

Your hometown newspaper serving Plymouth and Plymouth Township for 117 years

SUNDAY

December 1, 2002

75 cents

VOLUME 117 NUMBER 28

www.observerandeccentric.com

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# PLYMOUTH Observer



**Traditions**  
Cherished Italian dishes handed down. B1

## Pipeline

### Cheer Club

The holiday season is here and so is the Plymouth Canton Observer Cheer Club

In fact we're opening the club a week or so early this year because the need is always greater during tough times



Please join us by bringing donations of new toys and canned or boxed food to our office at 794 S. Main in Plymouth during business hours

The items will be collected until Friday Dec. 13 when we will turn them over to the good folks at the Salvation Army. They'll distribute the items to needy people in Plymouth Canton and Northville

When you bring your donations by our office we'll ask you to leave your name and hometown. That's because we like to print donor names in the paper while the Cheer Club drive is on

Of course you may remain anonymous if you prefer

Happy Holidays! Please keep our Cheer Club in mind

### New in classified

If you missed the Tuesday deadline for placing your classified ad in the Observer & Eccentric don't worry. The Observer & Eccentric Newspapers in an effort to better serve our customers now offers a Too Late To Classify category for those last minute additions for the Thursday paper

Deadline for the Too Late To Classify category is noon Wednesdays. Call 1 800 579 SELL to place your classified ad

### Book signing

Local author James Gibson will be at the Little Book Shoppe on the Park in downtown Plymouth from 5-8 p.m. Friday to introduce Anasazi Journey, the second novel in his Anasazi Princess series

Gibson invites everyone to stop by and discuss the process that brought the Anasazi culture of south western Colorado into his books

For a preview visit Gibson's Web site at www.pentaclespress.com

### Bottle drive

The Plymouth Community Youth Advisory committee will be going through neighborhoods Saturday and Sunday Dec. 7-8 collecting returnable cans and bottles

The proceeds will be used to help needy families during the holiday season and to fund other commission activities

For more information call (734) 453-1234 Ext. 203



PAUL HURSCHMANN | OBSERVER

### Flattering imitation

Mrs. Claus does a double-take as Joseph Snyder of Plymouth, 5, pulls off a look-alike with his Santa hat and beard in front of St. Nick himself as the Jolly Elf arrived in downtown Plymouth Friday night to be greeted by hundreds of boys and girls of all ages. He then moved to his house on Main Street, where he'll accept visitors every weekend between now and Christmas

## Shoppers, stores ready for holidays

BY TONY BRUSCATO  
STAFF WRITER

Despite the early-bird specials at major retail outlets Friday morning, the traditional busiest shopping day of the year started on a good note for small business owners in Plymouth and Canton. "We were open at 8 a.m. and the customers were lined up around the corner," said Larry Bird, owner

of Gabriela's on Main Street, who gave away a free gift to shoppers. "We had an average 165 transactions the first two hours, and it's continued strong. The traffic has been really good, and we're happy."

Part of the lure for downtown Plymouth is its small shops and hometown atmosphere. And, that was the case for Kerry Larson



PAUL HURSCHMANN | OBSERVER

Kerry Larson of Canton shops at Jinae's in downtown Plymouth Friday with her children Chase, 8, Emily, 6, and Abby, 4

PLEASE SEE SHOPPING, A6

## Observer seeks readers' top 10 stories

In its final issue each year, the Plymouth Observer publishes an account of the year's top stories. This year, we'd like to know what our readers think those stories are. We've culled the year's newspa-

pers and put together a list of 15 stories. What we'd like readers to do is choose their Top 10, sort of a Letterman-esque list of the top stories in the Plymouth community. E-mail your responses to community

editor Brad Kadrich at bkadrich@oe.homecomm.net by Dec. 19

If you think of a story that isn't in

PLEASE SEE READERS, A7

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**LOOKING AHEAD**

**Party line**  
Coming Thursday in the At Home section. Professional party planners share suggestions to help make a super celebration

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## Snafu could hurt memorial

BY TONY BRUSCATO  
STAFF WRITER

Two community organizations, one from Plymouth and the other from Canton, believe a snafu by Ameritech is resulting in lost donations and costly losses of charitable contributions

It began Aug. 22 when the Canton Community Foundation ordered a telephone line for its new offices in Cherry Hill Village. The number assigned by Ameritech was printed on annual reports, which also serve as fund-raising brochures, by Executive Director Joan Noricks

The new telephone number is also significant for organizers of the Plymouth Community Veterans' Memorial Park. That group is using the Canton Community Foundation's nonprofit status for fund-raising, with tax-deductible donations for the \$500,000 project in downtown Plymouth to be directed through the CCF

On its brochures, the Veterans' Memorial Park group lists the new telephone number of the Canton Community Foundation to obtain further information on giving a donation

The problem comes when callers dial the new telephone number. When it's answered, an operator says "Thank you for calling Dick Scott Kia."

### WRONG NUMBER

Therein lies the problem

"Our new number was scheduled to be installed at the end of October, but after we realized our new building was taking longer than expected, we called and extended the installation date to the end of December," said Noricks. "Since we knew we already had printed the new number on brochures, we asked about what we could do with some sort of call-forwarding (when the new number was dialed)."

"An Ameritech representative told us we could have a remote call-forwarding, just call a week before we needed it," she said. "We called on Nov. 7 to engage the call-forwarding, and we got a call the next day to tell us it couldn't be because our number had already been installed Nov. 1."

The number was assigned to Dick Scott, who had ordered a new telephone number for one of his dealerships

PLEASE SEE SNAFU, A5

**Win tickets to Ford Field Motor City Bowl!**

**Why is Ford Field the perfect place to watch the Motor City Bowl?**

Tell us in one or two lines (keep it short please) and you could win up to four tickets to the Thursday Dec. 26 game courtesy of The Observer & Eccentric Newspapers. Email fax or send in your response along with your name, address and telephone number to Motor City Bowl Ticket Giveaway c/o Cathy Young O&E Promotion Manager 36251 Schoolcraft Livonia MI 48150 Fax is (734) 953-2232. Or email your response to cyoung@oe.homecomm.net

Deadline is 5 p.m. Dec. 16



# Local skaters dream of ice championship

## Plymouth skating club sends group to junior national competition

BY TONY BRUSCATO  
STAFF WRITER

The Skating Club of Plymouth will be well represented at the Junior National Figure Skating Championships in Lake Placid, NY later this month.

Three skaters who call the Plymouth Cultural Center home will leave Monday, Dec 9 in hopes of bringing home a national championship.

Erica Ransford, 12, from Trenton, is headed to her first junior nationals.

"I'm really excited," she said with a smile. "It's tough sometimes, and at times I feel kind of frustrated."

"When you try something new and you know it's hard to get, but at the same time you're like 'why can't I do that?'" added Ransford. "You do it a million times and you still can't get it right. And, when you do, it's like 'why couldn't I do that when I first tried it?'"

For any figure skater entering competition, practice and dedication are the key ingredients. For Erica, that means skating six days a week, three hours a day.

"I just love it, and I want to be the best I can be," she said. "I know it takes a lot of practice to do that and a lot of hard work."

Ransford has been skating for nearly half her age, and doesn't remember the first time she laced up her skates. However, she does know what she needs to do once she steps out onto the ice.

"I just block out the audience until the music is over," she said. "I just think about what I need to do, and make sure I smile."



Alyssa Albers of Plymouth, 10, pirouettes during rehearsal at the Plymouth Cultural Center last week.

Her skating coach, Theresa McKendry of Canton Township, said for any successful skater it comes down to hard work.

"At that level they have to work very hard," said McKendry. "If you want to become competitive, you have to skate 2-3 hours every day. That's asking a lot, and you have to really love it to do it." McKendry said she has been

coaching Ransford for just over a year, along with a second coach, Gary Clark of Ann Arbor.

"Erica is extremely dedicated, works very hard, and deserves everything she's getting right now," said McKendry. "It's nice to see someone work that hard and then it pays off." Her goal was to make junior nationals, and she did. Everything else is icing on the cake.

At junior nationals, Ransford will be skating against the top 48 skaters in the country. To get there, she had to qualify by being one of the top four figure skaters at the Eastern Great Lakes Regionals held in Lansing last month.

The Skating Academy of Plymouth was formed three years ago and coach Barb Miller of Plymouth Township said a lot of the club's skaters come from the basic skills skating classes at the rink.

"There are about 300 kids in basic skills, and about 80 in the club," she said. "There's a lot of interest in skating in this area, and this club does very, very well."

"It's such a discipline sport because it takes a lot of hard work on their part to go to



Mike Huber of South Lyon 12 prepares to begin his program during a rehearsal.

school and then skate 2-4 hours a day," said Miller. "They also learn how to win and lose, and good sportsmanship."

Miller said that for a skater who wants to be competitive at all levels, it can cost up to \$1,500 a month for lessons, a coach and ice time.

One of her students is Tara Stacey, 11, of Plymouth Township, who has been skating since she was 4 years old. "It's been pretty natural for me, but it takes a lot of time and patience to become excellent," said Stacey. "I like to jump and get a lot of speed when I skate, and spin really fast."

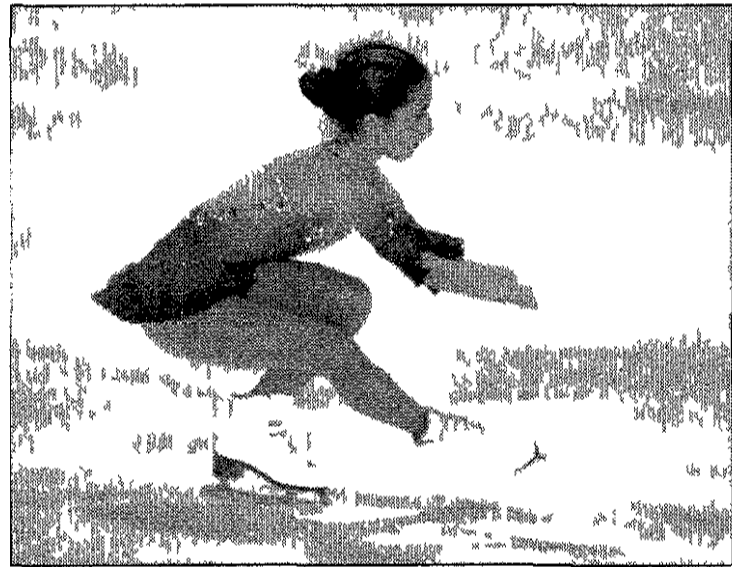


Eden Desira of Northville, 12 rehearses with choreography coach Marina Sheffer of Waterford.

Registration for basic skills skating lessons will be held Dec. 21 from 11:30 a.m. to 1 p.m. at the Plymouth Cultural Center.

Information is available at by calling (734) 455-6620.

tbruscato@oe.homecomm.net (734) 459-2700



Torrie Vlcek of Plymouth, 11, practices a spin during rehearsal at the Plymouth Cultural Center.

## Local skating club earns honors

BY TONY BRUSCATO  
STAFF WRITER

The Skating Academy of Plymouth had eight winners at the Great Lakes Regional Skating Competition held in Lansing last month.

They included three members who will be traveling to Lake Placid, N.Y. to compete in the United States Junior Nationals skating competition. Mike Huber first place

Frank Huber, second place, and Erica Ransford, fourth place.

Other winners included three first place finishers in the pre-juvenile division: Alyssa Albers, Tara Stacey and Torrie Vlcek.

In the open juvenile division, Lauren Peruzzi finished first and in the juvenile division, Eden Desira placed third. Other Skating Academy of Plymouth competitors at the

regionals included Laura Matchulat in the open juvenile division, Darlene Casterwiler in pre-juvenile and Carrie Banner in novice.

Other skaters who participated at the regionals and who call the Plymouth Cultural Center home are Natasha Krawinkle in the juvenile division and Kendra Moyle in juvenile champion.

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### When & Where:

Tuesday, December 10<sup>th</sup>, 2002  
Sterling Inn 6:00 - 8:00 pm  
34911 Van Dyke Avenue Sterling Heights, MI 48312 (586) 979-1400

Thursday, December 12<sup>th</sup>, 2002  
Westin Hotel Southfield 6:00 - 8:00 pm  
1500 Town Ctr, Southfield, MI 48075 (248) 827-4000

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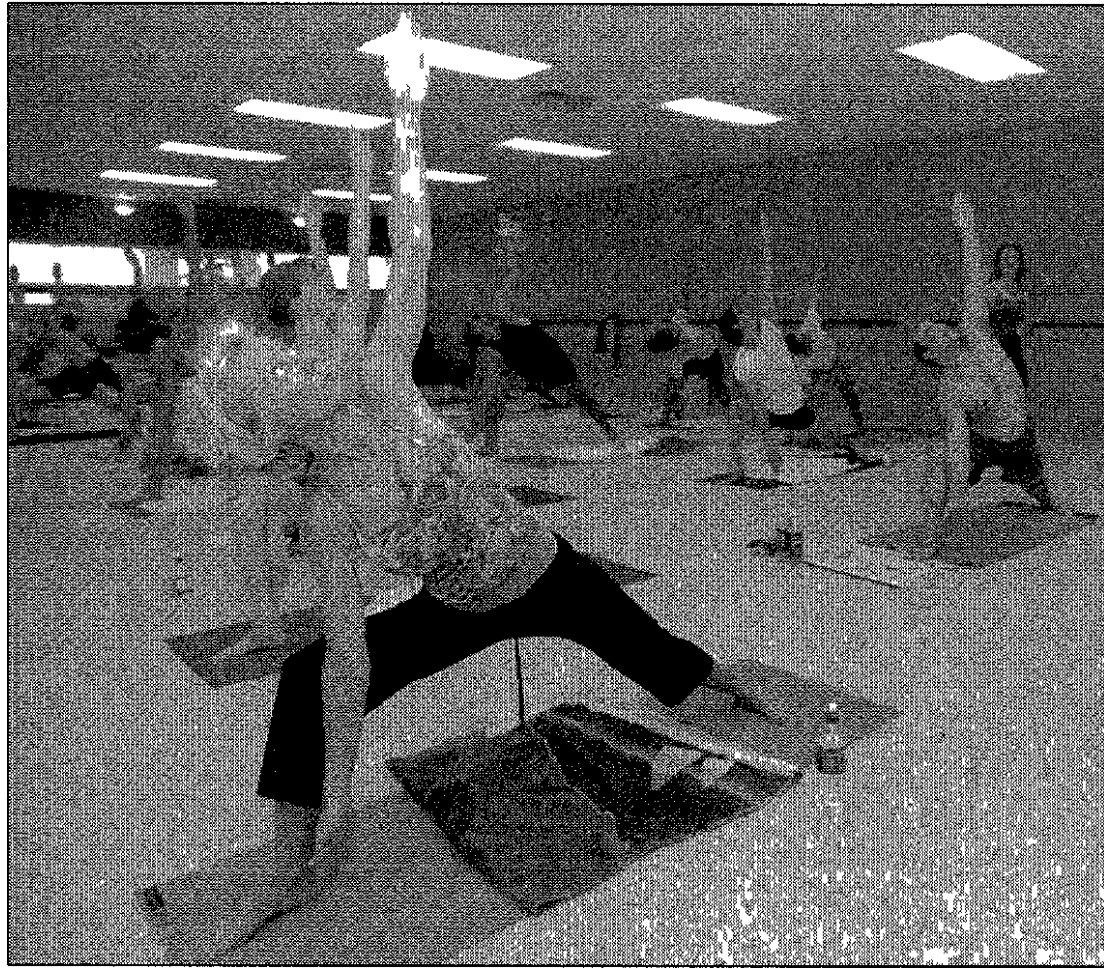
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PHOTOS BY PAUL HURSCHMANN | OBSERVER

Christina Watkins, visiting from Connecticut, practices a Triangle Pose during a Bikram's Beginning Yoga Class in Farmington Hills

# Yoga owners expand to Farmington Hills

BY PAUL R. PACE  
STAFF WRITER

The benefits of yoga have been around for years, but now a more intense style is growing in popularity—the Bikram yoga method.

The owners of the Bikram yoga studio in Plymouth, Melissa Mazars Curnett and Ernie Curnett, opened their second facility in Farmington Hills at 28837 Orchard Lake this year.

Melissa gave up a nice job at General Motors to take the intense Bikram yoga training program in California.

"I decided to go for it, and it's the greatest decision I ever made," she said.

Her husband used to lay cement, but he too gave up his full-time job and took the training. He used to have a bad back from the heavy work, but the yoga has helped relieve the pain, he said.

Now the couple split their time running the two facilities.

The 90-minute classes are conducted in the heated studio that hovers in the 100-degree range. The sessions consist of a series of 26 postures and two breathing exercises.

Farmington Hills resident Valery Yelizarov said he likes the Bikram yoga so much he and his 14-year-old son Emin attend classes four or five times a week.

"The nice thing about it is the heat helps to relax muscles," he said. "Plus it's beneficial to remove the toxins from the body when you sweat."

Yelizarov said since starting the classes in May, he lost 30 pounds.

"I feel much better and more focused and I'm able to realize a whole list of side benefits from it."

He said he also works out and swims, but the Bikram yoga benefits the mind as well as the body. That's what he likes about it, he said.

The specialty yoga was originated by Bikram Choudhury in his native India. Eventually, his 26 posture series became popular across the world and more and more people are flocking to California to learn under his instruction and become certified.

Bikram's style is known for being a regular regimen for famous athletes and actors, said Ernie John Zimmerman of Dearborn. He has been visiting the Farmington Hills facility around two or three times a week.

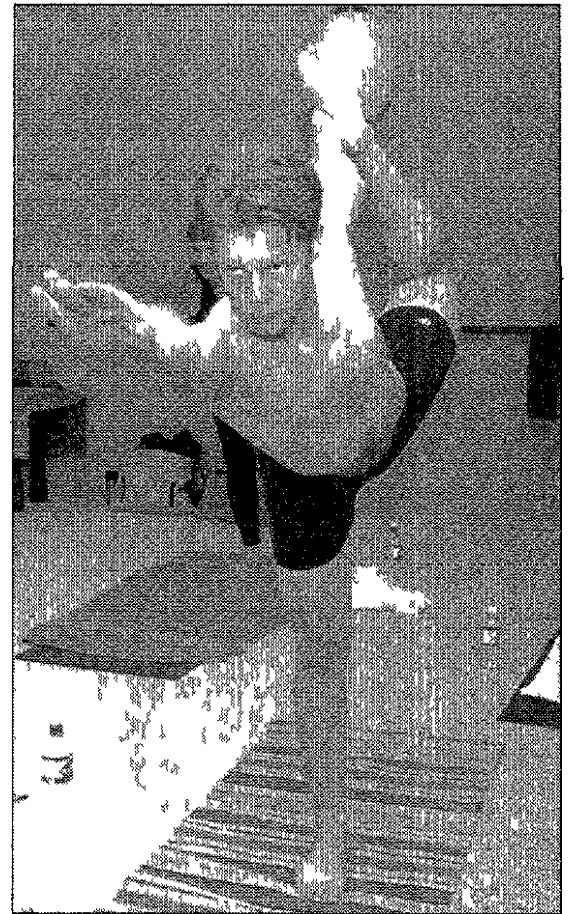
The recreational hockey player said the classes bring about a boost of energy in him.

It's a great cardiovascular workout, he said after a class on Wednesday.

He added the class works up more of a sweat than a round of hockey.

It's refreshing, he said. I used to go to a chiropractor, but I haven't been since February.

Melissa said it's not her or her husband's goal to



Co-owner Ernie Curnett practices a Standing Bow Pulling Pose during a Bikram's Beginning Yoga Class in Farmington Hills. His wife Melissa taught the class.

build a yoga empire, but just focus on helping the clients who use the two facilities.

"We've got our heart and soul in this," added Ernie.

Plenty of their business comes through word of mouth, they pointed out.

Doing a class is a 'way to step outside your normal life for 90 minutes,' Melissa said, adding the classes aim to improve health, well-being and promote happiness.

Drop-ins are welcome and classes are usually held in the morning, afternoon and evening to fit people's schedules.

Participants are encouraged to wear summer-style clothing or bathing suits, to bring a mat, drinking water and to refrain from eating two to three hours prior to class.

The Farmington Hills facility offers dressing rooms and showers, clothing and other items for sale.

Call the Farmington Hills Bikram yoga at (248) 484-9923.

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PAUL HURSCHMANN | OBSERVER

### Holiday greens

Women's National Farm and Garden Club member Margaret Koeninger, right, tags evergreen wreaths as club member Maureen Armstrong, far left, talks with customer Juanita Fenkell Monday at Karen Horton's home in Plymouth Township. Every year the garden club sells the greens as part of its fund-raising efforts. They will also host a sale at Beitner's and The Gathering in downtown Plymouth Saturday Dec. 7.

### SNAFU

FROM PAGE A1

"We tried to avoid all of this by getting the number ahead of time to make sure these snafus wouldn't happen," said Bob Zaetta, who is leading the effort for the Veterans' Memorial Park. "We were told by (Ameritech's) agent we had that number. We acted in good faith and they burned us."

The bottom line: Noricks spent \$1,500 for her annual report with a wrong telephone number, and the Veterans' Memorial Park paid \$4,000 for its 15,000 brochures soliciting donations, which also have a wrong telephone number. Both groups want Ameritech to pay to fix the problem.

Liz Dorn, media relations for SBC, parent company of Ameritech, said the company is continuing discussions with the two groups to resolve the situation.

"We make it clear that when a number is requested that it isn't confirmed until it's installed," said Dorn. "The customer is told not to print any advertising or brochures until the number is installed. No number is guaranteed."

### NEW BROCHURES

Noricks is adamant she was never told the number could be put back into Ameritech's pool

of available numbers.

"They didn't tell me that," said Noricks. "I'm now realizing that not enough information was provided to us."

Noricks is in negotiations with Ameritech, hoping for a solution.

"Right now, what they're willing to talk about is paying for stickers with a new number to put over the wrong telephone number. I may be willing to work with that for my annual reports."

However, Zaetta wants Ameritech to pay for new, four-color brochures.

"A sticker is not acceptable. It's going to take a piece that we have a great deal of pride in and took a great deal of time to put together, and now they're going to schlock it up with a sticker," he said. "There are two solutions: either give back the number or pay to reprint the brochures with a new number."

For the Canton Community Foundation, having to spend

additional money will mean taking from donated dollars, which could be used in better ways. In Zaetta's case, his group received a \$3,000 loan from American Legion Passage-Gayde Post No. 391 in Plymouth to print the brochures.

### LOST DONATIONS

Zaetta is also concerned about the reputation and lost money as a result of having nearly a thousand brochures already passed out soliciting donations.

"Anybody who uses the number on the brochure will get Dick Scott. Some may ask about Veterans Park, but some won't, and any donation will die right there," he said. "They'll hang up the phone thinking they have a bad number, and may think the project is defunct."

"People who give donations may want to call to check the status of the project, and then

if they get Dick Scott will think we took their money and ran," said Zaetta.

Ameritech suggested to Noricks she try to convince Dick Scott to give up the number. However, Scott said it's easier said than done.

"We've already invested about \$20,000 in Yellow Page advertising, direct mail, billboards and our parts vans with the new number," he said. "It makes more sense for them to change than me."

"We run into inept situations every day," said Scott, referring to Ameritech. "However, we will do anything feasible to help." Scott said his operators would give out a new telephone number for the Canton Community Foundation to those who call looking to donate for the Veterans' Memorial Park. He also offered to help pay for new stickers for the groups to help in their dilemmas.

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## Wayne women's club offers scholarship

The Wayne Business and Professional Women's Club is now accepting applications for a "Career Development Scholarship."

The scholarship is designed to recognize and support women entering or re-entering the work force or seeking to advance their career.

To qualify, a candidate must meet the following criteria:

- Demonstrate financial need
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Candidates seeking application forms should send a stamped, self-addressed envelope to: Wayne Business and Professional Women's Club Career Development


Scholarship Committee, 14201 Robbe Road, Belleville, MI 48111

Completed applications must be postmarked by Jan. 6, 2003.

The Wayne Business and Professional Women's Club is a local chapter of the State and National BPW USA Federations.

The BPW's objective is to elevate the standards and interest for women in business, to bring about a spirit of cooperation among business and professional women of the United States of America. To also extend opportunities to all women who are interested in the industrial, scientific and vocational career's available to them.

For more information, call Judie Quinn, (734) 699-6817, fax (734) 699-7190 or e-mail [www.judieqn@aol.com](mailto:www.judieqn@aol.com)



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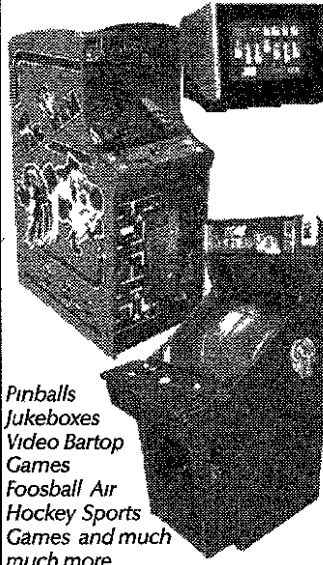
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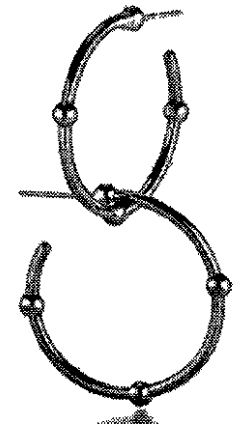
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SHOPPING

FROM PAGE A1

of Canton, who shopped around town with her three boys at Jmae's

"We like to walk around and see the decorations and the shops," said Larson. "It's kind of old-fashioned and an old-town feel. The mall just isn't the same."

It was almost the identical response for Maggie Habeger of Belleville, who was walking down Main Street with her husband, Chuck, and a bag full of purchases.

"We decided to come here because you can walk around, it's enjoyable and something different," said Habeger. "The malls are crowded and have too many screaming kids. Here, you can window shop."

Jmae Schmittling, owner of Jmae's at the corner of Pennman and Main, said she saw a steady flow of customers

Friday

"Thus far, my business has increased from last year," said Schmittling, who opened her store just over a year ago, and last week held a grand opening for her new downtown location. "I see a lot more bargain hunters this year than last."

Frances Yturri and Alan Thomason, both of Plymouth, said they shop locally to help ensure local businesses survive their much bigger competition at local malls.

"We want to support the local economy. We feel that's important," said Yturri. "That way, the town will keep growing."

Thomason said downtown Plymouth is where most of their money is spent.

"We do almost all of our Christmas shopping downtown," he said. "There are a lot of beautiful shops that are unique to this town."

While there are reports an upcoming University of Michigan report will show an

increase in consumer confidence, this couple won't be spending as much as in the past. However, it won't be because of a lack of confidence in the economy.

"We're getting married at the end of the month, so we probably won't be spending much this year," Thomason admitted.

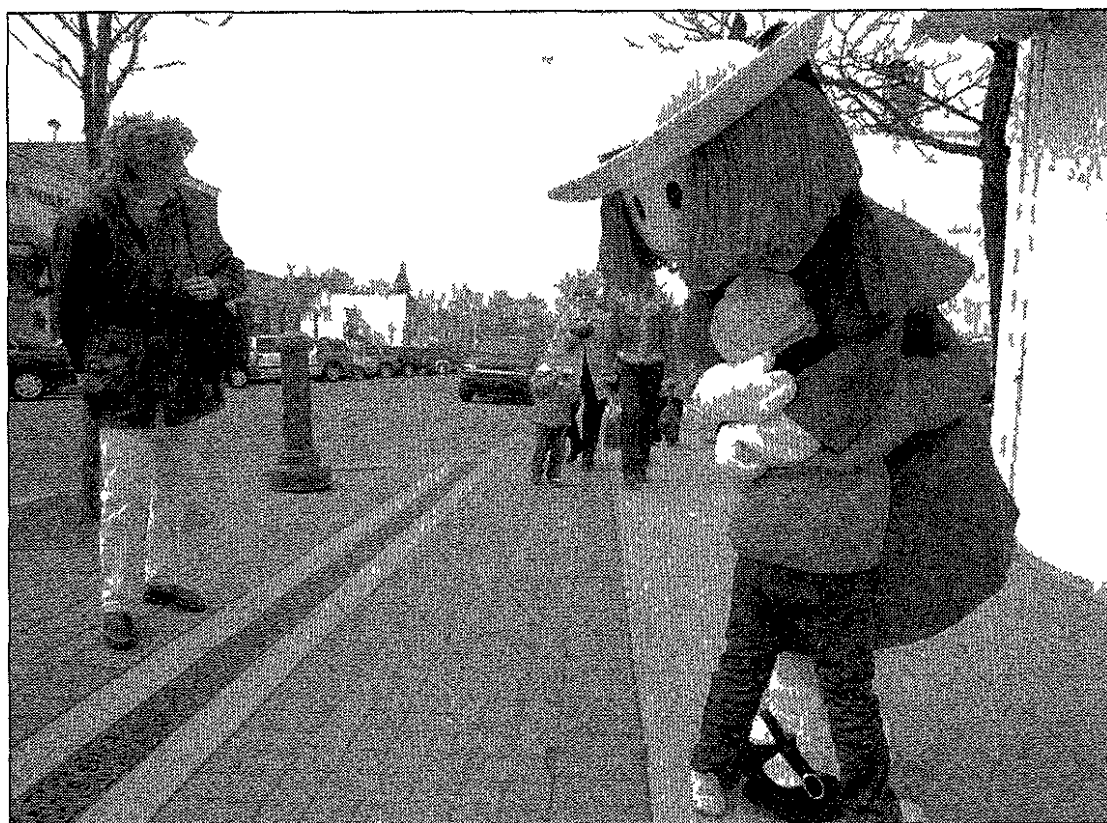
As usual, the holiday shopping period is a make-or-break time for most retailers.

"If you don't make it now this is what we work for all year," said Bird. "This season we're hoping for a 2-3 percent gain in sales. We'll be happy with that."

"Last year was great, and December was strong," added Bird. "But, we had perfect weather last year. That will be a factor again."

At the Kohl's shopping center in Canton on Ford Road, Lisa Bittner took a bye on getting up early to tackle the crowds at the malls. In fact, she waited until her 2-year-old was napping before heading out to shop shortly after noon.

"I like the smaller strip malls to do my shopping," she said.



Kim Gabbert of Plymouth left, watches as daughter Kayla, 4, gives a hug to storybook character Madeline (Emily Reeves, a store employee) outside of the Dollhouse on Penniman Friday.

"The malls are so large I might go once, but then I'm all done."

"But, I don't foresee changing any spending patterns," Bittner added. "My confidence is high. I think the stock market will go up."

Carol Nagy was shopping for candles and a wreath for her church, but was seizing the opportunity to get some of her own holiday shopping done at the same time.

"I'll probably spend about the same. I don't see us cutting

back," she said.

Nagy said she doesn't like the hustle and bustle of holiday shopping, and last year found a way to avoid it.

Last year, for the first time, I did online shopping," Nagy said. "I like going to the smaller stores to pick up stocking stuffers, but some of the bigger items I probably will buy online again this year, for the convenience and the fact that I don't like crowds."

In order to lure customers

away from the mega malls, large box stores and the Internet, small business retailers need to fill a niche.

"Customer service is the key," said Diane Conoley, assistant manager at Sunnydaze Hallmark on Ford Road. "We've got a tremendous amount of repeat business, we know our customers and talk with them. We train our help so they know our merchandise and how to find it quickly."

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● TREASURE PLANET (PG)  
 12:15 2:30 4:55 7:10 9:20  
 FRU/SAT LS 11:20

● EIGHT CRAZY NIGHTS (PG-13)  
 1:00 3:00 5:05 7:30 9:30  
 FRU/SAT LS 11:35

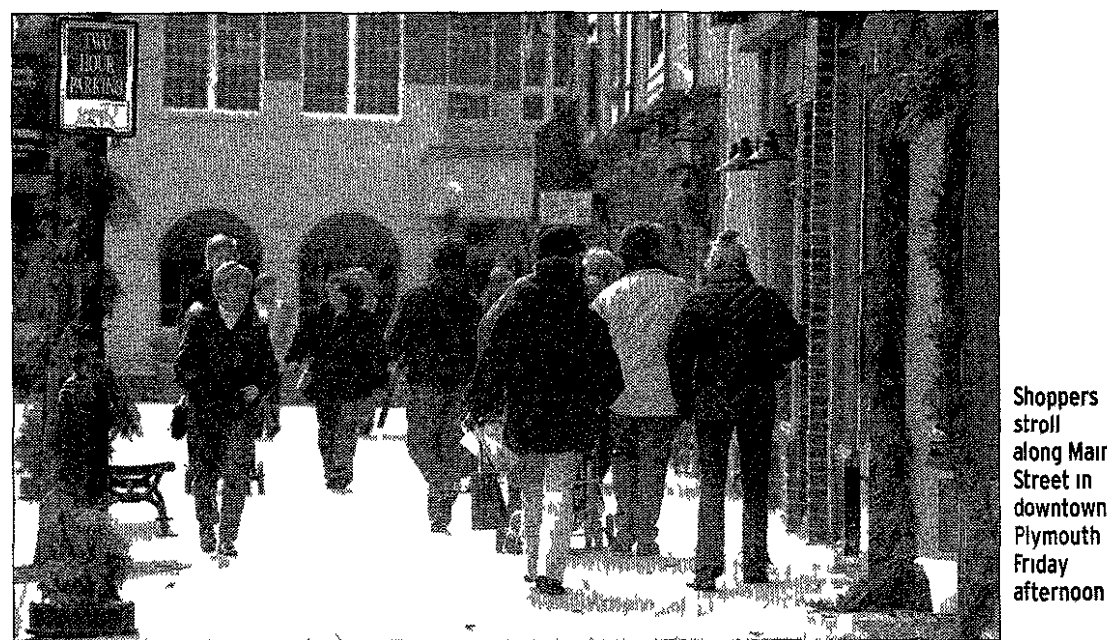
● DIE ANOTHER DAY (PG-13)  
 11:00 1:40 4:20 7:05 9:40  
 FRU/SAT LS 12:15

HARRY POTTER AND THE CHAMBER OF SECRETS (PG) 11:20 2:45 6:10 9:25  
 8 MILE (R)  
 11:50 2:20 4:45 7:20 9:50  
 FR SAT LS 12:10

THE SANTA CLAUSE 2 (G)  
 11:40 2:05 4:30 7:00 9:15  
 FRI SAT LS 1:30

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Shoppers stroll along Main Street in downtown Plymouth Friday afternoon.

PHOTOS BY PAUL HURSCHMANN | OBSERVER

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Top squad

The Salem High School junior varsity Rockettes pom/dance squad celebrates after placing first with their pom pon and dance routines at the UDA and Mid-American championships

LIBRARY PICKS

Every week the Plymouth District Library staff provides the Observer with their list of 'Best Sellers' based on the number of requests for titles by library patrons...

- Patricia Cornwell 2 "Leadership," Rudolph Giuliani 3 "Who Says Elephants Can't Dance?" Louis V Gerstner, Jr 4 "Journals," Kurt Cobain 5 "A Long Way From Home," Tom Brokaw

FICTION

- 1 "Chesapeake Blue," Nora Roberts 2 "Skipping Christmas," John Grisham 3 "Answered Prayers," Danielle Steel 4 "The Christmas Train," David Baldacci 5 "Visions of Sugar Plums," Janet Evanovich

PARENTS CHOICE

CHILDREN'S NEW PICTURE BOOKS

- 1 "How I Became Champion of the Universe," Kenny Harrison 2 "I Love My Little Storybook," Anita Jeram 3 "Quilt Counting," Lisa Cline-Ransome 4 "That Pesky Rat," Lauren Child 5 "Eight Animals Bake a Cake," Susan Elya

NONFICTION

- 1 "Portrait of a Killer,"

Headaches?

Redford, MI - A newly released free report reveals what leading medical research has proven to be a very effective headache treatment. This free headache report reveals why headache sufferers have been left in the dark for so long...

READERS

FROM PAGE A1

this list by all means add it to your e-mail

In no particular order, here's the list

- 1 Plymouth-Canton Schools Superintendent Kathleen Booher leaves for a job with the state, Jim Ryan is hired as interim superintendent 2 Gov John Engler signs the bill adding a third judgeship in the 35th District Court Plymouth attorney Mike Gerou beats former Northville Township Supervisor Karen Woodside for the seat 3 Longtime auto kangpin Don Massey sells off nearly all

of his automotive holdings

4 WSDP, the student-run radio station at P-C schools, celebrates 30 years of broadcasting

5 Plymouth Township forms its own Downtown Development Authority

6 Panera Bread and Starbucks become the first tenants in the newly completed Mayflower Centre

7 The Plymouth Kmart avoids cuts that close nearly 300 under-achieving locations

8 A budget crunch forces the Plymouth-Canton School District to lay off 19 teachers, all 19 are eventually hired back

The district had to make \$1.2 million in cuts to balance the budget

9 State reconstructs Ann Arbor Road from General Drive to Eckles, an \$11 million project that affected traffic in front of township businesses significantly

10 Residents in the city (14.8 percent) and township (20 percent) see significant hikes in water rates

11 Township opens ethics inquiry of trustee Abe Munfakh over allegedly helping Salem Township get added to the Detroit water system, township hires attorney Michael Schwartz, whose report claims Munfakh violated ethics policy

12 Gov Engler cuts state revenue sharing lopping \$450,000 from the city,

\$700,000 from the township The legislature over-rode the cuts

13 Right to Life activists picket Our Lady of Good Counsel in protest of the pro-choice stance of Democratic gubernatorial candidate Jennifer Granholm

14 As Plymouth Township balances its budget, cuts include \$300,000 in recreation funds that would have allowed the township and city to do a joint recreation plan

15 Plymouth Township board settles lawsuits brought by former employees Rosemary Harvey and Karen Akans, moves that cost the township approximately \$250,000

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**Alfred H. Gates**

Services for Alfred Gates, 87, of Superior Township were held Nov 24 at the Vermeulen Funeral Home with the Rev. Tim Rothfuss officiating.

Mr. Gates was born July 3, 1915 in Plymouth and died Nov 19 in Superior Woods Nursing Home. He graduated from Plymouth High School in 1934 and served in the 101st Airborne Division in World War II. Mr. Gates lived in Ann Arbor for 50 years. He was an avid fisherman and golfer. His hobbies include woodworking, with which he spent many hours in his shop during retirement making projects for his family and friends. He spent the majority of his career as owner and operator of his auto service station, Hickory Hill Gulf in Ypsilanti. He also owned and maintained a cottage on Beaver Island, Mich. where he and his family enjoyed vacations together for 30 years.

Survivors include wife, Helen M. Gates of Ann Arbor, daughter, Peggy (Thomas) Goodart of Dearborn, son, Thomas (Vickie) Gates of Plymouth, daughter, Sue (Ted) Rutledge-Hohl of Maumee, Ohio, son, Larry (Molly) Gates of Saline, and grandchildren, Jenna, Ken, Casey, Kelly and Joe.

Memorial contributions may be made to Beaver Island Historical Society, P.O. Box 263, Beaver Island, Mich. 49782 or the Superior Woods Health Care Center, Sub-Acute Unit, 8380 Geddes, Ypsilanti, MI 48198. Arrangements made by Vermeulen Funeral Home.

**Elsie M. Richardson**

Services for Elsie Richardson, 82, of Westland will be held Nov 30 at Cherry Hill United Methodist Church. Burial will be at Cherry Hill Cemetery.

Mrs. Richardson was born June 7, 1920 in Kinde, Mich. and died Nov 25 at Plymouth Inn Nursing Home. She worked as a school teacher.

Mrs. Richardson was preceded in death by husband, Elmer Branda, husband, Zeke Scott, and husband, Clifford Richardson.

Survivors include daughter, Janice Allen, sister, Jessie E. (Clarence) Helm, sister, Lois B. (Thomas) Curl, many step-children, and many grandchildren. Share a "Memorial Tribute" with the family at griffinfuneral-home.com.

Arrangements made by L.J. Griffin Funeral Home, Canton Chapel.

**June E. Hadley**

Services for June Hadley, 89, of Plymouth, were held Nov 29 at the First Presbyterian Church of Plymouth with the Rev. James Skimmis officiating. Burial was at Riverside Cemetery in Plymouth.

Mrs. Hadley was born May 3, 1913 in Westland. She was a life-long member of the first Presbyterian Church of Plymouth. Mrs. Hadley was a teacher in the Plymouth school system for 13 years. She was very active in the Order of Eastern Star No. 115 in Plymouth.

She and her husband had many friends in the Star and both of them held many offices throughout the years. She loved to travel and visited a total of 23 foreign countries. She also enjoyed reading and sewing. She graduated from college in Ypsilanti (now Eastern Michigan University).

Mrs. Hadley was preceded in death by her husband of 58 years, Fred Hadley.

Survivors include cousin, Corrine Johnson of Birmingham, sister-in-law, Marge Williams of Grass Valley, Calif., sister-in-law, Jean Cover of Grass Valley, Calif., several

nieces and nephews also survive.

Memorial contributions may be made to the First Presbyterian Church or The Order of Eastern Star No. 115.

Arrangements made by Schrader-Howell Funeral Home.

**William Thomas Reed**

Services for William Thomas Reed, 46, of South Lyon, Mich., were held Nov 26 at Vermeulen Funeral Home in Plymouth with Chaplain Michael Carr officiating.

Mr. Reed was born July 21, 1956 in Dearborn, Mich., and died Nov 22, 2002 in Detroit. He was a steam fitter for Ford Motor Company. He lived in South Lyon for 10 years after previously living in Plymouth for 33 years. He completed two years of college and served in the U.S. Army. He worked as a plumber for 16 years and spent 18 months as a steam fitter at Ford.

He was a member of the Scorpions Motorcycle Club of Oakland County, and loved hot rods and motorcycles.

He was preceded in death by his father, William Reed.

Mr. Reed is survived by his mother, Patricia Reed of Canton, brother Steve (Linda) Reed of Brighton, sisters Cynthia (Ron) Lack of Marietta, Ga., Lisa (David) Mangus of Dundee, Mich., and Colleen (Tom Garnett) Grainger of Canton,

best friend Linda Dancy; and Linda Dancy's children, Shane and Ashley Daugherty.

Memorials made to the donor's choice. Arrangements made by Vermeulen Funeral Home-Plymouth.

**Dolores Greene Biagioli**

Services for Dolores Greene Biagioli, 89, of Plymouth, were held Saturday, Nov 23 at Vermeulen Funeral Home, with Dr. Dean Klump officiating. Burial was in Glen Eden Memorial Park in Livonia.

Mrs. Biagioli was born Jan 19, 1913 in Selby, S.D., and died Nov 18, 2002. She was a homemaker. She was preceded in death by her husbands, Joseph Greene and Nello Biagioli, and her parents, William and Florence Mickelson.

Mrs. Biagioli is survived by daughters Josephine (Stewart) Schauder of Plymouth and Betty Lou (Kenneth) Borland of Yuma, Ariz., brother Wayne Mickelson of Florida, sister Marianne Shepherd of Lansing, five grandchildren and 10 great-grandchildren.

Memorials may be made to Arbor Hospice, 2366 Oak Valley Drive, Ann Arbor, MI 48103. Arrangements by Vermeulen Funeral Home-Plymouth.

**Amelia "Mimi" Neukiroh**

Services for Amelia "Mimi"

Neukiroh, 81, of Plymouth were held Nov 29, 2002 at Knollwood Chapel in Canton. Burial was in Knollwood Memorial Park in Canton.

Ms. Neukiroh was born Jan. 18, 1921 in Detroit and died Nov. 25. She resided at Tonquish Creek Manor in Plymouth for 21 years, after previously living on Byron and Holbrook in Plymouth.

She worked at Haab's Restaurant in Ypsilanti, as well as at a local manufacturing company and a local pharmaceutical company.

She was a very courageous lady, having lived independently for over 30 years overcoming the difficulties of rheumatoid arthritis.

She voted in every election, general as well as school district elections, for several decades. Amelia loved to dance before the arthritis slowed her down. She loved to read and write.

She sent a welcome letter to every new resident in Tonquish Creek Manor. She also sent a birthday card to every resident every year for as long as anyone can remember.

She is survived by all her dear friends, including George Hudson, Liz Ramsey and Jan Foster. She is also survived by her special friend, Elizabeth McCully.

Arrangements by Vermeulen Funeral Home-Plymouth.

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## CAMPUS NEWS

**Western Michigan University**  
Members of Western Michigan University's Bronco Battalion made an impressive showing recently when they captured top rankings at the U.S. Army's 2002 Ranger Challenge at Camp Atterbury, Ind. Competing from Canton was Robert McGuire, son of Michael and Marjorie McGuire of Canton. Robert was an alternate member of WMU's Ranger Challenge "Bravo Team." A 2002 graduate of Plymouth-Canton High School, he is a freshman whose major is pre-aviation flight science.

University of Northwestern

### Ohio

University of Northwestern Ohio is proud to announce that Steven M. Lewis II, and William R. Linna, both of Canton have been named to its Dean's List for the September 2002 session for the College of Technologies. The full-time students received a grade point average of 3.5 or better to qualify.

### Hope College

Kara Darling, a sophomore from Plymouth, is participating in the CASA Tutoring Program at Hope College. The CASA Program is a community organization housed at Hope College, working with at-risk first-

through fifth-grade students, focusing on academic and social development. Kara is the daughter of Robert and Cathy Darling of Plymouth and is a 2000 graduate of Greenhills School in Ann Arbor.

University of Northwestern

### Ohio

Christopher Muncy, son of Bill and Mary Muncy of Canton, has been accepted to the University of Northwestern Ohio in Lima to begin classes in the August 2003 session, where he will be majoring in the Automotive Technology program. Christopher attends Salem High School.



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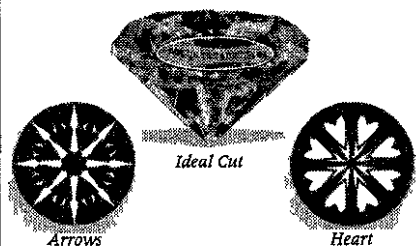
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## Schoolcraft unions ratify contracts

BY HEATHER NEEDHAM  
STAFF WRITER

After several months, contract negotiations with Schoolcraft College's three unions are finally over. Contracts for the college's 62-member Association of Office Personnel, 44-member Support Personnel Association and Faculty Forum, with 111 full-time and 357 part-time employees, have all been ratified through 2005. The Schoolcraft College Board of Trustees ratified the agreements at its Nov. 20 regular board meeting. All union members will receive 2.5 percent raises annually over the next three years and the health insurance coverage will remain the same - though the deductibles are now \$100 higher. The higher deductibles will save the college \$56,000 from the Support Personnel Association union alone, said Robert Hudson, president of the 44-member association.

He said that he is happy with the contract, except that he had hoped for bigger salary increases. "It wasn't the decent raise we were hoping for," Hudson said. The unions had requested a 3.25 percent raise for the first year, with lower percentage raises the next two years. "We didn't know if that was realistic," Hudson said. "With the economy the way it is, we tried to be understanding."

The college had proposed percentage-based medical premiums to its union members, which were continually turned down. The college also had proposed 2.5 percent salary increases over the first two contract years, and 2.3 percent for the third year.

Schoolcraft College Spokesman Marty Heator said that not all employees will receive 2.5 percent increases, but on average, the salary increases will be about 2.5 percent.

"The actual percentage varies by contract, year and job title," Heator said.

Like Hudson, Heator said he is happy with the resulting contracts. "We're pleased with the hard work and dedication of the bargaining team," he said. "They worked hard and bargained in good faith."

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## Lightfest has Santa mailbox

One of the Midwest's largest holiday light shows just gets bigger and better. Last year the county added 10 new additions to the show. Some of the additions include a "Celebration of Lights" entrance arch, an animated Old Man Winter, a large waving polar bear with cubs, an animated five player baseball scene and more.

Lightshow favorites, including Santa's Colossal Sleigh, Santa's Flight School with Parachuting Reindeer and the Giant Poinsettia Wreath will continue.



DONALD J. ALLEY

The Lightshow along Hines Drive runs 7-10 p.m. seven days a week. The display will be closed on Christmas Day.

In addition to the complementary displays, there are also various full-filled activities for family and friends of all ages. On Dec. 1, 10 and 17, Wayne County will be lending a hand to provide toys to disadvantaged children in Wayne County. On these three nights, the community is invited to bring a new, unwrapped toy in lieu of the suggested \$5 donation. In spite of this promotion, visitors

Erica Cooley, 6, tells Santa what she wants for Christmas during the Wayne County LightFest opening banquet Nov. 12. Santa will continue to meet with children until Dec. 26 at the end of the Lightfest tour on Hines Drive.

are also welcome to contribute the recommended donation. A new attraction has been added this year. Outside of Santa's workshop at the end of the Lightfest is a giant mailbox where kids can drop off their letters to Santa. Santa's elves will pick up the letters each night. Reindeer nights will be held Dec. 9, 10, 16, 17 and 23. At the conclusion of the display, families and friends are invited to stop for a visit with Santa's rein-

deer.

Santa's workshop at the Warrendale Picnic Area will have refreshments and a gift shop. Santa will be available through Dec. 24 for photos and visits. There is a fee for the photo but visits are free. Visitors enter the Lightfest at Hines Drive and Merriman, two and a half miles south of I-96 in Westland. For more information, call (734) 261-1990.

## Study shows rise in dropout rates

While almost every measure of adolescent well-being, such as injury deaths, juvenile arrests and teen births improved dramatically for Michigan teens over the 1990s, high school dropout rates worsened, according to the latest Kids Count review of child well-being in the state and its 83 counties. In response to the newest data, the 2002 report advocates strengthening middle grades education to ensure that more youth have the skills and academic competencies to succeed in high school.

"Dropping out of school is a process accelerated during the middle grades years when many students who haven't mastered basic skills fall further and further behind," said Jane Zehnder-Merrell, senior research associate at the Michigan League for Human Services. "Many youth can still be reached at this critical stage of development through such strategies as enhancing support to students and providing varied approaches to learning."

Michigan's worsening dropout rate of almost 7 percent of high school students in the 1999-2000 school year reflect a total of 30,600 youth leaving school without a diploma. Youth in low-income families are at particularly high risk of dropout since they are more likely to arrive at school with barriers to learning and attend schools with fewer resources to help them succeed, according to the report. At the middle grades level almost a third of low-income students reported that trying to get good grades was a big struggle, compared to only a fifth of higher income students, according to the Michigan Middle Start survey of 56,000 middle graders in 127 schools.

Student survey results also revealed profound inequities for Michigan middle schools with large shares of low-income students. Resources for youth in Michigan schools with the largest concentration of low-income students were less available than for students in the most affluent schools. Only one third of middle grades students in the least afflu-

ent schools (more than 60 percent receiving free or reduced priced lunch) had classroom access to computers, compared to over half of students in the most affluent schools with less than 40 percent of low-income students.

"Clearly while we hold all students to the same standards of academic achievement," said Michele Corey, community advocacy director for Michigan's Children, "schools serving predominantly low-income students do not offer the same level of support and resources as those with concentrations of higher income students."

Michigan low-income middle grades students also arrived at school significantly disadvantaged. For example, one of every five suffered from a health condition that limited their activity compared to one in 10 from higher income families and almost one of three spent three or more hours home alone after school compared to one of five higher income students. Children who spend three or more hours home alone suffer from higher levels of depression and behavior problems than children who spend less time alone, according to analysis of the Middle Start survey data by the Center for Prevention Research and Development at the University of Illinois.

Overall the biggest improvement in child well-being over the decade occurred in the steep decline in the juvenile arrest rates for violent as well as property index offenses. They dropped by 43 percent and 38 percent, respectively. Furthermore, births to teens, ages 15-17, dropped by a third, as did injury deaths among teens, ages 15-19. In 2000, 24 of every 1,000 high-school aged female students gave birth compared to 47 in 1990.

"These improved trends for teens are extremely heartening," said Zehnder-Merrell. "However, we cannot afford to relax our efforts - Michigan birth rates for this age group are still three to four times higher than those of most countries in the industrial world."

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## Sidelines

### Top Prospects

The USA Hockey Top Prospects Tournament is scheduled for Monday through Wednesday at Compuware Arena and it will feature the top American born junior hockey players. There will be four all star teams in the tournament one each from the North American Hockey League the America West Hockey League and the Eastern Junior Hockey League. A fourth team called Team TPT will feature at large players from the NAHL the AWHL and the United States Hockey League.

Each team will have 20 player rosters. Among the NAHL players chosen for Team TPT are a pair of defensemen from Detroit Compuware: Jeremy Bronson and Brad Robbins.

The tournament is round robin in format. For more information check out the NAHL website at [www.nahl.com](http://www.nahl.com).

### Baseball tryouts

Tryouts are being conducted the first and second weeks of December for the Canton Community Junior Baseball and Softball Association's Pirates a 10 year old baseball travel team.

Players must be born after July 31 1992 and be a resident of either Canton or Plymouth. The team will play a 20 game league schedule with several weekend tournaments.

For specific tryout times and locations contact Bruce Price an experienced travel baseball coach with two prior World Series appearances either at work at (734) 459 2960 or at home at (734) 453 9180.

### Hoop registration

The Plymouth Canton Junior Basketball Association will have registration for high school boys (grades 9-12) from 6:30-8:30 p.m. Tuesday and from 9 a.m. noon Saturday Dec. 7 at East Middle School. Cost is \$125.

### Softball openings

The Thunderbirds Softball Incorporated (TSI) Girls Fast Pitch Softball has player openings for the 2003 season.

Parents with girls between the ages of seven and 16 years are invited to contact either Mike Roberts (734) 397 1355 Tom Ciotti (734) 748 6081 Brian Starling (734) 718 3360 or Ray Barnes (734) 981 7281 or visit our website at [Thunderbirdsoftball.tripod.com](http://Thunderbirdsoftball.tripod.com).

### Softball/baseball

Total Baseball 30990 Wixom Road Wixom is helping kids 6-18 improve their game with private lessons starting at \$35 per half hour or five private lessons for \$160.

Instruction will be led by Von Joshua the Toronto Blue Jays hitting coach the Oakland University softball coaching staff Big Ten/MAC All Conference softball/baseball players and former professional players.

Individuals will receive instruction through a series of pitching hitting and fielding drills.

For more information call (248) 668-0166.



PAUL HURSCHMANN | OBSERVER

Canton's Kristen Lake, right, comforts teammate Briana Wolcott after the Chiefs lost to West Bloomfield in overtime Wednesday.

PLEASE SEE LAKERS, C4

## Goals aren't hard to find for Salem

A year ago, Salem's hockey team put a team on the ice that proved it could put goals in the net in bunches. Thus far this season, nothing much has changed.

Last weekend (Nov. 23-24) at Lakeland Arena, the Rocks coasted past host Waterford Mott 12-7 in

### PREP HOCKEY

Saturday's game, then defeated West Bloomfield 8-3 in last Sunday's final. The victories raised Salem's overall record to 4-0.

In the opening win over Mott, Mark Nagel scored five goals and assisted on another to lead the Rocks. Bryan Young added three goals and an assist, John Schultz got a goal and four assists, Adam Gillikin collected four assists, Aaron Cheesman had a goal and two assists, Mike Maurer had a goal and an assist, and Brandon Wilcox scored a goal.

Shane Brest started in the net for the Rocks, with Ray Kraft replacing him midway through the second period.

In Sunday's triumph over West Bloomfield, again Nagel paced Salem with five goals, giving him 10 for the tournament. Cheesman, Young and Mike Barr also scored goals, with Schultz adding three assists and Gillikin getting two helpers.

Brandon DeMars was in goal for the Rocks.

**Franklin 3, Allen Park 1:** Lavonia Franklin held off Allen Park in the final period Wednesday to post its first victory of the season in a non-

PLEASE SEE SALEM, C5

## Madonna's Suder ideal for new position

BY C.J. RISAK  
STAFF WRITER

### VOLLEYBALL

In years to come, when Madonna University alumni look back at the 2002 volleyball season to renew memories of a past success, names like Shelley Stanton and Natalie Sayre, Tera Morrill and Laura Lesko, Natalja Timna and Hayley Myers will undoubtedly pop up. They got the kills, the sets, the service aces, the blocks.

Amanda Suder's name may come up, too. But there's a good chance people outside of volleyball circles won't have much to offer in describing Suder's playing career, other

than to say something like, "She was a defensive specialist" and "She got a lotta digs."

There's a bit more to what Suder has supplied her team, which has won 43 of 46 matches this season and this week will pursue an NAIA Championship in San Diego. In fact, Jerry Abraham, the Madonna coach, says Suder is integral to Madonna's success. "She's like the hub that makes the whole thing go," Abraham said during practice last week.

Suder, a junior from Canton

(Salem HS), has always been a strong defensive player. But at 5-foot-6 she wasn't big enough to be effective along the front line of a college team.

That meant during games she rotated in to fill a back row spot, then rotated out when she was along the front line. The result: one of Madonna's best defensive players would only play half the game.

That all changed this season with the adoption of the "libero" position.

And what is a libero? Suder, who has filled that role, defined it both simply and best: "I get to wear a different

color jersey," she explained, smiling.

And it's true — she does wear a different color jersey. But the ones who have been doing most of the smiling are Abraham and assistant coach Tim DeBehso and her teammates.

That's because Suder now plays nearly an entire game.

"The libero is a defensive player who can play the back row all the time," Suder said. "It's usually your best defensive player. The main thing they needed was defense."

"I'm back there just to pass." She's filled her position.

PLEASE SEE SUDER, C5

## Super sophomore too much for Agape

BY RICH SHOOK  
CORRESPONDENT

That was quite a shovel Tiffany Shives had with her — first she dug a hole for Canton Agape, then as the Wolverines were busy digging themselves out, she buried them.

Agape made a valiant second-half comeback Wednesday night but Lansing Christian answered the challenge and advanced to the MHSAA Class D quarterfinals with a 49-37

### PREP HOOP

victory in a regional girls basketball tournament championship game at Chelsea High School.

It was a disappointment, but Coach Charles Henry's team could console itself with the knowledge it was also the finest in the school's history. Agape ended 22-3 while Lansing Christian (19-5) plays a quarterfinal game at 7 p.m. Tuesday at Leslie against Battle Creek St. Philip.

PLEASE SEE AGAPE, C4



PAUL HURSCHMANN | OBSERVER

Agape's Lisa Ther (31), here in a district game against St. Agatha, was limited to six points by Lansing Christian.

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# Shamrocks get the better of Stevenson

BY BRAD EMONS  
STAFF WRITER

It was only the second week of the season, but four-time defending Division I state hockey champion Redford Catholic Central and Livonia Stevenson brought a playoff intensity level to the rink Wednesday night.

Playing before a near-capacity house at Livonia's Edgar Arena, the visiting Shamrocks skated past the Spartans, 4-0, to improve to 2-0 on the young season.

The loss dropped the Spartans to 2-1.

CC, which outshot the Spartans 32-15, tallied a pair of goals each in the first and second periods to secure the win.

Bodies were flying all over the ice and the penalty box was busy as Stevenson was whistled for nine infractions to CC's eight.

The play resembled high school rodeo at times more than high school hockey.

But still fresh in the mind of some of the players from both squads was CC's come-from-behind 6-5 double-overtime victory last March over the Spartans in the regional semifinals.

## HOCKEY

"It was a hard-fought game, CC co-coach Gordie St. John said.

"They (Stevenson) came after us and were hitting anything that moved. They made life miserable for us. That's a good hockey team."

CC, however, was clearly the better team on this night.

The Shamrocks applied constant pressure throughout opening two periods and the score reflected the four-goal advantage.

"The number one thing we learned tonight is that we've got to play for 45 minutes, not 10 or 15," Stevenson first-year coach Mike Humitz said.

"We were not finishing our checks and we weren't hungry for the puck. I didn't see enough guys winning the puck."

"CC is a very good team and they're not going to give it to you. You've got to earn it."

The Shamrocks' Patrick Coldren opened the scoring with 6:19 left in the first period, taking advantage of a three-on-one break with assists going to Eric Reinhardt and Bryan Genrich.

CC's Brandon Naurato made

it 2-0 with 1:52 remaining in the same period, assisted by Mychael Evans and Andrew Eggert.

With 6:20 to go in the second period, Jimmy Burns scored from Genrich and Travis Hamway to make it 3-0 for the Shamrocks.

Less than two minutes later, Stevenson's Patrick Norton was sent off for charging, then was tagged for a 10-minute game misconduct followed by a game disqualification.

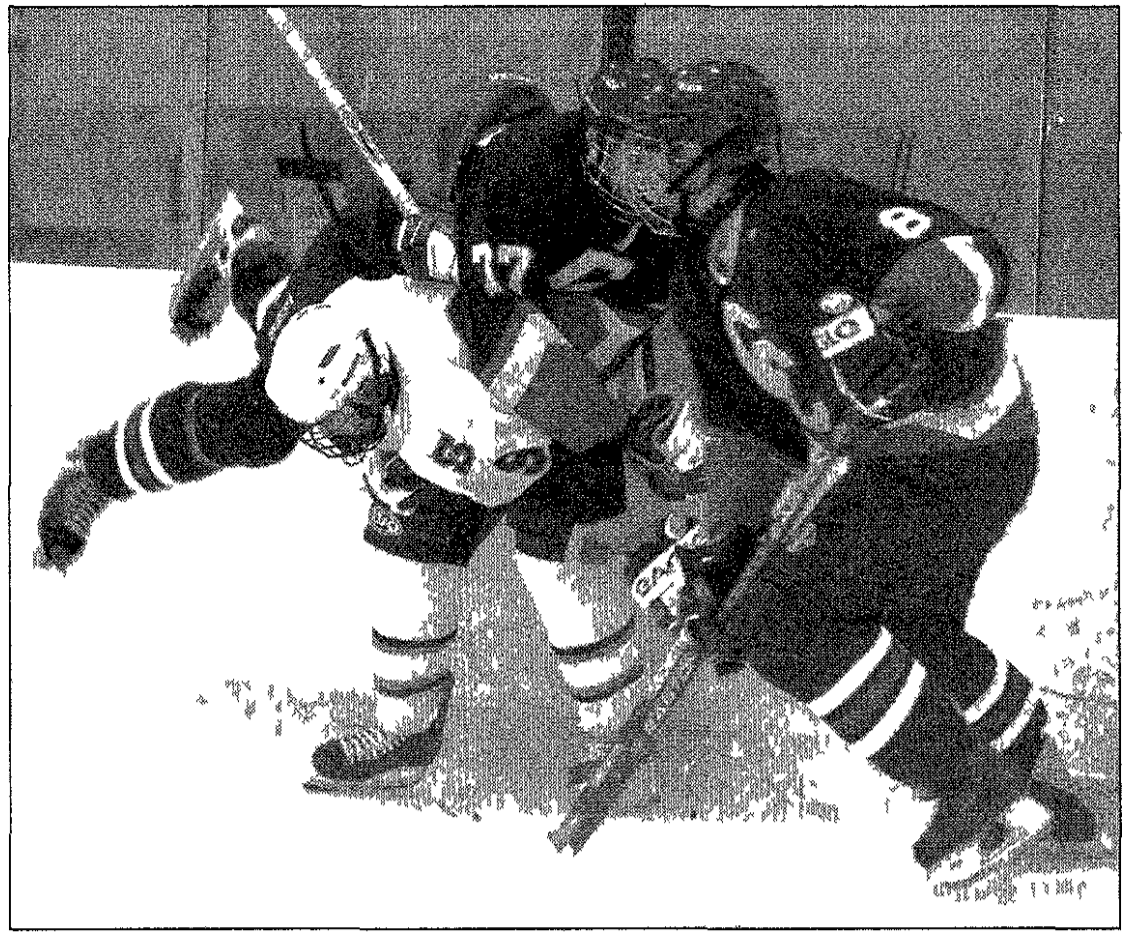
CC capitalized on the three-pronged penalty, scoring a power-play goal with 3:34 left - William Burns, Jr. from Coldren and Reinhardt.

"Every time we got some momentum going, we'd take a stupid penalty and that certainly did not help," Humitz said. "It's disappointing because we're trying to get disciplined play, and then we get a selfish play. It's not what we're trying to build around here."

Netminder Rob Thomas, who kept CC off the board in the final period, was one of the few bright spots for the Spartans.

"Rob has played very well so far and we hope it continues," Humitz said.

"Other than that it was hard



JIM JAGDELO | OBSERVER

Stevenson's Brett Rosbury opens CC's Michael Monterey (77) while Mychael Evans (8) follows the action. CC won the game, 4-0.

to find positives. They're just not working as hard as they can.

"Our defense did a good job of moving things forward. I would like to see a little more lateral movement out in front of the net. For the second game it was O.K., but it will get better as the season goes along."

CC's veteran squad includes a trio of fourth-year players and six third-year performers.

We did a good job of regrouping the puck, St. John said.

and did a good job in our defensive zone," St. John said. "We have a veteran group, starting in goal and moving out."

"We've got a lot of boys who have been here and know the system. That makes it easier early in the year because you don't have to teach as much."

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## A theory why you didn't see any deer during gun season

The 2002 firearms deer season is in the books. Depending on who you talk to, success ranged from very good to as bad as it gets.



### Outdoor Insights

Bill Parker

Hunters who tagged a deer, and those who saw a lot of deer but for one reason or another chose not to shoot, boast of a very good hunting season. But there are tons of other hunters out there who feel the DNR is mismanaging the deer herd and that, in many places, the herd is devastated and deer numbers are way, way down. The reality is probably somewhere in the middle.

Abundant doe tags over the past several years has certainly had an impact on the deer herd. In areas of low to moderate deer numbers, high doe harvests impact the reproduction rate of the herd. But in areas with high deer numbers like northern Oakland County, for example, even the liberal allocation of doe permits has done little to curb the deer numbers.

During the early bow season

(Oct. 1-Nov. 14) I saw countless deer, both does and bucks. Bow hunters, myself included, killed some of these deer, but let me assure you, we had little impact on the overall population size.

The night before firearms season opened I saw no less than 11 deer come through my neck of the woods.

On opening day and even through opening weekend, there were still plenty of deer to be seen. Then they all seemed to disappear.

Hunters kill them all? No way! Hunter pressure pushed them into a new set of habits.

Here's my theory on the disappearance of Michigan's whitetails.

Years ago, we didn't hunt does very much. One tag per hunter, or maybe two, resulted in a substantial kill, but the state's buck harvest was always higher than the doe harvest. Then, some 10 years ago or so, the DNR started harping, justifiably, about having to lower the deer numbers. The Department started issuing tons of antlerless deer permits and crop damage permits. We hunters started shooting does like never before and it wasn't long before the doe harvest eclipsed the buck harvest. It's been that way for several years now.

While all this doe hunting has had an impact on the size and reproduction ability of the herd, it has also impacted the deer in a way hunters have never experienced.

Used to be, that after the first two or three days of the firearms season, the bucks would disappear. Made sense, since hunting pressure was directed at them and they were feeling the heat.

However, hunters would continue to see does through out the season - keeping their interest up while spending long hours on stand. There was always a chance that a rutting buck would be following one of those does.

But now the does are feeling all that hunting pressure, too. Lead is flying their way and today both bucks and does lay low after the firearms season begins.

Deer live in a matriarchal society in which the older, mature does lead the way. Bucks do their own thing and become mostly solitary runners during the fall, but does and fawns run together. When the matriarch doe starts feeling the hunting pressure that rises up on Nov. 15, she knows, having been through a season or two, how to survive. Past experiences dictate that the best way to survive is to remain in heavy cover during daylight hours until the intrusion ends.

Quite simply, the does were just playing the same game bucks have been playing for years when firearms season begins - they turned mostly nocturnal.

Now that the season has ended and the majority of hunters have left the woods for the year, deer patterns will soon return to normal.

Once they stop bumping into hunters every time they turn a corner in the trail, the does and bucks will relax and get back into their normal patterns.

The DNR is trying to reduce the overall herd and in some areas, maybe too many have been removed.

In most areas, though, there are still plenty of deer to be found. They're just wise to the ways of the whitetail hunters.

Bill Parker covers the outdoors for the Observer & Eccentric Newspapers. Hunters and anglers are urged to report their success. Questions and comments are also encouraged. Send information to Bill Parker, c/o Outdoors, 805 E. Maple, Birmingham, MI 48009.

### OUTDOORS CALENDAR

**ACTIVITIES**

**FISH BUDDIES FISHING CLUB**  
The Fish Buddies Fishing Club meets the third Tuesday of each month in Rochester. Meetings are open to all anglers, boaters and non-boaters. Call Harold Leader at (248) 656-0556 for more information.

**OAKLAND COUNTY SPORTFISHING ASSOCIATION**  
The Oakland County Sportfishing Association meets at 7:30 p.m. the third Wednesday of every month at the Drayton Plains Nature Center, 2125 Denby Drayton Plains. Call (248) 693-4389 or visit the club's web site at <http://go.to/ocsa> for more information.

**DOWNRIVER BASS ASSOCIATION**  
The Downriver Bass Association, a non-tournament bass club, meets at 6:30 p.m. the fourth Tuesday of every month at the Gander Mountain (14100 Pardee Road) in Taylor. For more information, call Ron Fodor at (734) 676-2863 or send an e-mail to [rnat12@home.com](mailto:rnat12@home.com).

**METRO-WEST STEELHEADERS**  
Metro West Steelheaders meets at 7:30 p.m. on the first Tuesday of each month in the cafeteria at Garden City High School. Call Dominic Liparoto at (248) 476-5027 for more information.

**MICHIGAN FLY FISHING**  
The Michigan Fly Fishing Club meets at 7:30 p.m. the first and third Wednesdays of each month at Livonia

Clarenceville Middle School, located on Middlebelt Road between Seven and Eight Mile roads. Visit [www.mffc.org](http://www.mffc.org) on the Internet for more information.

**OAKLAND COUNTY THREAD SLINGERS**  
The Oakland County Thread Slingers, a group of flyfishing enthusiasts, will meet 7:30 p.m. Tuesday, Oct. 29 at the Independence Township Library on Clarkston Road west of M-15. Tom Erickson will review a midge pattern and brassy pattern. Club members are asked to bring nymph hooks size 16-14, olive thread, black thread and peacock herl. Visitors are welcome. The group will also meet 7:30 p.m. Wednesday, Nov. 13 also at the library. Call (248) 625-4657 for information.

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SALEM

FROM PAGE C1

leaguer at Edgar Arena Franklin (1-1-1) built a 2-0 lead through two periods against the Jaguars (0 1-1) Adam Bierley opened the scoring for Franklin at 9:42 of the first period Matt Sgriccia and Joe Kozlowski drew the assists At 4:24 of the second period, Keith Robert made it 2-0 for the Patriots on an assist from Matt Kahkonen But Allen Park closed the gap to 2-1 at 4:30 of the final period

on John Shrugas goal from John Swartout The Jaguars outshot Franklin 15-7 in the final period Franklin's Ross Robert put the game away with an empty-netter from Keith Robert with only 11 seconds left Each team got off 30 shots on goal Franklin's starting netminder Sam Burrows went the first half of the game, holding Allen Park scoreless with 13 saves Jeremy Peer finished up, stopping 16 of 17 Jaguar shots "We played a great first period, but then we let down a bit in the second," Franklin coach Terry Jobbitt said "We also took

three or four dumb penalties that set us back We came back in the third period, but we still need some improvement. "We saw some great things from both our goaltenders" Ladywood 10, Mercy 0 Hat tricks by Sara Sharp and Molly Zarb lifted Livonia Ladywood (2 0) to a Michigan Metro Girls High School Hockey League victory Wednesday over rival Farmington Hills Mercy (0 3) at the Arctic Pond in Plymouth Mary Beth O'Dea, Katie Karabelski, Jenna Keenan and Danielle Foley also scored for the Blazers who led 6-0 after one period and 9-0 after two periods Blasser and Karabelski each contributed three assists while Sharp had two Goaltender Dann St. Onge (eight saves) posted the shutout.

SUDER

FROM PAGE C1

quite well As Abraham was quick to point out, before the setter can even set, there must be a strong pass to start the offense That's where Suder comes in Her team leadership in digs is what helps get the offense going A team kill percentage over 400 proves everyone is doing their job well Of course, when the libero position was created, limitations were included "The bad thing is, I can't serve," noted Suder "I can be in for anybody as long as I don't serve" The libero also cannot set to an attacker inside the 10-foot line to the net, and she cannot hit "There are no kills," Suder said "I'm back there just to pass" Then she added, "It's a huge adjustment because I'm used to serving I do like the position a lot, I just miss serving But the main thing they needed was defense "This is great for all defensive players It makes the game way more competitive because you're going against the best defensive player I used to be in for three (service) rotations Now I'm in all the time "It kind of gives the defensive position more respect as a player It's like a pat on the back." As DeBeliso, who handles the defense for the Madonna staff, replied when asked about the libero position "I think it's changed the game significantly You can keep your best defensive player in the back row the whole game "I think the intention of the rule was to keep

the smaller player in the game But this brings consistency to every rotation" Having Suder at the libero spot does have its drawbacks, in particular the loss of one of the team's better servers "It does take one of our best servers out of the game," admitted DeBeliso "But you have to weigh the advantages against the disadvantages" And thus far — with 43 wins in 46 matches and a berth in the NAIA Tournament — it would seem the advantages are far greater

MADONNA READY FOR QUEST

The Lady Crusaders will embark on their fifth trip to the NAIA Tournament this week, hosted by Point Loma Nazarene in San Diego Eight teams are seeded in the 20-team tournament, Madonna is No. 7 There are four five-team pools The top two teams in each pool advance to the quarterfinal round Madonna shares a pool with No. 2 seed Dickinson State (SD) The Crusaders will open the tournament against Palm Beach Atlantic, a team they defeated in three games in September in Palm Beach That match is at 11:15 a.m. Wednesday On Thursday, Madonna meets Indiana Southeast at 9 a.m. and Walsh University at 6 p.m. The Crusaders final pool-play match is at 11:15 a.m. Friday against Dickinson State The advancing teams are reseeded for the single-elimination round of competition, which begins with the quarterfinals at 6 and 8:15 p.m. Friday The NAIA Semifinals are at 10 a.m. Saturday, the Finals follow at 7:30 p.m. Saturday cjrisak@oehomecomm.net | (734) 953-2108

THE WEEK AHEAD

Table with columns for Prep Hockey, Women's College Volleyball, Women's College Basketball, and Saturday Dec. 7. Lists various games and times for teams like Madonna, Saginaw Valley, and Schoolcraft.

Catholic Central High School advertisement for High School Placement Test on Saturday, December 7, 2002. Lists achievements like 31 National Merit Scholars and 157 Michigan Merit Award Winners.

Congratulations Jessica Johnson advertisement for Canton High School Girl's Basketball. Celebrates Outstanding Feat Award and includes vital statistics for a game against South Lyon.

WOW! Internet and Cable advertisement. Features a photo of a doctor and a patient with the text "Good heavens, the patient has no brain!" Promotes High-Speed Internet plus Basic Cable with 70+ Channels for \$44.99/month.

Lexus advertisement for December to Remember Sale. Features two 2003 Lexus ES 300 models with prices starting at \$429. Includes a table of Certified and Non-Certified pre-owned vehicle values.

## Rx briefs

### ■ Prostate cancer

Beaumont Hospital is recruiting volunteers for SELECT or the Selenium and Vitamin E Chemoprevention Trial. The research study funded by the National Cancer Institute will include more than 32,000 healthy men in North America, including Puerto Rico, to evaluate selenium (a micronutrient present in food and in supplements) and vitamin E (alpha-tocopherol) to determine their effectiveness in preventing prostate cancer.

Needed are African American men at least 50 years of age and other men at least 55 years old. Participants must have no prior history of prostate cancer and must be in generally good health. Call Beaumont's Cancer Clinical Trials Office at (248) 551-7695.

### ■ Cancer nutrition

The American Institute for Cancer Research has launched a new online guide devoted to nutrition for the cancer survivor. The new site features guidelines for eating and exercising as well as nutritional advice from experts. The Web site address for the new Cancer Survivor's Guide is [www.aicr.org/survivor](http://www.aicr.org/survivor).

One of the areas in which science-based information has been lacking is nutrition and exercise. Research has tended to focus on the relations between diet and reducing risk of primary cancers rather than healing and preventing a recurrence.

The new Cancer Survivor's Guide includes a set of seven dietary guidelines, exercise tips, recipes for good health, lists of resources and helpful organizations, survivor stories and frequently asked questions. The site links survivors to a registered dietitian who will answer questions. By clicking on "Ask a Registered Dietitian," an e-mail form appears on which survivors can send a question to an AICR dietitian. A reply will be mailed back within two work days.

### ■ Heart cookbook

Revelers take note. You don't have to overdo the holiday season to enjoy it. The American Heart Association's *Meals in Minutes Cookbook* and the American Heart Association's *Low Salt Cookbook*, Second Edition, published by Clarkson Potter, a division of Random House, are now available at local booksellers.

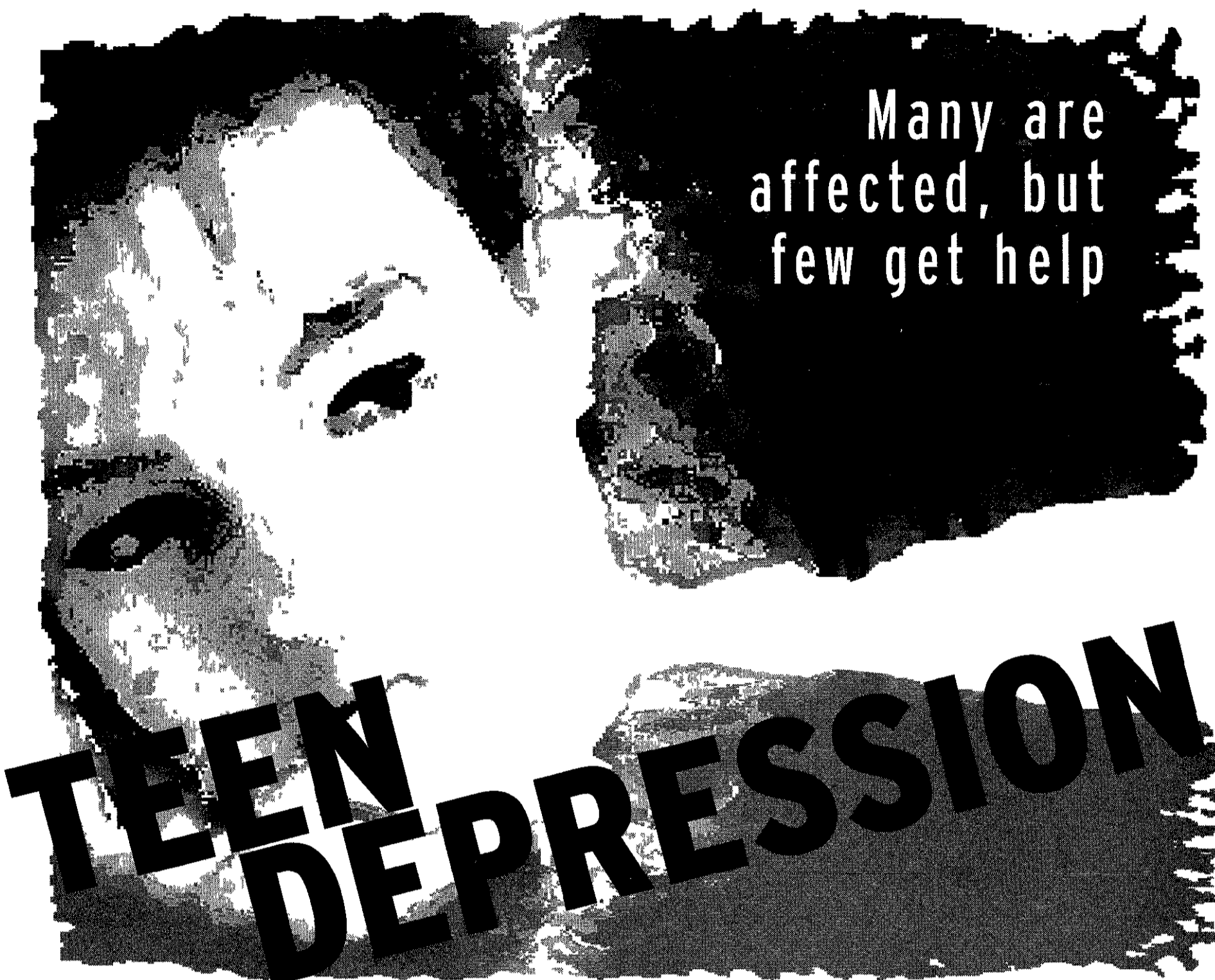
The *Low Salt Cookbook* contains 232 recipes, nutrition information, shopping tips and pages of creative cooking ideas that cut the salt and fat without losing flavor. The *Meals in Minutes Cookbook* boasts 200 heart-healthy recipes that take no more than 20 minutes preparation time.

### ■ Healthy heart

With a few clicks of a mouse, people can now find out their risk for heart disease. Beaumont Hospital is offering a free online heart disease risk assessment, the MACHI (Measuring America's Cardiovascular Health - 1 Person at a Time). It's available at [www.beaumont-hospitals.com](http://www.beaumont-hospitals.com).

The major advantages of this assessment are that it's computer-based; it takes only about 10 minutes; and the results are immediate, said Dr. William O'Neill, director of cardiology.

A heart disease risk assessment for women is also being offered through Beaumont's Ministrelli Women's Heart Center. For information, call (800) 633-7377.



BY LAURA COLVIN  
CORRESPONDENT

Some 3 million teenagers suffer from depression, an illness that increases the risk of suicide, substance abuse, school failure and social isolation. Yet few get the help they need. Quality mental health services are limited, especially for low-income families. When services are available, the fear of stigma prevents many people from seeking help.

And, for teens, depressive symptoms are often misinterpreted as a normal part of the "ups and downs" of adolescence.

"Twenty or 30 years ago, there was a debate about whether children could be depressed, whether it was even possible," said Dr. Jerry Rushton, a pediatrician at the University of Michigan Health System who specializes in depression and other behavior issues in children and teens. "Now we know that this is something that certainly does have many roots in childhood and adolescence."

Although teens often exhibit many of the same symptoms of depression as adults, there are important differences.

"We think of depression as someone who's quiet in their room," said Rushton, "but teens can be angry, irritable and in your face. We're recognizing that in teens it's not just the depressed, sullen, melancholic mood of classic depression."

Boys and girls appear to be equally susceptible in childhood, but in adolescence girls are twice as likely as boys to become depressed.

"A lot of teens are going to go through periods when they are moody and withdrawn," he said. "The key differentiation is when it is persistent on a daily basis."

### INFORMATION SOURCES

■ University of Michigan Depression Center  
[www.depressioncenter.org](http://www.depressioncenter.org)  
To request an evaluation  
(800) 525-5188 or (734) 936-4400

■ Henry Ford Behavioral Health  
Birmingham (248) 647-3310  
Dearborn (313) 317-2000

■ MDDA of Metro Detroit  
For a free newsletter with a list of support groups (248) 557-5773  
[www.mdda.metrodetroit.org](http://www.mdda.metrodetroit.org)

■ American Academy of Child and Adolescent Psychiatry  
[www.aacap.org](http://www.aacap.org)

■ National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

### UNDERSTANDING DEPRESSION

If the symptoms linger for longer than two weeks and begin to impair normal functioning, it might be time for a closer look.

"It's not the kid that's still getting good grades, hanging out with friends and getting along reasonably well with family," said Rushton, "but one that's failing or skipping school, not hanging out with friends or doing the activities they used to, and having extreme arguments with parents."

Depression is a mood disorder thought to be caused by an imbalance of chemicals called neurotrans-

mitters in the brain. The imbalance prevents the brain's mood-regulating system from functioning as it should, thus resulting in extreme mood swings, changes in sleep patterns, eating disturbances and changes in activity and energy levels.

Several types of mood disorders exist.

*Major depressive disorder* (unipolar depression) is a combination of symptoms lasting at least two weeks and interfering with a person's ability to function normally.

*Dysthymic disorder* is a milder but chronic form of depression with symptoms lasting at least one year (two years in adults). Symptoms are the same as those of major depression, but there may be fewer symptoms and less intensity.

*Bipolar disorder* (*manic depression*) is a recurring mood disorder that often begins with depression. Periods of mania, or "highs," alternate with periods of depression, or "lows." It is estimated that between 20 and 40 percent of children and adolescents with depression will eventually develop bipolar disorder.

It is widely believed that depression is brought on by a number of factors. According to the National Mental Health Association, biological, environmental and psychological factors can all contribute to the onset of depression. Children at increased risk for developing the disorder include those with a family history of depression and those who have experienced abuse, neglect or other trauma.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

PLEASE SEE DEPRESSION, C7

### SIGNS OF DEPRESSION

Signs of depression common to adults, children and adolescents

- Persistent sad or irritable mood
- Loss of interest in activities once enjoyed
- Significant change in appetite or body weight
- Difficulty sleeping or over sleeping
- Psychomotor agitation or retardation
- Loss of energy
- Feelings of worthlessness or inappropriate guilt
- Difficulty concentrating
- Recurrent thoughts of death or suicide

Five or more of these symptoms must persist for two or more weeks before a diagnosis of major depression is indicated.

Signs that may be associated with depression in children and adolescents:

- Frequent vague physical complaints such as headaches, muscle aches, stomachaches
- Frequent absences from school or poor performance in school
- Talk of or efforts to run away from home
- Outbursts of shouting, complaining, unexplained irritability or crying
- Being bored
- Lack of interest in playing with friends
- Alcohol or substance abuse
- Social isolation, poor communication
- Fear of death
- Extreme sensitivity to rejection or failure
- Reckless behavior
- Difficulty with relationships

Source: The National Institute of Mental Health

## Wine may reduce risk of second heart attack

Middle-aged French men who drank two or more glasses of wine regularly after a recent heart attack were less likely to have a second heart attack or other cardiovascular complications compared to nondrinkers, according to a study in the Sept. 2 rapid access issue of *Circulation Journal of the American Heart Association*.

The study examined data from the Lyon Diet Heart Study, a randomized trial evaluating whether the Mediterranean diet may prevent further cardiovascular disease or death after a first or recent heart attack.

The impact of regular, moderate alcohol consumption in patients with heart disease is limited and controversial, says

Dr. Michel de Lorgeril, the study's lead researcher at the Cardiovascular Stress and Associated Pathology Laboratory, Joseph Fourier University of Grenoble, France. The Lyon trial offered a unique opportunity to examine the issues in a very homogenous group of French middle-aged male survivors of a recent heart attack.

Researchers evaluated 353 men from the ages of 40 to 60 and classified the amount of alcohol they routinely drank. There were no significant differences in the severity of prior heart attack (the main indicator or new complications), in medications used, or in the diet among the drinking groups.

During a mean follow-up of four years,

104 cardiovascular complications (including recurrent heart attack, stroke and heart failure) occurred. Thirty-six of the complications occurred among men who abstained from alcohol, 34 among men who drank less than two glasses of wine a day, 18 among those who drank about two glasses a day and 16 among men who drank an average of four to five glasses of wine a day. Each glass of wine was about four ounces.

Compared with nondrinkers, men who drank two or more glasses of wine each day reduced their risk for a recurrent heart attack by more than 50 percent compared to nondrinkers.

The inverse relationship between wine drinking and the risk of complication

seemed to be independent of the major predictors of cardiovascular disease, including smoking, cholesterol and blood pressure, as well as major lifestyle factors such as dietary habits, says de Lorgeril.

The researchers caution that it's too soon to make general recommendations about secondary prevention. A great deal of prudence is required before extending the results to other groups, including women, people younger than 45, those older than 75, or when considering other types of alcohol and drinking patterns. More studies are needed to better define the type of patients who could most benefit from moderate drinking after a heart attack.

Source: The American Heart Association



MEDICAL DATEBOOK

Senior Health Day

Senior Health Services of Saint Joseph Mercy Health System will host

Holiday Foods Fun and Surprises 9:30-11:30 a.m. Tuesday Dec. 3 at SJM Health Stop located in Briarwood Mall just off I-94 at the State Street exit in Ann Arbor. Call (734) 827-3777

Children/grief

Angela Hospice in Livonia will offer a holiday workshop for children 6-17 years old 5:30-7:30 p.m. Tuesday Dec. 3. As part of the session participants will design and make a holiday wreath in honor of their loved one. Parents are welcome to attend. Contact the Bereavement Department at (734) 464-7810 or (734) 953-6012.

Weight loss

The HMR Weight Management program at St. Mary's Mercy Hospital offers weekly classes and support. Participants must attend an orientation class before enrolling. Upcoming orientation dates are 4-5 p.m. Wednesday Dec. 4, 4-5:30 p.m. Tuesday Dec. 10, and 4-5 p.m. Wednesday Dec. 18. Call (734) 655-1793.

Flu shots

Garden City Hospital will provide flu shots on a walk-in basis 8:30 a.m. to 5 p.m. Thursday Dec. 5 at the Harrison Health & Education Center 6701 Harrison. Garden City Shots are \$13 no cost for people with a Part B Medicare card. Call Terry Carroll at (734) 458-4276.

Worry

Dr. Bruce Hillenbrand, psychologist, will present 'Coping with Worry and Fear' 7-9 p.m. Thursday Dec. 5 at Beaumont Hospital 1st Floor Conference Room. Beaumont Cancer Center 3577 W. 13 Mile Road, Royal Oak. Call (248) 551-8588.

Breast prosthesis

The Women's Health Boutique 31209 Plymouth Road, Livonia, will offer a Fit Clinic 10 a.m. to 4 p.m. Dec. 6 and Dec. 7. Representatives from ContourMed will scan for custom breast prostheses which mirror the intact breast and matches the chest wall. Call (734) 762-9324.

Lymphatic workshop

The Tree House 22906 Mooney Street Farmington will host The Ultimate Lymphatic and Blood Detox Workshop 1-7 p.m. Saturday Dec. 7. Learn the basic principles of anatomy, physiology, and fluid dynamics of the human lymphatic system. Raw food dinner buffet. Cost \$50 single, \$90 couple. Call (248) 473-0624.

Parkinson's disease

The Parkinson Education and Support Group of Washtenaw County will meet 1:30-3 p.m. Saturday Dec. 8 at the Saint Joseph Mercy Hospital Education Center Bldg 5305 Huron River Drive Ann Arbor. Annual holiday potluck. Bring table service and a dish to pass. Main entrance and drinks provided. Entertainment. Call Beth Colaner Kenney at (734) 741-9209.

Grief workshop

Angela Hospice in Livonia will offer two adult grief workshops 1-3 p.m. and 7-9 p.m. Monday Dec. 9. To register contact the Bereavement Department at (734) 464-7810 or (734) 953-6012.

Diabetes

The Diabetes Support Group at St. Mary's Mercy Hospital, Livonia, will host a discussion on 'Handling the Highs and Lows during the Holidays' 7-8:30 p.m. Wednesday Dec. 11 in the hospital's Auditorium. The group presents a new topic on the second Wednesday of each month for adults with diabetes and family members. There is no charge and pre-registration is not required.

Call (734) 655-8961 or visit www.stmarymercy.org

Homeopathy

The Tree House for Earth's Children 22906 Mooney St. Farmington offers an Introductory Class on Homeopathy 10 a.m. to 3 p.m. Saturday Dec. 14. Learn about natural remedies for colds, cough, allergies, aches and pains, indigestion, colic, asthma, depression and sexual problems and more. Cost \$50. Call (248) 473-0624.

Arthritis

Redford-based Physician Outreach will present a seminar on 'Arthritis: How to Increase Your Flexibility and Mobility' for seniors 10 a.m. Tuesday Dec. 17 at the Berwyn Senior Center in Dearborn Heights. Limited to the first 25 guests. Call Eileen at (313) 277-7054.

ONGOING

Self-Help groups

Anyone seeking information on a variety of self-help groups may call the Michigan Self-Help Clearing House at (877) 777-5556.

Grief support

Angela Hospice offers ongoing grief support groups every second and fourth Tuesday of the month at the center 14100 Newburgh Road, Livonia. The next meetings are 1 p.m. and 6 p.m. Dec. 10. Call (734) 464-7810.

Bipolar

The MDDA Bipolar Support Group meets 3-5 p.m. the second and fourth Thursday at Beaumont Hospital Administration Bldg 3601 W. 13 Mile Road, Royal Oak. Call Kathie at (248) 544-1097.

Divorce support

The Women's Resource Center at

Schoolcraft College will offer a Divorce Support Group 7-9 p.m. the second and fourth Tuesday of each month. Call the WRC at (734) 462-4443.

Bereavement

Together to Share, a grief support group, meets 10 a.m. the first Monday of each month at American House on Middlebelt Road in Livonia. The group meets 3 p.m. the third Thursday of the month at Dorvin Nursing Center on Middlebelt Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland Hospice in Southfield. Call (800) 770-9859.

Overeaters Anonymous

Support group for overeaters meets 7 p.m. every Friday at Providence Park Novi 47601 Grand River Avenue. Novi. Helpline: (313) 438-HELP or (248) 474-9456.

Alcoholics Anonymous

Everyone is welcome to the AA meetings held at noon every Tuesday and Thursday at Providence Medical Office Center Novi 39500 W. 10 Mile Road (at Haggerty) Novi. Call (248) 348-9362. AA meetings also held noon every Wednesday at Mission Health Medical Center Livonia 37595 Seven Mile Road Livonia. Call (734) 953-1188.

Thyroid cancer

Thyroid Cancer Survivors Association Inc. support group meets 7-8:30 p.m. the fourth Tuesday of each month at the Plymouth Public Library 223 S. Main St. downtown Plymouth in the Gold Room. For more information about the ThyCa SE Michigan Support Group call Mary Rose at (734) 397-2801 or e-mail SE.MI@thyc.org. For more information on thyroid cancer and our other free support services visit www.thyc.org or call toll-free (877) 588-7904.

DEPRESSION

FROM PAGE C5

INCREASED RISK

The risk of suicide increases greatly with untreated depression. Suicide rates have risen 300 percent since the 1950s (although in most groups those rates have leveled out during the past decade).

"The strongest predictors of having a suicide are a past history of a suicide attempt and a current clinical depressive disorder," said Dr. Cheryl King, director of the Child and Adolescent Depression Program at the U-M Depression Center in Ann Arbor.

It is also important to note, she said, that a conduct disorder - patterns of antisocial or aggressive impulsive behavior - when coupled with depression, can also be a strong predictor of suicide, as can substance abuse.

Parents need to watch for signs and show that they care if they suspect a teen is contemplating suicide, said King.

"Talking with young people about suicide won't put the idea in their heads," she said. "So we ask people to be direct in a caring way. Ask 'Are you thinking about suicide?'"

SEEKING HELP

If you do suspect depression, your family physician can rule out additional possibilities. Other mental health problems, a thyroid condition, or mono infections can sometimes mimic depression. However, if the diagnosis is depression, parents can seek help from a number of sources.

The American Academy of Child and Adolescent Psychiatry cautions against using the Yellow Pages as the only source of information and referral. Friends, family, a spiritual counselor, physician or school counselor may be able to make a referral to a professional with experience treating adolescents.

Some other sources of information suggested by the AACAP include Employee Assistance Programs through your employer; county mental health departments; or national professional organizations such as the AACAP.

Depression is a very treatable illness. With proper care, most teens can function normally. Untreated, however, depression can have lasting effects on the life of a teenager.

The natural course (of major depression) could be three, six, or even 12 months to resolve by itself, said Dr. Marilyn Hamer, a board-certified child psychiatrist with Henry Ford Behavioral Health in Detroit.

and Birmingham

"That's a whole school year of socialization, learning how to interact with the opposite sex, gaining more independence and making plans for after high school. A year is a long time for a teenager."

Most experts recommend more than one method of treatment to treat depression.

"Usually a combination of psychotherapy combined with medication works well for depression," said Hamer. "These days the standard of care are the SSRIs."

Short for Selective Serotonin Reuptake Inhibitors, SSRIs are thought to increase amounts of serotonin available to the brain, which helps to improve mood. Some of these include Prozac, Paxil, Zoloft and Lexapro.

Today's medicines are much improved over those used to treat depression in years past. An adjustment period is often required to find the most effective medicine and the correct dosage for a particular person, but the SSRIs are generally touted as being safer and more effective than the older antidepressants.

Cognitive therapy has been proven effective and is often recommended for those with depression. It is a type of therapy that helps restructure negative thinking patterns so depressed teens can see things in a more positive light.

Parents should be aware that it could take some time to find the therapist best equipped to serve the needs of their teen.

"If a teenager is seeing a therapist and it is not going well, the patient needs to know that it is their prerogative to get a second opinion," said Hamer.

In addition to therapy and medication, depression support groups can also be valuable for parents and teens.

"It can be helpful to go to meetings and talk to other people who have been in the same situation," said Hamer. "There are people in these groups who are for medication, and people who are against it, people on both sides of everything."

The MDDA of Metro Detroit is one such group. Affiliated with the former National Depressive and Mame Depressive Association, now called the Depression and Bipolar Support Alliance, the group provides "support, hope and education for individuals diagnosed with bipolar or unipolar, their families, friends and their treating professionals," said MDDA board President Mary Ann Bozenski.

More than 60 meetings are available per month, including a Family Members group and a Meeting for Adolescents/Young Adults. Many of the meetings take place in Wayne and Oakland counties.

Flu clinic at Westland Shopping Center

This season, don't let the flu get you again - get immunized at the University of Michigan's Michigan Visiting Nurses (MVN) flu and pneumonia clinic which will be held in conjunction with the Toys for Tots holiday drive on Thursday Dec 5.

The clinic will be held in Westland Shopping Centers Community Room (on the lower level) from 6:30 a.m. to 6:30 p.m. That gives shoppers plenty of time to take a break and get immunized. Flu shots will be \$10 each and pneumonia shots will be \$25. MVN will bill for those with Medicare - Part B (who are not part of an HMO).

For a complete list of other MVN flu/pneumonia clinics in your area, visit www.umvn.com or call MVN at (734) 677-0020.

St. Joseph Vascular Lab receives accreditation

The Vascular Lab at St. Joseph Mercy Hospital, Ann Arbor, has attained recognition for its commitment to providing high level of patient care and quality testing for the diagnosis of vascular disease. The facility achieved accreditation by the Intersocietal Commission for the Accreditation of Vascular Laboratories.

St. Joseph Mercy Hospital is one of a select number of vascular laboratories in the United States, Canada and Puerto Rico to meet or exceed the commission's standards for noninvasive vascular testing. During the accreditation process every aspect of the laboratory's daily operations and its

impact on the quality of health care provided to patients is assessed and reviewed. Participation in the accreditation process demonstrates the laboratory's attention to a high level of patient care and quality testing. The commission's accreditation is valid for a period of three years.

Cardiovascular disease is the leading cause of death in the United States, costing society more than \$83.7 million each year in health services, medications and lost work time due to disability. One American dies every 32 seconds of cardiovascular disease, disorders of the heart and blood vessels. Each year, 2 million people

in the United States alone develop deep vein thrombosis - blood clots in the veins. Early detection of these life-threatening vascular diseases is possible through the use of noninvasive vascular testing techniques performed within vascular laboratories.

The commission is a non-profit organization established with the support of eleven medical societies including physicians, technologists and sonographers that represent medical specialties.

St. Joseph Mercy Hospital's vascular laboratory has been accredited since 1992 and performs 14,000 cardiovascular cases annually.

Arthritis Today. JOSEPH J. WEISS, M.D. RHEUMATOLOGY. 18829 Farmington Road, Livonia, Michigan 48152. Phone: (248) 478-7860. THE EYE AND ARTHRITIS. How ophthalmologists and rheumatologists relate to each other gives you an idea of the way different specialties work together in medicine.

HIGH VELOCITY SPORTS. (734) 487-7678. FLAG FOOTBALL. WINTER I SESSION: Jan. 2nd - Feb. 26th. Youth: Mondays, High School: Wednesdays, Adults: Tuesdays. 8 Games, Teams: \$800, Individuals: \$85. Registration Deadline: Dec 16th. (734) HV-SPORT ♦ www.hvsports.com. 46245 MICHIGAN AVENUE ♦ CANTON, MI 48188.

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# Company will monitor health signs at Kmart

Two local companies are adding a whole new meaning to holiday shopping. This holiday season, shoppers will be able to monitor their health while they shop.

Kmart and EuhCare Home-Health Services are teaming up to bring health care to busy people on the go.

From now until Christmas, EuhCare Home-Health Services will be doing free vital sign readings at Kmart stores in Metro Detroit.

"At this time of the year, most people are very busy giving a lot to friends and loved ones and very little to themselves," said Eujay Sangare of EuhCare. "And during this time, we often forget that out busy and stressful schedule can have a negative effect on our health. So this year we thought this would be a great way to collaborate with the community, while reminding the public to be more health conscious."

EuhCare Home-Health Services, which has recently been changed from St. Mary's HealthCare Services, gets its name from an African word, which means, "To make a sacrifice for a person, or a group of people."

For more information about store locations, service time and other available home health services, call (313)272-4392 or log onto www.euh-care.com

# Cancer experts issue nutrition guidelines

The American Institute for Cancer Research has issued nutritional guidelines for cancer survivors. The guidelines are intended to help cancer survivors following treatment choose foods that will reduce risk of secondary tumors or recurrence of their cancer.

During treatment, many cancer survivors need to eat whatever foods they can tolerate to maintain strength. But after treatment, they often ask what changes they can make in their diet and activity level to regain energy and then stay healthy and cancer free," said Jeff Prince, AICR's vice president for education.

Physicians are often reluctant to offer dietary recommendations to cancer survivors since science-based conclusions have been lacking. As a result, many survivors are persuaded by anecdotal evidence and marketing programs to overdose on untested supplements.

AICR is actively promoting research on diet, exercise and cancer survivors through conferences, its grant program and its new fellowship program.

"Meanwhile, we are issuing seven dietary guidelines for cancer survivors based on the extensive research that has been done on the link between diet and reducing the risk of

primary cancers. There is a consensus among researchers and clinicians that, until more is known, cancer survivors should regard these guidelines as relevant to their situation," Prince said.

The seven guidelines are:

- 1 Choose predominantly plant-based diets rich in a variety of vegetables and fruits.
- 2 If eaten at all, limit intake of red meat to less than three ounces daily.
- 3 Limit consumption of fatty foods, particularly those of animal origin. Choose modest amounts of appropriate vegetable oils.
- 4 Limit consumption of salt-

ed foods and use of cooking and table salt. Use herbs and spices to season foods.

- 5 Limit alcoholic drinks to less than two drinks a day for men and one for women.
- 6 Do not eat charred food. Consume the following only occasionally: meat and fish grilled in direct flame, cured and smoked meats.
- 7 Avoid being overweight and limit weight gain during adulthood. Take an hour's brisk walk or similar exercise daily.

Commentary of these guidelines appears on AICR's new online Cancer Survivor's Guide at [www.aicr.org/survivor](http://www.aicr.org/survivor)

# Arbor Hospice launches annual Hearts of Remembrance program

Arbor Hospice & Home Care is once again offering the opportunity to members of the community to honor or remember a loved one this holiday season through its annual Hearts of Remembrance program.

Over sixty Arbor Hospice & Home Care volunteers work throughout the year to design and handcraft thousands of heart-shaped ornaments that are sold as part of an annual holiday fund-raiser for the agency. Proceeds help to ensure the care of seriously ill patients and their families throughout Southeastern Michigan.

Each year's signature Heart of Remembrance ornament is a new design, allowing ongoing participants in the program the ability to collect the one-of-a-kind pieces from one year to the next.

"This is one of the agency's largest annual fund-raisers, and one that touches the lives of thousands throughout the community," stated Lisa Fitzgerald, director of marketing and business development for Arbor Hospice &

Home Care. "By purchasing a keepsake ornament, individuals are given an opportunity to honor a special loved one who has passed, or give a gift in the name of an individual who has impacted his or her life in a meaningful way."

Hearts of Remembrance ornaments will be on display through the end of December at the residence of Arbor Hospice, 2366 Oak Valley Drive, Ann Arbor, and the Ann Arbor City Women's Club, 1830 Washtenaw, Ann Arbor.

Individuals wishing to purchase Hearts of Remembrance ornaments may do so by contacting Arbor Hospice & Home Care at (888) 992-CARE (2273), Ext 152. The cost for each ornament is based on a suggested minimum donation of just \$20. Hearts may be ordered and sent to second party recipients at no additional fee. For more information about the Hearts of Remembrance program, individuals may visit the Arbor Hospice & Home Care Web site at [www.arborhospice.org](http://www.arborhospice.org)

**STORAGE USA**

Notice is hereby given that on (DECEMBER 17 2002), Tate & Co Auctioneers Executive Administrators for Storage USA will be offered for sale under the judicial lien process by public auction, the following storage units. The goods to be sold are generally described as household goods. The terms of the sale will be cash only. Storage USA reserves the right to refuse any and all bids. The sale will be at the following location: Storage USA 6729 CANTON CENTER RD CANTON MI 48187 at 12:30 PM

C 104 Gloria Collins Household Misc

Publish: December 1 and 8 2002

**PLYMOUTH CANTON NOTICE TO BIDDERS**

The Board of Education of the Plymouth Canton Community School invites all interested and qualified companies to submit bids for the **Centennial Educational Park Track and Synthetic Field Replacement**. Bid divisions include 100 Earthwork Site Utilities, and Demolition of Existing Facilities 148 Landscaping 149 Fencing 154 New Track 158 Synthetic Turf 159 Synthetic Track Surface at the PCCS High School Location. Please phone Construction Managers McCarthy & Smith at (248) 427-8400 for a copy of the bid documents. A pre bid meeting will be held on Wednesday December 11 2002 at 2:00 p.m. at the Centennial Educational Park Outside Maintenance Building located next to the Varsity Track and Field Complex behind Canton High School 8415 Canton Center Road Canton MI 48187. Bids are due on or before 10:00 a.m., Friday, December 20th, 2002 at which time they will be opened publicly.

The Board of Education reserves the right to accept any or reject all proposals as they judge in the best interest of the Plymouth Canton Community Schools.

THOMAS WYSOCKI Secretary  
Board of Education  
Plymouth Canton Community Schools

Walk Through Wednesday December 11 2002 @ 2:00 p.m.  
Bid Opening Friday December 20 2002 @ 10:00 a.m.  
Board Review Tuesday January 14 2003

Publish: December 1 and 8 2002

**CITY OF PLYMOUTH, MICHIGAN NOTICE WINTER TAXES**

Winter taxes are due December 1, 2002 and payable through February 28 2003 without penalty. Additional information appears on the reverse side of your tax statement. **MAKE ALL CHECKS PAYABLE TO: CITY OF PLYMOUTH.** Payments can be made at City Hall during regular working hours Monday Friday 8:00 a.m. to 4:30 p.m. at the Treasurer's office. After hours, payments can be placed in the drop box located in the City Hall lobby (Church Street entrance) or in the payment drop box next to the book returns behind the lobby.

**CITY HALL WILL BE CLOSED** during the Christmas Holiday from Tuesday December 24 2002 through Tuesday January 1 2003. The Treasurer's office will be **OPEN TO ACCEPT TAX PAYMENTS AND OTHER PAYMENTS ON FRIDAY, DECEMBER 27th AND MONDAY, DECEMBER 30th.**

TERESA CISCHKE CMFA  
City Treasurer

Publish: December 1 and 12 2002

**MAYFLOWER AUTO TRANSPORT**

Pursuant to State Law, an auction will be held at Mayflower Towing 1179 Starkweather, Plymouth Michigan at 11:00 a.m. Friday, December 6, 2002

1	1987	Honda	Accord	4 DR	JHMCA5547HC063656
2	1991	Ford	Taurus	S/W	1FACP5741MG104160
3	1983	Ford	LTD	4 DR	1FABP43F8DZ146553
4	1994	Chevrolet	Beretta	2 DR	1G1LV1547RY135192
5	1989	Dodge	Daytona	2 DR	1B3XG24K9KG164182
6	1991	Lincoln	Town Car	4 DR	1LNCM82W5MY610870
7	1992	Ford	Tempo	4 DR	2FAPP36X3NB169179
8	1983	Pontiac	Parisienne	4 DR	2G7AT69HXD1712876
9	1995	Nissan	Sentra	4 DR	1N4AB1D4SC784715
10	1990	Plymouth	Sundance	4 DR	1P3XP48K7LN234280
11	1987	Ford	Ranger	P/U	1FTCR11T1HVA11837
12	1980	Ford	F 800	Dump	F81HVA0871
13	1988	GMC	Safari		1GDDM15Z3JB540110
14	1992	Ford	F 150	P/U	1FTEF14H2NLA55310
15	1991	Ford	Mustang	2 DR	1FACP41M0MF149857
16	1982	Chevy	4x4	P/U	1GCCC14D9CF331233
17	1986	Ford	Bronco		1FMCU14T1GU888943

Publish: December 1 2002

**SHURGARD OF CANTON**

Notice is hereby given that the following units will be sold to the highest bidder by way of open auction on December 9 2002 at approximately 9:00 A.M. at the following Shurgard Storage locations:

**Shurgard of Plymouth**  
41889 Joy Rd  
Canton, MI 48187  
(734) 459-2200

Unit #206 Household goods Unit #170 Household goods

**Shurgard of Ann Arbor**  
2500 S. Industrial Hwy.  
Ann Arbor, MI 48104  
(734) 973-2212

Unit #1061 Household goods Unit #1071 Household goods Unit #2036 Household goods Unit #4004 Household goods Unit #4014 Household goods Unit #4123 Household goods Unit #5045 - Household goods

**Shurgard of Walled Lake**  
1901 E. West Maple Rd.  
Walled Lake, MI 48391  
(248) 669-4020

Unit #5025 Household goods Unit #8006 Household goods Unit #8032 Household goods & car Unit #9060 Household goods

**Shurgard of Livonia**  
30300 Plymouth Rd.  
Livonia, MI 48150  
(734) 522-7811

Unit #1009 Household goods Unit #3012 Household goods Unit #4100 Household goods Unit #4114 Household goods

**Shurgard of Southfield**  
19350 W. 8 Mile Rd  
Southfield, MI 48075  
(248) 357-1137

Unit #1035 Household goods Unit #1043 Household goods Unit #1059 Household goods Unit #1069 Household goods Unit #1079 Household goods Unit #1113 Household goods Unit #1114 Household goods Unit #1123 Household goods Unit #1161 Business supplies Unit #1164 Household goods Unit #1183 Household goods Unit #1208 Household goods Unit #1234 Household goods Unit #1308 Household goods Unit #2009 Household goods Unit #2081 Household goods Unit #2121 Boat & household goods Unit #2159 Household goods

**Shurgard of Canton**  
2101 Haggerty Rd.  
Canton, MI 48187  
(734) 981-0300

Unit #4232 Household goods Unit #4233 Household goods Unit #4268 Household goods Unit #4268 Household goods Unit #6009 Household goods Unit #6038 Tires/trailer parts Unit #6041 Construction equipment Unit #6052 Household goods Unit #6056 Construction equipment Unit #6220 Household goods Unit #6282 Household goods

**Shurgard of Woodhaven**  
25080 Hall Rd  
Woodhaven, MI 48183  
(734) 676-8500

Unit #233 Household goods Unit #525 Household goods Unit #409A Household goods Unit #709A Household goods Unit #710A Household goods

**Shurgard of Taylor**  
8300 Pelham Rd.  
Taylor, MI 48180  
(313) 292-2950

Unit #1008 Household goods Unit #3009 Household goods Unit #3013 Household goods Unit #3018 Household goods Unit #4078 Household goods Unit #4050 Household goods Unit #5023 Household goods Unit #5090 Household goods Unit #7108 Household goods

**Shurgard of Canton South**  
45229 Michigan Ave.  
Canton, MI 48188  
(734) 398-5416

Unit #4038 Household goods Unit #4146 Household goods Unit #4226 Household goods

Publish: November 24 & December 1 2002

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Saturday	9:00 AM-3:00 PM	7:30 AM-3:00 PM
Sunday	11:00 AM-3:00 PM	11:00 AM-3:00 PM

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\*\$100 minimum opening deposit required \*\*No transaction or account relationship necessary to enter. Must be 18 years of age or older. Winners responsible for all applicable taxes. Complete contest rules available at TCF BANK office. Contest ends 8:00 p.m. January 3 2003. \*May be closed major holidays. Contact branch for details. ©2002 TCF National Bank

# Spinal damage victims face exercise barriers

It's no secret that Americans are getting fatter, exercising less and suffering the health problems that go along with a sedentary lifestyle.

But for one often-overlooked group of Americans - people with spinal cord injuries - the problem is even worse. They may survive the accident that caused their injury, only to die of a disease that could have been prevented through exercise and diet.

Now, researchers are looking at ways to help them cut their extra-high risk of such diseases. The first step: To figure out what barriers, both psychological and physical, stand in the way of better health.

New research results announced by a University of Michigan Health System team give the first indications of what some of those barriers are, and hunt at what might be done to remove them. Three quarters of SCI patients taking part in a unique U-M research project indicated they want to exercise, but less than half actually do. And less than half said their doctor had encouraged them to exercise.

The participants cited many of the same reasons as able-bodied Americans when asked why they don't exercise, including lack of motivation and lack of energy.

But many also cited special concerns relating to their spinal cord injury. About half worried that fitness center staff wouldn't know how to work with them to develop an exercise program that fit their needs, and a sizable minority felt that their condition prevented them from exercising, or that exercise might worsen their condition.

"We need to encourage people with SCI to exercise," says Dr. William Scelza, who led the study while completing his residency in physical medicine and rehabilitation at U-M this year. "There are indeed exercise regimens that can increase the health and well-being of these patients, and make them more robust so they can participate

in life to a greater degree and live a longer, healthier, happier life - as well as being healthier for any potential cure."

## MORE RESEARCH NEEDED

Scelza knows the issue firsthand. He sustained a spinal cord injury at age 17 and uses a wheelchair. An active wheelchair basketball player, he knows that people with SCI can work out, but that doctors and fitness centers often don't offer exercise help.

More research is needed, and programs led by U-M SCI program directors Dr. David Gater and Denise Tate are aimed at learning more.

Gater and Tate head the UMHS Model Spinal Cord Injury Care System, one of only 16 comprehensive programs in the United States that combines advanced clinical care, research and education of SCI specialists under a grant from the National Institute on Disability and Rehabilitation Research. The UMHS program is the only one of its kind in the Midwest.

"Improvements in medical care and rehabilitation are giving SCI patients a longer post-accident life expectancy and better quality of life," says Gater, who holds positions at the Veterans Affairs Ann Arbor Medical Center and the U-M Department of Physical Medicine and Rehabilitation. "Now, we need to focus more and more on the outside risk of heart disease, diabetes and other disorders that SCI patients face because of a combination of lifestyle factors and the secondary physical effects of spinal cord injury."

The study results come from the Wellness with SCI Project begun by Tate and her colleagues early in 2001 and funded by the U-M Venture Investment Fund. It's the first-ever randomized controlled trial designed to help people with spinal cord injuries discover ways to improve their health and well-being with

**'Improvements in medical care and rehabilitation are giving SCI patients a longer post-accident life expectancy and better quality of life.'**

Dr. David Gater  
University of Michigan

nutrition, exercise and lifestyle options.

## STUDY RESULTS

The study's participants completed a two-hour questionnaire before being assigned to one of two groups: an intervention group that attended workshops on exercise and other wellness issues, and had regular physical exams, and a control group that only had the physical exams.

The survey results, taken from participants' responses on a standard Barriers to Physical Exercise and Disability questionnaire, are the first to be compiled. In addition to showing that 73.6 percent of SCI patients wanted to exercise but only 45.8 percent currently do exercise, it found that only 47.2 percent had been encouraged to exercise by their physicians, and that nearly 60 percent identified 'lack of motivation' as a barrier between them and fitness. There were no significant differences between groups of patients with spinal cord injuries of different severity.

These initial results show the importance of health promotion in all people with physical disability, including spinal cord injury, says Tate, a professor and director of research in the Department of Physical Medicine & Rehabilitation. "For people who have survived the cause of their disability, it's crucial to help them prevent secondary conditions that can be partly attributed to their primary condition, from carpal tunnel syndrome and pressure sores, to life-threatening heart disease."

These specialists may be better able to deal with the special physical issues that come with SCI, such as muscle spasms and autonomic dysreflexia, in which blood pressure shoots dangerously high due to nervous system problems linked to the injury.

The dramatic and sudden physical changes that come with a spinal cord injury can also lead to psychological effects, says Tate, who specializes in the psychosocial aspects of SCI. People living with SCI have a much higher incidence of depression and substance abuse than the general population, she adds, and these may interfere with the drive to exercise or live well.

Tate and colleagues are now compiling other results from the wellness study, including follow-up results on whether patients continued with exercise and wellness practices after the study ended.

Meanwhile, Gater is awaiting completion of a state-of-the-art Exercise Physiology and Body Composition Laboratory at the Ann Arbor VAMC that's designed specifically for the SCI population.

Methodologies for exercise screening, body composition analysis, fitness determination and exercise prescription have not yet been validated and reliably used in this special population," says Gater. "Our short term goal is to set the standards for these important facets of health within the next few years, and to begin a systematic implementation of these standards over the next decade."

For more information on the UMHS Model Spinal Cord Injury Care System, call (734) 763-0971, visit [www.med.umich.edu/pmr/model\\_sci/](http://www.med.umich.edu/pmr/model_sci/), or e-mail [model\\_sci@umich.edu](mailto:model_sci@umich.edu).

## CREATING AWARENESS

Physicians and fitness instructors can play a key role in raising SCI patients' awareness of their exercise options, Scelza says, from sports like basketball and hand-cycling to neuromuscular electrical stimulation that "exercises" the muscles SCI patients can't move themselves. And, he recommends that patients seek out SCI specialists and major SCI treatment centers to make sure they get the best care and can exchange information with other people with SCI.



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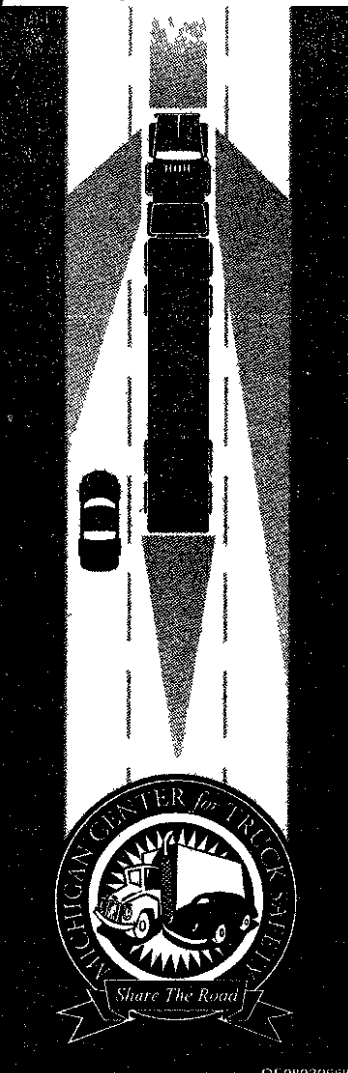
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This material was developed through a project funded by the Michigan Truck Safety Commission.



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# Experts recommend counting steps for disease prevention

Why would an institute dedicated to fostering cancer research promote the use of pedometers to its 9 million supporters? Because the pedometer makes you move, and moving is a good antidote for overweight and obesity, which increases risk of cancer.

A pedometer is a tiny, electronic gadget, which when fastened to your belt counts your steps. Set it at zero in the morning, and by the time you go to bed, it will tell you how many steps you took all day.

**'People who use a pedometer often become obsessed with counting their steps. In a sedentary society, that can be a healthy kind of obsession.'**

Jeff Prince  
vice president for education AICR

"People who use a pedometer often become obsessed with counting their steps," says Jeff Prince, AICR vice president for education. "In a sedentary society, that can be a healthy kind of obsession."

The Institute gave a pedometer to a 74-year-old grandmother, who discovered she was doing around 2,000 steps a day. In an attempt to raise her total, she strapped on a walkman and began pacing the L-shaped hall in her apartment building. Gradually she brought her total up to 3,000 steps per day.

A 55-year-old attorney started walking from the suburban train to his office each day after buying a pedometer. He is now thinking of taking up jogging again to bring his total up at least as high as his wife's.

A 42-year-old suburban mother found she was doing about 8,000 during her daily routine. To bring herself up to 10,000 a day, she began walking her daughter to school rather than driving her. That means she did the trip four times per day five days a week. Her total rose to 12,000 steps on weekdays, which she is maintaining. The morning and afternoon walk are a bonus for the daughter, too, since inactivity is rampant among youngsters and childhood obesity has reached epidemic proportions.

sity has reached epidemic proportions

## INCREASE GRADUALLY

Many experts recommend a goal of 10,000 steps per day. But researchers at AICR emphasize the importance of gradually increasing activity from whatever level you are currently at to whatever level health and stamina will allow. "Americans overeat and under-move," Dr. Elio Riboli of the International Agency for Research on Cancer recently commented at an AICR press conference. "That's why they are at risk for obesity."

For most people, maintaining a healthy weight involves reducing energy intake and increasing energy expenditure. That's why AICR recommends small portion sizes and greater physical activity as a means of preventing and often reversing overweight and obesity.

"Because portions in restaurants and at home have grown so large over the past two decades in this country, gradually reducing their size without feeling hunger would be relatively easy for most people," Prince commented.

But getting Americans to move may prove more difficult.

"In the past 200 years, our daily existence has been re-engineered for convenience. We have to teach people to stop saving steps, and that's where the pedometer comes in. It encourages taking the stairs instead of the elevator, walking to the store instead of driving and taking a stroll instead of having a snack at mid-afternoon."

A review of current scientific literature conducted by AICR last winter showed that obesity and possible overweight are associated with greater cancer risk. In particular, obesity has been linked to breast cancer in post-menopausal women, colorectal cancer, prostate cancer, pancreatic cancer, endometrial cancer, kidney cancer and possibly ovarian cancer.

In addition, research has begun to reveal that the simple act of exercising itself confers its own protection. Getting regular physical activity has been shown to make the body better able to regulate insulin, metabolic hormones and other "growth factors" that have been linked to cancer development.

In fact, one recent study in the *American Journal of Epidemiology* involving over 2,000 women found that those subjects who reported the highest level of lifetime physical activity had a 30 percent lower risk of breast cancer than subjects who reported the least activity. Another study in the *British Journal of Cancer* followed 7,588 middle-aged men for 19 years and found that men who engaged in regular, vigorous exercise had a 35 percent lower risk of cancer than inactive men.

The scientific jury is still out on precisely how much exercise is required to see the greatest benefit, but one thing is clear: Every little bit counts.

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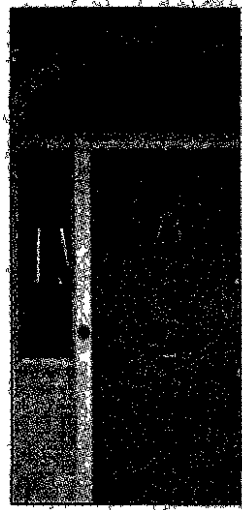
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### CLASSIFIED INDEX

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Real Estate For Sale	3000-3800
For Sale By City	3100-3400
For Sale By County	3500-3600
Misc. Real Estate	3590-3800
Commercial/Industrial	3900-3990
Real Estate for Rent	4000-4400

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[www.observandeccentric.com](http://www.observandeccentric.com)

## Developments win kudos for preservation, ambiance

One is nice, but two major awards for residential development is terrific

The Mocer Companies of Auburn Hills has won a President's Award from Keep Michigan Beautiful for environmental ambiance at The Oaklands, a collection of upscale neighborhoods in Oakland Township

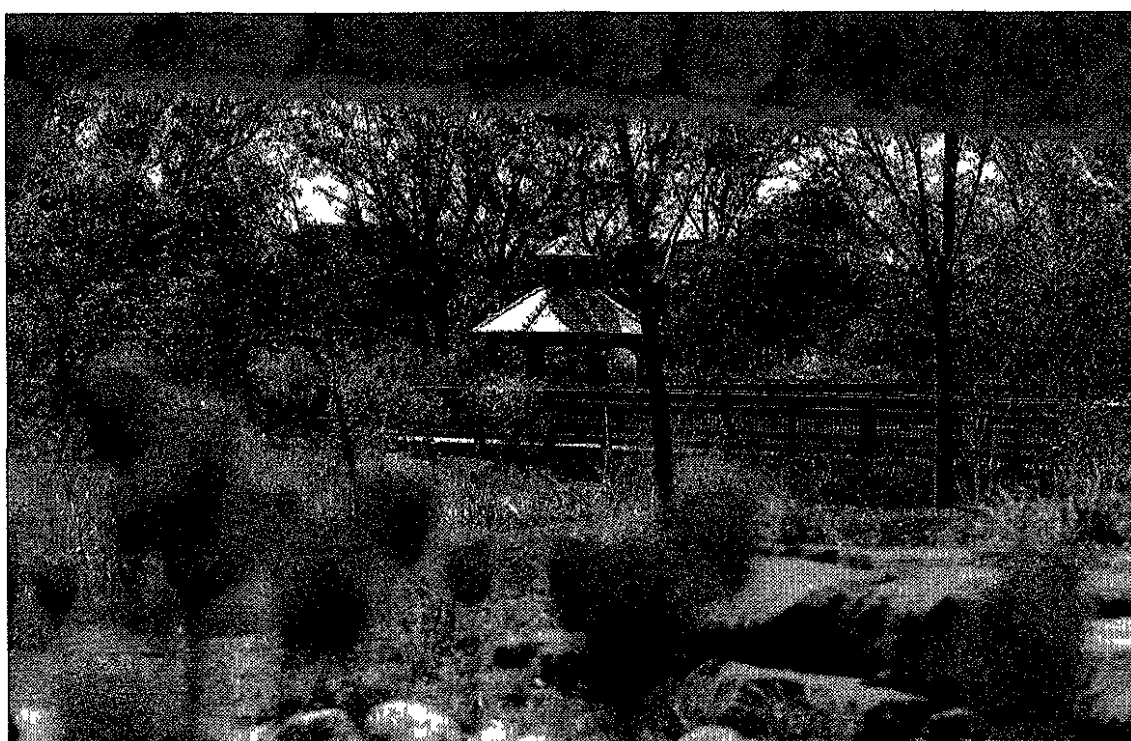
Also, Stonewater in Northville was designated 2002 Development of the Year by the Building Industry Association of Southeastern Michigan

Mocer partnered with Trinity Land Development and Windham Development at Stonewater

"From the start, we embraced the natural beauty of the land and carefully considered the environmental impacts of our development," Dominic Mocer said of the Oakland Township project

The Oakland's five adjoining communities off Adams between Dutton and Silverbell roads encompass 225 acres and are linked by walking, jogging and cycle pathways

Boardwalks are suspended over nature preservation areas, and nearly 90 acres have been saved as open space



Boardwalks provide a view of delightful natural features at The Oaklands

The development also includes gazebos, benches and a glass conservatory offering retreats to enjoy the natural surroundings

"It's new, but it blends into the surrounding landscape which

will sustain value and environmental character for generations," Mocer said "The goal was having something to look forward to driving home"

Mocer credited Donald Westphal, landscape architect/planner from Rochester, and Gary Roberts of Great Oaks Landscaping in Novi for their efforts in creating The Oaklands

Stonewater, bounded by Six and Seven Mile and Beck and Ridge roads, includes six lakes totaling 105 acres used for canoeing, paddle boating, sailing and fishing

Homes there range from \$400,000 to more than \$1 million

"Basically, we wanted to establish a waterfront paradise," Mocer said "What makes it exciting and worthy of development of the year was the diversity of the builders and custom home price points"

And the other two members of that development team?

"Our goal was to provide a

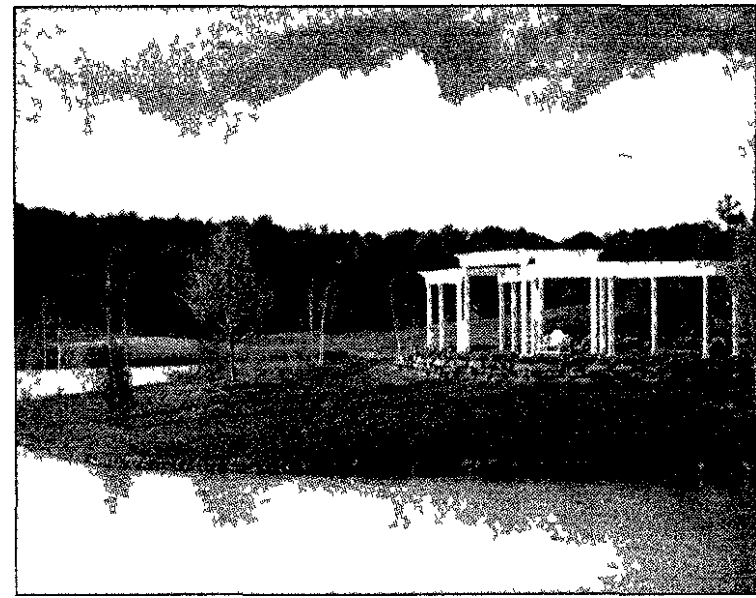
vacation-type atmosphere," said Herb Lawson, CEO with Windham "We reclaimed a creek, restored it, restocked it with trout That was something to be proud of"

"It really established a new standard of quality and excellence in Wayne County," Lawson added

The project had many challenges, said Richard Ives, vice president with Trinity

"It would be taking a piece of property with at least two failures I was aware of and getting the township of Northville and the state of Michigan to agree what it would take to restore it and build homes We moved, I think, a million cubic yards of material."

"Each partner has decades of experience, and we combined construction, marketing and environmental standards," Mocer added



Water is a very big component in the Stonewater development

### Cassady Place Plymouth

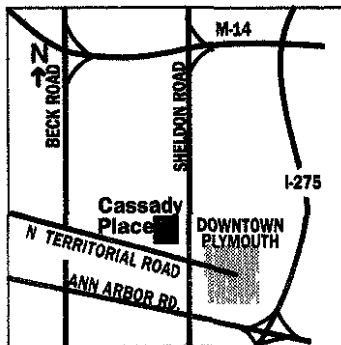


30 Luxury Condominiums conveniently located in the city of Plymouth Cassady Place is situated on the site of the historic Cassady House and is just moments from downtown Plymouth Stop by and see our model beautifully decorated by Gabriel's Park View Gallery

For information call 734-416-9118

- Features**
- Two bedrooms
  - Two full bathrooms
  - Open floor plan
  - Garage
  - Basement

Our model will be open daily from 12-6 pm



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## OPEN HOUSES OF THE WEEK

Hills of Northshore  
 Single Family Homes  
 Model Home Year End Sell-off



Reduced \$16,895  
 to \$254,000!

The Andover  
 1784 sq ft  
 3 Bedrooms 2 Bathrooms

Sutton Cliffs Maple Natural Cabinetry in Kitchen  
 Golden Oak Hardwood Flooring in Foyer & Kitchen  
 Built-in Entertainment Alcove  
 Gas Log Fireplace  
 Custom 2 tone Glidden Paint  
 Amana Central Air Conditioning  
 Fully Landscaped  
 10x15 Patio

Private Beach & Gazebo Access  
 Neighborhood Nature Trails  
 Maintenance Free Exteriors

This flowing Ranch plan invites a beautiful view of Crooked Lake! The oversized windows allow for natural sunlight to pass through the home's spacious rooms Stylish 10 ceilings a cozy kitchen nook first floor Master Suite & formal dining area complete this home with class

Northshore Lakeside Living...  
 Living life the way you want to  
 Sales Information Center  
 517.546 3535  
 Open Sat - Tuesday 12-5



Livonia

### Hunters Grove CONDOMINIUM

True Ranch Condos  
 Starting at \$249,900  
 Three Distinctive Floor Plans

- 2 & 3 Bedrooms
- All End Units
- 1st Floor Laundry
- Fireplace in Great Room
- Huge Full Basement
- 2 Car Attached Garage
- Doorwall from Dining Room to Patio

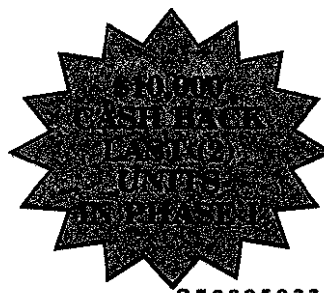
Located on Newburgh Road  
 North of 5 Mile  
 South of Laurel Park Mall

Model Open 1:00 - 5:00 p.m.  
 Friday, Saturday, Sunday, Monday

Sold Exclusively by  
 The Henney Team



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### NEW CONSTRUCTION IN LIVONIA

E. of Wayne, N. off Ann Arbor Trail



LAKESIDE ESTATES, A NEW 22 HOME SUB IN LIVONIA OFFERS MANY OPTIONS TO BUYERS SEMI-CUSTOM-BUILT, THERE ARE MANY PLANS FROM WHICH YOU CAN SELECT THE STYLE YOU WANT (RANCH, CAPE OR COLONIAL), THE SIZE (1,500 TO 2,900 SQUARE FEET) AND THE PRICE (FROM \$290,000 TO \$370,000)

THEN YOU PICK THE LOT YOU LIKE AND MAKE ANY MODIFICATIONS TO THE BLUE PRINTS, IF DESIRED

NATURALLY, THE CHOICE OF ROOF SHINGLES, TILE, CABINETS, BRICK, COLORS AND OTHER ITEMS ARE YOURS TO MAKE BRIAN DUGGAN, OWNER OF AMERICAN CLASSIC REALTY (SALES AGENCY FOR THE BUILDERS) WILL WALK YOU THRU THE PROCESS HE HAS SAMPLES TO CHOOSE FROM IN HIS OFFICE

THE QUALITY OF THESE HOMES IS TOP-NOTCH ALL HAVE BRICK ON ALL FOUR SIDES, FULL BASEMENT AND ATTACHED 2 CAR GARAGE ALSO, FIRST FLOOR LAUNDRY, FIREPLACE, 2½ BATHS, VAULTED CEILINGS, DISTINCTIVE DESIGNS, OPEN FLOOR PLANS, LARGE BREAKFAST ROOMS AND EPICUREAN KITCHENS

FROM \$290,000

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**1-800-579-SELL**



**Walk-In Office Hours:**

**Publication Day**

**Deadline**

Monday - Friday 8:30 am - 5:00 pm SUNDAY PAPER.....5:00PM Friday

Fax your ad: 734-953-2232 THURSDAY PAPER.....5:30PM Tuesday

On-line at [www.observerandeccentric.com](http://www.observerandeccentric.com) • E-Mail Us: [eads@oe.homecomm.net](mailto:eads@oe.homecomm.net)



## Too Late To Classifieds...

If you missed our regular Tuesday deadline for Thursday's publication, you can now call us 'til Wednesday at 11am and place your ad in our "Too Late To Classified" Section. Look for this to appear in Section B of the paper!

Let us work for you!

**3000's Real Estate**

3030 Open Houses	3440 West B room/d
3040 Ann Arbor	Ocha d Lake/
3050 Birmingham/B room/d	Keego Harbor
3060 Brighton	Westland/Wayne
3080 Canton	Wixom/Wad Lake/
3090 Clarkston	Commerce
3110 Dearborn/Dearborn Hgts	Ypsilanti/Bevil
3120 Detroit	Livngston County
3140 Farmington/	Macomb County
Farmington H s	Oak and County
3170 Garden City	Washtenaw County
3180 Grosse Pointe	Wayne County
3190 Hamburg	Lakeford/Water/OHomes
3200 Hart and	Other Suburban Homes
3210 Highland	Out of State Homes/P operty
3220 Holly/Fenton	Country Homes
3230 Howell	Farms/Horse Farms
3250 Livonia	Real Estate Services
3260 Milford	New Home Builders
3270 New Hudson	Apartments Fo Sa e
3280 Northville	Condos
3290 Novi	Duplexes & Townhouses
3310 Orion/Township/	Manufactured Homes
Lake Orion/Oxford	Mob e Homes
3330 Pinckney	Homes Under Construct on
3340 Plymouth	Lake/Ont Property
3350 Racine	Lake/River Resort/P operty
3360 Rochester/Ann Arbor H s	Northern Property
3370 Royal Oak/Oak Park/	Southern Property
Huntington Woods	Lots & Acreage/Vacant
3380 Salem/Salem Township	Time Share
3390 Southfield/Lathrup	Lease/Opt on To Buy
3400 South Lyon	Mortgage/Land Contracts
3410 Troy	Money To Loan
3420 Waterford/Un on Lake/	Money To Borrow
White Lake	Real Estate Wanted
	Cemetery Lots

**3900-3980 Commercial/Industrial**

3900 Business Opportunities	3940 Industrial-Sale & Or Lease
3910 Business & Professional Buildings For Sale	Office Business Space
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**Homes 3000**

CLASSIFIED ADS WORK  
Call Today  
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**Open Houses 3030**



**BIRMINGHAM**  
Sat & Sun 1 4  
490 Park St  
Between Old and New  
Woodward N of Maple  
3 bedrooms 3000 sq ft  
Walk to downtown Birm  
ingham from this beautif  
fully constructed home  
Timeless charm w/ features  
like bead board mudroom  
sitting front porch and  
gourmet kitchen High ce  
ilings n finished lower leve  
2nd floor laundry Broker  
coop \$925 000  
(248) 646 0144  
W LBERD NG HOMES LLC

Bloomfield Twp  
**OPEN SUN 1 4**  
422 N Williamsbury  
407 N Williamsbury  
(N off Maple on Williamsbury  
W of Cranbrook Road)  
2 CLASSIC BLOOMFIELD  
V LLAGE HOMES NOW  
AVAILABLE AND OPEN TODAY  
One 4 bedroom colon ial com  
pletely updated \$645 000  
The other so d brnck with 5  
bedrooms & ove 3000 sq ft  
at \$800 000  
CHARLIE SMART  
248 231 3303  
COLDWELL BANKER  
Schweitzer Real Estate  
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**Open Houses 3030**

**CANTON OPEN SUN 1 5**  
Sunflowe 4 br 2 1/2 bath  
2343 sq ft quad (on the  
park) 1st floor laundry fin  
shed basement \$264 900  
47153 Bartlett 734 459 4664

**COMMERCE SUN 1 4**  
2199 Applebrook S of Com  
mece W of Bog e Lake Rd  
**REDUCED DRASTICALLY TO**  
**\$439 900**  
Go geous 4 bed room  
con on a On y 2 yea s o d  
Lovely hardwood floors  
marble firep ace gourmet kt  
chen ba cony over oaks fam y  
room and loyer Mt cond  
ASK FOR STEVE CASH  
Pager (248)866 1573  
**Real Estate Div...**

32961 M d d ebet Fa m H l s  
**FARMINGTON Historic Dist**  
Open S n 2 4  
Cha ming 1912 home Oak  
leaded glass bays 23801  
Farmington Rd \$309 900  
hno com\* 5267 248 8887477

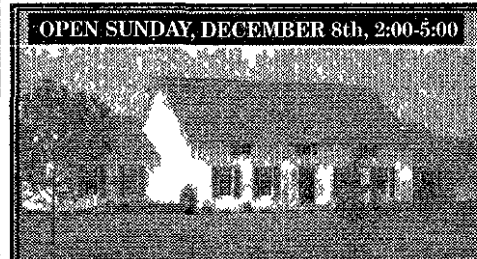
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advertise with O & E  
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**Open Houses 3030**

**Farmington Hills**  
**DETACHED CONDO**  
**ESSEX CLUB**  
OPEN SUN 1 4 37749 Avon  
Lane N/12 Mile W/Off  
Ha sted Immaculate stun  
ning 3 bedroom 3 bath  
beauty 1st floor master huge  
kitchen cathedral ce lings  
GREAT VALUE AT \$334 900  
GAYLE (248)789 3333  
Real Estate One  
4136 Telegraph Rd  
Bloomfield Hills

**Garden City**  
**OPEN SUN 1-4**  
32951 Barton Immaculate 4  
bedroom brnck Ranch Beauti  
fu oak k tchen new windows  
oof C/A & furnace Avesome  
hardw ood Inv tng fam y  
corn y gas f eplace Ove  
400 sq ft This one s a  
keeper Come take a ook  
Se lsr wants offers \$164 900  
DONNA DEANGEL S  
(734)392 6014

**COLDWELL BANKER**  
PREFERRED



**2325 Escott Road, Owosso**  
Directions M 21/Corunna Rd to Kirby Rd North to  
Wilkinson Rd West to Escott Rd North!  
**Beautiful custom built Country Cape Ranch on 3 acres!**  
2500 sq ft 3 bedrooms and 15 baths! A  
wonderful 44 foot long covered back porch offers  
exceptional space for entertaining! Full  
basement central air and 1st floor laundry!  
WOW-The 20x44 great room features 12 foot  
ceilings hand made Pine flooring built in  
library and entertainment storage plus a wood  
burning fireplace 28x46 poie barn with heated  
office plus a 20x40 woodworking shop! This  
beautiful property is located in the Corunna  
school district! Offered for **\$289,900**  
Call Mary Sumpter for further information  
on this beautiful home & property!  
**COLDWELL BANKER**  
DIANE ROLL REAITY  
**(517) 625-8105**  
msumpter@coldwellbanker.com

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- Beautiful wooded setting
- First floor master suites
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- From 2,300 to 3,500 square feet
- Priced from the high \$400,000's\*

**\$10 000 Incentive on Immediate Delivery Home**

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for over 57 years.

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- Acres of preserved natural beauty
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- Priced from \$400,000\*

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Prices and availability subject to change without notice.

<p><b>CANTON</b> POPULAR SUNFLOWER SUB 3 bedroom 1 5 brnck ranch backs to woods large foyer central air gas fireplace finished basement with wet bar newer vinyl siding/trim &amp; roof drywalled 2+ car garage 2 pools with clubhouse &amp; more (P56BAR) \$234 900</p>	<p><b>PLYMOUTH</b> EXCEPTIONAL COLONY FARMS SUB DIVISION! Elegant 2 story home with numerous updates 2 fireplaces huge family room (19x15) 1st floor den 1st floor laundry 4 spacous bedrooms with complete y updated man bath Attached garage and wrap around deck An exceptional buy at \$389 000 (P01BRE)</p>	<p><b>PLYMOUTH</b> BEAUTIFUL PLYMOUTH MEADOWS SUB Custom luxury n this 3504 sq ft 4 bedroom 2 baths 3 lavs and 2250 sq ft basement home Custom kitchen with Jenn aire stove ceramic tiled foyer thru 1st floor laundry room great room with gas fireplace In ground pool w th waterfall 2 brnck paver pat os (P78KAT) \$724 000</p>
<p><b>CANTON</b> OUTSTANDING VALUE AND PRICED RIGHT 4 bedroom colonial with a huge master bedroom also used as a family room All aluminum trim all vinyl windows Custom kitchen with new oak cabinets C/A private yard with 12 x 16 screened porch and a pool (P60WOO) \$169900</p>	<p><b>CANTON</b> BEAUTIFUL WOODED SETTING 4 bedroom 2.5 bath brnck ranch backing to woods Family room w th gas fireplace huge kitchen neutral carpet 1st floor laundry all appliances large deck finished basement Features Home Warranty (P91COR) \$229 900</p>	<p><b>WESTLAND</b> LOVELY BRICK RANCH Completely updated 3 bedroom ranch located on a cul-de sac Finished basement newer roof updated windows updated kitchen 2 car garage L von a Schools and more (P003TE) \$152 900</p>

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**Equal Housing Opportunity**

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Real estate listings grid with columns for various locations including Livonia, Canton, Farmington Hills, Garden City, Livonia, Novi, and Dearborn Heights. Includes 'Auction' section for Fawn Ridge Condominiums.

Real Estate One advertisement featuring the Real Estate One logo, contact information, and a grid of property images with descriptions and prices.

Footer information including the address 'Livonia • (734) 591-9200 • 38705 Seven Mile Rd., Ste. 150' and the Real Estate One logo.





Apartments

All Ads Run Online FREE! A Value Of Up To \$87.00

4000's Real Estate For Lease. List of various properties for lease with details on location, size, and features.

Apartment Rentals

Apartment Rentals section featuring listings for Allen Park, Westbury Village, West Haven Manor, and other properties.

Apartment listings for Farmington Hills, including Cedarbrook Apts and Farmington Hills properties.

West Haven Manor Retirement Community advertisement, highlighting amenities and location.

Hartland Manor advertisement, featuring a 1-month free rent offer and details on the property.

Cambridge Apartments advertisement, offering free rent until Feb 1st 2003 and \$50 off for 6 months.

Apartment Rentals

Apartment listings for Farmington Hills, including Foxpoint Townhouses and Farmington Hills properties.

Dearborn Heights Area advertisement, featuring beautiful 1, 2 & 3 bedroom properties.

Wayne Woods advertisement, offering a 1-month free rent special and \$560 starting rent.

The Landings advertisement, featuring a 1-month free rent offer and details on the property.

First Month Free Rent advertisement for Orchard of Newburgh in Westland.

Apartment Rentals

Apartment listings for Farmington Hills, including Farmington Hills properties and Foxpoint Townhouses.

Canton advertisement, featuring spacious 1 & 2 bedroom properties.

Covington Club advertisement, featuring a 1-month free rent offer and details on the property.

Southport advertisement, featuring a 1-month free rent offer and details on the property.

Chatsford Village advertisement, offering zero security deposit and immediate occupancy.

Apartment Rentals

Apartment listings for Farmington Hills, including Farmington Hills properties and Foxpoint Townhouses.

Keego Harbor advertisement, featuring a 1-month free rent offer and details on the property.

Autumn Ridge advertisement, featuring a 1-month free rent offer and details on the property.

Southport advertisement, featuring a 1-month free rent offer and details on the property.

Oak Park North advertisement, offering a 1-month free rent offer and details on the property.

Apartment Rentals

Apartment listings for Farmington Hills, including Farmington Hills properties and Foxpoint Townhouses.

Armenian Senior Citizen Tower advertisement, located in Dearborn.

W. Bloomfield advertisement, offering a 1-month free rent offer and details on the property.

Apartment listings for Farmington Hills, including Farmington Hills properties and Foxpoint Townhouses.

Apartment Specialists advertisement, celebrating a 50-year anniversary and offering a coupon.

Apartments

All Ads Run Online FREE! A Value Of Up To \$87.00

Apartment - Unfurnished 4000 PLYMOUTH BROUGHAM MANOR 1 & 2 Bedroom Apts Starting \$570

Apartment - Unfurnished 4000 PLYMOUTH HILLS APARTMENTS 746 S Mill St (Lilley Rd)

Apartment - Unfurnished 4000 PLYMOUTH RENTAL SPECIAL 1 and 2 bedroom apts 1 month's free rent

Southfield HOLIDAY SAVINGS \$200 OFF 1st 6 MONTHS No Application Fee

Apartment - Unfurnished 4000 WEST BLOOMFIELD Condo Style Apartment Luxury 2 and 3 bedroom

Apartment - Unfurnished 4000 WESTLAND CAPRI FALL SPECIAL California Style Apts

Apartment - Unfurnished 4000 Westland Park Apts Unbelievable SPECIALS!!! \$0 Application Fee

Condos & Townhouses 4020 KEEGO HARBOR Lakewood Condo Private beaches \$800/mo

Homes For Rent 4050 CANTON 970 Princess Lilley & Cherry Hill Approx 1800 sq ft

PLYMOUTH PARK APTS 40325 Plymouth Rd 2 MONTHS FREE!

PLYMOUTH OLD VILLAGE 2nd floor studio with small kitchen & bath

PLYMOUTH Spacious 1 bed room Apt Heat & water included

Spacious One/Two Bedrooms Contemporary floor plans Walk in Closets

WESTLAND 2 bed room 2 bath garage new kitchen

WESTLAND ESTATES On Wayne Rd S of Warren Spacious 1 bedroom

Very clean apartments Appliances include dishwasher

MIDTOWN SQUARE New construction lease opportunity 2 bed 2 bath in Troy

Canton LEASE W/PTION Newer Colonial 3 bedroom 2.5 bath all appliances

Plymouth Old Village 1 bed room upper no pets Available immediately

Our Classifieds Work! Call Today 1-800-579-SELL

PLYMOUTH 1 bedroom Quiet building Heat & water included

Franklin River 248-356-0400 On 12 Mile East of Telegraph

WESTLAND 1 & 2 bedroom Safe quiet clean Air heat appliances included

WESTLAND FOREST LAKE On Wayne Rd near Ford Rd 2 MONTHS FREE!

WESTLAND PLAZA 1 & 2 bedroom apartments available FROM \$545

NOVI Brand New Condo For Rent 3 bedroom with 1st floor master

DEARBORN 3 bedroom garage finished basement air \$750/mo

Cordoba Apartments Attractive 1 & 2 Bedroom Apartments Conveniently Located in Farmington Hills

Royal Oak LAFAYETTE COURT APARTMENTS Zero Security Deposit 1 bedroom apts

Southfield A SPECIAL PLACE to Call Home Park Lane Apts. 248-355-0770

WESTLAND DECEMBER SPECIAL! 1 BEDROOM ONLY \$535 PER MONTH

Westland FREE RENT UNTIL FEB. 1st 2003 & \$50 OFF for 6 mo

Westland Livonia Schools COME IN FROM THE COLD FOR HOT SPECIALS!

5000 TOWNCENTER 1 2 & 3 bedroom luxury condos \$1100 to \$2900 per mo

DEARBORN Remodeled 3 bedroom ranch Basement garage dining room

Construction Bonus Up To 2 Months FREE Rent THE PRESERVE AT MALLARD POND

Royal Oak steps to downtown newly renovated 2 bed room hardwood floors

Southfield 12 Mile & Lahser COLONY PARK TWYCKINGHAM APARTMENTS

Westland Open Sunday \$SAVES at WOODLAND VILLA APTS \$465\*

Westland HOLIDAY SPECIALS \$199 moves you in First month rent free

Westland FREE RENT UNTIL FEB. 1st 2003 & \$50 OFF for 6 mo

WEST BLOOMFIELD Condo Style Apartment Luxury 2 and 3 bedroom

FARMINGTON HILLS CLEAN Basement NEW kitchen & bath A/C

We're BIG on Square Feet Huge Apartments & Town Homes from \$795

Royal Oak 13 Mile & Crooks HOLIDAY SPECIAL December Rent Free Plus \$500

TROY Three Oaks Apts. SPECIAL! \$1,000 OFF RENT For Limited Time

Westland -WOW- \$570\* FREE First Months\* (One Bedroom Unit)

Westland LUXURY You Can Afford Deposit from \$199 Limited Time Special

Birmingham • Novi Royal Oak • Troy Furnished Apts.

BIRMINGHAM Charming 2 bedroom apt with neutral carpeting

GARDEN CITY 3 bedroom bungalow basement deck fenced \$850/mo

SALE Nov Farmington WESTGATE VI 1 Bedroom was \$615 \$565

Franklin Square Apartments 1 & 2 Bedrooms from only \$590!

Holiday Extravaganza Join Us For FUN, FOOD, PRIZES, SPECIAL HOLIDAY SAVINGS up to \$2500

BIRMINGHAM 2 bed townhouse Lovely new expo kitchen tile \$990/mo

BIRMINGHAM Beautiful & very clean bungalow Large family room w/fireplace

LIVONIA Near school base ment appliances \$700/mo \$95 Fee

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# Saturn® 2003 VUE

**0% APR** for  
**5 years†**  
 and No Payments  
 for 90 Days•  
 for qualified buyers  
 on 2003 VUE's

**\$17,495** plus tax,  
 title and plates  
 GM employees and  
 qualified family members  
**\$16,217** plus tax,  
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Sport Package includes 5 speed manual transmission • Air conditioning  
 • Power windows • Power locks • Cruise • Alloys • CD and more

**Ask About Our  
 Saturn/GM Lease  
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 New Saturn.**



**Saturn of Farmington Hills**  
 248-473-7220  
**Saturn of Plymouth**  
 734-453-7890

**It's different in a Saturn**  
 www.saturn.com

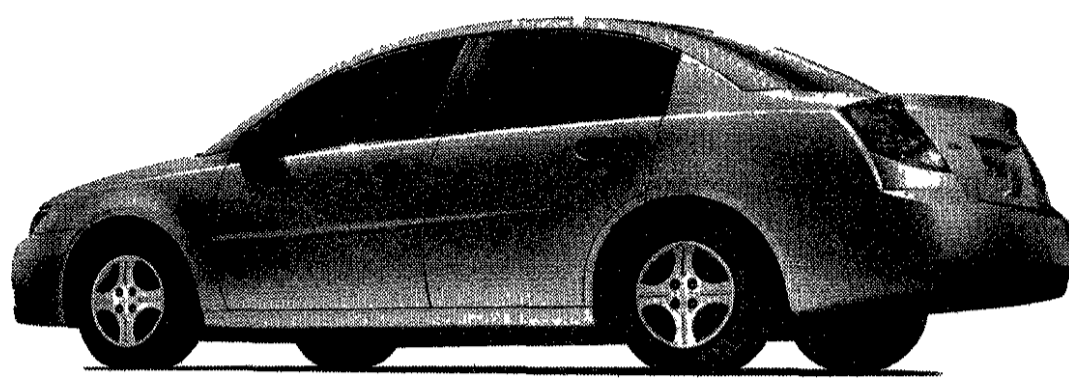
†Monthly payment is \$16.67 for every \$1000 financed. Example down payment is 14%. Some customers will not qualify. Take delivery by 12/31/02. Not available with other offers. Retailer financial participation may affect consumer cost. ©2002 Saturn Corporation. For more information go to saturn.com

# 2003 Saturn ION™

Let the Fun Begin.

**0% APR†** for  
**36 months**  
 and No Payments  
 for 90 Days•  
 for qualified buyers on 2003  
 ION models. Average finance  
 savings of \$1,908.

**\$14,145** plus tax,  
 title and plates  
 GM employees and  
 qualified family members  
**\$13,101** plus tax,  
 title and plates



ION features include Automatic transmission • Air conditioning • AM/FM/CD • And much more

**Ask About Our  
 Saturn/GM Lease  
 Loyalty Program.  
 Up To \$750 Off A  
 New Saturn.**



**Saturn of Troy**  
 248-643-4350  
**Saturn of Southgate**  
 734-246-3300

**It's different in a Saturn**  
 www.saturn.com

†Monthly payment is \$16.67 for every \$1000 financed. Example down payment is 14%. Some customers will not qualify. Take delivery by 12/31/02. Not available with other offers. Retailer financial participation may affect consumer cost. See retailer for restrictions. ©2002 Saturn Corporation. For more information go to saturn.com

# Saturn® 2003 ION 1

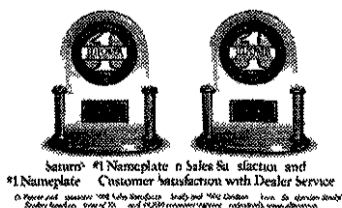
**0% APR** for  
**36 months** Or  
 and No Payments  
 for 90 Days•  
 for qualified buyers on 2003  
 ION models. Average finance  
 savings of \$1,908

Lease for  
**\$225†/month** for 48 months  
**\$795** due at lease signing  
 (No security deposit required  
 Tax title and license are extra )  
 GM employees and  
 qualified family members  
**\$199†/month** for 48 months  
**\$795** due at lease signing  
 (No security deposit required  
 Tax title and license are extra )



ION Features Include Automatic • Air conditioning • AM/FM/CD • And much more!

**Ask About Our  
 Saturn/GM Lease  
 Loyalty Program.  
 Up To \$750 Off A  
 New Saturn.**



**Saturn Lakeside**  
 586-286-0200  
**Saturn of Warren**  
 586-979-2000

**It's different in a Saturn**  
 www.saturn.com

†Monthly payment is \$16.67 for every \$1000 financed. Example down payment 14%. Some customers will not qualify. Take delivery by 12/31/02 on ION model. Not available with other offers. Retailer financial participation may affect consumer cost. See retailer for restrictions. Savings compare 0% APR to a Bankrate Inc. national average bank loan rate. Vehicle shown with optional equipment. †Lease payments based on specially designed equipped 2003 Saturn model with MSRP of \$13,855. Option to purchase at lease end for amount to be determined at lease signing. Primary lending source must approve lease. Take delivery by 12/31/02. Mileage charge of 20¢ per mile over 48,000 miles. Lessee pays for excess wear. Payments may be higher in some states. Not available with other offers. ©2002 Saturn Corporation. For more information go to saturn.com

# Saturn® 2003 L200

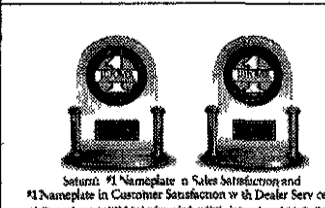
**0% APR** for  
**5 years\*†** Or  
 and No Payments  
 for 90 Days•  
 for qualified buyers on  
 2003 L-Series models

Lease for  
**\$252†/month** for 39 months  
**\$252** due at lease signing  
 (No security deposit required  
 Tax title and license are extra )  
 GM employees and  
 qualified family members  
**\$209†/month** for 39 months  
**\$209** due at lease signing  
 (No security deposit required  
 Tax title and license are extra )



Lease payments on 2003 L200 include • Optional automatic transmission  
 • Optional Convenience Package • Power windows, door locks and mirrors  
 • 6-speaker CD stereo • Air conditioning

**Ask About Our  
 Saturn/GM Lease  
 Loyalty Program.  
 Up To \$750 Off A  
 New Saturn.**



**Saturn North**  
 248-620-8800  
**Saturn of Southfield**  
 248-354-6001

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†Lease payments based on specially equipped 2003 Saturn L200 with MSRP of \$19,190. Option to purchase at lease end for amount to be determined at lease signing. Primary lending source must approve lease. Take delivery by 12/31/02. Mileage charge of 20¢ per mile over 39,000 miles. Lessee pays for excess wear. Payments may be higher in some states. Not available with other offers. Convenience Package includes heated power exterior mirrors, driver's seat adjustable lumbar, rear seat armrest, floor mats, dual air vents, vanity mirrors, rear seat reading lamps and front seat map lights. Must take delivery by 12/31/02. Monthly payment is \$16.67 for every \$1000 financed. Example down payment 14%. Some customers will not qualify. Not available with other offers. Retailer financial participation may affect consumer cost. ©2002 Saturn Corporation. For more information go to saturn.com

