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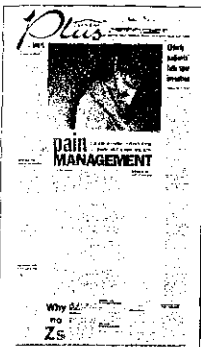
Volume 47, Number 18

Novi, Michigan

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Extra! Extra! Read all about it...

HomeTown Newspapers has created a new section - Plus - which features information on a wide variety of topics: health, food, lifestyles and more.

INSIDE



Pet care

For pet owners, many of whom view their animals almost as children, the prospect of an emergency room visit can be even scarier - largely because in many places there isn't one.

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SPORTS



A Wildcat win?

See if Novi knocked off Brighton in gridiron action.

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Park land proposal passed on

Council decides not to recommend PC turn 25 acres of city-owned land into park

By Victoria Sadlocha STAFF WRITER

A recommendation by Novi's administration to assign city acreage as park land was passed on during Monday night's city council meeting.

All members of the Novi City Council decided to postpone, for an undetermined amount of time, the decision to recommend the planning commission amend the city's master plan, designating about 11 acres of property on the city's west side as park



D. Landry

land instead of its current public land status. The city-owned property up for change is located at the junction of 13 Mile Road, East Lake Drive, South Lake Drive and Old Novi Road.

Landry said, "It is my opinion this is possibly premature," said Louis Csordas, Novi city councilman. Csordas felt making a rush decision on possibly some of Novi's most expensive property would not be in the city's best interest.

The potential value of the lakefront land in sales value was at the base of the hesitation.

"This may be some valuable land," said David Landry, Novi city councilman.

Landry said if sold, the city may obtain enough money to purchase in another area of Novi more park land - park land that

could be used for active use instead of the passive use land in question.

The rationale of buying more park land somewhere else does not sit well with Friends of Novi Parks member and park land activist Andrew Mutch.

"If you can tell me where there is some more vacant land in this city I would like to know," Mutch said. "There isn't vacant land out there."

Mutch argues that although residents may see a lot of green space when traveling the city,

the majority is either not for sale or not developable.

Mutch also put forth the argument that land is not getting any cheaper and the longer city decision makers wait to purchase, the more expensive options may be.

City of Novi Director of Parks, Recreation and Forestry Department Randy Auler had approved requesting the change of designation to park land earlier this month.

continued on 20

M. Kowall registers recount complaint

State Rep. cites problems with 15th Dist. Senate race

By Philip Allmen STAFF WRITER

State Rep. Mike Kowall (R-White Lake) filed a formal complaint to the Secretary of State's office over problems in the recount of ballots in the 15th District state Senate race.

Kowall filed for a recount of all 109 precincts within the 15th District boundaries. Of those precincts, 37 were not recounted, because of errors in securing the ballots.

"This is totally unacceptable," Kowall stated in his complaint dated Sept. 20. "Therefore, I wish to file a formal complaint to the Secretary of State."

Kowall said he will never fully know the final outcome of the primary race, because the ballots were not recounted. He spent \$1,090 for the recount, \$10 for each of the precincts.

Several precincts locally were not part of the recount: Precinct 3 in South Lyon; precincts 3 and 4 in Lyon Township; precincts 2,3,4

continued on 20

Board eyes plans near Orchard Hills school

Development plans for 19-acre site have school officials thinking

By Phil Foley STAFF WRITER

After a six-year slumber, plans to develop a nearly 19-acre slice of Novi south of Orchard Hills Elementary School are stirring and school officials are keeping a watchful eye.

The Novi Planning Commission voted unanimously Sept. 11 to approve a request from Mirage Development to build 42 homes on an 18.68 parcel, known as Orchard Hills West, on the west side of Meadowbrook Road, south of 10 Mile Road. However, unlike in 1996, commissioners did not approve access to Meadowbrook across from Mallot Drive.

This means it's likely the developer will once again seek permission from the Novi Community School District to use the west side of Orchard Hills Elementary for a

continued on 20



Photo by John Heider

Amanda Sackett, second from right, and other Village Oaks students touch at cabazone during a visit to their school by the Living Science Foundation which brought along a wide variety of tidal-zone salt water creatures. The cabazone is a type of sculpin.

Living Science

Village Oaks students learn from fish

By Phil Foley STAFF WRITER

Just about everyone who has attended an urban or suburban elementary school or day care center in the past 40 years has had an experience with a petting zoo. A guy in overalls and a straw hat would show up with a trailer full of sheep and rabbits, add a couple of bales of straw and voila - instant farm.

Students at Novi's Village Oaks Elementary got a salty variation on that time-honored theme Sept. 19 as the school's art room got transformed into a Pacific Ocean tidal pool.

"Eeewwww," squealed a group of fourth graders as Jill Howard, a science interpreter with the Plymouth-based Living Science Foundation, explained how tube worms

feed. "I think it's pretty cool," said parent Suzanne Myers as Village Oaks students got up close and personal with denizens of cold water, tide pools like sculpins, Pacific rock lobster and the monkey-faced eel.

"These are not toys, they're living creatures," said Howard explaining to the class the importance of not keeping the animals out of the water for more than a few seconds.

While touch-tanks are a fairly common feature in major aquaria and at some state park and national visitor centers in coastal areas, the Living Science Foundation is the only one of its kind in Michigan.

"It's one of our most popular programs," said Howard. She said the foundation's two



Photo by John Heider

Village Oaks students discover how a sea-anemone feels.

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Police Report

Novi

Smash box
The Novi Police Department received a report via the Internet that a resident's mailbox had been smashed the night before. After responding to the complainant's home in the 4600 block of 11 Mile Road, the officer noticed it appeared the box had been hit with a baseball bat or some other type of object. The man told police the mailbox was destroyed at 12:30 a.m. on Sept. 21. According to the report, the post was intact, but the actual steel box was knocked off. No other mailbox destructions were reported in the area.

Partying pretzel peddlers

On Sept. 22 at about 8 p.m., a security officer from Twelve Oaks Mall called Novi police to report two suspects were allegedly selling smoking marijuana in their car. Once at the scene, the officer approached the car and spoke to the two males inside who said they worked at Pretzel Time in the mall and had just left work. One of the males admitted they were both smoking pot and authorized the officer to search the car. After performing a search, the officer found two "dime" bags of marijuana and a small smoked joint in the ashtray. The 21-year-old Dearborn Heights resident and the 18-year-old Livonia resident were both arrested. The confiscated marijuana weighed in at 2.7 grams.

Lawn jobs

Last week, two calls were made to the Novi Police Department reporting vehicles had driven over residents' lawns. The first lawn job occurred on Sept. 20 around 8 p.m. on the 24000 block of Sarah Flynn Drive. A male resident from the house told police a car had driven

Wixom

Parking lot assault?
A Commerce Township man appeared at the Wixom Police Station on Thursday, Sept. 19, claiming to have been pepper sprayed and beaten up in the Meijer parking lot in Wixom. The man, who police observed to have severe swelling to the right side of his face, stated he went to Meijer and parked his vehicle near the middle of the parking lot. He said he got out of the car and walked a few steps, and got pepper sprayed, then beaten up by what he thought were three males. The man stated he attempted to fight back by punching and kicking, but was overpowered and weakened by the effects of pepper spray. He then said he felt someone searching his pockets and they took his money and keys, then left. He said he waited till the cops came, then drove to a Wixom Reserve Officer's house, who drove him to the Wixom Police Department to file the report.

Walled Lake

Disturbing signs

A Walled Lake woman appeared at Walled Lake Police Station with two of her friends on Monday, Sept. 16, advising that an unknown person posted disturbing signs on road signs on eastbound W. West Maple from Trovit Apartments to just east of Ladd. The woman and her friends removed the signs and turned them over to police. The signs were hand printed on poster board, colored with crayons and markers and were affixed with black electrical tape. There were a total of four signs, one of which read "Satan" and one had a color photo of an unknown male child glued to its corner. The reverse side read "Kill your parents." The signs were confiscated and placed in evidence. The status of the case is open.

Northville

OUIL II:
A 36-year-old Novi man was arrested on charges of driving under the influence after officers arrested him for speeding on Sept. 20 at approximately 2:30 a.m. The man, who had been driving a white Ford pickup truck, was pulled over when officers observed the pick-up traveling over the posted 25 mph speed limit on Carter Street. An open 12-oz. pack of beer bottles was observed on the passenger side floor boards along with "what appeared to be" an open Bud Light bottle placed in the center cup holder between the driver. The driver told officers the that bottle had been in his truck for a "few days" and also said that he had not been drinking. He later admitted to having "a beer" after leaving work at 1:45 a.m. The driver was asked to perform field sobriety tests and swayed visibly throughout portions of the procedure. He was read his PBT rights and officers obtained a blood alcohol level of .110 percent. The man was placed under arrest and his vehicle's license plate confiscated due to past alcohol-related arrests. An Oct. 18 court date was assigned.

MDOP:
Police responded to a call of vandalism at the Starbucks on Main Street on Sept. 20 at approximately 8:50 a.m. Unknown person(s) had damaged the Starbucks sign, causing \$300 in damage. An iron park bench leg was observed to be lying next to the business' damaged sign. It appeared the leg was used to smash the sign. There are no suspects or witnesses.

MDOP II:
A damaged park bench was discovered on East Main on Sept. 20 at approximately 9 a.m. \$800 in damage had been caused to the

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LAKES AREA TIMES

WL votes to create Traffic and Safety Board

By Ramez Khuri
STAFF WRITER

The Walled Lake City Council voted to approve the creation of a Traffic and Safety Board on Sept. 17 to study and recommend traffic safety within the community. The board will consist of five members appointed by the City Council and one of these members will be recommended by the Walled Lake Board of Education. Non-voting members of the board will be the director of Public Safety and a representative of the Traffic Improvement Association of Oakland County. The board will study areas of traffic safety and make recommendations related to street and intersection improvements, traffic signs, markings and signals, and any other suggestions that will reduce the number of accidents within the city. According to the resolution provided to all council members, the Walled Lake City Council has determined that a traffic and safety board be established for the city to study and recommend traffic and safety measures or programs to improve traffic safety. The traffic and safety board would serve the city by planning, conducting, promoting and recommending those activities which would decrease the number and severity of traffic accidents in the community. The board will hold one meeting per month unless more or less meetings are deemed appropriate to accomplish its business. Its duties will be to review and evaluate traffic problems and recommend to the City Council corrective measures or programs to resolve the problems. It will endeavor to serve the city by planning, conducting, promoting and assisting in activities designed to decrease the number, severity and cost of traffic accidents in the community. In carrying out its duties, the board may: • Receive and review questions having to do with traffic and safety matters and make recommendations to the city council where action is determined necessary to promote the safe and efficient movement of traffic; • Recommend to the city council ways and means for improving traffic conditions; • Recommend a program which will encourage and help to create the more effective use of existing streets; • Review methods to improve streets and intersections in order to enhance residential or commercial areas; • Review the adequacy or effectiveness of existing traffic signs, markings and signals; • Review the cause of accidents and recommend how they can be prevented; • Conduct and promote safety education of the public for the purpose of obtaining remedial

impossible to build back in the prior footprint. The Zoning Board of Appeals is not an option as there are no practical difficulties forcing the variance. "The ordinance says that you may set your house back from the street an average of the length back of your surrounding houses if that's applicable, or put it at the required 30 feet back," Meyers said. "We made a provision saying, if you have a house on either side of you, you have the right to average amongst the two of them for your house." An example would be, if there are two homes on either side of one house, with one at 20 feet back from the street and the other at 50 feet back from the street, the one in the middle may be a 35 feet, which is the average of the other two, or at the required 30 feet back. "People shall either average or use what's required; that's it," Meyers said. "We determined that it was in our best interest to put the required setback at 30 feet to make our neighborhoods more consistent. Most neighborhoods in the city are already established and this is to help with any fill that may become necessary over the years. This only deals with residential neighborhoods."

Walled Lake residents interested in serving on the board should contact the Office of the City Clerk for an application at (248) 624-4847 or cmetevia@walled-lake.com.

Ramez Khuri is a staff writer for the Lakes Area Times. He can be reached at (248) 349-1700, ext. 110 or by e-mail at rkhuri@ht.homecom.net.

Local artist helps in AIDS fight

By Ramez Khuri
STAFF WRITER

Walled Lake resident Stephanie Sarris is putting her artwork to good use. She is one of more than 200 of the Detroit area's most prominent artists who will donate original pieces of art to be auctioned at the eighth annual "Art Works For Life" event which will begin at 6:30 p.m. on Sept. 28 at the Edsel and Eleanor Ford House in Grosse Pointe Shores to benefit the Midwest AIDS Prevention Project. "I saw the invitation recently and I have seen it so many times, I just asked to be a part of it," Sarris said. "I saw so many artists that have been a part of this before and there was an artist who passed away and there was a memorial for him. He was on the announcement and I just wanted to be a part of this because I knew some people who died of AIDS from art school."



Artist Stephanie Sarris, from Novi, displays her work, "The Sushi Stand."

Even though she is unsure of what kind of painting she will donate to the "Art Works For Life" event, Sarris said she was leaning towards a painting on paper of mixed media and interior study. The event will feature both a live and silent auction, strolling fashions by Red Fly, complimentary hors d'oeuvres, live musical entertain

ment and a complimentary wine tasting provided by Chateau Grand Traverse. The honorary chairpersons for this year's benefit are Senators Debbie Stabenow and Carl Levin and the honorary host is Fancho Stinger of WIBK-TV (Channel 2). MAPP is a non-profit, community based organization that provides HIV/AIDS education programs for community groups throughout the Great Lakes Region. Since 1988, MAPP has provided thousands of HIV/AIDS prevention programs for more than half a million people in the Midwest. Reservations are \$65. For a complete list of participating artists, for reservations or for more information, call Yvonne Greenhouse at (248) 545-1455, 110 p.m. or by e-mail at rkhuri@ht.homecom.net.

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WL setbacks changed to 30 feet or average of neighbors'

By Ramez Khuri
STAFF WRITER

For those thinking about building a new home in Walled Lake, better make sure there's a measuring tape handy. The Walled Lake City Council approved Sept. 17 an ordinance to amend the zoning ordinance schedule of regulations regarding single family residential front yard setbacks. According to a memorandum from Director of Planning and Development Leslie Meyers to Mayor William Roberts and City Council members, the amendment will allow for the front yard setback of a new home to be in line with the existing homes of the abutting properties. This will not allow new homes to setback behind existing homes. The current character of Walled Lake's neighborhoods will be preserved. The ordinance review committee has discussed the issue and the Planning Commission has held a public hearing. The reason for the amendment, according to the memorandum, is because many of Walled Lake's neighborhoods are going through a series of renovations, and some residents are finding that it is cheaper to demolish their homes and start over as opposed to reworking. As the years have passed, so have Walled Lake's ordinances and people are finding it next to

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Novi City Briefs

American Heart Association

Subway celebrity Jared Fogle stopped in Novi last week, encouraging area residents to join the fight against heart disease and stroke. Fogle visited the Providence Novi Cardiac Rehab Center on Friday, Sept. 20 at the Providence Park facilities at Grand River Avenue and Back Road to meet with heart disease survivors and their families. On Sept. 21, Fogle walked in the Metro Detroit American Heart Walk. Subway and the American Heart Association joined efforts again this year, bringing more attention to the importance of overall health—especially cardiovascular health.

Teen trip

Saturday, Oct. 5 is the City of Novi "Halloween" teen trip. Area teens are invited to travel to Cedar Point for some spooky fun. For details, call (248) 347-0400.

Register to vote

Monday, Oct. 7 is the last day to register to vote in the Nov. 5 general election. For more information, contact the city clerk's office at (248) 347-0456.

Baby Safety Month

The Oakland County Health Division declared September as National Baby Safety month. Everyday more than 39,000 children endure unintentional injuries requiring medical treatment. It is estimated that as many as 90 percent of unintentional injuries can be prevented. During this month, the OCHD is promoting child safety to help educate parents and caregivers about the importance of keeping their children healthy and safe from motor vehicle crashes, suffocation, drowning, fires and burns, choking, falls and poisoning. Free Baby Safety packets are available from the department by calling (248) 858-1392.

Borders storytime

Saturday, Sept. 28 at 11 a.m., is "If You Take a Mouse to School!" storytime. Come and have a fun time discovering that if you take a mouse to school he will probably ask for your lunchbox. And then, he will want a sandwich to go in it! Kids of all ages are invited to enjoy a special reading of the popular book written by Laura Numeroff and Felicia Bond.

Boraks Books and Music is located at 43075 Crescent Blvd. in the Novi Town Center. For more information, call (248) 347-0780.

Senior activities

On Oct. 1, area seniors are invited to the city's senior center to learn about breast cancer awareness. Helen McCredy, OCHD public health nurse, will be on hand educating about the important topic.



Novi honors
Novi firefighter Jorg Linke, left, meets Kim Faming, right, the wife of Novi police officer Pat Faming, at last Wednesday's barbecue at Novi's Doubletree Hotel honoring fire and police personnel.

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Veterinarians open emergency room for animals

By Phil Foley
STAFF WRITER

Sooner or later, if you have kids you're going to make a trip to the emergency room — whether it's a high fever on the weekend or a split lip from a bicycle stunt gone wrong. Regardless of the reason, it's a scary experience.

For pet owners, many of whom view their animals almost as children, the prospect of an emergency room visit can be even scarier — largely because in many places there isn't one.

Since June, however, that hasn't been true in Novi. That's when Drs. Heather Robertson and Alyson Rockett opened Animal Emergency Center (AEC) in the Pinetridge Shopping Center on Novi Road just north of 10 Mile.

"This is our dream. We've put our heart and soul in this," said Robertson. For Robertson and Rockett, their work day starts when most veterinarians are sitting down to dinner.

AEC opens its doors at 5 p.m. weekdays and closes at 9 a.m. and is open round the clock on weekends. The partners said they eventually plan to have their facility open 24-hours a day in order to provide critical care 24/7 for sick and injured animals.

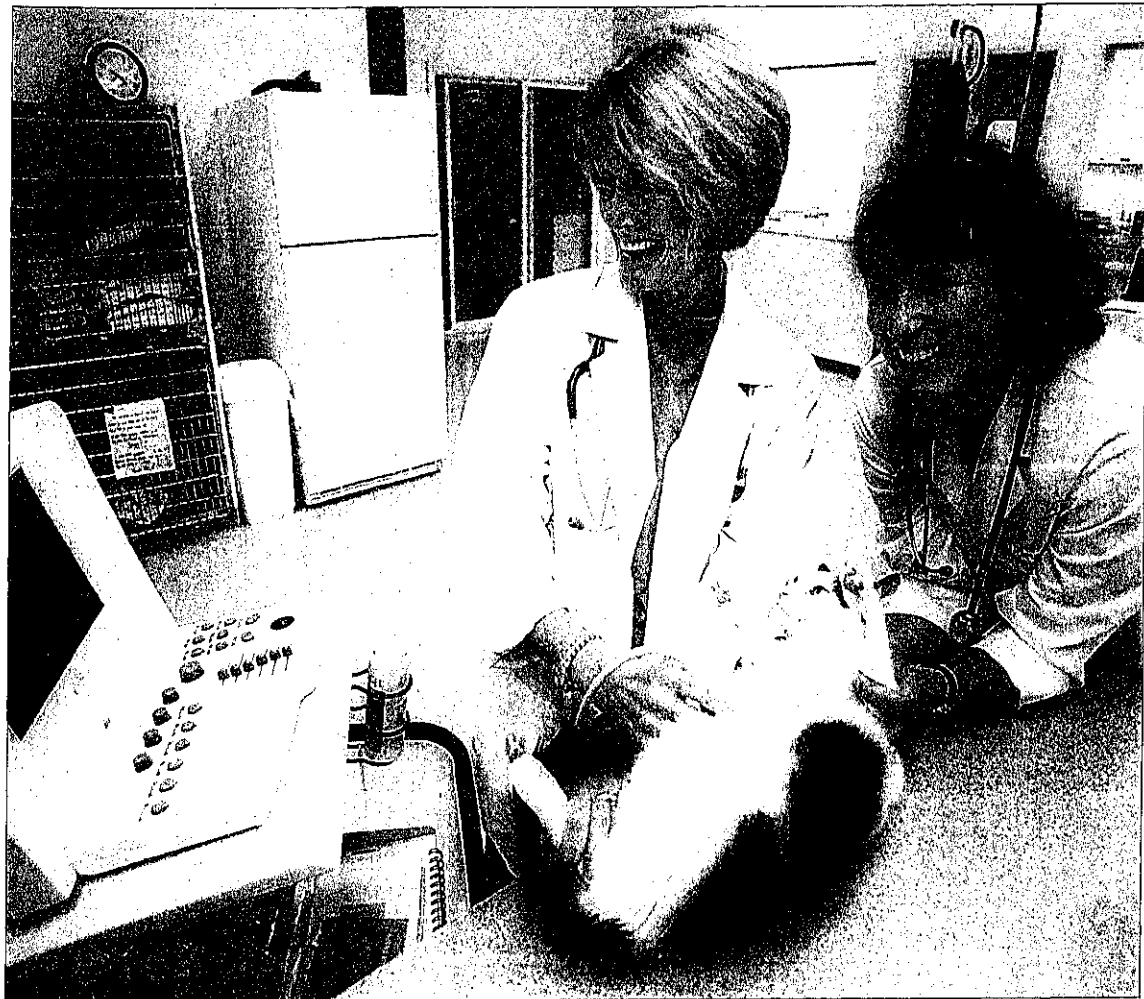
Rockett, a graduate of North Carolina State, has been a veterinarian for 11 years. Her husband, William Brown, is a veterinary cardiologist. Robertson graduated from Purdue in 1996. A Maryland native, Robertson got her first exposure to emergency veterinary medicine during a year-long internship at Michigan Veterinary Specialists.

She spent 2 1/2 years at a veterinary specialty hospital in Kansas City before coming back to Michigan with her husband, a Chrysler engineer.

Initially Rockett and Robertson, who had worked together before, tried to by an existing animal hospital, but when that deal failed to materialize, they spent a year planning AEC. Except for the cages on two walls, AEC looks much like an emergency room or urgent care facility for humans.

Much of the equipment, including the X-ray machine, ultrasound and incubator, is the same kind that would be found in any medical facility.

Since opening this summer, AEC has seen animals from as far



Animal Emergency Center co-owners and veterinarians Alyson Rockett, left, and Heather Robertson demonstrate their ultra-sound diagnostic equipment on their shop cat "Bear".

away as Lansing, Fenton, Sterling Heights and Grosse Ile. That, said Rockett, is because along with the usual dogs and cats, AEC is one of the few facilities in the area that will take on exotic birds and reptiles.

Exotics go downhill fast, so when they get ill, you can't wait until Monday," she said. Currently about half the clinic's clientele is walk-in and half referrals from other veterinarians in the area. Along with Rockett and

Robertson, the clinic employs two other veterinarians, four full-time and six part-time veterinary technicians.

The Animal Emergency Centers can be reached at 248.348.1788.

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

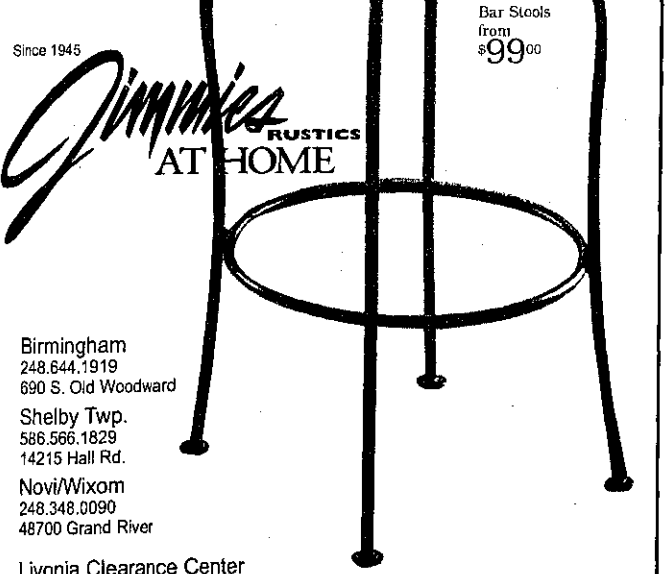
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Amber Alert: System would become law under Cassis plan

Abducted and endangered children in Michigan will have a better chance of coming home safely under important legislation introduced today by two state lawmakers that will ensure the future of the state's Amber Alert system.

Reps. Nancy Cassis and Laura Toy said their legislation places into statute the Amber Alert of Michigan program. Amber Alert is a statewide notification system coordinated between law enforcement agencies, the Michigan State Police and broadcasters to locate abducted children as quickly as possible. Radio and television stations volunteer to broadcast bulletins.

"In just a short time, Amber Alert has become an essential lifesaving tool in the critical first 24 hours of an abduction," said Cassis, R-Nowi. "Like the severe weather bulletins we see and hear, Amber Alerts have become a vital way to save precious lives."

The first Amber Alert program started in 1997 in Dallas. Amber Alert of Michigan began last year as a voluntary effort. In many cases, vehicle descriptions and license plate numbers of an alleged abductor's vehicle are provided in the bulletins.

"This summer, we've seen many frightening cases involving abducted and missing children," said Toy, R-Livonia. "We need to do all we can to protect our children and ensure their safe return. By improving and expanding upon the notification system we use to search for them, hopefully we can save more lives."

The Cassis and Toy initiative also could allow Michigan to benefit from federal legislation currently in Congress. The legislation seeks to help state programs increase coverage areas, improve communication and provide funding. To ensure Michigan's participation in the legislation, Michigan's current Amber Alert system would be facilitated by state law.

"The grant program could provide a huge benefit to our system by helping us build and further enhance our efforts to disseminate Amber Alerts," Cassis said. "We've seen this summer how the system has worked to bring children home safely. Making the Amber Alert an official state program will ensure its existence for generations of Michigan children."

Cassis and Toy will further discuss the legislation at a news conference at Orchard Hills Elementary School, 41900 Quince, in Novi this Friday, Sept. 27 at 11 a.m. Oakland County Sheriff Michael Bouchard and other local officials also will attend the event.

Posthumous takes pledge

By Phil Foley
STAFF WRITER

If the guy in the passenger seat of the black Concorde Limited cruising through Novi Sept. 17 seemed familiar that's because it was Lt. Gov. Dick Posthumus on his way to say the Pledge of Allegiance with the students at Novi's Orchard Hills Elementary.

The lieutenant governor took time out between campaign stops in Mount Clemens and Warren to take part in "Pledge Across America" ceremonies marking Constitution Day.

Principal Paul LePae allowed that the teachers were probably more excited about the visit than the students. But, he added, there would be more class discussions on the importance of the visit.

Before reciting the Pledge at 2 p.m. with students from Maine to Hawaii, Posthumus and the students traded questions and answers.

When he asked if anyone knew what he did as lieutenant governor, second grader Eden Gaffney offered, "It's like a president, but not the president."

Orchard Hills learned that Posthumus' favorite color is red and that he lives on a farm, an answer that drew peels of laughter.

He said he took time from his campaign schedule to participate in "Pledge Across America" because "schools are my passion."

During his four years as John Engler's shadow, Posthumus has visited 200 schools across the state.

Posthumus' Novi stop was part of a day of campaigning that began with an appearance in Brighton and ended with an event in Farmington.



Photo by Phil Foley

Meghan Lorenc, center) and Kristin Coury join Lt. Gov. Dick Posthumus and hundreds of classmates at Novi's Orchard Hills Elementary School in saying the Pledge of Allegiance marking the 215 anniversary of the completion of the U.S. Constitution. Sept. 17. Posthumus said he wanted to be at the school on Constitution Day to "send a message to the kids that what they are doing and what their teachers are doing is important."

Phil Foley is a staff writer for the Novi News. He can be reached at (248) 349-1700 ext. 108 or by e-mail at jfoley@htl.home.com.net.

Library Lines

Novi Public Library

Hours

The Novi Public Library is open Monday-Thursday, 10 a.m. to 9 p.m.; Friday-Saturday, 10 a.m. to 5 p.m.; and Sunday, 1-5 p.m. We are located at 45245 W. 10 Mile Road, just east of Taft. For more information, call 349-0720.

Museums in the 21st century

Steven Hamp, president of the Henry Ford Museum & Greenfield Village, discusses the evolution of museums and the adjustments they have made to compete with entertainment venues such as Disney World on Tuesday, October 1, at 7 p.m. The program includes a drawing for a free annual membership to Greenfield Village. To register for this free program, please call the library at 349-0720.

The Chapter Club

The Chapter Club, our book discussion group for grades 4-6, meets Saturday, October 5, from 11 a.m.-noon. We'll be discussing "The View From

Saturday" by E.L. Konigsburg, snacking on goodies, and playing games. Drop-ins are welcome.

Adult book discussion group

Our October selection is "Girl With a Pearl Earring" by Tracy Chevalier. The group meets Monday, October 7, at 7 p.m. in the library meeting room. All are welcome.

Design-a-Plate

Design-a-Plate days will be held Tuesday, October 8 and Thursday, October 10, from 4-8 p.m., and Saturday, October 12, from 10 a.m.-3 p.m. The cost is \$6.00 per plate, payable at that day. No registration is necessary.

Senior book discussion group

Senior booklovers are reading "Abigail Adams" by Phyllis Lee Levin for their October meeting. The group meets in the library meeting room on Thursday, October 10, at noon.

Mastering the mouse for seniors

A hands-on class designed to

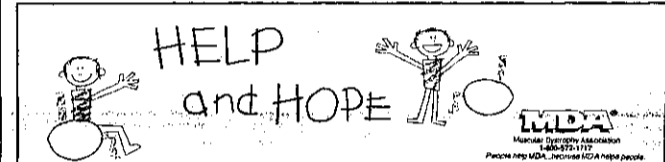
introduce seniors to using the computer mouse will be held Thursday, October 3, from 10-11 a.m. We will complete a self-guided online tutorial, learning and practicing all of the basic functions of the mouse. If you've never used a mouse, this class is definitely for you! The class includes interactive discussion and hands-on practice. Please register in advance for all Internet classes in person or by calling the library.

Introduction to the Internet for seniors

Learn the basics of the Internet in a relaxed, supportive environment on Wednesday, October 9, from 1-3 p.m. You will discover how the Internet works, practice using a Web browser, and learn about using search engines to find information.

Evaluating Information on the Net

Learn how to evaluate the content of Internet sites on Wednesday, October 9, from 7-9 p.m. We will identify important characteristics in a high-quality Web page that distinguish it from other Web pages on similar topics. The session will include hands-on practice.






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WLMS celebrates 10th anniversary

By Ramez Khuri
STAFF WRITER

Walled Lake Middle School held an all-school assembly on Sept. 20 to commemorate its 10-year anniversary. Students, staff and parents all participated in the celebration, which included a welcome by principal Karen Jacobson, vocal selections performed by combined choirs, opening remarks from schools superintendent James Geisler, a recognition from board of education President Marc Siegler and responses from assistant superintendent William Hamilton and Michael Beauchamp. PTSA president Wanda Linkous, Walled Lake Middle School teacher Randy Kibloski, former student Casey Gutzwiller and current student council representatives Bridget Renwick and Jessica Rothenberg, who are both in eighth grade.

"This assembly is very important to me because I am in middle school now and I'm growing older," Rothenberg said. "This school has been a major part of my life and I have learned so much here."

Renwick agreed.

"This meant a lot because we watched the school from sixth grade and we watched all the kids around us here grow," she said. "We watched the school grow as well. It's really special because the school means a lot to us."

In her speech, Jacobson told the history of where the school came from. She said that the building currently known as the Community Education Center in downtown Walled Lake was the original Walled Lake Junior High School.

"Walled Lake Middle School was built out of a need for the facility to meet the needs of a growing community and a changing curriculum," she said. "At that time, Mrs. Joan Heinz, the former principal of Walled Lake Middle School and her beloved secretary, Mrs. Mary Erbeby, were planning, coordinating and helping to shape the former Walled Lake Junior High School."

Back row from left to right: Physical Education teacher and 1991 Walled Lake Middle School graduate Casey Gutzwiller; Superintendent of Schools James Geisler; Principal Karen Jacobson; Former WLMS Assistant Principal and current Sarah Banks Middle School Principal Mark Hess; Teacher of Technology Education Randy Kibloski. Front row from left to right: Assistant Superintendent of Schools Michael Beauchamp; Student Council member Bridget Renwick; Student Council member Jessica Rothenberg; Assistant Superintendent for K-12 Curriculum William Hamilton.



WLMS 10th

Community into what is now known as the Walled Lake Middle School Community."

Walled Lake Middle School was one of only two middle schools in the district for six years until 1998 when Sarah Banks and Walnut Creek opened their doors, both of which were modeled after it. From 1992 to 1997, the school only enrolled seventh and eighth graders, and it wasn't until 1998 that the first sixth grade class was included. In the 10 years the school has been open, more than 9,820 students have learned in its classrooms.

The school's eighth grade choir capped off the assembly by singing "I'm Going To Lift My Voice And Sing."

"We are very proud of the learning environment that has been in place for the past 10 years, enabling students to achieve academically, socially and emotionally while preparing them for high school and beyond," Jacobson said. "Walled Lake Middle School has been so fortunate to have had a decade of dedicated and student centered teachers and staff."

Ramez Khuri is a staff writer for the Lakes Area Times. He can be reached at (248) 349-1700, ext. 110 or by e-mail at rkhuri@lhomecomm.net.

Students packed the assembly for Walled Lake Middle School's 10th anniversary celebration.



Student Council members Bridget Renwick and Jessica Rothenberg



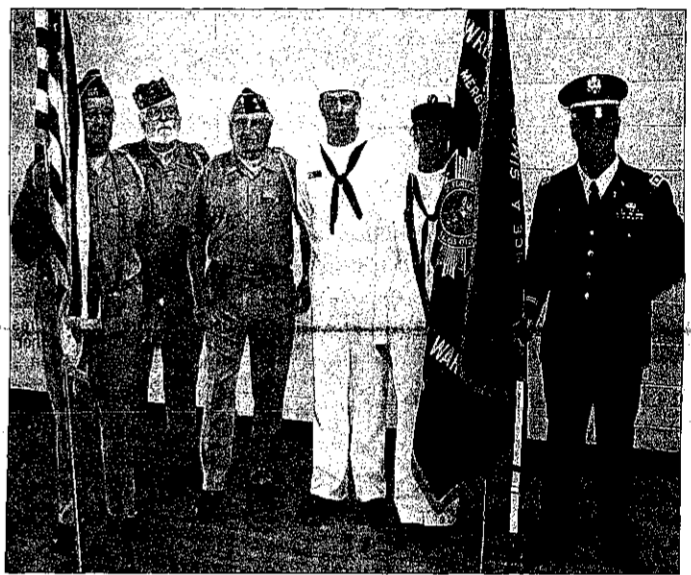
Captain in the U.S. Army reserves and Technology and Physical Education Teacher Andrew Ferguson with Principal Karen Jacobson



From left to right: Director of Operations Bill Chaffield; Director of Labor and Employee Services Secretary Craig Aleo; Former Assistant Principal and current Sarah Banks Middle School Principal Mark Hess.



From left to right: Walled Lake Middle School students Adam Lieberman; Chris Noel; Ted Washington; Petra Dojcsak; Bridget Renwick; Jessica Rothenberg



From left to right: VFW American Legion Post members, Officer Walt Clingman; Quarter Master Mike Honka; Commander Pat Johnson; Navy member and Building Sub David Stanton; Pamela Young and Captain in U.S. Army Reserves and Technology Education and Physical Education Teacher Andrew Ferguson. Not pictured: VFW American Legion Post member Jerry Giddings

NOTICE CITY OF NOVI REQUEST FOR TEMPORARY USE PERMIT TUP 02-041

NOTICE IS HEREBY GIVEN that Alpha Electric, Inc. is requesting a Temporary Use Permit to allow placement of one storage trailer and one office trailer at 41000 Thirteen Mile Road (Fox Run Village) from October 2, 2002 until October 2, 2003.

A public hearing can be requested by any property owner of a structure located within 300 feet of the boundary of the property being considered for temporary use permit.

This request will be considered at 3:00 p.m. on October 2, 2002 at the Novi Civic Center, 45175 W. Ten Mile Road. All written comments should be directed to the City of Novi Building Department and must be received prior to October 2, 2002.

SARAH MARCHONNI
TEMPORARY USE PERMIT SECRETARY
(248) 347-0415

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NOTICE is hereby given that on 10/26/02 at 2:30 p.m. the following will be sold by competitive bidding at American Self Storage, 24985 Haggerty Road, Novi, MI

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Space Number: N-1141
Dawn Derrick • Misc. small appliances, misc. household goods, misc. boxes/bags, office equipment, clothing.

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Our fundamental purposes are to enhance the lives of our readers, nurture the home towns we serve and contribute to the business success of our customers.

Correct 15 District recount imperative

State Rep. Mike Kowall (R-White Lake), probably has a problem sleeping at night. Why? Because he doesn't know beyond a shadow of a doubt if he truly lost the 15th District State senate primary race to Nancy Cassis (R-Novi).

That's because we're experiencing our own bit of an election mess, which smacks of poor ballot management (similar to Florida's "chad" fiasco two years ago).

After the certification of the Aug. 6 results, Cassis enjoyed a 95-vote margin over Kowall - 9,436 to 9,341. That's not much of an edge, and Kowall had every right to ask for a recount - a full recount, that is.

There has to be accountability somewhere along the line, and the Board of Canvassers needs to get this problem solved before the general election Nov. 5.

GOVERNMENT

Per reader request, we have compiled a list so you can get in touch with your local and regional senators and representatives. Their accessibility allows you as readers to voice your concerns directly and allows them to better represent their districts. If you feel we have missed anyone, contact us at (248) 349-1700, ext. 113.

- United States Senate: Carl Levin (D-Detroit); Michigan Senate: Bill Bullard Jr. (R-Highland); Michigan House of Representatives: Nancy Cassis (R-Novi); County Commission: Hugh Crawford (R-Novi); United States Congress: Joe Knollenberg (R-Bloomfield)



10th Anniversary: In the 10 years Walled Lake Middle School has been open, more than 9,820 students - including the current pupils shown above - have learned in its classrooms. The district celebrated the anniversary in grand style Sept. 20. Congratulations!

LETTERS

FOP backs Pope-Starnes

The Southwest Oakland County Lodge #128 of the Fraternal Order of Police is proud to announce that they endorse Saa Pope-Starnes for the open position of judge for the 52-1 District Court.

Ms. Pope-Starnes has been an associate member of Lodge #128 for several years. She has been an assistant prosecuting attorney for Oakland County since 1988. She is currently assigned to the Warrants Division of the Prosecutors Office and has previously worked in the District and Circuit Divisions.

Lodge #128 of the Fraternal Order of Police has approximately 175 active law enforcement members from local police agencies, sheriff departments and state and federal agencies that work or reside in Southwest Oakland County.

Supports Bondy for experience, qualifications: I read, with interest, the orchestrated letter-writing campaign on behalf of Sara Bondy in a recent edition of your paper.

Thanks, Novi Band Boosters: We would like to share with your community an item of interest that deserves recognition. The Novi Band Booster is an organization that welcomed us, the South Lyon Band Parents Association, and shared with us their wealth of knowledge and experience.

Share your opinions: We welcome your letters to the editor. Please include your name, address and phone number for verification. We ask that your letters be 400 words or less. We may edit for clarity, space and content.

The story behind Nov.'s Proposal 4

On the surface, Proposal 4 - a 1,400-word constitutional amendment that will be on the statewide November ballot - makes no sense. If passed, it would redirect 90 percent of the \$325 million Michigan receives annually from the national tobacco settlement to hospitals, nursing homes, anti-smoking programs and prescription drug programs for seniors.



Phil Power

Even with all these surface defects, the folks behind Proposal 4 paid a firm to get 476,000 signatures to put the measure on the ballot. At between \$2-\$3 for each signature, that comes to nearly \$1.5 million.

A twofer: business contacts and family fun

With kids soccer games and practices, piano lessons, homework and all the other activities that consume the time of a parent, I rarely get a chance to enjoy some of the after-hours events that take place in this community.



Cal Stone

Next, I had a lengthy conversation with a gentleman who specializes in marketing strategies. Needless to say, we quizzed each other about our professions and, hopefully, both walked away with new knowledge.

Investigation reveals shocking police statistics!

After one year of sifting through police reports at the Novi Police Department, I have learned there are some things that are just as certain as the sun rising and setting each day.



Victoria Sadlocha

Ninety-nine percent of the time, police smell intoxicants (as they call it) and marijuana "on your person." Most of the drivers are swearing, but some of the more drunk ones do glaringly obvious things like run red lights, operate their windshield wipers when it is not raining and drive in the wrong lane of traffic.

HELP and HOPE: A graphic with a person's silhouette, the text 'HELP and HOPE', and the logo for MDA (Muscular Dystrophy Association).

CASTERLINE: Family Owned for Four Generations. Customary Cakes, Pastries - Manager; Lindsey Casterline-Degowski - Manager; Ray J. Casterline II - Owner.

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HomeTown COMMUNICATIONS NETWORK: Mail to: Letters to the Editor, Cal Stone, Novi News, 104 W. Main St., Northville, MI 48157. E-mail to: cstone@h.homecomm.net Fax to: (248) 349-9832.

Board eyes plans near Orchard Hills Elementary

continued from front

construction access road. The only other alternative is to use the recently repaved streets of the existing Orchard Hills subdivision.

"This will generate controversy," promised James Koster, the district's assistant superintendent for business operations, at the board's Sept. 19 meeting. "I've already gotten a call from one Orchard Hills resident."

Six years ago, he reminded board members, residents of Orchard Hills subdivision and an apartment complex west of the school were up in arms over Richard Lewiston's plans access his property south of the school by

running a temporary access road south from property he owned on 10 Mile past the west side of the school.

However, that plan was abandoned after the city's planning commission granted approval for a street entering Meadowbrook across from the existing Mallott Drive. Lewiston's never got off the drawing board and expired, leaving Mirage Development to seek approval for the project a second time.

Mirage, which has an option to purchase the property from Lewiston, is expected to appear before the city commission for its approval Oct. 7. Assistant City Manager Clay Pearson said at the

earliest, land clearing on the site could begin this winter with home construction starting next spring.

This time, planning commission members did not approve a Meadowbrook Road entrance because the Stormwater Management and Watershed Stewardship Committee cautioned that it would destroy pristine wetlands.

According to Koster, six years ago residents of the apartment complex west of the school were opposed to a construction road running between them and the school because they feared it would post a danger to their children. Residents of Orchard Hills subdivision had similar fears and

were concerned that heavy construction equipment would ruin their streets.

Koster said that while he and Superintendent Emmett Lippe met with city officials Sept. 16, no requests were made. Still, Koster said he thinks there's a good possibility that the current will want to use school property to access the site.

He noted that six years ago, the board approved the developer's request with five conditions including: building an eight-foot temporary fence between the construction road and the school's playground; paving the construction road; removing and replacing a tennis court; paying of a school

crossing guard during the planned three-year construction period; and removing the access road once construction was completed.

While the school board took no formal action, Trustee Carol Ellring said she would only approve a single-lane construction road across school property. Board President Bruce Baglady instructed staff to determine if there were any other options before entering into negotiations with the developer.

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

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Kowall lodges complaint

continued from front

and 7 in Milford Township; Precinct 5 in White Lake township; Precinct 16 in Novi; and Precinct 1 in Novi Township.

In addition, 26 of the 27 precincts in West Bloomfield could not be recounted.

State Rep. Nancy Cassis (R-Nowi) beat Kowall in the Senate primary. Cassis won 9,457 votes to Kowall's 9,369. That was following the recount of 72 precincts. It is unlikely a recount of the remaining ballots would change the outcome of the race.

"State elections are run by local officials — not the state," Kowall stated. "But the accountability of these local officials is paramount, and we have to make certain that election workers are fully trained and capable of running local elections."

Kowall suggested legislation may be needed to hold local clerks accountable to follow proper guidelines.

State Senate District 15 represents the cities of Novi, South Lyon, Orchard Lake, Walled Lake and the Oakland County portion of Northville; the villages of Milford, Wolverine Lake and Holly; and the townships of Novi, Lyon, Commerce, West Bloomfield, Holly, White Lake, Milford, Rose and Highland.

Cassis will face Democrat Sean Carlson of Commerce and U.S. Taxpayer's Party Sean Sullivan of Holly in the general election.

Philip Allmen is a reporter for the South Lyon Herald. Reach him at (248) 437-2011 or by e-mail at pallmen@ht.homecomm.net.

Proposal for park passed on by council

continued from front

According to Parks, Recreation and Forestry Department documents, the suggestion to turn the 11-acre parcel into park land was part of the department's goals as listed in Novi's 2002-2003 budget document.

Another vote

A second parcel of land was also voted on during the council's Sept. 23 meeting.

Members of council denied to refer and recommend the Planning Commission turn about 14 acres of open space into designated park land.

The denied property is located at the junction of West Road, east of West Park Drive.

The city-owned property was formerly tagged as a possible site for relocating Novi's Department of Public Works yard, but was later turned down as an option.

Acquiring new park land has been a hot topic in the city since about 87 acres of North Novi Park was sold to Sandstone Associated Limited Partnership earlier this year as part of the city's ongoing settlement agreement.

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

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Wildcat harriers outrun Brighton

Bob Smith coaches his Wildcats to yet another KVC dual meet victory

By Tyler Carter
SPECIAL WRITER

The heat did not seem to affect the Novi Wildcat harriers September 17, as they defeated the Brighton Bulldogs at Cass Benton in a hard-fought battle. Heat reaching 80-degrees-or-more means that runners will not log their fastest times; however, the Wildcats were able to get thirteen personal best performances out of their squad. With the victory, Novi continues their perfect 4-0 record in dual meets during the 2002 campaign. Brian Gilchrist ran out to an early lead in the race, but Brighton's Kevin Giennapp was able to catch him.

Boys' Cross Country

Coach Bob Smith reveals, "Mental preparation is as important as physical preparation, and our team was really mentally prepared for Tuesday's meet. Our strategy was to break up Brighton's lead pack, and our top runners really responded to this challenge." Novi's top four harriers were across the line before Brighton's third runner finished the race.

The Wildcat's key to their 24-32 victory was the sophomore pack that finished in the 4th, 5th, and 6th positions. The pack consisted of Mark Moore, Spencer Ornes, and Amol Huprikar all of whom ran the fastest times of their careers, helping to secure the win. More annihilated his previous Cass Benton personal best by 34 seconds, recording a 16:51. Ornes and Huprikar also shattered their previous best times, finishing in 17:04 and 17:05, respectively. Tim Kava accounted for the remainder of the Wildcat scoring, running a season-best 17:15.

"I can't say enough about our guys and their understanding of the sport," he said. "They aren't going out and running their legs off this early in the season. We really don't have anything to prove at this point in the season. Late October and early November is when we will have something to prove." The Wildcats will take on South Lyon on September 24.

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

Golf team looks great in hunt for KVC crown

By Sam Eggleston
SPORTS WRITER

This is the season the Novi Wildcats boys' golf team has been waiting for. All indicators thus far in 2002 seem to say that this is their year. The Wildcats, coached by Brad Huss, pounded their three Kensington Valley Conference opponents on their way to securing the sixth-best vote in the Michigan High School Golf Coaches' Association poll. The Novi linksters beat Hartland 136-152 after beating South Lyon 139-155. The third KVC victory came as they snuck past a tough Brighton squad 141-152.

Milford Mavericks at Mystic Creek in a showdown of the underdog Kensington Valley Conference schools. Novi 141, Brighton 152. The Novi boys' golf team started out their 2002 campaign looking to notch a Kensington Valley Conference title — they are on the right track for it, that's for sure. The Wildcats, coached by veteran Huss, edged a tough Brighton squad 141-152 September 12 at the Links of Novi.



Novi golfer Brandon Cigna putts on the third hole at the Links of Novi.

Youth Soccer results

Sharks 3, Plymouth 0
The Novi Sharks defeated Plymouth 11-3 at Brandon Fortier. Eric Tecklenburg and Matt Dixey scored goals in the winning effort. The Most Valuable Players of the game were Jordan Gates and Dan Farrugia.

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Swimmers still very strong

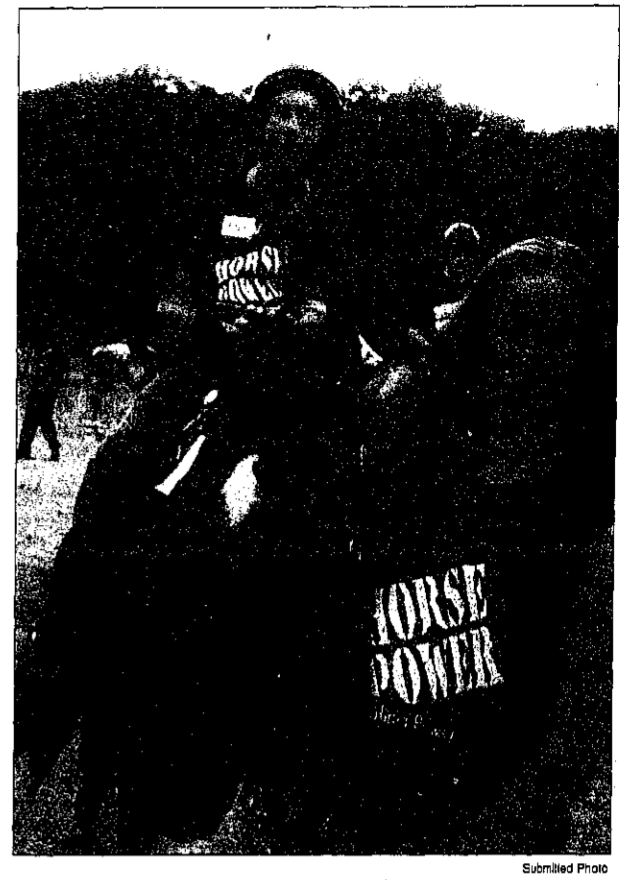
By Ryan Edwards
SPECIAL WRITER

The focus this season for the Novi Swim and Dive team is not primarily on winning. Although they possess an outstanding record in dual meets of 3-1. The Wildcats only lost once in a close, hard fought battle, that resulted in a 95-91 defeat at the hands of one of the better teams Novi has faced — Fenon. Their main concerns are to qualify as many girls as possible for the state meet, find out what race's best suit each swimmer, and have the girls performing at their best when the end of the season approaches.

place finish for a relay, where at an invite each individual heat of a race receives a place, making four for a first place finish, second, third and so on. So a swimmer racing in the third heat of a four heat relay could outperform the five swimmers in their heat from the other five teams and take first place, while the rest of her relay team could all lose. The girls who won their heats were Lauren Wilson and Tiffany Kelly, who both won in the 500 yd. freestyle, and Smith who won in both the 50 and 100 yd. freestyle. Other swimmers who had outstanding meets were Jeanine Warasowicz, and Jill McNamara.

Even though winning dual meets isn't the focal point of the team, nobody who competes ever really prefers to lose. "It was a good, close, competitive meet, but it still would be nice to be able to come out on the winning side," said Coach Larry Tchan as a result of a close four point loss to Fenon. When one of your swimmers sets a state qualifying time in the 100 yard butterfly, and still comes in second place, it's going to be a tough meet to win. Novi did get a number of great performances out of their swimmers. The 200 yd. medley relay team of Rachel Mobbles, Kristine Elrod, Britany Bradford, and Smith took first place with a time of 2:01:36. Smith, also took first place in the 50 yd. freestyle with a time of 25:56. Elrod captured first place in two other events as well, the 200 yd. IM swimming a time of 2:21:66, and the 100 yd. breaststroke posting a time of 1:14:52. Christina Thompson, Novi's post diver also delivered a nice performance, taking 3rd place with a judges' score of 167.45.

Novi's next swim meet will be against their very talented cross-town rivals, the Northville Mustangs on October 1st. Ryan Edwards is an intern for the Northville Record and the Novi News. Comments can be directed to the sports department at (248) 349-1700, ext. 104.



Submitted Photo

Proud Equestrians Compete at Horse Show

On July 27, the 4-H Horseback Riding Program called Proud Equestrians for physically, mentally and emotionally challenged children and adults held their annual horse show. The event was held at Springfield Oaks Park during the Oakland County Fair in Davidsburg. 22 children and adult riders with many volunteers enjoyed a beautiful day with 20 horses. Events included: Trail, Horseback Relay, Western Horsemanship, and Hunt Seat Equitation. Kyle Korona, age 10, son of Jeff and Dianne Korona of Novi, rode Harmony Tariff in Hunt Seat Equitation and Horse Show Relay. This was Kyle's fourth year riding one of the Harmony Acres horses. He has been riding horses since age 4. Tariff was led by Kathleen O'Connors from Livonia. Kathleen is a junior at Ladywood High School and rides competition horses as a member of the Ladywood Equestrian Team. Kyle also rode Diamond in Western tack in the western Equitation Class. For those interested in riding or volunteering in the 4-H Horseback Riding program called Proud Equestrians, please call the Oakland County 4-H Office at (248) 634-6090.

Novi JV results

NOVI FRESHMEN GIRLS BASKETBALL: 4-1
Northville handed Novi's freshmen girls basketball team its first loss of the season, 37-27, last week. Northville jumped out to a 7-3 lead after the first quarter, but the Wildcats fought back with a 13-8 second-quarter surge to lead at halftime.

defended its title as champions of the Farmington Classic tennis tournament last Saturday with a perfect score of 24 points. All eight flights from Novi won gold medals. Three flights from the Wildcats "B" team won consolation medals. Earlier in the week, Novi tied for first place in the Hally Invitational. The Wildcats won three golds, two silvers, and one bronze metal. Last Wednesday, Novi beat Brighton, 6-2, for its sixth victory of the young season.

Novi JV girls tennis: 6-0-3

outscore the Wildcats, 14-4, in the third quarter to put the game away. The Wildcats could get no closer than seven points the rest of the way. Ashley Gzdecki led the Wildcats in scoring with seven points. Lisa Harden contributed nine rebounds... Northville's Heather Cox led all scorers with 22 points.

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Central Falls to Northville Mustangs

By Roger Garfield
SPECIAL WRITER

The Walled Lake Central Vikings football team hosted a tough Northville Mustangs squad on Saturday night and suffered their second loss of the season, 10-3. The Vikings are now 2-1 in the conference and have a 2-2 record overall.

Play began with neither team moving the ball very well offensively. Both defenses were stellar all night long. With 2:19 left in the 1st quarter, Northville started a drive from Central's 39-yard line. The good field position opened up a promising scoring opportunity. After junior quarterback Mark Sorensen connected with senior splitters Tim Higgins and Greg Johnson, the Mustangs found themselves at the 7-yard line. Sorensen then hooked up with Higgins again, this time for a touchdown. Junior Bill Brown's extra point was good, and Northville led the Vikings 7-0 with 1:30 left in the opening quarter.

Several possessions later, Central began a drive from their own 47-yard line, with 7:43 remaining in the 1st half. Cleverly mixing up the pass and the run, junior quarterback Brandon Cassie and his troops marched down to the 4-yard line. Unfortunately for the Vikings, they could not punch the ball into the end zone. On fourth down, junior kicker Chris Kelly booted a 21-yard field goal. This made the score 7-3 with 2:51 left in the half.

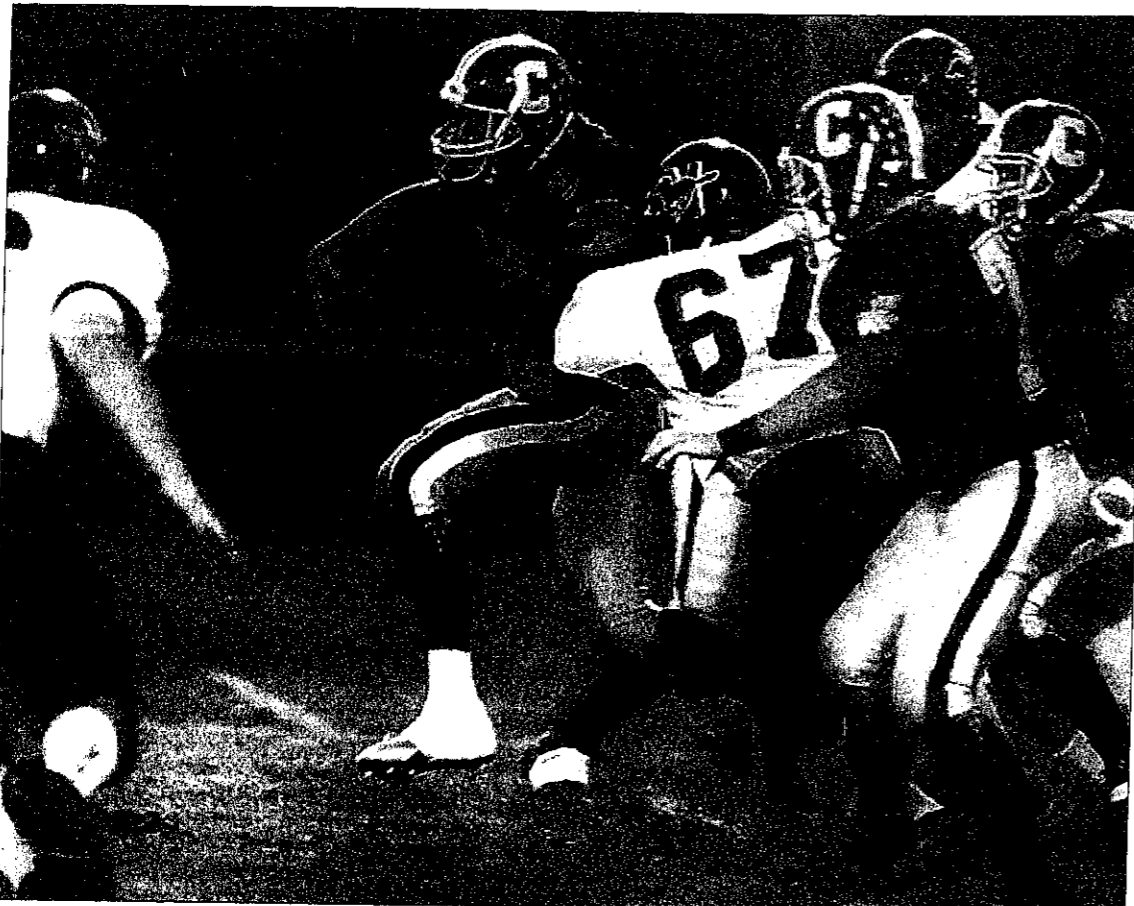
The Central defense stifled the Mustangs on two separate possessions prior to halftime, so the score remained 7-3 at the intermission.

The third quarter began like the 1st half ended. Central's defense did not let the Mustangs' potent passing attack flourish. Senior tailback Zack Wollack had a few lengthy runs for the Mustangs on the opening drive, but the Vikings refused to let Northville score. They forced the Mustang kicker, Brown, to try a 44-yard field goal. The attempt fell short and Central began from their 27.

Northville's defense played just as hard as Central's defense in the second half. Neither team could get anything going in the third. Northville turned it over on a fumble, and Central was forced to punt several times. Midway through the fourth quarter, Central's scoring hopes saw some promise when junior defensive back Casey White intercepted Sorensen pass and returned it back to the Mustangs' 6-yard line.

However, a clipping penalty brought the Vikings back to the around the 30-yard line. After several Mustang stops, Central faced a fourth-and-3 from the 24 with 5:30 remaining in the game. Junior Jordan Marshall, who led the Mustangs defensively on the night, came up with a big tackle and the Mustangs regained possession.

On this series, the Mustangs gave the ball to Wollack and let him do his thing. Runs of 8 and 25 yards were followed by a personal foul penalty by the



Photos by John Heider

It wasn't the game the Vikings were hoping for as they fell to WLLA rival Northville last Saturday after a Friday night game delay. Above: Central quarterback Brandon Cassie tries to elude the tackle of Northville's Ken Schleh (#67) in Saturday night's game.

Vikings, and all of a sudden the Mustangs found themselves on Central's 21-yard line. With 2:51 left, Brown made a 37-yard field goal to put the Mustangs up 10-3. Central still had plenty of time left to score.

A big kickoff return and several runs set up a critical fourth-and-1 from Northville's 42-yard line. Senior running back Scott Long came up huge with a 9-yard gain. This put the Vikings at the Mustang 33 with just under a minute remaining. Cassie was sacked on first down, and 2 plays later, his squad faced another fourth down, this time with 4 yards left to gain. The Mustangs bore down and got the stop this time, and with no time outs remaining for the Vikings, Northville took a knee ran out the clock. The game ended with the Mustangs on top, 10-3.

Leading the way for the Mustangs offensively was the senior Wollack, who rushed for 105 yards on 12 carries. Their quarterback, Sorensen, threw for 51 yards on 5-of-10 passing; he also had a touchdown and one interception.

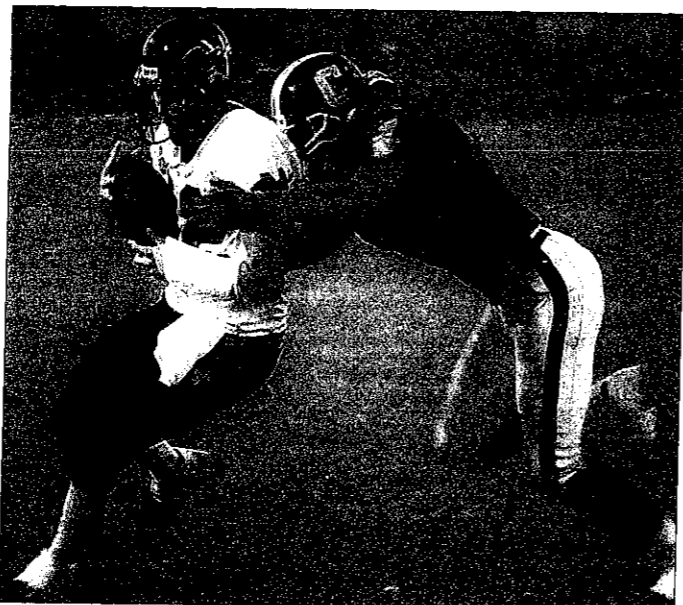
The Vikings had 97 yards rushing on the night, getting 50 of those yards from senior running back Joe Kutney. Quarterback Brandon Cassie was 7-for-10 and passed for 80 yards.

Coach Chuck Apap thought the game was very well played. "There were two good teams out there, and there was lots of hitting," he said. "Either team could have won, and we just came up a little short. I'm proud of my team; it's one of those games where someone has to win. I congratulate Northville and wish them the best."

"I was really pleased with the play of our defense. Mike Crowe (a senior linebacker), Mark Stewart (a senior linebacker), Chris Mougoue (a senior defensive end), and Jeff Matheny (a senior defensive end) each played great."

The Vikings, who suffered their only other loss to an undefeated Milford team out of the KVC, have set some noteworthy goals for the season. "We have a great chance to be division co-champions," Apap said. "Our goal is to make the playoffs, play hard, and (maybe even) win a state championship. We're usually a high-scoring team. I think we'll be there in the end."

Central faces Salem this week, which defeated Northville earlier this season. Apap believes the loss to Northville will help his team in the future. "You've always got to learn from what's given to you," he said.



Photos by John Heider

Mustang Bill Brown breaks a WLC tackle on his way towards the endzone.

See the Vikings take on the Rocks at Salem High School this Friday at 7:30 p.m. Roger Garfield is an intern for the Northville Record and the Novi News. Comments can be directed to the sports department at (248) 349-1700, ext. 104.

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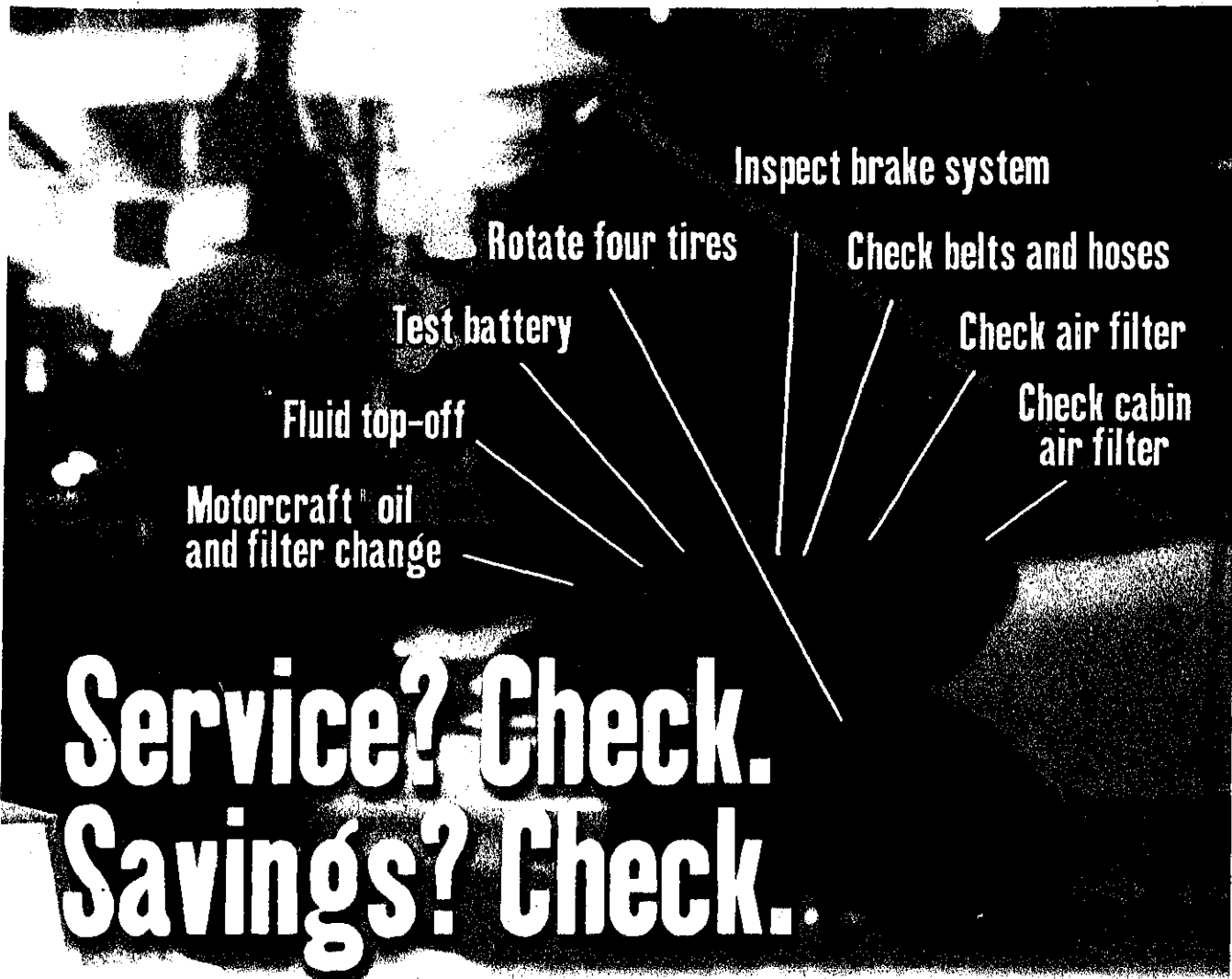
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HEALTH BRIEFS

Change is good

A change is as good as a rest for a brain worn down by working too long on one task, according to study in the journal *Nature Neuroscience*.

Led by Dr. Sara C. Mednick, a Harvard psychologist, researchers put 30 well-rested people through the same set of tasks — distinguishing between shapes displayed very briefly — four times a day starting at 9 a.m. and ending at 7 p.m.

They found that performance dropped by more than 50 percent in 10 subjects who stayed awake the whole time.

The 10 people who napped for an hour in the early afternoon were able to restore their performances. The people who napped briefly rebounded a bit.

Mednick said these findings were consistent with studies showing that the brain needs sleep to incorporate newly learned skills into the permanent memory.

But the researchers were still unable to tell whether the decline in performance reflected fatigue or an overload of the specific neural network handling the task.

To find out, they repeated the experiment, without naps, with 24 subjects, and let half of them switch for the 7 p.m. trial to a different version of the same task that put the work on a different set of brain cells.

Performance for this group was as good at 7 p.m. as it had been in the morning, Mednick said.

— Pittsburgh Post-Gazette

Reducing risk factors for strokes

Heredity may increase a person's risk of having a stroke, but there are plenty of other possible causes — including ones that can be controlled.

Dr. Larry Goldstein, director of the Center for Cerebrovascular Disease at Duke University Medical Center, says the No. 1 treatable factor is hypertension — or high blood pressure — which can be controlled with medication. Another is a condition called "atrial fibrillation," an irregular beating of the upper chambers of the heart.

"What atrial fibrillation can do is lead to clots that can then break off and travel through the blood vessels to the brain," explains Goldstein, who adds that the condition can be treated with blood thinners.

Goldstein also suggests that people check their cholesterol regularly.

"We now know that elevated cholesterol levels likely increase the risk of stroke. That was unclear until relatively recently," he says.

Some of the other factors more closely tied to lifestyles than to genes include heavy alcohol consumption, cigarette smoking, poor nutrition and maybe even a lack of exercise.

He adds that numerous studies are under way around the world to find other possible clues as to what might trigger strokes.

— Duke University Medical Center

Depression and Parkinson's risk

Depressed people have an increased risk of later developing Parkinson's disease.

In a new study, Dutch scientists examined a registry of primary care patients, noting people who had been listed as suffering from depression between 1975 and 1990. Of the more than 1,300 patients who had depression, 1.4 percent developed Parkinson's disease by April 2000, the study found.

That compares with 0.4 percent of the 67,570 non-depressed patients the researchers studied. The depressed group included more women than men and people whose education was limited to primary school or low-level vocational training, the scientists noted in a recent issue of *Neurology*.

The researchers, from Maastricht University in the Netherlands and the University of Leuven in Belgium, suggest that suppressed activity of the brain chemical serotonin may be a common thread linking depression and Parkinson's.

— Pittsburgh Post-Gazette



JONATHAN BONO/SCHIFFER HOWARD NEWS SERVICE

pain

A change in doctors' methods brings greater relief to those who suffer

MANAGEMENT

By Troy Goodman
The Salt Lake Tribune

It's barely 8 a.m. at University Hospital in Salt Lake City, and pain-management doctor Jeffrey Swensen has been in high gear for hours. He started his shift overnight with a call to help with a gunshot trauma. At 2 a.m. he answered another digital pager call to reinject a bone-surgery patient whose painkiller was wearing off.

As his shift ends in the morning, Swensen visits with several post-op patients in their rooms. He also stops by to check on the pain levels of a double-lung-transplant recipient who, with nursing help, can slowly sit upright, and tell visitors he is feeling "OK."

Swensen says that with this type of urgent surgical procedure, the lung-transplant patient is lucky to be moving and staying awake without mind-numbing narcotics. A few months ago, before his team of post-op pain-care experts started making the rounds, the anesthesiology service was less patient-sensitive and ran a greater risk of leaving someone prostrate during recovery with severe soreness and aches.

"This is a major change from the way things have been done in the past," Swensen says, amazed at the transplantee's cheery demeanor. "The fact that he looks and feels this good is amazing."

Patients with such acute pain, routinely undertreated in the past, have begun to get adequate relief thanks to major changes in the way medical experts focus on post-op and long-term recovery. Better drugs, more training and new practices are only part of the solution.

There also is a change in the mindset among doctors and the nonmedical community about

tackling pain, says Bruce Ferrell, of the University of California at Los Angeles School of Medicine. He sees a vanishing stereotyping of whiny, malingering patients replaced by doctors who pay attention to every ache and groan.

"I get a lot of calls from nursing homes where people want to know, 'Is this person in pain? I can't tell,'" Ferrell says, applauding such pain awareness.

Untreated suffering is still a major health-care crisis in this country. More than 50 million Americans suffer from chronic pain caused by various diseases and disorders, and each year an additional 25 million experience acute pain as a result of injury or surgery, according to the nonprofit American Pain Foundation.

Swensen, who also serves as the university's director of cardiopulmonary anesthesia, began expanding on the new awareness in February with a five-person team of doctors, medical residents and nurse practitioners. The team members perform and monitor most of the hospital's targeted anesthetic shots, dubbed "blocks," along with epidurals and general anesthesia cases.

They also stay aware of the latest in pain drugs and medicine-delivery systems, reading and writing clinical studies on needles or new below-the-skin injections of anesthesia that could triple duration times.

For aging patients, especially those considered "chronic pain" sufferers, the American Geriatrics Society recently released new pain-management guidelines. The recommendations are geared toward the aged, including those with Alzheimer's and other cognitive diseases.

"Most importantly for all older patients," the New York-based geriatrics group

said, "is the panel's admonition to clinicians that pain not be associated with aging, and that no patient be given a placebo for pain." Society members also repeated an earlier statement in favor of opioid treatments for severe pain, including the controversial morphine-like drug OxyContin.

Abuse of the OxyContin drug has slowed pain-management advancements over the past year, several doctors say, because addiction cases appeared in concert with a broad crackdown on painkillers.

The case of Robert Weitzel has sensationalized the use of morphine to aid the terminal ill. Weitzel is a psychiatrist charged in the 1995 deaths of five geriatric patients via morphine overdoses. Weitzel defends his actions, saying he prescribed morphine as "comfort care" to patients who were at death's door when they were admitted to his geriatric/psychiatric unit in Layton, Utah.

Morphine and Demerol still are regularly used, but medical conditions have used this case to ask the question: Why is it so tough to get routine pain assessments and tailored anesthetics or other treatments through pills rather than shots?

"Doctors are very stressed for time," Swensen explains. Also, few physicians receive any formal training in pain management, and managed-care groups are loath to hire pain specialists for their patients.

To help with the renewed awareness, the American Pain Foundation and the geriatric group have issued a set of questions that doctors can use to interview patients, including such basics as, "How often (over the past week) has pain interfered with your ability to take care of yourself?"

Getting to the root of your pain

Experts recommend writing down information about your pain and what helps to ease it, and taking the information to your clinic or doctor's appointment. Suggested self-questions include:

- Where and how does your pain hurt? Does it move from one place to another? Describe exactly how the pain feels. Does it feel like it's on the inside of your body, or the outside? Point to places that hurt and draw an outline of a body to show others.
- When does the pain occur? How long does it last? Does it come and go, or is it there all the time? Have you ever had this pain before? Describe when it begins and usually ends and talk about activities and daily goals it prevents you from accomplishing.
- What do you think causes the pain? It's not always true that pain means a cancer is spreading or has recurred. Pain may be caused by not moving around as much as usual, or other reasons not related to your disease or surgery.
- How are you taking medications to relieve pain? Sometimes ineffective medications might work better if they are taken in a different way. Describe exactly how and when you take medication.
- How long does pain relief last? Does the pain go away after you take the medication or does it return before the next dose?
- Do you have any side effects from medications you are taking? Discuss your allergies to medications and other things. Describe how the allergy slowed itself and when you first noticed it.
- What is your goal for pain relief? You may be asked to set a goal (for example, two on a scale of zero to 10) of daily comfort. Also, consider goals focused on activities you would like to carry out — walking without pain, being able to work again, etc.

Elderly patients' falls spur invention

By Nancy Weaver Teichert
Sacramento Bee

Dr. Paul Kelly has prolonged lives performing heart transplants. Now he hopes to save even more with a device he invented that can help prevent falls of nursing home residents.

A doctor who pioneered heart transplants in Sacramento, Calif., Kelly retired four years ago from Sutter Medical Center, but his imagination hasn't stopped working on ways to improve patients' lives. Born out of his creativity and concern for patients, his newest invention works by sounding an alarm when someone tries to stand.

The device is about the size of a credit card and has an adhesive patch that attaches to a patient's leg. When it's tilted, as in the motion of a patient standing up, the wireless device signals a receiver that sounds a beeping alarm.

"We want to make a difference," said Kelly, 67, who started working on the problem of patients falling more than 10 years ago.

About 300,000 falls are documented each year in skilled nursing facilities in the United States, but he said experts estimate about 10 million falls occur that are not reported. "It's almost a scandal," Kelly said. "This is one of the major causes of disability and shortened life that is preventable."

In a clinical study conducted about a year ago on 47 Sacramento nursing home patients, the device reduced falls by 91 percent. The device's name is Nocawatch, "noc" is from the Latin word for night, when many falls occur.

"It gives the alarm to both the patient and potentially the nursing staff before the patient falls," said Dr. Cheryl Phillips, a Sacramento geriatrician and medical director of Sutter Medical Group who helped conduct the study under the supervision of Sutter Medical Center.

Patients in nursing homes often wake up during the night and fall when trying to get to the bathroom. Others who are confused may get up despite warnings that it's too dangerous.

"They're active, but they don't have the balance and strength to walk on their own," said Kelly, who warned that falls can result in life-threatening injuries.

Kelly tested the device, which can be worn for 15 days, to see how comfortable it wears and said it does not cause skin irritation.

Using the device is more dignified than putting patients in hip pads and padded vests, or tethering them to an alarm system, said Kelly's daughter, Kathryn, president of the start-up firm named Nocawatch.

"The device, created with the help of two bioengineers, recently won first place in a competition for new businesses. The next step is to refine and then manufacture the device, which could be reduced to the size of a postage stamp, Kathryn Kelly said.

Why no Zs

Almost 90 disorders can prevent people from getting a good night's sleep. Here are a few examples:

NARCOLEPSY

People with narcolepsy suffer from constant sleepiness during the day. They often sleep at inappropriate times — when they're talking to someone, writing a letter or watching a movie. Some people suffer from cataplexy, the sudden, short loss of muscle control and hallucinations that strike just before falling asleep, waking up or during naps. Cataplexy could be caused by showing strong emotions like laughter or surprise.

PERIODIC LIMB MOVEMENT DISORDER

During sleep, some people's limbs jerk involuntarily. Most often, this occurs in the legs. The movements can wake people up and make them feel as if they haven't gotten a good night's sleep. The disorder can leave people feeling tired during the day.

REM SLEEP BEHAVIOR DISORDER

Normally, when people are in REM (rapid eye movement) sleep, all muscles are paralyzed except those used for breathing. Some people, typically older men, don't experience this paralysis.

This means that their dreams can be acted out, which can be violent and cause injuries to the patient or bed partner.

PARASOMNIAS

This group of sleep disorders includes sleepwalking and sleep terrors, when sleepers scream loudly and show signs of fear, including rapid breathing and a racing heartbeat. During a terror, they can hurt themselves or others.

Both disorders usually occur when someone is emerging from a deep, nondreaming stage of sleep. The sleeper is usually awake enough to act out but still sleeping and unaware of what he's doing. Parasomnias are common in

OBSTRUCTIVE SLEEP APNEA SYNDROME

Loud snoring can be the first sign of obstructive sleep apnea. The muscles that open the throat can relax, which causes the throat to narrow so much that breathing becomes difficult. When sleepers struggle to breathe, they briefly awaken. When they fall back asleep, the cycle continues.

People with this syndrome are likely to be tired during the day. They could have an increased risk of high blood pressure, heart attack or stroke.

—American Academy of Sleep Medicine

Plus

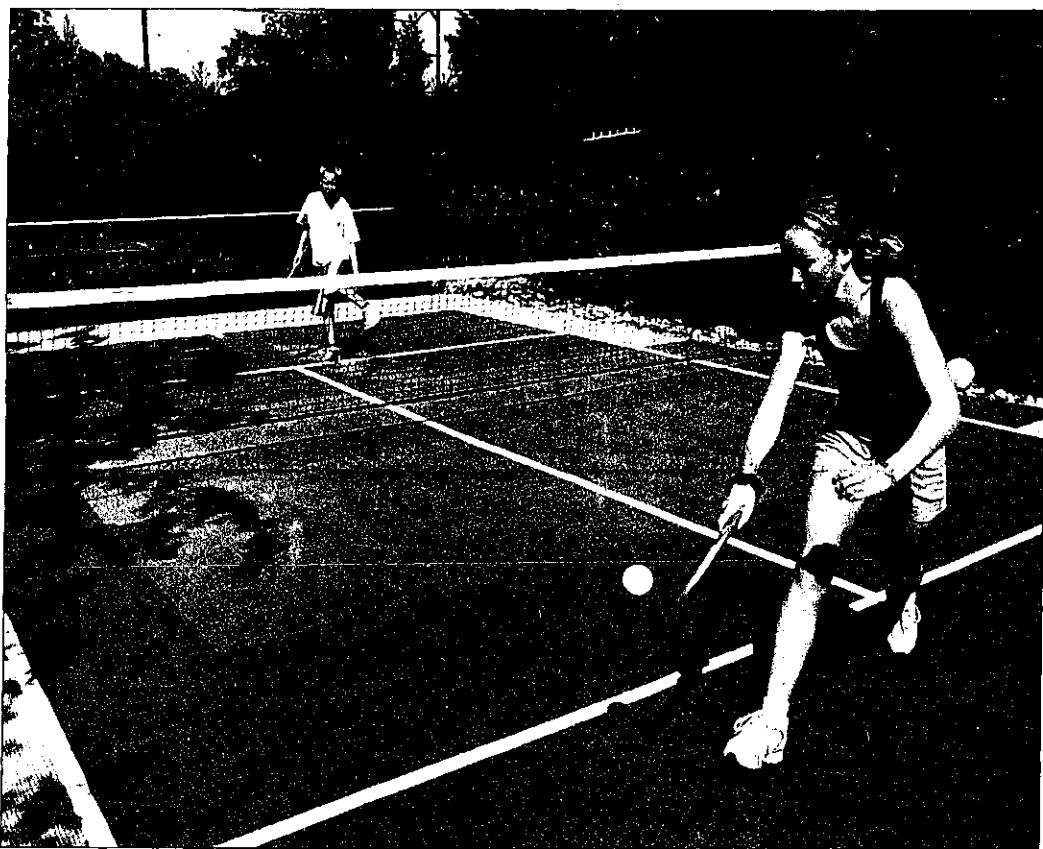
Play yards

Homeowners have a ball turning lawns into sports arenas



Fran Green practices putting on the backyard green she installed in an area that once held a swimming pool.

Photographs by
John H.
Sacramento Bee



Mollisa Barre, 14, plays paddleball with her brother Travis, 12, on the Game Court in the backyard of their El Dorado Hills, Calif., home. The Game Court can be converted (below) so they can play basketball, modified tennis or volleyball.

By Bob Masullo
SACRAMENTO BEE

When Chris Perez, 14, and Casey Perez, 13, need to show baskets in their backyard, they had to pay extra attention to grabbing the rebounds.

"If they didn't catch a rebound there was a good chance the ball would wind up in the creek," explains their mother, Julie Perez.

That's because their home in the Sacramento, Calif., area foothill community of Rescue is built on sloping grounds with a small stream at the edge. Faded baskets no longer take a toll at the Perez home. Thanks to Julie and her husband, Stan, the would-be NBA stars now have a Game Court on which to play basketball as well as badminton, tennis and several other games.

A Game Court is just one of many sports features that homeowners are adding to their backyards. Others include golf putting greens, horseshoe pits, bocce courts and the granddaddy of all backyard recreation facilities, swimming pools.

Regardless of the activity, all have this much in common: They allow children and their families to participate in athletic endeavors without leaving their backyards. With the time pressures of modern life and the ever-increasing concerns with safety, they provide added measures of convenience and security.

Game Court, the top-selling product of Salt Lake City-based Sport Court Inc., is a heavy-duty plastic surface on which as many as 15 games can be played. It reduces the chance of injury by absorbing shocks.

"It allows a lot of vertical and lateral forgiveness," says Jeff Barker, the firm's Sacramento representative.

Game Courts generally range from \$8,000 to \$28,000 depending on size, design features and the property's topography. The Perezes' 27-by-46-foot Game Court cost \$27,000, which included the cost of leveling the site before the court

could be installed.

People who can afford such additions see them as more than luxuries. Says Stan Perez: "We wanted to invest in something that our kids can enjoy today and would still have value for us tomorrow."

"It was money well spent," says Tony Barre, who paid \$20,000 for a 20-by-40-foot court at his California home. "It's beautiful and provides the entire family with a lot of enjoyment."

Barre says he and his wife, Susan, their two children, Mollisa, 14, and Travis, 12, "and a surprising number of visitors" now play basketball, volleyball and other games on the court.

There are less-expensive sports features for backyards, especially if you're able to do some or all of the work yourself.

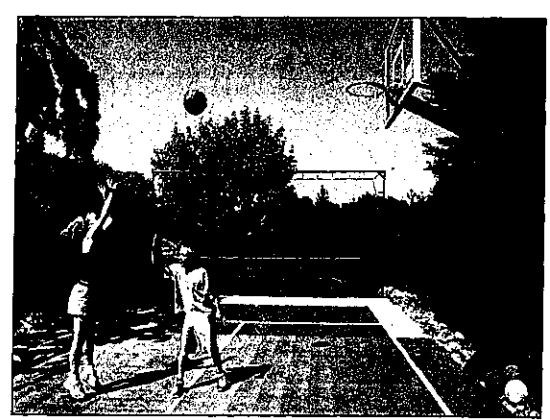
For example, Larry and Jane Evans of Elk Grove, Calif., put a bocce court in their yard four years ago for less than \$1,000, doing all the work themselves.

"My original idea was to put in a horseshoe pit," Larry says. "But Jane couldn't toss a horseshoe the length of the pit and felt many others would not be able to do so either. We had played in a bocce league for a few years and enjoyed it, so we figured a bocce court would be a good alternative."

"Actually, it turned out better than we thought," he says. "We use it constantly. Everybody that visits wants to play. I don't think we would have played horseshoes as much."

Loren Bucher of Antelope, Calif., did put in a horseshoe pit at his home. But his daughters Amanda, 15, and Hannah, 7, can't toss a horseshoe its length, they have many alternatives. The pit is just one of several features the do-it-yourselfer has added to his yard.

The focal point of Bucher's yard, which he's been working on with more than a little help from friends and relatives since October 1999, is a 16-foot-by-32-foot swimming pool.



"It's a sports pool," Bucher says, referring to the pool's near-uniform depth of 3 to 4 feet. "A deep end is only for diving. I figured few people dive. Most people, and certainly kids, would rather play in the pool. So we put in a full-size, removable basketball rim on one end (with a rebound net to keep balls from going astray) and in-ground sleeves for volleyball. This way they'll be able to swim and play."

Bucher framed a large, grassy area next to the pool with a concrete track that can be used for skating, biking and racing remote-control cars.

In seconds the grass area also can be used for badminton or, given 12 minutes, covered with a wooden dance floor.

Bucher figures everything cost about \$15,000.

"I got an estimate on having the pool done — just the pool, none of the other things — and it was \$28,000," he says. "So I've saved a ton. And this summer, finally, we'll be able to enjoy it all."

A pool, however, is not everyone's

backyard dream. Fran Green of Rancho Marieta, Calif., had one at her 18-year-old house.

"It needed \$20,000 worth of repairs and I hardly ever used it," she says. "So I had it filled in and had a putting green put on top of it."

Consisting of a shock-absorbing artificial turf on a plastic-coated cement pad, it has the look and feel of a grass green but is virtually maintenance-free.

Sport Court Inc., the same firm that installs Game Courts, says putting greens are the company's second most popular product.

According to Sport Court's Barker, "Most putting greens are in the \$4,000 to \$9,000 range, but we can build them to any size, and bigger ones can cost more." Fran Green's, for example, cost \$14,000.

Green says she learned about home putting greens at a home and garden show. "It's great. I play a lot of golf, and I'm hoping it will take 10 strokes off my



Philippe Starck stackable food storage set

Starck raving

A French designer hopes to wow American shoppers with eye-opening interpretations of everyday objects

By Leigh Grogan
SACRAMENTO BEE

Philippe Starck could be considered the common person's answer to common interior design.

Starck, however, is anything but bourgeois.

After all, this French interior designer and inventor's work can be found in hotels such as the Cliff in San Francisco, the Hudson in New York City, the Hotel Delano in Miami Beach, Fla., and the Sanderson and St. Martin's Lane in London.

In stark contrast to his grandeur, Starck is shifting the focus of his design skills to more intimate environs. He will now provide tape dispensers and toilet training sets for an even more demanding clientele: Target customers.

The designer's new Starck Reality collection of accessories is now available at Target stores nationwide. Within the collection are more than 50 consumer products that focus on five categories: home, office, kitchen, bath and baby.

Starck refers to the line as the "democratization of design." It's what Target refers to as an "exclusive."

The collection ranges in price from \$3.49 to \$49.99 and is the quintessential combination of function and funk as applied to everyday products from toothbrushes to letter sorters to plastic stools.

For example, here's how Starck describes his X-shaped magazine rack (\$14.99): "Simplicity is elegance." Actually the rack is two separate flat panels that intersect to form an "X." It has a hammered, satin-nickel finish. More like a piece of sculpture guests might marvel at, the rack still satisfies a basic storage need.

Starck immediately assessed his new relationship with Target as "the perfect partner."

"After almost 30 years of work, I want to provide the best (products) to the maximum number of people," he said. "This new partnership offers big distribution. It's the only way to bring new ideas and products to millions of people looking for modern elegance. And modern elegance is a good idea. I strive for that."

In his collection, Starck puts special emphasis on baby products.

One of his most interesting creations is the jewel baby monitor (\$39.99). What appears to be a jewel pendant on a silver chain actually is a listening device to monitor a baby's needs.

One of the jeweled units (the emerald "eye") is left in baby's room while mom can wear the other (a ruby) around her neck or attached to a belt. As Starck so aptly puts it, "This isn't a stupid white box."

Starck admits this item is his attempt to "help mom."

"After all, before she was a mom, she was a woman. The jewel monitor helps her stay sexy and elegant," he says.

The baby collection also includes a bottle (\$3.99) with a built-in rattle in the cap. Look closer — the container itself resembles a perfume bottle.

For the office, Starck's tape dispenser (\$3.99) is described by the designer as "mini-architecture for the desk."

Starck's collection continues Target's trend of attracting designer products for its mass-merchandise consumers. Other names making the store's shelves include fashion designer Mossimo Giannulli, makeup artist Sonia Kashuk and architect Michael Graves.



Water works

Building a backyard pond is a chore, but the result is a fountain of pleasure

By Bill Dupre
RALEIGH NEWS & OBSERVER

Everybody wants waterfront property — for the view, the peace, the prestige. Few are so blessed.

But you can create your own. Water gardens — or fish ponds, if you prefer — are your ticket to a relaxing getaway just outside your back door.

Eric Stajcer spent "a few weekends" building an impressive pair of ponds, complete with five waterfalls, in his Raleigh, N.C., back yard, and it has changed the way he and his family (not to mention their neighbors) use their home.

"People came over last night and just sat there forever," Stajcer said. "It's so serene. We spend most of our time back there."

Stajcer, whose landscaping includes a fire pit for winter entertaining, said guests have told him his loving back yard makes them realize how little they use their own yards.

"Everybody has a closeness to water," Stajcer said. "We nap by it every Sunday."

But before you can relax, you've got to work. A garden pond is a great do-it-yourself project, but it isn't an easy one. You must be strong of back, filled with determination and fueled by visions of relaxing evenings beside your private Walden. You will be rewarded.

To find out what's involved, I spent a day at Garden Supply Co. in Cary, N.C., helping install a display garden pond. I say "helping," there was a crew of two, led by Chip Ford, Garden Supply's pond installer, and I was glad for it. Welding a stone-elf into topsoil or worse, a pickax or mattock into Carolina red clay is enough to make you wish for that sedentary lifestyle the fitness gurus preach against.

But first things first: Ford used biodegradable spray paint to outline the pond we were to dig. It was a simple oval, about 6 feet by 8 feet. Then we got to work with shovels (for the dirt) and mattocks (it's like a pickax, but with a wider cutting head; it works well on red clay) and followed the outline as we dug down about 12 inches, then we came in about 12 inches to create a shelf around the inside of the pond. At the deep end, we dug out 18 inches more to give the pond enough depth to keep fish alive in both freezing and trying weather. We piled the dirt high on one side and a bit lower on the other sides to form a berm for the liner that was to come.

It sounds simple, but it's a laborious process, and one that will make evenings soothed by the sound of running water all the sweeter. Next, we picked rocks and sticks out of the bottom, leveled the shelf and put in a woven fiber underlayment.

Then came the liner, a thick rubber sheet (45 mils; it comes in 10-, 15- and 30-foot widths; wider lining can be ordered) that fit snugly against the curved sides, then brought out over the berm at least 12 inches. Excess liner was trimmed with a knife.

That was fun. I was breathing a sigh of relief when a fork-lift eased up the hill with a load of the biggest rocks I had ever seen — or at least the biggest I ever had to maneuver.



A pond like this can be built in a few days.

But manhandle we did, struggling to put the rocks not only around the perimeter of the pond but on the shelf that would be under the water line. This would hide the liner from view. It was not only backbreaking work, but a fairly painstaking task as well, as the rocks have to be fitted more or less snugly so that their irregular shapes form a ring around the pond.

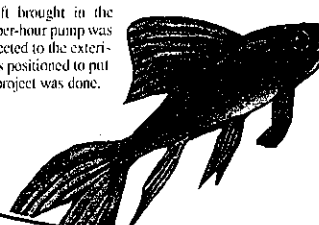
With the rocks in place, it was about lunchtime and the perfect moment to take a break to fill the pond with water. A garden hose did the trick.

Finally, that awesome fork-lift brought in the shrubbery. Once the 350-gallon-per-hour pump was dropped into the deep end, connected to the exterior filter and the outflow hose was positioned to put the water back in the pond, our project was done.

Nothing to it.

Ponder before you dig

- Putting in a garden pond is hard work. Before exercising your muscles, put your brain to work, suggests pond expert Lee Andrews.
- First, think about what kind of pond you want, and where you want it.
- There are three kinds of garden ponds, says Andrews, a representative of Water Creations, a pond products supply company.
- You can have a water garden with just plants, a fish pond or a combination. About 90 percent of ponds are combos, he estimated.
- Next, consider location. Factors are the size and shape of the pond, its visibility from a favorite window, deck or garden, and the amount of sunlight available.
- You might be tempted to start small, but Andrews says most people who build a pond wish they had made it bigger. Bigger ponds are easier to maintain because the water quality doesn't fluctuate as much.
- Keep the shape simple, Andrews says. Sharp bends make the liner more difficult to install and can create little "backwaters" of stagnant water.
- And finally, think about sunlight. Ideally, a pond should get six to eight hours of sun daily, Andrews says — especially true for water gardens.
- Here are more tips on installing and maintaining a garden pond gleaned from Andrews, pond owners and literature.
- Avoid low areas. They become saturated by heavy rains, causing the liner to bubble up. Also, fertilizer can wash into the pond. If a low area can't be avoided, build a berm to keep out runoff.
- Keep the pond away from buildings, downspouts and decks, which increase the chance that toxins will wash into the water.
- Put a sprinkler or soaker hose on the area to be dug and let it go for several hours; it makes digging much easier.
- Pump size and water treatment guides are based on the gallons of water in your pond. Here's the formula for figuring that out: Multiply length (all measurements in feet) by width by depth by 7.5. If the pond is irregular, make a close estimate. For a round pond, the formula is half the diameter times half the diameter times depth times 3.14 times 7.5.
- At minimum, the pump should turn the water over every two hours — a 1,000-gallon pond needs a pump rated at 500 gallons per hour.
- 45 mils is the preferred thickness for a liner. 60 mils is hard to work with. Laying out the liner in the hot sun for a couple of hours makes it easier to work with.
- Don't skimp on the liner. Extending it over the higher end of the pond, where a waterfall often is placed, will help keep dirt out.
- A pond is a wildlife magnet. Be prepared for visits from deer, raccoons, herons, owls, hawks and neighborhood cats. And let's hope you find the sound of croaking frogs appealing, not annoying.
- How many fish? Think in inches: A pond can take 3 to 6 inches of fish per square foot of surface area and remember, that's full-grown inches.
- A pH test kit costs about \$7 and will help you maintain a neutral (7.0) level, which is ideal.
- It's hard to overdo the plants. Some books recommend that plants cover 60 percent to 70 percent of the pond's surface.
- Clean the pond each spring and fall. That means putting the fish in a bucket, draining the pond and cleaning the sludge off the bottom (but not the sides, where the good bacteria live); a wet-dry vacuum works well for this.



BACK-TO-SCHOOL TIPS

Give children some downtime when they get home. They need time to decompress from the day's events, but be sure to limit this time to a certain length and strictly enforce it.

Parents should schedule their paperwork for the same time that they schedule the children's homework time to help establish a quiet atmosphere. Have younger children limit their playing to quietly drawing or coloring.

Preparing dinner and cleaning up afterward



HOME & GARDEN TELEVISION

should be a team effort. A seven-minute cleanup after dinner works very well. Put some music on the stereo and have each family member rush around the house cleaning. It's amazing what is accomplished in this short time with everyone working together.

TRAVEL TIPS

A few unusual items can help deal with hotel inconveniences. Pack an extension cord to deal with sometimes illogically placed electrical outlets, a high-wattage lightbulb and a portable steamer for taking wrinkles out of clothes.

Take a night-light to reassure children if they awaken during the night in a strange hotel or guest room.

Pack several large garbage bags. They can be used under sheets for the occasional bedwetting and for packing soiled laundry.

10 Plus

HomeTown

Wake

Breakfast
is still the
most
important
meal of
the day

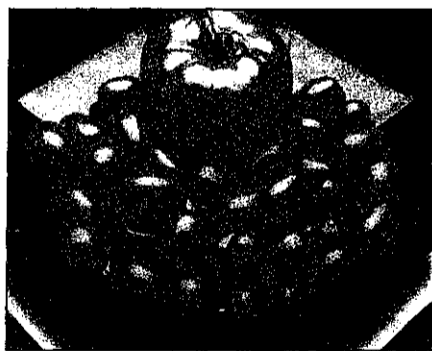
Up &

smell the coffee

Story by Marty Melius
SCRIPPS HOWARD NEWS SERVICE



Grape shape,
tiny tomatoes
take center
stage



SHNS photo

By Louise Durman
SCRIPPS HOWARD NEWS SERVICE

Tiny, brilliant red and sweet — that's how to describe grape tomatoes.

Shaped like a grape, the miniature tomatoes are the newest addition to salads. You'll spot them in salads in restaurants everywhere.

The menu for a White House dinner in February honoring the governors of the states and territories featured winter greens and grape tomatoes.

Grape tomatoes are available at produce counters in supermarkets, in small cartons, about 1 pint. One of the reasons the grapes are so well liked is their sugar content is higher than cherry tomatoes. They have a good shelf life — about 2 weeks at room temperature.

Plants and seeds are available through Burpee Seeds and Plants. Six Christmas variety grape tomato plants are \$12.95; a packet of 30 seeds is \$1.95. (For information, call 1-800-888-1447 or go their Web site at <http://www.burpee.com>).

The plants are hybrids and need to be staked. They grow 6 feet tall.

We talked by phone to Andy Chu of Chu Farms at Wimauma, Fla. (south of Tampa) who grows, packages and sells "the original grape tomatoes." He has 160 acres of the Santa variety. He discovered the tomatoes in Mexico, got a Chinese wholesaler to get the seeds for him and began growing them in 1997.

"Many people are growing them now," he says. Chu Farms ships the grape tomatoes by truck all over the country.

Asked about their popularity, he says they are sweeter, less watery and easier to eat in one bite than cherry tomatoes. His favorite way of eating them is as a snack.

TURKEY AND TOMATO COBB WRAP

4 strips bacon
4 large (10-inch) flour tortillas
6 tablespoons prepared blue cheese dressing
8 ounces sliced cooked turkey breast
3 medium-sized, fully ripened tomatoes (about 1 pound), cut in thin slices
8 leaves Boston, iceberg or leaf lettuce
1 ripe avocado, peeled and cut in thin slices

Fry bacon until crisp. Drain well and reserve. Spread each tortilla with 1 1/2 tablespoons of the dressing. Top with layers of turkey, tomato, lettuce, avocado and reserved bacon dividing evenly.

Roll up tortilla. If desired, use each wrap with chives or onion with long toothpicks. Cut one-third from an end. On a serving plate, stand both portions of the wrap on the cut ends. Repeat with remaining wraps. Garnish with additional tomato wedges, green onions and avocados if desired.

Yield: 4 wraps

Prep time: 30 minutes, plus 1 hour

brewing, chilling

You heard the same refrain from Mom and Dad since you were knee-high to a breakfast burrito:

Eat breakfast. Don't forget about breakfast. Grab some breakfast.

And just like when they said, "Eat your vegetables," Mom and Dad were right: Breakfast is the most important meal of the day. One study shows that eating breakfast jump-starts your metabolism (pay attention, all of you out there trying to lose weight). Another study shows that breakfast skippers, who think they're saving calories, tend to make up the calories later in the day. And the Iowa Breakfast Studies showed that kids who ate cereal did better on tests.

Yet Newsweek, citing statistics gathered by the NPD Group, reports that fewer people are eating breakfast than ever before and that overall cereal sales have dropped by almost \$1 billion in the past five years.

Jackie Berning, nutritional consultant to the Broncos and the Rockies and Colorado spokeswoman for the American Dietetic Association, equates not eating breakfast with ignoring the fuel light flashing the big "E" on your car.

"You arrive at the office with that fuel light flashing because when you go 12 or more hours without eating, your blood glucose drops, and that's the fuel the brain needs to function," she said. "Once the carbohydrates are gone, you have to burn muscle as fuel."

She's heard every reason in the book that people don't eat breakfast: lack of time, lack of energy, lack of appetite. Fast-food places have capitalized on the time-pressed "I'm not hungry" crowd by combining portability with the American love of the two major food groups, fats and sweets.

Upon surveying an array of high-fat, high-calorie breakfast foods, "the hard question for me," Berning says, "is, 'Is something better than nothing?'"

If you're in your 20s, "it's like playing Russian roulette, with all these saturated fats," she says. "Before you know it, you're in your 40s and you're worrying about your high cholesterol, and this has become a habit — and habits are harder to break the longer you've been doing them."

For those who maintain that when they eat breakfast they're actually hungrier, Berning says there's a reason: "The body overcompensates. If you've ever fasted, you know that the second you eat, you're starving. If you eat breakfast for two weeks straight, that will level off."

There are quick and easy breakfast items that you can make at home and freeze or that can be prepared in almost the same time it takes to open the fridge. Berning likes to shake up a yogurt carton until the yogurt is liquid and drink it on her 45-minute commute to work. Even if your tastes run to higher-calorie foods in the morning, you're still in better control of what you're eating if you prepare it than if you drive through and run.

Recipes to get you going

STRAWBERRY SIPPER

Makes 4 approximately
5-ounce servings, or 2 tall glasses

1 cup (8-ounce carton) plain yogurt
1 1/2 cups strawberries, fresh or frozen, unswsweetened
1/2 cup milk
1/3 cup orange juice
2 tablespoons sugar, or to taste
1 teaspoon vanilla

Place all ingredients in blender and blend until frothy.

OMELET SANDWICHES ON-THE-RUN

Yield: 8 sandwiches

1/2 cup chopped green bell pepper
1/2 cup chopped onion
1 teaspoon canola oil
6 eggs, beaten
1/4 cup skim milk
salt and pepper to taste
1 cup shredded reduced-fat sharp Cheddar cheese
1 cup chopped ham
8 english muffins, split, toasted

Saute the green pepper and onion in the canola oil in a nonstick skillet until tender. Whisk the eggs, skim milk, salt and pepper in a bowl until blended. Stir in the green pepper mixture.

Pour the egg mixture into a 9-by-9-inch baking pan sprayed with nonstick cooking spray. Sprinkle with the cheese and ham. Bake at 425 degrees for 20 minutes or until set. Let stand for 10 minutes. Cut into 8 equal portions. Place 1 portion on the bottom half of each English muffin. Top with the remaining halves. May substitute split toasted bagels for the English muffins.

BANANA CHOCOLATE CHIP MUFFINS

Yield 12 muffins

1 cup all-purpose flour
3/4 cup whole wheat flour
1/3 cup packed brown sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1 cup mashed bananas (about 2 bananas)
1/2 cup plain fat-free yogurt
1 egg
1 egg white
2 tablespoons canola oil
1/2 cup miniature chocolate chips

Line 12 muffin cups with paper liners or spray with nonstick cooking spray. Combine the all-purpose flour, whole wheat flour, brown sugar, baking powder and baking soda in a bowl and mix well.

Combine the bananas, yogurt, egg, egg white and canola oil in a bowl and mix well. Add to the flour mixture, stirring just until moistened. Fold in the chocolate chips.

Fill the muffin cups 2/3 full. Bake at 375 degrees for 20 to 25 minutes or until a wooden pick inserted in the center comes out clean. Remove to a wire rack.

— Recipes provided by Western Dairy Farmers Promotion Association and the cookbook *Simply Colorado Too* (Colorado Dietetic Association, \$19.95)

You can't overcook
picnic beverages

By Richard Perry
SCRIPPS HOWARD NEWS SERVICE

When it comes time for my friends and family to organize the annual barbecue fest, I will content myself with bringing the beverages. Tough to mess those up!

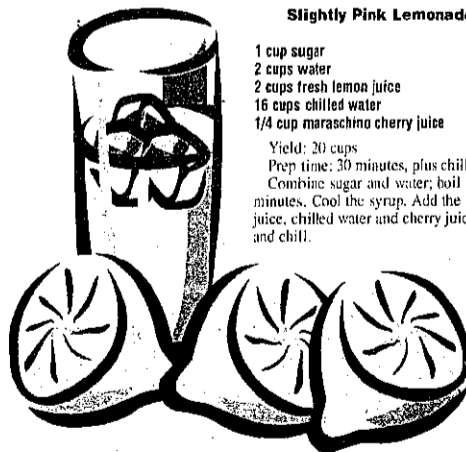
Slightly Pink Lemonade

1 cup sugar
2 cups water
2 cups fresh lemon juice
16 cups chilled water
1/4 cup maraschino cherry juice

Yield: 20 cups

Prep time: 30 minutes, plus chilling

Combine sugar and water; boil for 10 minutes. Cool the syrup. Add the lemon juice, chilled water and cherry juice; stir and chill.



Fruited Iced Tea

2 cups fresh orange juice
1 cup fresh lemon juice
1/2 cup sugar
1/2 cup tea leaves
24 fresh mint leaves
10 cups boiling water

Yield: 12 cups

Prep time: 30 minutes, plus 1 hour

brewing, chilling

Combine orange juice, lemon juice and sugar; cover and refrigerate.

Rinse out a large glass jar with very hot water and drain. Place tea leaves and mint leaves in the jar; put a dinner knife in the jar to keep it from cracking. Pour the freshly boiled water into the jar and let stand 1 hour, covered. Strain out tea and mint leaves. Add orange-juice mixture and stir well.