epstein lives in Kent where she watches the ice as closely as anyone.

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ADDERALL XR was generally well tolerated in clinical studies. The most common side effects are decreased appetite, stomachache, difficulty falling asleep, and emotional lability.

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Abuse of amphetamines may lead to dependence. Report any new psychological symptoms to your physician.

Visit us at ADDERALLXR.com or call 1-888-774-3000 for more information.

Please see brief summary of prescribing information on adjacent page

For more information, consult your physician.

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ADDERALL XR (

5 mg, 10 mg, 15 mg, 20 mg, 25 mg, 30 mg CAPSULES (Mixed Salts of a Single-Entity Amphetamine Product) Dextroamphetamine Sulfate Dextroamphetamine Saccharate Amphetamine Aspartate Monohydrate Amphetamine Sulfate

Patient-friendly ADHD treatment

AX[A329

Shire

January 2003

BRIEF SUMMARY: Consult the full prescribing information for complete product information.
ADDERALL XR^o CAPSULES CIJ Rx Only

AMPHETAMINES HAVE A HIGH POTENTIAL FOR ABUSE. ADMINISTRATION OF AMPHETAMINES FOR PROLONGED PERIODS OF TIME MAY LEAD TO DRUG DEPENDENCE. PARTICULAR ATTENTION SHOULD BE PAID TO THE POSSIBILITY OF SUBJECTS OBTAINING AMPHETAMINES FOR NON-THERAPEUTIC USE OR DISTRIBUTION TO OTHERS AND THE DRUGS SHOULD BE PRESCRIBED OR DISPENSED SPARINGLY.

INDICATIONS ADDERALL XR[•] is indicated for the treatment of Attention Deficit Hyperactivity Disorder (ADHD). The efficacy of ADDERALL XR[•] in the treatment of ADHD was established on the basis of two controlled trials of children aged 6 to 12 who met DSM-IV criteria for ADHD, along with extrapolation from the known efficacy of ADDERALL[•], the immediate-release formulation of this substance. **CONTRAINDICATIONS** Advanced arteriosclerosis, symptomatic cardiovascular disease, moderate to severe hypertension, hyperthyroidism, known hypersensitivity or idiosyncrasy to the sympathomimetic amines, glaucoma. Agitated states. Patients with a history of drug abuse. During or within 14 days following the administration of monoamine oxidase inhibitors (hypertensive crises may result). WARNINGS Psychosis: Clinical experience suggests that, in psychotic patients, administration of amphetamine may exacerbate symptoms of behavior disturbance and thought disorder. Long-Term Suppression of Growth: Data are inadequate to determine whether chronic use of stimulants in children, including amphetamine, may be causally associated with

suppression of growth. Therefore, growth should be monitored during treatment, and patients who are not growing or gaining weight as expected should have their treatment interrupted. PRECAUTIONS General: The least amount of amphetamine feasible should be prescribed or dispensed at one time in order to minimize the possibility of overdosage. Hypertension and other Cardiovascular Conditions: Caution is to be exercised in prescribing amphetamines for patients with even mild hypertension (see CONTRAINDICATIONS). Blood pressure and pulse should be monitored at appropriate intervals in patients taking ADDERALL XR^e, especially patients with hypertension. Tics: Amphetamines have been reported to exacerbate motor and phonic tics and Tourette's syndrome. Therefore, clinical evaluation for tics and Tourette's syndrome in children and their families should precede use of stimulant medications. Information for Patients: Amphetamines may impair the ability of the patient to engage in

potentially hazardous activities such as operating machinery or vehicles; the patient should therefore be cautioned accordingly. Drug Interactions: Aciditying agents-Gastrointestinal aciditying agents (guanethidine, reserpine, glutamic acid HCI, ascorbic acid, etc.) lower absorption of amphetamines. Urinary acidifying agents-These agents (ammonium chloride, sodium acid phosphate, etc.) increase the concentration of the ionized species of the amphetamine molecule, thereby increasing unnary excretion. Both groups of agents lower blood levels and efficacy of amphetamines. Adrenergic blockers-Adrenergic blockers are inhibited by amphetamines. Alkalinizing agents-Gastrointestinal alkalinizing agents (sodium bicarbonate, etc.) increase absorption of amphetamines. Co-administration of ADDERALL XR* and gastrointestinal alkalinizing agents. such as antacids, should be avoided. Urinary alkalinizing agents (acetazolamide, some thiazides) increase the concentration of the non-ionized species of the amphetamine molecule, thereby decreasing urinary excretion. Both groups of agents increase blood levels and therefore potentiate the actions of amphetamines. Antidepressants, tricyclic-Amphetamines may enhance the activity of tricyclic antidepressants or sympathomimetic agents; d-amphetamine with desipramine or protriptyline and possibly other tricyclics cause striking and sustained increases in the concentration of d-amphetamine in the brain; cardiovascular effects can be potentiated. MAO inhibitors-MAOI antidepressants, as well as a metabolite of furazolidone, slow amphetamine metabolism. This slowing potentiates amphetamines, increasing their effect on the release of norepinephrine and other monoamines from adrenergic nerve endings; this can cause headaches and other signs of hypertensive crisis. A variety of toxic neurological effects and malignant hyperpyrexia can occur, sometimes with fatal results. Antihistamines—Amphetamines may counteract the sedative effect of antihistamines. Antihypertensives Amphetamines may antagonize the hypotensive effects of antihypertensives. Chlorpromazine-Chlorpromazine blocks dopamine and norepinephrine receptors, thus inhibiting the central stimulant effects of amphetamines, and can be used to treat amphetamine poisoning. Ethosuximide-Amphetamines may delay intestinal absorption of ethosuximide. Haloperidol-Haloperidol blocks dopamine receptors, thus inhibiting the central stimulant effects of amphetamines. Lithium carbonate-The anorectic and stimulatory effects of amphetamines may be inhibited by lithium carbonate. Meperidine-Amphetamines potentiate the analgesic effect of meperidine. Methenamine therapy-Urinary excretion of amphetamines is increased, and efficacy is reduced, by acidifying agents used in methenamine therapy. Norepinephrine—Amphetamines enhance the adrenergic effect of norepinephrine. Phenobarbital— Amphetamines may delay intestinal absorption of phenobarbital; co-administration of phenobarbital may produce a synergistic anticonvulsant action. Phenyloin-Amphetamines may delay intestinal absorption of phenytoin; co-administration of phenytoin may produce a synergistic anticonvulsant action. Propoxyphene---In cases of propoxyphene overdosage, amphetamine CNS stimulation is potentiated and fatal convulsions can occur. Veratrum alkaloids-Amphetamines inhibit the hypotensive effect of veratrum alkaloids. Drug/Laboratory Test Interactions: Amphetamines can cause a significant elevation in plasma conticosteroid levels. This increase is greatest in the evening. Amphetamines may interfere with uninary steroid determinations. Carcinogenesis/Mutagenesis and Impairment of Fertility: No evidence of carcinogenicity was found in studies in which d,I-amphetamine (enantiomer ratio of 1:1) was administered to mice and rats in the diet for 2 years at doses of up to 30 mg/kg/day in male mice, 19 mg/kg/day in female mice, and 5 mg/kg/day in male and female rats. These doses are approximately 2.4, 1.5, and 0.8 times, respectively, the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis. Amphetamine, in the enantiomer ratio present in ADDERALL² (immediate-release)(d- to I- ratio of 3:1), was not clastogenic in the mouse bone marrow micronucleus test in vivo and was negative when tested in the E. coli component of the Ames test in vitro. d,I-Amphetamine (1:1 enantiomer ratio) has been reported to produce a positive response in the mouse bone marrow micronucleus test, an equivocal response in the Ames test, and negative responses in the in vitro sister chromatid exchange and chromosomal aberration assays. Amphetamine, in the enantiomer ratio present in ADDERALL* (immediate-release)(d- to i- ratio of 3:1), did not adversely affect fertility or early embryonic development in the rat at doses of up to 20 mg/kg/day (approximately 5 times the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis). Pregnancy: Pregnancy Category C. Amphetamine, in the enantiomer ratio present in ADDERALL® (d- to I- ratio of 3.1), had no apparent effects on embryofetal morphological development or survival when orally administered to pregnant rats and rabbits throughout the period of organogenesis at doses of up to 6 and 16 mg/kg/day, respectively. These doses are approximately 1.5 and 8 times, respectively, the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis. Fetal malformations and death have been reported in mice following parenteral administration of d-amphetamine doses of 50 mg/kg/day (approximately 6 times the maximum recommended human dose of 30 mo/day on a mo/m' basis) or greater to oregnant animals. Administration of these doses was also associated with severe maternal toxicity. A number of studies in rodents indicate that prenatal or early postnatal exposure to amphetamine (d- or d,I-), at doses similar to those used clinically, can result in long-term neurochemical and behavioral alterations. Reported behavioral effects include learning and memory deficits, altered locomotor activity, and changes in sexual function. There are no adequate and well-controlled studies in pregnant women. There has been one report of severe congenital bony deformity, tracheo-esophageal fistula, and anal atresia (vater association) in a baby born to a woman who took dextroamphetamine sulfate with lovastatin during the first trimester of pregnancy. Amphetamines should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Nonteratogenic Effects: Infants born to mothers dependent on amphetamines have an increased risk of premature delivery and low birth weight. Also, these infants may experience symptoms of withdrawal as demonstrated by

dysphoria, including agitation, and significant lassitude. Usage in Nursing Mothers: Amphetamines are excreted in human milk. Mothers taking amphetamines should be advised to refrain from nursing. Pediatric Use: ADDERALL XRº is indicated for use in children 6 years of age and older. Use in Children Under Six Years of Age: Effects of ADDERALL XRº in 3-5 year olds have not been studied. Long-term effects of amphetamines in children have not been well established. Amphetamines are not recommended for use in children under 3 years of age. Geriatric Use: ADDERALL XR* has not been studied in the geriatric population. ADVERSE EVENTS The premarketing development program for ADDERALL XR* included exposures in a total ol 685 participants in clinical trials (615 patients, 70 healthy adult subjects). These participants received ADDERALL XR* at daily doses up to 30 mg. The 615 patients (ages 6 to 12) were evaluated in two controlled clinical studies, one open-label clinical study, and one single-dose clinical pharmacology study (N=20). Safety data on all patients are included in the discussion that follows. Adverse reactions were assessed by collecting adverse events, results of physical examinations, vital signs, weights, laboratory analyses, and ECGs. Adverse events during exposure were obtained primarily by general inquiry and recorded by clinical investigators using terminology of their own choosing. Consequently, it is not possible to provide a meaningful estimate of the proportion of individuals experiencing adverse events without first grouping similar types of events into a smaller number of standardized event categories. In the tables and listings that follow, COSTART terminology has been used to classify reported adverse events. The stated frequencies of adverse events represent the proportion of individuals who experienced, at least once, a treatment-emergent adverse event of the type listed. Adverse events associated with discontinuation of treatment: In two placebo-controlled studies of up to

5 weeks duration, 2.4% (10/425) of ADDERALL XR[®] treated patients discontinued due to adverse events (including 3 patients with loss of appetite, one of whom also reported insomnia) compared to 2.7% (7/259) receiving placebo. The most frequent adverse events associated with discontinuation of ADDERALL XR[®] in controlled and uncontrolled, multiple-dose clinical trials (N=595) are presented below. Over half of these patients were exposed to ADDERALL XR[®] for 12 months or more.

Adverse event	% of patients discontinuing (N=595)
Anorexia (loss of appetite)	2.9
Insomnia	1.5
Weight loss	1.2
Emotional lability	1.0
Depression	0.7

Adverse events occurring in a controlled trial: Adverse events reported in a 3-week clinical trial of pediatric patients treated with ADDERALL XR* or placebo are presented in the table below. The prescriber should be aware that these figures cannot be used to predict the incidence of adverse events in the course of usual medical practice where patient characteristics and other factors differ from those which prevailed in the clinical trials. Similarly, the cited frequencies cannot be compared with figures obtained from other clinical investigations involving different treatments, uses, and investigators. The cited figures, however, do provide the prescribing physician with some basis for estimating the relative contribution of drug and non-drug factors to the adverse event incidence rate in the population studied.

Table 1 Adverse Events Reported by More Than 1% of Patients Receiving ADDERALL XR[®] with Higher Incidence Than on Placebe in a 584 Patient Clinical Study

Body System	Preferred Term	ADDERALL XRº (N=374)	Placebo (N=210)
General	Abdominal Pain (stomachache)	14%	10%
	Accidental Injury	3%	2%
	Asthenia (fatigue)	2%	0%
	Fever	5%	2%
	Infection	4%	2%
	Viral Infection	2%	0%
Digestive System	Loss of Appetite	22%	2%
•	Diarrhea	2%	1%
	Dyspepsia	2%	1%
	Nausea	5%	3%
	Vomiting	7%	4%
Nervous System	Dizziness	2%	0%
2	Emotional Lability	9%	2%
	Insomnia	17%	2%
	Nervousness	6%	2%
Metabolic/Nutritional	Weight Loss	4%	0%

The following adverse reactions have been associated with amphetamine use: Cardiovascular: Palpitations, tachycardia, elevation of blood pressure. There have been isolated reports of cardiomyopathy associated with chronic amphetamine use. Central Nervous System: Psychotic episodes at recommended doses, overstimulation, restlessness, dizziness, insomnia, euphoria, dyskinesia, dysphoria, tremor, headache, exacerbation of motor and phonic tics and Tourette's syndrome. Gastrointestinal: Dryness of the mouth, unpleasant taste, diarrhea, constipation, other gastrointestinal disturbances. Anorexia and weight loss may occur as undesirable effects. Allergic: Urticaria. Endocrine: Impotence, changes in libido. DRUG ABUSE AND DEPENDENCE ADDERALL XR* is a Schedule II controlled substance. Amphetamines have been extensively abused. Tolerance, extreme psychological dependence, and severe social disability have occurred. There are reports of patients who have increased the dosage to many times that recommended. Abrupt cessation following prolonged high dosage administration results in extreme fatigue and mental depression; changes are also noted on the sleep EEG. Manifestations of chronic intoxication with amphetamines may include severe dermatoses, marked insomnia, irritability, hyperactivity, and personality changes. The most severe manifestation of chronic intoxication is psychosis, often clinically indistinguishable from schizophrenia. OVERDOSAGE Individual patient response to amphetamines varies widely. Toxic symptoms may occur idiosyncratically at low doses. Symptoms: Manifestations of acute overdosage with amphetamines include restlessness, tremor, hyperreflexia, rapid respiration, confusion, assaultiveness, hallucinations, panic states, hyperpyrexia and rhabdomyolysis. Fatigue and depression usually follow the central nervous system stimulation. Cardiovascular effects include arrhythmias, hypertension or hypotension and circulatory collapse. Gastrointestinal symptoms include nausea, vomiting, diarrhea, and abdominal cramps. Fatal poisoning is usually preceded by convulsions and coma. Treatment: Consult with a Certified Poison Control Center for upto-date guidance and advice. Management of acute amphetamine intoxication is largely symptomatic and includes gastric lavage, administration of activated charcoal, administration of a cathartic and sedation, Experience with hemodialysis or peritoneal dialysis is inadequate to permit recommendation in this regard. Acidification of the urine increases amphetamine excretion, but is believed to increase risk of acute renal failure if myoglobinuria is present. If acute severe hypertension complicates amphetamine overdosage, administration of intravenous phentolamine has been suggested. However, a gradual drop in blood pressure will usually result when sufficient sedation has been achieved. Chlorpromazine antagonizes the central stimulant effects of amohetamines and can be used to treat amohetamine intoxication. The prolonged release of mixed amphetamine salts from ADDERALL XR' should be considered when treating patients with overdose. Dispense in a tight, light-resistant container as defined in the USP. Store at 25° C (77° F). Excursions permitted to 15-30° C (59-86° F) [see USP Controlled Room Temperature]. Manufactured by DSM Pharmaceuticals Inc., Greenville, North Carolina 27834. Distributed and marketed by Shire US Inc., Florence, KY 41042. For more information call 1-800-536-7878 or visit www.adderaibr.com. ADDERALL® is registered in the US Patent and Trademark Office.

by KATHY PEEL

Prescription for **Procrastination**

Home

We all need an occasional

jump-start to tackle a dreaded chore, such as cleaning out a closet or de-cluttering. Pick and choose from among these suggestions to help you get busy:

Gear up the night before. If you plan to tackle a project one morning, set out the supplies or tools you'll need.

Go to bed a little earlier than usual so you'll wake up refreshed and ready to go.

Speed up your metabolism. Before starting the task, take a 20-minute brisk walk.

Put on peppy music that makes you want to move.

Decide beforehand how you will reward yourself when you complete the job.

Give yourself the freedom to stop and rest when necessary.

Pat yourself on the back when you finish a segment of the task. If you have six drawers to clean out, congratulate yourself each time you conquer one.

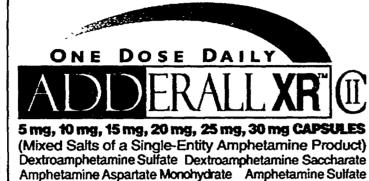
Ask someone you enjoy to help out with the job.

Start a 15-minute rule. Spend 15 minutes every day on something you've been procrastinating about. Before you know it, you'll have the dreaded task licked.

Family management expert Kathy Peel is a regular contributor to American Profile.





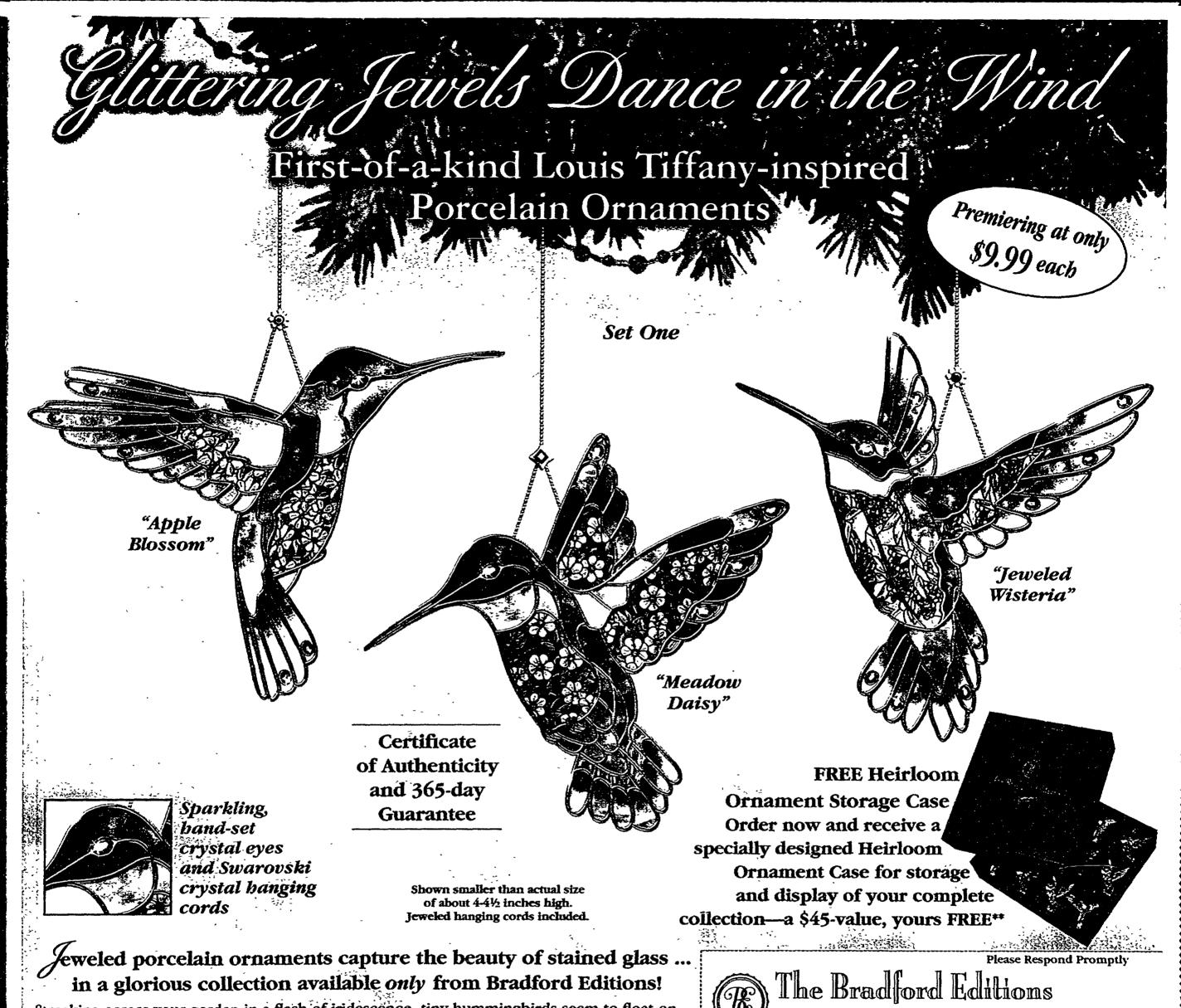


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by ELIZABETH JOHNSON

Joe Rogers is so wild about the hawks, owls, eagles, and other birds of prey that he's devoted his life to protecting them.

The

Man

As director of the Wildlife Recovery Association in Shepherd, Mich., (pop. 1,536) Rogersalso known as The Bird Man-not only rescues sick or injured birds and returns them to the wild, but helps others understand and appreciate these beautiful creatures and their role in nature.

"I want people to understand and respect them, so they will want to care about their future," says Rogers, 50, who has rescued injured raptors-including some that have been shot, hit with baseball bats and tennis rackets, or struck by cars.

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A snowy owl is among hundreds of birds of prey helped by Joe Rogers each year.

Rogers grew up in a family that loved wild birds and was active in environmental issues, so it was natural for him to study wildlife biology in college and become a field biologist specializing in birds of prey.

"I originally just wanted to study animals in the wild, but there was so much more that needed to be done," Rogers says. He and other outdoor enthusiasts founded the Wildlife Recovery Association in 1975.

Rogers and his wife, Barb, a middle school science teacher, own 200 acres of wetland property north of Shepherd, and their home is the headquarters of the Wildlife Recovery Association. The couple and their daughter, Joanna, 15, care for 100 to 300 injured birds every year.

The organization has no paid staff, just the Rogers family and a group of dedicated volunteers. They work among the trees, where large cages and flight pens provide a natural environment for recovering birds. A small pond and swampland provide a runway for waterfowl, such as loons.

"There's a special bond between Joe and the birds," says Joanne Williams, a Shepherd resident and state coordinator of the Michigan Loon Preservation Association. "Joe really cares about the birds, and he wants other people to care about them, too."

Rogers keeps about 20 raptors for educational purposes and takes them on visits to nearly 150 groups each year.

"These birds belong to the people, but if folks don't know they exist, they won't work to save them," Rogers says. "I especially want to reach the kids, because their generation hasn't experienced these birds."

Rogers can quiet a group of fidgety Cub Scouts as soon as he opens one of his traveling boxes and brings out a great horned owl. Walking among the boys, he shows them the bird's sharp talons and fierce beak. They are equally amazed by a rough-legged hawk, a northern harrier, a snowy owl, and a vulture.

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"We just don't get to see birds like that very often," says Bruce Chapman, master of Cub Scout Pack 9 in Lansing, Mich. "The boys are fascinated to see these incredible birds up close."

Fees from The Bird Man's educational programs and membership dues to the association help to pay for food, medicine, and shelter for rescued birds. The group's 600 members receive a newsletter keeping them informed about Rogers' work, successful rescues, and the need to preserve the wilderness for the birds.

"Caring for injured animals doesn't do any good if there's no place for them to live," Rogers says. "We need to make sure these birds are around for future generations to enjoy."

Elizabeth Johnson is a freelance writer in Lansing, Mich.

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Did You Know ...

ILLINOIS—Completed in 1848, the 97-mile Illinois and Michigan Canal, which linked the Mississippi River and Great Lakes, was the last great waterway built during the canal era.

INDIANA—Virgil "Gus" Grissom, one of the original seven Mercury astronauts, was born April 3, 1926, in Mitchell (pop. 4,567) and in 1961 became the first Hoosier in space.

IOWA-Goldfield (pop. 680) is nicknamed "Fountain City" because of its large, flowing artesian wells.

KANSAS-The 1904 Old Limestone Building, which houses the public library in Potwin (pop. 457), originally served as the town's first bank.

MICHIGAN—Built in 1952, the S.S. Badger is the only ferry of its kind still operating on Lake Michigan. It can transport 180 vehicles and more than 600 passengers during its regular 60-mile, four-hour cruise between Ludington (pop. 8,357) and Manitowoc, Wis. (pop. 34,053).

MINNESOTA—Known as the Father of Prohibition, Rep. Andrew Volstead (1860-1947) served as a prosecuting attorney and mayor of Granite Falls (pop. 3,070) before spearheading passage of the 1919 National Prohibition Act, also known as the Volstead Act.

MISSOURI-Some students barter hogs for tuition to attend Lindenwood University in St. Charles. The university then processes the hogs, serving ham, pork chops, and sausage in campus cafeterias.

NEBRASKA—The recipe for Dorothy Lynch Home Style Dressing was developed in the 1940s by Dorothy Lynch and her husband, who operated the restaurant at the Legion Club in St. Paul (pop. 2,218). In 1964, Tasty-Toppings Inc. purchased the recipe and rights to the product and now manufactures 3.6 million bottles a year in Duncan (pop. 359).

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NORTH DAKOTA—The state has more than 30,000 farms and ranches.

OHIO-Steubenville (pop. 19,015) was founded in 1797 on the ruins of Fort Steuben, established a decade earlier to protect surveyors of the Northwest Territory.

SOUTH DAKOTA—The state's coldest temperature of minus 58 degrees was recorded Feb. 17, 1936, at McIntosh (pop. 217) on the Standing Rock Indian Reservation.

WISCONSIN-The Badger State has 112,362 miles of state and interstate highways, county roads, and city streets.

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Cover Story

by STEPHEN LEON ALLIGOOD



Arden Bowman gets strapped in to pllot the Warbird AT-6

Gina Moore's yellow beauty

The

of a flying machine sits in the takeoff position at the end of the runway. The engine roars as the throttle is opened. Its wheels begin to roll, gaining speed with every foot.

The noise of the 600-horsepower Pratt and Whitney engine increases-a guttural buzz, like a million

angry hornets captured inside the revving engine. As the plane cruises past the small airport's terminal, the beast breaks gravity's bond, sailing into blue skies.

Inside the glass-canopied cockpit of the vintage AT-6, a former military training airplane, Moore is in her office conducting business with a smile.

Moore, 33, is owner and chief pilot of Warbird Sky Ventures, a ride-for-hire business that carries on the aviation tradition of barnstorming in 21st-century style.

to be the only female owner of a barnstorming enterprise in the country. "That's what my insurance agent tells me anyway," she says with a laugh.

From January to October each year, she travels to airports from Alabama to Minnesota, offering locals a chance to fly—and if they want, do a loopthe-loop—in a World War II-era plane designed

> to teach the basics of aviation warfare to prospective pilots.

"The AT-6 was called the 'pilot maker' because it's a challenge to fly," she says. "The major thing is you can't see where you are going. The engine is higher than the rear cockpit, so you're kind of aiming the plane as you taxi, especially if you are in the back seat."

Another item of interest: The AT-6 is steered by a stick. The cockpit has no steering yoke like newer planes, just a metal rod risThe AT-6 is one of many aircraft Moore has mastered during an aviation career that has gone up, up, up since her graduation with an aerospace degree a decade ago. For several summers, she towed advertising banners over Ocean City, Md.

She's also taught aerobatics and has given rides on all kinds of planes. After college, she also worked for a commercial airline in the maintenance department. "I can't imagine doing anything else because I'm having so much fun," she says.

Bringing back memories

Moore is not quite sure what sparked her imagination to become a pilot-much less a modernday barnstormer.

"It's not like I was thinking about planes all the time, but when I was 10 or 12, I told my mom that I wanted to be a pilot. It looked like it would be more fun than a barrel of monkeys," she says.

Moore completed ground school training after high school and continued with flight training



"I don't land in farmers' fields to drum up business," she says, referring to the barnstormers of aviation's golden age—the years between the world wars. These daredevils would land surplus World War I airplanes in a pasture near a small town, cut a deal with the farmer for use of the makeshift landing strip, and give flights for \$1 per person.

"I stick to airports," says Moore, in between flights, sitting at a desk in her ground office in Gallatin, Tenn., a community of 23,230. She is believed ys. ing from the cockpit floor. To turn right, the stick is tilted right. The same goes for turning left. To make the plane go up, the pilot pulls back on the stick. Pushing it forward heads the plane toward the ground.

"If you could fly this airplane, you could pretty much fly any airplane," says Moore, whose craft was taken from U.S. service in 1958 and later served a stint in Spain's Air Force before eventually returning to the United States under private ownership. while in college. She soloed in 1991.

"But I didn't really get jazzed up about flying until I started aerobatics. That got me hooked. When I started aerobatics, that's when I really got serious," Moore says.

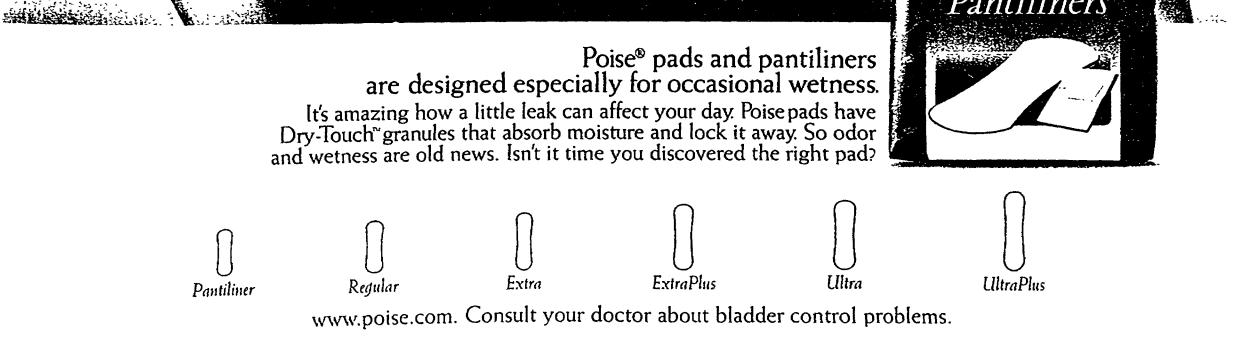
She was barnstorming for another company that featured thrill rides on an AT-6 when her boss decided to retire. Moore couldn't pass up the opportunity to buy one of his planes, she says. Her mother, Neldia, joined her in Warbird Sky Ventures and began offering rides. Moore flies while her mother handles the business from the ground.

(Continued on page 12)

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Think a pad designed for periods is also designed for little leaks? Think again.





Moore fuels up for one of her thrill-seeking rides.

(Continued from page 10)

"I've been flying for four years on my own. I've learned a lot about the business side of things, but I've also gotten to do a lot of flying while meeting a lot of nice people," she says.

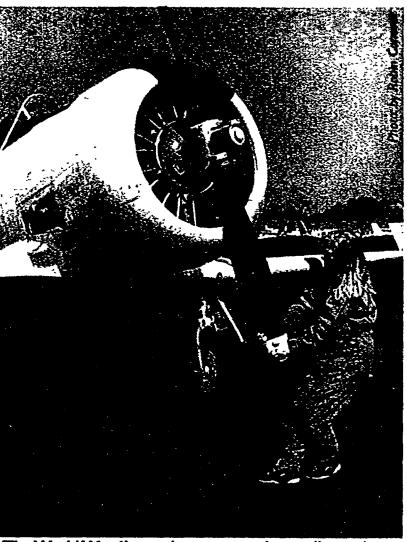
"Ever seen a 93-year-old turn into a 12-yearold? I did. I never get tired of seeing people's reactions, especially when they learn that I'm going to let them take the stick once we get into the air."

Not surprisingly, a large group of her customers are former World War II and Korean War pilots who cut their aviation teeth on an AT-6.

"Oh, man it brought back so many memories to be in that cockpit again," says George Gianopulos, 70, who lives near Dayton, Ohio, and was a Marine pilot during the Korean War.

"I landed AT-6s on aircraft carriers, if you can imagine," he says, noting his children gave him a ride on Moore's Warbird as a Christmas present. "When Gina learned I had a couple of hundred hours flying these things, we did some rolls and loops. I don't know when I've had so much fun. I've flown with her twice when she's been up in my area."

Another customer, Jim McGregor of Brentwood, Tenn., (pop. 23,445) was a B-24 pilot who flew many bombing missions behind enemy lines during World War II. At the age of 80, he flew with Moore just to see if he could still hold a plane "steady and straight after all these years." "Flying level and smooth was important in a bombing run so the bombardier would have the best shot at hitting the target," he says.



The World War II-era plane was used as a pilot trainer.

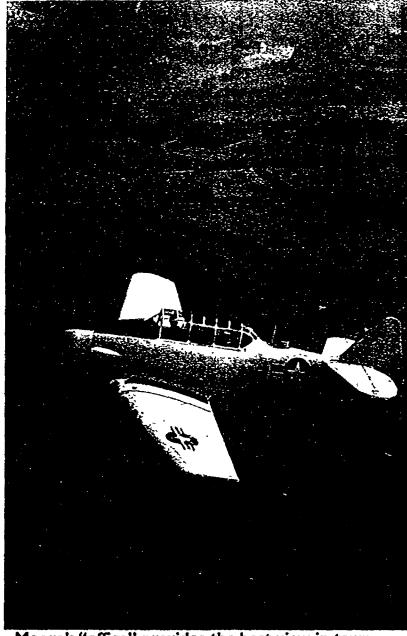
"Flying with Gina was great fun. She said, 'Let's do a roll,' and I said, 'Okay.' I told her one was enough at my age," he says with a laugh.

For Moore, taking war veterans aloft is special, letting her glimpse the early days of the AT-6's storied history-30-plus years before she was born. She hears their flying stories and imagines these old men as young men learning to fly by the stick.

Lindy Segall, a communications consultant and professional speaker from Austin, Texas, couldn't wait for Moore to barnstorm his area, so he came to her home airport in Tennessee for his "flight of a lifetime."

During World War II, Segall's mother was one of about 1,000 women who served as Women Airforce Service Pilots. They did jobs on the home front, such as ferry new planes from the factory to the air bases, freeing male pilots to serve overseas. Segall's mother trained on an AT-6 before advancing to larger aircraft. When he learned of Warbird Sky Ventures, the Texan was intrigued.

"I wanted to fly the plane that my mother flew, so on a crisp, cool October morning, I went up with Gina. It was an emotional moment for me because we had lost my mother about two years earlier. I felt she was there in the cockpit with me, riding on my shoulder," Segall says.



Moore's "office" provides the best view in town.

was a pause and she said, 'Are you sure?' I trusted her so I said, 'Sure, go for it.""

Segall's still not certain what Moore did during the maneuver called "the avalanche."

"But it was fun. I was screaming at the top of my lungs and it was all caught on videotape in the cockpit," he says. "I'll definitely ride with her again."

Daring rides

A typical flight in the AT-6 is a 20-minute ride with some aerobatics for about \$230. The price goes up with more airtime and more rolls and spins. The choice to do aerobatics is always up to the customer. Often, however, a passenger who, on the ground, asks for just the scenic tour, usually gets a change of mind once the plane is aloft.

"They get gassed up, all excited, and say, 'Let's do something,' so we'll do a roll, or a loop," Moore says, noting that pilot and passenger wear communications headsets that allow them to talk-and laughduring the ride.

Finding a Flight

If you've never been aloft in a small plane or hot air balloon, seeing the Earth from the slow lane as it were, it's a ride worth considering. Airports throughout the country offer sightseeing rides for a reasonable cost, and rides can be had at air shows as well-often in vintage World War II bombers such as the B-24 or B-25.

Look up "ballooning" or "aircraft" in your phone book's commercial pages, visit a local air show to see what's flying, or watch your community newspaper for news of somebody like Gina Moore stopping by at the local airport.

Page 12 • American Profile

"I did my first aerobatics with Gina. I wasn't quite prepared for the power of the plane. When the ride was about to end, she asked me if I wanted to do anything else and I told her to do her favorite maneuver. There

'I like to hear them having fun," she says. "That's satisfying to me." \Rightarrow

Stephen Leon Alligood, who lives and writes in Tennessee, believes you haven't lived until you've been upside down in an airplane, on purpose.

Happenings JAN. 26-FEB. 1

ILEINOIS

Eagle Watch-Utica, Jan. 25-26 View wintering eagles along the Illinois River and attend a birds of prey program hosted by naturalist Toby Miller at Starved Rock State Park (815) 667-4906.

INDIANA

Getting Mama Married-Clarksville, through Feb. 16. Ann Finnery's daughter develops schemes to get her mama married in this sidesplitting comedy at the Derby Dinner Playhouse. (812) 288-8281.

IOWA

Legend Fest-Clear Lake, Jan. 29-Feb. 1. Digiout your bobby socks and Winter Frolic & Snowshoe Challeather jacket and dance to the rock 'n' lenge-Two Harbors, Jan. 31-Feb. 2. roll music of the 1950s and '60s at the Family winter fun includes a pancake. Surf Ballroom. For ticket information, .call (641) 357-6151

KANSAS

Kansas Heritage Trade Show-Gardner, Jan. 25. Civil War, mountain men, and cowboy re-enactors buy, sell, and trade clothing, tack, and other period goods during this event at the Johnson County Fairgrounds. (913) 782-6972.

MICHIGAN

Icefest-Port Huron, Jan. 24-26. Professional and amateur sculptors turn 21 tons of ice into works of art during this 12th annual event, which also features a scavenger hunt and youth hockey tournament. (810) 985-8843.

MINNESOTA

sculptures (218) 834-2600-

breakfast, snowshoe race and seminars, sled dog and sleigh rides, snow sledding and

MISSOURI

Eagle Days-Clarksville, Jan. 25-26. Attend a bald eagle presentation by the Missouri Department of Conservation at Apple Shed, and view wintering bald eagles at Riverfront Park along the Mississippi Rivér. (573) 242-3993.

NEBRASKA

Boat Show-Hastings, Jan. 24-26. Outdoor enthusiasts will enjoy this show featuring boats, marine equipment, and fishing gear at the Adams County Fairgrounds. (308) 381-1077.

NORTH DAKOTA

Ice Fishing, Tournament-Devils Lake, Jan. 25: Fish for perch, walleye, and Northern pike, compete for \$95,000 in prizes, and help raise money for the Devils Lake Volunteer Fire Department during this event at Six Mile Bay. (701) 662-3913.

OHIO

For intimate, friendly entertainment, try live theater.

Dog Show-Marion, Jan. 26. The Marion Ohio Kennel Club hosts hundreds of well-trained dogs and their owners during this American Kennel Club-sanctioned event at the Marion County Fairgrounds. (740) 389-3774.

SOUTH DAKOTA

Sioux Falls/Sioux Empire Farm Show-Sioux Falls, Jan. 28-Feb. 1. Attend livestock shows and a horse pull at the W.H. Lyons Fairgrounds and view the latest farm equipment at Sioux Falls Arena and Convention Center. (605) 373-2016.

WISCONSIN

Winterfest-Hayward, Feb. 1-2. Watch snowmobile drag and speed races on frozen Lake Hayward during this event, which also features snowshoe and dog sledding demonstrations, an ice skating rink, and children's games. (715) 634-2102. 🏅

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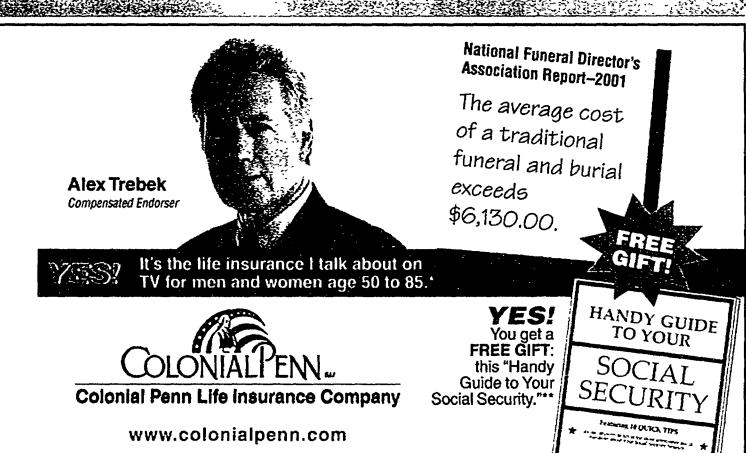
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Include a photo of yourself, your name, address, and phone. Those whose recipes we publish will receive an American Profile T-shirt. (Sorry, we can't return any materials.) RECIPE: Pear Romaine Salad

2 1/2 cups romaine lettuce
1/2 teaspoon balsamic vinegar
1 teaspoon olive oil
1 firm pear
1 tablespoon butter
8 to 10 pecan halves

Wash, dry, and slice romaine lettuce into long, thin strips. Mix balsamic vinegar and olive oil and pour on lettuce. Toss well. Put on salad plates. Cut pear into cubes or slices and sauté in butter until brown. Put on top of lettuce. Top with pecan halves. Serves 2.

Tips From Our Test Kitchen: This salad also is delicious with bleu cheese or Gorgonzola crumbles. It's the perfect foil to the sweetness of the pears.

Photo: Adam Barnes Styling: Cheryl Barnes

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Here's what satisfied readers are reporting: Mr. Jenison said that thanks to the Handbook he finally understands Gout, and by following tips in the book has gotten welcome relief. Robin Sanders said thanks to the book the swelling in her ankle and wrist has gone and the pain has disappeared. Carl Vargas said he has learned how to control Gout flare-ups simply by following the information in the book.



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The book shows you precise trigger points that help eliminate ear noises, how a trace mineral deficiency can cause tinnitus, a simple breathing technique that "cleanses" the inner ear to quiet unwanted noises, how gently massaging a specific part of your neck often brings relief. You'll discover how certain dietary changes can bring dramatic results, and how one noted doctor treats tinnitus with two particular nutrients.

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