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the NEWS

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IN RING ROAD PLAN
D SOME LOOPS / 14A

LIVING DR. PAYNE: A DENTIST
SINKS HIS TEETH INTO MEAT / 1AA
Sports SEVEN WILDCATS MAKE
THE ALL-AREA TEAM / 1B

Twelve Oaks to add a new anchor store

By MELANIE PLEDA
Staff Writer

Twelve Oaks Mall will expand with a new anchor early next year. But the developers aren't talking yet about what department store will join the current mix.

The expansion would include the addition of a new department store on the north side of the mall, facing the McDonald's on Twelve Mile Road. Reports are circulating that it is either going to be a Nordstrom or a Bloomingdale's.

At a June 29 International Council of Shopping Centers seminar, Mayor Kathleen McLallen said she did not know for certain which department store it was going to be, but she did drop one hint.

"Well, Taubman and Bloomingdale's go back for years," she said.

Taubman Company's Development Director Cheryl Hines said last week that though the firm has

not officially announced or filed any site plans with the city yet, they are getting closer to being able to file those plans.

She added that the paperwork should be submitted to the city sometime at the beginning of next year.

Nordstrom won't confirm or deny if the upscale department store is eying the Novi location.

Brooke White, from Nordstrom's Seattle headquarters, said: "We never discuss sites that we may be considering. Our major focus as a company is to locate in 50 metropolitan markets. We are in about half of them."

She also went on to say that they have no letter of intent with Taubman for Twelve Oaks at this time.

Bloomingdale's public relations director was unavailable for comment by press-time.

Continued on 9



Photo by JOHN HEIDER

Pure bliss

Who's happier here, kids or canine? At left, Kristy Engja, 9, and other admirers pet Norma, a Golden Retriever pup who's part of the Paws For A Cause Program. Norma was visiting

the Novi Public Library with her companion human last week. Norma is in training to become a working girl. She'll assist an impaired person, who could be blind or in a wheelchair.

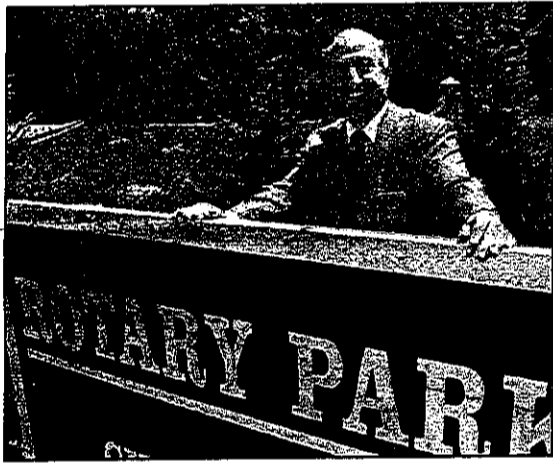


Photo by JOHN HEIDER

Vic Cassis, at Novi's Rotary Park, leads the group's district.

Another Cassis elected to office

By MELANIE PLEDA
Staff Writer

"Life is more than just working hard, raising a family and being secure in your life. It's going beyond and doing things to benefit humanity and society... giving back to what you've been taking all along."

This is how life should be according to Novi resident Vic Cassis, new Rotary International district governor.

He says of Rotary that it gives him a satisfying feeling that "never lets me down and takes away all other endeavors and problems."

As the governor of his district Cassis oversees the clubs from the south of Flint towards Howell, through St. Clair Shores up to Ontario and Chatham, Canada a range that includes the Novi Rotary.

He has one year to visit each of the 52 clubs in this district and help them find new and innovative ways of running their services.

He is married to State Representative Nancy Cassis, R- Novi.

Though he makes it seem very easy, Cassis has worked his way through the ranks at Rotary.

Continued on 8

Romance of the road

Catch up with your reading in the car

By MELANIE PLEDA
Staff Writer

Eighth cup of coffee finished, last phone call made, the computer gives its final monotone signal that it is safe to shut it down.

The 9-to-5 office slave is ready to rush to the sanctity of his or her car.

Just as he or she is about to escape, the unsuspecting sap's freewheeling tracks are stopped cold by the orange menace, the neon devil of the roads - yes, construction has claimed another one.

But fear not. There is hope. Though the body is stuck in the car, the mind is free to wander with the help of devices like books on tape.

According to Lorraine Saad, owner of Talking Book World in Livonia, many of the renters who come in the store comment that,

listening to books in their car calmed their road rage, like you wouldn't believe."

Mary Mansour, owner of Read it Again Books, on Grand River in Novi, agrees. She said that many of her regular customers say that books on tape greatly reduce their stress.

"On some level, they are being entertained and part of their minds are into a story, instead of their stress," Mansour explains. Saad adds that many of her patrons want to read, but simply do not have time to do so.

"People get bored with music, but a book is something that they can get their mind's into," she said. When asked what the top categories preferred by road ragers in the area, she finds that, "Interestingly enough, people are renting a lot of language tapes, especially

German." (Wonder how many of those are Chrysler-Daimler executives?)

Saad went on to mention that the other top-renting categories are business, motivation and spirituality.

"The Bible is very popular, believe it or not," she said. (Imagine the impact on road rage if all drivers were tuned into the part with the Golden Rule at the same time?)

There are several novels that made the unofficial Road Ragers Rental list at Talking Book World. These include, "Testament" by John Grisham.

This new Grisham mystery deals with a billionaire who dies, leaving his family to fight for the fortune. Another selection is "Every Man a Tiger" by Tom Clancy. This is a departure from Clancy.

Continued on 9



Construction at the intersection of Nine Mile Road and Novi Road is expected to be complete around July 9.

Novi Road crash on July 4 kills driver, age 26

By JEREMY MCBAIN
Staff Writer

A 26-year-old Novi man was killed around 1 a.m. July 4 near the intersection of Novi and Old Novi roads when the vehicle he was driving struck an electric pole.

According to Novi police, Max Neil Bradbury died when his 1994 Ford Mustang ran off the right side of southbound Old Novi Road, became airborne when it hit a slight incline at the intersection of Old Novi and Novi roads, landed in the middle of Novi Road and proceeded across the road where it struck a Detroit Edison utility pole on the driver's side.

The force of the impact spun the car around, throwing two passengers out of the back-seat of the vehicle. A third passenger in the front seat stayed in the vehicle only by literally holding onto the car.

No one was wearing a seat belt. The driver's side air bag did not deploy, according to the police report.

Bradbury was pronounced dead at the scene. The passengers thrown from the vehicle, Timothy Francis Drinkwine of Milford and Christopher Donald Myers of Milford, were taken to Botsford Hospital by ambulance for treatment for non-life threatening injuries.

The front-seat passenger, Curtis Duane Martin of New Hudson, left the scene of the accident on his own and was later taken to Providence Hospital for treat-

Continued on 8

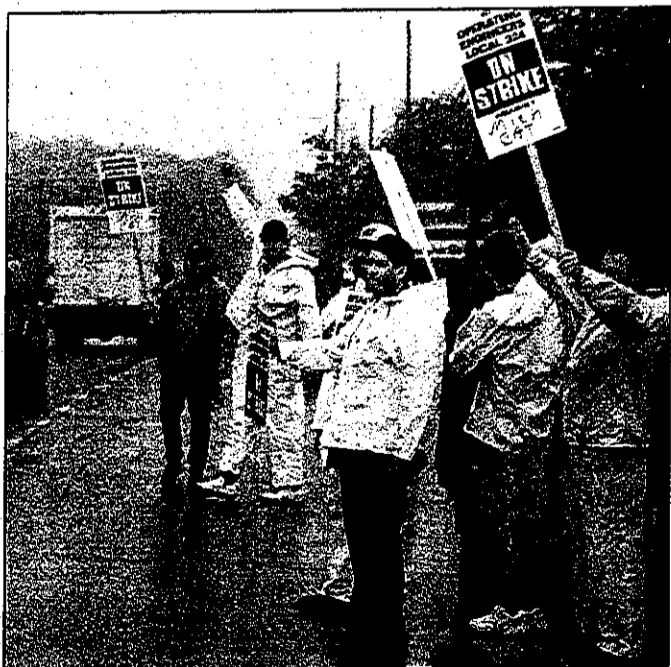


Photo by JOHN HEIDER

Solidarity in the rain

Michigan CAT workers were on the line in last week's rain, but not for very long. The strike was quickly resolved. The story is on page 9.

inside

- BUSINESS 1D
- CALENDAR 2A
- CLASSIFIEDS 3D
- DIVERSIONS 6AA
- EDITORIALS 14A
- HEALTH 6B
- LETTERS 15A
- LIVING 1AA
- NOVI HIGHLIGHTS 2AA
- OBITUARIES 12A
- POLICE NEWS 4A
- SPORTS 1B
- NEWS/SPORTS 349-1700
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Community Calendar

Thursday, July 8

Novi Rotary
The Novi Rotary Club meets at noon at the Novi United Methodist Church at 4071 Ten Mile Road. For information, contact Bob Lambright at 347-4377.

Parks and Recreation
The Novi Parks and Recreation Commission will meet at 7:30 p.m. in the Novi Civic Center, 45175 W. Ten Mile Road.

TOPS
Take Off Pounds Sensibly for all ages meets at 7 p.m. at the Novi Meadows Clubhouse on Napier Road. For more information, call after 6 p.m. 248-344-2177.

Concert series
The Novi Concert series, a program of free outdoor entertainment, continues at 7 p.m. at Power Park at the Novi Civic Center, 45175 W. Ten Mile Road. For information, call 347-0400.

Friday, July 9

Novi Theatres
"Jack and the Beanstalk," a Novi Theatres production, opens today at 7:30 p.m. Tickets are \$8 for the performance at the Novi Civic Center, 45175 W. Ten Mile Road. For information, call 347-0400.

Saturday, July 10

Novi Theatres
"Jack and the Beanstalk," a Novi Theatres production, runs today at 7:30 p.m. Tickets are \$8 for the performance at the Novi Civic Center, 45175 W. Ten Mile Road. For information, call 347-0400.

Sunday, July 11

Novi Theatres
"Jack and the Beanstalk," a Novi Theatres production, runs today at 3 p.m. Tickets are \$8 for the performance at the Novi Civic Center, 45175 W. Ten Mile Road. For information, call 347-0400.

Monday, July 12

The Novi City Council

The Novi City Council will meet at 7:30 p.m. at the Novi Civic Center, 45175 W. Ten Mile Road.

The Botsford Center
The Botsford Center For Health Improvement offers free cholesterol and blood pressure tests prior to and during the Novi City Council meeting, beginning at 7:15 p.m.
The council meeting is at the Novi Civic Center, 45175 W. Ten Mile Road. For information, call 477-6100.

Tuesday, July 13

Civil Air Patrol
The Sixgate Composite Squadron, Civil Air Patrol, meets at Novi Middle School, 25299 Taft Rd., from 7-9:30 p.m. Adults and youths who have finished the sixth grade are welcome. For additional information call 349-2659.

Novi Concert Band
The Novi Concert Band rehearses at Novi High School, 24062 Taft Road, at 7:30 p.m.
For information, call (248) 932-9244.

Beautification Commission
The Novi Beautification Commission meets at 7:15 p.m. at the Novi Civic Center. Audience participation is welcome.

Chess Club
The Novi Chess Club will meet from 7-10 p.m. at the Novi Civic Center. There is no charge to attend and all players are welcome. For more information, call Tim Sawmiller, 344-4269 evenings after 6 p.m.

Optimist Club
The Novi Optimist Club meets at 7:30 a.m. at the Big Boy Restaurant on Novi Road, across from the Novi Town Center.

Wednesday, July 14

Seniors potluck
The Novi Senior Social Club will gather at noon in the Novi Civic Center for their monthly potluck luncheon.

Lions Club
The Novi Lions Club will meet at Kim's Gardens at 6:30 p.m. for dinner followed by a meeting.

SPARK
The Society for the Preservation of American Racing Knowledge, the all-

volunteer support organization for the Motorsports Hall of Fame of America, meets at 7 p.m. at the Novi Expo Center. The meeting is open to anyone interested in supporting the Hall of Fame and Museum.

F.E.M.A.L.E.
The Novi area Formerly Employed Mothers at the Leading Edge Chapter meets at 7 p.m. at the Providence Mission Health Center, 39500 W. Ten Mile Rd., Conference Room A. The purpose of the organization is to offer support for mothers who have chosen to interrupt their careers to care for their children. For more information call Janet at (248) 446-0130.

Thursday, July 15

Youth baseball
Novi Youth Baseball meets at 7:00 p.m. in the Novi Civic Center. The meeting is open to the public.

Novi Rotary
The Novi Rotary Club meets at noon at the Novi United Methodist Church at 41671 Ten Mile Road. For information, contact Bob Lambright at 347-4377.

TOPS
Take Off Pounds Sensibly for all ages meets at 7 p.m. at the Novi Meadows Clubhouse on Napier Road. For more information, call after 6 p.m. (248) 344-2177.

Concert series
The Novi Concert series, a program of free outdoor entertainment, continues at 7 p.m. at Power Park at the Novi Civic Center, 45175 W. Ten Mile Road. For information, call 347-0400.

Novi Concert Band
The Novi Concert Band will perform at the Farmington Heritage Park at 8 p.m. The park is located on the west side of Farmington Road, between Ten Mile and Eleven Mile.

Monday, July 19

ABWA
The Novi Oaks Charter Chapter of the American Business Women's Association meets at the Wyndham Garden Hotel, at 42100 Crescent Blvd. Social hour is set at 6 p.m. and dinner is served at 7 p.m. Meetings are open to all working women. For reservations, call Audrey Guiley at (248) 624-1718. For membership information, call Bettie Johnson at (248) 960-9559.

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FRAGRANCE OF THE MONTH

Novi grad gets check for her art

By JEREMY MCBAIN
Staff Writer

Novi High School graduating senior, Ikue Endo, has already discovered some hobbies can be profitable.

The Novi School Board on June 3 purchased a watercolor picture painted by Endo to decorate the Education Services Building. The board presented her with a \$75 check for the artwork.

The watercolor painting of two dolphins under the sea took Endo two weeks to paint for her art class. She said she was very happy with the way the picture turned out and excited to discover the school was going to buy her picture.

Endo said she decided to draw the dolphins under water because it was something she had never done before.

"I like dolphins and I wanted to try and draw water and dolphins. I choose water color because I thought it would be better to create lighting in the water," she explained.

Endo began drawing after she came to America from Japan in 1994. She said many of her friends



Ikue Endo, right, receives a certificate and check for \$75 from Novi school board president George Kortlandt for her watercolor painting of dolphins. The picture will be displayed in the education services building.

This also gives students a good incentive to create great pieces of art, if they know it may be bought and placed on a wall in a school building, he said.

Endo's artwork will probably be displayed in the lobby of the Educational Services Building on Taft Road, Lippe said. Generally, new pieces are placed in the lobby of this building for about a year after that they are moved to one of the other schools.

Lippe added the school district has been buying artwork from students for at least seven years — the same amount of time he has been superintendent.

City loses funding for ring road project

By JEREMY MCBAIN
Staff Writer

Novi's plans to build a ring road to ease congestion at the Novi Road and Grand River Avenue intersection were temporarily set back after state officials withdrew the project's \$1.1 million grant.

The officials said the grant was withdrawn because Novi has taken too long in building the road.

"The last straw was when the owners of the Expo Center...fought the taking of their property," said City Manager Ed Kriewall.

The property was going to be condemned by the city for construction of the road.

However, the city was not going to pay for any of the land it was taking, contending the road would be an improvement to the properties. This has caused several property owners, including General Filters and the Novi Expo Center, to

"We just look at each other and wonder what they are thinking."

file lawsuits against the city.

Kriewall said the Expo Center lawsuit baffles him because the owners of the Expo Center, the Adell Brothers Childrens Trust, originally promised to donate the land to the city in a letter.

"We don't know why they are fighting it now," he said.

According to Kriewall, the road will help solve the congestion problem near the intersection of Novi

around the road.

Currently, Novi taxpayers are already paying for a portion of the project. Kriewall said a special road bond passed 1998 providing an additional \$1.7 million to build a bridge for the road.

That money will not be used until the project gets under way, Kriewall said.

But, the fight over the land may have quite a bit more steam left in it.

Bob Redner, president of General Filters on Grand River, one of the companies suing the city, said the issue is over the city's taking of three acres of his company's eight acres of land without paying for it.

In contrast to Kriewall's statement that the road will improve the properties in the area, Redner said, "That road wasn't going to help us. It is taking three acres of our land and paying us zero."

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FUNGUS NAILS

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- fungus at one time or another, but did you know that fungus infections of the toenails are also quite common? The specific infections of fungus
- names such as onychomycosis, ringworm, and toenail fungus. They
- often attack the outside of the nail bed, working toward the nail root. A
- single nail may be affected for a long period before the infection spreads
- to other nails. Symptoms include discolored nails, often with brownish
- and yellow streaks. Unfortunately, this relatively common condition can
- be uncommonly difficult to treat. Oral and topical medications may be
- prescribed, and it may be necessary to surgically remove the nail plate.
- Laser surgery can also be performed very successfully in our office.
- Fungus nails can be persistent. They don't disappear on their own.
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Teens arrested at accident scene

A 17-year-old boy and a 16-year-old girl were arrested on the scene of a car accident in Novi on Tuesday. The boy was driving a 1997 Ford Mustang and the girl was a passenger. The car was involved in a collision with a 1998 Ford Taurus. The driver of the Taurus, a 42-year-old man, was not injured. The driver of the Mustang, the 17-year-old boy, was arrested on charges of driving while intoxicated. The 16-year-old girl was arrested on charges of being a minor in possession of alcohol. The boy's blood alcohol concentration was 0.07 percent.

Police News

The woman also had a blood alcohol level of 0.07 percent. She was arrested on charges of driving while intoxicated. The driver of the Mustang, the 17-year-old boy, was arrested on charges of driving while intoxicated. The 16-year-old girl was arrested on charges of being a minor in possession of alcohol. The boy's blood alcohol concentration was 0.07 percent.

Novi Briefs

Happening today
Novi's second annual Summer Garden Walk will be held today, July 8, from noon to 4 p.m. Discover a gardening jewel at the historic Michigan State University Tollgate Education Center, 28115 Meadowbrook Road, Novi (at the corner of Twelve Mile and Meadowbrook roads). Observe, enjoy and be inspired by the Landscape Demonstration Garden: the Rose Garden; the Heritage Garden; the Children's Garden; the Enabling Garden; the Xeriscape; the Demonstration Orchard; the pond and constructed wetland; and much more. Educational lectures are offered:
• 12:30 p.m. — The high-density Demonstration Orchard, speaker Roy Prent.
• 1:30 p.m. — The Enabling Garden, speaker Bob Mrozek
• 2:30 p.m. — The Children's Garden, speaker Gabe Tiberio
• 3:30 p.m. — The Rose Garden, speaker Lou Rossoni
Garden items will be available for purchase from area vendors. Complimentary lemonade and cookies will be served.
Tickets at are \$5. The event is hosted by The Novi Beautification Commission, in cooperation with the Michigan State University Tollgate Education Center.

This serve's for kids
As part of the Michigan 50th Festival, the Novi Professional Firefighters Union Local 3232 and Mr. B's Farm are sponsoring the first Beach Burn Classic Volleyball Tournament on July 24-25. What's needed now are four-person teams (plus two substitutes) to take on the firefighters at Mr. B's Farm. The cost to enter the tournament is \$150 per team. All that money goes to benefit the University of Michigan Trauma Burn Center and to send children who have been burned to camp. The tournament starts at 9 a.m. and runs through the night. For more information or to enter a team of your best volleyball players, contact Bob Carroll at 380-4386.

Hopeless Romantic moves to new location

BY ANDREW DIETDERICH Staff Writer
Kristie Colt said she thinks she is one of those born in the wrong century. The co-owner of the Hopeless Romantic, 342 E. Main St., Northville, draws that conclusion from her undying love of Victorian-era antiques — from clothes to furniture to books. She loses the stuff so much she's made it her career to run the Northville business that recently has opened in a new location. "I guess I really am one of those people born in the wrong century," she said. She started The Hopeless Romantic two-and-a-half years ago in the back of Spars Flowers and Greenhouse, 156 N. Center St., Northville. At first she carried a selection of antiques and did floral arrangements. As she grew that portion of the business, she started to add more product including candles and herbs and has recently expanded her products to include craft work by local artists. Customers may now purchase items to create their own potpourri and aromatherapy potions in addition to buying floral arrangements and antiques. But Colt didn't want to stop there. She wanted to add more vintage clothing and furniture to her line of products, but the environmental conditions of the Spars location wasn't ideal for the older materials. As a result of more products and a desire to carry furniture and clothing, Colt decided to move her business to a different location in Northville. When the opportunity came up to lease a portion of 342 E. Main St., Colt jumped at the chance. "There is so much history here," she said. "It's perfect for what we do." The house used to be owned by Henry Ford, Colt said. He used to host evenings of square dancing in the front room that is now stocked with antiques. Colt, who used to own a similar business in Okemos, said she fell in love with Northville the first time she came here to go to the MAGS building. "I love this town," she said. "When I first came here I wanted to live here." Colt runs the Hopeless Romantic with her mother, Anne Sterling. She relocated to Northville from New York about a year-and-a-half ago. "I like the people and the slower pace," Sterling said. "It took some getting used to but I really like it." The Hopeless Romantic is open from 10 a.m. to 5 p.m. Monday through Saturday with the exception of Friday when the store is open until 8 p.m. More information may be obtained by calling (248) 374-9124.



Hopeless Romantic owner Kristie Colt shows off some of the vintage merchandise featured at her shop in downtown Northville. Photos by HAL GOULD

I'M A SOMEONE

One of you is Jewish, the other is not. Together, the two of you created a beautiful child. Now he's of an age to begin religious education and you've got a decision to make. Listen to what some adult children of intermarriage say:

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School construction on track, under budget

By MELANIE PLEDA Staff Writer

Assistant Superintendent Jim Koster delivered good news about construction of the local schools last week at the Novi School Board meeting.

He said the board agreed to have a meeting on July 26 to discuss and vote on the outcome of those bids.

"We haven't even tapped into our contingency funds yet."

Jim Koster, Assistant Superintendent of Business and Operations

than the \$756,300 originally allocated in the budget and was approved unanimously by the board.

Moreover, the renovation of Novi Meadows is also going smoothly. Koster pointed out that the hallways are starting to take shape nicely and that construction on the

July 9, while the sod has already been laid and is already taking hold, Novi Meadows will also be receiving new bleachers on August 1.

The only glitch in the work came from an unforeseen design flaw that was uncovered when the old concession stand was removed.

The bad news was that neither the concession stands for the high school nor the middle school would be ready for the first football games.

Union contracts passed

By MELANIE PLEDA Staff Writer

"It's nice to feel so valued," Teri Moblo, president of the Novi Education Association, said Thursday at the school board meeting regarding contract negotiations.

The board unanimously passed the union contracts for not only the teachers, but the transportation unit as well.

While she would not comment on specific salary demands brought to the bargaining table, Moblo said that she felt that the agreement was "very equitable."

The Board voted July 1, and the new contracts will be in effect at the beginning of the school year.

Mary Kotrych, Operating Engineers Union steward said of salary changes: "We usually go in there with some really high figure and they generally propose something lower and then we usually end up in the middle."

She too declined to cite specific numbers. Several other issues were discussed during the negotiations.

As for the teachers, a salient point for them was the scheduling of additional planning time into the school day.

Moblo commented on the process by saying, "Novi has a unique relationship between teachers and the board."

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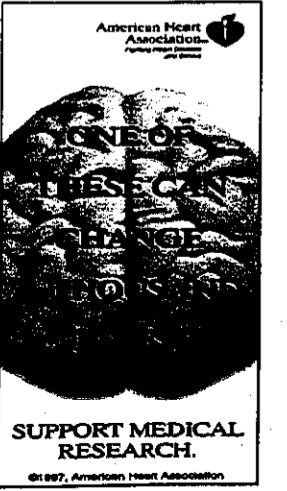
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New commissioners appointed

By JEREMY MCBAIN Staff Writer

Even though five people volunteered for three open seats on the Novi Planning Commission, Mayor Kathleen McLallen chose to fill only two of the seats.

McLallen chose to reappoint Robert Churella and Louis Csordas to the seats at the Novi City Council's June 21 meeting.

McLallen's decision to reappoint Csordas may also open another seat for election for the city council.

She said she chose Churella and Csordas for reappointment because they "have tried to learn the true parameters of what they are doing."

But, this decision was met with disapproval by one city council member.

Council Member Laura Lorenz said she could not support the appointments because Csordas and Churella have been an "extreme disappointment."

"I am displeased with these individuals' performances on woodlands and wetlands," she said.

She said two of the other three applicants for the planning com-

"People need to be able to leave their personal agendas somewhere else and be able to work together."

Kathleen McLallen, Novi Mayor

mission had no other city board or commission experience.

The planning commission is really a delicate balance. People need to be able to leave their personal agendas somewhere else and be able to give their time and work together," McLallen added.

"I try to put brand-new people on other boards and commissions and see how they turn out. The planning commission is just too critical to put in someone that's green."

In response to Lorenz's and Schmid's viewpoint that the planning commission is composed of mostly developers and real estate lawyers, McLallen said it is not true.

"I don't belong to a political party. I am an independent. My perspective is to get as many people from different areas that I can."

McLallen said she is not concerned about the open position on the planning commission, because a majority of the seats are filled.

As for her reason for turning down Ruyle for the position, McLallen said it is simply because she wants to diversify the commission.

She said Ruyle has previously served the city as a Parks and Recreation Commissioner and the planning commission already has a former member of that commission serving.

"My goal for the planning commission is to have a broad mix of people to represent the community. I would actually like to find another woman or another young person," she said.

McLallen added she would also like to find an architect or someone from an environmental group.

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City waiting for judge's opinion

By JEREMY MCBAIN Staff Writer

While city lawyers announced Novi's intention July 1 to appeal the \$40 million lawsuit awarded to Sandstone, a new opinion from Oakland Circuit Court Judge Barry Howard is still pending.

Howard gave the city until July 1 to decide if it wanted to continue appealing the case or work toward a settlement with the developers of Sandstone Associates, using former presidents of the Michigan Bar Association as mediators.

City Attorney Dennis Watson said that while the city did not agree to a settlement with Sandstone, the developers sent a letter stating they would have agreed to the facilitation if the city wanted it.

Along with deciding on the settlement question, Howard was to make a new ruling on the \$40 million judgment, based on city arguments that Sandstone sold off parts of its property for more money than it said it was worth.

According to Watson, this new opinion by Howard was to be placed in sealed in an envelope and opened only if the city decide not to settle.

However, Watson said, when the city announced its intentions to not work to a settlement, Howard did not have the new settlement ready.

Howard said this new opinion should be out this week.

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Northville's Center St. re-opens

It's smooth sailing down Northville's Center Street from now on.

The two-year project to replace the road was completed late last week, about two weeks ahead of schedule.

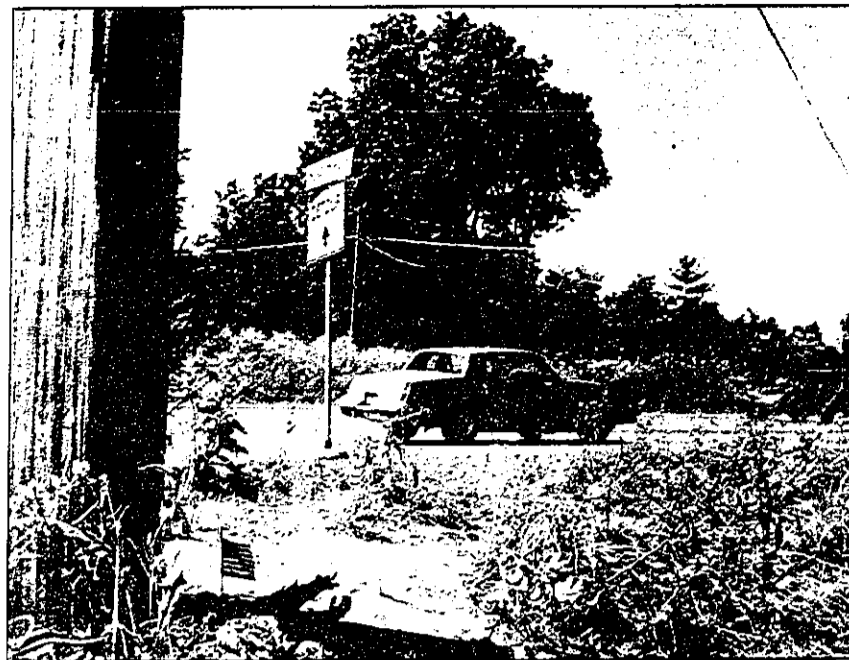
The entire project cost about \$2 million and was divided into two portions: from Seven Mile Road to Dunlap Street last year; from Dunlap Street to East Mile Road this summer. Work started on this year's portion in April.

Business owners and managers said they're pleased to see the road reopen.

"At one point our sales were cut in nearly half," said David Banks, manager at Elmer's Biscuits.

"We're very happy the construction is done because business should grow a bit."

Despite crawling sales, Banks said the project was unavoidable and he's pleased it was done.



Novi resident killed in July 4 traffic accident

Continued from 1

MacGregor added the investigation did reveal that the driver and his passengers had been seen at a bar before the accident, but it is unclear if alcohol played a role.

The incident is still under investigation. Due to the pending investigation, no further information about Bradbury has been released by the police.

He was a resident of an apartment on Timberlane Court, just south of Pontiac Trail.

At left, an American flag has been planted at the Novi Road spot where Max Nell Bradbury died in a car accident.

Photo by JOHN HEIDER

Hail to the governor

Local Rotarian takes charge as leader of two-nation district

Continued from 1

It all began forty years ago when he came to this country from Lebanon. Since his arrival he has been a teacher, a businessman and a restaurant owner. In fact, owning the Big Boy Restaurant on Novi Road is exactly what got him into Rotary.

In 1984, a friend of his, Bob Manes, and several other Rotarians used to meet at his establishment for lunch. Over time they became regulars and got to know Cassis, often asking him to join them. Cassis recalled, "I thought, with owning a business, I would never have time to do it, and second I didn't know what Rotary was all about."

Well, Manes's persistence paid off. He showed up in front of the Big Boy one day, and while the car was still running outside, he ran in and told Cassis to come with him. After some persuading from one of his waitresses, who Cassis said, with a chuckle, "pushed me out the

door," he followed his friend to his first Rotary meeting.

"I came to the meeting and then thereafter never missed one meeting," Cassis said.

As the world's first service club, Rotary is an organization of business and professional leaders who provide humanitarian service, encourage high ethical standards in all vocations and seek to build goodwill and peace in the world.

Members of Rotary are invited to join the club. The invitation is based on a classification system which allows one representative from each business and profession. This is to ensure a wide cross-section of community representation.

Some Rotary projects include supplying a \$125,000 grant to dig ten fresh water wells in India. Another project is funding a \$25,000 grant to Bangladesh to fund a hospital there.

With going on fifteen years experience in the Rotary, Vic Cassis has worked his way up through the ranks of the Rotarian hierarchy.

"I thought, with owning a business, I wouldn't have time to do it."

Victor Cassis, Rotary International district governor

Cassis says that as soon as a new member starts he or she is immediately put to work. He was responsible for heading a number of committees, as well as participating in others.

From here Cassis moved to the board where he has served as an officer in every position from secretary to president.

He says of this experience, "all along the way you are really experiencing the joy of Rotary."

This is also where he learned ways to keep Rotary running successfully.

One of the programs Cassis helped to implement was the Service program. Here the club selected students from the bottom third of their class in their sophomore year

members with fresh ideas into the club.

Furthermore, he has created a program that allows four teachers to go to Aomori, Japan to study the school system and culture in that area. They will then write their findings in a dissertation and report them in a series of three seminars in three districts. They will be leaving in September and return in October. Likewise, Novi will be host to four educators from Japan in the early part of May.

Recently he attended the Rotary International's yearly conference in Singapore. Here he met with Rotarian representatives from around the world. The conference is a way for the clubs to exchange ideas and discover new ways to help people in their communities.

Relentless retail

Mall to add fifth anchor, question is what store is on the way?

Continued from 1

Furthermore, Taubman's people are keeping things hush-hush as well. Hines would not confirm nor deny the rumors saying only that "the plans will be released next year" and that "nothing had been signed yet."

Nordstrom came to Somerset North in Troy in 1996. While said the chain has been pleased with the "really nice response" to that location. She added that it was a really great market.

Several years back, there was talk of a Nordstrom at Twelve Oaks.

There have already been several failed attempts to bring a Bloomingdale's to the Detroit area.

Mall development in Novi also brings up the perennial road and traffic question.

At last week's shopping center

convention, McAllen discussed Taubman and Ramco-Gershenson plans to invest in the expansion of Twelve Mile Road.

"With them (Taubman) expanding and Ramco expanding, it's in everyone's best interest to keep this road moving," she said.

Bloomingtondale's has made a habit of building in places that were about to boom. Its flagship store is on 59th Street and Lexington Avenue in New York. New York's "silk stocking district" grew up around the store that by 1931 spanned an entire square block.

Bloomingtondale's has 10 locations spanning 22 major cities, including Chicago, Boston, and the move into the West Coast market in 1996.

Reading on the roads

Continued from 1

ey's previous work in that this is his first non-fiction. It deals with the aerial warfare pilots from Vietnam to present.

Steven King serves up his usual chilling fare in "Seize the Night."

For a little lighter mystery try, "We'll Meet Again" by Mary Higgins Clark. Still another favorite of the warriors of the road is "Hannibal"

by Thomas Harris. This sequel to "Silence of the Lambs" is "not for the weak of heart or stomach," warns Saad.

Finally, if daydreams of matters of the heart are more your speed try Danielle Steele's new novel "Granny Dan."

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- "Going Mobile," The Who
- "Rapid Roy, the Stock Car Boy" - Jim Croce
- "On the Road Again" - Willie Nelson
- "Route 66" - Nat King Cole
- "Paradise by the Dashboard Light" - Meatloaf
- "Little Red Corvette" - The Artist Formerly Known As Prince
- "Baby, You Can Drive My Car," - The Beatles
- "I Can't Drive 55" - Sammy Hagar

Compiled by Melanie Plenda.

Short strike for Michigan CAT

By CHRIS C. DAVIS
Staff Writer

At 9 a.m. Thursday, members of Local 324E picketed in the steady rain outside Novi's Michigan CAT complex. Four hours later, they were nowhere to be seen.

A short-lived labor stoppage had come to an end. The operating engineers at the facility were back on the job, as corporate representatives announced they had struck a tentative agreement with the company.

A statement released late Thursday afternoon said the five-year contract agreement was expected to be ratified over the weekend.

Only hours before picketers returned to their jobs, company spokesperson Cheri Dunn said Michigan CAT was continuing with its regular business functions, despite the strike.

"We've had very good relations with our operating engineers over the years," Dunn said at around 10 a.m.

"We're optimistic we can get reach a settlement quickly in this matter. We're open for business and ready to serve our customers."

The statement said the Janice in bargaining had been an increase in pensions.

Company spokesperson Janice Smith said the picket lines had been cleared and employees back to work by 1 p.m. Thursday.

"They're a little soaked, but they're back working for us," she said.

Jerry Jung, president of Michigan CAT, said he was pleased with the outcome of the negotiations.

"We're pleased we were able to reach a tentative agreement which was acceptable to management and resulted in added benefits for our valued workers," he said.

Michigan CAT is one of Novi's largest industrial equipment companies, occupying a good portion of the property along Novi Road between Ten Mile and Grand River.



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County mosquito breeders to be cleaned up

By Mike Mahto
Special to The Free Press

Department of Environmental Quality. Because old tires trap and hold water, creating a good place for mosquitoes to breed, they can produce those biting insects in a natural environment.
At the rate the state has been getting these tire piles cleaned up, it may take 40 to 50 years to get the job done.
But sites in Oakland and Wayne counties are next on the list. The state issued grants in June to

owners of 11 scrap tire collection sites, across the state, to pick up and reprocess old tires. The \$28,000 in grant money is expected to clean up some 700,000 tires statewide.
Harold Roehrig, owner of Land on Pincus Trail in Walled Lake, is the site of Farmington Auto Parts, received a \$74,500 grant to pay for the removal of 50,000 car tires. 1,000 truck tires and 12,000 rims. According to the terms of the grant, Roehrig will be reimbursed

for the costs of removal when the state verifies that reprocessing companies have turned those tires into new products.
The act gives priority to collection sites near schools and residential areas. The Walled Lake site meets both criteria, Cruise said.
Detroit will get a \$11,552 grant to clean up tire piles on vacant lots throughout the city. Cruise explained that grant is part of an ongoing program in the city to remove abandoned tires. So far, he

Library notes

SUMMER LIBRARY HOURS
The Southville library is open Monday-Thursday, 10 a.m. to 5 p.m.; Friday and Saturday, 10 a.m. to 5 p.m., and closed on Sundays during the summer. The library is located at 4524 S.W. Ten Mile Road, near 14 Mile. For more information, call 349-0720.

READING DOWN UNDER
Sign up for "Reading Down Under," the Summer Reading Program for children on the fourth grade and below, is now under way. The program includes story times, special events, and arts and crafts.

OUTBACK ADVENTURE '99
Kids come into the fifth grade and up are invited to sign up now for "Outback Adventure '99," featuring hands-on programs throughout the summer.

STORYTIMES
Storytime for three- and four-year olds will be held Friday, July 9, 10 a.m. for children ages four to seven will be held Thursday, July 15, 10 a.m. Each 30-minute session starts at 11 a.m. No registration is necessary.

MAGIC WORKSHOP
Kids come into the fifth grade and up can learn "tricks of the trade" from Billie Bill the Magician on Monday, July 12 at 4 p.m. The 81 low-ages everything necessary to perform your own magic. Please register in advance at the Outback Table in the library.

CRAFT PROGRAMS
We have two craft programs scheduled for Tuesday, July 13. Crafts for children in kindergarten and first grade will be at 1 p.m.; crafts for children in grades two and up will be at 2 p.m. There is a \$1 materials fee for each 45-minute program. No registration is necessary but space is limited.

MAGIC SHOW
Tom Plunkett will perform magic to amaze and amuse you on Wednesday, July 14. The free 45-minute program will be presented at 1 p.m. and again at 7 p.m. Children ages four and up are welcome; no registration is necessary.

LIBRARY BOARD MEETING
The North Library Board of Directors meets Monday, July 19 at 7 p.m. in the library meeting room. Community members are welcome to attend.

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The Log Book

The following is a complete list of the emergency runs of the Novi Fire Department for the week ending July 4. Each incident is listed by type, location, time and the engine and Squad number which responded to the call.

MONDAY, JUNE 28
Bomb threat, 45895 Pontiac Trail, 4:38 a.m., Response 520.
Medical, 22734 Woolsey, 8:13 a.m., Squad 3.
Injury accident, Ten Mile and Novi Road, 8:39 a.m., Squads 1, 3.
Medical, 45750 Grand River, 8:48 a.m., Squad 1.
Injury accident, Ten Mile and Novi Road, 9:19 a.m., Squad 1.
Investigation, 24501 Sandpiper Court, 10:16 a.m., Squad 4.
Medical, 45182 West Road, 1:06 p.m., Squad 2.
Medical, 31280 Springlake, 2:36 p.m., Squad 2.
TUESDAY, JUNE 29
Medical, 40311 Oak Tree, 1:56 a.m., Squad 3.
Injury accident, Grand River and Novi Road, 4:18 a.m., Squad 1.
Medical, 45182 West Road, 6:34 a.m., Squad 2.
Medical, 23946 Chipmunk Trail, 11:54 a.m., Squad 3.
Injury accident, Grand River and Haggerty, 12:03 p.m., Squad 1.
Service, Meadowbrook School, 1:48 p.m., Squad 2.
Service, 45182 West Road, 4:14 p.m., Squad 2.
WEDNESDAY, JUNE 30
Medical, 23380 Duchess, 4:34 a.m., Squad 3.
Medical, 1331 South Lake, 5:50 a.m., Squad 2.
Injury accident, Twelve Oaks Drive and Twelve Mile, 12:43 p.m., Squad 1.
Medical, 41935 Twelve Mile, 6:25 p.m., Squad 1.
THURSDAY, JULY 1
Medical, 31288 Springlake, 12:04 a.m., Squad 2.
Medical, 20830 Woodland Glen, 7:56 a.m., Squad 3.
Medical, 29741 Charlemagne, 11:13 a.m., Squad 2.
Medical, 31260 Wakefield, 2:38 p.m., Squad 2.
Wires down, Grand River and Seeley, 4:27 p.m., Engine 1.
Medical, 30047 Montmorency, 6:08 p.m., Squad 2.
Injury accident, Eight Mile and Meadowbrook, 10:29 p.m., Squad 3.
FRIDAY, JULY 2
Medical, 45578 Emerald Forest,

4:27 a.m., Squad 3.
Stand by, Andes Hills Court, 8:01 a.m., Response 510.
Medical, 22544 Summer Lane, 8:34 a.m., Squad 4.
Medical, 41920 Cherry Hill, 11:17 a.m., Squad 1.
Investigation, Grand River and Clark Street, 12:20 p.m., Engine 1.
Car fire, 43215 Grand River, 1:36 p.m., Engine 1.
Medical, 20800 Haggerty, 3:08 p.m., Squad 3.
Injury accident, 196 and Meadowbrook, 4:14 p.m., Squad 1.
Medical, 41180 Bridge St., 4:44 p.m., Squad 1.
Medical, 27650 Novi Road, 6:51 p.m., Squad 1.
SATURDAY, JULY 3
Dumpster fire, 39765 Grand River, 12:47 a.m., Engine 1.
Medical, 24584 Picara, 1:57 a.m., Squad 4.
Fire alarm, 42100 Crescent, Engines 1, 2.
Fire alarm, 45011 Huntingcross, 9:39 a.m., Engine 3.
Car fire, 24160 LeBost, 9:40 a.m., Engine 1.
Medical, 24442 Glenda, 10:51 a.m., Squad 1.
Fire alarm, 45182 West Road, 12:12 p.m., Engines 1, 2.
Gas leak, 31025 Beachwalk, 4:59 p.m., Engine 2.
Medical, 25401 Novi Road, 8:03 p.m., Squad 1.
Medical, 45182 West Road, 9:39

4:27 a.m., Squad 1.
Detail, Walden Woods, 3:54 p.m., Engine 4.
Fire alarm, 39900 Eight Mile Road, 5:24 p.m., Engines 1, 3.
Gas leak, 21344 Glen Haven, 8:30 p.m., Engine 3.
Medical, 24333 Roma Ridge, 10:17 p.m., Squad 4.
Medical, 22712 Meadowbrook, 11:10 p.m., Squad 3.
Service, 42041 Cherry Hill, 2:45 a.m., Squad 1.
Medical, 24509 Old Orchard, 10:50 a.m., Squad 1.
Detail, Addington Park, 11:37 a.m., Engine 4.
Fuel spill, Twelve Oaks Parking, 12:27 p.m., Engine 1.
Medical, 42701 Capitol, 1:32 p.m., Squad 1.
Investigation, 39584 Blakeston, 3:17 p.m., Squad 1.
Detail, Walden Woods, 3:54 p.m., Engine 4.
Fire alarm, 39900 Eight Mile Road, 5:24 p.m., Engines 1, 3.
Gas leak, 21344 Glen Haven, 8:30 p.m., Engine 3.
Medical, 24333 Roma Ridge, 10:17 p.m., Squad 4.
Medical, 22712 Meadowbrook, 11:10 p.m., Squad 3.

Farm Center to host exhibit

A traveling exhibit from the Smithsonian Institution called, "Barn Again: An American Icon," will be hosted by The Kensington Farm Center, located in the Kensington Metro Park in Milford.
The exhibit will be at the farm for five weeks - July 17 through Aug. 15.
During this time a large variety of activities, including lectures, hands-on exhibits, demonstrations and other farm-related events will be offered.
Opportunities range from having your photo taken with a milk mustache to watching the experts appraise antiques and collectibles.
You may not store your treasures in a barn, but as part of the "Barn Again" display, bring your objects de whatever to the Country Farm for an appraisal by experts.
The "Barn Peddler Road Show" will arrive at Kensington on Saturday, July 24 from 2 p.m. to 4 p.m.
To help educate the people about the health and nutri-

tion benefits of milk, the Kensington Farm Center is inviting the community to come out to a Country Fair and show their best milk mustache. Like the familiar faces of Spike Lee and Martha Stewart, local folks will have a chance to don a milk mustache and have the popular look captured on film.
Kensington's goal is to remind people that milk is as good for you as it is fun - milk is an excellent source of calcium which helps build bone density for men, women, and children of all ages.
In addition to posing for your milk portrait, the photo booth will also have informational brochures on the health benefits of milk, including tips on how to incorporate milk into the diet.
The booth can be found outside the barn on July 17. The photos will be taken from 1 to 3 p.m.
For information about these activities, call (248) 685-1561 and ask for the farm.

Judy Allan is getting her Federal benefit right now.
Starting January 2, 1999, most Federal payments will be issued through Direct Deposit.
Direct Deposit offers many benefits. With it, your money is automatically deposited to your account at a bank, savings and loan, or credit union on your regular payment date. If you don't want Direct Deposit, you can still receive your money by check.
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Make the choice that's right for you. To learn more, visit your bank, savings and loan, or credit union. Or call one of the Federal paying agencies below. Because, like Judy Allan, you have better things to do with your time.

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MERITOR
The exhibition is organized by the Ministry of Culture of the Republic of Bulgaria & The Free for Museum Exhibitions.
It is supported by a grant from the Ford Foundation for the Arts and Humanities.
In Detroit, the exhibition is made possible by a generous grant from Meritor Automotive, Inc.
Additional support is provided by the Michigan Council for Arts and Cultural Affairs and the City of Detroit.

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Obituaries

MARGARET MARY SIEWERT
Margaret Mary Siewert, 78, of Northville, died June 27 at Harbor Hospital.

RICHARD E. COLLINS
Richard E. Collins of Novi died June 27 in Boisford Hospital, Farmington Hills.

WILLIAM BOLAND
William Boland of Wolverine died June 27 in Huron Valley Hospital, Commerce Township.

RONALD C. TEEGARDIN
Ronald C. Teegardin, 59, of Holland died June 29 at Bay Medical Center in Bay City.

JANICE P. SMITH-NOWLAND
Janice Pauline Smith-Nowland, 65, died July 5 in the Traverse City Pavilion.

"get Ku Ku" with the Bird

Collector Card Giveaway featuring Mark Fidrych and Jim Northrup. Saturday, July 10 vs Brewers.

Ty Beanie Baby Giveaway featuring Ku Ku and an official Ku Ku Collector Card. Sunday, July 11 vs Brewers.

TIGERS VS BREWERS. Fri July 9 7:05 Fireworks Spectacular. Sat July 10 5:05 Collector Card Set #3. Sun July 11 1:05 Ty Ty Beanie Baby.

Free weatherization offered

Oakland Livingston Human Service Agency (OLHSA) is offering a free home weatherization program to low-income and disabled citizens living in Oakland County.

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MONDAY, JULY 12. TUESDAY, JULY 13. WEDNESDAY, JULY 14. THURSDAY, JULY 15. FRIDAY, JULY 16. Schedule of public access programs.

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FACEFAQS Dr. Rick Smith answers frequently asked questions about brow and eyelid surgery.

Revision task force set to change old laws

By MIKE MALOTT
Staff Writer, News Service
mmalott@newsnet.net

Under Michigan law, you can be charged with "bounty" for presenting the head of a rat to a city, township or village clerk.

Bob Dole could be prosecuted for promoting Viagra, violating a 1931 law banning "immoral advertising," defined as ads that refer to "the restoration of Lost Manhood."

And it's illegal today to use the image of a deceased president to promote alcoholic beverages.

These are examples of outdated laws that State Senator Thaddeus McCotter, R-Livonia, hopes to get off the books by the time he reaches the new millennium. McCotter has been appointed to chair the

new State Law Revision Task Force, assigned to the job of reviewing archaic laws still in effect in Michigan.

Also on the panel are Sen. Alma Wheeler Smith, D-Salem Township, and Mike Goshka, R-Bram. The task force was formed and appointed by Senate Majority Leader Dan DeGrow, R-Port Huron, in late June.

Besides the chuckle factor, there are some serious reasons for finding and reviewing these old, outdated laws, McCotter said. One is that they can result in uneven or arbitrary enforcement.

An example is the case of the "cussing canoerist," a recent trial in northern Michigan that received national attention because a man was ticketed for violating an old law that prohibits using profanities in front of women and children.

"A, it's sexist," McCotter said. "I might forget to mow the lawn and my wife might not be nice when she reminds me. B, can you imagine what would happen if (Prosecutor) John O'Hair started enforcing that law in Wayne County."

But there may be valid reasons for leaving such laws on the books, he said. That's why the panel will review the laws and hold public hearings before making any recommendations to remove or repeal them.

Old, unenforced and outdated laws just cause public disrespect for the law in general, McCotter said, giving another of the serious reasons for review. Police officers have many important laws to enforce, so they don't need the clutter of outmoded laws, he said.

Lawmakers should also be reminded

that what sounds like a good idea today might not be worthwhile 20 or 50 years from now, he said. The review may help by "curbing the zeal to pass laws just for the sake of passing laws, or for the purpose of appeasing a fleeting popular passion."

McCotter said he believed the legislature should have such panels assigned to find and get rid of old, unworkable laws every four or perhaps 10 years. The current common practice of sunset bills won't take care of the entire problem, he explained. Too many sunsets on laws could itself create problems for the Legislature.

The task force is looking for help in identifying arcane state laws. Its members are asking the public to contact them with examples of outdated laws worth reviewing. State residents may submit their sug-

gestions by writing to McCotter, Attn: Law Revision Task Force, P.O. Box 30036, Livonia, MI 48190. Suggestions may also be submitted by phone, (517) 373-1707; fax, (517) 373-3935; e-mail, sentmccotter@senate.state.mi.us.

The task force expects to report back to the senate with a list of archaic laws to be repealed in December.

The "rat bounty" is one law that is already at the top of McCotter's hit list.

"My mother is the Livonia City Clerk. She hopes that we can end the 'rat bounty' so she doesn't have to include it in her next office budget ... In the end, the law is irrelevant to our society because there are more modern means to deal with the problem of rats, such as professional exterminators and term limits," he quipped.

Novi mall adds new stores

Shoppers at Twelve Oaks will discover new stores as recent additions to the more than 180 shops and services at Twelve Oaks.

The Discovery Channel Store has an impressive selection of games, books, apparel and so much more.

MasterCuts, a family hair salon, offers cuts, perms and retail beauty products all at affordable prices. For a refreshing beverage while shopping, customers can now enjoy healthy drinks from Surf City Spritzer.

The latest fads and fashions can be found at Mr. Rags, the newest men's clothing store featuring brand names such as Fubu and Burberry.

Opening July 1 is Elias Jewelry and Repairs, which is a jewelry sales and repair store.

"It's exciting to see these new services and products we can offer our customers," says Peggy Hayes, marketing director of Twelve Oaks.

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MOVIE GUIDE

WILD WEST (PG-13)
11:45, 12:30, 2:45, 4:15, 5, 7,
7:30, 9:15, 9:45

SUMMER OF SAM (R)
11:20, 2:40, 7:20, 10

AUSTIN POWERS II (PG-13) 11:40, 12:30,
1:25, 2:30, 4:30, 5:45, 7:40, 9

TARZAN (G) 11:30, 12:45, 1:25, 2:45, 3:25,
4:45, 5:25, 6:45, 7:15, 9, 9:30

NOTTING HILL (PG-13)
12:10, 2:35, 5, 7:30, 9:50

MATRIX (R) 2:20, 5:40

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Dr. James Payne, left, takes a look at the teeth of Barb Ficyk at his Northville Center Street office. Dental Hygienist Lisa Ford looks on.



Dr. Payne and Ford fire up their portable electrical grill on Thursday afternoon and fill the dentist's office with the smells of sirloin steak.

Payne's Prescription

Northville dentist swears by unique diet

By CHRIS C. DAVIS
Staff Writer

At last — a dentist who's into both drilling and grilling. James Payne, a Northville dentist is convinced his meat-intensive diet has made him healthier than the traditional four-food-groups-and-lots-of-exercise regimen.

"This is the first time in 18 years that my body mass index is in the normal range," said James Payne, a Northville dentist.

And considering what he was doing in the middle of those years, it's quite a statement. Payne said he managed to lose nearly 90 pounds on a diet he was on 16 years ago. Among other things, the diet had him bicycling 5,000 miles a year and playing tennis several days a week. On top of that, he was following conventional wisdom of the day where food was concerned — less meat, more fruits, grains and vegetables.

Despite all that activity and a supposedly healthier diet, Payne said it wasn't working for him, and the weight began creeping back up on him. Beyond physical appearance, Payne said what was happening inside his body was the real problem.

His cholesterol level registered at 320. Healthy levels are considered sub-200.

His high-density lipoprotein cholesterol (the "good" cholesterol of the body) checked in at 18. Health professionals preferred patients who had at least a 35.

His triglycerides (chemicals that are good indicators of the likelihood of a heart attack) stood at 350, when doctors liked that number to be below 200.

Around the same time Payne's physical reports were coming back with the troubling news, office co-worker Lisa Ford had decided to jump on the Mao Clinic diet, which focused on eating a diet of almost exclusively meat, with a daily grapefruit thrown into the mix. After only a few weeks on the diet, Ford said she lost 18 pounds.

Payne then got his hands on a copy of "Dr. Atkins New Diet Revolution," a book by physician Robert Atkins, which explained in its 390 pages the health benefits that could be wrought through a diet heavily-laden in meats and fats, but shunned carbohydrates. It was strikingly similar to the Mao Clinic diet, minus the grapefruit factor.

The book intrigued him.

"This was a perfect example of showing what we know and what we don't know," Payne said. "But it's worth saying that this diet works for some people — like myself — and not for others."

Since going on the diet, Payne said he and the other staff members in his office have collectively dropped some 80 pounds. And that's just on the surface.

His other numbers, he says, have improved.

Cholesterol level: 171.

HDL: 41.

Triglycerides: 152.

As if that wasn't enough, Payne said he doesn't need to exercise as much as he once did, and that his energy levels are almost through the roof.

"The diet really gives you a feeling of satiety that you don't get if you're eating a lot of carbs," he said. "One thing you notice right off the bat is that you've got a lot more energy."

THE FOODS

There are some complicated biomechanical explanations as to why the Atkins diet works, Payne said, but in a

nutshell, it works like this:

The body has a predisposition to want to get to foods rich in carbohydrates, like pasta or breads, because they're more easily broken down and converted into a usable energy source. If, for instance, a person has a plate of spaghetti and meatballs, the digestive system will ravage for the noodles and will acquire the material it needs with just the noodles, leaving the meat products as extra, which is stored as fat.

Under the Atkins diet, the body is denied the chance to use its first choice of a food source, forcing it to go to the reserve stuff — meats. The body makes a chemical adjustment and enters into a new type of digestion called ketosis-lipolysis, which uses the meat as fuel before it can be stored as fat.

"The body burns the fat because it doesn't have any carbohydrates to use," Payne said.

Meats and other protein-rich foods are also more difficult to break down and therefore create a more lasting sensation of being "full," he said.

The meat-exclusive portion of the diet only lasts for two weeks, Payne said, before some relaxation in what is ingested is allowed. Through the initial stage of the diet, subscribers also need to take vitamin supplements to make up for lost nutrients, he said.

BELIEVERS

Payne isn't the only one in the office who swears by the Atkins diet. Both Ford and fellow hygienist Carol Luther have jumped on the bandwagon since March.

In Luther's case, she said she never had a weight problem in her life until she was hit with the double-whammy of menopause and being diagnosed with cancer.

Luther did what most people probably would have: she cut meat out of her diet as much as possible and began concentrating on low-fat items.

"I had never read the labels on foods before that point," she said. "But I began reading everything. If it wasn't low-fat or no-fat, I didn't get it."

But despite the labels on the foods she was eating, the weight came, while her energy levels dropped like a rock. At that point, she decided to take up the Atkins diet herself.

Luther used a modified version of the diet that included a small salad. Her health returned, the weight disappeared and her energy levels came back.

Payne said Luther and Ford were just the beginning of a list of people he knew that were subscribing the Atkins diet. Some of them have been his own patients, who smelled steaks or hamburgers cooking in the rear of the office, where Payne keeps a small electric grill.

"They smell the stuff and wonder what's going on. When I tell them, they're almost always curious," he said. "I get some wild looks from my patients."

These days, Payne said he follows a two-days-on, one-day-off formula for the Atkins diet.

"I'll follow the diet on a Monday and Tuesday, and have something else on a Wednesday," he said.

Based on the guidelines of the diet, staying with the hardcore "meat-and-only-meat" form of the diet can have some damaging side effects, such as possible liver damage, Payne said. And though he's found the diet has worked effectively for him, he said it's always advisable to speak with a physician before beginning a diet.

In the meantime, Payne said he's a better person on the diet than off.

"I prefer steaks to cheeseburgers," he said.

(By the way — no word from Payne on what it's like being a dentist with a last name like his own.)



Photos by JOHN HEIDER

Dr. James Payne has the sweet smells of sirloin wafting through his Northville dentist's office. Seated at right is hygienist Lisa Ford.

Little restaurant is big on taste — and customer satisfaction

By CHRIS C. DAVIS
Staff Writer

On the opening night at Little Italy more than a decade ago, Detroit Piston Vinnie Johnson was the featured guest. Isiah Thomas and other members of the team soon followed The Microwave in.

Over the years, the converted home on Hutton Street has hosted people like former Van Halen lead singer Sammy Hagar and bass player Michael Anthony.

The Stanley Cup has been in the restaurant and was filled with champagne. Red Wings Martin Lapointe and Sergei Fedorov still stop in periodically.

Everything about Little Italy — from the sign out front to the 60-person capacity inside — is, well, little.

Everything, that is, except the taste of the food served inside. A big part of that is due to co-owners and chefs Jeff Jepko and John Gallagher. They're related, but by their own admission, the family connection is almost too complicated to describe.

"It looks wild on a family tree," Gallagher joked.

The two got their start in business together at another Italian restaurant in West Bloomfield before jumping into Northville in 1989. A good number of Jepko and Gallagher's relatives are still in the restaurant business at eateries in and around metro Detroit.

Jepko said it became clear early on that establishing a menu of regional Italian dishes would be tricky. That being the case, he and Gallagher decided to create a menu of foods covering all of Italy.

"It's tough to talk about 'regional' Italian cooking because there are so many identities to it," Jepko said. "On the coastlines, they're really big into fresh seafood, but if

you get in the northern reaches of the country, meat dishes are more common. There's a ton of variety involved."

Little Italy has been plenty successful since it debuted. Business at the restaurant has shown a 50 percent increase over a year ago. Jepko said revenues have been climbing every year the restaurant has been open.

The formula at Little Italy has been relatively simple: world-class food and an intimate setting. The dining rooms can take a maximum of 60 persons, but Jepko said that's yet another similarity between Little Italy and "Big" Italy.

"Most of the great restaurants in Italy are still in people's homes," he said. "We've tried to keep this place really low-key. It's like coming over to Grandma's house for dinner."

The food may be a delight to the palate, but the atmosphere is anything but pretentious.

"We don't want this place to seem stuffy," he said. "It doesn't matter to me if you're wearing a suit or you're wearing blue jeans. We want people to feel comfortable when they're here."

It would be silly not to Little Italy's food and not mention the wines, which Gallagher and Jepko agreed are every bit as integral to the meal as plates and glasses.

"When you're preparing Italian dishes, you don't make the wine an afterthought," he said. "It's just as big a part of the meal as the food. It's a marriage."

Getting a hold of some of the wines — some of which are extremely limited in quantity — hasn't been simple, either.

Jepko said one of the wines he carries was acquired when he was over in Italy scouting out tomatoes for his inventory. The red vegetables had grown to mon-

strous sizes on the vines.

"These things were mutants," he said. "They were huge and juicy and just acidic enough to be delicious."

When he asked the harvester about the methods used to grow tomatoes to such giant sizes, the harvester told Jepko it was because of splashing a bit of a local wine around the base of the plants. As it turned out, it wasn't a wine Little Italy had in stock.

Needless to say, after a taste test and a few phone calls, it soon was in stock.

Jepko said he and Gallagher make regular travel visits across the country and around the world to meet the people producing the ingredients they use in their dishes. Jepko said he's been to Italy nearly every year since 1987.

"I want to know where those products are coming from," he said. "You have to have reputable suppliers if you're going to continue making good foods."

Tomatoes may come from Italy and veal from Wisconsin, but Jepko said he's sold on Michigan where produce is concerned.

"Especially asparagus," he said. "When that two-week 'in-season' period opens up on asparagus, we go get it. You can't beat it."

Jepko said Michigan was also tops in the strawberries and was equally as impressive with fresh basil and oregano.

The frequent trips, Jepko said, had helped him forge business relationships that gave Little Italy an inside track on getting extremely rare ingredients and wines. That method of doing business was also true to Italy, Jepko said.

"When the Italians find something they like, they tend to embrace it and not let it go," he said. "We've done that here."

The thing Jepko said he's embraced is



Photo by JOHN HEIDER

Co-owners of Northville's Little Italy restaurant John Gallagher, left, and Jeff Jepko, right, are joined by headwaiter Brian Friel as they show off a dish called Linguine Pescatore - made in their kitchen.

the customers, many of whom are regular faces in Little Italy. He said that from his perspective, being able to serve them is the true benefit of being in the restaurant business.

"I don't want to make someone smile from one dish that I make," he said. "I want someone to fall in love with their entire meal, because when I get called out of the kitchen into the dining room, I

know it's not for someone wanting to complain. They want to give us a compliment."

Jepko and Gallagher are putting the finishing touches on a new patio deck they'll be using for summertime dining service. The deck should be available for use in mid-July. Little Italy is located at 227 Hutton Street. Reservations can be made by calling (248) 348-0575.

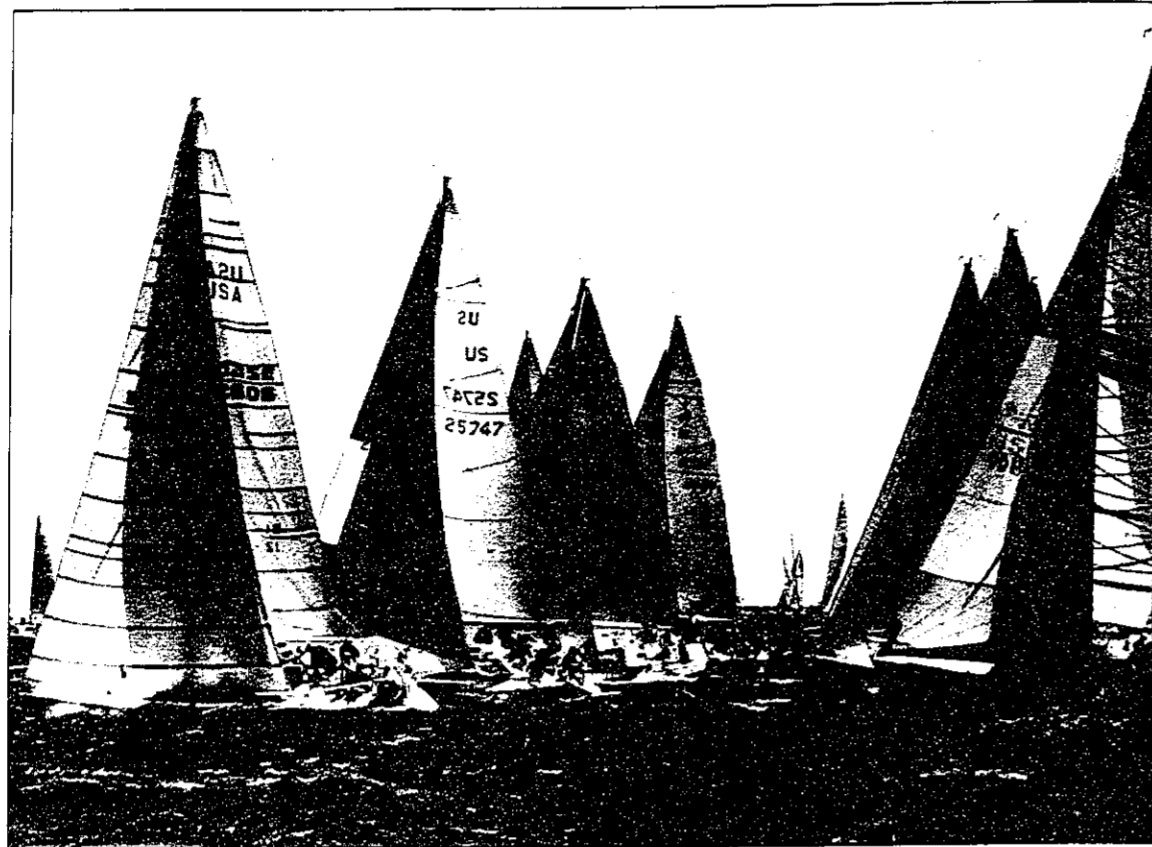
3,000 entries to take part in Mackinac boat race

Three thousand hearty sailors will take to Lake Huron July 17-20 as they travel to Mackinac Island in the 75th annual Bacardi Bayview Mackinac Race. The race begins in Port Huron Saturday, July 17 and the finale is an awards ceremony Tuesday, July 20 on Mackinac Island.

On Aug. 4, 1925, the Bayview Yacht Club Board decided the race would "forever" be known as the Bayview Mackinac Race. The reputation of the race grew as the years progressed and by the 1950s, even Chicago sent boats to the event. The 1940s saw changes not only in hull design but also in the crews. World War II took many of the young men who would skipper the race. However, was organized and eventually to President Roosevelt for donation. He responded that the sailing would be a benefit for the Navy and to proceed as usual. The race's place in history was surely set there. As the 1950s, 60s, and 70s wore on, the changes in hull design and sailing techniques flourished. In 1992, a major announcement was made. Bacardi would become the national title sponsor for the race. The tradition and history of the great race would go on.

As one of the largest fresh water sailing races in the United States, the event always brings thousands of nationally minded spectators to the lakeshore. Many sailing enthusiasts believe that the Bayview Yacht Club runs one of the more challenging sailboat races to be found in the world. From the festivities occurring prior to the race on the Black River in Port Huron to the closing events on Mackinac Island, the color, spirit, and tradition of sailing are celebrated in style.

The Bayview Yacht Club was established in 1915 on the Detroit River and is recognized as one of the most prestigious racing clubs in the world. This comes as no surprise as Michigan leads the country in the number of registered recreational boats and con-



Three thousand hearty sailors will take to Lake Huron July 17-20 as they travel to Mackinac Island in the 75th annual Bacardi Bayview Mackinac Race. The race begins in Port Huron Saturday, July 17 and the finale is an awards ceremony Tuesday, July 20 on Mackinac Island.

Safety is a major concern for the race. With increased attention to advanced technology and weather communications, this goal is the safest possible race is met. Professor Peter Sousonis and his team from the University of Michigan department of Atmospheric, Oceanic, and Space Sciences provide print outs of the hour-by-hour forecasts as well as including access to real time data from the two weather buoys in Lake Huron. Thus, weather briefings are always the order of the day both before and during the race.

The Cove Island elapsed time record of 26 hours, 41 minutes, and 1 second set in 1993 by Doug DeVos' "Windquest" could be challenged if the wind develops some strength and weather conditions are favorable. On the Shore course, the longest held Mackinac record set by Wendell Anderson's "Escapee" in 1950 of 27 hours, 47 minutes, 19 seconds will be the goal.

Once again the Bayview Yacht Club is proudly sharing Title sponsorship with Bacardi-Martini USA Inc., the No. 1 distilled spirits distributor in the U.S. and the world. "The title sponsorship of the Bacardi Bayview Mackinac Race demonstrates Bacardi's commitment to tradition, a concept that's been a part of the company since moved to Florida with Bacardi proudly participating. The Bayview Yacht Club would like to acknowledge the race's associate sponsors for their continued support. They are: PR Newswire as official newswire of the race, Black River Marina, Boyne River Brewing Co., Cole-Haan, Fabiano Bros. Inc., Gear For Sports, Hawaiian Tropic, Hudson's, Lemon Chiff, Mike's Marine Supply, Mountain Valley Spring Water, Ocean Spray, Petoskey Plastics Inc., Roney & Co., Sage-mark Consulting, Shepler's Ferry Service, Shepler's Marine Service, Sperry Top-Sider, Tomlin Medical, and True Value.

Climbing beanstalks

Novi theater parodies well known fairy tale

"Jack and The Beanstalk...A Parody" by Linda Wickert. Performances July 9, 10 and 11. All seats reserved \$8 (\$7 if purchased in advance).

ON STAGE

"Jack and The Beanstalk...A Parody" by Linda Wickert. Performances July 9, 10 and 11. All seats reserved \$8 (\$7 if purchased in advance).

The Novi Theaters concludes its eighth season with "Beauty and The Beast" July 30, 31 and Aug. 1. The Novi Civic Center Stage, 45175 W. Ten Mile Road, Novi (248) 347-0400.

JACK AND THE BEANSTALK...A PARODY CAST LIST

Erika Alpert, Molly Alpert, Meredith Ann, Jordan Barnes, Alex Baum, Jacob Blossfeld, Dan Cash, Mike Cash, Amanda Costello, Sean Costello, Darcy Crain, Beth Duey, Grace

Dzwonkowski, Sara Dzwonkowski, Garrett Farley, Laura Hirschfield, Jillian Hoernschemeyer, Katie Johnson, Kirk Jones, Caroline Lampinen, Courtney Laux, Kelsey Laux, Betsy Lewis, Christletz, Julia Lyskawa, Alex Malloy, Sadie McMymont, Caitlin McCormick, Katie McLallen, Hollie Neill, Breanne O'Neill, Renee O'Neill, Stephanie O'Neill, Jessica Perreault, Anna Rickard, Chelsea Rozek, Lisa Schindler, Mary Beth Shively, Rebecca Shubert, Kyle Shull, Lauren Sorrentino, Valerie Spellman, Amy Stanis, Alexandra Tate, Alyssa Tomaski, Sarah Tomaski, Emily Turner, Alisa Tykal, Erica Tykal, Gwen VanDerworp, Carla Wetter, and Aleigh Wickert.

Written and directed by Linda Wickert; assistant director, Carrie Wickert; costumer, Peggy Schwarzklose; and lighting designer, Mark Magni.



Cast members of the Novi Theater group run through their dress rehearsal for their upcoming performance of Jack and the Beanstalk, a parody written and directed by Linda Wickert. The show opens July 9 at the Novi Civic Center stage.

Protect your skin while enjoying the summertime sun

If you think a good sunburn is the best way to prepare your skin for the summer sun, think again. Peeling sunburns, particularly on children, are the best way to develop melanoma, the most deadly form of skin cancer.

Whether you're a weekend gardener, a sun worshiper or a fan at the ballpark, it's important to protect yourself - and your children - from the sun's harmful ultraviolet rays. Skin cancer is the most common type of cancer. It's most serious form is melanoma, while the least common of skin cancers, it accounts for six of every seven skin cancer deaths.

Melanoma turns out to be problematic in Michigan. You wouldn't think that because we're so far north, but part of the problem is the winters are so long that when the summer comes or when people go south to vacation, they tend to get sunburned," says Glen M. Bowen M.D., assistant director of the Melanoma Program at the University of Michigan Comprehensive Cancer Center.

"They tend to go out and get intense sun exposure. It appears that the sun exposure that leads to peeling sunburns is the most causative factor in getting a melanoma," Bowen adds.

Skin cancer typically develops in areas exposed to the sun - the face, neck, forearms, hands, back and ears. There are three types of skin cancer: basal cell carcinoma, typically a reddish non-healing lesion on the head or neck; squamous cell carcinoma, often a red scaly patch on the face, lips, mouth or ears; and melanoma, which looks like an irregular-shaped mole.

People with fair complexions and lighter hair are at the greatest risk of developing skin cancer. The chances of developing skin cancer increase if at-risk people receive heavy sun exposure as children. "For parents, it's particularly important to get children in the habit of protecting themselves from the sun," Bowen says. "If those peeling sunburns that the children get that's going to do them in when they're adults."

"If we can get the parents to teach their children how to avoid the sun, be careful with the sun and avoid those cumulative peeling sunburns, it can help reduce

the risk of melanoma when those kids grow up."

Limiting exposure to the sun during its peak hours - 10 a.m. to 4 p.m. - is one preventive step, as is wearing hats with brims and loose-fitting clothes that protect the skin. Sunscreen lotions also are important, although they do not completely block UV rays.

"People gain a false sense of security with sunscreens. They think, 'Because I'm wearing a sunscreen, I can stay out on the beach most of the day.' Well, it's not true. It's like a filter for a cigarette: it will decrease some of the ultraviolet light that hits the skin, but doesn't block it all out," Bowen says.

Sunscreens with a sun protection factor of 15 or higher are recommended.

Along with taking steps to prevent skin cancer, people should examine their skin for any unusual signs. Bowen recommends a monthly self-skin exam. "If there's anything good to say about melanoma, it's that you can see it. And even though it's one of the most deadly cancers in the human population, it's very easily treated if caught early," he says.

A simple way to check for skin cancer is to look for the "ABCD" features when identifying a mole that may be melanoma:

- Asymmetry - the mole is unevenly shaped.
- Border - the mole's edges are blotchy or ragged, rather than smooth.
- Color - the mole has multiple colors, such as black, brown and red.
- Diameter - the mole is wider than a pencil eraser and is increasing in size.
- Facts about skin cancer:
 - Skin cancer is the most common of all cancers.
 - There are three types of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma. Melanoma is the rarest and the most dangerous.
 - One person dies of melanoma every hour in the United States.
 - Skin cancer can be prevented by limiting one's exposure to the sun, wearing brimmed hats and using sunscreen with a sun protection factor (SPF) of at least 15.
 - For more information, contact U-M TelCare at 1-800-742-2300, category 1010.

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JAPANESE ボツフォード (Botsford) 総合病院では、従業員、医師、ボランティア一同、心から皆様へ健康で楽しい夏を過ごされることを願っております。

ITALIAN Gli impiegati, i medici ed i volontari dell' ospedale generale di Botsford vi augurano una buona e felice estate.

FINNISH Kaikki Botsfordin Sairaalan työntekijät, lääkärit, ja vapaaehtoistyöntekijät toivottavat Teille Hyvää Terveysttä ja Onnellista Kesää.

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MALTESE Il-haddiema, il-Tobba u il-Volunteers ta Botsford General Hospital jentiefquk-homsahha mill-ahjar u sajj sabieħ.

LITHUANIAN Širdingai linkime jums sveikatos ir linsmą pavasari nuo visiems cia Botsfordo ligoninei.

ARABIC الموظفين، الأطباء والمتطوعون في مستشفى بوتسفورد جنرال يتمنون لكم صيفاً مليئاً بالصحة والسعادة.

SPANISH Los empleados, el cuerpo médico y los voluntarios del Botsford General Hospital le desean un verano feliz y saludable.

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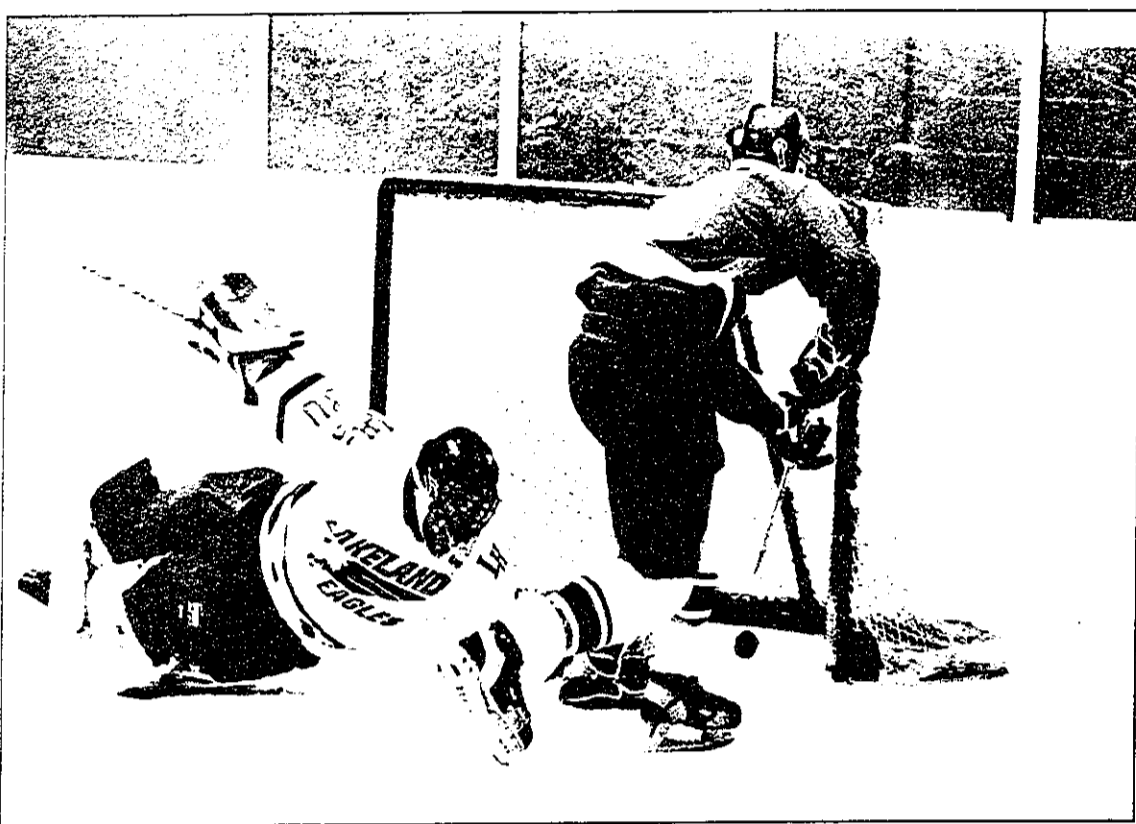


Photo by JOHN HEDER

Suburban Hockey Schools offers numerous year around program, including power skating and hockey schools for mite, squirt and pee wee/bantams.

Suburban Hockey schools schedule hockey clinics

Suburban Hockey Schools enters its 25th year as Michigan's leader in providing a progressive approach to roller hockey instruction for all ages and ability levels. SHS kicks off its summer class schedule on July 14 at the Suburban Training center in Farmington Hills.

• Southgate Ice Arena
Aug. 9-13, Mite, Squirt/PeeWee Power Skating
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• Birmingham Ice Arena
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Registrations are being taken now and class sizes are limited. Please call SHS at (248) 478-1600 for more information or to enroll or go to www.allhockey.com or the World Wide Web.

Suburban Hockey Schools Celebrate Silver Anniversary

The more things change, the more they stay the same.

Especially when you are talking about hockey schools in Michigan. This year, Suburban Hockey School marks its 25th year of teaching power skating and hockey skills to players of all ages and ability levels in the metro-Detroit area.

"We take great pride in the fact that we have witnessed the test of time," says SHS Director Tom Anastos, who has been a part of the school for all 25 years. "But it's hard to believe that it has been that long."

Anastos started as a student in the SHS program in 1974, when former college player Bob Goodenow (Harvard University, NHLPA Executive Director) conducted the program with assistance of college players Frank Werner (Michigan), Mike Lutz (Bowling Green, St. Louis Blues) and Doug Ross (Bowling Green), among others.

Anastos began instructing at the Suburban Hockey School during his days as a junior player and continued throughout his college career at Michigan State and professionally with the Montreal Canadiens organization. Following coaching stints at Michigan-Dearborn and Michigan State, he spent four years as president of the North American Hockey League before assuming his current role as the commissioner of the Central Collegiate Hockey Association.

"The one constant through it all has been summers at Suburban Hockey School," says Anastos. "I truly enjoy being on the ice and teaching the game," says Anastos. "Hockey has always been a huge part of my life and I know the positive impact it has had on me."

Hockey has also been a huge part of the life of Lyle Phair, a college teammate of Anastos' at Michigan State. Phair began instructing at SHS during his col-

Skating at local ice rinks a good way to keep cool

After a long school year, summer vacation is here. But with children's new-found freedom, comes responsibilities for parents and caregivers to find ways to keep them occupied. Too many hours in the hot summer sun is not a good idea for young children. But trying to keep kids cooped-up at home is enough to make anyone (including a frazzled baby sitter) a little stir-crazy.

Try indoor ice skating. It's a fun way to cool off and challenge kids' artistic sides while they get some needed physical activity. Many communities have indoor skating facilities open to the public year-round. "Skating is such a great outlet for families and kids," explains Dan Riegelman, vice president of marketing for Riedell Skate Co., the nation's leading full-line marketer of figure skates. "It challenges kids to learn another fun activity, like biking or swimming, while cooling off from the summer sun. The reason ice skating is one of the most popular sports today is because it is both a recreational activity and an artistic sport that constantly allows you room to improve."

To schedule a skating experience for your family, check your local yellow pages for a municipal skating rink or private rinks that offer public skating hours. Most rinks offer lessons for kids learning to skate. More advanced kids can take advantage of the ice to show their stuff. Remember, skating is a great way for families to keep cool while trying something new and different with kids during the summer months.

lege and professional hockey playing days and continued during the summers while an assistant coach at the college level. He joined SHS full time in 1994.

"The sport of hockey has really evolved," comments Phair. "Its popularity and growth is encouraging. New arenas are providing opportunities for more players to play. The growth of inline hockey has provided a natural feeder system for ice hockey. And in this area, the Red Wings draw a lot of attention. It really is the sport of the '90s."

"Our longevity can be attributed to four factors," says Anastos. "First, all of our instructors really have a passion for the game. To teach effectively, it has to be something you really enjoy. Secondly, we make it fun. It has to be fun. Third, we demand discipline from the players in our programs, and fourth, we are well-organized. The last two go hand-in-hand and make it possible to have fun on the ice. Hockey is really a chaotic sport. With players moving around on skates with pucks on the ice, it really is essential to create a very controlled environment in which to learn."

Veteran instructor Pat Carmichael has been with the program so long that even he is not sure how many years it has been. "I've lost count, but I think I have been instructing for 24 years," says Carmichael, a teacher at Detroit Country Day who moonlights as a scout for the National Hockey League Central Scouting Bureau.

He has seen literally thousands of players come through the program, in addition to many quality instructors. Carmichael began instructing with the likes of Goodenow, Wern-

er, Ross and Lutz, but has seen many different faces in SHS sweat-suits. Through the years, Don Waddell (GM - Atlanta Thrashers), Mark Wells (1980 US Olympian), and former and current professional players such as Mike Donnelly, Jim Cummings, Chris Tanner, Dan Keenan, and Chris Ciochick, among others, have all worked with Carmichael. "It has really been like being in a Master's Program in hockey, having the opportunity to work with so many different hockey people over the years, getting their perspective on the game and seeing how they interact with players."

Current pros like Mike Ruetsnik (Caroline Hurricanes) and Jeff Mitchell (Dallas Stars) return each summer along with the latest crop of college and junior players and local high school coaches like Rick Bennetts (U of D Jesuit) and Brian Dallas (Dearborn Divine Child). Last year in the SHS line-up have not only added new ideas, but have also helped develop new programs. Program coordinator Doug Garbarz, a former Michigan State defenseman, and recent addition Ray Dries, a former University of Michigan player, coordinate year-round SHS instructional programs like the Breakfast Club for adults and Christmas Clinics. Learn to Check, Defensive and Shoot to Score clinics.

"Keeping abreast of the times is something that we really strive to do," says Phair. "Change is an essential part of anything you do. To be successful, you need to be on top of it. We get constant feedback from our parents, from their parents, from coaches and from other hockey people. We are always listening. I think that is one of the reasons why we have been around so long."

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Movies

the NOVI
NEWS
Page 7AA
Thursday,
July 8,
1999



In the Columbia Pictures presentation "Muppets From Space," the entire zany Muppet cast embark on a hilarious extraterrestrial adventure in hopes of finding Gonzo's long-lost family.

'Muppets From Space'

Henson's cloth entourage ventures into the unknown

What is Gonzo? Where does he come from? "For years now, Gonzo has wondered what he actually is," says Kermit the Frog. "And we've never quite known. He's sort of a 'whatever,' a little like a turkey, a little like a chicken. We're not quite sure. But now we're going to find out for real and well. I think it's a big thing, and I think it will make Gonzo very happy."

With enormous enthusiasm and unmistakable optimism, daredevil Gonzo steps into his first starring role in "Muppets From Space," a hilarious extraterrestrial adventure about the search for Gonzo's past.

On a quest with buddy Rizzo to find his real family, Gonzo discovers that his long-lost relatives are actually aliens from a distant planet. After announcing to the world on Miss Piggy's talk show, "UFO Mania," that he is living proof that "we are not alone in the universe," Gonzo becomes the target of paranoid government operative K. Edgar Singer. In the end, Gonzo must not only escape the Singer compound, but decide to either board the mother ship and join the family that he has always wanted, or stay on Earth with the friends that he has always known and loved.

What spawned the search for Gonzo's origins? A simple little song in "The Muppet Movie." In the film, Gonzo sings a beautiful Paul Williams ballad called "I'm Going Back There Someday," about traveling through space to a place that he's only dreamed about. He imagines it being very far away and strange. The song was the inspiration for Jerry Juhl for "Muppets From Space," which traces Gonzo's origins, what he really is, who his people are and where they live.

"He wrote an incredible script and here we are, three years later, bringing it to the screen."

"Jerry took the idea of the song, put a spin on it to tell the Gonzo story and had a lot of fun bringing in the space genre," added Brian Henson, president, CEO and chairman of the board of The Jim Henson Company. "After all, this is the first time the Muppets have been involved with space on the big screen."

"It was an easy fit. When Gonzo came out of 'The Muppet Show' to portray Charles Dickens in 'The Muppet Christmas Carol,' continues Henson, "we saw a whole new dramatic level to him and a real depth to the character."

Joining Gonzo in the film are his friends Kermit the Frog, Miss Piggy, Rizzo the Rat, Fozzie Bear, Animal, Dr. Teeth and the Electric Mayhem Band and many of the other beloved classic Muppet characters. Also starring is Jeffrey Tambor ("Meet Joe Black," "There's Something About Mary"). Featured in cameo roles are F. Murray Abraham, David Arquette, Josh Charles, Kathy Griffin, Pat Hingle, Hollywood Hogan, Jay Liotta, Andie MacDowell, and Rob Schneider.

Columbia Pictures/Jim Henson Pictures' "Muppets From Space" is directed by Tim Hill, making his feature film directorial debut from a screenplay by Jerry Juhl and Joseph Mazzarino and Ken Kaufman. The film is produced by Brian Henson and Martin G. Baker and executive produced by Stephanie Allain and Kristine Belson. Co-producers are Timothy M. Bourne and Alex Rockwell. The creative team includes director of photography Alan Cass, editor Michael A. Stevenson, ACE, production designer Stephen H. Marsh and costume designer Polly Smith.

"Muppets From Space" is rated "G."

Trekkies offers wild and off-base humor

By Jon M. Gibson

Rejected by avid 'Star Trek' fans because of its humor conjured from the show's fanatics, "Trekkies" actually leaves the viewer with a positive reassurance that they are not the worst of many-Americans wrapped in the habit of obsession.

This modern documentary delves into the lives of a few select people across the United States who offer some sort of unique fan-entertainment to the 'Star Trek' community. Created by "The Next Generation" cast member Denise Crosby, this 90-minute feature offers average to extreme situations — from a calm collector of the series' line of merchandise to the unpredictable arrival of Klingon condoms made by convention roads.

Other focal points are a man who actually renamed his dentist office "Starlight Dental" and forces his employees to wear federation uniforms. A transvestite even sings a rendition from classic episodes during one of the film's many interwoven stories about the fans who made "Star Trek" such a success.

The insane humor of "Trekkies"

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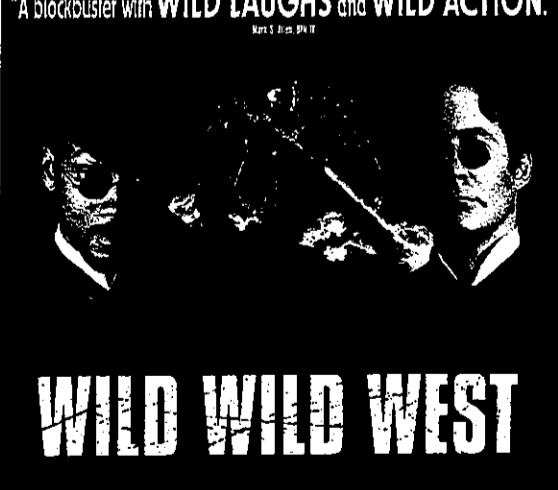
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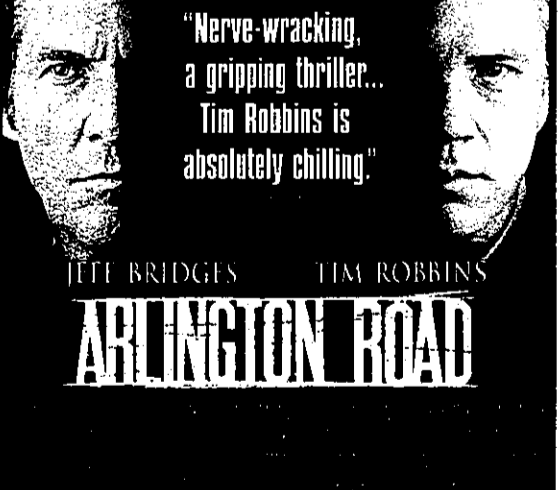
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STANDINGS:
Parks and Recreation stand-
ings on next page-2B

ATHLETES NEEDED:
Oakland Community College
looking for athletes-2B

GOLF OUTINGS:
A pair of outings to take place
in August-2B

BANDING TOGETHER:
Health organizations work
together to design plan-4B

Great things lie ahead for Frantz, 'Cats



Photo by TOM HIBBELN

Novi pitcher Joelle Frantz (above) dominated teams all year long with 269 strikeouts and 0.35 ERA.

Frantz wins HomeTown Player of the Year honor

With the Kensington Valley Conference entering its 23rd year of existence, there's been pretty much a little of everything experienced over the years.

But that's not the case in every sport. And it's definitely not the case in girls softball. Up until this year, the KVC had been dominated by Brighton, Lakeland and South Lyon. But with Novi's 20-4 march to the title this season, they too can say they've had a slice of the pie.

The Wildcats won their first-ever KVC title by taking three of four from Brighton and edging the Bulldogs in the conference standings by a game. For their accomplishments, Novi had seven players garner all-conference status of some sort. And all seven have made HomeTown's first or second team this year.

Another big story in the area came from the other side of Eight Mile Road. Northville com-

pletely turned its program around, going from 4-22 a year ago to 16-10 this year. The team will lose its captain and best player, Amanda Rice, to graduation, but returns a strong corps capable of bettering this year's mark.

Here's a look at the best, and more of the best players from HomeTown's Central and East coverage areas.

Amanda Rice—Catcher Northville Senior

It's sometimes rare to find a player with the qualities Rice provided to the Northville softball program over the last four years. Not only was she a great player, but she was just as good of a leader on and off the field.

A four-year letter winner, Rice batted .500 this season while scoring 22 runs, knocking in 26 and stealing 18 bases. She had a .920 fielding percentage on defense.

"She's an all-in-one coaches dream," her coach Corrie Lipson said. "She's always been willing to do what's needed to be done. She's definitely gone the whole 10 yards."

Katie Cameron—Second Base Novi Junior

One of the key components to Novi's conference-winning team, Cameron provided both the offense and defensive flexibility her team needed.

Cameron led her team in several statistical categories, including average (.429), at bats (112), hits



Katie Cameron

Continued on 3

Superior depth leaves Novi with three on 2nd team

Aside from a trio of seniors and a lone junior, the nucleus of this team is made up of underclassmen. And that means that area teams have a lot to look forward to next year.

Northville returns its starting pitcher (Maureen Emaus) and has two more second teamers coming back.

Novi landed a pair of freshmen on the second team, a pair that were important parts to the Wildcats run for a Kensington Valley Conference title this year.

Here's a look at our second team, some of whom will undoubtedly make the jump to our first team in years to come.

Megan Colligan—First Base Novi Freshman

She made an impact in just her first year in the program. Colligan hit .360 and was third on the team with 20 RBI. With a keen eye at the plate, she drew a team-best 20 walks.

Colligan was the only Wildcat to start and play all 38 games this season. She earned KVC honorable-mention honors.

"She is going to be incredible," her coach Carol Diglio said. "She's very quiet, but does



Megan Colligan

everything without a hesitation. She has great strength at the plate."

Jenny Caverly—Third Base Northville Junior

Another one of those all-purpose players, Caverly came through whenever her team needed her this season. She hit .310 with a .360 on-base percentage. She had a .920 fielding percentage while spending most of her time at third base. Last year she played in the outfield.

"She's one of those utility kids that you could stick anywhere and she would perform," her coach Corrie Lipson said. "She's a very key player for us."

Emily LaBar—Catcher Lakeland Sophomore

LaBar had a gun behind the plate. "Emily has an excellent arm," Lakeland coach Kent Griffiths said. "She had 40 assists, which is a ton for a catcher. Other teams couldn't steal against her."

A second-team All-KVC pick, LaBar hit .322, drove in 15 runs, and her 37 hits were second on the team.

Famiko Kawamura—Second Base Northville Sophomore

One of triplets, Famiko definitely made her own name stand out this year.

A speedster on the bases, Kawamura swept 12 bases after hitting a solid .330 at the plate. In the

field, she formed a great combo with her sister (Makiko) on the right side, fielding 94 percent of the balls hit to her.

"She has a natural knack for softball," her coach said. "She's a little lightning flash out there, and it's always fun to watch her."

Jenny Fuhs—Shortstop Lakeland Freshman

When teammate Martha Digsby injured her thumb and was moved to second Fuhs, only a ninth-grader, was put at shortstop. She did such a good job that Lakeland kept that lineup the rest of the season.

"She stepped in and did a great job in the second half," Lakeland coach Kent Griffiths said. "She hit .270, but her strength was fielding."

Fuhs ended up with 56 assists.

Nicole Mukavetz—Outfield Milford Senior

One of only three seniors on Milford's roster, Mukavetz was an all-district selection and honorable mention All-KVC. She was Milford's leading base stealer.

Victoria Kaiser—Outfield Novi Freshman

Not flashy on offense, but proficient enough with the glove to earn her a starting position on the KVC championship team.

Kaiser held down the right-field position and had a .917 fielding percentage this year. At the plate, she hit .275 with 20 runs scored and 12 RBI. She earned all-conference honorable-mention honors.

"She reacts to the ball off the bat, and that's so hard to teach an outfielder," Diglio said. "Both she and Megan (Colligan) are enthusiastic about softball and excited about the game. They stepped up and both have proved they belonged at the varsity level."



Victoria Kaiser

Kristen Ramsey—Utility South Lyon Senior

Ramsey was South Lyon's top hitter, with a batting average of .339. She was at her best with runners in scoring position, where she hit .474 and drove in a team-best 25 runs.

South Lyon coach Jeff Gale said just as important as her stats were Ramsey's leadership and team-first attitude.

"Her focus was to improve her hitting from last season, and she did," Gale said. "Kristen also helped instruct the younger players with their hitting. She

Continued on 2

MHSAA rules that players must wear protective neck guard next season

By JASON SCHMITT
Sports Editor

What a few Northville High School administrators and coaches thought was a good decision last fall, has been adopted by the Michigan High School Athletic Association for the upcoming hockey season.

The MHSAA Representative Council decided at its May meeting to approve the mandatory use of neck guards for the 1999-2000 season. Last year, Northville was one of a handful of schools that implemented the use of the guards, which wrap around the neck of the players and are held on by a strip of velcro.

"That was something that wasn't a common piece of equipment in hockey," Northville coach Brad O'Neill said. "But we knew there were quite a few concerned parents out

there." O'Neill said Northville principal Tom Johnson and athletic director Larry Taylor wanted to be proactive with the guards, so Northville became one of the first schools to implement them last season.

The MHSAA requirement will be in effect for all high school hockey competitions, scrimmages, regular season games and tournaments. In addition, it is strongly recommended that players wear neck guards during all practice sessions.

"It's not surprising to me that they approved the rule, but I'm just surprised at how quickly they did it. I thought it would take two or three years to pass," O'Neill said.

The quick passing of the new requirement may have stemmed from an incident in a

Trenton hockey game this past season. A Trenton player had his throat severely lacerated by the skate of another player upended on the ice. The player may have died on the ice if he were not treated by a doctor attending the game.

Many of the Northville players find the guards uncomfortable, and are a little upset over having to wear them. Northville junior forward Sean Nappo said if he had his choice, he wouldn't wear one.

"I guess you should wear it, but I wouldn't (if I had the choice)," he said. "They're really big and uncomfortable to wear. It's hard to move around in them."

Nappo was allowed to wear a guard he already owned which was a bit smaller than the ones the team purchased from Griffins sports in Livonia. Many of the Northville team removed padding from their guards to ease the pressure, but the coaches made them wear new ones.

"When you're out of breath, it makes it more difficult to breathe," junior forward Brandon Caverly said. "It's snug around your neck, kind of annoying."

But Caverly, like many of the high school players in the state, has used the guards before in youth house and travel leagues. Caverly has worn them while playing AA hockey with the Southfield Warriors. Nappo's worn them in a AAA league in Canada.

National Federation rules recommend rather than mandate the use of neck guards, but the Council, acting on staff recommendations, decided to implement the requirement immediately. Previously only goalies were required to wear throat protection.

"You can't say everything is 100 percent safe," O'Neill said. "But we hope it provides enough protection to avoid possible injuries."



Photo by JASON SCHMITT

Northville went to this neck guard last year, but players removed some padding from it.



Photo by JASON SCHMITT

Northville junior Brandon Caverly displays a neck guard that the MHSAA ruled the players must wear this upcoming year.

Health

the NOVI
NEWS
4B
THURSDAY
July 8,
1999

Health Column

New Unified Dietary Guidelines Offer Nutritional Protection Against Wide Range of Killer Diseases

Four of the nation's top health organizations have banded together to endorse an eating plan designed to help stave off the diseases that kill most people: heart disease, stroke, cancer and diabetes. The guidelines will be published in the July 27 issue of "Circulation: Journal of the American Heart Association."

In the past, each health agency had its own nutritional recommendations, but by joining forces under the American Heart Association's leadership, they hope to make it easier for the public to heed their combined dietary message and to understand exactly what "eating right" really means. The eating plan, called the Unified Dietary Guidelines, was developed following a national conference of experts including members of the American Heart Association's Nutrition Committee with the cooperation of the American Cancer Society, American Dietetic Association, American Academy of Pediatrics and National Institutes of Health.

"The good news is that we don't need one diet to prevent heart disease, another to decrease cancer risk and yet another to prevent obesity and diabetes," says Richard J. Deckelbaum M.D., co-author of the journal article. Dr. Deckelbaum is a member of the American Heart Association Nutrition Committee, professor of pediatrics and nutrition at Columbia University in New York City and attending pediatrician at New York Presbyterian Hospital.

Edward A. Fisher M.D., Ph.D., a co-author of the article on behalf of the American Heart Association and Director of Lipoprotein Research at Mount Sinai Cardiovascular Institute in New York City, says, "By following a healthy diet, you gain a measure of protection against all the biggest killers."

Abby Bloch Ph.D., R.D., chair of the American Cancer Society's Nutrition and Physical Activity Advisory Board, agrees. "The American Cancer Society publishes nutrition guidelines to give the public advice about the healthy eating and physical activity choices that will reduce their risk for cancer. The work of the American Heart Association demonstrates that

the recommendations for preventing cancer are consistent with those for preventing heart disease, stroke, diabetes and obesity. This will allow us to send a unified message to the American people that the healthful choice - a diet with a variety of plant foods including fruits and vegetables, and low in fat - is the right choice for an overall healthy lifestyle."

Under the Unified Dietary Guidelines, a typical day's healthy diet would include no more than 10 percent of total calories from saturated fat, and no more than 30 percent of total calories from all types of fat. The diet also recommends that 55 percent or more of an individual's total daily calories come from complex carbohydrates, such as cereals, grains, fruits and vegetables, and that dietary cholesterol be limited to 300 milligrams or less each day.

The guidelines also recommend that people consume no more than six grams of salt per day (one teaspoon), and eat only enough calories to maintain a desirable body weight.

The easiest ways to accomplish these goals, according to the guidelines, is to:

- Eat a variety of foods.
- Choose most of what you eat from plant sources.
- Eat five or more servings of fruits and vegetables each day.
- Eat six or more servings of bread, pasta and cereal grains each day.
- Eat high-fat foods sparingly, especially those from animal sources.
- Keep your intake of simple sugars to a minimum.

These recommendations closely follow the U.S. Department of Agriculture's Food Pyramid and ensure that the diet contains enough of vitamins, minerals, fiber and other essential nutrients. Too much fat, especially saturated from meat or dairy products, too much sugar and salt, too many calories, and not enough whole grains, fruits, vegetables and low-fat or nonfat dairy products are the primary dietary problems challenging the U.S. population. "We need more of the green, leafy vegetables that are high in antioxidants, nutritional elements

that delay or prevent atherosclerosis, the disease process that leads to heart attacks and strokes, and may protect against diabetes and some forms of cancer," says Fisher.

Recent statistics show that average overall fat consumption is down to about 34 percent of total calories compared to about 40 percent a few years ago. But the real problem is that saturated fat makes up half or more of that total on average - well above the one-third or less stipulated by the guidelines. "The other big problem is that we simply consume too many calories - more than we burn during physical activity," Fisher adds. "As a result, the prevalence of obesity has skyrocketed - one third of the U.S. population is significantly overweight."

The Unified Dietary Guidelines are designed to meet the special nutritional needs of children, women, the elderly and minorities, as well as the general public.

Obesity increases a woman's risk for at least five of the leading causes of death, including heart disease, stroke, diabetes, atherosclerosis and some types of cancer. About 35 percent of all American women over age 20 are overweight, and among black women, the figure is over 50 percent.

Women also need more calcium than men - hence more low-fat dairy products - to retard osteoporosis, the brittle-bones disease that affects millions of older women. Folate-rich foods are essential during pregnancy to prevent birth defects.

The authors of the guidelines cite data from surveys showing that nearly a quarter of young children get less than two-thirds of the calcium, iron and zinc they need. Fisher concludes, "The guidelines bring together important dietary information that can benefit millions of people, but they aren't an end in themselves. They also point to the tremendous need for research into how the food we eat affects our lifelong patterns of health and disease."

Iris Parlangei, director of communications, American Heart Association.

Health Notes

Community Health Education Classes

Smoking Cessation
Providence Medical Center, Novi Park: July 10 and Aug. 7, from 10 a.m.-noon.

This program combines the power of hypnotic conditioning with behavior modification techniques to help kick the habit without gaining weight. The first 45 minutes is a free orientation. \$59.

Weight Control

Providence Medical Center, Novi Park: July 10 and Aug. 7, from 1-3 p.m.

This program combines behavior modification techniques with the power of self-hypnosis to help change your way of thinking regarding weight loss. First 45 minutes is a free orientation. \$59.

The basics of Sports Nutrition

Providence Medical Center, Novi Park: July 12 at 6 p.m.
This class touches on the basics of sports nutrition - fluid and nutrient needs, carbohydrates, protein and fat. \$10.

Facing the Challenge of Alzheimer's

Providence Medical Center, Novi Park: July 21 and 28, from 7-9 p.m.
This two-part series will include an overview of the disease, understanding the behavioral components of the disease and community resources available for caregivers and patients.

For further information and to register for all classes above, call toll free, 1-877-345-5500.

Surgical Preparation

Through the Sally the Surgery Star program, children scheduled for surgery are taken on a tour and familiarized with the surgical experience. A variety of educational materials and supportive teaching tools are used to help children deal positively with the idea of a hospital stay. Admission to the program is by appointment only. There is no charge. Call the Providence Medical Center-Providence Park at (248) 380-4170 to register.

Weight on the Run

Conducted by an exercise physiologist and a nutritionist, this 12-week program starts with a fitness assessment and nutritional consultation, followed by three weekly monitored workouts and weekly nutritional support. Day and evening classes are available. A \$300 fee includes enrollment in the class "ABC of Weight Loss." For more information and to register, call (248) 473-5600.

Child Health Clinics

Oakland County Health Division's Child Health Clinics provide free ongoing well care for children from birth to school entry. Families who do not have an HMO or Medicaid may be eligible. Clinics are held at 12 locations throughout Oakland County.

Services include: Heights and weights; head-to-toe physical examination; immunizations; vision, hearing and lab testing; growth and developmental screening; and counseling with referrals to physicians and area

resources as needed.

Appointment is required. For more information, call: North Oakland, Pontiac, (248) 858-1311 or 858-4001; South Oakland, Southfield: (248) 424-7066 or 424-7067; West Oakland, Walled Lake: (248) 926-3300; and Holly residents: 1-888-350-0900, extension 8-1311 or 8-4001.

Healthy Solutions Seminar

Healthy Solutions are offering a seminar series over the next few weeks.

All seminars are free and begin at 7:30 p.m. Please call (248) 305-5785 or stop in healthy solutions to reserve a seat (space is limited). You may show up the night of the seminar, however a seat may not be available.

Hot Flash Study

Women who suffer from multiple daily hot flashes associated with menopause are being sought to participate in a nationwide study to assess the safety and effectiveness of an investigational hormone replacement skin patch to treat hot flashes. Women may be eligible if they are between the ages of 45 and 65, have not had a menstrual period in six months, or a hysterectomy. For more information, call 493-6580.

Blood pressure checks

Providence Medical Center-Providence Park is offering free blood pressure checks Monday through Friday from 9 to 11 a.m.

Area residents are invited to visit Providence Medical Center-Providence Park, 47601 Grand River Ave., to obtain the service. Screening will take place in Providence's Emergency Care Center located within the center.

For more information call (248) 380-4225.

Food Allergy Counseling

Individuals with food allergies can receive counseling on food choices and substitutions from a Botsford Hospital professional. The fee is \$30. For more information or to schedule an appointment, call (248) 477-6100.

Prostate Cancer Support Group

Offering knowledgeable speakers each month, this support group provides encouragement and education about prostate cancer, its treatment and the physical and emotional issues associated with it. It meets the third Monday of every month at 7 p.m. and it's free.

Sessions take place in Botsford's 2 East A Conference Room, 28050 Grand River Ave., in Farmington Hills. For more information, call (248) 477-6100.

Foot and ankle consultations

Experiencing heel pain, bunions, hammertoes, fungus nails, warts, ankle pain, ingrown nails or other foot ailments? The Foot Health Centers offer an initial consultation free of charge, excluding x-rays, lab tests or treatment. The Foot Health Centers, operated by Dr. Ken Poss and Dr. Randy Bernstein, are affiliated with Botsford, Sinai, Oakwood and Kern hospitals. They have two area locations, at 41431 W. Ten Mile Road in the Novi Plaza at Meadowbrook, and 30931 W. Seven Mile Road in Livonia. Call (248) 349-5559 or (248) 478-1166 for more information or to schedule a consultation.

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