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Notre vie n'est que *mouvement!*

# Ottawa Orthopaedics Quarterly

From the Desk of the Chief

Vol 5 No. 2

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We have all experienced the great satisfaction and enjoyment of seeing a well prepared plan coming to fruition. I would say to all members of our Ottawa Orthopaedic family that this is such a moment! We sat down as a Division with our colleagues/collaborators only five years ago to create an ambitious plan in Continuous Quality Improvement as well as the establishment of Centers of Excellence in various subspecialties such as Spine Care, Joint Preservation, Periprosthetic Joint Infections as well as a Research Chair in Regenerative Orthopaedic Surgery. We can proudly say that all these programs are up and running. CONGRATULATIONS/FÉLICITATIONS!

Not only must we grow as a Division but also individually and in that respect, our congratulations to Dr. Wade Gofton for his promotion to Full Professor and Dr. Michael Pickell for completing his master's degree. Similarly, retirement is also part of a successful career and this is certainly the case for Drs. Louis Lawton and Jean-Pierre Desjardins. BONNE RETRAITE!



Finally, as I sign off on the editorial of our second issue of the fifth volume of the **Ottawa Orthopaedics Quarterly**, I want to thank each and everyone of you for your efforts and engagement. It is with great enthusiasm that I accept a second term as your Division Head with these words in mind from the famous composer and conductor Leonard Bernstein *"To achieve great things, two things are needed; a plan, and not quite enough time."*

Paul E. Beaulé MD FRCSC  
Head, Division of Orthopaedic Surgery  
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## DIVISION NEWS



**RATTLE ME BONES RUN**  
**LA COURSE AUX SQUELETTES**

**RATTLE ME BONES RUN/ZOMBIE RUN** were held respectively on September 29, 2019 at the Canada Aviation and Space Museum and October 5, 2019 at the Proulx Berry Farm. The weather cooperated to make both events successful! There were 400 participants and over \$6900.00 raised.

**Dr. Joel Werier**, Orthopaedic Surgeon, The Ottawa Hospital, and **Jean-Simon Diallo PhD**, Research Scientist, Ottawa Hospital Research Institute (OHRI) were interviewed on CTV morning live about the Rattle me Bones run in support of bone and soft tissue cancer. The full interview can be seen at the link below.

<https://ottawa.ctvnews.ca/video?clipId=1811141&jwsourc=em>



***Katie McIlquham, Kristina Ball, Ethan Sanders,  
Dr. Abdullah AlDuwaisan, Dr. Brian Chen, Johanna Dobransky***



***Drs. Brian Chen, Kristina Ball, Ethan Sanders, Dr. Abdullah AlDuwaisan,  
Johanna Dobransky, Dr. Randa Berdusco and family***



***The Ottawa Redblacks Cheer Team were on hand to  
encourage our runners!***



***Zombie Run, Proulx Berry Farm  
Dr. Andrew Caines (left), Dr. Stephanie Coupal (right)***



**THE FIRST INAUGURAL CANADIAN CONFERENCE FOR THE ADVANCEMENT OF SURGICAL EDUCATION (C-CASE)** was held on September 25-26, 2019 at Desmarais hall on the main campus of the University of Ottawa.

Local arrangement Committee Chair **Dr. Robert Feibel** (class of 1990) was delighted to see the excellent turn-out from across Canada and the U.S. Canadian Undergraduate Surgical Education Committee (CUSEC) Chair Dr. Andrea Butter coordinated an excellent program.

**Dr. Megan Cashin**, pediatric orthopaedic surgeon (class of 2009) at London Health Sciences Centre gave an excellent presentation entitled: "Understanding the Interactions Between Surgeons and Residents in the Setting of Intra-operative Challenge and their Impact on Surgical Education"

**Dr. Peter Lapner** (class of 2001) gave a talk on "Immersive Virtual Reality Demonstrates Improved and Efficient Surgical Skill Acquisition in Senior Orthopedic Residents: A Prospective Blinded Randomized Controlled Trial"

There was another Ottawa connection - presenter, **Dr. Natalie Carey** (General Surgery resident, Western University) presented "Use of a Smartphone Application in the Surgical Clerkship Rotation: Perceptions and Opinions of Medical Students". Dr. Carey is the daughter of Ottawa Orthopaedic Surgery alumnus Dr. Tim Carey (class of 1989).

The gala dinner was held at the Canada Aviation and Space Museum where Dr. Geoffrey Blair received the prestigious John Provan Award for excellence in undergraduate surgical education.



**Dr. Robert Feibel (first row, left hand side) with C-CASE attendees at the Canada Aviation and Space Museum**



**Dr. Robert Feibel and CUSEC Chair Dr. Andrea Butter, Western University**

## **CHEO AND THE OTTAWA HOSPITAL JOINING FORCES FOR HIP PRESERVATION**



*Dr. George Grammatopoulos (The Ottawa Hospital) and Dr. Kevin Smit (CHEO)*



*Global Hip Dysplasia – Ottawa Classification treated with periacetabular osteotomy*

**THE OTTAWA ARTHROPLASTY GROUP** has been trialing new table attachments for direct anterior approach (DAA) total hip arthroplasty. The National Capital region remains a leader nationally with eleven surgeons regularly performing DAA total hip arthroplasty.



*Dr. Robert Feibel with Western University visiting arthroplasty researcher, Dr. Michael Shehata and the Rotex positioner*



## [Current Trends in Orthopaedics, Sicily, Italy](#)

[April 26-May 2, 2020](#)



The University of Ottawa Division of Orthopaedics is pleased to present **Current Trends in Orthopaedics in beautiful Sicily, Italy April 26-May 2, 2020**. This event follows the incredible success of our inaugural meeting in the Loire Valley, France in 2018. We are now heading to Sicily - known for its rich history, delicious food, and magnificent views of the Mediterranean.

There will be an in-depth, educational program concentrating on current trends in orthopaedics designed specifically for orthopaedic professionals. First class speakers, interactive sessions including case reviews are all accompanied with ample time for discussion.

The academic portion of the meeting is complemented by daily **guided cycling and hiking** options allowing you to explore the countryside and ancient Roman ruins up close. The program includes accommodation at the stunning beachfront five-star **Verdura Resort**, gourmet dining, fabulous wines and some of the best hiking and cycling in all of Italy. The resort is also home to three top rated Kyle Phillips golf courses. Please join us to experience this fascinating and unique educational event.

[Click here](#) for information and registration. Space is limited.

Paul R. Kim MD, FRCSC  
Course Chair

**CONGRATULATIONS TO DR. LEANNE WARD**, Professor of Pediatrics and Research Chair in Pediatric Bone Health in the Departments of Pediatrics and Surgery, University of Ottawa, and Senior Scientist at the Children's Hospital of Eastern Ontario (CHEO) Research Institute, for being elected to the 2019 class of Fellows of the American Society for Bone and Mineral Research (ASBMR).

"It is an honour to be recognized as a Fellow of the ASBMR," said Dr. Ward. "My team at CHEO, and our national and international partners, including the Canadian Steroid-Associated Osteoporosis in the Pediatric Population (STOPP) Consortium, have worked hard over the last two decades to develop new knowledge that optimizes the care of children with debilitating bone diseases. It means the world to us to know that our work is recognized by our peers as having made important contributions to the care of such children".



*Dr. Leanne Ward*



## PUBLICATIONS

- 1: Catelli DS, Kowalski E, Beaulé PE, Lamontagne M. Increased pelvic mobility and altered hip muscles contraction patterns: two-year follow-up cam-FAIS corrective surgery. *J Hip Preserv Surg.* 2019 Jun 10;6(2):140-148. doi: 10.1093/jhps/hnz019. eCollection 2019 Jul. PubMed PMID: 31660199; PubMed Central PMCID: PMC6662956.
- 2: Edelstein AI, Kaiser Tegel K, Shaunfield S; ANCHOR Group , Clohisy JC, Stover MD. ANCHOR surgeon views of patient selection and expectations for periacetabularostectomy. *J Hip Preserv Surg.* 2019 Apr 21;6(2):109-116. doi: 10.1093/jhps/hnz013. eCollection 2019 Jul. PubMed PMID: 31660195; PubMed Central PMCID: PMC6662896.
- 3: Ng KCG, Jeffers JRT, Beaulé PE. Hip Joint Capsular Anatomy, Mechanics, and Surgical Management. *J Bone Joint Surg Am.* 2019 Sep 20. doi:10.2106/JBJS.19.00346. [Epub ahead of print] PubMed PMID: 31567684.
- 4: Logishetty K, Gofton WT, Rudran B, Beaulé PE, Gupte CM, Cobb JP. A Multicenter Randomized Controlled Trial Evaluating the Effectiveness of Cognitive Training for Anterior Approach Total Hip Arthroplasty. *J Bone Joint Surg Am.* 2019 Sep 20. doi: 10.2106/JBJS.19.00121. [Epub ahead of print] PubMed PMID: 31567674.
- 5: Lovse L, Poitras S, Dobransky J, Huang A, Beaulé PE. Should the Pareto Principle Be Applied as a Cost Savings Method in Hip and Knee Arthroplasty? *J Arthroplasty.* 2019 Jul 30. pii: S0883-5403(19)30718-1. doi: 10.1016/j.arth.2019.07.034. [Epub ahead of print] PubMed PMID: 31447255.
- 6: Grammatopoulos G, Jamieson P, Dobransky J, Rakhra K, Carsen S, Beaulé PE. Acetabular Version Increases During Adolescence Secondary to Reduced Anterior Femoral Head Coverage. *Clin Orthop Relat Res.* 2019 Nov;477(11):2470-2478. doi: 10.1097/CORR.0000000000000900. PubMed PMID: 31389900.
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- 8: Rego P, Beaulé PE, Ayeni OR, Tey M, Marin-Peña O, Dantas P, Wilkin G, Grammatopoulos G, Mafra I, Smit K, Kurz AZ. Femoroacetabular Impingement: What the Surgeon Wants to Know. *Semin Musculoskelet Radiol.* 2019 Jun;23(3):257-275. doi: 10.1055/s-0039-1683967. Epub 2019 Jun 4. PubMed PMID: 31163501.
- 9: Culliton K, Louati H, Sandoval E, Gofton W, Pagé A, Gharib G, Beaulé PE. Early femoral component migration: comparing the anterior and posterior approach to the hip. *Hip Int.* 2019 May 12:1120700019848103. doi: 10.1177/1120700019848103. [Epub ahead of print] PubMed PMID: 31081380.
- 10: Astephen Wilson JL, Lamontagne M, Wilson DR, Beaulé PE, Mwale F, Yee A. Patient-Specific Functional Analysis: The Key to the Next Revolution Towards the Treatment of Hip and Knee Osteoarthritis. *J Orthop Res.* 2019 May 1. doi: 10.1002/jor.24317. [Epub ahead of print] PubMed PMID: 31042316.
- 11: Seth A, Dobransky J, Albishi W, Dervin GF. Mid-Term Evaluation of the Unicompartmental Knee Arthroplasty in Patients with BMI of 40 or Greater. *J Knee Surg.* 2019 Sep 10. doi: 10.1055/s-0039-1696735. [Epub ahead of print] PubMed PMID: 31505699.
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- 13: Jibri Z, Jamieson P, Rakhra KS, Sampaio ML, Dervin G. Patellar maltracking: an update on the diagnosis and treatment strategies. *Insights Imaging.* 2019 Jun 14;10(1):65. doi: 10.1186/s13244-019-0755-1. Review. PubMed PMID: 31201575; PubMed Central PMCID: PMC6570735.

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19: Pascual-Garrido C, Li DJ, Grammatopoulos G, Yanik EL, Clohisy JC; ANCHOR Group. The Pattern of Acetabular Cartilage Wear Is Hip Morphology-dependent and Patient Demographic-dependent. *Clin Orthop Relat Res*. 2019 May;477(5):1021-1033. doi: 10.1097/CORR.0000000000000649. PubMed PMID: 30998630; PubMed Central PMCID: PMC6494325.

## FACULTY NEWS

### **HAPPY RETIREMENT TO DR. LOUIS LAWTON, PEDIATRIC ORTHOPAEDIC SURGEON, CHEO AND DR. JEAN-PIERRE DESJARDINS, THE OTTAWA HOSPITAL!**



*Dr. Louis Lawton*

At the end of this year, we will be saying good bye to one of our good colleagues and friend, **Dr. Louis Lawton**. Dr. Lawton has been at CHEO for over 30 years and an integral driver, in the quality and expansion of care at CHEO, over those years.

Dr. Lawton did his undergraduate science and medical training at Memorial University. After residency training, he completed a pediatric fellowship at Sick Kids in Toronto. Dr. Lawton started at CHEO in 1986 and during his career, he has garnered many awards including Department of Surgery excellence in teaching awards, Orthopedic Surgery staff teaching award, the Order of the Scalpel from CHEO and a University of Ottawa mentorship excellence award.

Dr. Lawton was promoted to Associate Professor in 2003 and has acted as both a Division and Department Chief at CHEO. Dr. Lawton was also the Orthopaedic Residency Program Director for five years.

Clinically, Dr. Lawton's practice has been varied and has included, early on, large proportion of neuromuscular care with him also acting as the Medical Director, Rehabilitation and Development Patient Services Unit, for nine years. Not one to be too stagnant, he later expanded into sports medicine.

Many a patient has benefited from his "fatherly" manner and soft-spoken assurances. When Dr. Lawton's CHEO colleagues have had "difficult" patients, they could always send them to him, assured that they would get the soft

touch and expert opinion he is known for. We thank him for his insight and experience with our patients over the years.

Dr. Lawton and his wife Sue have been part of our CHEO and University family for over three decades. Please join us in wishing them both well as they start this new phase of their lives.



*Dr. Jean-Pierre Desjardins*

After 50 years of practicing orthopaedic surgery, **Dr. Jean-Pierre Desjardins** is retiring and what an amazing journey! After completing his medical school in Ottawa in 1964 and his residency training in 1969, he undertook the prestigious Traveling Fellow McLaughlin Research Foundation during which he visited the likes of Dr. Robert Salter in Toronto, Sir George Lloyd Roberts in London, England, and Drs. Lisfranc and Trillat in France. He provided great orthopaedic care to our Ottawa community having privileges at CHEO, Montfort, The Ottawa Hospital-General campus and the Maniwaki Hospital. His clinical interests were vast with a focus on knee arthroscopy as well as the management of the amputee.

Dr. Desjardins maintained his academic appointment throughout these years as Assistant Professor. He was always willing to collaborate and support our research and teaching activities while being a strong advocate for French services in the francophone community of the National Capital Region.

Bonne retraite et UN GROS MERCI!

**CONGRATULATIONS TO DR. WADE GOFTON** for his promotion to Full Professor. **Dr. Gofton** is internationally recognized for the surgical medical education and adult reconstruction subspecialty.



*Dr. Wade Gofton*



*Dr. Michael Pickell*

**OUR CONGRATULATIONS TO DR. MICHAEL PICKELL** for receiving his M.Sc. degree in Anatomical Sciences in the Department of Biomedical and Molecular Sciences at Queen's University.



## **CHEO RESEARCH GROWTH AWARDS (RGA) AWARDED TO DR. KEVIN SMIT**

Our congratulations to **Dr. Kevin Smit** for being awarded a \$30,000.00 grant for his project entitled “*Analyzing Spinal Motion following Fusionless Scoliosis Correction*”.

Adolescent Idiopathic Scoliosis (AIS) is a common condition affecting teenagers. Large curves (>50o) have been shown to progress and are associated with higher incidence of back pain and decreased quality of life. The standard treatment for surgical magnitude curves (>50o) is posterior spinal instrumentation and fusion (PSF). Vertebral Body Tethering (VBT) is a new, minimally invasive approach of scoliosis correction without fusion. This thoracoscopic technique is done through percutaneous chest wall incisions where screws and a tether are inserted on the convexity of the curve to gain initial correction.



*Dr. Kevin Smit*

Performing VBT in skeletally immature patients allows the concavity of the spine to grow, resulting in progressive curve correction until skeletal maturity is achieved. VBT has the potential benefits of less pain, less blood loss, earlier mobilization, better spinal motion and potentially lead to less long term arthritis. No research to date has actually evaluated biomechanical spinal motion after VBT.

## **VISITING PROFESSORS**

**GARTH JOHNSON TRAUMA VISITING PROFESSOR OCTOBER 10, 2019**

**DR. MATTHEW GRAVES, UNIVERSITY OF MISSISSIPI MEDICAL CENTER**



*First row from left to right: Dr. Marie-Claude Magnan, Dr. Steve Papp, Dr. Stephanie Coupal, Dr. Youjin Chang, Dr. Allan Liew, Visiting Professor Dr. Matthew Graves, Dr. Geoffrey Wilkin, Dr. Karl-André Lalonde*





*From left to right: Dr. Steve Papp, Visiting Professor Dr. Matthew Graves, Dr. Allan Liew, Dr Geoffrey Wilkin*

**DONALD JOHNSON SPORTS MEDICINE VISITING PROFESSOR OCTOBER 23-24, 2019  
DR. BRIAN COLE, RUSH UNIVERSITY MEDICAL CENTER, CHICAGO, ILLINOIS**



*First row from left to right: Dr. Geoffrey Dervin, Visiting Professor Dr. Brian Cole, Dr. Donald Johnson, Dr. Allan Liew, Dr. Peter Lapner*

## CLINICAL NEWS

### GENERAL CAMPUS



**Kelly Lafontaine** has joined the Surgical Service Line as the Clinical Manager for the inpatient orthopedic unit at the General

After obtaining her Bachelor of Science degree in Nursing, Kelly Lafontaine's clinical experience focused in Coronary Care and Emergency Nursing. Kelly came to the General Campus Emergency Department following travel positions in Austin, Texas and Calgary, Alberta. From there, she moved to TOH's Health Information Services Department as a Corporate trainer eventually leading several training projects. Kelly joined the Clinical Management team in 2013 spending four years as Clinical Care Leader on 8 West, CTU Medicine Unit. In 2017, she moved to Orthopedics as Clinical Care Leader on 6NE.

**Kelly Lafontaine**

Our congratulations to Kelly on her new assignment!

### CIVIC CAMPUS

#### **D7 IS ENJOYING THEIR NEW NURSING STATION!**





## **WELL DESERVED RETIREMENT FOR JACK OSUCHOWSKI**

**Jack Osuchowski** has retired from the Ottawa Hospital at the end of October after having worked at the Civic for 34 years! Amazingly, all those years were spent in Orthopaedic Surgery. Staff, patients and families alike will miss Jack! He gave excellent care and treated everyone like they were his favourite loved one! Enjoy your retirement Jack!



*Jack Osuchowski*



## **OCCUPATIONAL HEALTH ASSESSMENT PROGRAM (OHAP) PHYSICIAN PROFILE DR. ANTHONY CARAGIANIS, MD**



*Dr. Anthony Caragianis*

**Dr. Caragianis** is an Ottawa native, fast tracked to medical school at the Royal College of Surgeons in Ireland directly after high school. After graduating with first class honours, he completed a Family Medicine residency and then a Sports and Exercise Medicine fellowship at the University of Ottawa. In addition to academic excellence, he has authored a widely used medical textbook for students around the world preparing for Canadian national assessment exams. He practices family, sports medicine and emergency medicine and is primarily based out of Carleton Place, just West of Ottawa.

**Dr. Caragianis** believes in the physical and mental benefits of staying active. He has provided medical coverage for a variety of sports including triathlon, hockey, running events and football and is the team doctor for the Carleton Place Junior A Canadians hockey team.

## **RESEARCH NEWS**

### **GENERAL CAMPUS**

A warm welcome to **Meaghan Dufresne** who joins the research team as Clinical Research Coordinator for the adult reconstruction and hip preservation clinical practice units.

Meaghan completed her Master's of Human Kinetics from the University of Ottawa. She joins the team with a vast knowledge of orthopaedic conditions and experience working in a clinical setting. Having spent several years consulting with patients about their health and orthopaedic conditions, Meaghan excels at building client relationships and helping to guide patients towards a higher quality of life.



*Meaghan Dufresne*



*Lilly Jean-Pierre*

**Lilly Jean Pierre** has joined the Continuous Quality Improvement (CQI) team as the Volunteer Coordinator. Lilly is a recent graduate from the University of Ottawa's Health Sciences program.

Welcome to the team Lilly!

## **CHEO**

This fall, CHEO welcomed **Patrick Sachsalber** to the team as a full-time Research Assistant. Patrick has a M.Sc. in Sports Physiology and is interested in Sports Medicine research.



*Patrick Sachsalber*



*Holly Livock*

**Holly Livock** has taken on the role of Research Coordinator. She will be coordinating and managing the Orthopaedics research team while working closely with ORHI Ortho, CHEO bone Health, CHEO Plastic Surgery, University of Ottawa and other Canadian and international pediatric sites.

Our congratulations to the **CHEO Orthopaedics research team** on their recent growth and success!

## CQI CORNER WITH DR. RANDA BERDUSCO

The **Spine CPU** excelled at utilizing CQI data from the ACS-NSQIP national database to highlight that resident involvement in surgeries did not increase complication rates. They demonstrated that surgeries with more complex features may lead to an increase in operative time when trainees are involved. Resident involvement in the operating room is vital to their education and it is projects like this that help spread the word that it is safe to have them involved!

Publication reference for your perusal =

*Phan K, Phan P, Stratton A, Kingwell S, Hoda M & Wai E: Impact of resident involvement on cervical and lumbar spine surgery outcomes, The Spine Journal, Jul 16 2019*



*Dr. Randa Berdusco*

The CQI team would like to extend a sincere thank you and acknowledgement of many outstanding team contributions this month:

**Dr. Stephanie Antoniadis** and her outstanding frequent submissions of adverse events!

**Dr. Marie-Claude Magnan** and her leadership in formalizing patient resources in EPIC!

**Natasha Belanger-Willoughby, Dr. Nadia Balaa and Dr. Mazen Younes** for continuing to support the divisional recording of adverse events!

**JK Kim and Ashley Perreault** for working diligently on ConEHR optimization and providing valuable feedback to our members to improve our effectiveness as a group.

## RESIDENT NEWS

**Congratulations to chief resident, Dr. Megan Richards** and her husband **Dr. Brendan Wallace** who celebrated their wedding with friends and family in Newfoundland.



*Drs. Megan Richards and Brendan Wallace*



*Drs. Youjin Chang, Megan Richards,  
Alison Suraci, Alexandra Bunting*



**Our residents had a recent outing to Top Karting**, a local high speed indoor kart racing track. We are happy to report no resident injuries, aside from the broken egos after **Dr. Allan Liew** tore up the track to take home the gold!



*Drs. Andrew Caines and Allan Liew*



**PEOPLE NEED TO DRESS PROPERLY NEXT TIME!**



***The Sports Medicine Journal Club*** was held this year at Fraser Café, Table 40



***...and the journal club with Spine Visiting Professor Pierre Guigui***  
from Hôpital Européen Georges-Pompidou, Paris, France,  
was held at Orto Trattoria





**Dr. Kendrick Au** represented Ottawa at the McMaster's Research Symposium



**Dr. Kendrick Au**

**Dr. Youjin Chang** launched an Instagram page for Orthopaedic related art work

<https://www.instagram.com/artsyyouj/>  
[Youjin \(@artsyyouj\) • Instagram photos and videos](#)  
[www.instagram.com](https://www.instagram.com)



**Dr. Youjin Chang**





***Congratulations to Dr. Alenko Sakanovic*** on welcoming baby Liana to the family!



## ALUMNI NEWS

***Congratulations to former research fellow, Dr. Moritz Innmann, Dr. Paul Beaulé, Dr. George Grammatopoulos and Dr. Tobias Gotterbarm*** on receiving the poster award at the German Orthopaedic Association Annual Meeting held in Berlin, Germany in October on their project entitled “*How can spinopelvic mobility be predicted in patients awaiting total hip arthroplasty? A prospective, diagnostic study of patients with end-stage hip osteoarthritis.*”



***Dr. Moritz Innmann in front of his poster***



***Dr. Paul Beaulé, guest speaker at the meeting, with Dr. Moritz Innmann***

***Dr. Meghan Cashin, class of 2009, is practicing Pediatric Orthopaedic Surgery at London Health Sciences Centre in London, Ontario***



***Drs. Megan Cashin and Robert Feibel at the Canadian conference for the advancement of surgical education***

**ALUMNI, PLEASE SEND US YOUR NEWS!**