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**THURSDAY**  
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# the NOVI NEWS

also serving Wixom and Walled Lake

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 OF THE SEXES CONTINUES/10

**Sports** THREE NOVI MATI  
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## Criminal case sparks suit against schools

By AMY ROSA  
 and PHIL GINOTTI  
 staff writers

The mother of a former Novi High School student is suing the school district on charges that officials were negligent in a year-old case involving sexual assaults made by a volunteer swimming coach on her daughter.

In the civil suit filed in Wayne County Circuit Court on Jan. 13, the mother of a 17-year-old girl charges five Novi administrators with gross

negligence in the handling of Fall 1987 offenses involving her daughter — who was 15 at the time. The volunteer swim coach is also named in the suit.

Timothy McCoy Pelfrey, 24, of Novi is currently serving a 2-15 year sentence in Ionia Maximum Prison, after pleading guilty to one count of criminal sexual conduct in the third degree involving the woman's daughter last February. He was convicted in Oakland County Circuit Court.

Pelfrey, who was 23 at the time

the offense occurred, was serving as a volunteer coach with the girls varsity swimming team. The woman's daughter, who was five months shy of 16, was a member of the swim team.

According to Novi Board of Education President Michael Meyer, the mother is seeking damages in the range of \$400,000 to \$1 million. Without elaborating further, Meyer said school officials are deeply concerned about the incidents which led to the filing of the suit.

"It's regrettable that one of its (district's) employees has engaged in such behavior, and it is with regret that a student was involved — her reputation and good name as a part of all of this."

Meyer added that preventative measures have been implemented at the schools with regard to new hires and performance monitoring of staff since the incident occurred. "We are trying to prevent something like this from ever happening again."

Other board members, who defer-

red all comments to Meyer, have been kept abreast of the situation from the time it happened, he said. "We had hoped that it would be kept quiet for her (the girl's) good name."

Named as defendants in the case are Pelfrey; Harold R. Anderson, head girls' swim coach; Merideth R. Somers, teacher and assistant girls' swim coach; Milan O'Brienovich, Novi High School Assistant Principal; Robert Youngberg, Novi High School Principal; Robert Plwko, Novi Schools

Superintendent; and the Novi Community School District.

Without commenting further, Meyer referred all other questions about the case to the district's Birmingham attorney Dennis Pollard of the firm Clark, Hardy, Lewis, Pollard and Page. Plwko declined any comment on the suit.

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□ Mother remains bitter about stiff sentence for her son/11A

## Council repeals zoning decision

By PHIL GINOTTI  
 staff writer

The Novi City Council launched into "round two" of the battle over a Ten Mile/Beck Road rezoning, repealing a decision it made last October.

At a well attended Monday night meeting, the city council voted 5-2 to repeal its former rezoning decision and send the rural corner back to its previous residential and small commercial classifications.

"I have a very mixed reaction," said Citizens for Responsible Development co-organizer James Shaw. "I'm very proud of the group I'm associated with... but it's not over yet. It's far from over."

"I'm very happy," said James Utley, who collected about 250 signatures for the drive. "The citizenry of the city got what it wanted."

"It's nice to see the city council look at the majority of the city rather than just a few," he said.

City Attorney David Fried said he expects a lawsuit to be filed soon, seeking to block the city from making the new zoning changes.

"I fully expect it," Fried said in a phone interview Tuesday morning.

The council voted 4-2 Oct. 17 to enact the rezoning at the northeast corner of the Ten Mile/Beck Road intersection. That rezoning paved the way for construction of a grocery store and convenience center at the 10-acre corner parcel. The repeal sends it back to three acres of a less-intense commercial classification and seven acres of residential.

Citizens for Responsible Development had completed a petition drive, hoping to force a repeal of the rezoning or a ballot question. Petition drives to overturn council decisions are allowed under city charter.

City Clerk Geraldine Stipp presented certified petitions Monday bearing 3,226 names — about 500 more than what was required.

After some debate, the council came up with the 5-2 vote to rescind its original motion.

Council members Martha Hoyer and Edward Leininger changed their votes to favor the repeal. They had originally voted in favor of the rezoning. Councilman Ronald Watson, who was absent from the Oct. 17 meeting, also voted "yes" Monday night. They were joined by Council Members Nancy Covert and Hugh Crawford, who voted for the repeal. Both had voted "no" on the original rezoning request.

**Utley: "I'm very happy. The citizenry of the city got what it wanted. It's nice to see the city council look at the majority of the city rather than just a few."**

Mayor Matthew Quinn and Councilman Joseph Toth voted against the motion to repeal the original rezoning action.

Hoyer said she changed her vote because of the citizen input.

"I had a really hard time with it... but when you have 3,300 people saying they don't like what you're doing, you have to do something."

"I personally wish they would have entered the process sooner," she added.

Hoyer said there was little public outcry about the corner when master plan changes were made in 1987.

"Because there wasn't that much involvement, we didn't assume there was that much opposition," she said.

Master plan amendments at the corner were included in the updated 1988 plan, which was unveiled in January. The October rezoning sought to bring the land into conformance with what was proposed on the revised master plan. City officials said the grocery store and commercial center were needed to anticipate rapid population increases in the city's rural west end. That area is expected to be a home to 28,000 people when the city reaches full development, according to estimates.

Quinn said he favored the referendum alternative, since it would have guaranteed that the area not change in zoning for another two years, if successful.

The repeal of the zoning matter will be sent back to the planning commission for a public hearing.



Novi News/CHRIS BOYD

### Jazz pianist

Chip Stevens works out on the keyboard at Fuest Auditorium during the concert presented by Woody Herman's Thundering Herd last Thursday night. Craig Strain, music director for the Novi

Community School District, reported that a "small but enthusiastic" turnout of approximately 200 people came to the high school to hear the band perform.

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## Conduct policy turned down

By AMY ROSA  
 staff writer

Novi Planning Commission members voted down a Code of Conduct last week, rejecting a proposed policy shaped by a rules committee from guidelines submitted by another member of the commission.

In a unanimous vote last Wednesday, planners struck down a Code of Conduct last week, rejecting a proposed policy shaped by a rules committee from guidelines submitted by another member of the commission.

Every commissioner except Judy Johnson said they were not in favor of the code. Johnson was the lone member to bring up the subject at a January meeting, and submitted suggestions for such a code.

Johnson said she introduced the matter in light of recent Novi News stories involving planner-developer relationships, which may have tarnished the reputation of some members. She called planners' behavior of late "sloppy."

Specifically, said Johnson, she was referring to a plane trip Planning Chairman Charles Kureth had taken with the mayor and city manager to Chicago, which was funded solely by a developer who wanted to build a restaurant in Novi.

Commissioner Ed Kramer said he didn't view the code as "negative" the way some planners did. He added that he considered it a good clause but saw no reason to rush into it.

Commissioner Kathy McLallen said she didn't feel the commission needed "a total guide book at this time," and wouldn't support it.

Kureth again stated that he did not feel the code was necessary and called it a negative document. "It says what we shouldn't do, not what we should do," he explained.

Continued on 10

## Quinn outlines recycling program

By PHIL GINOTTI  
 staff writer

Area residents may be looking at some radical changes in the way they dispose of household refuse, and it's coming a lot sooner than anyone thinks.

City officials are currently working on four different ideas designed to prepare for the future and help "sensitize" Novi residents to dividing up their trash up at curbside.

"There's no question that there are going to be some changes in our lifestyles," said Mayor Matthew Quinn in an interview this week.

"We need to face that our solid waste landfills are filling up," he added. "If we have five years left, as they say, we'll be extremely fortunate."

Quinn has directed the city administration to investigate four different topics: a citywide newspaper drop-off site, voluntary composting, citywide garbage collection, and

use of recycled paper products in city offices.

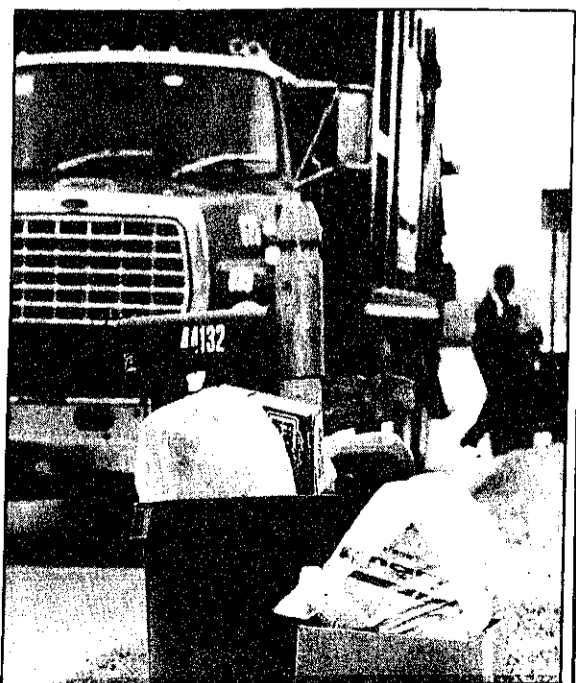
The mayor presented most of the ideas in a state of the city address to the Novi Chamber of Commerce Jan. 17.

Many of the specifics of the first plan — a newspaper drop-off location — simply need ironing out, he said. Local charitable organizations would gain proceeds from the drop-off once weekly or bi-weekly. That would give them an incentive to promote the program in the community, Quinn said.

The newspaper collection point would be located in the parking lot of the Novi Civic Center on Ten Mile near Taft Road.

"It'll be there every week and people will know where to put it every week," Quinn said. "Besides helping to sensitize people to dropping their paper and cardboard products there, it should help the charitable organizations raise money."

Continued on 10



Novi News/CHRIS BOYD

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Ordinance Enforcement Officer Alan Amolsch exhibits some of the debris dumped along Napier Road in Novi

Novi News/CHRIS BOYD

# 'No Dumping' City combats illegal west-end trash

By PHIL GINOTTI  
staff writer

With trees bare and snow undergirding an early melt, the extent of this problem gets pretty clear in a hurry. The rural west end of Novi and parts of the north end — despite dense woodlands, active wetlands and significant natural beauty — are also blighted by piles of unsightly rubble, left there overnight by illegal dumpers.

It's a problem that ordinance enforcement officials admit is both difficult to grasp and extremely hard to police.

"You name it and it's probably out there," said Novi Code Enforcement Officer Alan Amolsch. "Old mattresses, tires, wash machines, drivers, tractors... that sort of thing." It's put there by people — a majority of whom are from Novi and have full knowledge that what they are doing is wrong, Amolsch said.

"The problem is common to a

number of Oakland County communities and is especially evident in rapidly developing communities that still have pockets of rural, undeveloped lands.

The places which dumpers appear to be hitting most often in Novi include stretches of Napier and Garfield roads, plus the gravel section of Meadowbrook Road, north of Twelve Mile.

A perusal of the area's natural beauty is interrupted by areas strewn with refuse.

In some of those areas, "No Dumping" signs have been spray painted with graffiti... almost out of defiance, or new junk is simply nestled in a pile within a stone's throw from the signs.

Sometimes can be found by sitting through the rubble. He warned Novi residents to make sure they contract with legitimate hauling and dumping firms when doing a cleanup. If their trash ends up being identified in a rural area, they can be required to clean it up again.

# High school gets computer course

A new computer application course will be added to the Novi High School curriculum, offering students in-depth study of computer spreadsheet and data base programs.

Novi School board members unanimously voted to implement the class at their Feb. 2 meeting, following a presentation of the outline of the course in January.

The course is designed to better prepare students for the current job market, according to Superintendent Robert Piwo. It would complement two other computer classes which teach a variety of computer techniques and are less specified.

Trustee Raymond Byers said he recently visited Southfield High School — which was cited as a state exemplary school — to compare the school's computer programs. "We continue to excel above and beyond our peers," he said.

"The integration of computers into the adult workplace is getting more and more common," he added. "It's not going to get less important; it's going to get more important."

Trustee Julie Abrams said she participated on a curriculum task force for the district in 1984 and felt "this was the direction that was indicated we should go."

Currently other area school districts, such as Huron Valley and Holly, have implemented similar programs.

Noting that some students are more proficient in computer skills than others by the time they reach high school, Trustee Sandra Thornton wanted to know how the school handles that.

High School Principal Robert Youngberg, who was on hand for text book and curriculum presentations, said "we work with them on an individual basis."

The course would be limited to eleventh and twelfth graders, and the cost is estimated at \$2,218 for teaching materials, including a word processing program and text books.

Students would be able to use the high school's existing Apple computer equipment.

# City Jaycees hold adult open house

Young adults between the ages of 21 and 39 who are interested in community service and leadership training are invited to attend an open house sponsored by the Novi Jaycees on Thursday, Feb. 16.

The open house will be held in the Novi Jaycee House located at 4315 Sixth Gate (off Novi Road, south of Grand River) at 8 p.m.

The Jaycees are hosting the open house to meet and speak with individuals interested in becoming members of their organization.

In addition to assisting the City of Novi with the purchase of game equipment for the family room in the Novi Civic Center, the Jaycees sponsor the annual Breakfast with Santa, Needy Family Christmas and Visit with Bunny programs.

Opportunities for leadership training are offered throughout the year in the areas of speaking, writing and financial management to name only a few.

Anyone interested in attending the open house or obtaining more information about membership in the Novi Jaycees may contact Membership Development Vice President Becky Staab at 348-NOVI.



Novi News/CHRIS BOYD

# Stylish footwear

What's hot on the fashion scene in footwear this year? If you're in the preschool program sponsored by the Novi Community School District, the answer is warm, fuzzy animal slippers. Displaying their fashionable footwear (above, left to right) are Christy Cain, Lauren Karney and Stephen Pearse.

# Police encourage use of 911 emergency call

Police officials are urging residents to remember to use the new 911 emergency number properly.

Since 911 went into effect in November, several problems have surfaced.

"About half our emergency calls are still coming in on the old number (348-9911)," said Janet Hottum, Chief Dispatcher for the Novi Police Department. "That's not a problem; the call still gets answered, but it doesn't offer the advantages of the 911 system."

When an emergency call is placed with enhanced 911 system, the caller's address and phone number are flashed up on the screen within moments. That allows an emergency caller who may not be able to complete a conversation to at least be identified or called back by police personnel. Such a service is not available in the 348-9911 system.

Some problems have surfaced with actual 911 dialing, though police officials claim it is not the fault of the system in place. Several phone companies have problems were reported shortly after the 911 system was activated in November.

Other problems reported include:

- Residents using the 911 number for non-emergency problems or questions. Police are recommending that residents use non-emergency lines in those situations.
- County emergency sirens are causing residents to panic and call 911 for information. Police officials say the lines should be left open for true emergencies. Residents should get emergency information from radio or television.
- New residents moving into the area may not give their correct address to the telephone service person. If the correct address isn't registered in the system, the incorrect address will register when an emergency call comes in.
- When residents call a number with 911 in it, those digits will register if the number is dialed too quickly. People are being instructed to dial slowly in order to have their number register.
- Cordless phones, with extremely low batteries, will sometimes dial 911 on their own.
- Residents who set 911 on speed dialing systems may dial the number by accident. There have been numerous cases of children playing with the phones and hitting the speed dial number accidentally.
- "Some people are quite surprised when they get a follow up call from us," Hottum said.
- Dispatchers call back the "hang-up" numbers immediately to verify emergencies or mistakes. If residents do not cooperate after dispatch contacts them on non-emergency calls, a police officer will be sent to investigate, Hottum said.
- Novi Police dispatch currently handles 911 dispatch for Novi, Novi Township, Wixom, South Lyon, Lyon Township, Salem Township, Northfield Township and Green Oak Township.

# City bank robbed of \$1,000

A lone white male held up the Comerica Bank at Ten Mile and Haggerty Road at 12:26 p.m. on Monday, Feb. 6.

According to police reports, the man walked into the bank and handed the teller a note asking for money. The note said he wanted the money in unmarked bills, and that he had a gun and would start shooting if his demands were not met.

No weapon was observed by any of the people in the bank when the hold-up occurred, police said.

The suspect obtained \$1,016 in cash and fled the scene on foot in a southeasterly direction.

Police Chief Lee BeGole said two detectives were investigating some breaking and enterings in the immediate area when police received the alarm. He said the detectives arrived at the scene within a minute, but were not in time to apprehend the man.

The suspect was described as being a white male in his mid 20s and approximately 6'0" to 6'2" tall.

The incident is being investigated by the Novi Police Department and the Federal Bureau of Investigation.

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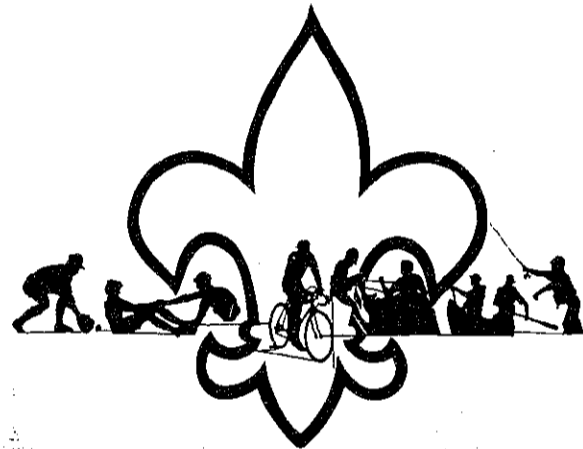
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Novi Meadows Principal Joseph Imrick will move to the new elementary school next fall



Tim Falls, assistant principal at Novi Middle School, will take over at Novi Meadows in September

## School district prepares for next year, new school

By AMY ROSA staff writer

Beginning in July two Novi school administrators will change locations and take new jobs in preparation for the opening of the district's new elementary school this fall.

Novi Middle School Assistant Principal Timothy Falls will take over as principal of Novi Meadows Elementary School, replacing Joseph Imrick.

Imrick will move from his post at Novi Meadows to principal of the new elementary school, slated for completion before summer.

The switch means Middle School Principal Charles Nanas will have to

find a replacement for Falls. "I hate to see him leave, but I feel good about it. He (Falls) is ready to move on," admitted Nanas, who said he will soon begin the task of training someone else for such a position.

Official posting of Falls' position and the subsequent interviewing process will probably take place before summer, said Superintendent Robert Piwo.

Falls, who has been with the Novi Community School District 19 years, said he had known about the position for several weeks. The school board confirmed and approved both appointments during its last meeting in January.

Falls began his teaching career as a high school chemistry teacher in

Novi in 1970. He became chairman of the high school science department in 1974 and remained in the position for nine years. He became assistant principal at Novi Meadows in 1983, and has since served as temporary principal at Orchard Hills Elementary.

He is also currently an instructor for science education at the University of Michigan — the school from which he received his Ph.D. in education.

"I'm looking forward to it, and am elated to stay in Novi," Falls said. He doesn't feel the move will be a major change in one respect, and that is the age of the children he will be working with.

He said there isn't much difference between middle schoolers (grades seven and eight) and the fifth and sixth graders at Novi Meadows. "Adolescence in general is a tough age," he said.

Imrick, who also expressed an interest when his new job was posted, said he's "ready for the challenge" of a new school.

Imrick spent eight years as principal of Orchard Hills Elementary and three at Novi Meadows. Before that he was principal at two other schools in the Grosse Pointe area and taught at the University of Michigan and the University of Detroit.

Imrick will have to begin the task of choosing teachers and others to

staff his school. But that process won't start until the district knows exactly how many students the 150,000 square foot building will house.

The school, which is the largest of all the district's elementaries, will be K-4.

No name has yet been given to the school, said Imrick, who admitted it probably won't be named after a person. "That can be a hassle with people not agreeing."

In keeping with the other schools in the Novi district, "the board has decided to stay away from naming them after specific individuals," he added.

## Yerkes House plans get extension from planners

The owner of Novi's historical Yerkes House has one more year to finalize plans for the home's reconstruction into an office building, including the addition of condominiums on the same site.

The house is located on Eight Mile between Novi and Meadowbrook roads.

Farmington Hills developer Max Elbaz, who has owned the home for two years, received a one-year extension on site plan approval from the Novi Planning Commission for the project.

Elbaz, who is president of Elbaz Construction Company, Inc., originally received preliminary site plan approval in Oct. 1987.

The Yerkes house was built around 1870 by Joseph Yerkes, whose father was one of Novi's original settlers. The 1.46-acre site is designated on state and federal historical registers. City officials feel it is important to preserve the house, since Novi is without an official historical district like other communities.

"We are now working on financing," said Elbaz, referring to his partner Pat Ham of the same company. He said they are still trying to convince a lender that the concept of having both condominiums and a commercial office on the same site is feasible.

Elbaz admits that even he was skeptical of the idea at first, but said he became very confident after drawing up plans for the project. "We would like to see the project happen in the City of Novi."

That concern was also shared by planners in 1987 prior to the original approval of Elbaz's plans. Commissioners were concerned that the structure's historical

designated be maintained and the architectural style be preserved.

At that time Commissioner Kathy McLallen said she was having "great difficulty" picturing condos adjacent to the Yerkes house and urged that as many of the trees surrounding the home be preserved as possible.

Elbaz's plans included keeping several historical trees on the site.

Building the eight-unit attached condominiums is necessary "to make it financially feasible," said Elbaz, who said the condominium units would be constructed on property behind the historic Yerkes house, far back from the Eight Mile frontage.

If plans can be finalized and approved within the next few months — as Elbaz said he hoped — construction could start as early as this summer, he said.

At this time Elbaz said he isn't sure of the number of offices the renovated Yerkes house will contain. That will depend on the number of parties wishing to lease space there.

He reported that he already has received calls from real estate offices, an attorney and an insurance agent about the possibility of leasing space in the house.

"From the reaction so far, there will be no problem getting tenants," he said. The two-story house will contain 48,000 square feet of office space under the current plan.

If the commission doesn't give final approval for the condominiums, Elbaz said he would seek some kind of alternative.

But, he added: "From what I'm seeing now there shouldn't be any objections."



The Yerkes House on Eight Mile is one of the oldest residences in Novi

Novi News/CHRIS BOYD

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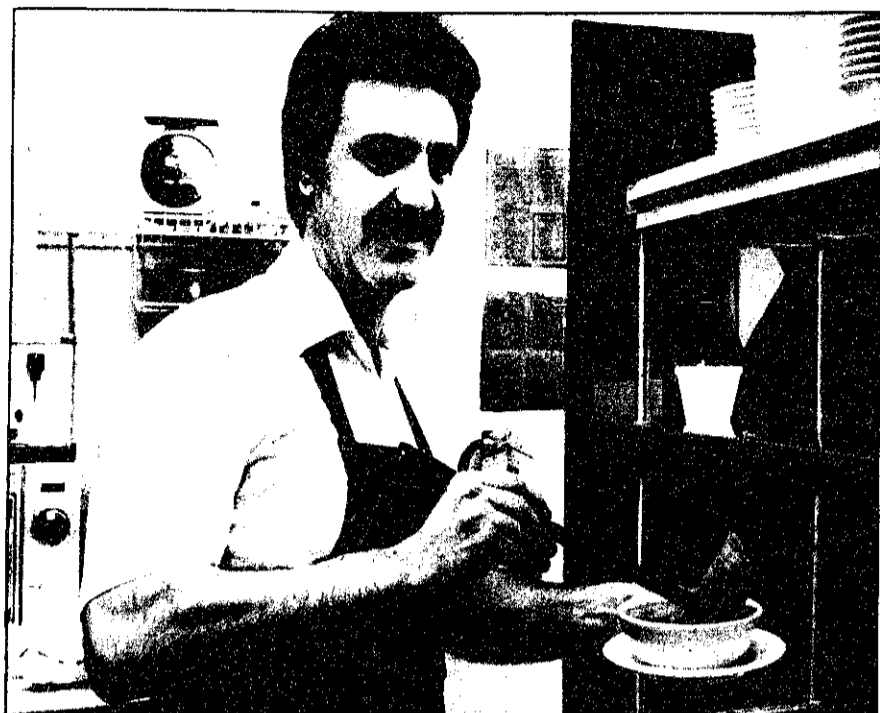
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Want Ads

INSIDE

Wednesday/Thursday — February 8/9, 1989.



Sam Bazzi of Sam's Cafe is one of the tenants at the Pheasant Run Plaza

## Novi convenience center seeks community support

By PHILIP JEROME

"Homeowners, we need you. We are here to serve you. Please come visit us."

That's the message Allie Fayz would like to pass on to residents surrounding the Pheasant Run Plaza near the Grand River/Haggerty Road intersection in Novi.

Fayz is the owner and leasing agent for the 23,500 square foot convenience center which currently has 12 tenants.

And even though he maintains that business is generally good, he admits that he also needs to generate additional traffic for the merchants in the center.

The Pheasant Run Plaza, according to Fayz, is the oldest of a series of convenience-type centers which have sprung up in Novi since 1985.

It opened in May of 1986 with 15 tenants — 12 of which are still in place. The client mix is fairly typical of convenience centers which are

designed to meet the day-to-day needs of consumers in the general vicinity.

Pheasant Run, for example, includes a Papa Romanow's Pizzeria, Quick Weight Loss Medical Center, The Box Shoppe (a packaging store), Kentucky Fried Chicken, Bulk Foods of Novi, Wesley Berry Flower Shop, Fantastic Sam's (haircutting salon), Financial Services Inc., Price Point Jewelry, Oxford Tailoring and Clothing and Sir Speedy Printing.

The center initially included a restaurant named Cucina di Pasta, which has moved on and been replaced by another restaurant — Sam's Cafe.

Three of the original tenants — Discount Video, Tropa-Tan and A&M Mart (specializing in vacuum cleaners) — have either gone out of business or moved to other locations, leaving three vacancies in the shopping center at the current time.

Fayz said he is not particularly worried about finding new tenants to replace the three which have left.

Pheasant Run Plaza, he maintains, is a very good convenience center with a nice mix of tenants who are concerned about meeting the needs of the community. He points with pride to a beautification award from the Novi Planning Commission for shopping center design.

At the same time, however, he admits that finding new tenants is tougher than it used to be. Pulling out copies of the Detroit Free Press and Detroit News, he points to small ads in the "Business Opportunities" sections seeking tenants for Pheasant Run Plaza. He also notes that another of the new convenience centers in Novi has an advertisement for tenants on the same page.

"I've never had to do this (advertise for tenants) before," he said. "It used to be that all you had to do was put up a small sign for tenants and you'd get more than enough calls to fill the vacancies."

Caryn Lakatos, a relative who is

Continued on 3

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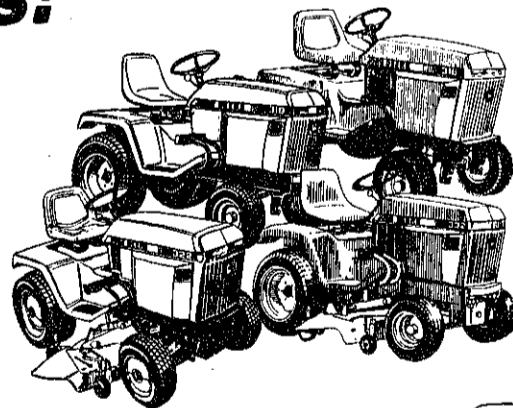
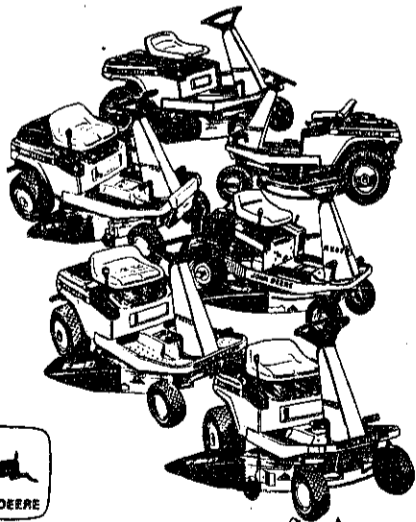
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002 Happy Ads 002 Happy Ads 002 Happy Ads 010 Special Notices 013 Card of Thanks 016 Found

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HAPPY Valentines Day To our precious Nicki. We love you & miss you tons! Papa Bill and Grandma...

DADDY, I'm glad you mine! I love you Melissa (Pookie)...

DEAR Ed, our first of many Valentines together, Love, Dav...

KATHY, My valentine, my wife, the love of my life, Brian...

KAYLA and WAYNE, Happy Valentine's Day! Love, Angelo and Matt...

MATT, all of my love to the one who shares all of my life! Happy Valentine's Day! Love, Danielle...

MIKE, sending hugs and kisses to you, Linda, Jennifer, Melissa...

MISAY and JOHN, Happy Valentine's Day! Love, Angelo and Matt...

PIGEON, be my valentine now and forever. I love you, Poncha...

ROY, you're the best, Happy Valentines Day, Love, Laurie...

SOICHH, Be my Valentine, Irish...

GRANDMA BERTIN, will you be our Valentine? Love Lynise & Corby...

TO B.C. You'll always be my Valentine, Love H.T...

TO E.G. My one and only Valentine, Love you, N.G...

TO JIM Dear from your 3 darling's, Patti, Andy, Sarah...

Wait, you light up my life. I love you, Laurie...

HAPPY Valentine's Day Mom, Dad and Bill Love You Angelo...

Wait, you light up my life. I love you, Laurie...

AMY, I love you more today than yesterday but not as much as tomorrow...

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067 Rooms for Rent
BRIGHTON Female only kitchen and bath privileges...

082 Storage Space
HOBBS Storage garage for rent...

FREE GARAGE SALE
ASK ABOUT YOURS WHEN YOU PLACE YOURS...

104 Household Goods
HARTLAND moving sale...

107 Miscellaneous
SINGER Sewing model, port 30, 22 inch...

110 Sporting Goods
HOCKEY Skates, size 5 1/2, 12-13 year old...

117 Office Supplies and Equipment
GRAVELY Truck with snow blower and miscellaneous attachments...

119 Firewood and Coal
MIXED seasoned hardwood, 5000 lbs...

120 Farm Equipment
GRAVELY Truck with snow blower and miscellaneous attachments...

152 Horses & Equipment
WANTED: All types of horses and ponies...

160 Clerical
OFFICE AUTUMATION
All other office positions available...

161 Day-care
BABYSITTER needed in my home...

162 Medical
DENTAL assistant, Chair-side, experienced preferred...

163 Nursing Homes
SHERATON OAKS
A Home Accepting Applications

164 Restaurant
SHERATON OAKS
A Home Accepting Applications

065 Duplexes for Rent
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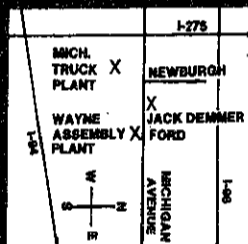
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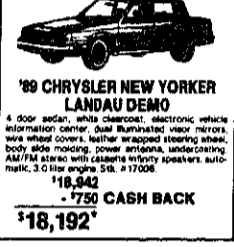
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**'9212\***

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**'6343**  
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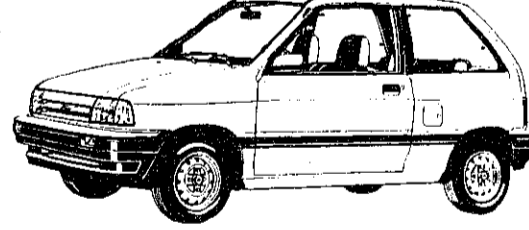
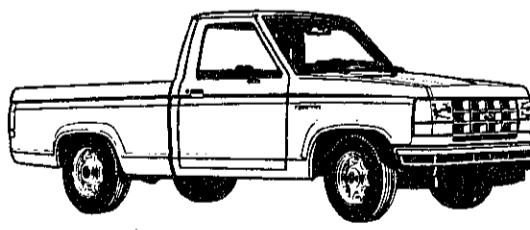
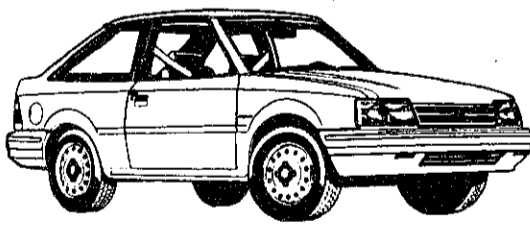
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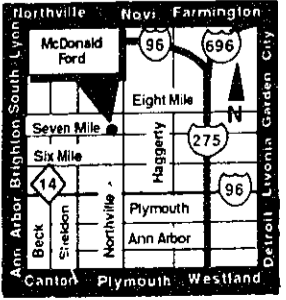
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We Pledge To Give You The Edge

the NOVI  
NEWS

# Living

**NOVILIBRARY:**  
Library hosts  
programs for local children/2C

**SPIRIT OF CHRIST:**  
Church dedicates new  
addition in special service/4C

**1C**

**SCOUT MEETING:**  
Informational conference  
planned for interested residents/3C

**VIDEO GAMES:**  
Reporter conducts search  
for popular Nintendo video game/5C

THURSDAY  
February 9,  
1989

# Passion

## His

## Hers

Passion. Love. Passionate love. He knew he had a firm grasp of what it was and what it wasn't. Or at least he thought he knew. And when he wasn't sure, he rarely expended much energy thinking about it.

It was much easier just to clear it from his mind. After all, there was business at hand — business that was always intense and demanding. Business that seldom offered a break or a warm pat on the back or words of reassurance. A haven. It wasn't there.

This was a world that was oftentimes cold and heartless. And there was only one place where it wasn't like that at all. A secret place, where he could act like himself. Or something like that.

It meant talking like he never did anywhere else. It meant talking about things he would never talk about. Never ever. Or doing things he wouldn't dare do anywhere else.

It was with her. And it wasn't a place. It was a presence. Her presence.

But was this "himself?" Or just some sort of bizarre "anti-self." An expression of the opposite extreme of what he stood for — what he was. Did he act like this bizarre opposite extreme, or was this simply a valid middle ground of what he was. Was this what he was?

He saw candlelight dinners as a necessary acquiescence to her. It made her feel happy and warm and he knew that. But even then, there was a tingle, a dull throb in the pit of his stomach every once in awhile. He discounted it. The feeling was quite unexplainable, and impossible to admit to. No, this dinner was an acquiescence to her femininity. That's all.

He could never quite grasp why she got so emotional at movies, but she did. She cried during "Bambi" — he laughed at her for just an instant and rolled his eyes. And almost as it was happening, he felt guilty. He would feel guilty forever for laughing at her just then. He felt guilty most of all because he honestly felt terribly sad when he saw the tears well up in her eyes.

She never reminded him about laughing as she cried in the movie theater, even though she thought about it and he thought about it at every movie they went to from that day forward.

This is why he spent little energy thinking about it. It was terribly divisive. Disturbing. And most of all, difficult to comprehend.

He knew he felt terribly special when she pouted and pursed her lips about having to sit through a basketball game. He felt a warm feeling inside when he turned the doubleplay or blasted one out of the park in the softball games Saturday, knowing she was watching from the stands. But he couldn't let it on to anyone else. That would be a disaster.

He considered himself to be a lot like any other male. It was a somewhat distorted view. He rarely liked to look at pictures of himself, but occasionally he would study them very closely. He would note the shortcomings only briefly, then clear them from his mind.

But he, overall, was comfortable. He would think a lot about her, then clear it from his mind. After all there was business at hand.

But she would be back. It always seemed to happen that way. He really didn't have an answer why.



The Kiss by Rodin

It's in the way he moves his head. The touch of his hand. The brush of his lips. His skin against yours.

That's passion.

There is a scale to passion. Grand and glorious passion happens seldom. More often days are spent in pursuit of the smaller passions — the intimacy and the sweetness that are the stuff of everyday life.

But passion, the driving force between a man and a woman, is there — right from the start.

When a woman notices a man for the first time, it's a combination of sensations and tiny details that start the spark. There is a feeling of anticipation, of fear and of excitement. A casual meeting of the eyes and it all begins.

Passion. It's in the way he walks and how he speaks. It's the sound of his voice and the way he makes you blush. It rushes through you the first time you look into his eyes and see his smile. It's the flushed feeling you get when he's near.

Hot and sweaty, tender and sweet, quick and fiery. Passion is the sun and the moon and the stars and the sky. It's whatever two people make of it.

But for all the passionate moments of life, for all the times when the world swam with the touch of his lips — there is a stronger passion, an enduring one.

Because passion is also lifelong.

It's waking up together, sharing ice cream cones, steamy showers and foot massages. It's making dinner together and hanging around to share cereal in the morning. Passion is watching him shave and stealing his favorite sweatshirt to wear on Saturday after he's left. There is passion in the birth of a child and in the thousands of crises a couple endures on its way through the world.

Passion ebbs and flows with relationships, starting hot and sweaty, ending tender and sweet.

Passion is romance. It's flowers and notes. Long love letters sent when he's out of town. It's the smell of his after shave left on the pillow case.

It's candlelight and soft music. A fire glowing in the grate. Wine glasses empty and the conversation grows slower. The dishes wait on the table. For one night passion takes on the old meaning — desire and love combine in two people.

Passion reverberates throughout a relationship. It's there the first time he says "I love you" and it's there the first time you fight. For passion is anger. It's hurting words and slamming doors. There is nothing as bitter or as passionate as two people in love who are angry. No one knows better where the weak parts are, where to jab the tender spots and how to cause the tears to flow.

And no one knows how to make up better. The quiet coming together. The stroke of his hand against your forehead. The sound of "I'm sorry," and the gentle smile that tugs at your heart.

Passion is as simple as you and he talking. The sharing of dreams and of days. It's as complex as two lives joining, the intertwining of hearts and families.

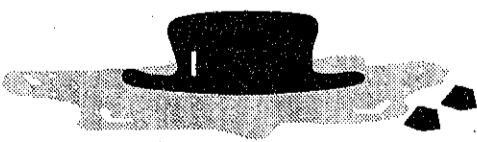
It's in the way he moves his head. The touch of his hand. The brush of his lips. His skin against yours.

That's passion.

## Random Sample

**Q:** Have you missed snow this winter?

Four said: "Yes"  
Six said: "No"



"Yes, I like to ski and snowmobile."  
"Michigan without snow in the winter is weird."  
"It's been a nice break from shovelling."  
"I played golf once this winter and I can't wait for spring."  
"I can't wait for opening day at Tiger Stadium."

Random Sample is an unscientific poll of 10 Northville/Novi area residents conducted by the staff of this newspaper.

## Local lady gives time

Northville's Wynn Shoebridge has been known to bring a sunny smile to patients at St. Joseph Mercy Hospital in Ann Arbor.

A volunteer for Catherine McAuley Health Center, Shoebridge began donating time at the hospital when she heard about its Art A La Cart program.

"The project really excited me," Shoebridge said. "Patients look forward to the cart coming around."

The program involves volunteers bringing art to patients' units, enabling them to select a print to hang in their rooms.

Shoebridge said most of her visits were to terminally ill patients or to those with long-term illnesses. In a soft-spoken voice, she's quick to admit that the patients often have a more positive attitude about their hospital stay than she might. Volunteering for the hospital isn't

the only thing that keeps Shoebridge busy. She also volunteers two mornings a week for the South Lyon schools. And she has given her time to the homebound meal program in Novi.

"Each one (volunteering activity) has its own reward," Shoebridge said. "You feel good when you come home. It's very satisfying for me."

Shoebridge became acquainted with volunteer work by contacting Schoolcraft College's Women's Resource Center. She worked at the center before moving on to other volunteering projects.

"People at the Resource Center really steered me in the right direction," she commented. "I didn't know what to do with myself before going there."

An advocate of volunteering, Shoebridge said giving time to worthy programs is beneficial in many ways.

"Everywhere I've gone, people have been wonderful — not only the people I meet, but the people I've worked with."

For more information about McAuley Health Center, call 572-4159. If interested in learning more about the Women's Resource Center call 462-4443.



Record/CHRIS BOYD

Wynn Shoebridge enjoys volunteering.





# VALENTINE'S DAY SPECIALS



**REMEMBER....**  
**TUESDAY, FEBRUARY 14**  
**is**  
**VALENTINE'S DAY**



**—NOW OPEN—**  
**PARTY POST**  
 for party and paper supplies

- Paper Plates
- Greeting Cards
- Gift Wrap
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We Carry  
**VALENTINES DAY BALLOONS**

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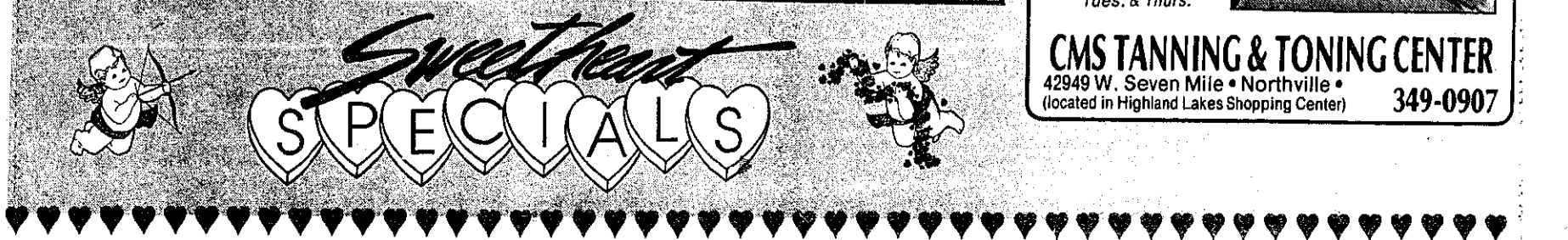
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THURSDAY  
February 9,  
1989

## Novi matmen qualify three for regionals

By NEIL GEOGHEGAN  
staff writer

As a team, the Novi mat squad has so many weak spots that it's nothing more than mediocre.

Individually, however, the Wildcats are much more formidable.

A case in point was the MHSAA pre-district and district tournaments for individuals last week at Walled Lake Western. The same Novi team that had a 1-12 dual meet record this season, advanced 10 grapplers (in 13 weight divisions) out of the pre-districts on Feb. 1 and then qualified three of them out of the districts into regional competition on Feb. 4.

The regional qualifiers include sophomore Mike Gowans at 130, Ron Helfer at 145 and Ed Price at 171.

"I was real, real pleased when we qualified 10 out of 13 for the districts," said Tom Fritz, coach of the Novi mat team. "It says two things — the kids are coming along and it was a weak pre-district. Some of our young kids got a taste of victory and that pleases me."

"I'd say we did about as well as can be expected in the district tournament."

Three Wildcats took first place honors in pre-district action — Gowans, Helfer and Price. Three more — Rick Mathias, Jeff O'Neill and Scott Vermillion — finished second. And four others — Brian Paquette, Chris Conrad, Keith Schefler and Dave Pierie — came in third.

Gowans went undefeated on the day at 130 and pinned John Farinola of Bloomfield Hills Andover in 1:32 of the finals to finish first. In addition, Helfer beat Tim Knecht of Walled Lake Central 10-1 in the finals of the 145-pound division and Price pinned James Lee of Walled Lake Western in 2:30 of the 171-pound finals to also take top honors.

Perhaps the biggest surprise of the tournament for Novi came at heavyweight. Sophomore Scott Vermillion — substituting for the injured Bob Ahrens — made it all the

way to the finals before falling to Rob Hatton of Western. Vermillion beat top-seeded Jason Rice of Andover 12-7 in the semifinals en route to the runner-up finish.

In district action, Rob Helfer's run to the finals was a big shocker. The 145-pound junior cruised unscathed into the finals before falling to Clarkston's John Teritra 4-0. Although he had to settle for second-place, Helfer will move onto the individual regionals on Feb. 11 at Lansing Sexton.

"Boy, is Rob Helfer coming on strong," Fritz said. "He's a fine athlete, but for him to be the district runner-up was a pleasant surprise."

Gowans was also second in district competition. He was 2-1 on the day and avenged a loss to Marc Lilemoen of Milford in the KVC Meet in late January on his way to the finals. Once there, Gowans lost to Davison's undefeated Brad Smith, 16-3.

At 171, Ed Price was third, but his only loss was to Davison's Rob Whitman — the eventual champion. Price fell 15-6 but was the only district opponent Whitman failed to pin. In the consolation finals, Price dumped Joel Davis of Clarkston 8-0 to earn third-place honors.

Jeff O'Neill — the KVC champ at 160 — failed to advance and that was a big disappointment to Fritz. O'Neill topped Walled Lake Central's Brian Grzyb 8-5 in the pre-districts but then failed to beat him in the consolation finals three days later with third-place on the line. Grzyb pulled out a 3-2 win in the final 10 seconds of the bout to knock O'Neill out of contention.

The long-awaited match between Brian Paquette and Milford's Brian Perkins finally happened in the second round of the 103-pound bracket. Perkins ended up winning the tightly-contested battle, 12-7, and that cost Paquette dearly. When he fell again in round three, it ended his regional hopes.

"I knew Paquette would have to wrestle extremely well to place because it was such a tough weight class," commented Fritz.



Novi's Ed Price throws his opponent to the mat during the district tournament

## Cagers hold on to edge Eagles

By NEIL GEOGHEGAN  
staff writer

The Novi cagers blew a nine-point fourth quarter lead on the road at Hartland last Friday (Feb. 3) and were outscored 13-0 during one horrendous span.

But the Wildcats kept their composure and eventually won the game 59-57 in overtime when junior center Mark Fisher canned the game-winner from 10-feet out with 17 seconds remaining.

The win — Novi's second of the season against the Eagles — raised the 'Cats' Kensington Valley Conference record to 3-5 and put an end to a two-game losing skid.

"(Hartland) is much-improved from the first time we played them," noted John Cicchelli, coach of the Novi squad. "We had them beat. We had a pretty comfortable lead in the fourth quarter, and then we threw the ball away a few times and missed some foul shots and that let Hartland creep back into it."

The first half was very competitive with neither team building more than a four-point cushion. The Wildcats led 30-29 at halftime, but pulled in front by six after three quarters and by nine, 53-44, with 2:40 remaining.

But from that point on, Novi failed to score another point in regulation and the Eagles crept back into the picture.

"We were in control, and Hartland came back," Cicchelli said. "You have to give them credit, even though we had a lot to do with it."

The Eagles then scored the first four points in the overtime to complete a 13-0 run and the 'Cats appeared to be in trouble. But soon after that, the squad settled down and made a comeback of their own.

"If there was ever a time for us to fold it up and go home, it was when they were up by four," Cicchelli said. "It became mandatory for us to score on every possession and that's what we did."

Continued on 3



Novi's Jeff Leahy powers his way through the 100 butterfly

## Cohen shines at Oakland meet

By NEIL GEOGHEGAN  
staff writer

Jon Cohen showed everyone at the Oakland County Championships on Feb. 4 why he's considered the top high school swimmer in Michigan.

But Cohen's record-setting performance wasn't enough to propel

the Novi tankers into contention for the team title because his younger brother Steve, who is recovering from a broken foot, was unable to compete.

The Wildcats — currently ranked fourth in the state among Class A teams — had to settle for 101 points and a fourth-place finish. Number-one ranked Bloomfield Hills An-

dover took first with 188 points.

"It was our fourth meet in seven days, so we didn't do too bad," Assistant Coach Rick Anderson said. "Without Steve Cohen, we knew we couldn't realistically give Andover a run for the money."

As expected, Jon Cohen was the most outstanding swimmer of the meet, grabbing a pair of county

titles and leading a Novi relay squad to a second. Cohen successfully defended his county championships in the 200-yard IM and the 500 freestyle events.

"Jon had a very good meet," Anderson reported in something of an understatement.

Continued on 3

## Key injury dims Wildcat hopes for state crown

By NEIL GEOGHEGAN  
staff writer

Injuries and other unavoidable problems may end up putting a monkey wrench into Novi's chances for a run at the state championship in boys swimming.

The Wildcats (8-0 overall and ranked fourth in Class A) may be forced to go to the MHSAA State Meet on March 10-11 in East Lansing without Steve Cohen.

If that happens, the squad's chances of contending for the state title will be reduced dramatically.

Cohen, a junior standout, suffered a fractured foot and a sprained ankle while delivering newspapers after school just prior to the Chelsea Invite on Jan. 28. At first, it was believed to be just a twist, but a doctor's examination later revealed a small crack in the bone.

The foot was put into a cast on Jan. 31 and was scheduled to be removed on Feb. 7 (after The News' deadline). Cohen has already missed the Oakland County Meet and a dual meet with Plymouth Canton, and it's not known when he'll be back in action.

"He won't be back for a while," said Steve's mother, Cyndy Cohen. "The doctor said that everytime he pushes off the wall or dives into the water, it will be like hitting his bad foot against a brick wall."

Even if Cohen is back and 100 percent by state meet time, it may not help the Wildcats' chances. That's because Cohen had yet to qualify in his two best individual events — the 200-yard and 500-yard freestyles — or as a member of a relay team before he was injured. Before going down, Cohen was closing in on state cuts in both events and it was just a matter of time. He was eight-tenths of a second away in the 200 and two-

tenths in the 500. Now, Cohen is unable to compete and, therefore, unable to reach the qualifying times — at least for the time being.

"It would be a big blow to us if Steve Cohen can't compete in the state meet," said Larry Teahan, coach of the Wildcat tankers. "We'd like to think we can find other swimmers to take his place, but obviously without Steve it puts more pressure on us."

Cohen is also a member of Novi's top 400 freestyle relay squad. The group was closing in on a state cut time before Cohen was injured but recorded a qualifying performance last weekend at the Oakland County Championships without him.

The dilemma facing Teahan is simple. For Cohen to compete at the State Meet, he needs to get back in to action before the end of February in order to reach his state qualifying cuts. His best bet would be at the Brighton Invitational on Feb. 24-25, but that may not be physically possible.

"Steve is very frustrated about the whole thing," Cyndy Cohen said. "He believes he can get back and qualify, but even though the mind is willing, the body may not be."

Teahan is also going through a difficult time in his personal life. His daughter was seriously injured in a car accident in late January. Teahan has handed over much of his coaching responsibilities to assistant Rick Anderson, but it's obviously a tough time for the whole program.

"The kids and parents have been great, trying to help me out to get through this thing," Teahan said. "I haven't had the time to work with the kids like I normally do, but Rick has done a fine job."

Scoreboard

Howell wins showdown in KVC race

Millard basketball coach Don Palmer was doing a lot of second-guessing following his team's first loss of the season - 62-47 at Howell Friday night in a key Kensington Valley Conference showdown.

Basketball

Table with columns for KVC STANDINGS, KVC LEADERS, and various team statistics for basketball.

Novi (South Lyon) 33

Table with columns for Novi (South Lyon) and Howell (Howell) statistics for basketball.



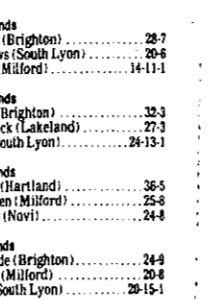
BRETT CSORDAS



ED PRICE



MIKE GOWANS



KIM BLACK

Wrestling

Table with columns for Novi (South Lyon) and Howell (Howell) statistics for wrestling.

Wrestling

Table with columns for Novi (South Lyon) and Howell (Howell) statistics for wrestling.

Wrestling

Table with columns for Novi (South Lyon) and Howell (Howell) statistics for wrestling.

Wrestling

Table with columns for Novi (South Lyon) and Howell (Howell) statistics for wrestling.

Wildcats of the Week



Sophomore Mike Gowans is one of only three Wildcat wrestlers to survive district action and advance to regional competition as an individual, so we believe "Wildcat of the Week" honors are well deserved.

Tankers finish fourth in county

Cohen's winning time of 1:54.55 in the 200-yard IM set a new Oakland County Meet record. When he won the race, he had over a half-pool length lead over the nearest competitor.

Novi 88, BRIGHTON 13: For the third straight year, the Wildcats won the unofficial Kensington Valley Conference title on Feb. 2 by dunking the Bulldogs by 28.

Lakeland stops Wildcat spikers

The Novi volleyballers following a modest two-match winning streak in last Thursday's (Feb. 2) Kensington Valley Conference clash with Lakeland, but the Eagles were not impressed.

"It was a good win," Lakeland Coach Dave Montgomery said. "It was the first time in three or four weeks that we've had all of our kids back. The flu has been hitting us left and right."

Novi 15-15, WILLOW RUN 11-13: The Wildcats won their second in a row in a non-conference battle at Willow Run on Jan. 30 - but it wasn't easy. Novi topped the Flyers easily back on Dec. 15.

Novi set at an 81 percent rate but were only successful 74 percent of the time in the serve reception department.

The Wildcats (3-11 overall) will travel to Howell tonight (Thursday, Feb. 9) to take on the Highlanders.

Rec Briefs

Adult softball leagues: Organizational meetings for 1989 adult softball leagues have been scheduled for February. A total of six leagues will be offered by the Novi Parks and Recreation Department for men and women in the summer of 1989.

Wildcats top Hartland in overtime

Novi tied it at 57-57 with a little over a minute remaining and then got control of the ball with 52 seconds left. After a time out, the Cats ran down the clock for the game-winner and Fisher completed the task.



Brett Csordas (53) corals a rebound in a game earlier this season

Novi Bobcats host 'B-C' meet this Saturday

More than 540 swimmers from 26 USS-M clubs will participate in the Novi Bobcats' annual "B-C" swim meet this Saturday and Sunday, Feb. 11-12.

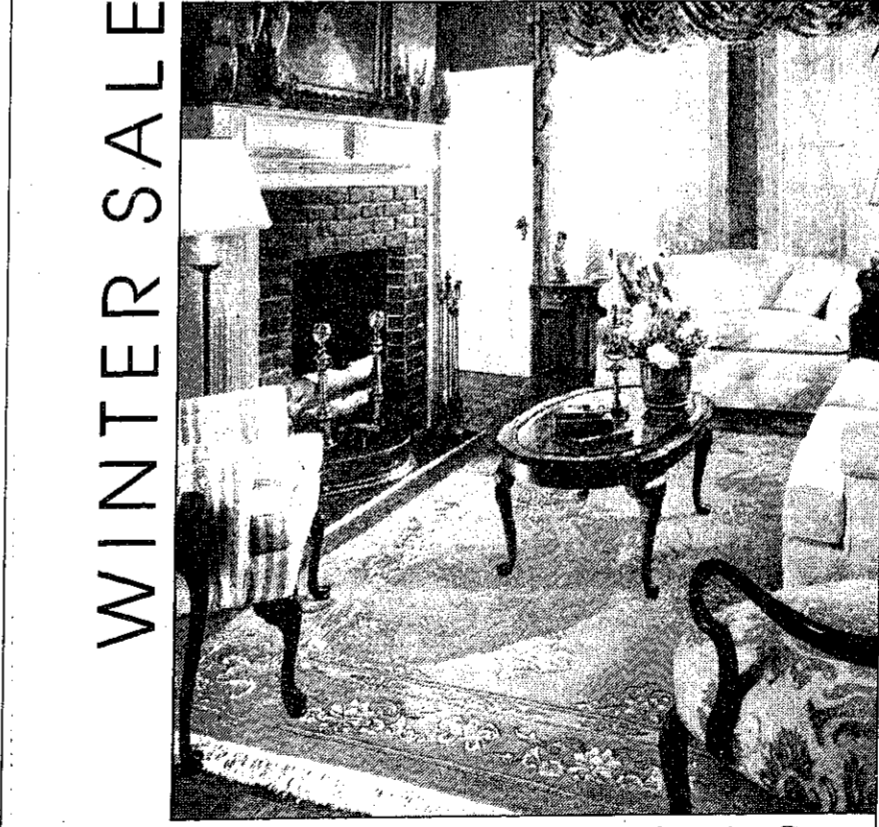
The Bobcat team is currently comprised of a total of 45 swimmers representing approximately 40 Novi-area families. A total of 35 Bobcat swimmers are scheduled to compete in the meet this weekend.

The Bobcat team is currently comprised of a total of 45 swimmers representing approximately 40 Novi-area families. A total of 35 Bobcat swimmers are scheduled to compete in the meet this weekend.

The Bobcat team is currently comprised of a total of 45 swimmers representing approximately 40 Novi-area families. A total of 35 Bobcat swimmers are scheduled to compete in the meet this weekend.

The Bobcat team is currently comprised of a total of 45 swimmers representing approximately 40 Novi-area families. A total of 35 Bobcat swimmers are scheduled to compete in the meet this weekend.

Ethan Allen



WINTER SALE. Our Winter Sale Event offers the stately grace of this Georgian Court Living Room. We're also offering prices that reflect real savings. Let one of our Ethan Allen Designers help bring this elegant style into your home.

Large advertisement for Ethan Allen featuring a '1/2 OFF ALL WINTER MERCHANDISE' sale. Includes contact information for Kleins of Livonia and a list of items for sale.

Eagle five holds on to nip United Christian

By outscoring United Christian 36-27 in the middle two quarters, the Novi Christian cagers held on to nip the Garden City team 60-57 in Metro Christiana Conference action on Feb. 3.

Garden City jumped out to an 8-2 lead as Novi missed five of its first six field goal attempts. The Eagles settled down and trailed 13-12 after one period and then made a run to lead 28-23 at halftime.

Novi took a 13-point lead early in the third quarter but United came back with a 16-2 run and eventually tied the score at 58-58 in the opening minutes of the fourth quarter. In the final 3:35, there was three lead changes, but free throws by Dennis Leech and Mike Caswell in the final 35 seconds provided the final margin of victory.

The contest was decided at the free throw line as the Eagles hit 15-of-16 to United's 7-of-17. Leech led Novi with 22 points, 12 rebounds and seven assists. Mark Row and Caswell scored 16 and 10 points respectively. Leech is now averaging 25.7 points per contest and is an 87 percent free throw shooter.

The win raised Novi Christian's season record to 6-4 overall and 5-4 in the MCC. United is 12-6 overall.

Special School Election notice for Novi Community School District, Oakland County, Michigan. Includes details on the election process and a table showing years increase effective.

Advertisement for Ethan Allen featuring a 'Sweetheart of a Deal' on a new home in Commerce Meadows. Includes contact information and a list of features.

Advertisement for Ethan Allen featuring a 'Winter Sale' on a living room set. Includes contact information and a list of items for sale.



# In Shape

the NOVI  
**NEWS  
4D**

THURSDAY  
February 9,  
1989

## Health alert for winter's storms

One of the most serious dangers accompanying any winter storm is the threat of physical overexertion which leads to heart attacks and strokes.

This is a serious threat for elderly people and people with heart conditions. But even young and healthy people should take precautions.

"It is important to remain indoors during storms and severe cold to avoid unnecessary risks," said Gail Christie, manager of Oakland County Emergency Medical Services and Disaster Control. "If you must exert yourself, pace your activity and ask a friend for help."

To lessen any risks to your health, Christie suggests protecting your lungs from extremely cold air by covering your mouth with a scarf or bandana.

She also offers several other helpful tips to keep the residents of Oakland County warm and dry this winter:

□ Take a thermos of warm beverage with you when outside for an extended period of time.

□ Wear several layers of loose-fitting clothing to trap body heat while permitting air to circulate.

□ Remove layers of clothing to avoid perspiration and subsequent chill.

□ Wear tightly woven and water-proof clothing as outer garments.

□ Wear mittens snug at the wrist rather than fingered gloves.

□ Wear a wool cap to keep your body heat from escaping.

The more you know and prepare for winter storms, the better your chances are for survival in an emergency situation. This is especially true for those who must travel by car during an ice or snow storm.

To avoid becoming a victim of ice storm ignorance, Oakland County Emergency Medical Services and Disaster Control is providing helpful hints to prepare.



Residents are advised not to overexert themselves during cold winter weather

"With more deaths as a result of winter storms during the last three decades than from tornadoes, hurricanes and floods combined, we want to insure the safety of our road traveler," Christie said.

Christie suggests if you must travel, take someone else along or let someone know the route you intend to travel. She also says to make sure your car is properly serviced, equipped with chains or snow tires and has a full tank of gas.

The car could also be equipped with a container of sand, a shovel, a windshield scraper, flares, booster cables, tow line or rope, a flashlight,

a warm blanket, heavy gloves and mittens, extra woolen socks and a wool hat.

Christie advises stranded drivers to stay calm and rationally plan their course of action. Once everyone is settled in the car, Christie offers these helpful tips:

□ Keep a portable radio handy for weather information and other emergency advice.

□ Stay in the vehicle where rescuers will find you.

□ Put on flashers, raise the hood of your car or hang a cloth off the aerial or out the car window.

□ Do not waste gas by running your heat. Exercise to maintain body heat by clapping your hands together and lifting your legs up and down. But do not overdo it. Exercise warms you, but it can also cause body heat loss.

□ At night turn the dome light on so work crews may spot you.

□ Keep fresh air in your car. Freezing wet snow and wind-driven snow can completely seal the passenger compartment.

For more information about winter survival or Winter Awareness Week contact Gail Christie at 858-5300.

## M-Care offers free audiograms

Portable stereo headphones are popular among joggers, walkers, teenagers and children. But research is uncovering just how potentially harmful they can be to the inner ear nerve endings. In addition, the ears of babies and young children are extremely delicate.

Hearing loss can happen to anyone at anytime. The University of Michigan M-CARE Health Center in Northville is offering free audiograms for children and senior citizens. Free hearing screenings for seniors will be held Wednesday, Feb. 15, from 1-4:30 p.m. and free hearing screenings for children will be offered Tuesday, Feb. 21, from 1-4:30 p.m.

To schedule an appointment call 344-1777. The M-Care Health Center is located at 650 Griswold between Eight Mile and Main Street in Northville.

**Think Trim seminar:** A "Think Trim" seminar will be offered by Schoolcraft College's Continuing Education Services division this Saturday, Feb. 11, from 9 a.m. to 4 p.m. The fee is \$40.

Psychotherapist Lorraine Stefano will teach participants how to lose weight and to keep it off permanently by stressing new ways of thinking and behaving.

Schoolcraft is located on Haggerty Road in Livonia. For further information call 462-4448.

**Fitness program:** A fitness program for community and corporate employees is now available at Schoolcraft College in Livonia Monday through Friday from 6:30 to 8 a.m. and 4:30 to 6 p.m.

Participants can take advantage of a full-competition swimming pool with a separate diving area, six racquetball courts, a weight training room, a dance training room and muscle soothing saunas. A 12-week membership is \$40 and a six-week membership is \$22. The facilities also can be used for \$3 per visit.

Schoolcraft College is located at 18600 Haggerty Road between Six and Seven Mile in Livonia. For more information call 462-4413.

**CPR classes:** Botsford General Hospital

## Fitness notes

in Farmington Hills is offering adult CPR classes and infant/child CPR classes.

The adult program is offered the first Thursday of every month from 7-10 p.m. in the Administration and Education Center. Pre-registration is required.

The infant/child program is offered the first Monday of every month from 7-10 p.m. in the Administration and Education Center. Pre-registration is also required.

Fee is \$5 for each class. Call 471-8090 for more information.

**Anonymous programs:** Botsford General Hospital in Farmington Hills offers Narcotics Anonymous, Alcoholics Anonymous and Smokers Anonymous meetings every week.

Narcotics Anonymous meets every Wednesday at 6:30 p.m.; Alcoholics Anonymous meets on Tuesdays from 8-10 p.m., Thursdays from 8-10 p.m. and Sundays from 7-9 p.m.; and Smokers Anonymous meets Saturdays at 7 p.m.

For more information call 471-8090.

**Walking at the mall:** People who enjoy walking are invited to use the climate-controlled corridors at Twelve Oaks Mall. Walkers are welcome Monday through Saturday at 8 a.m. and Sunday at 11 a.m.

All walkers must register at the Twelve Oaks security office.

The lower level track is five-tenths of a mile, while the upper level track is eight-tenths of a mile. A complete trip around the mall is one and one-third miles.

**Blood pressure education:**

Botsford General Hospital in Farmington Hills is sponsoring a series of blood pressure education classes. The classes will run for four consecutive

Tuesdays and will start on March 28 from 7-9 p.m. Cost is \$25. For more information call 471-8090.

**Fitness Over 50:** Twelve Oaks Mall is offering a free exercise program titled "Fitness Over 50" in the Lord & Taylor Court every Tuesday and Thursday from 9-10 a.m.

Designed and field-tested for 12 years at the University of Michigan, "Fitness Over 50" is a safe, carefully guided, low impact aerobic exercise program set to music. It is particularly aimed at older persons and others who can benefit from increased energy, endurance and muscle tone.

More than 100 people have joined the program since it began at Twelve Oaks in October 1987. Twelve Oaks Marketing Director Elaine Kah said new participants are always welcome and can sign up the day of the program. There are no age limits.

**Parent classes:** The Oakland County Health Division will offer a series of six Expectant Parent Classes beginning tonight (Thursday, Feb. 9) in the Bartlett Friendship Center (Room 116) at 350 School Street in South Lyon.

Classes taught by public health nurses will be held from 7-9 p.m. The classes are free, but pre-registration is requested due to limited enrollment.

Topics will include maternal physical changes, good nutrition, growth and development of the fetus and the baby, labor and delivery, infant care and parenting. Parents are advised to enroll as early in the pregnancy as possible.

To register call 424-7042.

**Pre-natal exercise:** Debra Hoppe leads pre-natal/post-partum exercise classes at the Providence Hospital/Novi Center every Saturday at 10 a.m.

Hoppe is a member of IDEA (the Association for Fitness Professionals) and certified through the IDEA Foundation.

Classes are on-going and participants may enroll at any time by calling 227-7284. A physician consent form is necessary to participate.

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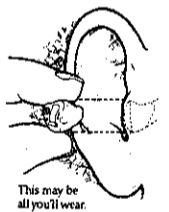
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Weekdays 9-11  
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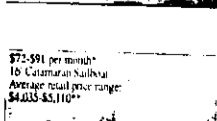
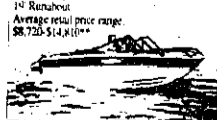
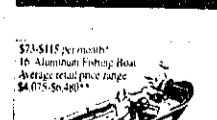
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By Nelda Mercer, MS, RD  
special writer

Coronary heart disease remains the number one cause of death in the United States. Research indicates that there is a direct correlation between serum cholesterol and risk of coronary heart disease.

Preliminary studies indicate that some types of fiber may help to lower blood cholesterol levels and thus may help to reduce the risk of coronary heart disease.

**What is fiber?** Fiber is most commonly thought of as the part of plant foods that human enzymes cannot digest. These fibers pass through the body and aid in bowel regularity. This is true for fibers such as bran or

whole grains. However, some fibers can be partially digested and have been recently found to play an important role in our diets.

Fiber can be divided into two categories: water-insoluble fibers and water-soluble fibers. These two fibers perform different functions in the body.

Water-insoluble fibers are the most familiar to us. They are found in the plant cell walls and include cellulose, hemicellulose and lignin. One of the most common sources of water-soluble fibers is wheat bran. Vegetables and whole grain cereals are also good sources.

**What do water-insoluble fibers do in the body?** They add bulk to the diet, absorbing water and decreasing the

time it takes food to move through the digestive system. This swift passage helps prevent constipation and may also serve to dilute any carcinogens, giving them less time to do harm. Recent studies suggest that foods high in water-soluble fibers are viscous and form gels in water.

They include primarily gums and pectins and are found in beans, some fruits and vegetables, oats and barley. Research indicates that soluble fibers can play a role in lowering blood cholesterol levels and helping to regulate the body's use of glucose.

Since soluble and insoluble fibers have different functions in the body, it is important to eat a variety of high-fiber foods in order to get both types.

How much fiber should you eat? As a general rule, you can get the fiber you need by eating several servings of fiber-rich foods each day without the need for high-fiber supplements. Americans eat on the average of 10 to 20 grams of fiber per day. The National Cancer Institute recommends that we eat foods which provide 25 to 35 grams of fiber per day. This means that most people should double their intake of fiber.

The Novi News is working with medical authorities at the University of Michigan Medical Center (M-Care) in Northville to provide up-to-date information on a variety of health-related topics. The series is coordinated by Peg Campbell of the M-Care staff.