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INSIDE

Voices raised in song



The Novi Choralaires have been preparing all season long for their upcoming show, "An American Quilt," premiering Saturday, May 13. Above, several singers are ready for their numbers from "The Wizard of Oz." — Page 3A

Living the golden years

Walton wood, a new independent living complex near Twelve Oaks even features a movie theater for residents. — Page 10A



LIVING

Rise and play tennis



The early birds get the tennis time at The Sports Club. This group of mostly retirees includes champions and those who are a bit newer to the sport. But some have been playing for 40 years and counting. Learn about their love of the game on — Page 6A

SPORTS

Remembering Frank

Frank Breisacher wasn't just a dad and he wasn't just a coach. He was both to a large group of girls currently in search of a state softball championship. Look to the sports section for the full story — Page 1B



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Helwig at the helm Novi's new manager is on the job

RANDAL YAKY
Staff Writer

He's only been on the job since mid-April, but new city manager Richard Helwig is getting used to his new digs on the second floor corner office of the Novi Civic Center.

Helwig, who offers his guests coffee but doesn't drink himself, sits casually and listens. It's something he's been doing a lot lately.

"This is my eighth official day. I have been working with council and the mayor, but I'm still a rookie," Helwig said.

A former Navy lieutenant, Helwig holds a master's degree in Public Administration from the John F. Kennedy School of Government at

"I think in particular my Navy Supply Corps training has influenced my city management career."

Richard Helwig,
New Novi city manager

Harvard University and a bachelor of science degree from Bowling Green State University.

"I think in particular my Navy Supply Corps training has influenced my city management career."

You learn what it was to be accountable. If you came up short when you were doing payroll, it came out of your pocket," Helwig said.

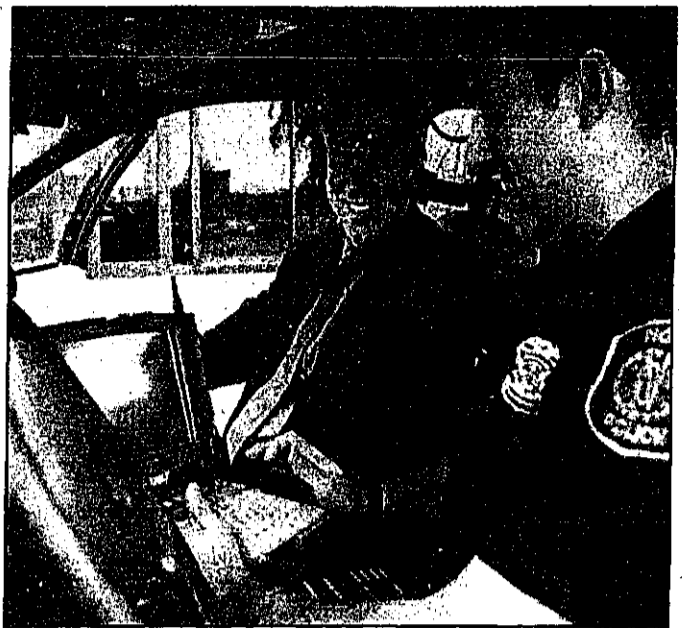
Don't expect the new city manager in uniform, however.

"I certainly don't come with my Navy sword everyday," Helwig said. "I had four years in the Navy and that was enough."

Helwig said that he will be the eyes and ears for the council and mayor when it comes to the happenings in the city. But he also demands a lot from those who work for him.

"Personal responsibility in particular," Helwig said. "When it

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Novi City Manager Richard Helwig, left, checks out the cellular-based computer system in Officer Steve Balog's patrol car. Photo by JOHN HEIDER

Double vision



Photo by JOHN HEIDER

Molly and Kelsey Sutka, 7, are just one of many pairs of twins in their neighborhood.

Walden Woods runs amuck with twins, triplets

WENDY PIERMAN MITZEL
Staff writer

You can't blame it on the water.

While nine out of 64 homes in Walden Woods II off Eleven Mile house multiples, the twins and triplets ranging in age from 6 to 13-years-old, were all born before their parents moved into the Novi subdivision.

Jennie and Raybon White and their twins, fraternal brothers Sean and Sherrick, were the first set of twins in the neighborhood in August of 1994. But soon there followed a succession of multiples and their families. Most began bumping into each other on the street after learning from the builder, Tri-Mount homes, that double vision was becoming pretty common around there.

"When (the builder) found out we had twins, he said we would fit right in..." said Pat Figurski, dad to 11-year-old identical twins Stefan and Ryan.

While the families don't have a formal club to call their own, they have inevitably formed friendships. Just as multiples have a special bond, so too, do the parents of multiples.

Standing around a school playground while their kids mugged for the camera, the moms compared stories of difficult pregnancies, hectic first years and the joys and hard work of being a parent of multiples.

"The ultrasound technician said 'I think I see two.' And my reaction was 'Two what?'" said Denise Boron, recalling the day she found out she was carrying twins.

Others cried and some were shocked.

"We went through infertility for six years and were on a long adoption list," explained Jennifer McEachran. "We, needless to say, were thrilled that we were blessed with twins. We felt total joy and

Continued on 19

Catholic Central eyes site in Novi

■ Catholic Central would need to raise \$30 to \$40 million to build a new high school.

RANDAL YAKY
Staff Writer

Novi Catholic Central.

The name may not sound familiar but it could become a reality if the Archdiocese of Detroit feels the time is right for the boys parochial school to leave Redford for a new promised land.

"We've been looking and we have done a demographics study. Novi is a center of attraction," said Redford Catholic Central President Father Richard Elmer.

"But we have been looking at a couple of other areas as well. We've also looked at Northville and Plymouth as possibilities.

"We have not purchased or made an option on any property yet. We have not made a final decision."

The Archdiocese of Detroit would

have to make a significant dedication in funds before new plans could be drawn.

"We'll still have to do a feasibility study to see if raising \$30-40 million to build a new school is possible," Elmer said. "We would still have to talk to our Cardinal (Adam Maida) and see if we could help him fulfill his needs in this situation."

According to Corinna Webber of the Archdiocese of Detroit Communications Department, there is no room for expansion at Catholic Central's current location and the school would like to add new school laboratories and soccer fields.

"The existing facility is landlocked," Webber said. "They have a lot of students in portables and there are a lot more students that would like to come to this school."

Webber did say there is a possibility that Catholic Central would refurbish the existing facility.

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250 sign petitions against abatements

■ The Novi City Council may make a decision on a tax abatement policy on May 8.

RANDAL YAKY
Staff Writer

The decision over a tax abatement program for Novi has been delayed again as the city council continues to fine tune the policy's wording.

But opponents to the plan are not delaying their own response to the concept.

Local resident Clare Wilson appeared before the Novi City Council on Monday with over 250 signatures of residents who do not think the city needs a tax abatement policy.

"Novi doesn't want, or need, a tax abatement policy. This petition is a clear indication that the voters do not want it," Wilson said.

"Compuware was lured to Farm-

ington Hills with a tax abatement and when the tax abatement expired they move to Detroit. Most of the comments I heard from residents was 'when do I get a tax abatement.'"

The council was expected to make a decision on tax abatements on Monday, but will now bring back bring it back to the table on May 8 for a possible final vote.

Discussion over the policy will come after the city budget meeting, some time after 8 p.m. in council chambers at the Novi Civic Center.

Mayor Richard Clark said that there could be a final decision on the tax abatement policy at that time.

"I'd like to see where we're at one way or another," Clark said.

"We're still at the state of deciding what it (the policy) will look like. But even if we have a policy there will be no wholesale give-

Continued on 14

Moms from Novi ready for march of a million in capital

■ These local moms will spend Mother's Day urging the federal government to tighten up gun laws.

By STEPHANIE FORDYCE
Staff Writer

With the recent epidemic of school shootings sweeping our nation, mothers of all ages, races, and religions are taking a stand.

On Mother's Day, mothers, grandmothers, stepmothers, godmothers, foster mothers, and future mothers will unite in the Million Moms March, a crusade against gun violence.

"Just hearing one incident after another of senseless killings really made me want to get involved," said rally participant Pam Evans of Novi.

In Washington D.C. on May 14, marchers will gather on the National Mall to seek gun safety legislation and strict enforcement of gun laws.

"We're talking about legislation that will try to keep guns out of the hands of children, juveniles, and criminals," said Novi mom Gwen Markham. "Such as waiting periods, background checks, gun safety locks, proper registration, and limiting purchases to one handgun

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Marchers from left are Colleen O'Brien-Bromley, Marianne O'Brien-Bullock, Bridget O'Brien-Watt, Gwen Markham, Judi Darling and Pam Evans. Photo by JOHN HEIDER

Don't bug 'em, they have friends in insect kingdom

By STEPHANIE FORDYCE Staff Writer

How can you tell an insect from any other animal? Just ask entomologist Greg Dunn and he'll tell you to count the number of legs. If you count six, you've got yourself an insect. Recently, the bug extraordinaire from the Young Entomologist Society in Lansing came to Village Oaks Elementary to tell the students about nature's little beasts. "It was awesome!" exclaimed first grader Mary Ann Caddy. "I kind of always thought bugs were gross, but they're actually pretty neat. Some, like caterpillars and butterflies, can really be cute."

Packed with insect trivia and amazing visuals, Dunn's presentation proved that the world's tiniest creatures can be the most interesting. "Did you know that an insect actually lives inside its bones?" he asked the students. "That's right, because their skeletons are placed on the outside of their bodies, which helps protect them."

The students were also surprised to learn that insects can see in every direction. "They can see over, under, in front of and behind them, all at the same time," Dunn said. "And insects also have what we call a 'compound eye,' which means an eye made up of many eyes. Some can have up to 40,000 of them. However, that doesn't mean they see 40,000 of the same object. In fact, they see 40,000 different pieces of an object. So to insects, the world is seen very much like a puzzle."



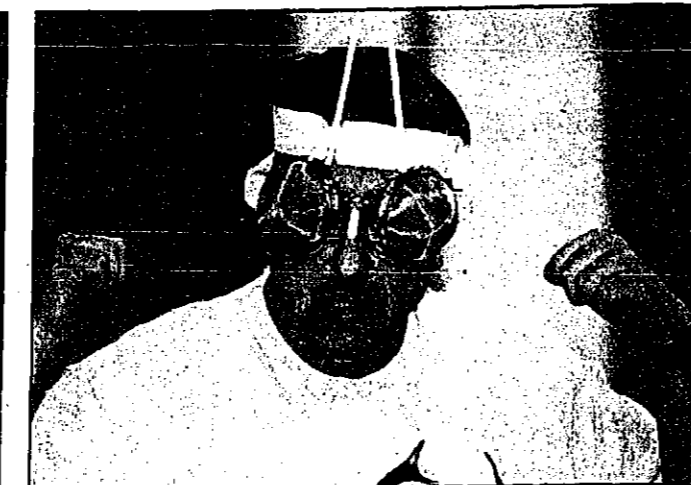
Photo by JOHN HEIDER

Above, Village Oaks kids make eyes like bugs. At right, Gary Dunn explained a bug's life.

The children gasped when they heard that there were over 30 million different kinds of insects in the world, including 25,000 in Michigan. "Insects are everywhere," Dunn said. "From your backyard to the other side of the world." Dunn told the students all kinds of insect anecdotes, such as they help the environment by breaking down and recycling nature's wastes and that their number one job is

taking care of plants. "I thought the assembly was very interesting," said first grader Rachel Slaut. "I never knew there were so many types of beetles and butterflies. I would have never guessed that there are more ants on this earth than people, either." One segment of Dunn's visit the students really enjoyed is when he dressed up like a bug, using just a few household tools. "That was hilarious," said fourth

grader Corey Leach. But the part the children enjoyed most was the bug displays along with the three very live critters Dunn brought with him; the Skunk Beetle, Giant Whip Scorpion, and Roschiar Tarantula from South America. Dunn explained that the beetle gets his name from the black jets his name from the black beetle. The scorpion's secret weapon, like the beetle, is his spray that is



like a juice which smells like vinegar. But when Dunn took out the tarantula, the children had to be very quiet. "This animal is covered with ears," Dunn said. "While they may not look like ears, they are. The spider is actually covered with hairs and his hairs work as ears to hear things." Dunn said that even though people think spiders are insects, they're not because they have eight legs, not six. "Fourth grader Jonathan Cassie and first grader Chris Gibbs and Aidan Rickel said they were amazed to learn that a tarantula has never killed anyone. "No one has ever died from a tarantula bite," Dunn said. "But they do, however, have two very sharp teeth, so the bite might hurt a little but it would never kill you."

"I really liked it," said first grader Shobha Sridhar. "It was really cool. It was interesting to see all the different kinds of beetles, moths, and butterflies and the live tarantula was awesome!" Dunn said he hopes the students enjoyed his visit and encouraged them to learn more about insects. "The best way to learn about these wonderful mini-beasts is to see them in their natural habitats," he said.



Photo by JOHN HEIDER

The Novi Choralaires who will dress up the "Wizard of Oz" number during the May 13 concert include: Jim Ingles (front), Karl Miller, Michelle Fitzpatrick, Shirley Brady and George Giessa. Below: Karl Miller and the rest of the Choralaires rehearse for "An American Quilt."



A patchwork of America

Choralaires give May 13 performance

By STEPHANIE FORDYCE Staff Writer

It's a bit of this and a bit of that, all sewn together. The Novi Choralaires have been preparing all season long for their upcoming show, "An American Quilt," premiering Saturday, May 13. Sure to be a hit, the show is packed with a variety of tunes from gospel to folk to pop. "We've entitled the production 'An American Quilt' because the show, like a quilt, has two layers with something in between," said director Jan Wassilak. "We've got folk and traditional songs in the beginning, spirituals in the middle, and fun, popular selections at the end."

Now celebrating its 25th anniversary, the show's 51 members will take the stage in the Forest Auditorium at Novi High School. "It's going to be a really fun evening," said Wassilak. "People will hear a lot of songs they already know and a few new ones." Some of over 20 songs that will be performed include "Go Down Moses," "Healing River," "Brother Love's Traveling Salvation Show," "When Johnny Comes Marching," "Take Me Home Country Road" and some selections from "The Wizard of Oz" and "Bug's Life." "We're really looking forward to it," said soprano Michelle Fitzpatrick, who will also be playing Dorothy. "We have a large collection of musical numbers this year. The second half is going to be a lot of fun and very interactive, which is why we'll be doing 'The Wizard of

Oz," musical review." Fitzpatrick said. Tenor Dick Bayerl, who has been with the Choralaires for fifteen years, said he got involved because he's always been a fan of music. "I just really enjoy it," he said. "The people are tremendous and being on stage is such a great feeling." Tenor George Giessa, who will be playing the Cowardly Lion, said he is proud to be involved with such a great choir and great group of people. "I love music and I love singing," he said. "And I'm honored to be a part of such a wonderful bunch."

Organized in 1975, the Choralaires have entertained all over Novi at church functions, civic events, service clubs and nursing homes. The group, comprised of men and women from Novi, is primarily self-supporting, but is assisted operationally by the Parks and Recreation Department. The show starts at 7:30 p.m. and tickets are \$8 for adults and \$6 for students and children under 12. Free carnations will even be distributed to all the ladies for Mother's Day. Jim Ingles, the Scarecrow and Karl Miller, the Tin Man, said the show is really going to knock people's socks off. "We've worked really hard," said Miller. "People will really enjoy it." Tickets may be purchased from the Novi Parks and Recreation Department. Novi Choralaires members, and will also be available at the door. Staff Writer Stephanie Fordyce may be reached at 349-1700.

NOVI SINGERS

See these locals shine as members of the Novi Choralaires in "An American Quilt" on Saturday, May 13 at Forest Auditorium in Novi High School on Taft Road:

- Lori Asmann, Dick Bayerl, Sally Brenner, Jan Block, Faith Brady, Shirley Brady, Noel Brown, Patricia Brown, Sue Calderone, Debbie Caruso, Alison Connolly, Kathy Crawford, Libby Crawford, Dale Darkowski, Karen Darkowski, Mary Kay Davis, Trenda DeGraff, Laura DesGravise, Sue Egan and Michelle Fitzpatrick.
- Also: Ellen Garner, George Giessa, Chandra Ann Grodzicki, Jim Ingles, Rose Johnson, Gwyn Jones, Patty Jylka, Johanna LeBlanc, Gail LeVan, Susan Lewis, Lee Liston, Diana Miller, Karl Miller, Larry Molloy, Karen Moore, Heather Neal, Lynn Nichols, Joe O'Brien, Ellie Pappas, Heather Reese, Jason Richardson, Darl Riley, Margie Shaul, Ruth Sill, Art Spafford, Becky Staab, Drew Stallard, Marcia Stevens, Frank Wassilak, Dick Wickert, and Elaine Wroce.

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Novi High students praised for hard work and dedication

By STEPHANIE FORDYCE Staff Writer

As graduation approaches, Novi High School's highest students prepare for a day they'll never forget. The school's 13 valedictorians and five salutatorians have achieved a remarkable accomplishment, with the valedictorians earning straight A's throughout high school and the salutatorians doing the same, with the exception of one B.

"It's really an honor to have you all here and I want to applaud each and everyone of you in becoming the valedictorians and salutatorians of the Class of 2000," Principal Dr. Jennifer Cheal told the students recently.

"On behalf of the staff and administration of Novi High School, I would like to extend our congratulations for earning an exemplary scholastic average during your high school career."

Cheal said she was extremely proud of their achievements and their commitment to academic excellence.

"I know you have worked very hard to receive this honor and I'm sure your family is also very proud of you and have given you positive support and encouragement throughout your academic career."

On April 11, the students along with Cheal and their high school counselors met to share in the celebration and to discuss commencement details.

"I want to give everybody here a round of applause for all the hard work and effort you've achieved in your studies, as well as all the activities you've participated in outside the classroom," said counselor Bill Ayotte.

"So on behalf of all the counselors, congratulations on a job well done. You should be very proud of the efforts you've put forth."

Counselor Kathy Scullen also expressed her gratitude.

"We all know how extremely hard you have worked in various activities and are really impressed at how well you balanced your time," she said.

"Thank you for the wonderful things you have done for the school and the community."

Valedictorian Ryan Rzepka, who will be attending Oakland University in the fall on a soccer scholarship, said he feels pleased with his accomplishments and is looking forward to graduation.

"I'm excited. This is a pretty big deal," said the varsity soccer captain.

Valedictorians Brian Dodds and Janis Clara Liao said they are also looking forward to the big day, with Liao heading to the University of Michigan to study premed and Dodds pursuing chemical engineering at either U. of M. or Michigan State.

Here's the valedictorians for the Class of 2000:

Michael Brzozowski, Andrea Bullen, Kristi Copping, Brian Dodds, Jennifer Hagopian, Richard Harris, Jane Lee, Janice Clara Liao, Angela Moran, Anurika Nigamrajan, Christina Purish, Ryan Rzepka, and Daniel Weston.

The salutatorians are: Erika Alpert, Jennifer Boveri, Kristen McGlennen, Haruka Miki, and Beth Rice.

Staff Writer Stephanie Fordyce may be reached at 349-1700.



Novi High School announced these 13 valedictorians and five salutatorians recently. Submitted photo

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O-911 (PG-13)
1:00, 2:30, 4:45, 7:05, 9:25
O QUISP (R)
1:50, 1:40, 3:30, 5:15, 7:10, 9:00
KEEPING THE FAITH (PG-13)
1:20, 2:55, 7:20
MIR FRIELITY (R) 5:15, 8:45
SCREEN 3 (R)
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A new meaning for home theater

Senior retirement community boasts many luxuries

By STEPHANIE FORDYCE Staff Writer

If this is what retirement looks like, we should all be so lucky. Waltonwood, located behind Twelve Oaks Mall, is an independent living retirement community that recently opened in Novi.



The Waltonwood retirement complex in Novi looks grand.

Page added that she enjoys the beautiful atmosphere, as well as the staff and fellow residents.

The couple began looking for places after their home in Dearborn became too big for them, but Page said they weren't quite ready for assisted living.

"We looked all over, even Arizona, before we decided this was the best place for us," she said.

Page said although she's only attended the dining room so far, she's looking forward to visiting the other recreation rooms and shops in the future.

"We're still unpacking our boxes," laughed the mother of three children, ten grandchildren, and three great-grandchildren.

Schoendorf said residents like Waltonwood not only because of its appearance, added features, and great location, but also because they get the chance to meet new people.

"I think it enhances their lives because they're meeting others their age and they have the chance to share history together," she said.

Waltonwood will even house the Ms. Senior Michigan Regional Pageant on June 4.

"Oh, we just love it here," said Waltonwood resident Jessie Page who lives there with her husband, Thomas.

"It's very spacious, we have tons of room, and the price is reasonable."



Waltonwood Leasing Consultants Cheri Smith, left, and Mary Ann Schoendorf talk in the senior housing center's main lobby last Thursday. Waltonwood has 141 rooms.

Each room features fully-equipped kitchen, a private patio or balcony, generous closet space, and a 24-hour secured and monitored entry system with emergency call buttons in every apartment.

All our rooms come with new appliances, including stoves, dishwashers, and refrigerators," said Schoendorf.

Residents may also sign up for a meal plan where they can enjoy dishes like Veal Parmesan and Shrimp Scampi prepared by Chef Tony DeFeo.

Prices run anywhere from \$1,595 to \$2,195.

Each room features fully-equipped kitchen, a private patio or balcony, generous closet space, and a 24-hour secured and monitored entry system with emergency call buttons in every apartment.

All our rooms come with new appliances, including stoves, dishwashers, and refrigerators," said Schoendorf.

Residents may also sign up for a meal plan where they can enjoy dishes like Veal Parmesan and Shrimp Scampi prepared by Chef Tony DeFeo.

Library needs new facilities

The Novi Library Board made a pitch for a new facility at the May 3 Novi City Council meeting.

The board, which has already made a formal request for a place to hold a ballot proposal for a new library in the August 8 primary election, made the presentation to council to stress the urgency of their appeal.

"We see ourselves as the eyes and ears of the council," said Patrick Burnett, president of the library board. "We think the citizens feel this is important."

Novi Library Director Brenda Evans said the library is in desperate need of space and is looking behind other communities like Bloomfield Township or Farmington Hills.

"The building predates the Americans with Disabilities Act (ADA)," Evans said. "Our building wasn't designed to accommodate computers. We have a need for quiet areas. And as our community grows, we find that we have limited space for books."

Evans did say that if there was no way to construct a facility on the preferred 15 acres located along Taft Road behind the Novi High School, that they would settle for a site directly behind the old library. Evans also said that a survey of 52 percent of Novi voters would support library expansion.

"Our preference is to put this to the voters in the August election," Burnett said, noting that if an August ballot proposal was not possible that they would look for an alternative. "We want to keep the momentum going."

But Burnett said the Taft Road site is the preferred site by the library board.

"We are more than willing to work with the library board," said Mayor Richard Clark.

Clark said that council would give the board a response at the May 15 city council meeting.

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Camp counselors sought by Muscular Dystrophy group

The Muscular Dystrophy Association is currently seeking applications from people who would like to volunteer to spend a week as counselors at the MDA summer camp in Lexington, MI.

Volunteers will act as companions to campers (ages 6-21) with neuromuscular diseases during the camp sessions to be held June 18-24 and again June 25-July 1. Counselors must be at least 16 years old and able to lift a child. They will be called upon to push wheelchairs and assist with grooming, dressing, and feeding.

More than 4,000 campers are expected to attend MDA camps this year. With the help of one-on-one volunteers, campers will enjoy a wide range of sports, recreation and nature activities.

"Camp is the highlight of the summer for the campers and volunteers. It's one week of the year when youngsters with muscle-wasting disorders are able to fully participate in a wide range of group outdoor activities that are tailored for their limited mobility," says John O'Rourke, MDA Regional Director.

MDA summer camp has a relaxed atmosphere which allows campers to develop self-confidence and form lifelong friendships.

Chicago will discuss "Setting Priorities At The Speed Of Life." The event runs from 9:30 a.m. to 11 a.m. and for the price of \$10.50 includes the show and breakfast. Reservations are preferred but walk-ins are accepted.

The Maples County Club is located at 31260 Wakefield Drive, off of Fourteen Mile Road, just west of M-5. For reservations, call Kay at (248) 788-2168 or Pat at (734) 422-5135.

MDA is a national voluntary health agency dedicated to finding treatments and cures for neuromuscular diseases affecting more than a million Americans.

The Association receives no governmental grants, nor does it seek fees from the families it serves.

For more information or to volunteer, call the local MDA office in Canton at (734) 416-7076 or MDA national headquarters at 800-572-1717. Information about MDA programs and research advances is also available on MDA's Web site at www.mdausa.org.

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Sticky tongue

Dan Briere of Wildlife Programs visited the Novi Public Library and some Spring-Break youngsters last Thursday. He brought with him an Albino python, Iguana, prairie dog, tarantula and a green turtle. Here, Briere shows a blue-tongued skink from Australia. By pressing on the skink's nose, it shows off its blue tongue.

Photo by JOHN HEDER

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South Lake Drive residents ask for cul-de-sac

RANDAL YAKY
Staff Writer

Traffic jams are a common occurrence on Novi or Haggerty roads. They shouldn't be on South Lake Drive, a residential road originally designed to hold traffic to and from lakeside cottages.

But that has been the case now for over five years and some local residents along the route are upset.

Residents brought their wish list for improvements to the Novi City Council on Monday that included a proposal for closing or to cul-de-sac South Lake Drive along Walled Lake in the north end of the city.

South Lake Drive resident John Pisha gave a presentation to the

"South Lake Drive was never meant to be a thoroughfare."

Diane Stojinski,
Bernstadt Street resident

"Somebody is going to die out there. There needs to be a study. South Lake Drive was never meant to be a thoroughfare."

Pisha also asked that the city postpone the repaving project and installation for the bike path and that is exactly what they got.

One local resident, Jim Korte, wanted someone who will finance the cul-

de-sac project if it is okayed.

"Cul-de-sac by the park area? Who will pay for that?" Korte asked.

During Pisha's presentation, he talked about about speeding automobiles, garbage trucks and emergency vehicles going to and from an adult care facility along South Lake.

"Are you going to ask emergency vehicles to do the speed limit?" asked Korte. "To close the road is a pipe dream. To stop the cut through traffic is a reality."

A temporary solution that seemed to get universal approval from both the council and residents was to put no left turn signs on West Road to South Lake Drive eastbound and Old Novi Road onto westbound South Lake Road.

City Planning Consultant Rod Arroyo had two recommendations outlined for the city. First, to develop preliminary drawings and recommend a proposed road closure solution for South Lake Drive. Second, was to direct the city to post-

Award notes caliber of Novi's annual city budget

The Government Finance Officers Association of the United States and Canada (GFOA) is pleased to announce that the city of Novi has received the GFOA's Distinguished Budget Presentation Award for its budget.

The award represents a significant achievement by the entity. It reflects the commitment of the governing body and staff to meeting the highest principles of governmental budgeting. In order to receive the budget award, the entity must satisfy nationally recognized guidelines for an effective budget presentation. These guidelines are designed to assess how

well an entity's budget serves as a policy document, a financial plan, an operations guide, and a communication device.

Budget documents must be rated "proficient" in all four categories to receive the award.

When a Distinguished Budget Presentation Award is granted to an entity, a Certificate of Recognition for Budget Presentation is also presented to the individual or department designated as being primarily responsible for helping the entity achieve the award. This has been presented to Kelly LaZonde, budget analyst.

Since the inception of the

GFOA's Distinguished Budget Presentation Awards Program in 1984, approximately 800 entities have received the award. Award recipients have pioneered efforts to improve the quality of budgeting and provide an excellent example for other governments throughout North America.

The Government Finance Officers Association is a non profit professional association representing 13,000 government finance professionals throughout North America. The GFOA's Distinguished Budget Presentation Awards program is the only national awards program in governmental budgeting.

Council may add third monthly meeting

Mayor Richard Clark has suggested that the council look into the possibility of adding a third council meeting to the schedule every month to handle excess city business.

The mayor has concerns over the enormous amount of time that is spent on calls to the public and public hearings.

"So that we can deal with presentations and on other nights deal strictly with council concerns and actions only," Clark said. There was no mention of council members would be paid more for spending the extra time in chambers.

The current wages are \$15 per meeting for council members and \$20 for the mayor.

Sometimes fun can be a science

By STEPHANIE FORDYCE
Staff Writer

Everyone enjoys sports, from the score of a winning point to the roar of the crowd, but there's a unusual side to sports that many do not know about — science.

Orchard Hills Elementary and Dynamic Science Assemblies out of Clawson, Michigan teamed-up to deliver the students a fun and interesting way into the world of science.

With Dynamic's energetic speaker Jeff Kocob and upbeat music, students gathered in the gym to learn a slam-dunk full of scientific knowledge and how it relates to sports and other physical activities.

"It was cool," said fourth grader Andy Harrington. "I've never thought of sports from a scientific point of view before. I really learned a lot."

From what keeps a frisbee in the air to what causes a football to wobble, the Sports & Science Assembly taught students first hand Sir Isaac Newton's three laws of motion: inertia, gravity and action-reaction.

Crazy Kocob demonstrated the law of gravity by having a volunteer push him as fast as she could on his roller blades before she let go and sent him crashing into a wall.

"The kids loved it."

"See, because the harder you push or pull something, the faster its going to go," he said.

Kocob even displayed the concept of velocity, the speed of an object, by having a volunteer throw a baseball while one of the teachers held a radar gun to measure its speed. Not bad for this student, who clocked in at 28 miles an hour.

"That was excellent," said Kocob. "But did you know major league pitchers can throw them between 90 and 100 miles an hour? Now that's fast."

"Yeah," added Bowman. "It was pretty cool learning about sports and science at the same time."

Ryan Meier and David Kemski said the funniest part about the program was when Kocob slammed into the wall.

"That was hilarious," said Kemski.

Kocob, 21, who's been working with Dynamic for three years, said he travels to five states a year doing 22 shows a week.

"I work a lot, but I really enjoy it," he said.

"The kids are great."

Michelle Siden, Alexandra Kennedy, and Laura Reyes said their favorite part of the assembly was when Kocob let two students participate in an agility competition.

In a race against the clock, the volunteers had to do a number of jumping jacks and push ups and then finish by shooting a ball into a basket as the rest of their classmates cheered them on.

The students agreed that the sports and science assembly was both amusing and educational.

"It was fun," said Reyes.

"It was really entertaining, but at the same time we learned a lot of neat stuff."

Staff Writer Stephanie Fordyce may be reached at 349-1700.



Photo by JOHN HEDER

Jeff Kocob is helped by Orchard Hills student Dawn Barbera in demonstrating the difference between a high and a low center of gravity. As he pounds against a blocking pad, Dawn sees that a lower center of gravity helps her to keep her balance. Kocob visited for a Sports & Science Assembly.

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- \$10 discount for any player who registers for any additional week.

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From left, Judi Darling listens as Gwen Markham discusses the goals of the Million Mom March both of the women will attend.

Local moms head off to march

Continued from 1
a month. If we could do that, it would go a long way in making our country a lot safer."
The way things work today doesn't make sense to Colleen O'Brien-Brunley, another Novati mother.
"For example why does somebody have to buy 300 handguns at once? Well, so they can sell them to people who can't buy them legally," she said. While gun legislation does exist, it is seldom regulated, O'Brien-Brunley said.
"There is legislation already, but we want it enforced," she said.
"Women are a strong vote in this and we are going to show them that we want them to get going and that we are very concerned for our children's safety."
According to the Handgun Control Center of Preventing Gun Violence, "In one year, firearms killed zero children in Japan, 19 in Great Britain, 57 in Germany, 109 in France, 153 in Canada, and 5,285 in the United States."
"People are naive if they think it's not going to happen in their school," said Judi Darling, who will be traveling to Washington, D.C. with the Novati Methodist Church.
Children are going along to Washington D.C., as well. Including marcher Maggie O'Brien-Watt, 12, from Witkon. She agreed that the world is becoming a scary place for youngsters.
"Every time I turn on the television and I see all these shootings, it just makes me sad because it can happen anywhere," she said.
Evans said that because there are just too many guns available.
"If the guns weren't there to use, maybe someone would get punched, but they wouldn't be dead," Evans added.
The women, for example, discussed a recent incident in Canada where a high school boy went on a rampage, slaying four classmates and a teacher.
"And you know what? Nobody died because he had a knife, not a gun," said Markham. "While that was a terrible tragedy, no one was killed. Hopefully that will give all the people that say 'guns don't kill people, people kill people' something to think about."
Markham went on to say that teenagers by nature sometimes get frustrated and angry and by giving them access to a weapon is in a sense giving them a license to kill.
"All teenagers get upset at some point in their lives and they do crazy things. If you give them something that will kill somebody or themselves, things happen that can't be taken back," she said.
"That's why we want to keep guns out of the hands of kids who shouldn't have them because they'll often do things they regret."
Evans said that television and video games aren't helping the problem either.
"And the younger ones watching

all these videos and playing video games where they shoot someone and they come back to life. It gives them the wrong idea and they don't really understand it," she said.
O'Brien-Brunley said that if gun owners stored their firearms properly, children wouldn't find them and use them unintentionally or intentionally on themselves or others.
"People think we are trying to take guns away, but we're not," she said.
"We just want owners to be responsible."
Markham said she has received nothing but positive responses from fellow community members and mothers.
"When you tell people you're doing this, they immediately are very interested and positive about it," she said. "And it shows just how serious people are about the march because to say 'yes, I'll give up Mother's Day and go to Washington D.C.' has not been a difficult decision for people."
Bus trips for the march, which will have Rosie O'Donnell as master of ceremonies, are available in

many neighborhood cities, including Livonia and Bloomfield Hills and at Twelve Oaks Mall. See chart for the pick-up times and other details.
For those who can not make it to the Washington D.C. Million Mom March, a local rally will be held at the Lansing State Capitol Building the same day at 2 p.m.
Lansing participants are asked to bring along a pair of new or decent-quality shoes to place on the Capitol steps in representation of the 1,002 individuals, such as 6-year-old Kayla Holland, who lost their lives last year in Michigan to gun violence. The shoes will later be sent on to be a part of the Silent March 2000 rallies against gun violence at the National Republican and Democratic Conventions.
Twelve-year-old Katy O'Brien said she will be attending the Lansing rally.
"I wanted to get involved because my mom is doing it and I think it's an important thing to do because gun control is very important," she said. "I don't want to see that happen when I get into high school."

Molly O'Brien-Watt and Carrie O'Brien, both 10, and Tyler Bullock, 9, said they also wanted to support the cause. "People shoot too much," said Bullock.
If you would like to learn more about the event or register, you can log on to their website at www.nationmomsmarch.com.
For the Lansing rally, register with The Michigan Partnership to Prevent Gun Violence at (517) 332-4299 or e-mail to: lansCapitolMOM@aol.com.
"We'd like to see as many people at the march as possible," said O'Brien-Brunley. "And if they can't go to Washington D.C., go to Lansing. We need to educate our children and our country about the life threatening dangers of guns. Something needs to be done, this can't go on."
Staff Writer Stephanie Fortlage may be reached at 349-1700.

Here's where to get on the bus for Million Mom March

Million Mom March Bus Schedules:
For Washington D.C.:
• Busch's grocery store in Livonia on Six Mile and Newberg roads has a pick up Sunday, May 14, at 6 a.m. Bus will return Monday around 3 or 4 a.m. Cost is \$75.
• Costco in Bloomfield Hills on the corner of Square Lake and Telegraph Roads will depart and return at the same times above. Cost is also \$75.
E-mail spillane@delnet.com or ddallas4@excite.com for more information on both these bus rides.
For Lansing:
• St. John Fisher Chapel in Auburn Hills will make a pick-up at Denny's restaurant at Twelve Oaks Mall on Sunday, May 14, at noon and drop off will be around 4:45 p.m. Riders will be dropped off at the Capital at 1:30 p.m. for the rally and will meet again at 3:30 p.m. for the trip home.
Reservations are made on a first come, first serve basis, so either e-mail stmasiak@hotmail.com or call (248) 651-5444.

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LET'S TALK WITH **GARY S. WEINSTEIN**
Jewelry GEMOLOGIST

DANGLING CONVERSATION

Earrings are a most important piece of jewelry for enhancing the face. When skillfully selected, they can complement your look, facial features. For instance, button-shaped earrings may be used to make a narrow face appear broader. Pendant earrings are very useful for visually lengthening a face that is quite wide. Pendant earrings are also eminently suitable for elegant nights and formal occasions. When outfitting sparkling diamonds or other precious gemstones, they compel the eyes of onlookers to trace their movements. When selecting earrings, take the cheekbones into account. High cheekbones and hollow cheeks cry out for large earrings to fill in the face. In addition, large earrings require large earrings, and vice versa.

Here at WEINSTEIN JEWELERS OF NOVATI

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Multiplicity Twins abound in local neighborhood

Continued from 1
happiness. The only fear we had was of possibly losing the pregnancy."
"I was very scared because many of my friends were overwhelmed with one new baby and how would we do it with two," recalls Cheryl Jewell.
Logistics is the biggest hurdle, the moms agreed. Pitting kids, car seats, strollers and diaper bags into a large enough vehicle and actually going somewhere during the first years is a feat.
"We never went anywhere," said many of the moms.
"The early years are tougher

because of the double duty of bottles, diapers, potty training etc.," explained Jennifer White. "It becomes easier as they get older. They always have a friend to be with."
"You just do what you have to do," explained Andrea Valade, the mother of triplets. "You don't have a choice. You just do it."
Also difficult is trying to make each child feel like an individual.
"The toughest part is that the children are going through everything together, you have to find each child's limelight so they can still be individuals," said Figurski.
The other hurdle is making sib-

lings feel just as special as the twins, explained Jennifer McEachran whose 7-year-old twins have a 6-year-old sister.
"It is hard having a single child so close in age who at times feels left out, because that twin bond is hard to break into," she said.
Watching them grow together and become friends is well worth everything, though, the parents said.
"I absolutely love having twins," said Diane Sutika. "They already have an incredible bond. It is amazing every day to watch them interact. They get along great and they constantly have so much fun together."

Her twins are mirror image twins, sharing the same traits and physical features only in opposite ways. One is left-handed, the other uses her right. Each have the same mark on the opposite ear. As babies, they slept the exact same way only on opposite sides.
Being a twin, according to Kelsey Sutika and her many multiple friends, is pretty cool.
"If I wasn't a twin," she explained, "I'd want one so bad."
Staff Writer Wendy Pierman Mitzel is the mother of twin 15-month-olds boys.



THE WORLD ACCORDING TO MULTIPLES

• "It's great to always have someone to play with and talk and we can blame each other and no one knows the difference," said 11-year-old identical twins Ryan and Stefan Figurski.
• Identical twins Kelsey and Molly Sutika, 7, enjoy being able to trick people as to who is who and say "When you're lonely you always have someone to play with."
• "I love (being a twin) because we were born on the same day, which is special," said 7-year-old fraternal twin Megan McEachran.
"I love it because she is special," said sister Caitlin.
"What I hate is that we get into fights. We have to share friends," added Megan.
Said Caitlin: "There's nothing I hate about being a twin."
• Taylor and Alexa Boron agree the worst part about being a twin is when one gets left out. Still, there's lots of fun in trying to trick Mom and Dad, sharing a bedroom and always having a friend.
• Danielle Valade, 6, loves being a triplet "because you always have someone to play with." Brother Christopher added: "It's difficult being a triplet when it's two against one."
"It's hard when they leave me out," explained Andrew.
• Stephanie and Megan Wainwright, 13, say the best part is always having a friend close by. The toughest part is "being treated as one, not two individuals."
The pair, babysit for many of the other twins in Walden Woods. Said Stephanie: "It's fun. It's like you know how to treat them. The hardest part is telling them apart."
She said she and her sister can relate to other twins and understands that just because they're alike, doesn't mean that they each like the same things.



Above: Megan and Caitlin, 7, are fraternal sisters born to John and Jennifer McEachran. The girls also have a 6-year-old sister.
Below left: Megan and Stephanie Wainwright, 13, are the babysitters for the group. Their parents also have a 15-year-old son Dan.
Not pictured are the Laski family, triplets Kristen, Bobby and Bradley, 9, and parents Cheryl and Bob.



Above: Eleven-year-old fraternal twins Stefan and Ryan Figurski have a brother Keaton, who is four. Their parents are Pat and Patrice. (Submitted photo.)
Below: Taylor and Alexa Boron, 6, are identical twins born to Brian and Denise. They also have a brother, Blake, who is four. Bottom right: The Valade triplets, Andrew, Danielle and Christopher, are 6-years-old now. Mom and dad are Andrea and Richard.

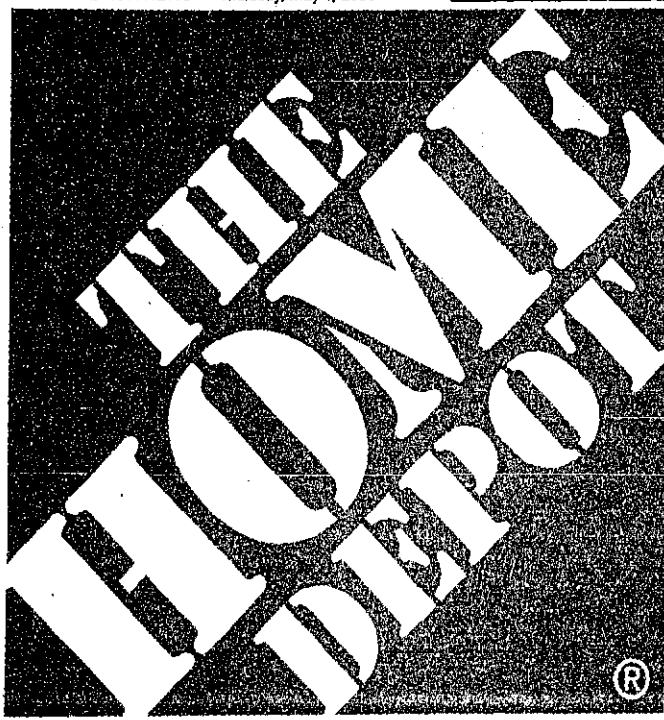


Story by Wendy Pierman Mitzel
Photos by John Heider

Band to play this weekend

The Novi Concert Band will present its annual spring concert on Sunday, May 7 at 7:30 p.m. at the Novi Civic Center.
The concert will feature a variety of music from light classics to Broadway. And this entertaining evening is free to the public.

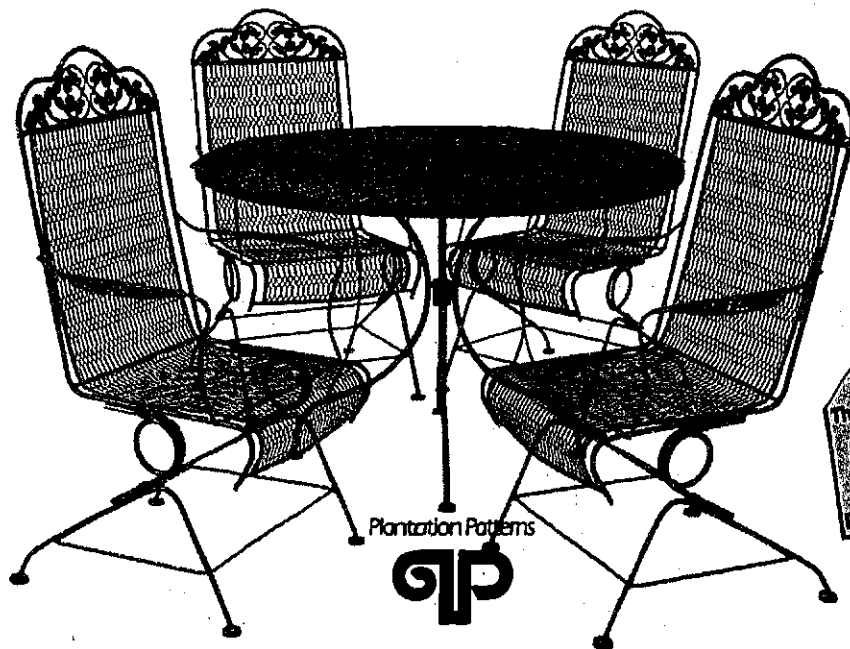
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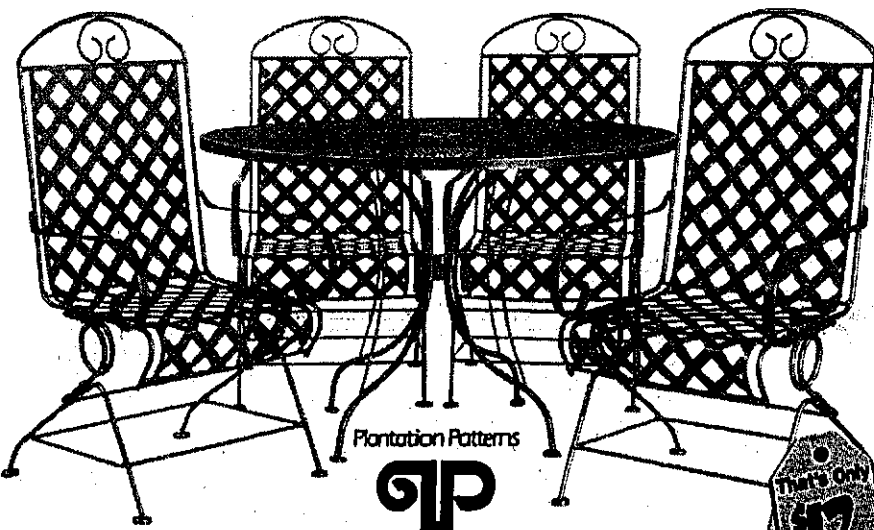


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- Low maintenance (701325)



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Adirondack Footstool

- Hunter green
- Wood texture
- Made with stain-resistant material (496760)

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Ocean Isle Low-Back Chair

- White
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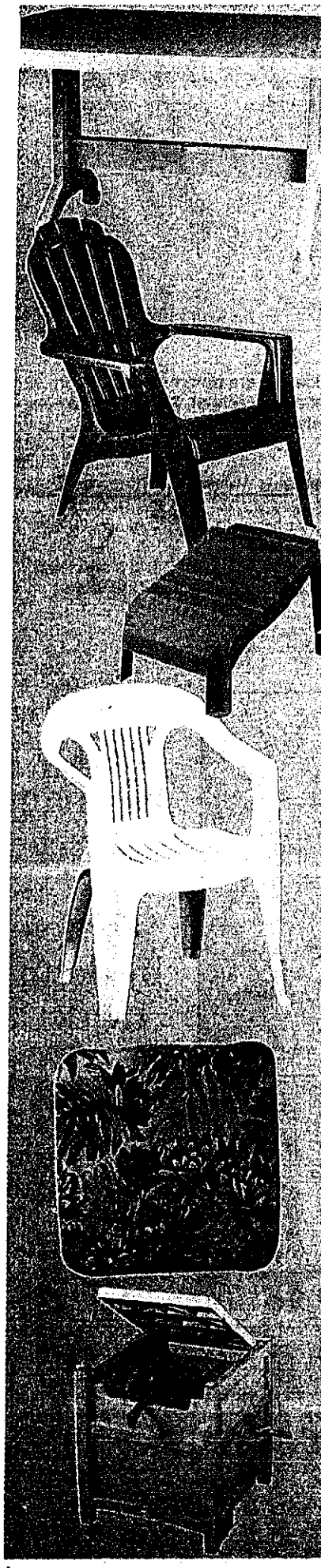
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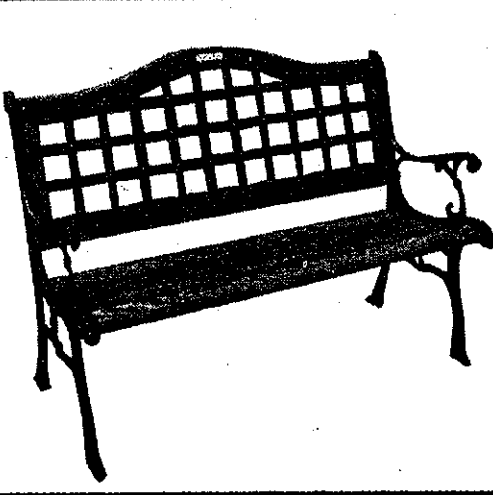
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Living

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THURSDAY
May 4,
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Tennis anyone?

Morning club
jumpstarts
their hearts
with tennis

Tennis enthusiast Chuck Glinz doesn't play around.

When he noticed that the Sport's Club of Novi didn't have a morning tennis league, he took it upon himself to create one.

"In the morning, from 7 - 9 a.m., this place was empty," said Glinz. "They had all these beautiful courts and no one was using them."

The 67-year-old said he just wanted to get something organized for early birds like himself, who enjoy playing the game.

"I just thought there should be some kind of league for retirees and for people who work the afternoon shift or have something else going on during the day," said Glinz, who has been a tennis player for over 30 years.

It took a lot of convincing, but, the tennis crusader finally got his wish.

"I approached the tennis department in October, November, and December," he said. "And finally in late February, they gave their approval."

Whether it's singles or doubles, everyone will get a chance to play, because one of the best parts of the early tennis league, Glinz said, is that there is always a guaranteed number of equal players.

"You don't have to concern yourself with getting people to play," he said. "I promise that there will always be an even number of participants. If seven people come out, I make the eighth. If six players show up, then I sit out. So no matter who comes, they're guaranteed a spot on the court."

Glinz, who holds the title as the Michigan Men's Senior Singles Champion, said he encourages players, both men and women at all levels to come out.

"We pair everyone up so that both sides are equally competitive. It's not like we're going to put strong players against weaker ones," he said. "You don't have to worry about a thing, all you have to do is show up."

Novi resident Jim Robinson, who has been playing tennis for 30 years, says he is thrilled with the morning addition.

"It's a great way to get the day started," he said. "It's very inexpensive to play and I appreciate the fact that Chuck is here to make sure we always have an even number of players."

For Sports Club members, the cost is just \$5 for two hours of play and non-members may purchase guest passes for an additional \$10.

Glinz said the club is a great place to play and that the staff is an even greater group of people.

"They've been just terrific," he said. "You couldn't ask for a nicer group of people. They've been very supportive."



Tim Klinefelter wipes away some sweat from his eyes after a vigorous game of doubles at the Novi Sports Club. Klinefelter plays tennis after having one of his knees replaced.

Even though it was a short season, running from March to April, the league will be back again in September.

"The season was short because it took some time to organize. Come late April, the weather gets nice and people want to be outside," said Glinz.

"But next season, the program will run roughly eight months, from September to April or May, whenever it warms up again."

Connie Loftus, assistant tennis manager at the club, said she was impressed by Glinz's dedication for getting the early league up and running.

"Chuck is a big advocate when it comes to promoting tennis," she said. "He has a lot of experience

with this. He knows a lot of people and he saw that there was a high demand for this sort of thing."

Loftus said she thought the morning tennis program was a great idea and said they are looking forward to doing it again next year.

Tennis veterans George Willis from Novi, who has been playing the game for 45 years, and Tom Klinefelter from Suttons Bay, who has been playing for over 50 years, said they are delighted for the opportunity to use the courts and are very glad Glinz started the program.

Bill Hammer, a 22 year old tennis player from Farmington Hills, agreed.

"I think it's great," he said. "It's

a lot of fun and really good competition."

Glinz said he'd like to see as many participants as possible come September.

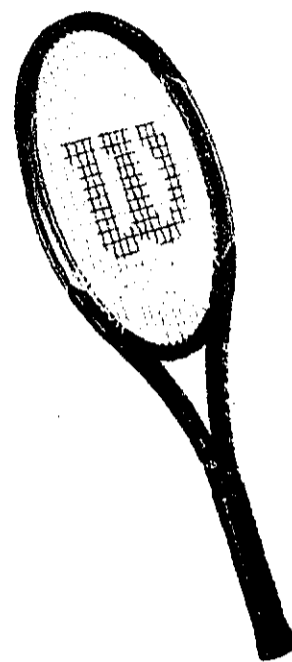
"It's great exercise and a whole lot of fun. And for just \$5, it's practically free," he said.

"There's also an awful lot of good fellowship between us. We're here just to have a good time doing something we love- playing tennis," Glinz said.

If you would like more information on the early bird league which starts back up the week of September 11, call The Sports Club of Novi located on Novi Road, south of 10 Mile, at (248) 735-8850 or its organizer, Chuck Glinz at (313) 532-0671.

A variety of
rackets

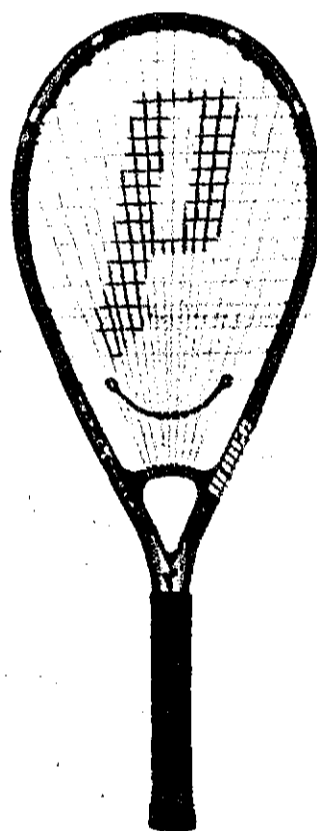
There are several different types of Tennis rackets. Some that help your swing momentum and others that help with grip. Here are a few by name brands:



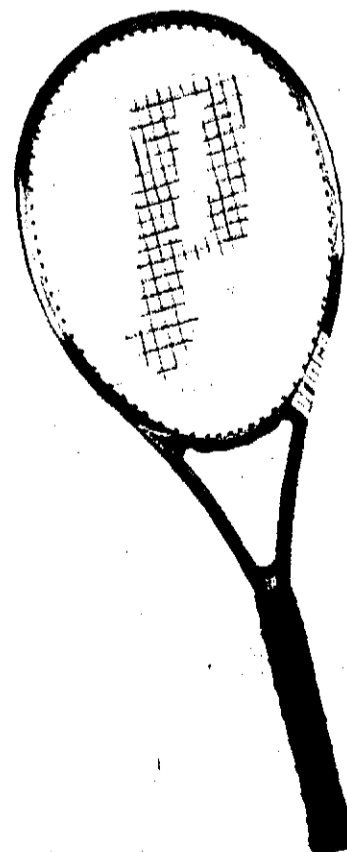
WILSON PRO STAFF

TITANIUM 6.6

A 60 percent graphite and 40 percent fiberglass construction racket. This racket is for people with a fast swing but also long and loopy. Price: \$100

PRINCE TRIPLE
THREAT RING

This racket is made of GraphitExtreme (a Prince material) and Titanium with a power ring throat (the bar in the middle) to increase the catch of the ball in the racket. The Prince Triple Threat is for people with slower, shorter swings. Price: \$290

PRINCE PRECI-
SION EQUIPE

The Precision Equipe is a 100 percent graphite racket. This racket is for people with a longer, faster swing. Price \$205.

Story by Stephanie Fordyce * Photos by John Heider



Up In age, but still mobile on the tennis courts, these buddies met at the net at the Novi Sports Club on a recent Wednesday morning. From left: George Willis; 56, Jim Robinson; 57; Chuck Glinz; 67, Tom Klinefelter; (age not reported) and Bill Hammer; 60.

Sources: Prince and Wilson Tennis Companies and Main Street Tennis in Novi.

Invest wisely in mutual funds to see the most gain

It's hard to miss reading or hearing about mutual funds lately. Today, a *personal* of nearly every newspaper or magazine with a financial section is sure to reveal some mention of mutual funds. The articles often talk about the billions of dollars flowing into mutual funds — \$21 billion in May alone. But where is the money coming from?



Michael D. Wagner

WHO OWNS MUTUAL FUNDS?

An estimated 63 million individuals, or nearly 37 million households, own some type of mutual fund, up about 20 percent from 31 million households in 1994. According to a survey conducted by the Investment Company Institute, the typical mutual fund investor is middle class, 44 years old, has financial assets of \$50,000, is employed and is likely to be married. Although the typical mutual fund investor is age 44, Generation Xers (ages 18 to 30) have a higher portion of their financial assets in mutual funds (38 percent) and tend to concentrate in equity funds. Baby Boomers (age 31 to 49), while having twice as many financial assets as Generation Xers, have a

smaller percentage of their assets invested in funds (27 percent). Fund investors have long-term goals, with 84 percent citing retirement as their top investment goal.

With so many investors owning mutual funds, and so many fund companies touting double-digit returns, you're probably ready to jump on the bandwagon, if you're not already. If you are, consider these tips before you do.

TIPS FOR MUTUAL FUND INVESTORS

Read the fund's prospectus. This is the fund's selling document and contains information about risks (such as loads, expenses and

management fees), risks, past performance and the fund's investment goals. You can get a prospectus directly from a fund or from your financial advisor. Read it carefully before you invest.

Make sure a mutual fund fits in with your investment goals and risk tolerance. Are your investment goals short-term (three to five years) or long-term (five years or more)? Once you determine that, pick a fund with equivalent goals. For example, a fund that invests in three-month government bonds is meant to be held for the short term, while a fund that invests in growth stocks is probably a better choice

for long-term investors. You must also consider the level of risk involved in any mutual fund. Generally, the higher the potential return, the greater the risk. Your financial advisor can help you make these decisions.

Look at the performance figures in relative terms. Many funds tout double-digit returns, but there are many questions you should ask about these numbers. Just because a fund returned over 20 percent last year doesn't necessarily mean that it will earn that return in subsequent years. In fact, this year's No. 1 fund could easily become next year's below-average fund. Look at other indicators like its five- or 10-year track

record, as well as short-term performance. Short term performance dips could indicate that a stellar performer is headed down. Also consider the fund's peer group performance. Good sources for performance figures are on the financial pages of your local daily newspaper or *The Wall Street Journal*.

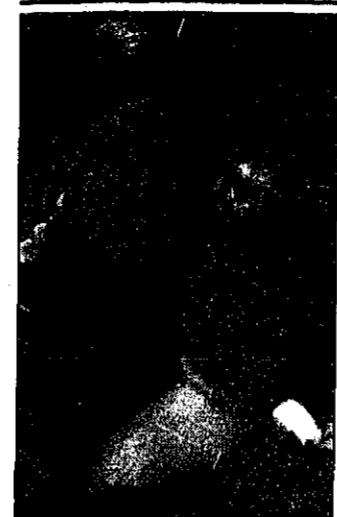
Select funds that offer you flexibility and portability. Many fund families allow you to exchange your shares for shares of another fund managed by the same advisor. (As with all securities, the value of the fund will fluctuate with market conditions. Therefore, an investor's shares, when redeemed, may be worth more or less than their original

cost.) Although you may be charged a fee for this service, it is usually less than transferring assets to a new fund family. Some brokerage firms now offer portability, which allows you to take proprietary funds with you if you change brokerage firms.

As with any financial decision, the advice and counsel of a financial advisor is an invaluable resource in helping you choose investments that suit your life stage and income needs.

Michael D. Wagner is a financial advisor with Primmer and Associates, 31860 N. Western Highway, Farmington Hills, Mich., 48334. Phone: (248) 865-0080 or Fax: (248) 865-0405.

Engagements



Meehan-Adamski



Oliver-Kohli

George and Cheryl Meehan of Northville announce the engagement of their daughter, Kristin Marie, to Raymond James Adams, son of Raymond and Nancy Adamski of Plymouth.

The bride-elect is a 1991 graduate of Northville High School and the groom-elect is a 1991 graduate of Plymouth-Canton High School. They both graduated in 1996 from the University of Michigan, with bachelor degrees in mechanical engineering and are currently employed with Ford Motor Co.

A June wedding will be held at Martha-Mary Chapel in Greenfield Village.

Cynthia Ann Oliver and James Richard Kohli are planning a Sept. 30 wedding.

The bride-elect is the daughter of George and Patricia Oliver of Essexville. A graduate of Michigan State University, she is currently employed as a social worker with Lutheran Social Services and a realtor with Westlake Better Homes & Gardens.

The groom-elect is the son of Eugene and Elizabeth Kohli of Novi. He is a graduate of Eastern Michigan University and is currently employed with Central Transport as a manager.

A reminder that railroad tracks are dangerous

"Stay Off, Stay Away, Stay Alive"

Twenty-seven people have died and 20 people have been seriously injured in Michigan since 1996, many of them youngsters, because they were on or near railroad tracks. These are 47 needless deaths and injuries.

During the month of May, the Michigan Railroads Association is joining a national effort to inform the public of the dangers of being near the tracks and our message is: "Stay Off, Stay Away, Stay Alive."

Walking along railroad tracks is not

only dangerous but also illegal. Many individuals, particularly children, do not understand the danger associated with activity on the tracks. In addition, railroad tracks, trestles, yards, and equipment are private property. Walking and playing on railroad tracks is trespassing, and can result in jail for 30 days and/or fines up to \$100.

As the school year draws to a close, the Michigan Railroads Association in cooperation with the Michigan Department of Transportation and

Michigan Operation Lifesaver, urge parents and educators to pass along the following safety tips to children:

- Trains cannot stop quickly. A freight train traveling 50 miles per hour can take a mile or more to stop.
- Do not walk, run, cycle or operate all terrain vehicles on railroad tracks or rights-of-way.
- Cross tracks only at designated pedestrian or roadway crossings.
- Do not play, fish or lounge jump from railroad trestles. There is only

enough clearance on tracks for the train to pass.

- Do not attempt to hop aboard railroad equipment at any time. A slip of the foot can cost you a limb or your life.
- Always expect a train.

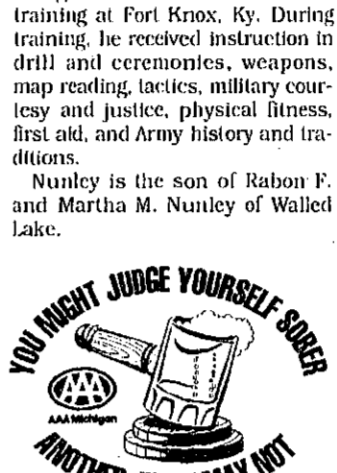
This summer, when it comes to railroad tracks, remember: Stay Off, Stay Away, Stay Alive.

If you would like more train safety information, please call the Michigan Railroads Association at (517) 373-3980 or (517) 482-9413.

In Service

Army Pvt. Rabon F. Nunley II has graduated from basic combat training at Fort Knox, Ky. During training, he received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy and justice, physical fitness, first aid, and Army history and traditions.

Nunley is the son of Rabon F. and Martha M. Nunley of Walled Lake.



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MILORGANITE 40 lb. bag REG. \$7.99 Sale \$5.99

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DAYLILY Happy Returns Or Stella D'Or 1 gallon size REG. \$9.99 \$5.99

SHREDED BARK Hardwood \$22.99/cu. yd. Cedar \$24.99/cu. yd.

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734-453-5500

9900 Ann Arbor Rd./Plymouth Rd.

A gift for Mom

Send a personal Mother's Day greeting to your one and only Mom! Let her know just what she means to you and tell her how much you love her in a Happy Mother's Day ad.

Your ad will appear in the May 10/11 edition of this newspaper. For just \$9.00 you can give your Mom three lines of heart felt sentiment that she will save forever! \$2.50 for each additional line and \$2.00 for a rose or heart graphic.

HURRY

The deadline to place your ad is May 8 at 3:30 p.m.

Call one of these numbers below to place your ad today!

South Lyon Herald (248) 437-4133
Northville Record (248) 448-3022
Novi News (248) 348-3024
Milford Times & Times (248) 685-8703
Livinston County Press (517) 546-2570
Bloomfield Argus (810) 227-3436

Its Almost Here!

The 2000 FOWLerville FAIR

Preview Guide

ATTENTION ADVERTISERS!

Everybody anticipates going to the Fowlerville Fair each year. While at the fair, out-of-towners will want to know where to dine, where to shop, what else is there to do and see in these parts? Give them all the information they need by advertising in the Fowlerville Fair Preview Guide.

This anticipated special section will have all the information spectators need to make the most of their time at the fair including articles about fair activities and times for all their favorite events. This special section will be distributed to over 108,000 readers of the Livingston County Press, Brighton Argus, South Lyon Herald, Milford Times/the Times, Northville Record & Novi News. It will also be available at select areas on the fair grounds!

Your advertising message will definitely be noticed in this guide!

To advertise, contact your sales representative or the office nearest you today.

Hurry, your deadline to advertise is May 15!

Livingston County Press.....(517) 548-2000
Brighton Argus.....(810) 227-0171
South Lyon Herald.....(248) 437-2011
Northville Record.....(248) 349-1700
Novi News.....(248) 349-1700
Milford Times.....(248) 685-1500
Walled Lake News & Shopper.....(248) 669-4911

HOME TOWN Newspapers

GET TO KNOW THE WOMEN IN THE KNOW IN YOUR HOME TOWN

WOMEN IN THE KNOW

Look for this special supplement next Thursday in

Milford Times the Times

NOVI NEWS Northville Record Herald

HOME TOWN Newspapers

Too Many Kittens To Feed? Place an ad in the Classifieds to find them a new home

Our future depends on it. Recycle

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YOUR CARD TO QUALITY DINING AT AFFORDABLE PRICES! As a member of the HomeTown Newspapers™ Dining Club you'll enjoy restaurants that feature quaint and cozy atmospheres, to dancing and live entertainment. Your Dining Club Card will pay for itself with just one or two visits. The Dining Club Card is a great gift idea that just keeps on giving the entire year. Stop in any of our offices and pick up your card today. Then embark on a "tasteful" adventure to any of the nineteen local restaurants on this page. Enjoy!

\$20 DINING CLUB MEMBERSHIP INCLUDES:
 1 Complimentary Entree with purchase
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*Some restrictions apply, card effective January 2, 2000 thru December 30, 2000

Annie's Pot
 Catering • Fine Dining
 2709 E. Grand River Ave.
 Howell
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Pizza and specials of the day excluded.

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DAILY SPECIALS EXCLUDED.

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125 E. Grand River
 Brighton, MI 48116
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 Fri. & Sat. 11:30-11:00
 Sunday 11:30-9:00

CHIPPERS EATERY

Daily Luncheon and Dinner Specials

HOURS:
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 Friday & Saturday 7am-9pm

144 Main St • Gregory
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Not valid Friday 6pm-9pm.

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Great Food & Spirits
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HOURS:
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 Wednesday, Thursday, Friday, Saturday - 10:30am to 1am

Not valid Friday after 5pm.

CJ's Brewing Company

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 248-348-6999

Hours: Mon.-Sat. 11am-2am
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- Steak Hoagies

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In Walled Lake, a few short minutes north of Novi I-96 exit
 Not valid Saturdays, Holidays, special events, or the month of December.

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the NOVI NEWS

Sports

AGATE:
The spring scoreboard makes its debut-3B

CONCUSSIONS:
Doctors suggest athletes become aware of growing concerns with concussions-4B

B
THURSDAY
May 4,
2000

Get your tickets now

Get your ticket now, because if you wait any longer it may be too late.



Jason Schmitt

John Osborne has coached hundreds of thousands of football players in his 37 years at Novi High School. Along the way he has had dozens of co-coaches and has made friends with several thousand parents, fans and opposing coaches.

The Novi Athletic Boosters are sponsoring a special banquet in honor of Osborne. "A Tribute to John Osborne" will be held at Bakers of Milford on Friday, June 2 from 7 p.m. until 1 a.m. Tickets are just \$25 per person and include a social hour beginning at 7 p.m. and a "Roast and Toast" dinner at 7:30 p.m. Because of facility limitations and the aforementioned reasons, the Booster Club would like those interested in attending to RSVP by May 12. Tickets will be sold on a first-come, first-serve basis.

The banquet should bid a final farewell to a coach which has meant so much to not only the football program here at Novi High School, but to the thousands of students he has taught in his 37 years in education. Although he loved football first, he put as much dedication and time into his profession and touched far more lives in that capacity.

Fellow health teachers Carol Diglio and Bill Kelp may understand Osborne better than anyone, except maybe his family members.

"I love working with him and he is great with the kids on the field or in the classroom," Diglio told me. "Not only has he been fun to work with, he has been an excellent mentor for me, a great friend and someone I often turn to for advice. I can't tell you how much I'm going to miss working with him."

As I was talking with John the other night, he said he didn't necessarily like the idea that he was going to be the center of attention. But he did say this would be a great opportunity to see all of the people he's missed over the years.

"I'm all for a good time as long as if we're all gonna laugh," he said. "To see a lot of people - I'm really looking forward to it, enjoying old times together."

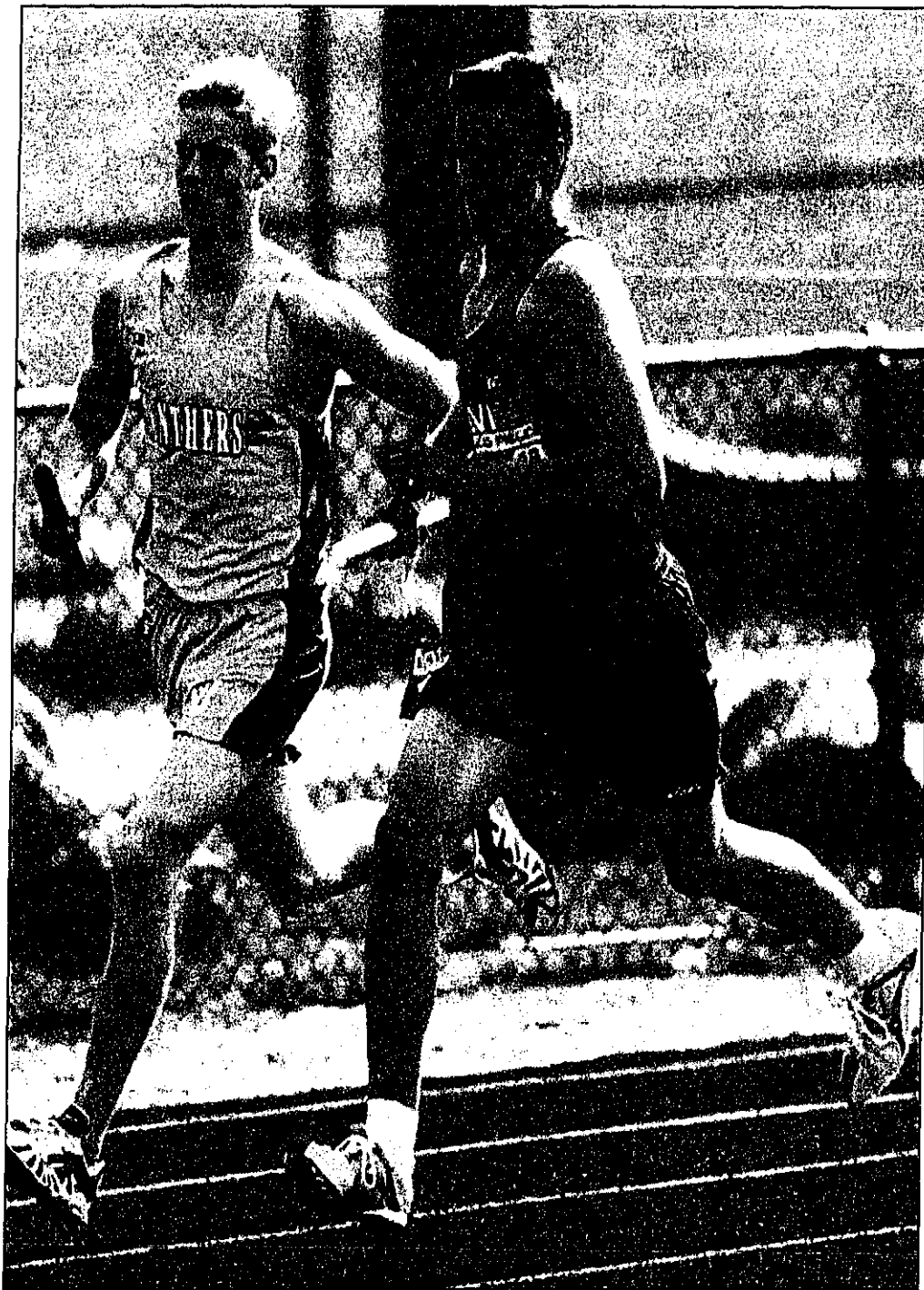
Let's not forget though, that Osborne is not yet retired. He's still a health/physical education teacher, at least for the next one-plus month. And even after that, it's hard to believe someone so involved can do the whole retirement thing. It's not as if he'll go home after the last day of school and never return.

"When the school let's out and the keys are put away, then I think it'll sink in," he told me.

He may still coach in some capacity, either at Novi or somewhere else.

"It's still up in the air," he said. "This spring has been much the same as every other for the only coach Novi's every know. He has been working with the kids in their off-season workouts and as attended some camps with new Novi coach Tab Kellepourey."

Continued on 2



Novi distance star Tim Moore (above right) and his teammates fended off Milford Tuesday night.

Novi teams win

Needing to finish at least second for her team to win the meet, Kristina Utley did just that Tuesday night against Milford. The runnerup finish put her team up six points with one event to go, which it lost to make the final tally 69-68 in favor of her Wildcats.

The boys' team didn't wait that long, as they finished off the three-time defending Kensington Valley Conference champion Redskins with a 1-2-3 sweep in the 3,200 meter run. Tim Moore led the way with a win in the event.

Harvey Steele continued his steady improvement in the shot put, breaking his own school record with a throw of 50 feet, four inches.

The boys won all four relays and 11 events overall with just the pole vault competition to be finished. They were leading 76-47 with those results to be decided.

"It ain't over yet," Novi boy's coach Bob Smith said of the chase for the KVC title. "Stranger things have happened."

"We just had superior depth tonight. There were really no events where we didn't score the same number of points or better."

Yasuaki Goto led the way with four wins, two relays and the 100 and 200 meter dashes.

For the girls, Mickie Rzepka won four events and the team split the four relays in the meet.

The win for the girls kept the team a loss behind Brighton while it put the boy's in first place (4-0) in the KVC standings.

Photo by JOHN HEIDER

Easy ways to fix your golf swing in just four weeks

Golfshape experts, Bruce Conroy, a PGA professional and Terry Heaton, an orthopedic physical therapist, are offering four weeks of quick tips for golfers preparing for the upcoming season.

"The golfer's body is the most important piece of equipment, so our focus is on building the golf swing in a supervised environment where the golfer must train correctly and repetitively," said Conroy, owner of Golfshape, a new unique year-round golf-specific teaching and training center. "Proper grip, correct posture, and shoulder and hip rotation are essential to playing your best game."

Week one focuses on proper grip to hit solid shots. "Know that your grip is correct," said Conroy. "Hitting solid shots always begins with grip."

"Grip strengthening exercises, such as squeezing a ball or silly putty with the last three fingers of the left hand, will help you maintain a consistent grip pressure and a better clubface position," said Heaton.

Week two focuses on correct posture to increase consistency. "Poor posture is a constant problem for many amateurs," said Conroy. "When you improve your

posture you will greatly increase your chance of hitting more consistent shots."

"To improve your posture and shoulder motions, stand with your elbows and shoulders bent to right angles then lean gently into a corner or doorway," said Heaton. "By doing this you also improve the health of your back and reduce the risk of an injury. Hold the stretch for about 30 seconds and do 10 repetitions."

Week three focuses on shoulder rotation to increase distance. "The proper shoulder turn is necessary to swing

the club on a consistent plane," said Conroy.

"Making a proper turn requires flexibility in your shoulders and upper back, and increased flexibility increases distance," said Heaton. "An exercise to increase the shoulder/upper back turn is to lie on your left side with your hips/knees bent to right angles and gently rotate your right shoulder back reaching toward the floor with both hands. Hold the stretch for about 30 seconds and 10 repetitions."

Week Four focuses on hip rotation to improve

Continued on 3

Frank Breisacher was a father to everyone

Novi fatherly figure was there for anyone who needed him

By JASON SCHMITT
Sports Editor

The face may have been intimidating. The sometimes gruff voice may have turned a head or two in its time.

But anyone who gave Frank Breisacher five minutes of their time, quickly found a man who would go out of his way to help

someone out by putting a smile on their face.

That was perhaps his greatest attribute.

Breisacher died of a sudden heart attack last August 16, leaving behind wife Maryjo and daughters Shannon, Adrienne and Erica. But along with his immediate family, he also left behind numerous people whose

lives he'd touched with his adept ability to offer a helping hand.

You see, Breisacher was first a husband and father, but secondly, he was a fatherly figure and coach to many, many young girls over the years. Shannon, a 1995 graduate of Novi High, and Erica, a junior on this year's fourth-ranked varsity squad, both were heavily involved in the sport their father loved, softball.

Having been a professional (AA) baseball player himself in his younger days, he loved nothing more than to be a part of the athletic careers of his three daughters. Adrienne was a member of the varsity golf squad and graduated in 1996.

But he was never one to turn his back on others who may benefit from his knowledge of the game.

"He made you feel like you were a part of his family right away," Novi junior varsity coach and one of Breisacher's students of the game, Eric Oakley said. "He was the kind of guy who would call you out of the blue and not necessarily talk about softball, but ask you how your mom was doing. He taught me a ridiculous amount

about softball."

Oakley had a brief history in the sport, but really benefited from having Breisacher around as an assistant for two seasons. Each of the girls on those teams benefited as well.

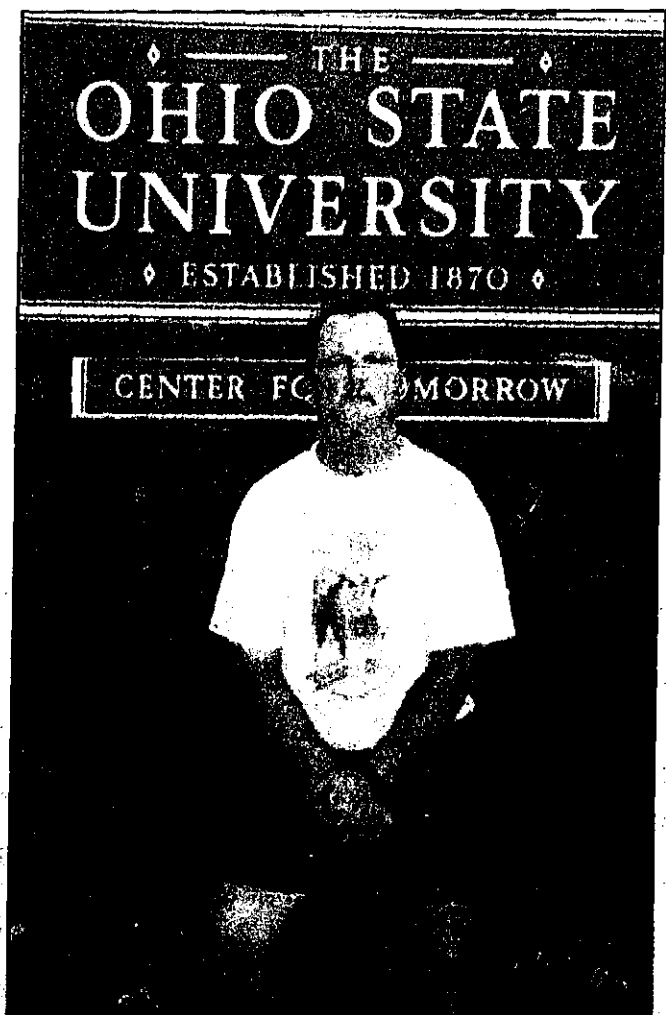
"He always treated the other girls like they were his daughters," Erica said. "They could always confide in him, he was good at keeping secrets. He was quite the gossip guy."

"I guess it was that big teddy bear thing," she said.

Despite his manly presence, Breisacher was very understanding of the problems many of his young players faced. He grew up with three sisters and did not have a son himself, so having raised three daughters, he knew the rules.

"He was a neat guy," Novi varsity coach Carol Diglio said. "He had a very distinct personality. He would kick the girls in the butt when they needed it, but he would give them a hug on the same level. He found the balance that's very important at this level."

Everything the man did for softball, he volunteered his time and efforts. He was an unpaid assistant under former Novi skipper John Peace when Shannon played. He gave up his afternoons and evenings to assist Oakley, as well as coach Erica, on two differ-



Submitted Photo



Submitted Photo

Frank Breisacher coached both the Motor City Madness and at Novi High.

Continued on 2

Another of Breisacher's passions was Ohio St. University.

Breisacher made everyone laugh

Continued from 1

ent Novi-based Motor City Madness summer travel league teams. "He put in a lot of effort into softball, both in the city recreational and travel leagues as well as at the school," Okley said. "There's a tremendous amount of commitment involved with coaching and it's hard to find summer coaches these days. But Frank was willing to do it."

Just 16 years old and a key part of Novi's success a season ago, Erica nearly decided to give up softball after the death of her father. She had grown up watching her older sister play and her dad coach her. When spring rolled around, there was something definitely missing.

"I thought, this is like half of my life," Erica said. "I play in the spring and all through the summer. I knew I would miss it and all my friends too."

Although her father is constantly in her thoughts, she said playing softball keeps her busy and her mind off the pain.

She takes after her father, who was also a pitcher on the baseball field. Erica pitches every third or fourth game this season and will be the ace of the Novi staff next year. So far this season, she's helped her team to a 10-2 Jennings Valley Conference mark and a 14-4 record overall.

Frank's initials (FB) on their visors in honor of their former coach and mentor. The letters may have helped the team through the first half of the season, although that's just speculation.

The truth, however, is that despite the absence of Breisacher in the dugout, behind the fences or in the stands, his knowledge of the game has helped the girls get to where they are today.

And it's also helped lead them in all avenues of life, on the field and off.

Jason Schmitt is the sports editor for the Northville Record and Now News. His e-mail address is schmitt@thehomecon.net



File photo by JOHN HEIDER

Whether John Osborne will ever coach again is up in the air, but he will be honored at "A Tribute to John Osborne" on June 2. Tribute to John Osborne coming up

Continued from 1

"I don't think you can step into his shoes and I'm not gonna try to," Kellepourey said. "I'm hoping to continue on with the things he's always done."

"That'll be relatively easy to do with Osborne around, if he so chooses to help out. The transition should also be smooth because Kellepourey is a former Osborne assistant, having spent eight years on the Novi sideline before heading off to head up the Hartland program for six seasons.

Many, if not all, of Novi's current assistants will still be here. Cole Rowekamp, Kraig Caudry, Todd Penney, Tom Fritz and Rand Heimkamp will be there for Kellepourey, a former colleague of theirs.

"Will Novi football be filled with exciting changes and new faces, probably not. But that's okay in a program which has bred so many successful football players and more importantly, successful young men.

"The biggest thing he taught us as coaches," Kellepourey said, "was that the kids were always the reason we played the football games."

Like I said folks, get your tickets now."

Jason Schmitt is the sports editor for the Northville Record and Now News. He can be reached at jschmitt@thehomecon.net

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HINES PARK

130 S. Milford Rd.
Milford
248-684-1715

BASEBALL		RBI		E. Schlauder (Novi)		300 HURDLES		
KVC Standings	Novi 6-19-1, Hartland 4-26-4, Millard 3-26-6, Howell 4-4-N/A, Brighton 3-5-1, Lakeland 2-5-7, South Lyon 2-67-9	Stolen Base	E. Walters (Howell) 9, Cieszkowski (Hartland) 9, Hayes (Northville) 9, Davis (Novi) 6, Anticiff (Fowlerville) 5, South Lyon 2-67-9	E. Schlauder (Novi)	19-1 1/2	300 HURDLES	Stroke (Howell) 42.0, Pawling (Northville) 42.1, Burck (South Lyon) 42.3, Mugh (Fowlerville)	
Average	Hadley (Novi) 571, C. Kouris (Pinckney) 500, T. Kouris (Pinckney) 488, Cervi (Novi) 488, Kossik (Novi) 482, Boyes (Northville) 478, Rowe (Novi) 478, Howland (Lakeland) 474, Sattler (Hartland) 467, E. Walters (Howell) 468, Reynolds (Pinckney) 457, McClimen (Howell) 444, Cornilius (Hartland) 438, Sabo (Novi) 429, Anticiff (Fowlerville) 429, Davis (Novi) 391	Pitching	Won-Loss	Rowe (Novi) 3-0, Cameron (Novi) 3-1, Clark (Howell) 3-4, Maxwell (Lakeland) 3-1	ERA	Rowe (Novi) 0.00, Craven (Hartland) 1.59, Houck (Lakeland) 1.68, Sabo (Novi) 1.76, Watson (Novi) 1.91, Gagacki (Hartland) 2.31	Strikeouts	Clark (Howell) 37, Jacobs (Howell) 35, Foltz (Northville) 32, DeWing (Milford) 27, Tysinski (Milford) 24
Home Runs	Kern (South Lyon) 4, Collins (Milford) 2, Cilla (Hartland) 2, Hadley (Novi) 2, Cervi (Novi) 2, Edick (Northville) 2, Maler (Novi) 2, Shaw (Novi) 2, Lehnert (Novi) 2	SOFTBALL	KVC Standings	Novi 10-2/14-4, Brighton 5-29-2, Millard 6-4/10-7, Hartland 5-38-3, Lakeland 4-6-8, South Lyon 3-7-11, Howell 1-10/1-7	Average	Dana (Fowlerville) .600, Cameron (Novi) .500, Franz (Novi) .472, Van-Cleave (Novi) .404, Bajorek (Novi) .377, Buckless (Brighton) .367, Nowka (Fowlerville) .360, Schaffler (Fowlerville) .360, Nofsinger (Howell) .333, Franz (Novi) .333, Benner (Howell) .311, Pohl (Howell) .310, Lamb (Fowlerville) .308, Geister (Milford) .282, Howland (Lakeland) .282, Boyes (Northville) .282, Shaw (Novi) .282, Anticiff (Fowlerville) .282	Home Runs	Howland (Lakeland) 19, T. Kouris (Pinckney) 14, Reynolds (Pinckney) 14, Cervi (Novi) 12, DeWing (Milford) 12, O'Neill (Fowlerville) 11, Hadley (Novi) 10, Miler (Novi) 10, David (Milford) 12, Geister (Milford) 11, Howland (Lakeland) 10, Boyes (Northville) 10, Shaw (Novi) 10, Anticiff (Fowlerville) 10
Discus	Kolar (Milford) 149-0, Mize (South Lyon) 132-25, Stiele (Novi) 125-11, Ferguson (Fowlerville) 122-0, Foster (Northville) 113-2, St. Clair (Novi) 112-5 1/4	LONG JUMP	Caperton (Howell) 21-6, Strettt (Novi) 20-6 1/4, Douglass (Fowlerville) 22-2, C. Schlauder (Novi) 19-10, Jette (Novi) 19-6	SHOT PUT	Steeke (Novi) 49-7 1/4, Ferguson (Fowlerville) 49-0, Byrne (Fowlerville) 45-6, Mize (South Lyon) 41-7 3/4, Fridmore (Novi) 40-7 3/4, Foster (Novi) 39-10	POLE VAULT	Jettie (Novi) 12-6, Bragg (Lakeland) 12-0, Burck (South Lyon) 12-0, Oullette (Howell) 11-6, Delgrace (Novi) 11-6, Stallard (Novi) 10-6	
100 DASH	Strook (Howell) 15.5, Stirling (Northville) 15.6, Powell (Novi) 15.7, Korland (Novi) 16.0	100 DASH	Sole (Novi) 11.1, Langston (Northville) 11.1	100 DASH	Sole (Novi) 11.1, Langston (Northville) 11.1	100 DASH	Sole (Novi) 11.1, Langston (Northville) 11.1	
100 HURDLES	Strook (Howell) 15.5, Stirling (Northville) 15.6, Powell (Novi) 15.7, Korland (Novi) 16.0	100 HURDLES	Sole (Novi) 11.1, Langston (Northville) 11.1	100 HURDLES	Sole (Novi) 11.1, Langston (Northville) 11.1	100 HURDLES	Sole (Novi) 11.1, Langston (Northville) 11.1	
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golfers understand their swing problems and begin to train in a way that change could occur," said Conroy, who has also worked as a Golf Pro in Palm Springs, a Teaching Pro in West Bloomfield and has hosted GolfWrap on WJ.R.

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together. It can make a big difference in the quality of a player's game and health," Heaton said.

Specific training packages are available for individuals, as well as, corporate and group packages. Services range in price from \$25 and up. Golfshape is located at 32472 Grand River in the Village Commons Center in downtown Farmington. To make an appointment for a Golf Swing and/or Flexibility Analysis or for more information, please call (248) 476-5379.

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THURSDAY
May 4,
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Health Column

Athletes must use their heads

With spring and summer sports seasons ready to begin, a University of Michigan expert is warning athletes of all kinds, students, amateurs, and professionals alike, to heed new findings about an old sports injury - concussion.

Even a little hit on the head, whether in a Little League baseball game or a pickup round of basketball, can mean big problems, says Edward Wojtyls M.D., a U-M sports medicine specialist who recently led a national committee on concussion treatment guidelines.

He explains that sports-related concussions are far more common, and potentially more dangerous, than most people realize. New research shows that a single brain-bruising knock can cause damage, and that repeated concussions may cause permanent brain injury.

So, Wojtyls advises parents, coaches, and trainers to know the basic signs of concussion, and what to do if they suspect a player has suffered one. There are even checklists to guide them.

"The number of concussions that cause truly critical injuries are few and far between, but every year in North America several kids lose their lives to undiagnosed concussions," he says. "Most concussions are minor, causing short-lived symptoms that clear up pretty quickly," he adds. But others can be life-threatening. Only proper screening on the sidelines and treatment by trained professionals can help decide when or if an athlete can return to the game.

Once an athlete has had a concussion, the risks from additional ones are even higher. "The real danger with some minor concussions is that they can make the brain and nervous system susceptible to another blow," Wojtyls says. "If it comes along, that can cause the nervous system to deteriorate rapidly. It doesn't happen often but when it does, it's truly an

emergency."

According to the Centers for Disease Control and Prevention, some 500 deaths annually result from sports-related head trauma; most of these occur among 15- to 24-year-olds. Although concussions are associated mostly with contact sports like football, baseball, soccer and hockey, Wojtyls cautions that even non-contact sports can carry a risk of concussion.

So what, exactly, is a concussion? In general, Wojtyls says, it's an "alteration in brain function usually caused by trauma and it can be anything from dizziness to nausea, to a headache or even loss of consciousness."

How can you tell if you or someone else may have suffered one? Says Wojtyls, "If an athlete is acting a little bit dazed, if their balance is obviously affected, if they're not walking or talking right, or responding properly, all of these things are very important. If these are combined with headache, nausea, vomiting or inability to sleep, that could be very significant."

Most commonly, a "routine" head trauma presents as a mild headache that gradually disappears. However, before returning to sports, anyone who experiences a concussion, no matter what the severity, should be checked by a physician.

But it is especially imperative when symptoms persist, such as a headache that continues more than 15 minutes after the incident, that the injury be evaluated. "Anyone who shows deterioration after the initial event, who has a headache for a while and an hour later is nauseated or is vomiting, should be taken to the emergency room. That's someone we can't take a chance with."

Wojtyls explains that neurological research indicates that the brain sustains lasting "bruises" even after symptoms, even the subtlest ones, have disappeared. In order for the

brain to fully heal, it requires rest, sleep, protection from subsequent impact, and abstinence from alcohol.

He stresses the need for parents, coaches and trainers to know the basic signs of concussion. He said there is a simple sideline evaluation that tests an injured athlete's memory, which is a good indicator because memory is particularly sensitive to alterations in brain function. If a player cannot pass the evaluation, he should be sidelined. The form is available on the American Orthopedic Society for Sports Medicine Web site, www.sportsmed.org, along with an article about concussion management.

Research still continues on the effects of concussion on the brain, its function, and on the best way to evaluate and treat concussion. But even as more information comes in, athletes and those who care about them should use their heads and be cautious about concussion.

University of Michigan Health System

UM-FACTS

Facts About Concussions:

- More than 300,000 American athletes sustain concussions or other mild to moderate brain injuries each year, according to the Centers for Disease Control.
- Twenty percent of high school football players have a concussion each year, according to NCAA.
- A 1991 survey found that a third of those who suffer concussions did not see a doctor.

How Anxious Are You?

Answer the following questions based on the last 2 weeks or more.

- | YES | NO | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. I feel keyed up, on edge or restless |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. I feel stressed most of the time |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. I have trouble sleeping (either too much or too little) |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. I have trouble concentrating, or my mind goes "blank" |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. I feel irritable; I can't relax |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. I notice my heart beating rapidly |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. I feel worried, anxious and fearful |

If you answered "yes" to 3 or more statements, you may be suffering from an anxiety disorder, a serious condition affecting millions of Americans. The Institute for Health Studies is currently looking for individuals experiencing the above symptoms to participate in a research study of investigational medication for anxiety. If you are selected, all research related care and study medication are provided at no cost. Get answers and information about anxiety.

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Health Notes

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, Oakland 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.

Menopause Support Group

Providence Medical Center-Providence Park in Novi offers a free monthly support group for women who have concerns about menopause.
The group meets the first Tuesday of each month at 7:30 p.m. in the Providence Park Conference Center, 47601 Grand River Ave., at the corner of Grand River and Beck in Novi. The purpose of the support group is to provide women with educational information on topics relating to menopause.
For information, call (248) 424-3014.

Free Foot Screenings

Free foot screenings are offered every Tuesday and Friday from 8:30 a.m. to 1 p.m. Botsford General Hospital, Suite 200, South Professional Building, 28080 Grand River Ave. in Farmington Hills.
For more information or to make an appointment, call (248) 473-1320, weekdays 9 a.m.-5 p.m.

Heart Disease Risk Reduction Programs

These risk assessment and reduction programs are designed to help modify risk factors associated with heart disease. The fee is dependent on the level of programming.
Call Botsford General Hospital at (248) 471-8870 for more information.

Health Risk Appraisal

Do you know what your health risks are? Botsford's health risk appraisal includes blood pressure, total cholesterol and hdl readings. There is a \$50 fee and an appointment is required.
For registration and information, call (248) 477-6100.

Intermediate Water Aerobics

This is a 50-minute water exercise class for postnatal and postphysical therapy patients. There is a \$35 fee for the six-week course and registration is required.
For registration and information, call the Botsford Center at (248) 473-5600.

Child Clinic

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 14 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 as needed.
Appointments are 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) 926-3000.

Panic attack and agoraphobia support group

They have monthly meetings starting in September at both Northville and Livonia locations. It's a comfortable group support setting for individuals experiencing panic attacks. The cost is \$5. For more information call Susan Franceschi at (734) 420-8100.

ABCs of Weight Loss

A registered dietitian will work with you individually for three months to set up a realistic weight loss plan, organize your appetite and discuss the best strategies for weight loss. A \$95 fee and appointment is required.
The class is sponsored by Botsford's Health Development Network, 39750 Grand River Ave. in Novi.
For more information and to register, call (248) 477-6100.

Asthma Education

Individual sessions with a registered nurse can provide the tools to better understand and manage asthma. Day and evening sessions are available. Families are welcome.
There is a \$30 fee and an appointment is required.
For more information and to register, call (248) 477-6100.

Breastfeeding Basics

This workshop covers the "how to's" of breastfeeding and answers questions and concerns of women who are already breastfeeding.
The fee is \$20, and the classes are held at Botsford's Health Development Network in Novi.
For information and registration, call (248) 477-6100.

Circuit Training

This is a multi-stationed exercise and education program designed for the individual with limited experience using fitness equipment. Participants will be instructed on the proper use of weight and cardiovascular machines.
The class meets Mondays and Wednesdays from 7 to 8 p.m.
The fee is \$70 and prerequisite is required.
For registration and information, call the Botsford Center for Health Improvement at (248) 473-5600.

Martial Arts for Special Children

Conducted by a black-belt martial arts instructor, a physical therapist and an exercise therapist for children ages 5-16 with special needs such as cerebral palsy, add, or sensory integration dysfunction.
This is a continuously revolving eight-week course held on Friday evenings from 6 to 8:30 p.m. at Providence Medical Center-Providence Park in Novi. There is a charge of \$100.
To register, call 1-800-968-5895.

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