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## SPECIAL SECTION



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Northville Township has hired long-time consultant Jennifer Frey as its director of community development. Find out about her background and what she brings to the table. — Page 10A

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# Twp. OKs \$15M for building

By Pauline Lupercio  
STAFF WRITER

Good things come to those who wait. And after nearly one year since the Northville Township municipal building project began with board approval of \$15 million in limited tax general obligation bonds to fund the project, surveying stakes have been placed and physical construction

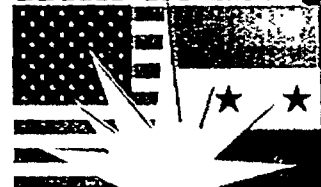
has begun. The project calls for renovations and expansion of the existing township hall, which will then become dedicated to operations of the police department new township hall, and a new headquarters for the fire department. Township administrators maintain that the current buildings no longer meet the needs of the township staff and safety officials, whose departments

have grown significantly since the buildings were built in the late 1970's. On the agenda for the township board of trustees agenda for March 20 were two items crucial to the progress of the municipal building project. The first sought board approval for the sale of the \$15 million in limited tax general obligation bonds to be used for project funding. The second item was for board members to approve a con-

tract with the Usztan Construction Company of Auburn Hills for work on the new fire station and township hall in the approximate amount of \$9.9 million dollars. Both items were approved by board members. According to assistant township manager

Continued on 10

## WAR IN IRAQ



# Northville responds to war; rolls up its sleeves for America



Photo by JOHN HEIDER

Students of Winchester Elementary School form their version of the American flag Monday morning near their playground.

## Police: remain alert, but live lives in community

By Pauline Lupercio  
STAFF WRITER

With war on the minds of all Americans, local law enforcement officials want Northville residents to know that they should feel safe here at home.

According to Northville police chief Jim Petres, it's business as usual-but with a watchful eye.

"We are keeping a closer watch on utilities and other types of things that may possibly be targeted," he said when asked if anything has changed since the nation went to war.

Petres said that while

information is being received by state and federal officials, most of it is vague rather than specific. But he said that the department is working to keep Northville residents safe. "People should continue to live their lives the way they have and be observant of things that are going on, but if you happen to notice something unusual, call the police," he said.

John Werth, chief of police for Northville Township, said that he believes the sharing of information and communi-

Continued on 3

## 2002 NHS grad preps for service in Middle East

By Jennifer Norris  
STAFF WRITER

By the end of the week, a 2002 Northville High School alumnus is slated to travel overseas to assist in the war against Iraq.

Private First Class Rob Dixon, 18, is an infantry mortarman in the U.S. Army.

His mother, Mary Dixon, said although her son was accepted into college, he opted to enlist instead.

"He was looking at the [Reserve Officer Training Corps] program at Eastern Michigan University," she said.

Mary Dixon said her son

was stationed with the 25th Infantry Division in Hawaii.

"There's a group from the

25th Infantry Division that's going to Kuwait," she said. "They're essentially on their way."

"We're of course concerned, but we're very proud. We're proud he's chosen to serve."

Serving in the military is



PFC Rob Dixon

Continued on 3

## School district assesses security policies at buildings

By Jennifer Norris  
STAFF WRITER

Northville Public Schools enacted an elevated level of security March 20 due to military action taking place overseas.

Assistant superintendent David Bolitho said prior to March 20, the district thoroughly assessed its policies in handling emergency situations. The formal evaluation was done approximately two weeks ago.

"We did an assessment of our normal security procedures going on at each building compared with what we had listed in our crisis manu-

al," he said. Bolitho said security levels were increased last Thursday only, but declined to specify what those measures entailed.

"We actually made significant improvements in our normal security plan because of this assessment we did," he said. "The fact that [there are] so many issues and so many potentials in existence, we wanted to make sure that we were as secure as we possibly could be."

"After implementing this heightened security plan, we've all learned so much."

Continued on 3

# Taste in space: Showcase a hit

By Jennifer Norris  
STAFF WRITER

The 2003 annual Taste of Northville Business Showcase attracted a record level of business participants March 18, but event organizers report crowd levels were less than expected.

Laurie Marrs, executive director of the Northville Chamber of Commerce, said approximately 1,500 citizens flocked to Northville High School for the business showcase.

"Our attendance seemed a little down this year," said Marrs. "We expected more people."

Although attendance levels were not as high as desired, Marrs said the event was one to remem-

ber. "All in all, I would say we were very pleased," she said. "Everybody that came was extremely happy. This is an awesome function."

"We had probably the most compliments we've ever had. I do believe there was a marked increase in restaurant participation."

Marrs said a greater level of local restaurant involvement seemed to appease the visitors and their healthy appetites.

"The more food there is, the happier they are," she said.

The Taste of Northville Business Showcase featured a

Continued on 13



photo courtesy STEVE FECHT

The Northville Chamber of Commerce hosts the Taste of Northville Business Showcase at Northville High School last Tuesday. Here, visitors stop by the booth operated by the Northville District Library.

# City parking woes may get help

By Pauline Lupercio  
STAFF WRITER

Parking space complainers, rejoice — relief may be coming in the not-too-distant future.

Parking issues and capital improvements were the focus of last week's Downtown Development Authority budget approval meeting.

According to information provided by the DDA, plans for repair and maintenance of the city's parking structures and sur-

Continued on 10

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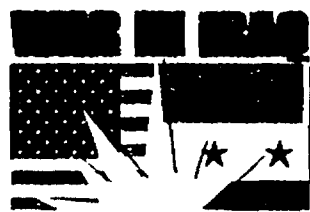
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## OPERATION IRAQI FREEDOM: The Northville Connections

# Northville Moose Lodge adopts USS Lincoln

Aircraft carrier to be on receiving end of care packages from group

By Jennifer Norris  
STAFF WRITER

Men and women belonging to the Loyal Order of the Moose 1190 have adopted the USS Abraham Lincoln, a Navy aircraft carrier, currently fighting overseas.

Joyce Guzialek, a Northville resident and member of the local Moose organization, said her son, Richard Sterling is aboard that ship. Sterling is serving as a machinist mate II, said Guzialek.

Guzialek said efforts are being

made to send boxes of supplies and personal effects to crew members aboard the Lincoln.

Items such as razors, candy, toilet paper, toothpaste, baked goods, shaving supplies and shampoos are among the wares being sent to the ship.

"All of us members were talking about the war and we thought we could do something," said Guzialek. "From there, everybody took the ball and started running with it."

"My son asked for soup and somebody brought a case of soup."

She said any communication from her son serving overseas is treasured.

"He e-mails me when he can," said Guzialek. "It makes my day when I hear from him. I'm very proud, very nervous."

About ten boxes of supplies and toiletries have been sent already and Guzialek is welcoming additional offerings.

"Once a week, we take the boxes up to the post office," she said

To donate goods to the crew aboard the USS Abraham Lincoln, contact the Loyal Order of the Moose at (248) 344-0920. Pick-up arrangements can be scheduled.

Jennifer Norris is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 107 or by e-mail at jnnorris@ht.homecomm.net.

### ABOUT THE USS ABRAHAM LINCOLN

USS Abraham Lincoln (CVN 72) is America's fifth Nimitz-class aircraft carrier. The ship was named in honor of our nation's 16th president and is the second ship in the U.S. Navy to bear his name. The ballistic missile submarine Abraham Lincoln (SSBN 602) was in service 1961-81. Abraham Lincoln's keel was laid Nov. 3, 1984 at Newport News, Va. Four years later, the ship was christened and began a series of performance trials leading up to commissioning Nov. 11, 1989 at Norfolk, Va.

Source: <http://www.globalsecurity.org/military/agency/navy/batgru-72.htm>

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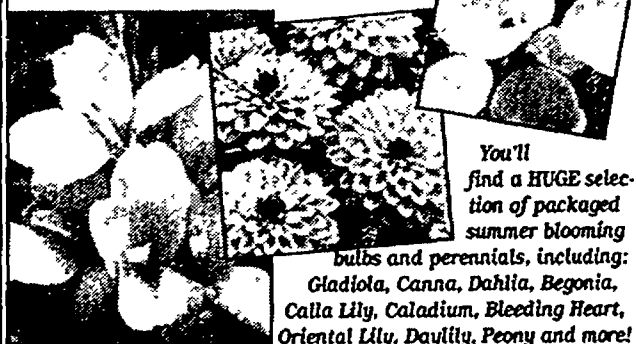
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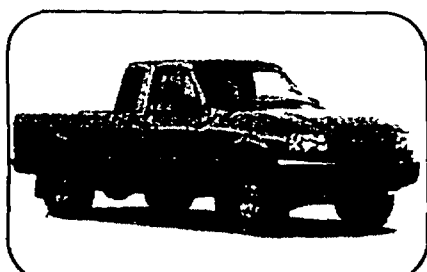
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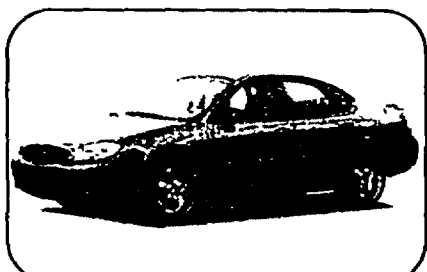
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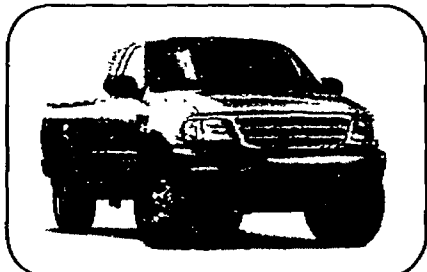
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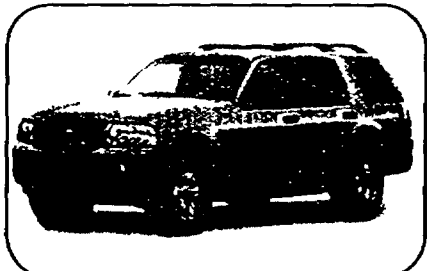
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# OPERATION IRAQI FREEDOM: The Northville Connections



## Police: stay alert, remain calm

Continued from 1

cation between state, federal and local officials has increased significantly since Sept. 11, 2001.

"We get daily briefings from the state police and any pertinent information from federal, state, and county officials is forwarded to us," said Werth. "We also have an open dialogue with the schools in regards to what their procedures are in case of certain conditions that are determined by the federal government."

Werth added that the township officials do have an internal policy and action plan in place on which they are ready to act should the need arise.

Said Werth: "We want to let the citizens know that we are communicating with other officials and no matter the situation, we are prepared to act."

Pauline Lupercio is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 109 or by e-mail at [plupercio@ht.homecomm.net](mailto:plupercio@ht.homecomm.net).

## NHS graduate prepares to serve country

Continued from 1

perhaps becoming a tradition for the Dixon family. Rob Dixon's father, Len Dixon, is an Army veteran.

Mary Dixon said her son has been intrigued by the military for much of his life.

"He's always been interested in being in the Army," she said. "He started talking about it in the second grade and has not wavered. He's always been fascinated with that and with military history."

She said her son has been to basic training, advanced infantry training and airborne school.

"He has sounded very calm and very focused when we've been on the phone with him," said Mary Dixon. "That's a comfort to us. He has very strong network of

friends through the church group and through the Scouts. A lot of people have been praying for him."

Prior to being sent overseas, Dixon attained the rank of Eagle Scout in the Boy Scouts of America program. He was part of Scout Troop No. 755.

"I think a lot of the skills he learned in the Boy Scout troop will come in handy in the Army," his mother said. "We're very proud he's serving."

Rob Dixon has a younger sister, Emily, who is currently a junior at Northville High School.

Jennifer Norris is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 107 or by e-mail at [jnorris@ht.homecomm.net](mailto:jnorris@ht.homecomm.net).

## War spawns security check for Northville public schools

Continued from 1

I'm really quite happy we did this."

As a result of the tightened safeguards March 20, a 24-hour moratorium ensued. Among other planned activities that day, a Hillside Middle School music concert was postponed.

Bolito said the increased security measures resulted in some agitation

and criticism from parents.

"As we implemented this higher level of security in our buildings, we learned where our strengths were and we learned where we need to show up some areas," he said. "The amount of learning that occurred yesterday (March 20) was well worth any criticism that we might get from the community."

Bolito said the extra safety meas-

ures and review process were important to prepare the district for a possible crisis.

"We wanted to be ready," he said. "I think our kids are safer."

Jennifer Norris is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 107 or by e-mail at [jnorris@ht.homecomm.net](mailto:jnorris@ht.homecomm.net).



Little Margene Buckhave  
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# Moraine brings books to life for Reading Month



Photo by JOHN HEIDER

Members of Northville High School drama teacher Kurt Kinde's class enact a play of "The School Bully" by Moraine Elementary School student Kristin Rodriguez Monday afternoon.

By Jennifer Norris  
STAFF WRITER

Stories were literally coming alive at Moraine Elementary Monday afternoon.

In celebration of "March is Reading Month," Moraine students wrote and illustrated a story of their own. After sending the books to Northville High School, several stories were selected to be staged by NHS drama students.

Mary Kay Gallagher, principal of Moraine Elementary, said the project correlates with elementary and high school level curriculum.

"It's a great partnership," she said. "The kids really like it. The celebration is related to reading and sharing stories."

NHS students appeared on stage at Moraine, armed with costumes, props and a chance to exercise their public performance skills.

Annie Thurber, a third grade student at Moraine, wrote "The Baseball Queen" which was enacted by high school drama students.

Thurber said she was impressed

with a visual version of her story.

"I thought it was good," she said. "When it was on the stage, they made it even better than what I thought. They made it easier to see than to read. I think they did a really good job."

Other elementary students that were selected to have their story publicly performed included Krista Rodriguez, Austin Hunt, Olivia Gunther, Jonathan Armaly, Russ Rushing, Rachel Beger, David Borthwick, Emily Sklar, Sidney Mays, Tessa Farrell, Elizabeth Quinn and Bradley Diminick.

As the high school actors performed the brief skits, the author was given a certificate and seated in a prominent chair close to the stage.

"I think they made it really funny so it's fun for everyone," said Thurber.

Jennifer Norris is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 107 or by e-mail at jnorris@ht.homecomm.net.

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## Hillside Middle School prepares for carnival and benefit auction

By Jennifer Norris  
STAFF WRITER

With only one day left, Hillside Middle School is prepping for its annual carnival and silent auction. But event organizers say students have been buzzing with excitement and animated chatter for weeks.

"It's the most talked about event among the kids," said carnival chairperson, Lisa Phillion. "It's one of those events that's talked about before and after."

The carnival/silent auction is slated to take place March 28 from 5 p.m. to 8 p.m. at Hillside Middle School.

"The most important thing is that it's an event that brings together all the children," said Phillion. "It's a social event, a gathering

### HILLSIDE CARNIVAL

**DATE:** Friday, March 28, 2003  
**PLACE:** Hillside Middle School  
**TIME:** 5 p.m. to 8 p.m.

where children can have fun. The whole feeling of the event is fun and kids getting together and enjoying each others company."

The event will feature a wide selection of games, prizes, food and plenty of items to bid on during a silent auction.

Phillion said each class has compiled a basket for the auction. Among other prizes, a lucky recipient will have the opportunity to

serve as assistant principal for the day.

"The energy level is very high," she said. "I'm really excited about it. We're expecting 100 percent participation."

There is no charge for admission, but tickets are needed to participate in carnival activities. Any revenue raised is earmarked to support the middle school, said Phillion.

"There's very few events where parents, students and their siblings can come together," she said. "The kids enjoy it so much."

Jennifer Norris is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 107 or by e-mail at jnorris@ht.homecomm.net.

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## COMMUNITY EVENTS

## •THIS WEEK•

**MOMS donation collection for Baby, Kid and Me Resale**

**DATE:** Ongoing through March 27  
**LOCATION:** First United Methodist Church (777 W. Eight Mile)  
**TIME:** Call for info

**DETAILS:** Donations of gently-used items, including baby and children's equipment, maternity clothing, furniture, toys and books are being sought for a sale slated for April 11 and 12.  
**PHONE:** (248) 305-8035

**Maple sugaring outdoor program**

**DATE:** March 29  
**LOCATION:** Cass Benton Park (Six Mile / Northville roads)  
**TIME:** 10 a.m. - 2 p.m.  
**DETAILS:** The program — designed for persons ages 4 and older — will teach how sap is collected and processed into maple sugar and syrup. The one-hour sessions are held outdoors and cost \$3 per person. The outdoor program is not suitable for baby strollers.  
**PHONE:** (734) 261-1990

**Divorce recovery workshop**

**DATE:** March 27 - May 15  
**LOCATION:** First Presbyterian Church of Northville (200 E. Main Street)  
**TIME:** 7 p.m. - 9:30 p.m.  
**DETAILS:** Various aspects of divorce — including emotional ramifications, legal matters, and spiritual issues — will be discussed, with specialists in a variety of areas serving as keynote speakers. A \$35 cost covers a text which will be used in the program. The program meets every Thursday, except for April 17. Registration is required. Call for info.  
**PHONE:** (248) 349-0911

**Northville Chamber of Commerce board of directors meeting**

**DATE:** March 27  
**LOCATION:** Northville Chamber of Commerce (195 S. Main Street)  
**TIME:** 7:30 a.m.  
**DETAILS:** Call for info  
**PHONE:** (248) 349-7640

**Used sports equipment sale**

**DATE:** March 29  
**LOCATION:** Northville Parks & Recreation (303 W. Main Street)  
**TIME:** 9 a.m. - noon  
**DETAILS:** Used sports equipment and outdoor items will be available. Sellers may determine the selling price of their items, for which

Got a non-profit or community event coming up you'd like people to know about? We'd be happy to help you. Send basic information (date, time, cost, overview and a contact telephone number) to:

The Northville Record  
 104 W. Main Street,  
 Northville, Mich. 48167  
 or fax to  
 (248) 349-9832

Listings can be publicized for up four weeks in advance of the event. Promotional may also be submitted and will be published, space permitting.

Northville Parks & Recreation will retain 25 percent of the sale cost. Items to be sold may be dropped off on March 28 from 2 p.m. to 7 p.m. Old, out-dated or heavily worn items will not be accepted.  
**PHONE:** (248) 349-0203, ext. 1411

**Northville Chamber of Commerce Ambassador meeting**

**DATE:** April 2  
**LOCATION:** Northville Chamber of Commerce (195 S. Main Street)  
**TIME:** 8 a.m.  
**DETAILS:** Call for info  
**PHONE:** (248) 349-7640

**State of the Community Luncheon**

**DATE:** April 2  
**LOCATION:** Meadowbrook Country Club (40941 Eight Mile Road)  
**TIME:** 11:30 a.m. - 1:30 p.m.  
**DETAILS:** The event's keynote speakers will be Northville Township supervisor Mark Abbo, Northville mayor Chris Johnson and Northville schools superintendent Leonard Reznierski. Admission is \$25 for Northville Chamber of Commerce members, or \$30 at the door or for non-Chamber members.  
**PHONE:** (248) 349-7940

## •COMING UP•

**MOMS donation collection for Baby, Kid and Me Resale**

**DATE:** April 4  
**LOCATION:** First United Methodist Church (777 W. Eight Mile); lower church entry  
**TIME:** 9 a.m. - 5 p.m.

**DETAILS:** Donations of gently-used items, including baby and children's equipment, maternity clothing, furniture, toys and books are being sought for a sale slated for April 11 and 12.  
**PHONE:** (248) 305-8035

**American Association of University Women Northville-Novl Branch meeting**

**DATE:** April 8  
**LOCATION:** Hillside Middle School (775 N. Center Street)  
**TIME:** 7 p.m.  
**DETAILS:** Nancy Darga, chief of design of Wayne County Parks, will speak on "A History of Hines Park." AAUW membership is open to all individuals holding a baccalaureate degree or higher. Student affiliate membership are open to individuals currently attending college.  
**PHONE:** (248) 924-2180

**Handcrafters Arts & Crafts Show**

**DATE:** April 11-13  
**LOCATION:** Northville Recreation Center (303 W. Main Street)  
**TIME:** 9 a.m. - 9 p.m. (April 11); 9 a.m. - 5 p.m. (April 12); 11 a.m. - 5 p.m. (April 13)  
**DETAILS:** More than 70 juried artisans will display their wares, which will be available for purchase. Admission is \$2. Baby strollers are not allowed.  
**PHONE:** (734) 459-0050

**U.S. Army Female Veterans Recruitment Meeting / Potluck Luncheon**

**DATE:** April 12  
**LOCATION:** Call for info  
**TIME:** Noon  
**DETAILS:** Female veterans of World War II and the Korean War are being sought.  
**PHONE:** (248) 380-3066

**20th Annual VFW Post No. 4012 Law Enforcement / Firefighter Dinner and Awards**

**DATE:** April 13  
**LOCATION:** VFW Post No. 4012 Hall (438 S. Main Street)  
**TIME:** 3 p.m.  
**DETAILS:** Awards and recognition will be given to area police officers and firefighters. Tickets are \$7 per person.  
**PHONE:** (248) 349-1060

**Wiggle & Giggle Show with the Smudge Fundaes**  
**DATE:** April 17  
**LOCATION:** Northville Community Center (303 W. Main)

**TIME:** 7 p.m. - 8 p.m.

**DETAILS:** The Smudge Fundaes are a children's trio from Ontario that uses upbeat music and audience interaction. The show is family-friendly, but particularly geared for children ages 2 to 8. Tickets are \$6 per child. Adults accompanying children are free of

charge.

**PHONE:** (248) 349-0203, ext. 1411

**Easter Eggstravaganza**

**DATE:** April 19  
**LOCATION:** Detroit First Church of the Nazarene (21260 Haggerty Road)  
**TIME:** 10:30 a.m.

**DETAILS:** More than 4,000 Easter eggs will be available for the taking to children in age groups 1-4, 5-8 and 9-12. An Easter story, magic show, games, and summer food will be available.  
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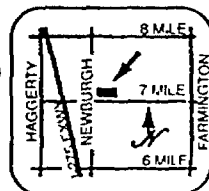


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# NHS takes first place at Science Olympiad



By Jennifer Norris  
STAFF WRITER

The Northville High School Science Olympiad team walked away with a first place finish at the regional competition hosted at Thurston High School March 15.

Science Olympiad coach Michele Mog said she was pleased with the competition results.

"The students are extremely dedicated," she said. "From what the students have told me, the students usually make it to first place. Our team does really well. We've got a real dedicated group of students that really push for this team."

Mog, who is serving as the team's

coach for the first time, said approximately 20 teams contested for victory that day.

Mog said much of the competition consists of testing students in their knowledge of science, math, problem solving and even building skills.

Various projects were built at home, then later tested and judged at the event.

"It takes a lot of skill to do these things," she said. "It definitely takes a lot of creativity."

Mog said the Olympiad consisted of many different events and teams were awarded points for their performance.

When the final number of points were tallied, the Northville High School team discovered they earned

first place.

"I was really proud of the kids," said Mog.

Eighteen students ranging from grades 9-12 competed in the Redford competition.

Team captains include senior Ryan Deuschendorf and junior Shivani Agrawal.

The state level competition is slated to take place April 26 at Michigan State University.

"Hopefully, we'll have good luck again this time," said Mog.

Jennifer Norris is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 107 or by e-mail at jnorris@hi.homecom.net.

## OLV science earns top spot

By Jennifer Norris  
STAFF WRITER

Students from Our Lady of Victory earned a first place finish at the Wayne County Science Olympiad competition at Thurston High School March 15.

Team coordinator, Alison Frazier, said the event consisted of a wide variety of applied science applications.

"Parents supported and coached individual events," said Frazier.

Events, she said, included scientific analysis, applied chemistry, geological studies, fossils, bird studies, robotics and rocketry.

Students in grades 6-8 participated in the challenge.

Frazier said the school team was chosen in November and members worked steadily towards the competition date.

"They have spent hundreds of



Members of the OLV Science Olympiad team. submitted photo


hours in preparation," she said.

The team consisted of 15 members who won more than 40 medals.


The team is preparing for the State level competition slated to take place April 26 at Michigan State University.

Photo by JOHN HEIDER

Members of the Northville High School Science Olympiad have recently come out on top in regional competition and are now off to compete at the state level. Including their teacher, Michele Mog, center, are students Aram Sarkisian, Stephanie Persells, Shivani Agrawal, Surya Sabhapathy, Walter Lin, Alicia Raisinghani, Justine Sheu, Daniel ReMine, Richard Wang, Steve Pfefferle, Andrew Moore, Ryan Deuschendorf, and Casey Lwo.





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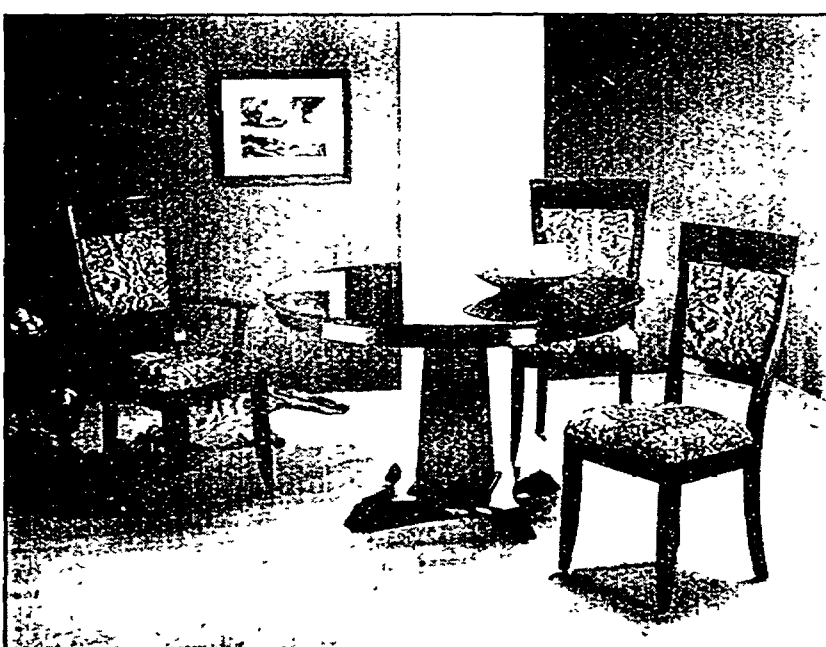


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# Township takes next step in building project

Continued from 1

and finance director Thelma Kubitsky, the capital improvement bonds will be used to finance the project and will be paid back through the township's operating fund. Kubitsky also said good news came with the sale of the bonds, for which the township was granted an interest rate of 4.36 percent. "That was below the projected 5 percent interest rate we had projected," said Kubitsky.

Chip Snider, township manager, said that the approval of Usztan Construction was well-deserved by the company, who had gone through a "rig-

**"The contract that was provided to [Usztan] ensures that we will take occupancy of the fire headquarters on April 1, 2004..."**

**Chip Snider**  
Northville Township manager

orous" pre-bid qualification process.

"We needed to ensure that they could meet the needs of our project," said Snider, adding that the company has a history of successfully completing sim-

ilar projects. "They have satisfied our consultant and they have satisfied the capital improvement committee that in fact they not only have the qualifications to build, but they seem to be

enthusiastic."

"They are interested in getting along with the other team members and are anxious to begin immediately."

In fact, Snider said that Usztan began staking out the site on March 24.

"The contract that was provided to [Usztan] ensures that we will take occupancy of the fire headquarters on April 1, 2004, and will take occupancy of the township hall June 1 of the same year," said Snider. "Their inability to complete the project on time would result in liquidated damages of \$750 a day and the president of the company has ensured us that he will meet that deadline."

Snider said police department renova-

tions were not bid in conjunction with the fire headquarters and township hall project because of the time frame involved.

"Contractors would not be willing to commit to a bid price with a construction beginning more than a year from now," he said. "Renovations will begin on this police site after we have taken occupancy of the new township hall on or about June 1 [2004]."

Pauline Lupercio is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 109 or by e-mail at [plupercio@ht.homecomm.net](mailto:plupercio@ht.homecomm.net).

## Millennium Park improvements move forward

**By Pauline Lupercio**  
STAFF WRITER

Members of the Northville Township board of trustees gave the go-ahead last week for approval of design and engineering services to be completed at Millennium Park.

Still in the preliminary

stages of the game, township manager Chip Snider referred to the board's approval as "the second leg of a two-leg process."

Per Snider's recommendation, board members approved contracting with Russell Design for a lump sum amount of \$7,500 and with Ayres,

Lewis, Norris, and May, Inc. for a not to exceed amount of \$18,700 for design improvements to the park.

Still in its preliminary stages, the plan will be brought back to township board for approval after the additional professional services are allocated.

"The Millennium Park plan needs some additional work to bring the plan up to completion so that we can begin work on the improvements on the park," said Snider. "This should result in a quality park that will encompass many new amenities for those interested in recreation."

Traci Sincok, director for parks and recreation, said she was excited about the progress.

"We are delighted that we are moving forward on this project," she said. "It will help complete all of the final touches to the park as well as replace the soccer field that is being lost to the new fire station."

Sincok said that the physical park improvements could begin as early as this summer.

Pauline Lupercio is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 109 or by e-mail at [plupercio@ht.homecomm.net](mailto:plupercio@ht.homecomm.net).

## State may grant townships greater say in speed limits

**By Pauline Lupercio**  
STAFF WRITER

Northville Township officials will now have more input when it comes to the determination of speeds on county roads with the March 12 state Senate's unanimous approval of Senate Bill 123.

Previously, only the county road commission and the Department of the State police decided the speeds motorists could travel on county roads in any given township. Cities are not affected by the passing of the new bill as they already possess the ability to set their own speed limits.

Senator Bruce Patterson introduced the bill and testified before the Transportation Committee on its behalf in order to address what he referred to as an "inequity" in Michigan law.

"More than 51 percent of

Michigan's residents currently live in townships, and perhaps more significantly, townships are experiencing very high growth rates," said Patterson, R-Canton, who represents eight townships in the 7th district, including that of Northville Township.

According to Patterson, the new bill will give township officials a new voice in determining speed limits on county roads by way of a unanimous decision made up of a three person panel. The panel will include a representative from the Department of the State police, a county road commissioner, and a township representative.

"Local township officials serving on that board would be more keenly aware of changing demographics in their community and the developments planned for the future," said Patterson. "So with the input of townships, I think that we

would have safer and more appropriate speed limits established."

Northville township officials agreed.

"The results of the legislation passing will be well received by the township board and we will anxiously await clarity on how we can utilize our newfound responsibilities," said township manager Chip Snider.

Chief of police John Werth added that input in local control issues can only benefit the community.

Said Werth: "We look forward to continuing a good working relationship with the county and the state."

Pauline Lupercio is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 109 or by e-mail at [plupercio@ht.homecomm.net](mailto:plupercio@ht.homecomm.net).



## Thank You Nancy Kaindl

It is with bittersweet feelings that we say good-bye. We will really feel the void left by your retirement, but we know you must move on with your life. What will you do with all the extra time?

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learned many valuable lessons and have received a solid foundation as they grow into responsible young men.

As parents and scouts we will never be able to thank you enough for your countless hours spent on planning, phoning, driving, e-mailing and copying that you have given to our pack. We can only thank you once again and tell you how much we appreciate all the hard work you have done. You will be missed!!

**Thank You Again!**

**All The Parents and Scouts of Pack #240**

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# No injuries reported in rollover

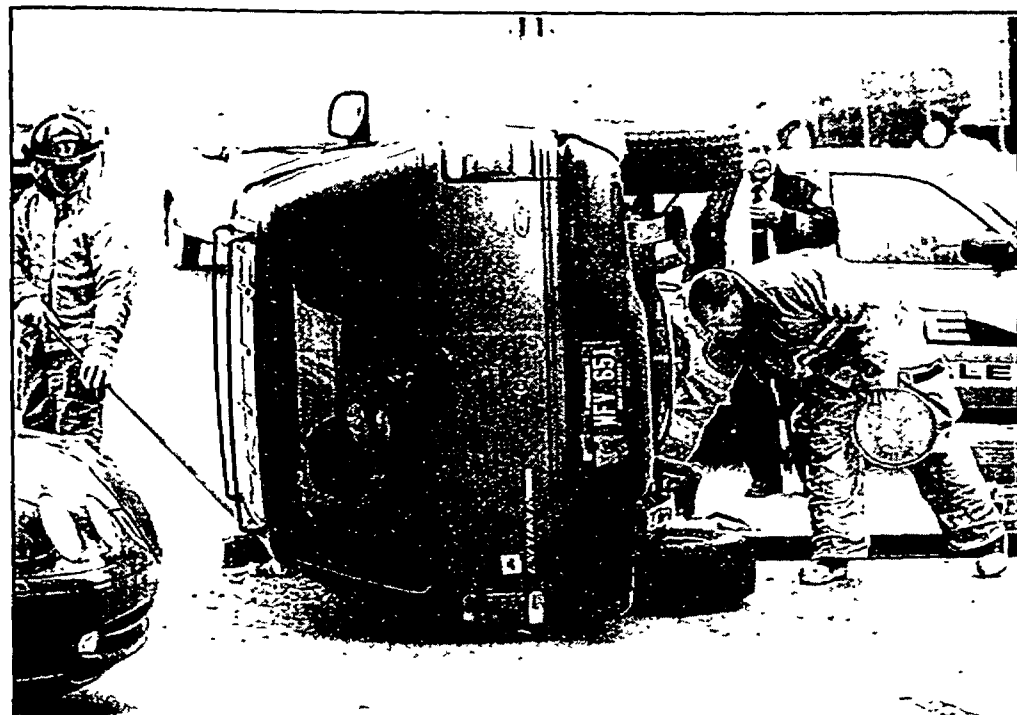


Photo by JOHN HEIDER

Northville Fire Department personnel work to clean up after a rollover accident last week at the corner of Center and Eight Mile Rd. No serious injuries were reported.

By Pauline Lupercio  
STAFF WRITER

No injuries were sustained in a three car accident that occurred at the intersection of Eight Mile and Center on March 19.

According to fire chief Jim Allen, the accident occurred when an SUV traveling westbound on Eight Mile attempted to make a left hand turn onto Center Street in front of oncoming traffic. It was then struck by a van and rolled

onto its side. A third vehicle, traveling behind the van, was unable to avoid a collision with the van it had been traveling behind.

Amazingly, fire officials said, no injuries were sustained by the driver of the SUV, a 24-year-old Inkster woman, or her two children, ages three and five.

According to Allen, passersby helped to remove the victims from the SUV before emergency personnel arrived just after noon. All involved in the accident refused

medical treatment and were released at the scene.

"It was a very fortunate thing that no one got hurt," said Allen. "It was really worse than it looked."

Allen also commented on the fact that accidents at the Eight Mile and Center intersection are not an uncommon occurrence.

"I really feel a left-hand turn lane or a left-turn signal would eliminate a lot of the accidents there," he said.



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## Guernsey Farms Dairy's Easter Drawing

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3 ft. tall 17lb Stuffed Plush Duck, Free Ice Cream & McGuire's Hot Fudge for a year.

**2nd Prize**  
Free Ice Cream & McGuire's Hot Fudge for a year

**3rd Prize (3 winners)**  
Free Ice Cream & McGuire's Hot Fudge for six months

**Drawing**  
will be April 13th at 4 p.m. Enter as many times as you want (must buy product)  
One entry form with each 1/2 gallon of Ice Cream & Jar of McGuire's Hot Fudge Purchased at Novi Store Only.

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# Parking before paychecks, DDA maintains

Continued from 1

face parking lots, along with ongoing landscaping and acquisition of street furnishings are in the works. As stated in the proposed fiscal overview, "the DDA will be spending substantial resources on building parking lots and decks in the near future."

With an approved — and considerably healthy — budget of \$990,000 for the current year, things are looking good, said assistant city manager and finance director Nicolette Bateson.

Accounted for in the budget is a \$54,000 contribution to the city's general fund specific to parking deck maintenance and parking enforcement. Based on budgetary information provided by the DDA, the projected total reserved for future parking expansion will be approximately \$1 million.

But DDA member Lou LaChance emphasized the fact that a healthy budget for the organization does not translate into high salaries for its members or its director, Lori Ward.

"There is so much misunderstanding about a lot of these things," said LaChance at the meeting. "The rumors go out there that all that money we collected for the downtown goes out to pay a high salary and all that overhead for all of the people they got there."

But the numbers tell a different story.

**"The rumors go out there that all that money we collected for the downtown goes out to pay a high salary and all that overhead for all of the people they got there."**

**Lou LaChance**  
Northville DDA

Budgeted for 2003-04 combined wages for full and part-time is approximately \$40,000 out of the nearly \$1 million dollar approved budget.

"I just want to focus on the fact the two mills collected stays in the downtown and that is where it is going," said LaChance.

*Pauline Lupercio is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 109 or by e-mail at plupercio@ht.homecomm.net.*

# Guernsey Farms celebrates spring with duck raffle

By Pauline Lupercio  
STAFF WRITER

Want a free duck? Just stop by Guernsey Farms Dairy, buy some ice cream and hot fudge, and you might become the proud owner of a three foot tall, 17-pound stuffed plush duck.

According to John McGuire, whose family owns Guernsey Farms Dairy, this is the first Easter Duck Drawing. The business is hoping for a successful turnout.

For each half-gallon of ice cream and jar of McGuire's hot fudge purchased, an entry form will be received. There is no limit on how many times you can enter.

The drawing will take place April 13 at 4 p.m. Prizes are as follows:

- First prize is the stuffed plush duck along with free ice cream and McGuire's hot fudge for one year.

- Second prize includes free ice cream and McGuire's hot fudge for a year.

- Third prize includes free ice cream and McGuire's hot fudge for six months.

"We thought it would be a good spring promotion," said McGuire. "Spring weather is coming and it's good time to get some ice cream and if you have never tried our hot fudge, it's also a good time to try that and enter the drawing."

*Guernsey Farms Dairy is located at 21300 Novi Road between Eight and Nine Mile, and can be reached at (248) 349-1466.*

*Pauline Lupercio is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 109 or by e-mail at plupercio@ht.homecomm.net.*

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# Frey appointed to township job

By Pauline Lupercio  
STAFF WRITER

Although her face has been a familiar one in the township offices for many years, it wasn't until last week that Jennifer Frey officially joined the team. Frey was recently named as the township's first director of community development.

Frey has been employed by the township as its outside planning consultant through her former employer, Langworthy, Strader, LeBlanc and Associates of Royal Oak for six years now. Her responsibilities included attending planning commission meetings, coordinating with the township's engineering department, and working on site plan

reviews.

Frey's new role as director of community development encompasses many of her previous responsibilities, in addition to expanding the department to "better serve the residents." A priority will be to oversee

issues surrounding land use planning and regulation. The 1987 Northville High school graduate, who currently resides in Birmingham, said she is excited about her new position.

*Jennifer Frey*

"I have worked with the township and many people within the township for the last six years and I am really looking forward to continuing those services in a more direct manner," she said.

Township manager Chip Snider said he has confidence in Frey's abilities to handle the newly created position and called her credentials "outstanding." He also said that the opportunity to have been able to observe her in action for the past six years has created a truly unique experience.

"We felt that someone would be needed to take this township into its maturing years and not only be able to maintain the momentum for the quality of life issues we now have but to also

reach out and create new services that would be beneficial to this community," Snider said. "We had the unique opportunity with [Frey] to have observed her for six years operating in exactly the same position for which we had created."

"Based on a combination of her interpersonal skills and her technical and job oriented skills, when [Frey] applied to the position we were both proud and pleased when she became part of the team."

*Pauline Lupercio is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 109 or by e-mail at plupercio@ht.homecomm.net.*

# Municipal bldg. takes step ahead

Continued from 1

and finance director Thelma Kubitsky, the capital improvement bonds will be used to finance the project and will be paid back through the township's operating fund. Kubitsky also said good news came with the sale of the bonds, for which the township was granted an interest rate of 4.36 percent.

"That was below the projected 5 percent interest rate we had projected," said Kubitsky.

Chip Snider, township manager, said that the approval of Usztan Construction was well-deserved by the company, who had gone through a "rigorous" pre-bid qualification process.

"We needed to ensure that they could meet the needs of our project," said Snider, adding that the company has a history of successfully completing similar projects. "They have satisfied our consultant and they have satisfied the capital improvement committee that in fact they not only have the qualifications to build, but they seem to be enthusiastic."

"They are interested in getting along with the other team members and are anxious to begin immediately."

In fact, Snider said that Usztan began staking out the site on March 24.

"The contract that was provided to [Usztan] ensures that we will take occupancy of the fire headquarters on April 1, 2004, and will take occupancy of the township hall June 1 of the same year," said Snider. "Their inability to complete the project on time would result in liquidated damages of \$750 a day and the

president of the company has ensured us that he will meet that deadline."

Snider said police department renovations were not bid in conjunction with the fire headquarters and township hall project because of the time frame

involved.

"Contractors would not be willing to commit to a bid price with a construction beginning more than a year from now," he said. "Renovations will begin on this police site after we have taken occupancy of the new

township hall on or about June 1 [2004]."

*Pauline Lupercio is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 109 or by e-mail at plupercio@ht.homecomm.net.*

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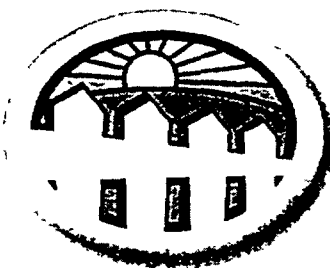
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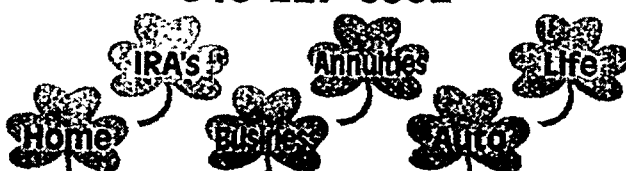
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# Keystone State kind to robotics team



Photo by JOHN HEIDER

Northville High School senior Brian Gulewicz and other members of the school's robotics team recently brought home first place in the First Robotics Competition in Pittsburgh and Best Overall Robot.

By Jennifer Norris  
STAFF WRITER

After competing in a Pittsburgh regional robotics competition, the Northville High School Robostangs traveled home with a first place trophy and fresh accolades.

As a result of winning the regional tournament, the NHS Robotics team has qualified to compete at the national competition in Houston next month.

Members of the Robotics team participated in the Pennsylvania competition in mid-March. The team also competed in the Great Lakes Regional competition last week in Ypsilanti.

For earning a first place finish in Pittsburgh, the Northville team was given a banner and a trophy. Each team member also received a gold medal.

Northville's Robotics team, who formed an alliance with two other groups, all received a first place finish.

"We really were the dominating robot," said NHS robotics coach Jim Conzelman.

He said a group of students, teachers, engineers and parents traveled to the Pittsburgh regional.

Conzelman said the robot won awards for its engineering and its performance level.

"The school went out of its way to accommodate us. It's been a real good experience, especially when you win."

Jim Conzelman  
NHS robotics coach

"It worked out real well," he said. Conzelman added that plenty of preparation and workmanship preceded the competition.

Team members worked after school and on weekends to prepare for the challenge.

"They worked their butts off," said Conzelman. "The school went out of its way to accommodate us."

"It's been a real good experience, especially when you win."

Annette Scheer, a parent volunteer, was among the group who traveled to the Pittsburgh contest.

"All the kids were very excited," she said. "They worked so hard over the six weeks to building the robot and then to win the regional was just fantastic. The whole robotics theme is gracious professionalism."

Jennifer Norris is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 107 or by e-mail jnorris@ht.homecomm.net.



## ON CAMPUS

Northville resident Bryan Shields was named to the dean's list at Kalamazoo College for the fall 2002 term.

Northville resident Sarah Jones was named to the dean's list in the College of Biological Sciences at The Ohio State University for the autumn 2002 quarter.

Northville resident Robert Mandell LaFrance was among the graduates at Michigan Technological University at December commencement exercises.

## IN SERVICE

Marine Corps Corporal Aram Sahiner was called to active duty while assigned to the Corps' Bulk Fuel Company 'A,' home-based in Tucson, Ariz. Sahiner is the son of Philip A. Sahiner of Northville.

Marine Corps Private First-Class Brad C. Fisher has reported for duty. Fisher is a 1998 graduate of Northville High School.



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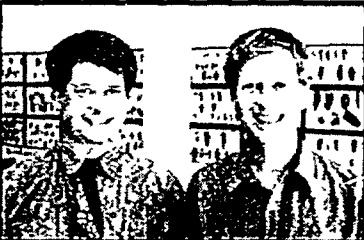
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5:20 9:45 FRISAT LS 12:00  
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SAT/SUN 10:15 12:00 1:45 3:30 5:15  
7:00  
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11:40 2:00 4:20 6:50 9:15  
FRISAT LS 11:40  
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## OBITUARIES

### Rosella Violet Lee

Rosella Lee died March 20. She was 95.

Ms. Lee was born in Detroit on April 6, 1907 to Rev. Jacob J. Link and Rosina Johnson-Renzhausen. She later married Leslie J. Lee and moved to Northville, where she taught music.

A graduate of Albion College, Ms. Lee began teaching in a one-room school but finished out her career teaching high school English. She was active in the Methodist church and was a life member of the Northville Woman's Club.

Ms. Lee is survived by her children, Mary Louise Lee of Flint and David (Marilyn) of Calhoun, Ga.; Kathryn (Robert) Kapp of Schaumburg, Ill.; eight grandchildren and seven great-grandchildren. She was preceded in death by her husband, two sisters and a brother.

A private memorial service was held for Ms. Lee, whose body was donated to the University of Michigan medical school.

Memorial contributions may be made to First United Methodist Church of Northville. Funeral arrangements were handled by Swartz Funeral Home of Flint.

### Thomas E. Dunnabeck

Thomas Dunnabeck of Erie, Pa. died March 16 at St. Vincent Health Center in Erie. He was 59.

Mr. Dunnabeck was born March 29, 1943, in Detroit to Joseph E. Dunnabeck, Sr. of Northville and the late Mary Hollian Dunnabeck. A graduate of the University of Michigan, Mr. Dunnabeck worked as a material handling purchaser for Bush Industries — a position from which he retired in 2002.

Mr. Dunnabeck was a member of McKean's St. Francis Xavier Catholic Church, Knights of Columbus Council No. 4123, American Legion Post No. 1773, St. Francis Ushers club, Moose Lodge No. 109 and the Sportsman's Athletic Club.

Mr. Dunnabeck is survived by his wife, Patricia A. Fitzgerald Dunnabeck; his daughters, Laura A. Chichester of Norfolk, Va.; Lisa M. Dattilio of Warren; his son, Joseph E. (Karen) Dunnabeck, Jr., of Novi; his sisters, Mary Jo (John) Hooker of Allegan and Nancy (Bruce) White of South Lyon; his stepmother, Lillian Dunnabeck of Northville; three grandchildren and several nieces and nephews. He was preceded in death by his first wife, Katherine M. Dunnabeck.

Obituaries are printed free of charge in the Northville Record, but information must be provided to the Record no later than noon of the Tuesday preceding the Thursday of publication. Obituary information not originating from a funeral home must be accompanied with a photocopy of a state-issued death certificate. Materials can be sent to:

**The Northville Record**  
104 W. Main Street,  
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or faxed to  
(248) 349-9832

A memorial service was held at St. Francis Xavier. Interment was at Calvary Cemetery in Erie.

Memorial contributions may be made to Maria House Projects, P.O. Box 10682, Erie, Pa. 16514.

### Bradley B. Custer

Bradley Custer of Holly died March 23 in Grand Blanc Township. He was 29.

Mr. Custer was born Feb. 4, 1974 in Detroit to Fred A. Custer and Patricia (Wolfert) Custer, both of whom survive him. Born and raised in Northville, Mr. Custer relocated to Holly 10 years ago. He received a bachelor's degree in computers and communications from the University of Michigan. He was employed as a computer consultant, legal assistant and service provider for the mentally ill. In addition, Mr. Custer was an avid sports fan and a former sports writer for the University of Michigan's student newspaper.

In addition to his parents, Mr. Custer is survived by his fiancée, Erin Davis of Holly; his siblings, Benjamin (Nong) Custer of Palm Beach Gardens, Fla., and Christian Custer of Transfer, Pa.; his grandparents, Richard and Dorothy Wolfert of Parma, Ohio and Ruth Custer of Transfer.

Visitation for Mr. Custer will be held March 27 from 3 p.m. to 9 p.m. at Casterline Funeral Home of Northville, which handled funeral arrangements. A memorial service for Mr. Custer will be held March 28 at 11 a.m. at First United Methodist Church of Northville. Rev. John Hice will officiate the service. Interment will be at Rural Hill Cemetery in Northville.

Memorial contributions may be made to the Alliance for the Mentally Ill or the Rose Hill Center.

## MILL RACE MATTERS

Mill Race Village is an 11-acre collection of 19th century buildings along the Mill Pond operated by the Northville Historical Society. The Village is open dawn to dusk seven days a week and is located on the west side of Griswold north of Main Street in downtown Northville. The office, located at the Cady Inn, is open Monday through Friday from 9 a.m. to 1 p.m. The archives are open on Thursdays from 9 a.m. to 1 p.m. or by appointment. The 1st Sunday in June through the third Sunday in October the buildings are open from 1 p.m. to 4 p.m. with docents (hosts/hostesses) in each to share the history of that building. For detailed information about special programs or renting the facilities call the office at (248) 348-1845.

During weddings, Mill Race Village is closed to the public. The wedding couple rent the use of the village when they schedule a wedding. Visitors who are not aware of this policy are disappointed that we are closed at the time of their visit. Since our wedding volume is increasing each year, we suggest that you call for the weekend schedule prior to coming out.

Mar. 27	9 a.m.-1 p.m. 3:45 p.m.-5:30 p.m.	Archives Open to the Public Brownie Scout Meeting	Cady Inn Cady Inn
Mar. 28	8 a.m.-5 p.m. 6 p.m.-7 p.m.	Rug Weaving Workshop Rehearsal	Cady Inn Church
Mar. 29	8 a.m.-5 p.m. 11 a.m.-1 p.m.	Rug Weaving Workshop Wedding	Cady Inn Church
Mar. 30	8 a.m.-5 p.m. 10 a.m.-noon	Rug Weaving Workshop Mill Creek Community Church	Cady Inn Church
Mar. 31	8 a.m.-5 p.m.	Rug Weaving Workshop	Cady Inn
Apr. 1	8 a.m.-11 a.m. 9 a.m.-noon 11:30 a.m.-4 p.m. 7 p.m.-10 p.m.	Rug Weaving Workshop Stone Gang Country Garden Club 21st Michigan	Cady Inn Village & Cady Inn Cady Inn Cady Inn
Apr. 2	9 a.m.-1 p.m. 3:45 p.m.-4:45 p.m. 7 p.m.-9 p.m.	Mill Race Basket Guild Private Tour Mill Creek Community Church Prayer Service	Cady Inn Buildings & Grounds Church
Apr. 3	9 a.m.-1 p.m.	Archives Open to the Public	Cady Inn

The Mill Race Quarterly, a Northville Historical Society will be mailed soon, if you have not yet joined or renewed your membership with the Historical Society, please contact the office at 248-348-1845 or stop in any week day from 9 a.m. to 1 p.m. to make sure you receive your copy in the mail.

An important component of keeping the village alive is its membership. If you want to help preserve this living museum and have not yet joined the Historical Society, please contact the office or stop in during office hours. Membership is tax deductible and includes a subscription to the Mill Race Quarterly. Memberships are as follows: Senior Citizen/docents \$10, Individual \$15, Family \$20, Business \$25, Contributing \$50, Sustaining \$125, Annual Patron \$500, Patron, \$1,000 or more.

The Children's Christmas Workshop is collecting old wooden handles from brooms, shovels, rakes, etc. If you have any you would like to donate please drop them off in the Mill Race office, Monday through Friday from 9 a.m.-1 p.m. or call 248-348-1845 to make other arrangements.

Don't think of it as a  
change of lifestyle.

Just a change of address.



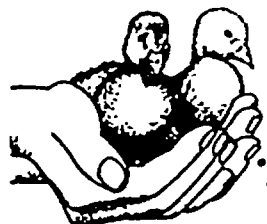
Your dignity and independence are never compromised at the Botsford Commons Community. Whatever living option is best for you, a condominium or rental apartment, when your address changes, your dignity follows. We encourage residents to continue with their lifelong goals and dreams. And if unexpected changes arise, the Botsford Commons campus is equipped with both an Assisted Living Center and a Skilled Nursing Facility to meet those needs. Come in for a visit and see how you can celebrate your same familiar lifestyle in a brand new location.



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# Businesses showcased in outer space

Continued from 1

"space" theme, which resulted in a mishmash of intergalactic robots and Star Wars paraphernalia.

"We're already working on theme for next year," said Marrs.

During the event, residents had the opportunity to vote for their favorite business display and restaurant.

The "best business display" award went to Bedazzling Balloons in Northville, which is owned by Sherry Montgomery. An honorable mention went to Margo's Salon and Spa.

Voters named Rocky's the best restaurant.

"They served an outstanding salmon with a cucumber sauce," said Marrs. "They won, hands-down."

An honorable mention went to Northville Gourmet.

Marrs said she applauds the Northville Public School district for the use of the high school

building and the helpfulness of the custodial staff.

"We couldn't be more pleased with this," she said. "Our community all works together. We

all work to promote our community. It's just one more example of organizations working together."

Jennifer Norris is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 107 or by e-mail at jnorris@ht.homecomm.net.

## NovaCare (re)opens its doors for business



Photo by JOHN HEIDER

Northville NovaCare physical therapist Barb Hayes works on re-habbing the shoulder of patient Linda Lee last Wednesday afternoon in NovaCare's location.

By Pauline Lupercio  
STAFF WRITER

Have a pain in your neck? Just stop on in and talk to the staff at NovaCare Rehabilitation.

The business, previously located at 215 East Main Street for six years, recently relocated to the New Victorian at 300 East Cady Street. The store officially opened its doors on March 3 but are planning a grand opening celebration for April 1.

Northville Township and city officials, business leaders, and members of the Chamber of Commerce have been invited to attend the ribbon cutting ceremony.

According to NovaCare physical therapist Barb Hayes, the move was a based on a corporate decision in order to "economize."

"We have been able to reduce our rent

by half and are now in an extremely spacious facility with beautiful windows," she said of the New Victorian.

A physical therapist for 25 years, Hayes said that the NovaCare staff is pleased with their new location and ready and waiting to help their patients feel their best.

"We deal with a wide variety of diagnoses such as neck and back pain and orthopedic problems. We also see a lot of patients after they have had surgery for their knees, ankles, and shoulders," said Hayes. "We have a very dedicated and experienced staff and are ready to serve the community's physical therapy needs."

Hayes also explained that individuals interested in achieving or maintaining physical fitness can take advantage of the facility's exercise equipment even if they are not patients.

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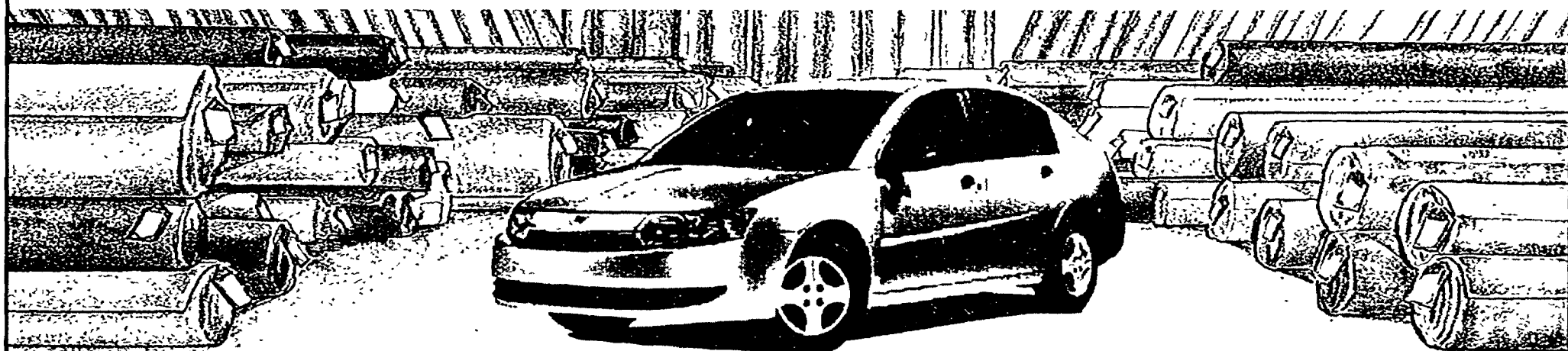
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Sale Starts Thursday, March 27<sup>th</sup> & ends Sunday, March 30<sup>th</sup>

Sale Hours:

Thursday, March 27<sup>th</sup>, Friday, March 28<sup>th</sup> & Saturday, March 29<sup>th</sup> 9:00 am to 8:00 pm

Sunday, March 30<sup>th</sup> - 12:00 pm to 5:00 pm

**MUST TAKE CARPET WITH  
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To prepare for this event our Warehouse will be closed  
Wednesday, March 26<sup>th</sup> and will re-open  
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Our fundamental purposes are to enhance the lives of our readers, nurture the home towns we serve and contribute to the business success of our customers.

## We're at war: support troops

As the United States' war with Iraq gets underway, it's amazing how many people and organizations have come forward to show their support for the country's leaders and soldiers with programs meant to help the families of those serving in the armed forces.

To help organize all these efforts, State Sens. Valde Garcia, Michelle McManus and Laura Toy have sponsored a new umbrella program called Operation Adopt-a-Family, which provides information about the vast financial, emotional and spiritual support systems available in Michigan communities.

The operation is intended to help Michigan families of military personnel in three ways: 1) Local organizations will be enlisted to help families in their search to alleviate hardships directly resulting from the deployment of their spouses or parents. 2) Partnerships will be formed between the local organizations and public

**It's amazing how many people and organizations have come forward to show their support for the country's leaders and soldiers with programs meant to help the families of those serving in the armed forces.**

service groups within communities to maintain an adoptive relationship with the families of Michigan's deployed military personnel. 3) Support will be generated from the general

public and the legislature to provide funding for the Family Support Network.

Operation Adopt-a-Family links families to an appropriate organization, according to need. It's like one-stop shopping for local support.

The American Legion, Veterans of Foreign Wars, Salvation Army,

Michigan Association of School Boards, Catholic Social Services, and many others are already participating in the program, and have services available to the families of Michigan military personnel.

To become an Adopt-a-Family organization or individual, contact church groups or the local American Legion or VFW posts and let them know what kind of assistance you can provide.

## GOVERNMENT

### STATEWIDE

#### Governor

Jennifer Granholm (D-Northville Township)  
PO Box 30013  
Lansing MI 48909  
(517) 335-7858

#### U.S. Senate

Carl Levin (D-Detroit)  
269 Russell Senate Office Building  
Washington D.C. 20510  
(202) 224-6221  
senator2@levin.senate.gov

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Ste. 1810  
Lansing MI 48933  
(517) 377-1508

#### Debbie Stabenow (D-East Lansing)

702 Hart Senate Office Building  
Washington D.C. 20510  
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280 East Saginaw  
East Lansing, MI 48823  
(517) 203-1760

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Washington D.C. 20515-8171  
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**State Senator — 7th District**  
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Photo by JOHN HEIDER  
A detail of Winchester Elementary's living flag that was assembled Monday morning.

## LETTERS

### Ravines story was necessary, warranted

I am not a resident of the Ravines of Northville subdivision, but I did appreciate the article in the *Northville Record* about the dispute between the residents of the Ravines and the subdivision's developer, Fairchild. Should a friend or a family member consider building a home in a new subdivision under development by Fairchild (in Northville or any other community), I will encourage them to research this developer before making a purchase. If the *Record* did not report on this issue, many people would not be aware of the litigation initiated by Fairchild against the subdivision's residents. When we built our home in the township 15 years ago, we went to great lengths to make sure that our builder was reputable. We never thought of engaging in a background check on the subdivision's developer.

The comments made in the Letters to the Editor in the March 6 edition of the *Record* were mean-spirited and inappropriate. The residents of the Ravines are new members of our community and they should be made to feel welcome. Their homes are beautiful which increases the value of all surrounding property. Also, the additional taxes that they contribute to the township helps fund and expand programs that we all enjoy and benefit from. Hopefully, the dispute with Fairchild is quickly resolved, with the support of our entire community, through the township's elected officials. Thank you to the *Record* for the excellent coverage of this story. I look forward to reading a follow-up article about the outcome of the Ravines dispute in a future edition.

Marilyn Iskra  
Northville

### 'Real world' start time different in Real World

In the March 6 issue of the *Northville Record*, you stated "If the purpose of high school is to prepare young men and women for the rigors of the proverbial Real World, then it stands to reason that asking students to conform to the clock of the Real World comes with the territory."

In your real world, when does your clock begin? By the time the office of the *Record* opens at 8:30 a.m., our high school students are 65 minutes into their day and our middle school students, preteens, are 15 minutes into their first hour. Where are you at 7:25 a.m.?

In a poll of more than 50 businesses listed in the Northville Community Chamber of Commerce, only four opened their doors before 8 a.m.

If our local colleges begin classes at 8 a.m. or later, if more than 90 percent of the businesses in Northville open after 8 a.m., if our own *Record* opens its doors at 8:30 a.m., then why must our students begin their "work" day at 7:25 a.m.?

If medical research overwhelmingly indicates adolescents need more sleep due to biological changes, if our local parent survey identifies a need for more sleep for 75 percent of our high school students, if 420 high school students (nearly 30 percent of those surveyed) indicate difficulty staying awake during a test, then why would we not look further into the idea of delaying the high school start time for the students' benefit?

Edina (a school district in [suburban] Minneapolis with similar demographics to Northville) instituted a late start program in 1996. Edina has reported favorable results including: decrease in sick days/tardiness, decline in disciplinary actions, improved grades and improved student disposition. In addition teachers reported students were more alert, less pressured and easier to motivate. It seems that this issue has merit and deserves

further investigation.

Can our youth survive the rigors of a 7:25 a.m. start time? Yes, of course. They have for years. I did. I'm sure many of your readers have. But, is it necessary? Our goal clearly is to provide the best learning environment possible for Northville students. Is 7:25 a.m. the best possible time for high school student education?

Sharon Darga  
Northville

### Friends' Library sale was smashing success

The Friends of the Northville District Library would like to thank the following generous volunteers who helped with our very successful March Used Book Sale: Judy Alexander, Helen Anderson, Faye Anderson, Evan Berry, Lora Cash, Mike Defrancesco, Bev Dudley, Andy Fielhaber, Barb Freeland, Stefano Giamarco, Nick Giamarco, Amy Griffin, Carol Holland, Barb Hudgins, Keith Hudolin, Mary Jane Kearns, Erin Kelly, Nancy Klix, Peggy Koppy, Marge Kosmowski, Sally Lepla-Perry, Jim Lynn, Don McColloch, Judy Poole, Rich Potchynok, Jeanie Pritt, Joan Sellen, Ben Sherman, Deborah Stanifer, Jeanne Storm, Amy Ventura, Carol Ventura, Lois Winters and Zack Wollack.

We'd also like to thank McNabb Carpet of Milford for donating carpet for the "Book Cellar" and Michael McEvoy for helping to install it.

Carol Poenisch  
Friends of Northville District Library  
Used Book Sale Chair

## ART. ASK FOR MORE.

For more information about the importance of arts education, please contact  
www.AmericansForTheArts.org.



Amanda Geiger never saw the drunk driver.  
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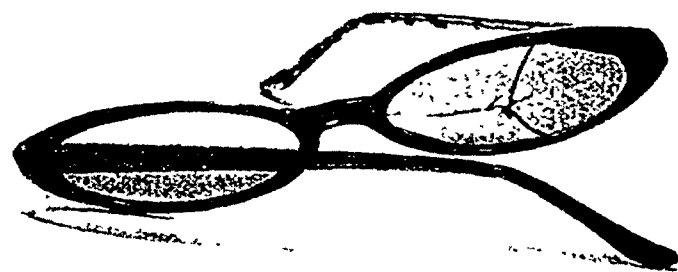


Photo by M. J. H. / U.S. Department of Transportation



### Share your opinions

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

Mail: Letters to the Editor, Chris C. Davis, Northville Record, 104 W. Main, Northville, MI 48167

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# OTHER OPINIONS

Page 15A

Thursday, March 27, 2003

## This budget is for the dogma

Those interested in how Michigan's budget crisis is going to turn out are in for a long wait. I don't expect Gov. Jennifer Granholm and the legislature to finally resolve the \$1.8 billion deficit for the fiscal year that begins this October until the very last moment.

To understand why, you need only to identify the powerful interests whose oxen were goyed by Granholm's initial budget proposal and to watch how these interests will be lobbying the legislature to staunch the wounds.



Phil Power

Michigan's 15 public universities and 29 community colleges, whose appropriations have already been cut by 3.5 percent and which face another 6.5 percent cut in the governor's proposed budget.

The families of thousands of Michigan high school seniors who scored well on the MEAP test and who had expected thereby to earn a \$2,500 state-funded scholarship to college. Gov. Granholm's budget proposes to cut this to \$500.

These are non-trivial constituencies, and there are many, many more, all screaming bloody murder. The lobbying intensity, not to mention the partisan disagreements between Democrat Granholm and the GOP-dominated legislature, will be intense, time-consuming and very, very political.

Another factor, less immediately obvious, is the peculiar pressure cooker atmosphere that pervades the six square blocks around the state

capitol. Simply put, this atmosphere is at once completely consumed with politics and entirely insular. Legislators typically arrive in Lansing in time for session on Tuesday morning. They then spend literally all their time in the cut and thrust of legislative politics — hearings, caucuses, phone calls, meetings, wheels and deals — until they go home at the end of the day on Thursday or Friday morning. Nothing other than political survival matters; nothing else intrudes.

In this frenzied atmosphere, certain assumptions that have no particular validity in the real world (i.e. any place other than the Capitol) are without question accepted as dogma. One example is the assumption that the political conflict over abortion is at the center of morality for all people. Another is that taxes can never be increased, no matter what.

That latter article of faith will become a dominant factor during the budget negotiations. How come? Because it's pretty clear that the process of resolving the budget crisis will involve at least two distinct steps:

1) Loud and ceaseless wailing and gnashing of teeth by the various constituencies whose programs/pet projects are being cut, to the point that legislators and the governor throw up their hands in despair at ever being able to craft a budget that distributes an acceptable (maybe even fair?) level of pain to all concerned.

2) The sudden realization that one simple step — delaying the scheduled reductions of the state income tax by 0.1 percent increments — will produce hundreds of millions in extra annual revenue. It does not take legislative genius to realize that the extra money would go a long way to solving the budget crisis and even save some important programs that would otherwise be killed or maimed. But this realization will inevitably be accompanied by loud cries that such a step amounts to a tax increase and that doing so amounts to certain political suicide.

Here's how the numbers work. The current state income tax rate is 4.1 percent of adjusted taxable income. As a result of tax cutting legislation passed during the Engler years, that rate is scheduled to go down to 4 percent during fiscal 2003 and to 3.9 percent in fiscal 2004. The math gets complicated because of the differ-

ence between calendar year (used for tax purposes) and the state's fiscal year (which starts on October 1). The bottom line is that if the scheduled tax reductions for 2003 and 2004 are deferred, the result is around \$400 million in extra revenue for the state.

So the gut check will be whether the no-tax article of faith that drives so many decisions in a hermetically sealed and increasingly frantic legislature makes any difference at all to most folks who live or work outside the Capitol building in Lansing. For an individual taxpayer with a \$40,000 taxable annual income, a tax rate reduction of 0.1 percent works out to about \$40 a year, less than a buck a week. Is this something that will cause ordinary citizens to go to the barricades? I doubt it.

Of course, some Lansing insiders will argue that deferring a scheduled reduction in the rate of the income tax is just the same as a tax increase. Maybe, but I hope such Jesuitical logic doesn't cut much ice.

Phil Power is the Chairman of the Board of the company that owns this newspaper. He would be pleased to get your reactions to this column either at (734) 953-2047 or at [ppower@homecomm.net](mailto:ppower@homecomm.net).

**In this frenzied atmosphere, certain assumptions that have no particular validity in the real world (i.e. any place other than the Capitol) are without question accepted as dogma.**

## Looks like the joke's on us again

So I got to thinking...April Fool's Day is coming up next week.

Yessir. On Tuesday, we'll all be subjected to shoe polish on the pay phone earpieces, whoopee cushions on the boardroom seats, endless streams of crank calls to bowling alleys asking if they have you-know-what, shaving cream-filled water balloons...you get the picture.



Chris C. Davis

My personal favorite was the time I had the hotel clerk play along and had my mom convinced that not only didn't they have her reservation, but that a convention in town had every other room for 20 miles sold out, as well. I was sure the guy would crack, but he kept a straight face, despite the fact I could see mom going to blow a head gasket at any second.

April Fool's Day is a day set aside for testing to see if people can take a joke and to find out if that purported sense of humor someone has really exists.

This got me to thinking: (I know.. a dan-

gerous prospect.) Imagine how sweet life would be if:

• The results of the Maybury State Park fire investigation had actually been completed weeks ago, and the final report found to be wedged between NCAA tournament brackets on a clerk's desk somewhere.

• There were hundreds of people ready to jump in and run for Northville school board, but because of the demand for the positions, district administrators decided to hold a secret lottery to find out which three people in the community would be allowed to have their names on the ballots.

• The city of Northville was granted a \$30 kazillion grant to construct moving sidewalks so the parking spot whiners wouldn't have to exert themselves anymore.

• Someone in the federal court system finally understood that girls' sports weren't taking a backseat to boys' sports, and the screwy season switcharoo was undone.

• The fine folks at Coca-Cola and Pepsi approached school officials with contract deals to put vending machines in buildings that only dispensed fruit juices.

• People walked down the street, noticed three teenagers hanging out on the corner and didn't assume something illicit was going on.

• The Detroit water and sewer department sent a letter to its customer communities which began, "You know, we've been awfully unfair to you guys for a long, long time, and we want to fix this mess at no expense to

you."

• War protesters and pro-war backers put down the picket signs and spent their collective time volunteering at a charity, instead.

• The first day of spring meant no more snow / no sub-freezing temps / no winter jackets necessary until November.

Too bad so many of these things aren't.

Oh, well...I guess the joke is on us again this year.

Chris C. Davis is the editor of the Northville Record. He can be reached at (248) 349-1700, ext. 114, or at [cdavis@ht.homecomm.net](mailto:cdavis@ht.homecomm.net).

**On Tuesday, we'll all be subjected to shoe polish on pay phone earpieces, whoopee cushions, and an endless stream of bowling alley crank calls asking if they have you-know-what.**

## Mother Nature's delights for the eyes

When I went to my family residence in Brighton last weekend, my mother informed me that an unusual visitor had been roaming on our 10-acre parcel of property.



Jennifer Norris

coloring and behavior.

My family and I are actually pretty used to seeing plenty of woodland and water-loving critters meandering over our land. Interestingly, they all seem to tolerate the presence of our 10-year-old black Labrador retriever, Max.

Whether its white-tail deer, raccoons, sand cranes, geese, snapping turtles, black squirrels

or even red foxes, we've seen them all. Every spring we look for new babies and of course the robins, but the coyote was new.

We wondered where it came from. Had it traveled a long way? A coyote sighting was quite unusual, even for the perpetual zoo that runs freely around our country home.

When company comes to our home, we typically tell people to "watch for deer" because the deer like to stand in our winding, half-mile driveway. That's usually met with a laugh, until we tell them we're serious. Usually just before dusk, the deer come out to roam near the pond. We used to have a very large strawberry patch, but I think the animals ended up enjoying more berries than we did. The berry patch has since been bulldozed and is now a grassy field again.

Although I moved away from home about 17 months ago and was quite used to seeing a myriad of animals at any given time, news of a coyote visiting us was intriguing. After growing up in the city of Dearborn, the abundance of wildlife around my family's home was a bit shocking. About the only wildlife we saw in Dearborn 20 years ago were the common brown squirrels and the usual selection of songbirds and maybe a few seagulls. Definitely no sand cranes and certainly no coyotes.

It's certainly interesting to go home, just to see what kind of critter is going to cross my path. I'm always on the lookout.

But when I went home last weekend, I saw a red-breasted robin hopping around in the front yard, near some crocus peeking out from Earth. That was the best sighting of all.

Jennifer Norris is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 107 or by e-mail at [jnnorris@ht.homecomm.net](mailto:jnnorris@ht.homecomm.net).

**When I went home last weekend, I saw a robin hopping around in the front yard, near some crocus peeking out from Earth. That was the best sighting of all.**

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**Stacy L. Smith, M.D.**  
Announces Her  
New Office Location:

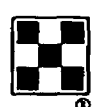
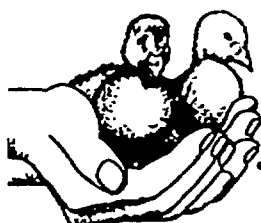
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Dr. Smith is board certified in Family Practice and has been on staff at Providence Hospital for 10 years.

Dr. Smith sees patients of all ages for School and Sports Physicals as well as Adult Health Maintenance.

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GEMOLOGIST

**SEEING RED**

When judging the color of ruby, think of its hue as being a blend of two colors, purple and red. When rubies are viewed from different directions while in motion, it is sometimes possible to see these two colors. This is due to an optical property called dichroism, in which light is split into two different colored rays that are polarized at right angles to another. Dichroism is a major consideration when cutting ruby. The purest, most desirable color is produced when the stone is cut and oriented so that only a single direction of red color emerges through the top of the gemstone. The purer this color and the lower the dichroism, the higher the per carat price.

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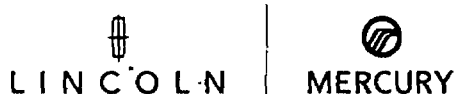


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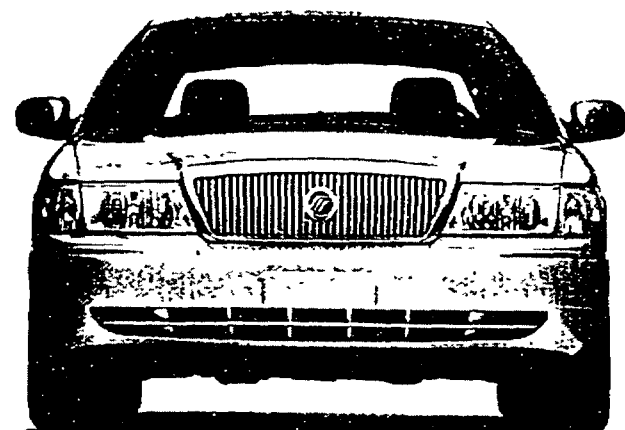
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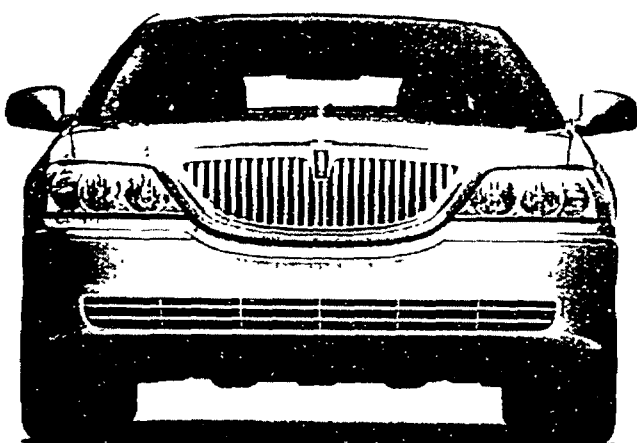
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## NORTHVILLE SCHOOL BRIEFS

### YOUNG CHILD MARCH

The Annual Month of the Young Child March is slated to take place April 4 at 6:15 p.m. in downtown Northville. The event is open to all Northville children and families. Participants will meet at the dirt area of the Northville Downs parking lot between 6 p.m. and 6:15 p.m. The group will march to the Northville Recreation Center for a singing celebration. Watch for handprints that will be displayed in local business windows celebrating the Month of the Young Child. For more information, call (248) 344-8465.

### LIONS v. TEACHERS

Several current or former Detroit Lions players are slated to play a charity basketball game against Northville Public School teachers March 29. The event will take place in the main gym of Northville High School at 2 p.m. Admission is between \$5-7.

The teachers' team will mainly consist of high school teachers, but may include middle school and elementary school teachers.

A variety of concessions will be available throughout the game. During halftime, patrons will have the opportunity to receive autographs from the players and take pictures with them.

The event is being presented by the Northville High School Class of 2006.

### BECOME A BOARD MEMBER

A candidate who wishes to seek a position on the Northville Public School Board must file a nominating petition and an affidavit of identity no later than 4 p.m. on Monday, April 7, 2003. The number of signatures required is 40. A non-refundable \$100 filing fee may be submitted in lieu of a petition.

The regular school election will be Monday, June 9, 2003. Two positions on the Northville school board will be filled at the election. Both positions are four-year terms, ending June 30.

Petitions and affidavit forms can be obtained at the Northville Public Schools Business Office, Room 305, 501 W. Main Street, Northville, Mich. 48167.

Office hours are 8 a.m. to 4:30 p.m. Monday through Friday.

### VISITORS FROM JAPAN

The Northville Public Schools will be participating in an international exchange program with Japan this year which is funded by the Fulbright Memorial Fund. Nine Japanese educators will visit Northville from March 23-30. Twenty-five cohort groups from Japan will visit schools across the United States. Three of these schools are in Northville. Our visitors from Japan will visit Hillside Middle School, Amerman Elementary and Northville High School. Hillside teacher Rick Vander Veer along with NHS teacher Nancy Smith and Amerman teacher Bruce Ricketts will travel to Japan for 6 weeks this summer as part of this project. The Northville team will be developing projects involving curriculum development and technology to share between the two countries.

### STUDENT ART AT WENDY'S

Elementary students from several Northville schools have artwork on display at Wendy's on Six Mile and Haggerty during the month of March. Northville elementary art teachers are working in conjunction with Wendy's to celebrate Youth Arts Month.

Wendy's ArtServe of Michigan and the Kennedy Center Alliance for Arts Education Network support this program.

The following students who have artwork on display: Suzie Redick, Jalal Jarouche, Lauren Wozniak, David Bennett, Rachel Szymanski, Kacey Bowen, Ryan Benoit, Chad Cini, Katie Fenech, Alyssa Wozniak, Bobby Nayh, Ali Thompson, and Steven Schmatz.

### LEARN TO DRIVE

Applications for segment One Driver Education classes are now available in the Northville High School office. There is a fee of \$200 that covers both Segment One in the summer and Segment Two in the fall/winter. Application deadline is Thursday, April 18.

For further information, call Linda Murphy at (248) 344-8427.

### RECORD SEEKS OUTSTANDING TEACHER NOMINATIONS

The Northville Record is seeking readers to inform of us of local teachers who have demonstrated academic excellence in the classroom. One teacher — from

either a public or private school — will be honored each month through June, then again beginning in September. The teachers will be photographed in their classroom for publication. A feature article on the educator will also be written. In addition, the highlighted teacher will receive a prize from the Record.

To nominate a local teacher you believe deserves recognition for their academic abilities, nominations can be e-mailed to [cdavis@ht.homecomm.net](mailto:cdavis@ht.homecomm.net) or [jnorris@ht.homecomm.net](mailto:jnorris@ht.homecomm.net). Submissions may also be faxed to (248) 349-9832 or mailed to Chris Davis or Jennifer Norris, 104 W.

Main St. Northville, Mich. 48167.

To nominate a teacher, send the teacher's full name, school address and school phone number along with a statement of no more than 200 words indicating why this instructor deserves to be our Feature Teacher.

The staff of the Record will make each selection. The winning teacher will be featured in the Record on the second Thursday of the month.

### ST. PAUL'S LUTHERAN OPEN HOUSE

St. Paul's Lutheran School in Northville will be hosting an open

house for families interested in preschool through Grade 8. The open house is tonight from 6:30 p.m. to 8:00 p.m. St. Paul's is located at 201 Elm Street in downtown Northville (behind Hiller's Market).

For more information, call (248) 349-3146.

### ALL NIGHT PARTY

Tickets to Northville High School's 2003 Senior All Night Party are on sale through the end of March at a price of \$65. Send checks payable to Linda Temple, 46023 Northvalley, Northville, Mich. 48167. Please write the stu-

dent's first and last name on the memo line. A 2003 Senior Party drop box has been placed in the Northville High School office for those persons wishing to deliver payments in person.

Ticket prices for this night of events for graduating seniors will increase to \$75 beginning April 1. For more information, call (248) 349-6294.

### WIN A TRIP TO THE BRIDGE

Cooke School is raffling a "Tower Tour" certificate issued by the Mackinac Bridge Authority for two people to ascend to the top of the north or south tower of the

bridge to view and photograph the beautiful straits of Mackinac and the Mackinac Bridge. The tour must be taken between May 1 and Oct. 15. You may select your own date.

Raffle Tickets are \$5 each or 3 for \$10. The winning ticket will be drawn April 1. To purchase tickets, visit [http://ckwww.northville.k12.mi.us/Mackinac\\_Bridge\\_Tour\\_Raffle.htm](http://ckwww.northville.k12.mi.us/Mackinac_Bridge_Tour_Raffle.htm) or send your name, address, phone number and check to Cooke School Attn: Raffle, 21200 Taft Road, Northville, Mich. 48167.

Checks may be made payable to Northville Public Schools.

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## LIBRARY LINES

## LIBRARY HOURS

The Northville District Library is open Monday through Thursday from 10 a.m. to 9 p.m., Friday and Saturday from 10 a.m. to 5 p.m., and open Sundays from 1 to 5 p.m. The library is located at 212 W. Cady Street, near Northville city hall, with parking off Cady St. For detailed information about programs or services, or to request or renew library materials, call (248) 349-3020.

## AN ILLUSTRATED HISTORICAL TOUR OF NORTHVILLE

Join us on March 31 at 7 p.m. to hear Barbara Louie discuss her book "Northville, Michigan," using a Powerpoint presentation of historic Northville. The author will also be signing copies of her book, which will be available for sale.

## FANTASY BASEBALL

Registration is now underway for the 13th season of Fantasy Baseball at the library. "General Managers" of any age choose Major League players who they feel will perform well during the coming season. To learn more about how the program works, and to register online, go to the website at [www.northville.lib.mi.us/events/baseball](http://www.northville.lib.mi.us/events/baseball). Registration forms are also available at the library. The deadline for signing up is March 31.

## MING THE MAGNIFICENT

Celebrate National Library Week with a magical performance by Ming the Magnificent on April 7 at 4 p.m. All ages welcome. Children under age 4 should

attend with a caregiver. No registration required.

## THE ART OF LATE RENAISSANCE FLORENCE

Prepare for the upcoming exhibit at the Detroit Institute of Arts, with this presentation by Harold Baut, highlighting the artwork from the era of the Medici and Michelangelo. Choose from one of two programs: April 2 at 1 p.m. or April 28 at 7 p.m. Please call the library at (248) 349-3020 to register, as space is limited.

## JUNIOR BOOKS, CHAT AND CHOW

Kids in the fourth grade and up are invited to this fun monthly book discussion group, featuring treats and lots of good talk. At the next meeting on April 30 at 4:15 p.m., we will talk about "Sasquatch" by Roland Smith. Sign up and pick up a copy of the book at the Information Desk beginning April 1.

## GET READY FOR SOCCER

Coaches and players can prepare for the upcoming soccer season by checking out one of the books, videos, or DVDs available at the library. Thanks to a generous gift from the Northville Soccer Association, the library has over 50 new titles about improving soccer skills.

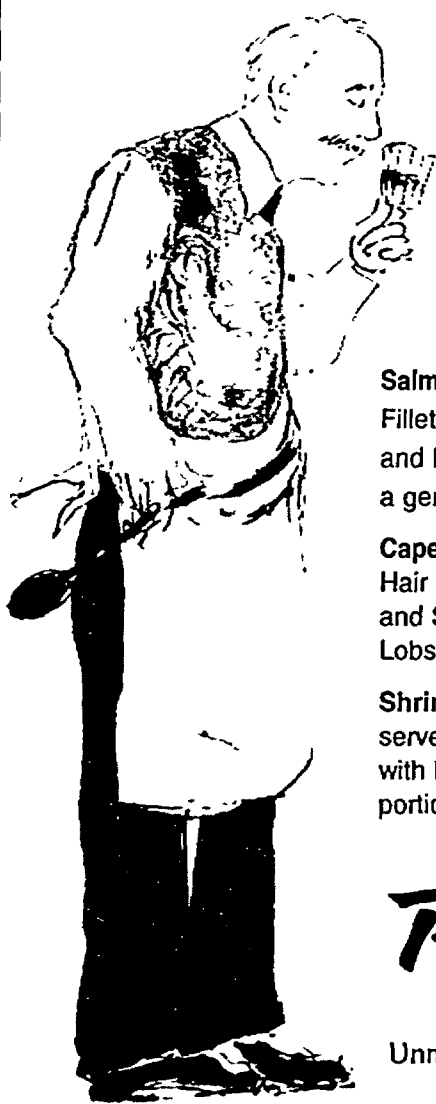
## LIBRARY BOARD MEETING

The next meeting of the Northville District Library board of trustees will be March 27 at 7:30 p.m. The public is welcome to attend these monthly meetings, which are typically scheduled on the fourth Thursday of the month.

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## To Our Dear Friends In Northville

We would like to thank you all for your heartfelt prayers and concern for our first grandchild, Clara Marie Pierce, who was born six months ago at 1 pound 6 ounces at Fairview Hospital in Cleveland. Today she is over 11 pounds and, as you can see, a wonder and a miracle.

This is our way to let all of you know the good news because you have expressed such a desire during this time.

Thank you,

John and Marisa MacInnis

Parents of Maria (Mrs. Martin Pierce)  
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# Dreams dashed

Former Wildcat Fred Napier falls victim to budget cuts as Michigan Tech axes football program

By Sam Eggleston  
SPORTS WRITER

Over 80 years of football tradition and it disappears in an instant — or that's how it seemed to the players at least.

The Michigan Tech Huskies, a Division II program out of Houghton in the Upper Peninsula, announced March 18 that the football program would be eliminated — effective immediately.

The move came in the midst of an extremely challenging financial situation for Tech.

"Everyone needs to understand the crisis that the state and the university are in financially," MTU football coach Bernie Anderson said. "With such a large deficit, (cutting) football was an answer to all the problems in the athletic department. It is an opportunity for other programs to become stronger at the expense of one program."

Unfortunately, the removal of the football program means the end of an era — and the possible end of an athletic career for players such as Fred Napier. Napier, a runningback with the Huskies, was an all-around athlete for the Novi Wildcats during his years there. Hockey, football and lacrosse were some of the sports that he earned recognition in — and the future seemed bright for the freshman.

"I made third-string and beat out two other runningbacks (for the position)," Napier said. "I

**"They train these students and this faculty to be creative leaders and problem solvers. That's what we want to be, is leaders of an opportunity to find a solution and not just leaders of a program that's been eliminated."**

**Bernie Anderson**  
Michigan Tech University Head Football Coach

traveled with the varsity on away games and learned a lot. It was a lot different than the football at Novi. Instead of option football, Tech runs power with big linemen blocking for you."

Napier said that he and the other Huskies were waiting for the coaching staff to show up for the squad's morning run and once they did they brought with them the news of the program being cut.

"It was a big surprise," he said. "Everyone was very shocked. I've never seen so many men cry in a single room before. A lot of seniors just stood there, amazed, because they were told that their careers had just come to an end."

Football at Michigan Tech began in 1920 and through the years they have been under the leadership of 14 different head coaches — the winningest of all being Anderson with 73 wins.

"There's this hallway we have with about 50 yards of football pictures," Napier said. "Just football pictures. There are no hockey, basketball or volleyball galleries, but there is a football gallery. There are pictures of All-Americans and all of the old teams. There is so much history, and they decided to cut it."

For players like Napier, there are options. With the ax falling on the football team, he and his fellow gridders are allowed to search elsewhere in hopes of gaining a scholarship with another team. Those who choose not to look elsewhere will continue to receive their scholarship assistance through their graduation as long as they remain in good academic standing.

"For the guys that are pursuing business degrees it shouldn't be a problem," Napier said. "They can pretty much go to

any school for that. Guys who are in engineering like myself don't have a lot of choice. There aren't many good engineering schools in Michigan with a good football team."

Napier noted the removal of the program came at a time when the Huskies were poised to be a power in a conference that had three nationally-ranked teams in 2002 — including the national champions from Grand Valley State.

"It came at our best time," Napier said.

Anderson agreed.

"There is no question that we've worked hard to build this program," he said. "We were very optimistic based on those we have returning in the next two years. We've been playing with a sophomore-heavy program and for the next two years we will have a very veteran team."

And Anderson wasn't speaking in the past tense like many might expect. Instead, his hope and that of the team is that the football program will be able to keep the doors open.

"As you'd expect, the alumni have responded in great numbers and have expressed their concerns," he said. "They would like to see the door re-opened."

Anderson said that he's asked his team to wait a week before looking at other colleges and universities — a request that Napier said that he and many of his teammates have complied with.

"We are going to continue to

work for a way to keep the door open," Anderson said. "We only have a week, so time is against us."

The projected numbers indicate that for the program to continue operating, the Huskies will have to come up with a substantial sum of money.

"It would take 10 million dollars to solve all of the problems," Anderson said, responding to a figure that was indicated by the university. "If we had 10 million dollars, we would mathematically be able to run the program for 25 years without running out and that doesn't include interest. We want to work on and explore a real number."

And that's what Michigan Tech teaches student like Napier to do.

"They train these students and this faculty to be creative leaders and problem solvers," Anderson said. "That's what we want to be, is leaders of an opportunity to find a solution and not just leaders of a program that's been eliminated."

Anderson noted that he is optimistic about the program's continued existence.

"I'm optimistic, but I'll have to leave it at that," he said. "There is great work to be done, but I'm optimistic. In the next few days, if we're given the chance, time will tell."

*Sam Eggleston is the sports writer for the Northville Record and the Novi News. He can be reached at (248) 349-1700, ext. 104 or at seggleston@ht.homecomm.net.*

## Time for a tweak?

Sometimes, a writer sits back and wonders if what they are producing is what their readership wants. Well, today I am one of those writers.

I guess, as a sports writer, I often wonder if those who pick up my section each week enjoy or dislike the product. Is there more I can do? Is there a different angle I should take?



**Sam Eggleston**

For the most part, I don't get much feedback. Occasionally I get an email or a phone message saying that a particular reader did or didn't appreciate a story I wrote or the way I reported on it, but other than that I have no clue to what the readers want.

Learning the ropes at daily newspapers taught me one thing — the fans want to know what happened in a game. It's true that each week we put out a game report based on the happenings and we go into a pertinent amount of detail on those events. A recent thought brought to my attention is that maybe the readers of a weekly community paper like this one don't want that type of information. Maybe, instead, they want to read about the athletes and the coaches instead of game reports that are a week old.

Sure, we would still report on the scores and who scored, but there would be a lot less of the breakdowns of each event and what transpired that day. Instead, the simple numbers would tell the tale while the writing would gear more towards those who play the sports.

I guess what I'm asking is to hear from you, the readers. You know what you want and how you want it. Are you happy with the game reports and what they tell you, or would you rather see the figures and then see more in the way of feature stories in these pages?

I'm sure that many of you will be more than happy to lend me your opinion. Don't worry, the names of those who make comments won't make their way into the paper, though I would appreciate that if you want to give your opinion that you leave a name and a number for me to discuss it with you. That's really the only way I can adjust the sports section and what it brings to you on a weekly basis.

Remember, this is a lot like voting. If you like the pages the way they are, you'll have to let me know that. If you dislike them, I'll need to hear that opinion too. If you don't bother to write in or call me, then I'll have to form my judgment based on those who did.

If you're interested in making a comment, feel free to call me at (248) 349-1700, ext. 104 or email me at seggleston@ht.homecomm.net. The more people I hear from, the better. We want to bring you the best sports section around, and the only way we can do that is if you let us know what makes it the best.

Any comment is welcome, and ideas are always accepted — though not always used. During weeks in which sports are slow, or during the summer months, stories are much more likely to make their way into the paper, where during the high school sports season my attention is pretty much on the high schools and the sports those athletes play.

I hope to hear from a whole bunch of you soon. The best kind of sports section is that which the readers are eager to pick up each week — and I want this sports section to be the one that you're looking forward to.

*Sam Eggleston is the sports writer for the Northville Record and the Novi News. He can be reached at (248) 349-1700, ext. 104 or at seggleston@ht.homecomm.net.*

# Step up to the plate

Eclipse Baseball Club seeks to recreate the true and pure baseball experience in Northville

By Pauline Lupercio  
and Sam Eggleston  
STAFF WRITER/SPORTS WRITER

Do you ever look at modern sports and just think about how great it would be if they still had the purity of days long past?

Wayne Titus did, and now he's decided to do something about it.

Titus, a Northville resident, found himself being asked about his vintage-baseball uniform that he wore during the Victorian Festival — from there spawned the idea that Northville would be a great area to start a squad in.

"I used to play vintage baseball and I wore my uniform (at the Victorian Festival)," Titus said and noted that was about the time the idea came to him. "Someone walked past and recognized my uniform and asked me if I had played for the team. I started thinking how neat it would be and what a great town Northville would be for a vintage baseball team."

And from that idea has risen the Eclipse Baseball Club. Playing by the rules of the game as adhered to between 1855-1870, the club will have players outfitted in replicas of the original uniforms and is expected to play the inaugural season at Northville's Ford Field.

Besides getting out and hitting the ball around, the club also wants to promote the great game itself.

"We're forming because I love baseball and I want to promote an understanding of the history of the great American past time," Titus said. "The second reason is to attract interest and to support families coming to downtown Northville and the Millrace Village programs, and really sharing with everybody what a beautiful town we have."

The club will need at least nine players and an umpire, but Titus noted that it would be nice to have a tally keeper and some "cranks" — a term to describe the fans of the sport. If more than nine players sign up, Titus noted that it would be possible for two teams to form.

"A lot of people have asked for requirements," he said. "You don't need an A in history or a baseball scholarship. All you need is a love for the game or a love of history. It will fit either bill."



SUBMITTED PHOTO

This is just an example of one of the old-style vintage teams with their uniforms, bat and ball. Note that there isn't a single glove in sight — that's because there weren't any yet.

Everyone is welcome to participate in the club, and registration is going to be through Northville Parks and Recreation. And if you're old and gray and still want to throw the ball around, it's not a problem either — there are no age requirements.

"I have played against teams that have had gentlemen on their teams in their 80s," Titus said of his days playing with the Canal Fulton Mules in Ohio. "The usual age is 20s to 70s."

And what about equipment? Can a player bring out the Spaulding baseball glove? Nope. There were no gloves being utilized in that era of the game.

"We only have a bat, a ball and flour bags for the bases," Titus said. "Gloves weren't used until much later."

The club is expected to consist of two "series" of matches and stretches from mid-June to the first weekend in October. Some of the away series will take players on the road to museums, parks and

other Michigan locations. In addition to the Mill Race nine series and the away series, the club is expected to participate in two or more vintage tournaments too.

If an interested player is thinking that this is going to be like their high school days, they better think again. In a vintage game during the Victorian Festival between the Northville Eclipse and the Plymouth Lone Star, the final score came out to something along the lines of 55-30 — after three and a half hours of play.

"It was a fast paced game," Titus said. "Baseball was not a slow game back then."

There will be an informational meeting held on Monday, March 31 at 6:30 p.m. at the Northville township hall, located at 41600 Six Mile Road. Registration will follow through the first week of April. Cost to register is \$30 and the purchase of your own costume (\$75-\$100.) For more information, please contact Wayne Titus at (734) 673-2810.

### BETTER CHECK YOUR DICTIONARY

Wanna be a pitcher? How about a catcher? Well, if you want to take up those positions in vintage baseball, you better brush up on your lingo.

A batter in the game as it was played between 1855-1870 was known as a *striker*. The logic is quite simple, as a striker is the player that struck the ball.

A pitcher? Well, back then you would have known them as a *hurler* thanks to the throws coming down from the mound. Pitching wasn't associated with the game for some time and actually came from the pitching of horse shoes.

A catcher was known as the *behind*. The idea was that the catcher was practically the backstop of the game — and is "behind" the striker.

Oh, and the stands aren't filled with fans either. In those days, *cranks* were the ones that wanted to root, root, root for the home team. And there weren't score keepers either — they were known as *tally keepers* then.

*Pauline Lupercio is a staff writer for the Northville Record. She can be reached at (248) 349-1700 ext. 109 or by e-mail at*

*plupercio@ht.homecomm.net. Sam Eggleston is the sports writer for the Northville Record and the Novi News. He can be reached at seggleston@ht.homecomm.net.*

**GAME OF THE WEEK**



**Northville Mustangs**

**TO CHANGE OR NOT TO CHANGE**



# Sabo earns All-American nod

Denison University swimmer helps 200 freestyle relay team to second-place in Division III national finals

By Sam Eggleston  
SPORTS WRITER

It's sure not every day that a swimmer can say they made the All-America team — Northville's Stephanie Sabo can though.

Sabo, a junior at Denison University in Ohio, earned All-American status after she was part of the Big Red's 200 freestyle relay team that took second in the nation in Division III competition with a time of 1:35.40. The relay team was comprised of sophomore Sarah Peck, junior Chrissy Havach, Sabo and senior Erin Stanley.

"It hasn't really hit me yet," Sabo said in a phone interview. "When I was up there standing on the podium, I was just looking down at everyone. My parents were clapping. After having a rough first two years, to have that feeling made it all worth it. I was an amazing feeling."

Sabo didn't go to be a part of the winning team though. Instead, her coaches decided that she would help them out by swimming the preliminaries.

"I was there to just pretty much as back-up for the prelims," Sabo said. "It was so our somewhat decent swimmers didn't have to swim. I had a really fast time and I ended up staying for the afternoon and the finals."

Sabo noted that the word didn't come until the coaching meeting when the team was informed that thanks to the impressive preliminary time for the 200 free relay, the squad would be staying the same through the final day of competition.

"We were in the meeting, talking about who would swim, and the coach said that he wanted to keep it the same as that morning," Sabo said. "My mouth dropped. I was like 'Are you joking?'"

As if being in the national finals didn't bring enough pressure to Sabo and her fellow Big Red tankers, a television crew from CBS was present for a documentary on Division III swimming.

"That added so much pressure," Sabo noted. "I do well under pressure though, but I don't know why. It helped me swim better."

Sabo, who graduated from Northville High School in 2000, earned her All-American nod after two rough years at Denison — two years that have found her switching her major to keep up with the pressures of swimming, scholastics and the demands of an academic scholarship.

"I'd much rather be on an academic scholarship than an athletic scholarship," Sabo said. "I prefer to be expected to perform in the classroom than in the pool."

Sabo maintains a GPA of

about 3.0 while studying for a communications major with a biomedical studies minor. She noted that with all of her time dedicated to swimming and school, it's nice to have a group of people to support her.

Her father and mother, Joseph and Barbara, make it to as many meets as they can along with Sabo's little brother Brandon — including the nationals in Atlanta. She also has major support from her roommates Chrissy, Meghan and Carrie.

"They are all amazing," she said. "(My roommates) come to all the home meets and they make posters. They are all over in our room right now and the decorate it before each meet."

Sabo said that she's planning on swimming her senior year, but at the same time she is enjoying the break from the rigorous schedule.

"I would swim five hours a day and my time in class changed depending on the day,"

she said. "I was always studying or swimming. Now, I have a little more time to get things done, though the procrastination is starting to stick in."

Swimming in Division III is something that Sabo enjoys doing, but she also knows that when it comes to athletics and college, her education is what comes first.

"Education is definitely more important," said Sabo, who is looking at a possible career in mediation negotiation. "I always look at my education and then at sports secondly. The coaches are very supportive of that too. They are always there and help out when they can by getting us tutors. They believe that academics come first and then swimming."

Now that she knows what she's capable of, will Sabo be in the hunt to repeat her performance?

"In the big meets when I'm tapered and rested I'll probably

## TUNE IN TO CBS

Ever wonder what it's like to be a Division III college athlete? Now, thanks to a documentary by CBS, you can see the major rivalry and competition of Division III swimming. The show, which should feature Northville's own Stephanie Sabo, is scheduled to air May 25 at 2 p.m.

be able to get to the break-out times more," she said. "In the normal season, probably not. The times are definitely obtainable, especially now that I know what it feels like."

Sam Eggleston is the sports writer for the Northville Record and the Novi News. He can be reached at (248) 349-1700, ext. 104 or [seggleston@ht.homecomm.net](mailto:seggleston@ht.homecomm.net).

## SPORTS SHORTS

### Baseball/Softball Camp

Total Baseball's Baseball/Softball Camp will feature professional instruction from Aaron Knieper (Montreal Expos), Lee Bjerke (Michigan High School Coaches Hall of Fame) and Jessie Milosek (Bowling Green University Softball).

Hitting, pitching, fielding, baserunning and more will be covered in this fundamental camp. Participants will be put on the radar gun for arm speed as well.

The camp will run April 21-23 from 9 a.m.-1 p.m. at Novi Powers Park. The cost of the camp is \$135 per player with a \$10 discount for a second child. It is open to athletes ages 7-17 years old.

Space is limited. For more information, or to register, call (248) 668-0166 or e-mail [totalballwixom@aol.com](mailto:totalballwixom@aol.com). Please visit their Web site at

[www.eteamz.com/totalbaseball](http://www.eteamz.com/totalbaseball).

### Basketball tryouts slated

The Northville NOYS Basketball Club will be having its annual basketball tryouts April 2 and April 3 from 6-9 p.m. Tryouts for current 5th-7th graders will be from 6-7:30 p.m. each day and current 8th-11th graders from 7:30-9 p.m. each day.

All tryout sessions will take place at Northville High School. Coaches are also needed at certain age groups.

Questions should be directed to (248) 348-6677.

### Softball tryouts

There will be tryouts for a 10 and under travel softball team in Northville soon. Those looking to participate can be 10 years old at any time this year (including those who turned 11 after Jan. 1,

2003).

Tryouts will be held at the Rec Center of Hillside Middle School, which is located at 700 W. Baseline Road at the corner of Center and 8 Mile roads in Northville.

April 6 from 4-5:30 p.m.

April 12 from 6:30-8 p.m.

April 13 from 4-5:30 p.m.

If you have any questions, call Scott at (248) 347-8914.

### Umpire Clinic

Northville's Umpires Association (NUA) is currently looking for people (at least 14 years of age) interested in becoming umpires. Umpiring allows individuals to stay involved with the game, practice leadership skills and earn some great money as well.

Scheduling is very flexible. NUA will be holding its annual Umpire Clinic at Northville

Township Hall/Henningsen Park on May 3 from 10 a.m.-2:30 p.m. and May 4 from noon-4 p.m. Clinic attendance is mandatory.

Questions should be directed to Bob Boshoven, Umpire Director, at (248) 347-5915.

### Learn to Check

Suburban Hockey Schools will hold its Learn to Check Clinic at the Novi Ice Arena Thursday, April 3.

The program is geared toward squirt players moving up to the pee wee level, as well as pee wee and bantam players needing instruction on the techniques of checking.

Areas of emphasis during the two-hour clinic will include proper checking techniques, how to receive a check, how to avoid a check, stick checking, back checking, angling and body positioning.

The fee is \$45 per participant.

For more information, call (248) 478-1600 or visit [www.suburbanhockey.com](http://www.suburbanhockey.com).

### Softball/Baseball Private Lessons and Training

Total Baseball will help players, ages 6-18, improve their game. Instructors include Oakland University coaching staff, Big 10/MAC All-Conference softball/baseball players, former professional players and college/HS coaches. Pitching, hitting and fielding are the lessons available and are by appointment only. The fees for the lessons start at \$35 per 1/2 hour or five private lessons for \$160.

Space is limited. For more information, or to register, call (248) 668-0166 or email [totalballwixom@aol.com](mailto:totalballwixom@aol.com). Please visit their Web site at

[www.eteamz.com/totalbaseball](http://www.eteamz.com/totalbaseball).

### Looking for a few good golf teams

The Northville Golf League will begin its 55th season of play April 15 at the Links of Novi golf course with the start time slated at 3:18 p.m. League play continues for approximately 20 weeks and is followed by a season-ending outing.

Last year's champions, Norm Kubitsky and Jack Huntley, will be back to defend their title and the rest of the league will be trying to take it away.

If you're looking for an opportunity to play in a league that is friendly, fun and competitive, but not cut-throat — this is your chance. The league is looking for a few good two-man teams to fill out the roster.

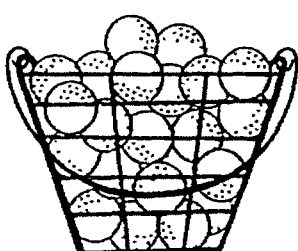
For more information, or to sign up, call Fumio Omura at (248) 347-4418, or Terry Barr at (313) 538-5379.

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On a separate sheet, in 200 words or less, tell why you have nominated this individual, group or business. Describe the nominee's major accomplishments, commitment, self-motivation, problem-solving skills, and measurable impact upon the community. Entries must be typewritten. Do not staple pages. Include a photo (no larger than 5" x 7") of the nominated person or group, or for Business nominees, include a photo of persons participating in the volunteer activity.

Entries must be received by Wednesday, April 16, 2003.

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For questions, further information, or more applications go to [www.unitedwayoakland.org](http://www.unitedwayoakland.org) or call 248-874-1633.



ASSISTANCE LEAGUE  
of Southeastern Michigan



# Northville skaters make noise at finals

By Michael Zerkich  
SPECIAL WRITER

Last Saturday the Michigan High School Figure Skating Championships were held at the Novi Ice Arena.

For the first time ever Northville competed in the state championships and almost skated away with all the team trophies. Considering only the top 14 teams across the entire state qualify for the championship, just getting there is a big triumph.

Northville finished second twice in two separate team competitions held on the same day. Although second place isn't first place, the achievement of finishing so close to the top thrilled coach Michele Mikonczyk completely.

Northville qualified two teams in the championships. One team competed at the varsity or "high level competition" level while the second

team qualified for the junior varsity or "low level."

Mikonczyk expressed her feelings team's incredible season.

"Just making to the championships is very impressive as there are five districts with a total number of 37 high schools," she said. "At the district competition, our high-level team tied with Mercy High for first place and the low-level won their districts outright. That in itself is a tremendous accomplishment."

In the championships for the high-level competition, Northville finished in second place just five points off the champion Birmingham team. For the low-level competition, the Mustangs missed by two points and finished second to Mercy.

Individually, Northville had a great day as well.

Carrie Banner finished first in the Silver Dance; Greg Zuerlein finished third in Intermediate Freestyle

and seventh in Artistic Show Case; Halie Bojovic was fourth in Senior Freestyle; Samantha Wilson took first in Preliminary Freestyle; Andrea Sulek was second in Preliminary Freestyle; and Annie Kirkpatrick finished third in the Pre-Silver Dance.

When the individual events scores were combined with the team statistics, Northville placed fourth among all the teams.

Several of the Mustangs echoed each other on their fine season.

"The team really came together this season," Mary Simkins said. "We have worked together and that is why we were successful."

Her squad mates agreed.

"This was my first season," added Margaret Wilson. "It was awesome. We had so much fun."

Some even felt that the Northville program was making strides.

"This was our fourth season for us," added Brittany Zuerlein. "We are stronger than ever. We came together as a team and had an awesome year."

Coach Mikonczyk completely agrees with her team.

"No matter how you want to rate this team they were super," she said. "Also, I can say each of these individuals on this team collectively were a great team in terms of their pleasant attitudes and hard-working spirit. In every aspect, they are winners and I thoroughly enjoyed my year with them."

Mikonczyk wanted all those who chipped in during the year to know how much she appreciated them.

"Finally, I would like to thank all of the parents who volunteered their time this season," she said. "We could not have finished second in the state without all of you. A special thanks to Majorie Banner. She was vital in the organization of the Plymouth competition in December that Northville hosted. Majorie also put the program together for States — this was quite an undertaking. We'll done every one."



SUBMITTED PHOTO

The Northville skating team poses after a hard day of practice at the Novi Ice Arena. The 'Stangs recently won their district and made a heck of a run at the state finals this year.



SUBMITTED PHOTO

Coach Michele Mikonczyk poses with captain Carrie Banner.

## GO FIGURE — FIGURE SKATING, THAT IS

Coach Michele Mikonczyk noted these accolades and assessment of each of her skaters:

- Carrie Banner:** Carrie has been a wonderful and dedicated captain this season. She managed to keep the team unified even though she was injured for part of the season.
- Kristy Bishop:** Kristy had an incredibly consistent season with her axel/loop combination and fantastic sit spin.
- Halie Bojovic:** Halie pushed herself further each competition by attempting more and more difficult elements. Being a veteran team member, she help lead the team on and off the ice.
- Annie Kirkpatrick:** Annie had a vital roll in the success of the team in moves event with her precision and grace.
- Andrea Sulek:** Andrea's spiral sequence flowed across the ice with style and grace every team competition.
- Margaret Wilson:** Margaret was a magnificent addition to the team this year. She really solidified the line up.
- Greg Zuerlein:** This was Greg's first season on the team and he was a terrific addition. His ability helped the high team have a successful season.
- Mary Simkins:** Mary always had a smile on her face when she went out to skate her beautiful spiral.
- Stephanie Papich:** Stephanie skated a beautiful program at the Individual competition in January.
- Katie Rzepecki:** Katie supported the team this season on and off the ice by coming to practices and offering expert opinions.
- Brittany Zuerlein:** Brittany did a terrific half jump at States to help lift the low team to a first place finish in jumps.
- Samantha Wilson:** Samantha's combination spin evolved over the season. She also consistently showed her ability with footwork.

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# Cauzillo named Gatorade's POY

## Northville soccer star headed to West Virginia University

By Sam Eggleston  
SPORTS WRITER

If only most of us could do what our role-model was able to do.

For some, it would include playing college sports. For others, it might be winning a prestigious award. For Northville senior Nicole Cauzillo, it was both.

Cauzillo's role-model, Ali Wagner, not only earned the Gatorade Player of the Year Award in soccer for her home state while in high school, she also went on to play for the college ranks in the sport she loves. Unlike most of us, Cauzillo is following in the footsteps of the one she emulates.

"I take it as an honor," Cauzillo said of the Player of the Year award, which named her the single best girls' soccer player in Michigan this year. "It's awesome that I was picked and it's awesome to be named up there with some of the best

players in the country."

Being one of the 50 best high school players in the United States sure doesn't hurt — especially when the honor came even before the high school soccer season kicked off. The selection was actually based on a number of factors, including Cauzillo's totals from last season and her playing for the Olympic Development Program's Regional squad.

"I had no idea what the Gatorade Player of the Year was," Cauzillo admitted, but after her high school coach, Ron Meteyer, told her of the honor she made sure to look it up. "I checked it out and found out what it was all about. It's awesome to have been picked."

And as though that weren't enough for Cauzillo to show off her skill and prowess on the soccer field, West Virginia University recently announced the signing of six players to its women's soccer program — one of which was Cauzillo.

"I'm pretty excited," Cauzillo said. "The whole recruiting thing was kind of crazy and was a stressful time for sure. I really liked the team at West Virginia, I liked the area and the coaches."

The West Virginia Mountaineers' coach Nikki Izzo-Brown has high expectations of Cauzillo right out of the gate.

"We expect Nicole to come in and have a major impact in the midfield," she said. "She has excellent field vision and tremendous creativity which will help us keep our offensive and defensive flow."

Cauzillo is very excited at the opportunities that West Virginia will offer her.

"They are ranked in the top-10 in the pre-season," Cauzillo noted. "I think they are going places and I think we'll be ranked. We are going to be right

there (in the race) to win a national championship, and that's something I've wanted to do all my life."

Cauzillo isn't going to West Virginia just for their flashy soccer team though. The academics that the school offers is excellent for her future plans in environmental engineering — and she has her mom, Linda, to thank for that.

"Every time I would ask a college about their soccer program, my mom would ask about their school and where it was ranked," Cauzillo said. "When I would send coaches my soccer stuff, my mom would send them my academic information. She's always looking out for me."

And that's one of the reasons that Cauzillo picked a school that was "closer" to home.

"My mom loves watching me play soccer," she said. "I could have went to a school out West,

but I couldn't do that to her. That, and being in California for my first year was something that I probably wouldn't have been able to deal with."

No matter where Cauzillo decided to go, it seems that she is finding herself on the right track and making it a point to

live her life and chase her dreams.

Sam Eggleston is the sports writer for the Northville Record and the Novi News. He can be reached at (248) 349-1700, ext. 104 or seggleston@ht.homecomm.net.

### CITY OF NORTHVILLE NOTICE OF ADOPTION ORDINANCE #3-3-03

NOTICE IS HEREBY GIVEN that the Northville City Council has adopted Ordinance No. 3-3-03 — An Ordinance Amending Chapter 94 Vehicles for Hire Article III Horse-Drawn Carriages in the Northville Code of Ordinances for the purpose of adding and deleting text in order to establish the licensing period, late renewal fees, adequate lighting and signage as required by the Michigan Motor Vehicle Code and display and possession of valid licenses relative to operating a horse-drawn carriage in the City of Northville.

The provisions of this ordinance shall become effective upon publication. The Ordinance was introduced on March 3, 2003 and was adopted by the City Council on Monday, March 17, 2003. The complete text of the Ordinance is available for public inspection during normal business hours at the Office of the City Clerk, 215 W. Main St., during the hours of 8:00 a.m. and 4:30p m. prevailing local time.

DIANNE MASSA  
CITY CLERK

(3-27-03 NR 45470)

### SYNOPSIS MARCH 20, 2003 - REGULAR MEETING CHARTER TOWNSHIP OF NORTHVILLE BOARD OF TRUSTEES

DATE: Thursday, March 20, 2003  
TIME: 7:30 p.m.  
PLACE: 41600 W. Six Mile Road  
CALL TO ORDER: The meeting was called to order by Supervisor Abbo at 7:34 p.m.

ROLL CALL: Present: Mark Abbo, Supervisor, Marjorie Banner, Trustee, Sue Hillebrand, Clerk, Marv Gans, Trustee, Dick Henningsen, Treasurer, Shirley Klokenga, Trustee, Brad Werner, Trustee

PLEDGE OF ALLEGIANCE:

1. Agendas: Approve Consent & Regular Agenda - approved
2. Appointments, Petitions, Resolutions & Announcements:  
A. Maybury State Park - Resolution approved (with corrections)
3. Municipal Projects - Resolution awarding Bonds - approved
4. Public Hearing: None
5. Brief Public Comments & Questions: None
6. New Business:

A. Municipal Buildings - Award Contract to Usztan Construction - approved

B. Abruzzi Farms - Site Condo Concept Plan - approved

C. Ridge Hills - Site Condo Concept Plan - approved

D. Waterstone Estates - Site Condo Final Site Plan - approved

E. Liquor License - Northville Moose Lodge - Add space with license - approved

F. Liquor License - P.F. Chang's China Bistro - approved

G. Stonewater Sub #5 - Water Main Easement - approved

H. Fire Department - Award Ambulance Bid - approved

I. Millennium Park Improvements - approved

J. Community Park Master Plan Aerial Mapping - approved

6. Unfinished Business: None

7. Ordinances: None

8. Bills Payable: Bills payable in the amount of \$872,077.93 - approved

9. Board Communication: Reports from the following were given:

Mark Abbo - Supervisor's Report, Sue Hillebrand - Clerk's Report, Beautification Commission, Dick Henningsen - Treasurer's Report, Senior Advisory Council, Chip Snider - Manager's Report, Marv Gans - Planning Commission & EDC Reports, Marjorie Banner - Northville Youth Assistance & Land Acquisition Reports, Shirley Klokenga - ZBA Report, Brad Werner - Parks & Recreation Report

10. Any Other Business that may properly be brought before the Board of Trustees:

Motion to close meeting to discuss purchase offer for property - approved

K. Decision from closed meeting to authorize attorney to prepare purchase offer for the land acquisition committee to deliver to seller - approved

11. Adjournment - meeting adjourned at 9:07 p.m.

MARK ABBO, SUPERVISOR

SUE HILLEBRAND, CLERK

A complete copy of the minutes will be available April 2, 2003 from the Clerk's office by calling 248-348-5800 ext. 245 or by e-mail: shillebrand@northvillemich.com

(3-27-03 DAILY 45480)

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SHOWCASE STERLING HTS	SHOWCASE WESTLAND	STAR FAIRLANE
STAR GRATIOT AT 15 MI.	SEE IT NOW!	STAR GREAT LAKES CROSSING
STAR JOHN R AT 14 MILE	STAR ROCHESTER HILLS	STAR SOUTHFIELD
STAR TAYLOR	UA COMMERCE STADIUM	UPTOWN PALLADIUM 12

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— Susan Granger, SSG SYNDICATE

**"HAUNTING!"**  
— Moose Persico, CTV MONTREAL

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— Gregory K. Brown, ABC NEWS

**STYLISH, SCARY AND SUPERBLY ACTED**  
— Joe Spence, FOX-55 RADIO

**"A RIVETING CLASSIC"**  
— Jonathan Demme, PREMIERE RADIO NETWORK

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SHOWCASE PONTIAC	SHOWCASE STERLING HTS	SHOWCASE WESTLAND
STAR FAIRLANE 21	STAR GRATIOT	STAR GREAT LAKES CROSSING
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America Online Keyword: Dreamcatcher www.dreamcatchermovie.com

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SOME MEN MUST BE FOUND

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SHOWCASE PONTIAC	SHOWCASE STERLING HTS	SHOWCASE WESTLAND
STAR FAIRLANE 21	STAR GRATIOT	STAR GREAT LAKES CROSSING
STAR JOHN R	STAR LINCOLN PARK	STAR ROCHESTER
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# ENTERTAINMENT

Sam Eggleston, (248) 349-1700, ext. 104 seggleston@ht.homecomm.net

Thursday, March 27, 2003

## Dreamcatcher holds you long enough to make it worth while

By Sam Eggleston  
ENTERTAINMENT WRITER

I really think H.G. Wells would have been proud of what Stephen King was able to accomplish.

You see, "Dreamcatcher," based on King's novel, is a homage to "War of the Worlds" and does it justice in its own right. Well's thoughts of an alien invasion that is brought short by the common cold are echoed nicely by King's vision of an alien invasion brought short by a few fellows from Maine.

In "Dreamcatcher," we find ourselves following four friends as they meet for their 20th-annual get together at a camp known as the Hole in the Wall. There's something different about these friends though — they have powers that enable them to find things and read each others' minds.

Don't worry, I didn't give anything away. That's pretty much common knowledge from the

opening moments of the movie. Upon their arrival at the Hole in the Wall, the four friends find themselves in an odd situation. A blizzard is moving in on the area and a strange, lost hunter stumbles his way into their camp. Soon, everything goes into the fan, and the friends that survive the incident find themselves in a race to save the world. Standing against them? A half-mad leader of a secret government group, an alien known only as Mr. Gray and a secret that has the ability to change the universe as we know it.

The movie was well done, calling on the expertise of some well known actors while bringing some new talent onto the scene as well. The movie manages to stick to the book fairly well and much better than films have done in the past with King's novels, so that's a plus for the fans of the written words as well.

Though there were parts in the movie that had audience members scratching their heads, it

was intriguing enough to keep you in your seat and watching which turn would come up next. The plot twists were minimal, but present thanks to the writing of King himself and the way he spins his tales of horror. To be honest, I only jumped once during this movie, though few shows make me jump more than that. The lady sitting next to me just about broke my eardrum at one scene when she, and a few others, screamed in response to the heart-pounding sequence of events.

Sometimes, you have to shake your head at the all out viciousness of the aliens, and though you might not think they are all related at first, I am going to go ahead and tell you that the little ones turn into the bigger ones eventually — or at least I'm pretty sure.

The comedy was present, as every good scary movie has, and manages to get you laughing softly in your chair while waiting to have the hair on the back of

your neck stand up again.

The only complaint I have about the movie is the lack of flashbacks. There was ample opportunity to let the viewers in on the past that had brought this crew so close together, but the film makers never really dove into it. That probably had something to do with its running length, which was increased thanks to the short-film "Animatrix" preceding the feature presentation.

Overall, I have to say that this is one of the better movies I've seen this year, though I haven't been to a whole ton. Being a fan of Steven King, as well as one of the actors in Jason Lee, managed to pull me along and I'm glad I went, as many of you will be too after seeing "Dreamcatcher."

Sam Eggleston is the sports writer for the Northville Record and the Novi News. He can be reached at (248) 349-1700, ext. 104 or seggleston@ht.homecomm.net.



### VIRTUAL VIC

Dear Virtual Vic:

Is there anything on besides war coverage when it comes to television? I don't know if it's the war and the images that I've seen, but I'm becoming more and more depressed when it comes to myself. I'm overweight, balding, single and, like everyone else, overworked and underpaid. Am I just going crazy and need to see a head doctor, or is this just a phase? Help me out, Vic!



Victoria Sadlocha

Depressed in Northville

Dear depressed in Northville:

Wow! That is a lot you have swimming around in your head.

First off, if you feel completely overwhelmed or feel like you really are going insane, you should consult your physician.

But in case your madness is temporary, I'll try to take a stab at your question.

I'm going to break this into two parts.

Your first issue is watching war coverage on television and quite possibly too much.

Watching images of our troops being killed and captured and bombs exploding throughout Iraq is not your average Friends episode.

Our country is at war and if that didn't create enough uncertainty

and terror, there is live coverage 24-7.

I sympathize with your plight because I myself have had a tough time dealing with my emotions after being mesmerized by the 24-hour coverage.

Feelings that you can't miss any information or watch anything "trivial," which is just about everything when comparing to war, death and destruction, are hard to set aside.

For a lot of people, when their basic needs are taken away, every other problem in their lives seem magnified.

For example, your need for basic security may be compromised by our war against Iraq.

The more you watch the coverage, the more you feel inadequate and the more your other perceived problems like your weight and hairline (or lack of it) seem worse.

So now that you know there is a legitimate connection between war-time depression and self-esteem what do you do?

For starters, turn that dial.

Try and wean yourself off of watching continual Iraqi Operation Freedom coverage. You can always allow yourself to watch some coverage, but then turn off your TV.

Believe me, when you turn the set on again, I'm sure there will be a recap of events on about 30 channels at any given time and day.

There is also something called a newspaper which comes out every morning with recaps of prior day war events. Just because you don't devote yourself to this war doesn't make you a bad person.

Then there is everything else. You say you are overweight,

balding, single and don't make enough money. All of these factors are under your control and only you can make the changes.

Overweight? Try a diet.

Balding? Buy a hair piece, hat or just completely shave your head.

Single? You can try a dating service, but I say just accept the fact you are single.

Trust me, you will never find a girlfriend unless you are happy with yourself and you really do not sound like you are in that place right now.

Over worked and underpaid? Start looking for a new job.

I realize all of these suggestions are easier preached than acted on.

Losing weight may be a struggle and the thought of finding a new job may be paralyzing, but even though these seem like a lot of different problems, they may be resolved with one solution. You need to embrace, accept and love yourself.

Once you possess self-acceptance and self-happiness, many of your personal traits you now dislike, will fall into place. So along with changing your T.V. channel, I suggest you start learning and reaffirming why you are important and all the good things in your life.

One way to do this is by keeping a journal and before you go to bed every day, write down all of the things you are thankful for and what you like about yourself.

It may sound cheesy, but it works.

Also remember liking yourself includes inside and out. The better you feel and the more you learn what isn't working for you, will help lead to the route of self improvement. Anyone can go on a

### SCREEN BEAT

By Brian Renner  
THE MOVIE INSIDER

Coming to theaters this weekend is the futuristic adventure "The Core" which follows geophysicist Dr. Josh Keyes (Aaron Eckhart), who discovers an unknown force has caused the Earth's inner core to stop rotating. As the planet's magnetic field rapidly deteriorates, our atmosphere literally starts to come apart at the seams with catastrophic consequences. To resolve the crisis, Keyes, along with a team of gifted scientists, travel into the Earth's core in a subterranean craft piloted by "terranauts," Major Rebecca "Beck" Childs (Hilary Swank) and Colonel Robert Iverson (Bruce Greenwood). Their mission: detonate a device that will reactivate the core. "The Core" is a Paramount Pictures release and rated PG-13 for some intense action and brief strong language.

Goofy political satire "Head of State" is the story of a presidential candidate who dies unexpectedly in the middle of the campaign.

The Democratic party picks an unlikely candidate, Washington, D.C. alderman, Mays Gilliam (Chris Rock), as his replacement. "Head of State" is a DreamWorks Pictures release and rated PG-13 for language, some sexuality and drug references.

Crime and military thriller "Basic" stars John Travolta as Agent Hardy of the DEA (Drug Enforcement Agency) who is brought in by an old friend to investigate the disappearances of several Army Ranger cadets and their legendary drill instructor, West (Samuel L. Jackson), during an exercise at a basic training camp in Panama. "Basic" is a Sony Pictures release and rated R for violence and language.

## Relay For Life

The American Cancer Society is hosting Relay For Life in our community again this year. We hope you'll join us at Ford Field in Downtown Northville on May 17-18 from 10:00 a.m. on Saturday through 10:00 a.m. on Sunday, and help our community continue to fight cancer.

There are many ways that you can get involved, including:

- Forming a team
- Sponsoring the event
- Making a cash donation
- Joining the planning committee
- Walking in the Cancer Survivor's Victory Lap
- Donating good and services
- Purchasing a lumina to honor or remember a loved one
- Hosting a fundraiser for the event
- Volunteering at the event

Here's your opportunity to make a difference!

Call us at 248.557.5353 to learn how you can get involved, or click on [www.cancer.org](http://www.cancer.org).



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## MONEY MATTERS

### Shopping for insurance online

If you've purchased life, health, auto, home or disability insurance online, you are part of a growing population of consumers that's broken away from the long time tradition of purchasing policies from local insurance agents.

Are you buying from a reputable company, protecting your identity online and getting the best possible rates and coverage?

The Michigan Office of Financial and Insurance Services (OFIS)—the government agency that regulates insurance entities in Michigan—has some cautionary words of advice for consumers who buy their insurance over the Internet.

Do your homework. Before you begin shopping, decide what kind of coverage you want. If, for example, you're a Michigan driver in the market for auto insurance, state law requires you to purchase no-fault insurance—coverage that will pay for your injuries no matter who is at fault in the accident. For details on the minimum amount of coverage you're required to buy before you receive your car's license plates, consult the OFIS 2002 Buyers' Guide to Auto Insurance in Michigan. You can access the guide by clicking on the publications link at [www.michigan.gov/ofis](http://www.michigan.gov/ofis). For an explanation of additional kinds coverage and tips for saving on insurance, check out the Better Business Bureau's (BBB) Auto Insurance Basics guide at [www.bbb.org/library/autoins.asp](http://www.bbb.org/library/autoins.asp).

There are a multitude of other questions to ask before buying life, health, disability and homeowners insurance. The following Web sites provide answers to commonly asked questions about coverage.

• Health: [www.ahepr.gov/consumer/insurance.htm](http://www.ahepr.gov/consumer/insurance.htm)

• Disability: [www.hiaa.org/consumer/disability.cfm](http://www.hiaa.org/consumer/disability.cfm)

• Homeowners and renters: [www.in.gov/doi/guideho.html](http://www.in.gov/doi/guideho.html)

The Internet is a great research tool, but don't rely on it as your sole source of information. Check with your employer for insurance information and talk to close friends and family about their policies and providers.

Verify the company and agent. A company and agent must be licensed to sell insurance in the state of Michigan. Contact OFIS toll free at (877) 999-6442 for a list of companies that are licensed in Michigan. Verify with OFIS personnel that the company is licensed to sell the insurance product you are interested in purchasing, and the agent you're dealing with is a legitimate representative of the company. You'll also want to find out whether the company has a good record of handling complaints.

Protect your personal information. Once you've found a policy that suits your needs and you're confident the company and agent are credible, you're ready to purchase your policy. Before you make your purchase, OFIS recommends taking the following precautions to protect your personal information.

• Confirm you are transmitting across a secure site. Look for a small key or closed lock icon on the bottom of your screen. A secure site address may begin with <https://> instead of <http://>.

• If you are unsure whether the site is secure, contact the company and submit your paperwork by fax or mail.

• Review the Web site's Privacy Policy before transmitting any information online.

• For added security, use a credit card that is equipped with anti-theft precautions.

Start a paper trail. Get rates and key information about your policy in writing. Should you purchase a policy online, keep a copy of all forms you complete and sign, as well as any other paperwork including correspondence and payment receipts. If you don't receive an original copy of your new policy within 30-60 days of purchase, contact the company right away.

Beware of insurance scams. If a company is pressuring you to purchase coverage without first conducting research, think twice about buying their policy. Further, if the company requires you to deposit a large sum of money into an account, contact a reputable insurance agent or your financial advisor before doing so. As always, if the transaction makes you feel uncomfortable, don't buy the policy.

Mary Davis manages public affairs for the Michigan Credit Union League (MCUL), a statewide trade association representing Michigan credit unions. Stop by our Web site ([www.mcui.org](http://www.mcui.org)) to learn more about smart money management. Comments about this column may be e-mailed to [mcd@mcui.org](mailto:mcd@mcui.org).

ADVERTORIAL



Courtesy photo

Eight models are available in Trotters Pointe Village, ranging from 1,900 to 2,900 square feet. Prices start at \$260,000.

## New home community has value and quality

By Elizabeth Heer  
SPECIAL WRITER

The Estates of Trotters Pointe Village, Toll Brothers' luxury home community in South Lyon, has just released the last 24 home sites available for sale. The final homes in this highly desirable community are expected to sell fast.

Trotters Pointe Village, a community of 340 homes, was created as a result of extensive focus group studies and national tours of other developments. The resulting upscale development promotes hometown charm and appeals to move-up families and young professionals.

The location is just one of those many charms. "South Lyon has quickly become one of the most desirable locations for new home construction in Metro Detroit," says Charlene Bargert, Sales Manager for The Estates of Trotters Pointe Village. "Our location provides the small town charm that is so appealing to new homebuyers, plus we are just minutes from the expressways and major business centers like Novi and Southfield. The combination of location,

unbeatable value, and quality Toll Brothers construction has made Trotters Pointe Village the most sought-after new home community in South Lyon."

A new floor plan has been added for the final phase in the Estates of Trotters Pointe Village. The four-bedroom, two-and-a-half bath Creighton features a lavish first floor master suite. In all, eight models are available, ranging from 1,900 to 2,900 square feet, with prices starting at the affordable \$260,000s.

All of the magnificently appointed, single-family homes are set on large home sites within the rolling natural woodlands. Each home is appointed with stylish design features which includes master suites, ceramic baths, and hardwood flooring in the grand entrance foyer, kitchen, and powder room. Dramatic nine-foot ceilings on the first floor and formal dining and living rooms or great rooms allow for spacious family living. In addition, each home is designed with a five-point energy plan that reduces the amount of energy needed so precious resources are pre-

served. "The quality of our homes exceeds all other builders in the area," said Bargert. "We take that extra step with customer service to ensure that our customers are delighted with their home."

Those extra details show in the many standard features built into the homes at Trotters Pointe Village, like deluxe kitchens appointed with GE appliances, Andersen windows throughout, wood-burning fireplaces, central air, gutters, and attached two-car garages.

"We take pride in providing nice finish work, such as molding and trim work," she added.

Hundreds of other options allow homeowners to select the features that perfectly suit their lifestyles and tastes. "We give people that flexibility in predetermined options to customize their own home. For example, homeowners can choose among brick, stone, or marble finishing for their fireplace," Bargert said.

Environment is equally important at The Estates of Trotters Pointe Village. The exclusive community was designed to preserve the natu-

ral environment with a winding site plan that incorporates wooded home sites and cul de sacs. By preserving open spaces, woods, and wetlands, a 22-acre nature preserve complete with a nine-acre pond was set aside for residents to enjoy. Walking trails, children's play area, tot lot, and a private tennis court provide recreation and exercise opportunities. Lighted sidewalks, street lights, and full city services complete the community.

The amenities and location of Trotters Pointe have quickly made it one of South Lyon's most prominent addresses. Located within the exemplary South Lyon school district and adjacent to the high school, the Estates of Trotters Pointe Village is just minutes from quaint, historic downtown South Lyon.

Numerous golf courses, the nearby South Lyon Rail Trail into Kensington Metro Park, bustling shopping centers and a variety of restaurant and dining options are also nearby. Convenient access to I-96, U.S. 23, I-696 and I-275 make for easy commutes to major business centers, health facilities, and Wayne County

### DETAILS

The Estates of Trotters Pointe Village, a Toll Brother's luxury home community in South Lyon, is located on Eleven Mile Road, west of Pontiac Trail.

The Sales Center is open daily from 11 a.m. to 6 p.m.

For more information, call (248) 486-4979, or visit the Web site at [www.tollbrothers.com](http://www.tollbrothers.com).

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Charlene Bargert

The Estates of Trotters Pointe Village sales manager

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## A good time to clean those gutters

Workers from local company share safety tips

By Annette Jaworski  
 CONTRIBUTING WRITER

While planning your spring cleaning inside, don't forget the outside of your home.

The exterior of your home can use a little attention this time of year, reminds Jim Whitton, supervisor of Livingston Gutters Inc. Michigan winters, with their unpredictable temperatures, make it especially important to take a careful look at the exterior of your home.

Keeping the gutters clean can help prevent damage to the roof. "If you don't keep the gutters clean, you run the risk of ice damage in the winter. When the temperature is around freezing, ice can melt and re-freeze, causing buildup," Whitton said.

A shingle that's supposed to last thirty years can be ruined in one winter, Whitton said. "Then it can actually leak into the house once it warms up again."

And as a safety issue, if the gutters and downspouts are plugged, when the ice from the roof melts, it can overflow onto sidewalks or driveways, where it re-freezes again, creating a hazard for slipping. Water spilling over the gutters can also seep into the ground at the foundation and make its way into the basement, where it can promote mold growth.

Water in liquid and solid form have different densities, so if the gutter is full enough and heavy enough in its solid form, it can actually pull the fascia board away from the house. If that happens, you may have to replace the entire fascia board.

"It's such a danger, it can make your house a money pit, more than a safety matter," Whitton said.

To prevent problems, a thorough cleaning in fall before the winter sets in is important. Another cleaning in the spring is a good idea, too. An ideal time would be while doing any window cleaning or painting. If the paint is worn, touching up the gutters can also freshen the look of the exterior of your home.



Livingston Gutter owner Dan Dancey fits new low-profile gutter helmets to existing gutters. The new material is barely visible from street level, sheds water easily and keeps gutters free of leaves and twigs.

"It's maintenance like anything. Just like you maintain a car, it saves a lot of money in the long run," said Whitton.

Safety while cleaning is important. Just like the saying there's safety in numbers, it's best to have a partner if tackling the gutters. Not only will it go more quickly, but it's important to have

someone to help stabilize the bottom of the ladder. Obviously be on the lookout for overhead power lines as well.

Some roofs are trickier than others, Whitton said. Obviously, a flat roof is much easier to work on than one with a steep pitch. When it comes to working on the gutters, Whitton says they avoid



Livingston Gutter employee Jim Whitton removes putrefying leaves from the gutters of a Howell home. "It makes a good potting soil," said Whitton of the smelly sludge. "I've seen some crazy root systems growing in there."

getting on the roof if at all possible, and rely on good ladders and ladder placement.

If you plan on cleaning or working on your gutters and roof, invest in a good-quality ladder, he suggests. It can make a big difference. Look carefully at the ground for ladder placement; an uneven terrain can make the job dangerous. Be extra careful in a yard that slopes downward, as in a home with a walkout basement.

Ideally, tie the ladder down to something, Whitton said. Sometime professional gutter cleaners use a brick to block up the legs. They sometimes peel back the sod because the grass can be slippery, especially in the springtime morning dew.

Once he's over the gutters, Whitton doesn't use any fancy tools. He just removes the buildup with gloved hands. To be thorough, wash it out with water from a garden hose. While you're up there, you can do maintenance chores,

such as looking for any nails that have come loose. Also, check shingles for curling. Once you're done removing all the debris, it's time to clean up the rubbish you've dropped down below.

Trust your common sense to tell you if it's too big of a job to tackle, he recommends.

"If it's something that you're afraid to do, don't attempt it," is Whitton's motto — call a gutter cleaning service.

Now more popular than ever are gutter guards, in either a mesh material or a solid aluminum cover. These guards are recommended for highly wooded areas or areas where trees are near the house, said owner of Livingston Gutter, Dan Dancey.

Even with the guards, the homeowner still should get up there and clean out the sediment with a hose, Dancey said.

Livingston Gutter Inc. is located in downtown Howell and is locally owned. They can be reached at (517) 548-0134 for cleanings or installation.

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<p><b>SOUTH LYON</b> - Location, Location, Location! Ground floor end unit. Boasts new wood and ceramic floors. Two bedrooms, two bath. Immediate occupancy!</p> <p>\$132,000 (23011126) (248) 437-3800</p>	<p><b>PLYMOUTH</b> - Light and bright open floor plan! Wonderful 3 bedroom, 2.5 bath home with unbelievable price! Neutral, tasteful decor, 1st floor master, 2-story great room with gas fireplace and large deck, perfect for entertaining.</p> <p>\$309,900 (74WEN2) (248) 348-6430</p>	<p><b>PLYMOUTH</b> - Fabulous home on large private lot! 4 bedrooms, 2.5 baths, large foyer beautiful kitchen with Corian and island. Library with French doors and bookshelves. Huge family room, large deck with lush landscaping, new shingles and windows, newer carpet.</p> <p>\$395,000 (96MEAZ) (248) 348-6430</p>	<p><b>FARMINGTON</b> - Great location! Walk to downtown! Mint 2 bedroom condo in Farmington. Great room with fireplace, all appliances, master suite with walk in closet and 2-person whirlpool tub deck. 2-car garage, basement. Don't wait!</p> <p>\$259,900 (23FAR2) (248) 348-6430</p>	<p><b>NORTHVILLE</b> - A rare find: superb Northville contemporary! You'll be impressed with the magnificence of this modern masterpiece! Large rooms, light and bright, gourmet kitchen, fabulous rec room. Only a personal visit will do justice!</p> <p>\$685,000 (02COL2) (248) 348-6430</p>	<p><b>HIGHLAND</b> - Highland Valley delight! Super Colonial home on great walkout site backing to pine trees. 4 bedrooms up and 2 more in lower level. Crown molding. Hardwood floors. Many windows. Deck. Paver's 1999 built! Over 3,600 sq. ft. total.</p> <p>\$359,903 (964J2) (248) 684-1065</p>
<p><b>MILFORD</b> - Luxury hideaway executive estate home on 3 rolling acres. Custom crafted to highest standards. Hardwoods and granite. High ceilings. Full basement. 3 car garage.</p> <p>\$750,000 (23011444) (248) 437-3800</p>	<p><b>SOUTH LYON</b> - South Lyon Beauty! Mint 3 bedroom, 1.5 bath Colonial, built in 1997, gourmet white island kitchen, custom wood floors, master suite, gas fireplace, custom lot in 2nd bedroom, central air, sprinklers on cul-de-sac lot.</p> <p>\$227,900 (58WES2) (248) 348-6430</p>	<p><b>FARMINGTON HILLS</b> - Delightful wooded setting for ranch condo! Spacious 2 bedroom, 2 bath home, freshly painted. New carpet, vaulted great room, oak kitchen with hardwood floors, donkall to deck, full basement and 2-car garage. Immediate occupancy available!</p> <p>\$244,900 (60RIV2) (248) 348-6430</p>	<p><b>NOVI</b> - Gorgeous split-level on 1 acre wooded lot! 4 bedrooms, 3.5 baths, neutral kitchen with island. 2 fireplaces. 4 skylights and spacious rooms.</p> <p>\$327,500 (25EAT2) (248) 348-6430</p>	<p><b>NORTHVILLE</b> - A rare find: superb Northville contemporary! You'll be impressed with the magnificence of this modern masterpiece! Large rooms, light and bright, gourmet kitchen, fabulous rec room. Only a personal visit will do justice!</p> <p>\$685,000 (02COL2) (248) 348-6430</p>	<p><b>HIGHLAND</b> - Highland on acreage. Super home, built in 1997 on 1.2 acres. 3 bedrooms, 2.5 baths, 1900+ sq. ft. Large paver patio and walkway. 14 zone sprinkler system. All appliances stay. Down draft cooktop. Fans in all bedrooms. Partially finished rec room in basement.</p> <p>\$229,903 (4517D2) (248) 684-1065</p>
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Open Houses 3030

**BRIGHTON - Open**  
Sun. March 29, 1-4pm. 258 acre setting. Great floor plan and wonderful country views. Paved private road & natural gas heat. Home includes 4 bedrooms, 3 baths. Great room with fireplace, walkout basement and 3 car garage! \$367,900. Take Clyde Road West of US-23 to North on Pleasant Hill following open signs to 5183 Pleasant Hill. England Real Estate (810) 632-7427

**BRIGHTON - Open**  
Sunday March 30, 1-4pm 3 bedroom, 2 bath, 1,710 sqft. 2 car detached garage. Brighton Schools. One Lake access. Hamburg Rd to Cranmore to 8595 LeGrande. \$189,900. Buy Owner (810) 231-3455

**Commerce Twp. - Open**  
Sat. Sun. March 29 & 30, April 5 & 6 1-4pm 110 ft of Clark Lake frontage. 2600 sqft. Walkout, 4 bedrooms, 2 baths, many updates. Grand River to Clark Lake \$279,000. By Owner 810-220-7983

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**HOWELL SCHOOLS**  
Open Sat., March 29, 2-4pm. A RANCH WITH SOME ROOM! 3 bedroom brick ranch on 5 acres! Home includes family room with fireplace, formal living room & dining room. Finished walkout basement has rec room with fireplace. Plus a 2 car attached garage and a 2nd garage with heat and a/c! \$269,900. Take M-59 East of Laton to South on Argentine Road following open signs to 6444 Baker England Real Estate (810) 632-7427

**Northville**  
OPEN SUN. 1-4  
450 GRISWOLD  
S/8 Mile, E/Center  
Charming 3 bedroom brick ranch in downtown Northville. Hardwood floors, finished basement. \$229,900. MARIANNE PROKOP 248-316-3540 Coldwell Banker Schwetzer 41860 Six Mile

Fenton 3150

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• Basement  
• Garage  
• Affordable Taxes

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**NORTHVILLE.** By owner 3 bedroom, 2 bath ranch in move-in cond. 42062 Banbury Rd., S. of 6 Mile, W. of Haggerty \$324,500. Open Sun. 3/30, 12-5 (248) 348-1854

**NOVI Open Sun. 1-4**  
Country Place Townhouse, 42100 Roscommon, N. of 8, W. of Meadowbrook. 3 bedroom, 2.5 bath, 1650 sqft. living rm., dining rm., fireplace, finished bsmt. garage, clubhouse, pool. \$184,900 (586) 713-5467

**NOVI OPEN SUN. 1-4**  
45812 IRVINE  
N/9 Mile, W/Taft  
Just listed - fabulous 4 bedroom, 1st floor master, sun-roof addition, 2,900 sq ft. A must see! \$439,900. Owner MARIANNE PROKOP 248-316-3540 Coldwell Banker Schwetzer 41860 Six Mile Rd

**OPEN SAT. 1:00-4:00pm**  
2686 Bay Vista Dr., Brighton sub., Highland Luxurious 3 bed, 2.5 bath, 2000 sqft. plus 1300 sqft. professional basement w/ additional bed, bath, office. \$299,000. Owner 248-547-8888, 248-658-6023

**SOUTH LYON. Open Sun. 12-5**  
Hidden Creek Sub. 941 Wood Run Ct. 4 bedroom, 2.5 bath colonial on premium cul-de-sac lot. By owner 248-446-0605 or view at www.gonehome.com #034193

Brighton 3060

1004 sq. ft. new const.

P.V. boat dock on Woodland Lk., 3 bed, 1 bath, 300 sq. ft. in basement set up to fin. bth. & great room. 2 miles to I-96 \$139,900 810-227-8020

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story. Close to town, lake access. Central air, Florida rm. Leads of updates. (L7632)

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Best value in Brighton! Great Neighborhood, walk to town. 4 BR, 2 baths, garage. L7690

**Woodland Lake across**  
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Condo \$254,900.00 3 BR, 3 baths. Golf course community! Finished basement, 2 car garage. (L7664)

**New construction!**  
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houses! Wooded 4.87 acres, 30x35 pole barn, 2nd house for rental income! 3 BR brick ranch, walkout, detached garage. (L7683)

**GOLF COURSE CONDO**  
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 <b>NOVI</b> Gorgeous Former Model Ready for Imm. Poss! 4bd, 3.5 baths. Custom kitchen w/w/ pantry Master Suite and more. Other JR Homes building sites available. (BGN41ARG) 888-870-9123	 <b>FARMINGTON HILLS</b> \$394,900 Fabulous Park-Like 1/2 Acre Lot! Complements this stunning 4br, 2.5 bath updated tudor. Cherry kitchen w/many amenities. Dimensional shingles. Generous room shingles. 14ft gazebo. (BGN46PAR) 888-870-9123	 <b>FARMINGTON HILLS</b> \$209,000 Pinstripe Ranch Deep in Sub w/Towering Trees! Oak floors, formal dining rm, stone fireplace. Many updates-roof, windows, deck, cute bright kitchen! Move-in ready Rec room a bonus. (BGN98HAW) 888-870-9123	 <b>HOWELL</b> \$449,900 Stunning exec home in gated community. Beautiful appointments throughout. Jacuzzi, skylights, trac lighting, open floor plan. Almost an acre, beautifully landscaped. Cozy den-spacious great room w/FP. (BGS40COL) 888-870-9131	 <b>MILFORD</b> \$349,900 Village of Milford! New construction 4 bdrm, 3 full bath, 3 car garage! Pella windows. Stunning hwd entry & cathedral LR, split sta case, marble bath in mstr ste. Great flow! (BGN09CCM) 888-870-9123	 <b>NOVI</b> \$349,900 1990 Built Colonial! On over 1/2 acre lot in a beautiful subdivision. Offers Novi schools, beautiful decor, finished basement, 1st floor laundry & more! (BGN02NOT) 888-870-9123	 <b>NOVI</b> \$224,900 Beautifully Maintained Home on Premium Wooded Lot! 3br, 1.5 ba, 2 car attached garage. Updates include: main bath, roof, furnace & CA, carpet, paint, kitchen, fireplace. (BGN36CHE) 888-870-9123
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 <b>Tricha Kneiding</b> Northville - Novi	<p><i>Thinking of changing careers or offices? Why not join the Number One Coldwell Banker Schweitzer team in Michigan and the Midwest Region. Call for an outstanding career opportunity.</i></p> <p><b>NORTHVILLE-NOVI SOUTH LYON-MILFORD OFFICE</b>            (248) 347-3050 (248) 437-4500</p>	 <b>Pam Danaher</b> South Lyon-Milford
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<b>Brighton</b> (3060) <b>CHARMING</b> 1200sq ft 3 bedroom ranch on 3 beautiful acres w/barn & garage. Exc cond. A must see! No realtors please! \$220,000 (810) 227-3593 <b>FOUR HOMES</b> 2 1/2 bath & garage. Call Builder (810) 227-1727 <b>LISTEN TO THE QUIET!</b> This 3 bedroom 3 bath two-story is located on 4 acres, just outside the Village of Brighton. Two-story great room, fireplace, basement and 3 car garage are just a few of the features. \$334,900 <b>Call for Details</b> <b>Coldwell Banker</b> <b>Schwitzer</b> 2685 Union Lake Rd., Commerce, MI <b>(248) 672-1657</b> <b>ask for Kathy Roehling</b>	<b>Highland</b> (3210) <b>ABOVE PAR!</b> Golf Course location. Elegant two-story features. Great room with panoramic views. 4 bedrooms 4 1/2 baths. Finished walk-out. 3 car garage. \$479,900 <b>Call for Details</b> <b>Coldwell Banker</b> <b>Schwitzer</b> 2685 Union Lake Rd., Commerce, MI <b>(248) 672-1657</b> <b>ask for Kathy Roehling</b>	<b>Howell</b> (3230) <b>3 BEDROOM</b> Ranch, finished basement landscaped & fenced yard. Cathedral Ceilings in the Great Room. Nice Neighborhood. \$170,000 Call 517-548-9005 <b>CHARMING DOWNTOWN</b> Home. Beautifully updated hardwood & ceramic floors. Private fenced yard w/huge deck. \$144,900 OPEN HOUSE 3/29, 1-4 pm 539 Fowler off Grand River (517) 545-1715 <b>DESIRABLE NEIGHBORHOOD</b> in city, brick 3 bedroom, 1 1/2 bath, basement garage. CA. \$173,900 No agents. Pre-approved only (517) 545-1725 <b>Secluded 5 acres</b> just outside Howell 2001 Cape Cod, 3 bedrooms, 2 1/2 baths, 3 car garage, walk-out basement, CA & more. Asking \$279,900 Call Randy @ 517-546-6811 or www.hno.com #16056 <b>SELLERS</b> Find out what the home down the street sold for. www.localrealestateinfo.com	<b>Linden</b> (3240) <b>NEW HOME</b> 1650sq ft, 3 bedroom 2 1/2 bath, easy location for commuters. \$189,900 Call 810-229-6220 <b>Milford</b> (3260) <b>FOR SALE OR TRADE</b> for your smaller home. Historical Queen Anne over 3000sq ft. on Businessmen's Row in Milford. Currently used as a duplex. Great opportunity to live in one side and let tenants pay half your mortgage. Or convert to a single-family on the best lot in town! Extra-wide lot, gazebo, 3 car garage. \$239,900 Call Dave Mann, RE/MAX Elite, (248) 684-6655 <b>OPEN SAT. 1:00-4:00pm</b> 2686 Bay Vista Dr., Brimfield Sub., Highland. Luxurious 3 bed, 2 1/2 bath, 2000 sq ft plus 1300 sq ft professional basement w/ additional bed, bath, office. \$299,000 Owner 248-547-8888, 248-658-6023 <b>Milford</b> (3260) <b>HERITAGE GMAC Real Estate</b> <b>OPEN SUNDAY MARCH 30, 1-4PM</b> Milford township \$325,000. Mar. bring your toys! This home doesn't only have 3120 sq ft it also has extra 1957 pre finished LL & an extra 3+ detached heated garage with work area. Sitting on 2.5 acres this home is not a drive by MLS# 23006213 Off Hickory Ridge S. of GM Rd. <b>HIGHLAND COLONIAL ON 4 ACRES!</b> You will need to see this home to appreciate all the extra detail that has gone into the interior updates. Home has been lovingly cared for and is clean and ready to welcome its new family. \$269,900 MLS# 23015154 <b>OPEN SUNDAY MARCH 30, 1-4PM</b> Sprawling ranch on 3.41 acres. 5 BR, fire place in-law quarters with kitchen. New well, septic and furnace. Between Milford Rd and Hickory Ridge Rd. Off General Motors Rd. MLS# 22071964 <b>MILFORD HEIGHTS COLONIAL</b> 4BR 2 Full BA, 2 1/2 bath. natural fireplace, formal dining room, office/library, full finished walk-out basement, nice landscaping, & neutral decor throughout, close to downtown shopping & restaurants. MLS# 23003828 <b>LOOKING FOR A CAREER IN REAL ESTATE?</b> <b>CALL CAROL TAYLOR</b>  <b>(248) 684-8894</b>	<b>Northville</b> (3280) <b>BEAUTIFUL 3 Bedroom, 3 bath, Brick Ranch</b> Great Room w/ Cathedral ceiling and brick fireplace. Sunny kitchen w/ breakfast nook opens to deck. Finished basement w/ full bath and possible 4th bedroom. Great home! \$320,000 (734) 420-2246 <b>Beautiful Updated Cape Cod</b> with professionally finished basement, 3 large bedrooms, 2 1/2 bath, sunroom with deck, great family neighborhood, \$304,900 248-349-7761 <b>Northville</b> (3280) <b>3 BEDROOM, 2 bath</b> 1425 sq ft. Ranch, 1994 mfg home with 6 car garage, 3 1/4 acres fenced lot, c/a \$239,900 248-449-6350 Pcs http://photos.yahoo.com/juju_48375 <b>BRICK RANCH</b> 25738 Beck Rd 1600 sq ft 3 bedrooms 1 1/2 baths, living and family rooms, 2 fireplaces, 2 1/2 car attached garage. \$194,000 Apts only 248-305-8922 <b>Northville</b> (3280) <b>Immaculate!</b> Four bedroom rebuilt historic beauty. Hardwood floors, porches, custom millwork. Must see! \$499,000  <b>Private 2 Acres!</b> Four bedrooms and 2 full baths. First floor master bedroom, Florida room, newer roof and windows. \$354,500  <b>Dramatic Changes!</b> Beautiful 4 bedroom and 2 1/2 bath Timber Ridge Estates. A must see! \$459,000  <b>JA Delaney and Company</b> <b>248-349-6200</b> jadelaneyandco@hotmail.com	<b>Novi</b> (3290) <b>3 BEDROOM, 2 bath</b> 1425 sq ft. Ranch, 1994 mfg home with 6 car garage, 3 1/4 acres fenced lot, c/a \$239,900 248-449-6350 Pcs http://photos.yahoo.com/juju_48375 <b>BRICK RANCH</b> 25738 Beck Rd 1600 sq ft 3 bedrooms 1 1/2 baths, living and family rooms, 2 fireplaces, 2 1/2 car attached garage. \$194,000 Apts only 248-305-8922 <b>South Lyon</b> (3400) <b>3 BEDROOM</b> Ranch, located downtown. Beautifully remodeled. Must See! \$164,500 (248) 437-3146 <b>AUCTION:</b> April 19, 12 noon. 15 acres, 4 splits. 6690 7 Mile All sand. www.dninet.com <b>CUTE</b> Cape Cod located downtown, lots of updates! \$170,000 (248) 486-6356 <b>Recycle this Newspaper</b>  <b>Reinhardt</b> 22400 Westland Ave.	<b>South Lyon</b> (3400) <b>OPEN SUN 1-4</b> , 3 Bedroom, 2 1/2 bath Colonial, popular Green Oak Sub. Updated, neutral colors. CA. Beautiful almost 1/2 acre lot. Offered at \$269,000. Real Estate One 248-437-3800 or Jan direct 248-981-6348 <b>WALK TO DOWNTOWN!</b> A clean & classic home best describes this 4 bedroom charmer. Gracious front porch, hardwood floors throughout. 2 car garage. \$178,000 Debby Buckland, 734-747-7777, eves 810-231-3763 <b>Recycle this Newspaper</b>  <b>Reinhardt</b> 22400 Westland Ave.
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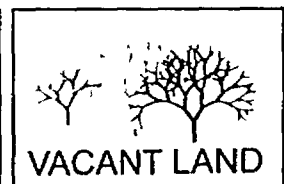



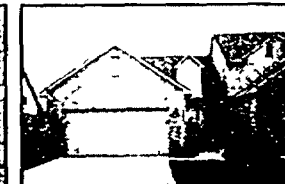





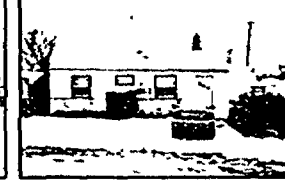

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# COLDWELL BANKER PREFERRED, REALTORS®

 <b>VALUE PLUS COMFORT</b> - Budget-stretching, 3 BD 2 BA quad-level backs to parkland. A fenced lot, 2-car gar & workshop/shed, den or 4th BD, finished BSMT w/rec room, newer windows, furnace, A/C, fresh interior paint, custom blinds new lot w/party appliance package. Deck & large trees. Immediately avail. \$229,900 (227AP)	 <b>GREAT CONDO!</b> Location! You won't find a better location. Neutral decor throughout with numerous updates. Ceramic tile, beautiful carpet, granite countertops & more! Gorgeous finished walk-out with wet bar & office area. Fireplace on both main & lower level. Lake views from all areas. Don't miss this one! \$339,900 (264BL)	 <b>GREAT CANTON LOCATION</b> - Top spot for a unique condo with a full basement, vaulted ceiling & full basement. The low price reflects the needed updating but the location is well worth it. \$98,500 (929HA)	 <b>TRANQUIL AND DISTINCTIVE</b> - Three bedroom, 3 1/2 bath detached condominium in Plymouth. Gourmet kitchen w/cherry cabinetry. Hardwood flooring. Pella windows. Finished daylight basement. Deck overlooking pond. Outstanding! \$519,900 (469AR)	 <b>POPULAR LAKES OF NORTHVILLE</b> - Four bedroom, 2 1/2 bath brick colonial with many updates. New Anderson windows thru out in 2003. New siding 2003, new roof 2002. Finished basement with rec room. Private court location. Great area. \$369,900 (725PO)	 <b>STYLISH COMFORT</b> - Distinctive 4 bedroom, 3 bath traditional colonial on a cul-de-sac & backing to parkland. Impressive kitchen w/hearth room. 2-story family room w/fireplace. Dual staircases den, crown molding. Elegant oak wainscoting, hardwood flooring. Terrific master suite. Formal dining room. Master. Immediate occupancy. \$474,900 (1369EL)	 <b>GREAT FAMILY NEIGHBORHOOD</b> - Beautiful ranch in prestigious Sunflower Sub. Master suite with master bath, 1st floor laundry, great room with fireplace, double atrium doors to custom covered patio and deck, and a 2 car garage with plenty of storage area. Access to common pool & tennis court. \$269,900 (449CA)
 <b>BEAUTIFUL LIVONIA BUNGALOW</b> - Sharp bungalow on nice residential street. Room addition for added living space. Newer central air, roof, drive & walks, copper plumbing, water heater, 2nd bath, copper more! Pine paneled basement and garage. See it today! \$164,999 (929AR)	 <b>WALK TO TOWN</b> - From this elegant 2 bedroom, 2 bath condo that offers hand-capped facilities (elevator, underground heated parking, etc.) wonderful dining & kitchen area, all appliances, hardwood floors & neutral carpeting. 4 bay windows (end unit), sitting on 5 acres with gazebo. One of a kind! \$259,900 (739DE)	 <b>BUILD YOUR DREAM HOME</b> - If you love privacy & ready to build your dream home, you must see this beautiful 3.6 acre parcel. Located off a beautiful wooded meandering private road that gives you the feeling of being road. Lot features spring fed pond and backs to a creek. \$184,900 (801VA)	 <b>COUNTRY CLUB ESTATES</b> - This charming 6 bedroom, 4 1/2 bath home in optimal Dearborn sub boasts 3325 sq ft, hardwood floors, 3 fireplaces, covered ceilings, and a deck off back overlooking an oversized lot. Newer roof, C/A & hot water tank. \$565,000 (175GO)	 <b>UPDATED 2 FAMILY INCOME PROPERTY</b> - Nice area, roomy duplex with many updates. Full basement with laundry area, each unit over 900 sq ft. Separate meters, large parking area, no maintenance interior. In excellent condition. \$118,000 (635TI)	 <b>WESTLAND &amp; NEW!</b> - Brand new ranch features oversized kitchen w/open stairway to lower level and doorwall to rear yard. Lots of closet space, double lav bath and ceramic tile kitchen. \$154,900 (132WI)	 <b>SHOW &amp; SELL THIS CANTON CONDO</b> - Enjoy 2 BDs, 2 full BA & convenient 1st floor laundry GR fitted w/natural light & high ceilings. Oak kit w/breakfast nook. Master bedroom w/ceramic bath & large walk-in closet. Private entry, end unit w/deck, 2 car attached gar & full bsmt complete the pkg. \$234,900 (370CH)
 <b>RIVER/CANAL FRONT</b> - Daring updated canal front home w/lake access on all sports. On Lake Newer roof, windows, HWH, carpet & updated electric. Updated kitchen, remodeled bath, copper plumbing & newer front entry & storm drs. Freshly painted thru out. Huge yard w/ frontage & view of woods. \$162,900 (661CR)	 <b>GO NO FURTHER - THE HOME SEARCH ENDS HERE!</b> - Freshly may well like the oak cabinets, ceramic decorated, airy & open 3 BD, 2 1/2 BA floor and the planning desk in the back cape cod intriguing 1 1/2 story kitchen-maybe even the molding detail, boasts Palladian windows + volume doorwall to balcony and bay window ceilings. Impressive foyer, light & airy One bath, 2 bedrooms (about 1,000 sq ft), GR, 1st fl MSTR, cer tile BAs, square feet) and very tidy indeed custom lot w/breakfast nook, pantry \$127,500 (223PI) formal DR and room, patio, landscaped patio & hot tub. \$349,900 (642FO)	 <b>WALK-TO-TOWN CONDO</b> - You may well like the oak cabinets, ceramic decorated, airy & open 3 BD, 2 1/2 BA floor and the planning desk in the back cape cod intriguing 1 1/2 story kitchen-maybe even the molding detail, boasts Palladian windows + volume doorwall to balcony and bay window ceilings. Impressive foyer, light & airy One bath, 2 bedrooms (about 1,000 sq ft), GR, 1st fl MSTR, cer tile BAs, square feet) and very tidy indeed custom lot w/breakfast nook, pantry \$127,500 (223PI) formal DR and room, patio, landscaped patio & hot tub. \$349,900 (642FO)	 <b>FORE!</b> - Tempting Northville Hills Golf Club fairway home. 4 bedrooms in 1st floor master, 2 1/2 baths and a load of nice features. Granite, kitchen with stove and refrigerator. Hardwood, 2-story great room windows, walk to elementary school. Loft overlook and a setting on the 18th fairway. \$529,900 (413BA)	 <b>A MUST SEE</b> - Three bedroom ranch in move-in condition. Fresh paint and new carpet throughout. Oak cabinets in kitchen. Central air, vinyl & aluminum exterior. Central air, vinyl & aluminum exterior. Central air, vinyl & aluminum exterior. \$123,900 (607CA)	 <b>WHY RENT?</b> - Nicely maintained Westland ranch with many updates including roof, windows, bath and fresh paint. Central air, vinyl & aluminum exterior. Central air, vinyl & aluminum exterior. Central air, vinyl & aluminum exterior. \$81,000 (022AL)	 <b>BEAUTIFUL COLONIAL</b> - Three bedroom, 1 1/2 bath colonial features finished basement, large eat-in kitchen with doorwall to deck, spacious great room, 6 panel doors, Berber carpet, A/C plus ceiling fans & fenced yard. \$169,900 (142RE)



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What getting a mortgage should be.  
 We'll beat any lender's price, or pay you \$250\*  
 Guaranteed loan decision the same day you apply or we pay you \$250

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 Toll Free

**COLDWELL BANKER MORTGAGE**

**NORTHVILLE/NOVI** (248) 305-6090 **CANTON** (734) 392-6000 **FARMINGTON** (248) 478-6022 **WESTLAND/GARDEN CITY** (734) 392-6000 **PLYMOUTH** (734) 459-6000 **LIVONIA** (734) 425-6060



## Plymouth 3341

**HOME FOR SALE** New construction! 2 bedroom, bath and a half, Central Air, Fireplace, Appliances. Large screened porch, 1 car garage. Beautiful ceramic tile, charming location in town. \$185,000 1101 Beach St. 248-348-3263/248-202-4363

## White Lake 3450

**BRING YOUR TOYS!** Additional 2 car garage! Enjoy the country w/ the convenience of town. 1 1/2 story contemporary home w/ 2 1/2 car attached garage on 1/4 acre, 3 bedroom, 2 bath, 1700 sq ft., new appliances, Merit cabinetry throughout. \$249,900 (248) 676-2900 www.wiredtechsolutions.com

## Wixom-Commerce 3480

**WIXOM.** 3 bedroom ranch, huge basement & back yard, newer furnace & carpeting. \$184,900 (248)960-4891

## Livingston County 3520

## COLDWELL BANKER

BRIGHTON TOWN & COUNTRY

**5 ACRES - Howell Wooded setting.** \$80,000.00, ML#22086856

## LAKE ACCESS Pinckney

**\$143,000.00** Beach, swim, picnic area, boat launch! 2 BR ranch, basement, shed, deck. ML#22107309 (L7672)

## RIVER FRONT!

**\$207,900.00** Serene, treed setting. Boat dock. Ranch w/fabulous 4 season room. Deck. 2 car garage. L7691

## \$213,900.00 2+ acres!

Newer 3 BR ranch! Private road, island kitchen, basement, cedar deck, 2 car garage. Pole barns ok. (L7646)

## HOWELL \$285,000.00

2100 Sq ft., custom 3 BR, + bonus room. Walkout basement. Soaring ceilings, island kitchen, 1.7 Acres. (L7617)

See virtual tours & photos at [www.coldwellbanker.com](http://www.coldwellbanker.com) (810)227-1111

## Milford 3260

## COLDWELL BANKER

BRIGHTON TOWN & COUNTRY

## CALLAN, REALTORS

(248)685-1588

Village of Milford - Sharp modified home that's loaded with charm & character. Natural fireplace in living rm. elevated formal dining rm. w/cathedral ceiling & skylite. hardwood floors den w/ bay window rear deck w/ gazebo & mechanics pit in garage. \$185,000 (C-425)

**Fenton 1850 Historic** - Full of character - rooms galore, pocket doors, wonderful high ceilings with crown moldings. hardwood floors, fenced yard on corner lot. Updates some roofing, w/ hit furnace w/ softener, dishwasher & stove. \$229,900 (S-201)

**Milford Twp Ranch on 7 Acres** - Frontage on Sears Lake. Enjoy the beautiful views of the lake from a two-level deck w/ built-in hot tub. 4 bed 3.5 bath. Vaulted ceilings finished without lower level with brick fireplace (1013 fireplaces), wet bar & bath. 3 car garage and much more! \$590,000 (M-2525)

**Highland Ranch on 2.47 Acres** - Private off road w/landscaping. 4 bed 2 bath spacious & open. Hardwood 2 way fireplace. 2 decks from Master & Great Rm, party fin lower level outbuilding w/garage door drywall concrete floor heat & electricity. \$284,888 (H-4161)

**Milford "Old Milford Farms"** on 2.48 Acres - 5 bed 3.5 bath country estate. Colonial with a beautiful wooded lot and pond in back. Large kitchen spacious family rm with brick fireplace and finished walkout bsmt w/ Rec Rm. 5th bed full bath & kitchen. \$465,000 (O-1100)

**Highland Ranch on 1.5 Acres** - 4 bed 2 bath brick ranch on a beautiful rolling lot. Updated kitchen dineite opens to huge 20x15 Fam Rm w/ fireplace, party fin lower level outbuilding w/garage door drywall concrete floor heat & electricity. \$284,888 (H-4161)

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## Lakefront &amp; Waterfront Homes 3580

**HALF MOON VIEW** with access to chain of seven lakes. 2 bedroom, 1 bath. Too many updates to list. \$140,000 248-417-8709

**Howell - Thompson Lakefront** 2120sq ft. walkout, 3 bedroom, 2 baths, w/ many features (517) 548-5155

## COLDWELL BANKER

BRIGHTON TOWN & COUNTRY

**THINK SUMMER!** \$248,000.00

All sports private 102 acre lake! 439 ft. deep, treed yard! 4 BR, master w/bath & balcony, 2 car garage (L7688)

**Brighton - All sports lake!** Sandy beach, 2900+ sqft, 4BR, office, custom tile, woodwork, gourmet kitchen, fireplace, Deck, Walkout, 3 car & 2 car garage. \$749,900.00 (L7680)

See virtual tours & photos at [www.coldwellbanker.com](http://www.coldwellbanker.com) (810)227-1111

## Real Estate Services 3640

**Free Home Buyers Seminar** Sat, March 29th noon-3pm. Call today 248-417-8709. [www.christieson.com](http://www.christieson.com)

**Coldwell Banker** 12516 10 Mile, S. Lyon

## Condos For Sale 3720

**ADULT Co-op w/ lake frontage** Min age 50+, exc. cond. All appliances. Call for more info. Sara Rockentine Heritage GMAC Real Estate, 810-227-1311, 248-815-3377

**BRIGHTON** - 2 bedroom, remodeled, quiet, good view. \$89,500 (810) 225-3022

**BRIGHTON** - 2 bedroom, remodeled, quiet, good view. \$89,500 (810) 225-3022

**BRIGHTON RANCH** Condo 2 bedrooms, 2 full baths A/C jacuzzi, many upgrades. \$187,500 (810)225-0041

**HIGHLAND TWP** Beautiful waterfront condos. Magnificent views, walkouts, 9 ceilings, limited pre-construction pricing. \$175,000 877-471-2780

**HOWELL** Beautiful 2 bedroom, 2 bath, 1055 sq ft., garage. Motivated seller, asking \$126,500 (517) 540-9779

**Howell** 1100 sq ft. and unit ranch in Howell across the street from elementary school. Basement, walk-in closet, 2 bedrooms, 1.5 baths, cathedral ceiling in great room, 1 car attached garage. Just reduced! \$124,900 ML#23008789. Call LAURA EDWARDS 1-800-810-0499 or 1-810-227-5005. Email: laura@ism.net

**IMMEDIATE OCCUPANCY** 1100 sq ft. and unit ranch in Howell across the street from elementary school. Basement, walk-in closet, 2 bedrooms, 1.5 baths, cathedral ceiling in great room, 1 car attached garage. Just reduced! \$124,900 ML#23008789. Call LAURA EDWARDS 1-800-810-0499 or 1-810-227-5005. Email: laura@ism.net

**FREE STATE-WIDE REPO LIST!** Call Crest, (517) 548-0001

**GREAT DEAL!** Late model double all appliances \$18,000. Special financing \$637. Crest, (517) 548-0001

**HARTLAND MEADOWS** Assumable mortgage \$415/mo., no closing costs (248) 889 5627

**HOMES UNDER \$10,000!** Special financing available, bruised credit may work. Crest, (517) 548-0001

## Manufactured Homes 3740

**IN ANN ARBOR \$99 PER MONTH SITE RENT 2 YEARS ON NEW MODELS**

**NEW HOMES \$21,900!** IN WHITE LAKE • 3 Bedrooms • 2 Baths • GE Appliances • Skylights & More

**\$222/month \$2,326 down \$199/Month Site Rent 1 Year**

\*on selected models, based on 12% down 9.75% APR, 15% payments. Interest rate subject to change.

**Huron Valley Schools QUALITY HOMES at Cedarbrook Estates**

On M-59 West of Bogie Lake Rd. Call Joyce Hed (248) 887-1980

## QUALITY HOMES at ARBOR MEADOWS

Corner of Michigan Ave. & Carpenter Rd. Call Annette (734) 572-1445

## NEW MODEL BLOWOUT! Compare! Lowest Prices on New Skyline Homes!

**FREE Site Rent for 2 years \$249/mo. 3rd Year\*** All new homes are 3 bedroom/2 bath and include G.E. appliance packages, skylights and more, all ready for immediate occupancy

**Commerce Meadows** On Wixom Rd. 4 miles north of 196. Huron Valley Schools, sparkling pool, lacrosse clubhouse, basketball & volleyball courts, picnic area. Call Kathy at (248) 684-6796

**Stratford Villa** On Wixom Rd. 3.75 miles north of 196. Huron Valley Schools, heated pool, fun playgrounds, basketball court, fishing lake, minutes from Proud Lake. Call Krista at (248) 685-9068

**NEW HOME PRICES**

1854 sq ft. Only \$34,800\*

1854 sq ft. Only \$35,800\*

1178 sq ft. Only \$37,800\*

1178 sq ft. Only \$43,800\*

1369 sq ft. Only \$43,800\*

1474 sq ft. with island kitchen. Only \$49,800\*

1580 sq ft. with den. Only \$58,800\*

## Condos For Sale 3720

**NORTHVILLE 1200 sq ft.** 2 bedrooms, 1.5 baths, totally remodeled, spotless, basement, 20 patio, move in condition. \$169,000 248-380-1611

**NOVI Country Place Condo** 3 bedroom, 2.5 bath, 1550 sq ft. living rm, dining rm, fireplace, finished bsmt. appliances, garage, clubhouse, pool. \$184,900 (586)713-5467

**S. Lyon, Lake Angela Sr. Co-Op** \$175 mo. includes maintenance, taxes, heat, water, carport, etc. New kitchen, bath, deck w/roll awning. Must see! \$62,995 248-416-0787

**WALLED LAKE** Hidden Meadows 2 bedroom, 2 baths, ranch finished basement, attached garage, many updates, like new \$164,900 Call (248) 624-4224

**Walled Lake Condo** Must sell. 2 bedroom ranch, with walkout basement, \$234,999 (248) 960-8796

**Manufactured Homes 3740**

**INVENTORY CLEARANCE** Huge Savings! Northville Area Free Lot Rent on Specific Homes (248) 486-5414

**\$0 down** Save up to \$30,000 on a new bank repo. 500+ available. Discount Homes 866-251-1670

**DIVORCE SALE** Please take over my payments, only \$379 per mo. Beautiful Amish handcrafted, never lived in, dishes included. Call Wendy at (866)381-2041

**FOWLerville, NEW 4 bedroom**, with den, 2 bath, many extras. \$54,900. Ask about our rent specials. (517)223-3663

**HAMBURG HILLS, REDUCED!** 1992 3 bedroom, 2 bath, family room, all appliances exc. cond. Must see (989)643-7212, eyes

**NORTHVILLE READY TO DEAL** New, 2033 SQ. FT. 4+ bedrooms, 2 1/2 baths. Drywall through out and upgrades galore. 10 x 10 shed. All appliances \$65,000. MUST SELL! 248-436-8559

**Mobile Homes 3750**

**16x80 - Appliances c/a & more!** Will sell CHEAP! \$625 Crest, (517) 548-0001

**BRIGHTON 1850sq ft modular**, loaded. We finance. Apple (810)227-4592

**BRIGHTON 1997 2 bedroom** Will rent to own deal. Apple (810)227-4592

**FOWLerville Cedar River** Estates lot available in quiet community for Manufactured home (517)223-8500

**FREE STATE-WIDE REPO LIST!** Call Crest, (517) 548-0001

**GREAT DEAL!** Late model double all appliances \$18,000. Special financing \$637. Crest, (517) 548-0001

**HARTLAND MEADOWS** Assumable mortgage \$415/mo., no closing costs (248) 889 5627

**HOMES UNDER \$10,000!** Special financing available, bruised credit may work. Crest, (517) 548-0001

**INCREDIBLE LOG HOME PROPERTY** with leased billboards netting \$6,000+/mo. Home appraised at \$525,000 asking \$849,000 with billboards. Sterling MI (989) 654-9085

**GLADWIN/Houghton Lake** beautiful 4 br., 2 bath, 3500sq ft., new modern home. 2 garages, great view. Must sell in 30 days. Seller motivated. Priced to sell at \$149,900 517-404-8803

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## Mobile Homes 3750

**HOWELL 1986 2 bedroom, 2 bath**, very clean, corner lot with deck, new carpet, \$8,000 Apple (810)227-4592

**HOWELL Great starter home** Very nice \$10,000 Apple (810)227-4592

**HOWELL Large 3 bedroom** doublewide, \$15,000 Apple (810)227-4592

**HOWELL - 2 bed, 2 bath**, partially furnished, all appliances \$7,000 best (517) 548-1460

**LINDEN 1992 3 bedroom, 2 bath** home New carpet, very clean \$8,000 Apple (810)227-4592

**LYON TWP Country Estates**, 303 Bud Lane 1996 Fairmont, 2856, very clean, good cond., \$21,900 w/2yr lease incentive of \$992/yr. (248) 437-2046

**MILFORD 1998 1800sq ft.** very deluxe. Must sell first \$22,000 takes it. Apple (810)227-4592

**MILFORD - 1972 Broadmore** 10K/best, 2 bedroom,

**Office Space For Lease/Rent** (3950)

**BRIGHTON - OFFICE SPACE FOR RENT**

2980 Dorr Road, Brighton, MI 48116 1,100sq ft, multiple office spaces. Use of spacious 877sq ft conference room. Ample paved parking lot. Kitchenette - shared Security System. Utilities included. Available immediately. Great location, centrally located across from Genoa Twp Hall and fire station.

For more information contact the Livingston County United Way (810)494-3900

**BRIGHTON DOWNTOWN**

Very nice, 1 & 2 room office suites on Grand River at Main St. From \$200/mo includes utilities (248) 667-1633

**BRIGHTON** - Grand River frontage 1250 sq ft. \$1750/month, utilities included (810) 229-7694

**FOWLerville** 1480 sq ft. Or divisible into 2 suites of 400 sq ft and 1000 sq ft respectively. Office or retail at 1.96 high traffic, good visibility low rental rate, currently configured. Next/Verizon phone service. (517)546-6254

**HIGHLAND** Building for lease 2900 sq ft. 1461 S. Milford Rd. Currently doctor's office. Avail in April (248)634-0618

**HIGHLAND, M-59**, near Duck Lake Rd. Signage available. 288sq ft. (immediate occupancy) & 696sq ft. (avail late spring) (248)887-9964

**HOWELL** prime downtown location now available 2200 sq ft. \$1295/mo. M/W or split for \$750/mo. NNN (810)220-1449

**HOWELL** Office space for lease, approx. 500-630 sq ft. on Grand River by Pier One (517)546-8346

**NOVI** 2 locations, 2000-6500 sq ft. open space and private offices, near I-96 696 275, and M-5 248-349-8675

**OFFICE SPACE** - South Lyon, good location, approx. 375 sq ft. 248-345-3009

**Village of Hartland** By intersection of US23 & 59 1st floor of Restored Victorian house 1200 sq ft. 586-292-9837

**Investment Property** (3970)

**ATTENTION INVESTORS** Approved sub in SE Michigan, starting May. 50% return on investment. Hold lots as collateral (517) 605-0110

**Apartment - Unfurnished** (4000)

**Apartment - Unfurnished** (4000)

**ARGENTINE** - Large 2 bedroom includes utilities

Also 1 bedroom \$550/mo (810)632-6020 1st mo FREE! **BELLEVILLE** Beautifully accented new construction 2 bed 2 bath water view \$900/mo (734)320-9050

**BRIGHTON** 2 bedroom appliances, near x-way. Immediate occupancy. No pets \$650/mo (810) 229-2606

**Brighton** - 2 br. \$525 1 br. \$450. Easy x-way access. w/real. Lowest rent! Immediate occupancy. 810-227-2139

**BRIGHTON**

- 1 & 2 Bedroom
- Very Clean
- All Appliances
- Excellent Location
- Month-to-Month Available
- Owner Pays Utilities
- Lake Access
- Private Storage
- 1 Bedroom - \$645/month
- 2 Bedroom - \$695/month

(810) 632-5335

**FENTON/MILFORD** area 2 bedroom, heat incl. No pets \$615 per mo (248)625-5668

**FOWLerville** LARGE 2 bedroom, \$650/mo, plus security deposit. No pets. Recently remodeled (810)333-8001

**HIGHLAND** - Upstairs 1 bedroom charming apt. Plenty of storage \$450 + security deposit. Ground floor 2 bedroom apt. w/terrace, basement will not last long \$750 + security deposit. 248-887-1648

**HIGHLAND AREA** Pretty newly decorated 2 bedroom w/ laundry rm. 3434 Oakridge St (248) 335-RENT

**HIGHLAND** 2 bedroom upstairs, heat incl. \$625 plus security (810)735-1985

**HOWELL** - Spacious loft in downtown area. Immediate occupancy. \$695/mo (810)220-1449

**NEW HUDSON** 2 bedroom w/ stove, refrigerator & drapes separate outside entrance 5490 Grand River \$575/mo + \$600 security. No pets. 248-437-2196

**Apartment - Unfurnished** (4000)

**Apartment - Unfurnished** (4000)

**HOWELL QUAIL CREEK APTS.**

Spacious 1 & 2 bedroom, \$595/\$685 includes heat & hot water. Covered carport. Ceiling fan in dining room. Located in 2 blocks from McPherson Hospital. Ask about specials! (517)548-3733

**HOWELL BYRON Terrace** Close to hospitals & freeway. 2 bedroom apts. \$625/mo. Call (517)546-3396

**LARGE FABULOUS** First floor townhouse. 2 bedroom, 2 bath, all appliances \$1,250/mo + security. 810-227-7078

**MILFORD, downtown** Luxury 1 bedroom apt. with appliances & parking \$800/mo (248)834-3500

**MOVE IN SPECIAL** 2 bedroom updated, private S. Lyon schools. \$550-\$800 a month. Short term lease available (248)640-7531

**HOWELL HISTORICAL TOWNHOUSE** Professional setting. Clean. Quiet & Secure. New carpet \$795 (734)878-9301

**NORTHVILLE** - in town, clean 1 bedroom apt. laundry, water & heat included \$635 (248) 344-4989

**NORTHVILLE INNSBROOK APTS.**

Upscale apts. near downtown Northville. Private entrances. Dog friendly. Washer/dryer in selected units. Rent starting at \$620

**Novi PORTSMOUTH APARTMENTS**

1 & 2 BEDROOMS LAKEFRONT APTS. From \$615 HEAT INCLUDED WASHER & DRYER

1 Month FREE Rent or MORE CALL FOR DETAILS

• Cathedral Ceilings

REDUCED SECURITY DEPOSIT

PETS WELCOME (248) 669-5490

**Novi THE SPRINGS**

Voted Property of The Year For 2002! 1 & 2 BEDROOMS FROM \$540 HEAT INCLUDED Full-Size Washer & Dryer

\$300-\$900 FREE RENT CALL FOR DETAILS

REDUCED Security Deposit

PETS WELCOME (248) 669-5566

**Novi & Westland Luxury You Can Afford**

Deposit From \$199

**FOUNTAIN PARK APARTMENTS**

Limited Time Special 2 MONTHS FREE RENT!

• Washer/Dryer provided

• Private Tennis court

Two Locations

**NOVI** On Grand River between Meadowbrook & Novi Rd 248-348-0626

**WESTLAND** Newburgh between Joy & Warren 734-459-1711

BRING THIS AD AND WAIVE APPLICATION FEE \*New residents only, on select units

**NOVI Brand New Condo For Rent**

3 bedroom with 1st floor master 2-car private attached garage. Full unfinished basement. \$1895 per month. For information call (248) 669-1050

email: wexford@singma1.com

**PINKNEY VILLAGE** Rent 2 bedroom apt. containing huge multi-purpose room, garage, laundry & playground \$900 (313) 534-1233

**Apartment - Unfurnished** (4000)

**Apartment - Unfurnished** (4000)

**PINKNEY, NICE** 1 bedroom w/newer appliances, great location \$535/month. No pets 734-878-3918

**PLYMOUTH** Studio apt \$100/wk, utilities included. 1 large bedroom, \$145/wk. utilities included. 313 363 6396

**SOUTH LYON** spacious 1 bedroom near town, includes stove & refrigerator, no smoking/pets \$480 734-455-1487

**SOUTH LYON** 1 bedroom, private entrance, pets welcome. C/A, kitchen appliances incl. washer/dryer hook up. Rent Special! Call (248)349-6612

**SOUTH LYON**

**Kensington Park Apartments**

• No Rent Until April 1st

• 0 Security Deposit

• Free Heat

• Immediate Occupancy

• 1 & 2 Bedroom from \$539

• 24 hour Emergency Maintenance

• Clubhouse and Pool

• Across from Kensington Metro Park

(248) 437-6794 ext 418

• conditions apply

**SOUTH LYON** Large, 1 bedroom, Washer/dryer, garage. No pets \$550 per mo, plus \$650 security (248)830-7663

**SOUTH LYON** Quiet secluded setting very clean & freshly painted. 1 & 2 bedroom, appliances included. laundry room available. No pets. Includes heat & water. Ask about our winter special! Call for appt. (248)446-0961

**WALLED LAKE** area 1.5 br apt. Quiet apt. building. Many windows, nice neighborhood. No pets \$495/mo, includes heat. (248) 624-4370

**WALLED LAKE** Lake access carriage house 2 bedroom, 1 bath. Newly remodeled, paint & carpet. Laundry, close to highway & mall. \$660/mo. Available now 734-320-6985

**WHITMORE LAKE** 1 bedroom, near lake, includes stove, fridge, heat, parking. No smoking/pets \$480 734-455-1487

**Wixom HILLSIDE APARTMENTS**

\$300-\$600 FREE RENT CALL FOR DETAILS

1 & 2 BEDROOM APTS. From \$615 HEAT INCLUDED

• Washer/dryer in every Apt

• Window Treatments

REDUCED SECURITY DEPOSIT

PETS WELCOME (248) 624-6480

**Wixom THE VILLAGE APARTMENTS**

1 & 2 BEDROOM APTS. From \$440 HEAT INCLUDED

\$500-\$600 FREE RENT CALL FOR DETAILS

• Swimming Pool

• Air Conditioning

REDUCED SECURITY DEPOSIT

PETS WELCOME (248) 624-9445

**Wixom STONE RIDGE "ON THE WATER"**

1 & 2 BEDROOM APTS. From \$490 HEAT INCLUDED

Convenient to I-24 Oaks Mall

Air Conditioning

\$300-\$750 FREE RENT CALL FOR DETAILS

REDUCED SECURITY DEPOSIT

PETS WELCOME (248) 624-9445

**Apartment - Unfurnished** (4000)

**Apartment - Unfurnished** (4000)

**Wixom GOLDEN GATE**

1 & 2 BEDROOMS FROM \$480

1 MONTH FREE RENT CALL FOR DETAILS

• Spacious Apartments

• Swimming Pool

• REDUCED SECURITY DEPOSIT

PETS WELCOME (248) 624-1388

**ONE MONTH FREE & \$100 CASH BACK!**

**BROOKWOOD FARMS**

1, 2 & 3 Bedroom Luxury Apartments

Garages & Carports

Indoor & Outdoor Pools and Spa

Exercise Equipment

Tennis Courts

Washer & Dryer Rental

You Must Take Advantage of this offer before March 31st, 2003

10 Mile Road 1/2 mile E. of Pontiac Tr. Mo. 1st 9.5, S. 10-2 (248) 437-9959

• conditions apply

**Apartment - Unfurnished** (4010)

**FARMINGTON HILLS** Condo, 1 bedroom, washer/dryer, furnished/unfurnished, no pets 248-380-5405, 248-719-3293

**Condos & Townhouses** (4020)

**NORTHVILLE** 2 bedroom, 1 bath, newly remodeled. New cabinets, flooring, lights, washer/dryer, etc. Walk to downtown \$900 248-348-5175

**NORTHVILLE - 3 BEDROOMS, 1.5 BATH TOWNHOME** Rent to own. \$1500/mo free heat & water. All appliances. Scott, (810) 231-1116

**NORTHVILLE CONDO** 1600 sq ft 2 bedroom, 2.5 bath, gas fireplace, large deck facing woods, 1 car garage, walk to town \$1525 248-348-6177

**NORTHVILLE TOWNHOUSE** for rent 2 bedroom, 1 full & 2 half baths, walkout basement \$1200 a month. (248)982-5335

**NOVI Brand New Condo For Rent**

3 bedroom with 1st floor master, 2-car private attached garage. Full unfinished basement. \$1895 per month. For information call (248) 669-1050

email: wexford@singmail.com

**SOUTH LYON** - 2 bedroom, 2 bath all appliances, carport and pool. \$900/month (248) 446-0289

**SOUTH LYON** Completely furnished condo 2 bedroom, 2 bath, 1800 sq ft w/swimming pool, fireplace, no long lease. Must be 55 or older. No smoking, no pets (248) 496-3484

**BRIGHTON** 2 bedroom, large kitchen, laundry room. Immediate occupancy \$675/mo no pets, 1st mo. last mo + sec dep req (810)227-5622

**BRIGHTON** 3 bedroom 1 bath 12x16 new deck, easy access to x-ways fireplace, garage, all new interior \$925/mo (517)545-7785

**BRIGHTON, UPDATED** 2 bedroom, new appliances, cathedral ceilings \$750/mo. Call Diane Brady, (810) 220-1477

**HAMBURG** - Large 2 bedroom. Boat, swim, fish & garden at Buck Lake. Many pets! \$800/mo (313) 534-1233

**HOWELL** 2 br. w/stove & refrigerator & laundry hook up, deck, storage shed, yard \$750 + security. Available now 517-546-8008 (810) 923-1062

**HOWELL CITY** 1-4 bedroom, utilities paid (517) 546-4800

**NORTHVILLE** secluded 1 bed, \$750/mo incl utilities, lawn care. No pets, parking for 1 car only 248-348-3263, 202-4363

**PINKNEY** 2 & 3 bedroom units w/ many features. See why duplex living is better "UTILITY SPECIAL" - Starting at \$610 810-220-2360 www.TandRProperties.com

**PINKNEY** 2 bedroom, \$625/month plus utilities and security deposit (734) 878-9566

**Duplexes** (4030)

**PINKNEY Area** Lake access & garden space, 2 & 3 bedrooms, \$610-\$775/mo, + utilities. No dogs 734-662-8669

**VILLAGE COMMONS OF PINKNEY** Ready for occupancy January 2003 \$1150.00 per month for this 1527 sq ft new construction Duplex, 3 bedrooms, 2 baths, garage, main floor master bedroom and utility room. Large lot & patio, lawn maintenance included. Terms available for small pets.

CHOICE (810) 227-3444

**Homes For Rent** (4050)

**FOWLerville** NEWER, 3 br. 2 1/2 bath, finished bsmt, garage, close to x-way, 1 1/2 mo security. No smoking/pets \$1,100/mo. SARA, RE/MAX, 517-540-1700, ext. 109

**GARDEN CITY** - 3 bedroom ranch, 1 bath, \$700/mo. Rent or Rent to Own 734-405-2413

**Duplexes** (4030)

**PINKNEY Area** Lake access & garden space, 2 & 3 bedrooms, \$610-\$775/mo, + utilities. No dogs 734-662-8669

**VILLAGE COMMONS OF PINKNEY** Ready for occupancy January 2003 \$1150.00 per month for this 1527 sq ft new construction Duplex, 3 bedrooms, 2 baths, garage, main floor master bedroom and utility room. Large lot & patio, lawn maintenance included. Terms available for small pets.

CHOICE (810) 227-3444

**Homes For Rent** (4050)

**FOWLerville** NEWER, 3 br. 2 1/2 bath, finished bsmt, garage, close to x-way, 1 1/2 mo security. No smoking/pets \$1,100/mo. SARA, RE/MAX, 517-540-1700, ext. 109

**GARDEN CITY** - 3 bedroom ranch, 1 bath, \$700/mo. Rent or Rent to Own 734-405-2413

**HARTLAND** 3 bedroom, 2 bath, 1800sq ft ranch w/2 car attached garage on paved road. Now available \$1100/mo. Requires first, last & security. Days (517)546-0554, nights (810)266-4041.

**HARTLAND** Schools, 4 bedrooms, 2 baths, 2000 sq ft. w/fin. basement, 2 car garage, paved rd., private w/ acreage \$1,375/mo. Long term or mo to mo. Brian, 810-459-5080

**Homes For Rent** (4050)

**BRIGHTON** 1, 2 & 3 bedroom homes. Many features. No pets. Rents are \$475, \$625, & \$975 (810)220-2360 www.TandRProperties.com

**BRIGHTON** 4 br. 1.5 bath, garage, lake privileges \$1000/mo (248)634-7325

**BRIGHTON** Clean 1 bedroom house, close to town, \$645 includes everything! No dogs (517)404-2590

**BRIGHTON** Fonda Lake, lakefront house, 3 br, garage, \$750/mo (248)521-1974

**BRIGHTON** - 3 bedroom, 1300sq ft, washer/dryer, fireplace \$1300/mo + utilities 810-229-3114, 734-662-5846

**BRIGHTON, Downtown** 3 bedroom, 2 bath, garage, fenced yard. Very nice. \$1,600/mo + utilities (734)260-3473

**CLARKSTON** 2 Bedroom Home \$795/month Rent with Option to Buy

**Gentry Real Estate** (248) 887-7500

**COMMERCIAL** 3 bedroom, 1 bath, fenced yard, close to M5, Walled Lk. schools \$800/mo \$1200 security 248-624-9470

**DEARBORN HEIGHTS** - 3 bedroom bungalow, 1 bath, \$700/mo. Rent or Rent to Own 734-405-2412

**DOWNTOWN BRIGHTON** 3 bedroom, 1.5 bath, air, fridge & stove, \$1200/mo. For rent or sale 248 891-9976

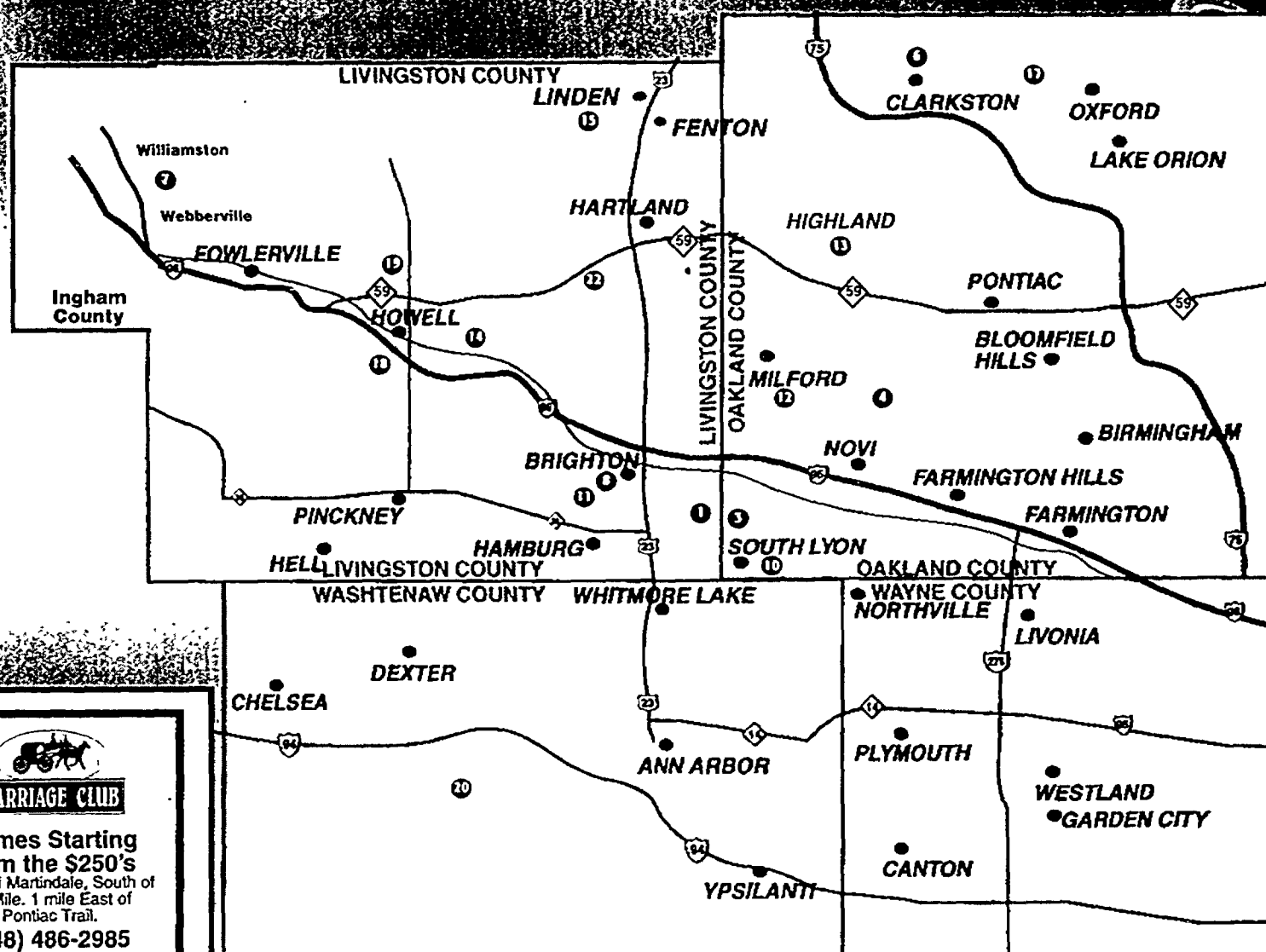
**OUR CHARITY** Will provide you with the down payment for your new home. All incomes qualify 734-7



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## HOME TOWN

Newspapers



**1**

**LAKESIDE**  
ESTATES NORTH

Custom Homes  
Priced from \$260,000  
South off 10 Mile  
between Rushton & Dixboro  
(248) 486-2930  
Tony Van Oyen  
Development, LLC

**2**

For More  
Information  
Call Lori at:  
517-548-7398

**3**

**CARRIAGE CLUB**

Homes Starting  
from the \$250's  
East off Martindale, South of  
11 Mile. 1 mile East of  
Pontiac Trail.  
(248) 486-2985  
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**4**

**Autumn**  
GIEN

White Lk. Twp. Walled Lake Schools.  
Near lakes & rec. areas. Large lots  
w/ city utilities, many wooded. William  
Lk. Rd. south of Elizabeth Lk. Rd.  
www.diamondedgehomes.com  
Accepting Reservations  
Phase II  
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**5**

For More  
Information  
Call Lori at:  
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**6**

**Park Woods**

FROM  
Mid \$200's  
On 8 Mile 1/8 mile east of  
Pontiac Trail in Lyon Twp.  
(248) 486-4663  
Appel

**7**

**Woodland Springs**

Hughes Rd., N. off Grand River,  
across from Lake Chemung & Public Access.  
Homes from the Mid \$200's  
Model Grand Opening  
(517) 545-1300 &  
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**8**

**River Ridge**

Well appointed single family  
traditional homes from \$150's.  
Open Sat & Sun 12-5 and by appointment  
US23 North to East 79. West on Silver  
Lake 7 miles, just past Argentine Road.  
Harrold Developments, Inc.  
810-735-1121  
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**9**

**English Gardens**

Starting from \$120,000  
Located on Byron Rd.  
1/4 mile N. of M-59  
Adjacent to Town Commons  
Call for more details  
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**10**

Hometown Village  
of Ann Arbor  
from the low \$200's  
Liberty/Scio Ridge Rd.  
**Delcor**  
BUILDER OF DREAMS  
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**11**

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**12**

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1+ acre wooded homesites  
Home Pkgs. from \$750,000  
Homesites from \$150,000  
Located North  
of Charleston off  
Hokomb Rd.  
**BRIDGE VALLEY**  
**KIRCO** 248-620-6603

**13**

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Villas of Oak Pointe  
from the  
low \$300's  
Brighton Rd. 2 miles west of  
Downtown Brighton  
**Delcor**  
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**14**

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**16**

**GRAND MEADOWS**  
of Williamston  
charming new build neighborhood  
From the mid \$160's  
West Grand River Ave  
2 miles west of town.  
Designer-Decorated  
Model Now Open!  
Information Center  
(517) 653-3757  
Presented By: Sharp Homes, Inc.  
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**17**

**WILDWOOD**  
OF WIXOM  
Single Family Homes  
off Maple Rd. just E. of M-59 Rd.  
FROM  
\$249,900  
(248) 624-4141

**18**

Hometown Village  
of Waterstone  
from the low \$200's  
Seymour Lake Rd., west of  
Lapeer Rd., west of Oxford.  
**Delcor**  
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**19**

**CENTEX HOMES**  
Hartland  
Autumn Woods  
Single Family Homes from the \$220's  
\* Hartland Schools  
\* Wooded and cul-de-sac homesites  
(810) 632-2095  
On Highland Rd.  
(M59) West of US 23  
www.centexhomes.com

**20**

**Brighton Lake Village**  
Single Family Homes  
from 240's on Brighton  
Lake Road 1 Mile West  
of Grand River  
**ADVANCE CRAFT HOME BUILDERS**  
(810) 229-2752

**21**

**Cobblestone**  
LUXURY COUNTRY  
ESTATE HOMES  
Starting at \$379,900  
N. of M-59, between Hickory  
Ridge & Milford Road  
248-889-7768  
**MASTER CRAFT**  
Development  
LaFolco Homes, Inc.

**22**

Hometown  
Village of Marion  
Neighborhood pool, fitness  
center, sidewalks & park.  
**Howell Schools**  
1.5 miles S. of I-96, W. of D-19  
from the  
low 200's to \$300's  
**Delcor** (517) 540-1300

**23**

For More  
Information  
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517-548-7398

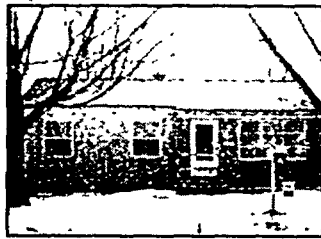
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## Michigan's #1 CENTURY 21 Firm!



**PLYMOUTH** - Downtown end unit. Hardwood floor in 2 story foyer and 1/2 bath. Fireplace with marble surround, doorwall to private enclosed deck, some appliances, second floor laundry, attached garage, part-finished basement with possible third bedroom or office. Home warranty \$177,000 (04ANN) 734-455-5600



**YPSILANTI** - Great curb appeal! Three bedroom Ranch with updated windows, doorwall & entry door, roof & vinyl. Finished basement & oversized 2 car garage. Neutral decor + appliances and 1 year home warranty \$141,000 (68EVE) 734-455-5600



**DETROIT** - Sharp, updated brick Bungalow. Three bedrooms, 2 car garage, formal dining room, hardwood floors, newer windows, roof, furnace & hot water heater. Privacy-fenced yard. Master with den & new neutral carpet. Partially finished basement. Home warranty. Great terms. Quick occupancy \$89,900 (30PAT) 734-455-5600



**NOVI** - Wooded views. Well-built 2 year old brick 2 story home with almost every option. Five bedrooms, 3 1/2 baths, sun room, large kitchen, 2 story field stone fireplace, enlarged family room & 2-level deck. 3 car garage, 6' whirlpool, alarm system, sky lights, central air, basement & much more. \$899,900 (99ABE) 248-349-5600



**CANTON** - Sprawling Ranch Condo. Fantastic 2 bedroom, 2 bath end unit backs to the 11th hole. Sit on your deck & watch the golfers or join in. Spacious unit with hardwood flooring, gas fireplace in great room with custom mantel, white kitchen with all built-ins. Jetted tub & double sinks in master \$287,000 (32THI) 248-349-5600



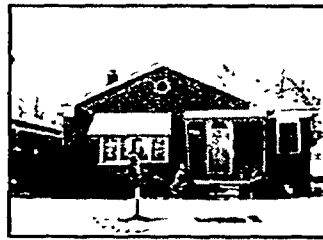
**FARMINGTON HILLS** - Beautiful 2 bedroom, 2 bath Condo located in an adult community that offers full service plus health care options. Spacious Ranch with fireplace, first floor laundry, attached garage & basement too. Wonderful private wooded setting. Like new - must see \$247,900 (29ARC) 248-349-5600



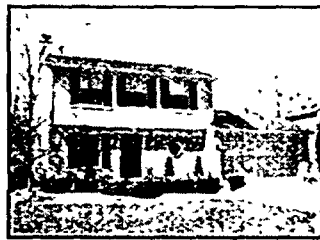
**BROWNSTOWN** - Wonderful Tri-level. Three bedroom, one bath Tri-level offers family room with fireplace, central air and library. Close to schools and shopping. \$158,999 (20ARM) 734-455-5600



**YPSILANTI** - Beautiful Ranch 3 bedroom, 2 bath home with 2 car attached garage, full basement, maintenance-free exterior, brick paver patio, central air, appliances, 6-panel doors & beautiful kitchen. Great home for entertaining. Better than building new \$199,900 (08HOM) 734-455-5600



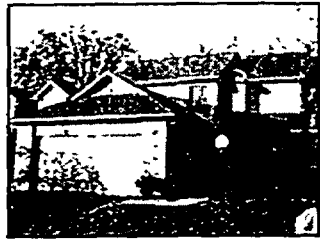
**DEARBORN HEIGHTS** - Brick Ranch 3 bedroom home offers central air, newer windows, hardwood floors, part-finished basement with full bath & glass block windows. Appliances included. 1 1/2 car garage. \$148,950 (55RIV) 734-455-5600



**LIVONIA** - Newer brick Colonial. Absolutely immaculate 3 bedroom, 2 1/2 bath home on quiet street near Hines Park. Spacious master bedroom, partially finished basement, deck, first floor laundry and 2 car garage. Move-in ready and close to everything \$234,900 (75ALO) 248-349-5600



**LIVONIA** - Beautiful Condo. All you have to do is move in your personal belongings. Remodeled kitchen, both baths & laundry room. Newer furnace, air conditioning & newer windows. All appliances stay + washer and dryer. Carport, pool and grounds maintenance \$129,000 (28ANN) 248-349-5600



**WESTLAND** - Beautifully decorated. Move right in to this 3 bedroom, 2 1/2 bath, 2 story Condo with Livonia schools. Oak cabinets in kitchen & first floor laundry. Two car garage, 2 doorwalls, dining room, ceramic tile in entry & bath. Alarm system. \$184,900 (07CHA) 248-349-5600



**WESTLAND** - Great 3 bedroom brick Ranch. First-time home buyer prize find! Large living room with recessed lights & hardwood floors. Detached garage and full basement. Neutral decor throughout. \$134,999 (23AVO) 734-455-5600



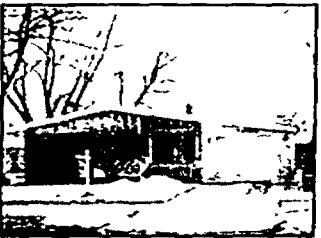
**CANTON** - Move right in! Canton Condo with attached garage and basement. Two bedrooms, 1 1/2 baths, great room with gas fireplace. All appliances stay. Neutral decor throughout plus first floor laundry. A must see! \$169,900 (31HUN) 734-455-5600



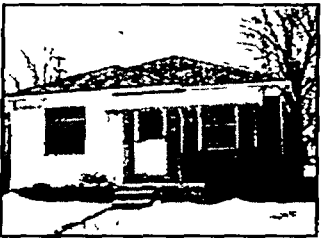
**PLYMOUTH**  
705 South Main St.  
734-455-5600

**NORTHVILLE**  
175 Cady Centre  
248-349-5600

## Michigan's #1 Century 21 Firm!



**WESTLAND** - You're gonna love it! Open floor plan with soaring cathedral ceiling, living room with fireplace, full basement, 2 car attached garage with work shop area. All offered in this 3 bedroom brick/vinyl Ranch. \$142,900 (09BAY) 734-455-5600



**LIVONIA** - Move right in! Three bedroom brick Ranch with family room in basement, 2 car garage & close to everything. \$120,000 (08LAC) 734-455-5600



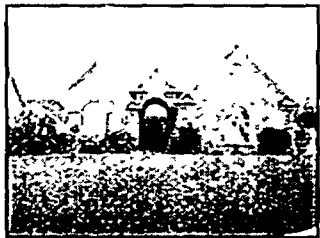
**PLYMOUTH**  
705 South Main St.  
734-455-5600



**NORTHVILLE**  
175 Cady Centre  
248-349-5600



**NOVI** - Walled Lake lakefront home. Wow! Stop! Look! Buy! This home is priced to sell. Move-in ready doll house on Walled Lake is ready for your entertaining. Private lake lot with sea wall and dock. Bring your fishing rods & sun screen \$259,900 (05EAS) 248-349-5600



**NOVI** - Enjoy warm sunsets from your oversized deck. This newer detached Condo has everything: dining, living room, balcony overlooking family room with fireplace, finished basement with garden windows and 2 car garage. Short walk to Walled Lake. Golf community Club house, pool & more. \$299,900 (94CHA) 248-349-5600



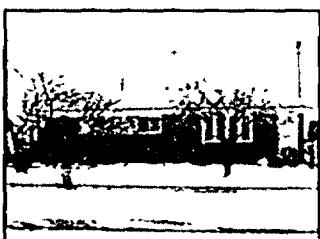
**CANTON** - Beautiful end unit 2 bedroom, 3 bath Ranch with attached garage, prof-finished basement, master suite with Jacuzzi tub & separate shower, kitchen with cherry cabinets & matching panels on stove & refrigerator, fireplace in living room, formal dining room with mirrored wall \$229,500 (09COP) 734-455-5600



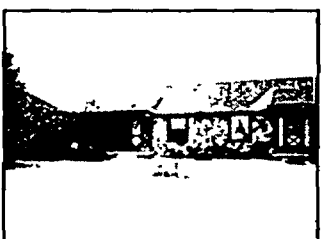
**LIVONIA** - Classy Colonial Condo. Don't miss this sharp, well maintained 2 bedroom, 2 1/2 bath end unit with 2 car attached garage, full basement, walk-in closets and light oak cabinets in kitchen. Very private deck. Home warranty \$193,900 (27MER) 734-455-5600



**DEARBORN HEIGHTS** - Charming brick Bungalow. Cute 3 bedroom, 1 1/2 bath with 2 car attached garage, basement with 1/2 bath, large master bedroom, central air, kitchen appliances and 1 year home warranty \$129,500 (28ROC) 586-778-8100



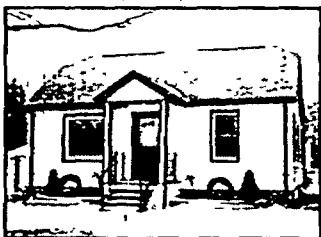
**WESTLAND** - Super brick Ranch. Perfect location for this 3 bedroom home with partially finished lower level. Newer central air, furnace, doors, windows & doorwall, roof '93 and well-insulated. Professionally landscaped. Hardwood floors under newer carpet. Must see this one! \$159,900 (23CAN) 248-349-5600



**SOUTH LYON** - 55+ walk-out Ranch Condo. Three bedrooms and 2 full ceramic baths. Florida room, central air, single car garage & neutral decor. Club house & beach on Crooked Lake. \$155,000 (60SHE) 248-349-5600



**DEARBORN** - Beautiful brick Colonial. This spacious home features 3 bedrooms, 1 1/2 baths, updated kitchen and electrical, custom window treatments, hardwood floors & a warm fireplace to welcome you home. \$199,900 (25ORC) 248-349-5600



**GARDEN CITY** - Oak lovers' take notice. Completely updated, charming 2 bedroom Ranch on extra large lot with 2 1/2 car garage, huge master bedroom, hardwood floors, kitchen with oak cabinets & bathroom with oak and ceramic. Newer windows and central air. \$134,900 (65DON) 734-455-5600



**WESTLAND** - Three bedroom, 1 1/2 bath Colonial offers central air, finished basement, 1 car attached garage, newer carpet, hardwood floors on second floor, kitchen appliances including pool table in basement. Pato with BBQ. One year home warranty \$144,900 (50NAN) 734-455-5600



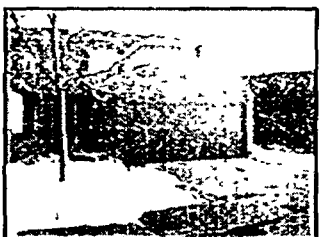
**WESTLAND** - Roomy & clean 2 bedroom, 2 bath Condo offers newer carpet throughout, neutral tones, baths with beautiful ceramic, also ceramic foyer, unit offers car port, doorwall to deck, all appliances with new fridge & home warranty \$114,850 (67SHO) 734-455-5600



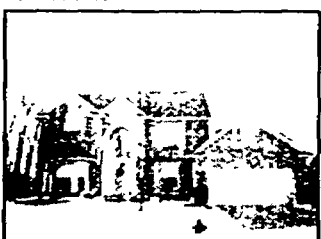
**OCEOLA TOWNSHIP** - 1996-Cape Cod. Fantastic 3 bedroom, 4 bath home with finished walk-out with library, full bath, wet bar, could be teen or in-law quarters. Two master suites, white bay kitchen & hardwood floors. A realtors' delight to show \$249,900 (79LAK) 248-349-5600



**CANTON** - Fantastic 1998-built home. All the needed touches are already done. Three bedroom, 3 1/2 bath Colonial with deck, sprinklers, landscaping & incredible finished basement with full bath & great storage. Island counter kitchen open to family room. Beautifully decorated top to bottom \$289,900 (09BRO) 248-349-5600



**WATERFORD** - Maintenance-free living. Well maintained end unit Condo with 2 attached baths. Neutral decor, updated master bedroom bath, newer carpet & vinyl deck off great room with view of the pond. Basement and 2 car garage. \$149,900 (79LOC) 248-349-5600



**CANTON** - Elegant family home. Open floor plan, 4 spacious bedrooms, 2 1/2 baths, attached 2 car formal model. Crown molding, hardwood floors, upgraded carpet, first floor laundry and study. Over 2,800 square feet on wooded lot. Don't miss out on this one. \$354,900 (39ECH) 734-455-5600



**REDFORD** - Great starter under \$95K. Updates, updates & more. Newer, updated roof shingles, furnace, windows, hot water heater, driveway, walk, paint, carpet & more. Just turn the key & move in. \$94,900 (51NOR) 734-455-5600



**PLYMOUTH** - Custom contemporary home. Exquisite! Three story atrium foyer, spiral oak staircase, great room with fireplace opens to sun room, newer granite kitchen counters, formal dining with hardwood floor, library or music room, master has fireplace, jet tub, finished lower walk-out. In-ground pool. \$685,800 (77VES) 734-455-5600



**REDFORD** - Charming feel. Character peace & quiet. Coved ceilings, plaster walls & hardwood floors. Natural fireplace in the living room, fourth bedroom in lower level with its own bath. Approximately 1/2 acre lot. Pro-landscaped. Two car garage & many updates. Home warranty \$214,900 (80LYN) 248-349-5600



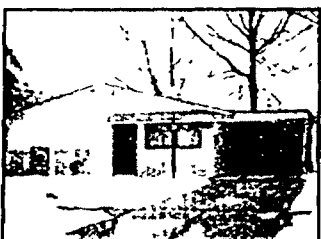
**WESTLAND** - Well maintained 3 bedroom, 1 1/2 bath Colonial that is neutral and move-in ready. First floor laundry. Partially finished basement with a lot of storage. Large master with walk-in closet. Immaculate yard with brick patio and sprinkler system. \$184,900 (39RAN) 248-349-5600



**PLYMOUTH** - Updated. Spacious & charming describes this 3 bedroom remodeled home. Newer oak kitchen with beautiful maple hardwood floor. Newer ceramic tiled baths. Large family & living room. Great closet & storage space. Newer vinyl siding. Custom built 2 car garage with electricity. \$214,900 (47BUT) 248-349-5600



**DETROIT** - Great home for investment. Two bedroom, 2 story brick home, updated bath, electrical, carpet, kitchen floor & counter tops + freshly painted. Also, basement, garage and 3-season room off the back. \$79,900 (87EIG) 734-455-5600



**PLYMOUTH** - Move-in condition! Affordable, updated 3 bedroom Ranch with open floor plan, vaulted ceilings, on a large lot. Updates include furnace, windows, doorwall, interior doors, bath with ceramic tile & newer carpet. \$154,900 (25PAR) 734-455-5600



**DEARBORN** - Colonial charmer. Beautiful brick 4 bedroom Colonial in desirable location. Many updates + finished basement, attached garage & hardwood floors. \$239,900 (00YOR) 734-455-5600



**NORTHVILLE** - Super sharp Condo. Impressive 1 story model on a park-like setting. C/A, neutral decor throughout '01 & carpet '02. Updated bath with separate bath/shower. Large master. All appl. stay. Newer 1 car alt garage w/opener. \$154,900 (54ROS) 248-349-5600



**WHITMORE LAKE** - Cottage on lake. Three bedrooms with newer windows, walk-out basement. Lake frontage with dock. Great vacation home or rental. Live on an all sports lake. \$210,000 (77NSH) 248-349-5600



**NORTHVILLE** - Downtown custom 3 bedroom, 3 bath & 2 lav. Great room with field stone fireplace. Kitchen with walk-in pantry. Hardwood foyer & kitchen. Two zoned furnaces 90+. 40-year architectural shingles, finished lower level walk-out, family room with fireplace & bath. On approximately 1 acre. \$684,900 (30SEV) 248-349-5600

294 E. Brown, Birmingham 4820 Rochester Road, Troy 2600 Union Lake, Commerce Twp. 900 W. University, Rochester 7125 Orchard Lake, West Bloomfield 705 S. Main St., Plymouth 175 Cady Centre, Northville  
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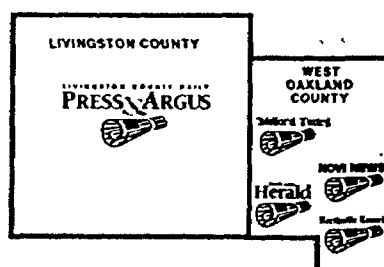
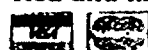
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**5000-5980 EMPLOYMENT/SERVICES**

Help Wanted General 5000

**JOB COACHES**

Part time, between 10am-3pm, Nov-Nov. 2003. CLS or MORC training. Driving required. 734-513-8970

**AUTO OIL CHANGE TECH**

Oil change/repair technician. Full or part-time. No Sundays required! Benefits including insurance, paid vacation, uniforms & 401k. Earn up to \$10 per hour. Apply in person. DAVIS AUTO CARE, INC. 807 Doherty Dr., Northville 248-349-5115

**FITNESS FACTORY****AEROBIC/FITNESS INSTRUCTORS**

Fitness Factory is looking to hire Aerobic/Fitness Instructors 1 to 6 hrs/wk, many locations. Experienced or will train. Great opportunity to exercise, have fun, and get paid! Call 1-800-285-6968

**Customer Consultant**

Ann Arbor document solutions provider, is seeking detail-oriented professionals with a minimum of 3-5 years of customer service. Responsible for consulting with customers regarding their needs and ensuring accurate instructions for orders. Also, responsible for preflighting digital files, facilitating the proof approval process, and creating Fax resume to 734-930-2800 or email. jobs@cdollarandcopying.com

**ACCOUNTANT/BOOKKEEPER**

International Co. seeks Accountant/Bookkeeper w/3-4 yrs exp. in Accounts Receivable/Payable, General Ledger, and reconciliation of accounts. Knowledge of collections, invoicing, purchase orders and reporting to Big 3 is very helpful. Send resume and salary requirements to Box 0543 Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia, MI 48150

**ACME GRIDLEY Setup**

Machine Repair Lead Person 10 Yrs. proven experience a plus. Full medical, dental, life, 401k plan. 4 Day work week. Howell area. (517)546-2546

**Auto Porter Detailer needed.**

Wash, detail, and move vehicles. Clean shop. Full time with benefits. Advancement opportunities. Apply in person at Collex Collision 24400 Novi Rd., between 96 & 10 Mile.

**BOOKKEEPER**

Experienced, part time (15-18 hrs/week), Bookkeeper for a wholesale distributor in Wixom. Send resume to LWC Distributors, Inc. 28056 Oakland Oaks Dr. Wixom, MI 48393

**BRIGHTON-BASED**

INTERNET COMPANY Looking for Customer Service driven individual! Exp in computer & Internet a must. Daily duties include answering multi-line telephone system, taking orders over the phone, handling customer inquiries & replying to emails. Full time position. \$12/hr. Health insurance & 401k offered. Contact Enn via email. enn@us-mattress.net

**Help Wanted General 5000****CASHIER POSITION**

Full time. With management potential. Send resume to 13600 E Grand River, Brighton, 48116

**CATTAILS GOLF CLUB**

Is looking for Starters and various positions. Competitive wage with profit privileges. Call (248) 486-8777

**COL DRIVER/LABORER**

Wanted for Landscape Design Company. Must have experience. Call (248) 349-9283

**CNC OPERATOR/PROGRAMMER**

Position in Vertical Mill & Wire EDM. Exp in programming & set ups a must. Master Cam knowledge a bonus. Benefits included. 248-669-2752

**CONSTRUCTION LABORER**

Recreation/landscape contractor seeking dependable, hardworking, team oriented, construction laborers/skilled laborers for installation. \*Commercial Play Structures \*Landscape Timbers \*Other site related work. Over time and health care benefits, paid holidays, must have 2 years minimal construction experience. Must have COL-A. Call (248)889-8185 or fax resume to 248-887-4087

**COSMETOLOGIST**

HAIR SALON Are you looking for a fun and exciting atmosphere to work in? Bonus is the place for you. Currently looking for talented seasoned cosmetologist. Must be customer service oriented energetic, proven leadership and able to work flexible hours if you are interested in

**Working for an outstanding company**

Guaranteed Salary Retail commissions, contests, & prizes. Furnished tools & supplies. Paid vacation. Contributory stock purchase plan. 401k and 529 College Savings plan.

**CURVES FOR WOMEN.**

30 minute fitness center hiring part-time staff. Must have flexible hours, Saturdays included. Westland, Livonia & Novi areas. Energetic, self-motivated & loves to work with people. Sales included. Fax resume 734-458-5009 or call 734-458-5004

**CUSTOMER SERVICE**

Established professional firm located in Livonia seeks detail oriented, quick learning, well organized, energetic individuals for full time positions. Previous phone experience, multi-tasking and team players required. Fax resume to 734-591-3029

**CUSTOMER SERVICE**

Leading Novi area distributor of exciting media recording products looking for energetic, dependable part time Customer Service Rep. Must have positive attitude, strong detail skills and computer experience. Hours 2-6pm, Mon-Fri. Mail or email resume to

**Operations Manager**

P.O. Box 930035 Wixom MI 48393-0035 E-mail mailcenter@avd.com

**CUSTOMER SERVICE REP.**

needed for busy Medical supply company. Strong office & people skills needed. Retail exp helpful. (517) 548-0186

**Help Wanted General 5000****DAYCARE CENTER**

hiring responsible Preschool Teacher full or part time, exc. wages & benefits to those who qualify. (248) 684-6319

**DIRECT CARE STAFF NEEDED**

Full/part time, to work in an apartment program in Howell. Exc. benefit & vacation package for full time employees. Salary starts at \$7.66/hr or higher depending on training & exp. Career advancement opportunities are available. Contact Elaine or Kim, (517) 546-7140

**DOG GROOMERS**

Experienced needed, full/part time, days or evenings 50% split, clientele available. Livingston City area. Call Kelly (517) 546-9588, bet 8-4pm

**DRIVER**

Full & part-time. Must have good driving record. Retirees welcome. Detroit-Bio Medical Lab, 10 Mile/Grand River area. Call (248) 471-4111

**LOCAL DELIVERY DRIVER**

COL with HAZMAT. B&B Pools. 313-274-3242

**DRIVER - COL Truck Driver**

wanted. Ypsilanti/Flint area. Home every night. Drive within 150 mile radius. 734-480-3599

**DRIVERS - local, hazardous materials/waste transportation.**

Firm seeking Class A CDL driver with Haz-Mat endorsement. \$15/hr to start. Health & dental insurance. Apply in person at: IRWS INC., 12632 10 Mile Rd., South Lyon MI

**ELECTRICIAN - Commercial/Industrial**

New construction. Benefits, 401k, (248)789-4032

**ELECTRICIAN JOURNEYMAN**

Residential experience. Excellent pay and benefits. Send resume to P.O. Box 616, Howell, MI 48844

**EQUIPMENT OPERATOR**

Construction Company seeks a Grading Equipment Operator for a full time floating position. Company offers benefits for full-time employees (medical, dental, vacation). Salary negotiable. EEO. Fax resumes or inquire to Chris at 248-865-1630

**EQUIPMENT OPERATORS**

Construction Laborers w/3 yrs exp in road work, grading, & underground utilities. Apply in person at 7644 Whitmore Lake Rd., Brighton MI. EOE

**FIELD SERVICE TECHNICIAN**

Worm firm has openings for field service technicians. Electronic/electrical experience required & computer skills helpful. Full benefits. \*\*\*Fax (248)380-6268\*\*\* Email: anthan@natsco.net

**FIREFIGHTER AND EMT**

Paid on-the-job training for high school grads. Physically fit, under age 34, willing to relocate out of area. High school diploma a must. Call 1-800-922-1703. Mon-Fri. between 8am-4pm

**FIREFIGHTERS**

No experience necessary. Paid training with excellent benefits. Paid relocation to HS diploma grads ages 17-34. Call 1-800-371-7456, Mon-Fri. between 8 am. and 4 pm

**FLOOR INSPECTOR**

for heavy industrial operation. Must be able to read blueprints & micrometers. Will consider training. (248)684-0555 4978 Technical Dr., Milford

**GARAGE DOOR/SEAMLESS**

Gutter Co. looking to hire full time individuals w/previous exp. \$30,000 to \$45,000 per yr. w/benefits. Call for details. (810)599-7480

**Help Wanted General 5000****GENERAL LABOR**

Growing mail facility in Novi is looking for individuals to fill full-time, all shifts. Candidates should be self-starters, quick learners, and have excellent communication skills. Entry level positions available, will train. Excellent benefit package. Please fax resume to 248-926-9001

**GROWING LANDSCAPE**

Company seeks part/full time candidate. Pay based on exp. (810)225-1899

**HAIRSTYLIST WANTED**

Fantastic Sams, S. Livonia. Full or part-time. \$9/hr guaranteed. Call 248-910-2017.

**HELP WANTED LANDSCAPE - IRRIGATION FOREMAN AND LABORERS**

Call 248-379-6159

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248-379-6159

**HOUSEKEEPER**

Jewish Home and Aging Services has full time positions w/benefits available in West Bloomfield for an individual to provide housekeeping services for residents of an assisted living facility. Experience working with senior community preferred. Qualified applicants will complete on the job training. Salary starts at \$8.75/hr. Send resume and salary requirements to JVS Human Resources, Southfield, MI 48076 Fax: (248) 552-7097 EOE

**LOOK****Housekeepers & Full Time Maintenance**

Immediate Openings. Best Western, Whitmore Lake. Full & Part Time. 734-449-2058

**HVAC Roughers needed for new construction**

Exp required. Full benefits. Muligan Heating (248) 698-9700

**INSTALLATION / SERVICE**

positions available constructing the finest residential and commercial play systems on the planet. We are Rainbow Recreation of Michigan, one of the top 10 distributors in the country for Rainbow Play Systems. At Rainbow we offer a fun & rewarding work environment where you will be building childhood memories. Good customer service and communications skills are a must in this position. Must be able to work a flexible schedule during the busy spring and summer season. Compensation is hourly + bonus with excellent income potential.

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**IRRIGATION SERVICE TECH**

Experienced, dependable tech needed for very busy irrigation company. Excellent starting wage for right person. Lots of O/T and winter off. Full health benefits available. Applications being accepted at: Todd's Services, 7975 M-36, Hamburg (810) 231-2778

**LANDSCAPE CREW LEADER**

Seeking dependable, self-motivated individuals to join our team. Excellent starting wage with winter off. Lots of O/T & full health benefits available. Applications being accepted at: Todd's Services, 7975 M-36, Hamburg (810) 231-2778

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**IRRIGATION SERVICE TECH**

3-4 yrs as a service person. Foreman position. Must have 2-4 yrs as a crew leader w/ equipment exp. Please call Maxwell Irrigation (248)486-6060

**KENSINGTON METRO PARK**

Cranks Catering Food Service Management are now hiring Supervisors, Managers, Golf course & food concession. Great pay & fun. Call Frank at 586-709-1558 for interview or stop at the park office to fill out application.

**LABORER for well established co.**

must have good driving record, experience in residential grading, basements, septic, etc. Health insurance, overtime pay. 588-685-9335

**LANDSCAPE**

Great Oaks Landscape is looking for Exp landscape equipment operators w/ CDL. We offer top wages, profit sharing, 401k & benefits. Call 248-349-2922

**LANDSCAPE CO. seeking exp**

foreman & site labor for high end residential design build firm. Competitive wages/benefits. Renaissance Landscaping, 565 E Grand River, Ste. 101, Brighton (810) 227-8580

**Landscaping Construction Foreman, Lawn Crew Foreman, Ornamental Garden Foreman & Laborers**

Pay based on experience. Start immediately. (248) 347-6986

**LANDSCAPE FOREMAN**

Needed, to operate skid-steer & backhoe w/ CDL for new installations only. Call Elbon Landscape (248)685-8877

**LANDSCAPE NURSERY MACHINE OPERATOR**

Great Oaks Landscape, is hiring an experienced skid steer operator to work in one of our nurseries. The right candidate will be a skid machine operator with experience in handling B & B trees. We offer competitive wages & benefits. Please call 248-349-2922

**LANDSCAPE Supervisory - Dept Managers**

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**LANDSCAPE/IRRIGATION CREW**

needed for very busy landscape company. Lots of O/T & full health benefits available. Applications being accepted at: Todd's Services, 7975 M-36, Hamburg (810) 231-2778

**Index (Partial)****0010-0299 Service Guide**

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6360 Lost & Found 6240 Meetings/ Seminars 6260 Political Notices 6200 Announcements/ Meetings Services 6400 Transportation/ Travel 6480 Wedding Chapel 7000-7540 Merchandise 7000 Absolutely Free 7020 Antiques/ Collectibles 7180 Appliances 7040 Arts & Crafts 7200 Auction Sales 7220 Bargain Buys 7230 Building Materials 7240 Business & Office Equipment 7140 Clothing 7280 Candles and Supplies 7420 Christmas Trees 7300 Commercial/ Industrial/ Restaurant Equipment 7320 Computers 7360 Electronics/ Audio/Video 7100 Estate Sales 7380 Farm Equipment 7400 Farm Produce Flowers- Plants 7440 Firewood 7130 Garage Sales/ Moving Sales 7160 Household Goods 7450 Hobbies-Coins- Stamps 7460 Hospital Equipment 7470 Jewelry 7490 Lawn & Garden Materials 7480 Lawn, Garden & Snow Equipment 7500 Miscellaneous For Sale 7510 Musical Instruments 7260 Office Supplies 7190 Pools/Spa/Hot Tub 7080 Rummage Sale/Flea Markets 7520 Sporting Goods 7410 Trade or Sell 7410U-Picks 7360 Video Games, Tapes, Movies 7540 Wanted To Buy

**7800-7930 Animals/Pets**

7800 Animal Services 7820 Birds/Fish 7810 Breeder Directory 7830 Cats 7840 Dogs 7850 Farm Animals/ Livestock 7860 Horses & Equipment 7880 Household Pets-Other 7930 Lost and Found 7880 Pet Grooming/ Boarding 7900 Pet Services 7910 Pet Supplies 7920 Pets Wanted 8000-8780 Transportation 8000 Airplanes 8320 Antique/Classic Collector Cars 8180 Auto Financing 8150 Auto Misc. 8760 Autos For Sale \$2,000 8160 Auto/Truck- Parts & Service 8780 Autos Under \$2,000 8170 Auto Rentals/Leasing 8190 Autos Wanted 8020 Boats/Motors 8040 Boat Docks/Marinas 8030 Boat Parts/ Equipment/ Service 8050 Boat/Vehicle Storage 8120 Campers/Motor Homes/Trailers 8140 Construction, Heavy Equipment 8060 Insurance, Motor 8280 Jeeps/4 Wheel Drive 8200 Junk Cars Wanted 8240 Mini-Vans 8070 Motorcycles/Mini Bikes/Go-Karts 8080 Motorcycles - Parts & Service 8090 Offroad Vehicles 8100 Recreational Vehicles 8110 Snowmobiles 8300 Sports & Imported 8220 Trucks For Sale 826 Vans

**Help Wanted General 5000****MANAGER**

For Retail/Wholesale Business Some outside sales required. Technical/mechanical ability a plus. Salary commensurate w/exp. Send resume or apply in person to Complete Battery Source, 8023 W Grand River Ste. 200, Brighton, MI 48116

**MANAGER/SALES**

Ziebart of Howell is accepting applications for an individual to manage & sell our services. Some automotive background helpful, sales experience a plus. Call for interview. (517)546-7100



**Help Wanted General** (5000)

**PAINTERS, EXP.** for commercial & residential work. exp preferred (248)568-9330

**PART TIME** after school position open at Brighton mobility transportation center. Seeking someone for vehicle & facility upkeep, with occasional computer work & customer interaction. Call Ryan @ (810) 494-0074 x 14 for details.

**PLANT/MATERIAL MECHANIC**

Full time Plant/Material Mechanic position open in the Maintenance department at Brighton Hospital - Michigan's center of excellence in the treatment of substance abuse. Required qualifications include two year degree, apprenticeship or equivalent in mechanical repair facility operations, electrical repair & refrigeration/heating. Demonstrated ability to work in a fast-paced demanding atmosphere. New wage range and great benefits! Interested applicants can send resume Brighton Hospital, Personnel Dept. 102, 12851 E Grand River Brighton, MI 48116 EOE

**POLICY STATEMENT**

All ads published in Hometown Newspapers are subject to the conditions stated in the applicable rate card. Copies of which are available from the advertising department. Hometown Newspapers reserves the right not to accept an advertiser's order. Hometown Newspapers sales reps have no authority to bind this newspaper and only publication of an advertisement shall constitute final acceptance of the advertiser's order. When more than one insertion of the same advertisement is ordered, no credit will be given unless notice of typographical or other errors is given in time for correction before the second insertion. Not responsible for omissions. Publishers' Notice: All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968 which makes it illegal to advertise "any preference, limitation, or discrimination." This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available in an equal housing opportunity basis. (FR Doc. 724983 Filed 3-31-72, 8:45am) Classified ads may be placed according to the deadlines. Advertisers are responsible for reading their ads the first time it appears and reporting any errors immediately. Hometown Newspapers will not issue credit for errors in ads after first incorrect insertion.

**POOL ATTENDANTS** 32 hrs/wk in Nov. 7 days/week. Some maintenance & rule enforcement. Students & retirees encouraged to apply. Call (248) 319-9060

**PRODUCTION**

Second shift production stamped at growing Nov. area distributor. Great working environment! You must be an energetic, independent worker needing little supervision, receptive to multi-tasking. Some mechanical ability helpful. Responsibilities include running a foil imprinting machine as well as working in a team environment. Mon-Thurs. 3pm-10:30am. We offer full training. BOBS-Dental-401K. Applicants with positive attitude mail or e-mail resume. PRODUCTION PO BOX 930035 Wixom, MI 48393-0035 E-Mail mailcenter@avd.com

**PRODUCTION LEADER**

Ann Arbor document solutions provider, is seeking detail-oriented leaders with a minimum of 1-2 years of photocopying experience. You must have experience implementing procedures, problem solving abilities, a strong understanding of technology, and be committed to exceptional customer service. Responsible for 2nd shift. Fax resume to 734-930-2800 or email jobs@dollarbillco.com

**RAPIDLY EXPANDING BUSINESS**

Seeks degreed individuals to work w/children of all ages in our developmentally based learning centers. Fax resume Excel Institute 810-225-3306

**RECEPTIONISTS**

For busy professional hair salon. Energetic w/ good interpersonal skills. \$9.00/hr. Call (248) 477-6041

**RELOCATION CONSULTANTS**

Provide resources & support to corporate families moving to Metro-Detroit from international and domestic locations. Should be familiar with rental community & comfortable with basic computer applications and able to use person at car. Part time contract position with flexible hours. Email resume to jobs@tameeb.com

**RETAIL**

Exciting company looking for Managers and Sales Associates for newest location at Kensington Valley Factory Shops. The Fragrance Outlet is looking for bright energetic enthusiastic people who are self motivated and aggressive. Competitive salary with sales incentives. Fax resumes to 716-298-5606 or pick up applications at Kensington Valley Factory Shops management office. Interviews will be held on March 28 & 29 between 10-4 & 6-9 in the food pavilion. For more info call Lesley at 716-298-5606

**RIDING STABLE**

Looking for horse lovers that love to ride trail. Must be able to work well with public. Also looking for someone who can do all kinds of stable maintenance. Call Keith, (248) 347-1088 or theboryridingsstable.com

**Help Wanted General** (5000)

**RETAIL CASHIERS AM & PM** Flexible hours. Please apply at Cracker Barrel, Brighton

**SALES POSITIONS** possible leading to Store Manager, Courtesy Communications. Join our growing company of Cellular/Satellite services. 2 full time positions available to start immediately. Fax or e-mail resume to 810-494-0413 courtesycomm@comcast.net

**Shop Labor**

Various openings in our assembly department and machine shop. We offer a friendly and clean work environment with regular full time days and afternoons schedules. Plant is air conditioned. Benefits include Profit sharing/401(k), health, drug, dental short/long term disability, and life insurance, vacation, and sick/personal days. Unskilled jobs start at \$8.75 per hour. Skilled rates will be discussed with qualified candidates.

Send resume or apply in person. (Industrial Park Drive is located next to the Holiday Inn on 10 Mile near Grand River)

**ACE Controls**

23435 Industrial Park Drive Farmington Hills, MI 48335 FAX - 248-476-2470 E-mail - hr@acecontrols.com

**EARN EXTRA MONEY!**

- Produce Help
- Deli Help
- Bakery Help
- Baker/Cake Decorator
- Night Crew
- Meat Wrappers
- Meat Cutters

Join our team on a full or part time basis. We offer competitive wages and benefits are available.

apply at:

**Country Market**

600 N. Lafayette South Lyon, MI 48178 (248) 486-1770

**Auto Misc** (5150)**Help Wanted General** (5000)

**SEWING POSITION** Now Manufacturing has position available immediately for Sewing Exp. desirable. Full time thru the summer \$12/hr. (248) 486-3760 ask for Mark.

**WILSON MARINE CORP.** Desires full-time parts counter help w/ benefits. Experience in automotive or marine a plus. Computer knowledge helpful. Apply in person at 1850 Dorr Rd. Howell, MI

**Office Clerical** (5020)**ACCOUNTING ADMINISTRATOR**

needed in advertising post production environment. Experience required. Strong work ethic in a fast-paced facility. Primary responsibilities: month end revenue closing, invoicing and auditing of job completion. Exc. benefit package including 401K. Send resume and salary requirements to Postique / Accounting Administrator 23475 Northwestern Hwy Southfield, MI 48075

**ADMINISTRATIVE ASSISTANT**

Waltonwood Twelve Oaks has an immediate opening for a FULL TIME Administrative Assistant to work directly with the Site Administrator. This position requires an independent, well-organized professional with strong communication skills, excellent computer skills, including Microsoft Word, Excel and Outlook, knowledge of payroll processes and billing experience. Qualified candidates must be able to multi-task and function in a team environment. Bachelor's degree required or equivalent experience. Please fax resume with salary requirements to 248-735-1501

**CUSTOMER SERVICE/TELEPHONE SALES**

An established and well recognized bottle and distributor of water products is looking for talented individuals to work at its Plymouth location. Responsibilities include taking incoming calls from customers, data entry and dependability. No evenings and minimal weekends. Daily wage + commission, great benefit package, including 401K.

Send resume to Telephone Sales #11 PO BOX 701220 PLYMOUTH, MI 48170

Or fax resume to 734-416-3810

e-mail hr\_manufacturing@hotmail.com

EOE

**Auto Misc** (5150)**Office Clerical** (5020)

**ADMINISTRATIVE ASSISTANT** An Aerospace mfg. company is looking for an individual to assist in office in clerical duties. Computer literacy, filing, and other related tasks are required. Please send resumes to Moeller Mfg Co., 30100 Beck Rd., Wixom, MI 48393. Attn: Caryn. Fax: (248)960-1593

**ADMINISTRATIVE ASSISTANT**

Wanted Full time position available with well established Publishing company. We are looking for a diverse individual to work in various departments. Computer keyboarding skills and word processing a must. This position promises great variety. To apply contact Sonja Davis (810)229-5725 davisclan1@ameritech.net

**ADMINISTRATIVE ASSISTANT**

Office Support & Customer Service. Call 1-866-ALLMER1

**ASSISTANT FOR busy Real Estate office, part-time to start and Saturdays**

(517) 546-9076

**BUSY ESTABLISHED Sewer Contracting Co. in Milford needs a full time Office Manager & Dispatcher**

Personable & reliable w/ computer skills. Includes some evenings & weekends from your home. Competitive wages w/benefits. Call 248-685-1220

**CLOSING DEPARTMENT Title Co.**

is looking to fill a full time position. Exp. helpful, great benefits. Fax resume to 734-762-3092

**CUSTOMER SERVICE/INVOICER**

Full-time, Mon-Thurs. For fast growing distributor send resume to 28115 Lakeview Dr., Wixom, 48393, MI or fax 248-446-4508

**DISTRIBUTION COMPANY in Wixom has Accounts Receivable position open for experienced, career oriented, professional individual**

Responsibilities include: Communicating with customers to negotiate payment of delinquent accounts, resolving billing/payment disputes, processing month end statements, performing financial analysis related to customer payment terms. Entering receipts, running cash flow reports and other duties as required. Qualified candidate will be articulate and have strong customer service skills. Must possess excellent written and verbal communication skills. Be familiar with standard concepts practices, and procedures of accounts receivable. Position requires a degree in accounting or minimum of 2 years of related work experience. For immediate consideration please email a copy of your resume to david.markley@path-group.com or fax to 248-380-8890

**Marketing Coordinator**

A top major co. seeks someone with background in marketing or advertising. Degree and M/S skills required. Great benefits! **Diversified Recruiters** 248-444-6700 Fax: 248-344-6784 [diversified@jobsare.com](mailto:diversified@jobsare.com)

**Auto Misc** (5150)**Auto Misc** (5



Sales \$120

Sales \$120

Sales \$120

Sales \$120

Sales \$120

Sales \$120

Sales \$120

Domestic \$240

Elderly Care &amp; Assistance \$400

**IF YOU ARE Serious About Real Estate Training**

Contact Jim Miller  
248-360-1425  
e-mail: jml@schweitzer.com

If you're not, call the other ads.

**SCHWEITZER REAL ESTATE**  
The #1 Company in the Midwest

**LEASING CONSULTANTS**

Single Management looking for fun, energetic people to join our leasing team. The right candidate must have excellent verbal and written communication skills, be able to multi-task, have exceptional computer skills and have a desire to learn the business of property management. Qualified candidates must have previous leasing or sales experience, must have reliable transportation and be willing to travel between properties. Competitive wages, commissions, health and dental insurance are offered to full time employees. Please e-mail resumes to: resume@singlemail.com or fax to 248-865-1630 attn: HR/RS

**ARE YOU A "NATURAL"?**

The people who succeed in the real estate profession must have:

- A "Sky is the limit" mentality
- Problem solving ability
- A desire to provide extraordinary service
- A love of people and new situations
- Ambition and dedication

If you have these qualities you may be a "Natural" for the real estate profession. Call today for information about getting started in a career field of unlimited potential.

**Call Kathy Solan (248) 684-1065**

**LICENSED REALTORS WANTED!!!**

Office features: New Location, Capped Franchise Fees, Attractive Commission or Office Fee, Friendly, Helpful environment. (248)476-0540 Confidential pager (248)314-1688

**MANUFACTURED HOMES SALES MANAGERS NEEDED**

Experience preferred. High income potential. New community location. Medallion Homes. Call Susan, (248)676-9755

**Looking for an exciting new Career?**

In 2002 our entire sales staff earned an average of \$75,316. Our newest agents (1 to 2 yrs. experience) earned an average of \$52,250.

We need enthusiastic, ambitious self starters who want the chance of a lifetime.

For a confidential Interview call

**Stephen Scholes today**  
227-4600 ext. 329

## OUTSIDE SALES

The national award winning Observer & Eccentric Newspaper is seeking an enthusiastic results-oriented professional for this lucrative territory in a good base of existing clients as well as high potential for new business. Full time, based in our Livonia office. Successful candidates will be self motivated, intelligent, persuasive, creative and possess strong communication skills along with the desire to WIN. Bachelor's degree or equivalent work experience required with at least 2 years prior outside sales experience (media experience preferred).

**Responsibilities include:**  
Serving existing community real business clientele. Prospecting, meeting, closing new business. Presenting creative and competitive sales presentations. Accurate record keeping of advertising forecasting of accounts, in addition to billing.

We offer base salary plus commission, excellent benefits and employee-friendly time off policy. If you are a motivated self starter with the confidence to highly succeed in sales, send your resume to:

**THE OBSERVER & ECCENTRIC NEWSPAPER**  
36251 Schoolcraft Road • Livonia, MI 48150  
Fax: 734 953-2057 Email: ebibik@oe.homedom.net



**SELL THE AMERICAN DREAM**

We're looking for self-directed individuals who want unlimited earning potential with an industry leader. Training available, flexible hours.

**Northville/Novi Area**  
**Kathy O'Neill**  
(248) 848-6430  
REAL ESTATE ONE

**Your Search Ends Here**

No matter what you're looking for, you can find it in the GREEN SHEET Classifieds. Go to place an ad call 1-888-999-1288

# SERVICE DIRECTORY

Reach over 54,000 households with your business message every week

0010-2980  
SERVICE GUIDE

Accounting 0010

ALL ADS APPEARING UNDER THIS CLASSIFICATION MUST BE PREPAID

Brick, Block & Cement 0290

ALL BRICK & Block Masonry New/Repair Free Estimates. Luc/Ins Rob (517) 548-4310

ALL TYPES OF BRICK, BLOCK & FOOTINGS. (810) 229-9051

MASONARY Brick-Block, Chimney & steps. Small jobs & repairs. Luc (517) 548-3533

TRENCH FOUNDATIONS Excellent foundation & block work. Tom, (248) 231-2300

Building/Remodeling 0310

"ACTION BUILDING CO." Simply the best! Additions, basements, kitchens & baths and more. Spend less/get more! Luc & ins. Call for Action! 1-800-970-3337

"THE RENOVATORS" Additions, kitchens, baths, garages, finished basements. Where Quality & Affordability Meet! S. Lyon, 248-361-7640

Bill's Home Services home repair & improvement. Luc/Ins (810) 229-7776

CUSTOM CARPENTRY. New homes, remodeling kitchens, bath, trim, tile. 810-735-4400

HIGHLAND ENVIRONMENTAL Finished Bsmts/Decks/Complete design/build. Luc & ins. 734-658-4100 313-415-6171

Rambaldi Building & Design New construction & remodeling. Efficient/Quality service. (734) 429-5515

TRIPLE A Construction Co. ADDITIONS, BATHROOMS, BASEMENTS, KITCHENS. Luc/Ins/Ref (248) 347-3511

Yvon Elbier, General Contr. Office renovation, basements, Luc/Builder 30 yrs exp. Fire damage. (810) 599-3172

Cabinetry/Formica 0400

COUNTERTOPS/CABINETRY Offices, wall units. Free est. Pete or Lori (248) 889-2802

Auto Services 0150

Carpentry 0410

**A to Z CARPENTRY**  
A complete remodel or repair. •Basements •Kitchens •Baths •Doors •Windows •Drywall •Ceramic Floors •Plumbing •Electrical. 32 yrs exp. No job too small, I beat all est. 734-397-3626, 734-223-9431

**AFFORDABLE CARPENTRY.** Trim, doors, cabinets, basements, framing & more. Luc/Ins Fred (248) 380-3815

**FINISHED bsmts.** suspended ceilings, decks, remodels 30 yrs exp. Luc & ins. builder (810) 220-0249

**ROUGH FRAMING CREW** 17 yrs exp. Luc/Ins. References: Thompson Home Const. 248-437-0265

**E & F Carpentry** Finish Carpentry • Licensed & Insured • Kitchens • Finish Basements • Decks & Vinyl Siding. Bill Ernst 910-231-1313 • Cell 517-404-1759 • 248-437-4622 • Cell 248-343-8862

Carpets 0420

**CARPET/VINYL Installation & Repairs.** Free Est. mates. (734) 260-6625

**JIM KNASKO Carpet Service.** Installation & repair work. Quality workmanship. (810) 220-5289

**Carpet Repair/Installation** 0440

**CARPET INSTALLATION** Free estimates. All areas. (248) 889-1778

Ceiling Work 0470

**BASEMENT SPECIALIST** Drop ceilings, drywall, and carpentry. Free estimates. (517) 540-1929

**SUSPENDED CEILING CONTRACTOR** Residential & Commercial. 35 years experience. Free est. 248-419-7075 248-437-7321

**Chimney Building/Clean/Repair** 0480

Chimneys, fireplaces, roof's repaired. (248) 437-6790

Auto Services 0150

Cleaning Service 0490

**RESIDENTIAL & OFFICE CLEANING SPECIALIST** Spring Cleaning. Special occasions. Weekly/Bi-weekly. Lawn Maint. & Manicure. Int/Ext. Painting. Discounts. Seniors 65 yrs & over. Referrals. Home-based Insured Service. Built on Credibility. Call Poly 248-719-0518

**Computer Sales & Service** 0540

**COMPUTER GENIE** Inhome service. Computer repair & training. A+ & Microsoft certified professional. Call Diana (313) 268-0025 10a-8p

**C.C.A. Inc.** COMPUTERS • REPAIRS • UPGRADES. NETWORK CONSULTING AND INSTALLATION. 248-437-1304. Brookside Plaza

Concrete 0550

**ALL TYPES OF FLATWORK** specializing in stamped concrete and overlays. Goodsell Custom Concrete. (810) 229-9051

**BIG DOG CONCRETE** Stamped concrete, Custom patios & stairs. Free estimates. (248) 521-5616

**C&C Contracting** Driveways, pole barns, bsmts., garages. Free estimate. 810-459-2590

**TRIUNITY Concrete Placement** Comm./Res. Concrete placement. Luc/Ins. (810) 333-5522

Decks/Patios/Sunrooms 0600

**AFFORDABLE CUSTOM DECK** Wolmanized or Cedar. Luc/Ins. Free Est. 18 Yrs Exp. 734-261-1614 248-442-2744

**Affordable Custom Decks** Quality workmanship & materials. Refs. 20 yrs exp. Luc/Ins. For free est., call Matt (810) 229-4529

**Custom Decks / Enclosures** 20 yrs exp. Excellent ref. 248-431-1802, 810-636-3099

**DECK CLEANING & STAINING** 16 yrs exp. Low pressure/no damage. Enviro friendly. Also siding brick & windows. Free est. (800) 446-WASH

Garage Door Repair 0920

**GARAGE DOOR** Springs and door openers. Repaired/replaced. Avail. Sun. 248-640-6298-CELL

Gutters 1000

**FLO-RITE GUTTERS** Seamless gutters, gutter cleaning. Fully ins. Free Est. 810-220-8461

**SEAMLESS ALUMINUM GUTTERS** FREE ESTIMATES! LIC./INS. 32 COLORS (734) 941-2000

**SEAMLESS ALUMINUM GUTTERS** FREE ESTIMATES! LIC./INS. 32 COLORS (734) 941-2000

**Handyman** 1020

**A MAN & HIS TOOL BELT** Painting, carpentry, plumbing & electrical. No job too small. Free est. (810) 923-0094

**A-JAY'S QUALITY SERVICE** Painting Drywall, Carpentry, Repairs. Jay (248) 437-6795

**ALL KINDS of home improve.** carpentry, plumbing, drywall, painting. (810) 266-5765

Decks/Patios/Sunrooms 0600

**JD Custom Woodwork & Design** specializing in innovative deck designs and basement remodels & much more! Luc & fully ins. Call Darryl (810) 229-8083

**Drywall** 0690

**All Drywall Repair & Remodel** Specialists/Handyman. 20 yrs exp. S. Lyon (810) 423-4950

**DRYWALL - Our work speaks for itself!** No S down. Hanging, taping, finishing, repairs, suspended ceilings. Call (810) 877-0341

**\*MB DRYWALL/REMODEL\*** Complete service. Luc/Insured. Guaranteed & courteous. Free estimates. (810) 750-9063

**THE PATCHMAN** All types of drywall & plaster repairs. 15 yrs exp. Ins. (248) 444-8006

**Electrical** 0700

**ELECTRICIAN**, reasonable, big job, small job. Call George (810) 220-8340

**\*HOT TUBS, ceiling fans, remodels, all electrical needs.** Builders welcome. Luc/Ins. 25 yrs exp. (248) 343-2799

**R&G ENGINEERING** Residential, interior/exterior ceiling fans. (248) 347-5637

**SOMA ELECTRIC** Residential, Commercial/Industrial. Luc & Insured. 810-599-3827

**Engine Repair** 0720

**SMALL ENGINE REPAIR** Lawn/garden, tractors, mowers, tillers, saw blowers, chainsaws, etc. Phil, (248) 889-2609

**Excavating/Backhoe** 0730

**ROSE EXCAVATING**, Septic systems. Bsmts. dug properly cleared. Bulldozing work. backhoe work. Topsoil, sand, gravel delivered. Licensed & insured. Visa & Mastercard accepted. (248) 486-3152 (248) 437-0525

**Floor Service** 0860

**Hardwood Floor** install, sand & finish, pre-finish, refinishing & repairs. (248) 701-9663

**Garage Door Repair** 0920

**Gutters** 1000

**FLO-RITE GUTTERS** Seamless gutters, gutter cleaning. Fully ins. Free Est. 810-220-8461

**SEAMLESS ALUMINUM GUTTERS** FREE ESTIMATES! LIC./INS. 32 COLORS (734) 941-2000

**SEAMLESS ALUMINUM GUTTERS** FREE ESTIMATES! LIC./INS. 32 COLORS (734) 941-2000

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Hauling/Cleanup/ Demolition 1030

**ACORD HAULING**, specializing in bsmt./garage, clean out, reasonable. (248) 437-2184

**BUDGET CLEANUP services** Hauling & cleanup. We recycle. (810) 227-0074

**DEBRIS REMOVAL** Light demolition-Washdown, Livingston W. Oakland (810) 599-4838

**TAKE IT AWAY HAULING** Construction debris, home discards & cleanup. Appliances, etc. 248-348-3822

**Heating & Cooling** 1040

**CENTRAL AIR** Complete a/c systems installed from \$1200. Call Schultz Heating & Cooling at (248) 214-8200 for a free estimate

**Long Mechanical Service**

- Heating/ Air Conditioning
- Refrigeration
- Commercial
- Residential
- 24 / 7

190 E. Main Northville (248) 349-0373

**Home Care** 1845

**Now your Parents Can Live At Home**

Your comfort is our first priority. Up to 24 hr care. Hygiene assistance, meals, light housework, joyful companionship. Our caregivers are thoroughly screened.

Visiting Angels of Southeastern Michigan Call (810) 229-5887 www.visitingangels.com

**SHOPPER FOR HIRE** No tire? Let me help! Honest References. (248) 676-8853

**Home Improvement** 1060

**Lee's Building & Home Improvement** finished bsmts., repairs, additions. Call Lee the quote is free. (517) 545-9545 cell (517) 404-4966

**POUNDS BUILDING CO.** Siding, roofing, garages. (517) 548-9549

**Hot Tub & Spas** 1070

**CATALINA** used 1 yr. Stored inside. Mint cond. \$3500 best. (517) 548-2544

**Housecleaning** 1080

**HOUSECLEANING** Personalized quality service. Quar. Employee background screening ins. & bond provided. 18 yrs experience. OLD MARY SERVICE. 248-478-3240

**EXPERIENCED, BONDED & Insured** Free est. Charlene, 248-457-0143, 248-515-0854

**HOUSECLEANING** Exp. & trustworthy. References available. (517) 231-5487

**KATHY'S CLEANING Service** Cleanings done by owner always. Will clean to your specific needs. Dependable & thorough. 248-486-9525 (248) 921-1046

**QUALITY CLEANING**, experienced. References. Free estimate. (517) 404-2577

**RESIDENTIAL CLEANING** Bonded and Insured. Complete Cleaning Service. (734) 634-5196

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Housecleaning 1080

**SAME PROFESSIONAL** Cleaner every/week! Spring Cleaning, Weekly/Bi-weekly. K.C.'s Customized Cleaning. (734) 911-3090

**Income Tax** 1100

**HAVE YOUR TAX RETURN** prepared by fully trained professionals. We came to your home or office to prepare your federal, state, business, farm or any states tax return. We do your last deduction to minimize taxes. (248) 348-2610

**Interior Decorating** 1140

**WINDOW FASHIONS** Bedding, quilts, & accessories for the home. Free estimate. 248-685-8628 248-821-7575

**Landscaping** 1210

**BLUE & BLACK HILL Spruce**, White Pine, 5-9. \$105-\$190. (517) 404-8860, Dan-Grower

**DRIVE WAY GRADING**, bucket work, lawn prep & garden tilling. Call (248) 437-2276

**Lawn & Garden Maintenance** 1230

**ALL LAWN MOWING** Residential & Business. Grading, Landscaping Service. (248) 437-1174

**DNS LAWN MAINTENANCE** Now offering Spring cleanup. Irrigating and Thatching. Also accepting new accounts for the upcoming season. Call (810) 599-6676

**G.E.T. LAWN CARE** 1/2 Off First Cut for new seasonal customers. (248) 437-5663

**GRASSKICKER COMM. & res lawn care** Fully insured. Free est. Fertilizing avail. Clean ups. 517-546-4038

**LAWN SERVICE** aeration, patching, brick paving, shrub & tree trimming. Landscaping. Needs Exp. reliable. Northwest Lawn. (248) 374-5296

**NORTHVILLE AREA** Lawn mowing. (248) 465-1400

**Paint & Decorating** 1420

**A1 PAINTING CO.** Int-Ext. Free estimates. (248) 684-0231

**ADZ Professional Painting** Int-Ext. Free finish, paper removal. 517-223-0961

**EDD'S PAINTING** since 1979. Interior & Exterior. Great Rooms. Tall Ceilings. Stains Applied. Caulking. Aluminum Siding Painted. Quality Paint & 2 Coat Service. 734-777-8730 734-981-4201

**HALLS OF FAME PAINTING** Int/Ext. Drywall Repairs. Professional Quality. Insured & Affordable. 810-220-3708

**Landscaping** 1210

**THE COLORWORKS** Collegiate Painters. Free Est., Territory Manager. Brian Lee. 1-800-477-1001

**Landscaping** 1210

**THE COLORWORKS** Collegiate Painters. Free Est., Territory Manager. Brian Lee. 1-800-477-1001

Paint & Decorating 1420

**A&L Painting** Interior/Exterior Drywall Repair Wallpapering/Removal. References Available. FREE Estimates. Reasonable Rates. Member of BBB. (248) 684-1882

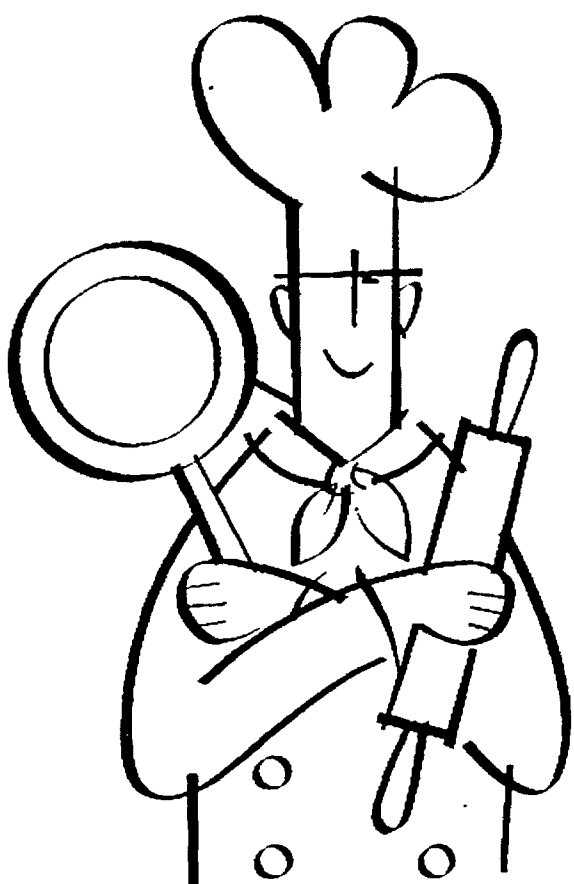
**INTERIOR ONE** - Int/Ext painting, drywall repair, Spring deck staining & sealing. Refs. 734-276-2692

**Morris Painting Inc.** Residential & Commercial. Interior & Exterior. Free Estimates. Insurance Repairs. 248-867-4590. www.morrispainting.com

**Bill Oliver's** Painting & Wallpapering.

# DINING CARD

YOUR CARD TO QUALITY DINING AT AFFORDABLE PRICES! As a member of the Hometown Newspapers™ Dining Card, you'll enjoy restaurants that feature quaint and cozy atmospheres to dancing and live entertainment. Your Dining Card will pay for itself with just one or two visits. The Dining Card is a great gift idea that just keeps on giving the entire year. Stop in any of our offices and pick up your card today. Then embark on a "tasteful" adventure to any of the 18 local restaurants on this page. Enjoy!



**\$20** DINING CARD MEMBERSHIP INCLUDES:  
1 Complimentary Entree with purchase  
at these 17 local restaurants\*

\*Some restrictions apply, card effective thru December 30, 2003

\*Make checks payable to Hometown Newspapers

For more information or to  
order by phone  
call Lori @  
(517) 548-7398  
e-mail  
ldraheim@ht.homecomm.net

**HOURS**  
M-R 6AM-5:30PM  
F 6AM-3PM  
Sat 7AM-3PM  
Sun 8AM-2PM

**BAGEL STREET CAFE**  
423 Main Street • Downtown Brighton  
(810) 229-9092

**BARNSTORMER**  
BAR & GRILL

9411 E. M-36 • Whitmore Lake  
(734) 449-2023

- Weekly Drink Specials
- Thursdays - Ladies Night
- Fridays & Saturday - 21 & over only
- DJ Entertainment • Open For Dinner
- Complete Banquet Facility

DAILY SPECIALS EXCLUDED

**Bauery**  
at the Jackal Golf Club at Mt  
Brighton.

810-229-9581  
4141 Bauer Rd  
Brighton

**DRINKER**  
FAMILY RESTAURANT

1101 E. Grand River Ave., Howell  
(517) 545-3959  
Monday-Thursday  
7-9PM  
Friday-Saturday  
7-10pm  
Sunday 7-3PM  
Full Carry-out Available  
We can cater your  
business luncheon

**CHIPPERS**  
DAILY  
Luncheon  
and  
Dinner  
Specials

**HOURS:**  
Sunday - Thursday 7am-8pm  
Friday & Saturday 7am-9pm  
144 Main St • Gregory  
(734) 498-2222  
Not valid Friday 6pm-9pm

**COPPER PICKLE**  
Authentic Olde World Deli/Market

Sunday-Thursday 9AM-7PM  
Friday, Saturday 9AM-8PM  
\*Specializing in Corn Beef &  
other Meats and Cheeses\*

119 W. Grand River, Howell MI 48843  
(517) 540-9920 Fax: (517) 540-9925  
Email: copperpickle@yahoo.com

**Country Pub**  
Great Food & Spirits

150 Main St • Gregory  
(734) 498-2548

Sunday, Monday & Tuesday - 10:30am to Midnight  
Wed, Thurs, Fri, & Sat - 10:30am to 1am  
Not valid Friday after 5pm

**GRAND TRAVEL**  
PIE COMPANY

9912 E. Grand River, Brighton  
(810) 225-7437  
Monday-Thursday 7:30-6  
Friday 7:30-6:30  
Saturday 8-5:30

la casa del  
**Rio Grande**

Authentic Mexican Cuisine

57721 Grand River  
New Hudson, MI 48165  
248.446.7700

**MARV'S**  
Meats, Inc.

229-4510  
10730 E. Grand River  
Tuesday - Sunday 7:30-6:00  
Closed Monday

**Mary's**  
FABULOUS CHICKEN & FISH

- Chicken • Fish • Shrimp
- Steak Hoagies

Perfect for Picnic & Parties  
Open 7 Days  
2429 E. Grand River, Howell  
Grand River at Chilson  
517-548-3615  
Valid only on individual dinners. Valid on carryout.

**DINNER TRAIN**  
Michigan Star Clipper

- 5 Course Fine Dining
- Murder Mystery & Musical Cabaret
- 3 Hours Excursion • Year Round
- Also, OVERNIGHT B & B • SLEEPER CARS

\*Reservations Required • Gift Certificates  
248-960-9440

In Walled Lake, a few short  
minutes north of Hwy 196 east  
\*Not valid Saturdays, Holidays,  
special events or the month of  
December

Voted #1 of  
U.S.A.'s 200  
most romantic  
restaurants!

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**PAPA ROMANO**  
Since 1970

10049 East Grand River  
Brighton, MI 48116  
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**PRAIRIE HOUSE**  
RESTAURANT

Absolutely Made From Scratch

**HOURS**  
Tues -Th 11:00 A.M.-8:00 P.M.  
Fri 11:00 A.M.-9:00 P.M.  
Sat 11:30 A.M.-9:00 P.M.  
Sun 11:30 A.M.-7:00 P.M.

3838 E. Grand River  
Howell, Michigan 48843  
(517) 546-0070

American Express, Discover Visa, MasterCard, Diner Cards, and Checks Welcome

**Rocky's**  
5311 Brighton Rd. • Brighton

(810) 227-7900

Offer not good for take-out orders. May not  
be combined with any other discounts or  
coupons. Not valid on Holidays.

**SOUTH LYON HOTEL**

Call for daily food &  
drink specials

**HOURS:**  
Mon. - Sat. 11-2am; Sun. 11-11pm  
201 N. Lafayette • South Lyon  
(248) 437-6440  
VALID SUNDAY - THURSDAY

**WRANGLER'S**  
SALOON

4020 W. Grand River, Howell

Live Country Music

Fridays & Saturdays  
Closed Sundays

(517) 548-0032

One complimentary entree with the purchase of  
one other entree of equal or greater value and  
the purchase of 2 beverages.

BRIGHTON OFFICE  
202 W. Main Street  
(810) 227-0171

HOWELL OFFICE  
323 E. Grand River  
(517) 548-2000

SOUTH LYON OFFICE  
101 N. Lafayette  
(248) 437-2011

MILFORD OFFICE  
405 N. Main Street  
(248) 685-1509

NORTHVILLE OFFICE  
104 W. Main Street  
(248) 349-1700

PINCKNEY OFFICE  
5589 East M-36  
(810) 231-8003

P.O. Box 230P  
c/o Dining Card  
Howell, MI 48843  
Attn: Lori Draheim



## Business Opportunities (740)

**\$\$\$AVON Earn Cash** No door to door Flexible hrs FREE kit (800)551-0172 Ind. Rep

## ALL ADS APPEARING UNDER THIS CLASSIFICATION MUST BE PREPAID

## BUSINESS PARTNER NEEDED (1-866-202-3778)

## READERS: SINCE many ads are from outside the local area please know what you are buying before sending money

**WANTED: Curves Franchise.** Looking to be a working partner/owner/buy-out. If interested, please call 248-227-1786

## 6000-6780 ANNOUNCEMENTS &amp; NOTICES (6200)

## NEED WATKINS PRODUCTS? New distributor in area! Contact Luz at (810) 229-1720 or watkinsluz@hotmail.com

**NOTICE IS** hereby given that on 3-29-03, at 10am the following will be sold at All American Storage, 10124 S. M. Le Rd., Northville, MI Susan Shield Sp. B6 & B20 contents 1 washer/dryer, 1 bike, 2 tables, 6 chairs, 58 misc. boxes & bags

## Card of Thanks (6300)

## ALL ADS APPEARING UNDER THIS CLASSIFICATION MUST BE PREPAID

## Lost &amp; Found-Merchandise (6360)

**LOST** black brief case, w/ Lions Club supplies 3-12 Sibley parking 517-548-4082

**LOST TENNIS** Bracelet, silver & diamond March 18, Howell area Reward (810)513-0332

## Health Nutrition &amp; Weight Loss (6420)

**MASSAGE THERAPY POWER HOUSE GYM** 22171 Pontiac Trl. South Lyon Duane Grimm NCMT 248-756-5137 1 hour - \$50, 1/2 hour - \$30

## 7000-7780 MERCHANDISE

## Absolutely Free (7000)

## (2) ANGORA GOATS 1 1/2 yrs old (517)546-3438

**2 DRESSERS**, night stand and queen size bed frame. Not matching 810 225-1493

**2-2YR. old** Mae Beagles to loving homes (517) 223-7566

**3 GUINEA HENS** 1 yr old to good home only (248)684-7940

**35 IN.** Snow Thrower, used on small Wheel Horse tractor (248)887-7382

**4 WHITE** pine trees, 25ft. tall, you move (517)546-1941

**ANTIQUE** Mahogany Upright piano, on first floor You haul (248) 348-2146

**ATTENTION: PET LOVERS.** HomeTown Newspapers discourages ads which offer pets for free. HomeTown Newspapers suggest you charge a nominal price for your pets. If offered for free the ads may draw response from individuals who might use your animal for research, breeding or other purposes. Please be sure to screen respondents carefully. Your pet will thank you!

**FREE** pool table slate top Howell (517) 546-7094

**JACK RUSSELL** Terrier, black & white young male, free to good home 248-437-1536

**MAP TURTLE** & Red Eared Slider 2 yrs old (248) 486-7150

**POOL TABLE** with accessories not slate (248)349 8581

**SOFA** from "House of Denmark" Very good cond (248) 349-0276

**SONY TRINITRON** 26" console Good working order (517)552-0818

**SURPLUS** office supplies desks chairs tables science lab equip (248) 231 8805

## Absolutely Free (7000)

**TV** 4 door attractive (248)486-4244

## WOOD CHIPS, approx pickup load you haul 517-546-5582

## Antiques &amp; Collectibles (7020)

**Antiques Bought!** Postcards china cups/saucers paper dolls, dishes, perfume bottles, military 248-624-3365

**ART DECO** 4 piece bedroom set, dated 1939 \$375 other pieces (810) 227-4167

**HIGHCHAIR**, Wooden 1934 \$25 Call (810) 227-1698

**OAK "CUTLER" ROLLTOP DESK** circa 1880 S approx. 20 mail slots and drawers working. Very good cond. \$1000 (734) 285-2508

## Arts &amp; Crafts (7040)

**ATTENTION ALL ARTISTS** St Patrick's in Brighton is seeking Crafters for a 1 day craft show to be held in conjunction with their Annual Shamrock Festival on May 31st Call (810) 220 3617 for more details

## Auction Sales (7050)

You can view and pre bid on our auctions from our website listed below

## Braun &amp; Helmer Auction Service, Inc. (734) 655-5645 • (734) 996-9135 • (734) 994-6309 • (734) 429-1919 www.braunandhelmer.com

## Rummage Sales &amp; Flea Market (7080)

**ALL ADS APPEARING UNDER THIS CLASSIFICATION MUST BE PREPAID**

## 7100 Estate Sales (7100)

**ALL ADS APPEARING UNDER THIS CLASSIFICATION MUST BE PREPAID**

## ESTATE SALES &amp; APPRAISALS CONDUCTED BY NOSTALGIA CALL 248 431 4552

## Auction Sales (7050)

## Auction Sales (7060)

## Bannerman-Noble AUCTION

Saturday, March 29, 10am

7945 Milford Rd., Holly

US-23 to M-59 east about 7 miles to Milford Rd., north 3 miles to Clyde Rd., east 1 mile to Milford Rd., north 2-1/2 miles to auction.

**1990 IH TransStar** 4300 road tractor (400 Cummins 13-spdl, Live tandems, wet kit), 1979 Dorsey alum dump trailer, 1977 General 35' detach lowboy; Nelson 22' drop-deck lowboy; 1971 Ford 600 grain truck, 1965 Chevy C-80 cement mixer; White 4000 tandem dump, no title; NI 708 Uni-Harvester w/737 head (Perkins dsl) corn picker, rear & wheel weights; NI 702 Uni-Harvester w/737 4-row head, 767 Uni-Chopper, 2-row heads; MF 1500 4x4 Articulated tractor; Case 1370 w/weights; JD 720-D Standard (good pony); JD R dsl tractor (pony needs work); JD 60 tractor; Case 800 dsl tractor; 2 JD H tractors; Falmall H tractor (Disassembled/Complete), Case VAC Utility tractor (as found); Ford 8N tractor (1-OWNER); Falmall H (for parts), Ford Major engine; Case SC trans & axle; JD 3pl, original Equipment discs (Flex-King & Wilbeck 16" offsets, Kewanee 24" folding MF, JD, etc.); plows (IH 13-shank chisel, MF 880 6-16 w/swing hitch, JD 4-14 trailer; AC 5-16 semi), 20" vibra shank, cultipacker; balers (JD 336 w/300 kucker, NH 273, NH 847 round (for parts), NH 69); 3 kucker wagons, NH 489 & 479 haybines, JD 640 tractor; JD 321 40' elevator, 30' hay conveyor, NH 479 manure spreader; lime spreader; drills (JD 13-hole, Case); planters (IH 400, 2 JD 1240 (will make 1)), 3 flat wagons; drags, 4 gravity wagons, NI 30A mower; PTO log splitter; DMI 18 harrow, Demco 30 100-gal sprayer, 3pl. Attachments: post auger, disc, plows, rake, broadcaster, mowers, blade, Horse-Drawn Wagon w/breaks, 2-horse & road hitch, Also: Ritchie waterer, 3 round corn cobs, Brock bin; hay manger, antique 20" apple conveyor & polisher, adult trike, dump trailer; utility trailer, boat w/Volvo 4-cyl 1.0 on trailer. Many other items not listed.

**Terms:** Complete payment auction day Cash, credit cards, MI checks w/ID All items sold "as is, where is." Announcements take precedence over printed matter. Other terms apply

**Tim Narhi Auctioneer & Associates** (810) 266-6474 Byron, MI Auctions - Appraisals - Real Estate

## Garage Sales (7110)

**ALL ADS APPEARING UNDER THIS CLASSIFICATION MUST BE PREPAID**

## HOUSEHOLD GOODS (7160)

## BUNK BED BARGAINS

All wood construction, starting at \$99 Silverfrog Woodworks, 810-632-9180

**CUSTOM GLASS Table**, 9x5 Cost \$3500, asking \$1500 best (248)366-9923

**Draper Material** pastel blue background 20 yds on bolt \$80 (517)546-0641

## FULL SIZE/mini bunk bed for sale Asking \$50 (248)684-8323 before 6pm

**GENUINE Buffalo hide**, 6ft x5.5ft, Exc rug/throw Very beautiful Must see \$725 (734) 878-0805

**GLASS TABLES** Brass base, coffee & end, contemporary \$70 for both (248)887-8035

**HAMMOND ORGAN** M-100 series Exc cond \$99 best (810)225-9973

**KING STEARNS** & Foster mattress springs King Eddie Bauer metal/wood bed Maple trestle table w/4 chairs Wedgewood Cornucopia china - many pieces (248-348-1854)

## LA-Z-BOY sectional sofa, blue, good condition \$300, or best (248)380-1303

**LIKE NEW** hotel firm Queen mattress set with frame \$155 (517) 655-1355

**LITTLE Tykes** race car bed \$100 Fouton bunk bed \$100 (810) 229-5138

**LIVING ROOM SET** Flexsteel Sofa & love seat w/ 2 Bassett end tables, matching coffee table, end table & wine bar. Exc condition, \$800 Dining room, Cochran, table, 6 chairs good cond. \$200, hutch, \$100 Upholstered Lane Cedar Chest Bench, \$75 Vintage Oak Pump Organ, \$400 (248) 348-2961

**MOVING - Dark Pine** hutch, \$400 Gun cabinet, \$75 Two 30" pine bar stool, \$25 ea. 2-pink recliners, \$50 ea. 22x68 Double sink vanity top, \$30 (248) 486-1472

**NEW AMISH** white cedar 7 piece bedroom set to include log bed 6 drawer dresser w/mirror, 5 drawer chest, 2 drawer night stand have log rockers and chest as well. Sacrifice \$2200 Call Bill at (517) 655-1355

## Appliances (7180)

**GOLD GAS DRYER**, \$50 Amana Microwave, \$50 Both work great (810)225-8997

## Pools Spas &amp; Hot Tubs (7190)

**HOT TUB** Marquis Euphoria 8 person Wood cabinet w/green sitting area Minimum use \$4000 best (248)486-3878

## Building Materials (7220)

**5 GAL.** buckets of white paint, indoor, \$25 (248)486-4941

**FURNITURE** grade kiln/dried Cherry lumber 4-4-8ft long \$4.00/board ft. (734)887-6204

**Natural Granite** Countertops Warehouse clearance Beautiful prefabricated Natural Granite 25 1/2X 84" 96" with 1 1/2" full bullnose edges, \$410 each 36X72" Island tops with bullnose edges, \$510 each Many colors to choose from (248)486-5444 ask for Bill

**PRE-ENGINEERED ROOF TRUSSES**, 24", s/d bundled (248) 640-4186

**Rough Sawn Cedar Lumber** Various thicknesses 248 887-5049

## Business &amp; Office Equipment (7240)

**DIGITAL PRINTING PRESS**, Prints 500 copies for \$3. Free training & supplies \$650 Northville (248) 349-3730

## Electronics Audio &amp; Video (7340)

**AIWA** Compact Disc Stereo system like new \$95 Brighton area (810) 227-3954

## Farm Equipment (7380)

**JOHN DEERE 2002**, 4100 tractor w/ loader 4 wheel drive diesel \$11500 810-229-2047

## Lawn Garden &amp; Snow Equipment (7480)

**1991 Simplicity** lawn tractor 12 hp Kohler 38" deck, exc cond \$600 (248)762-3004

**JOHN DEERE 111**, hydrostat 38" deck w/bagger good cond \$950 734-516-6747

**SCAG 2000** Turf Tiger 780 Hrs 25 HP 61" Exc Cond \$5500 734-516-6747

**TRACTOR** IH Cub Cadet 149, 14"p Kohler runs well \$550 best (248)437-4773

## Household Goods (7160)

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**SCAG 2000** Turf Tiger 780 Hrs 25 HP 61" Exc Cond \$5500 734-516-6747

**TRACTOR** IH Cub Cadet 149, 14"p Kohler runs well \$550 best (248)437-4773

## Lawn &amp; Garden Material (7490)

**BLUE SPRUCE** trees 4 1/2 to 5 1/2" tall Delivered and planted \$78 each (810)720-5095

**KABOTA F-2000**, 6ft cut w/snowblower & cab Lesko greens mower Numerous other mowers (248) 349-1755

## Misc. For Sale (7500)

**NEW & USED** scooters & power wheelchairs, ramps and lifts, FREE in home assessment by a certified mobility seating specialist Medicare/Insurance claim processed on new equipment only One Source Mobility 734-429-5581 888-404-6317

**SILK SCREEN EQUIPMENT** Everything for start up Like new \$6500 248 653 5861

## Sporting Goods (7520)

**ALLEY CAT**, Shadow, pedal trailer, attaches to adult bike \$50 (248) 684-9883

## MOVING TREADMILL Tony Little model, like new \$300 Call 248-684-1195

**TREADMILL** - Brand new, used twice \$100 (810)225-8695

## Wanted to Buy (7540)

**\$ TOP Dollar Paid \$** for coins gold, diamonds, guns. Uptown Exchange (810)227-8190

**OLDER GUITARS WANTED** Violins and Banjos Please call 800-451-9728

## 7800-7980 ANIMALS/PETS/LIVESTOCK

## Birds &amp; Fish (7820)

**10 YR. OLD YELLOW NAPED AMAZON PARROT** \$600 (248) 889-2941

## Dogs (7840)

**ADORABLE** Husky/Shepherd mix puppies 5 wks old, good w/ kids \$150 (734) 663-4709

**AKC BELGIAN** Sheepdog Puppies Show quality 1 male, 1 female \$600 Special puppies for Special homes only, 810-231-2322/248-446-6283

**AKC ENGLISH BULLDOGS** Champion bloodline, females \$1600 (734) 878-2592

**AKC Lab** puppies, vet checked, crate trained Male Blondes & Blacks Call Linda 517-548-5482 leave message

**AKC SHELTYE** puppy, female, sable & white, 1st shots \$500 Days 810-844-2292 eyes 810-225-3056

**AMERICAN PITBULL Terrier** first shots, wormed 3 males 4 females Asking \$150 Call anytime 248-767-1239

**BORDER COLLIE PUPPIES**, 1 male 1 female ABC registered \$350 810-686-5662

**GERMAN SHEPHERD** puppies ready 4-7-02 West German bloodlines, AKC bloodlines taking deposits (734) 947-4374

**GOLDEN RETRIEVER PUPPY** 5 mo old vet checked \$450 Call 313-292-1578

**LABS/AKC, OFA, Stocky**, 8 wks black/chocolate Guaranteed \$650 and up (517)545-1649

**MINI DACHSHUND** - 6 wks old, male dapple. No papers. \$300 (810) 231-2026

**SAINT BERNARD PUPS & ENGLISH MASTIFF PUPS** - AKC 6 weeks shots & wormed 810-678 2907

## Farm Animals &amp; Livestock (7850)

**ALPACAS** 2 lovely female Cras, breed female pet males (889)821-9137

**STANDARD PARTRIDGE** Cochon chickens 2-trios \$25/set (517)552-0774

## Horse &amp; Equipment (7860)

**10 YEAR OLD** Appy Mare 15H, all around horse \$1500 best (248) 887-8993

**APPALOOSA** Registered, 3-3 yr old filly leopard color, w/ free breeding \$1000 1-3 yr old stud colt \$1500 all green broke 2- kd broke mares in foal \$1500 (810) 659-1790

**HORSE** 16 H thoroughbred Dapple grey 12 years old Great show jumper Reason for selling moving \$5000 Lovely dog free for nice family home in country loves children





**WE'LL BE THERE**





OPEN EVERY  
SATURDAY  
10-4

1-800-956-8968

Rebates  
up to  
\$4000

JAY CHEVROLET

0%  
up to 60 months

YOUR LEASE PULL AHEAD HEADQUARTERS  
ASK ABOUT \$1000 GM OWNER LOYALTY

NEW 2003 CAVALIER



74  
AVAILABLE

LEASE  
\$86<sup>99</sup>\*\* NOW  
\$9,722<sup>15</sup>\*

Total Due \$3833 00

Stk. #3477

NON-GM OWNERS  
SAVE UP TO  
AN ADDITIONAL \$1000  
GMS PRICING TO EVERYONE!

NEW 2003 IMPALA



67  
AVAILABLE

LEASE  
\$89<sup>99</sup>\*\* NOW  
\$15,432<sup>00</sup>\*

Total Due \$4356 83

Stk. #3467

NEW 2003 SUBURBAN



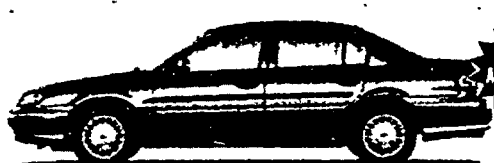
25  
AVAILABLE

LEASE  
\$309<sup>99</sup>\*\* NOW  
\$28,560<sup>63</sup>\*

Total Due \$4916 89

Stk. #T3339

NEW 2003 MALIBU



75  
AVAILABLE

LEASE  
\$64<sup>99</sup>\*\* NOW  
\$12,839<sup>95</sup>\*

Total Due \$3802 40

Stk. #3861

NEW 2003 BLAZER



45  
AVAILABLE

LEASE  
\$79<sup>99</sup>\*\* NOW  
\$14,783<sup>13</sup>\*

Total Due \$4016 14

Stk. #T3369

NEW 2003 SILVERADO



55  
AVAILABLE

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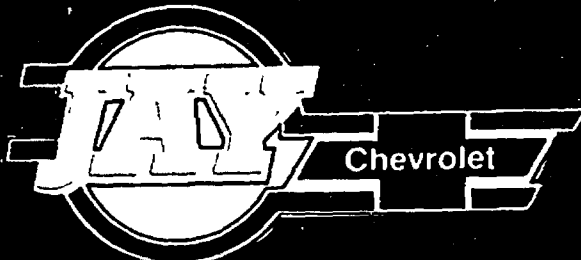
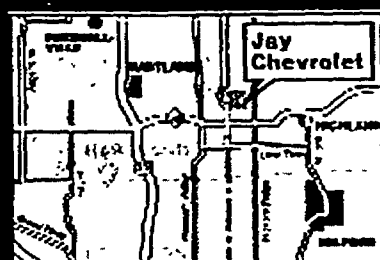
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Richard Tsong-Taata/Minneapolis-St. Paul Star Tribune

## Taut skin from a heat gun

Thermage, one of the newest ways to fight wrinkles, generates heat within the skin to give a more youthful appearance.

1. Eydie Radder, a patient from Minneapolis, has numbing gel applied to her face.

2. A doctor draws a grid with a wax pencil so that no area is missed during treatment.

3. The doctor presses the handheld Thermage device to the skin. The device sends heat deep within the the skin, causing hidden layers to shrink. The tip has a coolant that keeps the skin surface from burning. During healing, the surface skin is pulled taut.

# Tighten up

Until recently, the only sure way to remove wrinkles was a facelift, a major surgery. Now a process called thermage offers a nonsurgical way to check lines and sags as they appear.

By Jill Burcum  
MINNEAPOLIS-ST. PAUL STAR TRIBUNE

**E**ydie Radder, 57, of Minneapolis didn't like the drooping eyelids and other age-related changes she kept noticing in the mirror.

Still, she didn't want the expense or pain of a surgical facelift. So when her dermatologist mentioned last fall a new cosmetic procedure called Thermage, she quickly agreed to try it.

The Thermage process generates heat deep within the skin to firm up jowls, lift eyelids and generally make the face look more youthful. Radder has had four treatments: two targeting her forehead and two on her cheeks. She believes her skin is firmer.

"It has really made a difference," she said.

Approved by the U.S. Food and Drug Administration in November, Thermage is gaining popularity as a way to erase aging's effects on the face.

Many doctors welcome it as a quick, gentler alternative to surgery. Its subtle results have pleased patients.

The procedure takes about two hours. Patients can go back to work afterward looking and feeling normal.

"It really is the first noninvasive way to tighten deeper tissue," said Dr. Brian Zelickson, a University of Minnesota dermatology professor who has researched the technique.

Ed Ebberts, a Thermage Inc. vice president, expects sales of Thermage machines to double this year. There are about 110 in use in the United States. "Basically, that's as fast as we can make them. There's really a lot of interest in this," he said.

Each Thermage system consists of a kitchen cabinet-sized main unit and a hand-held device that's applied to the skin. It costs about \$25,000. Individual treatments typically range from \$800 to \$1,200.

When Radder comes in for a treatment, she stays in her regular clothes and simply lies down on a hospital bed next to the center's Thermage machine. A nurse applies a numbing gel to her face because the technique can cause bursts of pain when tissue is heated.

"It's not too bad," Radder said. "Some areas hurt worse than others."

About 45 minutes later, after the gel has had time to work, Zelickson comes in and draws a grid on Radder's face with a wax pencil. The grid ensures that no skin area is missed during treatment.

Then, Zelickson picks up a hairdryer-

## About Thermage

The U.S. Food and Drug Administration last year approved this non-surgical way to fix sagging skin. A special heat gun scars hidden layers of skin, causing the outer layers to tighten.

Cost: \$800 to \$1,200.

Length of procedure: Up to two hours.

Healing time and full results: One month or more.

On the Web: [www.thermage.com](http://www.thermage.com)

shaped device and applies the tip to each square of skin for about 30 seconds each. The tip of the device cools the skin surface. At the same time, an electrode on the tip generates radio-frequency energy, which heats tissue below.

Zelickson said the heat injures deep skin layers. As the body repairs them over several weeks, scars form beneath the skin, shrinking the unseen layers and pulling the outer layers taut. The process is like pulling on a rope at one end to gradually remove the slack, he said.

Healing takes time and so does results, he said. Patients often must wait a month or more to see improvement.

Radder's procedures typically have lasted less than 30 minutes.

"It's over with just like that," said Radder. Afterward, "my skin isn't red or puffy, it looks normal. I could go out to lunch or do anything else I normally do."

Most people probably need just one or two treatments targeting a specific facial area for long-lasting results, said Dr. Michael Kaminer of Boston. Kaminer sits on the Thermage board of directors and is a dermatology professor at the medical schools at Dartmouth College and Yale University.

Kaminer cautions that the Thermage treatment isn't for everyone and that it does not deliver the dramatic results of a facelift. Results vary widely, he said, and it's not yet clear whether sags will be gone permanently.

"This is for people who just want a little bit of a tweak," he said. "There's a chance it won't work."

Thermage appears most effective in people who have minimal or moderate age-related wrinkling or sagging, Kaminer said. Research indicates that people under 50 benefit the most.

Radder is convinced that Thermage works. "It's worth it," she said.

## YOURHEALTH

### Do vitamins, omega fats improve behavior?

Study links diet to mental health

By Carol Ness  
SAN FRANCISCO CHRONICLE

When your parents told you to take your vitamins, they wanted you to grow up big and strong. They weren't thinking it might keep you out of trouble.

In a recent study from England, inmates given daily vitamins, minerals and omega fatty acids drastically reduced their bad behavior. Compared to inmates who didn't get the nutritional supplements, they didn't fight as often, break as many rules or act out as much.

The study, done at an Aylesbury juvenile jail by Oxford University physiology researcher Bernard Gesch, is far from conclusive. It suggests that the connection between what we eat and how we behave goes much deeper.

The logical extension of its findings could reach far beyond prison walls. If good nutrition can keep an inmate in line, think what it could do for road rage and violent crime.

"This data is very interesting, although it raises as many questions as it answers," says James Gilligan, an expert on violence at New York University and consultant to the San Francisco jail's anti-violence education program.

He adds that the Gesch study, along with several other recent studies of omega 3 fatty acids' effects on mental illness, "at least suggest the possibility that ordinary foodstuffs like fatty fish may decrease impulsive behavior — which includes a variety of antisocial behaviors."

Gesch, a former probation officer, runs a nonprofit group called Natural Justice, which researches the causes of criminal behavior. His study involved 231 juvenile offenders. Half got a daily multi-vitamin and four pills containing essential fatty acids. The other half got five pills containing only vegetable oil.

Their diets and behavior were monitored both before and during the study. Anti-social incidents — everything from assault to insolence and rule-breaking — dropped at least one-third among prisoners who got the supplements, but insignificantly among the ones taking the placebo.

Gesch says he's not saying nutrition is the only cause of anti-social behavior, but that the results "could not be explained by ethnic or social factors."

The study drew the interest of Dr. Joseph Hibbeln, a researcher on nutrition and behavior at the U.S. National Institute on Alcohol Abuse and Alcoholism.

The human brain is made up largely of fat, Hibbeln says. And his theory is that American brains have changed over the last century as Americans have eaten less seafood and vastly more vegetable oil that's in most processed foods.

The shift means Americans now consume far more omega 6 fatty acids (present in the oil) than omega 3s (present in seafood) — and the two affect the brain very differently, Hibbeln says.

Omega 6 fats compete with omega 3s, and omega 3s are losing the battle in the American diet, Hibbeln said. And studies on animal and human brains have shown that without enough omega 3s, serotonin levels plummet. Low serotonin can lead to depression and impulsive behavior.

## 'Guidance counselor' for canines helps dogs have their day

By Rebecca Jones  
SCRIPPS HOWARD NEWS SERVICE

A good dog will try anything once, but as with human extracurricular activities, not every dog is cut out for every sport.

Enter Maggie Bonham. Think of her as a sort of guidance counselor for dogs.

She tries her best to steer dogs to the right pastime for them and their owners. Her latest book, "The Simple Guide to Getting Active With Your Dog" (T.F.H. Publications; \$12.95), walks readers through the basics of 22 canine activities, from simple treats such as chasing Frisbees and backpacking to more competitive sports such as sledding and lure coursing.

"I got the idea two years ago," says

Bonham, 39. "After writing about dog agility, I started thinking about all the other fun things to do with your dog. But there's no book to tell you how to get started, I wanted to give novices an idea on how to start and where to go for more references."

A dog writer by profession, Bonham, author of six books, with a seventh due out soon, splits her time between writing about dogs and doing stuff with them. "I've done at least half the activities included in the book," she says. "And I know people who are into the other half."

Dogsledding is Bonham's favorite canine activity, and she has the dog teams to prove it. She and her husband live with 22 Alaskan huskies, Alaskan malamutes and various other rescued pooches.

She's also active in agility and dog backpacking. Two years ago she organized the Canine Backpackers Association, the nation's first backpacking club for people and dogs.

While backpacking and agility are open to virtually all breeds, sledding is much more specialized, and people who think it looks like fun need to know what they're getting into, she says.

"Hands down, sledding is the most expensive canine sport," she says. "Throw in the truck, the harness, the sleds and the number of dogs you need — you're easily talking over \$50,000. Just to go out and try it with one or two dogs, you're looking at spending under \$2,000, but that's still pretty expensive."

Bonham certainly didn't start out

thinking she wanted to take up dogsledding. Fifteen years ago, she was just a software engineer living in Denver who found herself with a big dog and a big problem.

"He was a Newfoundland/Samoyed mix," she says. "He was a difficult dog to train, but I don't give up on anything, certainly not on a dog. One day I learned about weight-pulling. I thought, 'Maybe that's something he'd like.' So I put a harness on him and I discovered he liked to pull things — not heavy things, but pulling and running fast. And he had this look on his face like 'It's about time you figured out what I'm supposed to be doing.'"

Once her Newfie found his passion in life, he became a better dog. "Not a perfect dog," she says, "but a better dog."



Maggie Bonham with her dog Keana, an Alaskan Malamute, has founded the Canine Backpackers Club. She has written a book on how to let novice dog owners know what kinds of activities are appropriate for their pet.

Esdras M. Suarez/  
Scripps Howard  
News Service

## Banks see churches as good faith investments

By Jonathan Shikes  
The Press-Enterprise

Dave Hammon knew his bank was taking a risk two years ago when it loaned him \$1.3 million to build a gymnasium. After all, his primary collateral was good faith.

But good faith was enough for Walnut Creek, Calif.-based Bank of the West. In fact, for banks and credit unions that specialize in lending to religious organizations such as West Community Friends Church in Corona, Calif., where Hammon is the senior pastor, faith is as good as gold.

More than 40,000 churches or religious groups in California take out more than \$250 million in new loans every year to build or expand their worship centers, schools and facilities, according to Rancho Cucamonga-based Vineyard Bank.

It's a unique market that can be financially rewarding for banks, but one that takes a special kind of expertise, said Norm Morales, president of Vineyard, which created a separate religious services division last August.

"With most businesses, people buy goods or services and pay a fee," he said. "But when you join a church, you elect to donate your money. It's all voluntary."

That means the key to a church's success — and its chances for a loan — is how much its parishioners are willing to give when the hat is passed around on Sunday.

"Our people made pledges and commitments of around \$750,000 that they promised to give over three years," said Hammon, who founded West Community in 1994. "The bank looked at that. That was significant for them."

Though he received offers from several religious services lenders, Hammon went with Bank of the West, which has lent more than \$1 billion to churches over 18 years.

Dan Mikes oversees 32 employees who work in Bank of the West's church-lending section. "Determining how well churches collect is a bit of an art," he said. "There is a certain degree of personal evaluation involved for us. There are objective and subjective sides."

On the objective side, the bank investigates the church's administrative practices and the pastor's work history. It requires that a church be at least five years old and have a minimum average adult attendance of 300.

"The attendance standard is set because 20 percent of the people do 80 percent of the giving," he said. "So if a key family leaves, that has an impact."

James Ballentine, director of community development for the American Bankers Association, said one of the reasons why banks see church lending as a "growth phenomenon" is the trend toward "mega-churches," congregations with more than 1,000 members. "Their needs tend to be large," he said.

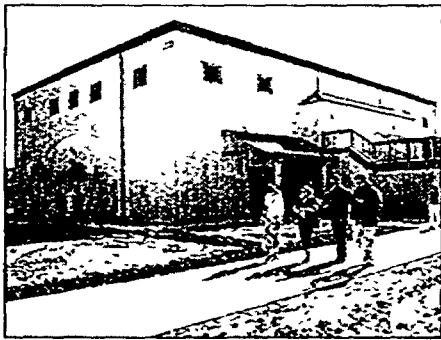


Photo by Mark Zaleski/Corona Press Enterprise  
**The West Community Friends Church in Corona, Calif., during construction made possible from a bank loan.**

## If we pull together, productivity improves, team builders insist

By Mark Watson  
Scripps Howard News Service

In a business, a team often can be more productive than a group of individuals working independently.

"When was the last time you heard your boss say, 'We're working under too much stress. Go out and hire some more people'?" says Dr. Edward Champagne, VP Buildings director of learning and development. "Or, 'We need to work smarter, not harder.'"

"What I've been hearing is that we've got to work smarter and harder. We're all feeling the pinch."

Companies in which workers use just their hands and heads have a disadvantage, compared with companies that are also able to obtain commitments from workers' hearts, Champagne says.

An organization needs team building if the following situations are true, Champagne says.

- Individuals withhold their participation from problem solving.

- People talk across each other and behind each other's back, rather than face to face.

- Individuals refuse to be on a team.

- Individuals don't complete assignments that are part of a team project.

Getting workers' passionate commitment requires team building, Champagne says.

## PLAN FOR A PLANNER

A financial planner may help in times of monetary confusion. Here are some guidelines to follow

By Len Boselovic  
Pittsburgh Post-Gazette

The past three years have been horrible for investors, but they've been free of advertising for the financial planning industry.

"I think there are some people throwing up the white flag," says Charles Schilleci, president of Nexus Financial Group, a Mt. Lebanon, Pa.-based money management firm. "A few years ago, it was easy to throw your money around anywhere and make money. You didn't need anyone to tell you where to put it."

With those days long gone, Schilleci and other planners are seeing more people who haven't used a financial adviser before. A third of the do-it-yourself investors surveyed by Eaton Vance recently said they'll probably seek the advice of a financial professional within the next year. That's up from 30 percent last year and 22 percent in 2001.

Investors who have used advisers in the past may be in the market for a new one based on what's happened to their portfolio. Some feel that they weren't properly educated about risk and diversification or what could happen to their investments in a down market, she says.

Whether you're throwing the bum out or looking for your first adviser, a little research is in order before putting your money in someone else's hands. Here's some tips on getting started.

### Interview more than one

Planners recommend interviewing at least two, preferably three advisers before selecting one.

First, though, do some preliminary research by calling advisers for background information or looking at their Web site. That will give you an idea whether the adviser has the expertise you're looking for, says Louis Stanoslovich, president of Legend Financial Advisors in Pittsburgh.

In an ideal world, you'd be able to have several meetings to find out their investment philosophy, experience and areas of expertise, the number of clients they have, and to get a feel whether you can work with them. Some firms prefer to work with high-net-worth individuals while others don't require clients to have a minimum amount of assets.

However, most firms are too busy for more than one visit with a prospective client, preferring to spend their time on paying clients rather than on someone who may just be shopping around.

Whatever the process, the meter shouldn't start running at this initial meeting.

### Check backgrounds

You can check an adviser's credentials on several Web sites, including [www.cfp-board.org](http://www.cfp-board.org) (Certified Financial Planner Board of Standards), [www.adviserinfo.sec.gov](http://www.adviserinfo.sec.gov) (Securities and Exchange Commission). The search will tell you how large the firm is, what types of clients they have, how much money they manage and could disclose information about run-ins with regulators.

Ask to speak with several of their clients to get a better handle on how satisfied they are.

Also, find out if they are certified by the CFP Board or other groups that require advisers to pass comprehensive exams and impose continuing education requirements. Shoemaker says the continuing education requirement is important given changes to tax laws and the types of investment products offered.

Advisers view certification as a minimum requirement. While it doesn't guarantee success, "it does assure a person that they are not dealing with a novice," Schilleci says.

In addition to the CFP's (certified financial planners), there are PFS's (certified public accountants who are certified as personal financial specialists by the American Institute of Certified Public Accountants) and ChFC's (chartered financial consultants).

Stanoslovich suggests asking whether the adviser is a member of the Financial Planning Association or the National Association of Professional Financial Advisors. NAPFA screens advisers before letting them join and has continuing education requirements for members that are more demanding than the CFP Board's, Stanoslovich says.

While memberships and certifications are reassuring, they shouldn't be the determining factor in your decision.

### To learn more

- Call Certified Financial Planner Board of Standards at (888) CFP-MARK or visit [www.cfp-board.org](http://www.cfp-board.org)

- Call Financial Planning Association at (800) 322-4237 or visit [www.fpanet.org](http://www.fpanet.org)

- Call National Association of Professional Financial Advisors at (800) 366-2732 or visit [www.napfa.org](http://www.napfa.org)



Daniel Marsula/Pittsburgh Post-Gazette

### Reasons people turn to advisers

The Certified Financial Planner Board of Standards surveyed nearly 1,000 individuals with annual household incomes of \$60,000 or more, asking them what types of events would prompt them to seek financial advice. The percentage figure reflects respondents who answered "very likely" or "somewhat likely."

Receiving an inheritance or windfall	72%
Portfolio growth	61%
Increasing complexity of investments	52%
Need to make 401(k) distribution decisions	52%
Losses result of trading or investing on their own	43%
Market downturns	37%
Change in marital status	30%
Change in job status	23%
Birth of a child	15%

Source: Certified Financial Planner Board of Standards

### Know what you'll pay

There are three basic ways to pay for financial guidance. Some advisers rely on fees based on the amount of money they'll manage for you. Others charge hourly fees for services. Others rely on commissions for selling you mutual funds, insurance policies and other products.

Many firms use a combination of fees and commissions. There can be drawbacks to either approach. A fee for a financial plan is the same no matter how the investments recommended in the plan perform. Advisers who charge commissions may refer you to weaker performing funds because they're paid to sell those products.

However you pay, get an estimate in writing that includes what you'll get for your money.

### Know what you'll get

Stanoslovich recommends asking how the adviser will work with your accountant, lawyer, tax preparer, insurance agent and other professionals you rely on. Advisers who aren't willing to do that aren't giving you the complete package, he warns.

## Mutual funds fascinated teen investor

By Loretta Kalb  
Sacramento Bee

When Don Phillips was a teenager, his father bought him 100 shares of the Templeton Growth Fund.

Thus started a long and happy association with the mutual fund industry.

Now, some three decades later, Phillips is managing director of Morningstar Inc., the Chicago-based independent mutual fund research resource for investors and investment professionals.

Phillips has been with the company for 17 years. And his story is a mirror of the Morningstar experience. Among his accomplishments: Helping develop the widely used Morningstar mutual fund style box and the Morningstar system for rating funds.

In an interview, he said he was long fascinated by the industry. As a youngster, he saved his paper route money to invest.

"Mutual funds seemed a much more natural and intelligent way to invest and have some of the top investors in the world ... watching after your money," he said.

After college, he looked for a career as a mutual fund analyst. Then he met Joe Mansueto, Morningstar founder and now chairman and CEO. The two clicked and Phillips, still in his early 20s, started work the next day as a mutual fund writer.

Morningstar's early publications were targeted solely at individual investors, Phillips said. But the financial planning community found the independent guidance a help to their own practices. Eventually, financial advisers became the core of the Morningstar business.

Later, there was the first of a series of mutual fund sourcebooks for Morningstar clients. Phillips would call the fund companies to conduct interviews. Eventually, the techniques for analyzing funds moved to the Web at [www.morningstar.com](http://www.morningstar.com).

"I think the neat thing about Morningstar is we get to view the investment process from so many different angles," said Phillips. "I talk with fund managers, administrators and regulators. It's invaluable to get these different insights."

Over the decades, the industry itself has changed.

Only six or so years ago, for example, mutual fund companies did not have to disclose their portfolio managers.

Morningstar was among the first to call for a change.

Morningstar also weighed in on how funds were advertised — demanding that they use performance data that was not misleading.

More recently, Morningstar has altered its star rating system to better reflect the long-term risk of individual funds and to better compare performance of funds with like holdings.

Over time, there has been plenty of industry change. What was once dominated by mom and pop fund companies now is a global enterprise that requires careful study.

Investors still seek a continuation of double-digit returns that occurred in the 1990s, Phillips said, and he notes that holds a potential for folly.

"You'll be seeing alternative investments, people shorting the market," Phillips said. "You'll see more speculative activities going forward. That's an issue. That's far different than the mutual fund concept that started in the 1940s."

## 'Businessman' takes top job in teen survey

By Jack Katzanek  
The Press-Enterprise

One of the government's tactics for enforcing corporate governance is to arrest executives tainted by scandal at the office and parade them in handcuffs. But if that's supposed to make an impression on teenagers, it may not be working.

A poll by Junior Achievement of some 1,200 high school and junior high students found the generic "businessman" was the ideal choice for a career, despite a weak economy and corporate scandals. Businessman edged doctor, while teaching and law tied for third.

However, the economic slump did not go unnoticed. Teens were asked if they believe they'll be millionaires by their 40th birthdays, and only 9 percent — the lowest in the four-year history of the survey — had that kind of expectation. The previous year, 14 percent saw themselves making \$1 million by age 40.

Girls seem to believe there will still be a gender gap a generation from now. Some 42 percent of all the boys think they'll make \$250,000 or more by age 40, but only 22 percent of the girls expected that.



HOMEFRONT

## Seeing through rules brings perfect room into focus

By Betsy Lehdorff  
Scraps Howard News Service

Want to create the perfect room? You must first learn to see. That way, you'll discover what you like, instead of following somebody else's rules about creating the perfect room, says New York designer Vincente Wolf.

"How can you create a loving environment if you're going down a list of rules?" he says. "The problem of living by the rules is that you are always trying to reach a goal set by somebody else."

In his new book, "Learning to See — Bringing the World Around You Into Your Home" (Artisan, \$40), Wolf tells of his own journey of discovery on his way to becoming a much-sought-after interior designer. He is listed as one of the nation's top 100 designers by Metropolitan Home and Architectural Digest. In addition to his design practice, he operates a retail store in New York and is a top magazine photographer.

"The premise for the book is telling people to really look around," says Wolf, 57. "If you're walking along a river and you pick up a pebble, you should think about why you picked it up. What was it about its colors, texture or shape that drew you to it? It is more of an analytical approach than a creative one."

As a child in his native Cuba, Wolf enjoyed wandering through the Museum of Modern Art in Havana to study its masterpieces.

In 1961, when he was 15 years old, he and his parents landed in Miami as exiles. To cope with the cultural shock, he immersed himself in studying America's avenues, its art collections and deftly decorated rooms.

Today, after 30 years of interior design experience, Wolf says he works instinctively. First he unifies the look of a room by redoing the walls, ceilings and floors in a unifying color of whites or deep browns. Against this backdrop, he adds a mix of furnishings, designing some of the tables himself. Other pieces come from a collection of objects he brings back from his international shopping trips. An old leopard coat from Paris is cut and sewn into a set of throw pillows. A flea-market find is set on a table.

Wolf then creates flaws. In one room, a console table is placed against a built-in bookshelf, blocking access to some of the tomes. A framed photograph rests on the floor, leaning against a wall. Flowers are set near the edge of a bookshelf, not at its center.

"When a (room) has that sort of sense of haphazardness, I think people feel so much more relaxed," Wolf says.

## Disasters don't hurt home values, analyst says

By Leslie Berkman  
The (Riverside, Calif.) Press-Enterprise

Real estate is often boom or bust. But natural disasters like earthquakes, fires, hurricanes and droughts don't pull the trigger.

That's what DataQuick Information Systems has discovered in studies of real estate values following such events, said John Karevold, an analyst for the real estate research firm.

Karevold said that in the aftermath of the 1994 Northridge earthquake in California, the number of home sales within a mile of the epicenter dropped 70 percent for two to three months. But, he said, after a year, sales had rebounded, and then they surged for a year and a half, "playing catch-up."

Also, after the Northridge quake, property values in the area held their own, Karevold said, with the exception of homes that had sustained direct damage.

Karevold said DataQuick's research also shows that, contrary to popular opinion, neither commercial airports nor high-voltage power lines undermine the property values of neighboring homes.

What does send home values tumbling, he said, is an economic disaster — such as the closing of a military base or major manufacturing plant — that puts large numbers of people out of work.

# Stepping out in style

## Stones add a decorative touch to yard

By Laura Christman  
Scraps Howard News Service

Looking for something functional and fun for the garden? Well step on it.

There's a wide assortment of stepping stones available that can keep your feet out of the mud and look pretty doing it.

Stepping stones have taken big strides in recent years. You can still go with the basic cinder-type block that sells for \$1 to \$3 at building stores, but there are so many more options.

Stepping stones have become decorative items. As homeowners look for ways to personalize their yards, demand for fancy stepping stones has grown right along with increased interest in fountains, birdhouses, gazing balls and garden statuary.

Holly Siegluck of Wyntour Gardens in Redding, Calif., says a stepping stone path is more economical if decorative stones are interspersed with inexpensive cinder-type blocks.

She says stepping stones are useful in mud-prone areas, such as next to a water spigot. Put down one or two and you'll be able to reach the faucet without having to squish through the mud.

Patrick Sullivan, a landscape architect in Red Bluff, Calif., says stepping stone paths are functional and are often found on the sides of homes or used to get to a storage area.

An advantage of stepping stone paths over paved pathways is that they leave more ground for rain to soak in, so there's less runoff, Sullivan says.

Sullivan says stepping stones can be used to transition from one area to another — from a concrete patio to a lawn, for example. But they can also be simply a decorative accent.

Paul de Halas of Shingletown, Calif., started making concrete stepping stones with elaborate stained-glass-style designs several years ago. Whatever your interest — roses, koi, cats, dogs — a stepping stone can reflect it, he says. "On stones I have done everything. The most popular are your frogs, your hummingbirds, your roses."

No two of his stones are the same. Each sells for \$50.

A stepping stone can serve as a memorial for a family pet. "Most are eight inches with the pet's name on it and a stained glass floral pattern around it," de Halas said.

Ozzie Berke of Redding also has made memory stones for pets. He said a photo of the pet can be sandwiched in glass and embedded in the concrete.

Berke, who has taught stepping stone classes for Shasta College Community Education, said stepping stones can be used to border trees, as markers in the garden, to jazz up retaining walls and to display street addresses.

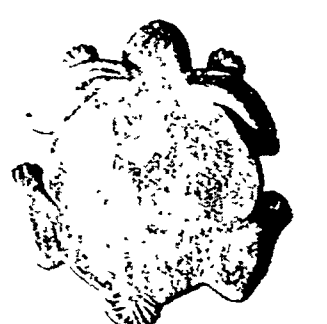
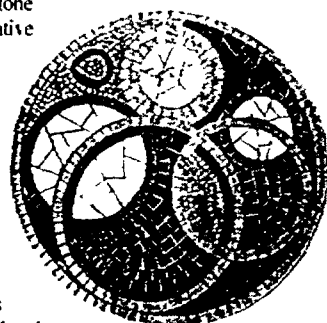
His wife, Betty, does most of the design work for their stones, which are made with tile and glass pieces embedded in concrete.

"They're made like a pineapple upside-down cake," Burke said, explaining that the glass and ceramic pieces for the design are put in the mold first. Then the concrete is poured in.

The technique is fairly simple. And the cost is reasonable. "The first one is kind of expensive. The second one is 50 cents or a dollar," he said.

The flexible, heavy-duty plastic molds Berke uses are \$10 to \$20; bags of mortar and concrete are close to \$2 each. Cost of the glass and tile pieces depends on the design.

Stepping stone kits are a simple option for beginners and children. They include a hard plastic mold, concrete-type mix, accent glass, ceramic stones and stamps for making impressions.



More so than your run-of-the-mill concrete pavers, these stepping stones add a bit of panache to your lawn or garden.

Scraps Howard News Service photos

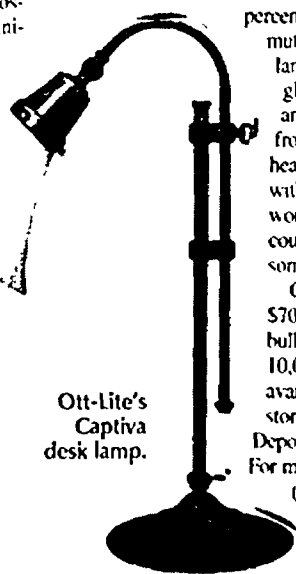
## [COOL TOOLS]

### Lighting the way

Ott-Lite Technology VisionSavers glare-free lights help those television professionals and others study and work without headaches and blurring. The bulbs use a blend of phosphors that mimics natural sunlight and minimizes eyestrain.

Ott-Lite is the brainchild of John Nash Ott, a photobiologist who believed that conventional bulbs and tubes fail to emit the healthy balance of light wavelengths that all living things — including humans — require to thrive.

The lamps, which are available in various desk, floor and clamp-on models, boost contrast and clarity and better define details, so they also are helpful in low-tech activities, such as reading a book, paying bills or sewing. Some VisionSavers models, such as the 13-watt Task Magnifier, are equipped with a magnifier to enlarge small or blurry details and text.



Ott-Lite's Captiva desk lamp.

Ott-Lite's Captiva desk lamp gives off significantly less shine than a conventional bulb lamp, and it illuminates white paper and computer screens with notable clarity. (It's difficult to say, however, what percentage of the pleasant, muted hue is due to the lamp's marbled glass shade.) Still, for anyone who suffers from eyestrain and headaches associated with computer or office work, VisionSavers could very well provide some relief.

Ott-Lite products cost \$70 to \$250 and use bulbs that last about 10,000 hours. They are available at numerous stores including Office Depot and Radio Shack. For more information call (800) 842-8848 or visit [www.ott-lite.com](http://www.ott-lite.com).

### Stopping the leaks

Steep gas, electric and oil bills continue to plague homeowners, and leaky windows are the biggest culprits. But ferreting out the exact spots where air is leaking can be tricky.

New tools such as the MiniTemp MT4 can help. Manufactured by Raytek, the pocket-size infrared thermometer gun can save homeowners big bucks on their utility bills by tracking leaks from air ducts, air conditioning and heating vents, windows, doors, fireplaces, pipes and basements.

MiniTemp, which uses the same type of infrared thermometry used in manufacturing facilities and power plants to detect energy losses, runs on a nine-volt battery, has a laser point system to spot targets and takes temperature readings from minus 18 to 525 degrees Fahrenheit. Just point and pull the trigger for an easy-to-read, back-lighted LCD display.

The MiniTemp is available online at [www.raytek.com](http://www.raytek.com) and at various industrial and auto part stores. For more information call (800) 866-5478.

### Cordless gaming

Video game adapters may not be the first thing that pops to mind when contemplating home decor. But think again.

For homeowners tired of tripping over and looking at the unsightly wires connecting their television sets to their teen's Sony PlayStation 2, the Saitek company offers the new WOW Adapter.

WOW (Without Wires), a \$40 accessory to the mega-popular home video gaming system, allows players to use their PlayStation 2 from as far as 30 feet away without giving up their prized controls. In turn, Mom and Dad no longer have to worry about decorating around or stumbling over electrical wires.

WOW makes the game wireless — no AC adapter is necessary. The rechargeable adapter lets players connect one or two of their favorite Sony controllers and play untethered for as long as eight hours on a two-hour charge.

For more information call Saitek at (800) 452-4377 or visit [www.saitek.com](http://www.saitek.com).

— By Angelica Penno/San Francisco Chronicle



# Plus

HomeTown

FOOD

## coastal caviar

### California aims to corner caviar market with sturgeon

By Carol Ness

SAN FRANCISCO CHRONICLE

Caviar without guilt? Well, at least not about the cost to the Caspian sturgeon, if not about the extravagance.

More and more Americans are turning to home-grown white sturgeon roe as an alternative to the overfished and threatened Caspian Sea sturgeon, sources of beluga, ossetra and sevruga caviar.

"It really has caught on," says Larry Bain, general manager at San Francisco's Jardiniere restaurant and a leader in the environmentally and socially conscious food movement. "I think people are appreciating that it's — and I hate this expression — a situation where everyone wins. The flavor is there, the quality, it's good for the environment, it's good for the sturgeon, and now some of the dollars flowing out of country are being captured up (here)."

Northern California's been the center of the domestic caviar universe for more than two decades. Envisioning a new gold rush in tiny black-gray-blond sturgeon eggs, dreamers like Mats and Dafne Engstrom — the San Francisco couple behind Tsar Nicoulai caviar — and the multi-national Stolt Sea Farm corporation have invested fortunes farming native white sturgeon in tank farms clustered near Sacramento and in the foothills east of Modesto and Merced.

The white sturgeon is the closest cousin to the Caspian sturgeon that produces ossetra, and Bain and others say its eggs are a close match to real ossetra — and often better, what with drier conditions in the Caspian.

Although many caviar companies sell products they call American caviar, only Tsar Nicoulai and Stolt, under its Sterling brand, produce the farmed white sturgeon caviar that's giving ossetra some competition.

Non-traditional kinds of fish eggs also are attracting more attention. Paddlefish roe farmed in Missouri has popped up on some New York menus. Whitefish, salmon, huckleback sturgeon and trout roe also are lower-cost alternatives. Now there's even a vegetarian "caviar" made from soy.

But Bain and other sustainability-minded chefs agree that California's farmed white sturgeon roe is the only one that competes with Caspian — ossetra, if not beluga — when it comes to briny, rich flavor and the size and texture of the glistening eggs. The white sturgeon, a Sacramento River native, is a close relative to the species that produces ossetra.

"In terms of high quality domestic, they're the only games in town," said Bain.

Raising sturgeon to maturity takes at least seven to eight years and plenty of cash.

Mats Engstrom says his fish grow to 6 feet or longer in tanks that are 5 feet deep or less. They eat pellets made of fishmeal, vitamins and minerals, and their waste is drained into ponds where water plants feed.

Where Tsar Nicoulai is mostly a mom-and-pop (and daughter Alicia) operation, Stolt Sea Farm is a worldwide fish-farming leviathan that raises Atlantic salmon in Chile, Norway, Maine and elsewhere.

Both companies admit that it's been a tough sell with the caviar-consuming public, until recently. Caviar wasn't considered caviar if it didn't come from the Caspian. Muddy-tasting early domestic roe — mostly paddlefish eggs from the Mississippi River — gave "American caviar" a so-so reputation. And the local product is priced starting at \$35-\$50 per ounce, far less than the \$88 per ounce

Petrossian beluga costs but still a stretch for many budgets.

The picture is changing, however, because the local caviar has been improving and because of concern over the decimation of the fabled beluga sturgeon of the Caspian Sea, fished on the north by Russia and its neighboring republics and on the south by Iran.

Caspian beluga caviar has long been the connoisseur's choice. A prehistoric species that can grow to monstrous sizes and live a century or more, beluga are notoriously slow to reproduce. Since the breakup of the Soviet Union, pollution, poaching and overfishing have ravaged beluga populations — and also, Bain says, damaged the quality of the caviar.

Petrossian beluga costs but still a stretch for many budgets. The picture is changing, however, because the local caviar has been improving and because of concern over the decimation of the fabled beluga sturgeon of the Caspian Sea, fished on the north by Russia and its neighboring republics and on the south by Iran. Caspian beluga caviar has long been the connoisseur's choice. A prehistoric species that can grow to monstrous sizes and live a century or more, beluga are notoriously slow to reproduce. Since the breakup of the Soviet Union, pollution, poaching and overfishing have ravaged beluga populations — and also, Bain says, damaged the quality of the caviar.

#### SERVING CAVIAR

Here are a few simple tips for storing and serving caviar:

- Always keep caviar very cold. Store it in the coldest part of your refrigerator, and when serving keep the little jar or tin on a bed of ice. An unopened jar will last two weeks; opened, it should be eaten right away.
- To serve, place the original jar or tin on ice in a pretty bowl. Or, scoop it into a special caviar server or even a simple plate—but keep whatever you choose on ice.
- Never use metal spoons or bowls for caviar; they can add a metallic taste. Traditional caviar spoons are made of mother of pearl, but shell, bone or plastic spoons are also fine.
- Many aficionados like caviar served plain, with toast points. Or, serve with the tiny pancakes called blini, dolloped with creme fraiche or sour cream. Garnishes include finely chopped red onion, chopped egg, capers and chives.
- Ice vodka or dry champagne are the caviar drinks of choice.

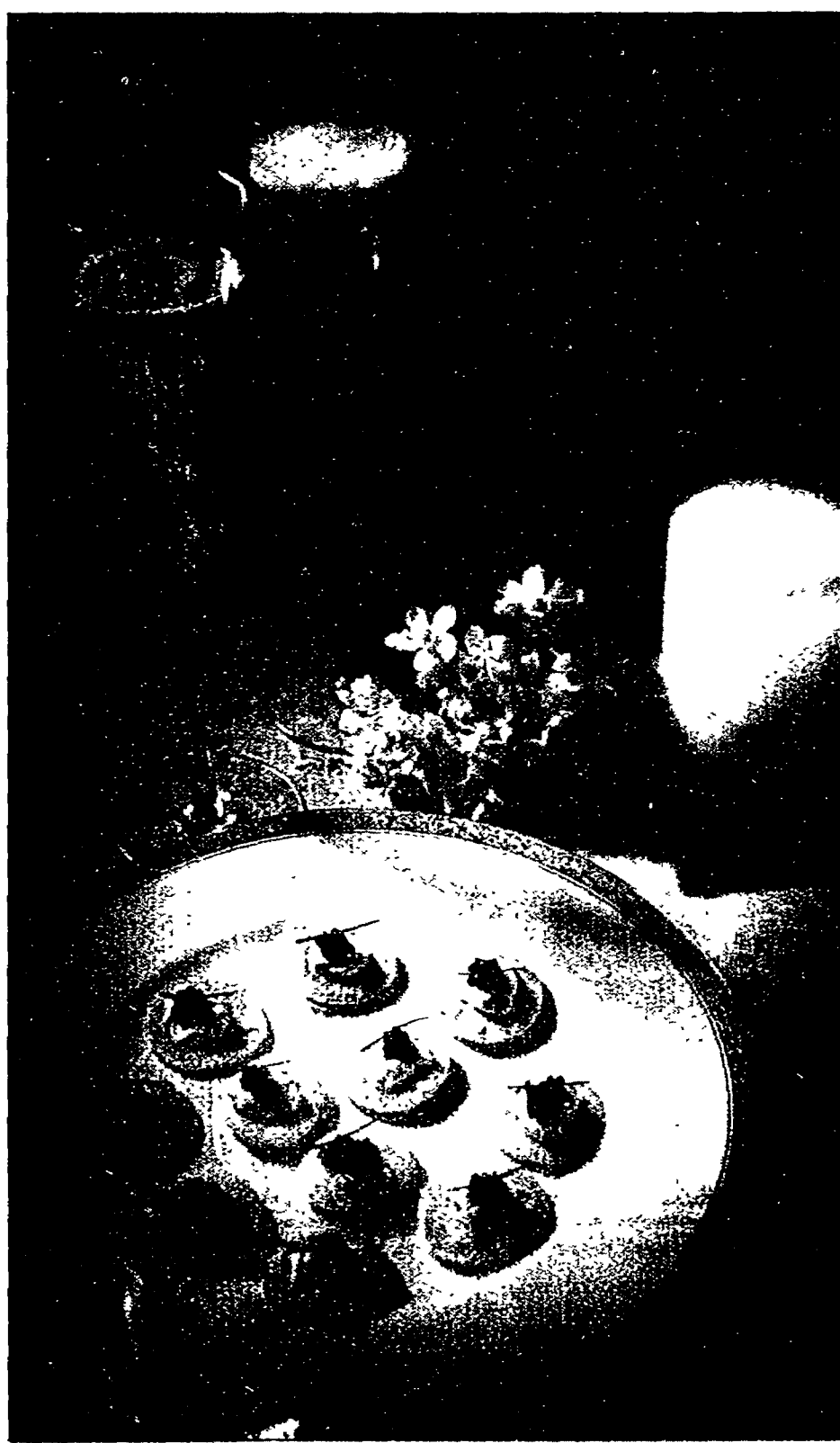


Photo by Lacy Atkins / San Francisco Chronicle

#### Primer on California caviar

Buying caviar can be confusing, with terms used interchangeably and sometimes misleadingly.

Much of the inexpensive "American caviar" is not from farmed white sturgeon but from other fish, especially the huckleback (a Mississippi and Tennessee rivers wild sturgeon), whitefish (which is often sold as golden caviar), paddlefish, trout and salmon.

The following are the labels under which you'll find farmed California white sturgeon caviar. They're available at stores and on the Internet. Most common are 1- and 2-ounce jars.

■ Tsar Nicoulai California Estate Ossetra, also labeled Farmed California Ossetra Caviar. Available in small sizes — 1 to 7 ounces — and larger quantities up to 500 grams, starting at \$54 an ounce.

■ Sterling brand caviar, by Stolt Sea Farm. California is graded by color.

Sterling Classic Caviar is dark gray to olive, available in sizes from 1 ounce to 35.2 ounces, selling from

\$35 an ounce direct from Stolt, slightly more in stores. Sterling Premium is light gray to brown, and starts at \$42 an ounce.

The more expensive grades, Sterling Royal Black and Sterling Imperial (golden-olive), are sold out for this year.

■ Petrossian Paris Transmontanus is Stolt-produced caviar, graded, packaged and sold by the prestigious Petrossian Paris caviar house. Its name comes from the white sturgeon species name *Acipenser transmontanus*. Available in five sizes from 1-3/4 ounces for \$88 to 2.2 pounds for \$1,700, the product is not carried locally but can be ordered online or by phone.

■ Caviar that Stolt sells to other distributors also is in markets under the Plaza De Caviar American Sevruga Type Malossol label, and online as Lafayette California Select Caviar and Seattle White Sturgeon Caviar.

#### Tips on wine tasting and organic foods

Get the jitters when your waiter pours that first glass of wine and expects the OK to pour for everyone else?

Here are some simple steps for tasting wine like a pro from Richard Sanford, owner of Sanford Winery & Vineyards in Buellton, Calif.

■ Hold the glass by the stem: A wine glass is a great container for wine, so

Sanford suggests that you take advantage of the design and hold the glass by the stem to avoid warming the wine. Holding it by the stem also keeps greasy fingerprints off the glass, allowing the beautiful color and clarity of the wine to be seen.

■ Swirl to release esters: Swirl the wine around and around so that the esters in the wine can come out into the open part of the glass.

■ Experience the aroma: The next step is to check the aroma, which is one of the most important parts of the wine experience. Put your nose right in the glass and inhale deeply.

■ Savor the taste: Take a taste and move the wine around your mouth. Try to make sure all of your taste buds are covered by the wine.

■ Say what you feel: Finally, swallow and think about the different aromas and flavors. Don't be afraid to give an opinion of the wine, even if it may not be what others want to hear.

#### Going Organic

After decades of satisfying our cravings for processed foods, Americans are increasingly turning to healthier ways of eating. Popular among health-conscious eaters are organic foods — earth-grown foods raised and prepared without artificial chemicals.

Armed with a little information, anyone can start down the path to a healthy, organic diet.

Patricia Greenberg, a nutritionist, chef and cookbook author, operates a Los Angeles nutrition consulting firm called The Fitness Gourmet.

She's an expert in health-oriented menu planning and offers these basic tips for dieters wishing to switch over to organic foods:

■ Vitamins and minerals. According to Greenberg, to get the vitamins and minerals our bodies need, we need to eat food from the earth like vegetables, fruit and whole grains. Eating foods high in sugar will provide only a quick fix, not the kinds of energy that benefit our bodies in the long run.

■ Fiber. To function properly, our bodies need fiber. Greenberg recommends choosing whole grains in the forms of wheat bread, brown rice and multi-grain cereal.

■ Avoid chemicals. A significant part of organic is avoiding foods laced with herbicides and pesticides or injected with hormones. Seek pure, fresh foods uncontaminated with these substances by reading the labels carefully.

■ Certified organic. Another reason to check food labels is to be sure you're getting genuine organic foods. If the label doesn't say "certified organic," you can't be sure that you're getting the real thing.

#### To learn more

- U.S. Department of Agriculture: [www.usda.gov](http://www.usda.gov)
- Organic Trade Association: [www.ota.org](http://www.ota.org)
- All Organic Links: [www.allorganiclinks.com](http://www.allorganiclinks.com)

### Companies create several new tools for the kitchen

By Angelica Pence

SAN FRANCISCO CHRONICLE

For anyone who loves to entertain (or for that matter anyone who loves an entertainer), the Chantal company has something new for you: a collection of stainless steel serving tools.

Made of professional-grade, rust-proof stainless steel, the pieces feature Chantal's signature contoured handle and fit comfortably into the curve of your hand. The five-piece line includes the basics for any dinner party: a large serving fork, a rectangular cake and pie spatula and a 2-ounce soup ladle. The cookware, bakeware and servingware maker also offers a 1.5-ounce sauce ladle and a 1-ounce oval serving spoon.

On the Web: [www.chantal.com](http://www.chantal.com)

#### Measuring spoons

Measuring spoons are a must in the kitchen of any self-respecting cook.

But the unruly utensils, it would seem, have a mind of their own. You can never find the right one, at the right time — when the pot is boiling over or your soufflé is about to bottom. Then there's those sets held together with little more than a paper clip. The spoons you're not using get in the way, and all too often the flimsy ring breaks. The adjustable variety also can be cumbersome and take time to fidget.

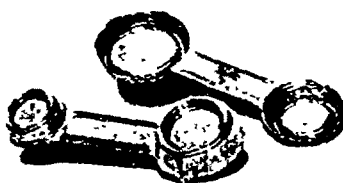


Photo courtesy of Kuhn Rikon  
**Kuhn Rikon's Four-in-One Measuring Spoons.**

Switzerland's Kuhn Rikon had the right idea when they engineered their new Four-in-One Measuring Spoons. The stackable spoons have a two-sided measuring cup on each end — making one spoon capable of measuring four different amounts.

The spoons come in a set of two, covering the most common measurements called for in recipes. One measures 1 tablespoon, 1 teaspoon, 1/2 teaspoon and 1/4 teaspoon. The second spoon gauges a full and 1/2 tablespoon, and a full and 1/2 teaspoon. The spoon set is reasonably priced at \$10, and because the spoons are made of a stainless steel, they won't melt in the dishwasher after repeated washings.

Kuhn Rikon Four-in-One Measuring Spoons are available at specialty cooking stores.

On the Web: [www.cooking.com](http://www.cooking.com) or [www.kuhnrikon.com](http://www.kuhnrikon.com)

### Way for diabetics to enjoy Latino flavor

By Kathy Stephenson

SALT LAKE TRIBUNE

Olga Fuste's mother has Type II diabetes. So do her three younger sisters.

But Fuste, 50, hopes to keep herself and other Latinos from following a similar path with her new bilingual cookbook, "Concinnando para Latinos con Diabetes" (or "Diabetic Cooking for Latinos" (American Diabetes Association, \$16.95).

"Some of the newest research shows that a change in lifestyle — healthy eating and physical activity — can reduce the onset of diabetes, 40 to 60 percent," said Fuste, a registered dietitian and faculty member at Washington State University's extension division. "I can't do anything about genetics, but I can control the other stuff."

Written in Spanish and English, Fuste's book offers a variety of ways to reduce fat and decrease sugar in traditional Mexican and Latin American recipes, including everything from empanadas to her mother's potato salad.

"At our house you can't have a party without my mother's potato salad," she said. Fuste and her sisters "did a little adapting until we

found a combination that we all liked."

According to the American Diabetes Association, about 16 million American have diabetes. Ninety percent of those have Type II or adult-onset diabetes.

Genetics is a major factor for developing Type II diabetes, but so is the incidence of weight, high cholesterol and high blood pressure. Latinos, Asians, Pacific Islanders, American Indians and blacks also are at high risk.

Although most people assume that living with diabetes means eating bland food and no desserts, a growing number of cookbooks, like Fuste's, proves that diabetics can enjoy a wide variety of foods and still keep their blood sugar in check.

#### OLGA'S POTATO SALAD

- (Makes 12 servings)  
2 pounds red potatoes, peeled, cubed and cooked  
1/4 teaspoon salt  
1 small white or yellow onion, peeled and finely chopped  
2 hard-boiled eggs, peeled and diced  
1 cup frozen peas and carrots, thawed  
1 tablespoon extra-virgin olive oil  
1 to 2 teaspoons cider vinegar  
1 medium apple, peeled and diced  
4 tablespoons low-fat mayonnaise  
3 to 4 Spanish-style pimiento strips, optional

Combine all the ingredients and mix well. Decorate with pimiento strips, if desired. Serve immediately or chill before serving.

— Source: "Concinnando para Latinos con Diabetes" ("Diabetic Cooking for Latinos")

#### Some other cookbooks for diabetics:

"The Joslin Diabetes Great Chefs Cook Health Cookbook" (Simon & Schuster, \$30) can help diabetics go gourmet. Co-authors Frances Towner Giedt and Bonnie Sanders Polin, who live with diabetes, asked 100 of the country's top chefs to contribute recipes that have good taste and visual appeal for anyone, not just those with diabetes. Besides the 130 recipes, there are menu ideas and cooking tips, such as how to use herbs, infuse oils and bake with sugar substitutes.

Eating well in today's busy world is getting more and more difficult, but four new cookbooks offer diabetics simple recipes that, in some cases, require less than 15 minutes to put together. The books include the following: "Every Day's a Holiday Diabetic Cookbook" (American Diabetes Association, \$16.95); "Light and Easy Diabetes Cuisine" (Surrey Books, \$17.95); "The Diabetes Double-Quick Cookbook, 2nd Edition" (Surrey Books, \$14.95); and "One Pot Meals for People With Diabetes" (American Diabetes Association, \$14.95).

Although limiting carbohydrates and sugars is part of managing diabetes, it does not mean that desserts are completely off-limits. Two recent publications, "Desserts for Diabetics" (Perigee Trade Paperback, \$13.95) and "1,001 Delicious Desserts for People with Diabetes" (Surrey Books, \$19.95), provide recipes for cakes, cookies, bars, pies, pastries and puddings that diabetics can enjoy.

#### BOOKREVIEW



HEALTH

&

FITNESS

HOMETOWN  
*Extra*  
NEWSPAPERS



A supplement to the Novi News, Northville Record, South Lyon Herald and Milford Times



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## Check with dentist before using tooth whiteners

By Chandra Orr  
COPLEY NEWS SERVICE

Who doesn't want whiter teeth?

The quest for the perfect smile has become a national obsession, evidenced by a flood of tooth-whitening products, electric tooth-cleaning gadgets and revamped toothpastes making their way to the masses via corner drugstores and late-night infomercials.

But how safe are these over-the-counter dental elixirs?

Those in search of a winning smile shouldn't shy away from over-the-counter whitening systems, as long as they stick with brand names and know how to use them properly, said Chicago dentist Paul Buenvenida.

"It has to be pointed out that dentist-prescribed products are a lot more effective and safer, but can also be a little pricier," Buenvenida said. "In my experience, my patients try the cheaper, over-the-counter bleaching kits first, but most end up coming back for the more guaranteed treatment in my office."

"What I normally tell my patients is to buy a product and come to see me so I can read through the material and advise them on how safe it is and how to properly use it," he said. "As with any product out there, I appreciate a patient's tolerance level. If they feel that they are satisfied with the result, I have no problems at all."

Those looking to whiten at home should look for dental products that bear the American Dental Association seal of acceptance, which means the product has been tested for safety and effectiveness, according to dentist and ADA spokesman

*"I'm not comfortable with patients using over-the-counter bleaching products. A dentist-supervised regime is inherently safer than a go-it-alone method."*

—Richard H. Price  
American Dental Association spokesman

Richard H. Price.

"I'm not comfortable with patients using over-the-counter bleaching products," Price said. "A dentist-supervised regime is inherently safer than a go-it-alone method."

"That said, if someone still chooses to give them a try, at least see the dentist first to be sure the teeth have been cleaned — because surface stains preclude good bleaching — and that the gums and rest of the mouth are healthy," Price said.

The dangers of overuse are perhaps the greatest incentive to seek professional assistance when whitening.

"If the product is a bleaching product, it means it contains a peroxide of some kind, usually carbamide peroxide, which breaks down with moisture to hydrogen peroxide. These are oxygenating agents," Price explained.

"They should not be overused. With over-the-counter products, the patient is in control to over-use," he said. "There can be irritation to the gums, or if a tooth has a cavity the bleaching peroxides

may irritate the nerve of the tooth," he said. "Really long-term use of powerful bleaching agents can, though not very common, cause cellular changes, i.e. oral cancer."

Those in search of the whitest pearly whites may be forced to make a trip to the dentist depending on their oral history.

"Some teeth cannot be bleached, such as teeth that have been stained due to antibiotics taken as a child," Price said.

Tetracycline, which is taken up into the tooth during development, can cause mild to severe staining, he explained.

"This may lead one to bleach, bleach and bleach in an attempt, in vain, to whiten," he said.

"Other teeth may appear to be dark, but the darkness may be due to cavities, not enamel discoloration," he added. Also, teeth naturally darken as we age.

"There is nothing unhealthy about it, but since we associate white teeth with youth, tooth bleaching has almost become a national obsession," Price said. "I wish people were that con-

cerned about healthy mouths."

Not sure you want to take the bright white plunge? Basic oral hygiene is still the most effective ways to fend off discoloration.

"Frequent cleanings will help keep a smile bright and help remove those surface stains," Price said. Likewise, simple brushing with basic toothpaste can go a long way.

"All toothpastes are whitening toothpastes," Price said. "They all contain mild abrasives and detergents to help reduce surface stains from coffee, tea, tobacco and the like."

"There are toothpastes out there that have other features, mostly for capitalizing on consumer obsession on having whiter teeth," Buenvenida said.

Those in search of a whiter smile should skip these marketing ploys, though.

"Pastels that whiten your teeth are questionable," Buenvenida said. "To get the most effective bleaching, the material has to be in contact with the tooth for more than two minutes. To top it off, these pastes usually cost up to 10 times the price of the regular ones."

Also, watch what you eat.

"Anything that will stain the carpet will stain teeth — coffee, tea, grape juices, tobacco, etc. — so be aware of the things you put into your mouth," Price said.

If all else fails, Price offers some tricks of the trade: A good tan makes teeth look whiter against the skin, while rinsing with red mouthwash temporarily reddens gums; which makes teeth stand out. When having photos taken, rub some Vaseline on dried teeth to make them glisten and appear brighter.

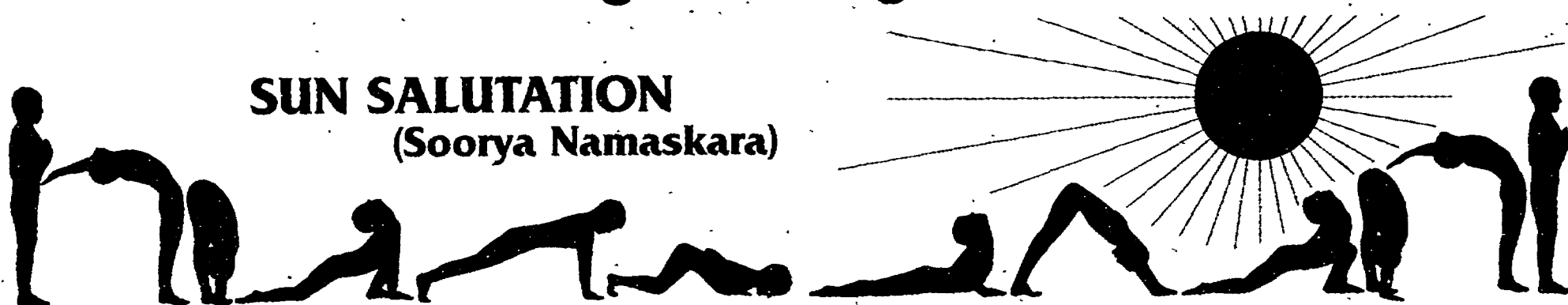
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# Organic foods free of chemicals, hormones

By Elizabeth Heer  
SPECIAL WRITER

Organic foods can give a whole new meaning to the theory you are what you eat. If your goal is to improve your health, why would you want to add chemicals or additives to your diet, asks Laura Schlicht, owner of Manic Organic Natural Foods.

"Even better, when you choose to purchase organic foods, you'll notice the difference right away in taste and even in the color," she said.

Health benefits lead the list of reasons for consuming organic foods, as well as a concern for improving the environment.

Many pesticides and hormones have been linked to cancer, according to the Environmental Protection Agency. Children in particular are more sensitive than adults to the effects of pesticides because of their rapidly developing nervous systems.

Organic farming methods — such as eliminating harmful chemicals, nitrogen leaching and soil erosion — help to protect and conserve our water resources.

Organic means that products and produce are grown without using pesticides, chemicals, steroids or antibiotics. Fresh fruits, vegetables, milk and other dairy foods, packaged products, meat and poultry make up the wide variety of products found on the market.

But you will not see organic products mass-produced.

"Because we have so many people to feed, producers are forced out of economic necessity to grow food quickly and it must have a longer shelf life. To do that, you have to use chemicals and preservatives," explained Schlicht.

Fortunately, consumers can rest assured that when they see the organic label, they know the product has been certified by the USDA. Since Oct. 21, 2002, agricultural products labeled organic must meet or exceed all established regulations. That means organic farms must grow produce without using pesticides, synthetic fertilizers, growth hormones and genetically engineered substances. Farms must also imple-

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ment proactive soil building, conservation, nutrient management, pest management and crop rotation systems. Livestock operations, as well as the handling and processing operations, must also adhere to strict organic regulations.

Shopping for organic foods is easier than ever before. While organic products are widely carried in natural food stores, supermarkets are increasingly catching on to consumer's interests. Half of all mainstream food stores now carry organically grown produce, according to the Food Marketing Institute. Farmers' markets, such as those in Brighton and Howell, offer up locally grown fresh produce and selected products from organic producers.

Customers at Manic Organic can take advantage of group purchasing and order as a co-op once a week, selecting from a large list of fresh produce.

Because it takes more effort to grow organically, products do tend to cost more. That is changing, however.

"There is more of a consumer shift to organic over traditional food," notes Schlicht. "But the industry is consumer driven. The more people buy, the more the prices will drop."



Photo by ELIZABETH HEER

Norma Soos at Manic Organic in Highland shows an abundance of natural food products. The store also offers fresh produce once each week.

# Maintain sense of humor for optimal health

By Ronda Addy  
MULTIAD BUILDER

People with positive attitudes seem to have a better outlook on life, but are they healthier?

The answer seems to be yes. People who are optimistic are more likely to overcome pain and adversity when recovering from an illness. They are also more likely to stay healthy.

Your body responds to your thoughts, emotions and actions. There are three strategies you can use to recover from an illness and stay healthy.

First try to change your expectations from negative to positive.

Here are some suggestions:

- Stop negative self talk. Make only posi-

tive statements.

- Send yourself affirmations. An affirmation is a phrase or sentence that sends a strong positive statement to you about you.

- Visualize health and healing.

- Don't feel guilty. Sometimes an illness may develop and persist no matter what. Do the best you can.

Just about anything that makes you feel good about yourself helps you recover and stay healthy:

- Friendship. Close social ties help you recover faster from illnesses and reduce your risk of developing diseases from arthritis to depression.

- Volunteering. Helping others helps you help yourself. People who volunteer enjoy life more than those who don't.

- Petting an animal. When you stroke a

pet, your blood pressure goes down.

- Spirituality. If you believe in a higher power, ask for support while you are recovering. Prayer, faith and spiritual beliefs can play an important role in recovering from an illness and staying healthy.

Believe it or not there have been studies that show laughter does many things:

- It can strengthen the immune system, possibly increasing antibodies and disease-fighting cells.

- It increases endorphins, the body's natural painkiller, thus increasing pain tolerance.

- It gives you a mini workout by increasing your heart and respiration rates, as well as blood pressure. Experts say a hearty one minute laugh is equal to approximately 10 minutes on a rowing machine.

- It works certain facial and abdominal

muscles. This is especially useful for people who have neuralgia or rheumatism.

- It helps people with certain kinds of respiratory illnesses by increasing their ventilation and clearing mucus.

- It reduces the incidence of arterial blockage, angioplasties and heart attacks.

It is said that children laugh approximately 400 times a day, while adults laugh 15 times.

The older people get the more responsibilities they have and thus the more stress. Things that were funny then don't seem that way now.

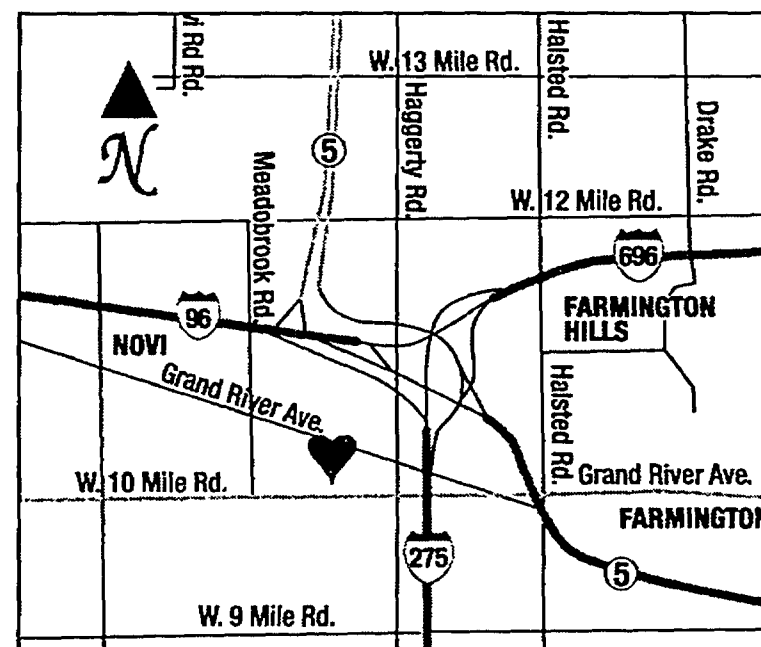
But it's OK to laugh.

A good belly laugh will work the abdominal muscles, massage your internal organs, improve the blood supply to the intestines and help the bowels move properly.



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# Quick workouts cater to women on the go

By Elizabeth Heer  
SPECIAL WRITER

We've all been there.

The great plans and intentions we have to become more fit and healthy often fall by the wayside. The gym's too crowded, it's too far, there's not enough time to exercise, it's too hard — finding excuses is easy for not making exercise a regular routine.

So what are some of the roadblocks women must hurdle?

Often, because we want fast results we set unrealistic goals. Then when the results just aren't there, there's no guilt to say it's not working and quit.

Finding time to fit a workout into an already packed schedule? Not going to happen. Besides, women often find it difficult to find time for themselves when there's a family that needs them.

It doesn't have to be like that — experts say the minimum requirements for a fitness program are pretty straightforward:

- Cardiovascular: Three days a week of aerobic training for a minimum of 20 minutes at a target heart rate of 60 percent to 80 percent.

- Resistance training: Two days a week, eight to 12 exercises covering major muscles of the upper and lower body.

- Flexibility: Stretch major muscle groups four times a week, hold each stretch 30 seconds.

- Begin each session with a 5-10-minute warm-up and end with a 3-5-minute cool-down.

Fitness centers that cater to women only are causing couch potatoes to sit up and take notice.

It's a stop, rock and go approach women can easily work into their day.

And the advantages of being women-only centers are especially appealing.

"No men, no makeup, no mirrors," said Denise Waling, owner of Curves for Women in Milford.

The focus of these centers is simple — combine cardio and strength training into one easy, 30-minute workout.

The easy-to-use machines use hydraulic resistance rather than weights, which women find appealing because it eliminates the injury factor.

Cue tapes let you know when to move to the next station and music keeps everyone bopping along.

And because you get more out of your exercise in a shorter amount of time, the circuit-training can help you stick with a routine.

"The circuit is where you get your hour-and-a-half workout in 30 minutes, because everyone is moving," Waling said. "You push your muscles and build your heart rate up on the machines and then cool down on the recovery board."

Rebecca Moore at It Figures in Northville says,

"The reason so many women can do it is because it works to everyone's individual fitness or power level."

Moore, as well as Waling, note their members range in age from teens to women in their 80s, although the vast majority are middle aged.

"It's an easy program and you burn of lot

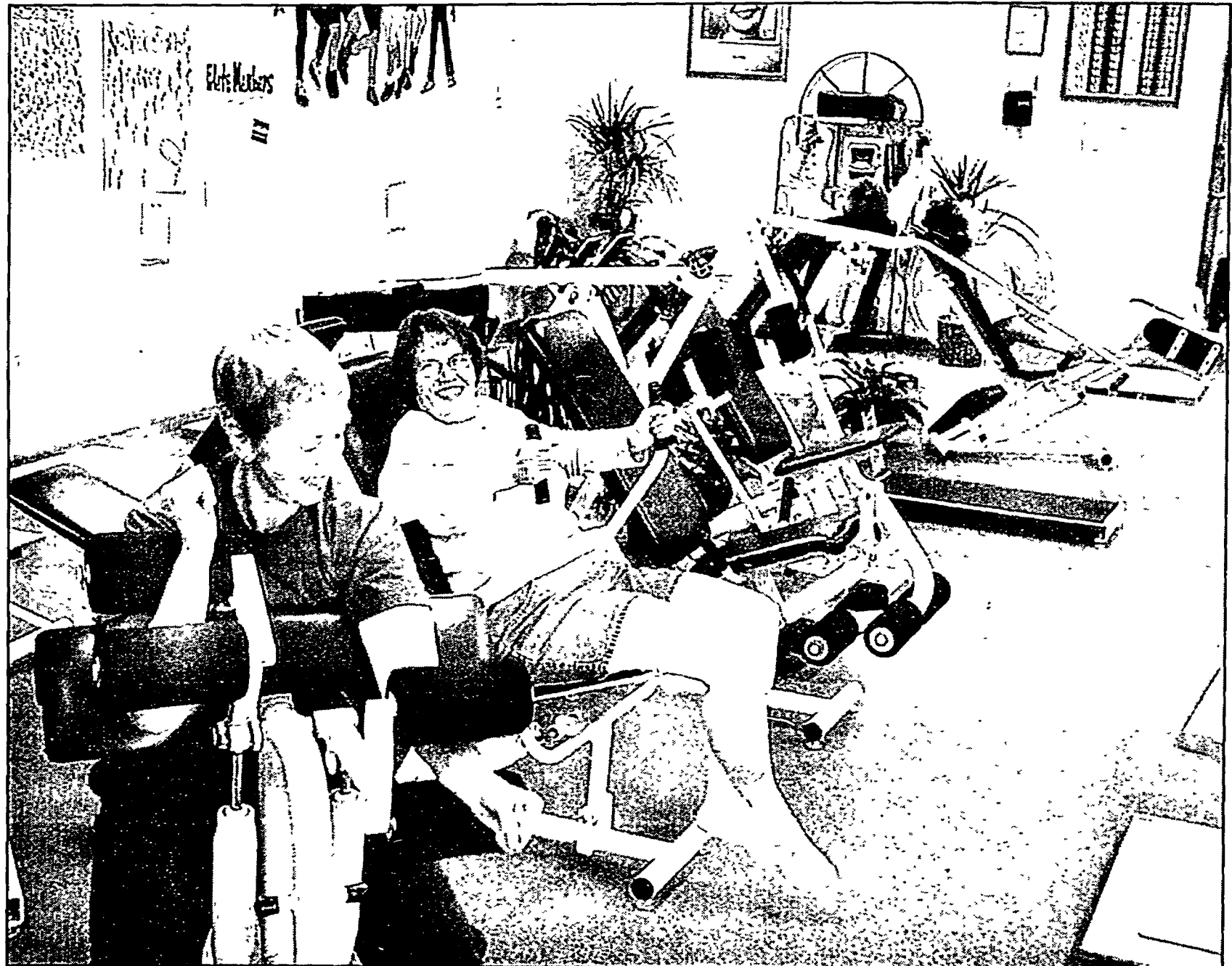


Photo by ELIZABETH HEER

The fitness circuit at Curves for Women in Milford is a quick, 30-minute workout — perfect for busy women.

*"It's an easy program and you burn of lot of body fat while toning. Most importantly, everyone gets results. You're losing inches, toning up and feeling better about yourself. Because it's women only, it's not intimidating. Women like working out without the pressure of having men around."*

—Rebecca Moore  
It Figures of Northville

of body fat while toning. Most importantly, everyone gets results," Moore said. "You're losing inches, toning up and feeling better about yourself. Because it's women only, it's not intimidating. Women like working out without the pressure of having men around." Contours Express in Milford also offers the same system with a 16-piece circuit that combines strength training with aerobic exercise.

"It's great because you don't have to wonder what exercise to do next," Bren Pawlak

said.

Periodic progress checks help women stay motivated and create new goals.

All three of these centers offer diet plans and have dietary supplements for sale. Membership plans range from three months to a year.

Everyone can benefit from increasing their activity level, although it is important to check with your doctor before beginning any exercise program. The bottom line is pretty clear though — just get moving!

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# Want to stay healthy? Wash your hands of disease

By Paul R. Huard  
COPLEY NEWS SERVICE

The greatest threat to America's health isn't the germ-borne threat of bioterrorism. It's a nation of people who have forgotten how important it is to wash their hands.

Often called the No. 1 cause of spreading disease, bacteria-laden hands spread colds, influenza and food-related illnesses. Those are the kind of bugs the average person is most likely to encounter, not virulent plague germs such as the microorganisms that cause anthrax and smallpox.

Your hands don't have to look like they've been working at a fertilizer factory to spread sickness. Casual contact with common surfaces such as countertops or the steering wheel of a car can pick up hundreds of thousands of microbes ready to cause sickness.

"This is not some theoretical, community-type problem that might affect somebody else, sometime," said Meera Kelley, a clinical assistant professor in the division of infectious diseases at the University of North Carolina School of Medicine at Chapel Hill. Kelley said that unclean hands have caused the death of

untold numbers of people during history's greatest plagues.

In fact, hand washing is such an effective hygiene strategy the Centers for Disease Control and Prevention recently released new guidelines to help doctors protect patients from accidental infection. The guidelines emphasized augmenting hand washing with alcohol-based hand cleaners used between regular scrubs.

"Clean hands are the single most important factor in preventing the spread of dangerous germs and antibiotic resistance in health care settings," said Julie Gerberding, director of the CDC. "More widespread use of these products that improve adherence to recommended hand hygiene practices will promote patient safety and prevent infections."

The CDC estimates that each year nearly 2 million patients in the United States get an infection in hospitals, and about 90,000 of these patients die as a result of their infection.

Infections are also a complication of care in other settings including long-term care facilities, clinics and dialysis centers. Improving hand hygiene will help prevent the spread of germs from one patient to another.

So, remember what your mother and your grade-school teachers told you -- wash your hands.

In most cases, all you need is good old soap and water to do the trick.

When should you wash? The times are obvious: Before preparing food or eating, before treating a cut or wound, before handling contact lenses, after using the bathroom or changing a diaper and after handling raw meat or fish.

Debate rages concerning the use of antibacterial soaps. A 1997 study sponsored by the soap and detergent industry confirmed what many manufacturers have said for years: Antibacterial ingredients are powerfully effective against disease-causing germs.

But some medical experts disagree with the findings and are concerned about the long-term effects of the agents on bacteria's resistance to drugs.

The efforts of humans to keep their bodies and the things they touch bacteria-free are misguided, Tufts University microbiologist Stuart Levy told the International Conference on Emerging Infectious Diseases last year.

Ingredients in soaps and cleansers intended

to fight bacteria could promote the growth of drug-resistant "super bugs" that might otherwise be kept in check with little more than a vigorous scrub, he said.

"Dousing everything we touch with antibacterial soaps and taking antibiotic medications at the first sign of a cold can upset the natural balance of microorganisms in and around us, leaving behind only the 'super bugs,'" Levy said.

Whatever an individual's choice regarding personal cleaning products, most medical researchers agree, the use of simple cleaners is enough in a household setting.

Simple hand soap and water work just as well as antibacterial lotions, Levy said, when one soaks and rubs one's hands for 10 to 15 seconds.

He said older cleansers such as alcohol, chlorine bleach and hydrogen peroxide are sufficient for most purposes. Levy said strong antibacterial cleaners are needed only when someone in a household is seriously ill or has low immunity.

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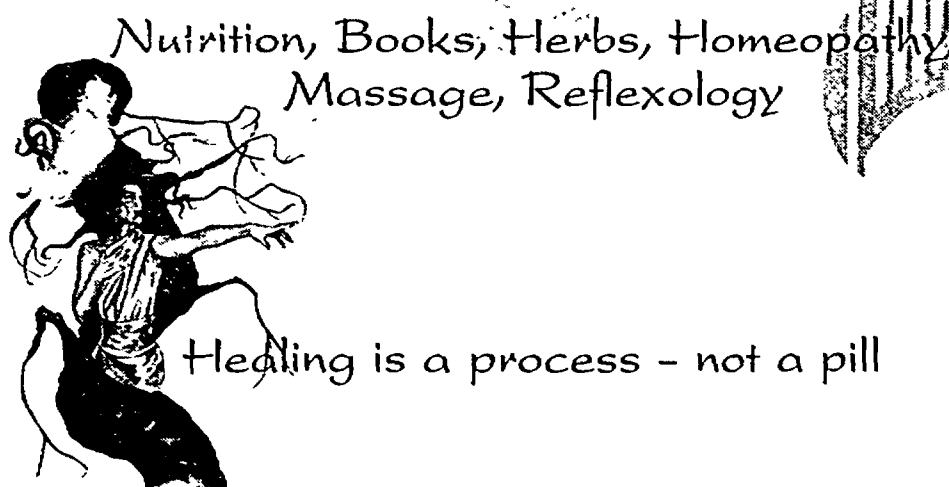
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# They're positive: Optimists are healthier

By Paul R. Huard  
COPLEY NEWS SERVICE

There really is power in positive thinking — at least the power to improve your health, fight disease and recover from surgery, according to recent medical studies.

Although scientists and medical experts have been skeptical about the medical benefits of "feel-good thinking," the tide is turning.

"(Some say) optimists are naive and vulnerable to disappointment when they come face to face with reality," said Dr. Suzanne C. Segerstrom, an assistant professor of psychology at the University of Kentucky and winner 2002 Templeton Positive Psychology Prize, the largest cash prize in psychological research. "My evidence suggests that optimists are not naive. They are, however, wiser in expending their energies and better at directing their attention to and elaborating positive information."

Segerstrom's research is aimed at understanding the processes behind optimistic dispositions and beliefs and how these processes relate to the functioning of the immune system.

"Like pessimists, optimists attend to negative information and process it consciously," Segerstrom said. "However, they differ from their pessimistic counterparts in their equal or greater attention to positive stimuli and they show signs of immune suppression as a consequence of working harder to achieve their goals."

The study, published in the *Journal of Personality and Social Psychology*, suggests that approaching stressful events optimistically — with confident emotions and positive expectations — increases the number and potency of cells that ward off disease.

Scientific evidence already exists that



Illustration by COPLEY NEWS SERVICE

**Scientific evidence already exists that optimists recover faster from surgery and live longer with serious diseases such as AIDS, but a new study is the first to link optimism to increased immune response in healthy people.**

optimists recover faster from surgery and live longer with serious diseases such as AIDS, but this study is the first to link optimism to increased immune response in healthy people.

When researchers took immune system measurements of 90 healthy first-year law students both before the beginning of classes in the fall and again two months later, they found that by mid-semester, the opti-

mistic students exhibited higher levels of both helper T cells and natural killer cells than the pessimistic students did.

"While this size of change in the immune system may not always translate into health differences, it does establish the possibility that people's outlook and mood when stressed might affect responses to common immune challenges, such as exposure to cold viruses or immunization," said Segerstrom said.

Finding scientific evidence to explain why positive thinking helps people in their recovery isn't an easy task, says Dr. Donald C. Cole, a senior scientist at the Institute for Work and Health in Toronto.

Cole examined 16 published studies in which researchers looked at the relationship between a patient's beliefs or expectations about his or her health outcome compared with the actual outcome.

The medical conditions of the people being studied included heart attack, back pain, surgery, mental health problems and obesity.

In 15 of 16 studies, people with the more optimistic outlook had the better results when it came to recovery, according to his report published last year in the *Canadian Medical Association Journal*.

Cole says the evidence appears to be strong enough to suggest that patients with negative attitudes such as anticipating complications, difficulty returning to work, or believing they won't ever feel like themselves again should be targeted for support and counseling.

Yet untempered optimism can get you in trouble, too, said Dr. Andrew Shatte, of Adaptive Learning Systems in King of Prussia, Pa.

In an article at the Web site WebMD ([www.webmd.com](http://www.webmd.com)), Shatte said optimists

tend to shift the blame to others when things don't work out. They can also be aggressive and impulsive, taking unnecessary risks.

"Neither extreme is healthy," Shatte said. "The most effective people combine the can-do enthusiasm of the optimist with the early warning system of the pessimist. The trick is learning when and how to adjust your point of view."

Increasing your sense of optimism doesn't mean that you have to endure motivational seminars or undergo personal coaching sessions.

Changing your expectations from negative to positive may enhance your physical health.

Stop all negative self-talk. Make positive statements that promote your wellness, quest for fitness or good mental attitude.

Value the victories you make, even the small ones, as you heal, overcome pain or discover the benefits of a new treatment or lifestyle.

Laugh. Find the humor in life — and store it. A personal collection of jokes, cartoons, photographs, videotapes or DVDs of favorite comedies, or bookmarked humor sites on the Web can help you survive the roughest day.

No man or woman is an island. Isolated people don't have the social ties that help them have a positive outlook on life. Friendships are vital to good health, help you recover more quickly from illness and reduce your risk of developing diseases.

Find the spiritual in life. Faith, prayer and association with a community of believers can help you overcome life's trials and offer you optimism's traveling companion: Hope.

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## Take workout to the pool for optimal results

By Ronda Addy  
MULTIAD BUILDER

Everyone knows drinking water is good for you, but water is also a good place to help you get into shape.

A water workout is considered low impact and can benefit people of all ages. Water workouts increase your strength and flexibility, enhance your body's contours, increase your circulation, control weight, increase your heart's stamina and help heal damaged muscles.

Water workouts have several advantages over regular workouts. In water your weight is a tenth of what it is on land. This gives your body more flexibility than it would normally have and a greater range of motion.

Water also gives you 12 times the resistance than air, so moving through water is like working with weights, but without the stress to your joints and muscles. There are fewer high-impact injuries when working out in water.

The most popular water fitness activity by far is swimming. Swimming has a lower risk of injury and is less stressful on the joints. You get the benefits of aerobic conditioning,

stretching, strength conditioning and flexibility.

If you want to start a swimming routine, consult with your doctor first. Always remember for safety reasons to never swim alone.

Swimming laps is probably one of the most popular forms of workouts. When you are deciding how to pace yourself, calculate how many laps equal 25-50 yards. Then try and complete that number in one minute. For example, if your pool is 15 yards long and you want to swim 50 yards in a minute, you would need to swim about three laps in one minute. Try using different strokes to exercise different muscles.

Other forms of water activities include water walking, water tai chi, water yoga, aquatic kick boxing and deep water running. All of these are vertical water workouts. Because resistance is 75 percent greater in vertical water workouts than when you swim horizontally, you can really work your muscles.

Keep these tips in mind when doing vertical water workouts:

- Buoyancy supports the body and allows you to make larger movements than on land.
- Intensity increases as you increase the size

and speed of your movements.

- Balance and control is created by the sculling and downward movements of the hands.

- Before using resistance devices, such as webbed hand mitts, make sure you are balancing your arms and legs to help coordinate and stabilize your moves.

- Movements that work the body all around in various places while maintaining proper body alignment are good for muscle balance.

- Keep your abdominals tight to support a long, upright spine and tuck your hips slightly (particularly when moving backward) to maintain alignment.

- Avoid holding static stretches in cool water.

- Drink plenty of fluids to avoid dehydration.

Here are some exercises to try in your own pool:

- Jogging from one end of the pool and then pushing back.
  - Jumping jacks (starting with the legs together, jump out and back).
  - Shoulder raises front and side.
  - Scissor steps with alternate arm punches.
- There is not as much pressure in water

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workouts as there is in regular workouts. In water, you don't have to keep up or worry that someone might see you make a mistake.

So jump on in — the water's fine.

# Obesity: Americans killing selves

"The biggest problem we face in America is not terrorism... The biggest health problem we're facing is obesity," said Julie Gerberding, head of America's Center for Disease Control.

Philip James, chairman of the International Obesity Taskforce stated, "Obesity constitutes one of the most important medical and public health problems of our time."

The IOTF is an organization that collaborates with the World Health Organization and has a mission to inform the world about the urgency of the problem and to persuade the government that the time to act is now.

Obesity is a killer and it is growing at such an alarming rate — approximately 300,000 deaths a year in the United States are attributable to obesity — that many predict it will overtake smoking as the country's leading cause of preventable death.

In 1999, 61 percent of adults in the United States were overweight, along with 13 percent of children ages 6-11 and 14 percent of adolescents aged 12-19 years. This prevalence has nearly tripled in the past two decades.

Closer to home we continue to lead the way in this ever growing negative trend that increased from 15.2 percent of adults with obesity in Michigan in 1999 to almost 22 percent in 2000.

Men's Fitness Magazine gives Michigan the top recognition for being the most over-

weight state several years running. This trend does not appear to be slowing; in fact it continues to be growing.

Isn't it amazing how high of an awareness we seem to have of the latest reality show results or the latest sports team standings or the latest hot movie debut, yet despite these startling and overwhelming statements and facts, we choose to ignore and publicize the seriousness of this obesity epidemic.

Or we write it off to genetics, when in reality less than 1/4 of adults engage in the recommended amount of physical activity — at least 30 minutes most days.

In our schools, physical education and recess continue to be under pressure to be reduced or replaced. In the United States, only the state of Illinois requires daily physical education for students in grades kindergarten through 12. What type of message does this send to our young people?

The epidemic is so far reaching it affects the future of this nation. The surgeon gen-

CHRIS KLEBBA



eral spent his first months in office working with military leaders concerned about obesity and lack of fitness among America's youth.

"The military needs healthy recruits," he said.

An overweight adolescent has a 70 percent to 80 percent chance of becoming an overweight or obese adult.

The root of this epidemic reaches everywhere contributing negatively to over 30 diseases ranging from arthritis to depression.

The economic cost of obesity in the United States was about \$117 billion in 2000. Our current health care system will not be equipped to handle our future needs without much more personal commitment to what I call upstream health care.

Upstream health care involves personal commitment to care for ourselves and setting an example for our children. In other words, take responsibility for our health upstream versus downstream, where we are already sick and seeking medical attention. Thank heaven we have the medical community available, but let's not put all the responsibility on them.

Upstream health care steps include:

□ **Become aware** — the jury is in, look at the facts and accept personal responsibility.

□ **Be active** — 43 percent of adolescents watch more than 2-3 hours of TV per day.

Get moving, stop the excuses and make it a priority. Exercise 30 minutes per day most days, for adults, or 60 minutes, for children, on most days of the week.

□ **Aim for a healthy weight** — Make an effort at balancing your food intake. The average calories for a fast food hamburger used to be 200-300, fast forward to our super sized world of today and the calories are increased to about 600. A soft drink used to come in an 8-ounce container, now they are super sized and come in 24-ounce servings. Make an effort to watch portion sizes.

For tips on following the dietary guidelines for Americans, log on to [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines).

Even losing 10 percent of your body weight can improve your health, but lose weight gradually — watch out for the quick fixes. Stick to a 1 1/2 pound weight loss per week maximum.

Start with these basic steps.

If we are all just doing something, the sheer force of our numbers will stop and reverse this epidemic.

Our future depends on it!

Chris Klebba is the owner and operator of the Water Wheel Health Club in Northville, a Certified Fitness Trainer and public speaker. For more information, call (248) 449-7634 or visit [www.wtrwheel.com](http://www.wtrwheel.com).

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# Stop smoking

## Even with aids, kicking the habit can be a drag

By Pam Adams  
COPLEY NEWS SERVICE

Not too long ago, pharmacist John Preckshot says pointing to a 4-foot long shelf in his pharmacy, "This shelf used to be full."

The shelf is empty now, except for seven small prescription pill bottles in the corner, each with a little white stick sticking out of the childproof tops.

"Place lollipop in the cheek, when smoking urge begins," the pill-bottle instructions read. "Leave until urge is over. ..."

That would be candy-flavored, nicotine-laced lollipops. And yes, they came in the goody flavors: cherry, green apple, spearmint, watermelon and cinnamon. And no, Preckshot's isn't selling them anymore.

Recovering smokers loved them, pharmacists at Preckshot Professional Pharmacy in Peoria, Ill., say. Independent pharmacists around the country say they were the hottest stop-smoking aid on the market for smokers who, pardon the pun, wanted to lick the habit.

The Food and Drug Administration stepped in last year calling the products illegal and warning three pharmacies to stop selling nicotine lollipops and lip balm over the Internet.

Yes, lip balm, too.

Stop-smoking products aren't quite as hot a topic as raising cigarette taxes. But as cigarette costs climb, not to mention associated health risks, the quest for new-and-improved smoking cessation strategies will, undoubtedly, climb right along with the cost.

Take note: While a Georgia pharmacist claims responsibility for the invention of nicotine lollipops, Maryland research scientists are working on a tobacco vaccine.

"It's a very lucrative market," says Jeff Robins, another pharmacist at Preckshot.

According to the U.S. Centers for Disease Control and Prevention, about 40 percent of the country's 50 million smokers will try to quit at least once this year. Even with the plethora of smoking-cessation aids on the market, only one in 10 will succeed, at least on the first try.

Smokers and former smokers can name as many stop-smoking techniques as Oprah can name diets: cold turkey, hypnosis, acupuncture, herbal remedies, 12-step programs, smoking-cessation classes.

Nicotine gum, introduced in 1984, was supposed to revolutionize how smokers quit smoking. Mainly it opened the door to more stop-smoking aids and a whole new world called nicotine-replacement therapy. The gum begat the patch in 1992, followed by the nasal spray, the inhaler and, most recently, the short-lived (for now) lollipops and lip balms.

Along the way, researchers discovered the anti-depressant popularly known as Zyban showed some effectiveness in reducing smokers' withdrawal symptoms from nicotine, as did other prescription drugs, such as clonidine, a blood pressure medication.

The continuing variety of stop-smoking aids and strategies in the marketplace, the ongoing clinical trials on drugs that may reduce nicotine craving ought to be a clue. Researchers -- and smokers trying to quit -- have yet to find anything close to a magic bullet.

"It's very hard to quit smoking," Robins says. "Most people will try to quit more than five times before they actually succeed."

The gum, the patch, the lollipop or other replacement therapies do not actually

replace nicotine.

Rather, smokers trade one nicotine delivery system for another, hoping to reduce nicotine intake gradually, thus minimizing the stress, anxiety and other adverse effects of nicotine withdrawal.

On the other hand, medications such as Zyban and clonidine, appear to hit the same brain chemicals as nicotine, though scientists aren't sure exactly how.

The gum and patch have been sold over-the-counter since the mid-1990s, other nicotine replacement therapies and the medications are available by prescription only. Still, all of them come with a unique set of problems.

Smokers complain about the taste of the gum and its effects on their dental health. The patch alone fails to address the psychological habit of nicotine addiction. While the nasal spray and the inhaler offer the short bursts of satisfaction smokers associate with puffing on cigarettes, doctors do not recommend them for smokers with allergies, asthma and other respiratory problems.

Additionally, gauging the right dosages for individual smokers is one of the hardest aspects of nicotine-replacement strategies.

Zyban, marketed for depression under the brand name Wellbutrin, has been linked to severe side effects in some patients. Clonidine can be taken orally or through the patch, but it too has too many side effects for the average smoker to consider.

Pharmacists expect the nicotine lollipops to return to the market eventually by prescription only, with FDA approval, and probably made using a different nicotine recipe than the one they prefer.

But the only thing health educators, doctors, researchers and even smokers know for sure is this: The stop-smoking aids are



Photo by TERESSA HARGROVE / COPLEY NEWS SERVICE

According to the U.S. Centers for Disease Control and Prevention, about 40 percent of the country's 50 million smokers will try to quit at least once this year. Even with the plethora of aids on the market, only one in 10 will succeed on the first try.

just that, aids. How effective they are depends most on the smoker's motivation to stop.

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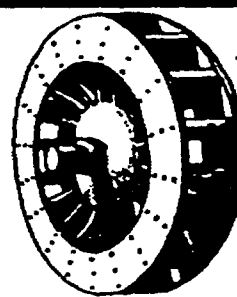
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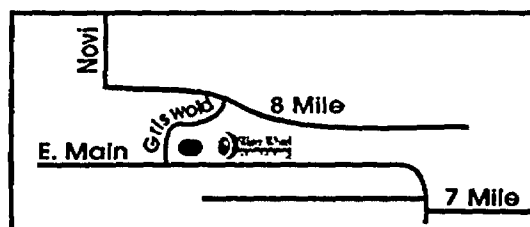
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# CONSIDERING THE

## Making sense of non-traditional medicine

By Elizabeth Heer  
SPECIAL WRITER

**C**omplementary and alternative medicine is a broad description of any health approach not considered part of the mainstream care of primary and specialty medical providers.

Complementary medicine is a blending of science and nature, and is used to maintain or improve wellness, prevent disease or to treat health problems.

Treatments such as massage, prayer, music, mind-body therapies or counseling carry low or no risk to patients and may actually enhance mainstream medical treatment.

Alternative medicine, such as acupuncture, homeopathy, osteopathy, chiropractic, natural and herbal remedies may be most commonly sought out instead of conventional medicine, but also may carry greater risks.

The conditions that cause most people to seek out CAMs include back problems, anxiety, headaches, chronic pain, cancer and tumors.

CAM treatments are attractive to many people because they tend to be less invasive, non-narcotic, accessible and allow a more comprehensive, whole-body approach to a disease or symptom.

And in fact, CAM has garnered respect in traditional medicine as more providers become attuned to the desires of their patients and have integrated the therapies into their medical practices.

CAMS are less regulated and tested than conventional medicine, and not all health insurances cover them.

When assessing the risks and benefits of using a CAM, it is important to find the most reliable information possible, and to discuss your decision with your primary doctor.

There can be serious side effects, for instance, in using any supplement, such as herbal or natural remedies, if you take other medications or prescriptions.

For example, certain supplements may be blood thinners and if surgery is in the picture, a patient would want to be sure they



Photo by ELIZABETH HEER

Marty Ward looks over the many health products she carries at The Health Mart in Milford. Although employees can provide information on the products, they do not make diagnosis. Instead, they recommend customers see a doctor first.

were out of their system beforehand.

Homeopathy and natural and herbal remedies can be found in many stores, and the sheer volume of products can be overwhelming.

Employees of health stores can recommend products, but not diagnosis to customers, notes Marty Ward, owner of The Health Mart in Milford.

"What we try to do is make sure people get the information that is put out by independent researchers. We hand that out free so people get good information," she said.

"We can't make health claims, but we recommend products based on studies."

Ward also notes that the product lines she carries have been tested and the manufacturers stand behind their label.

"It's part of the store owners responsibility to the public to know their products," she said.

### MORE INFORMATION

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#### ☐ The Vitamin Company (formerly Power Place Nutrition)

421 W. Main St.  
Brighton  
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#### ☐ The Health Mart 115 W. Commerce Milford (248) 684-6278

☐ For more information about the NCCAM, visit [www.nccam.nih.gov](http://www.nccam.nih.gov).

## Follow these suggestions

By Ronda Addy  
MULTIAD BUILDER

In 1998 Congress established the National Center for Complementary and Alternative Medicine, a division of the National Institutes of Health.

Its three primary goals are to evaluate the safety and efficacy of natural products, support the scientific study of those products and evaluate practices that implement them.

The growth in the public's interest in complementary and alternative medicines is evident in the budget of the NCCAM, which in 2000 was \$68.7 million compared to just \$2 million in 1993.

When considering CAM therapy, follow these tips:

- **Research.** Learn about the benefits and risks involved in CAM therapy. Just because something is on the Internet does not mean it is true. Look around for different studies that prove the treatment's effectiveness.

- **Get referrals.** Verify that the therapy will help you. Use the alternative practitioner's staff to get reliable information about them and how they work.

- **Look into the philosophy behind the alternative techniques.** Find out how the therapy came about. Is the therapy based in science? Does the therapy welcome independent evaluation?

- **Interview the provider.** Ask questions. Develop an alliance with your CAM health care provider.

# THE ALTERNATIVE

## Kitchen uses holistic medicine to fight cancer

By Elizabeth Heer  
SPECIAL WRITER

When faced with a serious, life-changing event, Bernie Kitchen took charge.

After discovering a cancerous breast lump three years ago, the South Lyon resident had traditional breast surgery. Her choices, as recommended by her doctor, were to undergo chemotherapy or radiation.

"As a registered nurse, I come from a conventional medicine background. And I'm not opposed to that," Kitchen said. "We considered the chemotherapy and radiation. But there's no silver bullet for cancer. It took years to get it, and it will take years to reverse it."

After tackling a lot of reading and researching, Kitchen and her husband, Jim, decided that the risks involved with chemotherapy would be greater than the benefits.

"My cancer was aggressive. Although my doctor's level of confidence was with conventional treatments, I was confident that I could make radical changes in my diet as well as doing other things that would help build my immune system," she said.

The cancer fortunately had not reached

*"We did a lot of analyzing — hair, digestive system, mineral deficiencies, the detoxifying ability of my liver. Once we found out what was wrong with my body, we started to reverse those things that were draining my immune system."*

—Bernie Kitchen  
Self-Health Alternatives

Kitchen's lymph system, which encouraged her to pursue a holistic approach to treatment. She contacted Brad Mallard, MS, PA-C, who is now with Health Strategies — Holistic in South Lyon.

Holistic medicine looks at the whole person instead of focusing on the disease, and utilizes the best practices of medical care, including the patient's physical, emotional and nutritional status.

The Kitchens worked as a team with Mallard and began fitting the puzzle pieces together to figure out what was wrong.

"We did a lot of analyzing — hair, digestive

system, mineral deficiencies, the detoxifying ability of my liver. Once we found out what was wrong with my body, we started to reverse those things that were draining my immune system," she said.

After fitting those puzzle pieces together, a regime was created. What Kitchen felt she needed to do was eliminate toxins from her body, increase her intake of healthy, natural foods and eliminate refined sugar from her diet.



Submitted Photo

While fighting cancer, Bernie Kitchen discovered infrared saunas help remove toxins from the body. She was so impressed with the results, she became a dealer.

Continued on page 15

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# Better flossing may lower blood pressure

By Paul R. Huard  
COPLEY NEWS SERVICE

New medical breakthroughs indicate that whipping high blood pressure and heart disease could be a matter of using some old pharmaceutical standbys, a more sensitive blood test and proper dental hygiene.

When it comes to medications to treat high blood pressure, newer isn't necessarily better.

In fact, researchers say that in light of new findings from a landmark study, diuretics should be the top choice for combating high blood pressure.

In the December issue of *Journal of the American Medical Association*, researchers reported results from ALLHAT, the largest mortality study of hypertension treatment.

A massive clinical trial compared several drugs for the treatment of high blood pressure to diuretics, which have been around for a much longer time — and are much cheaper.

Specifically, the diuretic studied — chlorthalidone — was substantially better at preventing heart failure and stroke that can occur as a result of high blood pressure.

The researchers found that the diuretic worked better than newer, more expensive drugs to treat high blood pressure and prevent some forms of heart disease.

"This study will lead physicians to rethink how they treat high blood pressure. But we strongly urge patients to continue taking

their current medication until they have talked with their physician to determine the best treatment," said Dr. Daniel Jones, the American Heart Association's representative to the National Institutes of Health high blood pressure education program coordinating committee.

There are several different classes of new blood pressure drugs. But they had not been compared directly with the older diuretics — until now. Diuretics lower blood pressure by increasing urinary output and reducing the body's sodium and water volume.

"The discussion around controlling blood pressure has centered on what class of high blood pressure drug may be best, which has included focusing on the non-blood pressure benefits. This study suggests that effective blood pressure lowering may be more important than non-blood pressure effects," Jones said.

High blood pressure usually has no symptoms, giving rise to its reputation as a "silent killer." It affects about 50 million Americans, but of those people with the condition about 31 percent don't know they have it.

The condition directly increases the risk of coronary heart disease (which leads to heart attack) and stroke, especially combined with other risk factors such as high cholesterol levels.

**A more effective measure**

Last year, the *New England Journal of Medicine* carried a report that found that the

blood test for highly sensitive C-reactive protein HSCRP is twice as effective as a standard cholesterol test in predicting heart attacks and strokes.

The test measures the levels of a specific blood protein that indicates that you have inflamed heart arteries — the kind that rupture and cause heart failure.

Researchers at Brigham and Women's Hospital in Boston monitored 30,000 women for three years while conducting the study. But the results apply to men as well, says Dr. Paul Ridker, the study's lead author.

Researchers found that those with the highest levels of CRP suffered a much higher rate of heart attacks and strokes. As many as half of all heart attack victims have normal cholesterol levels, Ridker says.

**Tooth loss linked to increased stroke risk**

Here's another reason to floss: Tooth loss and periodontal disease may increase the risk of ischemic stroke, according to a report by the American Heart Association.

An ischemic stroke results from a blockage in an artery leading to the brain. It is the most common type of stroke.

In the study, men who had fewer than 25 teeth when they entered the study had a 57 percent higher risk of ischemic stroke than those with 25 or more teeth.

The link between ischemic stroke and periodontal disease, which is caused by bacterial infections, adds another piece to the growing body of evidence that infection

plays a role in stroke and heart disease. However, the new study presents a surprising finding about tooth loss.

"The association of ischemic stroke with tooth loss persisted even after we controlled for periodontal disease history, which could reflect severe periodontal disease in the extracted teeth," said Dr. Kaumudi J. Joshipura, associate professor of epidemiology at Harvard School of Dental Medicine and Harvard School of Public Health in Boston.

Researchers studied 41,380 men in the Health Professionals' Follow-Up Study — mostly white dentists, veterinarians, pharmacists, optometrists, osteopathic physicians and podiatrists who were ages 40 to 75 at the start of the 12-year study.

The men completed questionnaires mailed to them every two years about their medical history, health behaviors, and the occurrence of cardiovascular problems or other adverse health events.

Participants with fewer teeth were generally older, drank more alcohol, were less physically active and were more likely to smoke.

Periodontal disease, tooth loss and ischemic stroke share about a dozen risk factors, including age, smoking, diabetes and some socioeconomic factors such as low income, Joshipura says.

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# Holistic medicine helps Kitchen

Continued from page 13

"I had way too much yeast in my body, so I stopped eating sugars and yeast bread for awhile. Now I try to eat unprocessed sugar," she said.

Organic foods have become the staples of her diet, and she finds most of what she needs from Greenock Mill, located on Rushton in Green Oak Township.

Kitchen also discovered, through her research on the Internet, the infrared sauna that has played an important role in removing toxins from her body. She was so impressed with the sauna that she is now a dealer. The infrared sauna uses radiant heat that penetrates an inch and a half below skin level.

"What it does is opens the circulatory and lymph system and immobilizes toxins directly from the fat tissue so you sweat them out," Kitchen explained.

Sweating therapy is a time-honored tradition practiced by Native Americans to purify and balance the body.

Kitchen also found another important connection in her search for a cure. Her cancer was estrogen-fed, so it was important to cut back on her estrogen levels. She began using natural progesterone cream that is produced at the South Lyon Family Pharmacy.

"I have no side effects because it duplicates the progesterone my body makes," she said.

Kitchen is thankful her efforts have paid off. All her ultrasounds and tumor markers are normal, and no cancer has shown itself somewhere else.

While she always thought she was living a healthy lifestyle, she has noticed her regime

## MORE INFORMATION

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Bernie Kitchen  
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has improved her overall health. She has eliminated joint pain and all her yeast symptoms.

"Everything kind of just came together. We were researching and making a lot of decisions very quickly. But there was a spiritual aspect to all of this, behind the scenes, that led the way for us. I want to give the Lord credit for that."

# Who is really healthy?

Only a small percentage of the American adult population between the ages of 25 to 74 reports good mental and physical health, reports the American Journal of Health Promotion.

After extensive questionnaires and interviews of 3,032 people by researchers, 19 percent were found to be completely healthy, 18 percent were completely unhealthy, and 62 percent had some problems, mostly poor physical health.

The completely healthy tended to be males, married, college-educated and with higher household incomes, they found.

## Brisk walking

To find out if you're walking briskly enough to get aerobic benefits, count the number of steps you take in one minute.

Count each step, says Consumer Reports on Health. If you take 125 steps per minute, that's enough for fitness for average adults, and meets the American College of Sports Medicine's guidelines. One mile equals 2,000 steps for fitness, it says.

— By Copley News Service

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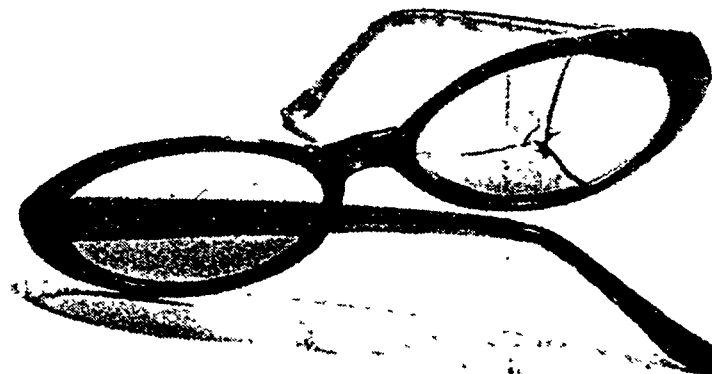
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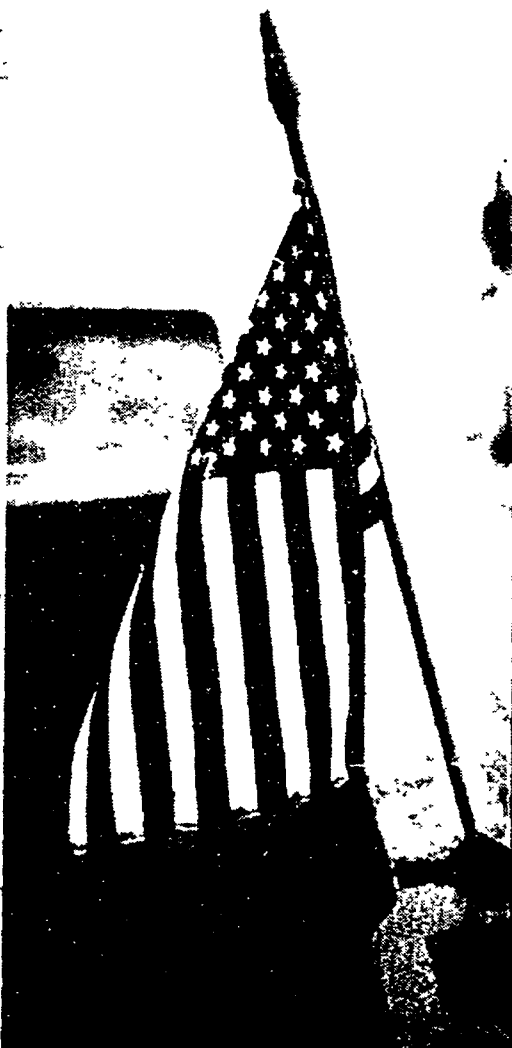
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# Get ready for swimsuit season now

Typically, we begin to think about our appearance in our swimsuit about the time we put it on for the first time, when actually now is the time to do something if you would like to improve your appearance as you head to your favorite beach or lake.

The following are basic, simple steps that if applied consistently, will have a positive affect not only in your appearance but your overall health this summer:

**1. Start now.** I know the house needs some improvement or repair, I know the job is extremely stressful and the kids are very busy, but a time to start your fitness plan will never be perfect. Begin to incorporate small steps in your lifestyle today. Do what you can. So many clients wait for that perfect time when they can do it all 100 percent and many are waiting for years. Do what you can now! Small steps applied consistently can have big positive results.

**2. Set a short term goal.** We will watch our clients for years and notice little or no body changes, then suddenly notice huge changes. When we inquire about these changes, we almost always find a daughter's wedding, family or high school reunion, or vacation involving a cruise or sunny beach resort coming up within the following 90 days or so. The only difference from no change to huge changes is they now have a goal. If you are sick and tired of hearing about goals, call it a reason; but find a reason to make and stick to positive changes in your lifestyle. If health was reason enough, steak, pizza and cigar establishments wouldn't be so popular, 60 percent of us wouldn't be considered overweight, and Michigan wouldn't win the top three honors for the most overweight state year in and year out! You know how the human mind of today works ... "yeah this isn't so healthy but I deserve it, heck you only live once," or, "I will start my fitness plan on Monday." But this all changes when you have a short term goal or reason. And when you reach it, find another reason to continue!

**3. Make your fitness a priority.** When we counsel clients we continually find that a person's No. 1 goal, above all else, is their health and appearance, yet in a 168-hour week we find none of those hours dedicated to reaching that goal. Plan your fitness time as you would your work or family time. (If you complete step No. 2, this will not be difficult). By setting an example, we are better parents, teachers and all around adults. Obesity is an epidemic affecting adults and children as well and a positive change can happen by shifting our priorities. After 20 years in the fitness business, I witness everyday how easy the priority of fitness can be altered. Too cold, too hot, too snowy, a reality or sports show on television can all drop the fitness time from our schedule very quickly. Make it a priority!

**4. Drink more water.** Let's start with the easier small changes. If our bodies are 60 percent to 70 percent water, doesn't it make sense to keep a fresh supply of it in our systems. Most of us are dehydrated and have become used to feeling and looking that way with lower energy, sluggish, dull or flaky skin, etc. If you could make one positive change for your health that takes very little time, expense or physical effort, this would be it. Drink more water, shooting for 8-10 glasses per day.

**5. Begin to move.** Realize the incredible world of technology we live in today versus the past, and the drastic effect it has on our daily

movement. For example, eating then — hunt or grow your food and prepare from scratch. Eating now — throw something in the microwave, press a button and watch the timer and wonder why it is taking so long. Getting warm then — go outside, find a tree, cut down wood, carry it in the house and burn. Getting warm today — turn thermostat up and wait. Travel then — walk, usually in rough terrain to your location and back. Traveling now — start auto from inside house, sit and move a wheel and press a pedal. You get the idea. Realize what you are up against and begin to move today. This can be done at home with minimal expense. Instead of driving the kids to school, walk them to school. Instead of bringing your chair to your children's baseball practice, walk around the field during practice. Instead of watching television, watch television while sitting on a fitness ball. Forget the car wash, wash the car yourself. Walk the golf course instead of using a cart. All these activities will burn an extra 200 or so calories — that adds up. Move more each day!

**6. Begin to do some resistance training.** The secret is finally getting out — for a more toned, healthy body, resistance training is the key. Yes, even and maybe more so for women. If your body lacks the tone and firmness you desire, remember your efficient body is only responding to the message you have given it. In other words, if you have not involved the muscles of the back of the arm for example, the body assumes you do not need the muscle and the response is a looser, less toned back of the arm. Reverse the message, use the muscle, and reverse the response to a more toned firm back of the arm. Your body does not care where the resistance comes from, your bodyweight works, inexpensive resistance bands work, and traditional weights work as well. Find a reputable, well-referenced fitness trainer and develop a program where you can work resistance training into your lifestyle at least two times per week. This should only involve about 20-30 minutes each session.

**7. Begin to stretch.** Nearly 80 percent of adults experience low. Men who spend over half their working day sitting in a car have a 300 percent increased chance of disc herniation. Flexibility training combined with steps No. 5 and No. 6 will help combat these grim statistics. Flexibility training involves proper static (holding a stretch for 20 seconds) and active (repeating the stretch three times every three to five seconds). Again, my advice would be to seek out a professional fitness trainer and in a session or two he or she can set a safe and individual flexibility training plan.

**8. Small eating changes.** We know that diet is a four-letter word. Often it means deprivation, hunger, headaches, starvation and bland food — do I need to go on? Most times even the thought of beginning a diet will affect your mood. We believe the only way you can be successful is by allowing you to have some of your favorite foods as part of your menu plan. Americans eat



CHRIS KLEBBA



Photo by MULTAD BUILDER

**Drinking more water, eating better and starting a fitness program now will help you look great when swimsuit season begins.**

one third of their meals away from home. This fact makes the art of choosing healthy fast food a necessary survival skill. But something as simple as cutting out that extra couple of cookies resulting in 200 less calories per day will result in a weight loss of 1-2 pounds in a month. Choosing better foods that make you feel as full as the poorer food choices can also reduce calories. Drinking the water discussed in step No. 3 can avoid a false feeling of hunger.

Knowing these small steps, and applied consistently in conjunction with the other steps outlined here, is the answer. In short, keep these three ideas in mind each day:

- **Balancing.** Give your body what it needs. Strive for a little of each of the following food groups in each meal. Protein, carbohydrates and fat. Pay attention to how your body reacts to certain foods and give it what makes it, and you, feel the best.

- **Timing.** Eating every three to four hours gives the body the energy it needs to battle daily activities and stress. It also prevents hunger, the primary cause of overeating. Skipping meals is never the answer to effective weight management.

- **Planning.** Planning ahead can help you stick to your program and enjoy indulgences throughout the day. When shopping, always take a list. Plan your snacks throughout the day. Know ahead of time what you'll eat. When eating out, choose a restaurant whose menu you are familiar with.

**9. Stop looking for a shortcut.** Do you know fact from fad? Thousands of diet plans contribute to a \$40 billion a year weight loss industry. People tell us you can lose weight eating bacon and eggs, others by eating cabbage. Some claim you can lose weight by breathing differently. Others swear they got that firm toned and shapely bottom with this super machine and in only minutes a day. It is so tempting, I know, but stop looking for and spending your money on super quick fixes. I hate to be the bearer of bad news, but here is the bottom line — the average American consumes 300 calories more per day than he did 30 years ago. He also burns 260 less calories per day due to increased automation and sedentary occupations. Move more and eat less!

**10. Be ready to start again.** You will fall off the plan. Just remember you have about 30-40 meal opportunities per week. If one is totally blown, pick up on the next one. This is really key. Make as many of those meal opportunities better ones. And there are 168 hours in a week, make a few of them include movement, stretching and resistance training.

Remember, you are worth it and you will look and feel better in that swimsuit this summer. Good Luck!

*Chris Klebba owns and operates the Water Wheel Health Club in Northville. He is a Certified Fitness Trainer and speaker. For more information call (248) 449-7634 or go to [www.wtrwheel.com](http://www.wtrwheel.com).*



# Tai chi quan good for more than just fitness

By Ronda Addy  
MULTIAD BUILDER

Tai chi quan, or tai ji quan as it is sometimes known, is on its way to becoming one of the most popular forms of exercise in the world.

Tai chi is a form of qi gong that combines movement with breath. It is also a form of martial arts with movements that have applications toward self-defense.

While qi gong is used specifically for healing and general health, tai chi is a group of movements that promote health as well as provide some offensive/defensive techniques.

Tai chi gives you the benefits of aerobics without the dangers of joint damage. The endorphin rush is similar to running. A 20 minute or more workout provides someone with the same benefits as running for 20 minutes but with less stress on the heart and less damage to the joints.

Tai chi teaches balance, which reduces the

number of falls especially among participating senior citizens. Falling is the sixth leading cause of death among senior citizens.

Other benefits of tai chi are:

- Full aerobic benefits
- Less stress
- Less pain as more endorphins are produced
- Healthier immune system
- Lower blood pressure, both systolic and diastolic
- More muscle tone
- Decrease in the buildup of calcium deposits in the joints

Tai chi is one of the oldest forms of martial arts, dating over 1,500 years. The tai chi of today was started by Zhang San-Feng. Zhang wanted some form of self-defense to protect himself as he traveled across China. Because he was 70 years old, he needed something that

would work against stronger and faster opponents. His solution was to concentrate on four basic principles: calm against action, soft against hard, slow against fast and single against a group. According to Zhang, if fighting does not include these four principles, it is not tai chi combat.

When practicing tai chi the emphasis is on posture and breathing which are important to proper body positioning. The back is straight with the head held erect. Vision is focused straight ahead but sometimes follows the hands' movements. Breathing is deep and relaxed. The joints of the arms are relaxed, with the shoulders sunk and elbows slightly flexed.

Tai chi is rooted in the feet, issued through the legs, controlled through the waist and expressed through the hands. The main energy center in the abdomen, called the t'an t'ien (pronounced don chien), is where all the moves originate. Practitioners of tai chi work

from a low center of gravity, softening the knees and using only the amount of energy needed to execute movements.

Another important part of tai chi is the concept of yin and yang, two opposing types of energy. Yin is calm and static, while yang is active and dynamic.

Chi flows only when these two forces are in balance. The chi refers to the vital force of energy that is said to flow through the meridian channels of the body. Regular practicing of tai chi helps the body's meridians stay open and flowing with chi.

Tai chi's early roots are steeped in folklore and imagination. It is believed that an ancient Taoist priest had a dream about a rattlesnake and a crane in combat and was therefore inspired to create the first movements of tai chi. Regardless of how tai chi started, it has grown into something that the Taoist priest and those early practitioners would never believe.

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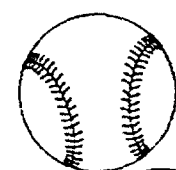
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## Picking the perfect shoe

What to look for in a running shoe:

**Size:** Length of foot should be measured from heel to ball of foot and should be taken while standing.

**Shoe weight:** Light for racing, heavier for training.

**Heel support:** Heel should fit snug, not too tight.



**Sole construction:** Outer sole with a soft layer above it for shock-absorbing quality.

**Shank support:** Sole of shoe should be flush with ground in the arch area.

**Sole flexibility:** Sole should bend to a 90 degree angle from the ball of the foot using a finger against the front of the shoe.

SOURCE: *A Great Massage* by Michael L. Hauser

Copley News Service / Paul Horn

## Verify Web sites before using posted information

By Ronda Addy  
MULTIAD BUILDER

The number of Web sites that offer medical information grows every day.

Unfortunately there are no rules for what kind of information can be put on the Internet or who puts it there. So how can a person distinguish between a site with good information and one with bad?

There are some universally agreed-upon criteria that you should look for.

- Is the site easy to use? There should be a logical arrangement to the menus and the site should be easy to navigate. If there is a chat room, the site should let visitors know what the terms of using the service are. If there is an about us link, be sure and use it.

- What is the purpose of the site? The content of the site should be concrete and aimed at a specific audience. If the content is a series of links to other sites, each of the links should work.

- Who runs the site? A good site makes it easy for you to learn who is responsible for it and its information.

Sites run by the government and universities are the best sources for sound medical and health information.

Private practitioners and lay organizations may have other agendas, such as politics and marketing, that can influence what information is included

on their site and what sites they link to. Are the credentials of the person in charge of the site given?

Does that person have any kind of medical background?

Is there a way to contact the person in charge of the site if you have any questions?

- When was the site last updated? Web sites should be updated on a regular basis. The most recent update or review date should be clearly posted. Medical and health related sites should be updated weekly or monthly, as a rule. If there are any dead links, that could mean the site is not updated regularly.

- Does the site charge an access fee? If the site does charge one, make sure it is worth the money. Use a searcher to see whether you can get the same information without paying additional fees.

- How secure is the site? If you are asked to fill in personal health information, the site should tell you exactly what is going to be done with the information. Be sure to read and follow all the security information before supplying any kind of personal information.

Always remember the Internet is an informational tool not a substitute for standard print medical sources.

Don't attempt to use the Internet for self-diagnosis; the first line of defense with any illness is to see a doctor.

## USDA: Moderation key to successful weight loss

By Chandra Orr  
COPLEY NEWS SERVICE

The Zone. Sugar Busters. The Atkins Diet. With so many diets claiming weight-loss and health benefits it's hard to keep the facts straight when it comes to what you should be eating.

According to recent Institute of Medicine findings and an updated U.S. Department of Agriculture Food Pyramid, the key is still moderation.

"The hottest topic right now is the loosening of the amount of fat you can have in your diet," said William Hart associate professor of nutrition and dietetics at Saint Louis University. "If you liberalize fats slightly, people are more compliant with the diet because that's closer to what they eat. If you make diet rules closer to what you would eat anyway, then you're more likely to stay on it."

Recent Institute of Medicine recommendations increase the allotted protein and healthy forms of fat to 20 percent to 35 percent of an adult diet, according to Gail Frank spokeswoman for the American Dietetic Association and professor of family and consumer sciences at California State University Long Beach.

"This should be followed while acquiring 60 minutes of exercise a day," she said. "It is important to mention this because it's a false

sense of security and not treating the body honestly if we do in fact eat soundly but don't exercise and vice versa."

Hart agrees. "You can eat a diet that is 20 percent fat and still be overweight," he said. "The tendency to worry about exact nutrient content is fading a bit. Evidence would support that keeping weight down and exercising is more influential."

However, with a higher allotted fat intake can come a greater intake of meats and dairy products.

"The protein increase is a concern since we as a Westernized society have always exceeded our intake, eating twice the recommended amount," Frank said. "High protein and high fat can be damaging via excess calories and potential weight gain."

While the USDA Food Pyramid allows for three or four servings of meat, eggs, cheese, milk, peanut butter and beans, most people already get far more than that.

"These tend to be things we overeat more regularly because they taste good," Hart said.

The reason? Most Americans don't know what constitutes a serving size. The recommended 4-ounce serving size of meat is roughly the size of a deck of cards, while a 1-ounce serving of cheese is the size of an American cheese slice, Hart said.

Though nutrition experts agree that fat restrictions can be loosened, the debate rages as to how many servings of grains and fruits

and vegetables one should have. Currently, grains make up the bottom level of the Food Pyramid; the USDA recommends eating up to 11 servings a day. Fruits and vegetables make up the second tier, with a recommended five to nine servings a day.

"The debate is not settled yet," Hart said. "Some say take the bottom two levels of the Food Pyramid and switch them."

Humans have only been cultivating grains for 10,000 to 12,000 years, while our fruit and vegetable consumption dates back much further, which is why Hart advocates more fruits and vegetables.

"Grains, until we learned to cultivate them, were much less part of our diet," he said. "But I can support more grains with this caveat: I can't get 40 percent of Americans to consume five servings a day of fruits and vegetables. How can I get them to consume nine servings a day?"

Getting those five servings a day isn't as hard as it sounds, though. A small apple counts as one serving, a huge navel orange counts as 1 1/2 and a banana counts as two. Only two servings of fruits a day should be from juice as many nutrients are left behind in the fibers, Hart said.

"Even higher-pulp juice doesn't have as much fiber as actual fruit itself," he said.

A cereal bowl of leafy greens counts as one serving of vegetables, as does 3/4 cup of peas or corn. One cup of spaghetti sauce or salsa

with crushed tomatoes also counts as a serving, Hart said.

However, potatoes do not count as a grain, nor a vegetable, and should be avoided in excess as most of the nutrients are left behind in the skins, Hart said.

Instead, opt for pasta and whole grain cereals and breads. A slice of bread counts as one serving, while a serving of potatoes, rice or pasta is the size of a tennis ball, Hart said.

As with all foods, the added extras generally loaded onto breads, cereals, potatoes and pastas are the things to watch. Caution foods like butter, oil and sugar should make up only a small portion of a daily diet, Hart said.

"They're easy to overeat. They provide a lot of pleasure, and we should enjoy them, but let's not make them the bottom rung of the pyramid," he said.

"Caution foods should be 10 percent or less of a diet. They're flavoring foods. You're doing it to give yourself some taste," he said.

So how healthy are your eating habits? The best way to be sure is to keep a tally of daily dietary intakes.

"People just don't keep a check-list as they eat each day, and yet this is what people need to do if they are to evaluate their eating and exercise for their health and fitness," Frank said.

Visit Copley News Service at [www.copleynews.com](http://www.copleynews.com).

# Osteoporosis: Quiet danger

A major public health threat affecting almost 28 million Americans, osteoporosis is a quiet danger.

In the United States today, 10 million individuals already have osteoporosis, and 18 million more have low bone mass, which places them at an increased risk for developing the disease.

Osteoporosis can strike at any age, and affects both men and women.

However, one out of every two women, as opposed to one in eight men, will have an osteoporosis-related fracture in their lifetime.

According to the National Osteoporosis Foundation, a woman's risk of hip fracture is equal to her risk of breast, uterine and ovarian cancer combined.

Osteoporosis literally means "porous bones."

Healthy bones are made up of a thick outer shell and a strong inner mesh that looks like a honeycomb. The inner mesh contains blood vessels and bone marrow in the spaces between the bone. Osteoporosis occurs when the holes between bone become bigger, making it fragile and more likely to break.

If not prevented or left untreated, the disease can progress painlessly until a bone breaks. The whole skeleton is usually affected, but fractures typically occur in the hip, spine and wrist.

The NOF has identified the following risk factors for osteoporosis:

- Women are at greater risk because they have less bone tissue to begin with and lose bone more rapidly than men because of the changes involved in menopause.

Small, thin boned women are at an even greater risk.

- Age also matters. As you age your bones become less dense and weaker.

- There is evidence that Caucasian and Asian women are at greater risk than African-American and Latino women.

- Family history may also play a role. People with a history of fractures in their families seem to have reduced bone mass.

## Prevention

The time to start thinking about osteoporosis prevention is now.

According to the NOF there are some things that women can do every day to help ensure that they will continue to build strong, new bone tissue as they get older.

- Calcium: An inadequate supply of calcium over a lifetime is thought to play a significant role in the development of osteoporosis. Adult women (ages 19-50) need 1,000 milligrams of calcium a day, the equivalent of drinking three 8-ounce glasses of milk.

Good sources of calcium include low fat dairy products like cheese, yogurt and skim milk.

- Another preventive measure is exercise. Like muscle, bone is living tissue that will become stronger the more it is exposed to exercise.

Weight-bearing exercise (working against gravity) such as walking, hiking, jogging, stair climbing, weight-training, tennis and dancing is recommended as the best for maintaining healthy bones.

—ARA Content

## HEALTH BRIEFS

### Chronic fatigue syndrome

A stress hormone may play a role in chronic fatigue syndrome, scientists report in the current issue of Psychosomatic Medicine.

The hypothalamus-pituitary-adrenal — HPA — axis helps the body remain stable under stress by secreting three hormones. If the system breaks down, problems can result.

Researchers in Europe studied chronic fatigue sufferers and normal people and found lower levels of one of the HPA hormones among the chronic fatigue patients. Low doses of hydrocortisone have shown some positive results in chronic fatigue patients, the researchers found.

### Job stress

People working in stressful jobs are more likely to develop heart trouble than others, according to a study by researchers in Finland and reported in the Journal of the American Medical Association.

They studied 812 males and females working in the metal industry for 25 years, and charted not only biological risks but how they felt about job stress on demands such as

degrees of responsibility, task difficulty, authority over decisions, physical and mental load and pace of work, and rewards, such as satisfaction with income and fairness of supervision.

Those with the greatest disparity between effort and reward, and lack of control over their jobs were more than twice as likely to die from heart disease as those with the least imbalance between these factors.

### Radiation exposure

If more proof were needed that radiation exposure is dangerous, here it is.

Researchers studied the medical records of 80,000 Japanese atomic bomb survivors and found they had a 6 percent greater chance of developing a nervous system tumor over their lifetimes, both cancerous and benign, though dangerous.

The researchers concluded that the increased risk of nervous system tumors persist throughout the person's life regardless of the age of exposure. The study appeared in the Journal of the National Cancer Institute.

— By Copley News Service

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# It's true: The dog is man's best friend

By Paul R. Huard  
COPLEY NEWS SERVICE

When polar explorer Richard Byrd conquered the unexplored reaches of the Antarctic his fox terrier Igloo was close beside him.

John Steinbeck traveled with Charley, his pet poodle, and wrote one of his most popular works based on the odyssey with his canine companion.

And Harry Truman once quipped that if you want a real friend in Washington, buy a dog.

These manly men with their macho mutts knew something science only recently confirmed: When it comes to mental and physical health, a dog really can be a man's best friend.

It's not just the more obvious helps, like the benefit that comes from walking your pooch. (By the way, one of the advantages of owning a dog rather than a cat is that there is more potential with canine pets for vigorous physical activity.)

Studies with men dealing with various health issues repeatedly indicated having a dog is calming.

For instance, a 2001 examination of how dogs affect human blood pressure yielded some interesting findings.

"Previous research among people with drug-controlled hypertension has demonstrated that blood pressure reactivity to psychological stress can be lowered by the presence of the patient's pet," says Dr. Karen Allen, a researcher with the Division of Clinical Pharmacology, Millard Fillmore Hospital, in Buffalo, N.Y.

Her study was an attempt to determine whether introducing a new dog into a non-pet-owning patient's environment could lower blood pressure, says Allen.

Allen's study group included 50 men who were randomly assigned dogs as pets. The dogs accompanied the men to work and lived in their homes.

The participants with dogs showed lower blood pressure than subjects who used techniques like transcendental meditation to



Photo courtesy of PRNEWSFOTO

**When it comes to mental and physical health, a dog really can be a man's best friend. Studies with men dealing with various health issues repeatedly indicated having a dog is calming.**

reduce stress, says Allen.

"The findings suggest that control of borderline hypertension can be assisted by a behavioral intervention involving a pet dog," she says in the report.

A 1996 study about the influence of dogs on angry couples suggests a canine could be one factor that saves your marriage.

A group of 120 couples who owned dogs had lower blood pressures and were more open to helpful discussion about their marital problems when they faced clinical stress tests than a group of 120 non-dog-owning couples who faced the same tests.

The results of these and other studies are no surprise to Michelle Cobey, spokeswoman for the Delta Society, a non-profit organization

that promotes animal ownership for human health benefits ([www.deltasociety.org](http://www.deltasociety.org)).

The Renton, Wash.-based society unites people who have mental and physical disabilities and patients in health care facilities with professionally trained animals to help improve their health. Some of the organization's supporters include Hollywood legends Mary Tyler Moore and Joanne Woodward, and the Purina Corp.

"Our vision is a world in which people are healthier and happier because companion, therapy and service animals share our everyday lives" says Cobey. She says the benefits are not just limited to institutionalized adults, such as the elderly in nursing homes.

Cobey says that dogs and other pets provide

healthy companionship that can help people overcome grief, deal with the effects of middle age and reduce the physical limitations caused by injury or disease at any age.

Men — or women — can unleash immense physical benefits simply by regularly walking a dog, a recent Australian study concluded.

If all dog owners walked their dogs for half an hour five times a week the health benefits would be the same as giving up smoking, according to a new study by Adrian Bauman, a professor at the School of Public Health and Community Medicine, University of New South Wales in Sydney, Australia.

According to Adrian, his study is the first to examine the direct health benefits of dog walking.

"Our research focuses on the amount of time spent walking dogs and the possible health benefits to their owners. These factors have generally been ignored by researchers. Hence our report cuts to the bone and unleashes an incisive public health argument for increased dog walking in Australia," he says.

Of the 894 respondents in the survey, 47 percent achieved 150 minutes of exercise per week, as recommended by the U.S. surgeon general to gain health benefits.

According to Adrian's research, only people who walk their dog for more than an hour every week are more likely than non-owners to achieve sufficient physical activity to experience health benefits.

The report says that if dog walking increased the health and economic benefits would quickly become apparent.

"The savings would accrue rapidly because the reduction in the risk of heart disease occurs sooner following the start of physical activity than it would after stopping smoking or changes in diet," he says in the report. "Those savings would increase again if the benefits of improved mental health and reduced stress were included."

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## Color can be used to heal body and mind

By Ronda Addy  
MULTIAD BUILDER

The use of color to bring about changes in a person's health is a practice that dates back to the ancient Egyptians.

Color therapy, or chromotherapy, is based on the belief that certain colors have healing energies. The seven colors of the rainbow are used to promote balance and healing of the mind and body.

Color therapy is based on the ancient Indian form of medicine called Ayurveda. According to Ayurveda, every person contains the five basic elements of the universe: earth, fire, air, water and space. These elements are present in specific proportions to each individual's personality and constitution. When these elements are thrown out of balance, illness occurs. Ayurvedic medicine uses the energies in colors to put the balance back in order.

Each of the seven colors in the rainbow is associated with specific healing properties:

- Violet represents enlightenment, revelation and spiritual awakening. Holistic health care providers use this color to soothe organs, relax muscles and calm the nervous system.

- Indigo is a calming, sedative color. It is believed to promote intuition. It may also be useful in controlling bleeding and abscesses.

- Blue is used to treat liver disorders and jaundice and eliminate toxins. It promotes communication and knowledge.

- Green is associated with balance because it is in the middle of the color spectrum. It is calming and used by practitioners of Ayurvedic medicine to promote healing of ulcers. It is believed to have antiseptic, germicide and antibacterial properties. It is sometimes used by holistic color therapists to treat bacterial infections.

- Yellow is believed to have decongestant and antibacterial properties. It is a sensory stimulant associated with wisdom and clarity. Is it also

useful in stimulating the digestive and lymphatic systems.

- Orange encourages pleasure, enthusiasm and sexual stimulation. Practitioners of Ayurvedic medicine believe that it has antibacterial properties and can be useful in easing digestive system disorders.

- Red is thought to improve circulation and stimulate the production of red blood cells. It promotes energy, empowerment and stimulation.

Individuals who practice color therapy believe that the seven colors are related to seven areas of the body known as chakras.

In yoga the chakras are specific spiritual energy centers of the body. Each color is related to the chakra it represents:

- First (base of the spine): red
- Second (pelvis or groin area): orange
- Third (solar plexus): yellow
- Fourth (heart): green
- Fifth (throat): blue
- Sixth (brow): indigo

- Seventh (crown): violet

There are many ways to administer color therapy. One way is to wrap the patient in a colored cloth chosen for its therapeutic hue. Using a color-filtered light source may also help enhance the healing effects of a treatment.

Another method is to treat water with color and then to drink the water. This is done by placing translucent colored paper or colored plastic wrap over and around a glass, then placing the glass in direct sunlight so the water can soak up the healing properties and vibrations of the color.

Color therapy may be helpful in promoting relaxation and an overall sense of well being. The benefits of color therapy, however, have not been fully researched and it is still considered a type of fringe therapy. If someone has a serious or chronic health problem, color therapy should not be the only treatment.

# Get in shape while working on the job

It's easy to fall into the routine of just sitting at your computer all day, calling or e-mailing colleagues who are down the hall and ordering in lunch.

And after work you have to drop off dry cleaning, make dinner and do the laundry. All that leaves little time to care of you.

No matter how hectic your daily schedule may be, you should incorporate exercise into your lifestyle.

Regular physical activity reduces the risk of heart disease, stroke, high blood pres-

sure, colon cancer and other diseases.

It also improves your well-being by helping you manage stress, reduce your anxiety and promote better sleep.

You can get the benefits of exercise even if you are low on time.

These easy tips will help you add fitness to your workday in sneaky but simple ways.

- Use half your lunch break to go for a walk. Or, instead of getting your lunch delivered, go and pick it up.

- Stand when you are talking on the tele-

phone. Use a headset, cordless or cell phone if needed.

- Get up every 20 minutes to an hour and walk around. (Set an alarm if you need to remind yourself). If you really can't get up, change your position in your chair or take a deep breath.

- Speak to people in your office in person and give them documents yourself instead of calling them on phone or sending them an e-mail.

- If you commute to your office via mass

transportation, get off the bus or subway a few blocks early and walk the rest of the way to your office or home. If you drive, park further away from the door.

- Take the stairs instead of the elevator whenever you can. Or get off the elevator a few floors early and climb the stairs the rest of the way. You can also use the restroom on a different floor and take the stairs to get there.

- Brainstorm ideas with a co-worker while taking a walk.

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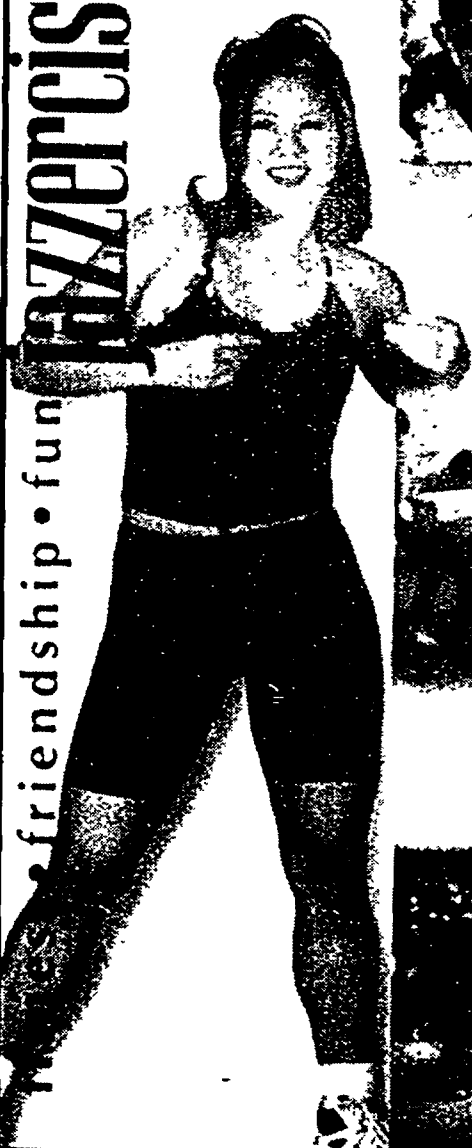
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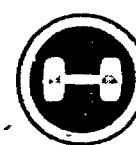
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# Don't let stress take over your life

By Candy Parent  
DAILY PRESS & ARGUS

"Stress is part of everybody's life," said Robert Brateman, a family physician at Brateman Medical Center in Novi. "Nobody has a stress-free existence. The trick ... is to keep the stress level manageable."

Yes, stress can have a positive or negative effect on the body, depending on how it is handled. Some stress, such as deadlines or test dates, can motivate people, said Brateman. But, if left unmanaged, stress can take over and cause high blood pressure, digestive problems or other health problems.

"The trick is to manage stress so it motivates you, but doesn't overtake you," said Brateman.

Although some people require the assistance of a psychologist and/or medication to help them reduce stress, many can relieve stress with simple modifications or changes in their lives.

Many stressful situations can be eliminated simply by managing time better. For example, many people wait until the last minute to file their income taxes. Then they stress trying to locate specific documents or get the papers filed in time.

"That doesn't make sense," said Brateman. "Do it early and there is no anxiety about it."

Another way to reduce stress is through exercise. While working out, the body relaxes and people are better equipped to deal with stressful situations.

Brateman also recommends taking a time out to relax. This involves shutting the office door or going into a different room, turning off

## FOR MORE INFORMATION

☐ **Two Girls Fired**  
Located in the Kroger Shopping Plaza  
South Lyon  
(248) 437-1000

☐ **Robert Brateman, M.D.**  
40015 Grand River Ave. Suite 100  
Novi  
(248) 473-8580

☐ **Howell Fitness Center**  
4160 E. Grand River Ave.  
Howell  
(517) 552-4983

the lights and thinking relaxing thoughts or picturing a restful, peaceful scene.

Diversions also help relieve stress. Brateman said it can be as simple as watching television or playing music or working on a craft.

"It gets the mind off stress and into something constructive," he said.

Janna Cameron and Loride Four, owners of Two Girls Fired, a pottery studio located in the Kroger Shopping Plaza in South Lyon, said many customers visit to relax. They visit the studio during the week to unwind, relax and chat with others while they paint.

"They say it's cheap therapy," said Cameron.

## Exercise your way to relaxation

Exercise is a great way to reduce stress.

In fact, people who begin exercising as a way to lose weight, find their first benefit is a reduction of stress, said Dale Cabauatan, owner of Howell Fitness Center.

Cabauatan recommends cardio, aerobic or yoga classes to reduce stress, but "all forms of exercise" help contribute to its reduction. Yoga, he said is contagious and many of his clients say "they can actually feel it leave their bodies."

Exercise causes the body to relax and clears the mind. Then it invites the mind to reach down inside and start thinking, explained Cabauatan. At the same time, it creates enough energy to motivate the person. The body then reaches a certain high and it begins to look for it, creating a desire to work out on a regular basis.

"The biggest plans I have ever made for my future came while I was working out," said Cabauatan.

He tells his clients to ignore the mirrors and throw away the scale and work from the inside out. He said as a person works out, they relieve stress, improve circulation, lower their heart rate, expand their lungs and do other things that aren't visible on the outside. Soon, their skin and eyes will look healthier, they will carry themselves better and they will feel more relaxed.

Even if a client is targeting a certain part of their body, like their arms, Cabauatan encourages them to work on changing some aspect of their personality they don't like while working out. By setting and meeting small goals, clients soon begin to feel better about themselves and the changes on the outside of their body follow.

"It's almost a spiritual thing," he said.

Cabauatan's goal is to help people understand that working out is no different than taking a shower. It should be an automatic part of everyone's daily routine.

"Fitness is a lifetime thing," he said.

The studio charges by the hour and includes all of the tools and supplies needed to paint pottery. Customers only have to buy the piece they want to work on.

Although Cameron said it is as easy as coloring in a coloring book, she offers assistance to anyone who is having a difficult time. And, if they make a mistake, they can simply wash it off and start again.

"It's a lot of fun," Cameron said. "And it

leaves them feeling like they accomplished something."

Of course, Brateman said if diversions, exercise, time management and time outs do not work, people should make an appointment with their doctor.

"The answer doesn't always come from a bottle of pills," he said. "It's learning how to react to stress, how to deal with it, and then how to manage it."

## Tea may reduce risk of heart disease and more

By Ronda Addy  
MULTIAD BUILDER

Legend has it that tea was first discovered in 2737 B.C. when Emperor Shen Nong of China drank water that tea leaves had fallen into.

True tea comes from *Camellia sinensis*, a flowering evergreen that produces black, green and oolong tea leaves. The difference between the leaves is in the processing: Black tea leaves are fermented fully, oolong partially and green not at all.

Tea is mellow than coffee, has a more subtle flavor and is lower in caffeine. It is meant to be sipped, not gulped; thus, it has a more meditative, calming property than coffee.

Not only is tea good for the soul but recent studies show that tea may be good for the body. What is it about tea that makes it good for you?

Antioxidants neutralize free radicals (reactive oxygen molecules) before they have had a chance to damage the body's cells. Tea contains flavonoids, a naturally occurring plant antioxidant. This antioxidant may help prevent lung, colon and mouth cancer.

Drinking tea may also reduce the risk of heart disease and strokes by lowering cholesterol and preventing blood clots.

Mary Heikkinen, owner of the Blue Willow Tea Room in Howell, has found also helps wipe out viruses.

"If you are not feeling well, I would give you a decaffeinated or herbal tea," she said.

Chamomile, which serves as digestive aid, sedative and anti-inflammatory or peppermint, which relieves stomach pain, heartburn, nausea, fever, colds and the flu are best when sick, said Heikkinen.

However, Heikkinen cautions that when feeling poor, you should stay away from caffeinated teas. Black tea has the most caffeine, followed by green tea. The only tea with no caffeine are herbal teas because they are made of fruit, spices and flowers, rather than the tea leaf.

Tea that is processed into a powdered form and ready-to-drink tea still have antioxidants but at a lower level than freshly brewed tea.

Some studies show that two cups of tea have the same amount of flavonoids as a typical serving of vegetables. But don't stop eating those veggies yet. It is recommended that a variety of antioxidants is the best thing for you.

How much tea you should drink is in debate. A survey in Japan says 10 cups a day are good, while a Dutch survey says only four. Another study says four cups are better than two and that periodic doses during the day are better. In other words, two cups in the morning and two at night are better than four in the morning.

Research has not yet proven which tea is better for you, green or black. Green tea contains more fluoride and epigallocatechin gallate (EGCG). However, most of the research

## HAVE A CUP OF TEA

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on the benefits of tea is done in Japan, where green tea is king.

So far the bulk of studies on the benefits of drinking tea has been done as animal testing, test-tube studies or epidemiological studies of tea drinking populations.

It won't be until human studies really get going that we can hope to truly understand the benefits of drinking tea. But for now the evidence points to it being very beneficial.

How about some extra tea trivia to close with.

There are more than 3,000 varieties of tea, categorized by where each is grown, how it is picked and processed, the age of the leaf when harvested and whether it's a fermented black tea, unfermented green tea or semi-fermented oolong tea.

Whether you like your tea hot or iced, the health benefits are the same. So sit back, relax and enjoy a cup of tea, maybe even two or four.

Candy Parent contributed to this report.

## -COMING EVENTS-

*Saint Joseph Mercy Livingston Hospital, a member of the Saint Joseph Mercy Health System, announces the following upcoming events:*

☐ **Senior Health Fitness and Screening Day** is from 9 a.m. to 1 p.m. May 3 at Challenger Elementary School in Howell. There is no charge.

☐ **Learning About Menopause Series** is from 7-8:30 p.m., May 5, 12 and 19 in the Community Room at Saint Joseph Mercy Woodland Health Center in Brighton. The sessions will cover topics including: What you should know, lifestyle strategies and hormone replacement and complementary therapies. Charge is \$15 per session.

☐ **Boot Camp for New Dads and Basic Training Survival Skills for New Moms** is from 9 a.m. to noon June 28 in the Community Room at Saint Joseph Mercy Livingston Hospital in Howell. There is a charge of \$25 per person.

☐ **Heart to Heart Conversations for Mothers and Daughters on Puberty and Growing Up** is from 1-5 p.m. July 20 in the Community Room at Saint Joseph Mercy Livingston Hospital in Howell. The fee is \$45 for mom and one daughter. Additional participants are \$10 each.

To register for any of these classes, call (800) 231-2211.



# Drink your juice

By Ronda Addy  
MULTIAD BUILDER

What is an easy way to get some of the vitamins and minerals your body needs? Drinking fruit juice, of course.

Eating more fruits and vegetables helps reduce the risk of cancer, high blood pressure and possibly heart disease. But as we all know by now, most people don't get the recommended amount of fruits and vegetables. While it would be better to eat fruit, drinking fruit is better than nothing. A six-ounce glass of juice counts as one serving of fruit.

With the hundreds of drinks on the market today, how do you know which ones are the best? Here is a big tip — anything that is 100 percent is by far the best. It is a federal law that the percentage of juice be listed on the label.

When the words "ade," "beverage," "cocktail" or "drink" are included in the product's name, chances are you are getting something other than 100 percent juice. Canned, bottled or concentrated juices have most of the fruits' original vitamins, minerals and phytochemicals. This makes them better than other fruit drinks on the market.

Juices may also contain ingredients that will help prevent disease. Some of these include the following.

- Drinking 10 ounces of cranberry juice a day reduces the chance of getting a urinary infection. And the cranberry components, flavonoids, may help in battling cancer and

gum disease.

- One 8-ounce glass of orange juice provides 25 percent of the recommended daily amount of folic acid, which is needed to prevent birth defects. The same amount of juice provides the recommended daily amount of vitamin C. Some orange juices now contain calcium and higher vitamin C levels, which are a bonus.

- Beverages made from red grapes contain resveratrol, an anti-inflammatory agent that may help prevent early cancer cells from growing. Grape juice also has some heart-protecting benefits.

- Citrus juices are important for vitamin C, folic acid, potassium and calcium, if fortified. The top four most nutritious juices are orange, grapefruit, prune and pineapple.

While store-bought juice is what most of us drink, the best kind of juice is homemade, of course. A citrus juicer is great for juicing oranges, lemons, limes and grapefruits. To make juice from something other than citrus, try a juice extractor. A whirling disk chops food into tiny pieces, which are then spun rapidly to separate the juice from the pulp. This works on fruits and vegetables, including apples and carrots.

With all the juice and fruit drinks on the market today, shopping for juice that is nutritious has gotten complicated. But by being an informed consumer, you won't be fooled by the claims of the companies' marketing departments and you'll be able to choose the best juice for your needs.

## Chiropractic treatment may help headaches, allergies, more

Believing that dislocations of the spine can cause many medical disorders, chiropractic medicine uses hands-on therapy to help the body heal itself.

Chiropractic treatment involves adjusting the joints and bones of the spine using twisting, turning, pulling or pushing movements. Heat, electric stimulation and ultrasound may be used to help relax the muscles before doing a spinal adjustment.

The therapy has been shown to be effective in treating low back pain and also may help in the treatment of neck pain and headaches. Certified and experienced chiropractors who provide a correct diagnosis offer the safest treatment. Chiropractors are licensed by every state and must pass an examination with the National Board of Chiropractic Examiners.

Childhood asthma, allergies, scoliosis, ear infections, Attention Deficient Disorder and

### MORE INFORMATION

□ New Hudson Chiropractic Wellness Center

Dr. Paula Ruffin  
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New Hudson  
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colic are some of the conditions that can be alleviated through chiropractic care, according to Dr. Paula Ruffin of New Hudson Chiropractic Wellness Center. With her emphasis on total body wellness, Dr. Ruffin can also provide rehabilitation advice and nutrition counseling.

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# The eyes have it

## Designer lenses make contact with teens

By Cerise A. Valenzuela  
COPLEY NEWS SERVICE

Fiery red monster eyes, blackened empty stares and realistic cat eyes aren't exclusive to movie sets and scenes from "Buffy the Vampire Slayer" anymore. Decorative contact lenses are the hottest trend.

Unfortunately, with that trend comes the danger of eye damage.

The U.S. Food and Drug Administration and eye doctors say teens are the most likely group to buy the lenses illegally, trade them, even make their own with vegetable dye and risk infection and vision loss for that trendy look.

Teens are buying the specialty contact lenses at swap meets, convenience stores, even online and often without the prescription required by law. They're even flunking eye exams to get them.

Mary Greas of Gardena, Calif., said some of her friends are failing eye tests to switch from brown eyes to lavender or black eight balls.

"They think it looks so cool, but people can totally tell it's fake," said the 16-year-old junior at Bishop Montgomery High School in Torrance, Calif. "I guess they're not satisfied with what God gave them. He gave it to you for a reason, be happy with it."

Optometrist Martin Guevara offers decorative lenses in his office and said the popularity usually increases around Halloween, but he sells only a few each year. He has, however, seen them several times at swap meets, along with expired lenses and expired cleaning solutions.

"There's almost a black market for such a thing," he said. "The concern is that they are not sterile. If you get your hands on them there's a big risk of serious eye infections, and that's assuming that if it's on your eye that it fits properly."

Shokry Yoakim, a 46-year-old Lawndale father of two, said he can understand the draw for teenagers.

"My daughter has curly hair and she's always straightening it," he said. "Her friends have straight hair and want it to be curly."

"My kids are not allowed to do something like this (wear contacts) without asking me first and I'd say 'No.'"

Still, teenagers and adult consumers who want to try tinted or decorative lenses have easy access to them and more regulation is needed, said Guevara.



Photo by COPLEY NEWS SERVICE

**Decorative contact lenses are a hot fashion trend. But they must be fitted by a professional.**

"They used to be pretty much available only through a doctor. But more and more people are going to alternative sources, the Internet, over the phone," he said.

"It's much easier for someone who wears tinted lenses who wants to order a bunch of them. And if the person knows enough about a box (of lenses) in front of them, even if the lenses happen to be your friend's, they can just read the numbers right off the box. Frequently these companies will send the materials before making any attempt to verify the prescription with the doctor."

The lenses come in a variety of designs — white, black, zebra, shamrocks, alien, bloodshot, fire eye, red spiral, wolf, stars and stripes, and even NFL team logos —

for about \$80 to \$90 a pair.

The Web site for CIBA Vision, makers of WildEyes and WildEyes X-Colors contact lenses ([www.wild-eyes.com](http://www.wild-eyes.com)), does not allow consumers to order the lenses online. Rather, it directs consumers to local eye doctors for a proper fitting. It also warns consumers about the dangers of sharing contacts and wearing them without a prescription.

Online dealers, however, give buyers multiple-choice menus to fill in prescription and base curve — shape — of the eye, but never request proof of a doctor's visit or written prescription.

The danger is that a consumer who knows nothing about the shape of his eye can easily buy lenses destined to result in irritation, abrasions,

even permanent eye damage.

Doctors know that eyes have many shapes and sizes and many who purchase tinted or decorative lenses already have prescriptive lenses and have worn contacts before. Luckily, Guevara said, most consumers tend to have average-shaped eyes and won't have problems. But they still are putting themselves at risk.

About 60 percent to 70 percent of people have eyes with average shape, or curve. But that leaves a fair number of people with more curved or much less curved and flat eyes.

People with very curved eyes won't be able to tolerate a lens that is not fitted especially for them, Guevara said. And use a curved contact on a flat eye and it will suction

### BE SAFE

- ☐ Never use contact lenses without a prescription.
- ☐ Never use saliva to wet your lenses.
- ☐ Use only commercial sterile saline solution.
- ☐ Never mix different brands of cleaner.
- ☐ Never use expired cleaning solutions.
- ☐ Never change your lens-care regimen or products without your practitioner's advice.
- ☐ Never let cosmetic lotions, creams or sprays touch your lenses.
- ☐ Never wear lenses when swimming or in a hot tub.
- ☐ Never wear daily-wear lenses during sleep or even a nap.
- ☐ Never wear your lenses longer than prescribed.

Source: U.S. Food and Drug Administration

onto the eye. Grabbing, yanking, even prying the lens off the eye likely will cause infection.

"Someone who is getting lenses over the counter is really bypassing a fitting and really taking a big risk," Guevara said.

On the East Coast a recent FDA investigation found widespread illegal sales of the decorative lenses.

Next to the sunscreen, near the impulse buys at the counter, behind the register with the cigarettes — that's where the colored lenses are prominently displayed, and without signs reminding buyers that prescriptions are required.

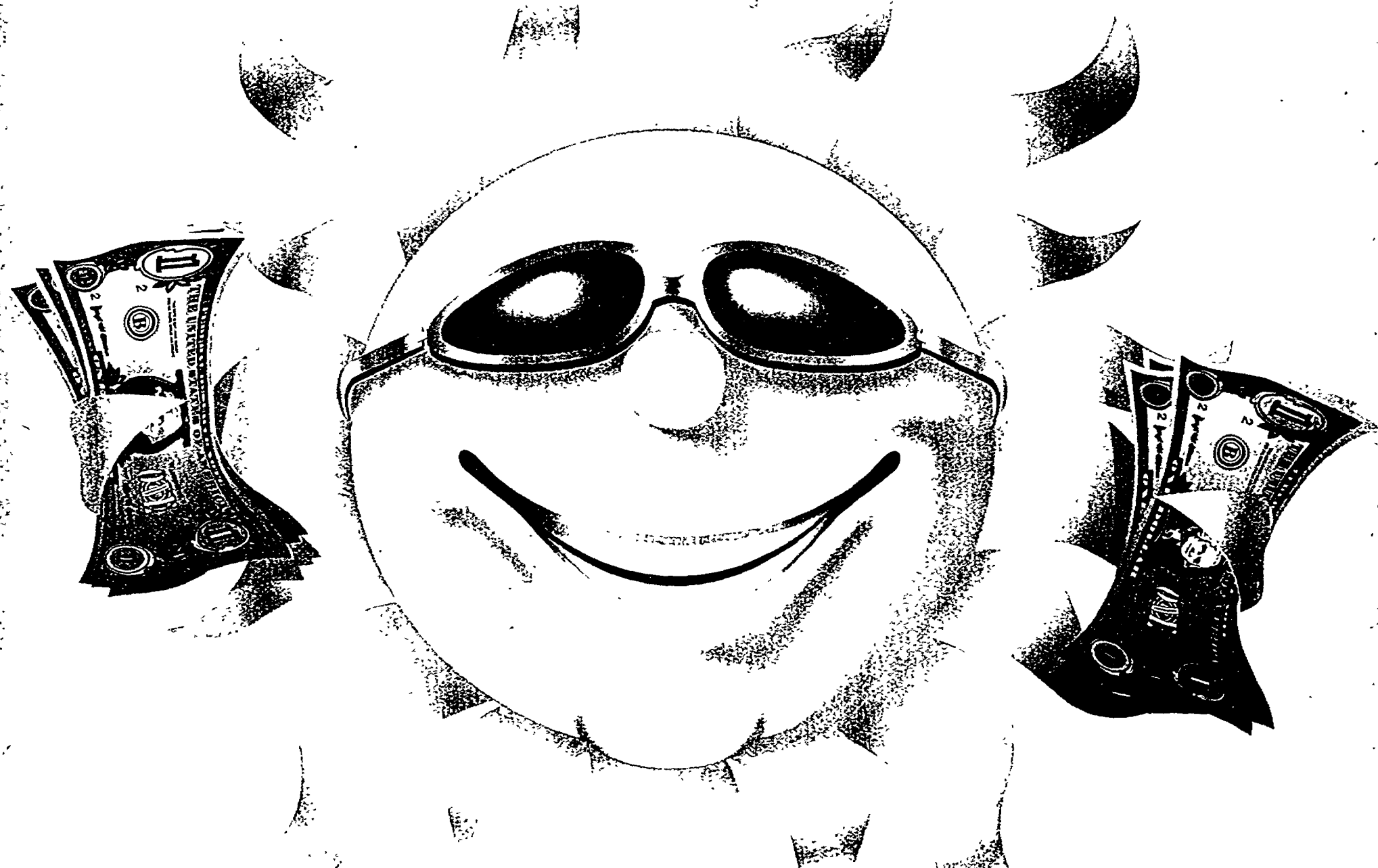
Prescription warnings, however, are printed on packaging for some brands.

Last year, the FDA began stopping imports of the decorative lenses at borders and said it will seize unapproved lenses sold in convenience stores, flea markets and other spots.

Dozens have reported eye damage and in some cases permanent eye injuries requiring corneal transplants to save eyesight.

Consumers who have had problems with decorative contact lenses may notify FDA offices or call (800) 332-1088.

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After Mail-In Rebate  
& Before Coupon

15" LCD FLAT-PANEL MONITOR  
6.9" deep, (152N) \$329.99 - \$30 Rebate = \$299.99

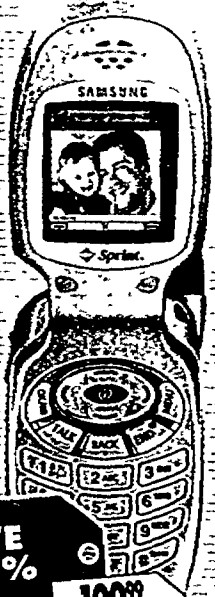
SAMSUNG



PLUS  
SAVE  
10%  
With Coupon

249<sup>99</sup>  
Before Coupon

Hi8 CAMCORDER WITH  
22X OPTICAL/880 DIGITAL ZOOM (SC1860)



PLUS  
SAVE  
10%  
With Coupon

199<sup>99</sup>  
After Instant Savings  
& Before Coupon

VISION-ENABLED PCS PHONE (AS500)

\$299.99 - \$100 Instant Savings = \$199.99

Instant and coupon savings require new subscriber activation.

Sprint phones and service are not available in Alaska, Bangor, ME, Montana, Santa Maria and San Luis Obispo, CA.

Sprint



PLUS  
SAVE  
10%  
With Coupon

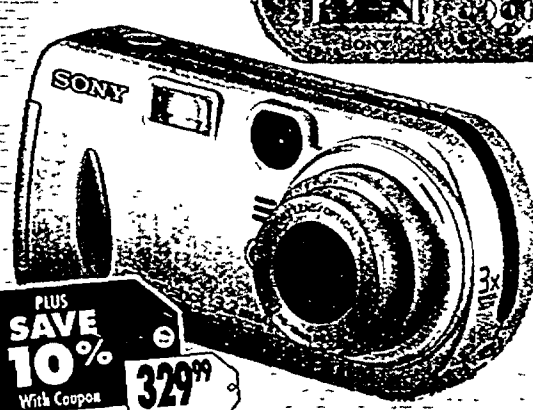
1599<sup>99</sup>  
After Mail-In Rebate  
& Before Coupon

PENTIUM®4 PROCESSOR 2.66 GHZ COMPUTER  
WITH 512MB DDR RAM, DVD+/-RW DRIVE,  
GIGAPOCKET™ AND PVR (PCY8246)  
Includes keyboard, speakers and mouse.

\$1699.99 - \$100 Sorry  
Mail-In Rebate = \$1599.99

SONY

NEW



PLUS  
SAVE  
10%  
With Coupon

329<sup>99</sup>  
Before Coupon

3.2 MEGAPIXEL DIGITAL CAMERA  
WITH 3X OPTICAL/3.2 DIGITAL ZOOM (DSC-P72)



PLUS  
SAVE  
10%  
With Coupon

299<sup>99</sup>  
Before Coupon

CLIE PERSONAL ENTERTAINMENT ORGANIZER WITH  
COLOR DISPLAY (PEG-S133/U)



PLUS  
SAVE  
10%  
With Coupon

129<sup>99</sup>  
Before Coupon

COMPUTER WORKSTATION WITH PULL-OUT  
KEYBOARD TRAY AND CPU STAND (10746)



PLUS  
SAVE  
10%  
With Coupon

129<sup>99</sup>  
Before Coupon

PHILIPS 64MB MP3 PLAYER IS  
SPASH-PROOF, SKIP-FREE AND  
DESIGNED FOR MOVEMENT  
(AC1200)



PLUS  
SAVE  
10%  
With Coupon

79<sup>99</sup>  
After Mail-In Rebate  
& Before Coupon

X-TREME 48x16x48 EXTERNAL  
USB 2.0 CD-RW DRIVE (P3045)  
\$129.99 - \$50 Rebate = \$79.99

HP • Compaq • Toshiba • vpr Matrix™ • Canon • Minolta • Olympus • Sharp® • Sony® • Samsung & More

Some furniture may not be displayed in all stores, but is available for purchase. Furniture is ready for assembly.

Intel, the Intel Inside logo and Pentium are registered trademarks of Intel Corporation.

**Store Hours: Sunday 11a.m. - 6p.m.  
Monday through Saturday 10a.m. - 9p.m.**

Product in ad marked with the symbol \* is not at stores marked with ^ below.

**Ann Arbor** (4404) 3120 Lahr Road  
**Comstock Park** (4409) 196 to Alpine Ave, north on Alpine  
**Detroit**  
**Auburn Hills** (4449) 300 Brown Rd. 175 to Baldwin, turn right  
Follow to Brown Rd. Turn right and Best Buy is on the right  
**Dearborn** (4409) Foxlane Meadows Shopping Mall  
**Grosse Pointe** (4407) 30701 Grosse Pointe Avenue  
On Grosse Pointe Avenue and 13 Mile Road, north of 16 Mile, west of 194  
**Madison Heights** (4414) South of Oakland Mall on John R. Rd.  
between 14 Mile and 13 Mile Road  
**Moviel** (4417) 21051 Haggerty Road, High Point Shopping Center

**Southfield** (4404) 1496 to Telegraph Rd. exit, north to Best Buy  
**Southgate** (4401) East of Interstate 75 at Southtown Crossing  
**Utika** (4402) Northeast corner of Highways 53 and 59  
**Waterford** (4412) Telegraph Road, north of Summit Place Mall  
**Westland** (4403) At the corner of Cowan Road and Wayne Road  
**Flint** (4411) 3660 Miller Road off of I-75  
**Grand Rapids** (4406) Woodbrook Plaza, adjacent to Eastbrook Mall  
**Muskegon** (4408) 5425 Harvey Ave. - From 31 take Starkey Rd. E. exit right on Harvey  
**Riverton** (4444) 4830 Wilson Ave. S.W. Just south of Riverton Crossings Mall  
**Jackson** (4474) 1014 Jackson Crossing - Take 194 to exit 138  
South to I-50. Go 1/2 mile to Best Buy on the right

**Okemos** (4416) 2020 West Grand River Road  
**Port Huron** (4415) 1611 24th Ave, south of Builders Square  
**Portage/Kalamazoo** (4413) 6900 South Westridge Ave  
**Saginaw** (4405) SE corner of Bay Rd & Schust Rd  
**Toledo**  
**Toledo 1** (4443) 4505 Monroe Street  
**Toledo 2** (4447) SW corner of Hwy 20 (Reynolds Rd)  
and Airport Hwy (Hwy 2)  
**Traverse City** (4400) 2577 N. US 31 To South Airport Road west  
**West Lansing** (4403) 5216 W. Saginaw  
On-site car installation available at all locations. Printed in USA

**BEST BUY**  
BestBuy.com™

**gift CARD**

VISA • MC • DISC • AMEX

**IMPORTANT CONSUMER FINANCING INFORMATION**  
Financing Info.: Subject to credit approval on Best Buy consumer credit card by Household Bank. Min. finance charge = 12. Certain rules apply to the allocation of payments and Finance Charges on your promotional purchase if you make more than one purchase on your credit card. Call 1-888-367-4310 or review your cardholder agreement for information. Deferred Interest Info.: Variable Standard APR = Prime Rate + 14.4 percentage pts. (19.8% as of 3/1/03). Variable Default APR = Prime Rate + 18.4 percentage pts. (22.65% as of 3/1/03). Standard Min. APR 19.8%. Default Min. APR 23.8%.

**Business-to-business savings are waiting for you at BestBuyBiz.com or call 1 (800) 839-0570**

**PRICE GUARANTEE & RAINCHECKS**  
Price Guarantee: 30 days from purchase (14 days for select items), if a local competitor (excluding internet) has a lower price on the same available brand/model, we'll refund the difference plus 10% of the difference. Present lower price verification and original Best Buy receipt for refund. Excludes special, bonus, free and financing offers and, in CA, cellular phones/pagers. Ask customer service for details. Rainchecks and Limitations: Unless noted, rainchecks are available for advertised products. We reserve the right to limit quantities.



You can do it. We can help.<sup>SM</sup>

# NO PAYMENTS NO INTEREST UNTIL MARCH 2004\*

ON ANY  
**FLOORING, APPLIANCE, KITCHEN,  
BATH OR CLOSET**

**PURCHASE OF \$299 OR MORE ON YOUR  
HOME DEPOT OR EXPO CONSUMER CREDIT CARD**

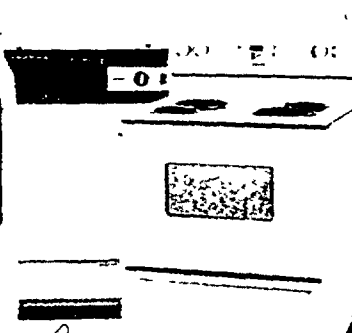
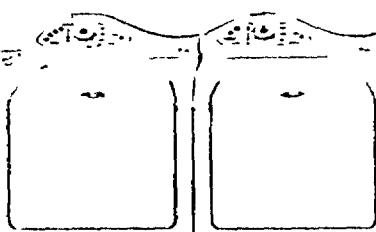
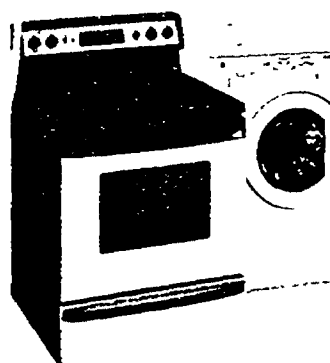
BETWEEN MARCH 20 AND MARCH 30, 2003

**PAY NOTHING FOR A YEAR ON ALL APPLIANCES!**

plus get

## FREE DELIVERY

by mail-in rebate on appliance purchases of \$399 or more<sup>1</sup>



**MAYTAG**

**JENN-AIR**



**Magic Chef<sup>®</sup>**

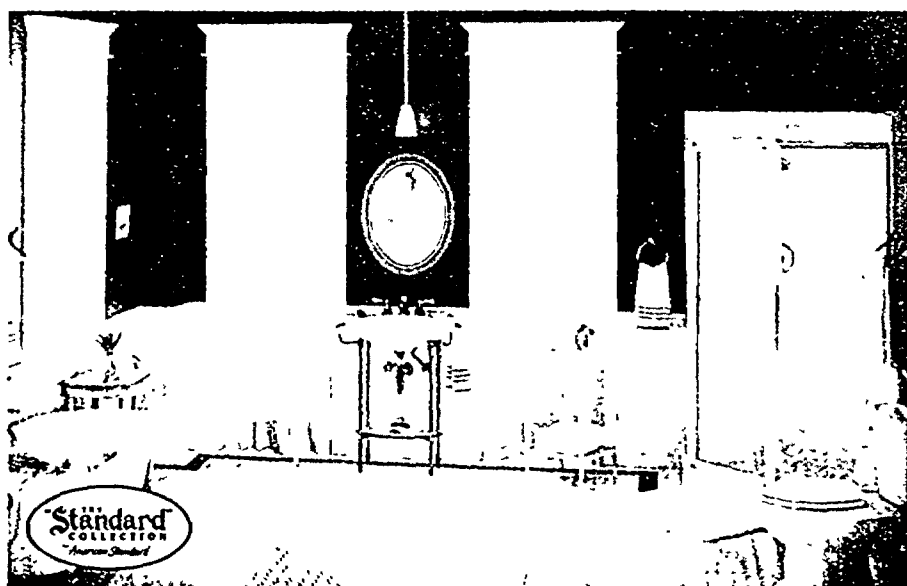
**SHARP**

**HOTPOINT**

**PAY NOTHING FOR A YEAR ON ALL KITCHEN AND BATH!**



**KraftMaid**  
Cabinetry



**Standard**  
COLLECTION  
American Standard

**NO PAYMENTS, NO INTEREST UNTIL  
MARCH 2004\* AVAILABLE AT  
THE HOME DEPOT® & EXPO® DESIGN CENTER**

Offer valid 2/3/03 through 6/1/03 by mail-in rebate with any appliance purchase totaling \$399 or more delivered through DepotDirect, Normal Depot Direct and EXPO Direct delivery terms apply. Delivery not available in some areas. Offer not valid in Alaska and Hawaii. Not valid with any other offer. Offer only available at The Home Depot and EXPO Design Center. See rebate form for redemption details. Minimum rebate value \$65.

\*See back page for key credit terms





**You can do it. We can help.<sup>SM</sup>**

# **NO PAYMENTS NO INTEREST UNTIL MARCH 2004\***

**ON ANY  
FLOORING, APPLIANCE, KITCHEN,  
BATH OR CLOSET**

**PURCHASE OF \$299 OR MORE ON YOUR  
HOME DEPOT OR EXPO CONSUMER CREDIT CARD**

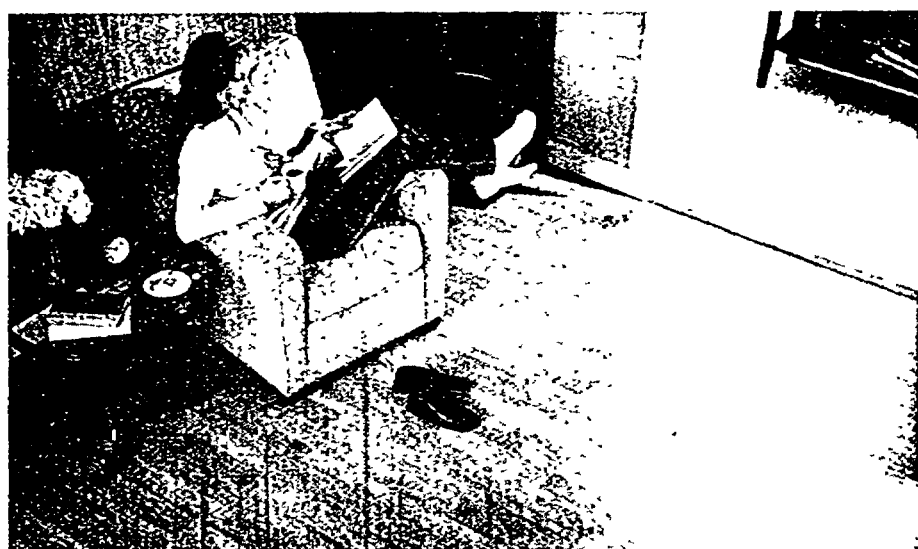
**BETWEEN MARCH 20 AND MARCH 30, 2003**

**PAY NOTHING FOR A YEAR ON ALL HARD-SURFACE FLOORING!  
TILE, VINYL, WOOD, LAMINATE**

plus get

**20% OFF**

**all TRAFFICMASTER<sup>TM</sup>  
LAMINATE FLOORING<sup>†</sup>**



**PAY NOTHING FOR A YEAR ON ALL CARPET STYLES AND COLORS!**

**TEXTURE, BERBER, FRIEZE,  
SAXONY, LOOP**

plus get

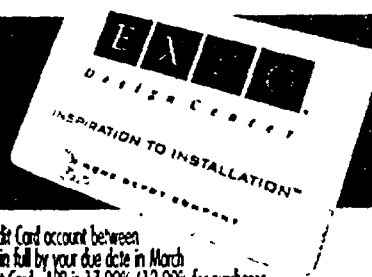
**FREE  
CARPET PAD**

**with purchase of carpet & installation  
made before 4/2/02<sup>†</sup>**

Free Carpet Pad offer not available at EXPO<sup>®</sup> Design Center



**NO PAYMENTS, NO INTEREST UNTIL  
MARCH 2004\* AVAILABLE AT  
THE HOME DEPOT<sup>®</sup> & EXPO<sup>®</sup> DESIGN CENTER**



\*Key Credit Terms: Payments are not required until March 2004 on any approved Flooring, Appliance, Kitchen, Bath or Closet purchase of \$299 or more charged to your Home Depot<sup>®</sup> or EXPO<sup>®</sup> Consumer Credit Card account between March 20 and March 30, 2003. Finance charges and optional insurance charges will be billed from the date of purchase, but finance charges will be reversed if the promotional purchase and any insurance charges are paid in full by your due date in March 2004. If they are not, you will be responsible for these charges. Regular credit terms apply to non-promotional purchases. APR is 21% (18% in WA) and (15.48% for purchases of \$2,000 or more) on the Home Depot Consumer Credit Card. APR is 17.99% (12.99% for purchases of \$2,000 or more) on the EXPO Design Center Consumer Credit Card. Min. finance charge is \$1.00 (\$1.50 in WA). Offer subject to credit approval. Valid at all U.S. and Puerto Rico Home Depot<sup>®</sup> stores, EXPO<sup>®</sup> Design Center stores and the Home Depot Floor Store<sup>®</sup>.

<sup>†</sup>Special Offers: 20% off All Traffic Master Floorings: Offer valid 3/9/03 through 4/2/03 on purchases of in-stock and special order Traffic Master Laminate Flooring. Installation not included. Offer not valid with Trafficmaster Pioneer Laminate (128147), because savings on Pioneer exceed 20% off, or with any other offer. Offer only available at The Home Depot. Ask an associate for details. Free Carpet Pad: Offer valid with any purchase of carpet and installation made 2/1/2003 through 4/2/2003. Offer applies to basic pad and labor only. Basic pad varies by carpet style. See store for details on minimum labor and additional charges.

AE#s: SE48903, MA48904, PAC48905, MW48906, SW48907, NW48908

mart

# KOOL 2K DAYS

THURSDAY, MARCH 27 THRU  
SATURDAY, MARCH 29

## SNEAK PREVIEW



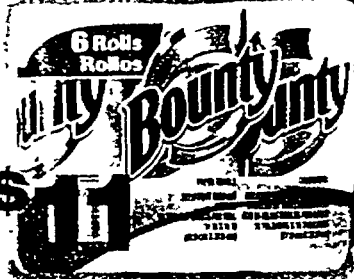
**2/\$3 SALE**  
CREST TOOTHPASTE  
6.4-oz. net wt.



**2/\$10 SALE**  
CHARMIN BATH TISSUE  
24 regular or 12 double rolls.



**4/\$9 SALE**  
AMERICAN FARE® DRINKING WATER  
12-pack, 500ml bottles.  
Plus deposit or CRV where applicable.



**2/\$11 SALE**  
BOUNTY 6-ROLL PAPER TOWELS



**\$4 SALE**  
Was 6.99-7.99  
MARTHA STEWART EVERYDAY®  
GRANDPA STANDARD/QUEEN  
OR CORE-SUPPORT PILLOW



**\$5 SALE**  
Was 9.99  
LADIES' BASIC EDITIONS®  
SLEEVELESS KNIT TOP  
WITH PIPING TRIM



**2/\$10 SALE**  
Was 9.99 ea.  
SELECT WOMEN'S FASHION CASUALS  
Not included in the Buy-One-Get-One offer.



**\$5 SALE**  
Was 6.99-7.99  
MEN'S OR BOYS' ATLETECH®  
8-PAIR PACKAGE SOCKS



**2/\$7 SALE**  
Was 5.79 ea.  
GIRLS' HANES HER WAY  
6-PACK BRIEFS OR BOYS'  
HANES 6-PACK BRIEFS

# Outrageous values

**20%-50% off\***  
select sporting goods

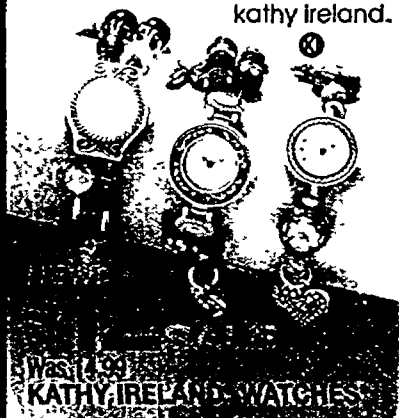
Merchandise may vary by store.  
While quantities last. Sorry, no rain checks. \*Savings off reg. price



Prices effective Thursday, March 27 thru Saturday, March 29, 2003

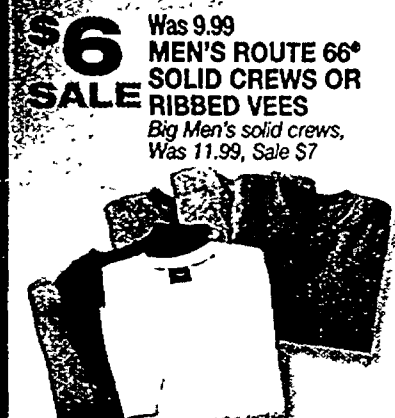
ALL MERCHANDISE ADVERTISED IN THIS CIRCULAR IS ALSO AVAILABLE 8 AM THURSDAY, MARCH 27 THRU MIDNIGHT SATURDAY, MARCH 29, 2003 AT OUR K-MART SUPER CENTER LOCATIONS.

Kathy Ireland.

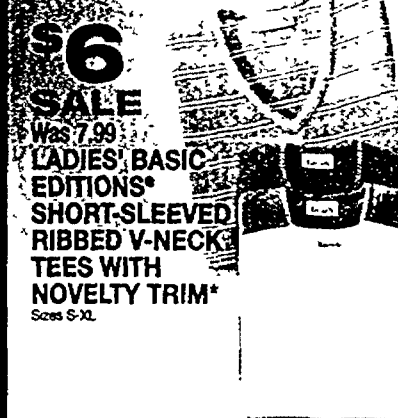


**WAS 14.99**  
**KATHY IRELAND WATCHES**

**\$6 SALE**  
Was 9.99  
**MEN'S ROUTE 66® SOLID CREWS OR RIBBED VEEs**  
Big Men's solid crews, Was 11.99, Sale \$7



**\$6 SALE**  
Was 7.99  
**LADIES' BASIC EDITIONS® SHORT-SLEEVED RIBBED V-NECK TEES WITH NOVELTY TRIM\***  
Sizes S-XL



**\$5 SALE**  
Was 9.99  
**GIRLS' LICENSED TEES**



**2/\$7 SALE**  
Was 4.99 ea.  
**MEN'S, LADIES' OR BOYS' JOE BOXER® SOCKS**  
All other Joe Boxer® socks, Sale \$1.50-\$5



**2/\$11 SALE**  
**MEN'S JOE BOXER® BOXER BRIEFS**  
Size S-XL



**\$7 SALE**  
Was 12.99  
**MEN'S ATHLETECH® NYLON SEPARATES**  
Big Men's; sizes 2X-4X, Was 14.99, Sale \$9



**2/\$11 SALE**  
**EVENFLO 3-PACK BOTTLES\* OR 60-CT. NURSING PADS**



**BUY ONE, GET ONE 50% OFF AMERICAN FARE®**  
Skin care, creme bath, 64 fl. oz., liquid soap, body wash or nail polish remover. Buy one at the reg. price and get the second one (of equal or lesser value) at 50% OFF the reg. price.



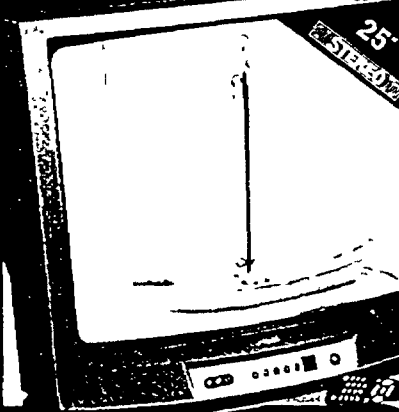
**\$15 SALE**  
Was 21.99  
**KOLCRAFT TOT RIDER**



# dollar 21 DAYS SNEAK PREVIEW

THURSDAY, FRIDAY & SATURDAY  
MARCH 27-29

**25" STEREO TV**



**\$198 SALE**  
Was 219.99  
**CURTIS MATHES 25" STEREO TV**  
• S-Video input  
• Sleep timer  
• Front/rear A/V jacks

**\$11 SALE**  
**2-PACK KODAK MAX FLASH SINGLE-USE CAMERA**  
54 exps. total



**2/\$1 to \$4 SALE**  
Was 99¢ to 6.99 ea.  
**READY-TO-FILL BASKETS\***



**BUY ONE, GET ONE 50% OFF BATH & BODY**  
Village Naturals, Nature's Family or Calgon Bath. Buy one at the reg. price and get the second one (of equal or lesser value) at 50% OFF the reg. price.



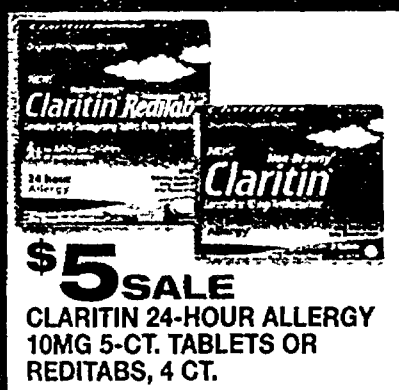
**2/\$3 SALE**  
Was 1.99 ea.  
**4-PACK PLAY-DOH**



**\$14 SALE**  
**PAMPERS MEGA DIAPERS**  
Pamper Wipes, 72-80-ct. tub, Sale 2/\$5



**\$5 SALE**  
**CLARITIN 24-HOUR ALLERGY 10MG 5-CT. TABLETS OR REDITABS, 4 CT.**



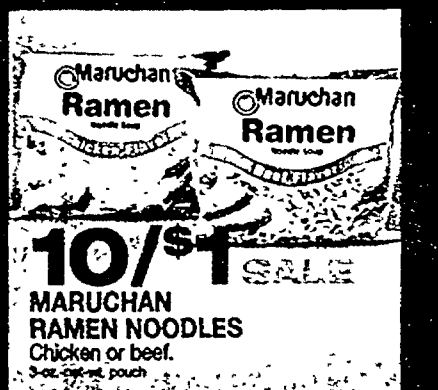
**\$12 SALE**  
**TIDE LAUNDRY DETERGENT**  
200 fl. oz., 63-80-use powder or 56-use tabs.  
Downy, 60 fl. oz., Sale 2/\$10



**4/\$3 SALE**  
**12-PACK HANGERS**



**10/\$1 SALE**  
**MARUCHAN RAMEN NOODLES**  
Chicken or beef, 3-oz. cup-noodle pouch



**5/\$4 SALE**  
Was 99¢ ea.  
**1-QT. EXXON SUPERFLO OIL**  
5W-30, 10W-30, 10W-40 or SAE-30.



**\$6 SALE**  
**AMBER SOLAR LANDSCAPE LIGHT**



**\$3 SALE**  
Was 3.69  
**MARTHA STEWART EVERYDAY GARDEN PROFESSIONAL POTTING MIXES.** Available with or without fertilizer 8 dry-qt. bag.



\*Colors and assortment may vary by store.

**Apply Now!**  
1-800-GO-KMART

Call 1-800-866-0086 for the location of your nearest Kmart Store, Pharmacy or Little Caesars® Pizza Station® in Kmart.

Prices offered in this circular are not available in the New York City Manhattan stores.

**KMART ADVERTISED MERCHANDISE POLICY**  
Sale offers do not apply to clearance merchandise or products available through Kmart.com. Special Buy items are volume buys or special deals in which the savings are passed along to the customer. In some cases, Special Buys are available in limited quantities. Price reductions are off everyday low prices unless otherwise indicated. Our firm intention is to have every advertised item in stock on our shelves. However, if an advertised item is not available for purchase due to any unforeseen reason, Kmart will issue a Rain Check on request for the merchandise to be purchased at the advertised price whenever available, or will sell you a comparable quality item at a comparable price. Prices may vary in some stores due to local competition. We reserve the right to limit purchases to reasonable family quantities. Products represented in this circular are available at our Kmart, B & Kmart and Kmart Super Center Locations. ©2003 Kmart Corporation. Advertised prices and merchandise offered in this circular are not available at closing stores.

**bluelight INTERNET SERVICE**  
Internet service for only 9.95 per month. First month FREE.  
Call 1-866-663-4308 to receive your FREE CD today!

Prices effective Thursday, March 27 thru Saturday, March 29, 2003



# LOWEST PRICES OF THE SEASON

PLUS GET A  
**\$10**  
REWARD

WITH EVERY \$50 IN PURCHASES

Earn your rewards Thursday, March 27–Saturday, March 29. Rewards are valid March 30–April 6. Rewards not valid on prior purchases. Available in-store only. See page 3 for details.

**KOHL'S**



**50% off**

**SAG HARBOR®** linen separates for misses, petites and women. Orig. \$30-\$40, sale \$15-\$20. Selected styles. Misses' shown.



entire stock

**40% off**

**HAVANA JACK'S CAFÉ®** sportswear for misses. Orig. \$24-\$40, sale \$14.40-\$24.00



**50% off**

**CROFT & BARROW®** knit tops for misses, petites and women. Orig. \$18-\$28, sale \$9-\$14. Selected styles. Misses' shown.



**40-50% off**

Maternity sportswear. Orig. \$18-\$36, sale \$10.80-\$21.60. Selected styles. [shop online for selected items P3261](#)



entire stock

**50% off**

**TEKGEAR™** fitness apparel for misses. Orig. \$14-\$34, sale \$7-\$17



entire stock  
**50% off**

Outerwear for her. Orig. \$40-\$100, sale \$20-\$50. Excludes Columbia Sportswear Company.



entire stock  
**50% off**

SO... knit tops for juniors. Orig. \$10-\$16, sale \$5-\$8. SO... GSIC. [shop online P3262](#)



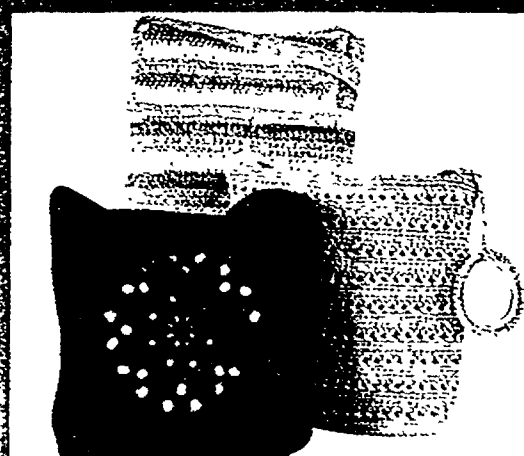
entire stock  
**50% off**

SO... skirts, crop pants, jeans & shorts for juniors. Orig. \$18-\$34, sale \$9-\$17. [shop online P3263](#)



entire stock  
**50% off**

Panties. Reg. \$7-\$12 to \$21 ea. sale \$3.00 to \$10.50 ea. Excludes Jockey®.



entire stock  
**50% off**

Straw and crocheted handbags. Orig. \$14-\$39, sale \$7.00-\$19.50

entire stock  
**50% off**  
SO... and SONOMA sandals and shoes for misses, men & kids.



**BONUS BUY**  
**SAVINGS GOOD**  
**THURSDAY & FRIDAY**  
2001

**BONUS**

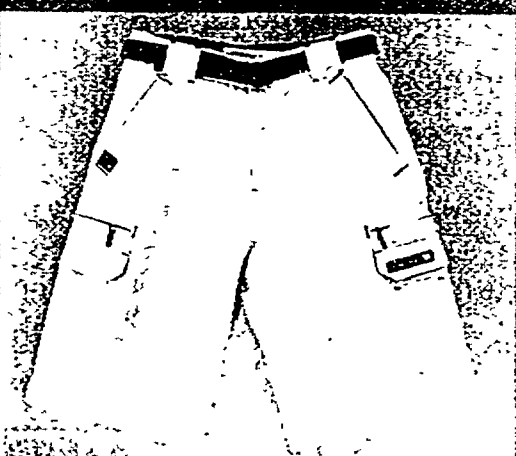
entire stock  
**50% off**

Kids' sets.  
• Boys' 4-7  
• Girls' 4-6x  
• Toddlers'  
• Infants'  
• Newborns'  
Playwear not intended as sleepwear.



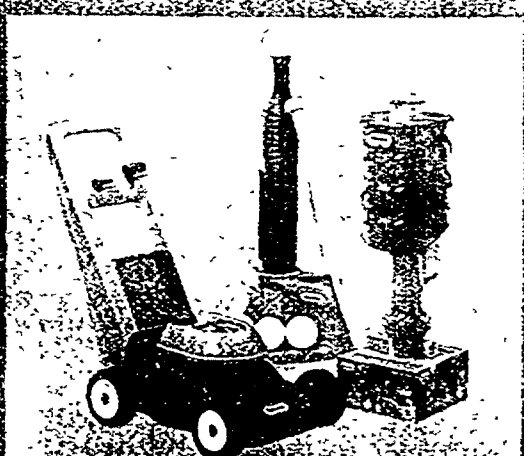
entire stock  
**50% off**

Kids' spring outerwear. Excludes Columbia Sportswear Company®.



entire stock  
**50% off**

SONOMA shorts for boys 4-20. Classic, utility and fashion styles.



**10-40% off plus save an extra 10%**

Entire Stock toys.  
• Little Tikes® • Hot Wheels®  
• Fisher-Price® • Matchbox®  
• Barbie® • Lego®





**8.99**

TEKGEAR™ performance or basketball shorts for men. Orig. \$20



your choice  
**16.99**

LEE® Wrinkle Free khakis for men. Pleated or flat front styles. Reg. 34.99



entire stock  
**50% off**

CROFT & BARROW® shorts for men. Orig. \$24-\$28. sale 11.99-13.99  
shop online P3267

**60% off plus  
save an extra 15%**

Diamond, gemstone & pearl jewelry, 14k gold chains & bracelets. Reg. \$40-\$3,000. sale 16.00-989.99. Final Price 13.60-841.49

shop online for selected items: jewelry

**23.79 Final Price**  
14k gold 1/8 ct. T.W. diamond stud earrings. Reg. \$100. sale 27.99  
shop online P3266

**16.99 Final Price**  
10k gold toe ring or anklet. Orig. \$60. sale 19.99



entire stock  
**8.99**

CROFT & BARROW® ribbed tees for men. Orig. \$20  
shop online P3264



entire stock  
**50% off**

Men's outerwear. Orig. \$40-\$70. sale 19.99-34.99. Excludes Columbia Sportswear Company



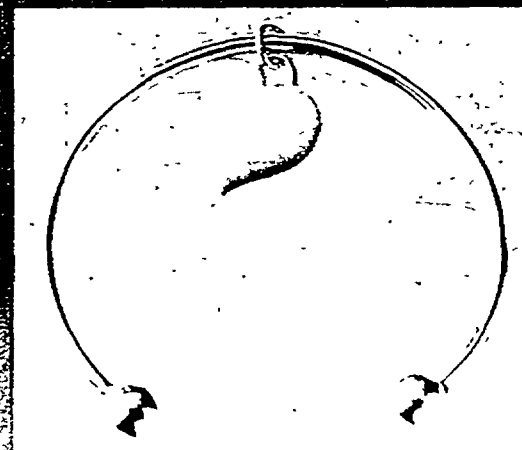
**26.99**

Athletic shoes for men & women. Selected styles



your choice  
**36.99**

NEW BALANCE® 470 trail running shoes for men & women or 381 cross training shoes for men. Reg. 59.99



**60% off plus  
save an  
extra 10%**

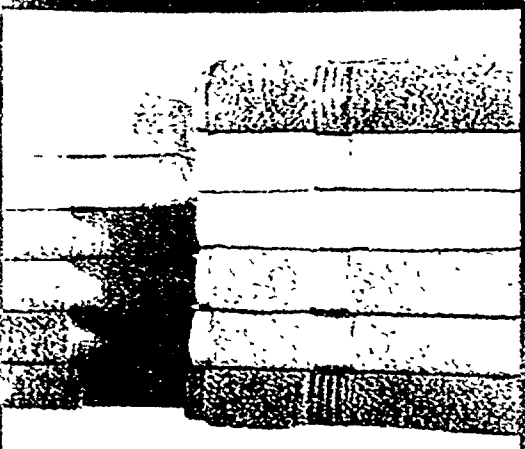
Entire Stock sterling silver jewelry. Reg. \$4-\$96. sale 1.60-38.40. Final Price 1.44-34.56

# BUYS

**\$10 Reward Offer:** One \$10 Reward will be issued for every \$50 spent, tax excluded. Rewards can be earned on any purchase of regular, sale and clearance priced merchandise March 27-March 29, 2003. Rewards are available in-store only. Rewards can only be redeemed in-store. Rewards are valid on any purchase of regular, sale and clearance priced merchandise from March 30-April 6, 2003. Rewards must be used by April 6, 2003. Rewards not valid for payment on a Kohl's Charge account, on Gift Card purchases, on purchases of Kohl's Cares for Kids® or other charitable items or for adjustments on prior purchases. Rewards will not be issued for prior purchases if merchandise purchased March 27-29, 2003 is returned, the \$10 rewards earned need to be returned.

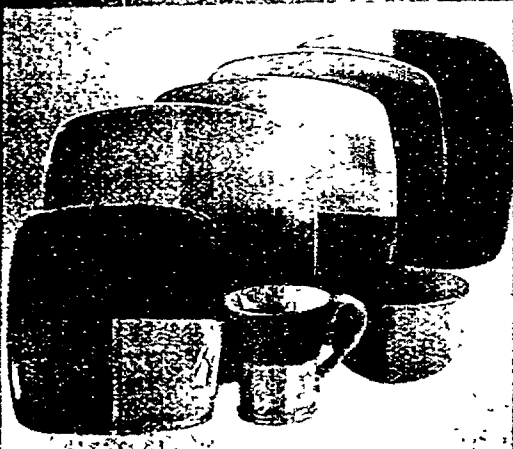


entire stock  
**25-50% off**  
Basketball shoes for men & boys.



entire stock  
**50% off**

Solid bath towels.  
• Martex®  
• Villager  
• Fieldcrest®  
• Cannon® Royal Family®  
shop online H1111



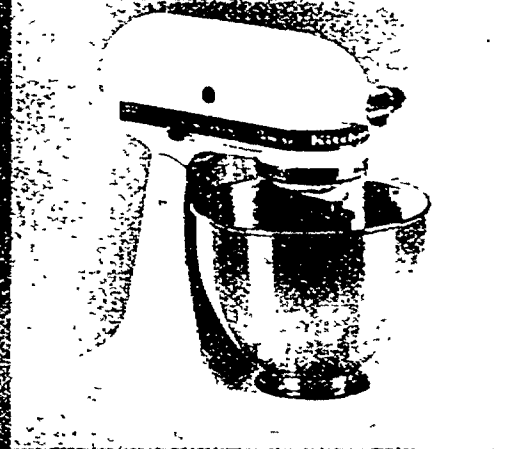
entire stock  
**50% off**

Open stock dinnerware. shop online for selected items P3268



entire stock  
**50% off**

Tablecloths. Damask patterns & prints.



entire stock  
**25-30% off**

Stand mixers. shop online H1642  
sale 174.99  
KITCHENAID® Classic Plus 4.5-qt. Stand Mixer. Reg. 249.99



entire stock  
**20-50% off**

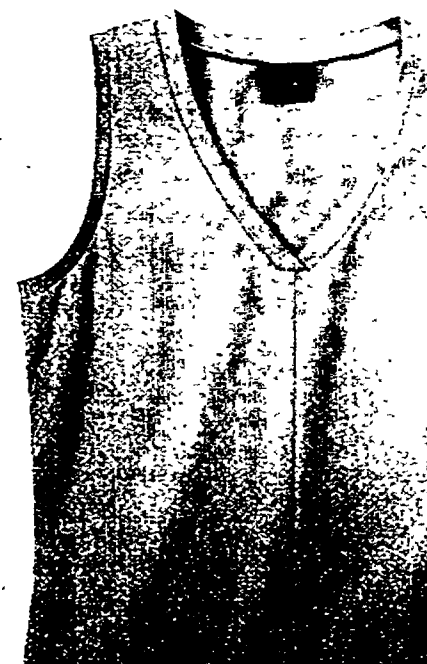
Floor care. shop online H1400



# Save on All Misses' Tops, Shorts & Capris

**7.99**

**SONOMA**  
notchneck  
tank. Orig. \$14  
shop online 34365



**6.99**

**SONOMA**  
V-neck tank.  
Orig. \$12  
shop online  
35457

**9.99**

**GLORIA  
VANDERBILT®**  
printed tee.  
Orig. \$20



**6.99**

**SONOMA**  
interlock tee.  
Orig. \$12  
shop online  
32628



**6.99**

**CROFT &  
BARROW®**  
ottoman tank.  
Orig. \$14  
shop online  
29653



**8.99**

**CROFT &  
BARROW®**  
piqué polo.  
Orig. \$18



**8.99**

**CROFT &  
BARROW®**  
rayon/spandex  
V-neck tank.  
Orig. \$14



**7.99**

**CROFT & BARROW®**  
cotton/rayon/spandex  
split crewneck tee.

Orig. \$16

Havana Jack's Café® drawstring  
print capris. Orig. \$36, sale 21.99



croft & barrow

**LOWEST PRICES OF THE SEASON**

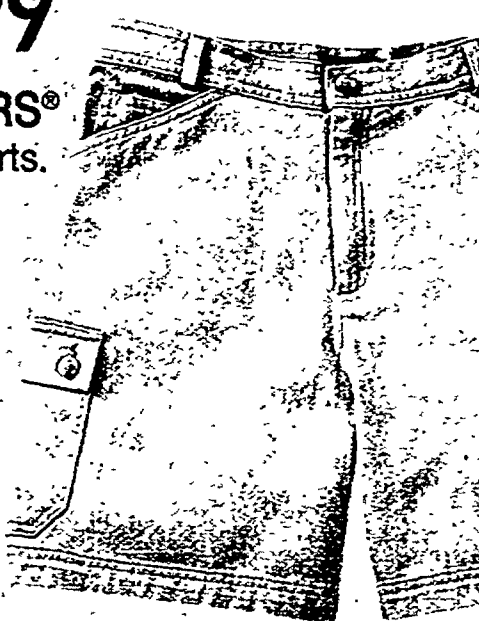
17.99

GLORIA  
VANDERBILT®  
lace-up shorts.  
Orig. \$30



19.99

DOCKERS®  
Utility Shorts.  
Orig. \$30



14.99

SONOMA  
belted shorts.  
Orig. \$26  
shop online  
P3307



Genuine Sonoma  
Jean Company®.

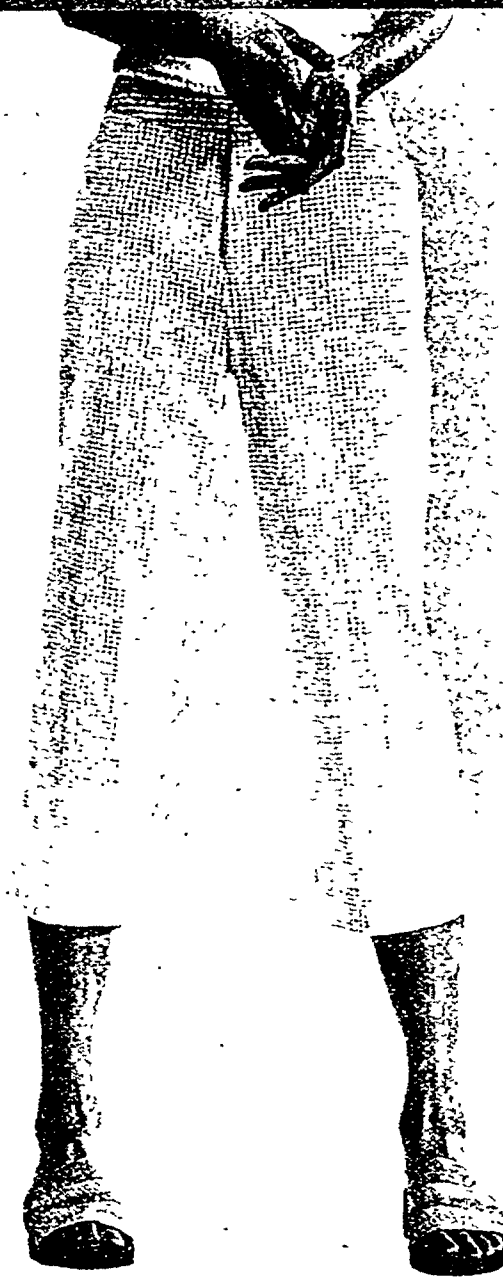
17.99

LEE® plain  
front shorts.  
Orig. \$30



Levi's

21.99 LEVI'S® Slim Fit capris.  
Orig. \$36



17.99 SONOMA gingham  
capris for misses & petites.  
Orig. \$30 Misses' shown.



19.99

LEE® drawstring  
capris. Orig. \$36

Croft & Barrow® cotton/spandex  
V-neck tee. Orig. \$16. sale 7.99

shop online P3269

Lee  
CASUALS

PLUS GET A \$10 REWARD

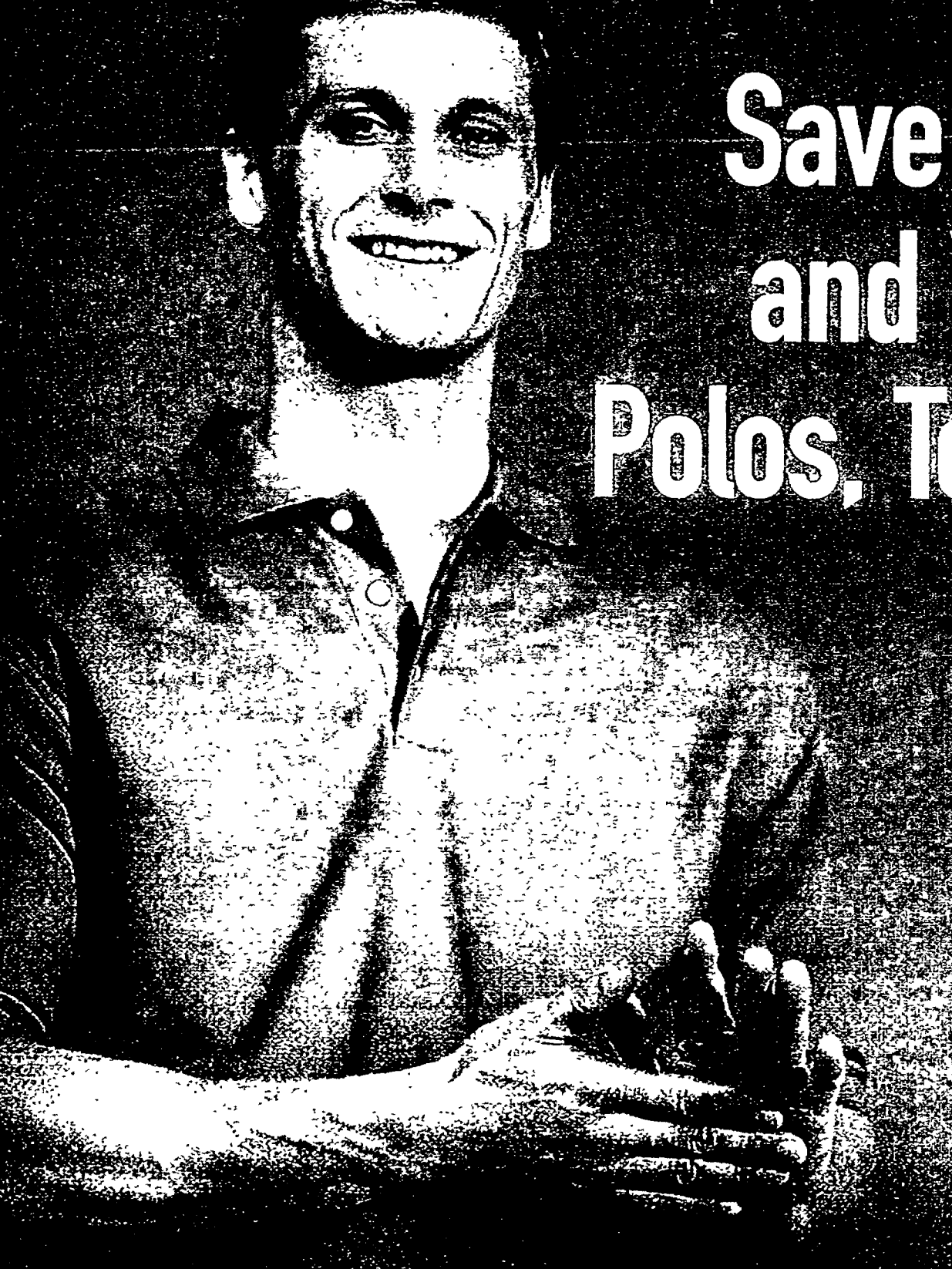
WITH EVERY \$50 IN PURCHASES

Earn your rewards Thursday, March 27—Saturday, March 29.


Rewards are valid March 30—April 6.

Rewards not valid on prior purchases. Available in-store only.





# Save on All Men's and Young Men's Polos, Tees & Shorts



**11.99**  
**DOCKERS®**  
Essential Tee.  
Orig. \$19  
shop online  
935



**17.99**  
**access** polynosic  
crossover tee.  
Orig. \$28  
shop online  
33787



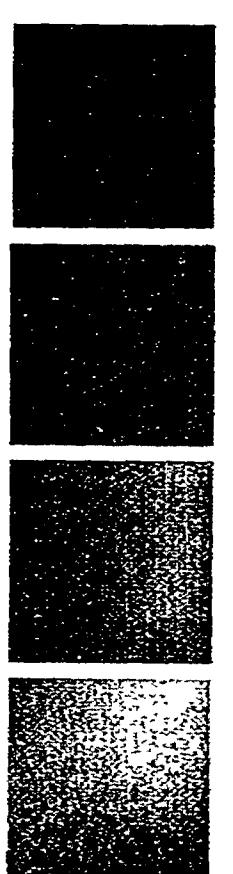
**5.99**  
**SONOMA**  
varsity crew  
tee. Orig. \$12



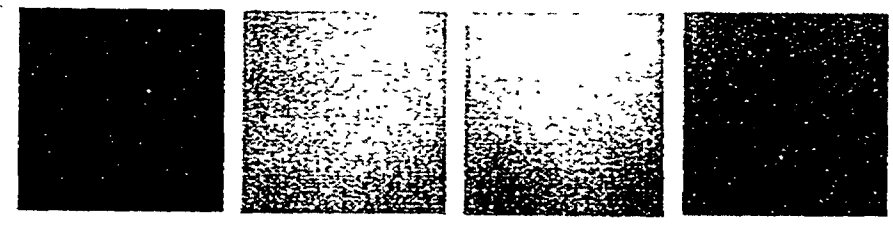
**5.99**  
**SONOMA**  
screen  
printed tee.  
Orig. \$14



**18.99**  
**CROFT & BARROW®**  
luxury polo.  
Orig. \$36  
shop online  
29349



**9.99**  
**CROFT & BARROW®**  
solid piqué polo.  
Reg. \$24  
  
croft & barrow.



**11.99**  
**NIKE®** basic  
athletic tee.  
Orig. \$18



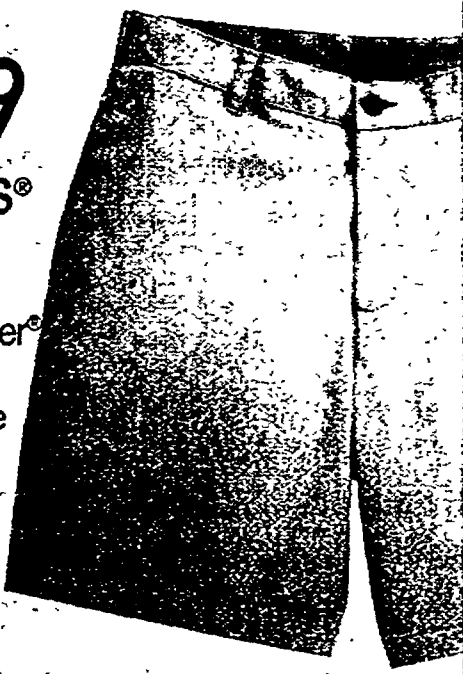
**9.99**  
**CROFT & BARROW®**  
ribbed tee.  
Orig. \$20  
shop online  
P33014

# LOWEST PRICES OF THE SEASON



**21.99**

**DOCKERS®**  
Go Khaki  
Shorts With  
Stain Defender®  
Orig. \$36  
shop online  
P32611



**19.99**

**LEVI'S®**  
shorts.  
Orig. \$30-\$34



**19.99**

**SAVANE®**  
Synatural™  
comfort fit  
shorts.  
Orig. \$36  
shop online  
35422



**19.99**

**LEE DUNGAREES®**  
shorts.  
Orig. \$32-\$34



**24.99**

**JNCO®**  
shorts.  
Orig. \$38-\$44



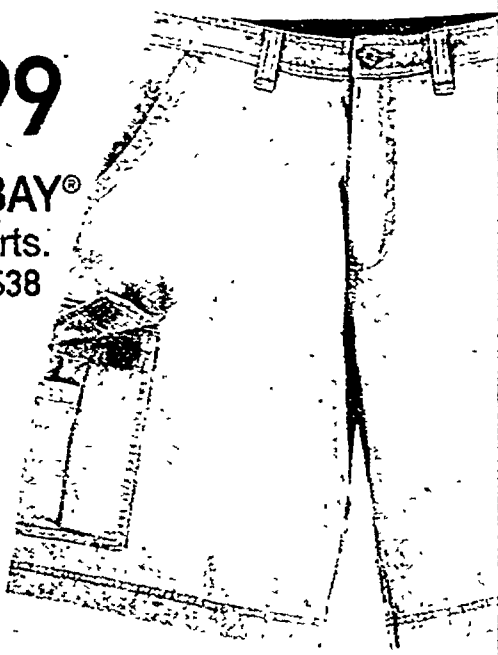
**17.99**

**HAGGAR®**  
Wrinkle-Free™  
shorts.  
Orig. \$30



**21.99**

**UNIONBAY®**  
cargo shorts.  
Orig. \$36-\$38



**16.99**

**CROFT & BARROW®**  
microfiber  
shorts.  
Orig. \$28  
shop online  
30160



**14.99**

**SONOMA** fashion twill  
and denim shorts.  
Orig. \$30

50% off Sonoma camp  
shirt or knit polo.  
Orig. \$26. sale \$13

GENUINE  
**SONOMA**  
JEAN COMPANY

**PLUS GET A \$10 REWARD**

**WITH EVERY \$50 IN PURCHASES**

Earn your rewards Thursday, March 27–Saturday, March 29.  
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Rewards not valid on prior purchases. Available in-store only.

# Save on All Tees, Tanks, Shorts & Capris for Juniors



**8.99**

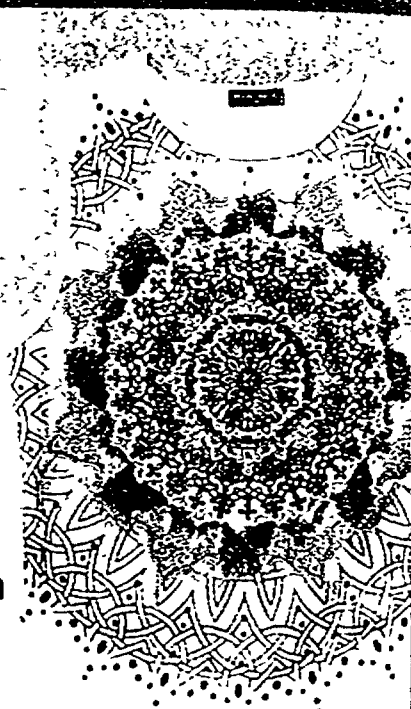
UNIONBAY®  
striped or solid  
V-neck tee.  
Orig. \$18

shop online  
P33017



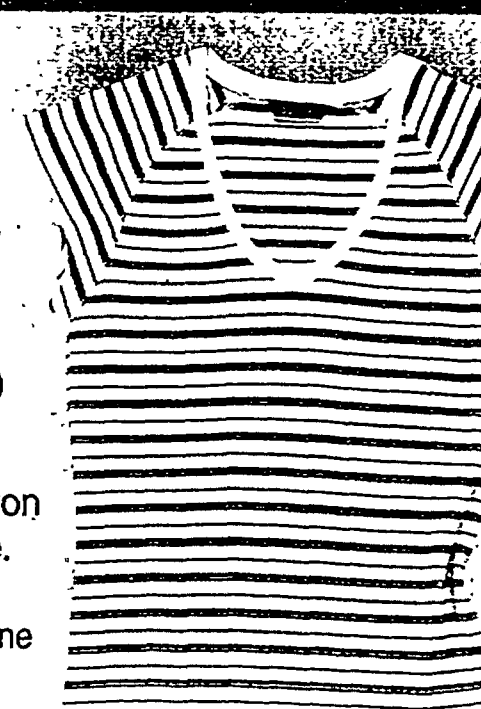
**8.99**

FANG® screen  
printed tees.  
Orig. \$16



**10.99**

FANG® screen  
printed tanks.  
Orig. \$20-\$22



**5.99**

SO... cotton  
V-neck tee.  
Orig. \$10

shop online  
P33019



**7.99**

ENERGIE®  
cinch front tee.  
Orig. \$14

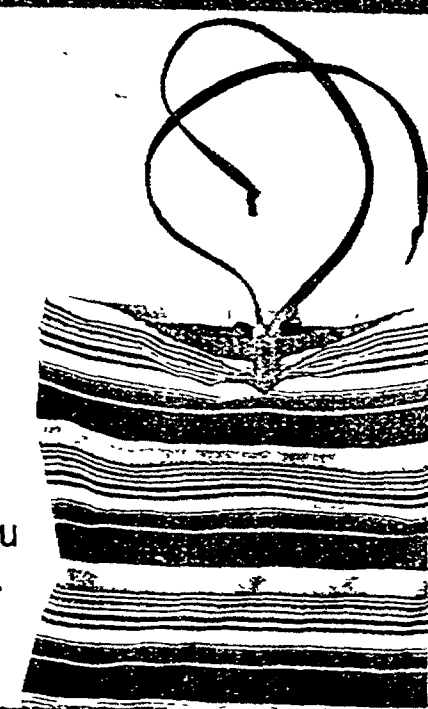
shop online  
P32585

**6.99**

SO... racerback  
tank. Orig. \$12

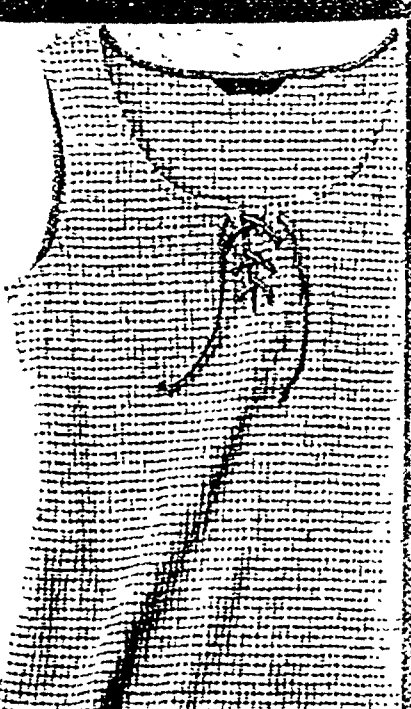
shop online P32612

Unionbay®, Paris Blues® & GLO®  
shorts. Orig. \$26, sale 19.99



**6.99**

SO... bandeau  
tank. Orig. \$12.



**8.99**

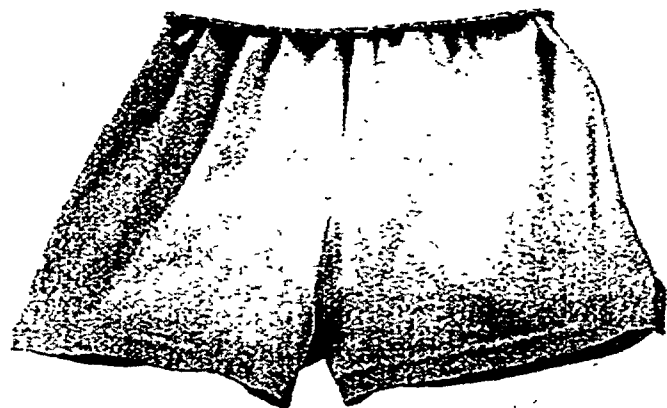
SO... pucker  
tank. Orig. \$16

shop online  
P33272

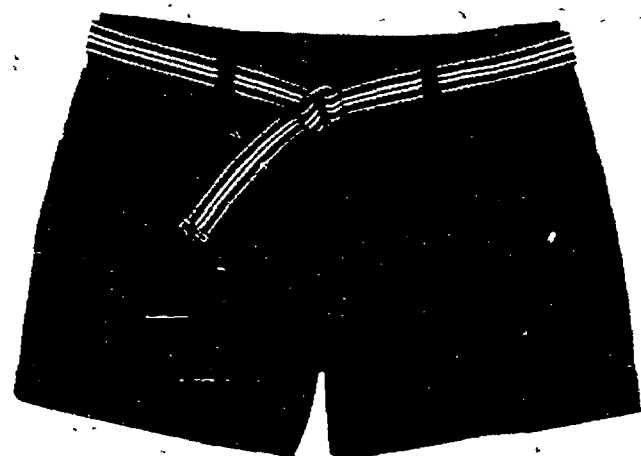
SO...  
GSJC®

# LOWEST PRICES OF THE SEASON

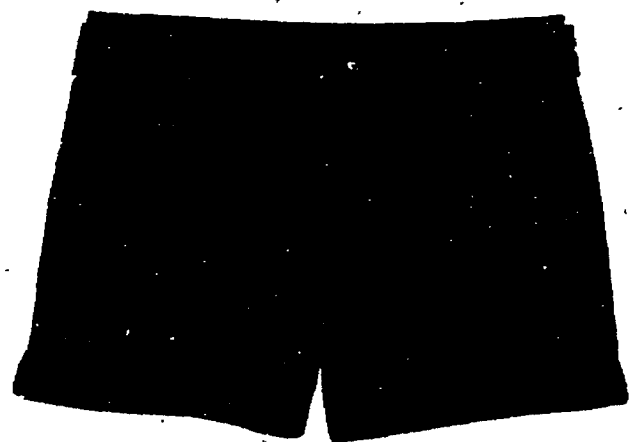




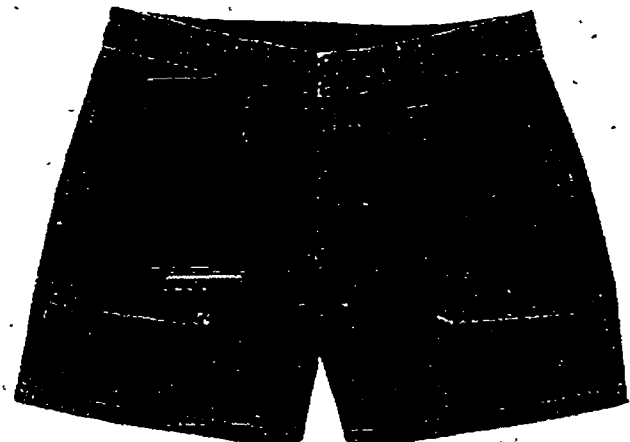
**6.99** MJ SOFFE™  
jersey shorts.  
Sizes 0-17. Orig. \$12



**13.99** SO... denim & twill shorts.  
Sizes 0-17. Orig. \$22  
shop online P33027



**19.99** MUDD® shorts.  
Sizes 0-17. Orig. \$26  
shop online P33028



**19.99** l.e.i.® shorts.  
Sizes 0-17. Orig. \$26  
shop online P33030



**12.99** BIG FLIRT®  
active capris.  
Orig. \$22



**13.99** SO... stretch poplin  
crop pants. Sizes 0-17.  
Orig. \$24  
shop online P33031



**14.99**

MUDD® capris.  
Sizes 0-17. Orig. \$34  
shop online P32615

Mudd® screen printed tee.  
Orig. \$16, sale 7.99

**Mudd**

**80% off**  
original prices

**Storewide Clearance**

When you take an additional 70% off already  
reduced clearance prices shop online: clearance

Final prices given at register. Clearance prices represent savings off original prices. Selection varies by store.  
Interim markdowns may have been taken. Sorry, no price adjustments given on prior purchases.



# Save on All Kids' Tanks, Tees, Shorts & Capris



**17.99**

**MUDD®** stretch cuffed  
capris for girls 7-16.  
Orig. 26.99

SO... V-neck short sleeved tee  
for girls 7-16. Orig. \$10, sale 4.99

shop online P33036

SO...GSJC®.

**Mudd**

**17.99**

LEE® fashion  
shorts for boys  
8-20. Orig. \$30



**7.99**

GECKO  
screen printed  
tee for  
boys 8-20.  
Orig. 14.99



**17.99**

JNCO®  
carpenter shorts  
for boys 8-20.  
Orig. \$34  
shop online P33044



**6.99**

Novelty screen  
printed tees for  
boys 4-7.  
Orig. 12.99  
shop online  
P33042



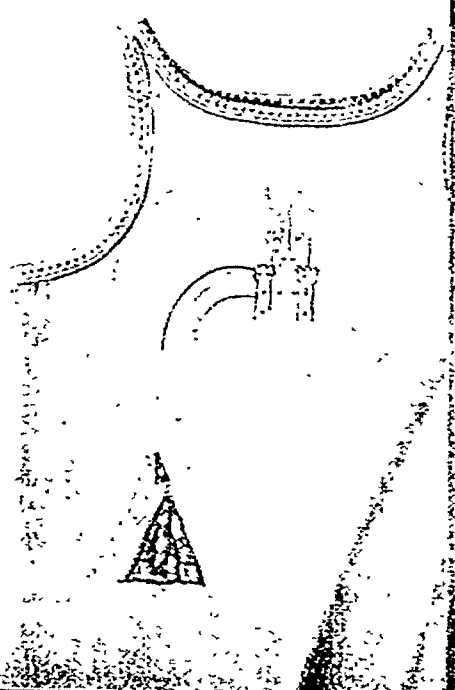
**8.99**

SONOMA  
carpenter  
shorts for boys  
4-7x. Orig. \$16  
shop online  
P32617



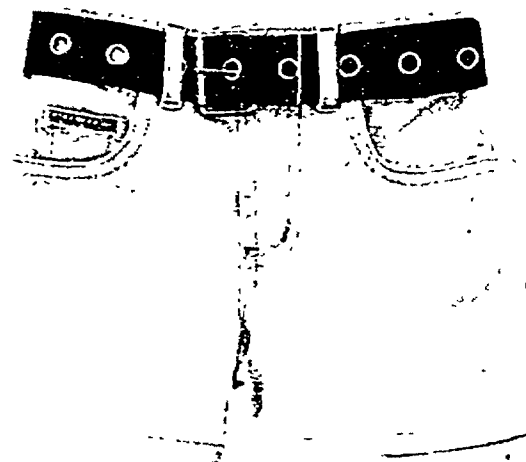
**4.99**

Embroidered  
tank tops for  
girls 4-6x.  
Orig. \$10  
shop online  
P32616



**12.99**

Fashion shorts  
for girls 4-6x.  
Orig. 21.99



**LOWEST PRICES OF THE SEASON**

# 20-60% off

## entire stock shoes for men, women & kids

shop online for selected items P1192

### Women's

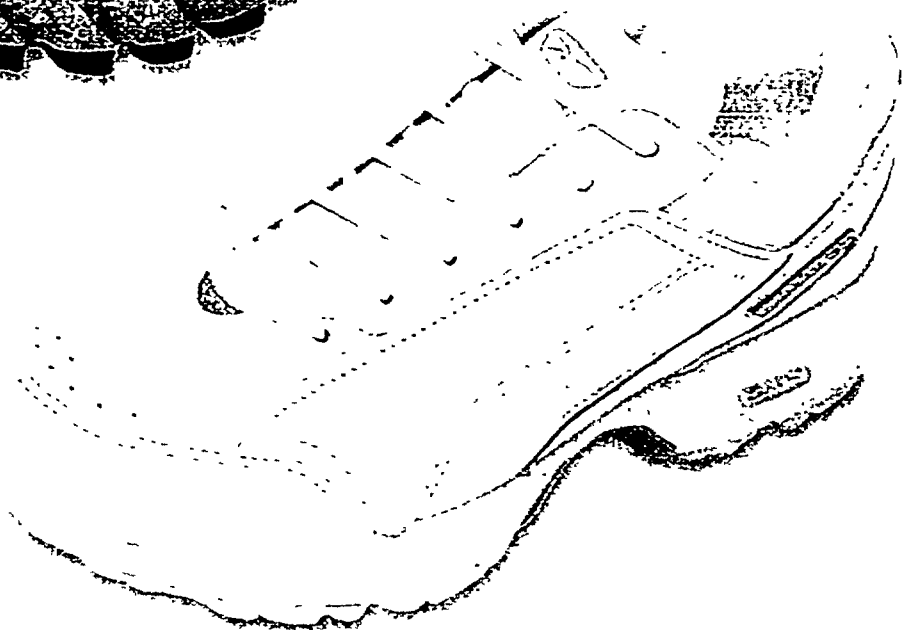
sale 47.99  
NIKE® Terra Sebec  
shoes. Reg. 64.99



sale 19.99  
CROFT & BARROW®  
St. Claire shoes.  
Orig. 39.99



sale 43.99  
REEBOK® Walk  
Platinum shoes.  
Reg. 64.99  
Also available in  
black & wide widths.



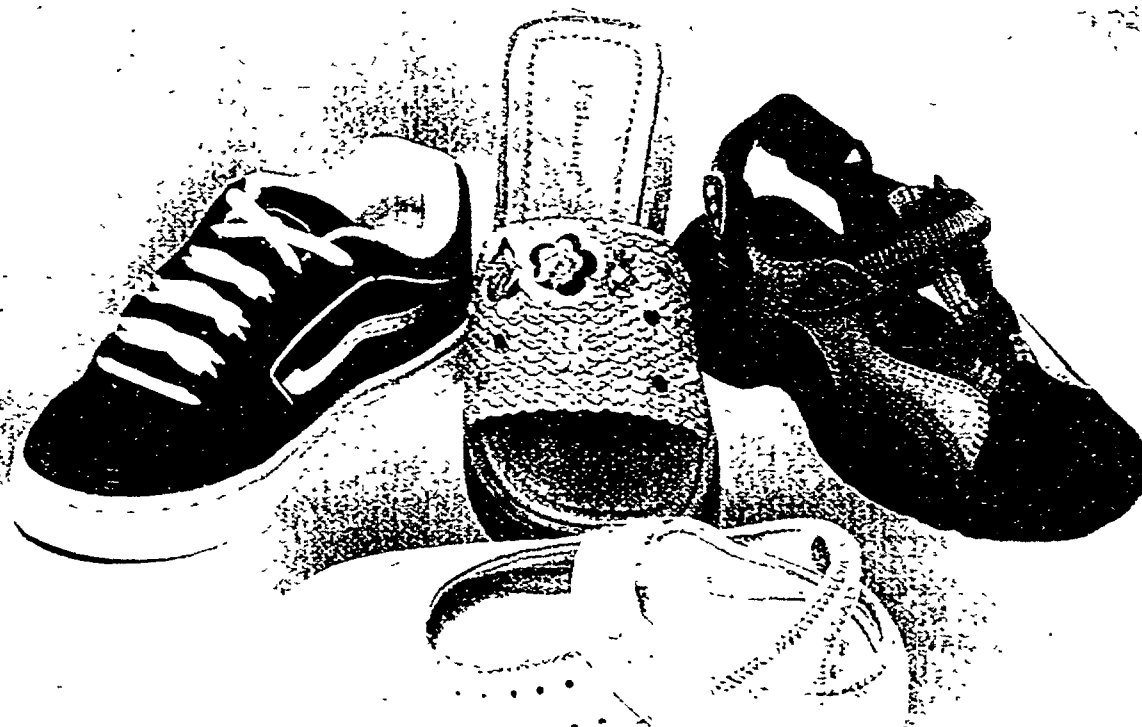
**Reebok**

sale 24.99  
NINE & COMPANY®  
Gallerie shoes.  
Orig. 39.99



croft & barrow.

**NINE  
& COMPANY**



**AVA**

**VANS**

**Unlisted**

**SALE**

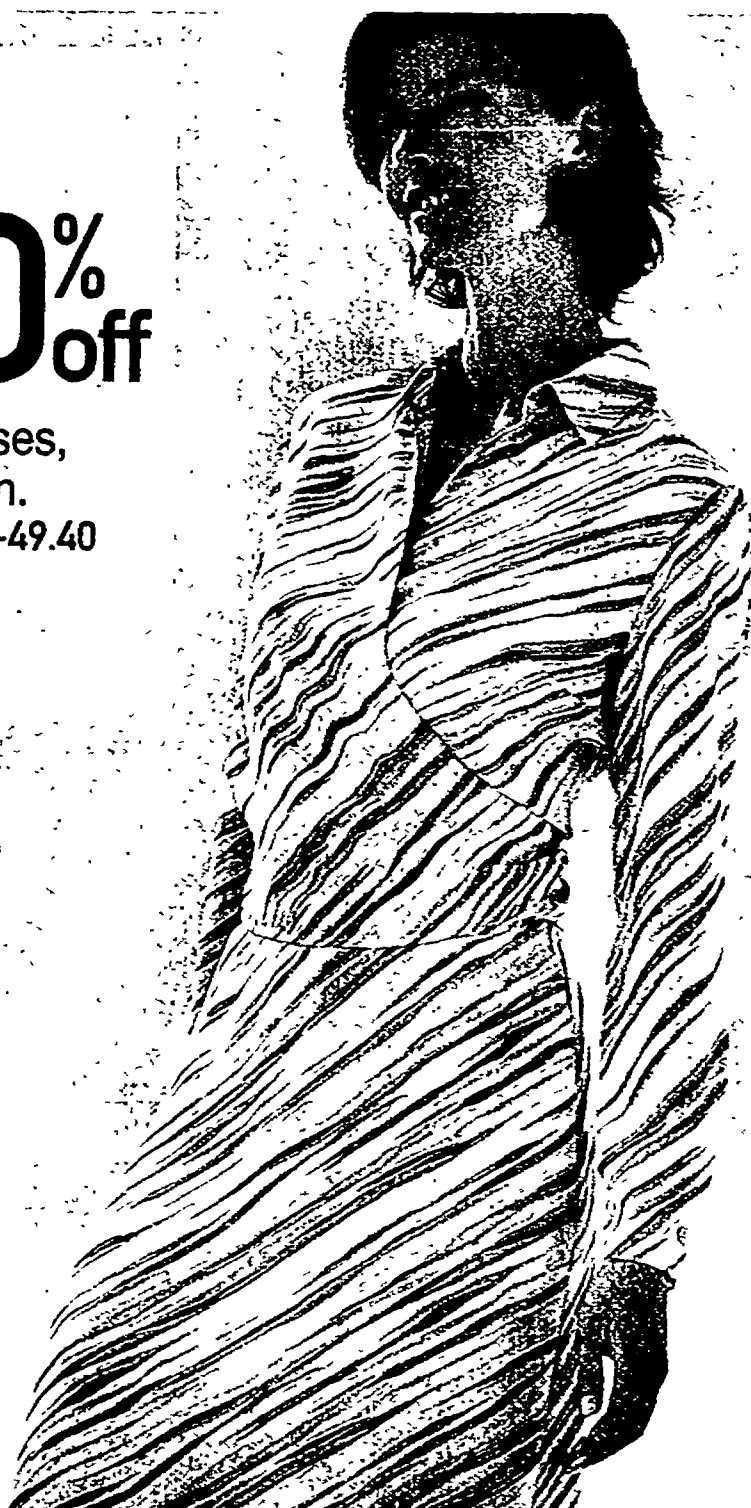
# PLUS GET A \$10 REWARD

## WITH EVERY \$50 IN PURCHASES

Earn your rewards Thursday, March 27–Saturday, March 29.  
Rewards are valid March 30–April 6.  
Rewards not valid on prior purchases. Available in-store only.

entire stock  
**35-50% off**

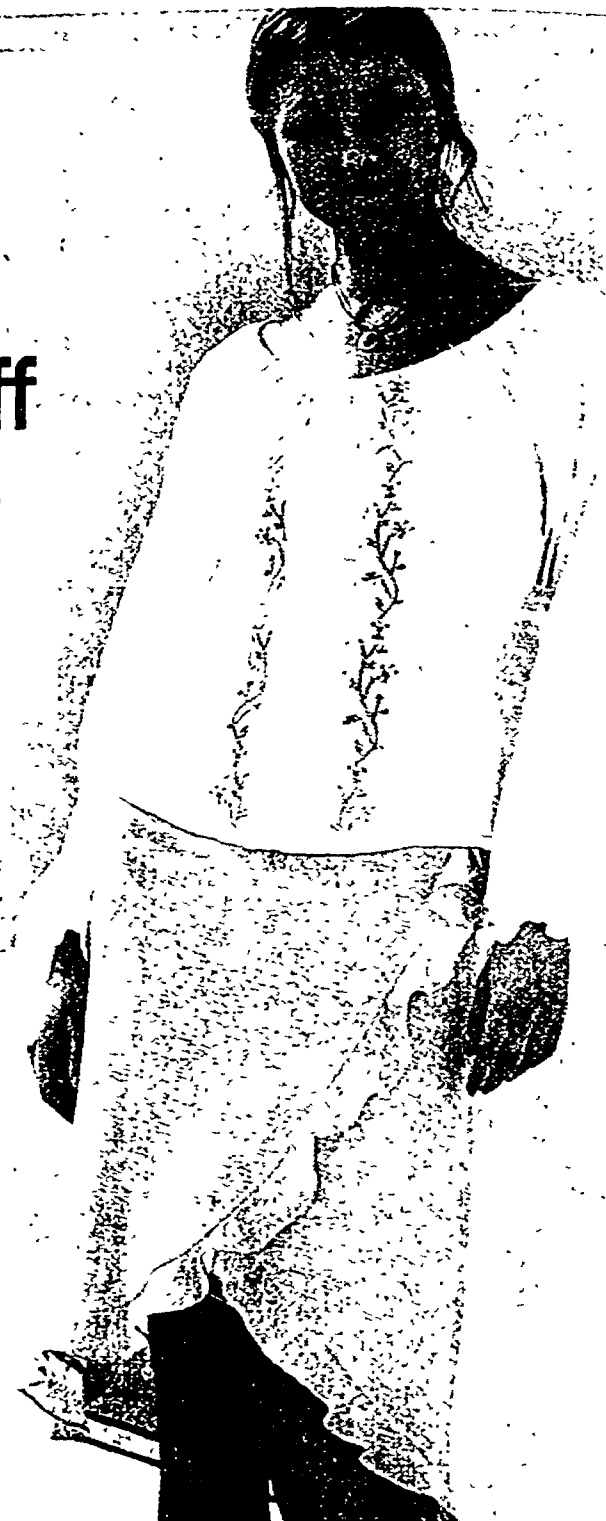
Coordinates for misses,  
petites and women.  
Orig. \$18-\$76. sale 10.80-49.40  
Misses' shown.



- Villager
- Norton McNaughton®
- Requirements®
- Sag Harbor®

entire stock  
**35-50% off**

Misses' updated sportswear.  
Orig. \$29-\$74.  
sale 18.85-48.10



- Nine & Company®
- axcess
- Outfit by JPR

# LOWEST PRICES OF THE SEASON

**30-50% off**

**CROFT & BARROW**  
sweaters for  
misses, petites  
and women.  
Orig. \$28-\$34.  
sale 17.99-21.00  
Selected styles.  
Misses' shown.  
Shop online P330-52



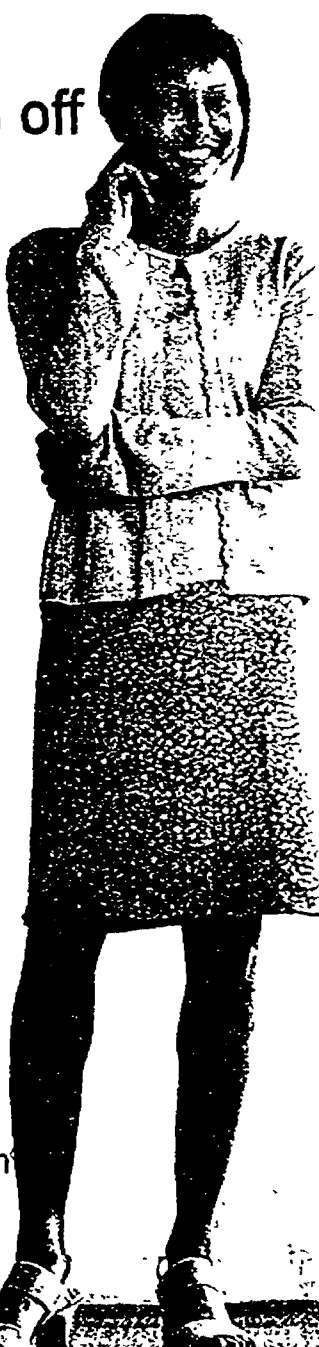
**30-50% off**

**CROFT & BARROW**  
tops for misses,  
petites and women.  
Orig. \$18-\$24.  
sale 8.99-17.00  
Selected styles.  
Misses' shown.  
Shop online P326-18



**35-50% off**

Sportswear  
for petites.  
Orig. \$14-\$72.  
sale 8.99-43.20  
Selected styles.



- Norton McNaughton
- Croft & Barrow®
- Genuine Sonoma
- Jean Company®



entire stock  
**25-40% off**

Fitness apparel for  
misses. Orig. \$12-\$58.  
sale 7.20-43.50

Women's



- Sonoma Woman
- Gloria Vanderbilt® Woman
- Croft & Barrow® Woman
- Briggs® Woman

**35-50% off**

Sportswear for women.  
1X-3X, 16W-24W.  
Orig. \$14-\$84. sale 7.00-54.60  
Selected styles.



entire stock  
**40% off**

**BRIGGS®** capris, pants  
and skirts for misses,  
petites and women.

Orig. \$20-\$44.  
sale 12.00-26.40  
Misses' shown.

**BRIGGS**  
NEW YORK

entire stock  
**35% off**

Swimwear for her.

Orig. \$24-\$86.  
sale 14.99-55.90

shop online: swim

- Speedo®
- Nike®
- Jantzen®
- Baltex by Body I.D.®

**PLUS GET A \$10 REWARD**

**WITH EVERY \$50 IN PURCHASES**

Earn your rewards Thursday, March 27-Saturday, March 29.

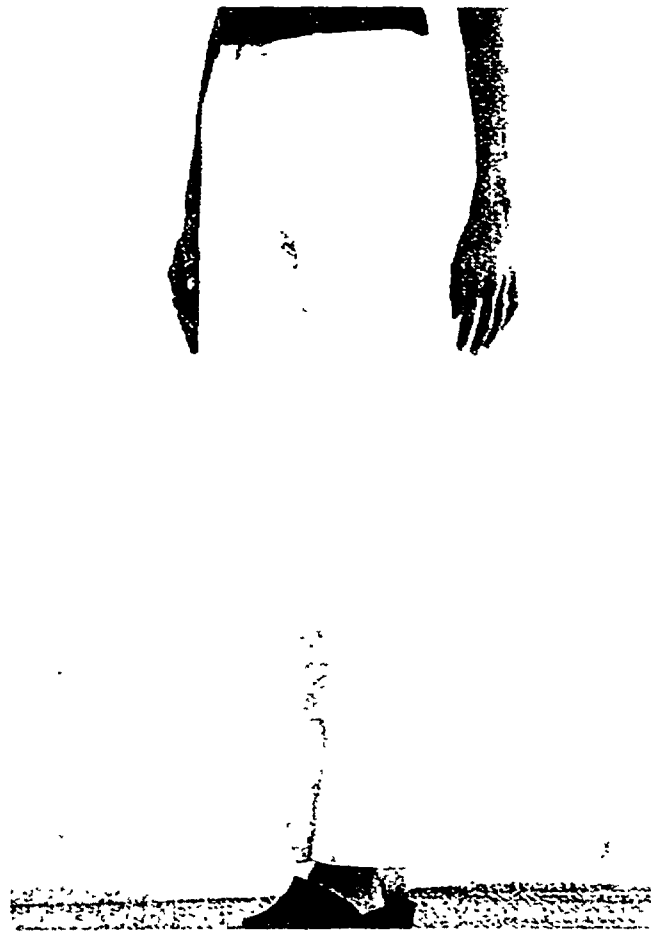
Rewards are valid March 30-April 6.

Rewards not valid on prior purchases. Available in-store only.



entire stock  
**50% off**

**ERIKA®** sportswear for  
misses, petites and women.  
Orig. \$16-\$38. sale \$8-\$19  
Misses' shown.



**26<sup>99</sup>**

**DOCKERS®** Continental Stretch  
Pants and **LEVI'S®** 515™ Boot Cut  
jeans for Misses & Petites. Misses' shown.  
shop online P33052

entire stock  
**35% off**

Related separates  
for juniors.  
Orig. \$12-\$24.  
sale 7.99-15.90

- Jantzen®
- Speedo®
- Wraps®
- My Mermaid®





entire stock  
**20% off**

Pantsuits and  
dresses for  
misses, petites  
and women.  
Orig. \$12-\$24.  
sale 9.99-19.90




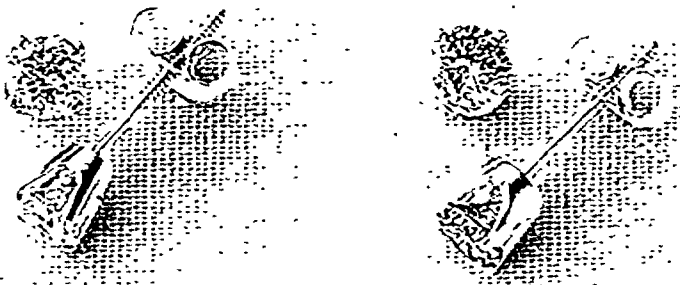
# 60% off entire stock fine jewelry


Some photos enlarged to show detail. Diamond Total Weights are approximate. T.W. may vary up to .05 ct. Actual savings may exceed the percent savings shown.  
Reg. 29.99-3,000.00, sale 11.99-989.99  shop online: jewelry

**Super Buy!**  
sale 47.99  
14k gold 1/4 ct. T.W.  
diamond stud earrings.  
Reg. \$175  
 shop online P33063




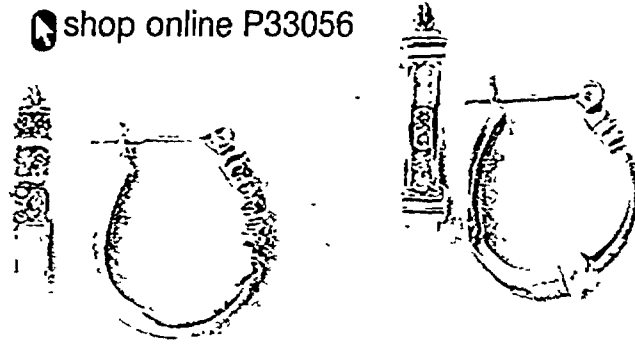
**Super Buy!**  
sale 177.99  
14k gold 1/2 ct. T.W.  
diamond stud earrings.  
Reg. \$600  
 shop online P33064




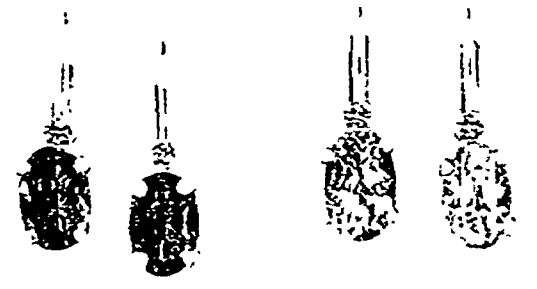
**Super Buy!**  
sale 577.99  
14k gold 1 ct. T.W.  
diamond stud earrings.  
Reg. \$1,750  
 shop online P33065




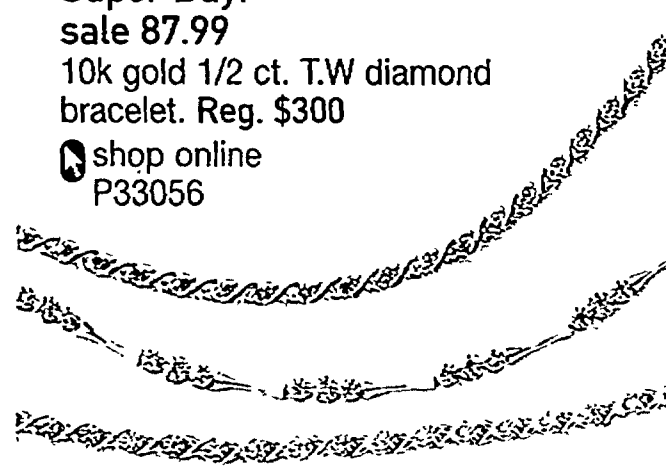
**Super Buy!**  
sale 87.99  
14k gold 1/4 ct. T.W. diamond  
hoop earrings. Reg. \$300  
 shop online P33056




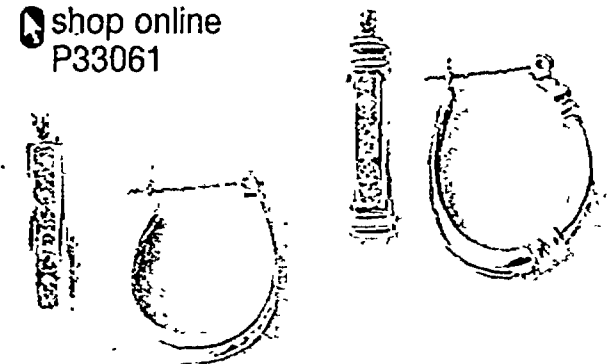
**Super Buy!**  
sale 27.99  
14k gold earrings. Reg. \$80  
 shop online  
W1761



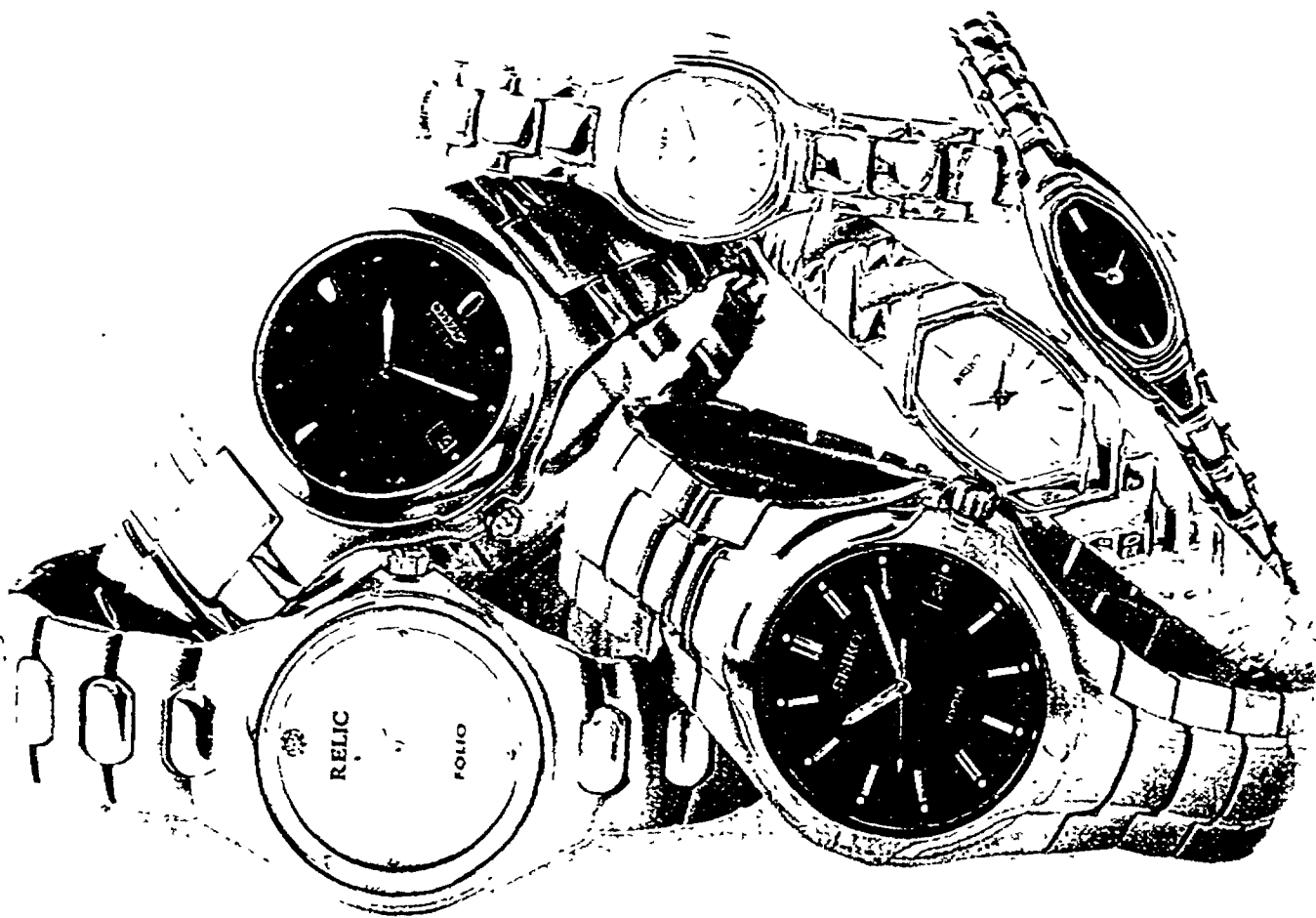
**Super Buy!**  
sale 87.99  
10k gold 1/2 ct. T.W. diamond  
bracelet. Reg. \$300  
 shop online  
P33056




**Super Buy!**  
sale 177.99  
14k gold 1/2 ct. T.W. diamond  
hoop earrings. Reg. \$600  
 shop online  
P33061



## LOWEST PRICES OF THE SEASON



**25-33% off plus  
save an extra 10%**

Entire Stock watches. Reg. 14.99-400.00.  
Final Price 10.11-270.00  shop online P33066



entire stock  
**60% off**

Sterling silver jewelry.  
Reg. \$4-\$96, sale 1.60-38.40

entire stock  
**25-50% off**

Fashion jewelry.  
Reg. \$3-\$36, sale 1.95-27.00  
Excludes Napier®.

**40% off**

Famous maker bras from  
Bali®, Playtex®, Warner's®, Olga®,  
Maidenform®, Lily of France®,  
Vanity Fair®, & Barelythere®  
Reg. \$17-\$38, sale 10.20-22.80  
Women's Lingerie dept.



entire stock  
**40% off**

Handbags, minibags  
and purse accessories.  
Orig. \$8-\$70,  
sale 4.80-42.00



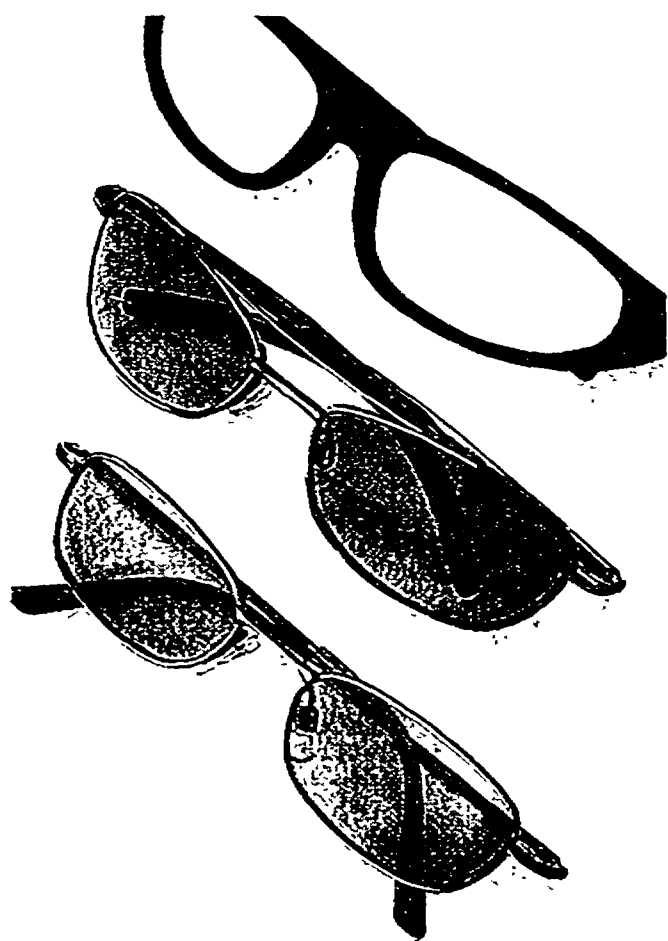
Frankie & Johnnie

**PLUS GET A \$10 REWARD**

**WITH EVERY \$50 IN PURCHASES**

Earn your rewards Thursday, March 27—Saturday, March 29  
Rewards are valid March 30—April 6.

Rewards not valid on prior purchases. Available in-store only.



entire stock  
**40% off**

Sunglasses for men & women.  
Reg. \$18-\$25, sale 9.99-14.99



entire stock  
**40% off**

Sleepwear, loungewear and  
robes for her. Orig. \$14-\$35,  
sale 8.40-19.99

shop online W2400



entire stock  
**25-33% off**

HANES and  
HANES TOOLS

socks & underwear  
Hanes 1/2, 3/4, 1, 1 1/2, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100



entire stock  
**39% off**

SONOMA and  
SONOMA TOOLS

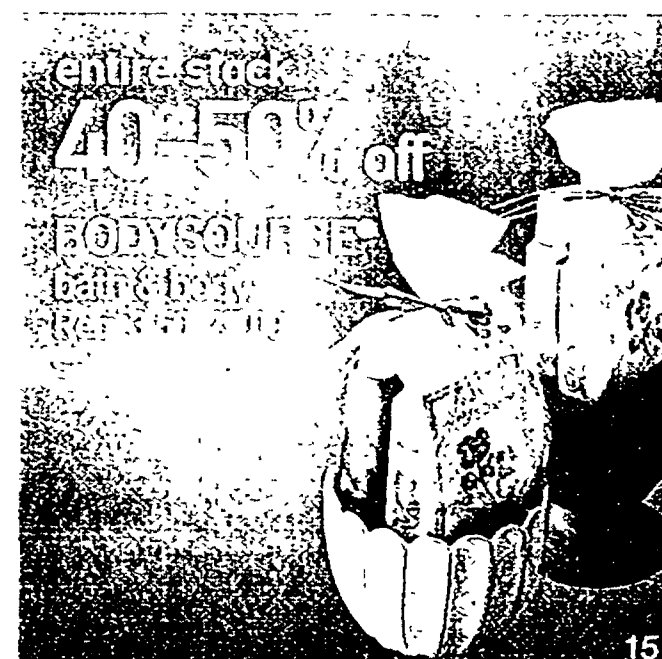
socks & underwear  
Sonoma 1/2, 3/4, 1, 1 1/2, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100



**40% off**

Pants &  
innerwear  
Reg. \$14-\$35,  
sale 8.40-19.99

BALI



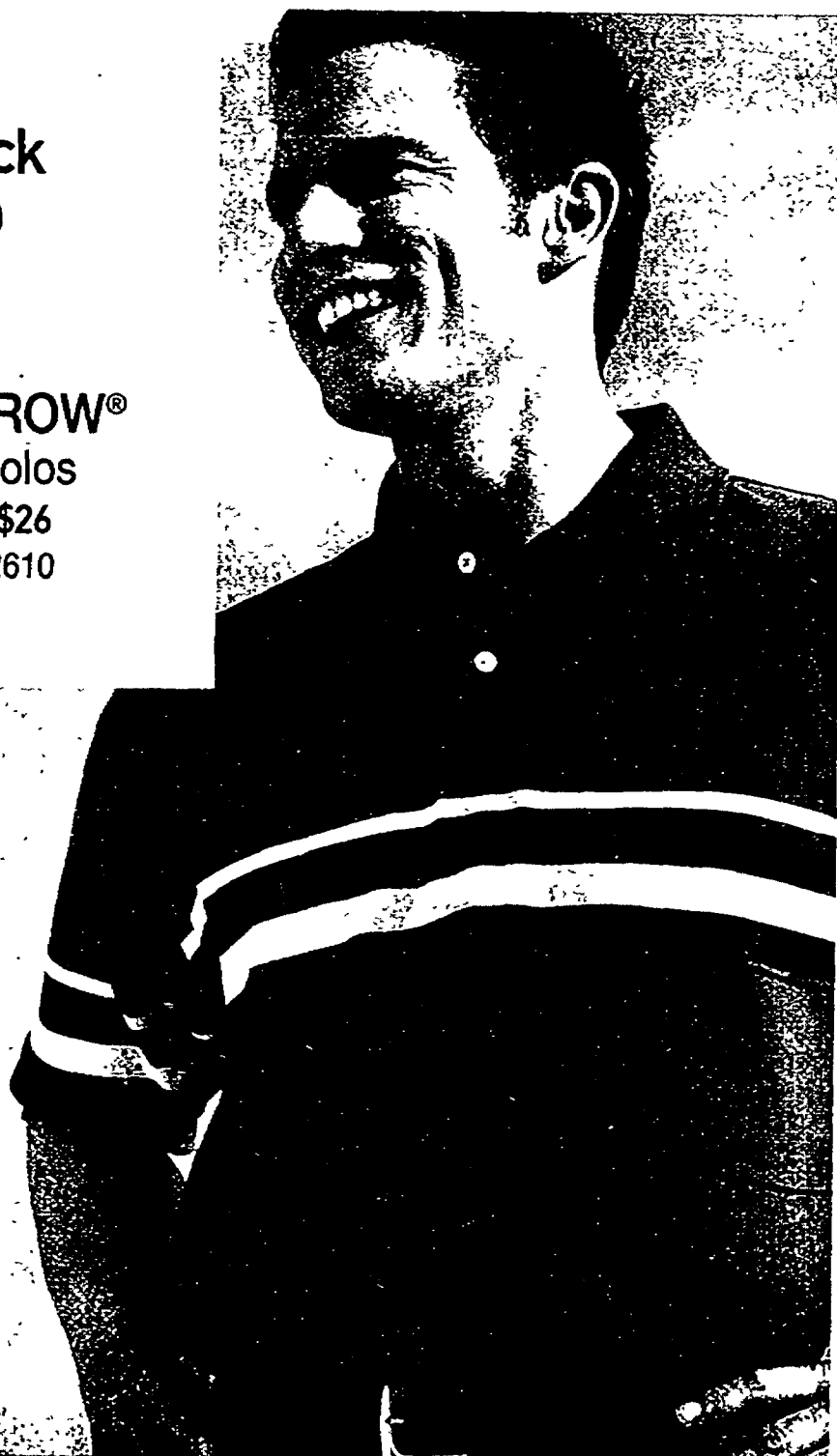
entire stock  
**40-50% off**

BODYSOURCE  
pants & body  
wear



entire stock  
**11<sup>99</sup>**

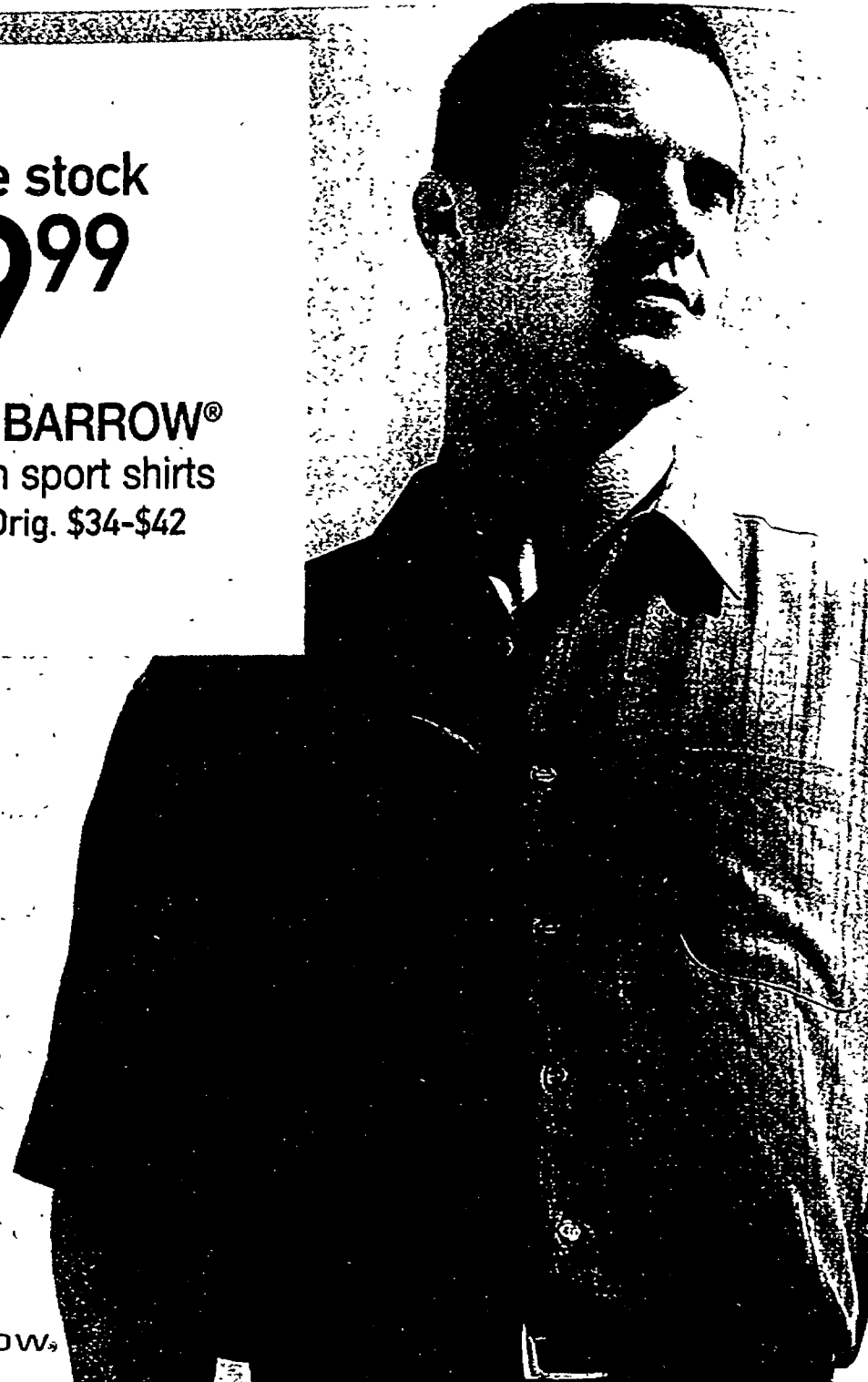
**CROFT & BARROW®**  
striped piqué polos  
for men. Orig. \$26  
shop online P32610



croft & barrow.

entire stock  
**19<sup>99</sup>**

**CROFT & BARROW®**  
solid woven sport shirts  
for men. Orig. \$34-\$42



croft & barrow.

# LOWEST PRICES OF THE SEASON

entire stock  
**40-50% off**

Mens golf  
apparel  
Orig. \$24-\$44  
sale \$16-\$29



entire stock  
**10-20% off**

Men's shirts  
and sweaters  
Orig. \$24-\$44  
sale \$21-\$35



entire stock  
**35-50% off**

**DOCKERS®**  
Sport shirts  
& short sweaters  
Sweaters  
Orig. \$24-\$44  
sale \$16-\$29



entire stock  
**17-20% off**

**NATURE**  
ISSUE  
and more  
sport shirts  
Orig. \$24-\$44  
sale \$21-\$35



**DOCKERS**

**19<sup>99</sup>**

**DOCKERS®** Pants for Men.  
Various styles and colors.  
Reg. 34.99  
Discontinued styles.



**haggar.**

**19<sup>99</sup>**

**HAGGAR®** Great American  
Khakis™ for men. Plain front or side  
elastic double pleated styles. 100%  
cotton, wrinkle free. Reg. 29.99



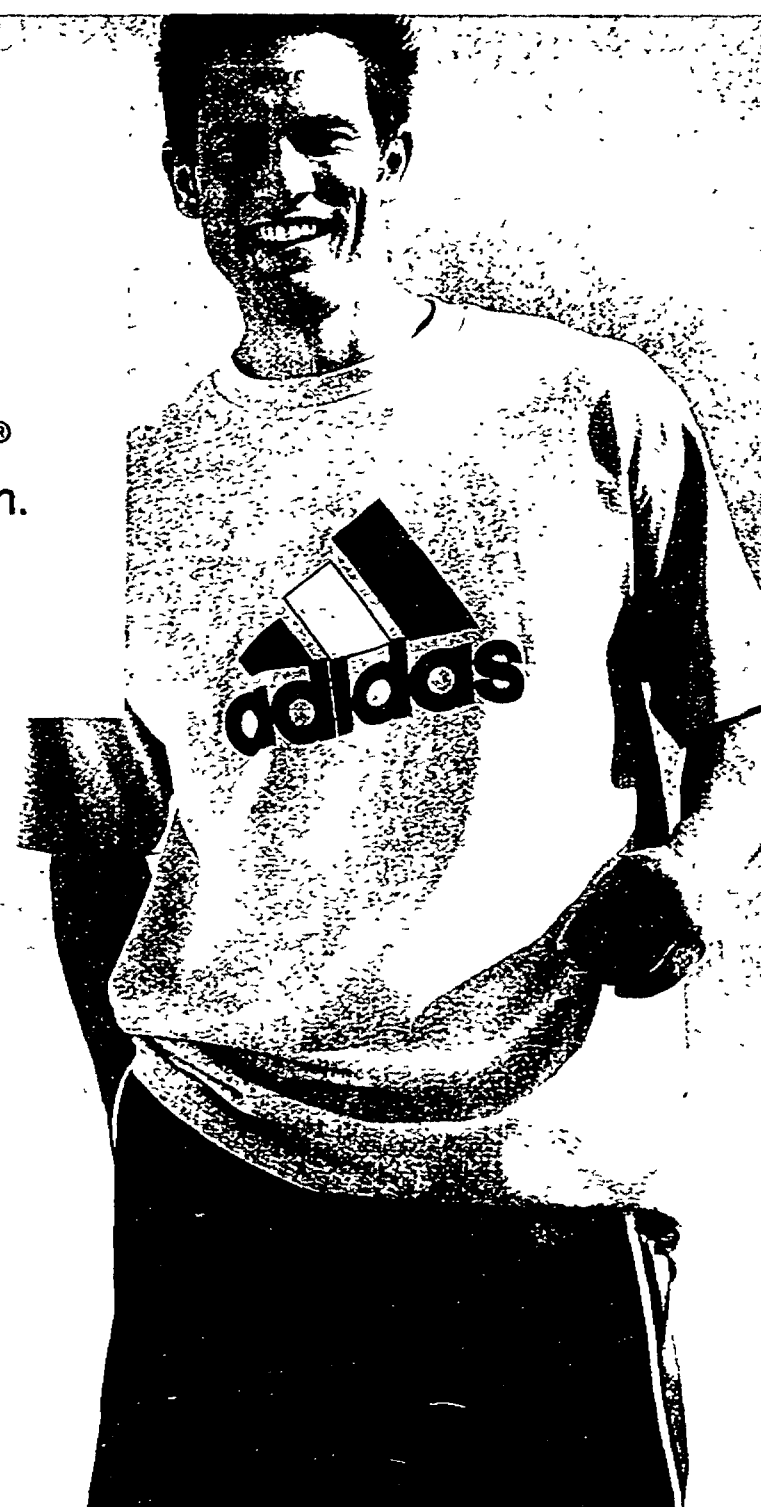
entire stock  
**35-40% off**

Men's swimwear.  
Orig. \$18-\$38.  
sale 9.99-24.70  
shop online: swim

- Speedo®
- Jantzen®
- Sonoma Sport
- C&B Sport

**25% off**

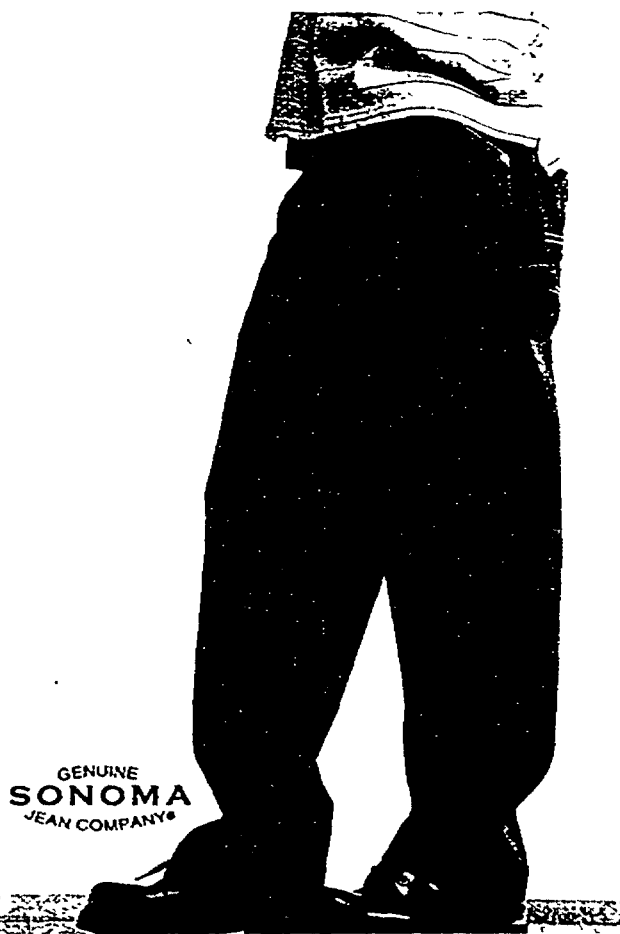
adidas® and NIKE®  
athletic apparel for men.  
Selected styles.



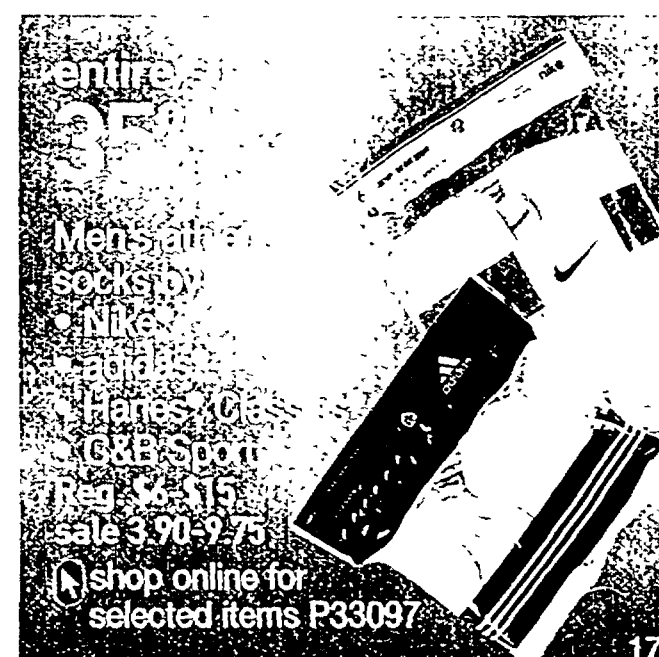
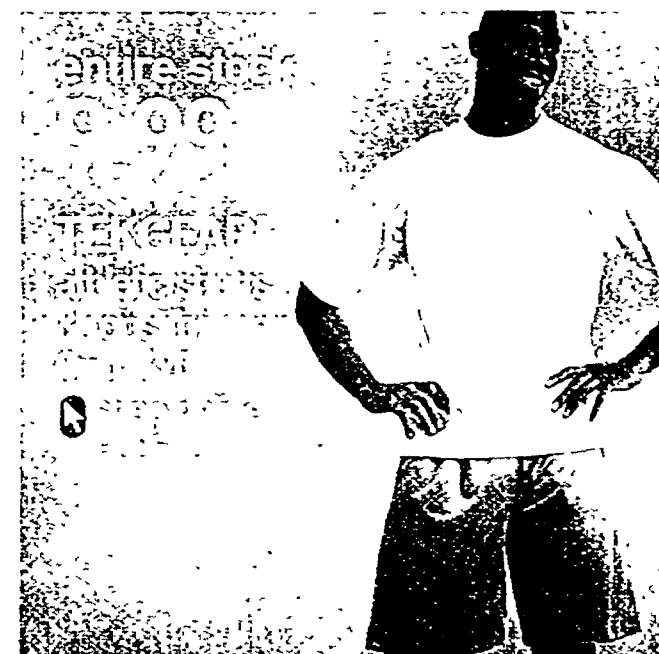
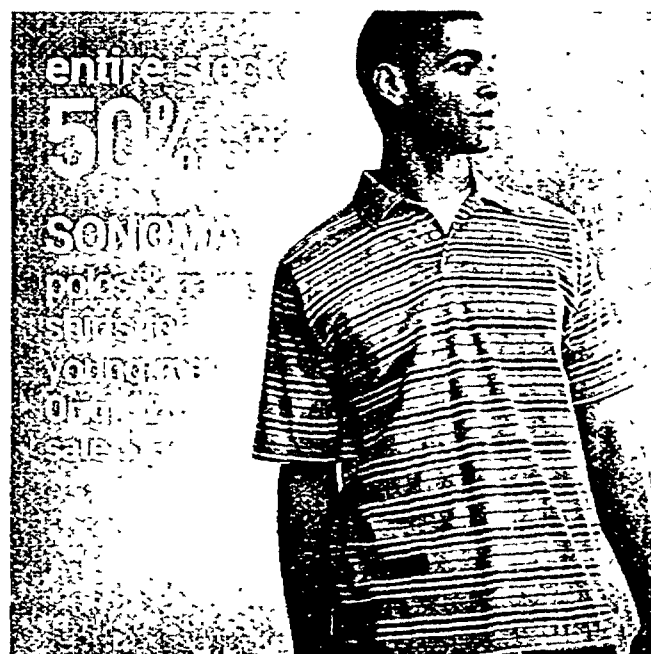
**PLUS GET A \$10 REWARD**

**WITH EVERY \$50 IN PURCHASES**

Earn your rewards Thursday, March 27–Saturday, March 29.  
Rewards are valid March 30–April 6.  
Rewards not valid on prior purchases. Available in-store only.



GENUINE  
**SONOMA**  
JEAN COMPANY®



entire stock  
**26.99**

LEVI'S® jeans for men.  
• 550™ Relaxed Fit  
• 505® Regular Fit  
• 560™ Loose Fit  
shop online P33093

entire stock  
**50% off**

SONOMA carpenter jeans for  
young men. Orig. 33.99. sale 16.99  
shop online M2942

entire stock  
**35% off**

HANES  
CLASSICS  
underwear  
Regular  
sale 3.99-9.75  
shop online P33097

entire stock  
**35% off**

Men's athletic  
socks by  
• Nike  
• adidas  
• Hanes  
• C&B Sport  
Reg. \$6-\$15  
sale 3.99-9.75  
shop online for  
selected items P33097

19<sup>99</sup>

JNCO® fashion shorts  
for boys 8-20.  
Orig. \$38

shop online P33044



12<sup>99</sup>

UNIONBAY® V-neck knit  
top for boys 8-20. Orig. \$24

shop online P32625

Unionbay® prosport tech  
shorts for boys. Orig. \$32, sale 17.99



UNIONBAY

# LOWEST PRICES OF THE SEASON

entire stock

25% off

NIKE  
athletic apparel  
for boys 8-20



entire stock

35% off

OSHKOSH  
BIG BOY  
clothing for boys



entire stock

40% off

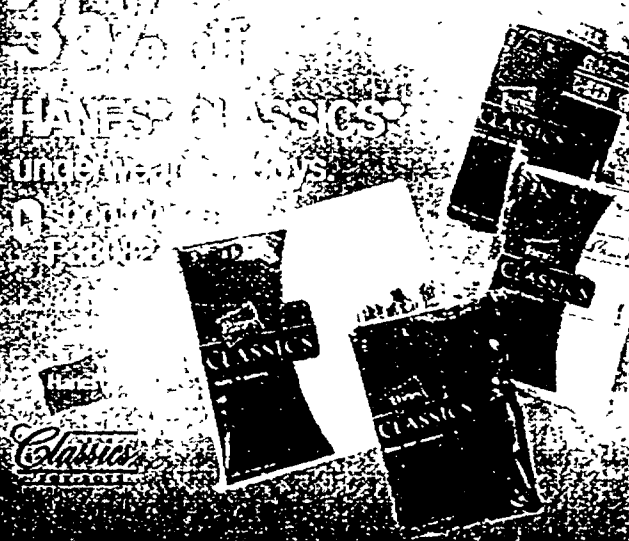
CARTERS®  
Starters & layette  
for newborns



entire stock

35% off

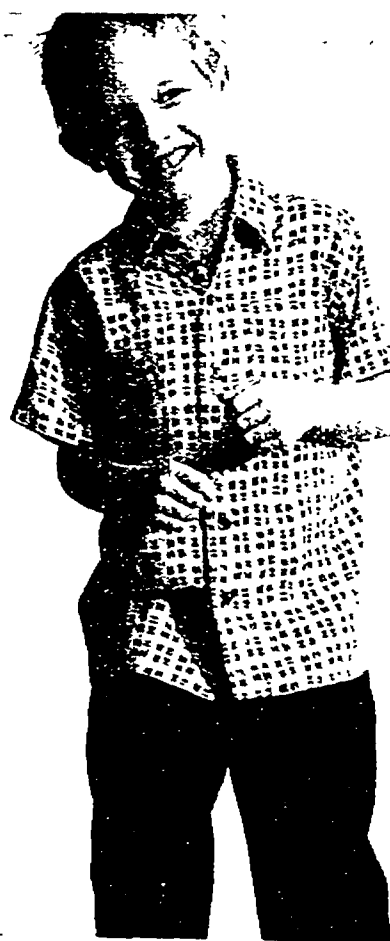
FLAVES® CLASSICS®  
underwear for boys



entire stock

40% off

ARROW dresswear  
for boys 4-20.



entire stock

40% off

OP® apparel for boys 4-20.





entire stock  
**40% off**

Dresses and related separates for girls 4-16 and toddlers.



entire stock  
**50% off**

Sleepwear for kids.

- Girls' 4-16
- Boys' 4-12
- Toddlers'
- Infants'



**Mudd**

**PLUS GET A \$10 REWARD**

**WITH EVERY \$50 IN PURCHASES**

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Rewards not valid on prior purchases. Available in-store only.



entire stock  
**14<sup>99</sup>**

I.e.i.® novelty shorts for girls 7-16. Orig. 22.99  
shop online P32626



entire stock  
**15<sup>99</sup>**

UNIONBAY® belted capris for girls 7-16. Orig. \$30  
Unionbay® short sleeved coastal striped tee for girls 7-16, sale 8.99

entire stock  
**40% off**

FIRST MOMENTS® layered separates for girls 4-16.



entire stock  
**40% off**

HEAT-TEXTURE® short sleeved tops for girls 4-16.



entire stock  
**3/8**

MUDDO® and I.e.i.® pajamas for girls. Orig. \$3.99 or 4.50 sale 3.99



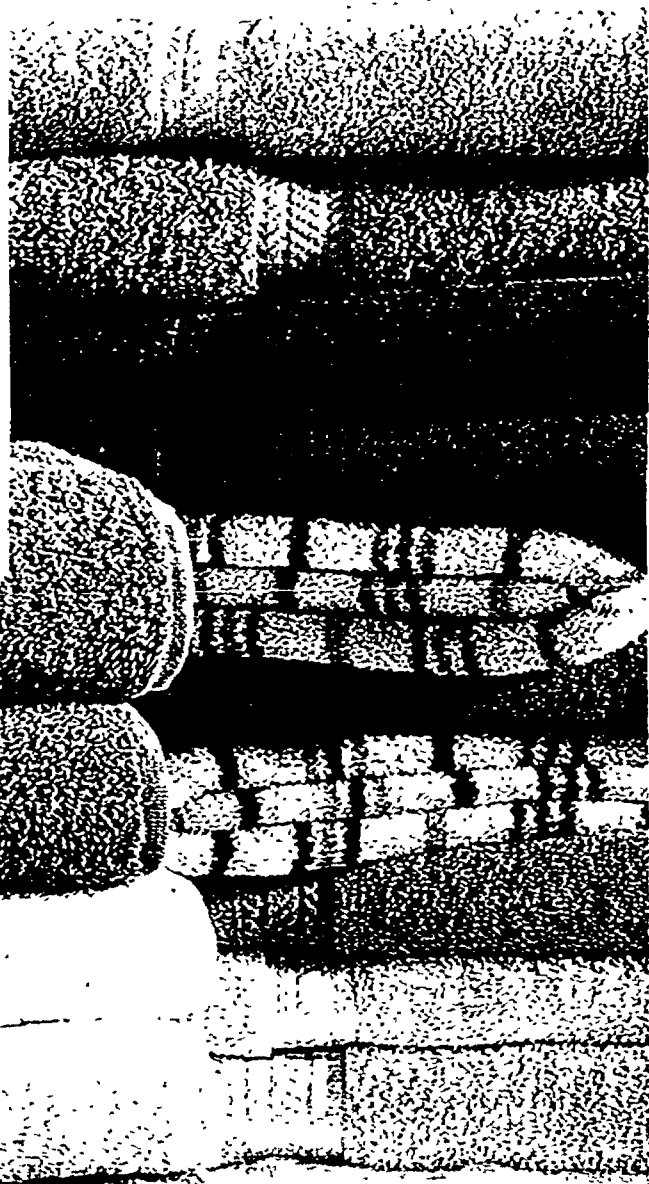
entire stock  
**5.99**

Peek-A-Boo® and talking plush. Orig. 9.99



3/\$10

**THE BIG ONE™**  
bath towels. 30x54",  
over 1.1 lbs. of cotton  
per towel, 13 solids &  
2 stripes. Reg. 7.99 ea.  
shop online C955



all sizes  
**78<sup>88</sup>**

**BED IN A BAG®**

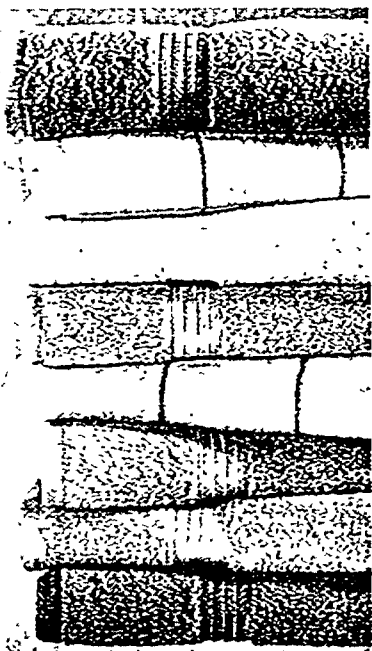
200-thread count bedding sets.  
Includes comforter, bedskirt,  
sham(s), flat and fitted sheets and  
pillowcase(s). Reg. 109.99-189.99  
shop online H1212



# LOWEST PRICES OF THE SEASON

2/15

**VILLAGE®**  
bath towels  
30x56" G.P.  
1.4 lbs. of cotton  
per towel  
Reg. 13.99 ea.  
shop online  
C080



44.88

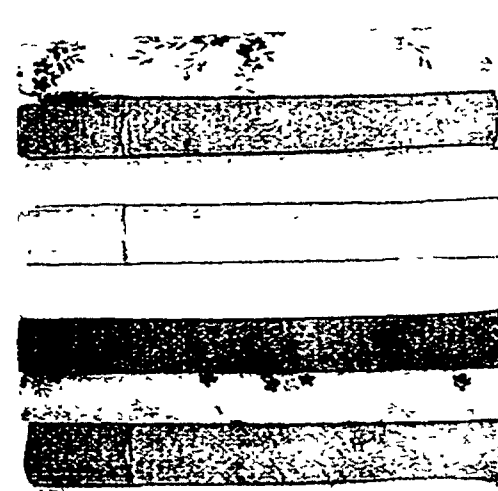
green set Matassa

**MARTEX® Platinum**  
Sheet Set 240 thread  
count Reg. 11.99  
shop online H1223  
33% off



entire stock  
**35% off**

Bath coordinates.  
Matching towels, accessories,  
shower curtains, wall borders and rugs.



**18<sup>88</sup>**  
twin set

**THE BIG ONE™** sheet set.  
250-thread count cotton/poly blend  
sheets fit up to 17" mattress, flat  
sheets are 4" wider. Reg. 26.99

entire stock  
**50% off**

Beach towels  
Assorted sizes  
& patterns



108.88

all sizes

**BED IN A BAG®**  
220-thread count  
bedding sets  
Reg. 134.99-  
199.99





entire stock  
**2 for 1**

Bed-pillows.

shop online P330103

50% off entire stock mattress pads.  
Reg. 19.99-129.99, sale 9.99-64.99



- Beautyrest®
- Sealy®
- Cannon Royal Family®
- Fieldcrest®

entire stock  
**50% off**

Accent, area, kitchen  
and bath rugs  
and doormats.



PLUS GET A **\$10 REWARD**

WITH EVERY \$50 IN PURCHASES

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Rewards are valid March 30-April 6.  
Rewards not valid on prior purchases. Available in-store only.



entire stock  
**2 for 1**

Decorative pillows & chairpads.  
Solids, plaids and prints.

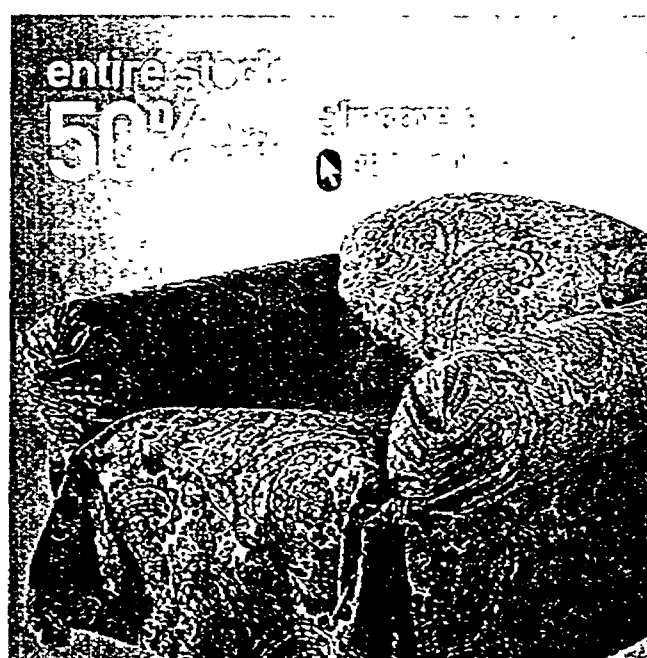
shop online P330103



**55% off**

RICARDO® Santa Cruz luggage.  
Reg. 44.99-199.99, sale 20.24-89.99

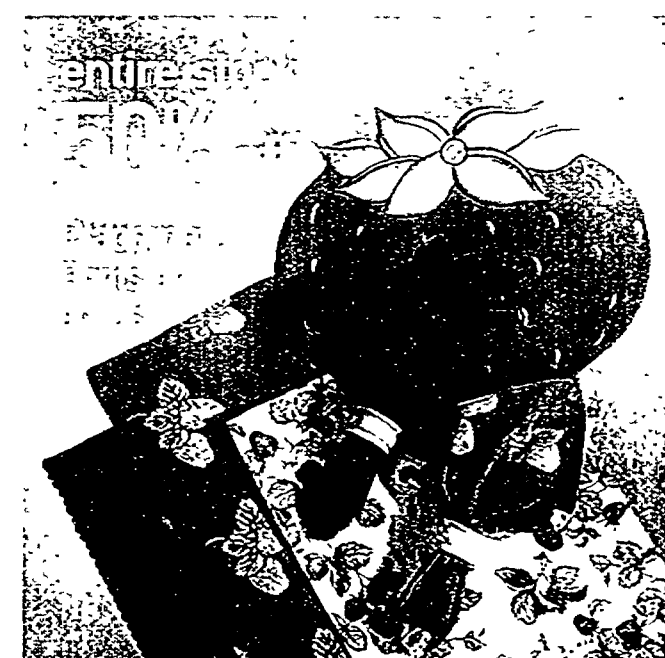
shop online P32627



**44.99**

SONOMA  
Express  
luggage set  
Expandable  
uprights with  
push-button  
locking handles  
Reg. 119.99

Genuine Sonoma  
Jean Company®



**50% off**

Textiles: Kitchen  
towels, oven mitts  
& more.

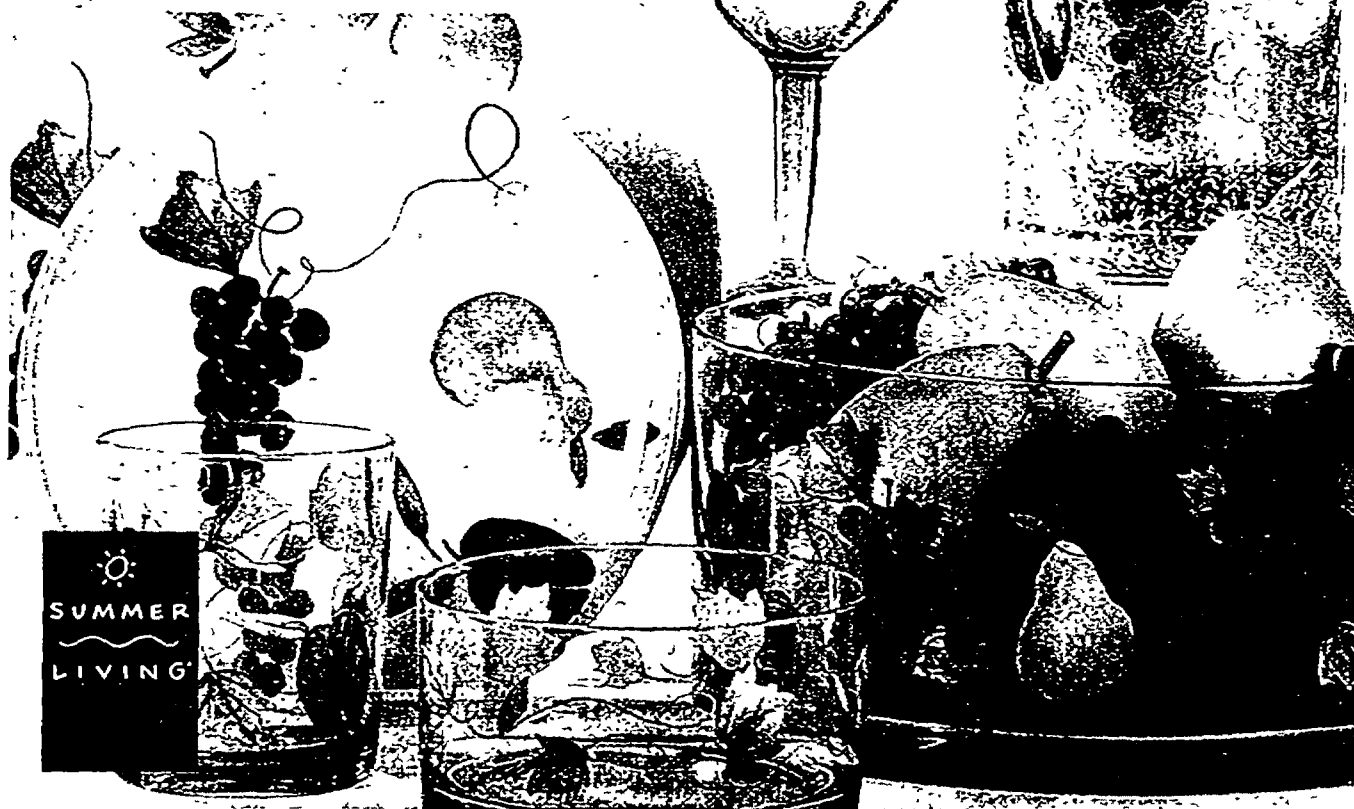




entire stock  
**40-50% off**

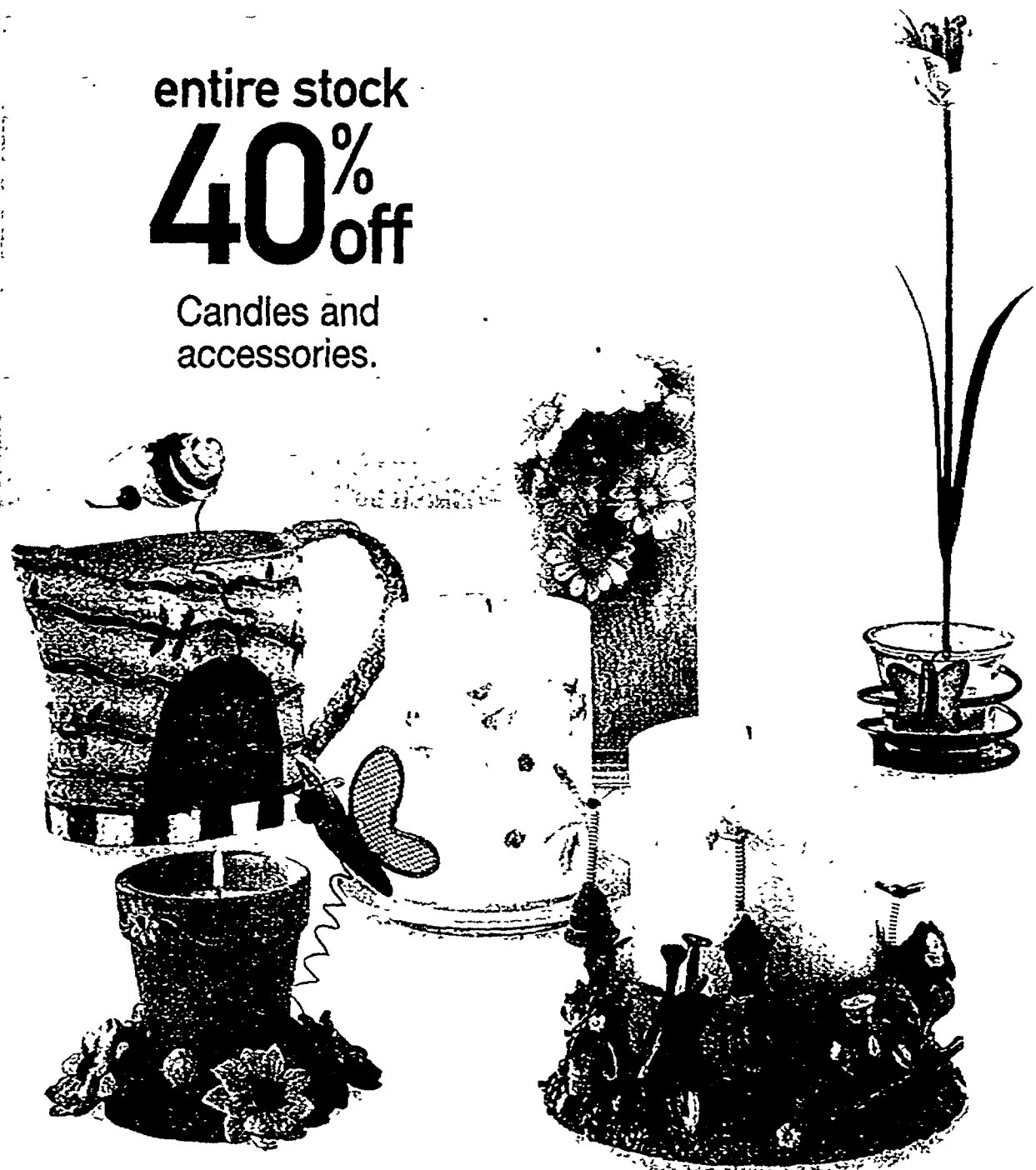
**SUMMER LIVING®**

shop. Acrylic dinnerware, garden decor, furniture and more.



entire stock  
**40% off**

Candles and accessories.



# LOWEST PRICES OF THE SEASON

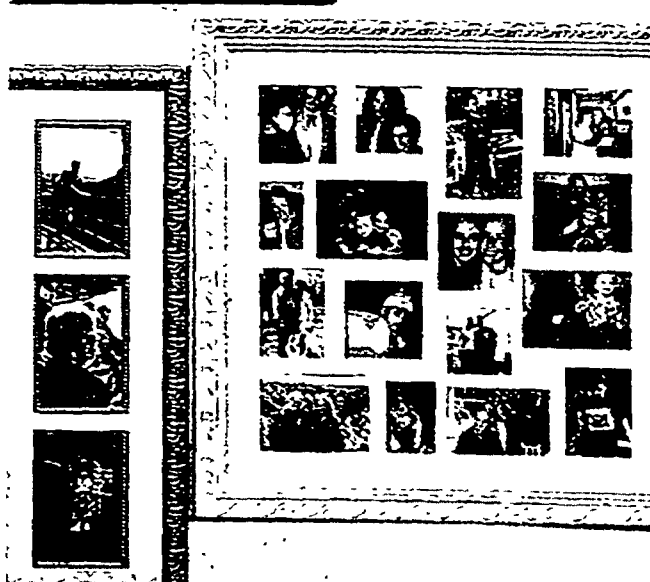
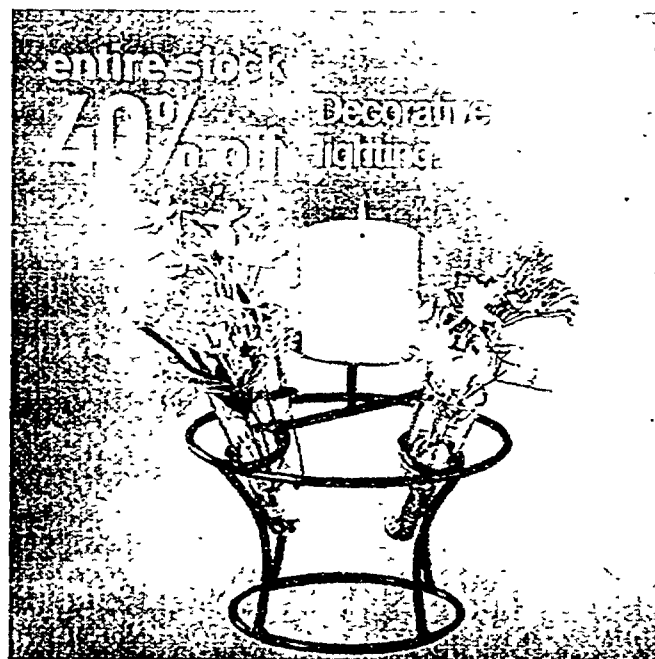
**50% off**

Mosaic metal plant stands.  
23rd Mar - 29th Mar  
sale 12/17  
Partial assembly required.  
Shop on 11/17



entire stock  
**40% off**

Decorative lighting.



entire stock

**50% off**

NORTH AMERICAN ENCLOSURES™ wall frames and collages.



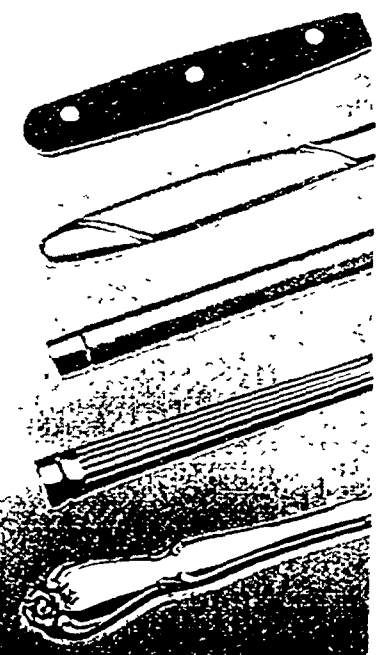
entire stock

**40% off**

Easter decor and candy. Excludes Hallmark®.

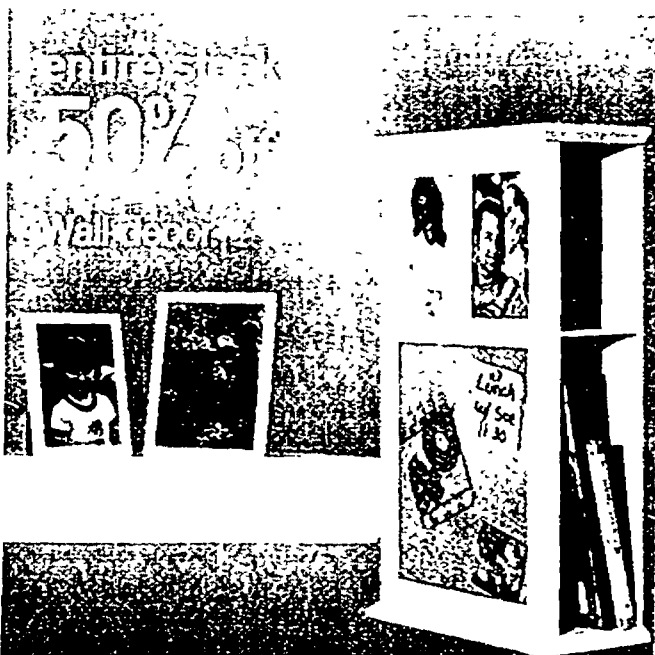
entire stock  
**50% off**

Flatware.  
16-20-45-pc and expanded.  
Shop on 11/17



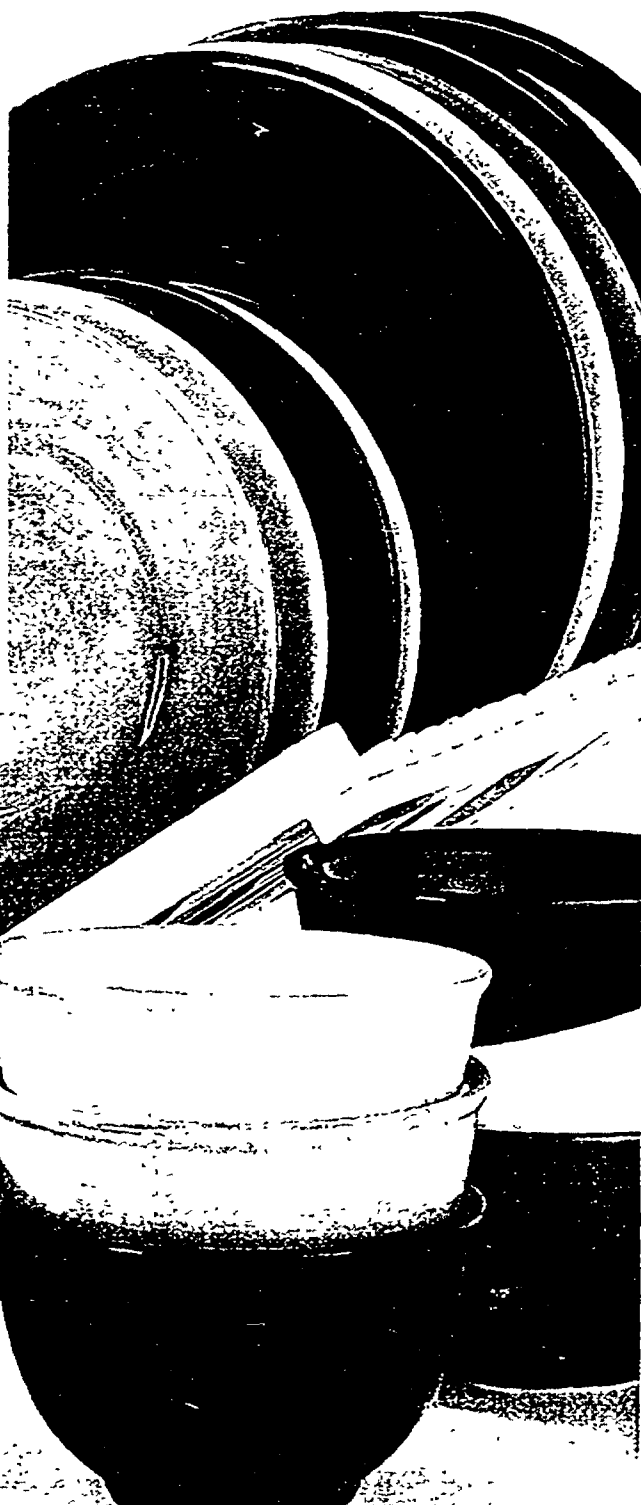
entire stock  
**50% off**

Wall decor.



entire stock  
**40-50% off**

Dinnerware.  
Open stock  
& boxed sets.  
Featuring Corsica.  
shop online P326150



entire stock  
**15-50% off**

Kitchen electrics.  
shop online for  
selected items  
H1600

sale 19.99  
**BLACK & DECKER®**  
Digital 8-cup thermal  
coffeemaker

sale 16.99  
**RIVAL®** 6-qt.  
slow cooker

**RIVAL**  
Crock-Pot

sale 19.99  
**PRESTO®**  
griddle

sale 14.99  
**BLACK & DECKER®**  
wafflemaker

sale 14.99  
**GEORGE FOREMAN™**  
Champ grill

**PLUS GET A \$10 REWARD**

**WITH EVERY \$50 IN PURCHASES**

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sale 129.99  
**HOOVER®**  
WindTunnel™  
Plus vacuum  
with onboard  
tools.  
Reg 279.99



sale 84.99  
**CHICAGO CUTLERY®**  
Signature 12-pc. set.  
Reg 169.99



entire stock  
**15-50% off**

Floor care. Upright vacuums,  
hand vacs, deep cleaners  
and portable deep cleaners.  
shop online H1400

entire stock  
**50% off**

**CHICAGO CUTLERY®**  
sets and open stock.  
shop online H1541

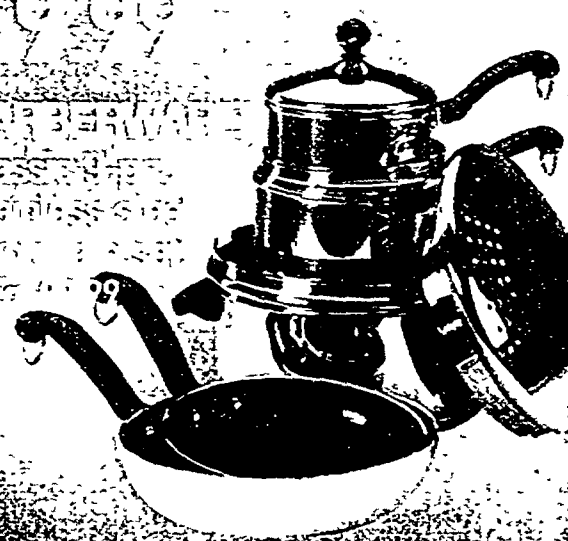
entire stock  
**50% off**

Glassware,  
drinkware, serving  
and servingware.



sale 59.99

**FABERWARE®**  
Glassware,  
servingware,  
and servingware.



entire stock  
**15-50% off**

Personal care.



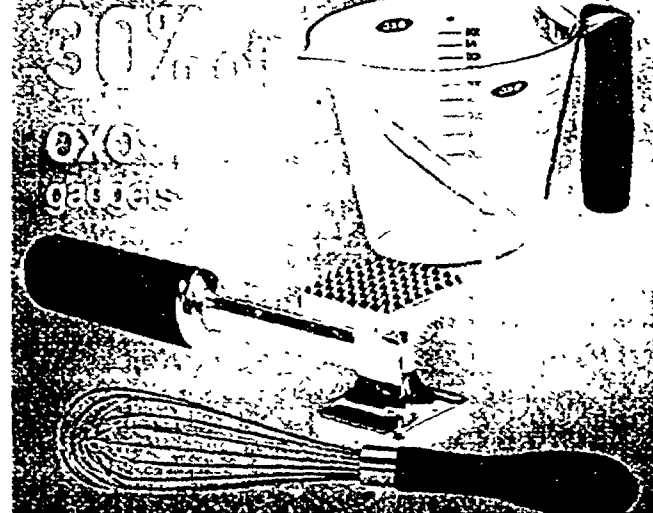
sale 7.99



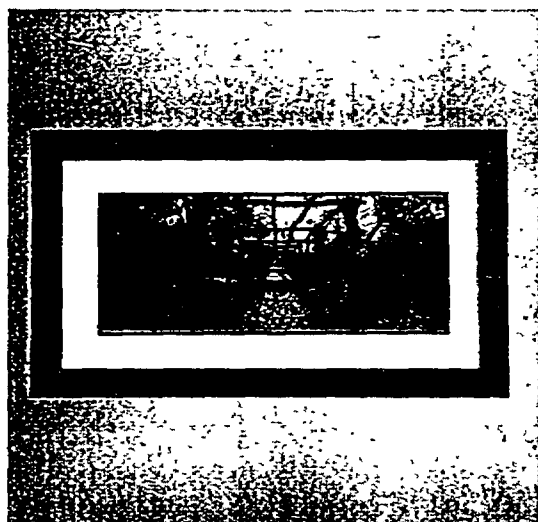
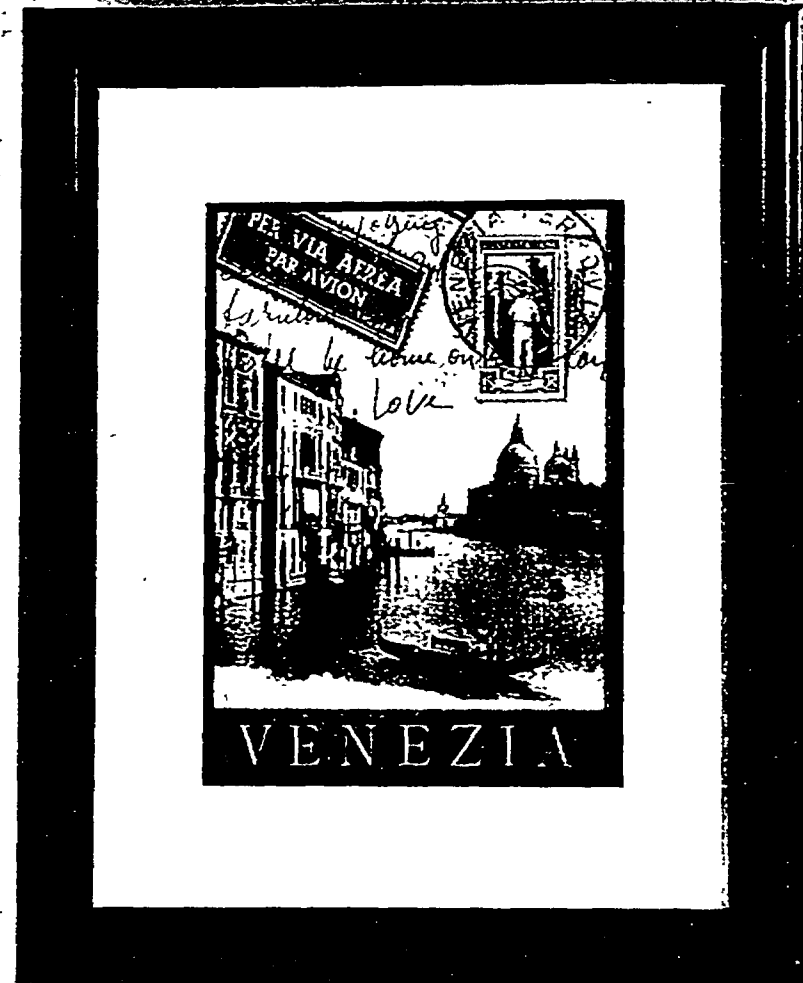
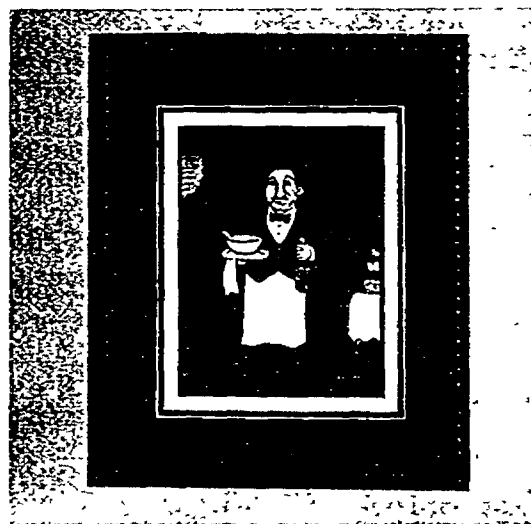
sale 15.99

entire stock  
**30% off**

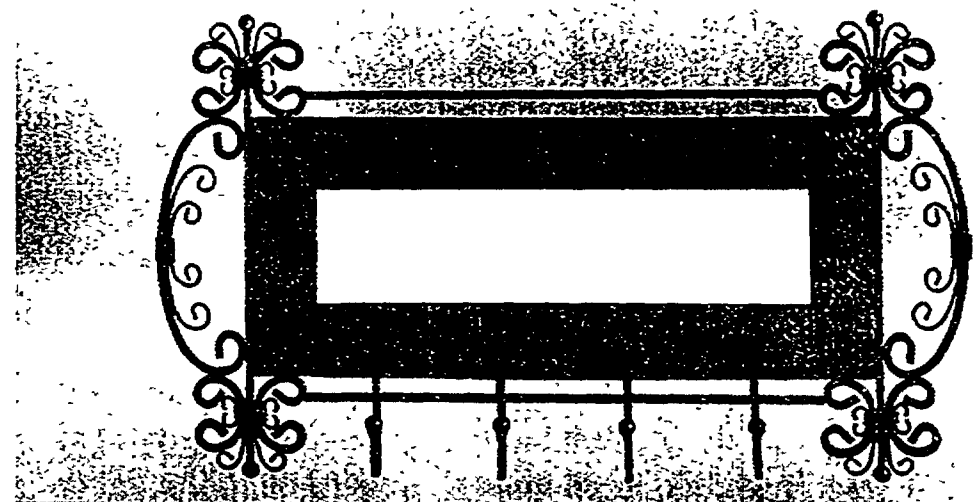
**OXO®**  
gadgets.



# 50-60% off Entire Stock Frames and Framed Art



## LOWEST PRICES OF THE SEASON



# PLUS GET A \$10 REWARD

## WITH EVERY \$50 IN PURCHASES

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Rewards not valid on prior purchases. See page 3 for details.

# KOHL'S

Prices good Thursday, March 27–Sunday, April 6, 2003.

**Store Hours:** Thursday–Saturday 8am–10pm; Sunday, March 30 9am–9pm; Monday–Saturday 8am–10pm; Sunday, April 6 9am–9pm  
 Fargo, ND and Oxmoor, KY stores open Sunday, March 30 Noon–9pm and Sunday, April 6 Noon–9pm

"Sale" prices and percentage savings offered in this advertisement are discounts from Kohl's "Regular" or "Original" prices. The "Regular" or "Original" price of an item is the former or future offered price for the item or a comparable item by Kohl's or another retailer. Actual sales may not have been made at the "Regular" or "Original" prices, and intermediate markdowns may have been taken. Clearance merchandise is excluded from "Entire Stock" promotions in this advertisement. In some events, actual savings may exceed the percent savings shown. KOHL'S® and KOHL'S brand names are trademarks of Kohl's Illinois, Inc.

0326-TA

## free standard shipping

on purchases  
over \$75 from  
March 27–April 19, 2003.

shop  
**anytime**  
kohls.com

For the Kohl's Store nearest you call 1-800-837-1500  
or visit us on the Web at kohls.com





Parisian Laurel Parfume

**NEW**

More than

**100 NEW  
DESIGNERS**

throughout the

**OUTSTANDING SHOES**

remodeled and revamped with new

**INCREDIBLE**

so shopping's more fun than ever!

Come see for you

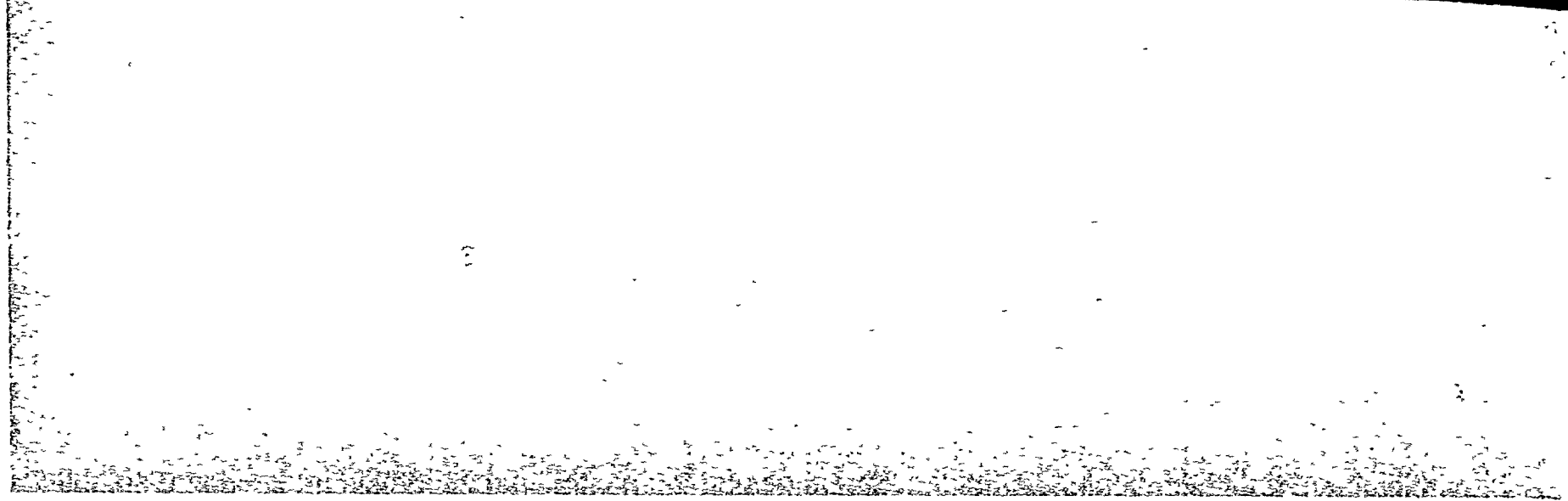
**OPEN HOUSE**

Thursday, April 10

10-6 PM

cover

**R.S.**



1. The first part of the document  
describes the general situation  
of the country and the  
state of the economy.  
It also mentions the  
main problems that  
the government is facing.

2. The second part of the document  
describes the main  
features of the  
country's  
economy.

3. The third part of the document  
describes the main  
features of the  
country's  
economy.

4. The fourth part of the document  
describes the main  
features of the  
country's  
economy.

5. The fifth part of the document  
describes the main  
features of the  
country's  
economy.

6. The sixth part of the document  
describes the main  
features of the  
country's  
economy.

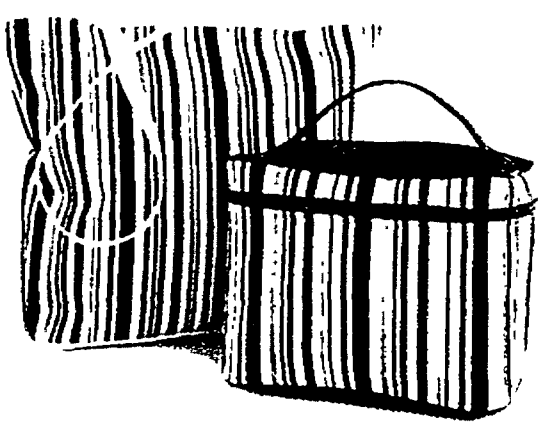
7. The seventh part of the document  
describes the main  
features of the  
country's  
economy.

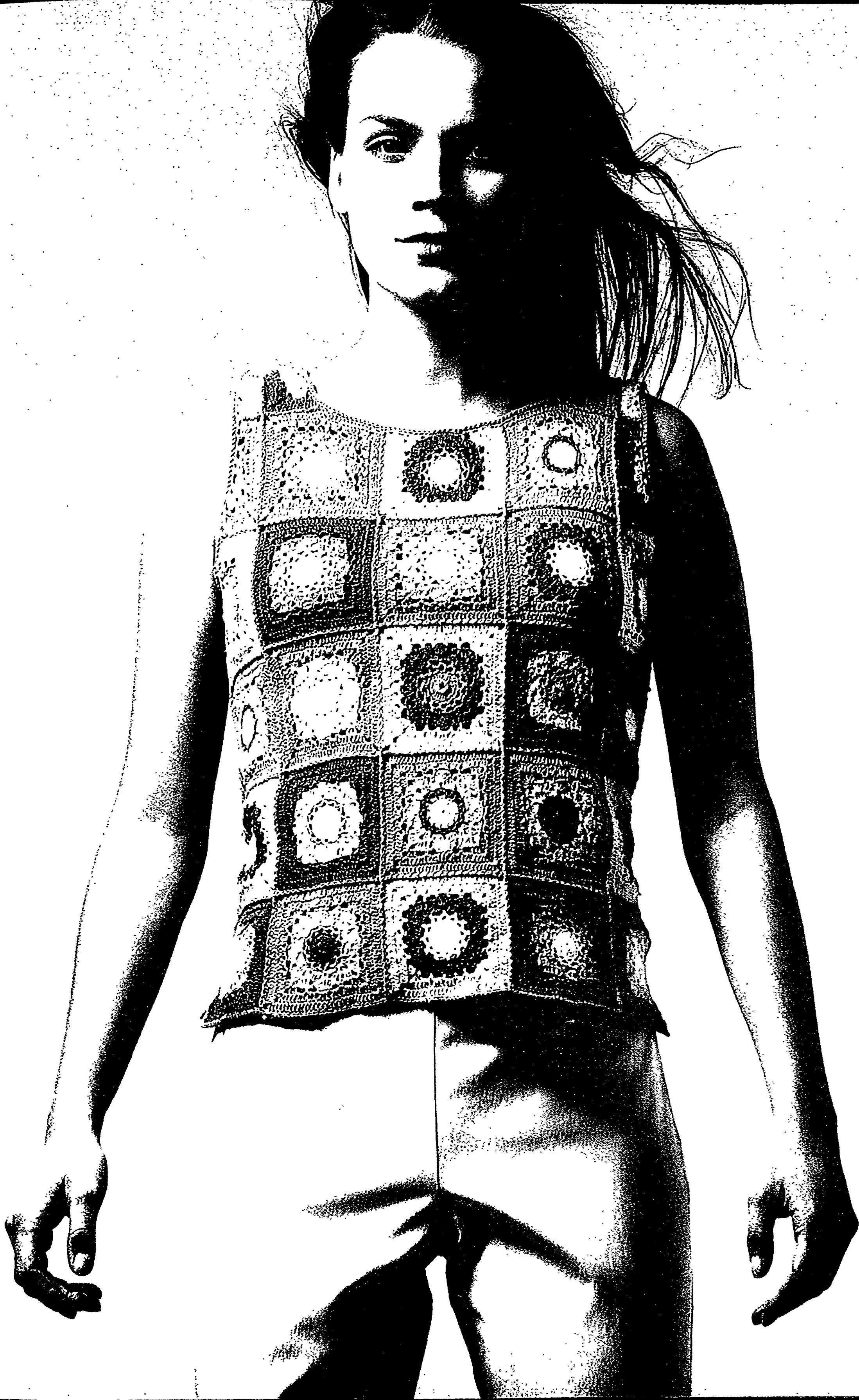
8. The eighth part of the document  
describes the main  
features of the  
country's  
economy.

9. The ninth part of the document  
describes the main  
features of the  
country's  
economy.

10. The tenth part of the document  
describes the main  
features of the  
country's  
economy.

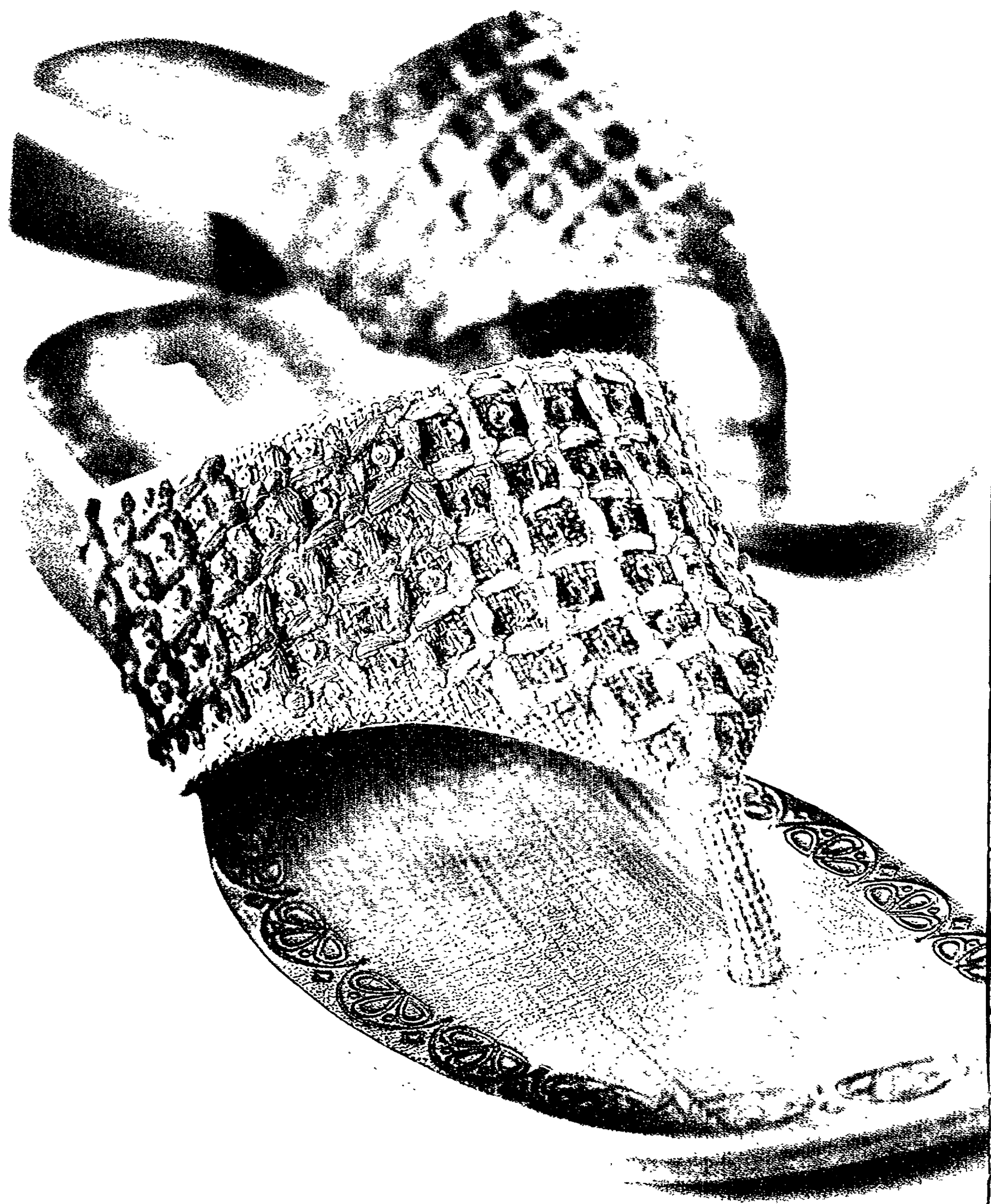
11. The eleventh part of the document  
describes the main  
features of the  
country's  
economy.



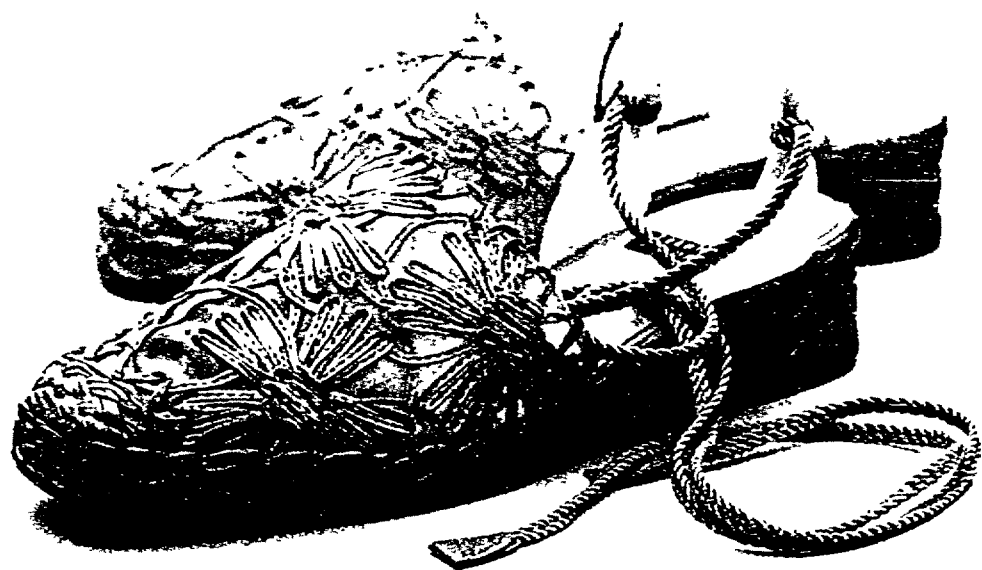




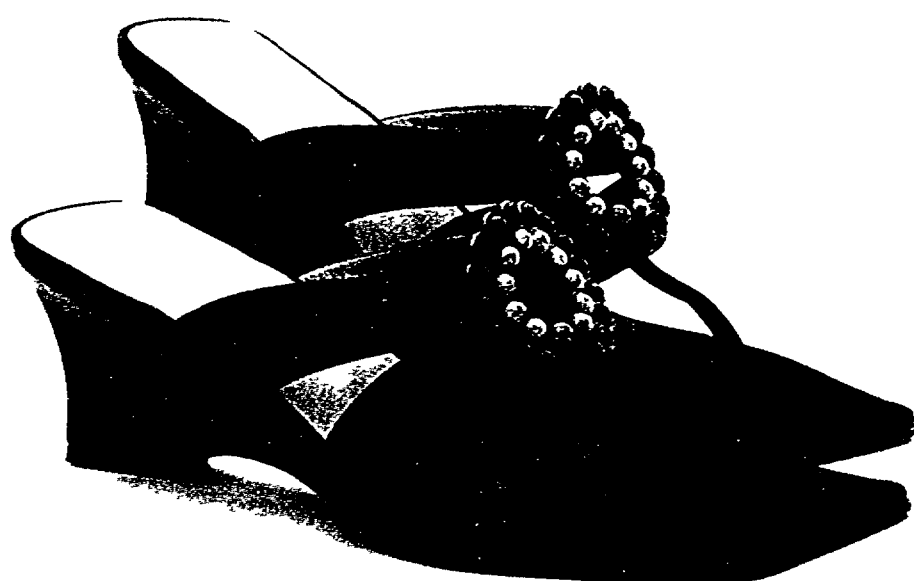
REDESIGNED  
around  
you



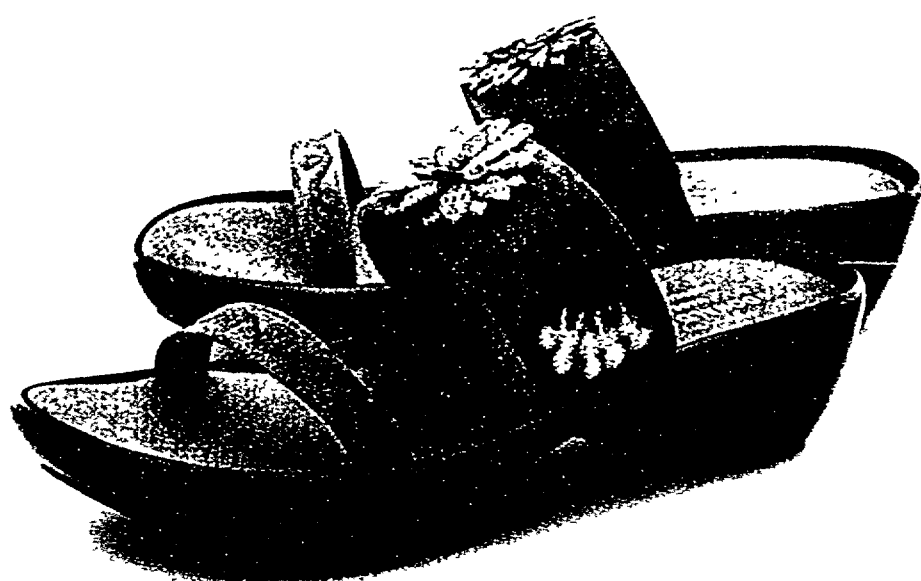
luca stefani "Wild" in red and natural, sizes 6-10 M (whole sizes only), 75.00.



**stuart weitzman** "Pansy" in rawhide, sizes 6-10 M, 150.00.



**circa joan & david** "Agatha" in dark brown or (not shown) black, sizes 5.5-10 M, 95.00.



**donald j pliner** "Canton" in red suede, sizes 5.5-10 M, 140.00.



**a marinelli** "Dumas" in lime or (not shown) black, fuchsia or turquoise, sizes 6-10 M, 65.00.



**beverly feldman** "The Star" in turquoise paisley or (not shown) black or wood/coral, sizes 6-10 M (whole sizes only), 120.00.



**isaac** "Nacelle" in pink/turquoise/white or (not shown) camel/black/white, sizes 5.5-10 M, 152.00.







**monsac** Leather handbag, 275.00.



**brighton** Straw handbag, 165.00.



**mary frances** Novelty handbag, 170.00.



**kate spade** Straw handbag, 225.00.

REFRESHING  
new looks



### **eileen fisher**

Left: Anything white – a must trend. Mandarin sleeveless top and slim straight pants. Both in sizes S-M-L, 148.00 each.

### **dana buchman**

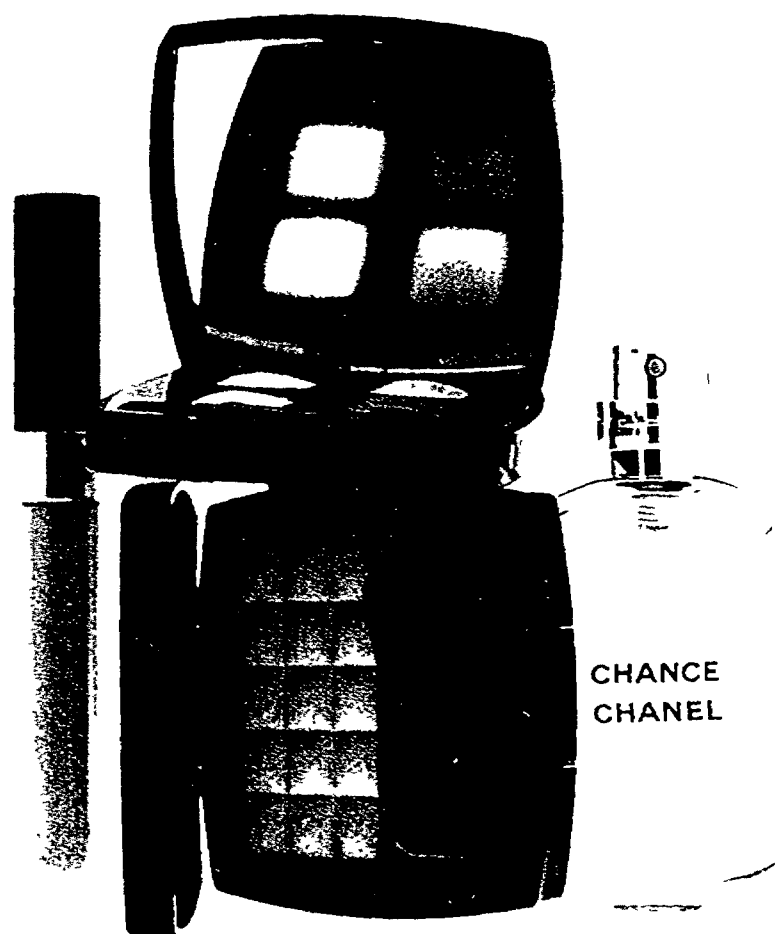
Right: Orient yourself with a style that adds drama to day and takes evening by storm. Samsara lace top with toast lining and modern stretch bootleg pants in black. Both in sizes 4-14. Top, 398.00. Pants, 198.00.



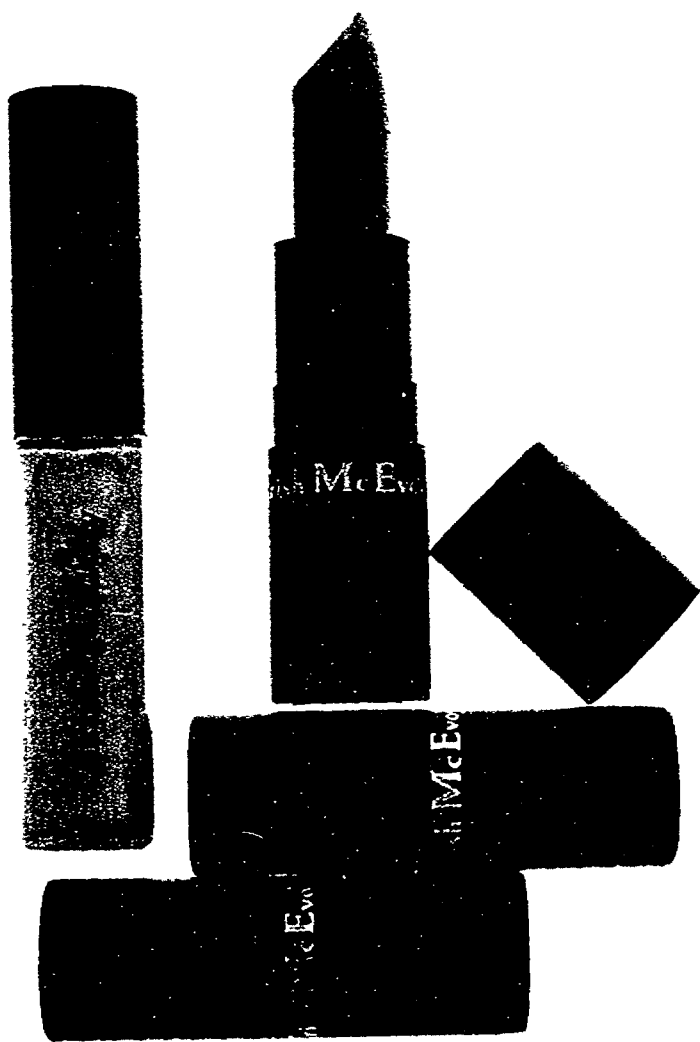




**vera wang** The romantic fragrance that has an unforgettable allure. The collection, 45.00-150.00.



**chanel**  
Beauté collection, 16.50-180.00.



**trish mcevoy**  
Lipcolors and luxury glosses, 16.00-20.00.



**angel** Surround yourself with all that is heavenly. Angel collection, 45.00-165.00.

RENEW  
your intimate  
style



REDEFINE  
glamour





**jessica  
mcclintock**

Left: Night falls into stunning elegance and makes a bold, beautiful statement. Full-length, black and white color-block gown with rhinestones in sizes 3-3, 179.00.

**adrianna papell**

Shown left: Striking detail mystifies an evening. Full-length, beaded and embroidered black silk gown in black/white. Sizes 6-16, 198.00.





## **claiborne**

Shown right: Ride your own coattails and keep it between the lines. Three-button polynosic sport coat with silk border-print camp shirt and polynosic double-pleated pants. Sport coat in sizes 38-44, 189.00. Camp shirt in sizes M-L-XL-XXL, 69.50. Pants in sizes 32-42, 79.50.

## **kenneth cole**

Shown left: Look sharp and remain cool, calm and collected. Cotton dress shirt in tan or (not shown) blue available in sizes 15.5-32/33 thru 17.5-34/35. Tie in tan or (not shown) blue. 42.50 each.







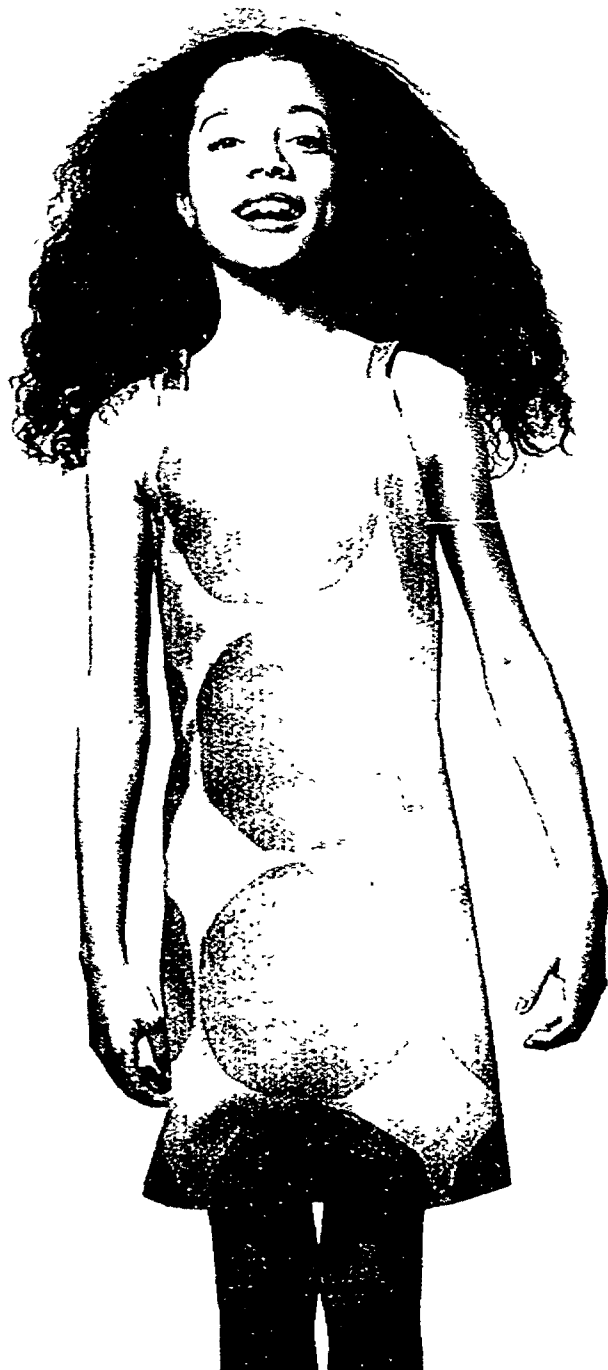
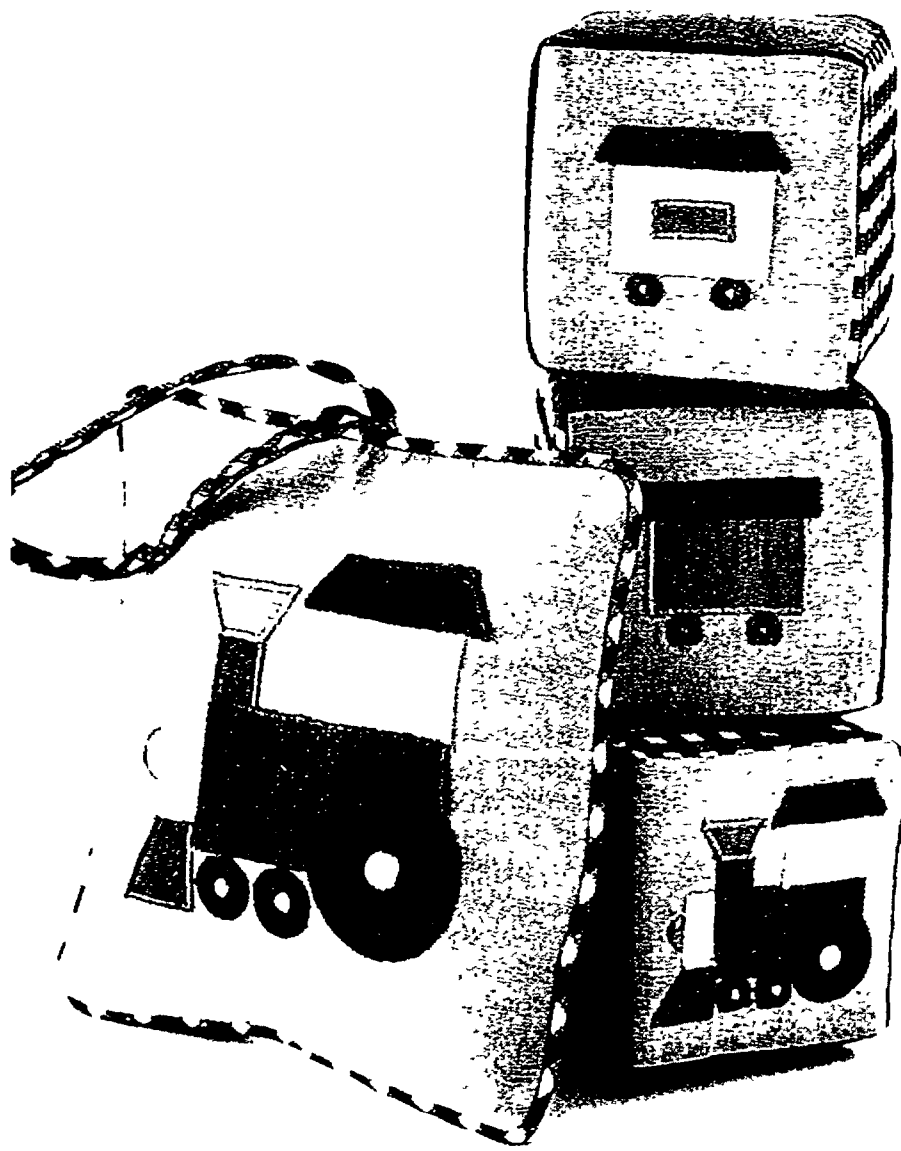
### **victorinox**

Right: Stand your ground but be Swiss about it. Dip-dye linen shirt in midnight with Cross and Oars t-shirt and Driftwood swim trunks in burnt orange or (not shown) black and khaki. Shirt, 85.00. T-shirt, 29.50. Swim trunks, 58.00.

### **tommy bahama**

Left: No man is an island, but standing out from the crowd can be a really good thing. Printed silk and cotton camp shirt in lemon twist, 98.00. South Seas piqué t-shirt in moondust, 82.00. Moroccan linen drawstring pants, 85.00. All, in sizes M-L-XL-XXL.







1939

1939

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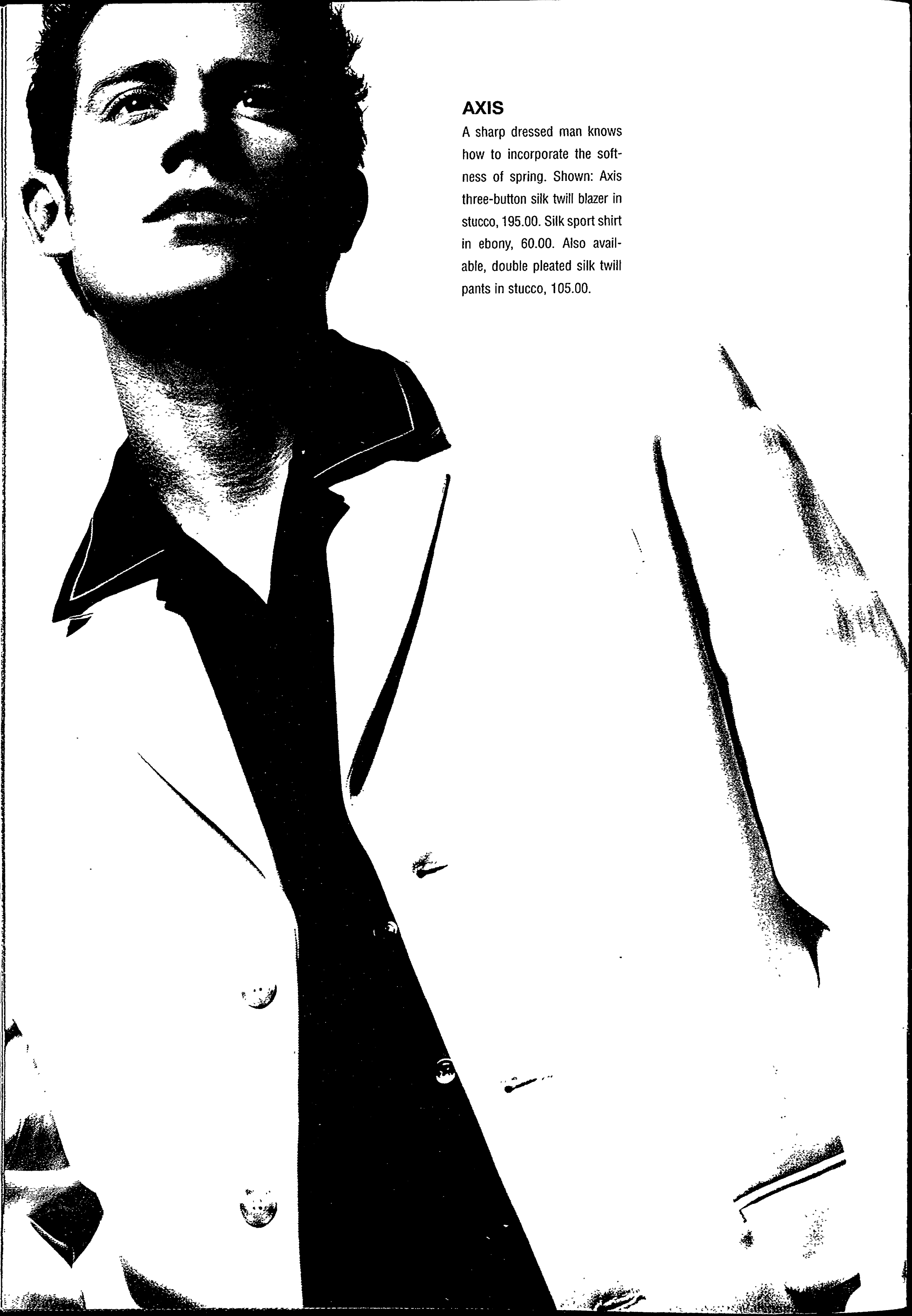
1939

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1939



## AXIS

A sharp dressed man knows how to incorporate the softness of spring. Shown: Axis three-button silk twill blazer in stucco, 195.00. Silk sport shirt in ebony, 60.00. Also available, double pleated silk twill pants in stucco, 105.00.



A physician typically will not order an ultrasound evaluation for someone who has no symptoms of vascular disease or osteoporosis. Life Line Screening® enables you to be checked for vascular disease or osteoporosis as part of your own personal prevention plan. We provide non-invasive, painless screenings that can identify vascular disease and osteoporosis – valuable information for your personal physician to help you reduce your risk for stroke.

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"Vascular screening programs for cerebrovascular disease, aortic aneurysms, and peripheral vascular disease have proven their value in detecting previously unrecognized problems in many individual patients that could have resulted in significant illness or even death."

**Robert J. Steele, M.D.**

*Board Certified Cardiologist, Cleveland, Ohio*

"I participated in all three screenings and felt the staff was very professional, efficient, and gracious. This certainly is a valuable service which I shall continue to provide to Laurel Lake residents and to the community for as long as possible."

**Kathy Burmeister, R.N.**

*Director of Clinic Services, Hudson, Ohio*

**1 Stroke Screening/  
Carotid Artery  
\$45**

Visualizes the buildup of fatty plaque in the carotid arteries which leads to stroke.

**Procedure:** The technologist applies an acoustic gel on your neck over your carotid arteries. A painless instrument, a transducer, will be moved around your neck to visualize the inside of the carotid artery.

**2 Abdominal Aortic  
Aneurysm (AAA)  
Screening \$45**

Visualizes the existence of an aneurysm (enlargement) in the abdominal aorta that could lead to a ruptured aortic artery.

**Procedure:** The technologist applies an acoustic gel on your abdomen and uses a painless instrument called a transducer to visualize the aorta.

**3 Peripheral Arterial  
Disease  
Screening \$45**

Screens for peripheral arterial disease in the lower extremities. Studies suggest an abnormal ABI may indicate peripheral arterial disease as well as a high risk of coronary artery disease.

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**4 Osteoporosis  
Screening \$35**

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and pay only \$125! Save \$45**



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Life Line Screening is dedicated to providing the highest quality imaging technology at an affordable rate. Our goal is to make people aware of an undetected health problem and encourage them to seek follow-up care with their physician. You will receive your results in 21 days.

**Insurance Note:** At the present time, Medicare does not cover the cost of these screening services. Life Line Screening does not file insurance claims.



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**When: Friday, April 04, 2003**

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Life Line Screening is America's leading provider of quality health screenings. These tests quickly detect arterial abnormalities which can cause irregular blood flow. Our screenings are fast, accurate, and available at an affordable rate.

*We provide these non-invasive, completely painless screenings using Doppler ultrasound technology.*

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This scans the carotid arteries in the neck for plaque buildup. The #1 cause of stroke is linked to carotid artery blockage.

## **2 Abdominal Aortic Aneurysm Screening**

This screens for the existence of an aneurysm in the abdominal aorta. The vast majority of people who have an aneurysm have no symptoms.

*Complete details on reverse side.*

## **3 Peripheral Arterial Disease Screening**

This screens for peripheral arterial disease (plaque buildup) in the lower extremities which is linked to coronary artery disease.

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had NO previous  
symptoms to  
indicate such a  
problem."**

**Judith Hanlon,  
Wayland, MI**



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JACLYN SMITH.



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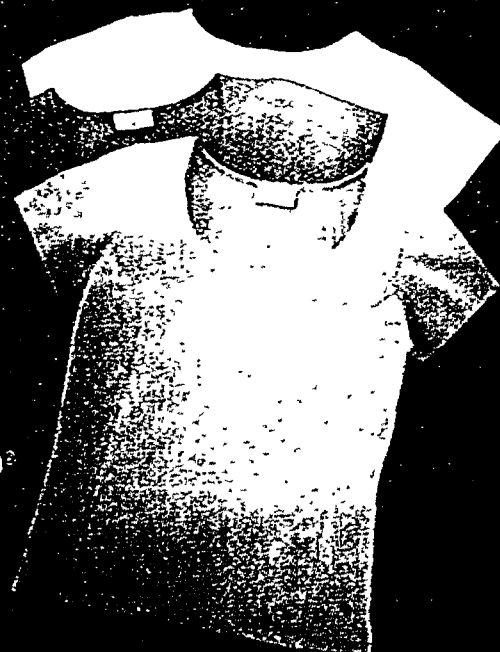
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*chic*



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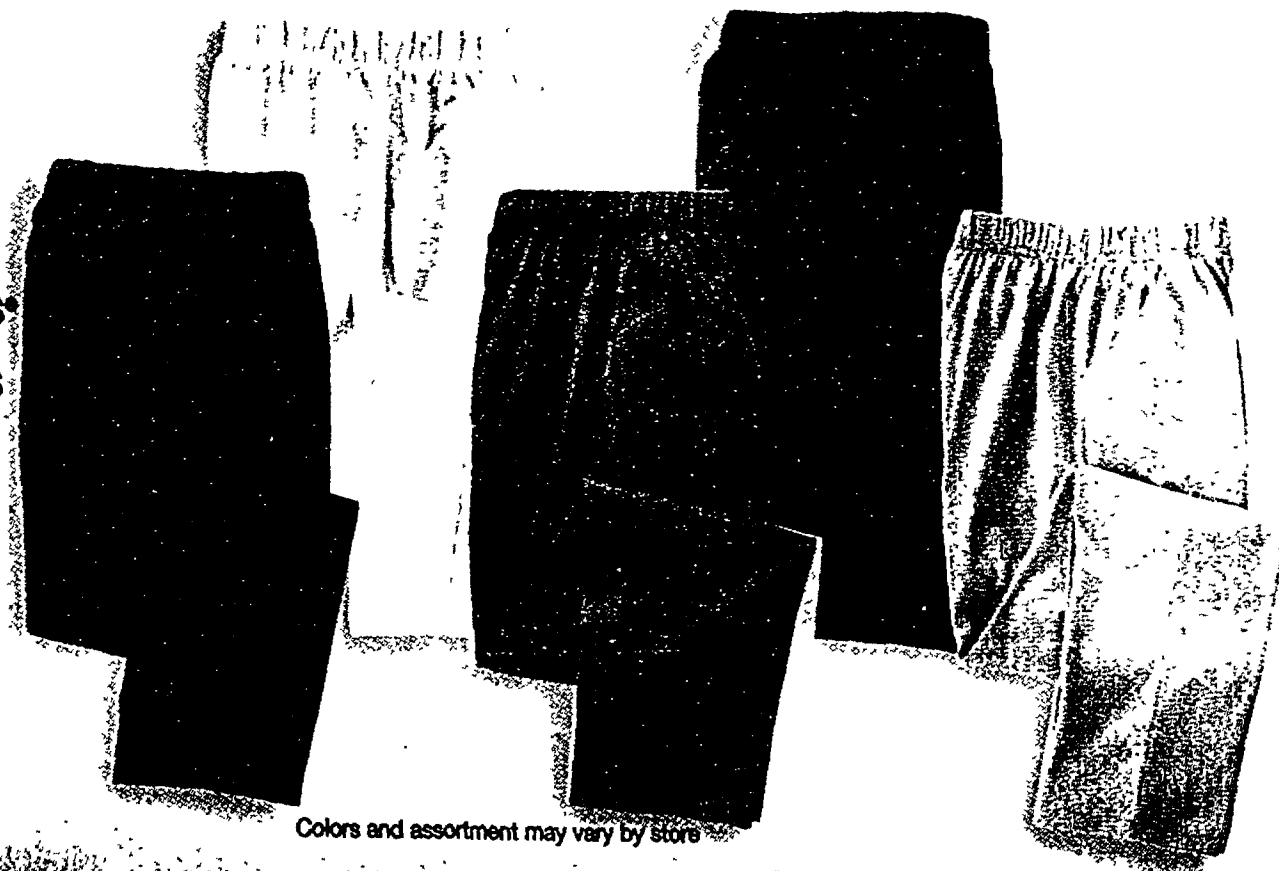


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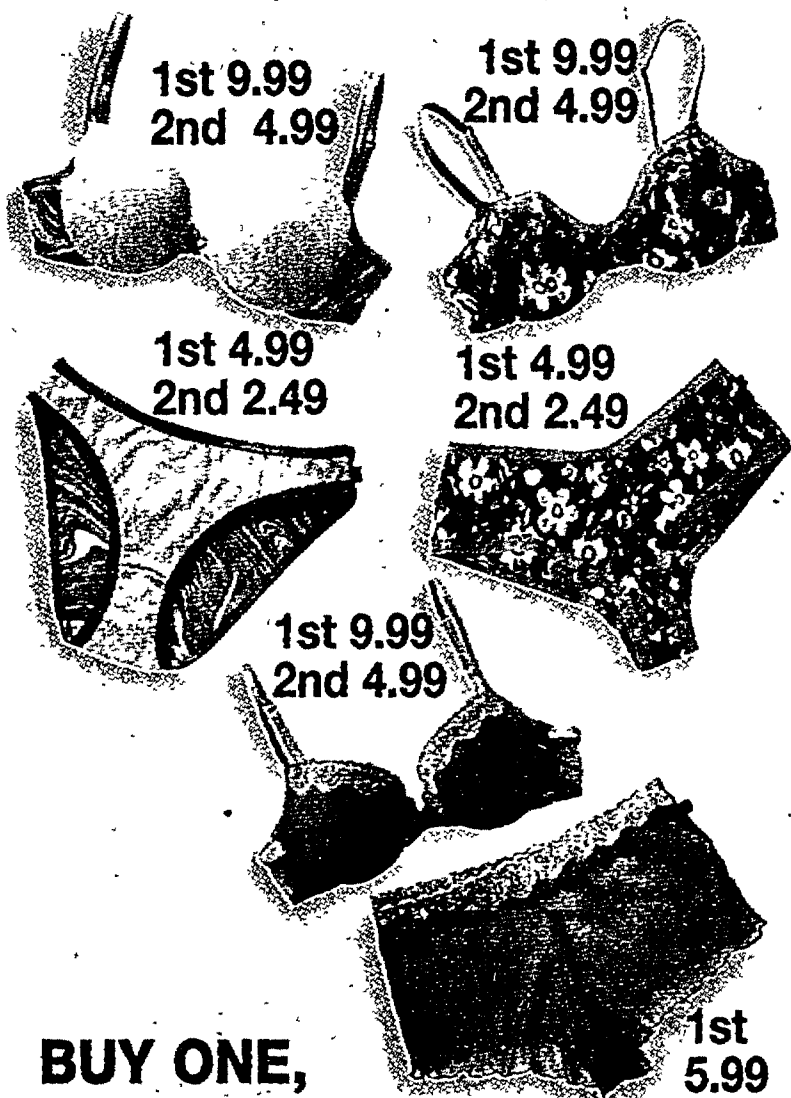


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**7<sup>79</sup>**

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Sale 8.99

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2nd 4.99

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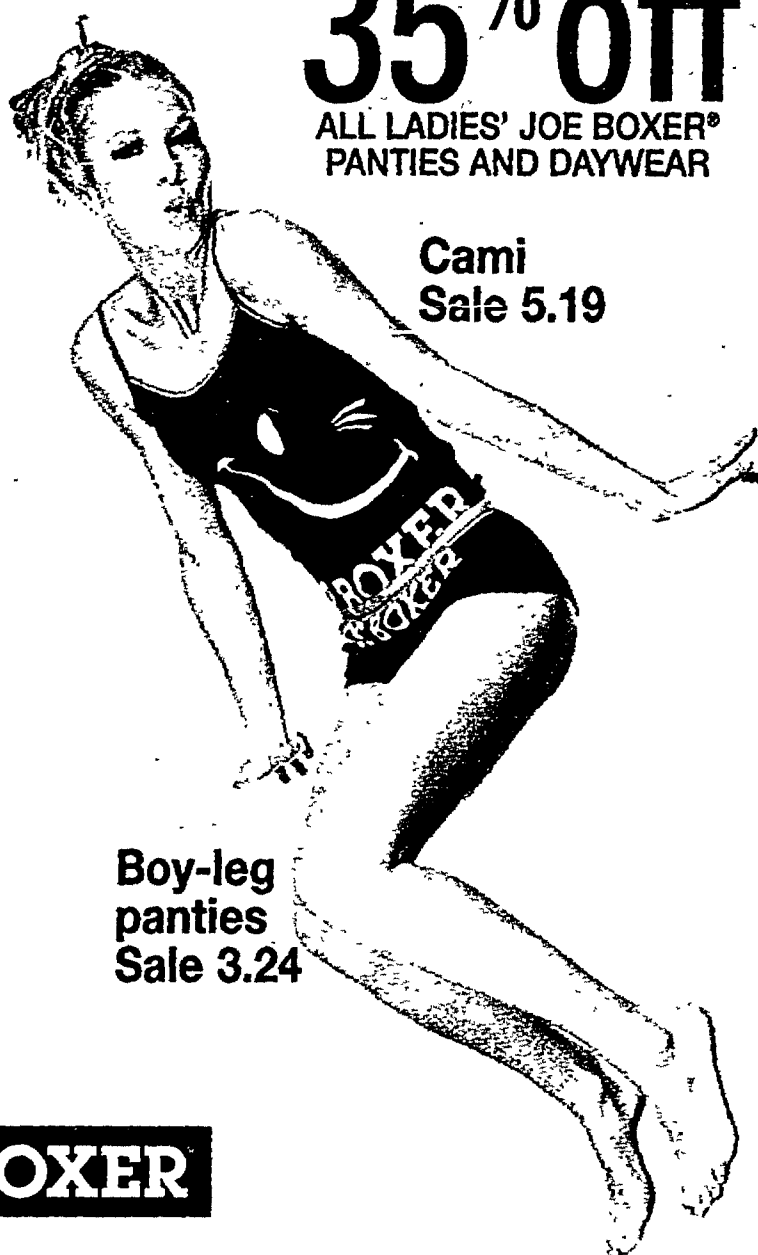
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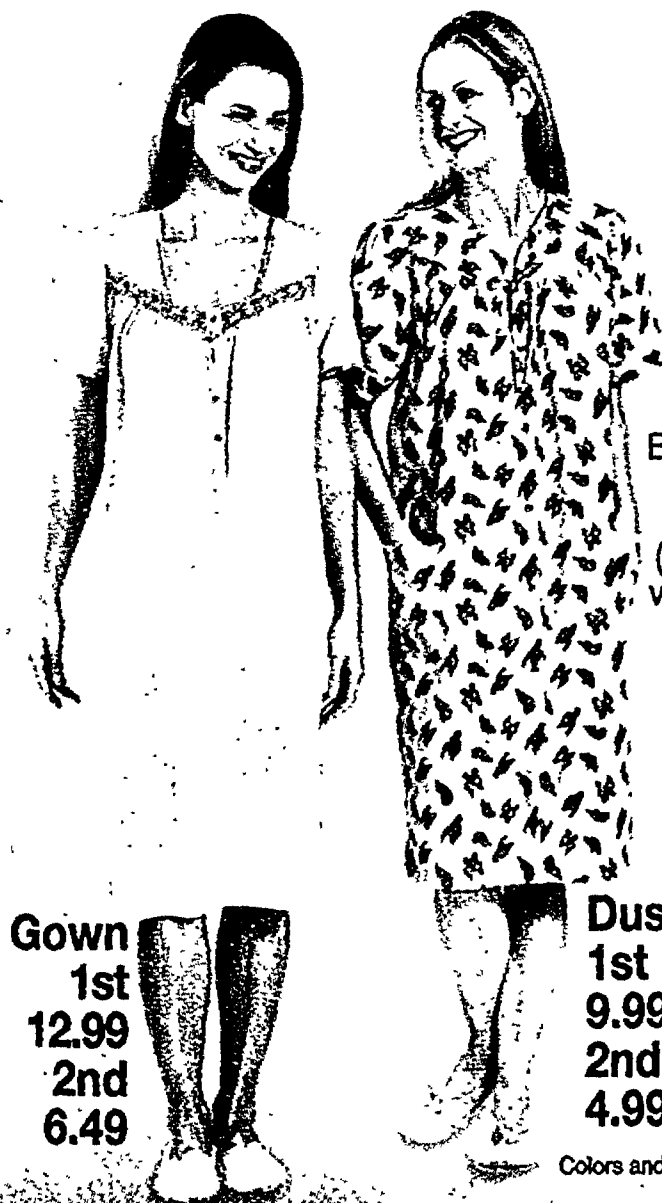
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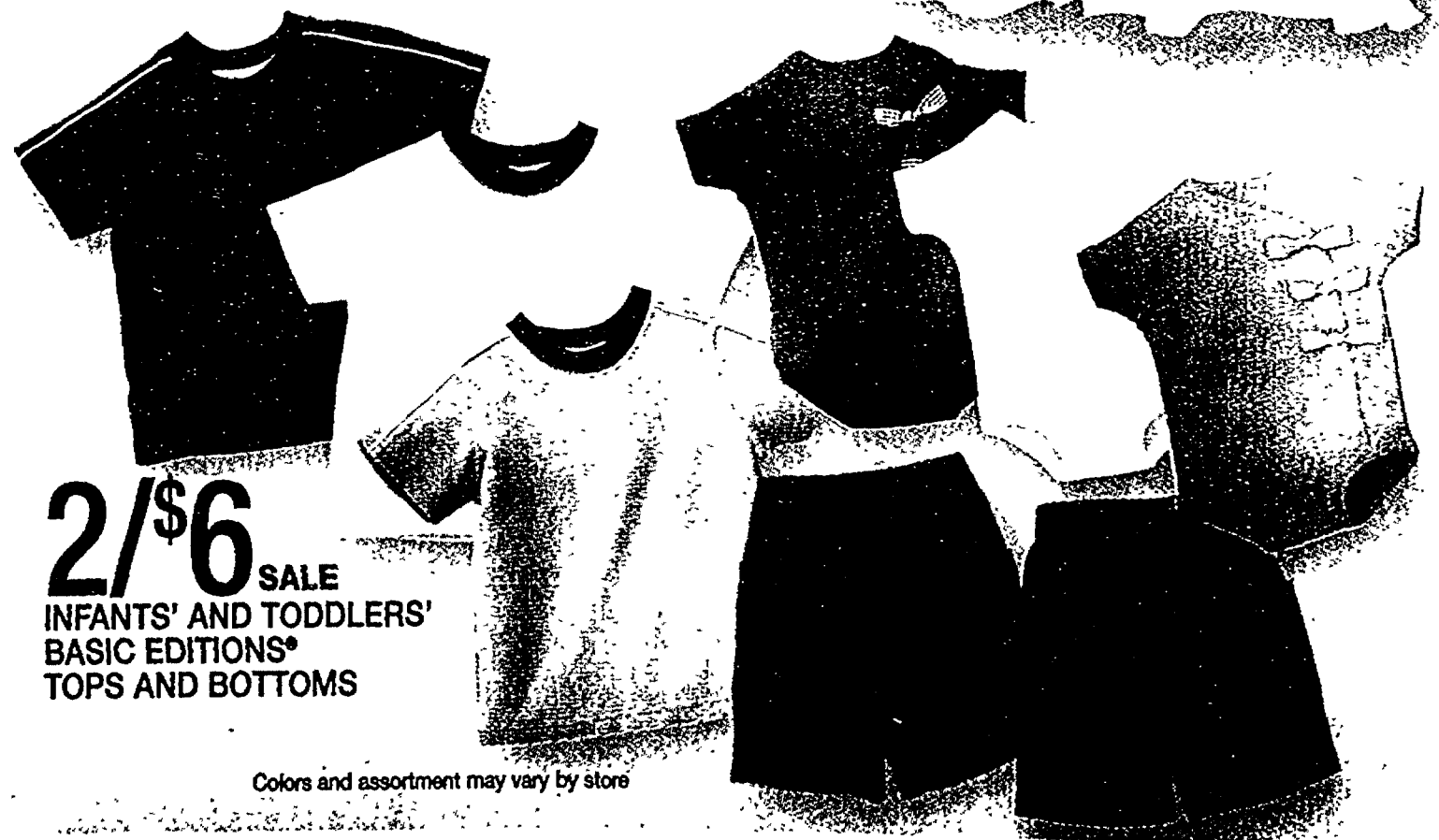
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# girls' spring dresses

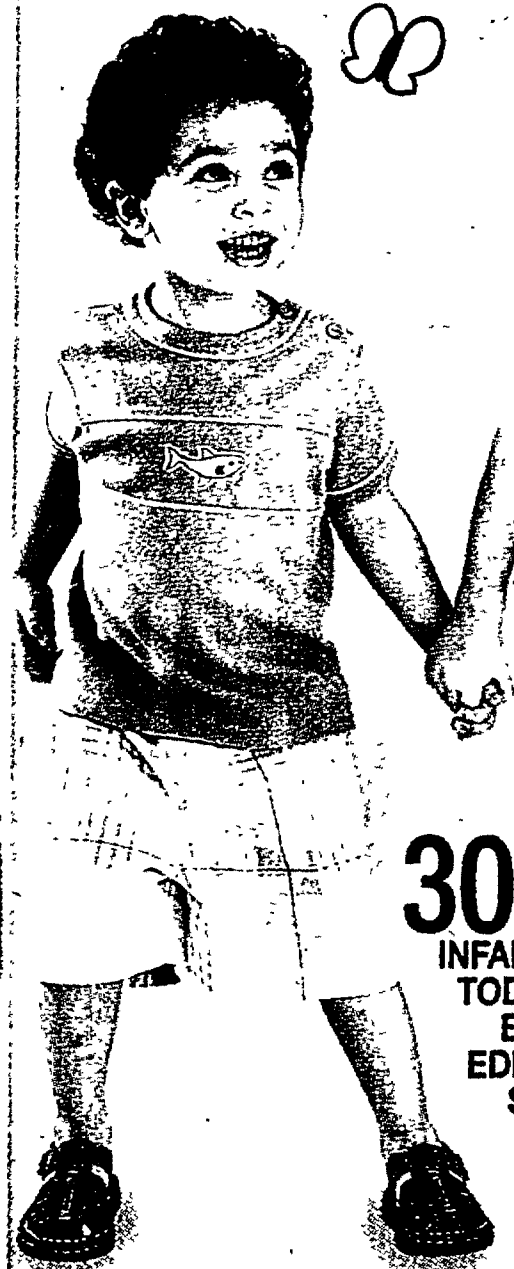
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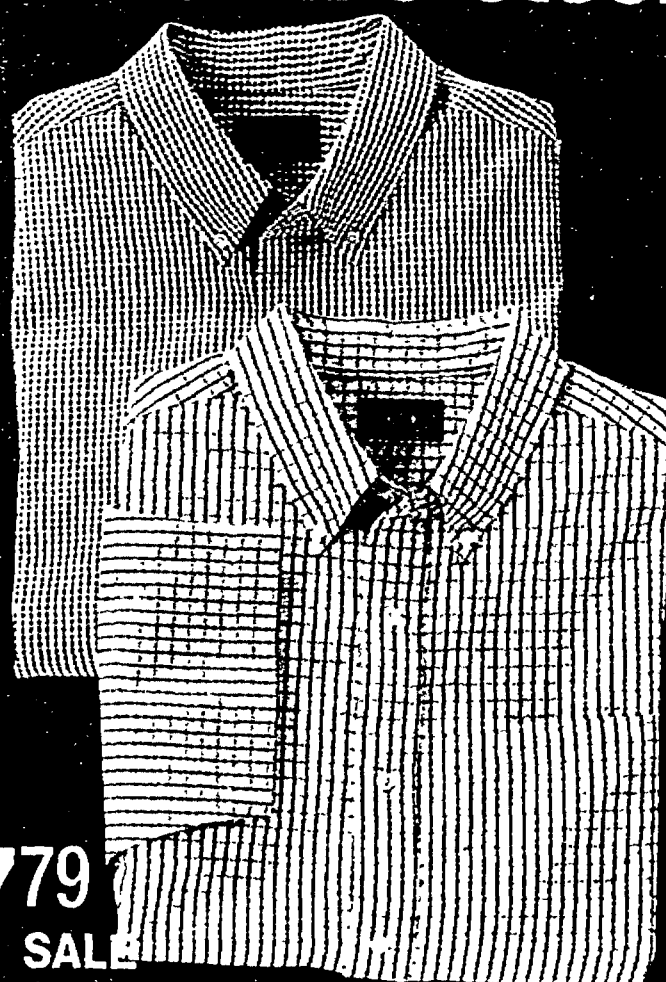


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FASHION  
TEES

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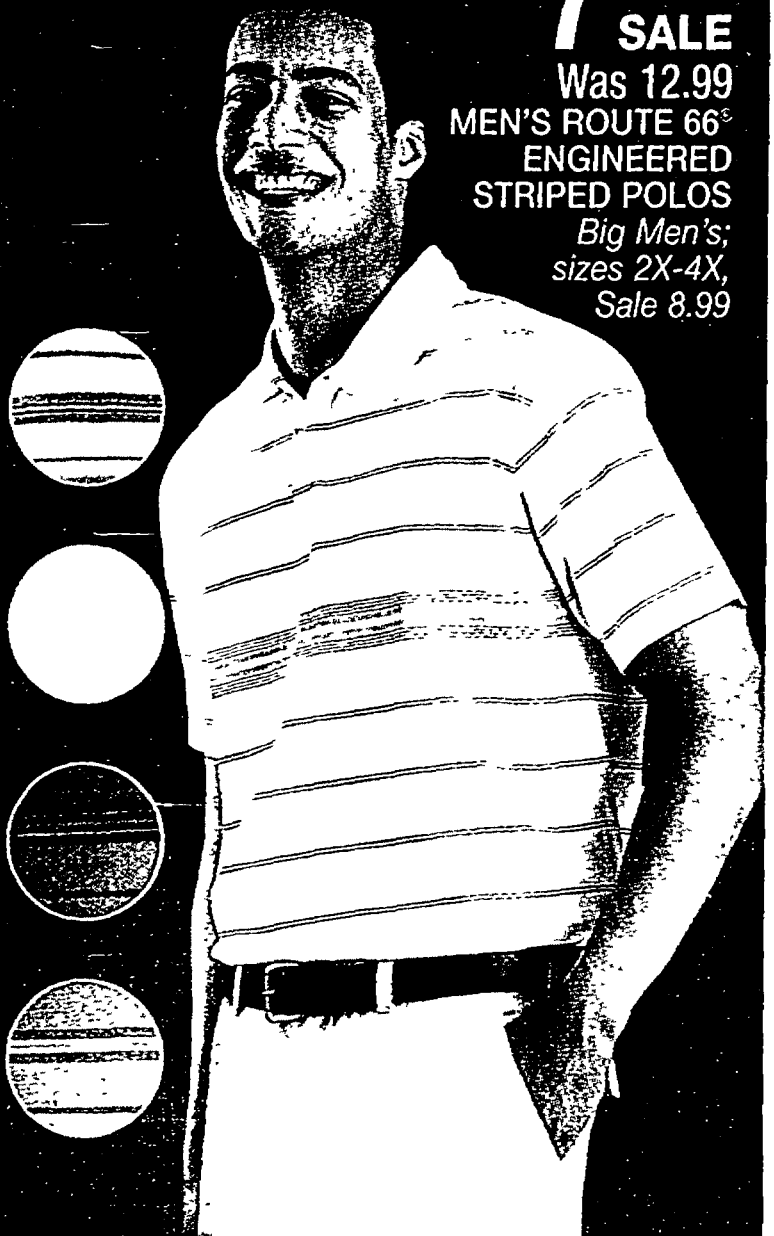


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**SALE**

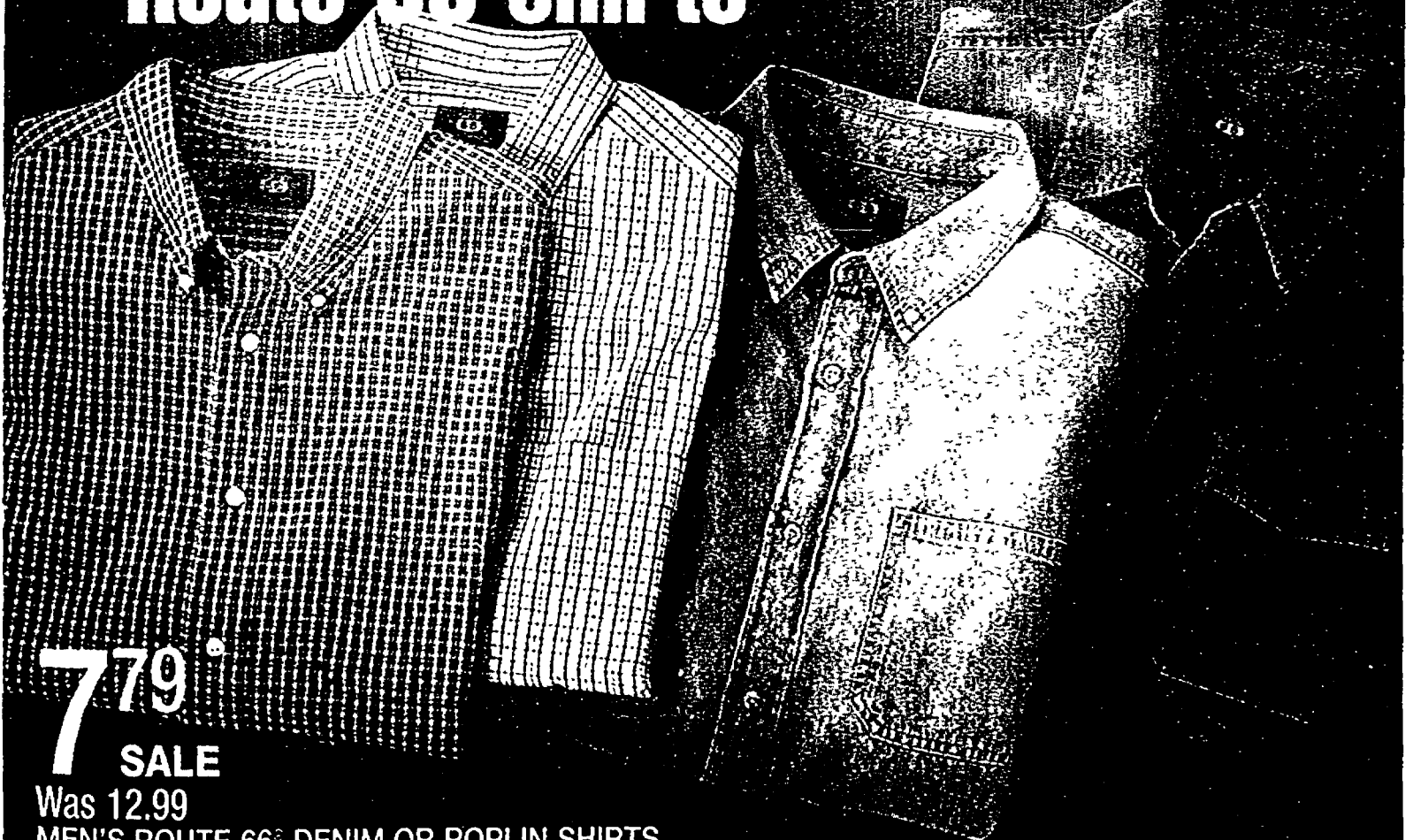
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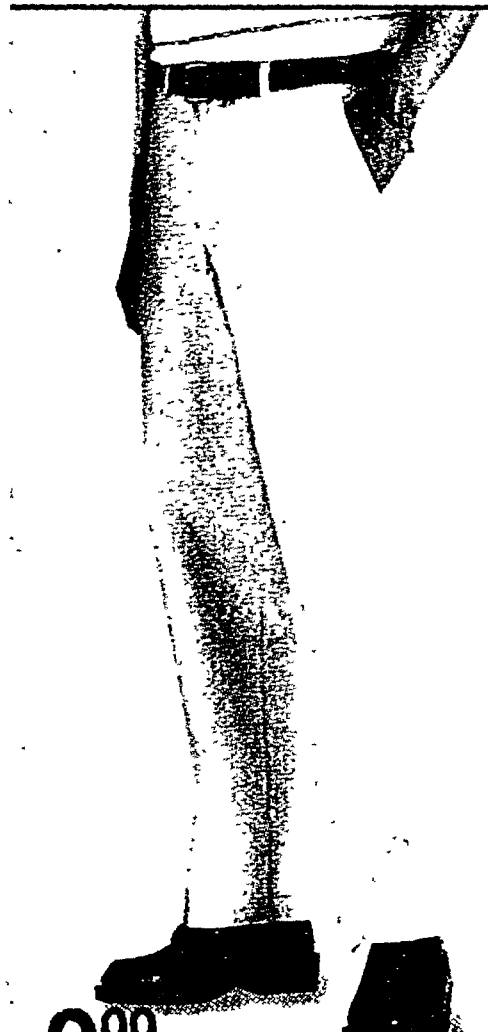


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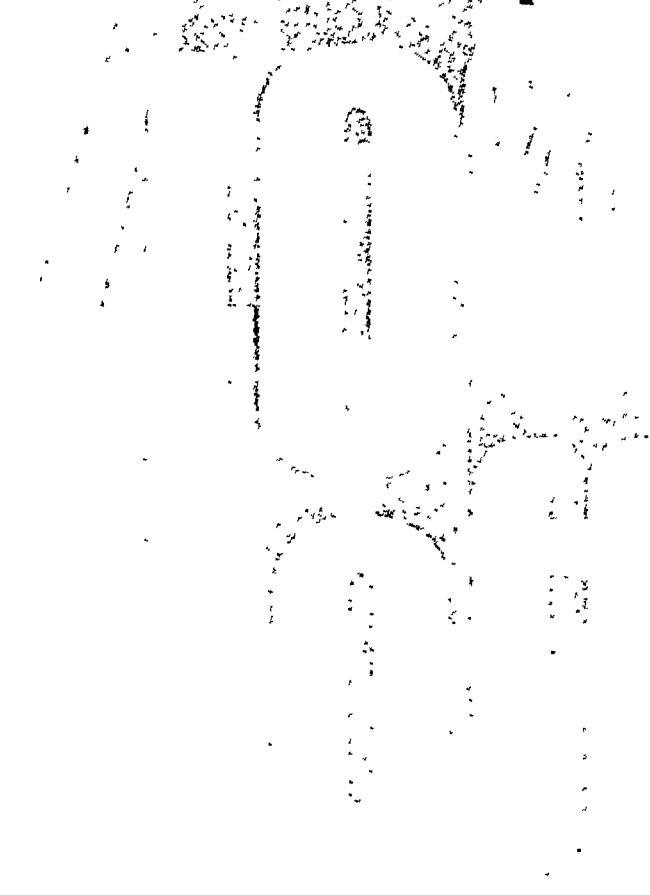
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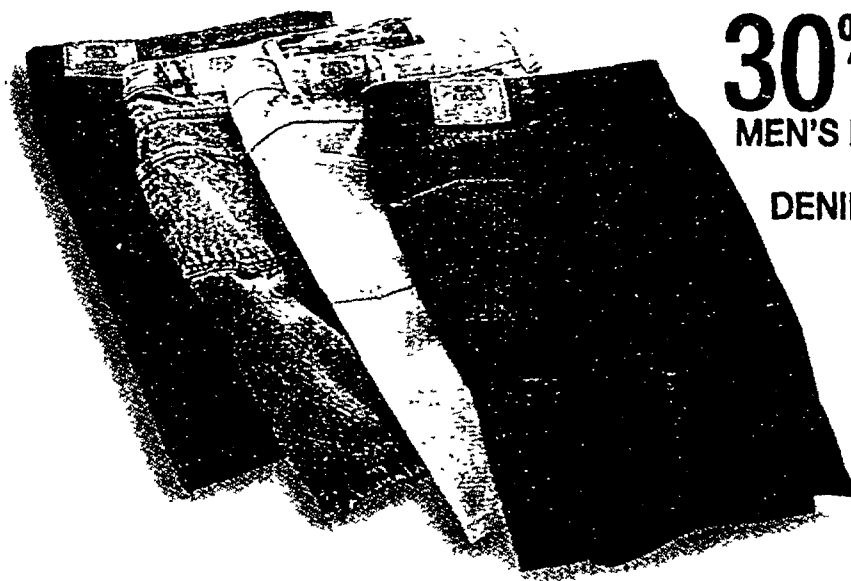
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MARCH 23 - 29, 2003

Northville Record

MIDWEST  
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# American Profile

## INSIDE:

- Carrot apple salad
- Building a water garden

# Easter Traditions

Breaking bread around the world

Story on page 6

HERO: Pam Goffinet maps hometown history



# Ask American Profile

**Q** What happened to ice skater Ekaterina Gordeeva? Her partner was her husband, Sergei Grinkov, who died in 1995.

—Manual A., California

Ekaterina "Katia" Gordeeva has performed in a number of televised ice skating shows, including *Divas on Ice* and *Holiday Celebration on Ice*. Most recently, she appeared as a special guest star in seven cities with the U.S. tour of *Smucker's Stars on Ice*. She lives in Los Angeles with her husband, 1998 Olympic champion figure skater Ilia Kulik, and her daughters. Daria, 10, is her daughter with Grinkov. Gordeeva and Kulik got married last year and have a young daughter. Gordeeva says she and Kulik are having fun teaching Daria to skate, and they recently enjoyed a family skiing trip. Gordeeva won the gold medal in pairs with Grinkov in 1988 and 1994. After Grinkov died in 1995 of a heart attack, Gordeeva recounted their life together in her book, *My Sergei: A Love Story*.

**Q** Is Brad Garrett of *Everybody Loves Raymond* married? I noticed that he was wearing a ring on a game show. Tell me what you can about him.

—Millie T., Iowa

Brad Garrett, 42, has been married since 1999 to Jill Devin. They have two children. Garrett feels right at home on the hit comedy series since his roots are in stand up comedy. In 1984 he was the first \$100,000 grand champion winner in the comedy category on *Star Search*, which led to his first appearance on *The Tonight Show Starring Johnny Carson*. Last year, Garrett won an Emmy for outstanding supporting actor in a comedy. He has performed in venues across the country and has co-headlined with The Temptations. He's also worked with the likes of Frank Sinatra, Diana Ross, and David Copperfield. His television credits include guest-starring roles on *Seinfeld*, *Mad About You*, and *Roseanne*. Film credits include *Sweet and Lowdown* and *Suicide Kings*. He also does a lot of voice work for cartoons. The Woodland Hills, Calif., native lives in Los Angeles.

Actor and comic, Brad Garrett.



Olympic star Ekaterina Gordeeva recently skated in American tours.

**Q** What has happened to singer Anita Baker? I haven't heard a word about her in some time and I truly love her music.

—Noel C., New York

You might have heard by now that the R&B singer and songwriter kicked off a comeback tour in New York in December and is going back into the recording studio. Baker, 45, hopes to release a new CD later this year. For the last seven years, the Toledo, Ohio, native has put her career on the back burner to raise her two sons, Eddie, 8, and Walter, 9. Baker's music, which is influenced by jazz, gospel, and pop, defined "quiet storm" R&B in the '80s and early '90s. Her last album was *Rhythm of Love* in 1994, and she was featured on two tracks of Cyrus Chestnut's self-titled 1998 album. The eight-time Grammy winner's hits include *Sweet Love*, *Giving You The Best That I Got*, and *Caught Up In the Rapture*. She lives in Detroit with her husband and two sons. ☆

\* Cover photo by Randy Janoski

■ Would you like to know more about your favorite celebrity or public figure?

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# Thanks to ADDERALL XR®

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ADDERALL XR was generally well tolerated in clinical studies. The most common side effects are decreased appetite, stomachache, difficulty falling asleep, and emotional lability.

Talk to your doctor if you have a history of high blood pressure or any heart conditions, glaucoma, thyroid problems, emotional instability, mental illness, or a known allergy to this type of medication. ADDERALL XR may not be right for you. If you are currently or have recently taken a type of antidepressant called a

ADDERALL XR. There is a potential for and Tourette's syndrome.

may lead to dependence. Report any new to your physician.

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January 2003

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(all salts of a Single-Entity Amphetamine Product)  
Dextroamphetamine Sulfate Dextroamphetamine Saccharate  
Dextroamphetamine Aspartate Monohydrate Amphetamine Sulfate

patient-friendly ADHD treatment

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**BRIEF SUMMARY:** Consult the full prescribing information for complete product information.

# **ADDERALL XR® CAPSULES**

CII Rx Only

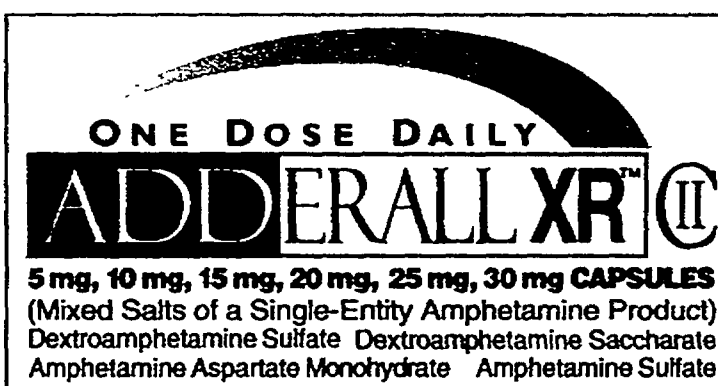
AMPHETAMINES HAVE A HIGH POTENTIAL FOR ABUSE. ADMINISTRATION OF AMPHETAMINES FOR PROLONGED PERIODS OF TIME MAY LEAD TO DRUG DEPENDENCE. PARTICULAR ATTENTION SHOULD BE PAID TO THE POSSIBILITY OF SUBJECTS OBTAINING AMPHETAMINES FOR NON-THERAPEUTIC USE OR DISTRIBUTION TO OTHERS AND THE DRUGS SHOULD BE PRESCRIBED OR DISPENSED SPARINGLY.

**INDICATIONS** ADDERALL XR® is indicated for the treatment of Attention Deficit Hyperactivity Disorder (ADHD). The efficacy of ADDERALL XR® in the treatment of ADHD was established on the basis of two controlled trials of children aged 6 to 12 who met DSM-IV criteria for ADHD, along with extrapolation from the known efficacy of ADDERALL®, the immediate-release formulation of this substance. **CONTRAINDICATIONS** Advanced arteriosclerosis, symptomatic cardiovascular disease, moderate to severe hypertension, hyperthyroidism, known hypersensitivity or idiosyncrasy to the sympathomimetic amines, glaucoma. Agitated states. Patients with a history of drug abuse. During or within 14 days following the administration of monoamine oxidase inhibitors (hypertensive crises may result). **WARNINGS** Psychosis: Clinical experience suggests that, in psychotic patients, administration of amphetamine may exacerbate symptoms of behavior disturbance and thought disorder. **Long-Term Suppression of Growth:** Data are inadequate to determine whether chronic use of stimulants in children, including amphetamine, may be causally associated with suppression of growth. Therefore, growth should be monitored during treatment, and patients who are not growing or gaining weight as expected should have their treatment interrupted.

**PRECAUTIONS** General: The least amount of amphetamine feasible should be prescribed or dispensed at one time in order to minimize the possibility of overdosage. **Hypertension and other Cardiovascular Conditions:** Caution is to be exercised in prescribing amphetamines for patients with even mild hypertension (see CONTRAINDICATIONS). Blood pressure and pulse should be monitored at appropriate intervals in patients taking ADDERALL XR®, especially patients with hypertension. **Tics:** Amphetamines have been reported to exacerbate motor and phonic tics and Tourette's syndrome. Therefore, clinical evaluation for tics and Tourette's syndrome in children and their families should precede use of stimulant medications. **Information for Patients:** Amphetamines may impair the ability of the patient to engage in potentially hazardous activities such as operating machinery or vehicles; the patient should therefore be cautioned accordingly. **Drug Interactions:** *Acidifying agents*—Gastrointestinal acidifying agents (guanethidine, reserpine, glutamic acid HCl, ascorbic acid, etc.) lower absorption of amphetamines. *Urinary acidifying agents*—These agents (ammonium chloride, sodium acid phosphate, etc.) increase the concentration of the ionized species of the amphetamine molecule, thereby increasing urinary excretion. Both groups of agents lower blood levels and efficacy of amphetamines. *Adrenergic blockers*—Adrenergic blockers are inhibited by amphetamines. *Alkalinizing agents*—Gastrointestinal alkalinizing agents (sodium bicarbonate, etc.) increase absorption of amphetamines. Co-administration of ADDERALL XR® and gastrointestinal alkalinizing agents, such as antacids, should be avoided. Urinary alkalinizing agents (acetazolamide, some thiazides) increase the concentration of the non-ionized species of the amphetamine molecule, thereby decreasing urinary excretion. Both groups of agents increase blood levels and therefore potentiate the actions of amphetamines. *Antidepressants, tricyclic*—Amphetamines may enhance the activity of tricyclic antidepressants or sympathomimetic agents; d-amphetamine with desipramine or protriptyline and possibly other tricyclics cause striking and sustained increases in the concentration of d-amphetamine in the brain; cardiovascular effects can be potentiated. *MAO inhibitors*—MAOI antidepressants, as well as a metabolite of furazolidone, slow amphetamine metabolism. This slowing potentiates amphetamines, increasing their effect on the release of norepinephrine and other monoamines from adrenergic nerve endings; this can cause headaches and other signs of hypertensive crisis. A variety of toxic neurological effects and malignant hyperpyrexia can occur, sometimes with fatal results. *Antihistamines*—Amphetamines may counteract the sedative effect of antihistamines. *Antihypertensives*—Amphetamines may antagonize the hypotensive effects of antihypertensives. *Chlorpromazine*—Chlorpromazine blocks dopamine and norepinephrine receptors, thus inhibiting the central stimulant effects of amphetamines, and can be used to treat amphetamine poisoning. *Ethosuximide*—Amphetamines may delay intestinal absorption of ethosuximide. *Haloperidol*—Haloperidol blocks dopamine receptors, thus inhibiting the central stimulant effects of amphetamines. *Lithium carbonate*—The anorectic and stimulatory effects of amphetamines may be inhibited by lithium carbonate. *Meperidine*—Amphetamines potentiate the analgesic effect of meperidine. *Methamphetamine therapy*—Urinary excretion of amphetamines is increased, and efficacy is reduced, by acidifying agents used in methamphetamine therapy. *Norepinephrine*—Amphetamines enhance the adrenergic effect of norepinephrine. *Phenobarbital*—Amphetamines may delay intestinal absorption of phenobarbital; co-administration of phenobarbital may produce a synergistic anticonvulsant action. *Phenylethanolamine*—Amphetamines may delay intestinal absorption of phenylethanolamine; co-administration of phenylethanolamine may produce a synergistic anticonvulsant action. *Propoxyphene*—In cases of propoxyphene overdosage, amphetamine CNS stimulation is potentiated and fatal convulsions can occur. *Veratrum alkaloids*—Amphetamines inhibit the hypotensive effect of veratrum alkaloids.

**Drug/Laboratory Test Interactions:** Amphetamines can cause a significant elevation in plasma corticosteroid levels. This increase is greatest in the evening. Amphetamines may interfere with urinary steroid determinations. **Carcinogenesis/Mutagenesis and Impairment of Fertility:** No evidence of carcinogenicity was found in studies in which d,l-amphetamine (enantiomer ratio of 1:1) was administered to mice and rats in the diet for 2 years at doses of up to 30 mg/kg/day in male mice, 19 mg/kg/day in female mice, and 5 mg/kg/day in male and female rats. These doses are approximately 2.4, 1.5, and 0.8 times, respectively, the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis. Amphetamine, in the enantiomer ratio present in ADDERALL® (immediate-release) (d- to l- ratio of 3:1), was not clastogenic in the mouse bone marrow micronucleus test in vivo and was negative when tested in the *E. coli* component of the Ames test in vitro. d,l-Amphetamine (1:1 enantiomer ratio) has been reported to produce a positive response in the mouse bone marrow micronucleus test, an equivocal response in the Ames test, and negative responses in the *in vitro* sister chromatid exchange and chromosomal aberration assays. Amphetamine, in the enantiomer ratio present in ADDERALL® (immediate-release) (d- to l- ratio of 3:1), did not adversely affect fertility or early embryonic development in the rat at doses of up to 20 mg/kg/day (approximately 5 times the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis). **Pregnancy:** Pregnancy Category C. Amphetamine, in the enantiomer ratio present in ADDERALL® (d- to l- ratio of 3:1), had no apparent effects on embryofetal morphological development or survival when orally administered to pregnant rats and rabbits throughout the period of organogenesis at doses of up to 6 and 16 mg/kg/day, respectively. These doses are approximately 1.5 and 8 times, respectively, the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis. Fetal malformations and death have been reported in mice following parenteral administration of d-amphetamine doses of 50 mg/kg/day (approximately 6 times the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis) or greater to pregnant animals. Administration of these doses was also associated with severe maternal toxicity. A number of studies in rodents indicate that prenatal or early postnatal exposure to amphetamine (d- or d,l-), at doses similar to those used clinically, can result in long-term neurochemical and behavioral alterations. Reported behavioral effects include learning and memory deficits, altered locomotor activity, and changes in sexual function. There are no adequate and well-controlled studies in pregnant women. There has been one report of severe congenital bony deformity, tracheo-esophageal fistula, and anal atresia (vater association) in a baby born to a woman who took dextroamphetamine sulfate with lovastatin during the first trimester of pregnancy. Amphetamines should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Neonatal/Infant Effects:** Infants born to mothers dependent on amphetamines have an increased risk of premature delivery and low birth weight. Also, these infants may experience symptoms of withdrawal as demonstrated by

dysphoria, including agitation, and significant lassitude. **Usage in Nursing Mothers:** Amphetamines are excreted in human milk. Mothers taking amphetamines should be advised to refrain from nursing. **Pediatric Use:** ADDERALL XR® is indicated for use in children 6 years of age and older. **Use in Children Under Six Years of Age:** Effects of ADDERALL XR® in 3-5 year olds have not been studied. Long-term effects of amphetamines in children have not been well established. Amphetamines are not recommended for use in children under 3 years of age. **Geriatric Use:** ADDERALL XR® has not been studied in the geriatric population. **ADVERSE EVENTS** The premarketing development program for ADDERALL XR® included exposures in a total of 685 participants in clinical trials (615 patients, 70 healthy adult subjects). These participants received ADDERALL XR® at daily doses up to 30 mg. The 615 patients (ages 6 to 12) were evaluated in two controlled clinical studies, one open-label clinical study, and one single-dose clinical pharmacology study (N=20). Safety data on all patients are included in the discussion that follows. Adverse reactions were assessed by collecting adverse events, results of physical examinations, vital signs, weights, laboratory analyses, and ECGs. Adverse events during exposure were obtained primarily by general inquiry and recorded by clinical investigators using terminology of their own choosing. Consequently, it is not possible to provide a meaningful estimate of the proportion of individuals experiencing adverse events without first grouping similar types of events into a smaller number of standardized event categories. In the tables and listings that follow, COSTART terminology has been used to classify reported adverse events. The stated frequencies of adverse events represent the proportion of individuals who experienced, at least once, a treatment-emergent adverse event of the type listed. **Adverse events associated with discontinuation of treatment:** In two placebo-controlled studies of up to 5 weeks duration, 2.4% (10/425) of ADDERALL XR® treated patients discontinued due to adverse events (including 3 patients with loss of appetite, one of whom also reported insomnia) compared to 2.7% (7/259) receiving placebo. The most frequent adverse events associated with discontinuation of ADDERALL XR® in controlled and uncontrolled, multiple-dose clinical trials (N=595) are presented below. Over half of these patients were exposed to ADDERALL XR® for 12 months or more.



Adverse event	% of patients discontinuing (N=595)
Anorexia (loss of appetite)	2.9
Insomnia	1.5
Weight loss	1.2
Emotional lability	1.0
Depression	0.7

**Adverse events occurring in a controlled trial:** Adverse events reported in a 3-week clinical trial of pediatric patients treated with ADDERALL XR® or placebo are presented in the table below. The prescriber should be aware that these figures cannot be used to predict the incidence of adverse events in the course of usual medical practice where patient characteristics and other factors differ from those which prevailed in the clinical trials. Similarly, the cited frequencies cannot be compared with figures obtained from other clinical investigations involving different treatments, uses, and investigators. The cited figures, however, do provide the prescribing physician with some basis for estimating the relative contribution of drug and non-drug factors to the adverse event incidence rate in the population studied.

**Table 1 Adverse Events Reported by More Than 1% of Patients Receiving ADDERALL XR® with Higher Incidence Than on Placebo in a 584 Patient Clinical Study**

Body System	Preferred Term	ADDERALL XR® (N=374)	Placebo (N=210)
General	Abdominal Pain (stomachache)	14%	10%
	Accidental Injury	3%	2%
	Asthenia (fatigue)	2%	0%
	Fever	5%	2%
	Infection	4%	2%
	Viral Infection	2%	0%
Digestive System	Loss of Appetite	22%	2%
	Diarrhea	2%	1%
	Dyspepsia	2%	1%
	Nausea	5%	3%
	Vomiting	7%	4%
Nervous System	Dizziness	2%	0%
	Emotional Lability	9%	2%
	Insomnia	17%	2%
	Nervousness	6%	2%
Metabolic/Nutritional	Weight Loss	4%	0%

The following adverse reactions have been associated with amphetamine use: Cardiovascular: Palpitations, tachycardia, elevation of blood pressure. There have been isolated reports of cardiomyopathy associated with chronic amphetamine use. Central Nervous System: Psychotic episodes at recommended doses, overstimulation, restlessness, dizziness, insomnia, euphoria, dyskinesia, dysphoria, tremor, headache, exacerbation of motor and phonic tics and Tourette's syndrome. Gastrointestinal: Dryness of the mouth, unpleasant taste, diarrhea, constipation, other gastrointestinal disturbances. Anorexia and weight loss may occur as undesirable effects. Allergic: Urticaria. Endocrine: Impotence, changes in libido. **DRUG ABUSE AND DEPENDENCE** ADDERALL XR® is a Schedule II controlled substance. Amphetamines have been extensively abused. Tolerance, extreme psychological dependence, and severe social disability have occurred. There are reports of patients who have increased the dosage to many times that recommended. Abrupt cessation following prolonged high dosage administration results in extreme fatigue and mental depression; changes are also noted on the sleep EEG. Manifestations of chronic intoxication with amphetamines may include severe dermatoses, marked insomnia, irritability, hyperactivity, and personality changes. The most severe manifestation of chronic intoxication is psychosis, often clinically indistinguishable from schizophrenia. **OVERDOSAGE** Individual patient response to amphetamines varies widely. Toxic symptoms may occur idiosyncratically at low doses. Symptoms: Manifestations of acute overdosage with amphetamines include restlessness, tremor, hyperreflexia, rapid respiration, confusion, assaultiveness, hallucinations, panic states, hyperpyrexia and rhabdomyolysis. Fatigue and depression usually follow the central nervous system stimulation. Cardiovascular effects include arrhythmias, hypertension or hypotension and circulatory collapse. Gastrointestinal symptoms include nausea, vomiting, diarrhea, and abdominal cramps. Fatal poisoning is usually preceded by convulsions and coma. Treatment: Consult with a Certified Poison Control Center for up-to-date guidance and advice. Management of acute amphetamine intoxication is largely symptomatic and includes gastric lavage, administration of activated charcoal, administration of a cathartic and sedation. Experience with hemodialysis or peritoneal dialysis is inadequate to permit recommendation in this regard. Acidification of the urine increases amphetamine excretion, but is believed to increase risk of acute renal failure if myoglobinuria is present. If acute severe hypertension complicates amphetamine overdosage, administration of intravenous phentolamine has been suggested. However, a gradual drop in blood pressure will usually result when sufficient sedation has been achieved. Chlorpromazine antagonizes the central stimulant effects of amphetamines and can be used to treat amphetamine intoxication. The prolonged release of mixed amphetamine salts from ADDERALL XR® should be considered when treating patients with overdosage. Dispense in a tight, light-resistant container as defined in the USP. Store at 25° C (77° F). Excursions permitted to 15-30° C (59-86° F) [see USP Controlled Room Temperature]. Manufactured by DSM Pharmaceuticals Inc., Greenville, North Carolina 27834. Distributed and marketed by Shire US Inc., Florence, KY 41042. For more information call 1-800-536-7878 or visit www.adderallxr.com. ADDERALL® is registered in the US Patent and Trademark Office.

403957

(rev. 06/2002)

Shire

Tidbits

## Did You Know...

**ILLINOIS**—Searching for their Utopia on the prairie, Swedish religious dissidents immigrated with leader Erik Jansson and founded the communal village of Bishop Hill (pop. 125) in 1846.

**INDIANA**—Covering 500,000 square feet, the Indiana Memorial Union at Indiana University in Bloomington is one of the largest college student unions and includes a 186-room hotel.

**IOWA**—In 1938, Odebolt (pop. 1,153) boasted three national popcorn companies: American Popcorn Co., Albert Dickinson, and The Cracker Jack Co.

**KANSAS**—T. Claude Ryan, a native of Parsons (pop. 11,514), launched the Los Angeles-San Diego Airline, the nation's first year-round regularly scheduled airline in 1925.

**MICHIGAN**—While waiting for his fishing partner, James Heddon, a beekeeper and newspaperman in Dowagiac (pop. 6,147), tossed a whittled chunk of wood into a mill pond. A bass struck the plug and inspired the Dowagiac Expert fishing lure in 1902 and the beginning of Heddon's fishing-tackle empire.

**MINNESOTA**—Nicknamed the "Root Beer Lady," Dorothy Molter became famous for her hospitality and homemade root beer served to canoeists who visited her wilderness cabin on the Isle of Pines on Knife Lake where she lived for 50 years. After her death in 1986, fans established the Dorothy Molter Museum in Ely (pop. 3,724).

**MISSOURI**—In 1845, Texas County was named after the Lone Star State and the county seat Houston (pop. 1,992) was named after Gen. Sam Houston.

**NEBRASKA**—Since 1962, every Husker football game at the 73,650-seat stadium at the University of Nebraska in Lincoln has sold out.

**NORTH DAKOTA**—Author of 101 frontier novels, Louis L'Amour was born in 1908 in Jamestown (pop. 15,527).

**OHIO**—In 1853, Cincinnati became the first U.S. city with a paid professional fire department.

**SOUTH DAKOTA**—Inmates at Mike Durfee State Prison in Springfield (pop. 792) refurbish hundreds of donated bicycles for needy children in a program called Pedal Power from the Pen.

**WISCONSIN**—The world's largest stand of American chestnut trees is near West Salem (pop. 4,540) where 2,500 chestnut trees grow on 60 acres. A fungus discovered in 1904 felled most of the majestic trees—there, and across America.



# Gardening

By ZACH THOMAS

## Water Gardens

One of the nicest things you can do for even the smallest back yard is to put in a water garden. These can be as elaborate as you like, but the ones I've built took no more than a day's worth of digging (in tandem with a teenage son), and about \$100 for the rubber liner.

Our smallest is about 10 or 12 feet across, with an irregular shape. Once it was filled, frogs moved in of their own accord. We added goldfish, lined the edges with stone and logs, planted Japanese iris and other plants around the sides, with water plants in the middle, and ended up with the most serene place one could imagine. We'd sit almost every summer evening as the day wound down.

Ours is called a bog pond because it has no pump, filters, or technology of any sort. It goes along on its own, and has no problems outside of an occasional algae bloom in the heat of midsummer.

Dig the hole about 18-24 inches deep, and make it any shape you want. We put ours in a sunny spot to avoid having to clean out leaves in the fall, but others prefer a shady site. Once the hole is dug, smooth the bottom to keep any sharp rocks from puncturing the liner, then fill the bottom with two inches of sand.

Rubber liner material is available from water garden suppliers, or from roofing contractors. Spread the liner well outside the pond edges, anchor it in place with heavy stones, then fill with water—letting the liner stretch to fit. Landscape around the edges and you're done.

Now find a bench, pour some tea, and relax. The only problem we've had since then is when an occasional blue heron enjoys our fish as much as we do. ★

## Able County

by TOM MILNER



"I wouldn't advise it. Remember the last time? The neighbors called 911 and the dog disappeared for a week!"

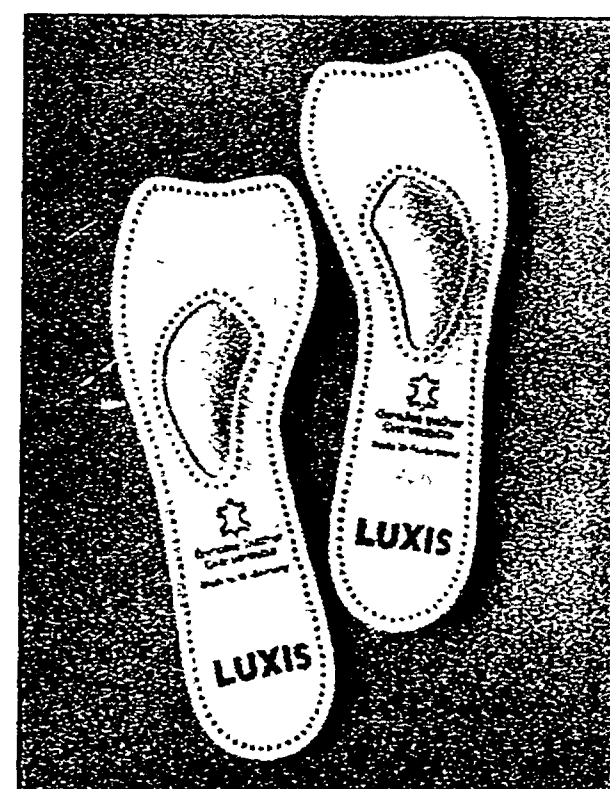
# "After 30 years I can walk for the first time WITH NO PAIN!"



## END SORE ACHING FEET!

Which of these foot ailments cause you pain?

- ☐ CORNS
- ☐ CALLUSES
- ☐ BUNIONS
- ☐ FLAT FEET
- ☐ PAIN IN THE BALLS OF THE FEET
- ☐ BURNING NERVE ENDINGS
- ☐ CRAMPING
- ☐ PAINFUL ANKLES
- ☐ HAMMERTOES



If you suffer from one or more of these problems, then you owe it to yourself to try the remarkable LUXIS LEATHER INSOLES. They are an amazing discovery from Europe, and guaranteed to end foot pain, or your money back.

LUXIS' specially designed metatarsal support helps your feet assume their proper posture and balance. They help redistribute your body weight naturally, thereby eliminating painful uneven pressures that can cause sore burning feet, corns, calluses, bunions, sore heels or ankles and foot problems of all types.

It's a proven fact that aching feet can also be the cause of pain in legs, back and may even be responsible for headaches.

Like other foot pain sufferers you may have tried new shoes, store bought inserts or supports with little or no relief from your foot pain.

*"I had sore feet for a long time, but not anymore thanks to your insoles."*

E.S., Lancaster, PA

Don't despair! GUARANTEED FOOT PAIN RELIEF IS NOW AVAILABLE and at an affordable price.

LUXIS LEATHER INSOLES are contoured to give your feet the necessary metatarsal support they need to

restore proper balance and are specially constructed to relieve pressure and add gentle support to the arch of your foot. A cushiony soft pad in LUXIS LEATHER INSOLES absorbs shock. These amazing insoles shape themselves to your feet for a true customized fit.

*"The insoles are fantastic. I've suffered with foot problems all my life. Suddenly, I can walk in comfort."*

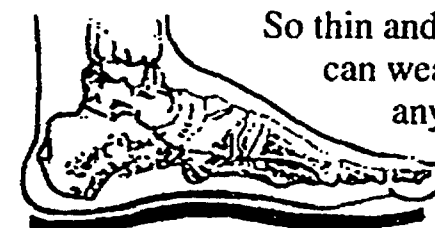
L.C., White Plains, NY

LUXIS LEATHER INSOLES are handcrafted from 100% sheep leather which lets your feet breathe naturally. They are soft, long wearing, absorbent and conform to your feet. These insoles are not available at any price in any store but only through this special limited mail-order offer.

Once you slip a pair into your shoes, you'll never want to walk without them. Your toes will uncurl, pressure will disappear and cramps will vanish.

Pamper your feet with the all-day comfort that only genuine LUXIS LEATHER INSOLES provide.

So thin and light you can wear them in any shoes.



### 30 DAY NO - RISK OFFER

Try LUXIS LEATHER INSOLES for 30 days. If you are not 100% satisfied, simply return them for a prompt full refund of your purchase price. What could be more fair!

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Visit our website at [www.luxis.com](http://www.luxis.com)

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YES! Please send me LUXIS LEATHER INSOLES on your 30 Day No-Risk Offer.

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Women's Size(s) \_\_\_\_\_ Men's Size(s) \_\_\_\_\_

☐ 1 pair for \$19.95 plus \$3.00 Postage & Handling. WA residents add 8.8% sales tax.

☐ SAVE \$8.00 — 2 pair for \$37.90 plus FREE Postage & Handling.

\$ \_\_\_\_\_ payment enclosed OR charge my ☐ VISA ☐ MasterCard.

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

# Easter Traditions

Easter breads, rich in symbolism and history, have strong traditions around the world. Rebirth, springtime, and crosses are woven into age-old recipes for yeast breads.

Many dearly held traditions still are celebrated, with the highest regard for authenticity. These breads, from Russia, Greece, England, and Italy are some of the most beloved.

Experiment with these recipes and add them to your own family Easter traditions. The recipes start with a basic sweet dough, are excellent with ham, and also are well-suited to egg dishes at brunch.

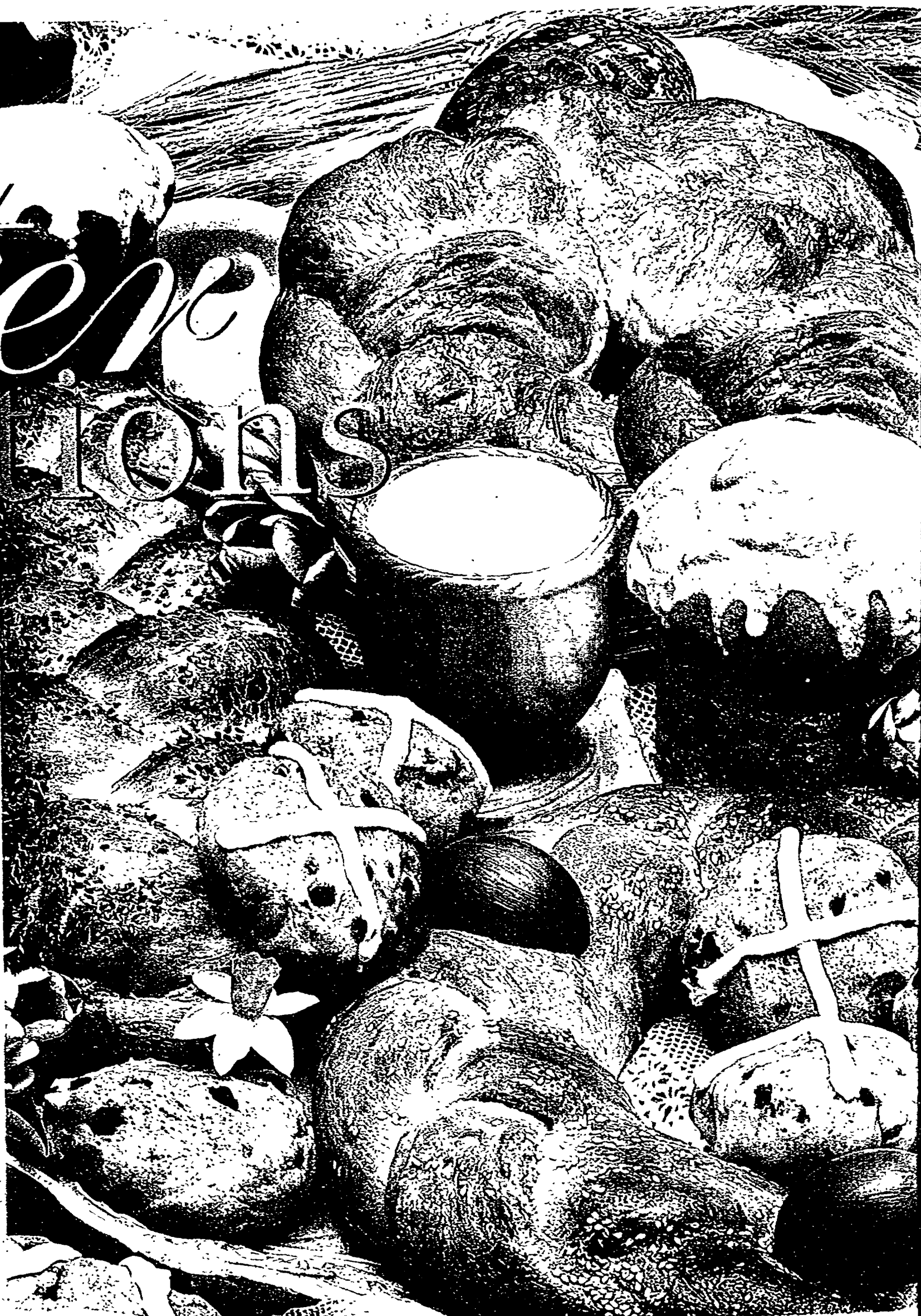
## Basic Sweet Dough

- 1 cup lukewarm milk (scalded, then cooled)
- 1/2 cup sugar
- 1 teaspoon salt
- 2 tablespoons yeast (cake or granules)
- 2 eggs
- 1/2 cup soft butter
- 4 1/2 cups flour

In a large bowl mix milk, sugar, and salt together. Add yeast. Stir gently until the yeast is dissolved. Stir in eggs, butter, and flour. Knead this mixture in a mixer fitted with a dough hook until it's soft, smooth, and no longer sticky. Add another 1/2 cup flour if necessary to reach desired texture. Or mix by hand, using a spoon to mix initially, then turn the contents out onto a floured surface and knead with even strokes until smooth.

Place dough into a large bowl that has been well-buttered on all sides. Turn the dough once so the top surface is coated. Place a film of plastic wrap over the top, and allow dough to rest in a warm place until doubled in bulk. When doubled (after about one hour), gently punch the dough back down to its original size. Place the wrap securely over the top, and allow the rising process to repeat. After dough doubles in its second rising, punch it down again.

*Use this dough to make the following breads.*



## Russian Kulich

Because this bread is baked in tall cans, it resembles a mosque when finished. This onion-dome shape is symbolic in Russian Orthodoxy. This bread has been served at Russian Easter tables for hundreds of years.

### Basic sweet dough

- 1/2 cup golden raisins
- 1/2 cup dried cherries
- 1/2 cup toasted, slivered almonds
- 1/3 cup candied orange peel (optional, but delicious)

- 1/3 cup finely chopped crystallized ginger
- 1/3 cup melted butter
- 1/3 cup orange liqueur or water
- 2 cups powdered sugar

Make basic sweet dough. After the second rising, knead in raisins, cherries, almonds, orange peel, if desired, and ginger. Knead until fruits and nuts are evenly distributed. Divide this dough in half. Place each half into a well-greased 13-ounce can (or cylindrical pan of equal size). Allow to rise again.



## Hot Cross Buns

This ancient English sweet dough recipe yields tasty, currant-laced buns with an icing cross decorating each one. Before the Christian era, these buns were served without a cross, in honor of the Goddess of Spring.

**Basic sweet dough**

1/4 cup currants, or raisins

1 teaspoon cinnamon

1/2 teaspoon ground nutmeg

Make basic sweet dough. After second rising, knead in currants, cinnamon, and nutmeg. Divide this dough into 24 pieces. Roll each gently into a round ball and place on a well-greased baking pan. Allow these dough balls to double in bulk for about one hour. When they are plump, bake at 375 degrees for 20 minutes. Let cool slightly, and brush with simple syrup.



## Italian Anise Easter Bread

The three strands of dough in this braided bread are symbolic of the Trinity. Anise extract gives this bread its unique flavor and can be found in health food stores or the spice and flavoring section in most grocery stores.

**Basic sweet dough**

1 tablespoon pure anise extract

1 egg, well beaten

1 tablespoon anise seeds

Again, follow the recipe for basic sweet dough. When mixing the ingredients together, stir in anise extract. After the second rising, divide the dough into six equal parts by rolling the dough into a large, even rectangle, roughly 16 by 24 inches, then slicing it with a sharp knife. With each group of three strands, gently fold the pieces into an even braid. Tuck the strands under the loaf for a neater finish. Place the resulting two braids on a well-greased cookie sheet and allow to rise. Brush the tops with the beaten egg. Sprinkle the tops of each braid with anise seeds. Bake the braids in a 325-degree oven until well-browned. These loaves will be shiny and beautiful. This bread is best eaten while warm.

## Tsoureki: Greek Easter Twist

This braided bread is shaped into a circle and sprinkled with sesame seeds. It is adorned with beautiful red eggs. Greek eggs are dyed deep red to represent the blood of Christ, and eggs also represent new life and springtime.

**Basic sweet dough**

1 tablespoon pure vanilla extract

1 well-beaten egg

1 tablespoon sesame seeds

Prepare a double batch of the basic sweet dough recipe. Add vanilla to the basic ingredients. Allow dough to rise first and second time as in the other recipes. After the second rising, divide the dough in two equal pieces. From these, make two large braids (as in Italian Anise Easter Bread). These large braids each will require a well-greased baking sheet. Place each braid on its baking sheet and make a circle out of each. Tuck the ends together to make a well-formed and smooth round. At three or four points, add red dyed hard-boiled eggs to represent the shape of a cross. (It would be wise to boil and color these eggs during the first and second dough rising.) Allow the dough to rise full and round for another hour. Brush the top of each twist with the beaten egg. Sprinkle the tops of each with sesame seeds. Bake in a 350-degree oven for 30-40 minutes, or until deep golden. ☆

*Mary Carter is a freelance writer and food stylist in Nashville, Tenn.*



# Jimmy Dean



## SAUSAGE AND EGG BREAKFAST PIZZA

- 1 16 oz. Pkg. Jimmy Dean Regular roll sausage, cooked crumbled and drained
- 1 can refrigerated crescent rolls
- 1 c. frozen hash brown potatoes, thawed
- 3 T. sweet red bell pepper, diced
- 3 T. green bell pepper, diced
- 3 T. yellow bell pepper, diced
- 1 c. sharp cheddar cheese, grated
- 2 Tbsp. Parmesan cheese
- 5 eggs, beaten
- 1/4 c. milk
- 1/2 tsp. Salt
- 1/2 tsp. Black pepper

Preheat oven to 375.

Separate crescent rolls into eight triangles. Place in an ungreased 12" pizza pan with points toward the center. Press crescent rolls together to form a crust and seal perforations. Sprinkle cooked sausage evenly over crust. Top with potatoes and diced bell peppers. Sprinkle with cheddar cheese. Combine beaten eggs, milk, salt and pepper. Pour over crust. Sprinkle with parmesan. Bake for 25-30 minutes or until crust is browned and eggs are set. Makes 1 pizza.

Yield: 6-8 servings



dough to rise until it blooms over the top of the can. It will resemble a large mushroom. Bake these cylinders in a 375-degree oven for 30-40 minutes, or until the tops are well browned. When slightly cooled, carefully remove the kulich from the cans.

For the glaze, add the powdered sugar to the butter and liqueur until well mixed. For a thicker glaze, add up to 1 more cup powdered sugar. Drizzle this evenly over the top of each kulich.



# Hometown Spotlight

## A Hop, & Skip & a RUN to Boston

by SHIRLEY MOSKOW



Boston Marathon participants run the first leg of the 26.2-mile race through the streets of Hopkinton, Mass.

For 364 days a year, Hopkinton resembles the quiet New England farming town it was in the 18th century. But on the third Monday in April, this Massachusetts community hosts some 16,500 runners—more than doubling its population—and teems with a half million onlookers who come to the start of the country's oldest, biggest, and most famous marathon.

fences are erected, and tents are pitched on the high school field, called Athletes' Village. Runners enjoy the camaraderie there, but for those seeking more traditional accommodations, Laborer's Training Center houses 60 runners, and families open their homes to others.

One host, Rose Leveille, says, "Sometimes there are so many sleeping here I can't walk through my house without stepping on a body."

Ann and Charlie Zettick, who live along the marathon route, invite runners and friends for breakfast on race morning. "Runners say the Boston Marathon can be tough, because it doesn't start until noon," Ann says. "That means if they're up at 7 a.m., they need a place to hang around for a while." She serves English muffins and donuts.

Press, radio, and television crews set up communication centers on the town common, and local teens act as spotters along the route, identifying runners from every state and more than 50 countries.

Since marathoners return year after year, residents get to know them. The Kenyans, in recent years among the top finishers, have been popular. Hopkinton made 10 Kenyan runners honorary citizens last year. Spectators play a part, too, urging runners on.

"We scream. We holler and go a little mad cheering," says Gordon J. Barkyoub, a retired dairy farmer and member of a bluegrass band that plays on race day. "You never know how many will show. We can have eight or 15. It amazes me how we do it, but it works, and it's wonderful," he says.

"Once when we were playing (before the race), one of the foreign runners stopped by. He had a harmonica in his back pocket and joined our band. Oh boy, could he play," says Barkyoub, who also plays the harmoni-

ca. "Funny thing, I don't know his name or where he was from because I didn't understand his language. But I sure wish I could play like him."

"Organized chaos" is how Chief of Police Gary Daugherty describes the day. But thanks to experience and planning, he says, "it's now pretty routine." The chief, a former New Jersey resident, welcomes the support of neighboring police and fire departments, medical professionals, and the National Guard. Most of all, he appreciates his lieutenant, a Hopkinton native who provides insight into the town and the race. Lt. Kenneth Clark's family home was featured in the 1978 television drama *See How She Runs*, with Joanne Woodward as a marathon runner.

Once the runners depart, Hopkinton returns to normal. "By 1:30 you wouldn't even know anyone was here," Leveille says. But, along with memories, the marathon leaves a legacy of good deeds. Last year, some 1,000 runners raised more than \$4 million for 15 local charities.

Charity also begins at home of course, as Leveille discovered one morning on race day, "when a guy just walked in off the street, through my house, into my kitchen, and made his own breakfast." ☆

*Shirley Moskow writes from her home in Lexington, Mass.*

Runners are entertained before the race begins.



A Hopkinton household displays its Yankee pride.

April 21 marks the 107th running of the Boston Marathon. Since 1924, when the Olympic committee established the length of a marathon as 26.2 miles, the race has started in Hopkinton.

"This is the day we witness the results of year-long planning," Dorothy Ferriter says. Her 18-member Marathon Committee, which works closely with the Boston Athletic Association, begins preparations for the annual event the day after the race each year, when it meets for a critique. "Many people are just not aware of the time commitment involved in such a worldwide event as the Boston Marathon," Ferriter says.

Runners must be housed, fed, and transported. Four hundred portable toilets are set up, bleachers, signs, and

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<b>TUMBLING TUMBLEWEEDS</b> Sons Of The Pioneers	<b>MY LITTLE CHEROKEE MAIDEN</b> Bob Wills	<b>WHOOPIE TI YI YO (GET ALONG LITTLE DOGGIE)</b> Sons Of The Pioneers	<b>DEEP IN THE HEART OF TEXAS</b> Bob Wills	<b>YOU ARE MY SUNSHINE</b> Jimmie Davis
<b>CATTLE CALL</b> Eddy Arnold	<b>DOWN IN THE VALLEY</b> Slim Whitman	<b>WHEN IT'S SPRINGTIME IN THE ROCKIES</b> Montana Slim	<b>JEALOUS HEART</b> Tex Ritter	<b>THAT SILVER-HAIRED DADDY OF MINE</b> Gene Autry
<b>BURY ME NOT ON THE LONE PRAIRIE</b> Tex Ritter	<b>EL RANCHO GRANDE</b> Gene Autry	<b>NOBODY'S DARLIN' BUT MINE</b> Jimmie Davis	<b>MEXICALI ROSE</b> Jim Reeves	<b>WAGON WHEELS</b> Sons Of The Pioneers
<b>NEW SAN ANTONIO ROSE</b> Bob Wills	<b>SOUTH OF THE BORDER</b> Patsy Cline	<b>TAKE ME BACK TO MY BOOTS AND SADDLE</b> Jimmy Wakely	<b>HAVE I TOLD YOU LATELY THAT I LOVE YOU</b> Gene Autry	<b>HAPPY TRAILS</b> Roy Rogers & Dale Evans
<b>THE LAST ROUNDUP</b> Rex Allen	<b>OLD SHEP</b> Red Foley	<b>THE STREETS OF LAREDO</b> Marty Robbins	<b>AND MORE...50 IN ALL!</b>	
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<b>SOMEDAY YOU'LL WANT ME TO WANT YOU</b> Elton Britt	<b>SIoux CITY SUE</b> Bing Crosby	<b>I WANT TO BE A COWBOY'S SWEETHEART</b> Patsy Montana	<b>The Beautiful Music Company, Dept. CW-241</b> <b>320 Main Street, Northport, NY 11768</b>	
<b>MULE TRAIN</b> Frankie Laine	<b>BEAUTIFUL, BEAUTIFUL BROWN EYES</b> Jimmy Wakely	<b>I'M AN OLD COWHAND</b> Patsy Montana		
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by THERESA MEDOFF  
Photos by Randy Janoski

# Mapping Hometown History

Pam Goffinet has an unusual job that's part detective, part historian, and part cartographer. She also does it in an unusual setting—cemeteries.

She got her start 10 years ago, when desperate church members approached her college geography professor looking for help. It seems the original—and only—map for Old Union Cemetery in Townsend, Del., (pop. 346) had been kept by an elderly church member under her bed. When she died, her heirs cleared out the house, and the cemetery records went into the trash.

"Even today, cemeteries in small towns and farming communities are managed by volunteers. Each person has his own system, note cards or lists or whatever. When someone passes away, that information can be lost," explains the Rev. Carol Gallagher, bishop suffragan in the Episcopal Diocese of Southern Virginia. Gallagher was rector of St. Anne's Church in Middletown, Del., (pop. 6,161) when Goffinet mapped that nearly 300-year-old cemetery.

"The new maps and computerized records (provided by Goffinet) enable us to provide a complete and caring service for people at a difficult time," Gallagher adds.

Cemetery maps are invaluable to genealogists. They are a practical necessity for an undertaker planning a funeral and a church selling burial plots. It's not unheard of for the same burial plot to be sold by mistake to two people. "That can be more than embarrassing; it can be a real problem," Goffinet says.

Mapping a cemetery can be as straightforward as recording the locations of burial plots or as elaborate as detailing the writing on every tombstone, as Goffinet did for St. Philip of Neri Cemetery in Westport, N.Y., (pop. 1,362) and St. Stephen's Cemetery in Earlville, Md. (pop. 50). She usually works from ripped, fading maps and incomplete deed records scattered in filing cabinets. Often, extensive unwritten information resides only in people's memories.

"We were able to gather some records from a funeral parlor and the board's old meeting minutes," says Corbit Collins, treasurer of the board of Old Union Cemetery, where burials took place from the early 1700s until the 1940s. "But with our original map gone, we had very little information to go on."

Goffinet, 49, and a resident of Rising Sun, Md., (pop. 1,702) has a bachelor's degree in art anthropology and took additional classes in cartography. The pleasure



Like a detective, Pam Goffinet uses sleuthing skills to unearth information on cemeteries.

she takes in her work is evident in her enthusiasm when she describes it. "I love to read the old stones and learn the fascinating stories that go along with the cemetery and the town's history," Goffinet says.

"There was one old, worn gravestone at Old Union Cemetery that was written completely in German," she says. "I knew if I didn't translate and record that information now, it would be lost forever."

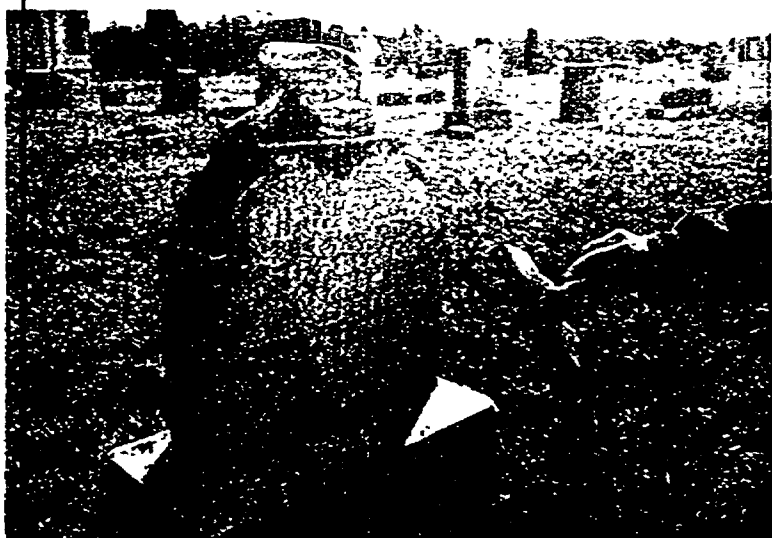
Deciphering the engraving on centuries-old grave markers can be a challenge. Time wears the engraving nearly smooth, and the characters that remain frequently are covered with lichens and obscured by stone discoloration. Goffinet has a simple trick: She sprays shaving cream on the stone, then wipes it with a window squeegee. The shaving cream fills in the indentations, making the words visible again.

"I had never before met someone who attempted to map cemeteries. Pam is unique in her expertise," says Robbie Hutchison, owner of Daniels and Hutchison Funeral Home in Middletown. He serves on the board of several central Delaware cemeteries that Goffinet has mapped.

Goffinet creates new, grid-marked maps and gives copies to several members of the cemetery's volunteer board to help ensure their survival. Information is also stored on computer, making it accessible by family name, plot number, and location. In addition, Goffinet creates notebooks cross-referencing burial information by last name and plot number and includes copies of the maps. Local libraries and historical societies often buy the books to help preserve the town's history.

"It gives me great satisfaction," she says, "to make sure these people are not lost, that a record of their existence survives." ☆

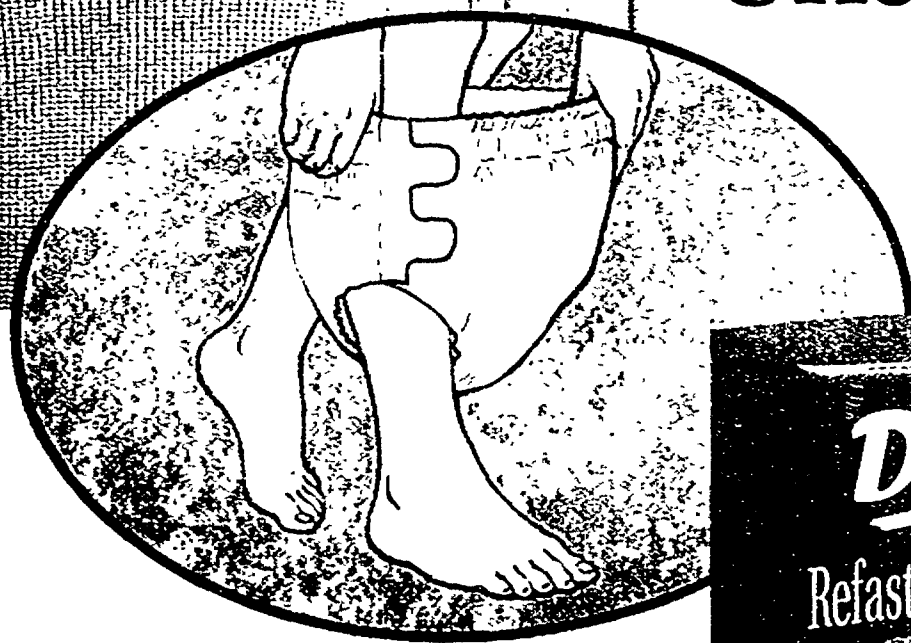
Theresa Medoff writes from her home in Wilmington, Del.



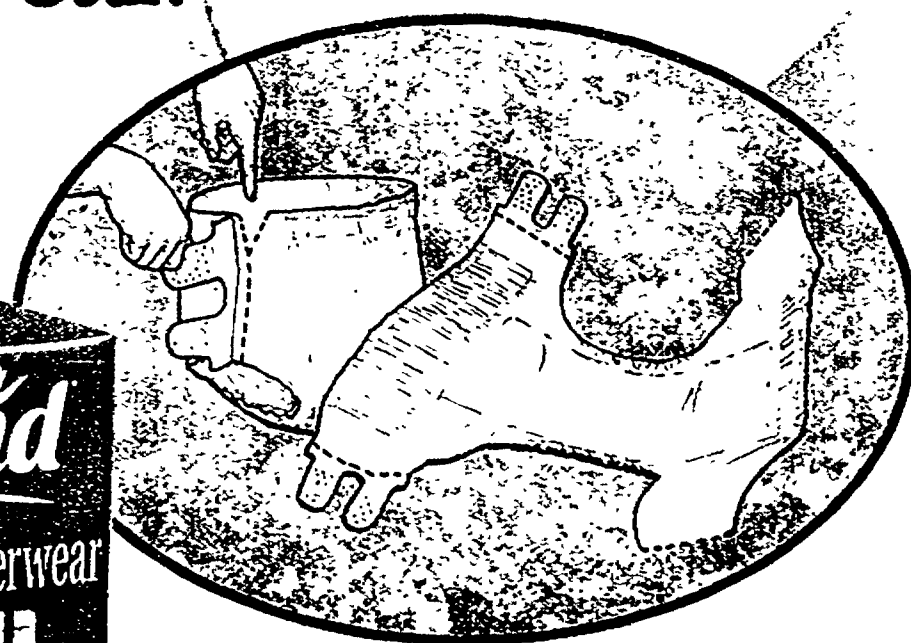
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# Happenings

APRIL 6-12



Celluloid heroes can also be hometown heroes.

## ILLINOIS

**Southern Illinois Sheep & Craft Festival**—Waterloo, April 12. Features sheep workshops, shearing, spinning and weaving demonstrations, sheep dog trials, wool crafts, and a lamb lunch at the Monroe County Fairgrounds. (618) 939-8536.

## INDIANA

**Hoosier Horse Fair and Expo**—Indianapolis, April 4-6. Features equestrian clinics and seminars, a high school rodeo, draft horse demonstrations, and the state's top breeding stallions at the Indiana State Fairgrounds. (317) 692-7115.

## IOWA

**Doll Show & Sale**—Iowa City, April 6. This 25th annual Hawkeye Doll Club event features antique and contemporary dolls, toys, teddy bears, books, and supplies at Highlander Inn. (319) 656-2454.

## KANSAS

**German Heritage Days**—Hays, April 4-6. Celebrate the history and traditions of Ellis County's German settlers with church tours, lectures, ethnic food, dancing, and entertainment at downtown locations. (785) 628-2624.

## MICHIGAN

**Bluebird Festival & Wildlife Art Show**—Jackson, April 5-6. Bluebirds share the spotlight with other critters during this event featuring a wildlife art show, films and seminars, and live animal programs at Jackson Community College. (517) 782-3453.

## MINNESOTA

**Spring Festival**—Shakopee, April 11-13. Selected exhibitors offer American-made products during this event also featuring a variety of musical entertainment and food at Canterbury Park. (402) 331-2889.

## MISSOURI

**Brigadoon in the Valley Celtic Festival**—Pilot Knob, April 12-13. Bagpipe music, piping and drumming workshops, Highland athletic events, and Celtic food and entertainment highlight this event at Fort Davidson State Historic Site. (573) 546-7690.

## NEBRASKA

**Outlaw Trail Showdown**—Crofton, April 11-12. American Indian dancing and singing demonstrations and historical tours of the route followed by the 1804 Lewis and Clark Expedition highlight this event based at Argo Hotel. (402) 582-4866.

## NORTH DAKOTA

**The Big One Arts & Crafts Fair**—Minot, April 4-5. More than 200 artists and craft vendors display and sell their creations during this event at the North Dakota State Fair Center. (701) 852-6964.

## OHIO

**Mid-Ohio Cat Fanciers' Show**—Mansfield, April 5-6. Up to 250 cats from across the nation are to be judged during this all-breed show in Fairhaven Hall at the Richland County Fairgrounds. (419) 747-3717.

## SOUTH DAKOTA

**Casino Speedway Car Show**—Watertown, April 6. Hundreds of racecars, including stock, street, and modified models, are displayed at the Codington County Extension Complex during this Casino Speedway event. (605) 882-1221.

## WISCONSIN

**Big Whopper Fishing Weekend**—New London, April 11-13. Pursue a monster walleye on the Wolf River, participate in fishing contests, and enjoy food and entertainment during this 25th annual event at Riverside Park. (920) 779-6346.

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# Hometown Recipe

from GRETCHEN KNOLL

## Festive Carrot Apple Salad

We like this salad any time of the year. It's an easy one to take to "dish to pass" and holiday gatherings because it's colorful and good. ☆

What's your FAVORITE recipe?

Send us a favorite recipe for an appetizer, main dish, side dish, salad, sandwich, soup, baked good, or another dish, along with the story behind it, to:

HOMETOWN RECIPES, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067.

Include a photo of yourself, your name, address, and phone. Those whose recipes we publish will receive an American Profile T-shirt. (Sorry, we can't return any materials.)

RECIPE: Festive Carrot Apple Salad

American Profile



Gretchen Knoll  
Canisteo, N.Y.



- 2-3 cups grated carrots
- 3 cups diced apple (unpeeled)
- 1/2 cup crushed pineapple
- 1/2 cup raisins or red or green grapes
- 1 cup walnut or pecan pieces or sunflower seeds
- 1 8-ounce pineapple yogurt

Mix ingredients together. Refrigerate. Can be made several hours before mealtime. Makes 8 to 10 servings.

**Tips From Our Test Kitchen:** Lemon or vanilla yogurt makes a nice substitute if pineapple yogurt is hard to find.

Photo: Randy Janoski  
Styling: Mary Carter

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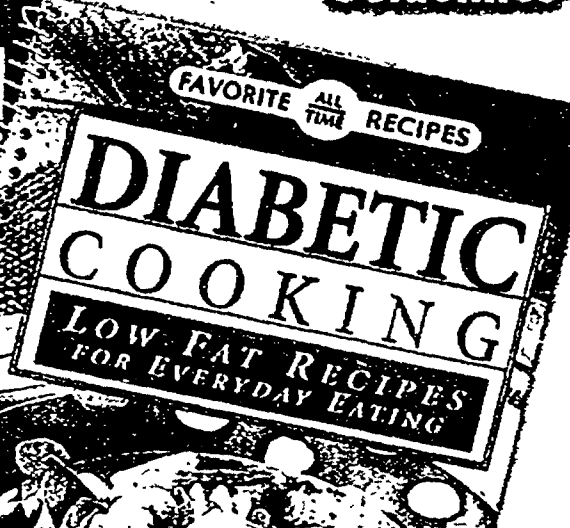
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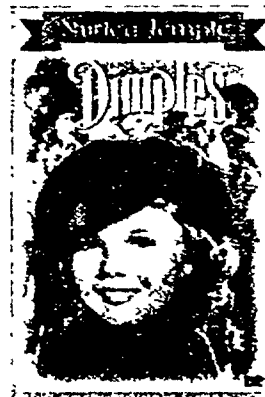
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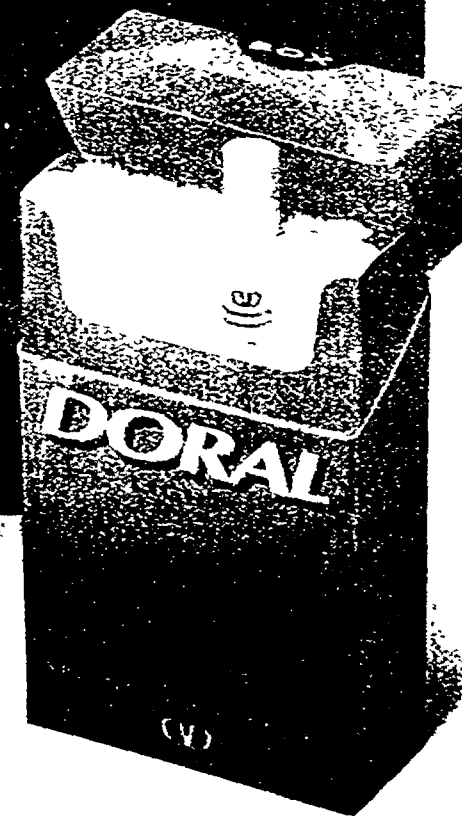


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