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Novi News

THURSDAY, JANUARY 10, 2008

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VOLUME 52 #33 50 CENTS

Ground breaking



Lou Martin, St. John Health public relations director - West region, looks out a window of the new 200-bed hospital at its on-campus neighbor, a neurosurgery center.

Providence Park Hospital leads industry

This is the first installment in a monthly series featuring the St. John Health Providence Park campus in Novi.

By Kelly Murad
STAFF WRITER

Despite the Michigan economy, things are looking up for Novi in 2008.

St. John Health is investing \$224 million in Providence Park Hospital, part of the 200-acre, state-of-the-art health care campus, located at Grand River Avenue and Beck Road.

In an attempt to form a partnership between the hospital and physicians, more than \$60 million was invested into two of the campus buildings by the physicians.

Whitehall Real Estate and Hotel Investment Services Inc. also invested about \$7 million in the Staybridge Suites hotel, which is expected to open this month.

Once the entire campus is open, total employment will be more than 2,000, with about 300 being physicians.

Although the main entrance will be relocated to Beck Road, the current entrance off Grand

Providence Park



SOURCE: St. John Health

River Avenue will still be used for the existing medical facility, which will be for outpatient procedures.

The campus

Once complete, the campus will consist of six separate buildings including the existing medical center, the Assarian Cancer Center, Providence Park Hospital, an orthopedics office

center including The Bone and Joint Surgery Center of Novi, The Neuroscience Institute and medical office buildings and a Staybridge Suites hotel.

"Our campus is more than a state-of-the-art hospital; we want it to be a total health destination," said Rob Casalou, president of Providence Park Hospital.

Known nationally for its neurosciences and orthopedics, the

campus will provide innovative approaches to health care.

"Rob's had this vision, it's just been him pushing his vision," said Lou Martin, public relations director - West region for St. John Health.

The hospital also owns property on the west-side of the campus, which will be leased to commercial development.

"We are being very particular," Casalou said, noting they are looking for health-related businesses that promote activity and wellness.

Striving to obtain the feeling of serenity, the campus is surrounded by a 1.6 mile path for walking or biking through the natural woods and wetlands of the property.

Providence Park Hospital

Construction of the new Providence Park Hospital began in October 2005 and is near completion, with the unveiling scheduled for late this summer.

The 500,000-square-foot hospital will include 200 beds, with the capability of adding 68 extra beds.

Of the seven floors in the hos-

continued on 11A

Accused killer stands trial in Novi cold case

■ Early testimony points to Pittao's history of abuse

By Chris Jackett
STAFF WRITER

Highland Township resident Daniel Pittao's trial for the alleged 1997 brutal murder of his estranged wife is underway.

After Oakland County Circuit Court Judge Michael

Warren delayed the trial from Sept. 28, 2007, proceedings began last Friday in Pontiac. The delay was one in a series of rescheduled dates for the case.

Pittao, 48, is charged with

murdering his second wife, Tamara, who's body was found on Thanksgiving Day 1997 inside her Novi apartment.

Pittao plead not guilty and defense attorneys said he is a loving father and there is no physical evidence linking their client to the murder.

Tuesday's court session was spent largely on testimonies by Dr. Karen Virani and Pittao's first wife, Constance Fraser.

Virani, deputy chief medical examiner for Oakland County, gave a detailed account of the bruises, swelling and bleeding on Tamara's body when it was recovered. In addition to head trauma at three locations, she had a four-and-a-half inch gash across her neck, Virani said.

Fraser, who was married to Pittao in the late 1980s before Tamara, testified to several instances of abuse where she was punched, suffocated, thrown down stairs and verbally abused by the suspect.

More witnesses rounded out the beginning trial days telling stories of verbal abuse on the side of the highway, physical

continued on 5A

Energy experts offer strategies

The importance of green currents

For Business and Commercial Residents

"Coffee and Conversation"

January 16, 2008

8:30 a.m.

For Residential Members of the Novi Community

"Neighborhood Academy"

January 31, 2008

6:30 p.m.



Novi Civic Center, City Council Chambers
45175 W. Ten Mile Road

Space is limited. For more information or to RSVP contact Cindy Uglow at (248) 347-0437, cuglow@cityofnovi.org or visit cityofnovi.org

Source: City of Novi

By Kelly Murad
STAFF WRITER

cities and I wanted Novi to be on (the list)," said Cindy Uglow, neighborhood and small business manager.

Detroit Edison energy experts Larry Kaufman and Gerald Polk will be leading the sessions, discussing the importance of green currents and energy efficiency.

"The average homeowner, with the tips we give them, can

continued on 5A

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My Novi News
It's all about you

NOVI WEEKEND PLANNER



• FRIDAY

Head to Novi High School's cafeteria, 24062 Taft Road, from 5-7 p.m. for a Pancake Supper Fundraiser sponsored by Novi Neighbors and Newcomers. The all-you-can-eat buffet will feature pancakes, sausage, orange juice and coffee. Also, Chris Cakes of Michigan will be speed-flipping pancakes! The event costs \$6 for ages 4 and older, with proceeds benefiting the Novi High School student scholars. Afterward, stick around for the Wildcats' varsity boys basketball game against the Lakeland Eagles at 7 p.m. in the gym.

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• SATURDAY

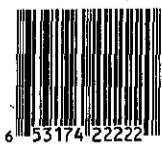
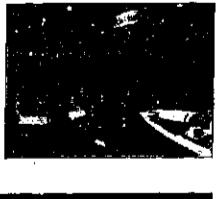
Children can create their own growth chart at Art Van Furniture, 27775 Novi Road, during store hours from 10 a.m.-9 p.m. The Kids Castle Craft will take place in the supervised play area, where children can play and create their charts while parents shop. Call (248) 348-8922 for more information.

• SUNDAY

Lovers of the great outdoors may be interested in the Ultimate Sport Show Tour at Rock Financial Showplace, 46100 Grand River Ave. From 10 a.m.-5 p.m., the state's largest all-fishing show will feature seminars,

equipment, destinations and displays associated with fishing of all variations. Admission is \$9 for adults, \$4 ages 6-14 and free for ages 5 and younger. The box office is cash only. Parking costs \$5. The show also runs 2-9:30 p.m.

Friday and 10 a.m.-5 p.m. Saturday. Call (800) 328-6550 or visit www.ultimateshows.com for more information about the tour. Don't forget your rod and reel!!



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MY BUSINESS

Trinity Health earns 'AA' ratings upgrade

Trinity Health recently announced that Standard & Poor's Ratings Services raised its credit rating on senior bonds to 'AA' from 'AA-' a year after receiving similar ratings upgrades from Moody's and Fitch ratings services. The higher ratings will save the health system millions of dollars in interest rates in future years.

In separate announcements this week:

- Standard & Poor's raised its standard long-term rating and underlying rating to 'AA' from 'AA-'.
- Fitch affirmed its 'AA' rating, stable outlook.

- Moody's affirmed its 'AA' rating and stable outlook.

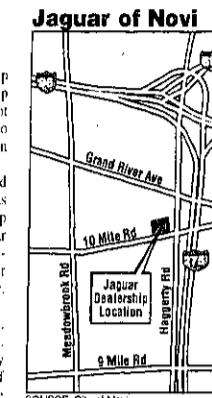
According to Steward & Poor's, reasons for the upgrade included strong financial performance, sound governance, quality of management, funding of the pension plan, a strong balance sheet and geographic diversity of earnings.

In affirming Trinity Health's 'AA' rating and 'stable outlook,' Fitch noted in its report that Trinity Health is among the "strongest credits" in Fitch's "AA" non-profit health care portfolio.

In affirming Trinity Health's 'AA' rating, Moody's noted strong operating cash flows to support existing debt service while maintaining its liquidity and balance sheet profile.

Trinity Health is the fourth-largest Catholic health care system in the country. Based in Novi, Trinity Health operates 43 acute-care hospitals, 379 outpatient facilities, 26 long-term care facilities, and numerous home health offices and hospice programs based in seven core states.

By Chris Jackett
STAFF WRITER



SOURCE: City of Novi



Photo by JOHN HEIDER/NOW News

Jaguar of Novi welcomed John Orsha as its new general manager beginning Dec. 28 of 2007.

"We are confident in the Jaguar nameplate and look forward to working together with our employees and our customers to assure continuity of quality and service."

Irma Elder
Founder and chief executive officer of Elder Automotive Group

Photo by JOHN HEIDER/NOW News

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6A NOVI NEWS-Thursday, January 10, 2008

TALK ABOUT IT: Join in discussing our stories online via **Story Chat** at novinews.comVictoria Mitchell, editor
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MY HEALTHY LIVING

Snow shoveling, more than an inconvenience

■ Local chiropractors share snow removal safety tips

By Kelly Murad
STAFF WRITER

Michiganders may feel like snow removal experts during the winter, but using improper techniques while shoveling snow can lead to serious injuries.

"I'm getting a high volume of back and neck injuries from snow shoveling," said Dr. Kenneth Stoops of Main Street Family Chiropractic Center in Northville. "It was like an epidemic."

"They're basically lifting the snow and bending too much. You need to push the snow, you don't have to throw it."

Dr. Nick Dolindis of Novi Chiropractic Life Center in Novi said, when people bend over to lift the snow, they are misaligning the vertebrae in the lower back.

"When we had that big snow, I had patients coming in saying 'Boy, I really hurt my back shoveling,'" Dolindis said. "Curved-handle snow shovels help, so you don't have to bend as much."

Even with the proper snow shovel, people are likely to injure their back and neck if they are not careful.

"Avoid sudden twisting and turning motions," Stoops said. "If you're going to lift it, lift in layers and bend at your knees. You should try to tilt the lower pelvic area up toward the sky and you'll have three times the power to lift it."

According to Stoops, wearing the proper clothing to keep muscles warm, and performing simple stretches such as knee squats and arm circles prior to shoveling, can help prevent injuries.

"Life is hard to prevent," Dolindis said. "Life, in general, is the reason I have patients. But if you stretch every morning,

your body is warmed up and ready to accept any abnormal activity."

For severe injuries, Dolindis said he may see patients three times a week, but once a month is typical for maintenance and well-being.

"My recommendation is to get adjustments throughout the season so you can snow shovel and you don't get hurt," Stoops said. "It will help decrease the injuries. Usually they go out there and they already have misalignments."

According to Dolindis, a lot of people are carrying around injuries from 15-20 years ago.

"A lot of injuries are from when they were younger," he said. "We're attempting to realign the spine with gentle adjustments. If it stays misaligned, they're going to lose their normal range of motion."

A aside from snow shoveling, Dolindis said common ways people injure their backs are sports such as bowling and golf, and moving heavy items such as furniture.

Shoveling isn't only straining on your neck and back, but it can also lead to heart attacks.

"It is exercise. It is a stress on the cardiovascular system. I think people overlook that," Stoops said. "My grandpa died from shoveling

Photo by JOHN HEDDERSON

Novi chiropractor Dr. Nick Dolindis takes a look at a back X-ray. Dolindis is busy during the winter months.

Photo by JOHN HEDDERSON

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CALLING ALL SENIORS: Check out your section of our community calendar on page 17A.

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MY SENIOR LIFE

Vaccinations for a healthier life: Avoiding shingles

By Tracy Estes-Mishler
SPECIAL WRITER

Mary Roslyn-Murphy knows getting older doesn't mean the end of the world.

The 66-year-old Novi resident recently celebrated her December birthday by getting an annual check-up at her doctor's office and receiving a clean bill of health.

"My doctor mentioned several things that will help improve my life," Roslyn-Murphy said. "She mentioned getting a stress test and blood drawn, and she also recommended keeping up on vaccinations."

Roslyn-Murphy said her doctor recommended getting a vaccination for shingles, a painful localized skin rash often with blisters caused by the Varicella Zoster virus (VZV), the same virus that causes chickenpox.

The shingles vaccine was recently recommended by the Advisory Committee on Immunization Practices to reduce the risk of shingles and its associated pain in people 60 years old or older, according to the Center for Disease Control and Prevention.

"My doctor told me that because I had chickenpox as a child, I'm at risk for getting shingles," Roslyn-Murphy said. "I'm not a fan of needles, but I figured what do I have to lose?"

Dr. Mark Silverman, of Associates in Neurology, with locations in Novi, Southfield, Farmington Hills and Milford, said shingles is a fairly common



There are an estimated 1 million cases of shingles each year.

Most commonly, a person has only one episode of shingles in their lifetime. Although rare, a second or even third case of shingles can occur.

Shingles cannot be passed from one person to another. However, the virus that causes shingles can be spread from a person with active shingles to a person who has never had chickenpox through direct contact with the rash.

Several medicines, acyclovir (Zovirax), valacyclovir (Valtrex), and famciclovir (Famvir), are available to treat shingles.

People with shingles should keep the rash covered, not touch or scratch it, and wash their hands often to prevent it from spreading.

Source: Center for Disease Control and Prevention

virus typically seen more in older people than younger.

He said only someone who has had chickenpox or been exposed to chickenpox can get shingles.

"You have to have been infected," Silverman said. "If you get shingles, at some point in your life you were exposed to chickenpox."

Silverman said the virus stays in your system and may reappear several years later in life or not at

and manager of community programs for the VNA of Southeast Michigan, said more than 100 people have come into their office for the vaccine and the grant will help provide the shot to even more people.

"This vaccine can be given all year round and the only side effect we've seen so far is soreness at the injection site," Renny said. "We follow CDC regulations and the vaccine is available to anyone 60 years of age or older."

"Speak to your physician and, if the vaccine is right for you, we're happy to accommodate you at our office or at your house."

The VNA has been providing home health care to the communities they serve for more than 100 years. Today, the association cares for more than four million people annually across the country.

"If someone would want us to come to their home because they can't get out of the house," Renny said, "just like in the case of the flu shot, we ask that their doctor send us a prescription."

Children between the ages of 12 and 18 months and older kids and adults who have never had chickenpox are recommended to get the chickenpox or Varicella virus vaccine.

However, according to the Mayo Clinic, the chickenpox vaccine does not guarantee you won't get chickenpox or shingles; it simply reduces the chances of complications and severity of the virus.

"This vaccine gives health care providers an important tool that can help prevent an illness that affects many older Americans and often results in significant chronic pain," said Jesse L. Goodman, director of the FDA's Center for Biologics Evaluation and Research, in a statement the drug's release.

The Visiting Nurses Association of Southeast Michigan recently received a \$2,250 grant from the Detroit Rotary to make the shingles vaccine portable.

Now, nurses are able to visit homebound patients and administer the vaccine rather than having patients visit their Oak Park office. The grant enabled the VNA to purchase two freezers that make the vaccine, which needs to be frozen until it is reconstituted for use, translatable.

Kay Renny, registered nurse

"Typically, people have chickenpox when they are children," she said. "The virus becomes dormant and hides in the spinal cord and nerve roots."

A shingles rash usually appears in one localized area of the face or body and can last two to four weeks. According to the Mayo Clinic, the main symptom of shingles is pain, which can often times be quite severe. Other symptoms include fever, headache, chills and

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REPORT CRIME:

Call (248) 348-7100 for non-emergencies in Novi

Victoria Mitchell, editor
(248) 349-1700, ext. 102
vermitchell@gannett.com

AMY PUBLIC SAFETY

Assault suspects arraigned in separate incidents

By Kelly Murad
STAFF WRITERGarcia
for Garcia is scheduled Jan. 16 at the 52-1 District Court in front of Judge Brian Mackenzie.

He is being held at the Oakland County Jail with a \$100,000 cash bond.

The holiday season brought crime to the Novi community. A New Year's Eve celebration on Heddlehouse Street in Old Dutch Farms ended with a brutal fight resulting in the stabbing of a Waterford man.

On Monday, Carlos Alberto Aceves Garcia, 22, of South Lyon was arrested and arraigned on charges of assault with intent to murder, a felony carrying life or any number of years in prison and an alternate charge of assault with intent to do great bodily harm, a felony carrying a penalty of 10 years or \$5,000.

Police were dispatched to the residence at 245 W. Jan. 1. When they arrived, both the victim and the suspect were being transported to the hospital regarding injuries.

The resident was hosting a large party with 25-30 people. Both Garcia and the victim knew the resident, but did not know one another.

The victim, who was a relative of the resident, was stabbed six times in the abdomen with a stainless steel 3.5-inch blade.

He is in stable condition and recovering.

Garcia unintentionally cut himself during the struggle and suffered a laceration to the left forearm.

According to police, the stabbing was a result of a fight that initially involved the victim and a friend of the suspect.

The preliminary examination

Former radio executive facing charges of assault

Jeffrey Tod Castleberry, of Virginia, was scheduled for a preliminary examination yesterday, at 52-1 District Court on charges of assault and battery, and resisting and obstructing an officer.

The former radio executive was not cooperative with police, but no officers or victims were hurt during the incident, said Sgt. Matt Conquest of the Novi Police Department.

According to reports, Castleberry had met the woman the night before his arrest and it is unknown whether alcohol was involved.

Assault and battery is a misdemeanor with a maximum of 93 days or a \$500 fine.

Resisting and obstructing an officer is a felony with a maximum penalty of two years and/or a \$2,000 fine.

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Providence Park hospital leads industry

continued from front

pital, the entire third floor is dedicated to women and infant's health care, with 27 labor, delivery, recovery and postpartum rooms.

"We anticipate a huge amount of babies to be delivered here (Novi) is where everyone's having a baby," Casalou said. "We wanted to create an environment that women are comfortable with."

The hospital also put thought into how to make visitors more comfortable, by adopting a concept from the Disney Institute, called onstage/offstage.

The concept simply means the hospital was designed using double corridors to keep the health care activities and supplies separate from the visitors.

"The public will feel like they're in a hotel," Casalou said. "This is going to be a 5-star hotel with sick people."

To provide patients with the most efficient care, the majority of the rooms are designed with a higher level of technology and equipment to be acuity-adaptable, meaning the patient can remain in the same room throughout their stay, no matter their condition.

"It's a proven safer method of care," Casalou said. "We have invested our energy on the cutting edge of eliminating errors. It's important because one source of errors is from patient transfers."

The hospital will qualify as a Level II trauma center, with a chest pain area right inside the emergency room to determine whether or not a patient is having a heart attack or stroke.

"In this ER we've created a hospital inside a hospital," Casalou said.

With today's technological medical advancements, Providence Park Hospital will be the first hospital in Michigan to have an intra-operative Magnetic Resonance Imaging (MRI), which will allow surgeons to get a better view of the brain during surgery, as opposed to pre- or post-operatively.

Novi News staff writer Kelly Murad can be reached at (248) 349-1700, ext. 103, or kmurad@gannett.com.



The exterior of the new Providence Park Hospital is covered with a laminate wood panel that requires no maintenance for its first 40 years.

A view of the atrium of Providence Park Hospital in Novi. The hospital is being constructed to give visitors better views of the outside as they make their way around the campus so they can easily orient themselves.

Providence Park Hospital public relations director Lou Martin looks outside.



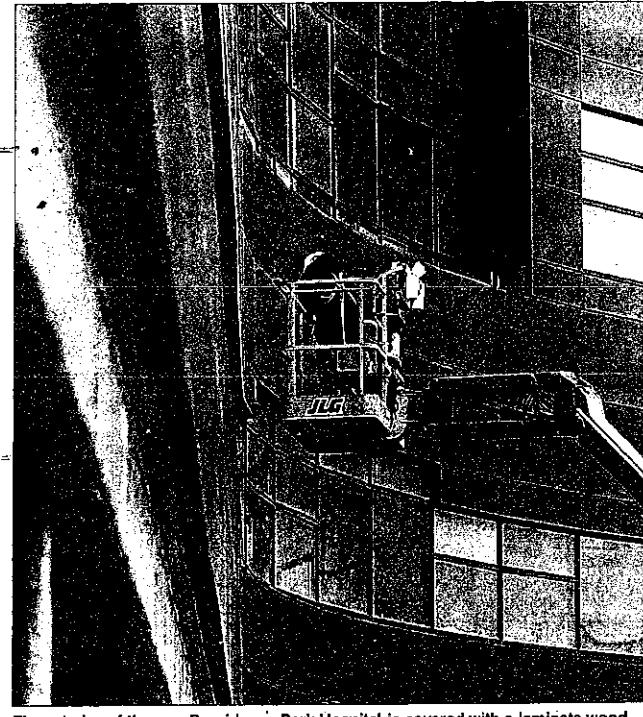
Public relations director Lou Martin demonstrates how the nurses stations will be able to visually monitor patients through a small hallway window of the new hospital's maternity ward.

Construction workers install ceiling tile bridge work at the new Providence Park Hospital in Novi.

Ground Breaking



In this early November 2007 photo, the exterior of Providence Park Hospital is just about complete. The new 200-bed hospital is expected to open late this summer and will cost \$224 million dollars. The total construction effort at Providence Park's campus, includes the hospital, a neurosciences institute, an orthopedic surgery center and a Staybridge Suites Hotel, running around \$350 million.



Cliff Sarniak of Future Maintenance begins painting the walls of the Providence Park Hospital surgery patient prep area. The hospital will open this summer.

PHOTOS BY NOVI NEWS PHOTOGRAPHER JOHN HEIDER



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Victoria Mitchell, editor
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MY OPINION

Novi News

Victoria Mitchell
EDITOR
Richard Perlberg
EXECUTIVE EDITOR
Grace Perez Perry
GENERAL MANAGER

Tom Watkins: Stigma And depression can kill you

Depression. It killed my younger brother as surely as it was the instrument he used to end his life.

It is not easy to write these words as my heart is heavy. Overwhelming senses of sadness create sensations of a huge weight on my chest, yet write I must. We must end the stigma associated with this disease and far too many other mental illnesses that impact millions of Americans and their families. We must remove the barriers that prevent people from seeking the help they so desperately need.

Clinical Depression is not something you can just "snap out of." It's caused by an imbalance of brain chemicals along with other hereditary and environmental factors. Like any serious medical condition, depression needs to be treated or, as happened recently to my brother Phil, it can kill you.

The Michigan presidential primary is so unimportant to Democrats that the party's top two finishers in Iowa -- Sen. Barack Obama, D-Ill., and former Sen. John Edwards, D-N.C. -- won't even let their names be on the ballot.

As further evidence of the primary's unimportance, a 24-paragraph CNN story the morning after the Iowa caucuses previewed the important primaries coming in New Hampshire, South Carolina and Tennessee as well as the Super Tuesday primaries in March.

Depression and manic depression interfere with a person's ability to work, learn and enjoy life. Untreated, these diseases can be fatal; they result in death by suicide for 30,000 Americans each year.

The facts are pretty simple. Many in both parties are understandably upset with the attention given the early New Hampshire primary and Iowa caucus. So, even though Michigan law provides a statewide February election date, they convinced their puppets in Lansing to create the world working on ships built homes, volunteers hit time to help others, played football and was a champion Jr. Golden Glove Boxer.

It is estimated that up to that 75 percent of people with depression don't



About Tom Watkins

Tom Watkins is a business and education consultant. He served as state superintendent of schools from 2001-2005 and state mental health director from 1986-1990. He can be reached at tdkwatk@aol.com.

seek treatment for a treatable disease. Clearly the very nature of the illness can -- and does -- literally immobilize those who suffer from it. The very sense of hopelessness, pain, embarrassment and despair caused by so many other negative thoughts and feelings can -- and does -- prevent people from seeking help.

However, society, feelings and ignorance about the illness can be just as debilitating as the disease itself. How places of business, coworkers, family, friends and society perceive and respond to depression can literally paralyze any motivation a person might take towards seeking help.

Even as we move into the 21st century there remains a huge stigma attached to depression. If you or someone you love is suffering from clinical depression, please reach out for help before it is too late.

Depression has no season. Yet major family events and holidays can exacerbate the feelings of isolation, doom, gloom and overwhelming feelings of despair.

If you or someone you love is suffering from clinical depression, please reach out for help before it is too late.

It's fine if state political parties want to have a backyard brawl with their national organizations. And it's fine if they want to set the rules about who can vote in their primaries. But they should do all this on their own dime. If the taxpayer is going to foot the bill, normal rules should apply.

But that's not the way things are done anymore in Lansing, where politicians -- and that includes the state Supreme Court -- clearly have far more allegiance to the hacks who run the political parties than they do to their constituents.

It's frustrating. And the temptation is to skip the vote. But Michigan residents treasure their presidential votes, so much so that nearly 60 percent of them plan to exercise their rights next week.

Good for them. But they should clearly understand the morass they are stepping into as they approach the voting booth.

Where to Get Help:

Locally

Detroit-Wayne County Community Mental Health (313) 833-2500 (313) 224-4357 (24-hour emergency)

www.waynecounty.com

Oakland County Community Mental Health (248) 859-1210 (248) 543-2900 (24-hour emergency)

www.mpc.org

Mental Health Association in Michigan

Works toward improved care and treatment of the mentally ill.

(248) 647-1711

www.mha-mi.org

Macomb County Community Mental Health

(586) 469-5275 (586) 307-9100 (24-hour emergency)

www.macomb.lib.mi.us/macomb/graphicpages/departments/mentalhealth.html

Livingston County Community Mental Health

(517) 546-4126 (800) 615-1245 (24-hour emergency)

www.mcliv.org/enlinks.htm

Michigan Department of Community Mental Health

www.michigan.gov/michd

Common Ground Sanctuary

Operates a 24-hour crisis hot line that offers referrals to dozens of mental health service agencies.

(248) 456-0909 (800) 231-

1127

Michigan Protection and Advocacy Services

This agency has a federal mandate to protect the rights of people served by Community Mental Health, to advocate on their behalf and investigate complaints.

(800) 288-5923

www.mpa.org

Association for Children's Mental Health

A network of support groups and services for families and children in Michigan.

(800) 782-0883

E-mail: acmh@ao.com

Rose Hill Center

Residential treatment and rehabilitation program for adults with serious mental illnesses

(248) 634-5530

www.rosehillcenter.com

National Alliance for the Mentally Ill

Colonial Place Three

7017 Wilson Blvd., Suite 300

Arlington, VA 22201-3042

(703) 524-7600, 1-800-950-NAME

Web site:

<http://www.nami.org>

National Alliance for Medicare and Medicaid Services

Investigates some complaints about treatment facilities that receive Medicare and Medicaid funding.

(410) 786-3000

www.cms.gov

Michigan Disability Resource Directory

A massive database operated by the Family Independence Agency.

<http://www.2012.167.178/>

National Alliance for the Mentally Ill

Colonial Place Three

730 N. Franklin, Suite 501

Chicago, IL 60601

(312) 642-0049; (800) 826-3632

Web site:

<http://www.nami.org>

National Depressive and

Manic Depressive Association

730 N. Franklin, Suite 501

Chicago, IL 60601

(312) 642-0049; (800) 826-3632

Web site:

<http://www.nmda.org>

Michigan Consumers' Self-Help Clearinghouse

Promotes and helps to develop consumer-run self-help groups across the country.

(800) 553-4539

1265

Michigan Alliance for the Mentally Ill

Advocacy and support services for the mentally ill.

(800) 475-MICH (6424)

www.maim.org

National Alliance for the Mentally Ill

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730 N. Franklin, Suite 501

Chicago, IL 60601

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(312

HOT TICKET: All-you-can-eat pancake fundraiser Friday at Novi High School

Victoria Mitchell, editor
(248) 349-1700, ext. 102
vermittell@gannett.com

**MY BULLETIN BOARD****EVENTS****Pancake Supper Fundraiser**

TIME/DATE: 5-7 p.m. Friday
LOCATION: Novi High School Cafeteria
DETAILS: This fundraiser is entertaining for all ages. Sponsored by the Novi Neighbors and Newcomers, come out for all-you-can-eat pancakes, sausage, OJ and coffee. Watch the fastest pancake flipper from Chris Cakes of Michigan and duck for flying pancakes. Cost is \$6, children under 3 are free. Proceeds benefit NHS student scholarships. Afterwards, watch the Boys Varsity basketball game.

Democrats of West Oakland County

TIME/DATE: 7 p.m. Tuesday
LOCATION: Maple Restaurant and Grill, 31260 Wakefield Dr., on 14 Mile Road between Novi Road and M-5
DETAILS: Speaker Robert Sister, Chair of the Michigan Alliance to Strengthen Social Security and Medicare, will present "HR-676...The Single Payer Solution."
CONTACT: Jim at (248) 624-7228

The Importance of Green Currents

The City of Novi host these sessions regarding how their business or residence more energy efficient.

Coffee and Conversation

TIME/DATE: 8:30 a.m.
Wednesday: Jan. 16
LOCATION: Novi Civic Center, 45175 W. 10 Mile Road

DETAILS: This is for business and commercial residents. CONTACT: Cindy Uglow (248) 347-0437, cuglow@city-ofnovi.org or visit cityofnovi.org.

Neighborhood Academy

TIME/DATE: 6:30 p.m.
Thursday: Jan. 31
LOCATION: Novi Civic Center
DETAILS: This is for residential members of the Novi community. CONTACT: (248) 347-0437

Art Van Community Events

Art Van Furniture Store, 2775 Novo Road, Novi, (248) 348-9522 Sesame Street Live! Ticket Giveaway

DATE: Through Jan. 19
DETAILS: The Sesame Street Show - Elmo Makes Music 11 a.m. to the Fox Theatre Jan. 10. Art Van guests can register to win a family four pack of tickets to the Jan. 25 show including a meet and greet session with the characters. One winner per store. Sponsored by Art Van and WJBK FOX TV2.

Kids Castle Craft

DATE: Saturday
DETAILS: Kids Castles are supervised play areas for children where they can participate in a special project to create their own growth chart while parents shop.

Scrap the Night Away

TIME/DATE: 3-11 p.m. Friday, Jan. 25
DETAILS: Novi High School Senior All Night Party Fundraiser; \$25 per person includes pizza, snacks, beverage and door prizes; registration required; visit www.novik12.mil.us/partyscomm/rgs/WebPages/SeniorParty.aspx for information or to register.

Silent Hands' 3rd Annual Valentine Dinner Dance

TIME/DATE: 6 p.m.-12 a.m.
Saturday: Jan. 26
LOCATION: Baker's of Milford
DETAILS: Silent Hands charity provides short-term assistance to those affected by adversity; advanced tickets are \$50 or \$60 at the door; raffle tickets are \$20 each for a chance to win a trip for two to Las Vegas including seven nights, air fare and \$1,000 cash. CONTACT: For information, contact (248) 684-3338

Winter Stonefly Search

TIME/DATE: 9 a.m.-3 p.m.
Saturday: Jan. 26
LOCATION: Environmental Interpretive Center, University of Michigan-Dearborn, 4901 Evergreen Road, Dearborn

DETAILS: Stoneflies are a sensitive aquatic insect and trout food. Their presence in the creek indicates good water quality and good fishing. Volunteers are assigned to teams, led by a trained volunteer, and travel to the headwaters of the Rouge River Watershed to sort through samples collected from the stream by team leaders for stoneflies; results are given to the Michigan Department of Environmental Quality, and others; experience necessary; children welcome when accompanied by one adult per child. Registration required by Jan. 18 by calling (313) 792-9821 or e-mailing picordinator@therouge.org.

CERT Meeting

Community Emergency Response Team

TIME/DATE: 7 p.m. Monday, Jan. 28
LOCATION: Novi Police Department Training Center

DETAILS: CERT members complete a 24-hour training program that provides critical skills necessary for emergency preparedness and response. The City of Novi will begin an 8-week training session in May. Novi residents 18 years of age and older with a valid driver's license may apply.

CONTACT: For more information or to register for the informational meeting call Novi Police Sgt. Kevin Rhea (248) 348-7100 or e-mail krheath@cityofnovi.org.

Frog and Toad Survey

Training Workshops

TIME/DATE: 7-9 p.m. Tuesday, Feb. 12
LOCATION: Novi Civic Center, Novi

DETAILS: Help monitor the health of the Rouge River by listening for frogs and toads in your neighborhood. Attend one training workshop where you will get everything that you need to survey. Pre-registration is required for this free workshop.

CONTACT: Call (313) 792-9521 or e-mail picordinator@therouge.org.

Novi Chamber of Commerce

TIME/DATE: Doors open 4 p.m.; dinner 7 p.m. Saturday, Feb. 16
LOCATION: Laurel Manor, 39000 Schoolcraft Road, Livonia

DETAILS: Features items include hunting and fishing adventures all over the world, jewelry, artwork, home decorative goods, vacations and sport memorabilia; also numerous raffles. Tickets are \$65 each, including \$25 in free raffle tickets, when purchased by Jan. 31; and \$75 each after Jan. 31 with no free raffle tickets. Special table purchase programs also available.

Meditations

TIME/DATE: Meditation for individuals or groups by appointment.

DETAILS: Learn proper breathing techniques that can be used at home or on the job to help reduce stress; class held in reflection space, Cancer Center.

Therapeutic Yoga

TIME/DATE: 6-7 p.m. (for backs) Monday, 11 a.m.-noon (mixed level); Tuesday, 12:15-1:15 p.m. (gentle yoga for cancer) and 5:30-6:30 p.m. (mixed level) Wednesday, 12:30-1:30 p.m. (for backs) and 6:45-7:45 p.m. (gentle) Thursday, 9:30-10:30 a.m. (beginner/intermediate) Friday, 10:45-11:45 a.m. (intermediate/advanced) Saturday

DETAILS: \$10 walk-in; \$80/10-class card; \$45/one-class card; Lunch and Learn Yoga 7-week session every Tuesday in Jan.

DETAILS: For ages 18 and older; practice your English while you make friends.

Most Common Tax Mistakes

TIME/DATE: 7 p.m. today

LOCATION: Whole Meeting Room

Snacktacles

TIME/DATE: 7-7:45 p.m.

Monday: Jan. 14

DETAILS: Children ages K-grade 4 listen to stories and make a snack. Registration required.

Massage Therapy

TIME/DATE: By appointment

DETAILS: Therapeutic massage is effective for stress and tension, chronic fatigue, pain and headaches. Everyone is welcome. Patients undergoing treatment should bring physician's referral; \$50/50-minutes.

Gentle Tai Chi

TIME/DATE: 10:15-11 a.m.

Thursday

DETAILS: This ancient Chinese exercise promotes flexibility, balance and strength; an easy introduction to Tai Chi and for everyone; \$5 per session.

Using the Internet for Job Search

TIME/DATE: 7-8 p.m.

Thursday, Jan. 17

DETAILS: Learn where to find job leads, to uncover unadvertised openings using the Internet. Please register.

Library Closed Monday, Jan. 21

for Martin Luther King, Jr. Day

DETAILS: Call for location; join this group's quest to bring more conventions and visitors to the area it's free.

Sale Leads Group

TIME/DATE: 8:30-9:30 a.m.

Thursday, Jan. 10 and 24

LOCATION: Hooters of Novi

DETAILS: Serious networking happens on a bi-weekly basis; free.

B2B Breakfast

TIME/DATE: 7:45-8 a.m.

Wednesday, Jan. 16

LOCATION: Huntington Bank (Ten Mile Road, east of Novi Road)

DETAILS: Come do a 30-second commercial about your business and network; members \$5, not yet a member \$10.

Financial Round Table

TIME/DATE: 7:30-8 a.m.

Friday, Jan. 18

LOCATION: Novi Methodist Church, 41671 W. 10 Mile Road

DETAILS: Lunch is \$10 at meeting; visitors welcome; check website for speaker information, www.novirotary.org.

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Friday, Jan. 18

LOCATION: Novi Methodist Church, 41671 W.

continued from 17A
Sinai Hospital (Classroom C)
Commerce
TIME: 10:11:30 a.m.
DETAILS: No registration needed.
CONTACT: (248) 937-5017

Crohn's & Colitis Support Group

TIME/DATE: 7-9 p.m. first and third Wednesday of each month
LOCATION: Providence Park Hospital and Medical Center
DETAILS: Enter facility through southeast entrance. Meeting in Conference Room A, immediately to the left.
CONTACT: Al Biggs (313) 805-7605 or Crohn's & Colitis Foundation of America (888) 737-2322.

Heartland Hospice Volunteers Needed

TIME/DATE: Day and evening classes
LOCATION: 28588 Northwestern Hwy., Suite 475, Southfield
DETAILS: Caring and compassionate individuals needed to register for Heartland Hospice Volunteer Training. We serve individuals and their families during their end of life journey in the Tri-City area. Office support is also needed.
CONTACT: Mary at (800) 770-9859

Novi Toastmasters

TIME/DATE: 7:8:45 p.m. first and third Tuesday of each month
LOCATION: Novi Civic Center Activities Room, 45175 W. 10 Mile Road
DETAILS: Toastmasters will help you improve your communication skills, voice your opinion, polish your presentation, and practice leadership.
CONTACT: Amy (248) 752-2800

Take Off Pounds Sensibly (TOPS) Chapter

TIME/DATE: 11 a.m. weigh-in and 11:30 a.m. meeting every Wednesday
LOCATION: Meadowbrook Elementary School, 29200 Meadowbrook Road (south of 13 Mile Road)
DETAILS: \$24 per annual membership, includes handbook; \$1 per meeting. New members welcome.
CONTACT: Rebecca Boyke (248) 305-8646

FAITH

Meadowbrook Congregational
LOCATION: 21355 Meadowbrook Road
CONTACT: Rev. Arthur P. Ritter, Senior Minister (248) 348-7757 or visit www.mbcc.org or gmcce@arounddetroit.biz
Sunday Worship
TIME: 10 a.m.

First Baptist Church of Novi

LOCATION: 45301 W. 11 Mile Road
CONTACT: (248) 349-3647 or www.firstbaptistchurchofnovi.org

Sunday Schedule
Family Bible Hour: 9:45 a.m.
Family Worship: 11 a.m.
Bible Study: 6 p.m.
Family Movie Night: 5:30 p.m., fourth Sunday of every month.

Episcopal Church of the Holy Cross

LOCATION: 40700 W. 10 Mile Road
CONTACT: (248) 427-1175 or www.churchoftheholycross.com

Sunday Worship
TIME: 7:45, 10 a.m.
Sunday School

TIME: 9 a.m. Adult Bible Study, 10 a.m. Worship Center for ages 3-7; 10 a.m. All ages Youth Worship

TIME/DATE: 7 p.m. second and fourth Sunday of every month
DETAILS: All youth welcome.

Alzheimer's Support Group
TIME/DATE: 10 a.m. second Saturday of month

DETAILS: Offering support and open discussion for all those dealing with Alzheimer's disease and related dementia.
CONTACT: Pam Davis, edeefc@yahoo.com

First United Methodist of Novi
LOCATION: 777 W. Eight Mile Road, Novi
CONTACT: (248) 349-1144 or visit www.fumponline.org

Mass Schedule
TIME/DAY: 7:30, 8:45, 10:30 a.m. and 12:15 p.m. Sunday, 7 p.m. Tuesday, 9 a.m. Wednesday-Friday, 5 p.m. Saturday

Adoptive Parent Networking Meeing
TIME/DATE: 10:11 a.m. last Wednesday of each month

DETAILS: This free informational meeting is open to all adoptive families in Oakland County. Child care available; cost is \$11 for materials.
CONTACT: Lisa Molloy (248) 334-3595

Interested in the Catholic Church?

CONTACT: Call Maria at (248) 349-8847 or spiritwalk-er00@aol.com

A Catholic Update
TIME/DATE: 7:30 p.m. Monday, Jan. 21

LOCATION: Family Center
DETAILS: Fr. Denis Theroux from Our Lady of Victory will present "Lent Preparation." Everyone is welcome.

The Faith Club
TIME/DATE: 9:30 a.m. every other Thursday

DETAILS: This interfaith group will be reading "The Faith Club"; register at (248) 344-4248.

Radical Joy
TIME/DATE: 6-8 p.m. first and third Thursday of each month

LOCATION: Chapel Lounge
DETAILS: For women looking to connect more closely with their faith, community and other women. Registration required.

Disciple One Bible Study
TIME/DATE: 6-8 p.m. every Sunday, or 9:30-11:30 a.m. every Wednesday

DETAILS: Course lasts 34 weeks; covers 70 percent of the Bible.

Disciple Three Bible Study:
Remember Who You Are

TIME/DATE: 9:30-11:30 a.m. every Wednesday

LOCATION: Family Center

DETAILS: Fr. Denis Theroux

from Our Lady of Victory will present "Lent Preparation." Everyone is welcome.

Oak Pointe Church
LOCATION: 50200 W. 10 Mile Road

CONTACT: (248) 912-0043 or visit www.oakpointe.org

Sunday Worship

TIME: 9:15 and 11:15 a.m.

St. James Catholic

LOCATION: 45325 10 Mile Road

CONTACT: (248) 347-7778

Gavin Schonfeld
Wyandotte Hospital
Bryce & Angela

Calling all Proud Parents, Grandparents, Aunts, Uncles, Brothers & Sisters! Don't miss your chance to be a part of 2007 "Oh Baby!"
 Babies born in 2007 will be presented March 6, 2008. Submit your baby's photo today!



All entries must be received by Feb. 22, 2008.

Include a SASE if you would like your photo returned.

Send a photo and \$20 to:
Livingston Park & Argus
Attn: Leslie
323 E. Grand River
Howell, MI 48844

Please Print
Child's Name (First, Middle & Last)
Date of Birth 2007 **Hospital**

Parent's Name (First & Last)

Address

Phone

Check for \$20 enclosed

Please bill my Visa, Mastercard, American Express or Discover Card

Credit card number

Expiration Date

Signature



Big Catch!
 Len Gillis, a representative with Ontario's James Bay Frontier Travel Association, holds a replica of a huge northern pike caught in Ontario Bay at last year's Ultimate Fishing Show at Novi's Rock Financial Showplace. This year's show, featuring everything fishy - from boats to rods to lures to clothing will be at the Rock Financial Showplace from Thurs. Jan. 10 thru Sun. Jan. 13.

Photo by JOHN HEIDER/Novi News

Sunday Worship
TIME: 9 and 10:30 a.m.

Ward Evangelical Church
LOCATION: 40000 Six Mile Road, Novi

CONTACT: (248) 374-5978

Sunday Worship
TIME: 9 a.m. and 10:20 a.m.

Traditional, 9:30 Contemporary Single Point Ministries
For single adults 40 years and older

CONTACT: (248) 374-5920

Every Saturday: 10 a.m.

Bicycling Group starts from various locations; geared towards tourist level rider; all levels welcome; helmets required; lunch half-way through ride at your own expense.

Every Saturday-Sunday: 1-5 p.m. Tennis, Rotary Park

Every Sunday: 1-3 p.m. Sunday Tennis for beginners, Stevenson High School, Six Mile Road west of Farmington Road.

SPM Bridge: 5:30-9:30 p.m. Saturday; beginners welcome; refreshments.

Second and Fourth Monday: 7 p.m. Study of Ephesians, Room C309

Every Tuesday: 7 p.m. Praying Together, Sanctuary

Every Wednesday: 6:30 p.m. Mens Bible Study, Single Adult Ministries office; 7 p.m. Single Mens Bible Study; 7 p.m. Single Mens Club

TIME/DATE: 8-9 a.m. Saturday Fellowship and refreshments, Knox Hall

Every Monday: 7 p.m. Learner's Bible Study, Room A101

Second and Fourth Monday: 7 p.m. Study of Ephesians, Room C309

Every Tuesday: 7 p.m. Praying Together, Sanctuary

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Organic

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\$5.99 lb.

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\$4.99 lb.

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Homestyle Premium

Turkey Lite

\$6.99 lb.

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\$4.99 lb.

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Carando Lowfat Hard Salami

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2004

Cabernet Sauvignon

Mendocino County

\$20.99

Ghost Gum

2003 Shiraz

(South Australia) "A Best Buy"

\$9.99

86pts. Wine Enthusiast

Ripe berry fruits

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2006 Shiraz

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A delicious blend of Cabernet Sauv.

Shiraz, and Grenache. Soft round & spicy.

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An "ace cab. elegant with aromatic

and flavors of currant and black plum."

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Save \$1.00 per bag

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Meatballs

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Choice of 2 Toppings

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From BBQ,

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\$11.99

2 lb bags

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Butter Pretzels

2 lb bags

Save \$1.00 per bag

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Chicken Basics

Chicken or Beef

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All Flavors

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SPORTS GALLERY: NOVI HOCKEY

PAGE 3B

My Novi Sports

Novi, CC sports schedules, standings

SPORTS, 2B

THURSDAY, JANUARY 10, 2008 • WWW.NOVINEWS.COM • SPORTS SUBMISSIONS: JTHeISEN@GANNETT.COM • PAGE 1B

SPORTS SPOTLIGHT: CC WRESTLING

STORY CHAT: WHAT DO YOU THINK? TELL US AT WWW.NOVINEWS.COM

Hasenauer, from rival to revered



Photo submitted by Dennis Barnes

Shea Hasenauer has his arm raised after winning in last season's regional meet. He is a Brother Rice transfer that is shining at Catholic Central.

Former Warrior fits in well with Shamrocks

By Jeff Theisen
SPORTS WRITER

Catholic Central and Brother Rice go together like oil and water. They just simply don't get along.

But wrestler Shea Hasenauer came over from the dark side. A former Warrior, Hasenauer is now a Shamrock, and a good one at that.

The Shamrocks host the Warriors on Saturday at the Catholic Central Invite, the only meeting between the two teams during the regular season.

The wrestling rivalry between the schools has been severely lopsided by Catholic Central, but that doesn't mean that Hasenauer didn't have to take his ribbing when he came to Catholic Central.

"The guys accepted him, but there always were the quick one-liners," Shamrock head coach Mitch Hancock said. "He dealt with that for the whole year, but now I think it's over with. He just chuckled right along with those guys."

Hasenauer, a junior, is one of five returning wrestlers that placed at the state meet. He wrestled at 135 last year and jumped up to

145, though he could wrestle at 140 if he wanted to. He's 20-4 so far this year. He also qualified for state as a Brother Rice freshman.

The Shamrocks may have ribbed Hasenauer, but Hancock says he is fully embraced by his teammates, something that might differ from a Warrior standpoint.

"They were looking at him as a big-time wrestler over there," Hancock said. "When he came over, he added so much to our program

See WRESTLING, 2B



Photo by JOHN HEIDER/Novi News
Novi's goalie Michael Pesendorfer makes a save at a high shot against South Lyon earlier this season.

Perfect trip to U.P., Eh?

Wildcats win pair of 3-2 games on annual upper peninsula trip

Submitted to the Novi News

The Novi High School Wildcats Hockey team earned two victories last weekend in their annual trek to Calumet and Hancock in the Upper Peninsula.

The team has been working hard and strong over the holiday break to cap these two victories in the new year. Coaches Todd Krygier and Jim Lewis led the team in their success.

On Friday night, the first game was played in the historic Calumet Coliseum/Armory Ice Rink. Built in 1913, it is the second oldest indoor ice arena still in use in the world. The oldest is the Boston Matthews Arena built in 1909.

The Wildcats beat the Copper Kings 3-2 with goals scored by Tom Dirks, Nolan Valleau and Adam Szajner.

Saturday, the Hancock Bulldogs were high from their

own Friday night victory 6-1 over Brighton. But the Wildcats had a different plan and sealed a second victory 3-2. Goals were scored by Adam Szajner and Nolan Valleau. Senior Craig Howell celebrated his 18th birthday with the game-winning goal to top off the weekend scoring.

Goalie Kevin Michaluk gave breathtaking performances in the net with countless saves. The Novi defense showed their stamin during the games against the determined Calumet and Hancock forwards.

The Novi presence was seen all over Copper Country during the weekend. More than thirty Novi fans and family members were in attendance at the games and cheered the Wildcats on to victory from the stands.

Novi's next home game is 6:30 p.m. Jan. 16 against Pinckney at the Novi Ice Arena.

Novi boys hoops fall; CC hockey red hot

■ CC hockey winning streak at three games

By Jeff Theisen
SPORTS WRITER

The Novi boys basketball team has fallen to 3-4, dropping its last two games.

The Wildcats fell 57-52 just before the holiday break to Pinckney and 69-44 to Tri-unity Christian at the Cornerstone University High School Holiday Tournament.

Against Milford, the Wildcats held a four-point lead with about four minutes to play, before the Pirates outscored Novi 13-4 down the stretch for the comeback victory.

The loss was the first for the Wildcats in the KVC. Pinckney improved to 6-0 and 2-0 in the

KVC.

At the holiday tournament, Novi squared off with a powerful Class D team that has won its league title for 14 straight years and the state title in 2006.

Tri-unity raced out to leads of 9-0 and 18-7 and never looked back. The Defenders led 55-31 heading into the final quarter.

Girls Basketball

The Novi girls basketball team (6-1, 2-0) stayed undefeated in the KVC with a 53-28 win against Pinckney on Dec. 20.

CC Hockey

The Catholic Central hockey team improved to a three-game winning streak with a 6-0 blanking of Port Huron Northern (Jan. 5) and a 5-2 win against U-D (Dec. 22). The Shamrocks are 8-3.



Submitted photo

Shamrock Greg Merrill brings the puck up ice against Port Huron Northern.



Photo by JOHN HEIDER/Novi News

Louisville bound
Wildcat Alex Lyall signed a letter of intent to attend and play golf at the University of Louisville. Lyall is a Novi senior.

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**Welcome back 'Cats**

The Novi alumni hockey game took place Dec. 30. Players included former coaches Dan Phelps, John Smith and Dennis Gagnon. Alumni players included John Murray, Bryan Vigna, Curt Russell, Zack Flavin, Sean Hogan, Matt Quay, Brian Jausi, Brett Jaussi, Dan Szaliga, Chaz Bulbeck, Robert Lewis, Scott Eberline, Dan Morrison, Justin Ruccolo, Kyle Mouch, Tom Caverilla, Mike Berger, Anthony Nyugen, Pat Meier, Jerod Jenso, Angelo Barducci, Nick Karaisz, Shamus Finnerty, Sean Baxter, Justin Jeffe, Ryan Fox, John Janssens, Greg Morisett and Kyle Potacki.

■ WRESTLING**continued from front**

as a sophomore. His work-ethic is unbelievable.

"I think he's a fantastic addition to our program and our school. He's a good leader, and that's what we need at Catholic Central."

Hancock was unsure, but he thinks Hasenauer is the only kid to ever win a Catholic League title at two different schools.

Funny but focused

On the mat, Hasenauer is consistently pushing the pace, but off the mat, Hancock said he's a cut-up.

"He's always smiling," Hancock said. "He enjoys humor.

After school he's always putting work in, but I think he's got a comedian side to him. He's always cracking jokes.

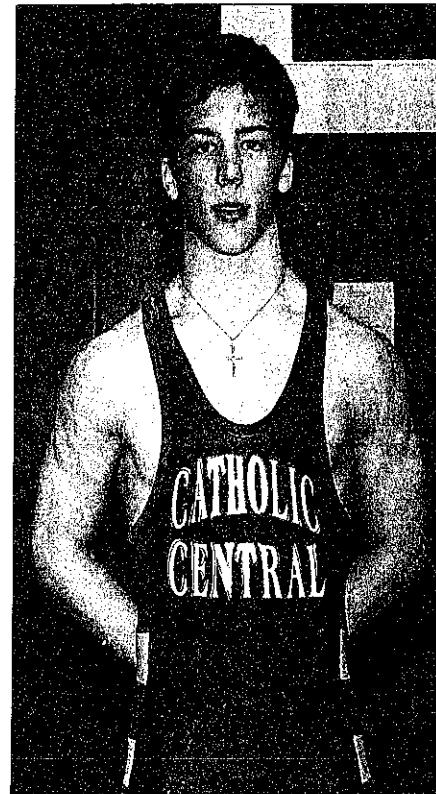
"You get him laughing and he won't stop."

But Hancock says Hasenauer's shot at a little is anything but a joke.

"I definitely see him becoming a state champ," Hancock said. "I definitely think he wants to wrestle in college. His goals are pretty high."

"I see him being a successful college wrestler as well as a successful high school wrestler."

Jeff Thiesen can be reached at jthiesen@gannett.com or at (248) 349-1700, ext. 104.

**Dramatic finish!**

The Cougars of the Novi Youth Hockey Association Squirt Division delighted family and friends this past weekend by bringing home the championship trophy at the 2008 GTHA Invitational Tournament in Traverse City.

The Cougars won five consecutive games spanning three days of hockey. In semifinal action the Cougars came back from two goals down in the third period to beat Grand Rapids 3-2.

The championship game against a solid Traverse City team was won in dramatic fashion. Down 3-0 with 8:20 left

in regulation, the Cougars

stormed back with four

unanswered goals, capping

a 4-3 win. Cooper

Hamway's one-timer made

it 3-1, and the team never

looked back. Alec Bageris

tucked in for the game

winner with less than two

minutes to play.

Five different Cougars were

awarded game MVP's

throughout the week-end.

Bageris, Austin Cohen,

Andrew Belanger, Patrick

Murray and Alec Melucci.

Rounding out the champs

are Ryan Rabinowitz, Nick

Strom, Hamway, Patrick

Henry, Ty Kilar, Joe Nell,

Dylan Manning, Sergey

Arnold, Zach Babcik, Kyle

Condino and Steven

Bloxson.

Head Coach Joe Hamway

with assistants Erik Strom

and Kurt Killen believe the

timing couldn't be better as

the Cougars completed a

perfect 15-0 division sea-

son and are preparing to

play in the district playoffs.

**Sport Shorts****Pistons Basketball Clinic**

The Detroit Pistons Youth Basketball Clinic is coming to Ward Evangelical Presbyterian Church in Northville on Saturday, Jan. 26. Coach Steve Moreland will conduct his clinic for boys and girls, grades 1-3 from noon-2:30 p.m., and grades 4-6 from 2:45-4 p.m.

Each participant will receive an authentic "Piston Basketball" T-shirt.

Also, parents will be able to purchase Piston tickets at a discount and be invited to attend

with their children the popular pre-game shoot around at court-side at the Palace of Auburn Hills.

Refreshments for all provided at the clinic.

Bring your basketball and camera. Cost is \$20 per child and pre-registration is required by contacting Margy Burkhardt at marge.burkhardt@wardchurch.org or (248) 374-5932.

Home Owners Do You Know About...**Environmental Risk???**

Also January 2008 is National Radon Awareness Month

Environmental Risk

It's routine in today's market for buyers to hire inspectors to examine the home they plan to buy, however a growing number of home owners are also seeking information on possible environmental risks nearby. Until recently, it was mostly commercial property buyers who sought such information, or home sellers required by state laws to disclose it.

Consumers are developing an insatiable appetite for more and more information about the local area they live in.

Environmental Data Resources, which has a business arrangement with our franchise organization, Pillar To Post®. We are providing this type of information to home buyers and home owners.

We can provide Environmental Reports which contain information about local environmental concerns such as immediate proximity to a hazardous waste site, or a former gas station or dry cleaner leaks in underground tanks, spills, etc.

Consumers are developing an insatiable appetite for more and more information about the local area they live in.

Environmental Data Resources, which has a business arrangement with our franchise organization, Pillar To Post®. We are providing this type of information to home buyers and home owners.

These reports are based on searches of federal, state and local databases that list environmental hazards located in the local area of a residential property.

The reports provide both good news: no environmental hazards

nearby, as well as identify locations which have been identified with environmental issues. This allows the home owners to be informed of environmental conditions in the local environment.

Radon in your home:

Even closer to home is the issue of elevated levels of Radon in house. More than 20,000 deaths annually have been contributed to Radon Gas.

Radon is not caused by the age of the home, or style of house. It comes from a radioactive decay of uranium in the soil. Typically Radon Gas enters the home through the foundation, around floor drain, sump pumps, wall cracks, etc. The process to measure for Radon Gas in your home is simple.

We are certified to measure for levels of Radon in homes. We place a Continuous Radon Monitor in the lowest livable level of the home. A Certified Radon Test requires a minimum of 48 hours to collect the sample. We typically test for 60-72 hours duration. You can live in the home during the measurement process. The exterior windows and doors must remain closed; however normal entry/exit is fine. Normal use of the heat & cooling is recommended.

If your home has elevated levels of Radon Gas there is a simple solution and fix. A ventilation stack with a fan that runs 24 hours a day is installed. This will place a reverse suction on the soil gases, and pull the Radon gas from the soil under your foundation, and safely vent it away. It is also recommended that cracks in the foundation floor, walls, and slabs be professionally sealed.

The system is typically installed using your sump pump which also

has the cover sealed. Professional Radon Mitigation Companies provide a guarantee that the levels of Radon will be reduced to a level in accordance with EPA safe guidelines. (.2 pCi/L or below).

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If your home has elevated levels of Radon Gas there is a simple solution and fix. A ventilation stack with a fan that runs 24 hours a day is installed. This will place a reverse suction on the soil gases, and pull the Radon gas from the soil under your foundation, and safely vent it away. It is also recommended that cracks in the foundation floor, walls, and slabs be professionally sealed.

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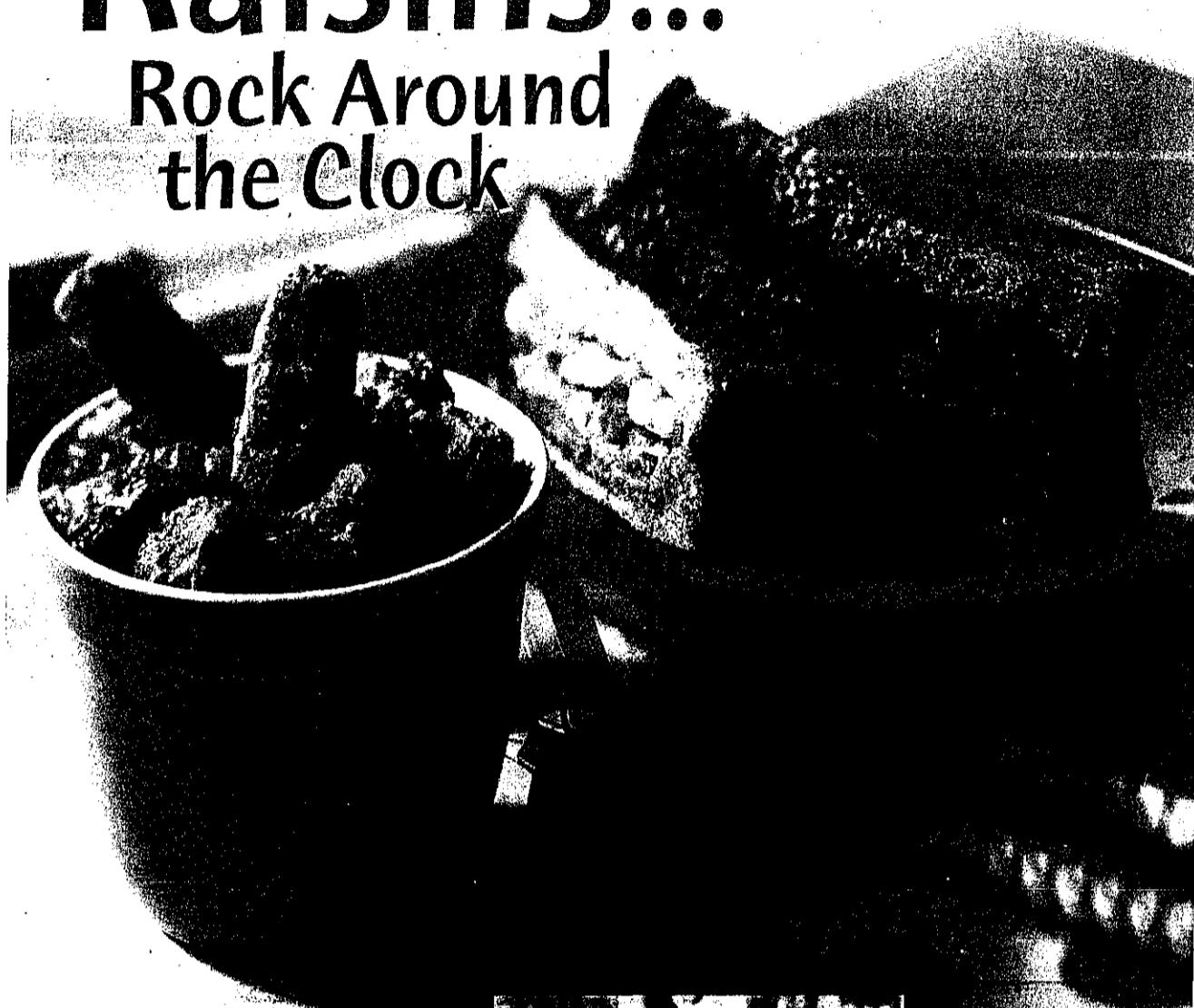
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MY FOOD FOR THOUGHT

Raisins... Rock Around the Clock



FAMILY FEATURES

Looking for healthy, kid-friendly ideas for breakfast, lunch and after school? With family schedules increasingly hectic during the school season, look no further than simple ingredients and easy preparation to create wholesome meals and snacks that kids will love.

This school year, get the kids involved in the food-making process. From breakfast to lunch, and after-school snacks, when children are involved in the preparation, they are much more likely to eat what they have helped to create.

Start the day off right with nutritious mini-muffins that taste like oatmeal raisin cookies. For lunch, try a healthful twist on PB&J with a peanut butter and raisin spread for sandwiches or wraps. After school, the spread doubles as a perfect snack when paired with graham cracker sticks and apple slices for dipping. For another healthy treat, create a scrumptious popcorn mix that can be eaten out of a big bowl or divided into individual snack bags and enjoyed throughout the week. Raisins are high in antioxidants and are a great way to incorporate fruit and fiber into kids' diets.

Help kids develop healthy eating habits for life by trying these California Raisin recipes that are fun to make, yummy to eat and good for you, too — any time of day.

For more kid-friendly recipes and information on California Raisins, visit www.LoveYourRaisins.com.



California Raisin Peanut Butter Spread

Prep time: 10 minutes

Cook time: 10 minutes

3/4 cup California raisins
1/2 cup apple juice
2 tablespoons honey
2 teaspoons ground cinnamon
1 cup creamy peanut butter

Measure raisins and apple juice into small saucepan and bring to boil; reduce heat to medium and simmer 8 to 10 minutes or until raisins have absorbed all juice. Stir in honey and cinnamon; cool slightly. Stir in peanut butter. Spread onto graham crackers, bread, mini-bagels, apple slices or celery sticks.

Makes 1 1/3 cups

Recipe Variations:

Raisin Peanut Butter Griddlers

Smear California Raisin Peanut Butter Spread on whole wheat bread, top with banana slices and brown in a skillet.

Note to parents: Just do the prep work and have your kids assemble the sandwiches.

Raisin Peanut Butter Tortilla Roll-Ups

Wrap California Raisin Peanut Butter Spread and banana slices in a whole wheat tortilla and serve in pinwheel slices.

Note to parents: Just do the prep work and have your kids assemble and roll the wraps.

Pumpkin Pie Popcorn Mix with California Raisins

Prep time: 5 minutes

Cook time: 2 to 5 minutes

1 bag low-fat microwave popcorn
1/4 cup sugar
1 tablespoon pumpkin pie spice
Butter-flavored non-stick cooking spray
1 cup California raisins
1 package (5 ounces) glazed pecans

Prepare popcorn according to package directions; empty into large bowl and remove all unpopped kernels. Stir sugar and pumpkin pie spice together in small bowl. Spray popcorn liberally with cooking spray, tossing to coat evenly. Add raisins and pecans. Sprinkle with sugar mixture and toss until popcorn is well coated.

Makes 12 cups

Note to parents: Get your kids involved by having them toss the popcorn.



Oatmeal Raisin Cookie Muffins

Prep time: 10 minutes

Cook time: 12 to 14 minutes

1/2 cup California raisins
1/2 cup all-purpose flour
1/2 cup quick oats
1/3 cup sugar
3/4 teaspoon baking powder
3/4 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon salt
1/2 cup low-fat vanilla yogurt
1/3 cup canned pumpkin
2 tablespoons vegetable oil
1 egg white

Preheat oven to 400°F and spray 18 mini-muffin tins with non-stick cooking spray. Stir together raisins and all dry ingredients in medium bowl. In separate bowl, mix together remaining ingredients and add to dry ingredients, stirring just until incorporated. Spoon into prepared muffin tins and bake 12 to 14 minutes or until toothpick inserted into center comes out clean.

Makes 18 mini-muffins

Note to parents: Kids can help by measuring and stirring in ingredients.