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Thursday, January 11, 2001

50c

Volume 48 Number 5

Novi, Michigan

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Dear HomeTown Subscribers,

A few changes will occur next Thursday, Jan. 18. All local subscribers will be upgraded to home delivery...

INSIDE



Playing up the positives

The Health, Fitness & Lifestyle Show at the Novi Expo Center last weekend helped residents and guests make good on their New Year's resolutions...

LIVING

Stretching for health

Yoga is no longer a new agey exercise complete with chants and candles. Nowadays, everyone can take classes to stretch their body and minds...

SPORTS

Win with a splash

It has been eight years since Novi beat Plymouth Salem in swimming. The tankers took to the pool to beat the Rocks, 94-92...

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Restaurant robber waits in bathrooms



By RANDAL YAKEY
Staff Writer

He could be called the 'bathroom stall robber' and Novi police are interested in talking to him about his restroom etiquette.

On Friday, December 29, at 10:21 p.m., a customer went into the bathroom at the Red Lobster on Novi Road only to be grabbed from behind by a white male subject who brought a knife his throat and demanded the man's wallet and money.

The victim complied and the sus-

pect took the man's wallet and money and fled the store. The victim then ran out of the restaurant and confronted the suspect in the parking lot. The victim demanded his wallet back and, according to police, told the suspect if he did not get his wallet back, he would 'beat him up.'

Later that evening, Novi police were called to the On The Border restaurant on Haggerty Road, just north of Eight Mile Road.

Restaurant management reported a similar robbery attempt close to 11 p.m.

Management reported that a male subject entered the bathroom and told the victim he had a gun and demanded the man's wallet and cash. The victim complied and the suspect fled the scene. Witnesses at the scene of the robbery were able to put together a composite drawing of the suspect.

The victim said the suspect told him he 'needed a fix' and that he was 'sorry' he had to rob him. The suspect reportedly told the man 'I have a gun, don't move and give me your money.'

Before leaving, the suspect told the victim 'I know where you live.'

Police are looking for a white male, approximately 6'-2" to 6'-4" with a medium build and blotchy, acne tainted skin.

'We think it is a reasonably good possibility that it is the same guy,' Novi Detective Pat Fanning said. 'The composite [drawings] are relatively similar.'

Anyone with information in either of these incidents are encouraged to call the Novi Police Department at (248) 348-7100.

Center receives tax abatement

By RANDAL YAKEY
Staff Writer

The question of whether or not the Novi Expo Center will pack up and leave the city has been answered - they're staying.

Novi City Council approved the tax abatement for the new Novi Expo Center on Monday by a vote of 4-2.

Mayor Pro-Tem Laura Lorenzo and council member Michelle Bononi were the two members to vote no at the Jan. 8 meeting.

The abatement will add up to approximately \$255,000 for the new Expo Center but the city revenue from the project will bring the city over \$1.5 million over the next twenty years, according to the Novi City Assessors office. The city is

expected to receive only \$12,875.09 from the empty property as is in the next fiscal year.

Novi Expo Center President Blair Bowman said he was pleased by the city council vote but would caution that there are other 'hurdles' that need to be cleared before ground breaking can start.

'We're very pleased with the outcome,' Bowman said. 'The majority of council made good strong, independent judgments on what the benefits were to this community. The bottom line is that this is a very positive thing for the community.'

'We now must do more analysis and site design work for an engineering standpoint,' Bowman continued. 'Then

Continued on 13



Photo by JOHN HEIDER

Victor Cassis will replace Hugh Crawford on city council.

Cassis chosen for city council

By RANDAL YAKEY
Staff Writer

Quick and to the point. After a quarter century of being a fixture in Novi, Victor Cassis was unanimously voted in as the new city council member replacing Hugh Crawford, who was elected to the Oakland County Board of Commissioners, last November.

'I feel overwhelmed,' Cassis said. 'I was watching from home and I am humbled and honored by the unanimous vote. I love this city and I love the spirit of volunteering here. I will be a unifying person, a consensus builder.'

Novi Mayor Richard Clark said that he was pleasantly surprised that Cassis was selected to replace Crawford.

'We were kind of surprised when the vote came back,' Clark said. 'Because [Craig] DeRoche was asking 'what do we do if we tie 3-3.' We didn't realize it was unanimous.'

But Clark said Cassis has been a long time member of the Novi community and expects Cassis to be a unifying force.

'He has the knowledge to bring people from different backgrounds together,' Clark said. 'He's been a

Continued on 12

Partners-in-crime



Photo by JOHN HEIDER

Brothers Erik, left, and Greg Abbo toast the opening of their new restaurant, La Luna, on Benstein Road. For the full story, see page 7A.

Slithering science lessons



Photo by JOHN HEIDER

Novi Woods student Ben Puente gets a snake-hug from an Australian jungle python during last week's Living Science Foundation visit to the school.

Novi visits the Outback

By STEPHANIE FORDYCE
Staff Writer

The kindergarten class of Novi Woods Elementary could hardly believe their eyes as they watched five-year-old Hannah Patterson allow a 7-foot jungle python drape around her neck.

'I wasn't scared. He was really soft and very friendly,' she said.

As part of the school's study on global studies for grades K-4, Novi Woods invited Nicole Kinbee from

the Living Science Foundation for an assembly on Australian animals last week, allowing students to experience exotic animals firsthand instead of simply reading about them.

'I think it was neat that we were allowed to pet and hold the animals,' said 6-year-old kindergarten Spencer Lattinen.

Bringing in animals, ranging from a wallaby to a white tree frog, the students learned all about the

creatures of the Australian deserts and rain forests.

Kinbee displayed a variety of other unusual animals as well, including a Blue Tongue skink and a tortoise named Molly.

Kinbee presented each animal a time, explaining the unique features of each species, their eating habits, and how the animals interact with the environment.

The fun really began when she

Continued on 4

Novi mother charged with burning her 11-month-old

By RANDAL YAKEY
Staff Writer

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

Marisa Borsa, 22, was arrested on Dec. 22 after police claimed that the woman held her 11-month-old child in scalding bath water for up to three minutes. Such an exposure could have produced second or third degree burns on the child, according to Oakland County Prosecutor's Family Division Deborah Carley.

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

'This child was held down in 120 degree water,' Carley said. 'There are second and third degree burns on over 15 percent of the child's body.'

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

'She denies that she tried to hurt

'This child was held down in 120 degree water.'

Deborah Carley
Oakland County Prosecutor
Family Division

this child,' Lewis said. 'She was picked up the Friday before Christmas, she had no prior criminal record, and she spent Christmas and New Years in jail.'

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

until the case has been resolved.

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

'They grabbed her out in front of her house,' Lewis said. 'She had no attorney present. There was no reason for that.'

Lewis said Borsa's previous attorney told police if she was going to be arrested that his office be contacted. Police never contacted the attorney and Borsa was taken into custody.

'The evidence doesn't agree with what she said,' Novi Detective Kevin Hebert said. 'The physical injuries to the infant do not match.'

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

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Icy roads blamed in driver's death

A 47-year-old New Hudson man was killed when his Dodge Caravan was struck by a Ford Expedition driven by an 18-year-old Waterford man on December 30, 2000 at about 8:30 p.m.

The New Hudson man was transported to Providence Hospital in Novi where he was pronounced dead at 9:21 p.m. There were no other passengers in the Dodge. Icy roads are considered to blame for the accident.

A 21-year-old pregnant female was also transported to the hospital but she was listed in temporary serious condition at the time of the accident. No further information was available on the female who was a passenger in the Expedition.

Accident investigators are completing their report and will submit their findings to the Oakland County Prosecutors Office for review.

CLERK ASSAULTED

Police say that a gas station clerk was assaulted by a male subject after he refused to sell cigarettes to the man's female companion.

When a female subject entered the Speedway gas station at 47395 Pontiac Trail and tried to purchase a pack of cigarettes, police said she left the station upset and her companion went inside to purchase the cigarettes.

When the clerk tried to explain that he could not sell the cigarettes to the woman, the male subject

Police News

A SIGN FROM ABOVE

Novi Police arrested a male subject after he tried to use a phony purchase receipt to claim a power tractor at the Home Depot on Grand River on Saturday, Jan. 6.

After police brought him into custody, they questioned him about being a possible accomplice. While in custody, the man received a phone call from someone who he called his cousin, who wanted to know when the man would be released. When asked how the caller knew he was in custody, the man said that "the Lord Jesus" had told his cousin.

The suspect, an 22-year old from Oak Park, had apparently used another phony receipt to acquire another tractor from a Home Depot in Howell.

JEWELRY THEIF

A 35-year-old Novi woman was arrested after police say she tried to steal two gold necklaces from a jewelry store on Novi Road on Wednesday, January 3.

Novi police arrived at 10 p.m. to find that store security had detained the woman who told police that she did not steal the items and was actually bringing the items back to be checked.

The woman reportedly told police that she "couldn't afford to get in anyone's trouble" because she was already on probation from the 52nd 1st Division Court in Novi for drunk driving and the Oakland County Circuit Court for Felony Retail Fraud, according to police reports.

split in the clerk's face.

Both suspects left the scene and returned after approximately ten minutes, according to the clerk. The male subject tried to enter the store and, as the clerk attempted to keep the man out, both men ended up outside where the suspect struck the clerk several times in the face.

The incident has been forwarded to the detective bureau for further investigation.

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He told police that he had talked his way out of drunk driving arrests before, but the 28-year-old

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School Briefs

Sex Education Public Hearing

A public hearing on the health curriculum, including sex education instruction, will be held on Jan. 18 at 6:45 p.m. at Orchard Hills Elementary. Course materials for the class including videos are available for review at the Educational Services Building.

Deerfield Kindergarten Registration

An information meeting and registration deadline have been scheduled for parents who are interested in enrolling their children in the full-day kindergarten program at Deerfield Elementary School for the 2001/2002 school year.

Tuesday, Jan. 23 at 6:30 p.m. in the cafeteria. This information meeting about their full-day program is for parents only.

Monday, Feb. 5 at 4 p.m. in the office. Kindergarten deadline. Wednesday, Feb. 7, at 6:15 p.m. in the cafeteria: kindergarten lottery drawing held, if needed. Parents only.

To be eligible to attend kindergarten for the 2001/2002 school year, children must be five years old on or before December 2, 2001. If you have questions, please call the Deerfield office at (248) 449-1700.

Preschool Registration

Novi Community School District Preschool Program for the 2001/2002 school year will be held on a first come, first serve basis according to the following schedule:

Saturday, Jan. 27 from 8-10 a.m. registration for Novi residents who are currently enrolled in the program begins.

Saturday, Feb. 3 from 8-10 a.m. is open registration for district residents. Thursday, June 1 from 8:30 a.m. - 4 p.m. is open registration for non-residents.

Parents may register children who are 3, 4, or 5 years old by Dec. 1, 2001 at the Community Education office. Classes begin the week of Sept. 5, 2001 and end May 31, 2002. For more information, please call (248) 449-1248.

CARE Program

The Novi Community School District CARE program will be open during Mid-Winter break (Feb. 19-23) at Deerfield Elementary School. The hours will be from 7 a.m. to 6 p.m., Monday through Friday. All schedules and payments must be turned into CARE leaders by Feb. 2. There will be a field trip to Novi Bowl on Wednesday, Feb. 21. A Bowl-a-thon will be held, with proceeds going to Novi Youth Assistance.

Novi Briefs

Parks and Rec group meets

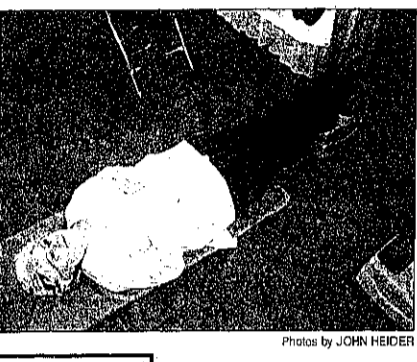
The Novi Parks and Recreation Commission meeting scheduled for Jan. 11 will begin at 6:30 p.m. (not 7:30 p.m.) at the Novi Civic Center Council Chambers. For further information contact Dan Davis, director, at (248) 347-0400.

Changing for 2001

Show inspires healthy attitude for attendees



Above: Linda Higginson of Provo, Utah, demonstrates her father David's Professional Chord Piano Instruction System at last Friday's Health and Lifestyles Show at the Novi Expo Center. At right: Susan Kowachek tries out the NX1 Passive Aerobic Exerciser.



Photos by JOHN HEIDER

By STEPHANIE FORDYCE Staff Writer

Thirty-five-year-old Ashley DeBos of Redford came to the Health, Fitness & Lifestyles Show at the Novi Expo Center looking to make good on her New Year's resolution.

"My goal for 2001 is to lose 35 pounds," she said, while surveying some exercise equipment. "I want to be the size I was when I got married six years ago."

For DeBos, and others like her, last weekend's Expo show was the perfect place to start.

With over 200 health, exercise, nutrition, medical, recreation, and beauty vendors on hand each year, the Health, Fitness & Lifestyle Show has become the premiere event in health care supplies and services.

"We wanted to create a show not just for weight lifters, but for the average person - someone like me, who may not be in the best of shape," said co-promoter Brian Starns of H & F Productions.

"We want people to come in and get ideas on how to improve their lives and longevity."

With over 20,000 people in attendance throughout the weekend, Starns said they are hoping to be a national example for this kind of convention.

"We have everything leaving to do with health and fitness," said the Novi resident. "We have home exercise equipment, vitamins, health clubs, and medical screening from cholesterol to bone density to hair

loss to cosmetic surgery." Other exhibits also included holistic and metaphysical products, hot tubs and spas, sports wear, and personal training.

Visitors could also get free exams from chiropractors like Dr. Karen Siola from Greater Michigan Chiropractic of Livonia as well as complimentary beauty applications from Shea Clinical Instructor Gloria Galush-Hanna of Glogannis Spa in Farmington Hills.

"We try to make this a family event," Starns said, "where you come in and there's something for mom and dad. We also have something for the kids such as rollerblading and skating activities."

"We try to make this a family event, where you come in and there's something for mom and dad. We also have something for the kids such as rollerblading and skating activities."

Brian Starns, show promoter

The show also welcomed cooking seminars and guest speakers like 2000 World Toughwoman Champion Mary Jo Saunders and fitness guru Peter Nielsen.

Nielsen's message of health and fitness went beyond the concepts of proper nutrition, exercise and changing eating habits.

One of his many objectives was to show individuals that he or she can achieve success within personal relationships, family, business

and physical appearance by working hard, having self esteem and, most of all, maintaining focus with aspirations in life.

Sponsored by H & F Productions, WWJ, and the Detroit News, the Health, Fitness & Lifestyle Show is now in its third year running.

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

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Science lesson becomes interesting through animals

Continued from 1

then took each animal around the room where the students could touch, pet and in some cases, get a kiss from the critters. The students decided just how much they wanted to interact with the animal. If they wanted to hold the animal, they would give the presenter two thumbs up. If they wanted to simply touch the animal, they would signal with only one thumb up. If students didn't want to have anything to do with an animal, they would fold their hands. Some students had an opportunity to come up and pet Radar the wallaby, who calmly let the children grace their hand across his back. Kindergartners Milan Pavdek and Matthew Kotowicz, both 5, said Radar was definitely their favorite, and were amazed at how fast and high he could jump. Kinbbe revealed that Radar could jump as high as 12

feet and as fast as 45 miles per hour, and that he can put his entire body weight on only his tail. Students also enjoyed hearing about Calvin & Hobbes, two white tree frogs, who release water out their thigh as a defense mechanism. "So when bigger animals put the frogs in their mouths and they feel the water, they think the frogs are peeing and so they spit the frogs out," Kinbbe explained. The Living Science Foundation is a nonprofit organization in Plymouth, which has more than 150 animals and does presentations throughout Michigan. For information about the Living Science Foundation, call (734) 207-8291.

Stephanie Fordyce is a staff writer for the *Novi News*. Her e-mail address is sfordyce@t.homecom.net



Photo by JOHN HEIDER

Novi Woods Elementary School student Meghan Telder holds on to a blue-tongued skink last Thursday as animals from the land of Australia visited the school.

Looking for bargains? Be sure to check out the finds in the classifieds.

Women's Self-Defense and Crime Awareness Seminar
Great for Mothers & Daughters!
Sgt. Tom Keilman of the West Bloomfield Police Department will present this Seminar on Monday and Tuesday, January 29 & 30, from 7:00-9:00 p.m. at Ward Presbyterian Church, 4000 Six Mile Road, Northville. (Behind Barnes & Noble at 6 Mile and Haggerty)

Learn safety tactics for driving, shopping, working and being at home, how to travel and use ATM's safely, as well as understanding domestic violence and more. The "hands on" portion includes simple self-defense techniques, so wear workout clothing. Cost: \$10 per person, \$15 for mother & daughter, \$20 for a family of 3 or more

Register early, class limited to 40 participants. Call Ward Church at (248) 374-5937.

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Elementary students explore like Vikings City gives funds to auto supplier

By CHRIS C. DAVIS Staff Writer

Though not quite ready to cross the North Atlantic, students in Suzanna Aheimer's class at Thornton Creek Elementary built a Viking ship while studying European and Scandinavian explorers. The ship, constructed from cardboard boxes, tubes and a bedsheet, was one of the hands-on elements Aheimer said she wanted to bring to the classroom. The building of the ship started in miniature when a student built a model of a Viking ship and brought it into class. "I thought it looked neat, and Aheimer said she wanted to build materials coming in from the students' homes," Aheimer said. "We just kind of found ourselves in over our head with stuff and we had a ship before we knew it."

The ship was just one part of the explorers unit. Other elements of study have included pen-palling with sixth grade counterparts in Jyväskylä, Finland, and learning about the feared Vikings Eric the Red and Leif Ericson. The lessons learned about the 11th and 12th-century seafarers was apparently sinking in Student Leif's ear. "I learned that the Vikings made landfall on two areas of modern-day North America: Vinland and Newfoundland. He also learned that the Vikings wore capes and carried battle axes."

True to form, the S.S. Aheimer was also protected from attack with shields of its own, albeit of the corrugated cardboard form. And though the Vikings may have been courageous and smart where sailing was concerned, they weren't necessarily the brightest when it came to warfare. Student Greg Sheppard said he learned that on one of Leif Ericson's return visits to Vinland, Ericson and some of his fellow sailors located row-boats on an island, indicating the presence of another party nearby.

By RANDAL YAKES Staff Writer

The Novi City Council approved a resolution for local support that would provide \$64,320 for "infrastructure improvements" and provide "high speed telecommunications" for Tower Automotive on Monday. Tower Automotive, a leading designer and manufacturer of structural components and assemblies used by auto makers all over the world including Ford, General Motors, Saturn, Honda, Nissan, and Volkswagen, asked the city for the funds only as a requirement to receive an estimated \$5.3 million from the Michigan Economic Growth Authority (MEGA).

"We feel there will be a spill-over for the city in Novi."

Richard Burgess, Tower Automotive

MEGA approved a \$5.3 million Single Business Tax Credit for Tower Automotive that would be spread out over a ten year period last December 17. "We need this to perform at high speed," said Tower Automotive's John Wasyluk, who noted that the new telecommunications lines would be available for other businesses to tap into. "This will be the focus for our North American operations," Burgess said. "And we feel there

will be a spill over for the city in Novi." Novi Mayor Richard Clark said the estimated \$50,000 that Tower Automotive will contribute to the city's park fund will help offset the cost of the infrastructure funding. "In the long run this access line can be tapped into by others in the OST corridor," Clark said. Council Member Michelle Bononi, who voted against the funding along with Mayor Pro-Tem Laura Lorenz, said she felt the city was being "held hostage" by the MEGA board in forcing the city to pay for funding so Tower could receive the \$5.3 million grant.

Randal Yakes is a staff writer for the *Novi News*. He can be reached at (248) 349-1700.

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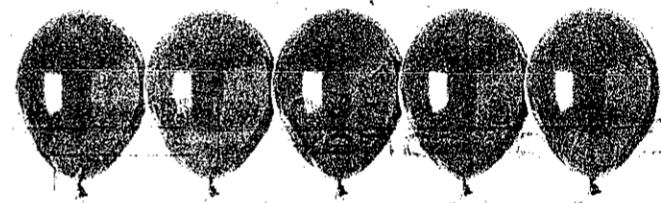
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OUTRAGE (R)
1:45, 5:15, 8:45, 9:40
CASTAWAY (PG-13)
12:25, 2:40, 5:10, 7:35, 9:40
MISS CONGENIALITY (PG-13)
1:45, 4:15, 6:45, 9:15
GUIDE WINEY'S MY CART (PG-13)
1:45, 5:15, 7:40, 9:20
THE NEW BEATLES (G)
9:40, 11:50, 1:45, 3:45, 5:45
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Area blood supply dangerously low

By CHRIS C. DAVIS
Editor

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

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

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

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

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

blood banks, Neale said.

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

Though she had no confirmed cases of it happening with the current blood drought, Neale said it wasn't uncommon for patients having elective surgery to be delayed until supplies were stabilized.

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

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

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

DONATING INFO

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

Source: American Red Cross

Community can help by donating this month

Want to give blood but need to know about it? Here's some basic information about the donation process and where you can go to give blood:

Who is eligible to give blood?

To give blood, a donor must be healthy, at least 17 years old, and weigh at least 110 pounds. Persons who are older than 65 and in good health may usually donate with the approval of the blood bank physician.

Is it safe to give blood?

Yes, it is very safe. Each needle used in the procedure is sterile and is disposed of after a single use.

How long does the donation process take?

All told, about an hour. It starts with filling out a small form. Donors are then given a mini-physical to check temperature, blood pressure and iron level. Donors are then asked — in confidence — about their lifestyle histories. Assuming all indications are that a donor is able to give, the actual donation takes about 10 to 15 minutes. After donating, donors are asked to spend a few minutes in the recovery cantina and to drink juice and eat cookies.

How often can a person give blood?

Once every eight weeks.

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

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

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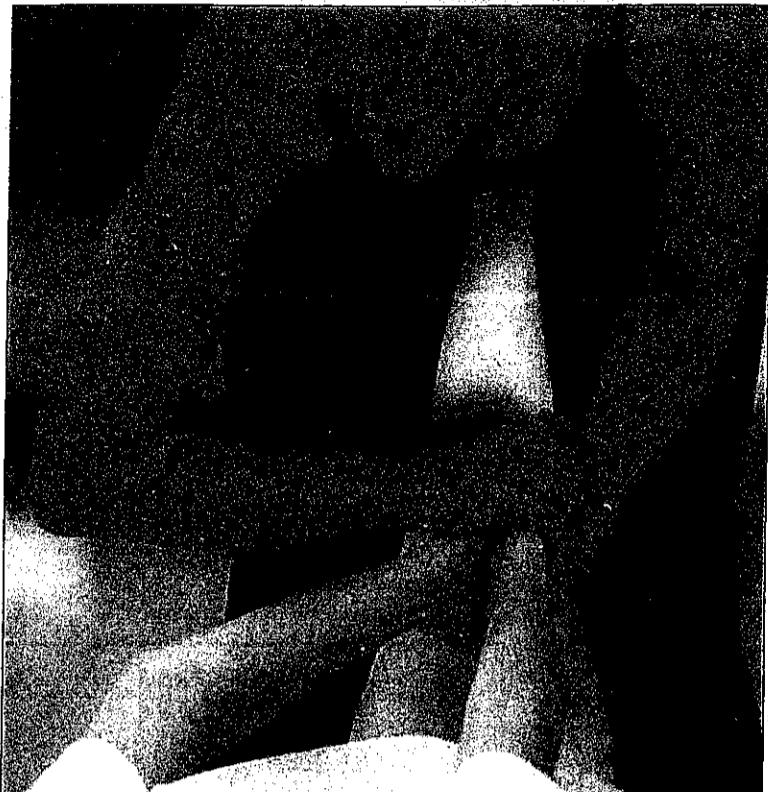
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Yoga class instructor Tameka Gallien properly positions the arms of a student during a Thursday morning class.

Story by
Stephanie
Fordyce
Photos by
John Heider



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



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

No longer a fad...

21st century Yoga is for everyone

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

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

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

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

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

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

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

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

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

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

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

With yoga being the most popular class at the club, the Sports Club of Novi offers two different types of yoga courses: Hatha Yoga and Meditation Yoga.

With Hatha yoga, we work on physical postures, stretching and extending our bodies, breathing exercises and relaxation techniques where with the Meditation, we focus just on breathing," Gallien said.

Gallien said yoga is not defined by shape or age, and that people can be practicing the art of yoga at any point in their lives.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ASANAS

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

LOTUS POSE (Padmasana):

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

Lotus Pose

PERFECT POSE (Siddhasana):

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

Perfect Pose

YOGA POSE (Yogasana):

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

Yoga Pose

SPINAL TWIST (Bharadvajasana):

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

Spinal Twist

MOVIES

Karl Kling, Editor 248-685-1507

Thursday, January 11, 2001

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

By Karl Kling
Editor

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

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

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

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

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

Really? I never would have thought of that.

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

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

Miss CONGENIALITY



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

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

Other keys performances are



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

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

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

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

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

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

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

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Wildcat win moves team above .500

BY COLBY J. CAVALIERE
SPORTS EDITOR

In a game that was all but over by the half, the Wildcats moved above the .500 mark (4-3) with a 62-33 domination of a shorthanded Hamtramck Cosmos squad.

Short several players because of injuries and suspensions, Hamtramck put up little fight against Novi. Starting the game with a zone defense, the Cosmos were quickly overtaken, and found themselves in a 15-point hole at the half. Any hope of a second-half Cosmos rally was dashed in the third quarter, when Novi lashed out on a 22-7 run to put the Cats up 30 at the end of three quarters.

Leading the Novi offensive attack was junior guard Brandon Davis with 15 points. Matt Emmenecker added 11, and center Jamie Schram contributed 8 points and 11 rebounds.

"It was nice to get everyone in the game," said Coach Pat Schuller. "Overall I'm happy with the per-

"It was nice to get everyone in the game. Overall I'm happy with the performance, but I think we could have played better defense."

Pat Schuller
Wildcat basketball coach

formance, but I think we could have played better defense."

Schuller was referring Novi's difficulties defending Hamtramck's Shawn Edge, who lead all scorers with 18 points.

"We are a young team, but if we can keep playing tough defense, we will be able to do some things."

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

Novi skating pair move to finals at USFA championship

The 2001 U.S. Junior Figure Skating Championships took place from Dec. 11-16 at the Sun Microsystems Ice Center, in Westminster, Colo. Hosted by the Mile High Figure Skating Association, it was the USFSA's national competition for juvenile and intermediate level skaters from around the nation.

Among the 35 couples competing in the Juvenile Dance category were Novi Meadows fifth grader Emily Samuelson and her partner Evan Bates of Ann Arbor. On Dec. 13 the duo competed against 12 other couples in the the qualifying round. Samuelson and Bates took first in the initial round of the event, which allowed them to move on to the finals to join the 17 other qualifying couples.

The first event of the final round was Compulsory Dance, which kicked off on Dec. 14. Each couple skated to the Cha Cha and then the Willow Waltz. Samuelson and Bates took third and fourth place in the dances respectively, which put them into a tie for third place going into the final dance.

The final dance, on Dec. 16, was the Original Set Pattern Dance, in which each pair creates their own dance to a set pattern. Samuelson and Bates managed to grab third place in the event, which brought them Bronze Medal for the overall competition.

The pair represent the Ann Arbor Figure Skating Club. They are coached by the former Russian Ice Dance team of Jaroslava Netchaeva, and Jouri Tehesnitchenko.

Different strokes



Photo by JOHN HEIDER

Andrew Sawmiller swimming the butterfly helped the Novi swim team to a 94-92 win against a tough Plymouth-Salem team.

Novi swimmers halt losing drought

BY COLBY CAVALIERE
Sports Editor

It's been quite some time since the swim team from Novi High School could be happy after a meet with Plymouth-Salem. With last Thursday's 94-92 win, Novi halted a long losing streak against their pool rivals. "They have been the only team to beat us in a dual meet in the last four years, and in the seven years

I've been coach, we had never beaten them," coach Bill McCord said.

The two teams were tied going into the diving event, but that's where Novi really shined, and shot on their way to the victory. Novi outscored Salem 10-3 with a 1-2 finish. Senior Steve Alberty, one of the five divers to set new personal best scores, notched a score of 245.70. Right behind Alberty in second place was fellow

senior Derrick Zona with a score of 223.00.

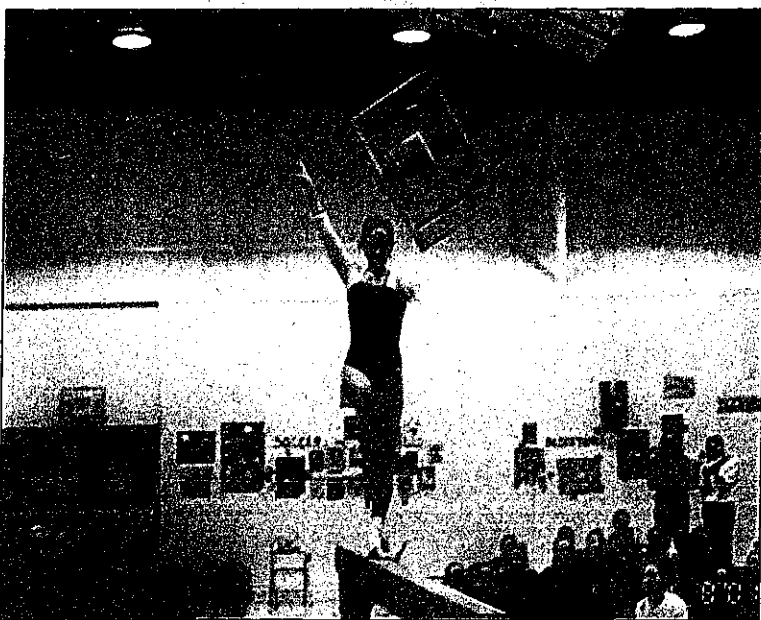
"Our divers were in a real zone, and a key to our win," said McCord.

Novi only won two events, the second being the 100 yard backstroke, won by Tashwan Yoo with a time of 1:08.38. Despite winning only the two events, Novi swimmers placed so consistent in the others that

they were able to squeak out the two-point win.

The match was tight throughout, with three separate lead changes, the final change coming when Novi took an 88-84 lead after outscoring the Rocks 11-5 in the 100 breaststroke. The match came down to the final event — the 400 free relay — where Novi only needed only seconds.

Continued on 2



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

Gymnasts defeat Brighton

The 2001 edition of the Northville-Novi high school gymnastics team showed great promise in a gritty, come-from-behind win against the team from Brighton Thursday night, Jan. 4. Although a number of "Wild Stang" gymnasts were unable to compete in the meet, the team still squeaked out a 139-138.9 victory.

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

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

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

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

Wildcat wrestlers finish 5th in Tournament of Champions

BY COLBY J. CAVALIERE
Sports Editor

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

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

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

"If we had our wrestlers at 119,

and 171, I think we could have finished in second or third," said Huss.

Novi brothers Josh Churella and Ryan Churella both won their weight classes, at 103, and 145 respectively. Also winning his weight class was J.R. Muldoon at 112. Among the other Wildcat wrestlers that placed, were Brian Ong (sixth place at 125), Brett Terbeck (7th place at 130), Vince Slovan (fourth place at 160), Nick Slovan (second at 215), and Tim Stefanson (fifth place at 275).

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

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

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

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

Brad Huss
coach

top schools around," said Huss.

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

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

Northville volleyball team earns honors in invitational

BY COLBY J. CAVALIERE
Sports Editor

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

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

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

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

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

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

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



Cheerleaders

Photo by JOHN HEIDER

The Novi High School Pom Pon squad performs a routine at half-time of last week's Novi Wildcat basketball game. On Jan. 27 the

team will compete in regional competition. For more information on times and location, call the high school at 449-1500

Northville basketball team falls 42-39

By COLBY CAVALIERE
Sports Editor

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

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

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

Northville was guilty of 25 turnovers, many of the unforgotten variety. Even when they could hold the ball long enough to get a shot away, Northville was plagued by misses.

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

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

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

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

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

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

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

Novi diver Derrick Zonka completes a reverse dive during practice at the Novi High School pool.

Wildcat swimmers defeat Plymouth

Continued from 1

and third-place finishes to win the meet. To better his chances, McCord split his best swimmers into separate teams, swapping Matt Shafer and Chris Capanyola. The tactic was a great success, as the team of Mike Reynolds, Shafer, Matt Oshab, and Jordan Moblo took second place with a time of 3:37.82, and third place was won by Jack Tyler, Ian Robertson, Mike Bliss and Capanyola.

Among the whopping 10 second-place finishes were junior Andy Capanyola in the 50 free (24:29), senior Andrew Sawmiller in the

100 butterfly (57:61), and Junior Moblo in the 500 free (5:14:65). Novt also racked up second-place finishes in the 200 medley relay, and 200 free relay.

To round out the consistent day, Novi swimmers took third in 11 of 12 events. To add to a big team victory was the news that Michael Bliss will be returning to the state meet in the 100 back stroke after he qualified with a second-place time of 56:18.

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

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



Novi diver Derrick Zonka completes a reverse dive during practice at the Novi High School pool.

Mustang hockey team struggles for tie

By COLBY J. CAVALIERE
SPORTS EDITOR

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

But that's just what happened to Northville in a game against Livonia Churchill on Jan. 2, in which the Mustangs rallied for an eventual 5-5 tie.

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

The game featured a wild come-

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

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

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

But once again Northville dug

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

WIAA WESTERN 4, NORTHVILLE 2
After their big comeback against Livonia Churchill to earn a tie, Northville returned home to face the Warriors from Walled Lake Western on the Jan. 6.

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

down.

"We were up 2-1, but really should have been up 4-1 with the chances we had," said O'Neill after the tie-down loss. By failing to take advantage of scoring opportunities, Northville allowed the Warriors to stay close, and eventually saw four unanswered goals get by to let Western steal the game.

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

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

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RECYCLE PLEASE

RS virus seems like a cold in little kids

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

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

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

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

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

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

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

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

FACTS ABOUT RESPIRATORY SYNCYTIAL VIRUS OR RSV

- RSV is the most common cause of lower respiratory tract disease in infants and young children. Almost all children experience an RSV infection by the time they're 2 or 3.
- An adult or older child infected with RSV can spread the virus for three to eight days, even though symptoms may not be present. Small infants may spread it for up to four weeks.
- RSV causes about 90,000 hospitalizations and 4,500 deaths each year in infants and kids.

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

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

Even in otherwise healthy children, an aggressive case of RSV can still cause serious breathing difficulties. Still, Lozon said, most children who get RSV has a mild to moderate case. One about 2 percent of patients need hospitalization for their first RSV infection. RSV often starts like any other cold, with a fever, congestion, a runny nose and a cough, said Lozon. "But often will progress into a more serious situation where instead of a regular runny nose, the child's nose runs continuously and much more so. Both nose and mouth secretions can be incredible, so much that the child may be gagging on them. Then it progresses into a worse cough and then a wheeze."

RSV infections and outbreaks occur throughout the year, but are especially widespread in January and February and throughout the winter months.

RSV may cause up to 75 percent of cases of bronchiolitis or infections of the small lung passages in infants. It's also the most common cause of pneumonia in children under 1.

According to the Centers for Disease Control and Prevention, only about 2 percent of children require hospitalization during their first RSV infection.

when breathing, or if their chest or belly sucks in and out when they breathe, Lozon said adults should seek medical attention immediately. Other danger signs are if the child can't eat or drink well, is listless, has a color change or can't pursue normal activity despite their symptoms.

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

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

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

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

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Healthy eating in 2001. It's a matter of what you put in your grocery cart. Take a grocery store tour to learn how to build a healthy diet this new year.

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

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

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

Start by rolling your cart down the fish, meats and poultry aisle. There are a variety of choices you can make in the meat and seafood departments that fit within healthy eating guidelines.

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

If you're hunting for meats that are lower in fat, chicken and turkey are great choices. You also can lower your calorie intake from chicken and turkey by removing the skin after baking, Noble said.

For a colorful assortment of foods that are full of vitamins, minerals and also are a good source of fiber, take a stroll down the fruits and vegetables aisle. "In the produce area, from fruits to vegetables, there's a lot of different colors and they all provide different nutrients," Noble said. "So when you're shopping you want to try to put a rainbow of colors in your shopping cart."

The deep purple color in blueberries has anthocyanin that may protect against heart disease, while the orange color caused by the beta carotene in sweet potatoes can help prevent cancer.

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

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

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

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

Holly Noble
Registered Dietitian

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

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

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

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

does not mean lower calorie." The best way to eat any kind of snack is in moderation, of course. To do that, Noble says to moderate your portion size putting some of the food onto a plate or in a bowl rather than eating right out of the bag or box.

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


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

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

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

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