



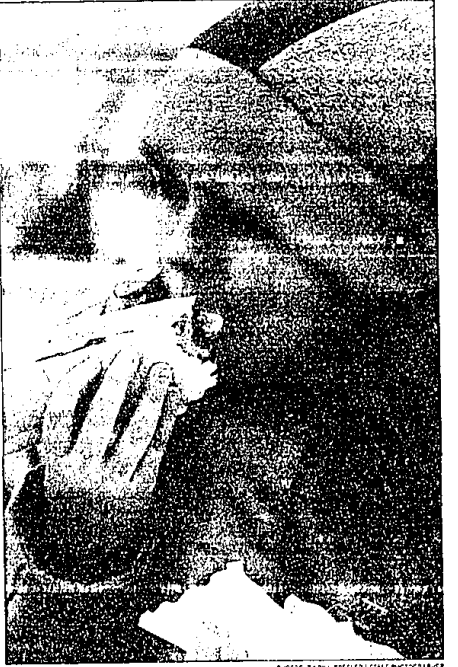
Sisters Heena and Shilpa Phillips learned to cross-country ski with a lesson from instructor Carol Fink.

## Hills celebrates Winterfest

Farmington Hills Recreation Department hosted about 200 people at Heritage Park Sunday, for their first Winterfest. Guests enjoyed cross-country skiing lessons, arts and crafts, a hardest shot contest sponsored by the Farmington Hills Hockey Association, bean bag toss game with the department's mascot, Parkey, and sledding. East Mountain Sports sponsored a snowshoe demonstration. The afternoon's menu included a hot dog and marshmallow roast, as well as a little hot cocoa and playoff football.



With cold temperatures and brisk wind, the warming fire was a popular place.



Rebecca Reynolds enjoys a hot dog.

## Botsford Hospital doctors concerned about flu

Even though 2002 produced medical news stories about mysterious cruise ship illnesses, the West Nile virus and smallpox vaccinations, Botsford General Hospital physicians continue to be concerned about an "old" story in 2003. Influenza, or the flu, represents a serious health issue for older adults. "Older adults are at high risk for complications if they get

the flu. The flu vaccine protects against many strains of the virus and it is not too late to protect yourself this season," says Paul LaCasse, D.O., Botsford's chief medical officer. "The statistics tell us that nearly a third of older adults don't get their shots even though they are free under Medicare." The Centers for Disease Control and Prevention strongly recommends the

shots annually for all people 65 and older, for people in nursing homes and for those with chronic heart, lung or kidney disease, diabetes, immunosuppression or severe forms of anemia. "Even someone in excellent health should receive the vaccine," said Dr. LaCasse. "Our flu season generally does not peak until January or later, so it is still worthwhile to get your shot."

Annually, about 110,000 Americans are hospitalized and up to 20,000 deaths each year are attributed to the flu or its complications. Dr. LaCasse recommends that anyone who has not yet received a flu shot this season contact his or her primary care physician. For help in locating a primary care physician, contact the Botsford Physician Referral Service at this toll

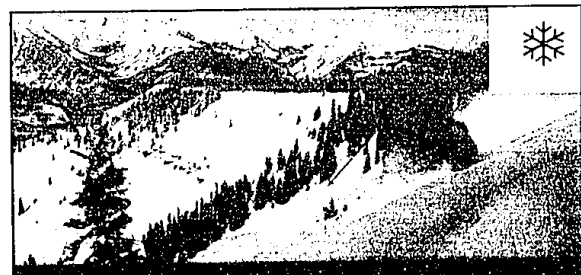
free number, (877) 442-7900. The Botsford Health Care Continuum is an integrated system of care that includes Botsford General Hospital, the Botsford Physician Network, Community Emergency Medical Service, the Botsford Continuing Care Corporation and the Botsford Center for Health Improvement. The Botsford site on the internet is <http://www.botsfordsystem.org>.

## Hills police seek assailant after scissors attack

Police were called to an apartment in the 36800 block of Coolidge Court around 12:01 a.m. Monday. The apartment resident, a 20-year-old man, was attacked by a 17-year-old Detroit boy during the night with a pair of scissors. The 20-year-old was treated at Botsford Hospital for cuts to his head, and police were looking for the suspect who left the scene in the victim's car. **Gas stolen** At the Mobil gas station on 12 Mile and Orchard Lake, a person driving a GMC Vandura pumped \$26.70 in gasoline in the vehicle and left without paying on Saturday. A license plate number was obtained.

**Drunk driving** Police pulled over a vehicle along Independence and Rockwell around 2:50 a.m. Sunday after receiving a stalking complaint. The driver, a 31-year-old Howell man, had a .13 blood/alcohol level. Police pulled over a vehicle along Grand River and Middlebelt for speeding around 9:35 p.m. Sunday for speeding. The driver, a 23-year-old Redford man, had .17 level. **Wheel cover** At a Target store parking lot off Grand River, the owner of a Jeep Liberty reported that someone took the cover to the

spare tire on Saturday. No loss estimate was listed. **Food taken** At Brenda's Beans and Greens on Grand River, management said an employee walked in the restaurant around 3 p.m. Monday and made himself a plate of food and left without paying the \$9.01 tab. **Wallet taken** At the McDonald's restaurant on 12 Mile, a worker said someone took her wallet out of her purse, which was stored in the crew room on Sunday.



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