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Looking back...



A century ago

What made headlines in the Northville Record 100 years ago? — Page 19A

Obituaries

Edon Gregory, 90
John David Langston, 59
Paulette Mittleman, 59
— Page 6A

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Police nab bank robbery suspect

Alleged TCF bank robber caught Sunday following high-speed chase

By Kim Kovelio
RECORD STAFF WRITER

James Ernest Moncrief returned Sunday to what police say was the scene of his first Northville armed bank robbery and was arrested following a high-speed car chase involving three police departments.

At 2:40 p.m., Moncrief, a 49-year-old Ferndale resident, allegedly displayed a handgun to a TCF teller at the Six Mile Road bank, near Haggerty.

Police said the teller immediately activated a silent alarm, then filled the bag with \$947 before handing it back to Moncrief, who fled in a Dodge Stratus.

"As soon as he left the bank, he got into the car that was parked in front of the main entrance," Det. Sgt. Matt Mayes said. "(The bank teller) called 9-1-1 right away."

Mayes said Northville dispatch sent out a broadcast over the inner city police radio system. Livonia police reportedly first observed the man's car traveling on eastbound I-96 near Middlebelt.

Livonia Sgt. Jeff Teeter said the resulting chase surpassed 90 mph and involved Livonia and Redford police officers before the man's car crashed at Evergreen and Outer Drive.

Northville Township police said Detroit

officers were also involved.

"It was a several-car crash," Teeter said. "There were no police cars involved. I was told there were minor injuries."

Following the crash, Teeter said Moncrief tried to escape but was apprehended several houses from the crash scene. Police recovered \$777.

Moncrief was arraigned Tuesday at the Northville Township police station before Magistrate Eric Colthurst via video uplink from Plymouth's 35th District Court.

He was charged with two felony counts of each of the following: armed robbery, bank robbery, firearms and possessing a firearm.

Moncrief was also charged with one count of fleeing police. As a fourth-time habitual offender, he could face multiple life sen-

tences, if convicted.

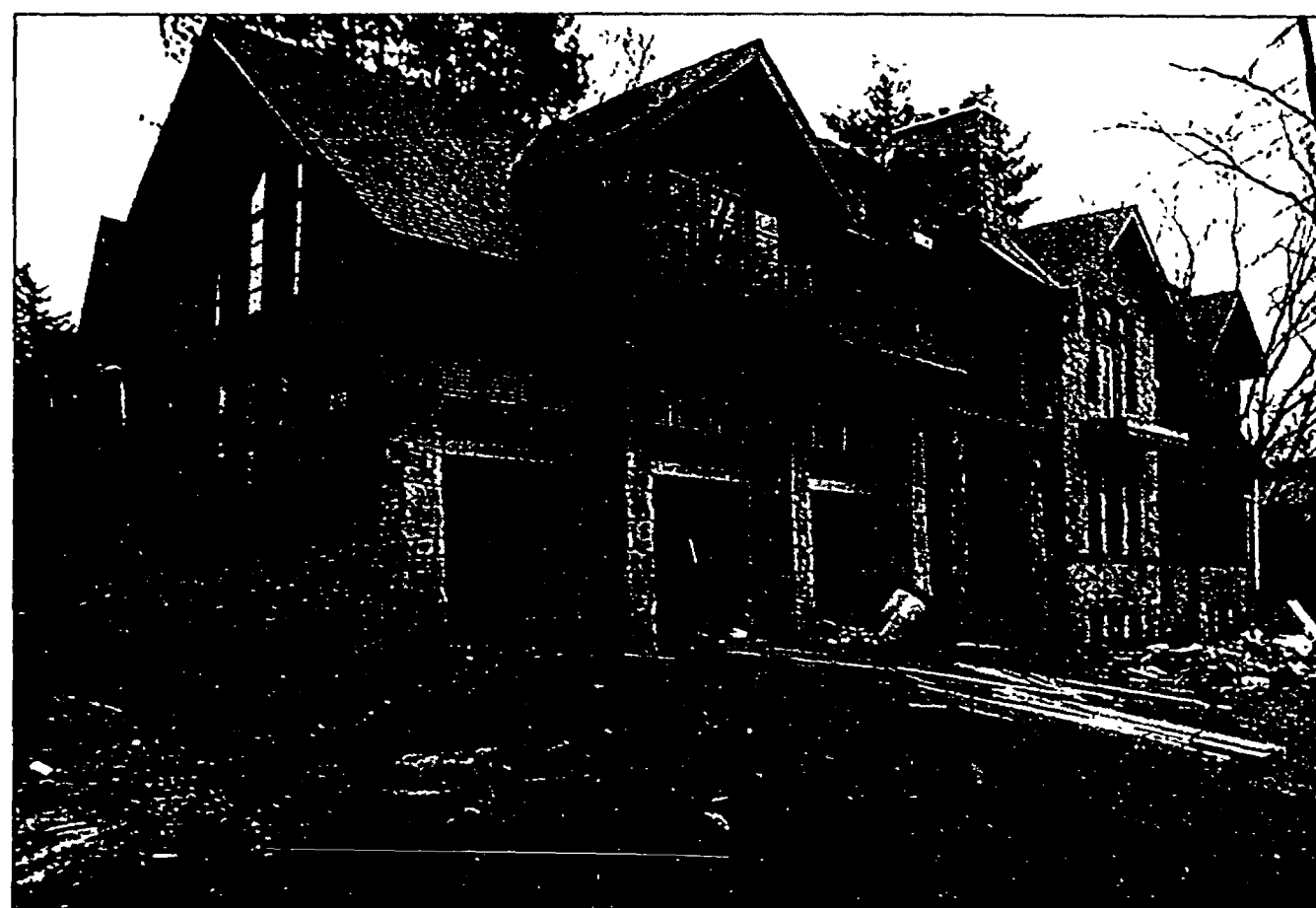
Discharged from his most recent sentencing last March, Moncrief previously had been convicted of delivering and manufacturing controlled substances, according to Michigan Department of Corrections records.

Moncrief plead not guilty to all counts.



Bank robbery suspect, James Moncrief.

continued on 11A



"Monotony can be worse than diversity."

Jim Allen
Planning Commissioner, City of Northville

Photo by JOHN HEIDER/
NORTHVILLE RECORD

The new house located at 677 Eaton in Northville appears to dwarf nearby homes and has been the subject of considerable public conversation because of its size. But homeowners and builders say its up to property owners to determine how much house they really need.

Tracking Northville's Bigfoot

Large homes built on small lots raise local eyebrows, concerns

By Maureen Johnston
RECORD STAFF WRITER

One Northville dream home has become another person's eyesore, casting a shadow the length of a city street.

"Bigfoot" homes have sprung up all around the city, swallowing up standard city lots and again causing a stir at local meetings where residents rise to publicly voice their concerns.

Also referred to as "mansions," the notion of building large-scale homes on 65-100 foot lots has some worried about the resulting effect on existing neighborhoods.

Some residents fear the quaint neighborhoods where they have lived and raised children will overnight become speckled with hulking homes owned by residents who've not once considered scale as part of their building plan.

New and existing homes along Randolph, Grace, Dubuar, Ely and Eaton are among the most recent to burst upon downtown's historic scene, boasting architectural designs — and little yard to spare.

But many are left to struggle about the relevance of Northville's vintage core and its importance to the city's residential allure.



For a complete report about "bigfoot" homes and why they are so popular among those who build them, see page 7A.

Those who can afford to build up and out say there is no debate: as property owners they are entitled to build a home inspired by dreams and paid for with hard-earned money.

But Northville is not the first community where Bigfoot's tracks have been spotted.

Birmingham, Plymouth, Rochester, Huntington Woods and the Grosse Pointes have developed mechanisms to deal with the issue of "Bigfoot" and tear downs, said Northville's planning consultant, Don Wortman of Ann Arbor-



Photo by DAVID AGUILAR/RECORD EDITOR

Cabbage Town resident Jim Allen need not look far to find bigfoot homes in Northville. Allen and fellow planning commissioners may soon decide if the city needs new restrictions.

based Carlisle/Wortman Associates.

He said those mechanisms are necessary to curb the enthusiasm of affluent home buyers who desire to reside within

older, attractive neighborhood areas but yearn for spacious homes.

continued on 7A



A 'WISH' COME TRUE

Moraine Elementary student meets the Olsen twins

By Victoria Sadlocha
RECORD STAFF WRITER

The meeting was everything 10-year-old Madison Stanford hoped it would be. After all it was her wish come true.

The soft spoken, petite girl wished to meet Mary-Kate and Ashley Olsen — better known as the Olsen

twins. "They are my favorite people in the world," Stanford said.

Madison's mother Mandy, said the meeting was wonderful.

"She was so excited and so happy to meet them," Mandy said. "They walked through the other kids and walked right to Madison and gave her a big hug."

Madison's wish was voiced after learning she had a cancer.

Photo by DAVID AGUILAR/RECORD EDITOR

Madison Stanford, 10, recently met the Olsen twins.

continued on 8A

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HomeTown sale to Gannett still pending

Justice Department continues with 'standard' probe

A federal Justice Department investigation into media giant Gannett Co.'s proposed purchase of the company that owns the Northville Record is neither unusual nor unexpected, according to officials of HomeTown Communications Network.

"This is standard practice and nothing new," stated Richard Aginian, president and CEO of HomeTown Communications Network, Inc.

The Justice Department has approved many similar transactions in the past in which a daily newspaper acquired suburban weeklies in the same market.

The Livonia-based HomeTown Communication Network is the parent company of the Howell-based HomeTown Newspapers, which, in addition to the Northville Record, also publishes the Green Sheet, weeklies in Milford, Novi and

South Lyon, and Howell-based daily newspaper.

Last year, Gannett announced it was purchasing the corporation from Phil Power, the Ann Arbor resident who has built a Midwest community newspaper company that publishes the daily and 62 weekly and twice-weekly newspapers with a combined circulation of more than 740,000 in Michigan, Ohio and Kentucky.

Terms of the sale were not released, but annual revenues for the company were estimated at about \$86 million.

A story in Monday's Wall Street Journal about the Justice probe cited unnamed sources that said the asking price for the sale was \$150 million.

HomeTown officials said they have been fully cooperating with the investigation.

Although they expected a quicker review, they are still optimistic that the sale will be approved.

"I'm advised that it's normal practice," said Aginian. "When do they conclude their investiga-

tion? Your guess is as good as mine."

According to the Journal story, investigators are looking more closely at newspaper sales than in the past.

In the HomeTown sale, it's likely they are looking at Lansing and Cincinnati, where Gannett owns dailies and HomeTown publishes suburban weeklies, as well as the Detroit area, where Gannett publishes the Detroit News and HomeTown publishes the twice-weekly Observer & Eccentric newspapers.

Aginian noted that in the past, the Justice Department has approved sales of suburban weeklies to dailies in Cleveland, St. Louis, Baltimore and Milwaukee.

In a note to the company's 780 employees this week — including 150 who work for HomeTown — Aginian urged them to continue publishing some of the best community newspapers in the country.

BUSINESS BRIEFS

ZF headquarters now in Northville

The ZF Group, which previously made a North American technical center home in Northville Township, also now makes 15811 Centennial Drive its North American operations headquarters.

The automotive supplier of driveline and chassis technology made the move effective Jan. 11. Headquarters previously were located in Florence, Ky.

ZF recently expanded its 2001-opened Northville facility to house all Detroit divisions in one location. The company has been in the Detroit area since 1987.

Currently, ZF employs more than 500 in Southeast Michigan, with facilities in Northville and Lapeer.

Birdsall named board president

Northville resident and city planning commissioner Rick Birdsall has been elected 2005 president of the Commercial Board of REALTORS.

The board provides representation, services, education and a

commercial property data exchange for Michigan's commercial real estate community.

Birdsall is a senior industrial real estate broker specializing in the sale and lease of industrial property at Signature Associates-ONCOR International.

Cited for his leadership in expanding the board's state-overlay status, Birdsall also is a member of the Michigan Association of Planning Officials and Commercial Delegate for the Michigan Association of Realtors.

He's lived in Northville since 1990 with wife Diana and their three children, all of whom attend Northville High School.

FCS moves to downtown

FCS Advertising, Marketing & Public Relations has made the move from a modern Livonia office building to downtown Northville.

"We chose downtown Northville because it was centrally located for staff and it has a lot of charm," president Frank Fisher said. "We also wanted to incorporate exercise into our day by being

someplace where we can walk to lunch, the bank and on errands."

FCS now occupies an 1800s building at 115 Center Street, Ste. 200. The group, whose customers include Ford Motor Company and Visteon Architectural Glass, can now be reached at (248) 465-0280.

Nominate communicators for awards

Women in Communications of Detroit is now accepting nominations for its Vanguard and Diamond awards, which recognize individuals and organizations actively supporting others.

Nominations must be postmarked by March 1.

The Vanguard Award honors the person or group that's enriched the general quality of life through a communication medium.

The Diamond Award credits those who have improved conditions for the workplace. Winners will be honored at the Matrix Awards Banquet this May. For an official entry form and more information, call (248) 582-8465 or e-mail roseann@nicolaievents.com.

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After 19 years, Osiecki retires

Bike paths, kids are township planner's legacy

By Kim Kovel
RECORD STAFF WRITER

Shortly after Maureen Osiecki settled in a little-known town, a friend asked her to answer phones at the local township hall.

"I was just going to help her out for a few weeks," Osiecki said, hands resting on the Northville Township Planning Department counter where she's been a familiar face for 19 years.

As a planner, she's worked with six supervisors and seen the town double in population. But today, after a retirement party at Geniti's, Osiecki, 62, will gather her pictures and coffee mug a final time.

She will say good-bye.

Those who know her well say she's left a mark on many residents — and expect that to continue.

"I think we all have a responsibility to give back," Osiecki said.

Baptism by fire

Osiecki learned of Northville Township in 1972 from a woman she helped in a prior job.

A Detroit native, Osiecki was given simple directions: "When you hit Haggerty, keep going."

"The development wasn't at the pace and stage it (is) right now," Osiecki said. "We were still pretty rural at the time."

She and husband Larry moved to Highland Lakes Condominiums with their two sons, Larry, now 31, and

Matthew, 30. Both attended Northville High School.

Mary Ellen King, who at one time owned a used sports store with Osiecki in Plymouth, said her long-time friend's talents with kids shone.

"She's very compassionate about children," said King, director, Northville Youth Assistance. "Teens were not adjusting well to Northville — they were not fitting in. They weren't the old time Northville kids."

To remedy that, Osiecki organized clubs and groups, King said. As her own children grew, Osiecki became involved in PTAs, neighborhood boards and other groups, laying a foundation of community ties.

Starting at the township hall on Six Mile Road as a receptionist, Osiecki stepped up to serve as a planner after a year. She trained as she went, evolving with the township.

"The equipment was all used but very nice," Osiecki said of her early days. "It was new — baptism by fire, I guess. We had a great camaraderie."

The daughter of politically active parents, Osiecki had earned a bachelor's in history at Sienna Heights College. As her boys grew older, she said, the job was a natural fit.

"Both my parents always felt strongly that if you... don't say anything, you can't complain," Osiecki said.

That certain knack

During nearly two decades, Osiecki gave life to that conviction, with environment and kids topping her priority list as a planner.

She worked on the first strategic plan for schools and drafted



To review what else is going on in Northville Township, see Township Briefs. Page 22A.

grants for recreation and bike paths — personal passions.

"When I grew up... you could always walk to your friend's house," she said. "I think it's a very important part of living in a community."

Her involvement has spanned from youth assistance and chamber of commerce to the economic development corporation and zoning board of appeals.

Former Northville Chamber of Commerce director Laurie Marrs said Osiecki is a dedicated woman in tune with both town and city issues.

"From the get-go, I was impressed with Maureen because whenever — and I mean whenever — she said she was going to do something, she followed



Photo by DAVID AGUILAR/RECORD EDITOR

After 19 years, Maureen Osiecki retires today as Northville Township's planner — and as one the most recognizable faces across the municipal counter.

through," Marrs said. "I think she's a very good politician. She knows when to open her mouth and when to shut her mouth. She had a true kindness."

"She had that certain knack. Those are going to be tough shoes to fill."

Turning the table

Osiecki is quick to turn praise to township consultants, staff and the new township hall.

"I am so proud of it," Osiecki

said. "The residents should be so excited and proud of this building and the efforts by staff."

Though she hinted at staying active with local government, Osiecki will now fill her plate with knitting, books and family.

"My mother is still living and I'd like to spend more time with her," Osiecki said. "I'd like to do other things now. It's time to walk away."

In her stead will be a new, entry-level, professional planning position, community development

director Jennifer Frey said. But Osiecki's comfortable, approachable manner won't be as easily replaced.

"She's the easiest person to work with and very dedicated to the township and tasks at hand," Frey said. "Township hall will be a different place on Friday."

Kim Kovel can be reached at (248) 349-1700, ext. 107, or via e-mail at kkovelle@hi.homecomm.net.

ENGAGEMENTS



Brown-Mai

Brown-Mai

Kamie Brown and Matthew Mai are pleased to announce their engagement. The bride-elect is the daughter of Bill Brown of Ossineke, Mich. and Mickey Wiedbrowk of Pensacola, Fla. She is a 1994 graduate of Plymouth-Salem High School and a 2001 graduate of Eastern Michigan University. She is employed by Salon Awesome, Plymouth.

The groom-elect is the son of Richard and Susan Mai of Northville. He is a 1987 graduate of Lutheran High NorthWest and a 1992 graduate of Madonna University. He is employed by Ultimate Limousine, Brighton.

A February 2005 wedding is planned.



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Cassis exploring possible bid for governor's seat

Local state senator one of three candidates named

By Cal Stone
NOVI NEWS EDITOR

Novi may have the strongest one-two punch in the state's political arena if Nancy Cassis becomes Michigan's next governor.

That's if she decides to run for the seat in the 2006 election.

"I was encouraged to explore running for governor after a poll from Mitchell Communications after the November 2004 election showed the governor's support had sunk below 50 percent," said Cassis.

The legislator said when voters were informed of her tax reform record, 38 percent support her compared to 44 percent for the Democratic governor.

"This shows Governor Granholm is beatable," said Cassis, "and as a result, Republican leaders have encouraged me to possibly run."

Fellow party member State Rep. Craig DeRoche, also of Novi, was recently sworn in as the new Speaker of the House.

Rumors of Cassis entering the race began last week when

"So many seem to be running away instead of toward it."

State Sen.
Nancy Cassis
Possible 2006
gubernatorial
candidate

in 2002. With term limits, Cassis could only serve one more term as senator. The deadline to file for the November 2006 election, which will include senator and governor races, is May 2006.

A native of New York, Cassis moved to Michigan in 1968 after attending Ohio University. She worked as a teacher and school psychologist for 19 years and served nine years on the Novi City Council.

"My strengths are my background," said Cassis. "It's a unique combination of being an educator and now as a leader in state finance, reducing the tax burden on residents and businesses."

Getting to work

Cassis prides herself on her civic involvement, from grass roots to the senate. After attending the Presidential Inaugural in Washington, D.C., last Thursday, she was back at it Monday, meeting in Wixom with officials from the village, township and city to "get their input on what their needs are... and to keep in touch," she said.

Statewide, the need is money and fixing a budget that has been bleeding red. The loss of jobs and competitive status the past few years are major concerns for Cassis.

"I think we're possibly going in the wrong direction or maybe backwards," she said. "The governor has had some missteps and mismanagement."

Cassis referenced Granholm's large committees — 120 to work on Detroit's ailing schools and 72 economic advisors — as hindrances to getting results.

"If you're going to run the state by committee," said Cassis, "we're not going to get anything done. I think we need bold leadership. We certainly need a Republican leader."

Cassis wouldn't comment on Garcia or another candidate, state Rep. Jack Hoogendyk, other than to say she was pleased Republican candidates are putting their names out there.

"So many seem to be running away instead of toward it," she said. "It's a tremendous undertaking of time, resources, energy, commitment and focus. Whoever does come forward needs to know that."

Although Cassis said she has been getting "a lot of good feedback" regarding her potential candidacy, she said she's waiting to hear the governor's state of the state message and budget preferences in the next two and half weeks.

Granholm has not officially announced that she'll run for reelection, but Cassis said "all indications are yes."

For Cassis, the process unfolds

in several steps. She's already met with key Republican leaders who have urged her to consider running. The next move is to form an exploratory committee.

"Then you make yourself available everywhere, start fund-raising and knocking on doors," Cassis said. "But we're still talking and taking it one step at a time."

Cal Stone is the editor of the Novi News. He can be reached at (248) 349-1700, ext. 113 or by e-mail at cstone@ht.homecomm.net

What are Cassis' chances?

The list of possible candidates making a bid for Michigan's governor seat is about 10 currently, but it won't be until after the Republicans hold their state convention in Grand Rapids next weekend that a clearer picture will emerge, according to political analyst Bill Ballenger.

Until then, Ballenger, who runs the political Web site www.insidemichiganpolitics.com, said it's just speculation.

"Once they elect their new chairman, Saul Anuzis, the odds-on favorite... you're going to see some things start to get sorted out."

Anuzis, a Lithuanian from downriver Wayne County, currently lives on the west side of Lansing. He is the former chief of staff for Senate Majority Leader Dick Posthumus, before he became lieutenant governor under Gov. John Engler.

Ballenger said Cassis will face many challenges if indeed she does decide to make a bid for governor. She is not well known outside southern Oakland County; her name is difficult to pronounce; she is not high profile; and she would have to raise an incredible amount of

money.

"She would face a huge hurdle just in the primary," said Ballenger. "I think her cooler side will prevail and she won't run."

The political pundit put Cassis in the same boat with state Sen. Valde Garcia and state Rep. Jack Hoogendyk. He said there are stronger candidates — David Brandon, chairman/CEO of Domino's Pizza; Dick DeVos; and Michael Bouchard, Oakland County sheriff.

"Then there's the Big Four — Teri Lynn Land (Michigan secretary of state); Mike Rogers (Congressman); Candice Miller (Congresswoman); and Mike Cox (Michigan attorney general) — but nobody expects them to run because they'd have to give up a safe seat to run for governor."

Regardless of who ends up running, Ballenger said the Republicans have to get in gear, not only for governor but for U.S. Senate.

"I don't blame anyone for saying, 'Hey, why not me,'" said Ballenger. "True, if you have nothing else to offer, you've got to have somebody by default, but that's just not going to happen."

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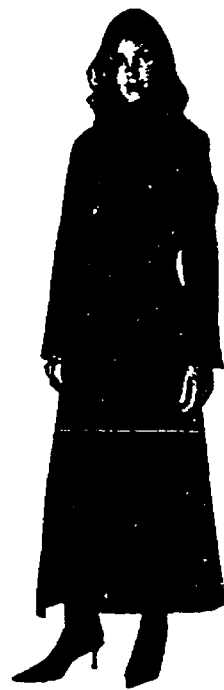
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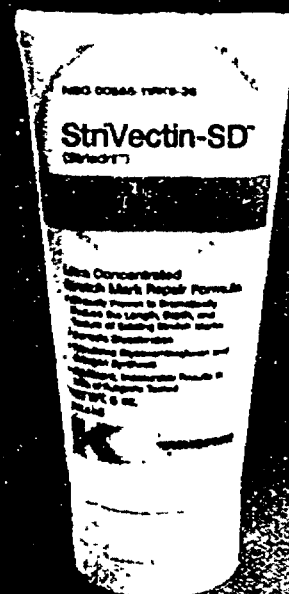
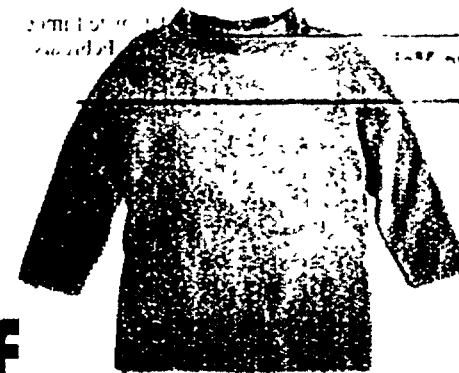
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LOCAL PEOPLE

Jerry T. Rupley

Miller, Canfield, Paddock and Stone, P.L.C. announced Jerry T. Rupley is included in the "Public Finance Law" section of The Best Lawyers in America(r), 2005-2006, a referral guide to legal excellence in the United States. He is among 43 Miller Canfield attorneys selected by their peers to be listed in the guide.

Rupley is a principal and currently serves as deputy resident director of the Detroit office, as well as non-resident director of the firm's Pensacola office. A member of the Public Law Group, he specializes in municipal finance.

A member of the State Bar of Michigan since 1974, Rupley has acted as bond counsel or as underwriters' counsel on a wide variety of bond issues, including higher education revenues, bonds for both public and private colleges and universities, school building bonds, water and sewer revenue bonds, public power agency bonds, industrial development bonds, solid waste disposal bonds, hospital revenue bonds for public and private hospitals, and transportation and highway bonds.

He also has represented banks providing letters of credit support for municipal bond transactions. In addition, as co-head of Miller Canfield's municipal securities area, he has been in charge of the firm's response to the changes in federal securities regulations applicable to municipal bonds.

Rupley is also a member of the American Bar Association, Detroit Metropolitan Bar Association, National Association of Bond Lawyers, and the National Association of College and University Attorneys. He received his law degree, cum laude, in 1974 from Harvard Law School, and his bachelor's degree in 1971, with high honors, in political science and economics from Michigan State University.

A resident of Northville, Rupley is active in public school issues and has served as trustee and treasurer of the Board of Education of the Northville Public Schools.

The Best Lawyers in America(r), 2005-2006 conducted an exhaustive year-long, peer-review survey in which more than 16,000 leading attorneys throughout the country cast more than a half-million votes on the legal abilities of other lawyers in their specialties. Because lawyers are not required or allowed to pay a fee to be listed, inclusion in Best Lawyers is considered a singular honor.

T. Joseph McKay

T. Joseph McKay, JD, CPA, CLU, of Northville, joined St. John Health Foundation as vice president of planned giving. He is responsible for educational workshops, publications and other resources about estate planning, wills, trusts and charitable bequests.

McKay came from Henry Ford Health system where he most recently served as senior director of leadership and planned gifts. He also was vice president for fund development at Catholic Healthcare West and senior director of gift planning at Baylor College of Medicine. McKay has a bachelor's degree in accounting from Boston College, a juris doctor degree from Catholic University of Law School and he holds certified public accountant and chartered life underwriter titles.

Kim F. Sulek

Northville Township resident Kim F. Sulek, RPA, was recently named BOMA's 2004 Property Manager of the Year. Sulek is senior property manager with Grubb & Ellis Management Services.

The Building Owners and Managers Association of Metropolitan Detroit recently held its annual "The Office Building of the Year and Leadership Awards Gala" to honor outstanding leaders in the commercial real estate industry. The awards program is the most prestigious and comprehensive program of its kind in the commercial real estate industry, recognizing quality in office buildings and awarding excellence in office building management.

OBITUARIES

ELDON GREGORY

Age 90, of Livonia, formerly of Plymouth and Northville, died January 23, 2005. He was born December 24, 1914, in Hasty, Arkansas. He came to the Plymouth community in 1939, from Arkansas. In 1981, he retired after 42 years as a miltwright for Ford Automotive. He loved to fish and hunt. He was a loving father, grandfather, great-grandfather, and brother. He is survived by his children, Betty Jean Minton of Howell, Kenneth Gregory of Pontiac, and Cheri Holman of Canton; his grandchildren, Kim Poches, Kelly (Paul) Bialk, Kevin Gregory, Gregory (Jane) Gregory, Opal Featherston, and Fern Richardson. He is preceded in death by his wife, Lois. Funeral from Schrader-Howell Funeral Home, 280 S. Main, Plymouth, Thursday 11:30am. Memorials may be made to Marywood Nursing Care Center.

PAULETTE M. MITTLEMAN

Age 59, of Northville, died Saturday, January 22. She was born on December 31, 1945 in Laurinburg, North Carolina to Marshall & Mary Genita (Shepard) Smith. Mrs. Mittleman moved to Northville 3 years ago from Beavercreek, Ohio. She is described by her family as a very big hearted woman who would do anything for anyone, but the most important thing to her was her family. Paulette enjoyed interior design, especially stenciling & that talent enabled her to turn any house into a warm & inviting home. She was an avid gardener & loved flowers. Mrs. Mittleman was also very fond of the ocean & the beach. Survivors include her husband Michael E. Mittleman of Northville, whom she was with for over 33 years, her father, Marshall Smith of Laurinburg, North Carolina; her children, Lisa (Charlie) Otto of Dayton, Ohio & Michael (Patricia) Cattell of Dayton, Ohio; 4 brothers & 4 sisters; her grandchildren, Joshua Downor, Marie Downor, Ian Downor, Michael Cattell II, John Derham, & Mark Derham; & her great grandchildren, Skielier Martin & Tarynn Logan. She was preceded in death by her mother. A Funeral Service was held Tuesday at Casterline Funeral Home, Inc. in Northville. Pastor Jonathan Wilkes with the First Baptist Church of Northville officiated the service. Memorial may be made to the Arthritis Foundation, P.O. Box 96280, Washington, D.C. 20090

JOHN DAVID LANGSTON

John David Langston of Northville died on Friday, January 21, 2005. He was 59. He was born on November 2, 1945 in Cape Girardeau, Missouri to James H. and Mary E. (Vancil) Langston. Mr. Langston has lived in Northville for 24 years, he was previously of St. Louis. He was an Account Manager with Maritz. John David was a founding member of the American Archives Radio Club. He liked motorcycles and was interested in Photography. One of his greatest joys was coaching baseball for his sons. Mr. Langston served in the United States Army during Vietnam. Survivors include his wife Linda, whom he married on July 7, 1975; and his sons Hunter Langston of Northville and Brandon Langston of Northville. He was preceded in death by his parents. Services were held Monday, January 24, 2005 at Casterline Funeral Home, Inc. Pastor Christopher Fairbairn from St. Paul's Lutheran Church of Northville officiated the service. Mr. Langston was laid to rest at Rural Hill Cemetery in Northville. The family would appreciate memorial contributions to St. Mary Mercy Hospital Cancer Center, 36475 Five Mile Road, Livonia, MI 48154

OBITUARY POLICY

The first seven lines of an obituary are published free of charge. After that, there is a fee of \$3 a line. Pictures may be published for \$25.

*Deadline for obituaries is Tuesday at 10:00 a.m. for publication in Thursday's newspaper.

For more information, call 888-999-1288, or contact your funeral home.

*Holiday deadlines are subject to change

For some, Valentine's Day means a Traverse City retreat

Some people like to celebrate Valentine's Day with a card, a kiss and a candlelight supper.

But here on Michigan's scenic Leelanau Peninsula, there are folks who prefer to show their affection by strapping on a pair of snowshoes and stomping through the local vineyards with their loved ones - pausing every now and then to sample a local wine, nibble some designer chocolates and murmur sweet nothings in each other's ears.

At least, that's the idea behind Taste the Passion, an annual weekend event organized by the Leelanau Peninsula Vintners Association. For several years, the peninsula's 11 member wineries have held this February celebration of "wine, chocolate and love" to lift the winter doldrums with a

few reminders of the finer things in life. Participants wander from one wine cellar to the next, sampling the wine, enjoying a chocolate dessert and receiving an affectionate greeting.

This year's Taste the Passion will be held Feb. 12-13. (Valentine's Day is on Monday, Feb. 14.) But do wine and chocolate really go that well together? Actually, they do, says Association spokesman Rick Coates - so long as one selects the right varieties.

"Wine and chocolate make a great pair," said Coates.

According to experts, the trick is to avoid pairing chocolates with tannin-heavy red wines, but dark chocolates go well with Northern Michigan's distinctively fruity wines while white chocolate is

enhanced by sweet whites like the region's famed ice wine.

The snowshoe-stomping part of the tour is entirely optional, adds Coates - although it can be a pleasant way to clear the head and work off the chocolate trifles while enjoying some of the area's breathtaking scenery. Most of the Leelanau wineries are perched on high ridges whose snowy vine-stripped contours frame the cobalt-blue waters of Lake Michigan.

For those who want a real Valentine's Day workout, the main action is in nearby Traverse City, where cross country ski racers will be gathering that same weekend for the 29th annual North American Vasa, one of the nation's premier ski competitions.

Because the race is close to Valentine's Day, Vasa organizers

have always made a special effort to include such romantic touches as "goodie bags" filled with health and beauty products (and an occasional piece of jewelry) for women competitors. This year's race will also see many younger faces - the Vasa is hosting the 2005 Michigan High School Nordic Ski Championships, and race organizers have added an entire series of "Junior Vasa" races for youngsters age 4-15.

For more information, visit online at www.mytraversecity.com. Or call the Bureau's toll-free number, 1-800-TRAVERS, for free trail maps, a calendar of can't-miss winter events, and a copy of the free 2005 Traverse City Area Guide.

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ENTRY BLANK

Hey...Northville

It's Time to Pick Your

PEOPLE'S CHOICE AWARDS

We Need Your Input On The Best Places To Shop...
Best Places To Eat...Best Place For Great Service.
This is NOT scientific! It's a fun, readers poll.
Join in on the Balloting!

Fill Out This Award Ballot
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Name _____

Day Time Phone _____

E-mail Address _____

Date Sent _____

Drop Off Or Mail In Ballot To:
People's Choice Awards - Northville Record
104 W. Main St.
Northville, MI 48167

Only one entry per person per week. 18 years or older. No carbon copy ballots accepted, ballots cut out from newspaper only. Ballot box stuffing will not be allowed. Partial ballots may be disqualified.

FOOD OUTLETS	BEST SERVICE PROVIDERS	BEST RETAIL STORES
• Best place for coffee/donuts/bagels _____	• Best hair salon _____	• Best appliance store _____
• Best specialty coffee house _____	• Best place to bank _____	• Best pharmacy _____
• Best place for breakfast _____	• Best place to get nails done _____	• Best eyecare store _____
• Best Sunday brunch _____	• Best real estate company _____	• Best bakery/baked goods _____
• Best fast food restaurant _____	• Best real estate agent _____	• Best floral shop _____
• Best family restaurant _____	• Best mortgage company _____	• Best grocery store _____
• Best place for soup _____	• Best auto dealer _____	• Best party store _____
• Best salad bar _____	• Best auto service _____	• Best jewelry store _____
• Best place for burgers _____	• Best oil change shop _____	• Best lumber yard _____
• Best place for hot dogs/coneys _____	• Best collision shop _____	• Best children's wear _____
• Best place for subs _____	• Best insurance agent (agency) _____	• Best wine selection (store) _____
• Best place for ice cream _____	• Best veterinary service _____	• Best beer selection (store) _____
• Best place for chicken _____	• Best travel agency _____	• Best men's wear _____
• Best quality dining restaurant _____	• Best childcare service _____	• Best women's wear _____
• Best place for desserts _____	• Best house painter _____	• Best resale shop _____
• Best Italian restaurant _____	• Best landscaping company _____	• Best sporting goods _____
• Best place for seafood _____	• Best health/fitness company _____	• Best antique store _____
• Best oriental restaurant _____	• Best waitress/waiter (include restaurant) _____	• Best hardware/home improvement store _____
• Best Tex-Mex restaurant _____	• Best car wash _____	• Best gift/card store _____
• Best place for pizza _____	• Best tanning salon _____	
• Best place for steak _____	• Best accountant _____	
• Best chicken dish _____	• Best chiropractor _____	
• Best place for barbeque ribs _____		
• Best wine selection (restaurant) _____		
• Best beer selection (restaurant) _____		
• Best place for romantic dinner _____		
• Best after work meeting place _____		
• Best sports bar _____		
• Best place for dancing _____		

All Entries Must Be Received By March 7th

For A Chance To Win A GIFT CERTIFICATE To An Award-Winning Restaurant

Bigfoot v. Small Towns

Are new homes changing the flavor of vintage neighborhoods?

By Maureen Johnston
RECORD STAFF WRITER

Tall, peaked houses are elbowing their way between 100-year-old ranch-style homes along Grace, Baseline and Horton streets.

But even a rise in local property values has not yet warned the cold shoulder given to them by some city residents.

Some residents believe the hulking new residential structures — newly built homes and major renovations alike — mark the end of small town life as they know it.

Others fear a dangerously muddled line has been crossed, one formerly separating responsible planning from economic station.

For some, living next door has become a metaphor; many now feel encroached upon by massive homes swallowing up every possible inch of smaller city lots.

"It's ridiculous," said Greg Swanson, a Carpenter Street resident since 1985. "It's like (they're) taking over."

"Unless you can afford to build a million-dollar home, you're made to look bad."

Swanson said he wants city leaders to halt the trend toward replacing the city's historic home stock. Long-established neighborhoods like Cabbage Town on the city's east side are transforming at a rapid pace.

"It's going on the streets all around me," he said. "I think something needs to happen and something needs to happen quick."

"I'd like to see the planning commission move forward on this."

People build houses oversized for city lots without regard for long-existing neighborhoods, Swanson said. It's not the size of the house that is the problem, it's



Photo by MAUREEN JOHNSTON/
NORTHVILLE RECORD

City resident Greg Swanson opposes recent "bigfoot" trends.

the setting, he said.

"I don't think it's in keeping with the whole attitude of the neighborhood."

"Cabbage Town is known to be quaint — it's part of why people move to Northville."

But the massive influx is not without irony. Swanson said a manufactured housing neighborhood, for example, would be readily identified as a direction Northville residents would oppose.

"It would be easy for them to see we don't want to turn it into a shanty town," he said. "This is the opposite side of the coin. We don't want them to be overbuilt."

Homes can be expanded in a manner complementary to the neighborhood, said Swanson, who added on to his own bungalow.

He said surrounding neighborhood blocks no longer resemble the familiar settings of decades past. Swanson said he has photographed neighboring properties

"before" and "after" renovation or rebuilding projects.

"These so-called bigfoots are monstrosities," he said. "Aesthetics is part of it. It's a grotesque distortion of scale."

"It has the feeling — whether the person is intending it or not: 'I don't care about you.'"

Larger neighborhood homes push ordinance limits, Swanson said.

"It's not enough to just say 'amount of lot coverage,'" he said, referring to one common way of limiting the size and scale of big-foot homes.

Swanson said more should be considered. "That's just two dimensions — how high and how long."

He said basement and attic square footage can also add to the building's massive appearance without necessarily adding to the registered square footage.

Within his own neighborhood, he said some three-story homes tower over older, smaller homes.

"They could be considered attractive in another setting," he said. "It can be a nice looking home, if it's in a neighborhood consistent with that look."

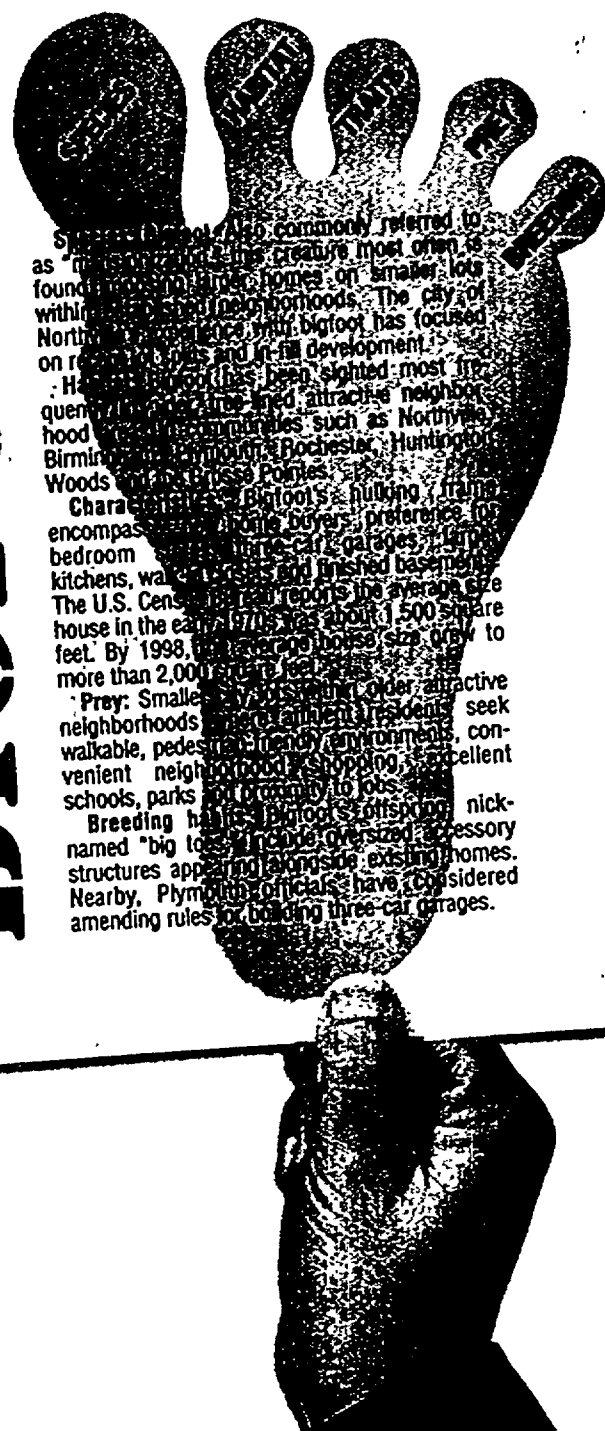
"They don't fit and they don't try to fit."

Maureen Johnston can be reached at (248) 349-1700, ext. 103, or via e-mail at mjohnston@ht.homecomm.net.

The Census says

The U.S. Census Bureau reports the average size house in the early 1970s was about 1,500 square feet. By 1998, the average house size grew to more than 2,000 square feet.

BIGFOOT



Swanson said. "Bigfoot" is commonly referred to as "bigfoot" because of its most often found in the city's historic neighborhoods. The city of Northville, which has focused on redeveloping and historic preservation, has been sighted most frequently in the city's historic neighborhoods such as Cabbage Town, Birmingham, and the historic Woodstock area. Bigfoot's hulking frame encompasses a large footprint, including a bedroom, a bathroom, a kitchen, a living room, a dining room, a finished basement, and a garage. The U.S. Census Bureau reports the average size house in the early 1970s was about 1,500 square feet. By 1998, the average house size grew to more than 2,000 square feet.

Prey: Smaller, older, attractive neighborhoods are being sought by bigfoot. Residents seek walkable, pedestrian-friendly environments, convenient neighborhood shopping, excellent schools, parks, and more. Bigfoot's hulking frame encompasses a large footprint, including a bedroom, a bathroom, a kitchen, a living room, a dining room, a finished basement, and a garage. The U.S. Census Bureau reports the average size house in the early 1970s was about 1,500 square feet. By 1998, the average house size grew to more than 2,000 square feet.

Breeding habits: Bigfoot's hulking frame encompasses a large footprint, including a bedroom, a bathroom, a kitchen, a living room, a dining room, a finished basement, and a garage. The U.S. Census Bureau reports the average size house in the early 1970s was about 1,500 square feet. By 1998, the average house size grew to more than 2,000 square feet.

Nearby, Plymouth officials have considered amending rules for building three-car garages.

Agent: a rising tide lifts all boats

New houses, renovation boost property values

By Maureen Johnston
RECORD STAFF WRITER

In downtown Northville, a couple might ecstatically invest \$200,000 in an 1,100-square-foot ranch.

RE/MAX 100 realtor Connie Isbell has watched the same scenario unfold over and over during the past several years. Old house, new dreams, full pockets.

Those buyers likely will dramatically renovate the house. And be rewarded for their efforts when they eventually go to sell it.

In the meantime, they will love living there.

"People are willing to settle for less square footage to be in the Northville area," Isbell said. "They're buying lifestyle — they walk to town, to the cider mill, they

have paved sidewalks, they watch the horse and buggy."

Isbell for 25 years has escorted potential buyers into a variety of home-for-sale scenarios. These days she prepares for downtown Northville showings by staying abreast of city zoning ordinances, researching the house's setting and arming herself with renovation suggestions.

The realtor downplayed concerns about the encroachment of "bigfoot" houses on the character of vintage neighborhoods. Critics say a structure oversized for a city lot gives a charming block a black eye.

"I occasionally hear rumblings, particularly from people who have been here 30, 40, 50 years," Isbell said. "I would be surprised to see any more limitations put on than already exist."

"I think that's almost part of the small-town neighborhood — feeling you can almost flip a burger to your neighbor's deck."

Plus, home improvements in Cabbage Town and other parts of the city increase the entire neighbor-

hood's property value, Isbell said.

Clients who can afford to purchase in town may like a house just the way it is, Isbell said. Sometimes they purchase with plans for demolition. Most often, they go in with plans to expand and update with the latest conveniences, immediately or down the road.

"That's the only way some people can get into Northville," she said. "They're looking to make the wisest financial investment they can."

"In Cabbage Town, you don't have to worry about paying \$250,000."

"We see re-sale in there right up to \$750,000."

With vacant property virtually non-existent in the city, people are scooping up property they can work with in a number of areas: Cabbage Town, Randolph Street and on the north side of Seven Mile Road, east of Beck Road.

"I see nothing but great things happening in those neighborhoods for several years to come," Isbell said.



Photo by JOHN HEIDER/NORTHVILLE RECORD

Extensive remodeling is taking place on this home at 404 Dubuar in Northville.

BIGFOOT: Northville housing trend can be seen on many corners

continued from 1A

Eye of the beholder

Planning commissioner and Cabbage Town resident Jim Allen can spot Bigfoot from just about any window of his Carpenter Street house.

Several ongoing projects dot the Eastside neighborhood first established in the late 1880s.

The lifelong Northville resident said the "bigfoot" trend must be put in historical perspective. In the 1950s, residents constructed smaller homes incompatible with neighboring turn-of-the-century architecture.

"Didn't we have a 'small foot' crisis?" Allen said. "Maybe it's just natural that a house is going to be 2,600 square feet."

"Is it part of a process or is it an abnormality," he said. "That's what we need to look at."

"Monotony can be worse than diversity. I also have to be the devil's advocate to get a clear understanding of what's happening."

Some view the building trend as a natural evolution of the city's aging housing stock; others view it as a diminishment of the city's charm and character.

At what cost?

"I think we have to be very, very careful about what we're doing," said Tom Swigart, city councilman and former Historic District Commission chair.

"Economics seem to be driving so much of what we do today," he said. "I'm not anti-development. I think you have to

be careful what you're throwing away to get what you end up with."

"Some day, you'll wonder where it went."

That indefinable quality draws a steady stream of clients into Connie Isbell's RE/MAX 100 Center Street office. She said people seeking the vintage charm of an old town plan also covet modern conveniences.

Some home buyers sign on the dotted line with extensive remodeling plans already in mind, she said; others simply tear the home down completely.

"They're looking to make the wisest financial investment they can," she said. "Because of (Cabbage Town's) proximity to downtown, but far enough from the real commercial feeling, it has really gained in popularity over the years."

"They're just pulling the annual economic appreciation way up."

Collective Impact

But the trend of displacing smaller homes will diminish the reason people move to Northville in the first place, said Mayor Christopher Johnson. He said big-foot homes will long-term make housing unaffordable for their children to purchase.

"If that's what people want, then maybe they should look at a different area to start with," he said. "One house can make a real difference to the rest of the neighborhood, in looking up and down the street from your front porch."

The city's center — roughly Cady to Randolph streets and Rogers Street to Mill Race Historic Village — is protected by the extensive review process of the

city's Historic District Commission standards, Johnson said.

"You can't just tear a building down in the historic district without going through the review process," he said. "We probably have less concern with the historic district."

"Cabbage Town comes to mind where there's actually more house demolitions than other parts of the city."

Finite treasure

Several city neighborhoods face a possible similar fate.

"I think by these large homes going into these neighborhoods, they're changing the character of these neighborhoods," said planning commission chairman Jay Wendt. "That's my biggest concern."

Opinions also vary about whether new-construction homes can complement established housing stock. With proper attention to detail, most say yes.

Wendt cited a new home on the east side of Rogers Street as a positive example. The home is large, but the design and way it sits on the lot fits the neighborhood, he said.

"You can do it, if you take the time and effort and get a good architect," he said. "And maintain the character of the city."

Contractor Mike Miller said he is doing more business in Northville. He said he is aware his projects sometimes earn mixed reviews.

"People talk, 'I just built a house that's X-amount of square footage,'" Miller said. "The buyers dictate to us as the builder. We try to cater to their needs and wishes."

Added restraint

Meanwhile, the "bigfoot" issue ebbs and flows within the public conscience. Ultimately, its return to the planning commission table may mean additional restrictions.

The House Miller's company is building at Thayer and Eaton streets, targeted recently in public forums, meets city codes, said Rick Starling, Northville's building inspector and code enforcement officer for nine years.

The construction process requires the builder to pull city permits.

The planning commission does not review single-family house plans. The Board of Zoning Appeals hears the case if a builder proposes an aspect exceeding city guidelines.

"Every time we figure out a way to do something, smart architects figure out a way around it," Johnson said. "Sometimes it's hard to legislate common sense, but that's what you're really doing here."

In response to public outcry, planning officials in the past have examined mechanisms attempting to more tightly regulate bigfoot homes.

At this point, commissioners have not ruled out any ideas, Wendt said.

Strategies include: mass consideration of the basement and garage square footage, reducing allowable building height and floor-area averaging.

"We're looking at it again to look at what other communities are doing to handle new development," Allen said. "We're still throwing around ideas. We're looking at how it will impact the community."

"I'm a strong advocate of property

rights," Allen said. "I don't want to deny anyone by being too restrictive."

"There's a balance that we need to achieve, what that is we're still investigating."

What's next?

Wendt is looking at various areas around the city, collecting data on home and lot square footage.

"The idea is to try to develop a formula," Wendt said. "My idea may not go anywhere."

"There are other people on the commission with very different ideas from me."

It likely will be two months or more until the chairman is prepared to present his concept to the commission.

Meanwhile, Bigfoot marches on, trampling historic hometowns and placing in danger their long-term relevance, Wendt said.

He does not want that fate for his city. Local downtown developers are hoping to shore up the downtown commercial district's appeal by recreating vintage facades, Wendt said, adding the same needs to be done in local neighborhoods.

He said the contentious issue is not about class-envy.

"I haven't really seen envy," he said. "I see people who have worked hard to get to where they are."

"I'm doing this for the city as a whole, to maintain the character."

Maureen Johnston can be reached at (248) 349-1700, ext. 103, or via e-mail at mjohnston@ht.homecomm.net.

WISH: Northville girl spends a New York minute making her wish come true

continued from 1A

A look back

The news came in October 2002. What was initially thought to be the stomach flu or a bad case of acid reflux accompanied with headaches, turned much worse. A CAT scan revealed Madison had a Medulla Blastoma tumor and the next day, she was admitted to Children's Hospital of Michigan in Detroit for surgery. "It was so fast," Mandy said. With good fortune, the operation was a success and news the cancer did not spread was celebrated by the family. Madison is now cancer-free. During her eight-week recovery period at Children's Hospital, the family was approached by a representative from the Rainbow Foundation. They wanted to know if Madison had a wish. The choice wasn't difficult. During her recovery, Madison found solace by watching the twins. The brain surgery left simple tasks like talking and moving difficult — so television helped pass the time. Mandy, Madison and her father, Jamie watched all of the twin's movies and she watched and still watches reruns of "Full House" every day. "That got her through her surgery," Mandy said.

Near miss

The family was initially contacted in September 2003 by the foundation, asking if Madison would like to meet the Olsens during the filming of the movie, "New York Minute." Madison did not have the strength to make the trip, so the family declined. They were shocked when a second phone call came in December 2004. Madison was invited again to New York to meet the teens. This time, she was healthy enough to make the trip. There was one catch though, she wasn't about to leave without seeing her best friend perform in

"She was so excited and so happy to meet them. They walked through the other kids and walked right to Madison and gave her a big hug."

Mandy Stanford
Madison's Mother

Ritualistic Rebecca's

Eating was not always easy during 10-year-old Madison Stanford's recovery from cancer. But thanks to Rebecca's Old Fashioned Family Restaurant & Ice Cream Parlor, the Northville girl always kept her stomach full. Madison and her parents, made ritualistic trips to the downtown eatery for plates of chicken and fries — Madison's number one craved comfort food. Rebecca also served as one of Madison's greatest clients. The Moraine Elementary School student designs and constructs jewelry. Madison's mother, Mandy said Rebecca was always calling Madison requesting custom pieces.

the Nutcracker. So instead of leaving earlier in the week, the Stanford's made a late night departure Friday, Dec. 6.

In New York, the family enjoyed a carriage ride in Central Park, shopping trips to FAO Schwarz, a photo on the avenue she was named after and of course meeting the twins.

Madison went to Dylan's Candy Bar where she



Submitted photo

Madison Stanford, 10, poses with Mary-Kate and Ashley Olsen at Dylan's Candy Bar in New York. The meeting was Stanford's wish and arranged through the Rainbow Foundation.

met Mary-Kate and Ashley.

She spent about three hours with the stars talking and making crafts.

They gave Madison a backpack filled with Mary-Kate and Ashley souvenirs. And as a twist, Madison gave the girls an autographed school photo of herself.

The spunky 10-year-old also fit in a little networking.

"I told them if they ever did a show and needed a little sister, I am available," Madison said.

Still a challenge

The eight weeks in the hospital, 30 days of radiation and one year of chemotherapy did not come without a price.

Madison continues with horseback riding and other forms of therapy. She visits the doctor regularly for related illnesses and spent the holidays suffering from pneumonia.

She also continues working on her balance and has a list of activities permanently off limits.

"It is like a bad dream that I've had the whole night," Madison said.

Mandy said she is thankful Madison did not have to skip a grade of school.

Madison's mother said she is now in the fourth grade at Moraine Elementary School because of the tireless efforts of principal Mary Kay

Gallagher and teachers, Amy Devlin and Stacey Keeler.

Mandy said Devlin and Keeler came to the house in the evenings and during summer vacation to make sure her daughter didn't fall behind.

Madison is just happy she has her hair back. She really didn't like being bald and wearing so many hats.

"A little hair is better than none," she said.

Bright light in a dark journey

The Stanfords agree the New York trip and the opportunity to meet Mary-Kate and Ashley Olsen was a beacon during a rough journey.

They also covet the outpouring of love and support they received from friends, neighbors and complete strangers here in Northville.

"We had so much support," Mandy said. "I think we probably had people praying around the world for two years. This whole town is just amazing."

Madison now spends her time making bracelets for cancer patients.

She also continues drawing, jewelry making and rock painting — all activities helping pass the time during her recovery.

Victoria Sadlocha may be reached at (248) 349-1700, ext. 122 or vsadlocha@hihomecomm.net.

Submitted photo

(Left) Madison Stanford, 10, makes a picture picture frame to hold the picture taken of her with Mary-Kate and Ashley Olsen in New York.



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Final Driving Test

Regular Price \$40.00 with coupon \$35.00
Call 734-323-9332 for more information or appointment

Bring Valid ID & Signed & Sealed and proof of insurance. Under 21 needs the parent to go with you. Over 21 bring license. The purchase additional riders are allowed. Tests start in Northville at Our Lady of Victory Church back parking lot.

JANUARY SPECIALS

Place your ad on the given day to receive the special listed

MEGA MONDAY

A Great Deal. Only in the **CLASSIFIEDS**

Place your ad today and buy a 4-line ad, **Get 4 LINES FREE!** AND DOUBLE YOUR AD SIZE!

Applies to private party ads only. Not commercial/business. See restrictions on main page.

Today Only
Toll Free 888-999-1288

TWO FOR TUESDAY

A Great Deal. Only in the **CLASSIFIEDS**

PLACE 2 ADS TODAY FOR THE PRICE OF 1

Equal or lesser value

Place two ads... **FOR THE PRICE OF ONE!**

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Today Only
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RECRUITMENT WEDNESDAY

Place your **HELP WANTED** ad today in the **HomeTown Newspapers Green Sheet** and get **6 consecutive days for the price of 3**

CLASSIFIEDS

See restrictions on main page. Most newspapers receive discount.

Today Only
Toll Free 888-999-1288

TWO LINE THURSDAY

A Great Deal. Only in the **CLASSIFIEDS**

Place your ad today and get two extra lines

FREE!

two extra lines for FREE!
two extra lines for FREE!

Applies to private party ads only. Not commercial/business. See restrictions on main page. Most newspapers receive discount.

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Toll Free 888-999-1288

FAST FRIDAY

A Great Deal. Only in the **CLASSIFIEDS**

Put your car in the **FAST LANE?** Call Today!

Receive 25% OFF! any Auto ads today

Applies to private party ads only. Not commercial/business. See restrictions on main page.

Today Only
Toll Free 888-999-1288

ENTER TO WIN!

WIN 5 CARS - 5 DAYS

JANUARY 24-28

FREE BALLOT
Present this coupon at the Players Prestige Booth for your free ballot.
Must present valid government-issued photo ID.

WIN A CAR A DAY FOR FIVE DAYS!
Starts 9 a.m., January 24* until 5:45 p.m., January 28*.
Club members receive a ballot each day at the Kiosks.
Plus, additional ballots available each day from 10-10:30 a.m., 12-12:30 p.m., 2-2:30 p.m., 4-4:30 p.m. for a total of four extra ballots each day!
Not a member of the Players Prestige Club? Join today - it's FREE!

CASINO WINDSOR

*Know Your Limit. Play Within It! 1-888-236-3585 Ontario Problem Gambling HelpLine. Casino Windsor reserves the right to cancel or change this promotion without prior notice. For complete contest rules visit the Players Prestige Booth. Must be a Players Prestige member, at least 19 years of age and a resident of Canada (excluding Quebec) or the United States of America (excluding New York, Florida, Rhode Island, and Puerto Rico). Approximate cash value of the Porsche GT \$31,419, cash option \$18,000. Prize not exactly as shown. One coupon per day.

Class NOTES

Early Childhood Center

The process of re-enrollment for next year's Northville Public Schools Early Childhood Center programs is under way and will begin early March pending budget approval. The plan is to re-enroll current families March 1-10. Forms will be distributed through head teachers at each child's site. Paperwork and registration fees must be received by the deadline to secure a spot. New family enrollment will begin March 19. Registration forms are processed in the order they are returned with priority given to currently enrolled children returning to their current program. Summer program registration will take place during the re-enrollment period March 1-10. The planning of field trips will begin in February.

Seeking students

The Michigan Department of Education seeks high school seniors for a National Youth

Science Foundation Camp scholarship. Two seniors from Michigan will receive the honor to exchange ideas with scientists and other professionals from the academic and corporate worlds. The four-week experience will include lectures and hands-on research projects presented by scientists across the nation; three overnight expeditions into a national forest; and a visit to Washington, D.C. Students selected must demonstrate academic achievement in science and show potential for thoughtful scientific leadership. To receive an application packet, visit www.michigan.gov/mde/0,1607,7-140-28753_28760---,00.html. Applications must be received by Feb. 18.

NHS senior party

Tickets are on sale now for the Northville High School Class of 2005 Senior All Night Party. The event will begin 10 p.m. Saturday, June 4 and conclude 4 a.m. Sunday, June 5. Tickets are \$70 and checks should be made payable to Northville Senior Class Party and mailed to Jan Jameson, 583 Morgan Ct., Northville, Mich. 48167. Please write the student's first and last name and T-shirt size on the memo line. A Senior All Night Party payment box is also located in the high school office.

Organizers are still looking for party volunteers. Those interested in helping should call Cayte Stillec-Stevenson at (248) 348-9608 or e-mail cectimm@aol.com.

Class of 2005 Graduation

The Northville High School Class of 2005 graduation ceremony will take place 7 p.m. Saturday, June 4 at Compuware Arena. District officials said the later time will help accommodate student athletes and allow graduates to proceed directly to the all-night party.

School board meeting

The next Northville Board of Education meeting is 7:30 p.m. Tuesday, Feb. 8 at Old Village School, 405 W. Main Street. For more information, call (248) 349-3400.

Drug seminar

Social worker Ron Harrison is holding a free, two-night series on identifying and helping teens harmfully involved with alcohol and other drugs. The program will take place 7:30-9 p.m. the first and second Tuesdays of each month through June at the Saint Joseph Mercy Hospital Education Center, 5305 Elliott Dr., Ypsilanti. Part one, titled "What to Know," will be held on

the first Tuesday and address how to understand teen substance abuse problems and recognize when teen use of alcohol or drugs requires intervention. Part two titled What to Do will be held on the second Tuesdays and address what should and should not be done when a teen alcohol and drug problem is suspected. For more information, call (734) 973-7892 or visit www.hvcn.org/info/teensusing-drugs.

ACT Web site

ACT launched a new Web site for students taking the college admissions exam. The site features information that changes according to the needs students have throughout the year. Services and information include online registration, early scores and score reporting; information about the ACT exam; free test preparatory questions and information; college search and online applications; financial aid need estimator; and the ACT store. View the new site by visiting www.actstudent.org.

Compiled by Record education reporter Victoria Sadlocha.



Photo by JOHN HEIDER/NORTHVILLE RECORD

Rosevelt Johnson talked last Thursday morning to Thornton Creek Elementary students about the life of Dr. Martin Luther King Jr. Students learned Dr. King wanted all children to believe "the seed of greatness is in everyone" and "knowledge gives you power."



Nearly everyone reads

the Northville Record

JIM ALLEN: Northville fire chief, and other members of the city of Northville's fire and rescue team, outside the city's fire hall.

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Northville Record

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For The Connoisseur Of Taste!

GARDEN FRESH PRODUCE

SWEET & JUICY **JUMBO CANTALOUPE** 2/\$4

FLORIDA **TEMPLE ORANGES** 5/\$1

FLORIDA **ROMA TOMATOES** 69¢ lb.

FRESH **TENDER ASPARAGUS** \$1.99 lb.

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EXTRA LEAN **GROUND BEEF FROM CHUCK** 3 lbs. or more \$1.89 lb.

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GOURMET MARINATED BONELESS/SKINLESS CHICKEN BREAST \$3.99 lb. (WOW!)

JET-FRESH SEAFOOD

ONLY THE BEST **YELLOW FIN TUNA STEAKS** \$11.99 lb. (SAVE \$3.00)

DON'T FORGET TO ORDER YOUR **SUPER BOWL PARTY TRAYS!** (SAVE \$2.00)

FRESH **MAHI MAHI FILLETS** \$9.99 lb. (SAVE \$2.00)

GOURMET 2 GO

CHEF YVONNE'S **MEDITERRANEAN CHICKEN SALAD** \$5.99 lb. (SAVE \$2.00)

BAKERY

SCRUMPTIOUS **LARGE MOUSSE CUPS** \$2.99 EACH (SAVE \$1.00)

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BEAUTIFUL **WHITE ORIENTAL LILIES** \$3.99 BUNCH (SAVE \$2.00)

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REGULAR OR 33% REDUCED FAT **LORRAINE SWISS CHEESE** \$5.49 lb. (SAVE \$1.00)

HONEY OR OVEN ROASTED **PLAINVILLE TURKEY BREAST** \$8.49 lb. (SAVE \$1.00)

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IMPORTED FROM ITALY • ASST. **LUCINI PASTA SAUCE** \$5.99 25 oz. (SAVE \$2.00)

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GOURMET CATERING
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Meet your match

Hillside Middle School students 'mix it up' with peers

By Victoria Sadlocha
RECORD STAFF WRITER

Students at Hillside Middle School wandered around the lunchroom last week, carrying trays of food while anxiously looking for their place.

After hesitantly taking their seats, awkward greetings were exchanged and the first Mix It Up Day was under way.

The Jan. 18 activity was created as a part of Respect Week activities, compelling students to sit with those normally not in their peer groups.

Colored dots calculatingly placed on students' hands by their teachers corresponded to matching balloons on each cafeteria table ensuring an eclectic group.

The mix for some was difficult, while others embraced the opportunity.

"It is a good idea," said sixth grader, Alex Fisher. "I didn't know who I was going to sit with. It is a

good idea to mix it up once in awhile."

Seventh grader Lindsay Rootare was excited.

"I'm new this year so it is a way to meet new people," she said. "There is still more people I'd like to know."

Rootare complimented the festive look the balloons gave the cafeteria.

A distributed questionnaire assisted the students with the courageous task.

"The questions are safe so it facilitates conversation," said Valery Kaplansky, Hillside Middle School social worker.

Peer mediators or student council members placed at each table helped keep the dialogue going and rewards were offered for those earnestly completing the list.

After all questions were discussed, the students raised their hands and were dismissed from the table.

All the planning and facilitating however was not enough for some.

"I don't like it that much you have to sit with people you don't know," said seventh grader, Jenna Chaudoin.

By the end of the 15-minute

"It is a good idea. I didn't know who I was going to sit with. It is a good idea to mix it up once in awhile."

Alex Fisher

Hillside Middle School Sixth Grader

activity, Chaudoin still wasn't sold.

"It was just OK," she said.

Classmate Katie May said she would never participate again.

"It was extremely inconvenient," she said.

Kaplansky said the day was organized to take children out of their comfort zones.

"I think there were some kids that didn't like it, but I think that is the whole purpose really," Kaplansky said. "It showed them they can open themselves to meeting others."

Kaplansky encourages students to continue networking and pushing themselves to broaden their horizons.

Sixth grader Raven Batshon thinks the day may carry on into the school year.

"I might be able to say hi or talk to them (the kids at her table) in the future," she said.

Victoria Sadlocha can be reached at (248) 349-1700, ext. 122 or vsadlocha@ht.homecomm.net.



PHOTO BY VICTORIA SADLOCHA/NORTHVILLE RECORD

Jenna Chaudoin and Lindsay Rootare review a questionnaire developed to generate easy conversation during the first Mix It Up Day at Hillside Middle School. The girls were seated at the same table in an effort to help students meet kids they normally don't lunch with. LEFT: Raven Batshon asks Hillside Middle School students Alex Fisher and Joey Bennett questions about themselves during Mix It Up Day. The inaugural activity helped students escape from their daily lunch routines to meet fellow classmates.



EDUCATION ACHIEVEMENTS



Students

Meads Mill Middle School student Linda Wang won the school-level competition of the National Geographic Geography Bee earlier this month and is now eligible to win a \$25,000 college scholarship.

The school-level bee held Monday, Jan. 10 was the first round in the contest sponsored by the National Geographic Society.

The eighth-grade student correctly answered numerous oral geography questions including, which European capital city was founded nearly 3,000 years ago on the Tiber River?

If Wang continues to advance

through the subsequent rounds, she will compete in the national finals held May 25 in Washington D.C., hosted by "Jeopardy!" host Alex Trebek.

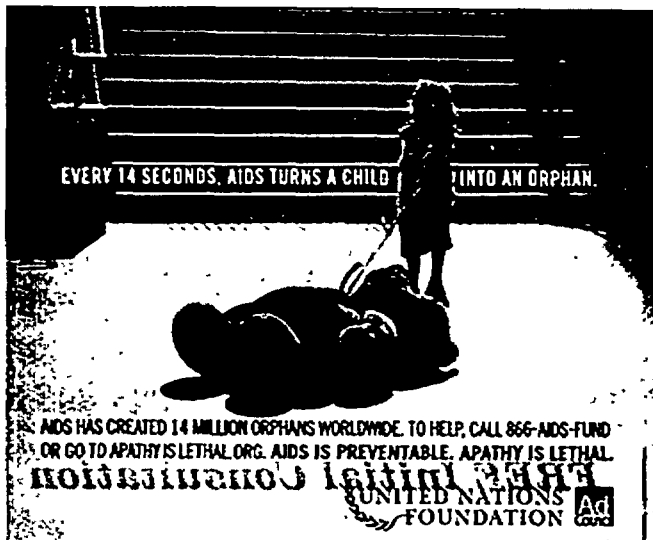
Northville students in Girl Scout Troop 1556 raised money throughout the month to purchase phone cards for soldiers in Iraq. "Help our Troops call Home" is the name of the initiative serving as the girls' Silver Award project.

Collection buckets were placed around town and phone cards purchased with the proceeds will be sent to the U.S. Marine Corps, Alpha Company First Battalion Third platoon.

Chris Brennan, a 2003 Northville High School graduate, will be one of the phone card recipients.

He was recently awarded the Purple Heart for being wounded. Chris' brother, Megan Brennan, is a member of the 11 member Girl Scout troop.

The girls from Meads Mill Middle School and Northville High School will also be sending a card and picture to each soldier.



HOUSE CALLS

By Botsford General Hospital
EASY WAYS TO CUT CALORIES

Does it seem like over the years the pounds have snuck up on you? You're not alone. On average, adults typically gain one and a half to two pounds a year. Simply cutting back a little each day can help you maintain your weight. Pair these small changes in your food choices with regular exercise and you're on your way to a healthier life.

1. When eating out share the entrée with a friend or ask for a carry out container and take half home.
2. Ordering Chinese? Choose white rice over fried rice.
3. Take the piece of cake with the least amount of frosting.
4. Choose guacamole OR sour cream, rather than both.
5. Use low fat yogurt or fat free sour cream in dips and recipes.
6. Order thin crust pizza instead of thick crust pan pizza.
7. Choose a red sauce rather than a cream based sauce on pasta.
8. Use one capful of salad dressing rather than pouring it on, unmeasured.
9. Resist the urge to make it a combo platter.
10. Leave 3 to 4 bites of food on your plate at each meal.

NEXT WEEK:

REDUCE YOUR RISK FOR HEART DISEASE

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www.botsfordsystem.org

CHARTER TOWNSHIP OF NORTHVILLE NOTICE OF ADOPTION BUSINESS LICENSE ORDINANCE

The following ordinance was approved for adoption at the January 20, 2005 regular meeting of the Board of Trustees and is effective on February 1, 2005. The ordinance is also available and posted at the Township Hall, 44405 Six Mile Road, the Fire Headquarters, 45745 Six Mile Road, and Police Headquarters, 41600 Six Mile Road. A copy of the ordinance may also be obtained at the Clerk's department.

Code of Ordinances

Chapter

BUSINESS LICENSING ORDINANCE

AN ORDINANCE ENACTED PURSUANT TO MCLA 41.181; MSA 5.45(1) et seq. and MCLA 42.15, TO PROVIDE FOR THE LICENSING OF ALL BUSINESSES ENGAGING IN BUSINESS ACTIVITY WITHIN THE CHARTER TOWNSHIP OF NORTHVILLE WHICH AFFECT THE PUBLIC HEALTH, SAFETY, AND GENERAL WELFARE OF PERSONS OR PROPERTY; TO SET FORTH THE PROCEDURES FOR PROCURING SUCH LICENSES AND THE CONDITIONS TO THE ISSUANCE THEREOF; TO ESTABLISH REGISTRATION AND RENEWAL FEES TO BE PAID UPON APPLICATION FOR SUCH LICENSES; and TO ESTABLISH PENALTIES FOR NONCOMPLIANCE WITH THE PROVISIONS SET FORTH ABOVE.

The Charter Township of Northville, Wayne County, Michigan ordains:

Section I

Title

This Ordinance and the state laws adopted by reference herein shall be collectively known and may be cited as the "Northville Township Business Licensing Ordinance."

Section II

Definitions

As used in this ordinance:

"Business" means any trade, occupation, profession, work, commerce or other activity owned or operated for profit by any person within the township excluding, however, political, charitable or religious establishments.

"Licensing Agent" means the Charter Township Clerk or such other township official or employee as may be designated by resolution of the Charter Township Board.

"Person" means any individual, partnership, association or corporation.

"Charter Township" means the Charter Township of Northville.

Section III

Purpose

The purpose of the ordinance is to assist the Charter Township with information to provide more adequate police and fire protection; more equal and equitable real and personal property taxation; better efficiency and economy in furnishing public utility services within the township; more comprehensive and informed planning and zoning for uses of land and structures within the township; and to establish a registry of businesses operating within the township for the general information of the public and for the promotion of the township.

Section IV

License Requirements

No person may commence or continue a business, as herein defined, within the Charter Township without having first obtained a Charter Township License therefore as hereinafter provided and without maintaining such license in current effect during any business operation or activity.

Section V

Procurement Procedure for License

No license to commence or continue a business shall be issued until the owner or operator thereof shall have first submitted an application to the Clerk of the Charter Township on a form provided by the licensing agent for such purposes. A fee of \$100.00 shall accompany the application (\$50.00 for renewal). The information provided in the application shall be complete and truthful. Any omissions or untruths in the application may provide a basis for rejection of the application, or revocation of the license in the event any such false statement is discovered after a license has been issued. Upon the filing of a properly completed application and upon payment of the fee, the licensing agent shall issue a license to the person to commence or continue the business designated in said application if the business complies with the terms of this ordinance.

Section VI

Conditions of License

The license issued under this ordinance shall be effective until December 31st of the succeeding year with renewals of the license to be issued upon application and payment of the fee in the same manner as set forth herein for the original issuance of the license. No license shall be issued by the licensing agent where the existing or proposed business would be in violation of any law or ordinance of the United States of America, the State of Michigan, the county having jurisdiction thereof, or the township. No license may be transferred by the holder to any other person except upon prior approval of the Charter Township Board. The licensing agent shall have the right of inspection of the business premises to assure compliance with this and other Township ordinances. In the event of any noncompliance with the provisions of this ordinance after a license has been issued, the same may be revoked by order of the licensing agent until the noncompliance has been corrected as determined by said agent.

Section VII

Exemptions

No license shall be required of any political, charitable or religious establishment situated within the township. The provisions of this ordinance are not applicable to any agency of the United States of America, the State of Michigan, or any political subdivisions thereof.

Section VIII

Penalty Clause

Any violation of this ordinance or any part thereof shall be punishable by a fine not to exceed \$100.00 plus court costs and/or confinement in the County Jail for a term not to exceed 90 days. In addition, the Charter Township specifically reserves the right to proceed in any court of competent jurisdiction for the purpose of obtaining an injunction, restraining order or other appropriate remedy to compel compliance with this ordinance.

Section IX

Severability Clause

Should any portion of this ordinance adopted hereby be declared unconstitutional, illegal or of no force and effect by a Court of competent jurisdiction, such portion thereof shall not be deemed to affect the validity of any other part or portion thereof.

Section X

Effective Date and Repeal of Conflicting Ordinances

This ordinance shall take effect upon publication as required by law. All ordinances or parts of ordinances in conflict or inconsistent with the provisions of this ordinance are hereby repealed; provided that any violation charged before the effective date of this Ordinance under an Ordinance provision repealed by this Ordinance shall continue under the Ordinance provision then in effect.

Section XI

Appeal of Denial of License

If a license is denied by the licensing agent, an appeal may be taken to the Township Board. Such an appeal shall be made in writing. An appeal hearing shall be scheduled and a hearing shall be held by the Township Board at its next regularly scheduled board meeting or within 30 days, whichever is later.

SUE A. HILLEBRAND,
CLERK

(1-27-05 NR 190622)

Liberty Tax Service

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Novi 41744 W. 10 Mile Rd. (10 Mile & Meadowbrook) 248-465-1829
Garden City 29540 Ford Rd. (In front of K-Mart) 734-425-4620

NOTICE
NORTHVILLE PUBLIC SCHOOLS
SCHOOL BOARD CANDIDATE
FILING DEADLINE

Please take notice that the filing deadline for candidacy for the position of Northville Public Schools trustee at the election to be held May 3, 2005 is:

Tuesday, February 8, 2005, 4:00 p.m.
Petitions or required filing payment is to be made at:
Northville Township Clerk's Office
44405 Six Mile Rd, Northville 48167
(1-2027 & 2-3-05 NN/NR 189072) LIBBY SMITH, SECRETARY

CHARTER TOWNSHIP OF NORTHVILLE
2005 OFFICE CLOSINGS

The administrative offices will be closed for business on the following dates. The public safety departments (police & fire) will remain open.

Monday, January 17, 2005	Martin Luther King Jr.'s Birthday
Monday, February 21, 2005	Presidents' Day
Friday, March 25, 2005	Good Friday
Monday, May 30, 2005	Memorial Day
Monday, July 4, 2005	Independence Day
Monday, September 5, 2005	Labor Day
Thursday, November 24, 2005	Thanksgiving
Friday, November 25, 2005	Day after Thanksgiving
Friday, December 23, 2005	Christmas Holiday
Monday, December 26, 2005	Christmas Holiday
Monday, January 2, 2006	New Year's Holiday

Visit the township's web site at: twp.northville.mi.us

(1-13-05 NR 186295) SUE A. HILLEBRAND, CLERK

POLICE REPORT

Man steals medications

Found by police with medication bottles stuffed in his shirt, a Detroit man allegedly tried to steal about \$150 in over-the-counter drugs Jan. 13 from Northville Township's Meijer.

At around 1 p.m., the store's loss prevention detained the 51-year-old man. Township police arrested the suspect. All items were returned, and the man has a court date this week.

Woman battles police

Refusing Brealyzer tests, an Ypsilanti woman allegedly kicked, screamed and spat at Northville Township police all the way to jail.

The 23-year-old woman was pulled over at about 3 a.m. on Jan. 15 near Haggerty Road and Woodside Drive after she was

seen driving erratically, police said.

Police said when prompted, the woman stated she had had three beers, adding, "I'm a little drunk."

She completed sobriety tests until the officer tried to administer a preliminary breath test. Refusing, the woman said, "I'm gonna fail" and, as police attempted to take to Novi Providence Hospital for a blood draw, kicked at the patrol car door.

Later, the woman reportedly spat and kicked an officer in the groin. When secured for the night, she continued to kick and scream for several hours, officers said.

Cemetery building break-in

Police are searching for suspects connected to damaged window boards on the shuttered

township schoolhouse near Thayer Cemetery. The damage was noticed Jan. 16.

The officer who discovered the damage at 7:38 a.m. at Six and Napier roads reported the bottom half of a top board was bent. A thinner, interior board had been axed through and was big enough to fit a person, police said.

Teen found with gun, drugs

After allegedly firing an illegal handgun, a Northville Township teen also found himself in trouble with police for marijuana possession and selling.

At around 12:14 a.m., a neighbor reported to police that a pistol was shot in the 19-year-old's red Jeep in the 4800 block of Binghamton Drive. When police arrived, the teen's mom took them to her son in the basement.

The teen at first denied having the gun, police said, but then said it was in a brief case under a couch. When prompted by officers and his mom, he also told police he had been selling drugs for a "short time," and that drugs were in the case.

After police threatened a warrant search, the man gave the combination to the case. Inside, police said they found several bags of marijuana, a scale, plastic bags, bullets and a pistol with ground-off serial numbers.

In the teen's room, a knife and BB-gun reportedly were discovered.

The teen told police he'd bought the gun in Detroit for \$300. The suspect marijuana tested positive for THC, detectives reported.

ROBBERY: police believe they have two-time thief

continued from 1A

Police said Moncrief is also the man who robbed the same Northville TCF bank Oct. 1.

"The people at the bank have seen past photos and said that it is," Mayes said. "It's rare, but some get comfortable with certain types of banks or locations."

Township police also served two search warrants in the Detroit area revealing what they believe is clothing used in that robbery.

Police said Moncrief is a TCF Bank robbery suspect in two other communities, and evidence found from search warrants may assist in solving those cases.

"The investigation continues on that one still," Teeter said, referring to a Livonia case.

TCF Bank officials did not return Northville Record phone calls prior to press.

Northville Township Police Chief John Werth said the arrest was a collaborative effort.

"The quick response of the Northville Community Dispatch getting the information out to area law enforcement... allowed the cooperative effort to get a serious felon off the streets," Werth said.

Moncrief faces a preliminary exam at 8:30 a.m., Feb. 4 in 35th District Court. He currently is being held at Wayne County Jail in Detroit.

Kim Kovellev can be reached at (248) 349-1700, ext. 107, or via e-mail kkovelle@ht.homecomm.net.

Snively pleads guilty to Internet trading scheme

Broker's Northville Township home will be auctioned to offset millions

By Kim Kovellev
RECORD STAFF WRITER

After allegedly running a scheme netting nearly \$6.3 million from 1,400 investors, broker Todd Snively, 42, of Northville Township pleaded guilty last week to mail fraud.

Snively, who for about eight months operated Internet trading at a Novi-based trading group, made his plea last week, after being arraigned before U.S. District Judge John C. O'Meara in Detroit.

His sentencing is scheduled for 10 a.m. on May 25, according to U.S. attorney's office representative Sandra Palazzolo.

Snively's township home, located in the Crestwood Manor subdivision in the 17500 block of Rolling Woods Circle, will be sold in a public auction to offset more than \$2.1 million still owed.

The U.S. Attorney for the Eastern District of Michigan in March 2002 seized another \$4.6 million in funds frozen by the Commodity Futures Trading Commission. Extra funds went towards related penalties.

Snively's alleged scam, which court documents say spanned June 2001 to February 2002, occurred at Novi-based Commodity Consultants International, Inc. Also identified as Futurewise

Trading Group, the business allowed investors to trade commodities futures contracts over the Internet.

Though registered with the CFTC, the group hadn't met requirements to facilitate or clear any trades.

According to court documents, Snively sent misleading promotional materials and false account statements to clients, via the Internet and U.S. Postal Service.

Prosecutors said Snively instead used to the money to pay rent and employee salaries, plus himself — in the way of an upscale township home and other personal expenses.

Snively was released on a \$10,000 appearance bond. A 2003 federal court order permanently banned Snively and his companies from participating in the futures industry or for themselves.

On top of paying restitution, Snively could face up to five years in prison and a maximum \$250,000 fine upon sentencing.

Kim Kovellev can be reached at (248) 349-1700, ext. 107, or via e-mail kkovelle@ht.homecomm.net.

Drunk driver crackdown

To protect travelers from a serious winter hazard — drunk drivers — law enforcement officers in Michigan arrested 1,141 motorists for drunk driving and another 676 for other alcohol-related offenses during the You Drink & Drive. You Lose, crackdown.

Police agencies, sheriff's offices and Michigan State Police posts across the state focused on drunk driving from Dec. 20-Jan. 2 as part of the Michigan Office of Highway Safety Planning's (OHSP) campaign.

"Law enforcement officers again showed drunk drivers that their actions have consequences and will not be tolerated," said Michael L. Prince, OHSP division director. "Because of their commitment to stopping drunk drivers, officers made Michigan's roadways safer

during the holidays."

More than 500 agencies participated in the statewide crackdown. According to the agencies reporting statistics to OHSP, 35,512 vehicles were stopped. In addition to the alcohol arrests, there were 661 felony and 3,142 misdemeanor arrests. Officers also wrote 8,381 speeding citations and issued 1,294 safety belt citations for motorists over the age of 15 and 135 child restraint citations.

Preliminary results show there were seven traffic fatalities in Michigan over the Christmas and New Year's holidays, four of which involved alcohol, according to the Michigan State Police, Criminal Justice Information Center.

For more specific results, including a breakdown by county, visit www.michigan.gov/ohsp.

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by Donald M. Wayne, D.D.S., M.S.
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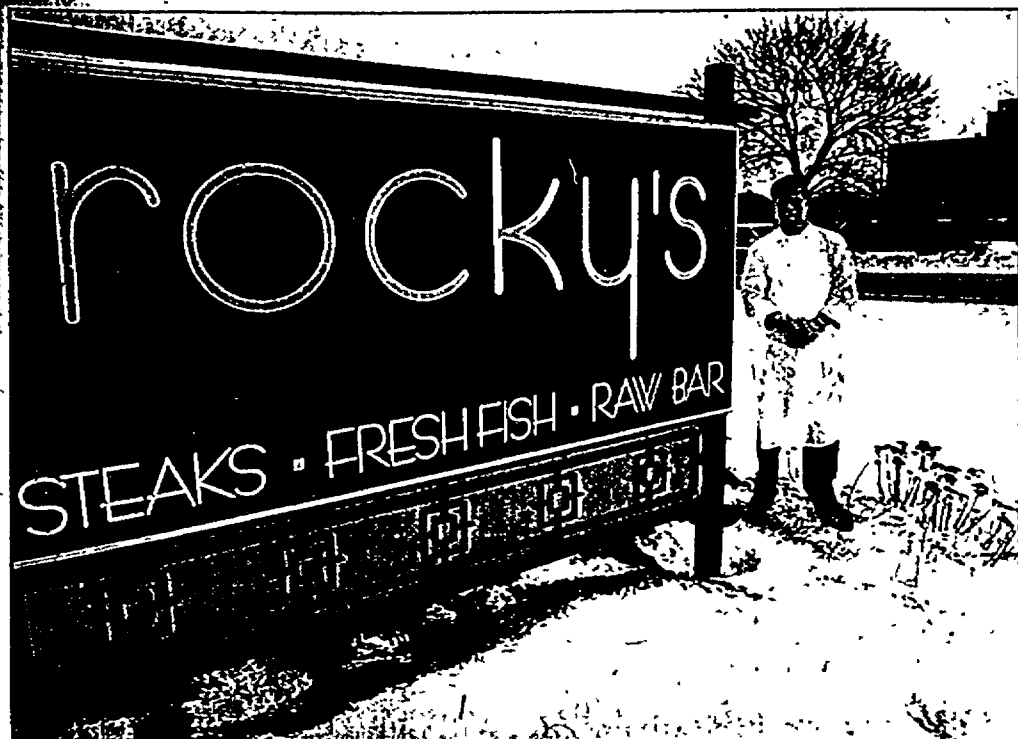


Photo by JOHN HEIDER/NORTHVILLE RECORD

Chef Charles Rachwitz stands outside his Seven Mile Road restaurant.

Heating things up

Longtime Northville restauranteurs weigh in on proposed Seven Mile 'lifestyle center' concept

By Kim Kovel
RECORD STAFF WRITER

Square across Seven Mile Road from the vacant Northville Psychiatric Hospital, Rocky's restaurant has been getting a facelift.

Owner Chuck Rachwitz said the future of the state-owned property was one reason for the fresh purple, yellow and green tones.

"We spiffed the place up to accent the new addition," Rachwitz said. "The establishment is obviously not brand new. It was like a hunting lodge."

Two weeks ago, potential developer Real Estate Interests gave the township a glimpse of what additions to the 415-acre site might be.

In addition to upscale residential homes, it included a "lifestyle center" near Haggerty and Seven Mile roads with retail, entertainment and a "high-end restaurant park," according to REI partner Jon Weaver.

Rachwitz and Tom Mackinnon, owner of the Seven Mile Road restaurant, considered the impact of a potential addition to what some already call "Restaurant Row."

Off the beaten 'row'

Independent eateries both, Rocky's locale has been around since 1972, while Mackinnon's was founded nearly 24 years ago.

Both boast menus easily described as "high-end," offering upscale plates from steak and seafood to faithful regulars.

Mackinnon said he doesn't see new restaurants as a threat to that —

Northville's changing 'lifestyle'

Last week Real Estate Interests, the five-partner investment group which last fall successfully won a bidding war for 415 prime acres referred to locally as the former Northville Psychiatric Hospital property, unveiled a revised concept plan featuring upscale residential homes, high-end commercial retail and a "restaurant park." On the next few pages, local reaction to that conceptual plan.

despite some speculation the lifestyle center could spell trouble for downtown.

"I think it would make it even more historical," Mackinnon said. "As far as us the small independents, I think it would be a boom to us. I wouldn't think it would be a competition. We all have our niches."

While Mackinnon thought a restaurant park's draw likely would be limited to Haggerty Road, Rachwitz was skeptical.

He said he often drives Haggerty between Five and Eight Mile roads and pays close attention to existing restaurants' peak weekday traffic.

"The parking lots are very low," Rachwitz said. "On weekends, you're always busy. If it's within a two to three mile radius, it's... always competition."

"The pie's only so big. I would say we're all competing for the same guest."

In the details

Both owners said they'd like to see a blend of housing and commercial on the site, with Rachwitz leaning toward high-end residential and office parks.

Mackinnon said he's heard rumors of a center mimicking Fountain Walk, Novi's shopping complex that filed for Chapter 11 Bankruptcy last August.

No official design plans have been proposed, but Mackinnon questioned whether the concept is a viable one for Haggerty.

"What happens down the road? What if it doesn't work?" Mackinnon said. "Then again, that's progress."

"I would probably like to see housing in there and parks. A commercial plan like they're thinking probably would be a good idea."

More walk-in traffic and new local taxpayers may help business, Mackinnon added, though he hopes the line-up will include more independents than chains.

Feedback on Rocky's remodeling has been positive, Rachwitz said, but he remains wary of what might replace the landscape looming nearby.

"We were the only restaurant in town here until they started making restaurant row on Haggerty," he said. "I think enough's enough."

Kim Kovel can be reached at (248) 349-1700, ext. 107, or via e-mail at kkovelle@ht.hometown.com.



Photo by JOHN HEIDER/NORTHVILLE RECORD

Chef Charles Rachwitz slices up some beef loin in his Seven Mile Road restaurant "Rocky's."

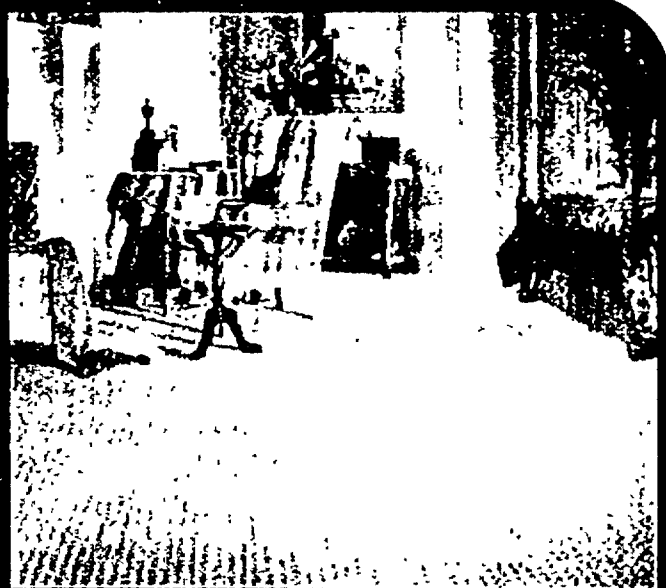
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Tom Mackinnon
Owner, Mackinnon's Restaurant

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Northville's Changing 'Lifestyle'

Northville gets message: 'This is a wake-up call'

Strategic planning reels with news of possible township 'lifestyle center'

By Maureen Johnston
RECORD STAFF WRITER

Downtown Northville stakeholders are talking about how to answer a very loud knock on their community's door.

News that a developer's concept for 415 acres on Seven Mile Road is taking shape as a "lifestyle center" thrilled and chilled city planners mid-step in vision planning for the downtown's future.

Private and public leaders this week repeated "cooperative," "we" and "together" as they described the challenge of nurturing a healthy community core.

A special city steering committee is hosting meetings Tuesday and Thursday next week to gather ideas from community residents, property owners and merchants about what they would like Northville's amenities and identity to be.

Early predictions of an attractive, faux downtown a short distance away caused some city residents to focus first on the potentially lethal competition for the business district. Others identified an opportunity to pro-actively plan for forecasted and inevitable growth packaged in the latest trend of combined residential and commercial development.

"It does make you sit up and

take notice," said steering committee chair Joan Wadsworth. "I think that kind of development will have an impact on the downtown."

On the way

Recent, abstract discussion about potential retail-dollar drain and identity impact turned overnight into more concrete possibilities.

"We've 'what-if'ed this to death," said downtown property owner and merchant Margene Buckhave. "We now don't have a 'what if' any more. This is a wake-up call. The lifestyle center is coming."

"We have to, as quickly as we can, be very pro-active, setting up our downtown to be as viable as possible as quickly as possible."

Skeptics of the visioning process have questioned how much putting concepts on paper will mean in the face of market forces.

Next week's community discussion is the follow-up to a retail market study conducted by the Birmingham-based Gibbs Planning Group; civic leaders next will digest the steering committee's report to identify tweaks to planning procedures in their official capacities.

There is more to planning for

Can downtown benefit from development's draw?

How about a shuttle service to connect a Seven Mile Road lifestyle center with downtown Northville?

That was one of the suggestions in a November study by Central Michigan University graduate students. Dr. Louis Reibling of Schoolcraft College, a member of the Northville Chamber of Commerce board, supervised the research on the potential impact of a lifestyle center on the state property.

Operating on the assumption developers would create a combined residential/commercial/leisure campus on the former hospital site, a key suggestion was to bridge the approximate two-mile gap between the two commerce centers, sharing pedestrian traffic and shopping dollars.

"That would be wonderful," said downtown business and property owner Margene Buckhave. However, Northville retailers would have to update their accessibility to seven days and longer hours, she said.

"If you're going to have to compete with the big guys, you have to be there when the big guys are, when people want to shop."

downtown Northville's future than naming stores you'd like to see on Main Street, Wadsworth said. The Gibbs study cited the historic downtown's appeal, undeniable and impossible to reproduce.

"I think this is a look at what we might do downtown for parks, the farmer's market and other amenities that we may want for downtown," Wadsworth said. "Are people interested in a place that's still going in the evening?"

"It's not just about retail, but I think that's definitely part of the puzzle."

Big picture

Developing strategies for maintaining a healthy downtown is in the interests of the entire surrounding community, said steering committee member Jim Allen.

"This is the future of their investment, the future of their neighborhood, the future of where they're raising their family," he said. "They need to have a say in that."

"Our property values are tied to the downtown — we need to keep them as healthy as possible."

Margene and Bob Buckhave, in the process of adding to their downtown lease property, proposed forming a consortium with their counterparts to strategically select retailers when storefronts become available.

"We need to be a lifestyle cen-

ter ourselves," Bob Buckhave said. "MAGS (133 W. Main) is a blank sheet of paper right now," he said. "Jim Long's building (120 W. Main) is a blank sheet of paper right now."

"We need to focus on bringing good, solid tenants that will bring people into town."

Two dozen merchants at a recent meeting Northville Central Business Association meeting talked about a campaign to collectively promote the downtown with greater service levels and accessibility.

"I think the day of crafty, antique shops in Northville is slowly coming to an end," said Mark Trudeau, the association vice president. "The businesses that are viable downtown — are they going to be affected? Not one bit."

"I don't think a lifestyle center — by any stretch — is going to be the demise of the downtown."

On the contrary, Trudeau said, a retail/dining/entertainment complex of that size would draw additional potential customers from surrounding communities to Northville.

"Some of the flow over will come up for a coffee, to Mackinnon's, to Little Italy," he said. "That's what we're shooting for."

"As long as there's that amount of bodies coming through, I think I'll be all right."

Buckhave said, "I think there are a whole lot of issues that I don't know if the people there right now are going to be willing to address."

The study also said compatibility will depend on selection of stores for the lifestyle center.

"Care should be given to bring in the national chain stores, such as Williams-Sonoma, The Gap, Talbot's, Pottery Barn and Banana Republic, which do not compete with the downtown businesses," the report said.

Public forums this Tuesday, Thursday

"Let's Talk Downtown" public meetings are 7 p.m. Tuesday and Thursday, Feb. 1 and 3.

Anyone interested in development directions for downtown Northville is invited to attend one or both sessions at the Northville Senior Community Center, 303 W. Main Street.

The format will be a brief presentation, followed by audience participation.

For more information, visit: www.downtownnorthville.org.

Inevitable change

Several civic leaders said the downtown will survive — and prosper — only with cooperative strength.

"The forums are more important than ever," said Mayor Christopher Johnson. "We can manage it, rather than simply react to it. Getting people's input is really important."

"Things will change — it's which direction do you want that change to be?"

Development of the Seven Mile site is months, if not years, away as Bloomfield Hills-based Real Estate Interests has yet to pitch the Northville Township Planning Commission its formal plan for the \$55 million parcel.

A conceptual plan for the former state hospital property was disclosed Jan. 13 to Northville Township officials and included upscale residences, a high-end restaurant park, leisure-time features and complementary retail stores.

Downtown Northville knew a development of this magnitude was right around the corner.

"I think the day of crafty, antique shops in Northville is slowly coming to an end."

Mark Trudeau
Owner, Fine Threads

thanks to retail planning consultant Bob Gibbs. He said last week the Seven Mile Road lifestyle center is "one of several on the boards," he said he suspects two will be built within close proximity to Northville.

Maureen Johnston can be reached at (248) 349-1700, ext. 103, or via e-mail at mjohnston@hi.homecomm.net.

What is a lifestyle center?

Not quite big enough to be considered a modern mall and far too new to be confused with an established downtown, "lifestyle center" developments have for the past decade become the hottest commercial development trend.

Attempting to mix the flavor and pedestrian-friendly aspects familiar to nostalgic downtowns — including green courtyards, public fountains and public alleys — open-air lifestyle centers integrate what America loves most about its historic small towns and what its demands above all: a conven-

ient and unique shopping experience.

Because lifestyle centers often attract national retail stores — Pottery Barn, Crate and Barrel, Williams-Sonoma, Borders, Eddie Bauer, The Gap and Talbot's, Nordstrom's, Polo — what often comes along with those stores is convenient parking, and a corporate philosophy geared around customer service and standardized, extended hours.

Lifestyle centers have been successful in such places as Winter Park, Fla., Columbus, Ohio and Rochester Hills, Mich.

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Northville's Changing 'Lifestyle'

Downtown 'open' to new ideas

Among them may be longer hours, collective effort

By Maureen Johnston
RECORD STAFF WRITER

When Sherri Mewha the corporate executive wanted to shop in downtown Northville, she often found stores closed when she had time — in the evenings and on Sunday.

Now that she's Sherri Mewha the merchant, she is working with her fellow downtown business owners to find ways to attract customers to shop in the stores mere minutes from their homes.

Sunday hours have been part of Mewha's schedule since she opened her downtown store, "Awakening... The Artist Inside," in February 2004. The Northville resident, elected earlier this month president of Northville's Central Business Association, said local businesses should adapt to changing customer needs.

"Everyone agreed that needs to be the primary goal for the coming year," Mewha said. "Just what can we do to make ourselves better?" "Ads in newspapers, hours, special events, things that will compel people to shop in Northville."

From the experts

Merchants need to tap into data recently available, Mewha said. Namely, specific downtown district recommendations are contained in:

- The November 2004 Gibbs Planning Group retail market analysis commissioned by Northville's Downtown Development Authority.

Various commercial environment studies by Central Michigan University graduate students overseen by the Northville Chamber of Commerce. Dr. Louis Reibling of Schoolcraft College, a chamber board member, supervised November 2004 research on topics such as downtown store hours.

"At the top of both suggestion lists: extended hours."

Mark Trudeau, owner of Fine Threads, said he is ready to join the campaign. The merchant association's new vice president said this spring he likely will add Thursday evening and some Sunday hours — despite little return after temporary trials in the past.

"Our position still stands," he said. "We're small owner operators. We've got lives outside of our shops. Are we ever going to get to mall hours? I don't think so."

"We've got to give it a shot and that's what we're going to do."

Collective effort

Trudeau said a joined effort will be necessary.

"We've got to get everybody, from the pillars of the community to the guys who have only been here six months," he said. "There's a big stigma in this town we're never open."

"I'm open six days a week."

Trudeau said the niche clientele for his high-end menswear has a flexible schedule which allows them to shop during his current midweek hours or on Saturday. But as a landlord and business owner, he said he has watched the turnover of businesses around him.

"Do I need to open anymore than I am now? No," he said. "Our business is very profitable as it is."

Like Mewha, Trudeau said the

"I think we're at a juncture that people need to be looking at what's going on downtown. A number of shops have closed."

Sherri Mewha
President, Northville Central Business Association

information contained in the Gibbs report encouraged Northville's departure from the status quo. Another 10-15 hours per week to encourage walk-in traffic is one aspect to consider, he said.

Survival of the open

"I think there will be some resistance," Mewha said. "I think we're at a juncture that people need to be looking at what's going on downtown."

"A number of shops have closed."

The merchant association won't pressure compliance with specific standards, Mewha said, just share information about business trends.

"I think there's a lot of change going on," she said. "People need to evaluate, to see how they can respond to consumer demand or they'll be missing out on good business opportunities."

Change won't happen overnight, she said.

Hours observations

The Gibbs Planning Group:

- A major weakness of the downtown business practices is the inconsistent store hours. Although impractical for small independent retailers to maintain extended hours, one of the top complaints of most focus group participants was that they could not shop downtown during the evenings and on Sundays.

- Many of Northville's retailers close by 5 p.m. and on Sundays, causing them to miss a significant amount of the market share. Studies indicate that over 70 percent of all retail sales occur after 5:30 p.m. and on Sundays. This figure is confirmed by many of the Northville businesses that remain open for extended hours and report strong Sunday and evening sales.

- These merchants also report that many of their shoppers express frustration over the small number of businesses open for extended hours. As a result of the downtown's inconsistent and limited shopping hours, the district as a whole is

giving up a majority of the region's retail trade to shopping centers and national retailers.

- The limited hours also convey a sense of poor service and lack of value to many modern customers.

Northville Chamber of Commerce Study

- Northville's store owners should have more traditional shopping hours in comparison to other local towns and malls. Currently 40-45 hours per week are the average; they should expand to 50-55 hours per week.

- Northville store owners should augment their late evening store hours by offering two evenings with extended hours opposed to one evening to satisfy the professional working adult's shopping needs: 10 a.m.-9 p.m. Tuesdays and Thursdays, for example.

- Northville's holiday hours should have a set beginning date and continuity throughout the stores. Further, they should be posted on the downtown development authority's Web site.

And there are no silver bullets.

"They need to see if potential customers might be available to them," Mewha said. "Business owners have to make good business decisions for their business."

Mewha said her own customers have lamented downtown's limited hours.

"We hear it frequently from the shoppers coming through, 'I wish there was more open,'" she said.

"It's definitely been worth it for us."

Moving forward

Mewha said business owners should work closely with the downtown development authority board and Northville Chamber of Commerce members.

"The closer we work together, the better the climate is going to be

for downtown," she said. "We'll look for the opportunity to bring other things to town."

Events like next month's ice sculpture displays and individual business events will help, she said.

"We want to make sure people know when they come to Northville they will find quality merchandise in friendly shops," she said. "We want to make sure people know we're available for business."

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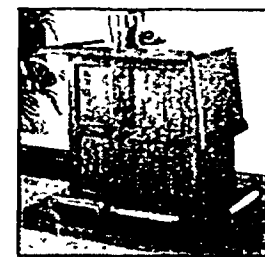
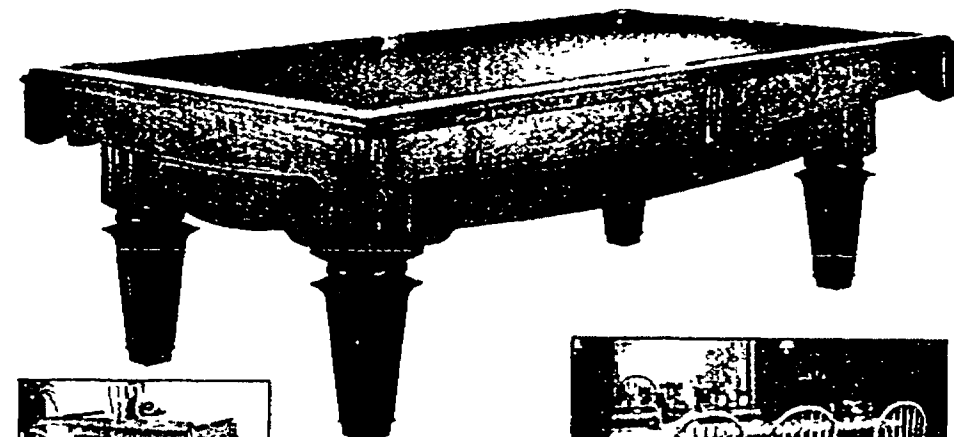
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When is lease, more?

Tenants count leasing as a cost of doing business

Record FOLLOW UP

By Maureen Johnston
RECORD STAFF WRITER

Lisa Reed-Tucker considers herself lucky when it comes to downtown landlords.

Yes, the rent rate is high, the Girly Girl owner said: more than \$2,000 a month for 1,000 square feet. But her corporate owner listened when she asked for a break with her 125 E. Main Street store.

This summer, Auburn Hills-based Comerica Bank gave her a month's rent free while she temporarily closed and re-merchandised her product lines to items with sparkles, animal skin and pink froufrou.

With the economy slumping and her past angel theme passe, the corporation's flexibility cinched

her decision to remain a merchant, Reed-Tucker said.

So, the Girly Girl merchant remains in place within a downtown streetscape ever-evolving with lessees dependent on a retail clientele's inclination to spend and a landlord's inclination to extend their lease.

Lessee status

Next week, Reed-Tucker will bid farewell to her neighboring retailer Peggy Allgeier, who is relocating her Belle Rose Antiques, 147 E. Main Street, in favor of lower lease rates.

Across the street, Justin York salon closed mid-month when word spread among staff and patrons that the historic 168 W. Main Street building had been sold and would be demolished.

Mary Pearce, owner of Edward's Catering and Cafe, said for 18 years she has heard rumors that demolition of her 116 E. Dunlap Street location would force her out.

The City of Northville's purchase of the building in October to make room for more public parking made that move a certainty. Pearce said this week she is not yet sure about the where or when of a new Edward's location.

Term provisions, rent rates and lease conditions: building owners hold all the cards.

But in a town where buildings are unavailable or unaffordable on a small business income, market forces prevail and lessees sign on the dotted line.

An opportunity

At the start of 2004, Mark and Annie Trudeau made the investment in a downtown building that turned them from lessee to landlord.

The owners of Fine Threads haberdashery, 105 E. Main Street, moved from a rental location down the block to a permanent location, with several long-established tenants.

Trudeau said he counts himself lucky to have heard about the availability of his Main Street building.

"It's purely an economical thing," Trudeau said. "Real estate is the only way to make money right now — not 401Ks, not the stock market."

"When an opportunity came up to purchase, boom, we were on it."

Girly Girl's Reed-Tucker said rent — far more than utilities and inventory — weigh on leasing merchants' abilities to stay in busi-



Photo by DAVID AGUILAR/RECORD EDITOR

Lisa Reed-Tucker is grateful and pragmatic about her Main Street retail existence.

ness. "The landlords have to be a little more sympathetic and help us out," she said.

"The sales don't warrant the type of rents we're paying."

"I still think the economy has not recovered totally."

"I have friends who have been hurt here by the high rents."

Justin York salon co-owner Laurie Anderson said when she realized her departure from the

building owned by Sheehan Property Management was imminent, it happened too fast for a relocation plan.

Like Pearce, Anderson said she knew the time would come. In the end, she said several factors prompted her to fold the Northville business and look elsewhere for employment.

Tom Sheehan said the company had planned to allow the long-term

tenants to stay three months while the purchase agreement was finalized. The salon ceased operation Jan. 15; the city's Historic District Commission next month is expected to revisit the building's fate.

Maureen Johnston can be reached at (248) 349-1700, ext. 103, or via e-mail at mjohnston@ht.homecomm.net.

Edward's exploring location options

The City of Northville will remain Mary Pearce's landlord until she moves from her 116 E. Dunlap Street location.

The Edward's Catering and Cafe owner said she always knew her business would have to move from the 2,200-square-foot building. She just didn't know when.

Pearce, who has a lease through June 2005, said she has discussed month-to-month extensions with city officials. She currently is considering two downtown locations, neither of which is ready to occupy.

One is the 120 West Main building under construction near the corner of Wing Street. The other is the Cady Street Elias Brothers/Sundowner restaurant in the indoor shopping mall where the Michigan Gift Mart is located.

"We're still checking both out," Pearce said. "I'm looking at what will be the commitment from the city."

With Edward's displacement resulting from the city's planned demolition of the Dunlap building, officials offered to temporarily assist with Pearce's relocation expenses.

In contrast to the \$3,000 per month she pays now, Pearce said, the 2,500-square-foot space in the West Main building or existing 3,600-square-foot indoor mall restaurant would cost at least another \$14,000 per year.

Both potential new sites will be a rent hike too high for her business to absorb, she said. Buying her own building is a plan for another day.

"I'm not looking at that as an option right now," she said. "Maybe down the road, somewhere some opportunity might open up."

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Township Briefs

NORTHVILLE

Police station on the way

Despite a frozen pipe last weekend, renovations on Northville Township's Six Mile Road police station are going well, Chief John Werth said.

This week, the addition's four-station dispatch console is being installed.

Located over the main lobby, the pipe will have to be replaced, Werth said. He was uncertain whether that would delay a planned Feb. 1 opening.

"They're going to have to tear out the ceiling," Werth said. "It was an unexpected incident. The builders' been on top of it." It will be covered at the builder's expense, Werth said.

The department also is still looking to hire two new police officers. A previous interview process with about 53 candidates failed to turn up any successful candidates.

Applications are being accepted until Feb. 11. After that, a written test and interviews will follow. Werth said he's hoping to have at least one new hire by April.

Township economics

Continuing to use permission granted by the board of trustees in December, supervisor Mark Abbo announced at the Jan. 20 trustees meeting that the township will employ an economic analysis.

The survey, which will be commissioned by Cleveland-based Silverlode, is not to exceed \$10,000, Abbo said.

"We're considering some land acquisitions," supervisor Mark Abbo said.

The permission originally given to Abbo, planning commissioner Bob Nix and planning director George McCarthy was in the context of the state-owned hospital property on Seven Mile Road.

Abbo said this analysis would be more expensive.

Manager Chip Snider said the results could show viable land uses. He gave research and development parks and brownfield possibilities as examples.

"Their charge is to take a look at land uses, today's economy and what it will support," Snider said.

Dan Foster is the principal with Silver Lode, Snider said.

Abbo previously secured Alan Greene, attorney with Bloomfield Hill's Dykema Gossett, to aid with the state property.

Rotary turns 100

In honor of Rotary International's 100th anniversary, the township board of trustees Jan. 20 agreed to declare Feb. 23 "Rotary Day" in the township.

The Rotary Club of Northville made the request, which was approved unanimously.

Quail Ridge costs OK'd

Despite resident complaints, the township board of trustees Jan. 20 approved an increased cost for road improvements in the Quail Ridge subdivision.

Coming back to the table, the total change order was nearly \$66,365. That meant a cost increase of about \$420 per resident.

Some residents weren't happy about the quality of the work. Engineering company Ayres, Lewis, Norris & May cited changes to Wayne County asphalt requirements, which changed since the project began in August.

The motion passed 5-2, with trustees Chris Roosen and Brad Werner dissenting.

Various fees, dues get go-ahead

At the Northville Township Board of Trustees' Jan. 20 meeting, the following costs were approved 7-0:

- Stormwater permit activities for 2005 were approved in an amount not to exceed \$71,535. Events will include public education, Johnson Creek Protection Group and other endeavors.

- Full system access to a closed circuit TV security system for township hall was approved. The non-budgeted \$23,310 cost will come from the police fund balance.

- Annual Southeast Michigan Council of Government dues of \$3,020 will be paid. SEMCOG gathers demographic, development and other regional information.

Arcadia Ridge changes approved

Changes that Pulte requested for the future home of its Northville Township Arcadia Ridge subdivision were met a 5-2 board vote approval last Thursday.

Slotted for a span of land east of Ridge Road and south of Six Mile Road, the proposed subdivision now will include a club house, detention pond movements and other shifts.

The planning commission had recommended the changes at its Dec. 7 meeting.

The plan for the former Detroit

House of Corrections property is currently undergoing review by Michigan Department of Environmental Quality.

The MDEQ hosted a public hearing on the property on Oct. 27, so a 90-day review period is drawing to a close.

Initially purchased from Wayne County by developer Grand Sakwa, the land at this point is slated for 352 lots.

Clerk Sue Hillebrand and Trustee Chris Roosen cast dissenting votes. Roosen cited too much density and not enough green space or parks.

Summer tax collection

Northville Township serves as a collection agency for various taxes. The board of trustees Jan. 20 confirmed the following property tax levy collections on July 1, 2005 summer bills:

- Northville Public School: township will collect 50 percent
- Wayne County Regional Educational Service Agency: township will collect 100 percent
- Schoolcraft College: township will collect 100 percent

Service costs shifted

This year, the township's attorney and planning consultant fees will increase slightly to meet inflation.

Representing the township's legal matters for 10 years, O'Connor, DeGrazia, Tamm & O'Connor, P.C. has upped rates by \$10 an hour. A 7.5-percent increase, it's the first in five years.

Fees for planning consultant LSL Planning, Inc., increased an average 2 percent. Managing partner Brad Strader has been with the township about 17 years.

To submit an item for consideration in Township Briefs, contact (238) 349-1700, ext. 107, or kkovelle@ht.homecomm.net.

Clear a path!



Photo by JOHN HEIDER/NORTHVILLE RECORD

Nancy Hackett shovels snow outside her West Main Street home driveway last Wednesday morning. The Northville area saw about three inches of snow that day and about a foot during the weekend.

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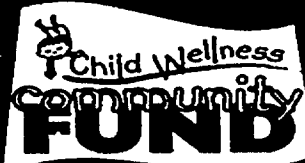
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Equine herpes still plagues Northville Downs

Race officials yet to isolate cause; virus spreads to third barn

By Sam Eggleston
RECORD SPORTS WRITER

Two days before a barn at Northville Downs was expected to have its quarantine lifted, a third case of equine herpes virus 1 was confirmed.

A horse, named Pam's Cadet, exhibited symptoms Jan. 14 and was euthanized shortly after, state race commission officials said. Two other horses, Timme Two and Speedy Tino, were euthanized in December after contracting the virus.

Though contagious among horses, equine herpes is not transferable to humans.

"Pam's Cadet was in Barn K," said Dominic Perrone, spokesperson for the Michigan Office of Racing Commissioner. "The first quarantine was on barn A, which is approximately 200 feet away."

He said an investigation immediately followed to determine how the virus spread into a non-adjacent barn.

"We are conducting interviews of

the licensees as well as all the grooms and personnel working for the trainers of the horses involved."

The second barn is currently under quarantine for at least 21 days following the confirmation of the virus in Pam's Cadet. The quarantine on Barn A was lifted Jan. 17.

While disinfecting of the second barn is underway, and to slow the spread of the virus, 12 horses being held in barn K have been moved to an off-site, undisclosed location, Perrone said.

"That helps immensely with the bio-security of the barn," he said. "We won't have people coming in and out with equipment. We'll be able to lock down the barn and disinfect it completely while the horses are in a different location."

Disinfecting is also being done on other, high-traffic areas such as the paddock area, the detention barn and any other "common" area.

Perrone said the ongoing investigation into how the horse first contracted the virus has turned up no leads.

"We have been tracing and investigating, but the origin of the virus has proved elusive," said Perrone. "We know the horse came over from Canada, basically made one, brief stop at a farm and then went directly to the track."

We've traced the movements of the horse, but we have no suspect in the case."

"This is a bad disease. You feel sorry for the people that come in contact with it, but at the same time you've got to protect the other people so they don't come in contact with it."

Larry Mallar
General Manager, Michigan Harness
Horsemen's Association

The steps to quarantine the horses away from Northville Downs has been agreeable to the horse-racing community.

"Everyone has just been trying to be as careful as they can be," said Larry Mallar, the general manager of the Michigan Harness Horsemen's Association, based in Okemos.

"This is a bad disease. You feel

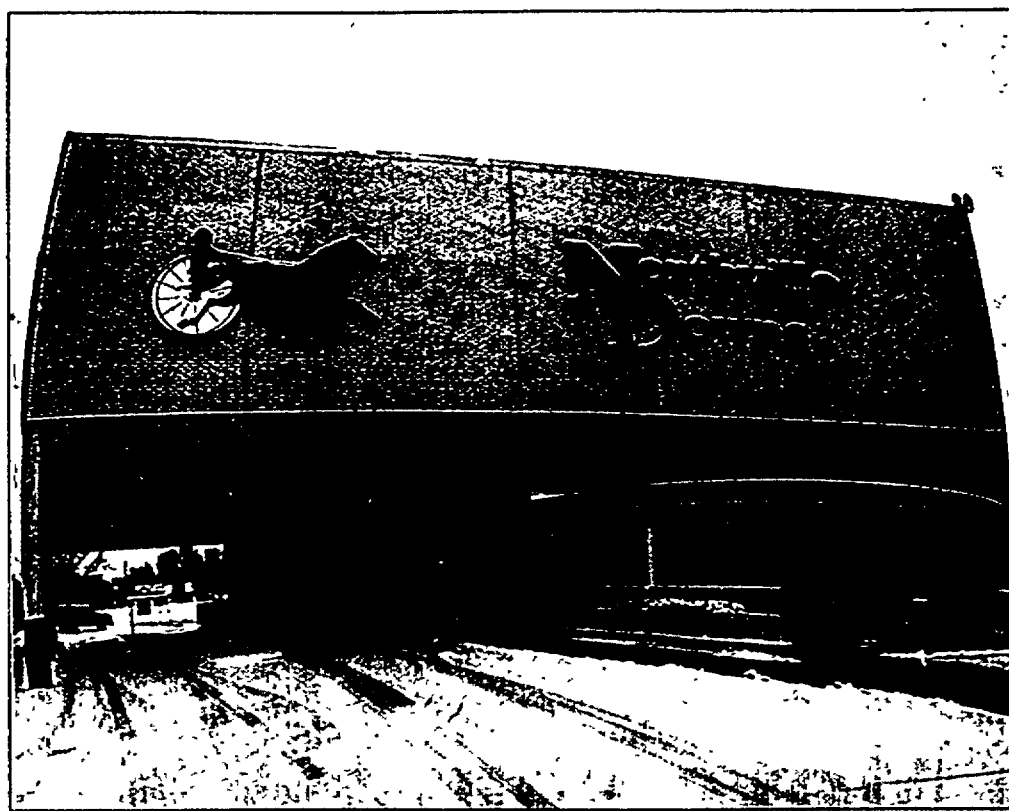


Photo by DAVID AGUILAR/RECORD EDITOR

Northville Downs remains open to the public for live and simulcast racing.

sorry for the people that come in contact with it, but at the same time you've got to protect the other people so they don't come in contact with it."

The quarantine on Barn K is expected to be lifted in early February.

Northville Downs remains open for live and simulcast horse racing.

Sam Eggleston can be reached at (248) 349-1700, ext. 104 or at seggleston@ht.homecomm.net.

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OPINION

PAGE 18A

Thursday, January 27, 2005

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Beginning next week, local residents, business owners and property owners will have the opportunity to voice their opinions and concerns about downtown Northville's future.

Two public forums (7 p.m. Tuesday and Thursday, Feb. 1 and 3 at the Northville Senior Community Center) are scheduled to discuss what evolution downtown faces next.

We urge all interested parties to attend.

Downtown Northville faces serious questions and significant challenges on its way to remaining viable and relevant during the next decade. Issues include: retail mix, customer service, extended hours, adequate parking, streetscaping, public amenities and facade renovation.

Downtown Northville is nestled between a double-edged luxury. It's surrounded by attractive age and income-level demographics, which also make it a magnet for major retail developers desirous of turning those demographics into profits.

Often partnered with national retailers obsessed with bottom-line profits, well-suited to deliver customer convenience and unforgiving when it comes to retail competition, those developers have their own ideas about Northville's future.

Is a lifestyle center being built tomorrow along Seven Mile Road, on 415 acres known locally as the former Northville Psychiatric Hospital?

Not tomorrow. Maybe not even on that site. But likely some day soon, closer than

many people now concede.

To believe Northville will not one day soon feel real pressure from a lifestyle center development — either within or near its

borders — would be naive and irresponsible.

Bottom line: Downtown Northville's pretty face and quaint historic demeanor simply are not enough to preserve its long-term relevance.

Development wolves are hungry and knocking at the door.

What's needed most downtown is acute business acumen and collective effort. What's needed are people who stand up, move their feet and raise their hands.

Attending next week's public forums is a solid first step toward maintaining control of downtown's long-term fate.

Either that, or succumb to the gathering wolves. And be left five years from now baying at the moon, remembering the day you could have once done something, but didn't.

Northville needs your voice now, not then.



Photo by DAVID AGUILAR/RECORD EDITOR

Owners of the 521 Randolph Street house have received permission from the Northville Historic District Commission to rotate the vintage structure 20 degrees to better fit with the property line. Crews temporarily set the structure aside from its Michigan basement while digging a full lower-level and creating a new foundation.

Gumbleton: Pope will have to wait

Bishop Thomas Gumbleton is supposed to write a letter to Pope John Paul II this Wednesday. Trouble is, he doesn't want to do it.

"Traditionally, you are supposed to write to the Pope on your 75th birthday and offer to resign," Michigan's most politically controversial bishop said, chuckling softly over breakfast. "But it's so arbitrary — some of them they ignore, but if you are the least bit progressive, they accept it immediately."

If that's the case, the Vatican may accept his resignation with the speed of the Internet. But Bishop Tom has no desire to lay his burden down.

He is a true child of Vatican II who was studying in Rome while the famous council was going on, and who was changed forever by it. He believes the church has a role to play, "standing up and safeguarding human rights for everyone." And as a bishop of the church, he feels it is his job to help lead that struggle.

That mission has taken him, a man who resembles a gentle, kindly Irish elf, to El Salvador and Iraq and a dozen other countries. He has just come back from Haiti, where he helped get a prominent priest, Fr. Gerald Jean-Juste, released from prison, and he plans to go back soon.

He's been in Vietnam and Guatemala and a dozen other places, usually staying with the poorest of the poor, sometimes tempting dictators and fate.

Even if he is forced into retirement, he intends to continue his travels. Why? What influenced Tom Gumbleton most was a Vatican II document on the church's role in the modern world. "If you are saving souls

one at a time you really aren't going to get very far," he said. But as he sees it, the church's role should be to try and "transfer this world into as close an image of the reign of God, what the reign of God might look like, as possible."

That would be a world, he said, where everyone has enough to live decently, and also where their human and political rights aren't trampled on.

That view of his role and the church has caused him to fast and commit acts of civil disobedience and irritate numerous governments, including his own.

Those sentiments are more or less out of fashion these days. He was one of the youngest (38) men ever to be ordained an auxiliary bishop in 1968. He laughed a few years ago when I asked if he thought he would have been made a bishop today. "Oh no!" he said, laughing.

Born in Detroit, Father Tom was a young priest studying canon law in Rome when Pope John XXIII convened the famous council. He was fascinated. John Cardinal Dearden, then Detroit's archbishop, was a main player.

"He was one of only a few — I think there were only two — American bishops who could really handle Latin, and all the discussions were in Latin."

Bishop Tom believes he has a traditional and pastoral role, too; he also serves as priest of St. Leo, a drafty, century-old brick church in the inner city where many of the parishioners are desperately poor, and death by gunshot is all too common. When he had breakfast last week, he was waiting to find out whether he or another priest would

preside over the funeral of one of these. The last time I visited him there, it was so cold in his office I could barely write.

The good bishop had been sleeping there, on a pallet on the floor. He hadn't told me, but he had used some of his salary to help pay the tuition of one of my students. What if he somehow just forgets to send the letter in?

"I suspect I'll get a call saying that the Pope is looking for my letter." He thinks forcing him into retirement would be a waste. He says he knows another round of church closings is coming. "They say it isn't arbitrary, but it is, and they never address the real reason, which is that there aren't enough priests."

He thinks the archdiocese should train a network of lay pastoral ministers, and send priests in to perform the sacraments. But his advice tends to be ignored. He admired John Cardinal Dearden and sometimes got into shouting matches with his successor, Edmund Cardinal Szoka. But the current archbishop, Adam Cardinal Maida, mostly just ignores him.

Bishop Tom prefers a dialogue, even at high decibels. He shrugs and smiles, looking out the window of a downtown deli in a neighborhood devastated by the closing of Tiger Stadium.

"Maybe you could send (the letter) by sea mail," suggested Rudy Simons, who has traveled with him to Iraq and Haiti. Simons, who is Jewish, told me every morning he found the bishop silently reading his Bible, and sometimes it would be hours before he spoke at all. I never believed in saints. Now, I am not so sure.

Jack Lessenberry is editorial vice president of Hometown Communications. He can be reached by phone at (248) 901-2561 or by e-mail at jlessenberry@homecomm.net.



Jack Lessenberry
EDITORIAL VICE PRESIDENT,
HOMETOWN COMMUNICATIONS

Record Letters

Thanks, Northville!

Northville has come through again with generous donations to the Salvation Army Christmas Kettle campaign. The Plymouth Corps' goal was \$140,000 and over \$181,000 was collected in the red kettles. All this money stays in the community to help those less fortunate. The following groups and individuals gave of their time and talent to help make this campaign a success. Many thanks for your efforts.

First Presbyterian Church of Northville, First United Methodist Church of Northville, Our Lady of Victory, Northville Police Department, Northville High School Honor Society, Northville Fire Department, Northville City Employees Mothers' Club Life Members, Northville Kiwanis, Thornton Creek Elementary, Moraine Elementary, Silver Springs Elementary, Rotary Interact Club, Cub Scout Pack #903, Cooke School, Methodist Youth Group, Irene Piccone, Chuck and Pam Burke, Ron Bush, John Carter, Tracie and Bill Richett, Charlie Cox, Don Sherman, Becky Reynolds, Dick Gray, Mary Champagne, Dwayne Deffer, Lynda and John Favorite, Happy Joliffe and Cari Hartmann, Robin Thomas and Ryan Kuhlrow, Jim McMichael, Jay Moore, Sara, Ryan and Stephen Perry, Greg and Mitchell Bell, Wooderson Family, Steve Bennett, Carol, Leah and Meryl Waldo, John Romanik, Carol Livermore,

Renee and Maggie Claire Ely, Judy Kohl, Tom and Sonia Swigart, Joy Donnellon, Kelli Nork, and Bob Delaney.

Judy Kohl, Northville
Coordinator
Plymouth Salvation Army Kettle Campaign

Letter wrong; editorial right

In his (Jan. 20 letter to the editor) Michael McClish attempted to connect the Our Lady of Victory School project to another property owner's choice to withdraw a rezoning application. Your readers should know Mr. McClish is comparing apples to oranges. A decision to withdraw a rezoning application is irrelevant to the OLV School project since OLV never applied to have its property rezoned. No such action was required because Northville's zoning ordinance already permits the proposed OLV School to be built subject to a special use approval. OLV obtained this approval from the city's BZA by a 7-2 vote. Nor has the city been "lax" in its review of the OLV School project, as Mr. McClish intimated. The project has been subjected to an unprecedented degree of scrutiny by the city's professional planning staff and reviewing bodies. After considering thousands of documents and hearing countless hours of public comments, the city's professional planning staff, its Planning

Commission, and its BZA approved the special land use permit and site plan for the OLV School project. Needless to say, a great deal of analysis was done by the city; far more than any other applicant has seen.

Mr. McClish also erroneously called OLV a "developer." OLV is a private property owner seeking to use its private property as the law permits, just as any resident would want to do. Anyone who would suggest that commercial or profit motives drive the construction of a school clearly does not understand the underpinnings of providing an elementary education, nor the physical constraints that shackle OLV School in its current facility.

Mr. McClish mistakenly claims the OLV School project has somehow "emasculated" the Northville's master plan. That plan provides for construction of neighborhood schools just like OLV. All the issues Mr. McClish claims the city ignored were in fact carefully considered by the city's planning experts and two different city boards. As collective bodies, they disagreed with overblown claims that disaster would result from the construction of a new facility.

Your readers should also know the city's planning commission did not turn over its responsibilities to the city's professional planner. Mr. McClish's real complaint is that when the planning commission was provided two competing interpretations of the zoning ordinance, it opted to follow the recommendation of its professional planner, not the one Mr. McClish offered.

As several communities in southeastern Michigan have had to pay millions for trampling the rights of private property owners, it should be clear to your readers why the city staff and planning bodies focused on the interests of the entire city rather than only a two block section within it.

Mr. McClish complains that the Northville Record failed to report OLV is trying to deny Northville citizens their day in court. The Record was right not to report that because it is not true. Just six people are appealing the city's decisions. OLV filed legitimate motions raising the issue of their legal standing and declined the invitation to just ignore rules of law.

Mr. McClish writes that citizens attempted to change the zoning ordinance in 2004. Since OLV applied for its project in 2003, your readers should know that even if changes had been enacted in 2004, they would not have applied to the OLV project. Fortunately, we live in a country where there exist constitutional protections against private property rights being extinguished at the whim of a small group of political activists.

Finally, as the Record rightly noted in its Jan. 13 editorial, the city zoning ordinance allows OLV to pursue its school project and OLV is acting within its rights. Mr. McClish's real complaint is that OLV will not simply surrender those rights to him so he can decide what OLV can use its property for.

Peter M. Donnelly
OLV Parishioner



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. Generally, no more than one letter per month by the same author will be published.

Elections: In order to be fair to everyone, this newspaper will not run letters to the editor the week prior to an election that open new issues. Expressions of thanks to political supporters are best made by buying an advertisement.

Mail: Letters to the Editor, David Aguilar, Northville Record, 104 W. Main St., Northville, MI 48167.

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NORTHVILLE SCHOOL BOARD PRESIDENT
Judith Wolack



COMMENTARY

PAGE 19A

Thursday, January 27, 2005

Northville Wares!



The interior of D.A. Ware's restaurant, circa 1900. The Ware Family has longstanding Northville roots.

Looking back...

100 Years ago

The following story has been excerpted from the 1905 Northville Record by Northville Historical Society board member Mark Chester. With minor exceptions, the stories comprising this year-long weekly series will appear as published 100 years ago this week.

January 27, 1905

NORTHVILLE The City In Brief Excerpts:

Ms. George Wilcox is quite ill. Mrs. E.C. Hinkley has nearly recovered from her severe attack of grip.

Our fine sleighing had a close call Saturday, but was thoroughly fixed up again in a day or two.

Lost - An Elks tooth watch chain. Finder will be liberally rewarded by leaving same at the Record office.

Word comes from Milford that little Donald, son of Mr. and Mrs. D.P. Yerkes, is laid up with a badly sprained ankle.

Homer Ceasar, who was up before Justice White Saturday as a "drunk and disorderly" was

released on suspended sentence. With the usual ups-and-downs in vogue with our Michigan weather department, last week's thaw was followed by a drop in the temperature, which fell to several degrees below the cipher between Saturday night and Monday morning.

The good sleighing has made Dunlop boulevard a very lively place lately, as some of the good horses have been out nearly every day for exercise.

The Jolly euchre club was entertained by Mrs. Hinkley Monday evening. The meeting next Monday night is to be at Mrs. A.K. Carpenter's.

Another coasting accident occurred on Buchners hill Monday evening as the result of which Grant Garfield had some bones broken in his hand and one or two others have some severe bruises. The casualty was caused by the breaking of a sleigh runner. Several other minor accidents have also occurred recently.

R.R. McKahan has been drawn to serve as juror for the February term of circuit court.

The girls at the Northville Telephone office were the recipients of a basket of fine apples from George Clark one day this week.

Snow drifts caused all sorts of trouble on the electric roads Wednesday, a number of cars having to be shoveled out of the snow on both lines.

Lansing notes Legislature faces diverse issues

Governor Granholm recently announced she will deliver her State of the State address on Tuesday, Feb. 8, at 7 p.m. Tradition holds that the governor gives the address annually to the Legislature in the House chambers. In the speech, the governor will lay out her priorities for the year, among them, the proposed budget for 2005-2006.



State Sen.
Nancy Cassis
R-NOVI

Just two days later, the governor will deliver her proposed budget for 2005-2006.

This is an important time for our state. Like many Michigan families, the state's budget is strained. We must look carefully at the priorities of residents and businesses in order to make difficult choices to balance the budget. During this time, it is important that you stay abreast of what is happening and provide feedback to your elected officials.

Unemployment

Michigan's unemployment rate rose to an alarming 7.3 percent in December, the highest in the nation. In the last year, the state's economy lost 47,000 jobs. If there was any doubt before, there can be none now - the most important task facing our state is putting Michigan workers back to work.

The loss of jobs in Michigan speaks to our state's economic competitiveness. Michigan must retain and create jobs and train a highly skilled work force to be competitive with other states in the technology-driven economy. As chair of the Senate Finance Committee, getting the state's economic engine revving again will be a top priority.

Superintendent of Public Instruction

Late last year, the State Board of Education, which oversees education issues for the state, gave Superintendent of Public Instruction Tom Watkins high marks for his achievements in the preceding two years. The board president and another board member were given authority by the board to negotiate a new contract with Superintendent Watkins, and recently completed that task. However, when the contract came before the full board for review, it was pulled

from the agenda.

Questions arose as to whether Superintendent Watkins would be offered a contract for 2005, and some have insisted that he already has a contract. Governor Granholm now has publicly called for his firing. This situation has led to a degree of turmoil at the State Board of Education and strained relations between the board and the governor.

The controversy is further fueled by a report on school financing released recently by Superintendent Watkins. The governor, Legislature and the state's residents should have a chance to read the report and have a serious discussion of the issues it raises.

Hopefully, this situation will be resolved soon so that we can focus on the important issues facing the education community, like funding, and continue our work to ensure that Michigan continues to provide a quality education for its students.

Federal AYP Standards

Each year, the federal government measures progress in our school system and issues a report detailing which schools have made adequate yearly progress (AYP). Recently, Michigan received its grades. Statewide, 80 percent of schools met the federal AYP standards. Every school in the 15th Senate District met the AYP standards this year.

A quality education system is vital to the success of our state and our children. Education unlocks doors and provides endless opportunities to prepare students to compete in the global economy. We should be proud of our students and the teachers and administrators who work each day to help them learn.

This report card demonstrates our state's commitment to education and the value that Oakland County residents place on providing a quality education for students.

As always, your comments are welcome and appreciated.

State Senator Nancy Cassis, a Novi Republican, represents the 15th Senate District, which includes the townships of Commerce, Highland, Holly, Lyon, Milford, Novi, Rose, West Bloomfield and White Lake; as well as the Villages of Holly, Milford and Wolverine Lake; and the cities of Novi, Northville (the portion in Oakland County), Orchard Lake, South Lyon, Walled Lake and Wyom.

Good-bye, girl!

Record intern bids farewell

By Alexandra Hollmeyer
SPECIAL WRITER

Last Thursday marked the end of Finals Week for students at Northville High School. It was a day that brought closure and relief to another semester.

While everyone rushed home to enjoy a stress-free three-day weekend, I was here at the Northville Record, (slaving away at my computer) enjoying my last and final day of my internship.

It was quite the journey, learning what journalism is all about.

If I had to sum it all up, I'd say it pretty much consisted of picking on Sam, being picked on by David, wondering when Victoria will be back, eating all of Karen's candy, talking to Maureen, experiencing the 300-year-old pop-machine, and writing stories in between.

Although internship took up a good amount of my time, including my lunch periods, I do have to say I've gained so much important knowledge from this experience.

After my internship here, I'm hoping to do another one in broadcast journalism.

And in the fall I will be attending Grand Valley State University to study communications.

I'm sad to think that not only is my internship almost over, but so is my senior year.

For now I'm just going to take it slow, and enjoy the time I have.

Alexandra Hollmeyer is a Northville High School senior and a former Northville Record intern.

GUEST COLUMN

Know your limits when it comes to shoveling

It's said that there are only two certainties in life: death and taxes. Well, I'd argue that here in Michigan, we have a third: snow.

Now there's no doubt snow can be beautiful. However, it can also pose some risk to our health.

If you have a personal or family history of heart disease or high blood pressure, if you smoke, or if you're generally an inactive person, you can be in a danger zone if you run out there to shovel the walk.

Even generally healthy people need to be careful. Here are some tips:

- Freshly fallen snow is easier to shovel, so try to remove snow right after a storm.
- Dress warmly and in layers.
- Drink water to avoid dehydration.
- Bend from the knees and tighten your stomach muscles as you lift the snow.
- If the snow is too heavy to lift, push it like a snowplow.

Most importantly, take it slow and stop if you feel pain or discomfort.

The bottom line is that it's important to do what's right for your health. Your best options might be paying a youngster in the neighborhood to shovel your walk or asking someone for a helping hand.

Take care of your health before it's lonnnnggg gone.

Ernie Harwell, "the voice of the Detroit Tigers" for more than four decades, retired after 55 years behind a major league microphone. Today, at age 86, Ernie's days are filled with serving as a health and fitness advocate for Blue Cross Blue Shield of Michigan and Blue Care Network, public appearances, writing, traveling and taking long walks with "Miss Lulu," his wife of more than 60 years. His latest book, a collection of his baseball columns titled "Life After Baseball," is available at local bookstores or by calling (800) 245-5082.

NORTHVILLE RECORD

Guest columns are welcome at the Northville Record. Please contact us in advance. All submissions may be edited for length, clarity and content.

Deadlines for Letters to the Editor are Monday at 5 p.m. Deadlines for calendar information is Friday at 5 p.m. Visit our Web site 24 hours a day at www.hometownlife.com.

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Oakland County Sheriff answers questions from the public



Oakland County Sheriff Michael Bouchard

Dear Sheriff Bouchard,

I live on a lake in Oakland County, and my teenage son insists upon taking our snowmobile on the lake now that it is frozen over. I know a lot of people do this, but is it safe?

-Marty in Waterford

Dear Marty

First of all, no ice is 100 percent safe. As a general rule though, to judge recreational use of clear, solid blue ice: look for 5-inches thick minimum for general use (fisherman, ice skaters, and foot traffic), and 8-inches thick minimum for travel by snowmobile or an off road vehicle.

Also, how old is your son? If he is younger than 17 years of age, he is required by Michigan law to take a snowmobile safety class if he has not already done so. My office conducts these classes, so feel free to call

our Marine Division at (248) 391-0256 or check our Web site at www.oaklandsheriff.com for a schedule. Snowmobiles, ORVs and vehicles on the ice increase your risk of falling through, especially at night. Many accidents occur when operators are driving at a high rate of speed (over driving) and are unable to slow or stop in time to avoid open water or unsafe ice.

Survey the ice, keeping in mind that ice conditions change day by day, lake by lake and location by location on the same body of water. Some signs of changing ice conditions can be, but are not limited to: moving water near a stream, river, unseen spring or inlet, slushy areas, depressions in the snow, heavy snow, white or black-colored ice. These are all signs of thin ice or unsafe ice. While I don't personally recommend snowmobiling on ice, if you, after careful consideration, decide to do it, consider wearing a personal flotation device (PFD) as part of your overall protective

clothing or a flotation snowmobile suit. Ice creepers attached to boots will help to keep you stable on the ice and can assist in self-rescue. In addition, when anyone goes out snowmobiling, always leave a travel plan with someone who can call for help and direct a search party if you do not return. And bring safety items which may include: cell phone, whistle, rope, ice pick or awls, screw driver, hand flares, flashlight, throwable PFD. Plan ahead for a rescue. Too many times, ill prepared people end up in dangerous situations that put them at risk, ending tragically. While we want everyone to have fun and enjoy the many recreational opportunities there are, we don't want what was supposed to be a fun time turn into a tragedy.

If you have a question for Sheriff Michael Bouchard, feel free to submit it to askthesheriff@hotmail.com.

WHAT'S GOING ON?

Northville's Official Events Calendar • nrevents@ht.homecomm.net

Local Events

"In Motion" Class

Northville Parks and Recreation and the Water Wheel Health Club are offering a new class for kids ages 9-12 years old. "In Motion" has activities that promote health, teamwork, strength, balance, and coordination. The instructor is Stephanie, who is a certified fitness coach. This class will be from 4-5 p.m., Thursdays, starting today, March 3 at the Recreation Center at Hillside Middle School. Hillside Middle School is located at 700 W. Baseline Road. Call the Parks and Recreation office for more information, (248) 349-0203.

Northville Newcomers and Neighbors membership drive

The Northville Newcomers and Neighbors will sponsor a mid-year membership drive from 10 a.m.-2 p.m. and 4-7 p.m. on Tuesday, Feb. 7 at the Northville Library. This event is to meet club members and to become informed of the group's activities. The dues are half price at \$10. The library is located at 212 W. Cady St. Contact Andrea Sellers, membership chairperson at (248) 446-1246.

Local Artist Exhibition

There will be an art exhibition of a local Novi artist, Darcel Deneau, Jan. 4-Feb. 28. Seventeen original art paintings will be on display at Picasso Cafe, located at 39915 Grand River Ave., Novi, in the Grand Oaks Plaza. Darcel Deneau is a commissioner for the Northville Arts Commission. An opening reception will be held from 7-9 p.m. on Friday, Jan. 21 at the cafe.

Line Dancing at Novi Ice Arena

Line dancing lessons are held 6:30-7:30 p.m. on Mondays and Fridays for beginners and 7:30-9 p.m. for intermediate levels. The cost is \$6 for non-Novi residents and \$5 for Novi residents or those 55 years and older. Both programs are ongoing, pay-as-you-go. The Novi Ice Arena is located at 42400 Arena Drive. For more information, call Jean at (248) 348-9116.

Ward Presbyterian grief workshop

This free workshop is open to the community and will be presented by Cathy Clough, director of New Hope Center for Grief Support. The workshop will meet for eight Mondays from 7-8:45 p.m. beginning Jan. 31 at Ward Presbyterian Church, Six Mile and Haggerty roads in Northville. For registration information call Dorothy at Ward Church at (248) 374-5966. For information about other age and loss specific grief support groups offered by New Hope Center for Grief Support, call (248) 348-0115.

Northville Newcomers and Neighbors Event

A "King's Table" New Orleans-style buffet will be served at the Mardi Gras Carnival Dinner Dance, at 6:30 p.m. on Saturday, Feb. 5 in the St. John's Golf and Conference Center, Plymouth. The event is open to new, current and prospective members and friends. The cost is \$65 per person and tickets can be purchased from Jackie Sharp or Judy Robbins, chairs, at (734) 416-6489 or (248) 895-5298 by Thursday, Jan. 21. Dressy attire is requested, and masks and costumes can be worn. Singles and couples are welcome. There will be dancing, door prizes and favors.

Country Garden Club

The Country Garden Club meets the first Tuesday of the month at the Cady Inn, Mill Race Village. Refreshments are served and the public is invited. For information or questions, contact Kathryn Novak at (248) 348-3263.

Community Wide Healing Service

This service will be held at 4 p.m. on the first Monday of each month at the First United Methodist Church of Northville, Eight Mile and Taft roads. The service is open to all faiths.

Northville Yoga Class

The American Legion Hall is sponsoring Yoga Classes: 7-8:30 p.m., Mondays; or 9:30-11 a.m. and 7-8:30 p.m. Thursdays through March 28. Start anytime, no charge for first visit, scholarships and sen-

ior discounts available. Contact Diane Siegel-DiVita at (248) 344-0928 or trianglesix@msn.com.

Master Gardener Association

These monthly meetings are at 7 p.m., the second Thursday of each month through June. The theme for Feb. 10 is cooking. The gardeners meet at the Environmental Interpretive Center at the northwest corner of the University of Michigan-Dearborn campus, 4901 Evergreen Road, between Ford Road and Michigan Avenue.

Divorce Recovery Workshop

A Divorce Recovery Workshop will run Jan. 13-Feb. 24 at the Forum Room of First Presbyterian Church, 200 East Main St., Northville. The cost is \$35 and includes the book *Growing Through Divorce*. Scholarships are available — see Pastor Russell. To register, contact the church office at (248) 349-0911 or fill out the registration form and mail. There will be various speakers.

Center Stage Dance Company Phone Cards for Soldiers

Center Stage Dance Company in Northville is accepting donations of AT&T phone cards for soldiers through the month of January. They have shipped 30 care packages to the Landstuhl Regional Medical Center in Germany where serious casualties coming out of Iraq and Afghanistan are flown. The studio has 12 more packages ready to go but needs more phone cards. Center Stage will package. Further information is available at (248) 380-1666 or CSDC5678@aol.com.

Genitti's Dinner Theater, Winter Concert Series, Children's Lunch Theater

Come see "Michigan Hold 'Em" at this Northville interactive dinner theater, Fridays and Saturdays through June. The cost is \$45. Call (248) 967-3422 for times and reservations.

Attend a series of three concerts highlighting outstanding Michigan performers in an intimate setting with audience interaction. See Matt Watroba, 7-8 p.m., Jan. 30; Michael King, 7-8 p.m., Feb. 13; and Robert Jones, 7-8 p.m., Feb. 27.

Children will enjoy "The dragon of Elderberry Castle" at the children's lunch theater, Saturdays and Sundays through June. The cost is \$14.95 for kids and \$16.95 for adults. Call (248) 967-3422 for times and reservations. Genitti's is located in downtown Northville at 108 E. Main St.

14th Annual Hearts of Remembrance Program

Arbor Hospice and Home Care offers the community an opportunity to honor or remember a loved one through its annual Hearts of Remembrance Program. More than 30 Arbor Hospice and Home Care volunteers work throughout the year to design and handcraft thousands of heart-shaped ornaments that are sold as part of an annual fund-raiser for the agency.

Individuals wishing to purchase an ornament may contact Arbor Hospice and Home Care at (888) 992-2273, ext. 152. Minimum suggested donation is \$20. Arbor Hospice has two Northville locations: Arbor Hospice and Home Care, 331 N. Center St., (248) 348-4980; and Braveheart, 126 Main Centre, (248) 449-8232.

Johnson Creek Protection Group Volunteer Rally

The 5th Annual Volunteer Rally and informational meeting will include a summary of successes in 2004, a look toward the activities and events of 2005, and a call for new members and more volunteers.

There will be several speakers and booths by other area environmental organizations and agencies that attendees can visit. The rally will be held at 7 p.m. on Feb. 5 at the Northville Township Hall, 44405 Six Mile Road at the corner of Six and Sheldon roads. For more information about meetings or events, visit the Johnson Creek Web site, e-mail Michelle West at mwest@alnm.com or call (734) 761-1010.

Daddy-Daughter Princess Ball

Hear Ye! Hear Ye! The royal court of Prince Charming announces its 21st Annual Ball and cordially invites all of the princesses of the land to attend. Ask that special gentleman in your life (your kingly father, princely brother, duke uncle, etc.) to an evening of enchanting music, wonderful food and elegant dancing. Prince Charming will be there, too, so don't be surprised if he asks you to dance.

Make sure you RSVP. Call Northville Parks and Recreation to

Family 'Stone'

Arnetts offer scoops of goodwill to Northville community, local schools

By Kim Kovel
STAFF WRITER

Two things seem clear in Joe Arnett's immediate future: ice cream and a focus on Northville. Tomorrow, he'll open his newest Cold Stone Creamery shop off Haggerty in College Park.

Though that's in Livonia, he plans to hire Northville students, help school groups with fund-raisers and get involved with next summer's Victorian Festival.

"The first time I set foot in Northville, I fell in love with it," said Arnett. "It kinds of reminds me of my own hometown where it's very close-knit community."

Along with wife Bernadette, daughter and soon-to-be-born baby, Arnett soon will be moving to the township's Steeplechase neighborhood, once their home is built.

"We call it the Northville store, not the Livonia store," Bernadette said. "We're starting to look at doing things with both sides."

Ice cream and kids

Members of Northville's chamber of commerce, the Arnetts have hit the ground running.

From the time their third area Cold Stone opens at 11 a.m. tomorrow until its 10 p.m. close, half the profits from their specialty ice cream and all proceeds from pre-ordered cakes will go to Children's Hospital of Michigan.

"We're actually going to open an hour early," Joe said. "We want to get the best opportunity for success. Our goal is to raise \$5,000 for them in one day."

Arnett said he and Bernadette, who moved to Northville in 2003, were excited to be in Northville.

"We wanted to get into a very

register at (248) 349-0203. Event occurs 4-6 p.m. and 7-9 p.m. Feb. 26, at the Recreation Center at Hillside. The cost is \$20 per couple and \$10 per additional person.

Library Lines

The library will be closed for a staff in-service day on Friday, Feb. 4.

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

Investment database

Select stocks and mutual funds or track your investments, using Morningstar.com, a database which offers detailed information and independent analysts' reports, funds and equities. Find out more information at the reference desk.

Northville Genealogical Society

Individual help on genealogy is offered by society members in the local history room from 1-3 p.m. on Mondays afternoons at the library. For more information, call Grace Wilfong at (248) 349-9079 or check the Web site at www.rootsweb.com/~mings.

Winter Tot Storytime with Caregiver

Specially designed for 2- and 3-year-olds with a parent or caregiver, this six-week series of half-hour sessions is structured to help this age group gain the most from this library experience. Please bring only age appropriate children who are registered for the weekly program. There are four sessions to choose from, and each session includes 13 children accompanied by a caregiver. Register for one of the following: 10:15-10:45 a.m., Mondays, until Feb. 28; 10:15-10:45 a.m. or 11:30 a.m.-noon, Wednesdays, until March 2; 10:15-10:45 a.m., Thursdays, Jan. 27-March 3. Register by phone at

Cold Stone Creamery

What: Joe and Bernadette Arnett are opening their third Cold Stone Creamery and, with tomorrow's grand opening, will donate proceeds to Children's Hospital of Michigan.

Where: 17382 Haggerty Road in College Park, south of Schoolcraft College.

Northville ties: Moving to the township soon, the Arnetts have joined the Northville Chamber of Commerce and plan to hire Northville students and host fund-raisers.

Fund-raiser hours: 11 a.m.-10 p.m., Friday, Jan. 28.
Winter Hours: 12 a.m.-9 p.m., Sunday-Thursday; 12 a.m.-10 p.m., Friday-Saturday.

fun and exciting type business. We thought this would be fun for our kids as well," he said. At their recently-opened stores in downtown Plymouth and Farmington, their 14-month-old daughter has been seen both in a playpen and eating strawberry ice cream in the store.

The quickly growing franchise makes its 20-25 flavors in-store daily. In trademark style, extra ingredients are "mixed-in" for customers on a cold slab of Zimbabwe-imported granite.

"As soon as you walk in, you're... smelling ice cream waffles being baked or brownies," Arnett said. "The rule is if you come in our store, you've got to try a sample."

Servings include "Like It" at \$3.29, "Love It" for \$3.59 and "Gotta Have It" at \$3.99, while cakes cost \$17.99-\$45.99.

"There's a lot of energy. People get to watch it they get to interact with their production. Our employees will sing to them," added Arnett.

Eye on the future

Though the weather's cold, the Arnetts aren't concerned. "Even in Michigan at 1 below zero, people still buy ice cream,"

(248) 349-3020 or in person.

Kids Club for 1st, 2nd and 3rd Graders

The new Kids Club is an after-school program for first, second and third graders featuring stories, games and crafts. It is now offered 4:30-5:15 p.m., Thursday, once a month, in the library's meeting room. Each session includes 20 children. Please register for individual sessions by phone at (248) 349-3020. Winter Kids Club programs are: today, Adventures in Art; Feb. 10, Friendship; and March 3, Stories from China.

Winter Storytime for Children

Children who are ages 4, 5 or in kindergarten and comfortable attending without a caregiver are invited to join this six-week series of 45-minute storytimes. Sorry, younger or older children or non-registered siblings may not attend. Each program features stories and creative activities, so children should also be able to use scissors, glue, etc. Each session includes 20 children. Please register for one of the following sessions: 4-4:45 p.m., Mondays, Feb. 7-March 14; 10:15-11 a.m. or 2-2:45 p.m., Tuesdays, Feb. 8-March 15. Register by phone at (248) 349-3020 or in person.

Valentine Crafts for Kids

Children of all ages are invited to make a Valentine for someone special in the library's meeting room from 4-5 p.m. on Tuesday, Feb. 8. No registration is required, just drop in.

Books, Chat and Chow

This discussion designed for sixth graders and older will begin at 4:15 p.m. on Monday, Jan. 31. This month's title is "Things Not Seen" by Andrew Clements.

Between the Lines

Between the Lines is an adult monthly reading group that alternates between fiction and non-fiction books. The next discussion will be at 7 p.m. on Monday, Feb. 14 at the library. We will discuss "The Known World" by Edward P. Jones. Contact the library for more information, at (248) 349-3020.



Photo by JOHN HEIDER/NORTHVILLE RECORD

Erica Graunstadt mixes some almonds and Heath Bar into some chocolate ice cream at the new Cold Stone Creamery on Haggerty Road, north of Six Mile.

Joe said. Nor is he worried about Maggie Moo's, the other franchised "mix-in" ice cream that recently opened across the street.

"I think we cater to a little bit of the same demographics," said Arnett. "There's going to be a choice for the consumers."

The Arnetts have helped scouts and soccer teams raise money and learn about ice cream making in the past. They plan to carry that to Northville.

"We have the kids promise it and then we donate... a percentage," Bernadette said.

As the couple prepares to open three more local stores, they also have an eye on possibly opening a shop in downtown Northville one day.

"We are going to be recruiting from the Northville schools," said Joe. Of his newest locale, he added, "I can't wait to get in there."

Kim Kovel can be reached at (248) 349-1700, ext. 107, or via e-mail, kovel@ht.homecomm.net.

Fun in the Sun Crafts

Come in from the cold and warm up with crafts at 4 p.m. on Tuesday, Feb. 8 and Wednesday, March 16. All ages welcome. Children ages 4 and under please attend with a caregiver. No registration required, just drop in.

Little Me Storytime

This storytime is for children from 10 months to 2 years old, along with their parents or caregivers, from 10:30-11:15 a.m. on Friday, Feb. 21 and March 18. No registration is required. Infants and older children are also welcome to attend.

Family Fun Evening Storytimes

Wear your pajamas for these monthly programs for families at 7 p.m. on Wednesday, Feb. 16 and March 9 at the library. No registration is required, drop-ins welcome.

Junior Books, Chat and Chow

Fourth and fifth graders can make friends, have treats and enjoy a book discussion at 4:15 p.m. on Wednesday, Feb. 23; Incredible Journey by Sheila Bunford and March 30; Whipping Boy by Sid Fleischman.

Michigan Chinese Dance Troupe

The Michigan Chinese Dance Troupe will perform traditional dances celebrating the Chinese New Year, featuring ribbons and fans, at 7 p.m. on Monday, Jan. 31 at the Northville Library. Register by calling (248) 349-3020.

Celtic Music Concert

Jesse Lee Mason and Tyler Duncan of the Irish Band Millish will perform Celtic music on guitar, uilleann pipes, bodhran, and a variety of whistles at 7 p.m. on Tuesday, Feb. 7 at the Northville Library. Please register in advance, as seating is limited, call (248) 349-3020.

Library Board Meetings

The Northville District Library Board of Trustees typically meets at 7:30 p.m. on the fourth Thursday of the month. The public is welcome.

Visit the Friends Store for Unique Gifts

Stop in at the Friends Store for great gift ideas. All proceeds from this volunteer-run store benefit the library.

Seniors

Tax counseling services

Volunteer tax counselors will prepare taxes from 9 a.m.-12 p.m. and 1-4 p.m. on Thursdays, from Feb. 3-April 14. There is no charge for this service, but you need to make an appointment. Contact Senior Center, 303 W. Main St., at (248) 349-4140.

Paczki Day

Seniors are invited to celebrate Paczki Day from 9-11 a.m. on Tuesday, Feb. 8 at the Senior Center, 303 W. Main St. Donations are accepted.

Dream Your Dream Discussions

This is a four part discussion series which encourages people to enjoy life. It is from 1:30-3 p.m. starting Wednesday, Feb. 2. Wednesday, March 16 at the Senior Center, 303 W. Main St. JoAnn Bogus from Catholic Social Services of Oakland County will be leading the sessions. There is no fee. To register, call (248) 349-4140.

Senior Center Calendar

Thursday Jan. 27:
9 a.m.: Taking Off Pounds Sensibly
9 a.m.: Massage
9:30 a.m.: Westland Mall
10 a.m.: Oxyse
10:30 a.m.: Budget Retirement
12:30 p.m.: Pinochle
1 p.m.: Computers I
Friday Jan. 28:
9 a.m.: Grocery shop
9:30 a.m.: Liquid Nutrition/Focus Hope Distribution

continued on 21A

What's Going On? (cont'd)

continued from 20A

10 a.m.: Strength training
11 a.m.: Computers II
1 p.m.: Movie
Monday Jan. 31:
10 a.m.: Blood pressure
12:30 p.m.: Pinochle
1 p.m.: Line dancing
1-2:30 p.m.: Tai Chi
Tuesday, Feb. 1:
9:30 a.m.: Meijer
10 a.m.: Oxyise
11:30 a.m.: Brain Tease
12:30 p.m.: Pinochle
1 p.m.: Computers I
Wednesday, Feb. 2:
noon: Bridge
1 p.m.: Computers II
6:30 p.m.: Dream your Dream
presented by JoAnn Bogus

Friday, Jan. 28: Archives open, 9 a.m.
Saturday, Jan. 29: Private tour, 2 p.m.; Cub Scouts, 3 p.m.
Sunday, Jan. 30: Mill Creek, 10 a.m.; King's 8th, 10 a.m.; Mackinaw Scouts, 1 p.m.; Venture Scouts, 4 p.m.
Monday, Jan. 31: Brownie Scouts, 4:30 p.m.
Tuesday, Feb. 1: Stone Gang, 9 a.m.; Country Garden Club, 11 a.m.; Daisy Scouts, 4 p.m.
Wednesday, Feb. 2: Mill Race Basket Guild, 9 a.m.; Mill Creek, 7 p.m.
Thursday, Feb. 3: Archives open, 9 a.m.; Service Unit B Scouts, 9:15 a.m.; Brownie Scouts, 3:30 p.m.

Maybury Farm Hayrides and Sleigh Rides

Weather cooperating, hayrides and sleigh rides will be offered on Saturdays and Sundays. For additional information, call (248) 374-0200. Please enter off of Eight Mile Road.

Looking for You

Schoolcraft College Choral Union Auditions

To schedule your audition for the Schoolcraft College Choral Union, contact choir president, Shari Clason at (248) 349-8175 or e-mail dpcsc@aol.com. Auditions. They will be held in Room 310 of the Forum Building, Schoolcraft College, 18600 Haggerty Road, Livonia. All voice parts are welcome.

Volunteers Wanted

There are a variety of volunteer opportunities available for all age groups. Assignments include:

Senior Community Center front desk, special assistance and special park projects. High school volunteer hours and scout badge projects are welcome. Contact recreation@ci.northville.mi.us for more information.

Camera Club Meeting

Join the Northville Arts Commission and Northville Camera the second Tuesday of each month. All are welcome. For more information or the cost of yearly dues, contact Tom James of Northville Camera at northville-camera@sbglobal.net; Ken Naigus of the arts commission at kdn@comcast.net or the Northville Arts Commission at (248) 449-9950.

Arts Commission

Meets at 7:30 p.m., second Wednesday of the month, Art House, 215 W. Cady St.

Beautification Commission

Meets at 7 p.m., second Tuesday of the month, city hall, 215 W. Main St., Meeting Room B.



Storyteller Laura Pershin entertains Winchester Elementary School students last Thursday with the Russian tale of "Baba-Yaga."

Photo by JOHN HEIDER/NORTHVILLE RECORD

continued on 22A

Mill Race

Mill Race Historical Village

Created in 1972 by the Northville Historical Society, the Mill Race Historical Society preserves architectural styles common to the area prior to 1900. It was built on land donated to the city of Northville by the Ford Motor Company. Once the site of a grist mill, the village has a church, gazebo, school, rustic wooden bridge, blacksmith shop, interurban station and several homes reminiscent of an era gone by. The Northville Historical Society is a non-profit organization relying on membership to help preserve this living museum. Contact the office for more information, at (248) 348-1845.

Scheduled events are as follows:
Thursday, Jan. 27: Archives open, 9 a.m.; Eclipse Hot Stove, 6 p.m.

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Near Center Ct.)

ANN ARBOR HILLS
Great Lakes Crossing Mall
248-253-1799

BRIGHTON
8159 Chaffin, Suite C
(Off Grand River,
in front of Target)
810-225-4789

CANTON
42447 Ford Rd.
(Corner of Ford & Lilley
Rds., Canton Corners)
734-844-0481

DEARBORN
24417 Ford Rd.
(Just West of Telegraph)
313-278-4491

Fairlane Mall
(3rd Floor Next to Sear's)
313-441-0168

DETROIT
14126 Woodward
(Model T Plaza)
313-869-7392

FARMINGTON HILLS
31011 Orchard Lake Rd.
(S.W. Corner of Orchard
Lake Rd. & 14 Mile Rd.)
248-538-9900

FEINTON
17245 Silver Pkwy
(On the Sear's plaza)
810-629-2733

FT. GRATNOT
4129 24th Avenue
810-385-1231

GRAND BLANC
12821 S. Saginaw St.
(On Grand Blanc Mall)
810-606-1700

LAKE ORION
2531 S. Lapeer Rd.
(Orion Oaks Service Dr.,
North of Sear's)
248-305-6600

ROVI
43025 12 Mile Rd.
(Twelve Oaks Service Dr.,
North of Sear's)
248-305-6600

Twelve Oaks Mall
(Lower level play area)

PONTIAC/WATERFORD
454 Telegraph Rd.
(Across from
Summit Place Mall)
248-335-9900

ROCHESTER HILLS
3035 S. Rochester Rd.
(At Auburn Rd.)
248-853-0550

ST. CLAIR SHORES
26401 Harper Ave.
(At 10 1/2 Mile)
586-777-4010

SOUTHFIELD
28117 Telegraph Rd.
(South of 12 Mile Rd.)
248-358-3700

STERLING HEIGHTS
45111 Park Ave.
(M-59 & M-53,
Udca Park Plaza)
586-997-6500

Lakeside Mall
(Lower Ct. play area)

TAYLOR
23495 Eureka Rd.
(Across from
Southland Mall)
734-287-1770

TROY
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(Troy Sports Center)
248-526-0040

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
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Communications USA
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Wireless Tunes
248-669-1200

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313-582-1130

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Diana Touch
248-615-1177

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Cellular City
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WHAT'S GOING ON? (CONT'D)

continued from 21A

Housing Commission

Meets at 6 p.m., second Wednesday of the month, Allen Terrace, 401 High St.

Youth Assistance

Meets at 8 a.m., second Tuesday of the month, Northville Youth Assistance Offices, 775 N. Center St.

Parks and Recreation Commission

Meets at 7:30 p.m., second Wednesday of the month, Recreation Center at Hillside, 700 W. Baseline Road.

Parks and Recreation

Welcome New Residents of Northville

If you are a new resident of the Northville community, Northville Parks and Recreation invites you to visit its parks and community centers to learn about activities and facilities. If you have any questions about programs or suggestions for a program you'd like

to have offered, contact www.northvilleparksandrec.org or call (248) 349-0203.

Winter/Spring 2005 Northville Parks & Recreation

The brochure is now available on-line.

Visit www.northvilleparksandrec.org for a peek at the Unlimited. The 40-page activities guide is mailed directly to all Northville residents. Contact the Northville Post Office or check with your mail carrier if you do not receive your copy in the mail.

Art a la Carte Workshop

Each week kids will explore a new make and take project and discover their creativity and artistic ability through activities including print making, drawing, watercolor, mosaics and found object collage shadow boxes. The instructor will be Karen Ritterhouse. This workshop is for children from 6-13 years old. Classes will be held from 4:15-5:30 p.m. on Tuesdays, Feb. 22-March 22 at the Art House in the Mosaic Room. The Art House is located at 215 W. Cady St. The fee is \$71 per resident, additional non-resident fees apply. A \$25 supply fee is due to the instructor at class.



Winchester Elementary School students listen to storyteller Laura Pershin at their school last week.

Photo by JOHN HEIDER/NORTHVILLE RECORD

\$2 supply fee is due to the instructor at class.

Paper Book Making

Children will make five or six different types of books using card stock, paper, and items. Books will include various types of origami books, accordion books, Japanese bound books and stick books. Directions will also be given for five-six mini-books that can be made at home. This class is being offered as a fundraiser to benefit the Art House. The instructor is Cheri Pelic. The class will be held from 2-4 p.m. on Saturday, Feb. 19 at the Art House, 215 W. Cady St. in the Mosaic Room. It is for children 7 years and older. The fee is \$14 per Northville resident, additional non-resident fees apply. A

10 a.m.-2 p.m., Monday-Friday, from Feb. 14-18. This is for youths 7-14 years old. It will be located at the Art House, 215 W. Cady St. in the Mosaic Room. The fee is \$130 per Northville resident, additional non-resident fees apply.

Infant Massage Course

This four-week class covers the theory and practice of the massage routine, information and guidance on how to read and respond to your baby's cues. The class is for babies from 4 weeks through crawling. Parents should dress comfortably. Bring a towel or blanket and extra diapers. The class will be from 1-2 p.m. Monday, Jan. 31-Feb. 21 at the Recreation Center at Hillside Middle School. The fee is \$65 per Northville resident; additional non-resident fees apply.

American Red Cross Babysitter Training

The American Red Cross Babysitter Training course offers youth the opportunity to learn basic babysitting skills. This course provides youth with safety,

basic child care, safe play, first aid and critical emergency action skills and also includes interviewing for a babysitting job, diapering and feeding techniques. Youth must be 11 years old to receive a certificate. The fee includes course training manual and babysitter first aid kit. Students must bring a sack lunch (no refrigeration available). The class will be from 9 a.m.-3:30 p.m. on Saturday, March 12 at the Recreation Center at Hillside Middle School. The fee is \$66 per Northville resident; additional non-resident fees apply.

Disney on Ice: Finding Nemo

This ice skating production will take you down under into an underwater world to join Nemo, Marlin and Dory in a journey of friendship and fun. A luxury motor coach will drive guests to the Palace of Auburn Hills on Feb. 5 for the event. Youth under 18 must be accompanied by an adult. Show time is 3:30 p.m., bus departs at 2 p.m. The fees are \$22 for youth and \$25 for adults, and non-resident fees apply. Registration deadline is Jan. 29.

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NP03A 01/10/05

Ice damming be gone

Local experts offer tips to protect your home

By Kim Kovel
RECORD STAFF WRITER

Even a plumber can fall victim to ice damming — frozen water piled up under roof eaves.

It happened recently at the Northville home of Long Plumbing Company owner Jim Long.

"There was some minor water damage," Long said. "I had some electrical tracer tape installed with a manual switch. It melts the ice and helps it to be removed from the roof."

To remedy a common cold-weather problem, put local experts' advice into action.

Winter blockages

David Gordon, owner of Novi's Leaf Guard Midwest, explained how damming occurs.

"Most homes and most gutters, you get condensation on the roof," Gordon said. "You'll get heat loss in the attic."

"(Water) goes down to the gutter or the eaves, which is the coldest part, and it will freeze."

"As water melts under the dam, it must go somewhere."

"It'll find a way in," Gordon said. "It could be your siding is put on poor, your window trimming is down poorly."

Northville Township Chief Building Official Dan Smith said homes with improperly installed shingles also can ultimately damage dry wall and home interior.

Give them a call

For more information on building codes and information, call Northville's building departments:

- Township: (248) 348-5830
- City: (248) 449-9902

Raking roofs

For those with low roofs or healthy bodies, there's another option to clear snow from roofs: rakes.

Specially tailored to scoop snow off housetops before it freezes or gets too heavy, these contraptions can be effective if used cautiously.

"They're an aluminum pole with an aluminum blade on them," said Tom Vann, owner, Brookside Hardware in Northville. "Two poles fit into each other. You've got 17 feet plus your arm length."

Extensions can give another eight-foot boost.

At about \$40, they remove snow from the leading edge of the roof, where damming occurs.

Vann said the rakes sell quickly, weather pending. "I have used one on my house."

Just be cautious and aware. Northville Township Chief Building Official Dan Smith warned of electrical wires and antenna atop roofs. Those with heart conditions or other health problems also might reconsider. "I recommend that no one do that themselves," Smith said. "You have to be very careful."

"Most older homes have some sort of problems related to that," Smith said.

Aging downtown homes sometimes don't have proper insulation, Gordon said.

With newer homes, more prevalent in the township, lot position can make a difference.

Gordon recalled a man in the area who has a new house with a large roof line.

"The gables that are coming out of his house are hidden from the sun in the wintertime," Gordon said. "They're getting very little sunlight penetration on his roof line."

Ice is less likely to melt outside, and water can seep into the home.

Stop damming

Smith said 95 percent of problems can be eliminated with insulation and ventilation.

Start with a fiberglass or foam insulation in the attic, he suggested.

"The biggest problem is, the attics themselves do not have enough insulation," Smith said. "It's good to have at least an R-30."

That rating refers to insulation batting that could range from nine-12 inches thick. Gordon said R-49 is even better; older homes often only have R-13.

Consider energy efficient furnaces or glazing around window glass, Smith said, and proper ven-

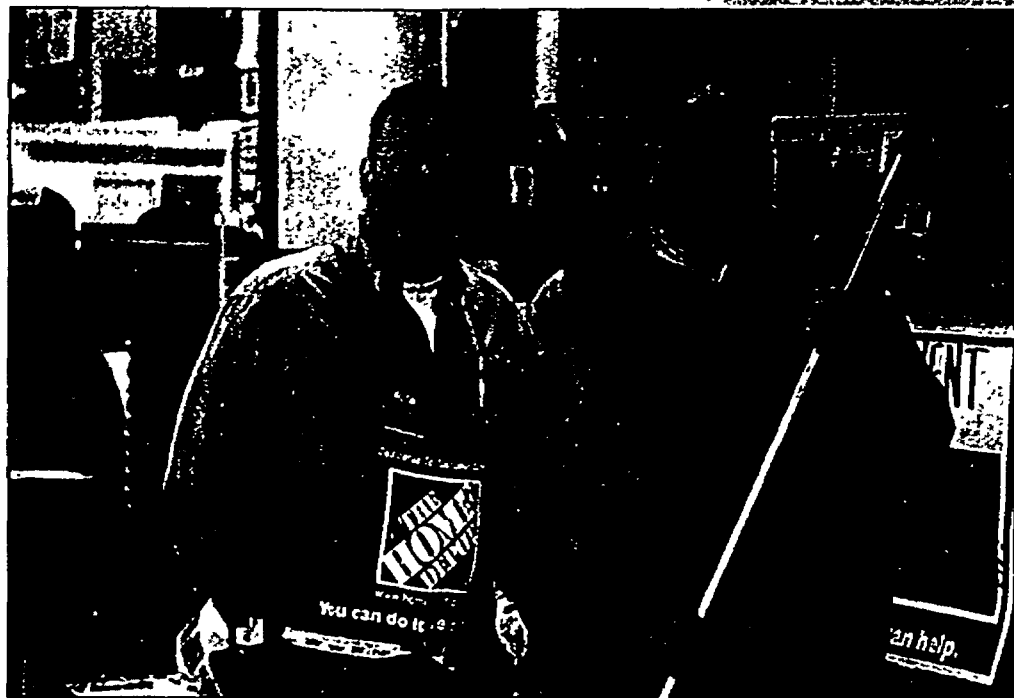


Photo by DAVID AGUILAR/RECORD STAFF

Assistant manager Gary Gorski and employee Tony Canfield said plenty of \$39.92 roof rakes are available at the Home Depot store located at Seven Mile and Haggerty roads.

tilation to get rid of condensation.

"In the actual overhang areas, (have) a continuous soffit vent that allows air to move through that space," Smith said.

De-icing tapes and calcium chloride in nylon stockings set in eaves can help too. However, use caution with tossing free salt onto roofs.

"The corrosive elements in

most of those products could affect the materials in the shingles," Smith said. Though most aluminum gutters could likely withstand that, he said, "I wouldn't recommend it."

Ice shields are required two feet above bearing walls, which helps, Smith said. Leaf Guard Midwest offers gutters that form icicles.

"It's a benefit," Gordon said.

"Would you rather have it over the gutter where it's going onto the ground, or would you rather have it build up in the gutter?"

Kim Kovel can be reached at (248) 349-1700, ext. 107, or via e-mail at kkovelle@ht.homecomm.net.

Around Town

continued from 3A

Maybury donations

There are still ways to contribute as efforts to continue rebuilding the working farm at Maybury State Park continue.

The Northville Community Foundation, which is coordinating funding for the project, recently unveiled an "I helped rebuild Maybury Farm" mug featuring a barnyard and animals. The mugs are available 9 a.m.-3 p.m. for a \$20 donation at the foundation office, 18600 Northville Rd., Suite 275.

People interested in contributing to the attraction's return also still can "Buy a Board," another fundraising campaign. A \$250 check will place the donor or designee's name on Maybury's Farm Builders Board to be displayed at the farm. For more information, call (248) 374-0200.

Many new offerings

Registration is under way for the more than 300 winter continuing education classes at Schoolcraft College.

The class schedule is available on campus or on the Web at www.schoolcraft.edu. The schedule includes course information and registration forms that may be mailed or faxed; there also is instruction for touch-tone and on-line registration.

New classes include: 30-minute meals, vegetarian cooking, making quesadillas and help with specialty diets, black and white photography, women's self esteem and the healing art of Reiki.

Students 60 or older may enroll in classes at reduced rates, with proof of age. For registration information, class schedules or gift certificates, call (734) 462-4448.

Find Nemo by bus

Northville Parks and Recreation will be taking a luxury motor coach

Feb. 5 to the Palace of Auburn Hills to see the ice skating production of Nemo.

The bus departs at 2 p.m.; show time is 3:30 p.m. The cost is \$22 for youth and \$25 for adults. Children under 18 must be accompanied by an adult.

For information, call (248) 349-0203, ext. 1408. Registration deadline is Jan. 29.

SKRUFF V candidates

Band demos are currently being accepted. Five local and regional teenage bands will be chosen to perform. Please forward CD demos and promotional materials only to: SKRUFF Committee, c/o Northville Parks and Recreation, 700 W. Baseline Rd., Northville, MI 48167

To contribute an item for consideration in this column, e-mail mjohnston@ht.homecomm.net.

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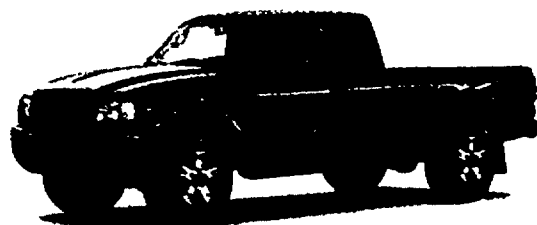
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\$1000 Auto Show Bonus Cash on 2005 MY:

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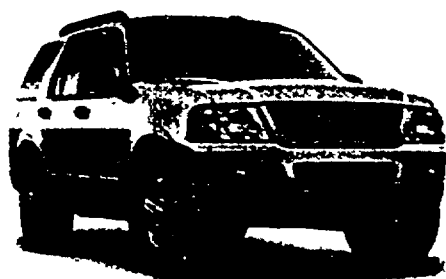
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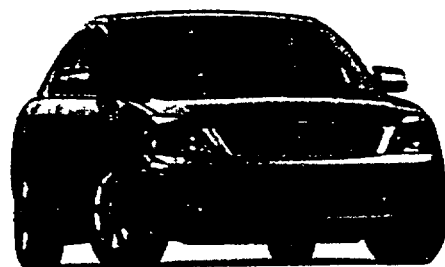
Current Ford Employee lessees can Re-Lease a 2005 Freestyle SE

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Current Ford Employee lessees can Re-Lease a 2005 Ford Five Hundred SEL

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Pitt, here she comes
Jen Kritch doesn't mind the fact that she's the only person she knows from Northville going to the University of Pittsburgh next year. She knows she has soccer to keep her company since Pitt will be more than happy to sign her come Feb. 2.
— Page 3B

Swimming and diving — Page 4B

Regional Marketplace
Mark Newton is helping people sell all sorts of goods on eBay — easier, faster and for more money. See why his Novi-based service has become so popular with those who shop and sell goods online. Check it out in this week's Regional Marketplace!
— Page 6B



RECORD SPORTS

Thursday, Jan. 27, 2005

NORTHVILLE RECORD

www.northvillerecord.com

PAGE B1



Brian Dulzo



Joe Gholami



Jonny D'Anna



Jon Junca



Joe Marotta



Nick DiDia



Jared Arter

Northville's top wrestlers are always

By Sam Eggleston
RECORD SPORTS WRITER

With only three home wrestling meets on the schedule this year, it's no surprise the Northville Mustangs are excited about today's 6:30 p.m. match against Walled Lake Western. "It's very exciting," said Sean Hughes, a senior captain. "We're looking forward to having our fans there and we're hoping to get a win."

Wins have been sparse for the Mustangs this season. But team effort has been unwavering.

"After we lose a match, we go at watch film and coach (Matt) Thomas goes over what we did wrong and what we need to improve on," said Hughes. "From there we drill for about half the practice before we live wrestle again."

Practice makes perfect

Wrestling is a sport requiring intense physical commitment. Grapplers typically practice three-and-a-half hours a day, three days per week, readying themselves for Thursday and Saturday competitions.

"It's a lot of work," said Hughes, who is in his fourth year as a wrestler at Northville. "A lot of people don't realize just how much work it really is."

This year's Mustangs team features a youth movement, consisting of a handful of experienced wrestlers like Hughes and his fellow captains, seniors Justin Swanson and Dave Cain.

"We have a lot more new guys than experienced guys," Hughes noted. "I have to give them credit though, they're picking it up real quick."

Trial by fire

They don't have much choice. It's learn, or be taught a very painful lesson via a humiliating pin, face publicly plastered against a sweat-covered mat.

The best insurance: learn proper wrestling techniques and strategy. Still, there's no escaping all the rough lessons.

"I'd much rather wrestle a guy with a lot of experience," said Hughes. "You come away from it with a better knowledge. You know what you've done wrong and what you have to do to correct it. If you wrestle someone with a lot less experience than you, they're the ones who are learning from it."

The key, said Hughes, is preparation. He said that includes more than just physical work, such as push-ups and pummeling done prior to a match. It also includes mental work.

"It's about 50 percent of wrestling," said Hughes of being mentally prepared. "If you go in with a mindset that you're going to lose, then you've already lost."

Justin Swanson

Grappling
for

SUCCESS

Inexperienced wrestlers at Northville aren't the only ones getting a crash course this year. Coach Thomas is in his first year as head coach. Last year he was an assistant under A.J. Grant.

Thomas has rolled with the punches this year, learning as quickly as his young grapplers.

"I personally like the fact that he teaches the same style and techniques as A.J. did last year," said Hughes. "Some new coaches come in and try to teach things that are totally new and it ruins what you've already learned."

Plenty of season left

The Mustangs are learning in leaps and bounds, though their record may not reflect it.

Hughes said they're achieving their number one team goal.

"We're improving," he said. "That's what we want to do. If we improve for each meet then we'll have accomplished our top goal this year."

Meanwhile, the stage is being set for the underclassmen. Seniors may not be having the year they may have hoped for, but the Mustangs captains are making sacrifices for the good of the program.

"The younger guys are learning a lot,"

Hughes said.

"Right now we have more time to teach them and to make them better. They're going to stay with the program and maybe their friends will join. It's a positive for wrestling at Northville."

Until then, the seniors and the underclassmen alike are learning not every meet can end with a victory and not every match will find them victorious. The key, Hughes said, is to just keep battling back.

"If they're up on you, you just have to find a way to score a point," said Hughes. "An escape is worth one point and you're one more point closer to beating them. Then you just look for the takedown and things will start working in your favor."

Sam Eggleston can be reached at (248) 349-1700, ext. 104 or at seggleston@ht.homecomm.net.

Mustangs on wrong end of Plymouth Canton's brutality

By Sam Eggleston
RECORD SPORTS WRITER

Being on the wrong end of a brutal beating has a way of inspiring a program at times.

Maybe the Northville Mustangs wrestling team will use the results from their last match as inspiration against Walled Lake Western today.

The Mustangs, coached by Matt Thomas, found themselves on the wrong end of a 65-6 whipping against the Plymouth Canton Chiefs Jan. 20.

The positives? Northville wasn't shutout, thanks to Tim Resnick in the 215-pound weight class.

Resnick, a tenacious wrestler, led heading into the second period after earning six points with an escape, a take-down and a near-fall against his opponent, Tom Bonnell.

Resnick added another two points with a second takedown in the opening seconds of the second period before pinning his opponent at the 1:53 mark.

The pin accounted for all of Northville's six points.

Northville was close to earning victories in a handful of other weight classes. Dave Cain, a senior captain, went down to the wire against his opponent, Alex Amberg, in the 171-pound division. Cain was tied, 2-2, after the first period but fell behind as his opponent outscored him, 6-3, in the second. The final tally of 10-7 found Cain losing in a tightly-contested match-up.

Brian Dulzo, a 103-pound wrestler for Northville, fell to Ryan Schnettler, 12-6, while Todd Schoenheide, at 189, fell 17-2 against his foe.

Jim Carroll, at 160, dropped his match to Marqan Faraj, 18-2, while fellow Mustang Nick DiDia lost 13-4 to Ryan Webb at 140. In the 135-pound weight class, Northville's Jared Arter fell 18-3 against Corey Phillips and Jonny D'Anna, at 119, fell 18-7 to Jay Fleishmann.

All other Northville grapplers fell via pins to their Canton opponents.

The Mustangs are currently being led by Justin Swanson with an 18-6 individual record while Cain boasts a mark of 13-8. Resnick has earned a 13-7 mark so far this year, followed by DiDia's 12-7 showing and Joe Gholami's 11-5 record.

Northville is slated to host Walled Lake Western today at 6:30 p.m. in a Western Lakes Activities Association match-up. It is one of only three home meets on Northville's schedule this season.

Sam Eggleston can be reached at (248) 349-1700, ext. 104 or at seggleston@ht.homecomm.net.

Photos by
JOHN HEIDER/Northville Record



Sean Hughes



Grant Garber



Dave Cain



Todd Schoenheide



Tim Resnick



Dave Stewart



Dan Williams

By the
numbers

18-6

Individual record for Northville senior wrestling captain Justin Swanson.

0

Games played by volleyball program last week, thanks to Saturday's snowfall.

6:30

Time, in the p.m., Northville wrestling will host Walled Lake Western today.

143.65

Points scored by Wild Mustangs gymnastics team last week, their highest this year.

211.9

Points scored by Mustangs diver Brad Lempke, his season best.

6

Points earned by Northville wrestling against Canton, via a pin by Tim Resnick.

0.31

Time Brad Farris has to shave off his 100 freestyle swim to break school record.

Mustangs escape with victory over Warriors, 5-0

When the going gets tough the tough, well, they get a little rough.

The Northville Mustangs hockey team found themselves in another rough contest with the Walled Lake Western Warriors last week, but prevailed with a 5-0 victory.

"It was a little chippy," said Northville coach Brad O'Neill. "We seem to have a lot of those type of games against that team."

The Mustangs, which are 5-0 in their division and 10-3 overall, knew going into the contest the Warriors weren't going to just let them skate away with a win.

Northville kept to their strategy, going up two goals in the first period.

"They came out and played a physical, dump and chase game," O'Neill said. "After we got up on them the game turned a little chippier. We held our own and did very well."

The Mustangs got a little rough themselves and discov-



ered, if need be, they can play as physical as the rest of the league.

"We don't want to go to that well too often," O'Neill said. "We did find another way we can play hockey and be successful though."

Kenny Papich, a junior forward, scored two goals in the contest while Dino Bernabei, Donny McKinnon and Rob McTavish notched a goal each. Mike Presley collected two

assists while Bernabei and McTavish had one each.

Jimmy Gates, a senior goalie, had the shutout, notching his first of the season despite a 1.5 goals-against average. He stopped 20 shots.

"We've had a lot of guys stepping it up lately," said O'Neill. "I'm real happy with how we've been playing."

Northville second game of the week, which was slated for Saturday, Jan. 22, was postponed due to the day's snowfall. It is expected to be rescheduled.

Two big victories

The combined Northville-Novi Wild 'Stangs gymnastics teams escaped with two impressive victories last week with wins over Salem and Canton, 137.55-129.95 and 143.65-141.7, respectively.

Against Canton, the Wild 'Stangs earned their highest point total of the year on the way to their win. In vault, Amanda Perelli led the way with an impressive score of 9.3 coming from the judges. Julie Foucher wasn't far behind, scoring a 9.05 in the same event while Janna Ramsey added a 9.0 to help her team to the win.

The bars were dominated by Maggie Mills, who scored a 9.15 while Sarah Ilkhani-Pour added an 8.6 and Perelli notched an 8.5. The beam found Rachel Deneau scoring a 9.25 while Foucher added a 9.0 and Courtney Paul scored an 8.75.

The floor exercise had an outstanding performance from Mills, a senior captain, leading the way. She scored a 9.6 while Deneau added a 9.2 and Perelli scored a 9.05.

Overall against Canton, Mills led her pack with a total of 36.1 points while Foucher collected a 35.35 and Perelli added a 35.1.

Against Salem, the Wild 'Stangs found plenty of support coming from a variety of sources. Jacqueline Gazette led the way on the vault, scoring an 8.9 while Emma Platt added an 8.8. Foucher wasn't far off, notching an 8.7 of her own from



Photo by JOHN HEIDER/NORTHVILLE RECORD

Northville-Novu Wild 'Stangs gymnastics captain Marcie Fink and Jessica Glancy last week helped earn the team's best season point total.

the judges.

On the bars, Foucher led the way with an 8.7 while Perelli scored an 8.55 and Mills earned an 8.25. Perelli was back on the beam, collecting an 8.4 to lead Northville-Novu while Ramsey earned an 8.3 and Jessica Glancy, a senior captain, collected an 8.1.

The floor routine from

Deneau earned her a 9.5 while Foucher collected a 9.35 and Mills carded a 9.25.

Overall, the Wild 'Stangs were led by Foucher with 34.65 points while Perelli added 33.2 and Platt scored 31.65.

leyball team didn't get a chance to turn in any performances last week. They were scheduled to play Saturday, but Mother Nature decided against it with a good old fashioned winter storm.

Snow, snow, go away

The Northville Mustangs vol-

— Compiled by Record sports writer Sam Eggleston



Photo by JOHN HEIDER/NORTHVILLE RECORD

Gymnast Kylea Kohl has helped the Wild 'Stangs jump ahead of the competition this year.

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Children's Sanctuary for Prayer & Worship
Children's Sunday School 10:00 a.m. to 11:45 a.m.
Wednesday Family Night 7:00 p.m. to 8:45 p.m.
Pastor: Dr. E. Neil Hunt
www.northvillechristian.org

MEADOWBROOK CONGREGATIONAL CHURCH
21355 Meadowbrook Rd., Novi at 8 1/2 Mile
Morning Worship 10 a.m.
Sunday School & Nursery 10 a.m.
248-348-7757
Minister: Rev. Dr. E. Neil Hunt
Minister of Music: Patrick Kuhl

CHURCH OF THE HOLY CROSS EPISCOPAL (Anglican)
10 Mile between Meadowbrook & Haggerty
Phone 349-1175
Sun. 7:45 & 10:00 am Holy Eucharist
Sunday School & Nursery 10 am
Rev. Karen Henry, Pastor
www.churchoftheholycross.com

FAITH COMMUNITY PRESBYTERIAN CHURCH
44400 W 10 Mile, Novi 248-349-2345
1/2 mile west of Novi Rd.
Dr. Richard J. Henderson, Pastor
Worship & Church School 9 & 10:30 am Sunday

ST. JAMES ROMAN CATHOLIC CHURCH NOVI
46325 10 Mile Rd
Novi, MI 48375
Sunday 8:00 a.m.
Sunday 9:30 & 11:30 a.m.
Reverend George Chamley, Pastor
Parish Office 347-7776

CHURCH OF THE HOLY FAMILY
24505 Meadowbrook Rd., Novi, MI 48375
Masses: Sat. 5 pm; Sun. 7:30 a.m.
8:45 am, 10:30 am, 12:15 pm
Holy Days: 9 am, 5:30 pm, 7:30 pm
Fr. John G. Budda, Pastor
Fr. Paul Ballen, Associate Pastor
Parish Office 349-8847

WARD EVANGELICAL PRESBYTERIAN CHURCH
Dr. James M. McGuire, Senior Pastor
40202 St. Louis Road, Northville, MI 48164
Traditional Services 8:00, 10:15, 11:30 a.m.
Contemporary Service 9:00 a.m.
Sunday School & Nursery Provided
Sunday Evening Service 7:00 p.m.
Service Broadcast 11:00 a.m. to 11:00 p.m.

CROSSPOINTS MEADOWS CHURCH
Pastor Danny L. Langley
Traditional Service - 9:00 A.M.
Contemporary Service - 10:30 A.M.
Meeting at Novi Civic Center
248-444-7755
crosspointmeadows.org

FIRST PRESBYTERIAN CHURCH OF NORTHVILLE
200 E Main St. at Huron • (248) 349-0911
Worship & Church School - 10:00am
Childcare Available at All Services
Youth: Legal Prog. Wed. 4:15-6:15, 5:00 M/S/S/H
Singles Place Ministry - Thurs. 7:30pm
Rev. W. Kent Chase, Senior Pastor
Rev. James P. Russell, Associate Pastor

OUR LADY OF VICTORY CATHOLIC CHURCH
770 Thayer, Northville
WEEKEND LITURGIES: Saturday 5:00 p.m.
Sunday 7:30, 9 AM, 11 AM, 12:30 PM
Church 349-2621, School 349-3610
Religious Education 349-2659
Rev. Terrence Kerner, Pastor

GOOD SHEPHERD LUTHERAN CHURCH
9 Mile & Meadowbrook
Wisconsin Ev. Lutheran Synod
Sunday School and Adult Bible Class 8:45am
Worship 10:00am
Thomas E. Schroeder, Pastor - 349-0565

FIRST UNITED METHODIST CHURCH OF NORTHVILLE
349-1144
8 Mile & Tott Roads
Worship Services 8:00am, 9:15am & 11am
Rev. John Hice
Rev. Lisa Cook

FIRST CHURCH OF THE NAZARENE
on Haggerty Rd. North of 8 Mile Rd
Sunday School 9:30 a.m.
Morning Celebration 10:50 a.m.
(248) 348-7600
Dr. Ron Bloske, Pastor

BETHLEHEM EVANGELICAL LUTHERAN CHURCH, ELCA
"Let us go now to Bethlehem and see this thing that has taken place." - Luke 2:15
35300 W. 8 Mile, Farmington Hills, MI (248) 478-6520
(2 mi. E. of Haggerty N. side of 8 Mile)
Sunday Morning Worship 8:30 & 10:45 AM
Sunday School (All Ages) 9:30 AM

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21355 Meadowbrook Rd., Novi at 8 1/2 Mile
Morning Worship 10 a.m.
Sunday School & Nursery 10 a.m.
248-348-7757
Minister: Rev. Dr. E. Neil Hunt
Minister of Music: Patrick Kuhl

CHURCH DIRECTORY

For information regarding rates call The Northville Record or Novi News (248) 349-1700

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SECOND HALF

Sam Eggleston, (248) 349-1700, ext. 104

Thursday, January 27, 2005

Krtich to play for Pitt

By Sam Eggleston
RECORD SPORTS WRITER

Jen Krtich has made a high-school career out of playing sports. Now, she's be paying for college because of them.

The senior Mustang is using her athletic talents on the soccer field to help her pay for school next year.

Krtich will attend the University of Pittsburgh on an athletic scholarship. She is expected to sign her national letter of intent on the opening day of signing, Feb. 2.

"There were a lot of schools I had been looking at," said Krtich. "I really liked the Pittsburgh coaches and they were offering a scholarship. After that, things just fell into place."

Krtich has been told she will continue to play at the center midfield position and is expected to challenge for a playing position right out of the gates.

"They only have two other center midfielders," said Krtich. "No matter what I'll be a sub, but they told me I'll definitely be challenging for a starting spot."

The senior isn't worried about the added pressure, though she said she expects to have to make several adjustments to play at the next level. She's used to it by now. The soccer player has done everything from play club soccer with some of the state's elite to help her team earn a state championship.

Instead of competing for a state title, Krtich will experience the play of hunting for a national one — though she and her Pittsburgh teammates have to challenge in their conference first.

"They're in the Big East," she said. "That's a really good conference. It's going to be hard and really competitive."

Though the senior kicker will be signing her letter of intent in the first days of February, she knows she still has plenty of high school ahead of her — and she intends on making the best of it.

First up? Trying to defend the state title.

"I actually feel really confident this season," she said. "I'm saying we're going to win the state championship, but I also don't see why we're not going to."

Growing up, Krtich was immersed in sports. Her father, Ed Krtich, is active with the basketball teams at Northville High School. In the past he has been a head coach and sports have always been a part of his life.

"He's not the same kind of coach like those I've had," she said. "He has such a love for sports. That's what made me



PHOTO BY JOHN HEIDER/NORTHVILLE RECORD

Northville Mustang soccer star Jen Krtich is signed to play at Division 1 school Pittsburgh next fall. She will sign her national letter of intent Feb. 2.

become an athlete. I just wanted to play any sport I could."

Despite her father's ability to push and motivate the players he coaches, Krtich said he never applied that to her.

"He always helps me with whatever I'm doing," she said. "He never pushed me. He was just passive about everything."

She said her father and mother, Candice, make it to as many games as they can. Her father has even said he'll be making the trek to a few of her games next year.

"He said he will be flying out and coming to a lot of games," Krtich said. "I think that's really cool."

One thing will always be certain when Krtich is playing — she's going out to win.

"I hate that feeling of losing," she said. "That's how I am with anything I play."

Which is why she succeeds — combined with a slew of talent, of course. Krtich doesn't plan on letting that change.

"I'm really excited," she said. "Even right now I am. It will be sad to see my senior year end, but I'm really excited about what I'll be experiencing. It's going to be amazing."

Sam Eggleston can be reached at (248) 349-1700, ext. 104 or at seggleston@ht.homecomm.net.

SPORTS SHORTS

Baseball registration

The Lakes Athletic Association baseball league will be accepting registration for the 2004 season at the Walled Lake Central High School cafeteria on Wednesday, Feb. 9, from 6:30 p.m. to 9 p.m. The baseball association offers a competitive environment for boys and girls ages 5-18.

Call (248) 975-8157 for more information.

Knights looking for players

The Dearborn Heights Knights (12 & under) travel baseball team will be scheduling tryouts for the 2005 baseball season. The Knights are the PeeWee Reese (11 year old) champions for the Northwest Suburban League. On their schedule will be the Cooperstown Dreams Park tournament located near the Baseball Hall of Fame.

For further information, contact Rich Grucz at 1-(800) 949-9834.

Coaching positions available

The Walled Lake Consolidated School District is currently looking for a head girls track and field coach at Walled Lake Western High School. The district is also looking for a head boys varsity soccer coach for Walled Lake Northern.

Inquiries should be directed to David Yarbrough, Athletics Director for the school district. For more information, call the athletics office at (248) 956-2074.

Baseball hitting leagues

Total Baseball's Indoor Hitting Leagues will have four players per team to hit off batting machines in a point-awarded one-hour game.

There will be awards to champions and best hitter. The league runs Feb. 19-March 20. Scorekeepers will be provided. Boys baseball: 9 a.m.-noon, Saturdays, 13 years and under; 4-9 p.m., Sundays; high school ages. The fees are \$45 per individual/\$155 per team. The games are held at Total Baseball, 30990 Wixom Road, Wixom.

Call Total Baseball to register at (248) 668-0166 or check their Web site, www.total-baseball.com.

Indoor Baseball Leagues

This is a new style of baseball: 7 versus 7 players, 6 games, live pitching, colored balls, announcers, music and umpires fees are included. Age divisions are: u10, u12 teams limited.

The games are 8:30 a.m. or 10 a.m., starting Feb. 12-March 19. The cost is \$850 per team or \$95 per individual. This includes a championship game with trophies. The games are held at Total Baseball, 30990 Wixom Road, Wixom.

Call Total Baseball to register at (248) 668-0166 or check their Web site, www.total-baseball.com.

Gymnastics is harder than it looks to the average spectator

Aches and pains never in short supply

Gymnastics is a sport buoyed by showmanship and prone to crowd-pleasing feats.

But it's a lot harder than it looks.

The Northville-Novi Wild 'Stangs girls gymnastics team may make it look easy, but that's mostly a tribute to the competitive athletes who behind the scenes put in a lot of practice time.

"It's not uncommon to see girls sitting out during practice with bags of ice strapped to them," said senior captain Jessica Glancy. "It's a demanding sport that can take a toll on your body."

Flips off vaults. Twists in midair. Balance beam routines. Full sprints. Intricate dance moves. It sounds like a joint

injury just waiting to happen.



Sam Eggleston

"People get hurt all the time," said Maggie Mills, another team captain. "You just have to know when you can push yourself and when you have to take a break. Stretching, warm-ups and conditioning are really important."

Focus is Key, she said. And it's the only thing left standing between a slipped foot or a

faulty landing.

"You always have to be concentrating on what you're doing," said Glancy. "If you don't, then you're probably going to end up injured."

Focus and preparation doesn't spare everyone from the aches and pains of a hard day of drills and repetition. Aches and pains

are evident throughout the practice room.

It's just a part of the game, team members said, no more uncommon than a turned ankle in basketball, or bruises in football.

What's different? Gymnasts are just better at hiding it, they said.

"Even if you're still sore or hurting a little, you go out and you participate when it's time for a meet," said Mills. "You know where your limits are."

But, in the end, even a little grimacing is worth it. The Northville-Novi Wild 'Stangs are slowly getting their scores up, having collected their highest point total this year in their most recent meet.

The girls don't complain. Some might where a knee brace and others might have their ankles and wrists taped, but almost all of them are cheering up the room with bright smiles when all is said and done.

"You've got to love this sport," Glancy said. "Most of us have

"It's not uncommon to see girls sitting out during practice with bags of ice strapped to them. It's a demanding sport that can take a toll on your body."

Jessica Glancy
Wild 'Stangs gymnastics captain

put in too much time and effort not to."

As the old saying goes, love hurts. For gymnastics, though, it also pays off.

Sam Eggleston can be reached at (248) 349-1700, ext. 104 or at seggleston@ht.homecomm.net.



PHOTO BY JOHN HEIDER/NORTHVILLE RECORD

Wild 'Stangs gymnast Jessica Glancy showcased her skills on the uneven parallel bars during a home competition against Canton.

Mustangs back to their winning ways

NORTHVILLE
116

NORTHVILLE'S FIRST-PLACE FINISHERS

200 Medley Relay
Brad Farris, Weston Laabs,
Will Blickle and Joe Hogan
1:45.77

200 Freestyle
Chris Keady
1:47.02

200 Individual Medley
Will Blickle
2:05.66

Diving
Brad Lempe
211.9 points

100 Freestyle
Chris Keady
50.15 seconds

500 Freestyle
Chris Culkin
5:03.12

100 Breaststroke
Weston Laabs
1:07.36

400 Freestyle Relay
Brad Farris, Chris Culkin,
Chris Keady and Brody Blickle
3:24.79



Mustang Brad Lempe dives in a recent swim meet at Northville High.

SALEM
69

NORTHVILLE'S SECOND-PLACE FINISHERS

50 Freestyle
Brad Farris
23.40 seconds

100 Butterfly
Brody Blickle
56.73 seconds

200 Freestyle Relay
Chris Keady, Brody Blickle,
Joe Hogan and Will Blickle
1:34.91

100 Backstroke
Brad Farris
57.80 seconds

"We're all back to the point where we can compete and swim. A few guys, like Will (Blickle) and Brad (Farris) are still nursing (the flu) a little. They were good enough to swim, though, and it was nice to have a full bus on the way to the meet."

Rich Bennetts
Northville swimming and diving coach

POOL PARTY



ABOVE: Mustang Hunter Schwartz plows through the water competing in the butterfly during a recent home meet at Northville. BELOW: Mustang Brad Farris swims for Northville swimming and diving team.



TOP: The Mustangs swim team applauds at the end of the National Anthem; MIDDLE: Brody Blickle awaits the start of a swim meet; BOTTOM: A Mustang swimmer competes in the breaststroke.

Photos by
JOHN HEIDER/Northville Record

HEALTHY LIVING

Page 58

Thursday, January 27, 2005

Spices can heat up wintertime food



There's plenty of ways to spice up winter with these tasty treats.

From hot jalapeños to piquant pepper, America loves spice. It can reward the senses with a surprising smell, a fiery flavor or a zesty kick. While some traditional spicy foods may contain fat and calories, there are many ways to add zeal to each meal while following a healthy eating lifestyle. Using seasoned meats and cheeses during preparation eliminates some of the fat and calories found in the breading, batters, gravies and sauces commonly used to add some excitement to your plate. Boar's Head offers a range of flavorful meats, cheeses and condiments guaranteed to add some bite to each taste! Available at select supermarkets and fine delicatessens, these premium products make delicious meals in minutes, whether tossed in a salad, stacked on a sandwich or wrapped in a tortilla.

Classic chili with spicy cheese topping

3 tablespoons vegetable oil
2 pounds beef chuck cut into 1-inch cubes
2 cups chopped onion
1 clove garlic, minced
3 teaspoons chili powder
1 teaspoon ground cumin
1 teaspoon dried red pepper flakes
1/4 teaspoon dried thyme
1/4 teaspoon freshly ground black pepper
4 cups crushed tomatoes
2 cups beef broth
2 cups red kidney beans, rinsed and drained
Salt to taste
Boar's Head Jalapeño Red Pepper Sauce to taste
A mixture of grated Boar's Head Monterey Jack Cheese with Jalapeño and Cheddar Cheese, 2 cups total

In a heavy-bottomed, deep pot, heat oil to very hot. Quickly sear the beef on all sides, about 2 minutes. Work in batches if necessary. Remove and set aside.

Reduce heat to medium and add the onion, garlic, and spices to the pot. Cook, stirring, until the onion is translucent, about 3 minutes.

Return the meat to pot. Add the tomato, broth, and beans along with a pinch of salt. Stir and cook at a simmer until the liquid has reduced and thickened, about 30 minutes. Adjust seasoning, using hot red pepper sauce as desired.

Spoon chili into bowls and top with the grated cheese.
Serves 8

Cajun roast beef sandwich with hot sauce

2 sandwich rolls
2 tablespoons Boar's Head Horseradish sauce
6 arugula leaves
1/2 pound sliced Boar's Head Roast Beef
1/2 pound sliced Boar's Head Horseradish Cheddar
Salt and pepper to taste
Spread sauce lightly over each half of rolls. Layer bottom halves with arugula, beef and cheddar. Top with remaining halves. To super-size sandwiches, repeat layering.
Makes 2 sandwiches

Buffalo chicken wrap with salsa

1 (8- to 10-inch) flavored flour tortilla, such as chipotle chile pepper flavor
Spicy Mayonnaise (3 tablespoons mayonnaise mixed with 1 teaspoon lime juice and Boar's Head Jalapeño Pepper Sauce to taste)

8 arugula leaves
1 1/4-inch-thick slice each Boar's Head Monterey Jack Cheese with Jalapeño and Vermont Cheddar, julienned
1 1/4-inch-thick slice Boar's Head Blazing Buffalo Chicken, julienned
18 fresh hot pepper strips
Lay out tortilla. Spread evenly with spicy mayonnaise. Cover with arugula leaves with stem ends facing each other at middle. Lay on top julienned cheeses, chicken and pepper strips. Roll sandwich tightly enough to keep filling tucked in. Slice on diagonal across middle, where stem ends meet. Secure both sandwiches with decorative toothpicks.
Makes 2 sandwiches
Tip: For spice lovers who prefer a four-alarm fiery taste, add a shot of hot salsa (fresh or bottled).

Zesty vegetarian wrap

1 (8- to 10-inch) flavored flour tortilla, such as tomato flavor
Spicy Mayonnaise (see Buffalo Chicken Wrap recipe)
2 lettuce leaves, such as Boston or red leaf
1 1/4-inch-thick slice each Boar's Head Monterey Jack Cheese with Jalapeño and Horseradish Cheddar, julienned
12 1/4-inch strips of fresh bell pepper (green or yellow)
Lay out tortilla. Spread evenly with spicy mayonnaise. Cover with lettuce leaves. Top with julienned cheese and pepper strips. Roll sandwich tightly enough to keep filling tucked in. Trim off excess tortilla and cut across middle. Secure both sandwiches with decorative toothpicks.
Makes 2 sandwiches
Tip: For spice lovers who prefer a four-alarm fiery taste, add a shot of hot salsa (fresh or bottled).

PERSONAL FITNESS

The New Year beckons: time to start exercising again!

Feeling physically fit and mentally positive are just two of the great benefits of physical activity. Engaging in regular exercise gives you more energy for all your favorite activities and a longer, healthier life. Repeated studies have shown that it strengthens your cardiovascular system, reduces pain, stress and anxiety, improves balance, coordination and flexibility, and simply provides a better quality of life.

So where do you start?
• Check with your doctor — It is always a good idea to check in with your doctor before beginning a new fitness program. This is particularly true if you're over 40, if you smoke, or if you have a family history of cardiovascular disease, high blood pressure, elevated cholesterol, diabetes, arthritis, or asthma.

• Have fun — Choose an activity you like or want to do. You're much more likely to stick with it. If you find your first choice doesn't suit you, switch to something else.
• Start slowly and progress gradually — You'll avoid becoming discouraged and reduce the risk of injury.

• Set goals — Maybe you want to lose a little weight, get in shape for a particular sport you enjoy, or reduce arthritis pain and increase joint mobility.

• Keep track — You may not notice that you're walking further in the same amount of time or that you're not as winded climbing the stairs. Keeping track helps you evaluate your progress and gives you a sense of accomplishment.

• Reward yourself — When you reach a goal, buy yourself a new T-shirt or tennis racket.

• Find a partner — It's more fun to share and you'll keep each other

on track.

• Have plan B — If it's raining, walk around an indoor mall or do an exercise video.

• Include variety — You're less likely to become bored if you cross train. Include the three basic forms of exercise in your fitness program: Aerobics, strength training, and stretching. Or if you prefer, alternate your activities, basketball one day, yoga another, and stacking wood on the third.

• Stick with it — You have to exercise regularly for your fitness to improve. Thirty minutes a day is all that is required to see improvement and you'll enjoy the same benefits if you find it easier to fit two 15 minute or three 10 minute sessions into your day.

Match Your Fitness Goals to Your Fitness Program
Do you want to lose weight, increase your stamina, or improve your flexibility? Your fitness program should be designed to reflect your primary goal while addressing your all round physical fitness. The three basic exercise groups that will help you achieve your goals are Aerobics, Strength Training, and Stretching.

• Aerobics — for stamina and endurance — Aerobic exercise increases your breathing and heart rate by repeated contractions of large muscle groups. It conditions your cardiovascular system as well as your lungs and is an effective way to burn calories and lose weight. Aerobic exercise includes hop scotch, jumping jacks, walking, jogging, biking, cross-country skiing, tennis, boxing, and tap dancing, just to name a few.

If you're healthy, but have been sedentary for several years, begin with a moderate exercise such as

walking.

If you use a wheelchair, you can get a good workout spending half an hour wheeling or 20 minutes playing wheelchair basketball.

If you have arthritis or joint pain you can still do aerobic exercise. Just be sure it is a low- or non-impact activity such as riding a stationary bike or performing exercises in a pool where the buoyancy of the water takes the stress off your joints.

• Strength training — for stronger muscles — Strength training uses your existing muscle strength to build lean muscle mass by causing the targeted muscles to contract and the attached tendons to repeatedly tug against your bones. Many of these exercises employ dumbbells and weights. Stronger muscles improve posture, balance, and coordination and usually result in a more youthful body shape.

If you have osteoporosis, you'll find that stronger muscles support your bones and joints and reduce the risk of bone fractures. You'll also be glad to know that the repeated tugging against your bones helps to stimulate bone growth.

• Stretching — for flexibility — Stretching is vital to any exercise regimen. Stretching after your workout helps prevent injuries, maintains flexibility, and is wonderfully relaxing. You can improve and gain a greater range of motion in your joints and reduce arthritis and back pain. All physical activities become easier and more enjoyable if you have strong flexible joints.

If you work at a desk all day, stretching is a great way to relieve body tension and revitalize your-

self. Just a couple of minutes of back, neck, and shoulder stretches every hour or so will keep you relaxed and limber.

If you'd like to make stretching a larger part of your fitness schedule,

consider yoga classes or videos.

Remember to start any exercises slowly and progress gradually. Try for 30 minutes of low or moderate physical activity on most days of the week. If you feel you are ready

to progress, gradually increase either the time you spend or the intensity of your effort by about 10 percent per week. It won't take long before you're feeling healthier and happier

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"Hunter's Trophy Case"

Clint Adkins from Pinckney shot a 15 point buck with a 20 and 3/4 inch spread November 27, 2004. Congratulations



REGIONAL MARKETPLACE

Page 6B

Thursday, January 27, 2005

NFIB UPDATE

Small business serves more than customers

You know some of them as your neighbors and friends. You rely on some for quality products and services. You see their names on Little League uniforms; their banners fly high over community picnics; and their brands sponsor high school yearbooks.

But it is unlikely that you will read about them in the newspaper or see them on the evening news.

They are small-business owners and they play a far greater role in the community than one might imagine.

Jack Faris

American small businesses may

not be big in size but they are enormous contributors to their communities, giving roughly \$40 billion over the past year alone, according to a poll conducted for the NFIB Research Foundation.

There is no reason for you to know that. News coverage of business activities is dominated by high profile, negative stories such as corporate scandals or bankruptcies. But for every company that runs afoul of the law, there are millions that quietly go about their business, abiding by the laws, paying more than their share of taxes and fending off over-zealous government regulators while still managing to create jobs and feed their families. And, while doing all of that, they contribute on a large scale to their communities.

You won't see much news coverage of a Saturday morning car wash at the local filling station or hear interviews of folks who volunteer long, hard hours at charities, but many of those activities wouldn't take place if it weren't for small-business owners.

It is no secret that they serve as job generators, innovators, creators of niche products and a buffer to the constant up-and-down business cycles. But rare is the media report that details the significant role small business plays in building and sustaining the civic and charitable foundation of America's communities.

In the past year, more than nine-of-10 small employers contributed to their communities by volunteering and providing in-kind contributions or cash donations, the poll found. More than two-fifths of those contributed in all three ways.

Seventy percent of respondents made cash contributions and one-in-10 of those donated more than \$10,000. The average cash donation was \$3,600. A similar number made in-kind contributions averaging \$4,000 each.

The 74 percent who say they volunteer for community and charitable activities spend, on average, more than 18 working days a year lending their considerable management and leadership skills to local organizations.

Why do small businesses give to their communities? Not to attract more business, the survey determined. Those responding said they did it primarily for personal satisfaction and fulfillment. Least important to them was any direct business benefit. Some indicated they gave to create a better business climate, others said their community activism was done to make their communities better places to live.

Small-business owners are not alone in contributing their time and resources to their communities, but it is important to recognize the contributions they have made, quietly and with little notice in the news.

Jack Faris is president of NFIB (the National Federation of Independent Business), the nation's largest small-business advocacy group. A non-profit, non-partisan organization founded in 1943, NFIB represents the consensus views of its 600,000 members in Washington, D.C., and all 50 state capitals. More information is available on-line at www.NFIB.com.

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ADVERTORIAL



Photos by Duane Ramsey

Mark Newton operates the iSold It store in Novi where they help people to sell things on eBay.

iSold It

Business makes selling on eBay easy

By Duane Ramsey

SPECIAL WRITER

Buying and selling items on eBay has become a popular method of commerce, but the process is not always easy. One local business, iSold It, has changed all that by creating "the easy way to sell on eBay."

"Buying on eBay is easy, but selling on eBay is much harder," said Mark Newton, who owns and operates the iSold It franchise in Novi. "Customers bring their merchandise to us because we make the process simple."

When a customer brings in an item, iSold It decides how to market it, professionally photographs the item, writes descriptive copy for it, and posts it on eBay. The firm also holds the item in inventory, manages the auction, answers any questions about it, processes payment from the winning bidder, packs and ships it to them.

"If you can carry it into the store, it's likely to meet our size and weight requirements," said Newton. "We'll give you an idea what it will sell for on eBay. If we accept it, we are 90 percent confident we'll sell it."

The iSold It store will sell almost any item with an expected value of \$30 or more that measures 130 inches in length and girth combined, weighs less than 150 pounds, and is legal to sell on eBay which does not

allow counterfeits, hazardous materials or other illegal items.

Newton said iSold It does not charge customers anything upfront to list an item on eBay. Once an item sells, iSold It deducts its commission and any eBay and payment transaction fees before issuing a check to the seller.

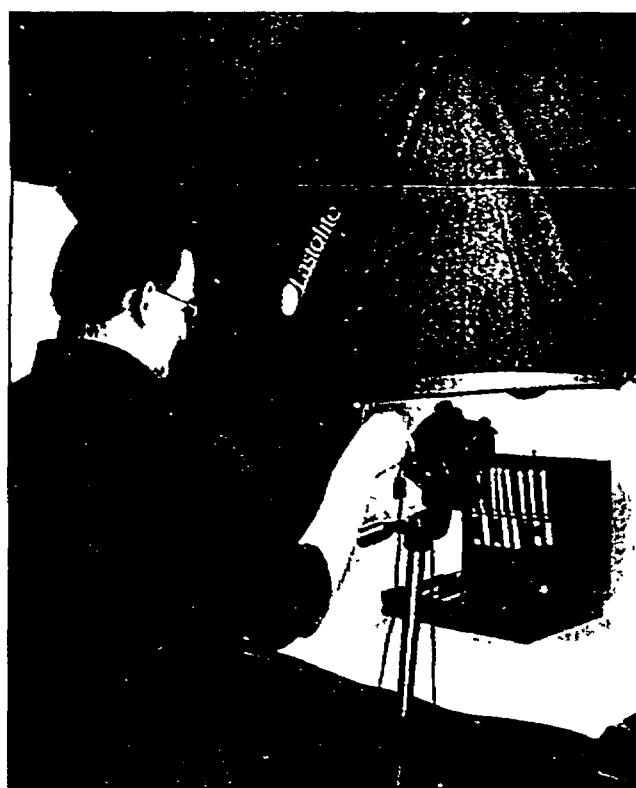
iSold It places items on eBay by for the usual seven-day auction period. Most of the action happens in the last few hours of the auction, Newton said. If the item doesn't sell, the customer can pick it up or donate it to charity.

At iSold It, they not only list and sell things for individuals but also handle many items for businesses. Newton's store has handled the liquidation of close-out items, overstocks, computers or office equipment and supplies for local companies.

Newton said they typically have from 180 to 200 items for sale on eBay at one time. In addition to everyday items sold on eBay, this iSold It store has listed and sold several rare collectibles such as a 1988 Swarovski Collectors Society crystal woodpecker that sold for more than \$1,000.

Frank Noto, a coin collector from Southfield, is a regular customer who brings in six to 10 items a week. Noto said he has sold about 50 silver, gold and copper coins on eBay through the iSold It store in Novi.

"We only deal with eBay," Newton said. "There are other competing online auction sites but nothing competes with the \$3.5 billion in merchandise sold



This iSold It employee prepares to photograph a product for listing on eBay.

on eBay last year."

Newton opened the first iSold It franchise in Michigan last July, becoming only the second franchise in the entire country. There are now more than 60 stores with more than 3,000 more committed.

Newton said he "just came across the opportunity at the right time" and thought it was an excellent service.

The Novi iSold It store is the only full-time location in the

area designated as a trading post by eBay. A trading post is a highly experienced trading assistant that provides drop-off locations with regular business hours, according to eBay.

As the largest trading post on eBay, iSold It sells more merchandise than any other trading source in the country, according to the company headquartered in California.

It's not a surprise that iSold It is involved in helping to raise

DETAILS

iSold It: The Easy Way to Sell on eBay
47760 Grand River in Novi between Kroger & Home Depot
(248) 449-2828
www.isolditnovi.com

Hours:
Monday-Saturday 10 a.m.-7 p.m.
Sunday noon-5 p.m.

funds for charitable organizations and schools. The business concept was created originally by Elise Weitzel as a method of raising money for a new playground at her children's school. From her idea for a school benefit came the foundation for iSold It.

The iSold It store in Novi is accepting items to sell for donation to CARE and its South Asia Disaster Relief Fund for tsunami victims. Newton said they also are looking to help local groups raise funds for charities and schools.

"We can hold drop-off drives at their school, charity location or our store to collect items for sale with the proceeds going to the school or organization," Newton said.

He encourages people and businesses to bring items they want to sell on eBay to the iSold It store, which is located between Kroger and Home Depot in the shopping center at the northwest corner of Beck Road and Grand River Avenue in Novi.



Turn your old hobbies into new money.

FREE eBay Appraisals! No Upfront Fees!

iSOLD It on eBay

Simply drop off any item you'd like to sell on eBay, and we'll do the rest! After the item sells, we send you a check.

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• Expert copy writing and posting on eBay • Professional packing and shipping

47760 Grand River Ave (at Beck), Novi (Between Home Depot & Kroger)

Tel (248) iSold It or 449.2848 Store Hours: Mon - Sat 10-7 Sun 12-5 Store locations Coast to Coast! Visit www.isolditnovi.com

Try Us For FREE

We'll sell any one item free.

iSOLD It on eBay

When you present this coupon, we'll waive our commission on any one item up to \$100. eBay's payment processing fees still apply. One coupon per store customer. Offer good at participating locations. Coupon Code: 804-001 Expires 1/31/05

Is your living room leading a double life?

Q. What if I have to move my office home and have no place to put it except in the living room? My wife is not thrilled to have me working at home anyway (neither!), so she'll freak if I glom up the living room with a computer and stuff.

Show me something that looks nice that I can show to her.

A. Working comfortably in one's living room is not exactly "Mission Impossible" - studies by the American Home Furnishings Alliance say that 5 percent of Americans' home offices are already in the living room - but you do have to plan carefully if your primary room is going to live such a double life. There'll be a lot of undercover work, hidden assets and double agents - that is, practical pieces that can double as "proper" living room furniture.

To show you, and your wife, that it can be done, here's a living room by Paris designer Jean-Louis Deniot, done for a showhouse in New York City.

Just being in New York automatically means limited space, so Deniot's ideas should be easy to translate to more commodious digs elsewhere in the country.

In his living room, the desk does double duty for dining. In yours, it can work neatly from 9 to 5, especially if you use a laptop computer that can be tucked away in a drawer. Also, be sure to choose an office chair that can roll around to join the seating area with some

degree of grace.

While the designer has built in ample storage space for books and files and stuff, you might cut costs with a free-standing armoire that opens for business by day, then shuts away the workaday world entirely when company comes. Habersham Plantation at www.habershamplantation.com is one of many office-armoire manufacturers.

Other two-timing furniture pieces include wood-clad files that look like end tables. Some good sources are Storehouse at www.storehouse.com; the Home Decorators Collection at www.homedecorators.com; and Bombay at www.bombay-company.com.

Storehouse also offers a Mega Library Wall, an interchangeable 8-foot-high shelf and cabinet components that can be configured to look like custom built-ins to solve storage needs so handsomely you'll forget you're in an office.

Ditto for the window treatment. Efficient without looking workaday, woven wood shades under side curtains filter light in the office by day and close out the night for family privacy. The contrast between the lush silk damask and variegated bamboo shades (from Hunter Douglas' "Provenance" collection at www.hunterdouglas.com) makes the window wall as interesting as the other three in this hard-working, easy-living living room.

Get ready for spring

According to the latest

Markets Report from the New York Chapter of International Furnishings and Design Association, outdoor products continue their trend to indoor-quality luxe: fabrics, table lamps and rugs that would look at home in your living room but can stay outside all season long. Even pictures can be hung on an outdoor wall that showed up at the Casual Furniture & Accessories Market in Chicago.

Welcome news from the New York Home Textiles Market: Those prodigious piles of accent pillows are out. What's in: crisp, less-embellished linens; tweedy bedding and towels; punched-up pastels; and bright colors for bed and bath. Animal prints are still hanging in there, and a new jungle fiber has appeared - bamboo!

Fashion-forward flashes

- It's raining cats and dogs in pet accessories, like beds and cushions.

- Bow ties and belt buckle motifs are showing up everywhere, from curtains to pillows.

- Table runners are running away with the tablescape, gaining on full-sized tablecloths as the way to dress today's less formal tables.

Rose Bennett Gilbert is the co-author of "Hampton Style" and associate editor of Country Decorating Ideas. Please send your questions to her at Copley News Service, P.O. Box 120190, San Diego, CA 92112-0190, or online at copleysd@copleynews.com.

Recently Sold Homes

Highland Twp.		21690 Sunflower Road	
2895 Golfers Dr.	\$145,500	22584 Chestnut Tree	\$253,700
988 White House Dr.	\$186,000	21709 Sunrise Blvd.	\$257,000
540 Wardlow Road	\$247,000	25539 Buckminster Dr.	\$260,000
1799 Elbridge Circle	\$313,000	21672 Phillip Dr.	\$288,000
535 Snyder Road	\$135,445	44624 Ford Way Dr.	\$332,000
1635 Highland Dr.	\$285,000	21612 Phillip Dr.	\$345,000
1833 Glencroft	\$482,000	41486 Reindeer Dr.	\$364,500
2236 Wildflower Lane	\$130,000	25528 Sullivan Lane	\$365,000
2951 Central Blvd.	\$174,000	22179 Antler Dr.	\$389,900
3244 Knoll Ct.	\$30,000	41589 Fawn Trail	\$395,000
3640 Heritage Farms Dr.	\$190,000	43444 McLean Ct.	\$499,000
3956 Chanda Ct.	\$315,000	42600 Morgan Creek Ct.	\$117,000
1792 Imperial Dr.	\$354,900	45080 Tiverton	\$120,000
1714 Hickory Ridge Road N.	\$215,000	44758 Livestock	\$120,000
1046 Plover Road	\$250,000	133 Maudlin St.	\$155,000
3035 Allison Lane	\$337,400	41867 Canterbury Dr.	\$185,500
2138 Pine Bluff	\$390,000	30852 Centennial	\$185,750
2138 Pine Bluff	\$390,000	30895 Jasper Ridge	\$189,900
1140 Wardlow Road W.	\$430,000	31088 Columbia Dr.	\$208,000
488 Rowe Road	\$242,900	28431 Carlton Way Dr.	\$219,000
2924 Katie Lane	\$356,500	1289 Lake Dr. E.	\$225,000
Lyon Twp.		28457 Carlton Way Dr.	\$228,756
29397 Tonester Circle	\$71,000	41322 Cornell Dr.	\$232,000
58240 Travis Road	\$230,000	43050 Twelve Oaks Crescent	\$245,000
59692 Barkley Dr.	\$264,900	28471 Carlton Way Dr.	\$245,267
59900 Blue Heron	\$439,000	42685 Faulkner	\$312,175
58767 Hunter Ct.	\$70,000	43049 Emerson Way	\$316,000
23000 Shinnecock Dr.	\$95,000	43008 Emerson Way	\$336,985
23772 Shinnecock Dr.	\$95,000	45628 Bristol Circle	\$415,000
60610 Sue St.	\$178,000	30360 Norwich	\$442,500
60581 Gary Ct.	\$312,500	South Lyon City	
Milford Twp.		200 Princeton	\$85,000
1280 Hickory Ridge Trail N.	\$192,000	61182 Greenwood Dr.	\$117,000
2890 Cooley Lake	\$250,000	61061 Greenwood Dr.	\$129,000
Milford Village		22290 Quail Run	\$180,000
742 Panorama	\$177,500	635 Mayfair	\$190,890
305 Highland	\$193,000	401 Princeton Dr.	\$207,500
Northville City		561 Graefield	\$230,000
701 River Park Village Blvd.	\$220,000	714 Kestrel Ct.	\$235,000
1113 Hillridge St.	\$256,000	983 Devonshire Dr.	\$253,000
1035 Jeffery Dr.	\$262,000	1176 Arabian Ct.	\$290,000
900 McDonald Dr.	\$535,000	216 Columbia	\$325,000
847 McDonald Dr.	\$730,000	520 Reese St. N	\$181,000
230 Houghton St. N.	\$109,000	477 Lyon Blvd	\$184,900
315 Crystal St.	\$223,000	588 Chester St	\$207,000
961 Abbey	\$225,000	580 Chester St	\$229,250
655 Hillcrest Ct.	\$260,000	345 Ash Ct	\$252,950
Novi City		1035 Chestnut	\$259,000
41732 Sycamore St.	\$219,900	1135 Colt	\$280,000
		935 Wood Run	\$300,000

Find out what homes in your neighborhood sold for
 Contact:
The Joe Williams Team
 RE/MAX 100
 248.348.3000
 www.NorthvilleandNovihomes.com



Correction

A photo credit for a photo of Jeff and Lisa Amburgy of Real Estate One in South Lyon printed in the Jan. 13 edition

of Creative Living should have stated the photo was taken by Lyon's Photography in South Lyon.

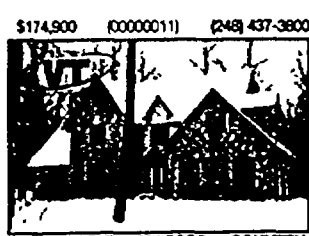
ONE WEBSITE: ALL THE HOMES

www.realestateone.com

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SOUTH LYON RANCH - 3 bedroom ranch located on quiet cul-de-sac in great family neighborhood. Master bedroom with bath access. Great price. Full finished basement. Nice tree yard.



MAGNIFICENT MILFORD - COUNTRY ESTATE - Super 4 bedroom home on a gorgeous 2+ acre wooded lot. 1st floor master suite with fireplace. Great guest bedroom. Screened porch. Walk out lower level. Must see!



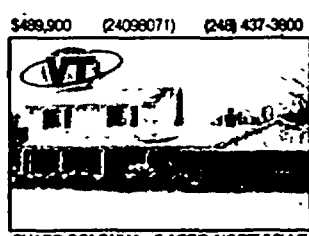
CHARMING END-UNIT TOWNHOUSE IN NOVI - This 2 bedroom, 2.5 bath home offers neutral decor, newer carpet, doors and moldings. White kitchen with newer floor. Vinyl windows. Partially finished basement.



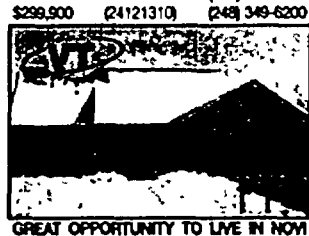
POPULAR STONEHEDGE CONDO - Nice condo in Novi with many updates: bath, light fixtures, carpet, painted, storm door, downspout. Open floor plan, attached garage, all appliances stay.



SHOWS LIKE A MODEL - Want new without the wait? Custom upgrades throughout: hardwood floors, custom paint, ceiling fans, open floor plan, 16 months free association fee! Move right in!



SHARP COLONIAL, 5 ACRE, NORTHVILLE SCHOOLS - Peaceful park-like corner lot. Wonderful drive! Comfortable spacious sunlit home w/ full basement. Family room w/ fireplace. 2 car attached garage and private landscaped deck.



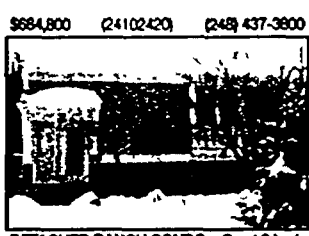
GREAT OPPORTUNITY TO LIVE IN NOVI - Cozy contemporary w/ many updates! Newer kitchen, windows, carpet, fresh paint! Updated bath, in-law unit, finished loft w/ 200 sq. ft. of living space! Gorgeous views of pond/nature from inside home & from deck.



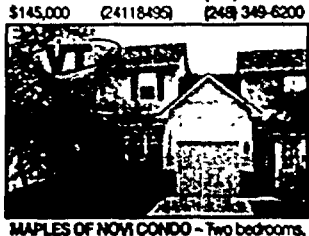
COMPLETELY FINISHED BRAND NEW COLONIAL 4 br, 2.5 ba brick home ready to move in! Lots of upgrades include: maple cabinets, 9' 1st fl. ceiling, oak & hickory 1st fl. lg island, 2nd story foyer, w/o, 2nd fl. lg island, 2nd story wrap around deck. Call, call, call!



TRUE CONTEMPORARY MASTERPIECE - Custom designed using only the finest materials. 4 car garage, custom gourmet kitchen with acres of granite. All glass atrium looks out on beautiful estate.



DETACHED RANCH CONDO - Great 2 bedroom carriage w/ 1 car direct access garage. New windows, neutral decor, ceiling fans. Open floor plan. 16 months free association fee! Move right in!



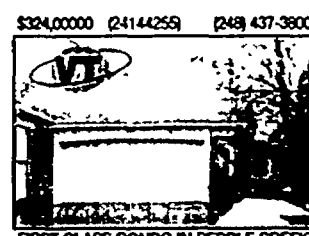
MAPLES OF NOVI CONDO - Two bedrooms, 3.5 baths. Great room with fireplace, 1st floor master. Downstairs to large deck overlooking 5th green. Full finished basement w/ full bath. 1 car attached garage. Immediate occupancy!



BEAUTIFUL DUNHAM LAKE - Hilltop ranch overlooking 18th hole of the 18 hole golf course. 4 br, 3.5 ba, 4 car, full walk-out w/ LR & FR, 2 story wrap around deck. Call, call, call!



FORMER BUILDERS MODEL - Will take your breath away! Charming gingerbread trim adds to the spectacular curb appeal! Numerous upgrades throughout the interior, professionally decorated.



FIRST CLASS CONDO IN PEBBLE CREEK - Best location in complex, 2 bedrooms, 3.5 baths. Fabulous finished lower level with daylight windows, large family room with wet bar, exercise room, full bath and work room. Lots of storage.



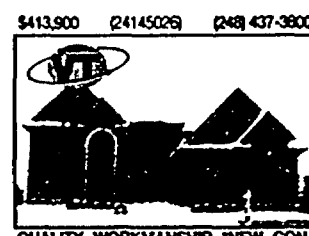
SPEND HOLIDAYS IN YOUR NEW HOME! "Superb" model home! Circular drive to brick paver walkway. 2 story foyer, open floor plan, hardwood floors, beautiful living room, elegant family room, nice library, finished basement.



STUNNING STORY AND A HALF A BREATHTAKING HOME ON CUL-DE-SAC 1 acre! Has wonderful flowing floor plan 3-5 bds, den, 1st fl. laundry, pool, in-law unit. A joy to see! Built in 1999!



PRESTIGIOUS TANGLEWOOD GOLF COMMUNITY - Welcomes you to this gorgeous cape cod. Built in 2003 this custom built home includes 1st floor master suite w/ full formal dining room and 2 story great room.



QUALITY WORKMANSHIP "NEW CONSTRUCTION" - Beautiful Stonewater colonial with 4 bedrooms, 3.5 baths & 3550 sq. ft. of custom details! Brazilian cherry floors in granite kitchen. Circular staircase. Walk-out basement and more!



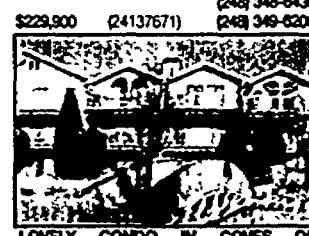
NEW CONSTRUCTION WORK OF ART! Custom designed welcome in 4 bedroom, 3.5 bath colonial in beautiful Broadmoor Park. Gourmet kitchen w/ cooktop, double oven and microwave. 3600 sq. ft. home awaits your final touches!



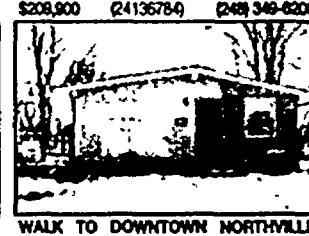
BEAUTIFUL GOLF COMMUNITY - Nearly 3400 sq. ft. of quality 2 way fl. 2 story foyer, central air, oak floors, in-law unit, 3 car garage, crown molding! Quality! Call! Best buy in neighborhood!



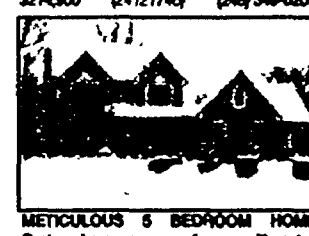
BEAUTIFUL NOVI RANCH - Sharp 3 bedroom/2 bath home! 2 fireplaces, super sun-room, newer roof, furnace, central air. Over half acre lot, 2+ car garage. Novi schools. Quiet street. You will be pleased.



LOVELY CONDO IN COVES OF NORTHVILLE - Contemporary 2 bedroom, 2.5 bath with views of pond. Huge great room with fireplace, opens onto deck. All appliances included. Direct access to 2 car garage with lots of storage.



WALK TO DOWNTOWN NORTHVILLE LOVELY RANCH - Desirable York Estates, open floor plan, neutral decor, oak floors, updated kitchen, newer windows and furnace, new deck and brick patio, finished basement, large fenced yard. 1 year home warranty.



METICULOUS 6 BEDROOM HOME - Custom home on over 1 acre with nature views. Handyman will love 5 car all garage. Gourmet kitchen, crown molding, storage above garage, great room w/ soaring ceilings!

Open Houses 3630

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W/13 Mile, 6/10th Rd
2 bdrm, library, 1st floor
master, & large kitchen
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LL Rd \$55,900.00
Brighton 3.00 Acres Cunningham
LL Rd \$55,900.00
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Acre! 3 BR ranch, 2-1/2
baths, wrap-around deck,
stone patio, a/c, 2 car
Pole barn! L7823

Immaculate 3 BR Ranch
\$235,900.00 Fireplace, finished
basement, 1st flr laundry
Fabulous view off deck, 1+
acres L7833

ALL SPORTS LAKEFRONT
\$263,900.00 4 BR, over
2000 sq ft, 14x12 workshop,
deck, 2+ heated
garage. Deep lot L7849

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plan, hardwood flrs, 1st flr
laundry, appliances included.
Airport access. L7826

Treed Cul-de-Sac Setting
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story, volume ceilings,
island kit w/mixable cabinets,
Andersen windows, bsmt
w/day windows 1st flr must
see! L7815

Lakefront \$329,900.00
Beautiful Sunsets! All
sports Ore Lake 3 BR, 2
baths, Large work rm Sandy
beach! L7831

Oak Pointe 4 Bedrooms
\$399,900.00! 3-1/2 baths,
1st flr master, island kit,
walkout LL, tiled decking,
3 car gar L7828

New Construction \$429,900.00
Prestigious 5000 sq ft 3
bedroom, 3 1/2 bath, custom
cabinets, granite, counter
tops 2 fireplaces, 3 car gar,
sprinklers landscaped
L7835

JUST LISTED \$453,700.00 4 BR
1-1/2 story in The
Homestead on Hilton
Estates, 3 1/2 baths, LR,
GR Formal DR & LR, finished
lower level 2 fire
places L7869

Brighton 5 Acres \$641,700.00
Gorgeous grounds & interior
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Renovated 4 bedroom 3000 sq ft
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freshly painted, 2500 sq ft pole barn
includes heated workshop, mechanics
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Beautifully maintained!
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appliances ready, finished
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**White Lake Ranch- 4
Bed, 3 Bath, 1.79 wooded
acres. Tired deck
looks out to parklike setting
w/privacy & invisible
fence. Walkout lower
level. 2,000 sq ft
\$299,900 (L-8870)**

Milford Village Ranch
Partly finished Bsmt.

Wixom End-Unit Condo-
1998 2 Bed, 2.5 Bath.
Open floor plan w/cath
ceiling, loft, 2 car Gar,
C/A, full Bsmt Beautiful!
\$177,900 (H-50250)

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Bungalow- Zoned for
Business, great for service,
retail, medical or
residential. Fully updated in
1995, partial Bsmt &
C/A \$195,000 (C-115)**

**Tyngone Twp, 3 Acres- 4
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Up north feeling! 3 tiered
pato & attached Garage
has several access drives
for your toys! Very tranquil
setting. \$274,900
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COLDWELL BANKER

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advertiser's order.
Hometown Newspapers
sales 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.
Publisher's Note: 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
based on race, color, sex,
religion, national origin, or
disability." 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
on an equal housing
opportunity basis (FIR
Doc. 724983 Filed 3-31-
72, 45am).
Classified ads may be
placed according to the
deadlines. Advertisers are
responsible for reading
these ads the first time it
appears and reporting any
errors immediately to
Hometown Newspapers.
We will not issue credit for
errors in ads after first
incorrect insertion.

DESIRABLE HOME in family
sub 2 years old, 1852 sq ft
4 bdrm city sewer & water
\$285,000 (810) 229-0732

FOUR BR, 3 full bath colonial
beautiful yard 1900sq ft,
garage bsmt must see
\$225,000 (810) 229-0732

NEW SPACIOUS HOME 3255
sq ft. 2000 sq ft walk-out
on beautiful treed lot almost
1 acre brick & stone exterior
complete ready for you to
select interior & move in Low
\$520+ other lots avail
Rolling Woods Sub Private
quality builder 248-358-0991

HOUSE FOR SALE in the most
beautiful area of Livingston
County. 2.5 acres, 4 bdrm,
3 full bath, 2 car garage, 1st
floor master, island kit, walk-
out LL, tiled decking, 3 car
gar, sprinklers landscaped
L7835

NEWER HOME- 3 BEDROOM, 2 BATH
wide entry garage & many
updates. Hardwood floor on
1st floor new carpet & paint
built-in bookcases On 12+
acres \$234,900
JOE PEOPLES JR
734-971-6070
eves 734-646-4011
Charles Reinhart Co
Peatons #2500233

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Humburg 3190

**IMMACULATE 4 br cedar &
brick ranch on large lot.**
Finished walkout, 3 car
garage, 3 full baths, fireplace,
cathedral ceilings, master bed
sle. Desirable sub. lake
access \$293,900. Call for
appt. (810) 231-3275.

**BY OWNER 2200 sq ft, 4 BR,
+ lg office, lg 3 car garage, 1
acre + lot, appliances, built in
2001. MOVING OUT OF STATE.
Appraised in 2004 at \$305,000.
Call sell now \$274,000 make
\$31,000 instantly or land contract
at 6%, sale price of
\$299,000 248-798-9780 or
248-798-9779**

**BY OWNER 3 br, garage,
bsmt, on 1/2 acre, all appliances,
wood floors, nice
starter home. Needs some
 TLC \$127,900 888-303-5954**

Milford 3264

**MILFORD - 2 1/2 acre lot in
beautiful Heritage Hill sub-
div 4 bdrm colonial in move-in
condition. \$399,900
Barbara Carr Pope
RE/MAX on the trail
(734) 459-1234**

**IN VILLAGE Built in 1872,
completely restored 2100 sq
ft, 5 br, 3 baths large lot, 2
car garage New everything
\$269,900 Call 248-408-5168
or 248-685-3203**

MILFORD VILLAGE new home
4 br, 2 1/2 baths, many upgrades
\$284,900 (248) 884-3500

**WALK TO DOWNTOWN! 3
BR brick ranch, fireplace in
living room, family room, 1.5
baths \$168,900 Call Dave
Mann, RE/MAX Elite (248)
684-6655 or dave@mann.com**

NEW Construction! \$237,900.00 Colonial,
fireplace, oak cabinets &
flrs, daylight bsmt., 2+ car
gar., 3/4 acre country
setting. Fowlerville
L7813

Howell \$199,900.00 1997
3 BR Colonial, 2-1/2
baths, hardwood flrs,
19x14 deck, full
bsmt., charming! L7843

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19x14 deck, full
bsmt., charming! L7843

Liveston County 3520

Vacant Land - 5 Acres- Latson Rd.
Howell \$189,000.00

5 ACRES - HOWELL
\$95,900.00 Dry!

Great commuter location
\$155,900.00 Min.
to Ann Arbor, Jackson,
Lansing! Charming 3
bedroom, Fully finished
walkout!! Huge deck!
L7816

Pineckey \$165,000.00
3 BR Ranch, lake access
to Rush Lake, fin. basement,
deck, 2 car garage,
Treed yard, L7850

Fowlerville \$169,600.00
Newer 3 BR ranch.
Open flr plan, lg bsmt.
Oak kit., 2 car garage,
1st flr laundry, L7825

**Walk to downtown! 3
BR, spacious corner lot,
loaded with updates!!
Fin. walkout! Patio, work-
shop, Garage. L7851**

JUST LISTED! \$188,500.00
Fowlerville over 2 acres!
Custom built 3 BR
Ranch, 2 full baths,
Open floor plan,
Oversized garage.
L7859

<

ALL FINANCING Guaranteed. Brighton, 2 & 3 br. homes start at \$195,000. 877-506-7391

BANK OWNED HOMES!! Make offer, singles, doubles, bruised credit OK. Howell, Brighton, Highland, Hartland & Tru County. Call Crest for location & access. 517-548-0001

BRIGHTON - Choice of FIVE beautiful homes, garages & basins. MUST SEE! Crest 517-548-0001

BRIGHTON - Perfect 3 br., a/c, appliances, Sylvan Glen & priced cheap! #400. Crest 517-548-0001

BRIGHTON - 3 BR, 1.5 bath, immediate move in. \$15,900 for quick sale. #402. Crest 517-548-0001

FOWLERVILLE 1989 14x70, 2 br. new carpet, air, lg. kitchen, exc. cond., ready to move in, stove stays. \$10,000 or \$3,000 down, \$300/mo. + lot rent. Call 517-223-1374 or 517-404-1881.

CHEAP HOUSING!! Great selection of nice starter homes under \$10,000. Crest 517-548-0001

FINANCING AVAILABLE!! Choice of TEN banks, FREE application & we'll pull credit report. REFINANCING available too. Call Crest 517-548-0001

BRIGHTON - AFFORDABLE 2 & 3 br. homes starting at \$1,000 down, \$225 per mo 517-404-6543

HOWELL - Homes available on private property (no lot rent). Payments cheaper than "in park", easier bank requirements. Crest 517-548-0001

LYON TWP. 28' X 52', 1997 Fairmont, 3 BR, 2 bath, good cond. \$30,000 c.a., fireplace 248-437-8929 / 248-348-1880

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MILFORD - Beautiful Scholtz home, 3 br., 2 bath, all extras, priced right! \$403. Crest 517-548-0001

SOUTH LYON 3 br., 2 ba. double wide, all new water system. Shed, appl. 2 decks. By owner \$19,500. Call 810-227-6546 or 517-546-4427

Commercial/Retail For Sale 3755

Leasing/Commercial Brighton, 1560 sq. ft. in Brookside Mall. Retail multi-tenant building. Parking Great opportunity, busy location. \$14/sq. ft. jpb@jenniferburn.com Jennifer Burn 734-747-7888, eves 734-417-0530 Renhart Commercial #2412779

"MAKE NEXT SUMMER THE BEST" E. Tennessee's Norris Lake & Golf properties will make every year special. Starting at only \$24,900 - Call Lakeside Realty 423-626-5820 www.lakesider Realty.com

ASHEVILLE, NC AREA. Spectacular Mountain view & River lots. Paved roads, clubhouse & more. New Release! Possible \$5K Discount! Bear River Community Call 1-866-411-5263

Lease, Option To Buy 3840

HOWELL schools, 3 br., 2 bath, 2 car. 1600sq ft., country setting \$1200/mo., \$188,000 No qualifying 517-404-8803

LINDEN - Lease to own, 3 br., 1500sq ft., 4 lots \$1,100/mo., \$139,900 No qualifying MUST SELL! (517) 404-8803

IF YOU'RE RENTING NOW WHY NOT RENT TO OWN? Call Maxwell 810-229-7148

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"ALL MORTGAGE LOANS" Refinance & use your home's equity for any purpose: Land Contract & Mortgage Payoffs, Home Improvements, Debt Consolidation, Property Taxes Cash available for Good, Bad or Ugly Credit! 1-800-246-8100 Anytime! United Mortgage Services www.unitedmortgage.com

READERS: SINCE many ads are from outside the local area, please know what you are buying before sending money

Stop Making Two House Payments. There is a solution. Call Maxwell 810-229-7148.

Money To Invest 3844

100% INVESTOR FINANCING Stated income programs. Call Maxwell 810-229-7148.

Featured

HOMES OF THE WEEK

Presented By **REMERICA**

Integrity REALTORS

Dearborn Heights - Welcome home! 3-bed brick ranch located in a great area! New windows, newer front door, roof and finished bsmt with wet bar. 2 car garage with electricity, deck with natural gas grill. Immediate occupancy! \$122,900 (S0WED)

Fremont - This 2-bed home is all prepped for possible 3rd bedroom upstairs. Fenced yard, freshly painted, new windows, siding, roof, furnace, C/A, doors, electrical, some plumbing, new kitchen flooring through out, carpet, bathroom, all duct work is new! Just move in! \$109,900 (10SIL)

Livonia - Very clean and well maintained 4-bed colonial. Newer windows, furnace, C/A, steel entry doors, great room w/ gas F.P. Patio door that leads to new paver patio, freshly painted, 2 car garage, bsmt w/ new lights, paint and carpet. Newer large kitchen and so much more! \$284,900 (S6C0U)

Northville - Beautiful 4-bed colonial. 2.5 bath colonial. Neutral and freshly painted, beautiful hardwood floors in FR and designer tile in entry and kitchen. Bsmt, garage 3 season room off F.R. extensive decking new roof A/C fireplace logs and exterior paint, private master suite w/ full bath. \$324,900 (78DUN)

Southfield - Very nice and affordable 3-bed brick bungalow on a nice sized fenced in lot. 2.5 car garage w/ electricity updated sparkling white kitchen w/ new tile floor, freshly painted. Security alarm, updated bath, nice curb appeal. Very quiet street! \$128,900 (15WES)

Westland - Super clean 3-bed brick w/ poss. 4th bdrm or office in finished bsmt. Home warranty appliances stay huge kit, w/ lots of cabinets, newer cement, new gar., custom built shed, brand new doors, corner lot, new roof and walkside windows. Close to shopping & schools \$164,900 (010HE)

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Two Locations for your Convenience
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Booming Real Estate Offices in Livonia and Northville are seeking outgoing Salespeople!
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West Bloomfield, MI
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SOUTH LYON

FROM \$450

1 & 2 Bedrooms
Air Conditioning • Walk-in Closets
Short-Term Leases • Close to I-96
Across from Kensington Park
FREE Annual Metro Park Pass

Kensington Park Apartments
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conditions apply
www.KaftanCommunities.com

\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$

FOR A LIMITED TIME
\$699* On Select Units

HURRY! Call Today!

Cedar Lake Apartments
in Northville

Located on 6 Mile between Haggerty and Northville Roads, 2 miles west of I-275

1 & 2 Bedroom Apartments
2 Bedroom Townhomes!

- Small Pets Welcome
- Full Size Washer & Dryer
- Private Entry

Call today for details and pricing info!
248-348-1830

Amanda Geiger bought these sunglasses to wear on spring break. She wore them only once before she was killed by a drunk driver.

Friends Don't Let Friends Drive Drunk.



DR. DANIELS AND SONS
LOANS MONEY ON REAL ESTATE. And: Buys Land Contracts. Private Money. \$10,000 to \$500,000. Fast Cash. Deal. Directly with Decision Maker. 1-800-837-6166. 1-248-335-6166. dan@danielsandsons.com

FINANCES GOT YOU DOWN?
on Daring? Get cash fast!!! \$100-\$500. Funds deposited-checking account next day. 1-800-710-3400. www.lesstancash.com

READERS:
SINCE many ads are from outside the local area, please know what you are buying before sending money

Real Estate Wanted (307)

Is your home not selling?
Consider the option of
leasing - We can help.
Avoid Foreclosure!
877-757-SELL
Free 24 Hour recorded info.

WE'LL BUY OR LEASE YOUR HOUSE. Make your payments (800) 684-7044

BEHIND IN PAYMENTS?
Foreclosure or after Sheriff's sale? Local realtor offers many solutions. We will buy or list your house to sell fast. Call Joe Williams at ReMax 100, (248) 348-3000

CASH
We buy houses!
We will pay cash!
Any condition!
(734) 354-8405
Remerica HomeTown
44523 Ann Arbor Rd Plymouth

FACING FORECLOSURE?
WANT A FRESH START?
Call Kathy
248-930-0198

I BUY HOUSES
Any price, any condition.
Pre-foreclosure help. Save your credit. (517) 404-8803

KAPER PROPERTIES
Is buying houses.
All areas, all conditions.
248-930-0198

NEW COMPANY wants 3-4 homes in this area on long-term lease or purchase. Call 24 hrs. 888-467-5248.

Stop Making Two House Payments. There is a solution. Call Maxwell 810-229-7148

WE BUY HOUSES
1-866-261-0367
24hr recorded message

WE BUY HOUSES
Receive a free offer today.
24 hr free recorded message
866-338-6655

Commercial/Industrial
(Retail) For Sale (309)

SOUTH LYON Light industrial warehouse/office. 2,600sq ft. 16ft ceilings. Overhead door. \$169,000. (248) 388-1340

Business
Opportunities (399)

Start your exciting career in Real Estate with us!
We are seeking energetic self-starters to join one of Michigan's Top Real Estate Companies.
Please call
Bonnie Spicher
810-844-2634

Income Property for Sale (399)

HOWELL DETACHED duplex. Good cash flow \$150,000. (517) 404-5482

ATTENTION INVESTORS!
\$99,500
Lake Access Condo
Easy Cash Flow
With Minimum Down
Builder Pays
Closing Costs
Great Investment
Opportunity.
Century 21 Hartford South
734-716-6871

SOUTH LYON - Development property 19+ acres, many perfs. Salem Twp. 4 miles West of Back Rd. Please fax inquiries to 734-420-8304.

Apartment/Under lease (400)

ATTENTION RENTERS!
Invest in Your Own Maint. Free Condo
With No Money Down!
And Payments Less Than Rent
2 Bedrooms
Lake Access Condo
for \$99,500
Century 21 Hartford South
734-716-6871

BRIGHTON - 1 br. upstairs apt. \$495/mo. includes utilities. No pets. Calls returned in order received. (810) 229-9259

BRIGHTON - 1200 sq ft. flat, overlooks Huron River, fireplace, hardwood floors, Berber carpet, 2 br., close to US23 \$825/mo., 1st & last Ask for Wes (734) 669-9001. (734) 564-0904

BRIGHTON - 2 br. \$550 Easy x-way access, with heat. Lowest rent in town! Now renting. 810-227-2139

BRIGHTON, DOWNTOWN 2 br., beautiful park-like setting, residential area, access to x-ways, near schools. \$800/mo. 734-341-5649

BRIGHTON, DOWNTOWN Clean & quiet 2 br., storage, appliances, hot water, AC. \$650/mo. (248) 766-0688

BRIGHTON, IN CITY Spacious 2 br., newer appliances. Winter special, \$650/mo. Short term lease avail. No Pets. 810-229-5167

BRIGHTON 940 E Grand River Spacious 1 & 2 br., heat/carpot included. No pets. \$565-\$665/month. 517-404-2866. 248-521-1990

FARMINGTON HILLS Live FREE - Ask Us How! 24-hr fitness center, in-home washer/dryer, covered parking, close to work & entertainment. Pets live FREE! 1 bed room specials starting at \$550. 2 bedroom specials starting at \$650. Call Diamond Forest today. 877-527-7949 for visit. www.diamondforest.com

FENTON 1 br. apt. No smoking. \$435/mo. (810) 750-1104

HOWELLVILLE - 2 Br. Apts. w/ appliances, washers & dryers incl. \$550 + security. NO PETS. Senior discounts. Call (517) 223-3149, 9-5pm only

HOWELLVILLE, DOWNTOWN New large, luxury 2 br. Apts. all appliances including washer/dryer, approx. 1000 sq ft. \$700/mo. 517-404-8901

MILFORD NEW YEARS SPECIAL! \$50 all next 3 months rent 1 & 2 br. apts., starting at \$517. Fully carpeted, Central Air Heat incl. No pets. (248) 684-6841

HIGHLAND 1 br. newly remodeled w/ laundry rm. near Duck Lk. Rd. \$450. 248-335-9400

HIGHLAND - Quiet 2 BR. heat included, newly decorated, laundry room & storage area. \$750/mo + security. No pets. 248-684-1280

HOWELL Upstairs 1/2 br. Heat & clean. No pets/smoking. \$625/mo. sec. \$937. Call 810-231-2442

HOWELL QUAIL CREEK APTS. 1-2 bedroom, \$545-\$645 includes covered carport. Fully equipped kitchen. Quiet Country setting, close to Downtown & main hwy. 1 block to hospital. Balcony, C/A. Ask about Specials!! (517) 548-3733

HOWELL SPACIOUS 2 br., upstairs, walk to town. Leave message, 810-343-8282

HOWELL 1 br. 1st floor. \$475 per mo. includes utilities on Grand River close to downtown. (517) 546-1450

HOWELL ADORABLE, clean. Senior citizen, new appliances, 1 br., 1st floor, private entrance. \$539. 517-546-3811

HOWELL BYRON Terrace, 2 br., quiet, clean, close to doctors/shopping. 517-546-3396

Howell Keep Your Resaleable & Safe! Weedridge Apts. Large 1 & 2 bedroom floorplans, lots of storage, pet friendly, 24-hr fitness center, quiet area but close to work, shopping & entertainment. Rent starting from \$655. Call now 888-547-5828

MEADOWS OF SOUTH LYON townhouse style apts. 2 & 3 bedroom, newly renovated. Starting at \$635 per mo. 248-767-4207

MILFORD downtown, small 1 br., ideal for single person. \$490/mo incl. heat. Security deposit, no pets. (248) 684-1280

MILFORD - SAN MARINO Close to downtown. Specials. 1 br. \$650. 2 br. \$700. Heat & water incl. 248-685-1524. www.comorantico.com

HARTLAND Quiet 2 br. duplex w/ laundry room, attached carport, no pets. 810-632-5834, 810-629-0343

MILFORD TOWNHOUSE 2 bedroom, 1.5 bath, clean & updated in quiet complex. Close to schools & downtown. \$740/mo immediate occupancy. (248) 889-2291

MILFORD, DOWNTOWN 1 br., private entrance, walk-in view. \$680/mo. 734-306-1471

NORTHVILLE - 1 br. for lease. \$595/mo incl. water & heat. (248) 982-3335

Northville BEAUTIFUL Reduced rents to \$599 & \$699. Regularly \$695-\$780. Deluxe 1 & 2 Bed room Apts w/ beautiful view, balcony, carport and more. Walk to Downtown. Nice quiet community. Small pets welcome. NORTHVILLE GREEN APARTMENTS On Randolph & 8 Mile 248-349-7743 www.northvillegreen-apts.com We accept Visa/MC

Northville's most unique apartments. Choose from a variety of floorplans including cool 1 bedroom lofts and expanded one bedrooms with den all in a streamside setting. \$675-\$825. ONE MONTH FREE The Tree Tops (248) 347-1690. Non Road north of 8 Mile

WHITMORE LAKE 1 br. apt. Quiet apt. bldg. 4th room for office or hobby. Many windows. Outside deck. No pets. \$500 incl. heat. 248-624-4310

WALLED LAKE AREA 1 br. apt. Quiet apt. bldg. 4th room for office or hobby. Many windows. Outside deck. No pets. \$500 incl. heat. 248-624-4310

WALLED LAKE 2 BR. 1 1/2 bath Townhouses. Dishwasher, Private Entrance, C/A, Pool, Apartments avail. 7 days a week. 248-624-6506 www.comorantico.com

WHITMORE LAKE 1/2 br. on park setting. \$655/mo laundry room, exercise track, all appliances, recently updated. 5 min from Brighton. 313-350-6208

WHITMORE LAKE Contemporary 1 bedroom, no pets. \$570/mo plus utilities. Call (734) 449-5994

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2 BEDROOMS FROM \$810
Options include new kitchen and new carpet.
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(248) 348-9590
Open 7 days!!! EHO

PINCKNEY - Garage, 2 br. apt. \$750/mo. Lawn, snow, trash services included. (313) 231-1120

PLYMOUTH - 2 br., carport, pool. Must rent, motivated landlord, great price, call for details. 734-751-2525

PLYMOUTH - 2 MO. FREE 1 br., heat & water & storage. Close to town. \$595/mo. (248) 417-4551

S. LYON/BRIGHTON area 3 br. apt. 1 full bath. Utilities included. Brighton area schools. \$750/mo. Call (248) 486-8110. Mon-Fri. 9-5 for more information or to make appt. Security deposit required

SOUTH LYON 1 & 2 br. avail. Private entrance, pets welcome, incl. kitchen appliances incl. washer/dryer hookup, income limits apply. Starting at \$500. (248) 349-6612

SOUTH LYON - 1 MO. FREE \$555/mo. Avail. now. 2 br. free heat & water. Laundry, parking. Application & sec. req. No dogs. www.huronapts.com. (734) 320-2281

NOV/WALLED LAKE 700 sq ft. 1 br., air, carport. Lakefront. \$645/mo. (810) 225-4430

SOUTH LYON, walk to town. 1000sq ft., 2 br., 1.5 bath, laundry room. All appliances. New carpet. No pets/ no smoking. \$850/mo + \$1000 security. 248-437-7786

SOUTH LYON 1 bedroom condo, \$750/mo. Immediate occupancy. (248) 437-8189

WALLED LAKE - VIEW 1 bdr. w/laundry, 1 car garage. Dock avail. Pets. \$750/mo. 734-778-0588

Walled Lake: New detached condo on the water. 2 br., 2.5 bath, all appliances. \$1100/mo. 248-283-2826

SOUTH LYON, walk to town. 1000sq ft., 2 br., 1.5 bath, laundry room. All appliances. New carpet. No pets/ no smoking. \$850/mo + \$1000 security. 248-437-7786

FOWLerville New duplex for rent. 1450 sq ft. 3 br., 2 bath. Very nice, no pets. \$995/mo. (517) 861-6102

HARTLAND 2 br. ranch units, c.a. garage, no pets. Starting at \$615/mo. (734) 751-6821

HIGHLAND - M59 & Maford Rd. Small 2 br. bkg. back yard. \$500/rent. Call 568-264-3992

HOWELL 2 br., 1 bath, newly updated, lg yard. \$700 Feb free heat. Pets negotiable. 517-546-0035

HOWELL - 2 bedroom, recently remodeled, large yard. \$675/mo. No pets. Call 517-546-1097, 810-423-1053

HOWELL, DOWNTOWN 2 BR., 1.5 bath, washer/dryer, attached garage, \$1,000/mo. Ready now. 810-923-6076

HOWELL DUPLEX 2 bedroom, new unit, new appliances, washer & dryer. Pet \$750/mo. (517) 404-7504

NORTHVILLE 2 br., c.a. appliances w/bsmt. No pets/smoking. \$785/mo. (248) 349-4437

PINCKNEY 2 br. ranch, country setting, stove, fridge, laundry hookups. \$625/mo. + sec. Mo to Mo. ok. (734) 878-5140

PINCKNEY 2 br., w/appliances & washer/dryer. Big yard. Pet neg. \$675/mo. 517-546-6478

PINCKNEY AREA 2 br. duplex, lake access. \$660/mo + utilities. No dogs. 734-662-8669

BRIGHTON - 1 br. & studio apts. Weekly, monthly. All utilities, housekeeping & cable incl. Just inside Livingston City on Old Gr. River. Lake access. Hazel. (810) 227-7441

HOWELL Kensington - Jan weekly rates starting @ \$199 + tax. Free continental breakfast. Microfridge in rooms. Call for more info. (517) 548-3510

Condos/Apartments (402)

BRIGHTON Condo, New 2 br., 1 bath, all appliances incl washer & dryer. Free heat. \$850/mo. Call Mike, days 810-923-7566, eves. 517-548-9699

BRIGHTON Best & Golf 2-3 br. condo, 3 bath, 2600sq ft., short term OK, non-smoker. \$1395/mo. (734) 260-7636

COMMERCE TWP. New spacious condo with garage. Great location & amenities. \$1190/mo. 248-684-7573

HIGHLAND TWP. 1 or 2 br. condo, single floor, covered parking 1.5 mi. N. of M59. 248-587-5733

HOWELL 2 br. split level condo. \$900. 1 mo free rent. Call 517-552-1364

HOWELL LEASE to buy brand new Condo, \$571/mo. 2 br., 2.5 bath, attached garage, appliances. Vaulted ceilings, beautiful wooded views, pool. \$1350/mo. 734-260-0401

NORTHVILLE 1200 sq ft., 2 br. 2 bath, all new appliances. Avail now \$925. 734-730-3949

NOVI 2 Bdrms, 2 baths, ground floor, non-smoking. (1 must be > age 50), on Walled Lake. \$795/mo. (248) 363-0203

NOV/WALLED LAKE 700 sq ft. 1 br., air, carport. Lakefront. \$645/mo. (810) 225-4430

SOUTH LYON, walk to town. 1000sq ft., 2 br., 1.5 bath, laundry room. All appliances. New carpet. No pets/ no smoking. \$850/mo + \$1000 security. 248-437-7786

SOUTH LYON 1 bedroom condo, \$750/mo. Immediate occupancy. (248) 437-8189

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D-uplexes (438)

FOWLerville New duplex for rent. 1450 sq ft. 3 br., 2 bath. Very nice, no pets. \$995/mo. (517) 861-6102

HARTLAND 2 br. ranch units, c.a. garage, no pets. Starting at \$615/mo. (734) 751-6821

HIGHLAND - M59 & Maford Rd. Small 2 br. bkg. back yard. \$500/rent. Call 568-264-3992

HOWELL 2 br., 1 bath, newly updated, lg yard. \$700 Feb free heat. Pets negotiable. 517-546-0035

HOWELL - 2 bedroom, recently remodeled, large yard. \$675/mo. No pets. Call 517-546-1097, 810-423-1053

HOWELL, DOWNTOWN 2 BR., 1.5 bath, washer/dryer, attached garage, \$1,000/mo. Ready now. 810-923-6076

HOWELL DUPLEX 2 bedroom, new unit, new appliances, washer & dryer. Pet \$750/mo. (517) 404-7504

NORTHVILLE 2 br., c.a. appliances w/bsmt. No pets/smoking. \$785/mo. (248) 349-4437

PINCKNEY 2 br. ranch, country setting, stove, fridge, laundry hookups. \$625/mo. + sec. Mo to Mo. ok. (734) 878-5140

PINCKNEY 2 br., w/appliances & washer/dryer. Big yard. Pet neg. \$675/mo. 517-546-6478

PINCKNEY AREA 2 br. duplex, lake access. \$660/mo + utilities. No dogs. 734-662-8669

PLYMOUTH 2 bdrms, all appliances, furnished, newly redecorated. \$800/mo. TYME (734) 455-6566

SOUTH LYON 2 br., washer/dryer hook up, stove/fridge, \$700/mo, 1 mo deposit. No pets. (248) 348-7596

SOUTH LYON - 2 mo. free heat. 2 br., appliances, washer/dryer if needed, new carpet, no pets. \$640/mo. Call 248-685-1098

SOUTH LYON 1 mo. Free rent 2 br., 1 bath, 780 sq ft., c.a., shed. New carpet. \$650/month. (248) 685-0900

WHITMORE LAKE 2 br., appliances, AC, patio, shed, 2 bks. to school. (810) 844-0132

Flats (404)

PLYMOUTH TWP. Efficiency unit, upper level, lg yard. Includes water & yard maintenance. Available now. \$495/mo. 248-735-5484

Homes For Rent (454)

BRIGHTON 3 br. new kitchen/ bath, hardwood floors, appliances, fenced yd. No smokers. \$1000/mo. 248-889-1909

BRIGHTON 1k. Chemung, 2 br., 2.5 car garage, buyrent. \$895/mo. (810) 229-9844

BRIGHTON - 3br., 2 bath, fr. bsmt., garage. \$1,250/mo. immediate. (810) 229-2800

BRIGHTON 3 br., 2.5 bath, 1800 sq ft., monthly lease \$1400/mo. 517-446-4836

BRIGHTON AREA 1,900sq ft., 3 br., 1.5 bath, 2 car garage, walkout, on 5 acres. Pets okay \$1,400. 248-249-3904

BRIGHTON 2 br., 2 1/2 car garage, Short term lease avail. \$975. (517) 404-7737

CAN'T QUALIFY TO BUY? Call Maxwell 810-229-7148. Rent to own a home!

COMMERCE TWP. - Gorgeous wooded setting. Brick exterior, 5 br., 2.5 bath, 2 car attached garage, fireplace. \$1,950/mo. 1.5 security, \$200/mo. goes towards down payment. Call 248-926-6600, 248-613-3752

FORECLOSURE! 4 br., 2 bath home for \$16,000! For listings call 800-690-3990 ext. H679

FOWLerville 3 br., 2.5 bath, walk-out bsmt., 2 acres, 1st floor laundry, appliances included. 3 mi. from x-way. \$1,050/mo. (248) 388-9522

FOWLerville 3 br. Large living room, 1 1/2 baths. 2 car garage. Large lot. NO PETS. \$975 + security. 248-684-5002

HALF ACRE Spacious walk-out ranch. 2500sq ft., 3-4 br. 3.5 baths. Lease for \$1500/mo. Sell for \$307,900. 248-982-5652. 734-905-3279, 248-349-8626

HAMBURG TWP. 5 br., 2 bath, 2 car garage, family room, deck. New carpet & paint. Large yard \$1300/mo + utilities. 1st last, sec. Avail. 2/1/06. (810) 231-4355

HARTLAND 3 br., 1,200 sq ft. country setting duplex. \$1,200/mo. includes utilities. Call (517) 881-0432

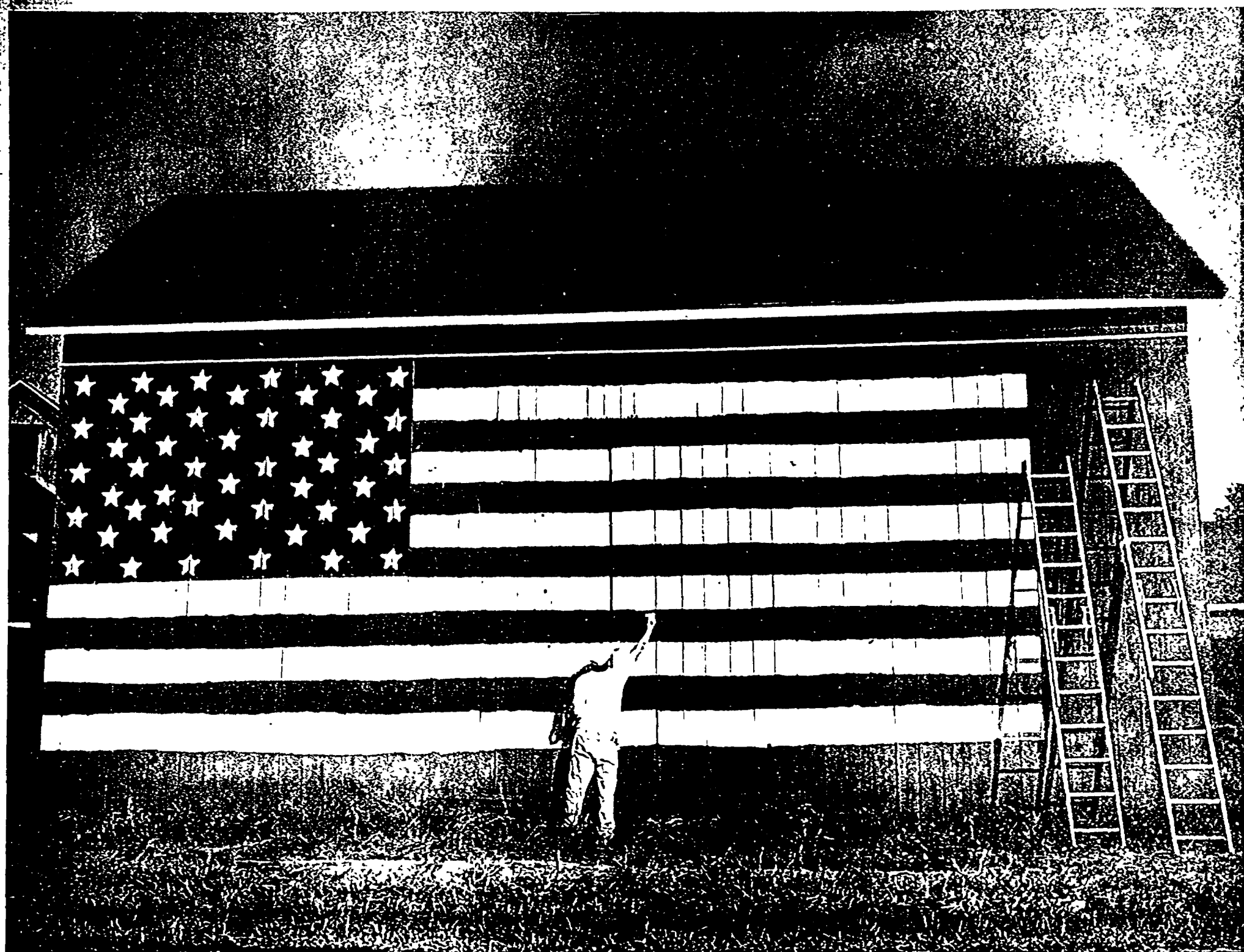
HOLLY 2BR home with shed. \$595/month

HOLLY 3BR home with shed. \$695/month

WHITE LAKE 2BR home. \$950/month

(248) 887-7500

HOWELL 3 br., 1 block from main 4 downtown. \$1900/mo. Some pets allowed. 6 mo. or 1 yr. lease. (517) 202-1034 ask for Chris



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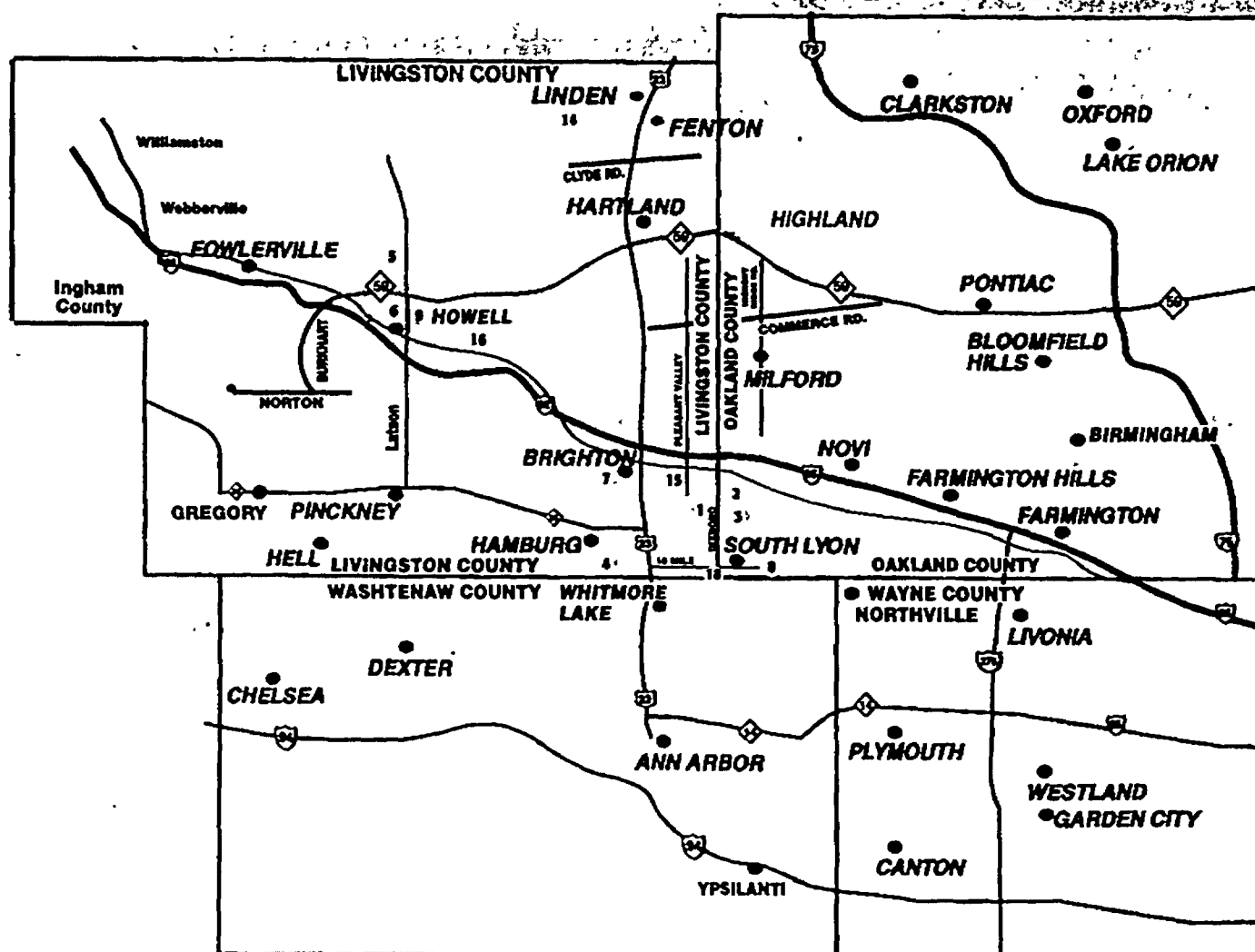
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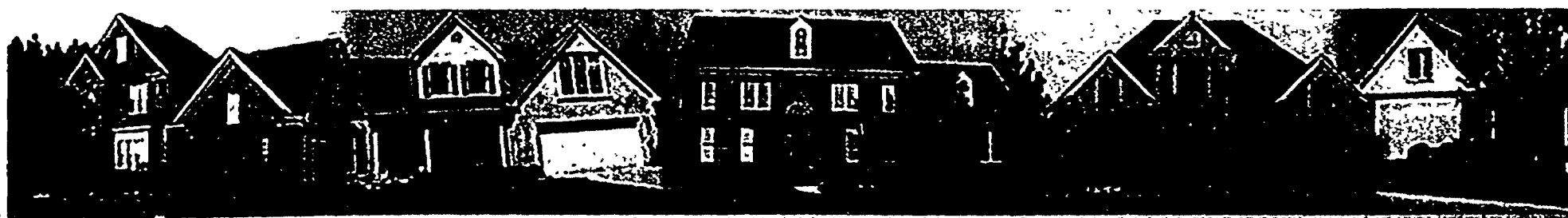
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NORTHVILLE *Luxury Upscale Living*
Don't miss this 3 bedroom, 2.5 bath condo w/wooded kitchen, crown moldings, luxury bath w/stepped tub, 2 fireplaces, family room in finished W/O, all appliances. All this plus great living space in Northville.
(F32NEW) 248-349-5600 \$220,000



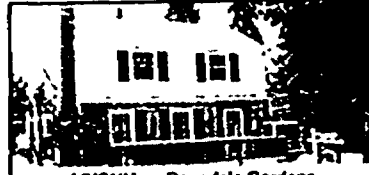
REDFORD *This is A Charmer*
2 bedroom ranch w/lot of updates. Home boasts updated kitchen, newer windows, roof, furnace and HW/H. Home is well maintained w/neutral decor. Kitchen has white cabinets. Nice yard and oversized 2 car gar.
(F47FIV) 248-349-5600 \$82,000



PLYMOUTH *Walk To Town*
Fabulous location for this 2 bedroom, 1 bath condo. Neutral decor, open floor plan, and driveway to deck. All appliances stay.
(F52PIN) 248-349-5600 \$124,900




WYANDOTTE *Spacious Starter*
Large 2 bedroom, 2 bath, 1.5 car garage w/wooden updated kitchen, windows, roof, elec, plumbing, roof & siding. Formal dining room eat-in kitchen, basement w/hall bath, large lot, all apps & freshly painted.
(F405TH) 734-455-5600 \$119,900



LIVONIA *Rosedale Gardens*
3 bedroom brick colonial w/old world workmanship, plaster walls, cove ceilings, hardwood floors. Updates include windows, HW/H & electrical. 2 car garage & a home warranty.
(F04BER) 734-455-5600 \$198,500



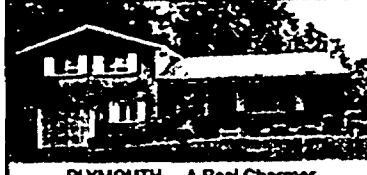
NORTHVILLE *Transferee Ready*
Custom Estate. Out-deck lot overlooking pond. Upgrades T/O. Hardwired, gorgeous tile backsplash, maple cabinets, w/2-way tripic. Custom Indspg & deck. Fully fin LL w/2 BR, BA & custom bar.
(F0WHI) 248-349-5600 \$649,900



REDFORD *Stop Dreaming!*
Start living the reality of home ownership in this fantastic ranch. Spacious floor plan w/3 BR, 2 BA & FR. Large LR w/hardwood floors, finished basement w/fireplace. Extra BR possible & full BA. 2 car gar, lg yard & apps.
(F70DUX) 248-349-5600 \$159,900



NORTHVILLE *Mind-Boggling Condo*
Stunning 2 BR, 2.5 BA condo decorated to perfection & upgraded flooring T/O. Delightful kitchen w/white oak, formal DR, LR w/hardwood tripic, lg MBR w/hall-in closet, FFL, wood deck, C/A, in rec rm & heated 2 car gar.
(F66NEW) 248-349-5600 \$184,900



PLYMOUTH *A Real Charmer*
Custom built, all brick contemporary "big lot in little Plymouth." Very clean & well taken care of. Has built-in double ovens, newer roof & HW/H. Unique floor plan in this 2 bedroom, 1.5 bath home.
(F90ANN) 734-455-5600 \$209,900




WESTLAND *What A Beauty!*
Extremely clean 1st floor condo offering 2 bedrooms, 2 baths w/wooden floor plan. Master bedroom w/HWC, separate laundry & appliances.
(F68SHO) 734-455-5600 \$109,900



VAN BUREN TWP. *Colonial w/Curb Appeal*
Spacious, neutral, beautifully maintained 4 bedroom, 2.5 bath w/C/A. Vaulted ceilings in FR w/tripic. FFL, WIC in MBR, all gar & sprinklers. Freshly painted. Bridge overlooking FR. Ceramic tile in kit. Home warranty.
(F06AND) 248-349-5600 \$269,900




WESTLAND *Prime Location*
Close to shopping & restaurants - yet quiet little neighborhood. Big backyard 3 BR, 2 BA brick ranch w/bsmt & garage. Seller's replaced roof, windows, furn, C/A, HW/H & plumb. Florida room, hardwood flrs.
(F04KEN) 248-349-5600 \$159,900




NOVI *Estate Sale Ranch Condo*
Roomy 3 BR, 1.5 BA 1-story condo. Full bsmt, carport, newly painted, newer furn & windows. FF laundry, DR, spacious LR w/lot of windows. Enclosed deck, pool, park & lake. Near w/ways, shops & schools. Warranty.
(F74REN) 248-349-5600 \$134,900



DEARBORN *Sharp Updated Bungalow*
Cory 3 bedroom, 1.5 bath brick home w/great curb appeal. Newer oak cabinets in updated kitchen & updated roof, vinyl windows. Spacious master bedroom w/lot of storage & finished basement w/2nd bar & 5 bath.
(F41COR) 734-455-5600 \$144,900




PLYMOUTH *Charmwood Condo*
1 bedroom brick colonial w/old world workmanship, plaster walls, cove ceilings, hardwood floors. Updates include windows, HW/H & electrical. 2 car garage & a home warranty.
(F70PLY) 734-455-5600 \$95,900



REDFORD *Large Brick Bungalow*
3 bedroom, 1.5 bath home on large lot. Complete roof over all T/O. White oak windows T/O. Copper plumbing updated electrical, hardwood T/O. 2 car garage - great for the mechanic.
(F21CRO) 248-349-5600 \$139,900



NOVI *Elegant Southern Living*
4 bedroom colonial to move in. Wonderful lot. Great kitchen w/large cabinet. French doors lead to gorgeous family room. Master suite w/HWC. Wonderful master bath. This is a must see home. Looks like a model.
(F53ASH) 248-349-5600 \$423,000



NOVI *Pottery Barn Perfect*
Just move into this spacious updated home. Updates include Ceramic entry HW floors, carpet, fresh paint. Profess fin LL w/FR w/FP & office. Lg LR w/tripic. Newer blinds T/O. High ceilings. Tennis, pool & pond.
(F02CRO) 248-349-5600 \$159,900



COMMERCE *Canal Front*
Move in condition 3 bedrooms, 2 full baths many expensive updates, septic, well, pump, windows, C/A & doorall leading to oversized deck. 2.5 car garage, sharp finished basement w/wet bar & boat launch. Lg lot.
(F85CRY) 734-455-5600 \$208,000



WESTLAND *Condo*
Nice upper unit condo in Westland w/Livonia Schools. Deck, quiet surroundings, tennis courts & pool. Nice sized rooms low association fee.
(F50WOO) 734-455-5600 \$87,500



NORTHVILLE *Incredible Value*
Waterfront estate in Stonewall sub. Largest sq ft built by Mccord. Upgrades, marble, granite, cust cherry cabinets, 2-story enclosed porch, spiral staircase, MBR w/3-way tripic, sitting rm & bath. Fin LL w/LR, BA & BR.
(F02MAN) 248-349-5600 \$1,149,900



SOUTH LYON *Stunning Walkout Colonial*
Premium elevation with stunning views of wooded nature preserve from each of your 3 stories. A 4 bedroom, 2.5 bath colonial w/2-story entrance, hardwood floors, massive kit, bay in LR, tripic in FR.
(F33WES) 248-349-5600 \$349,900



SOUTH LYON *Ground Level*
Move-in ready. Well maintained home that is less than a mile to lovely downtown. 2 bedrooms with 2 full baths including huge master suite with private full bath. Open floor plan. All kitchen appliances.
(F08GRE) 248-349-5600 \$128,675




VAN BUREN *End Unit Overlooking Pond*
Spacious 2 bedroom, 1.5 bath ranch style condo w/lot, finished basement w/family room, oak kitchen w/hardwood floors, ceramic tile bath, FFL, kitchen appliances, doorall to deck, plus attached garage.
(F72HAR) 734-455-5600 \$169,900



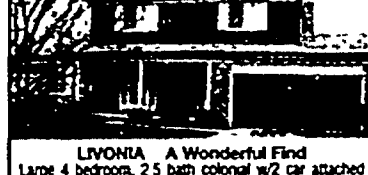
GARDEN CITY *Well Maintained Home*
And updated with roof - single layer, circuit breakers, furnace & C/A, windows & more. Newer kitchen w/appliances, 2 car garage w/attached out building. All this in this 3 bedroom brick/aluminum ranch.
(F05SUN) 734-455-5600 \$135,000



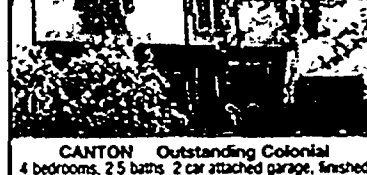
FARMINGTON HILLS *Remodeled Home*
4 BR, 2 BA. Large master w/HWC & full bath. FF laundry. Beautiful LR, FR w/wood stove, large deck & 2 car garage. Kitchen apple story. Large pantry. Fenced yard for new T/O. Carpet T/O. Home has been updated.
(F28ALB) 248-349-5600 \$179,900



NOVI *Autumn Park Colonial*
Amazing 4 BR, 3.5 BA home on premium wooded lot in one of Novi's finest subs. Two-story FR, 4 season sun room, extra deep bsmt w/daylight windows, brick paver patio, kit w/marble cabinets, formal DR, 2nd floor laundry.
(F90SUN) 248-349-5600 \$639,900




LIVONIA *A Wonderful Find*
Large 4 bedroom, 2.5 bath colonial w/2 car attached garage, basement, sprinkler system, built-in gas grill on patio, FR w/tripic, newer upstairs windows, ceramic tile in master bath & ceramic foyer, kitchen & nook.
(F00BAR) 734-455-5600 \$254,900




CANTON *Outstanding Colonial*
4 bedrooms, 2.5 baths, 2 car attached garage, finished basement, family room w/cathedral ceilings, built-in fireplace & built-in entertainment center. Newer kitchen w/ceramic floors, newer windows, roof, siding & much more.
(F75BEE) 734-455-5600 \$239,900




WESTLAND *Charming Townhouse*
Offers 2 bedrooms, 1.5 bath, full basement, attached garage, newer kitchen floor, light oak cabinets & some newer appliances. Master suite w/bath. Custom woodwork & window treatments. Large deck.
(F13HUN) 734-455-5600 \$161,900




SOUTH LYON *Beautiful Brick Colonial*
Like new. Spacious open floor plan in this 4 bedroom brick carriage club home. Serene view of natural pond. Gourmet kitchen, blk apps, maple cabinets. Born, plumbed for bath. Many upgrades. Neutral colors. Nice.
(F59CAR) 248-349-5600 \$329,900



NORTHVILLE *Not Too Many Left*
Historical District opportunity. Neighborhood in offers 3 bedrooms, family room, screened porch & on a court near downtown. Newer furnace, HW/H. Northville schools. Near w-ways & shopping. Home warranty.
(F15LIN) 248-349-5600 \$265,000



WESTLAND *Priced To Sell*
Built in 2000 this lovely colonial offers 3 bedrooms, 1.5 baths, 2 car attached garage w/wet bench, master bedroom w/cathedral ceiling & WIC. Hardwood foyer, ceramic baths, 2 tiered deck & full basement.
(F90FAI) 734-455-5600 \$194,900



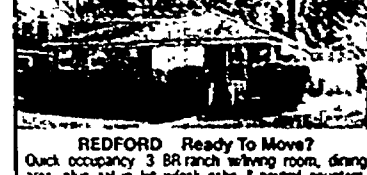
DEARBORN HGTS. *Charming & Clean*
Brick ranch offers 3 bedrooms, 1.5 baths, newer countertops & top of the line apps. Hardwood floors under newer carpet, garage wired w/220. Close to golf course & Hines Park. You won't be disappointed.
(F12CEN) 734-455-5600 \$153,000




NOVI *Enjoy the Tranquility*
In this lovely 2 bedroom, 1.5 bath townhouse w/spectacular view of pond from the patio or every room. 1st class finished basement, beautiful kitchen w/hardwood floor.
(F03PON) 734-455-5600 \$165,000



COMMERCE *Immaculate Throughout*
Come experience this hidden paradise yourself. Immaculate builders model. 3 bedrooms, 3.5 baths with W/O basement on canal front. Five sites also available for your custom built home.
(F89MAQ) 248-349-5600 \$724,900



REDFORD *Ready To Move?*
Quick occupancy 3 BR ranch w/walk in closet, dining area plus eat-in kit w/oak cabinets & neutral counters. Neutral carpet T/O plus hardwood flrs under carpet. Garage, basement, newer furn w/humidifier, air cleaner & C/A.
(F37WCH) 248-349-5600 \$139,900




ROMULUS *Bright & Cheerful*
3 bedroom ranch w/parially finished basement, 2.5 car garage, updated windows, roof, furnace & more. Don't miss out on this warm & cozy family home.
(F32BAR) 734-455-5600 \$128,500



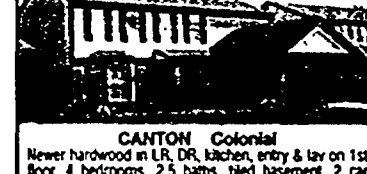
CANTON *Over-sized Interior Lot*
4 bedroom, 2.5 bath colonial has a great architectural design w/open floor plan w/sloping ceilings, hardwood floors & spacious rooms. Gourmet kitchen w/marble cabinets opens to FR, 3 car att garage & basement.
(F01FLU) 734-455-5600 \$469,000



CANTON *Great Townhouse Condo*
2 bedroom w/1.5 baths. Crisp & clean, freshly painted. Low traffic area, updates in kitchen & 5 bath. Nice bay window in DR w/built-in seat. 2 skylights, brick paver patio, basement & appliances stay. Must see!
(F79ARB) 734-455-5600 \$137,000



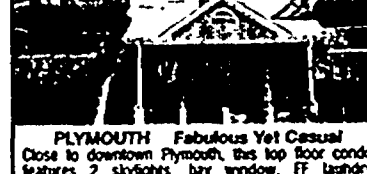
LIVONIA *Bungalow*
Remodeled kitchen includes apps & laminate floor also in nook. Berber in FR, 2 upper bedrooms & stairs. LR & 2 lower bedrooms have hardwood floors. Michigan basement, 2.5 car garage, patio & wide driveway.
(F71FTV) 248-349-5600 \$169,900



CANTON *Colonial*
Newer hardwood in LR, DR, kitchen, entry & lav on 1st floor. 4 bedrooms, 2.5 baths, tiled basement, 2 car attached garage, deck w/2 levels. Fenced. Big yard in great sub w easy access to w-way shopping & med fac.
(F44BRU) 248-349-5600 \$235,000



REDFORD *Wonderful Updated Home*
3 bedroom, 1.5 bath brick ranch w/2 car garage, finished basement, newer windows, furnace & C/A. Large kitchen w/oak cabinets, beautiful hardwood floors, all sitting on a dead-end street.
(F32SAR) 734-455-5600 \$149,900



PLYMOUTH *Fabulous Yet Casual*
Close to downtown Plymouth, this top floor condo features 2 skylights, bay window, FF laundry w/stackable washers/dryers has oak cabinets. Seller is offering \$1000 decor allowance. Truly worth viewing!
(F11PIN) 734-455-5600 \$130,000



MELVINDALE *Adorable Brick Bungalow*
3 bedrooms w/extra den, C/A, newer vinyl windows, finished basement, freshly painted, hardwood floors, 1.5 car garage w/overhead door. Close to all amenities. Home warranty included. Call Now!
(F81RUT) 734-455-5600 \$131,900



WESTLAND *Move Right In*
3 bedroom ranch w/wooden floor, room in basement. Updates include: roof, bathroom, C/A, HW/H, electrical, siding and more. Freshly painted. Covered patio w/landscaped yard. Great kitchen w/appliances.
(F06AVO) 248-349-5600 \$132,000




PONTIAC *Brace Yourself*
This home will take your breath away. Extremely clean and neutral T/O. Vaulted ceilings, 3 BR, 2 BA, FFL, 2 car attached garage, deck, finished LL too. Don't hesitate on this outstanding home. Quick occupancy too.
(F06VAL) 248-349-5600 \$184,900



WOODHAVEN *Updated Ranch*
Very nice home w/lot of room & updates include: roof, C/A, HW/H, siding, sprinklers, shed & more. Heated 2 car attached garage, in-ground pool, covered deck, pool heated by roof solar panels. Just move in.
(F36SHE) 734-455-5600 \$177,900



BELLEVILLE *Beautiful Colonial*
4 bedrooms, 2.5 baths, 2 car attached garage, 2 story foyer & great room, cathedral ceilings, hardwood floors & built-in entertainment center. Newer kitchen w/marble cabinets, master bedroom w/cathedral ceiling & bath w/soaker tub & separate shower. Bsmt planned for 3 BA.
(F05WIL) 734-455-5600 \$259,900



SOUTH LYON *Location! Location!*
Pretty fenced setting on large corner lot. Open neutral decor for 4 bedroom, 2 bath w-level. Newer hardwood flooring in LR & DR. Kitchen w/ceramic tile. Appliances, LL walkout w/gas fireplace & storage & 2 car att garage.
(F74PEP) 734-455-5600 \$224,900

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2004 OLDS ALERO GL, Loaded, Very Nice!	\$10,900	2002 CHEVY BLAZER 4X4 2-Door, ZR-2, Loaded.	\$16,700	2002 CHEVY SILVERADO Ext Cab, 4x4, LS Pkg., Loaded.	\$17,500
2004 FORD TAURUS SE V6, Well Equipped, 29,000 Miles.	\$10,900	2002 CHEVY S-10 ZR-2 Auto, 4x4, Loaded, Very Nice!	\$16,900	2002 CHEVY AVALANCHE Loaded! Leather! 36,000 Miles.	\$23,500
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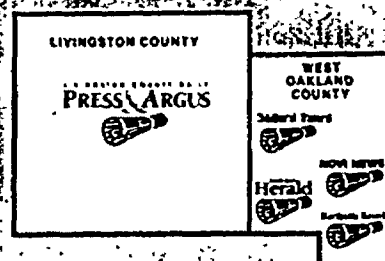
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Established co. in Northville Exp. needed. Benefits. Fax resume: 248-735-1654 or call: 248-735-1650

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Waitstaff, Full/part-time. We will train. Benefits, tool and of course management opportunities. Yum Yum Free, downtown Brighton

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Fast moving lot in downtown Plymouth. Earn up to \$100K. Benefits. Ask for J.R. (734) 455-5566

AUTO TECHS: \$3000 Sign On Bonus

For Qualified Pros! Busy Lansing Service Center needs 2 Certified Techs. Ext. hourly guarantee + 25% Commission. Full benefits pkg. Call Ron. (810) 813-5402

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No benefits. Tools & truck a must. 248-486-5939

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Direct Caregivers....

For loving group homes. Good driving record required! \$7.30-\$7.80 per hour plus good benefits. Call: Plymouth-Scia 734-420-0876 Livonia-Betty 734-432-9732 Dearborn-Garlie 248-980-3309

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IN 2005 - Virginia's Teacher Recruitment Job Fair. Over 100 school districts represented! Greater Richmond Convention Center (March 5, 2005) Call toll-free (866) 79-TEACH or visit www.doe.virginia.gov

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Regional Runs Available. Home Weekly Excellent Pay & Benefits Exp Drivers, O/O, & Students Welcome. Equal Opportunity Employer. 888-MORE-PAY (1-888-667-3729)

HAIR STYLIST

We are looking for 1 exp professional to join our team. Elegant upscale salon. Health, dental, vision, 401(k), education & more! For confidential interview 248-320-4999.

HAIR STYLISTS wanted. Booth rental, new location, new equipment, Novi/Farmington Hills area. 248-919-1202

HAIR STYLISTS/ Assistant Managers in Milford/Clarkston

Guaranteed salary, commission and benefits. Call Brent at (248) 207-0099

HARTLAND CONSOLIDATED

School looking for Substitute Custodians, all shifts. \$10.50/hr. If interested contact Mr. Rock. (810) 746-2185

HELP WANTED: Get a weekly listing of newspaper positions available in Michigan. To subscribe, send an e-mail to: bulletin@michiganpress.org

HIGH PROFILE SECURITY POSITION

At computer retail store at 12 Oaks Mall. Days, full & part time, must look professional, weekly pay. Apply online: @ riccopi.com or call 586-803-0003

Searching for a Job?

Find one online at www.hometownlife.com

OPEN 9-9 MON. Thru THURS. OPEN SAT. 9-4, FRI. 9-7

BRIGHTON FORD MERCURY

GREAT SAVINGS ON 2005 MODELS STOP IN TODAY!

OPEN 9-9 MON. Thru THURS. OPEN SAT. 9-4, FRI. 9-7

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Help Wanted-Office (5000)

HUGE PAY INCREASE For Company Drivers! Start from 40 to 42 cpm with an assigned conventional you can take home! Running OTR, you're home every 14 days! We offer full benefits including choice of medical plans, prescription discount, vision, dental, 401k retirement and more! Quality for monthly bonuses and add an extra 2 cpm to your already outstanding pay! This is the job you had in mind when you resolved to earn more in 2005! Call us 7 days a week at 1-800-238-HUNT (800-252-4868). Must have 3 mos exp and hold a Michigan class A CDL. EOE. Subj to d/s.

Help Wanted-Office (5000)

HVAC Installers, Ductless
For Farmington Hills heating and cooling company 2 yrs exp. FAX RESUME: 248-615-3707, 49th. Pile OR APPLY IN PERSON: Randazzo Heating & Cooling 24711 Halsted Rd

Help Wanted-Office (5000)

If you're selling an item for \$100 or less
Call 888-999-1288 today!
Some restrictions may apply

Help Wanted-Office (5000)

INSIDE SALES
Suburban Detroit Steel Service Center looking for person with good communication skills, strong organizational skills including attention to detail. Must be self-motivated and able to function in a fast paced office environment. Basic computer keyboard skills required. Steel experience preferred. Compensation based on knowledge/experience. Fax resume to: 248-865-9064

Help Wanted-Office (5000)

INSTALLERS NEEDED Garage doors & door openers. Truck required (248) 486-3667

Help Wanted-Office (5000)

Lawn & Tree Care Technicians
We seek motivated people to join our winning team! Applicants for these outdoor positions require good communication skills and a valid drivers license with good driving record. If you have a desire to learn, and can work with minimum supervision, give us a call! Medical benefits, 401k, year-round employment, full training, and up to 2 paid weeks off in your 1st year! Call us now at (248) 477-4880 to schedule an interview

Help Wanted-Office (5000)

LAWN APPLICATOR NEEDED must be certified & have a good driving record. Top wages and excellent benefit package. 248-449-4949

Help Wanted-Office (5000)

LOCAL DRIVER CDL-A & 2 yrs. driving exp required Home each night. Good pay & benefits. Call 810-329-5809.

Help Wanted-Office (5000)

MAINTENANCE TECH
A Licensed Senior Living facility is seeking a full-time maintenance tech for the Canton area. Must have previous maintenance experience and possess own tools. EOE. Please apply in person at 2000 N Canton Center Road, Canton, MI 48187 or call 734-844-3060 for more information.

Help Wanted-Office (5000)

MAINTENANCE TECH
A luxury senior community in Royal Oak is seeking a full-time maintenance tech. Must be skilled in heating and cooling & general maintenance duties. Computer knowledge preferred. Work schedule consists of Monday through Friday with an on-call component. Fax resumes to 248-549-6426 attention Kathy

Help Wanted-Office (5000)

MORTGAGE ORIGINATOR
First National Bank is seeking a Mortgage Originator to meet with potential borrowers to discuss mortgage programs, complete required disclosures and originate residential mortgages. Calls on realtors, builders and other sources for leads and referrals. Must have previous origination and sales exp. Competitive compensation plus benefits. Apply in person at any branch location.
Equal Opportunity Employer
First National Bank
181 E. Grand River
Howell, MI 48843

Help Wanted-Office (5000)

PORTER
Run errands & work on lot for used car lot in Plymouth. Good driving record a must. (734) 455-5566

Help Wanted-Office (5000)

Searching for a Job?
Find one online at www.hometownlife.com

Help Wanted-Office (5000)

CAREER OPPORTUNITIES
Unilock Michigan, Inc. North America's largest manufacturer of paving stones and retaining walls has immediate openings for the following positions:
PRODUCTION PERSONNEL
Competitive wages with medical, dental and 401(K) benefits, uniforms furnished. Paid vacations and holidays. Applications taken Mon-Fri 8am to 4pm High School diploma or GED equivalent required. Please send or fax resume to:
UNILOCK MICHIGAN, INC.
12591 Emerson Drive
Brighton, MI 48116
(248) 437-7037
Fax 248-437-4619
(On site E. of Grand River off Kensington Rd.)

Help Wanted-Office (5000)

MORTGAGE OFFICER
First National Bank is seeking a Mortgage Officer to meet with potential borrowers and originate mortgages, home equity and consumer loans. Will be responsible for the timely and efficient processing of loans and maintain written loan procedures. Provide input and support to development of mortgage products and product promotion. Applicant must have 3 to 5 years mortgage origination experience, understanding of conforming and non-conforming products. Must have a good understanding and previous background with FHLBC/FHMA Policy and procedures. Competitive compensation plus benefits. Apply in person at any branch location.
Equal Opportunity Employer
First National Bank
181 E. Grand River
Howell, MI 48843

Help Wanted-Office (5000)

MAIL TECH NEEDED. Client waiting. Hourly guaranteed possible. Hamburg Twp Area The Image Makers Call (810) 231-3753.

Help Wanted-Office (5000)

NATIONAL CARRIERS:
Opportunities singles and teams, high mileage, good pay. Teams additional 2 cents. Leases available on 48 state. Regional, Dedicated Lease purchase available. Call 888-707-7729 nationalcarriers.com

Help Wanted-Office (5000)

PAINTER
Full time, Woodland Glen Apts. Nov. Health and Dental benefits. Light manual labor required. \$10/hr. Call 248-349-6612

Help Wanted-Office (5000)

PAINTERS NEEDED
Entry level & experienced on new construction. Must have own vehicle. Call 586-226-3031 Mon-Fri 9-11am only

Help Wanted-Office (5000)

PHOTOGRAPHERS Wanted to photograph youth sports programs. Will train Photography students, serious amateurs. All equipment supplied. Call Jan 734-416-1516

Help Wanted-Office (5000)

PLUMBER 2 1/2 years minimum exp required Health, retirement & truck. Call after 4pm. (313) 218-7744

Help Wanted-Office (5000)

PLUMBERS/ DRAIN CLEANERS
For Service Company Great pay & benefits. Call Nick @ Mr. Rooter. 1-888-655-6700

Help Wanted-Office (5000)

POLICY STATEMENT
All advertising published in Hometown Newspapers is subject to the conditions stated in the applicable rate card, copies of which are available from the advertising department. Hometown Newspapers, 323 E. Grand River, Howell, MI 48843 (517) 548-2000. Hometown Newspapers reserves the right not to accept an advertiser's order. Hometown Newspapers sales reps have no authority to bind this newspaper or 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. Publisher's 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" that 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 on an equal housing opportunity basis. (FR Doc. 72483 Filed 3-31-72; 45am)

Help Wanted-Office (5000)

SET-UP PERSON for CNC machining centers, must know G&M, numerical controller, lathe, & E-code controller. Forsterville, MI. Contact Lynn Ledford at (517) 223-1240. Email: ledfordl@mi2.net

Help Wanted-Office (5000)

SIDING PRODUCTION INSTALLERS
Gale Insulation in Wixom, a drug free work place, where others top wages will full benefits is looking for experienced people for siding. A Fortune 500 company. They must have a good driving record w/ at least 2 years exp. Anyone with these qualifications can call Adam at (248) 960-9777

Help Wanted-Office (5000)

PORTER
Run errands & work on lot for used car lot in Plymouth. Good driving record a must. (734) 455-5566

Help Wanted-Office (5000)

Searching for a Job?
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Help Wanted-Office (5000)

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Unilock Michigan, Inc. North America's largest manufacturer of paving stones and retaining walls has immediate openings for the following positions:
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Competitive wages with medical, dental and 401(K) benefits, uniforms furnished. Paid vacations and holidays. Applications taken Mon-Fri 8am to 4pm High School diploma or GED equivalent required. Please send or fax resume to:
UNILOCK MICHIGAN, INC.
12591 Emerson Drive
Brighton, MI 48116
(248) 437-7037
Fax 248-437-4619
(On site E. of Grand River off Kensington Rd.)

Help Wanted-Office (5000)

PROFESSIONAL SALESPERSON
We offer: 4 day work week, 3 wks. paid training, salary + commission, paid vacation, advanced computer technology, solid reputation & high name brand recognition. We offer a large product portfolio which includes: auto, homeowners, life, financial services & commercial. We are looking for individuals w/ prior insurance or financial exp. who are interested in working in the Howell Area. Must have P&C, life, accident & health licenses. For consideration please email your resume & cover letter to: dhw@allstate.com

Help Wanted-Office (5000)

QUALITY INSPECTORS
For auto parts. Full/part time. \$9.25/hr. Call Mon-Fri. 10-1pm. (810) 229-6053

Help Wanted-Office (5000)

ROLL-OFF / TRACTOR TRAILER DRIVERS
Currently accepting applications for Roll-Off and Roll-Off Tractor Trailer Drivers. MUST have Roll-Off experience to apply for position. Apply in Person to:
TLC
10100 Harrison
Romeus, MI 48174
Mon - Fri, 9 a.m. to 4 p.m.

Help Wanted-Office (5000)

ROUGH CARPENTER
Dependable, some experience. To work in Northville. Call 734-878-4320

Help Wanted-Office (5000)

ROUTE DRIVERS
No experience necessary. Apply to GreenCherryman 48932 Wixom Tech Dr. Wixom, MI 48186-1216 or fax to 248-960-1468 EOE/M/F/D/V/A

Help Wanted-Office (5000)

SATELLITE TECHNICIAN
Need own transportation and tools \$1,000/wk. & more. Exp preferred. Ask for Jason. (517) 812-4938

Help Wanted-Office (5000)

SCHOOLCRAFT COLLEGE
18600 Haggerty Rd. Livonia, MI 48152
www.schoolcraft.edu

Help Wanted-Office (5000)

The Continuing Education Department at Schoolcraft College offers a variety of programming for adults, children and senior citizens. There is a need for:
Aerobics instructors
ACE or AFAA certification or equivalent.
Step Aerobics
ACE or AFAA certification or equivalent.
Interior Design
Bachelor degree in subject area, professional interior design experience and teaching experience with adults.
Interested applicants may complete an on-line application or download an application from www.schoolcraft.edu/jobs; call (734) 462-4408 to receive an application by mail; or stop in the Human Resources Department between the hours of 7:30 a.m. and 5:00 p.m. Completed applications must be received in the Human Resources office by Friday, February 11, 2006. Schoolcraft College is located at 18600 Haggerty Road, Livonia, MI 48152.

Help Wanted-Office (5000)

It is the policy of the Board of Trustees of Schoolcraft College not to discriminate against any person on basis of race, creed, color, sex, age, marital status, handicap and/or national origin.

Help Wanted-Office (5000)

WEIDER/FABRICATOR
with mechanic abilities for Livingston County sand & gravel trucking company. Exp or aluminum dump box required. Truck/Trailer repair exp preferred. Please send resumes to Box 1057, CO The Livingston County Daily Press & Argus, 323 E. Grand River, Howell, MI 48843

Help Wanted-Office (5000)

YOU CAN HAVE EVERYTHING!
Get home this weekend and get a pay raise! \$44/mile Run Region 4V Year OTR experience required. Heartland Express 1-800-441-4953 www.heartlandexpress.com

Help Wanted-Office (5000)

ADMINISTRATIVE ASSISTANT
Looking for an experienced Administrative Assistant to support property management office at executive level. Candidate should be personable, a quick learner, able to demonstrate flexibility and a team player who can handle a fast-paced environment. Strong communication skills for correspondence and excellent computer skills a must. Competitive salary and benefits. Send your resume to: eamgmt@yahoo.com

Help Wanted-Office (5000)

Customer Service/Office Clerical
Crypton Super Fabrics is looking for a dependable and motivated individual to join our Customer Service Department. Applicant must have good communication, organization and computer skills. Ability to be accurate, detail oriented and multitasking is a must. AS400 knowledge and/or fabric experience a plus. Minimum 5 years office clerical or customer service experience required. Position is permanent full time, 9-5 Mon-Fri. Please send resumes to: Box 1046, Observer & Eccentric Newspapers, 36251 Schoolcraft Rd., Livonia, MI 48150 or email: sherie@cryptonfabrics.com

Help Wanted-Office (5000)

TELEMARKETER a national co. is seeking a exp. telemarketer. Full time or part time even starts at \$9.50/hr + commission. Benefits. Call (248) 319-0007.

Help Wanted-Office (5000)

STAINLESS STEEL FABRICATOR
Part-time to start - Full-time possible. Small growing company needs reliable person with basic shop skills incl. exp. in sheet layout, shearing, press brake, tig welding & finishing, additional skills of Bridgeport & lathe operator & woodturning wood be useful. Located in Whitmore Lake, MI. 1-877-815-3763

Help Wanted-Office (5000)

STORE MANAGER
Immediate opening for individual to manage a children's recreation facility in Wixom. Responsibilities include: taking customer reservations, employee scheduling and supervising operations. Must be able to work weekends. Retail and customer service experience highly valuable. For information, please contact Rick or Jane at (248) 374-2222

Help Wanted-Office (5000)

SUPERSTAR SALES PERSON
Are you outgoing, competitive, able to think on your feet? Does an upbeat work atmosphere and up to \$13 per hr. sound good to you? WEEDMAN, North America's largest franchised Lawn Care company has several immediate openings and we want you! We believe in an honest, fair, and professional workplace. Mon-Thurs. 6pm-9pm, and 9am-1pm on Sat. Please call: (248) 478-9393

Help Wanted-Office (5000)

TELLERS
Hometown Community Credit Union has immediate openings for part-time tellers. Light typing good math aptitude, and member service skills required. Competitive wages. Applicants may call 248-348-8500 ext. 304, to schedule application and interview process.

Help Wanted-Office (5000)

TIRE/MAINTENANCE
for Livingston City sand & gravel trucking on Heavy truck. Repair required. Heavy truck maintenance knowledge preferred. Please send resumes to: Box 1058, CO The Livingston County Daily Press & Argus, 323 E. Grand River, Howell, MI 48843

Help Wanted-Office (5000)

UNDECIDED WHAT CLASS YOUR AD SHOULD BE IN?
Put the ad under 2 different classes for a Terrific Discount
Call the Hometown Newspapers GreenSheet Classified Dept. for details.
1-888-999-1288
Some restrictions may apply.
Must mention ad to receive discount.

Help Wanted-Office (5000)

UNDERGROUND CONTRACTOR
Seeking exp operators & laborers. Good pay, good benefits. Hard working need only apply. (734) 481-1565

Help Wanted-Office (5000)

VENDORS NEEDED Day for Drags at Novi Expo in May. Hosted by The Impulse to Soar Region of Airborne International. Those wishing to apply may pick a contract from our web site www.freebies.com/novidayfordrags/. For contract via mail call Shell 248-767-7478

Help Wanted-Office (5000)

Now Hiring Crew Members
for our
NOVI & SOUTH LYON LOCATIONS
We offer:
• Free meals
• Crew vacations
• Flexible scheduling
• Uniforms supplied
• Insurance
• Premium pay
Please apply in person at
Wendy's Novi 26245 Novi Road • Novi or call 248-344-7845
Wendy's South Lyon 440 S. LaFayette • South Lyon or call 248-446-0236
Stanton & Associates is committed to a diverse work environment

Help Wanted-Office (5000)

LEGAL SECRETARY
Growing insurance defense firm seeking part time Litigation Secretary. Experience preferred. Flexible hours, with work-at-home possible. Inquiries call: (248) 349-3028

Help Wanted-Office (5000)

NOVI COMPANY seeks full time clerical asst. Wage + benefits. Fax resume w/ wage requirements: 248-675-4628

Help Wanted-Office (5000)

OFFICE HELP
Will train. Some computer knowledge helpful. Plymouth. TYPE (734) 455-5566

Help Wanted-Office (5000)

OFFICE ASSISTANT
Part time, 35 hrs/wk. Front office support, reception, class registration, reception, data entry & program support. Must be proficient in QuickBooks, Microsoft Office, PowerPoint and Publisher. Resume and cover letter to: Attn: Director, American Red Cross, 1372 W. Grand River, Howell, MI 48843. No E-mails

Help Wanted-Office (5000)

OFFICE ASSISTANT
Brighter Life Products is looking for a part time office assistant to work 3 days/week for approx. 3-5 hrs/day Mon., Wed. & Fri. Days & times are flexible. Knowledge of QuickBooks is helpful. Please fax resume Carolyn Diaz at (248) 349-0808

Help Wanted-Office (5000)

ORDER ENTRY, customer service, inventory control and invoicing Full benefits Brighton area. Fax resumes to (248) 446-8532 or email marly@owpsun.com

Help Wanted-Office (5000)

Receptionist
Upscale salon in downtown Northville for mature, responsible Front Desk Receptionist for Upscale Salon in downtown Northville. Must possess excellent phone and computer skills. Call for interview 248.465.7700

Help Wanted-Office (5000)

SECRETARY
Fast paced law firm seeking organized professional with a minimum of 80 WPM typing skills. Exp preferred but not necessary. Excellent opportunity for the right, self-motivated individual. FAX RESUMES WITH SALARY REQUIREMENTS Attn: Susan 248-886-8652

Help Wanted-Office (5000)

INSURANCE OFFICE
Customer service, part and full time available. Must be detail oriented and have excellent people skills. Submit resume to: Shawn Pooley Insurance Agency 10049 E. Grand River Suite 400 Brighton, MI 48116

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SERVICE DIRECTORY

Reach over 54,000 households with your business message every week



0230 Bathroom Polishing
0240 Bicycle Maintenance/Repair
0245 Blade Sharpening
0250 Blind Cleaning
0255 Boat Repair
0270 Boat Dock
0275 Boarding Kernels
0280 Bookkeeping Service
0290 Brick, Block & Cement
0300 Building/House Inspection
0310 Building Remodeling
0320 Building
0330 Business Machine Repair
0340 Bobcat Services

0400 Cabinetry/Formica
0410 Carpentry
0420 Carpet
0430 Carpet Cleaning/Dyeing
0440 Carpet Repair/Installation
0445 Cakes, all occasions
0450 Catering, Flowers, Party Planning
0460 Caulking Interior/Exterior
0470 Ceiling Work
0480 Chimney Cleaning/Building & Repair
0485 Chiropractic
0490 Cleaning Service
0500 Closet Systems & Organizers
0510 Christmas Trees/Holiday Decorating
0520 Clock Repair
0530 Commercial Cleaning
0540 Computer Sales & Service
0550 Concrete
0560 Construction
0565 Counseling
0570 Consulting
0580 Contracting
0585 Crane/Heavy Equipment
0590 Custom PC Programming
0600 Decks/Patios/Sunrooms
0605 Deck Cleaning
0608 Deer Processing

0610 Delivery/Courier Service
0620 Dr/Sand/Gravel
0630 Dolls
0640 Doinhouses
0650 Doors/Service
0660 Draperies/Slipcovers & Cleaning
0670 Dressmaking & Tailoring
0680 Driveway Repair
0690 Drywall
0700 Education & Instruction
0710 Electrical
0720 Electronics
0730 Engine Repair
0735 Entertainment For Hire
0740 Environmental Services
0750 Errand Services
0760 Exterior Cleaning
0765 Extensometers

0770 Farm Services
0800 Fashion Coordinator
0810 Fences
0820 Financial Planning
0830 Fireplaces/Enclosures
0840 Firewood
0850 Floodlight
0860 Floor Service
0870 Framing
0880 Furnace Duct Installed/Repaired
0890 Furniture-Building/Finishing & Repair
0900 Gas Lines
0910 Garages
0920 Garage Door Repair
0930 Garden Care
0940 Graphics/Printing/Desktop Publishing
0950 Glass, Block, Structural, Etc.
0960 Glass-Stamped Beveled
0970 Gravel/Driveway Repair

0980 Greenhouses
0990 Guns, Knives, Decoys
1000 Gutters
1010 Handymen M/F
1020 Heating/Clean Up
1030 Healthy/Medical
1040 Heating/Cooling
1045 Home Care
1050 Home Food Service
1060 Home Improvement
1065 Home Boarding
1068 Home Shoeing
1070 Hot Tubs/Spas
1080 Housecleaning

1100 Income Tax
1105 In Home Hair Care
1110 Insulation
1120 Insurance-All Types
1130 Insurance Photography
1140 Interior Decorating
1145 Irrigation
1150 Janitorial Service
1160 Jewelry Repair & Clocks
1200 Kitchens
1210 Landscaping
1220 Laundry Service
1230 Lawn, Gardening Maintenance Service
1240 Lawn, Garden Rototilling
1250 Lawn Mower Repair
1260 Limousine Service
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1310 Machine Shop
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1330 Maintenance Services
1340 Meat Processing
1350 Mirrors
1360 Miscellaneous
1370 Mobile Home Service
1375 Mold Removal
1380 Moving/Storage
1390 Musical Instrument Repair
1400 New Homes Services
1410 Office Equipment/Service
1420 Painting/Decorating Paperhangers
1423 Paralegal
1425 Party Planner
1430 Personal Chef
1440 Pest Control
1445 Pet Services
1450 Photography
1460 Piano Tuning/Repair/Refinishing
1465 Picture Framing/Matting
1470 Plastering
1475 Playground Equipment
1480 Plumbing
1490 Pole Buildings
1500 Pool Services
1510 Pool Water Delivery
1520 Porcelain Refinishing
1530 Pressure Power Washing
1540 Printing
1545 Professional Services

1600 Recreational Vehicle Services
1610 Refrigeration
1620 Remodeling
1625 Repairs
1630 Road Grading
1640 Roofing
1650 Rubbing Removal
1660 Skylights
1680 Sewer & Water Lines
1700 Sorensen Saw & Knife Sharpening
1710 Sorensen Repair
1715 Saw Mills
1720 Seawall/Beach Construction
1730 Septic Systems
1740 Sewer Cleaning
1750 Sewing/Alterations
1760 Sewing Machine Repair
1765 Shoe Repair
1770 Siding
1780 Signs
1790 Site Development
1800 Snow Blower Repair
1810 Snow Removal
1820 Solar Energy
1830 Spas/Management
1835 Sports Equipment
1840 Sprinkler Systems
1850 Storm Doors
1860 Stone Work
1870 Stucco
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2000 Typewriter Repair
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2200 Vacuums
2210 Vandalism Repair
2220 Vending Machine
2230 Ventrilation & A/C Fan

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2250 Wallpapering
2310 Wall Washing
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2330 Water Control
2340 Water Heater
2350 Water Softening
2360 Water Weed Control
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6000-6780 ANNOUNCEMENTS

NOTICE IS hereby given
that on 2/17/05 at 2:30pm the following will be sold by competitive bidding at American Self Storage, 24855 Haggerty Road, Novi, MI. Space no. R-831, Nicholas Asaria Lewis: 1 household furnishings, 10 misc. boxes/bags, 1 recreation equipment, 1 toys, 40 other misc. items. Space no. L-684, John Knighton: 1 misc. small appliances, 12 misc. small appliances, 13 ladder, 3 scaffold, 30 other painting items. Space no. N-1133, Gordon Barnes II: 1 misc. small appliances, 12 household furnishings, 30 misc. boxes/bags, 1 other misc. items. Space no. N-1120, Kristin Sendt: 40 misc. boxes/bags.

PLACE YOUR OWN CLASSIFIED AD ON-LINE.
Check out our website, www.bonnetville.com

READERS:
SINCE many ads are from outside the local area, please know what you are buying before sending money

STORAGE UNIT Auction, Unit
#9, Erin Harmon at Alternative Storage, 90 transfer Dr. Highland, Contents incl. 1993 Safari S10-Doo Snowmobile. Auction to be held Saturday, 02-05-05 at 9 am. Bidding starts at \$100. Preview prior to Auction available. For info, call (248) 889-0688.

ADOPTION:
Young, loving, financially secure couple promise to cherish your baby. Expenses paid. Lori & Scott, 1-800-330-6337

ADOPTION:
Young, happy, married couple wishes to provide healthy, financially secure, loving home to a newborn. Expenses paid. Call Michele & Ted toll free 1-866-519-6458.

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PART-TIME HANDBY

Needed for infant, flexible hours. References needed. (248) 457-4535

SITTER - FULL TIME
Mon-Fri, to watch 3 children, 7-15 am to 5:30pm. Call Gloria 248-705-7708

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Teacher wants to tutor your K-8 student in all subjects, please call Tonia (734) 525-4786

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Master's degree. Piano, organ, voice, guitar, strings, reeds. WEDDINGS. 248-363-6233.

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Licensing classes Western Wayne/Oakland County area. Real Estate Professional Education Group. Call for Claudia 248-348-9191

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80 Machines + Candy!
ALL FOR \$10,300!
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ARE YOU INTERESTED in a home base business to earn extra money?
Call 248-935-9228 or visit online at www.chocolatebiz.com/gasche

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Legitimate work from home. No selling, no risks. www.healthymomz.com

ATTN: OWN A COMPUTER?
Put it to work. Up to \$1500 to \$7500/mo. P/T/F. 888-300-1777. Free Booklet.

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start part time. Get paid for helping others and begin building a business you might own. 1 day Unique entrepreneurial opportunity with Primavera, a subsidiary of Cdgroop. Training provided, license required. 248-231-2806

DOLLAR STORE in Hartland
for sale. Great location. Profitable business, small investment. (248) 431-7801

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for retirement or college tuition? Not getting paid what you're worth? Find out how this mom of 5 makes \$8,000 per mo. from home. Looking for motivated people. Call Kelly at 1-734-513-5794

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"We're Closer Than You Think"

2005 CIVIC V.P. 4 DR AUTO WAS \$15,575
 173⁹⁹ 192⁹⁹ **NOW \$13,365**
 2.9% APR Available

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 20,611⁹⁹ 276⁹⁹ **NOW \$20,611**
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*Purchase price plus destination, doc., title, plate and tax. APR available on approved credit. Lease payment plus tax, no s.d. on approved credit. \$ due at signing is plus plate fee. Sale ends 1-31-05.

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 Up To \$1500 Loyalty Rebate for current GM owners
Announcing \$500 AUTO SHOW REBATE

OPEN THIS SATURDAY JANUARY 29th 10am - 3pm

2005 Cobalt
 Power locks, cruise control, automatic, AM/FM stereo-CD, air. Stock #2556
COBALT HAS ARRIVED!

GM LEASE \$124* per mo
Non-GM Employee Lease \$143* per mo
 \$1000 down, \$124/\$143 1st payment, \$125/\$150 security deposit, \$1249/\$1293 total due at lease inception.

2005 Trailblazer 4 Dr		2005 Impala	
<p>Locking diff., OnStar, sunroof, XM radio 8 way power seat, power windows & locks, rear defogger, tilt, cruise deep tinted glass. Stock #517432V MSRP \$31,535</p> <p>GM EMPLOYEE \$23,613** NON GM EMPLOYEE \$24,866** \$251** per mo \$288** per mo \$1000 down, \$251/\$288 1st payment, \$275/\$325 security deposit, \$1526/\$1588 total due at lease inception.</p>	<p>Sport trim package, alum. wheels, tilt, cruise power windows & locks, 200 watt premium sound system, CD Stock #2086 MSRP \$24,410</p> <p>GM EMPLOYEE \$17,215** NON GM EMPLOYEE \$18,392** \$201** per mo \$236** per mo \$1000 down, \$201/\$236 1st payment, \$1201/\$1236 due at lease inception. NO SECURITY DEPOSIT DUE!</p>		

*60 month/60,000 mile lease with option to purchase at pre-determined amount. Lessee responsible for excess wear, tear and miles. Plus tax, license and optional equipment fees. Restrictions & CCRA - includes reduction for owner loyalty of \$750. **Plus tax, license and optional equipment fees. Restrictions & CCRA - includes reduction for owner loyalty of \$750. ***On select models. See dealer for details.

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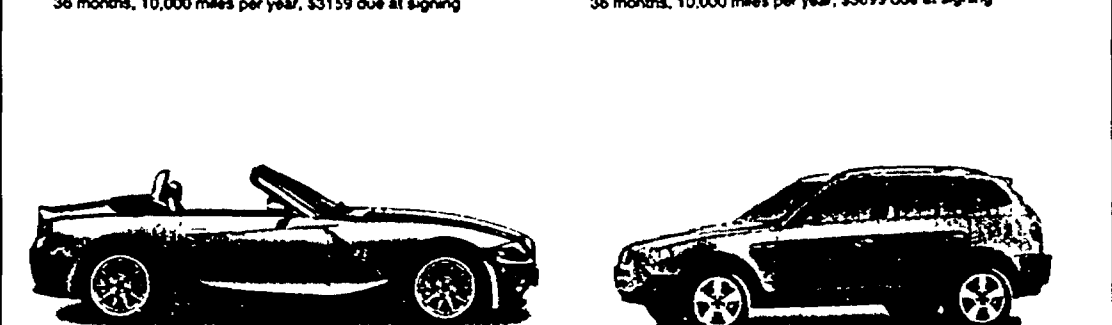
It's ok to pick more than one!

BMW of Ann Arbor "Experience the difference"



2005 325i
\$309 per month
 36 months, 10,000 miles per year, \$3159 due at signing

2005 545i
\$599 per month
 36 months, 10,000 miles per year, \$3699 due at signing



2005 Z4 2.5
\$369 per month
 36 months, 10,000 miles per year, \$3269 due at signing

2005 X3 2.5
\$384 per month
 36 months, 10,000 miles per year, \$3284 due at signing

BMW of Ann Arbor
 501 Auto Mall Drive
 Ann Arbor, MI 48103
 734.663.3309

BMW of Ann Arbor



325i MSRP \$31,270, \$451 MSRP \$56,495, Z4 MSRP \$36,270, X3 MSRP \$32,270. Prices include all costs to be paid by the consumer, except for licensing, registration fees and taxes. Not responsible for typographical errors. Pictures are for illustrative purposes only. Offer ends 01/30/05. Closed-end leases for credit qualified individuals. Lessee responsible for maintenance and excess wear & tear.

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ELECTRIC SCOOTER \$100. Gas Scooter \$125. Plug Power Table \$65. (248) 344-9066

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WOODMASTER 24 inch drum sander w/dust collector & accessories \$3200. Call Mark at 810-632-3083.

Wanted to Buy (734)

\$ TOP Dollar Paid \$ for coins, gold, diamonds, gems. Uptown Exchange, (810) 227-8190.

Always Burying: oriental rugs, antique furniture, watches, paintings, etc. (248) 887-3559

BUYING Old/used musical instruments any and old. Playboy mags. 517-525-1601

RECORD COLLECTIONS Rock, R&B, & Jazz (517) 552-8857

SCRAP METAL Highest Prices Paid Copper 0.70¢-1.05¢ per lb. Brass 0.25¢-0.45¢ per lb. Aluminum 0.20¢-0.30¢ per lb. Stainless 0.25¢-0.30¢ per lb. (248) 966-1200 Mann Metals Corp 1123 Decker Rd., Walled Lk.

7800-7980 ANIMALS/PETS/LIVESTOCK

Dogs (714)

ADORABLE Husky pups 6 wks. Good with kids. Parents on site \$350 734-663-4709

AKC German Shorthair pups (9) Bred for temperament and hunting ability. Ready to go 1/28/05 (517) 404-5446

AKC YELLOW LAB PUPPIES OFA, Dewclaws, Wormed. Males \$400, females \$450 (810) 632-4911

BLACK LABS/ Husky mix. (2) brothers. Together since birth. 2 1/2 yrs old, house trained. Sweet, happy, loving. In need of home w/large fenced yard. Not use to small children. Please call Jane or Paul, (586) 558-8289.

BORDER COLLIE Pups, registered, vet checked, shots, 7 wks \$400 517-548-9513

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YORKIE POO PUPPY, 5 1/2 mo. cute, smart, no younger kids. \$300 Call (810) 231-0262

YORKSHIRE TERRIER 3 1/2 lb. AKC male. Yorkie, 10 mo. old. too small to show. Sacrificing \$1500 (810) 423-9872

Farm Animals/Livestock (734)

ANGUS STEERS (18) Average 500 lbs. 517-281-7122, 517-223-9702

GOATS - Bought and sold, all breeds. Have Boer goats. Fowlerville (517) 223-9107

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27 Stall barn for lease. Indoor, riding observation room. Call for details. South Lyon 248-212 8890

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FOUND 1/23 - CAT - front declawed. Southeast portion of Duck Lake (248) 887-1574

LOST mini dachshund, black & tan, 2 yrs \$1000 reward. Leading to return (734) 449-0417

LOST cat black neutered male, declawed, Beattie/Pardel/Coon/Crooked 517-546-2519

LOST 1 yr. old, Border Collie, "Brandy", tri color, docked tail, gold tag (517) 599-5952

LOST BLACK Pug 1/20, male County Farm & Jewell area (517) 546-9625

8000-8990 AUTOMOBILE/REC. VEHICLES

Airplanes (800)

UNDECIDED WHAT CLASS YOUR AD SHOULD BE IN? Put it under a 2 different classes for a Terrific Discount. Call the HomeTown Newspapers GreenSheet Classified dept. for details. 1-888-999-1288 *Some restrictions may apply. *Must mention ad to receive discount.

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POLARIS 1998 XLT 600 Triple Indy Special, Incl 8x10 Aluminum Trunk 2 place trailer. Studded, new wear bars/skides, garage kept. Well maintained. 1,700 miles. \$3,500 734-634-7028

YAMAHA 1995 V Max 700, \$1300 best offer. Call 810-220-2322

YAMAHA 1993 Phaser Electric start, 2500 miles, new battery. Ready to go! \$1000. 2004 SLEDGEHEAD enclosed trailer, mint! \$2000 (248) 207-9719

YAMAHA PHASERS 1993 (2), exc. cond., new carbides, electric start, 1 black, 1 red, 3k. \$1400/ea. (248) 347-2691.

Construction/Heavy Equipment (734)

1965-2000 Class C MOTOR HOMES WANTED. Call Dale, (517) 238-8865.

SHASTA CLASS C 1995, 2800WB, rear queen, split bath, new front tires, 4K generator, everything works. 30K. \$21,000 best. 517-545-1384

WINDYBAGO 1999 class A 37 Adventurer, sleeps 6, slide out, below blue book. Like new. \$53,900. 517-552-0617

Construction Heavy Equipment (734)

SIXD LOADER- 1997 Mustang 2000, 700 hrs-4 cyl Isuzu, EZ Load trailer/horns \$15,500 Brighton, 810-459-4775

Auto/Truck Parts & Service (734)

CENTURY ROYAL truck cap 2002, loaded, true blue, short bed, paid \$1,200, asking \$700 best. (248) 347-3069

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Ford (734)

FOCUS SE 2001, 4 dr., red, air, am/fm/cd, abs, air, pw, pl, auto, 60K miles, new tires, \$5,200. (517) 548-2584

Hyundai (734)

TIBURON 2003 - leather, power moonroof, \$1100 below wholesale, only \$9900 down. Let's sell some cars! TYME (734) 455-5566

Leads (734)

SC430 Carv 2002, Silver w/Cream interior, all options 27,700 miles, \$43,000. Paul 586-772-3411

A-to-Misc. (734)

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Lincoln (734)

CONTINENTAL 1998, Loaded, 53K miles, original owner. (248) 521-1977

LS 2001

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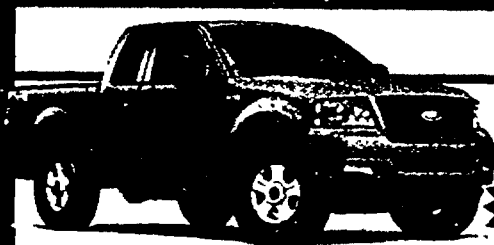
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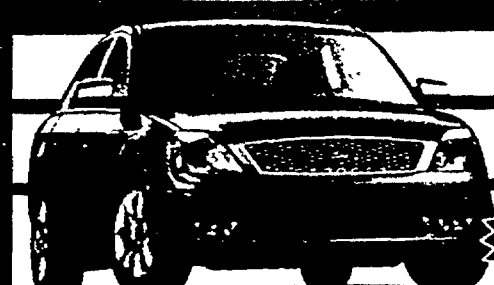
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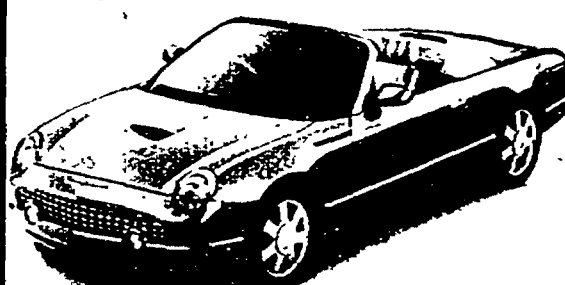
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5 at this Price
Metallic Red, pebble leather, electronic group, right hand drive, power door, auxiliary air conditioning, tri-zone disc auto, stereo, speed sen vpl control, active safety package II, reverse sensing system, family entertainment center. WAS \$36,670.

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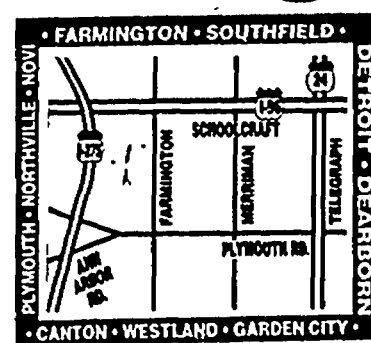
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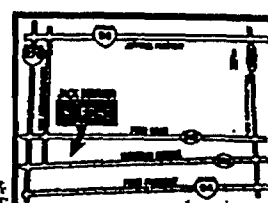
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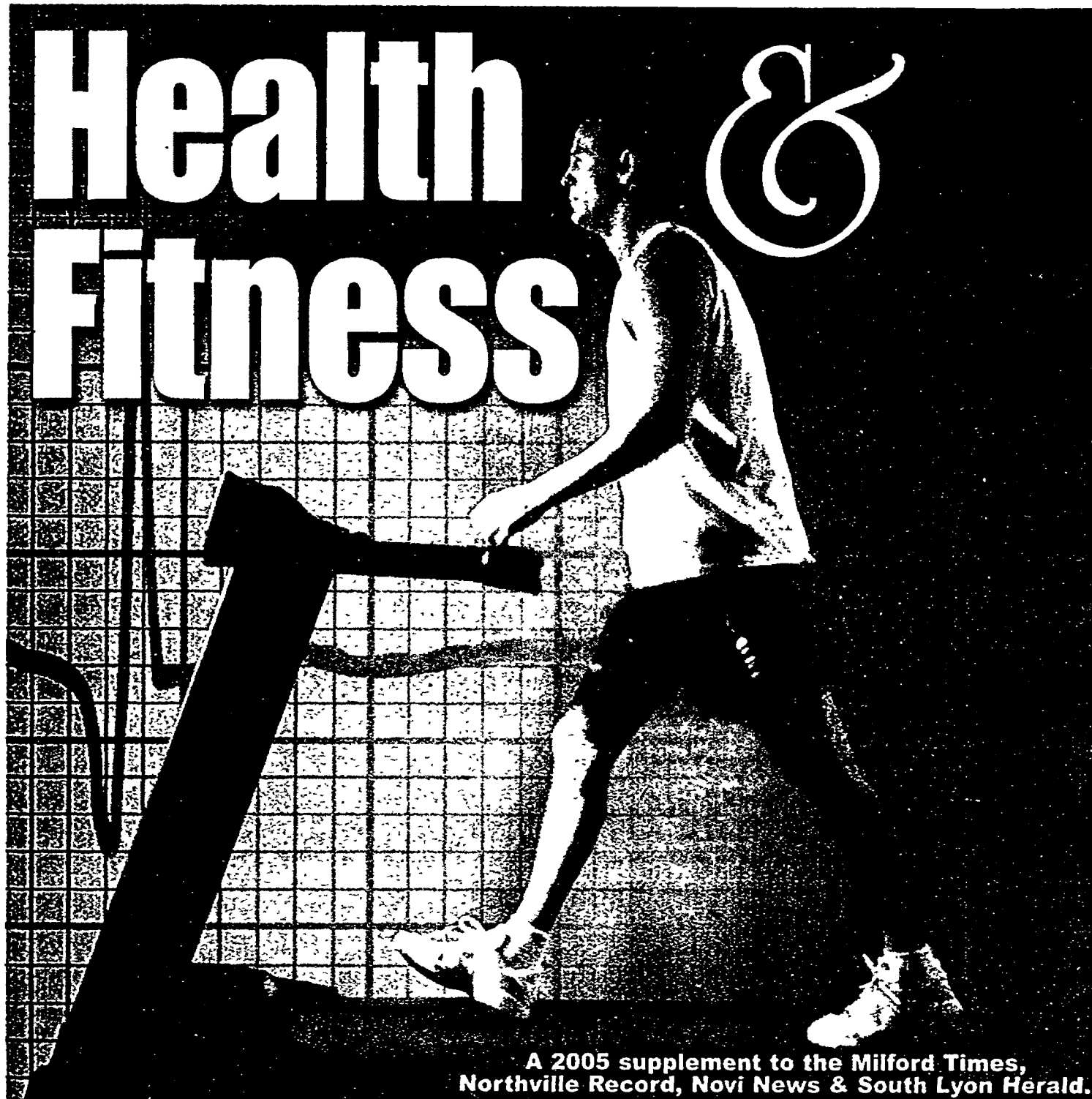
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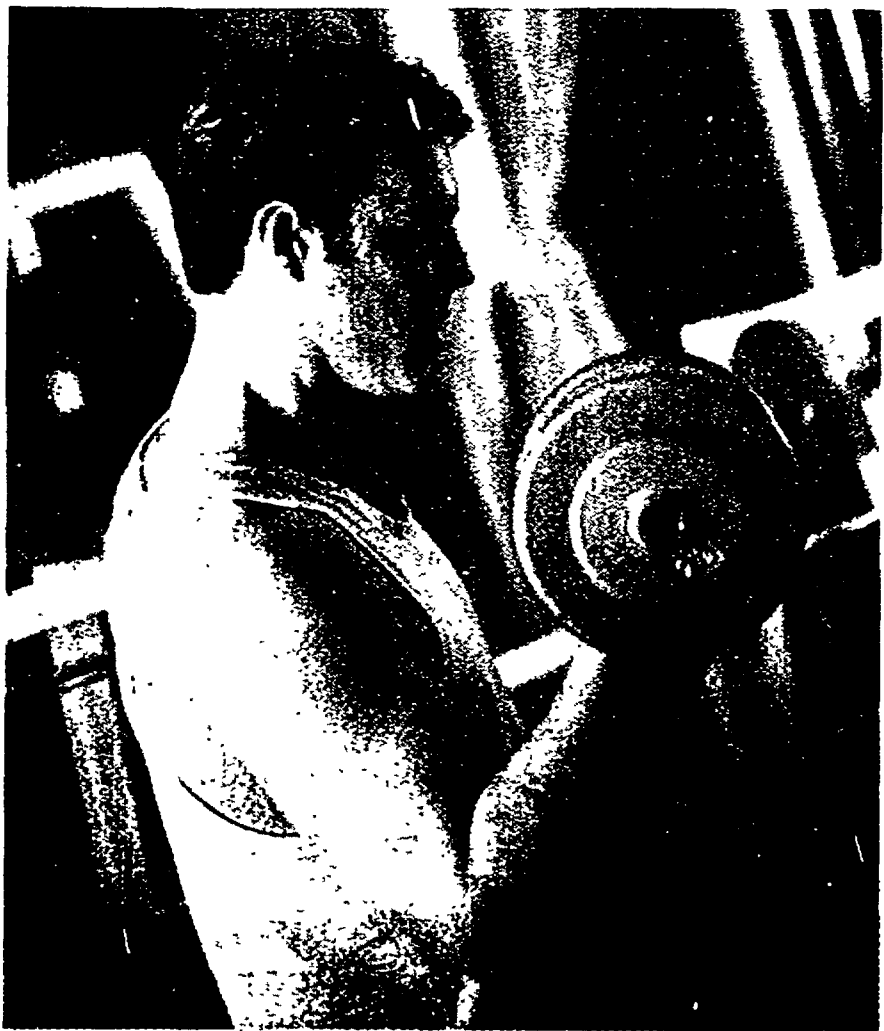
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Health & Fitness



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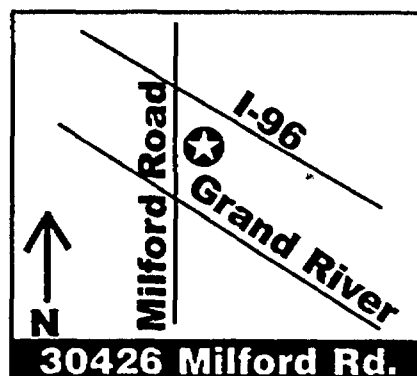
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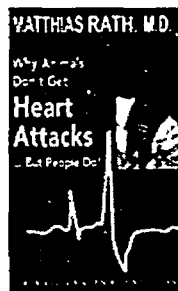
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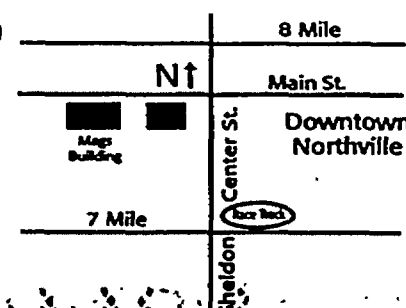
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Don't quit trying to change

If you are anything like me, you have already given up on your New Year's resolutions.

I do it every year. I tell myself I am going to lose weight, get in shape, eat healthier, save money, get out of debt ... the list goes on and on. And then January rolls around and I find myself giving up my plans or working on them for a few days and then quitting altogether.

Last year, I wrote a column about my commitment to lose weight. I was amazed at the response I got from readers who shared the battle of the bulge. I heard from people who had achieved their goals and kept the weight off for years. I heard from those who were in the midst of the process. And, I heard from people who were just starting out. I was inspired and motivated by the comments, but somewhere along the line I gave up.

Nearly a year later, I find myself with even more weight to lose and a few additional bad

CANDY SPIEGEL



habits to break. But, I am not going to beat myself up about it. I am going to follow the advice smokers are given and never quit trying.

This year, I am making another commitment to myself and I am doing it a little different this time around. Despite the weight, I am healthy. Since there is no urgent need to get it off quickly, I have decided to take baby steps. I'll make modest changes and as soon as those are mastered, I'll move on to some more. This way, it will be easier and hopefully, I will be

able to keep these changes for the rest of my life.

For starters, I have set a tangible, definitive goal for myself. I am going to lose 30 pounds by the end of the year.

This time, I also have the support of my co-workers. By doing this together, I think it will help motivate us all. At the very least, they will help me eat better at lunch.

Hopefully this edition of Health & Fitness will motivate you to reexamine your goals for 2005. Perhaps it will help you stay on track or jump back on the bandwagon. Whether you want to quit smoking, exercise more, lose weight or try another form of treatment, you'll find suggestions within these pages.

Here's to a happier and healthier 2005.

Candy Spiegel is the special sections editor. She can be reached at (517) 552-2849 or via e-mail at cspiegel@ht.homecom.net.

Take care of the toothbrush

A survey by the oral health care company Germ Terminator Corporation reveals a surprising number of people still practicing potentially unsafe habits, such as toothbrush sharing, shared toothbrush storage and poor sanitation.

Of those surveyed, only 2.9 percent claimed to sanitize their toothbrush 4 to 6 times a week — and the majority never do. Less than half do not change their toothbrush after having been sick, and the majority of consumers do not know that most toothbrushes are contaminated with germs, including E. coli, that are propelled into the air after toilet flushing.

Toothbrushes that are not sanitized, but rinsed and shared, or stored together in a cluster, are breeding grounds for infectious, highly communicable organisms like viruses that cause the flu and common cold and bacteria that cause oral infections.

Sterilizing isn't difficult. Soak it in a cup filled with mouthwash between uses. Use a different cup for each person's toothbrush and change the mouthwash every other day. Or, put it in the dishwasher.

The Gerber company recommends sanitizing a child's toothbrush by putting it in a container, adding boiling water and letting it set until the water is cool. Children's toothbrushes need to be replaced more often than adults.

Even with sterilizing regularly, the American Dental Association recommends replacing toothbrushes every three to four months, or more often if the bristles get frayed. Many dentists also recommend replacing the toothbrush after an illness.

— Copley News Service

Make resolutions successful by following this simple plan

Anyone can make resolutions. But the hard part is sticking to them. To help you follow through with your goals, follow this plan:

■ **Write it down.** Record what you want to achieve and why. Each day, write down your progress toward your goal.

■ **Tell a friend.** Don't try to achieve the goal on your own. The more people there are who know about it, the higher your likelihood is for success.

■ **Seek resources.** Read a book, visit some Web sites, join a support group, seek counsel-

ing, take a course.

■ **Remind yourself.** Visual cues will help you stay focused. Wrap a loose rubber band around your finger. Post a picture on the refrigerator. Creative reminders will help keep you on target.

■ **Stay positive.** Negative thinking will get you nowhere. Don't beat yourself up if you make a mistake or are taking a little longer than you thought to achieve your goal. Instead, focus on your success and happiness.

■ **Don't overextend yourself.** In short, don't

make too many resolutions at one time.

■ **Plan.** Think about how you will achieve your goals, and plan for them accordingly.

■ **Set realistic goals.** Make resolutions that you can really attain. Break them down into small steps, and assess what steps can be taken to reach those goals.

■ **Achieve goals slowly.** Take small steps over the course of time.

■ **Remain flexible.** Don't just give up on a resolution if it isn't working. Modify it.

— Metro News Service

Homeopathy: Perfect for first aid at home

By Cynthia Grochowski
HOMETOWN NEWSPAPERS

Introducing homeopathic remedies to your lifestyle can be done with a simple first-aid kit.

"A homeopathic home-remedy kit is definitely a safe and helpful thing to have," said Kathy Jerore, a certified naturopathic practitioner in South Lyon. "Especially late at night when the kids are running a high fever or to relieve a bee sting within minutes."

The basic kit should include:

Arnica montana — topical gel and/or in pellet form for injuries with bruises, sprains, concussions, or accidents.

Ruta graveolens — is a good follow-up remedy after Arnica, or for sports injuries such as sprains, shin splints, pain, and sciatica.

Rhus tox — follow-up to Arnica, especially if the pain and stiffness seems to go away after movement and is better with warmth. Also for arthritis that is better with movement.

Hypericum perforatum — injured nerves, such as a finger in a door.

Bryonia — when an injured area becomes swollen, distended, and painful at the least movement.

Ledum — for injuries when cold applica-

HOMEOPATHY

A two-hour introductory class on homeopathy will be held from Jan. 31, from 7-9 p.m., at the Health Emporium in South Lyon. The class fee is \$20 and reservations are encouraged. A monthly study class also is forming for those wishing to increase their knowledge of homeopathy. Call (248) 486-8420 for more information.

tions make it better, puncture wounds and insect stings.

Calendula lotion — for scrapes, abrasions, and wounds, including lacerations and incised wounds.

Cantharis and Causticum — in pellet form for burns.

Urtica urens (tincture from stinging nettles) — burns.

A homeopathic first-aid kit featuring 30 common remedies averages \$120.

"A good reference book or two, or a few classes as to when to use the remedies, should give people the confidence to use them when needed," she said.

FITNESS FACTS

Increasing your energy

Six steps that can raise energy and help reduce tension:

Move your body

Moderate exercise increases energy and improves mood. Although your workout might make you a little tired, you'll soon have an energy resurgence.

Know when to recharge

Our energy is low right after waking, in the late afternoon and just before bed. Avoid eating during those periods. Take a brisk 10-minute walk instead.

Socialize

Social contact raises spirits. So the next time you feel your energy sagging, make a date with friends.

Know thyself

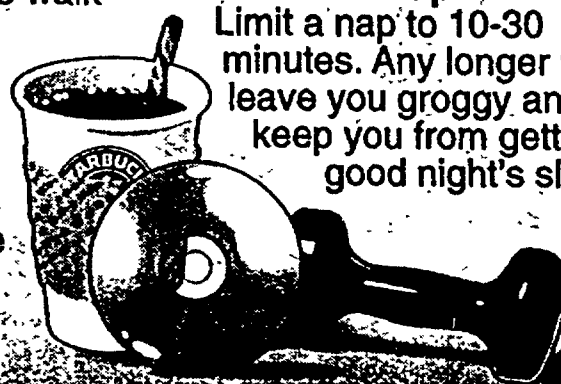
Find out what effects caffeine and exercise have on you. Once you understand your individual responses, you can learn to overcome your impulses.

Listen to music

Music is second only to exercise in raising energy and reducing tension.

Take a catnap

Limit a nap to 10-30 minutes. Any longer will leave you groggy and keep you from getting a good night's sleep.



SOURCE: Shape magazine

Copley News Service / Paul Horn

Don't quit now ... you are almost there

You are finally ready. Most magazine, news and radio shows have covered the current health crisis facing America. The Center for Disease Control and Prevention has predicted lack of exercise and poor diet will overtake smoking as the number one preventable cause of death in the US.

You're tired of telling your kids to get up, get moving, and eat better while you watch some reality television show with a bag of potato chips. You refuse to go up another size in clothing. You can't face your doctor at another annual physical and you are still depressed after attending that funeral of a high school or college friend's death from a

premature heart attack.

YOU ARE READY to make some positive changes in 2005. As many psychologists state, you have arrived at stage three of the five steps of the change process — the preparation stage. That means you have covered the precontemplation stage and the contemplation stage, but where do you go from here and how do you move to the action and finally the maintenance stage?

The preparation stage is, in my opinion, the most critical. This is where most people's goals are lost for another year. Too many experts with too many options overwhelm beginners to the point of returning frustrated back to stage one for another long year. The

preparation stage is very personal based on many variables — current weight, physical condition, time available, goals, how active you are, eating habits, the type of work you do — all play an important role for long term change. So what can you do to increase your chance for ultimate success?

The following are five basic time tested steps that will build your foundation and greatly increase your odds for success.

1. Get a doctor's clearance. Make sure you are cleared to start any kind of program. Get an overall physical; this is a great place to start. Once you begin your program you want to stay with it long term, assuring your body is ready and capable is important.

2. Follow the rule of 2 percent. Many clients are so ready to create change they set themselves up for failure by starting from little or no exercise time to going to a gym or exercise class six or seven days a week.

Use the rule of 2 percent as a guide. There are 168 hours per week. For most of us large chunks are taken in non-physical activities — 10 percent watching television, 23 percent working, and over 10 percent eating. Make 2 percent exercise time as a minimum standard. That's about three hours per week. This should be your no-matter-what goal. If you can get a little more in, great, but don't set too high of a goal. You want something that you can stick with for the long run. For most people, health is a top goal and it is worth a consistent (measly) 2 percent of your time weekly.

3. Seek professional guidance. If all you have is three hours per week dedicated to

CHRIS KLEBBA



your health, you want to use them wisely. Seek guidance with a certified fitness trainer to set you up on a plan.

I compare a fitness trainer's value with that of a dentist. The responsibility for your oral care is with you, daily, but hopefully you have a dentist a couple times a year to check, update, correct any problems, and guide your plan based on your specific teeth and gums. And if you were not happy, or were experiencing pain with your teeth or gums you would seek out a professional dentist immediately. A certified trainer can act in much the same way. Following the latest magazine craze for self removing a cavity is as ridiculous as following an article that will change your shape in minutes per day.

Yes, it is as simple as working hard and eating better, but you want to work and eat smart as well, and specific for your needs.

4. Include resistance activity. Of those three hours per week, at least two, 20-30 minute sessions should involve some resistance training. This will not make you big and bulky, rather it will leave you toned and firm.

Remember we start to lose about 2 pounds of lean muscle every year after about age 30-35. Fight to keep that valuable lean muscle that you will need to have to enjoy life. Resistance training will also help you burn calories and keep your bones strong.

There are many ways to get this training, at your home with minimal equipment purchase, (sometimes as little as \$20 for resistance bands) at clubs, parks and recreation, group classes, etc.

5. Include cardiovascular activity. The remainder of your minimum three weekly hours should involve some kind of cardiovascular activity. This is the simplest activity to get involved in and you can do it almost anywhere and at any time. Cardiovascular activity is moving your body at a regular brisk pace to raise your heart rate. This could be walking, running, skiing, swimming, bicycling, etc. This will help burn calories and strengthen your heart and cardiovascular system. Do this in 20 minute intervals if you can.

Finally, be ready for challenges. Do not set your body-changing goals too high. Remember if you only make minor visible body changes you are still doing a world of good for your overall health and your heart.

With over 20 years in the health and fitness business, my biggest challenge is helping people stick with a sound program for 90 days. At that point many benefits have kicked in and the person is feeling more energetic, more toned and that feeling becomes the motivation to continue and eventually move to the maintenance stage. You can do it!

Chris Klebba owns and operates the Water Wheel Health Club in Northville and is a certified fitness trainer and public speaker. For more information call (248) 449-7634 or visit www.waterwheel.com.

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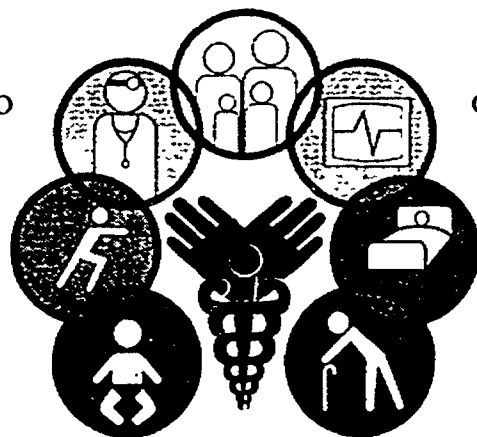
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Alternative medicine works for many

By Candy Spiegel &
Cynthia Grochowski
HOMETOWN NEWSPAPERS

Treatment doesn't always come in the form of a prescription. More and more individuals are looking to alternative practices. Most holistic practices serve as complements to, rather than replacements of, conventional medical treatments. Many have found them helpful for relaxation or for treating pain without drugs.

Kathy Jerore, a naturopathic practitioner and owner of The Health Emporium in South Lyon, is pleased to see people becoming more in tune with what their bodies need, but she cautions people against trying things without a qualified professional's guidance.

"Although I feel it is good to be responsible for our own health, it is also wise to seek someone with some background for guidance and who knows when it is time to seek medical attention as well," she said.

Toni Trate, a DO who recently moved her family practice to Novi, said alternative treatments shouldn't be considered without checking with a medical doctor first.

"Including an alternative medicine into a

treatment regimen is a decision that should be made jointly between the patient and the physician," she explained.

Listed below are brief descriptions of a few popular alternative or complementary medicines. Many health food stores, naturopaths and others offer classes to learn more about alternative treatments.

Iridology

Iridology, the study of the iris, is an analysis technique used to determine inherited strengths and weaknesses in the body. Janet Douglas, certified iridologist and natural health practitioner, said. Through an optic nerve in the brain, the iris is connected to all parts of the body and it reflects the changes in the body's organs and tissues. While iridology can determine potential problem areas, it can not diagnose a disease.

The analysis process is simple, painless and non-invasive. A special camera takes a photo of the iris and then the iridologist uses overlays to find areas that may need a nutritional boost. Douglas said she then sits down with her clients and discusses the weak areas and then recommends dietary changes, nutritional supplements or herbs that may help. Some clients take the information to their physician for additional

tests or diagnosis.

"A lot of people, because of our fast-paced, fast-food society, put things into their bodies that create inflammation, which leads to other conditions," Douglas said. "What I try to do first with many clients is a complete nutrition program to get the inflammation down."

Chiropractic

"Chiropractic is the healing art of looking at the spine and relieving nerve pressure which allows the body to heal itself," Kathy Duncan, chiropractor and owner of Soft Touch Chiropractic explained.

There are many forms of chiropractic techniques. Duncan practices the gentle pressure-point treatment for all types of pain or discomfort in the back, neck, head or legs. In this particular technique with the spine as the focus, muscles are relaxed by applying pressure on points along the muscles in conjunction with the spine. This technique relaxes muscles so the spine can align itself naturally.

"It's an excellent pain-relief technique," she said.

When making the decision to visit a chiropractor, know what you want to accomplish and ask the doctor how that health goal will be met. Be sure to let the doctor know if you have a fever or if you the adjustment causes pain.

More and more medical doctors acknowledge chiropractic adjustments as helpful in a patient's treatment. Many health insurance companies now cover part of chiropractic care.

"The goal of any doctor is to do what's best for the patient," Duncan said.

Acupuncture

Used by one-quarter of the world's population, acupuncture is an ancient healing system that has been used effectively for thousands of years.

"Acupuncture balances the natural flow of energy (called 'qi') along pathways throughout the body," Susan Jakary, a Novi-based acupuncturist said.

According to the principles of traditional Chinese medicine (TCM), qi ('chee') flows through the body via 14 primary meridians or channels. To strengthen the flow of qi, or remove blockages in the meridians, an acupuncturist inserts a number of tiny, sterile, flexible needles just under the skin at certain specific points (called acupoints) along the channels.

"By stimulating the points, the energetic system nourishes and supports the cells, tissues, muscles, organs, and glands in the body. Health is restored," Jakary said.

Acupoints along the meridians are associated with specific internal organs or organ systems. To address nausea, for example, needles might be inserted into acupoints on your wrist, while a vision problem might be treated with needles in the foot. Ear, scalp, and hand points are also commonly used by some practitioners. TCM proponents believe that acupuncture stimulates the body's internal regulatory system and nurtures a natural healing response.

"It is important to seek treatment from professionally trained and qualified practitioners of Chinese medicine," Jakary said. In California, where Jakary received her Master of Science degree in Traditional Oriental Medicine from the Pacific College of Oriental Medicine, acupuncturists are state licensed and board certified. Michigan does not have such standards in place at this time.

"Ask about training and years in practice," Jakary cautions. "I believe a minimal standard is

national board certification." Jakary is nationally certified by the National Certification Commission for Acupuncture and Oriental Medicine. Prior to working with Henry Ford Center for Integrative Medicine and opening her practice in Novi, Jakary treated clients in a private practice in Los Angeles.

Acupuncture and Chinese herbal medicine are extremely safe if practiced correctly according to Jakary.

"To an acupuncturist, a side effect means that there is an imbalance that needs to be addressed," Jakary said. "They will modify the treatment until there is healing without any side effects."

Acupuncturists address many health concerns including emotional disorders, musculo-skeletal pain, hormonal imbalance, eye disorders, headaches and repetitive motion injuries.

"When conventional tests come back saying nothing is wrong, but you are still having symptoms, then acupuncture may help," Jakary explained. "Working to balance the body and prevent disease is better than trying to reverse an already established disease state."

Homeopathy

"Homeopathy is a 200-year-old form of healing that looks at the whole person — physically, mentally, and emotionally — to determine which remedy would be most beneficial to heal on all levels," Jerore said. "It is based on the Law of Similars, which looks at a symptom picture of each remedy, which encourages the vital force of the person to heal itself."

For example, *Rhus tox*, which is poison ivy, is helpful in treating rashes similar to poison ivy.

Jerore said many things, such as minor injuries, colds, indigestion, constipation and other ailments can be treated with homeopathy quickly and safely.

"When the correct remedy is chosen, it can frequently give relief within minutes to hours of the onset," she said. "Sometimes only one dose is needed for results."

"While it can be simple, it does take time and dedication to learn how to use it effectively," Jerore said.

Although most medical doctors are not trained extensively in homeopathy, Jerore said some are starting to use some remedies in portions of their practice, such as using *Symphitum* to help heal broken bones after they are set.

Homeopathic remedies are FDA approved and are safe for children and pregnant women. There are no side effects.

"If you take the wrong remedy, it just doesn't work," Jerore said.

Jerore said homeopathy is safe to use in conjunction with medical prescriptions.

"When using natural remedies, you should never stop taking a drug that your doctor has prescribed until you have resolved the problem you were having and the doctor says it is safe to do so," she said.

Herbology

Herbs have been used for centuries as medicine to treat just about everything.

"An herbal remedy is made from the leaf, flower, berry, stem, or root of a plant and can be ingested in tea form or dried and put into capsules," Jerore explained.

Trate, for example, said some of her patients have found soy and black cohosh helpful in treating the hot flashes that come with menopause. But, she said it doesn't work for everyone.



Photo by CYNTHIA GROCHOWSKI/HOMETOWN NEWSPAPERS

Susan Jakary, acupuncturist and Chinese herbal medicine specialist, can stimulate the inserted needle in several different ways to produce a certain effect on the body.

Jazzercise offers unique health tips

So you're well versed in all the traditional guidelines for good health — watch your fat intake, exercise regularly, drink lots of water, maintain a healthy weight, keep your food portions under control, and so on.

Well, here are a few effective, not-so-traditional tips to round out your repertoire:

Floss daily for more than oral hygiene

Believe it or not, individuals with gum disease are twice as likely to suffer from heart disease and have three times the risk of stroke. Also, periodontal disease can increase the risk of certain respiratory infections, trigger premature delivery in pregnant women, and interfere in blood sugar control among diabetics. Apparently poor oral hygiene allows unhealthy organisms to travel to other parts of the body where they can do harm. So boost your health quotient by flossing regularly.

Do volunteer work

A study at the University of Michigan found that individuals who did volunteer work increased their odds of living longer. The key, it seems, is to find one organization that you believe in and offer up to an hour of your time each week.

Socialize

Surround yourself with friends and family, and you may avoid catching a cold this year. According to a study published in the Journal of the American Medical Association healthy adults with six or more types of social relationships, from family to neighbors to

coworkers, are four times less likely to become sick than those with three or fewer types of social ties.

Eat a banana before bed

Magnesium and potassium-rich bananas can help you fall asleep faster. The carbohydrates stimulate production of serotonin, which makes you drowsy.

Use your brain

Individuals who keep their minds challenged are less likely to suffer from senility. Mental activities like reading, crossword puzzles, and balancing your checkbook, strengthen neuron paths.

Avoid drinking too much decaffeinated coffee

A study conducted at the University of Alabama at Birmingham found that older women who drank four or more cups of decaffeinated coffee a day were more than twice as likely to develop rheumatoid arthritis.

Hug your pet — or someone else's

Animals can alleviate feelings of loneliness and isolation and help you to relax and release tension. Better yet, take a dog for a walk and get some aerobic exercise, too!

Get a massage

Human touch is healing. Tension slips away and stress hormones drop by 24 percent according to study at the Touch Research Institute at the University of Miami.

Say thank you

Being appreciative elevates your mood and

makes you less vulnerable to depression, according to research from Eastern Washington University in Cheney.

Protect your eyes

Eyestrain can cause everything from headaches to fatigue. Make sure work and reading areas are well lit and that you take regular breaks if you spend a good deal of time in front of a computer.

Certainly exercise tops the list of traditional health tips.

Why not make it a family affair? It's never too late to start a healthy habit, but the younger kids are when they begin, the greater the chance that they'll grow up to be healthy, active adults. Go for walks together, visit the zoo, explore the local park on your bikes, sign up for tennis lessons, go sledding, learn to ski, or put up a basketball hoop. Even if you just practice salsa moves, play twister, or toss a foam ball around the living room, you're still doing good things for your body. And by teaching your children that being active can be fun, they will want to participate — and continue participating!

Even if you don't think of yourself as athletic, grab a basketball and toss it back and forth. You may not be a pro, but you can still have fun and with practice you'll reap the rewards of getting better!

Jazzercise is a dance-fitness program with more than 5,800 instructors teaching 20,000 classes weekly around the globe. For more information, visit www.jazzercise.com or call Jackie, a Novi instructor, at (810) 333-6110.

Parents, school work together to help children with diabetes

The U.S. Department of Health and Human Services reports that nearly 151,000 children in the United States have diabetes and that 13,000 additional children are diagnosed annually. School staff, parents and students can work together to help manage the health of children with diabetes, according to Roche Diagnostics, maker of ACCU-CHEK blood glucose meters.

Children with diabetes do best if they can eat meals at about the same time every day. They usually need to eat a midafternoon snack and sometimes a midmorning snack as well, according to information from the American Diabetes Association. Additional snacks may be needed before, during or after exercise.

The child may bring snacks to school each day, or the child's parents may ask to keep a supply at school. Crackers with peanut butter or cheese, pretzels and apples make ideal snacks. Parents may ask to see lunch menus ahead of time to help plan insulin dosages.

Parents often will want to know in advance about any special activities that will change the child's usual eating schedule. A schedule change can usually be dealt with by adjusting the child's meal plan or insulin dose.

Many foods at school parties can be high in sugar or carbohydrates, so children with diabetes may bring popcorn or pretzels. With planning, a child with diabetes can eat the occasional birthday cake or another special food. The child may need to take more insulin than usual to prevent high blood glucose. Playing an energetic game can also be a good way of lowering blood glucose levels after eating sweets.

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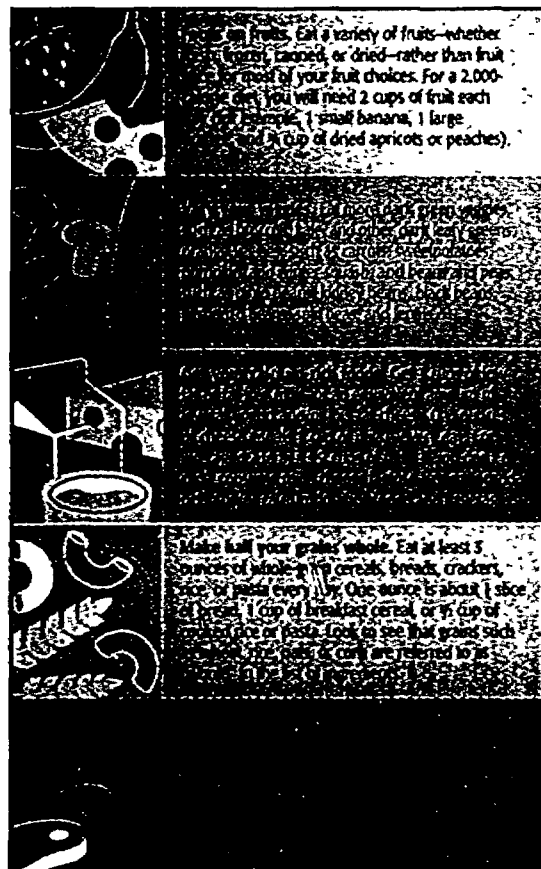
Government releases dietary guidelines

By Candy Spiegel
HOMETOWN NEWSPAPERS

You are what you eat, as the saying goes, but the government wants to change that.

The Departments of Health and Human Services and Agriculture hope Americans can improve their health and prevent chronic disease by following the "Dietary Guidelines for Americans 2005."

"These new Dietary Guidelines represent our best science-based advice to help Americans live healthier and longer lives," Tommy G. Thompson, Health and Human Services Secretary, said. "The report gives action steps to reach achievable goals in weight control, stronger muscles and bones,



SOURCE: "Dietary Guidelines for Americans 2005"

FOR MORE INFORMATION

www.healthierus.gov/dietaryguidelines
www.foodsafety.gov
www.healthfinder.gov
www.nutrition.gov

and balanced nutrition to help prevent chronic diseases such as heart disease, diabetes and some cancers. Promoting good dietary habits is key to reducing the growing problems of obesity and physical inactivity, and to gaining the health benefits that come from a nutritionally balanced diet."

The recommendations continue to encourage a variety of nutritious foods. However, with nearly two-thirds of Americans overweight or obese and more than half getting too little physical activity, the new guidelines place a stronger emphasis on calorie control and exercise.

"The new Dietary Guidelines highlight the principle that Americans should keep their weight within healthful limits and engage in ample physical activity," Ann M. Veneman, Secretary of Agriculture, said. "The process we used to develop these recommendations was more rigorous and more transparent than ever before. Taken together, the recommendations will help consumers make smart choices from every food group, get the most nutrition out of the calories consumed and find a balance between eating and physical activity."

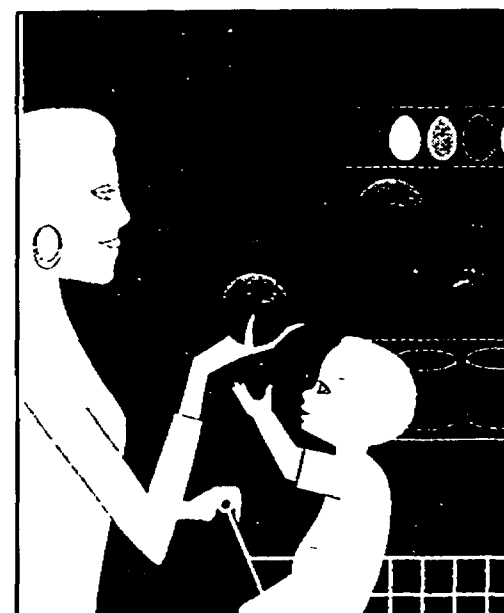
The guidelines include 41 recommendations based on the latest medical research. The recommendations are grouped into nine general topics including adequate nutrients within calorie needs, weight management, physical activity, food groups to encourage, fats, carbohydrates, sodium and potassium, alcoholic beverages, and food safety. A brochure and Web site make the recommendations easy to understand.

The Food Pyramid is also being reworked and will be released in the spring.

Follow these recommendations

Some of the recommendations found in the "Dietary Guidelines for Americans 2005" include:

- Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.
- To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.
- To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.
- To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.
- Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep trans fatty acid consumption as low as possible.
- Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.
- Alcoholic beverages should not be consumed by some individuals, including those who cannot restrict their alcohol intake, women of childbearing age who may become pregnant, pregnant and lactating women, children and adolescents, individuals taking medications that can interact with alcohol, and those with specific medical conditions.
- To avoid microbial foodborne illness, clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed. Separate raw, cooked, and ready-to-eat foods while shopping, preparing,



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Based on the
Dietary Guidelines
for Americans

SOURCE: "Dietary Guidelines for Americans 2005"

This brochure, based on the "Dietary Guidelines for Americans 2005," is designed to help Americans understand the new guidelines. The brochure is available on the Internet at www.healthierus.gov/dietaryguidelines.

or storing foods.

- Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

Body art may be in, but it can cause health woes

By Lisa Marinelli
COPLEY NEWS SERVICE

It used to be that military veterans, motorcyclists and rebellious teenagers were the most likely candidates to have tattoos on their arms or chests.

These days, tattooed bodies run the gamut from teenage girls with tiny hearts or butterflies on their hips to enthusiasts covered with spiraling creatures and designs. Some women even opt to have permanent makeup tattooed on their faces.

And don't forget piercings. This form of body art can be poked into nearly every nook and cranny of the human body.

Making a permanent change with ink and needles risks infection and, for some, regret.

"A lot of us get tattoos when we are younger, and when we are older, we don't want them anymore," said Brenda Drake, 26, a medical assistant at a dermatology office who is having a tattoo removed.

A Harris Poll conducted online last year found that 16 percent of adults have at least one tattoo. Of the 2,215 adults who responded, 36 percent were between the ages of 25 and 29.

Many are content with their commitment.

Amy Kovacs, 33, has three tattoos — one on the back of her neck and one on each ankle. Kovacs coordinates multi-million-dollar pharmaceutical clinical trials for PRA International, a clinical development organization.

"My ankle tattoos remind me of the time in my life when I got them, and I love that about them," Kovacs said. "I got the Maori tattoo from New Zealand about halfway through a six-month-long trip around the world. I love the fact that my tattoo is my souvenir."

Tattooing and body piercing have been around since ancient times. To create a tattoo, a needle connected to a machine filled with tubes of dye pricks color into the skin. A



Photo by NADIA BOROWSKI SCOTT/CNS

Dr. Michael Goldman uses an alexandrite laser to begin the process of removing a tattoo from the neck of a patient.

large tattoo can take several hours to create. Typically, a needle also is used to pierce

the body. Health officials warn against piercing guns because they are difficult to sterilize.

"What it boils down to is that this is like any other procedure that involves cutting into your body," said epidemiologist Samantha Tweeten, who published a paper in 1998 on infectious disease complications of body piercing while working on her doctorate in epidemiology at the University of California San Diego.

"You want the site to be clean," Tweeten said. "The instruments should be sterile. The jewelry should be sterile."

Risks from tattooing and piercings include allergic reactions from some dyes and jewelry, she said.

Tweeten suggests using surgical-steel jewelry, niobium, titanium or inert nonporous plastics. She also recommends hollow needles for piercings.

Continued on page 11

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What is a compounding pharmacy?

By Cynthia Grochowski
HOMETOWN NEWSPAPERS

Custom pharmaceutical preparations are gaining in popularity with the niche markets big drug companies do not address.

Compounding is the art of making medications to fit individual needs. The pharmacist works with the physician to determine the exact medication needed. The pharmacy buys the chemicals and prepares them to the specifics of the prescription. Patient and doctor are not limited to commercially available products.

Many patients are allergic to preservatives or dyes or are sensitive to standard drug strengths. Others need a different method to take a medication, such as a topical gel instead of a pill. With a physician's consent a compounding pharmacist can customize the medication, alter its form to make it easier for the patient to ingest, or make it without certain ingredients like sugar or yeast.

Through compounding, many ingredients can be combined into one product. A compounding pharmacy may be able to make a product that is no longer available on the market.

Kenny Walkup, pharmacist and owner of the Specialty Medicine Compounding Pharmacy in South Lyon, specializes in natural hormone replacement therapy for men and women.

"Women are looking for a safer alternative to hormone replacement therapy," Walkup explained, noting hundreds of women have their HRT prescriptions filled in his pharmacy. "Natural HRT has its place and it is growing. It is effective in eliminating most menopause

symptoms."

The negative side affects of synthetic hormones, like weight gain, is almost unheard of with natural HRT. For those with heart concerns, a cardio-friendly natural hormone is available. Synthetic HRT medications can't make this claim.

"Natural hormone replacement therapy has the exact same chemical structure as human hormones have," Walkup said. "The most popular form of synthetic estrogen replacement in women is a made of several types of estrogens, many of which are natural to horses, but not much that is natural to humans."

The most important group of estrogen hormones for the human body, estrone, estradiol and estriol, are present in natural HRT, but not in synthetic HRT.

"The belief is that because they are bio-identical they will do better," Walkup said. Out of pocket expenses for natural HRT are similar to synthetic HRT.

Walkup interprets results from a simple saliva test and makes recommendations to the doctor for an appropriate course of therapy. Like conventional pharmacies, a compounding pharmacy cannot distribute medication without a doctor's prescription.

More men are coming forward for natural HRT to treat andropause, or male menopause. The drop in testosterone production after age 45 leads to decreased activity levels and sex drive.

"We ship out so many each day that we've become a UPS shipping center," Walkup said.

For more information, contact Specialty Medicine Compounding Pharmacy at (248) 446-2643 or www.specialty-medicine.com.



Photo by CYNTHIA GROCHOWSKI/HOMETOWN NEWSPAPERS

Amanda Dyelle, a pharmacy student at the University of Michigan, is doing her clinical rotation at Specialty Medicine Compounding Pharmacy in South Lyon. The pharmacy makes medications according to patient/doctor specifications as opposed to a conventional pharmacy which distributes premanufactured medications.

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Louis C. Chiara, M.D.

FITNESS FACTS

Working the rump

Simple exercises that will tone the backside:

Weight training

Squats, lunges, hip extensions, outer thigh leg lifts and deadlifts all work the rear. Hips, legs and lower back get benefits as well.

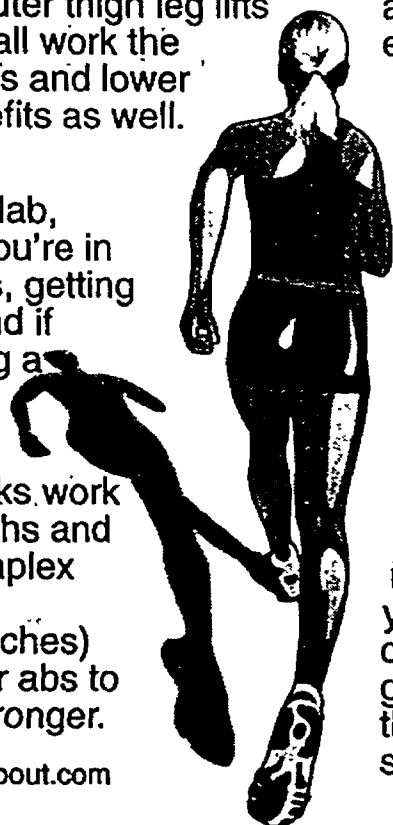
Hiking

Hiking burns flab, especially if you're in the mountains, getting into thin air and if you're wearing a backpack.

Kickboxing

Controlled kicks work your hips, thighs and butt while complex combinations (including punches) will target your abs to make them stronger.

SOURCE: www.about.com



Biking

It's great for your heart and it targets almost every muscle in your lower body.

Running

Running is easy to learn, reduces stress, helps in weight loss and it makes you feel good. A hill or two on your route really helps the burn.

Walking

You can do it anywhere, anytime with no special equipment. If you walk up hills, you can really target your glutes and, if you pick up the intensity, you'll burn some of that extra flab.

Copley News Service / Paul Horro

Know all of the risks before getting tattoos

Continued from page 8

Unclean instruments and work spaces can spread disease.

"Transmission of blood-borne pathogens from one person to another, such as hepatitis C, hepatitis B and HIV, potentially could occur if needles are not sterilized," said Dr. Francesca Torriani, director of the UCSD Medical Center Epidemiology Unit. "Also, bacteria from on a person's own skin could infect the wound."

Tattoos can lead to some skin disorders. Bumps known as granulomas can form around tattoo ink. Piercings and tattoos also can cause areas of excessive scarring called keloids.

The U.S. Food and Drug Administration issued an alert recently on permanent makeup — tattooed lip liner, eyeliner or eyebrow color. It found cases of swelling, cracking, peeling, blistering, scarring and disfigurement.

The cases were linked to certain ink shades made by a Texas company.

The longer a site takes to heal, the longer the window for infection, Tweeten said. Navel piercings take particularly long to heal — up to a year — because the area may be covered and the belly skin isn't as well vascularized as an earlobe.

Piercing the cartilage also poses some

dangers because it does not have good blood flow, so it takes longer to heal. Cartilage also is prone to some bacterial infections, Tweeten said.

Body art must be cleaned properly afterward and receive good air circulation to heal well.

"What you have is an open wound, so you have to keep it clean," said Tweeten, who recommends choosing a piercer who is a member of the Association of Professional Piercers. "Clean it twice a day, and wash your hands before you clean it."

Not everyone who gets a tattoo is happy with it.

Dr. Mitchel P. Goldman is a dermatologist who has removed tattoos for 16 years.

In the past, removing professional tattoos was easier than homemade ones, he said. But now that professional tattoo artists mix so many colors and create more complex designs, lasers cannot get rid of all the varied pigments.

"We can nearly guarantee that black, blue, brown and green can be removed," Goldman said. "But for the other colors, there is no present technology to remove them short of cutting them out or using a nonspecific laser, which will virtually vaporize the tattoo, but also (burn) the skin."

"I thought it would go away"

This sort of statement is the most commonly heard phrase by Dr. Duncan at Soft Touch Chiropractic. Soft Touch Chiropractic was started eight years ago by Dr. Duncan, a registered nurse and Doctor of Chiropractic. In 1983, Dr. Duncan decided to enroll in Atlanta's Life Chiropractic College after learning the benefit of chiropractic first hand. She was successfully treated for migraine headaches by chiropractic after all other forms of treatment failed. Dr. Duncan graduated in 1986, where she was president of her class.

Duncan Soft Touch Chiropractic specializes in gentle, non-invasive pressure point treatment to solve a variety of health problems caused by tight muscles surrounding the spine. As Dr. Duncan explained, the spine is the focal point for the body's nervous system. Any pressure in this location can effect many other areas, including the back, legs, neck and head. Tight spinal muscles that result from stress, tension or trauma need to be relaxed allowing the spine to realign naturally.

At Soft Touch, Dr. Duncan wants patients to relax and enjoy themselves in her office's family-style atmosphere. "I try to care for each patient as if they were a member of my family."

First time Soft Touch patients sit down with Dr. Duncan to discuss the



Dr. Kathy Duncan

symptoms of their health problems. Next, patients receive an exam involving muscular and chiropractic tests and x-rays are taken if necessary. A plan of care is then developed based on exam findings. Dr. Duncan said more people are looking toward alternative health treatments in an effort to prevent serious health complications in the future. If there's pain involved, it's worth investigation, she said. Outside her office, Dr. Duncan is a member of the Novi Oaks Chapter of the American Business Women's Association and sings in the Livonia Community Chorus.

Soft Touch is located in Suite 400 at 23895 Novi Road. For an appointment or further information call 248-348-2000.

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Be careful when shoveling

By Candy Spiegel
HOMETOWN NEWSPAPERS

Shoveling snow is dangerous. At times it is even deadly.

Experts compare snow shoveling to running 9 mph. This intensive exercise taxes the heart and back, especially in those who are overweight and out of shape.

Dr. Ken Stopa of Main Street Family Chiropractic in Northville has treated many patients for back injuries resulting from shoveling snow this winter. He offers these suggestions, based on information from the Federation for Chiropractic Education and Research, to stay safe while clearing away the snow.

■ **Avoid Caffeine and Nicotine** — They increase the heart and cause blood vessels to constrict, placing extra stress on the heart.

■ **Drink Water** — Dehydration can happen in the winter, too.

■ **Warm Up** — Spend a few minutes walking, then stretch arm and leg muscles to avoid injury.

■ **Wear Layers** — Wear loose fitting layers of breathable fabric, like cotton or wool. Tight clothing

restricts blood flow to hands and feet. Non-breathable fabric loses it's ability to retain heat.

■ **Accessorize** — Wear a hat and scarf. Make sure gloves are not restrictive. Boots should have room for warm socks and have soles that grip slippery surfaces.

■ **Reducing the Weight** — Freshly fallen snow is lighter, so start right away. Also, use a shovel with a smaller blade so each shovelful is lighter.

■ **Give it a Push** — Pushing snow out of the way is easier on the back than throwing it.

■ **Breathe** — Holding your breath when lifting a shovel of snow will make matters worse.

■ **Keep Moving** — Change positions so one side isn't doing all of the lifting. Keep your feet facing the direction the snow will be going and don't twist.

■ **Lift with the Legs** — Bend at the knees when scooping to reduce stress on back and heart. Keep feet apart and keep a slight arch in the back.

■ **Maintain Good Posture** — Avoid quick, jerky movements. Keep hands near the hips and don't reach with the shovel. Keep your



Photo by METRO NEWS SERVICE

Shoveling snow can be dangerous. Chiropractors recommend lifting with the legs, shoveling right away and staying hydrated.

feet about hip width apart.
Main Street Family Chiropractic

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What is the difference between an MD and a DO doctor?

By Cynthia Grochowski
HOMETOWN NEWSPAPERS

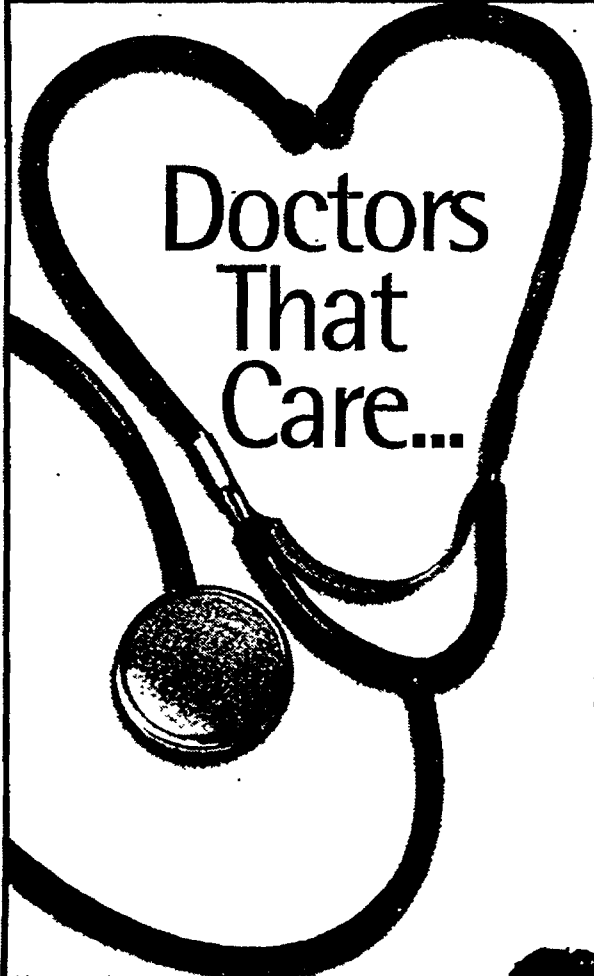
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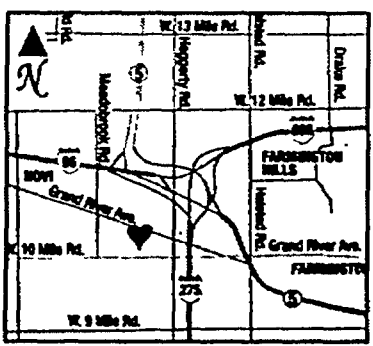
A practicing osteopath for the past 15 years in Michigan, Trate recently moved her office to Novi. She is a graduate of Michigan State College of Osteopathic Medicine.

Osteopathic Manipulative Therapy is a hands-on treatment for musculo-skeletal disorders which can cause back pain, neck pain, etc.

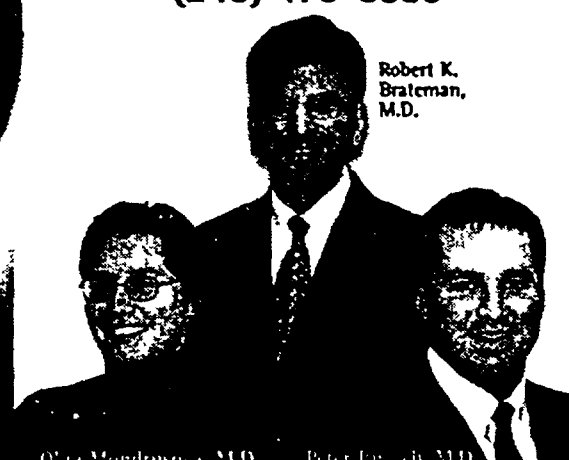
"This treatment reduces the need for oral pain medication by treating the source of the pain not just the symptom of pain," Trate said.



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- Corns
- Calluses
- Fractures
- Sprains
- Arthritic Feet
- Orthotics
- Warts
- Children's Feet
- Laser Surgery

Fight off the flu with these remedies

By Candy Spiegel
HOMETOWN NEWSPAPERS

It starts suddenly and may include a headache, fever, cough, sore throat, runny nose, body aches and pains and even diarrhea and vomiting.

The flu is spreading across the country and continues to increase every week, according to the Centers for Disease Control and Prevention. Adults can infect others with the flu one day before any symptoms appear and up to seven days after getting sick, the CDC said.

Prevention

But, there are things that everyone can do to prevent it. The CDC recommends the following tips to keep the flu from spreading:

- Wash hands often.
- Stay away from people who are sick.
- Persons with the flu should stay home.
- Place a tissue over the mouth and nose

when coughing or sneezing.

• Don't touch eyes, nose or mouth — that's how the germs get in.

Treatment

Fighting the flu requires plenty of rest and lots of liquids. Medication also is available if an infected person visits the doctor at the onset of symptoms.

But, there are also holistic treatments available for fighting the flu.

Kathy Jerore, a certified naturopathic practitioner and owner of Health Emporium in South Lyon, recommends taking a homeopathic remedy called Oscilloccinum at the onset of symptoms to fight the flu quickly and with minimal discomfort.

Janet Douglas, a natural health practitioner and owner of The Herbal Corner in downtown Howell, offers these additional simple treatments for dealing with typical flu symptoms:

- At the first sign of illness, take extra Vitamin

C, which boosts the immune system.

• Fill the tub with water as hot as the person can stand. Take a piece of yarrow root and wrap it in cheesecloth and place it in the tub. The herb and the hot water will help the person get over the flu faster.

• Drink peppermint or ginger tea to ease an upset stomach. Chamomile tea can help the body relax and may help soothe the stomach as well.

• Mix a drop of peppermint oil with a couple of drops of extra-virgin olive oil and gently rub it on the forehead and temples to ease the pain from a headache.

Douglas said it is also important to drink as many fluids as possible when one has the flu. However, she said not to worry about eating until appetite returns.

"The digestive track takes energy to digest food. If you eat, the body's energy is spent there instead of healing the body," she said.

Danger Signs

The flu, although generally a nuisance, can be deadly in some cases. Adults with the following symptoms, need to seek immediate medical attention, according to the CDC:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Children with the following symptoms should receive immediate medical attention:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

FITNESS FACTS

Saving face

Cleansing regimens, as determined by your skin type.

Normal skin

Wash your face twice a day with a mild cleanser. You may want to use a moisturizer afterward.

Dry skin

Wash your face up to twice a day with a mild cleanser, but not a "soap," as they contain too much detergent for your skin. Follow this up with an oil-free moisturizer.

Oily skin

Wash your face twice a day with a medicated cleanser. Then use a toner or other astringent. For acne use 2.5% benzoyl peroxide lotion.

SOURCES: Neutrogena; CNS research



Combination skin

Wash up to twice a day with a mild cleanser to exfoliate and unclog pores. On the T-zone use an alcohol-free toner that contains some salicylic acid, and a 2.5% benzoyl peroxide to the oily areas at night. Use an oil-free moisturizing lotion on your dry areas.

Copley News Service / Paul Horn

Many find pain relief from the alternative treatments

Continued from page 6

Massage Therapy

Massage is the hands-on manipulation of the soft body tissues to ease stress and muscular tension, relieve pain from injuries, and speed healing from certain acute and chronic conditions.

Overworked muscles cause body waste products such as lactic acid to accumulate, causing muscle soreness, stiffness and spasms. Massage in general, and Swedish massage in particular, improves blood and lymph circulation, flushes out the toxins and brings fresh oxygen and other nutrients to the affected tissues.

Massaged muscles gradually release their strangle hold on the irritated nerves, and the pain eases. The same mechanisms also make massage helpful in the recovery process for an injured muscle.

There are side effects to having a massage.

"Relaxation, having a smile on your face, and reduced toxins in the blood," Duane Karr, massage therapist in Milford, said.

"Massage can cover so many things for people," Karr explained. "When people are in pain, or if they have muscle tightness, they can get into massage therapy, lengthen the muscle and head off the pain."

Disrobing or being touched is a concern for some people. They can still benefit greatly from a hand or foot reflexology massage.

Karr cautions people with cancer or skin lesions to seek a doctor's advice before having a massage session.

Before scheduling a massage, Karr recommends calling a few clinics and interviewing the therapists.

"It's a very personal service," Karr said. "You want someone who will listen to what you need to say, not just client history."

Soreness after a massage means the technique used was too deep and should be reported to the therapist at the next session.

"During a massage the client controls the session, the depth and the oils used," Karr said. "If the therapist isn't listening to them they need to get their attention and speak up."

"One of the biggest dangers from the popular interest in alternative medicine arises from a misunderstanding of the nature of herbal therapy by the general public," Trate pointed out.

"People don't understand that herbal therapies are really pharmacological agents and not food products. As pharmacological agents these therapies can cause drug interactions and other adverse consequences."

Persons should check with a doctor, pharmacist or naturopath before taking herbs and should let them know of any prescription or over-the-counter medications they are taking to prevent possible reactions.

Aromatherapy

Aromatherapy uses essential oils therapeutically. According to www.medicomm.net, a consumer-focused healthcare information site, aromatherapy works on an emotional level by triggering memories and on a physical level by stimulating the immune, circulatory and nervous systems.

Basic aromatherapy techniques can be practiced at home using pure essential oils. They can be mixed with an unscented oil and applied to the skin, added to the bath or simply inhaled.

Although most aromatherapy oils should not be placed on the skin without being diluted in another oil, lavender oil is an exception. Placing a drop of lavender oil under the nose and taking a deep breath will help ease tension and stress, Douglas said.

She also has clients select a scented oil to smell before an ear candling session to help them relax.

"Everybody has a scent they choose that makes them feel better," she said.

Although aromatherapy is generally safe, people with asthma and women who are pregnant or thinking about becoming pregnant, should check with a doctor first, since essential oils can cause serious reactions. Aromatherapy should never be used in place of a doctor's care.

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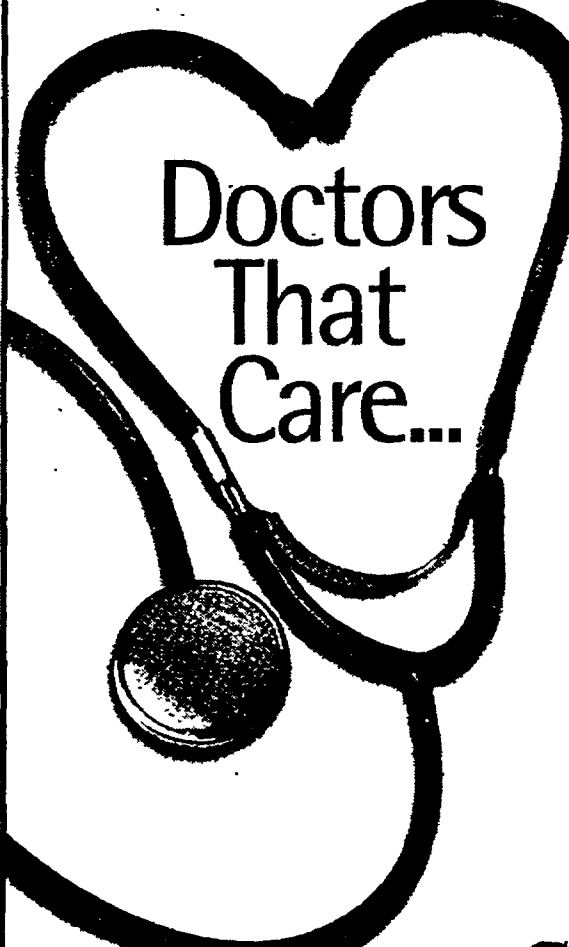
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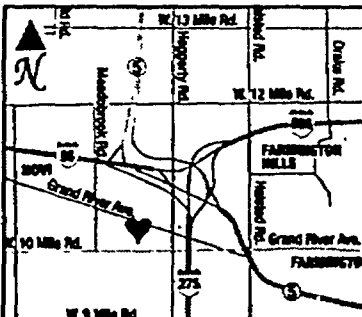
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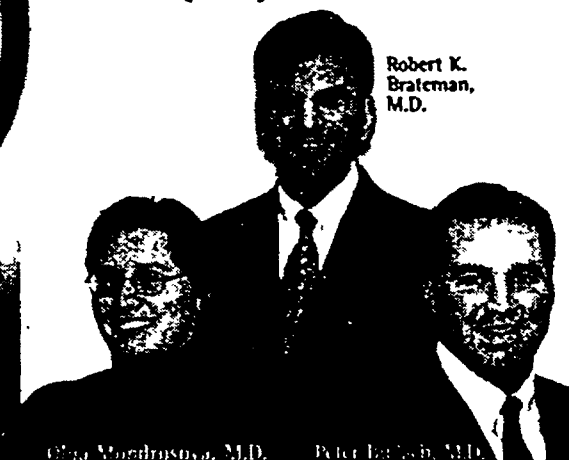


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Douglas said it is also important to drink as many fluids as possible when one has the flu. However, she said not to worry about eating until appetite returns.

"The digestive track takes energy to digest food. If you eat, the body's energy is spent there instead of healing the body," she said.

Danger Signs

The flu, although generally a nuisance, can be deadly in some cases. Adults with the following symptoms, need to seek immediate medical attention, according to the CDC:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Children with the following symptoms should receive immediate medical attention:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

FITNESS FACTS

Saving face

Cleansing regimens, as determined by your skin type.

Normal skin

Wash your face twice a day with a mild cleanser. You may want to use a moisturizer afterward.

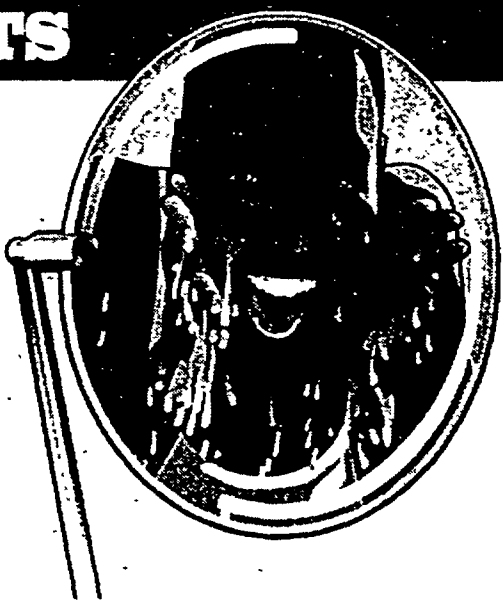
Dry skin

Wash your face up to twice a day with a mild cleanser, but not a "soap," as they contain too much detergent for your skin. Follow this up with an oil-free moisturizer.

Oily skin

Wash your face twice a day with a medicated cleanser. Then use a toner or other astringent. For acne use 2.5% benzoyl peroxide lotion.

SOURCES: Neutrogena; CNS research



Combination skin

Wash up to twice a day with a mild cleanser to exfoliate and unclog pores. On the T-zone use an alcohol-free toner that contains some salicylic acid, and a 2.5% benzoyl peroxide to the oily areas at night. Use an oil-free moisturizing lotion on your dry areas.

Copley News Service / Paul Horn

Many find pain relief from the alternative treatments

Continued from page 6

"One of the biggest dangers from the popular interest in alternative medicine arises from a misunderstanding of the nature of herbal therapy by the general public," Trate pointed out.

"People don't understand that herbal therapies are really pharmacological agents and not food products. As pharmacological agents these therapies can cause drug interactions and other adverse consequences."

Persons should check with a doctor, pharmacist or naturopath before taking herbs and should let them know of any prescription or over-the-counter medications they are taking to prevent possible reactions.

Aromatherapy

Aromatherapy uses essential oils therapeutically. According to www.medicomm.net, a consumer-focused healthcare information site, aromatherapy works on an emotional level by triggering memories and on a physical level by stimulating the immune, circulatory and nervous systems.

Basic aromatherapy techniques can be practiced at home using pure essential oils. They can be mixed with an unscented oil and applied to the skin, added to the bath or simply inhaled.

Although most aromatherapy oils should not be placed on the skin without being diluted in another oil, lavender oil is an exception. Placing a drop of lavender oil under the nose and taking a deep breath will help ease tension and stress, Douglas said.

She also has clients select a scented oil to smell before an ear candling session to help them relax.

"Everybody has a scent they choose that makes them feel better," she said.

Although aromatherapy is generally safe, people with asthma and women who are pregnant or thinking about becoming pregnant, should check with a doctor first, since essential oils can cause serious reactions. Aromatherapy should never be used in place of a doctor's care.

Massage Therapy

Massage is the hands-on manipulation of the soft body tissues to ease stress and muscular tension, relieve pain from injuries, and speed healing from certain acute and chronic conditions.

Overworked muscles cause body waste products such as lactic acid to accumulate, causing muscle soreness, stiffness and spasms. Massage in general, and Swedish massage in particular, improves blood and lymph circulation, flushes out the toxins and brings fresh oxygen and other nutrients to the affected tissues.

Massaged muscles gradually release their strangle hold on the irritated nerves, and the pain eases. The same mechanisms also make massage helpful in the recovery process for an injured muscle.

There are side effects to having a massage.

"Relaxation, having a smile on your face, and reduced toxins in the blood," Duane Karr, massage therapist in Milford, said.

"Massage can cover so many things for people," Karr explained. "When people are in pain, or if they have muscle tightness, they can get into massage therapy, lengthen the muscle and head off the pain."

Disrobing or being touched is a concern for some people. They can still benefit greatly from a hand or foot reflexology massage.

Karr cautions people with cancer or skin lesions to seek a doctor's advice before having a massage session.

Before scheduling a massage, Karr recommends calling a few clinics and interviewing the therapists.

"It's a very personal service," Karr said.

"You want someone who will listen to what you need to say, not just client history."

Soreness after a massage means the technique used was too deep and should be reported to the therapist at the next session.

"During a massage the client controls the session, the depth and the oils used," Karr said. "If the therapist isn't listening to them they need to get their attention and speak up."

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Groups offer help quitting smoking

By Candy Spiegel
HOMETOWN NEWSPAPERS

"About half of all Americans who continue to smoke will die because of the habit," The American Cancer Society said. "Cigarettes kill more Americans than alcohol, car accidents, suicide, AIDS, homicide and illegal drugs combined."

"Smoking causes diseases in nearly every organ of the body ... and is conclusively linked to diseases such as leukemia, cataracts, pneumonia and cancers of the cervix, kidney, pancreas and stomach," U.S. Surgeon General Richard H. Carmona said in a press release last year.

Yes, smoking is deadly, but quitting is so difficult many continue smoking.

"We know that 70 percent of smokers say they want to quit," Rose Adams, CEO of the American Lung Association of Michigan, said in a press release. "For most people quitting is a difficult process — success is usually the result of staying with the commitment to stay smoke-free regardless of whether you relapse or not."

Fortunately there is help available.

This year, the American Cancer Society, American Heart Association and American Lung Association are working together to help Americans break the addiction.

"We look forward to working with state lawmakers in 2005 to make Michigan a leader in the war on tobacco," Judy Stewart, tobacco policy manager, American Cancer Society, Great Lakes Division, said.

"Together we can make a difference, by helping those who currently smoke quit and preventing youth from forming a lifelong addiction that kills."

Additionally, the organizations are offering free quit-smoking programs and the American Lung Association has established a tobacco quitline for one-on-one assistance.

"We encourage smokers to utilize our new tobacco quitline at 1-866-QUIT-YES which uses a multi-session approach that reduces the chance of relapse and minimizes withdrawal," Adams said.

Of course, there are plenty of reasons to quit. After just one year without smoking, the risk of heart attack drops by one half.

QUIT SMOKING

Visit these Web sites for programs and advice on quitting smoking:

www.cancer.org
www.americanheart.org
www.lungusa.org

Or, call (866) QUIT-YES.

"People who quit feel better immediately and pride themselves on regaining control of their health," Lisa Prince of the American Cancer Society, said.

ACS provides tips on quitting

- Nibble on low-calorie items, like carrot sticks, celery and apples.
- Chew gum
- After dinner, instead of a cigarette, treat yourself to a mint or a cup of tea.
- Take a deep breath and exhale slowly. Remember, the desire to smoke will pass.
- Stay positive.
- When you wake up, promise yourself that you won't smoke a cigarette that day.
- Plan ahead and think about how you'll deal

with stressful situations without lighting up.

- Relaxation exercises help relieve urges to smoke.
- Increase your activity and exercise — it helps relieve tension and reduces the urge to smoke.
- Always remember — Urges are temporary. Do one of these above activities and the urges will pass.

— The American Cancer Society

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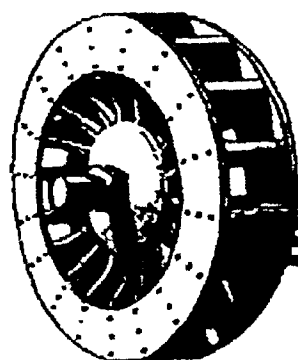
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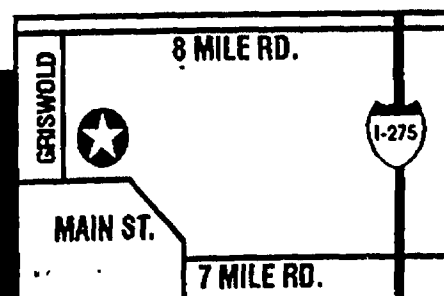
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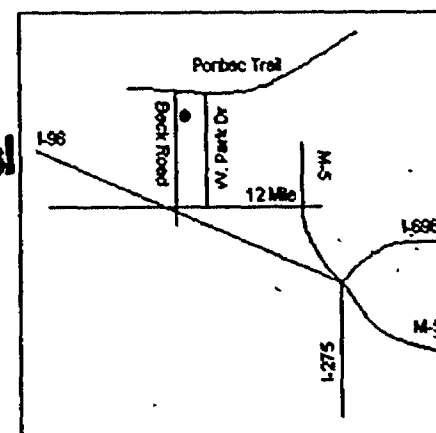


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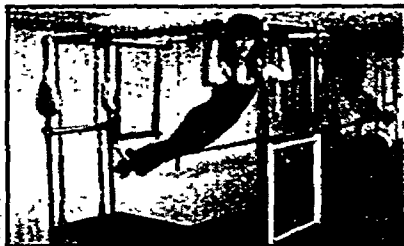
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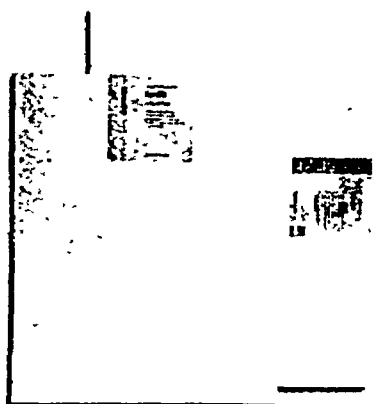
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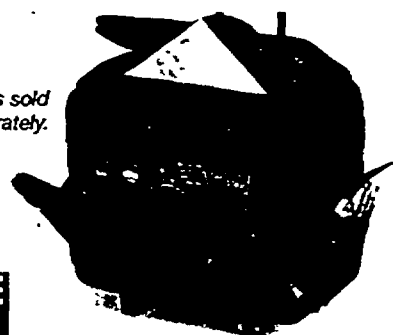
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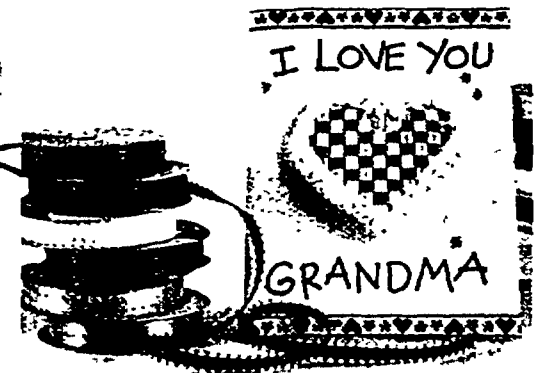


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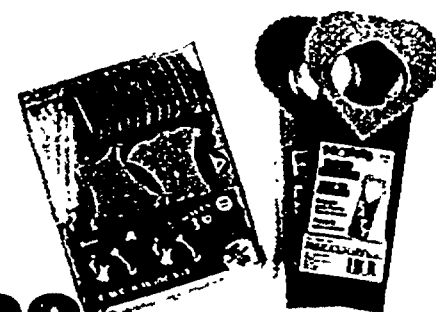
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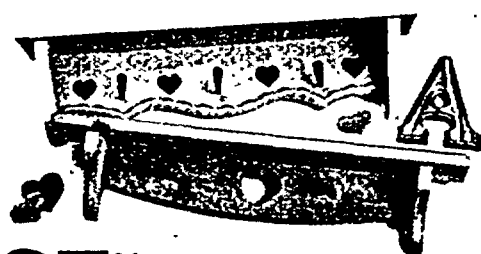


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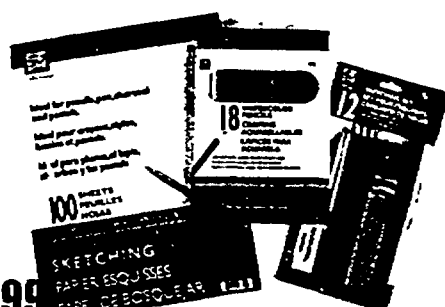


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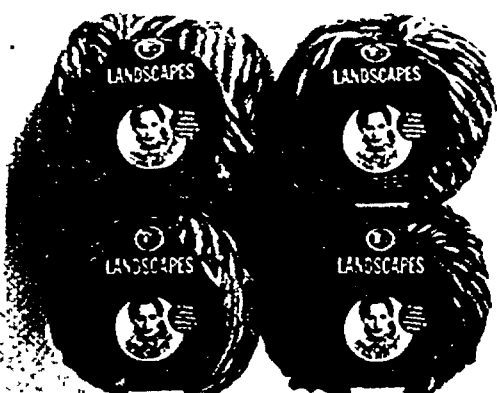


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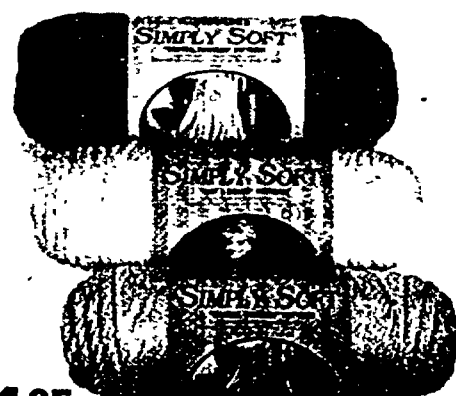


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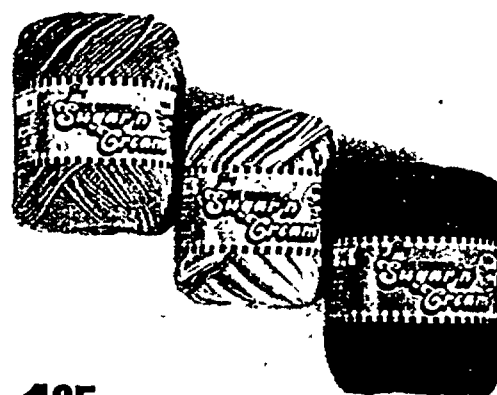
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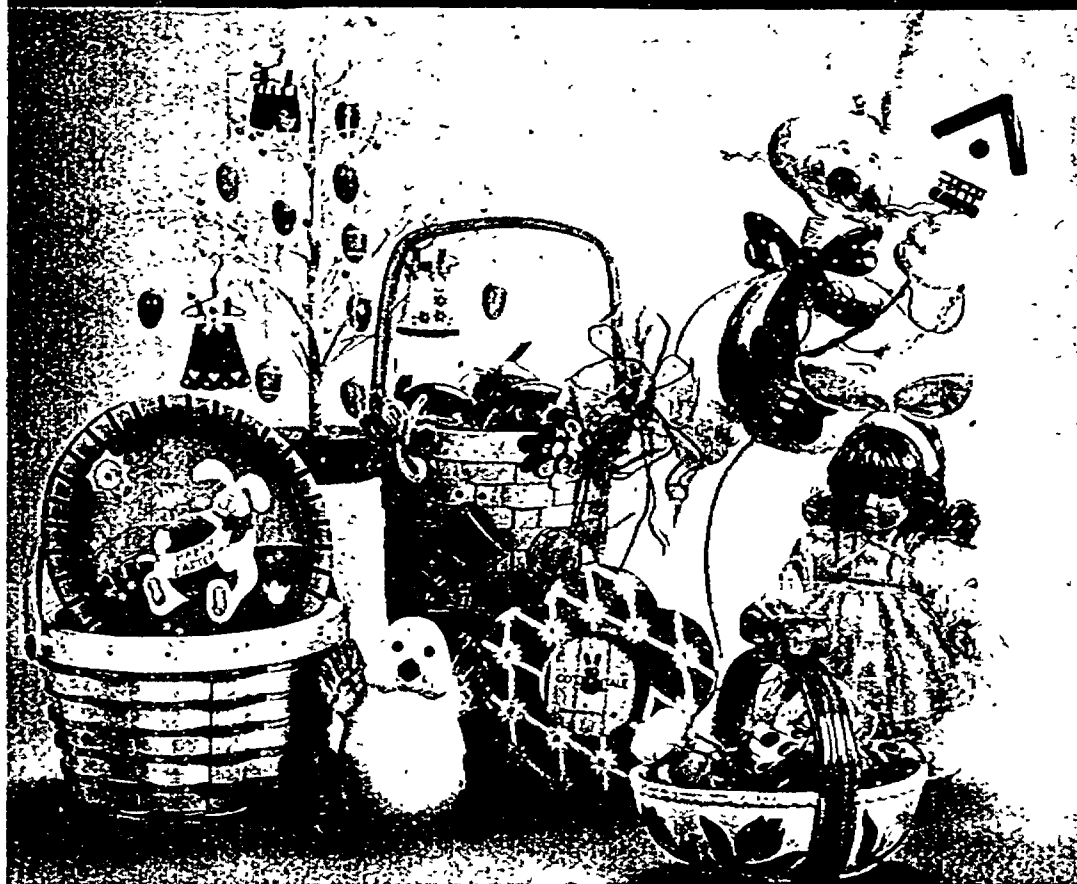
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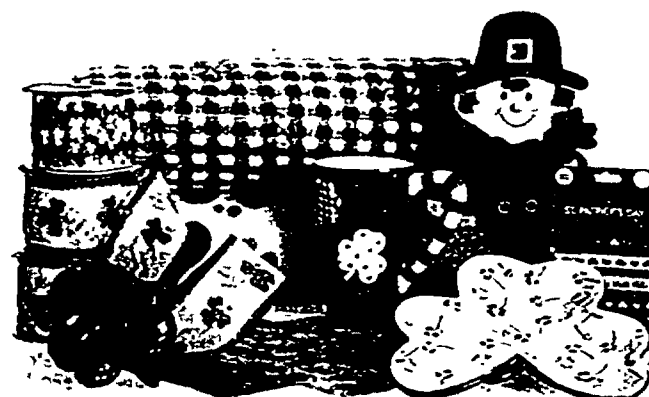
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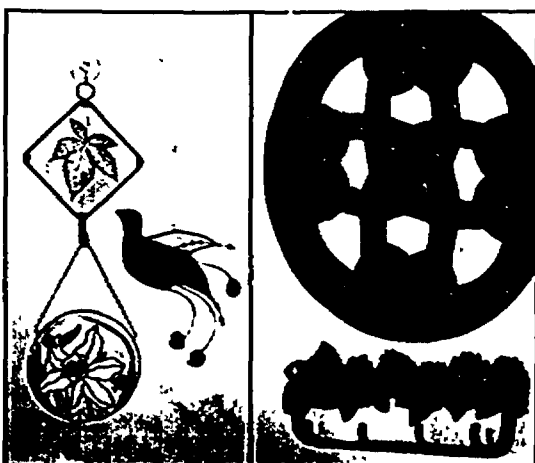
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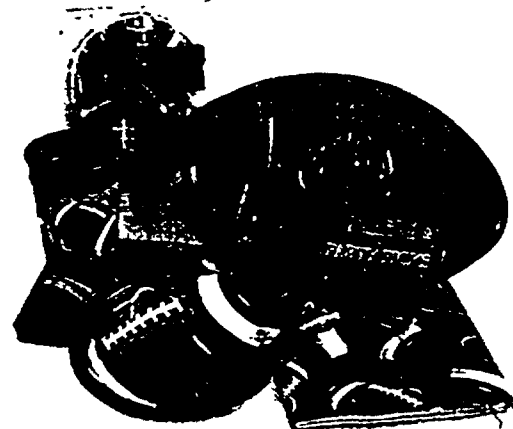
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 Fun gridiron-themed plates, napkins, dishes & other entertaining essentials.
 Reg. 99c-9.99 ea. Sale 49c-4.99 ea.

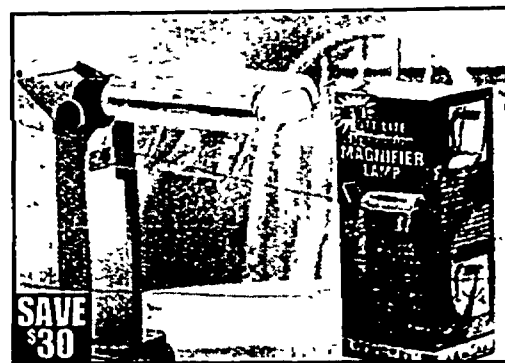
JO-ANN

Merchandise selection varies by store. GS/T

BEST Items at the BEST prices



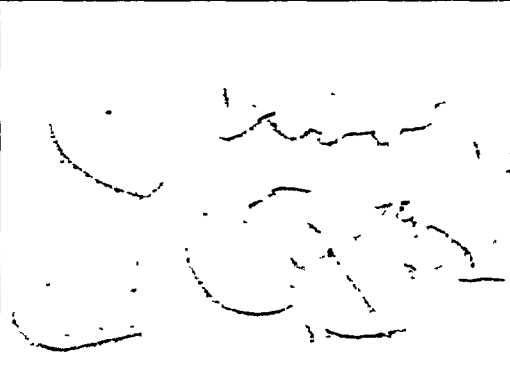
33% OFF ENTIRE STOCK
ROTARY CUTTERS,
MATS & SUPPLIES
Quality choices from Olfa®, Fiskars®,
Omnigrid® & Dritz®.
Reg. 1.99-129.99 ea. Sale 1.33-87.09 ea.



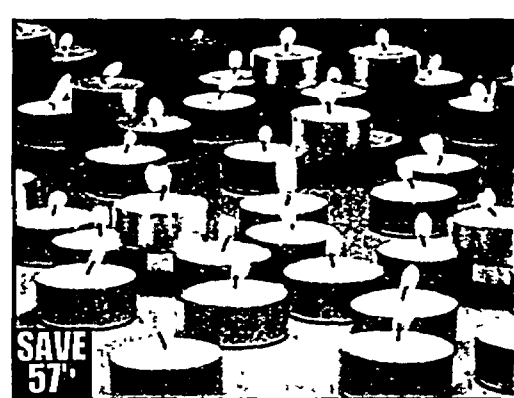
69⁹⁹ EA OTT-LITE® TRUE COLOR™
13W TASK LAMP
WITH MAGNIFIER
Adjustable light head, full-spectrum bulb
& 3X magnifier reduce eyestrain & glare.
Makes color-matching easy. Reg. 99.99 ea.



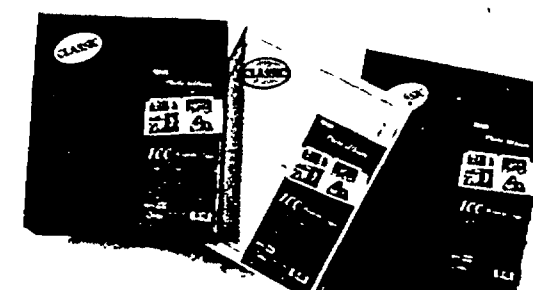
99^{EA} - 2^{EA}
SOFT-COVER PHOTO ALBUMS
Available in 5 fun colors. 13", 8 1/2" & 6 1/2"
tall sizes.



5 FOR \$1 WOOD SHAPES
Large selection of themes are great
crafting choices for decorating, art &
craft projects. Reg. 25c ea.



2⁹⁹ PK 100-CT.
TEA LIGHTS
Reg. 6.99 pk.



2⁹⁹ EA CLASSIC MAGNETIC
PHOTO ALBUM
100 pages. Organize & keep your
photos safe. Reg. 4.99 ea.



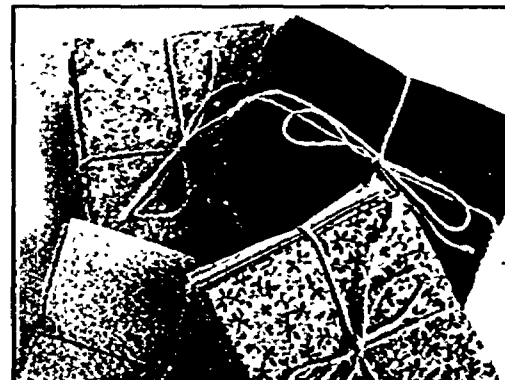
SAVE 50¢
4⁹⁹ SET
GARDEN GATE
DESIGNS™
WIND
SPINNERS
Set of 4 in
iridescent red,
yellow, blue &
clear acrylic. 18"
long. Reg. 9.99 set



40% OFF SOFT 'N' CRAFTY
PILLOW FORMS
Sizes from 14"x14" to
27"x27". Reg. 5.99-19.99 ea.
Sale 3.59-11.99 ea.



69^{CT} YD TULLE
Perfect for bridal or crafts.
Choose shiny or matte.
Reg. 1.29-1.99 yd.



3⁹⁹ EA QUILTER'S BUNDLES
A convenient assortment of 6
fat quarters in prints & colors,
18" x 22". Reg. 4.99 ea.



7⁹⁹ EA 4-OZ. POLY BATTING
48" x 10-yd. roll.

ONLINE ONLY! Sun. Jan. 30 - Sat. Feb. 5, 2005

40% OFF
the regular price
on any one item online

To receive discount, use promotion
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Offer valid online at Joann.com only. Discount is taken off the regular
price of the item. Offer excludes Grace Company, Electric Quilt
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sewing machines; sergers; embroidery machines; sewing cabinets;
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be combined with other offers & is limited to available online stock; no
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or by phone 1-800-451-5061

KidzEvent

My Foamie Buddy ©
Saturday, Feb. 19, 10am - noon

It's fun & easy for kids to create
their very own Foamie Buddy
with crazy calico legs!
Includes supplies.

For details on stores with Creative University®,
Kidz Events, classes & special events use
the Store Locator at Joann.com.



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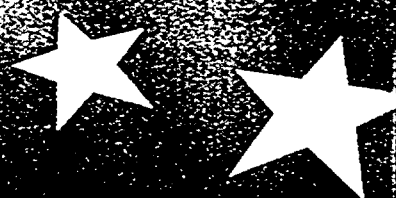
Get one year (4 issues) for just \$14.85.
Save \$4.95 off the cover price—
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To subscribe online search: **jo-annmagazine**
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today! Spring issue in stores Feb. 1.



Sale Prices valid through Saturday, Feb. 5, 2005 (unless otherwise noted).
Visit the store nearest you or call 1-877-455-6266 or use the Store Locator at Joann.com.
Not valid on sale items, clearance items, or items marked with a red tag.

Look for this symbol for items we carry only in our Jo-Ann superstores. ©2005 Jo-Ann Stores, Inc.
If for any reason we are out of stock on advertised items, a comparable item will be offered at comparable savings. Seasonal items are limited to stock on hand & subject to prior sales. Savings are off regular prices. Regular and original prices are offering prices only, which may or may not have resulted in actual sales. Intermediate markdowns may have been taken. Offers exclude some clearance items. Clearance merchandise will remain at a reduced price and will not be offered for sale at the original price again. Selection varies by store. Quantities limited to stock on hand. Special order restrictions apply. Printed in U.S.A.
www.joann.com experience the creativity online.

starts Friday at 8am



KOHL'S

winter price break

80%

and more on original prices
when you take an additional 70% off
our already-reduced yellow ticket
clearance prices.

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. Excludes outerwear. (shop online: clearance)

gold star

clearance



shop online
P12790



40-50% off

all active & fitness wear from Gloria Vanderbilt® Sport, N.Y.L., Erika® Sport, Fu Da® & TekGear®

For misses. orig. \$14-\$40, sale \$7-\$24

save 50%

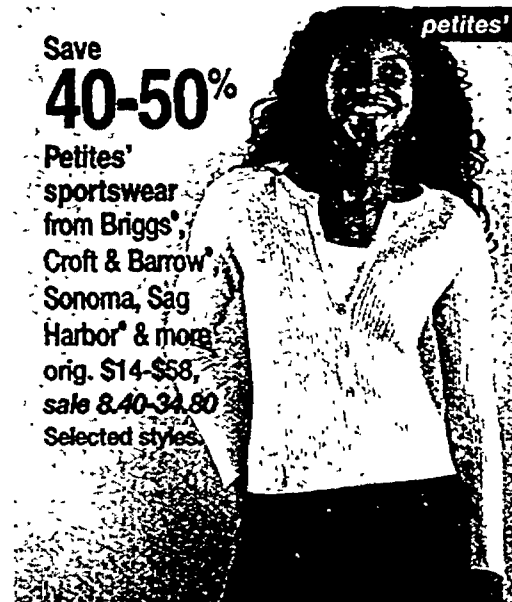
knit tops & sweaters from Croft & Barrow®, Jason Maxwell & Crystal-Kobe

For misses. orig. \$16-\$38, sale \$8-\$19 Selected styles.

save 50%

sportswear from Norton McNaughton®, Requirements®, Sag Harbor® & Villager®

For misses. orig. \$26-\$49, sale 13.00-24.50 Selected styles.
Selected merchandise available in petites' and women's sizes.



Save
40-50%

Petites' sportswear from Briggs®, Croft & Barrow®, Sonoma, Sag Harbor® & more orig. \$14-\$58, sale 8.40-34.80 Selected styles.

Save
40-50%

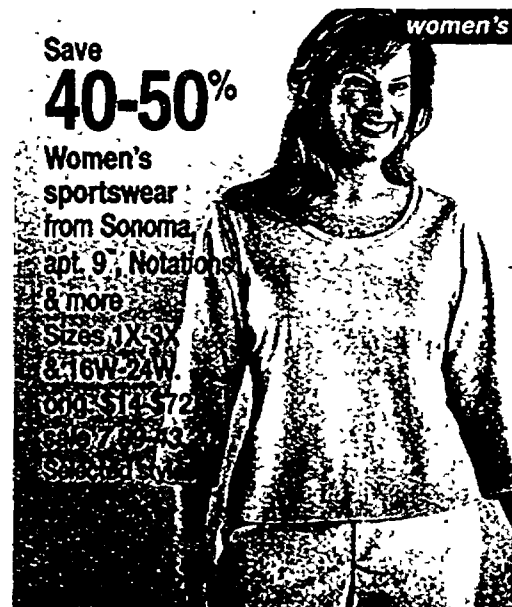
Modern sportswear for misses from daisy fuentes®, axcess and Nine & Company® orig. \$24-\$79, sale 14.40-47.40 Selected styles.

Entire stock
40-50% off

Sonoma knit tops & sweaters for misses, petites & women. orig. \$12-\$38, sale 7.20-22.80 Misses' shown. SONOMA life+style™

Save
50%

Modern and classic separates for misses from apt. 9®, Briggs®, Gloria Vanderbilt® Career & Notations orig. \$28-\$89, sale 13.99-41.99 Selected styles.



Save
40-50%

Women's sportswear from Sonoma, apt. 9®, Notations & more Sizes 1X-3X & 16W-24W. orig. \$14-\$72, sale 8.40-34.80 Selected styles.



21⁹⁹ entire stock

shirt jackets for juniors

orig. \$40

shop online P1273



11⁹⁹ entire stock

Energie® tees for juniors

orig. \$18-\$24

shop online P1272



8⁹⁹ entire stock

graphic tees for juniors

orig. \$16-\$18



Entire stock
40% off

Spring outerwear

for her. orig. \$50-\$90, sale \$30-\$54

Excludes Columbia Sportswear Company®.



Entire stock
50% off

\$0... casual
pants &
fashion jeans
for juniors.

orig. \$34

sale 16.99

\$0... so real.

so right.

shop online

P1274



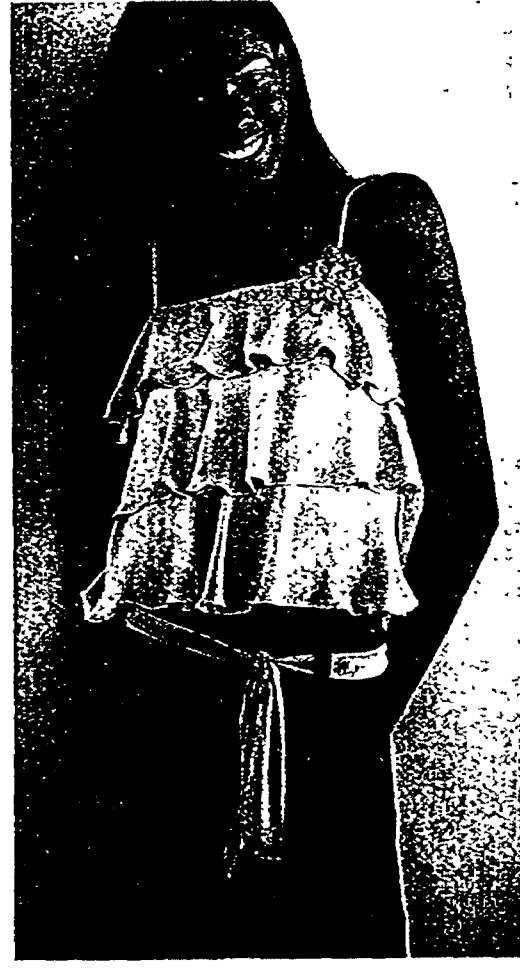
Save
33%

Dressy skirts
for juniors.

orig. \$26-\$34,

sale 17.42-22.78

Selected styles.



Entire stock
33% off

Collections
for juniors.

orig. \$28-\$70, sale 18.76-46.90

60% off plus save an extra 10% on our entire stock of fine jewelry

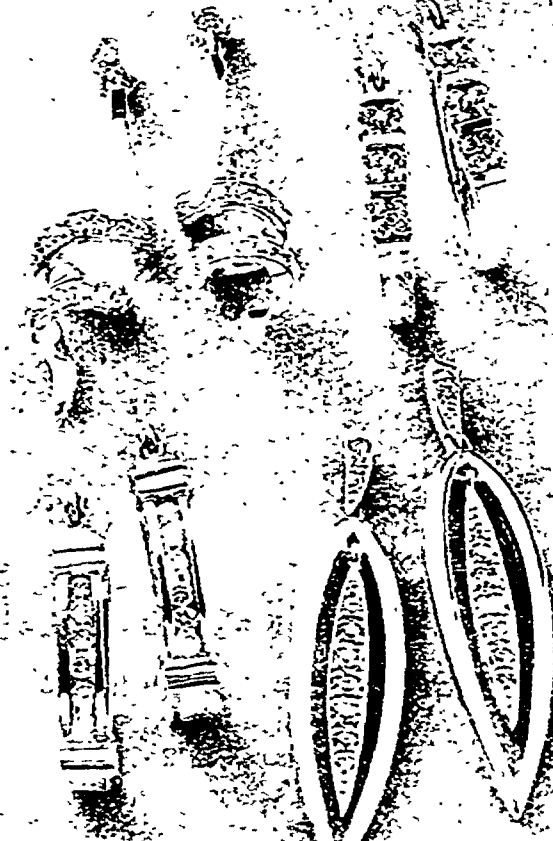
reg. 29.99-5,000.00, sale 11.99-2,000.00, final price 10.79-1,800.00  shop online for selected items F999

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.




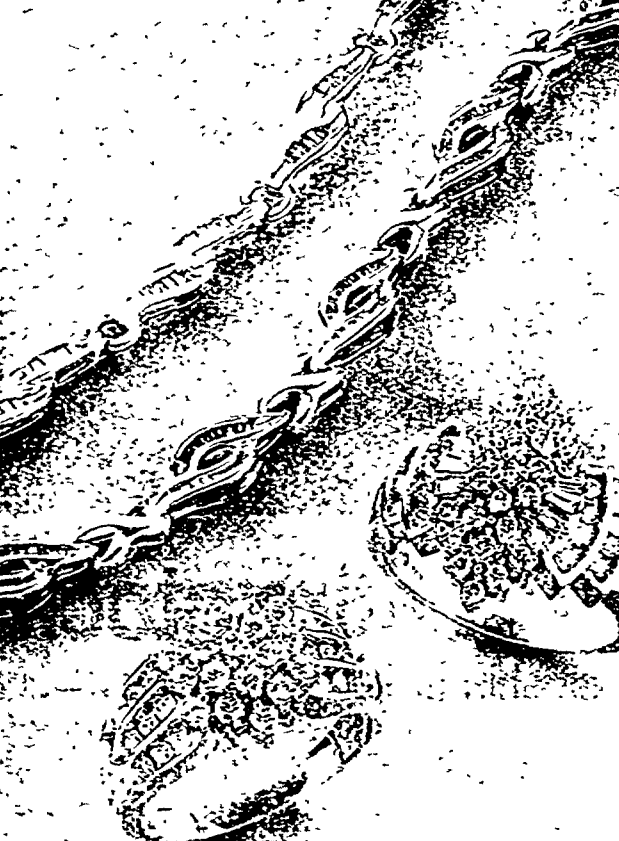
Final price
26⁹⁹
pr.

Entire stock
14k gold earrings
reg. \$80 pr., sale 29.99 pr.
 shop online P1275




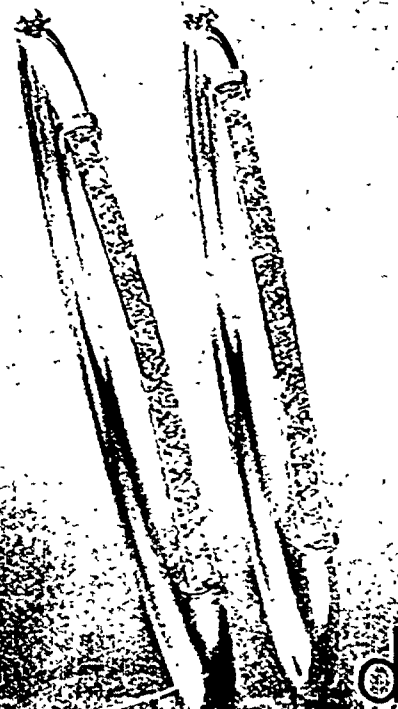
Final price
89⁹⁹
pr.

Entire stock 10k or 14k gold
1/4 ct. T.W. diamond earrings
reg. \$300 pr., sale 99.99 pr.
 shop online P1276



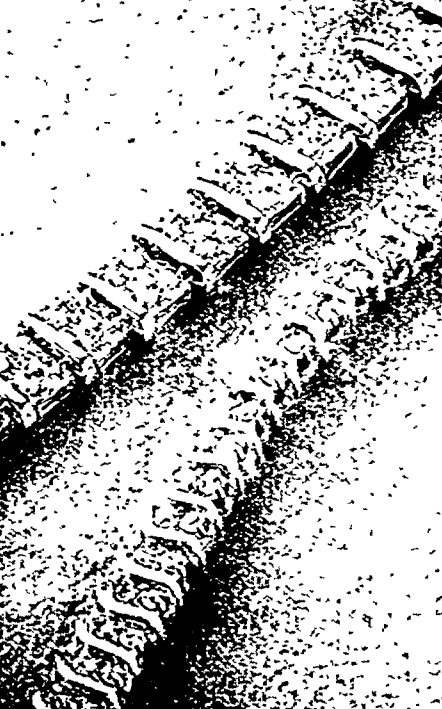
Final price
197⁹⁹
ea.

Entire stock 10k gold 1 ct. T.W.
diamond rings and bracelets
reg. \$600 & \$750 ea., sale 219.99 ea.
 shop online P1277





Final price
114⁹⁹
ea.

daisy fuentes®
14k gold cubic zirconia
bangle bracelet
reg. \$320 ea.,
sale 127.77 ea.




Final price
197⁹⁹
ea.

10k gold 2 ct. T.W.
diamond bracelet
reg. \$750 ea., sale 219.99 ea.
 shop online P1278



Final price
197⁹⁹
pr.

14k gold 1/2 ct. T.W.
princess cut or round
diamond stud earrings
reg. \$600 pr., sale 219.99 pr.
 shop online P1279



Final price
539⁹⁹
pr.

14k gold 1 ct. T.W.
princess cut or round
diamond stud earrings
reg. \$1,750 pr., sale 599.99 pr.
 shop online P12710

**15⁹⁹
entire
stock**

bras from
Warner's®, Olga®,
Lily of France®
& Barelythere®

reg. \$17-\$30
Excludes specialty bras.
Q shop online P12711

warner's



**40%
off**

All panties & innerwear
from Warner's®, Barelythere®,
l.e.i.®, Mudd®, St. Eve®
& SO...so real. so right.™
reg. 3/\$15 to \$28 ea.,
sale 3/9.00 to 16.80 ea.
Excludes Jockey®.



**40%
off**

Entire stock sleepwear,
loungewear & robes
for her.
orig. \$16-\$40,
sale 9.60-24.00

**40%
off**

Entire stock
Bodysource® bath & body
reg. 3.50-25.00,
sale 2.10-15.00

Save
40%

Fashion
accessories
& sunglasses
reg. \$8-\$25,
sale 4.80-15.00
Selected styles



40-50% off entire stock
handbags & minibags

orig. \$15-\$75, sale 7.50-45.00 Q shop online W2400



Entire stock
**60%
off**

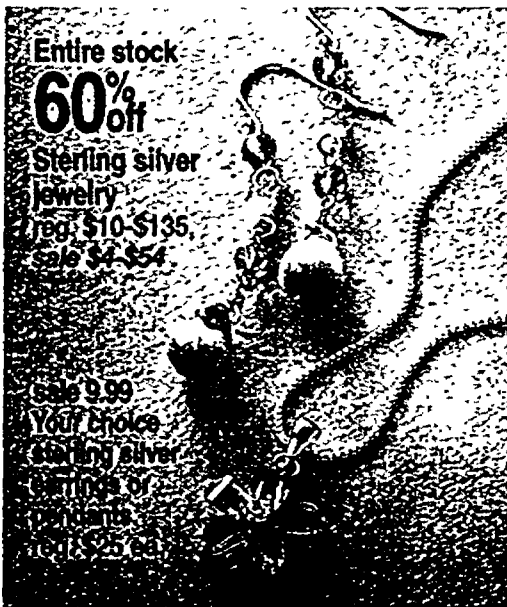
Sterling silver
jewelry
reg. \$10-\$135,
sale \$4-\$54

sale 9.99
Your choice
sterling silver
earrings or
pendants
reg. \$25 ea.

Save
30-40%

Fashion jewelry
from Nine & Company®,
daisy fuentes®,
access & Sonoma
orig. \$2-\$26,
sale 1.34-18.20
Selected styles

NINE





shop online
P12712

40-50% off

all Arrow, Sonoma & Croft & Barrow®
knit tops for men
orig. \$18-\$46, sale 8.99-26.99



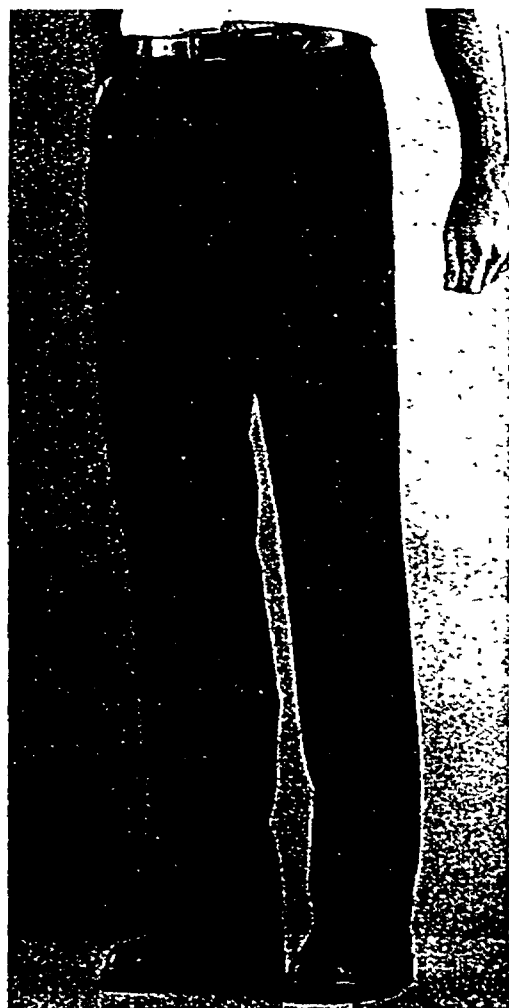
40-50% off

all athletic fleece separates for men
orig. \$24-\$50, sale \$12-\$30
shop online P12713



40-50% off

all Sonoma, Croft & Barrow®, Arrow, axcess
and Axist™ sport shirts for men
orig. \$34-\$45, sale 20.40-27.00



Entire stock

50% off

shop online
P12714

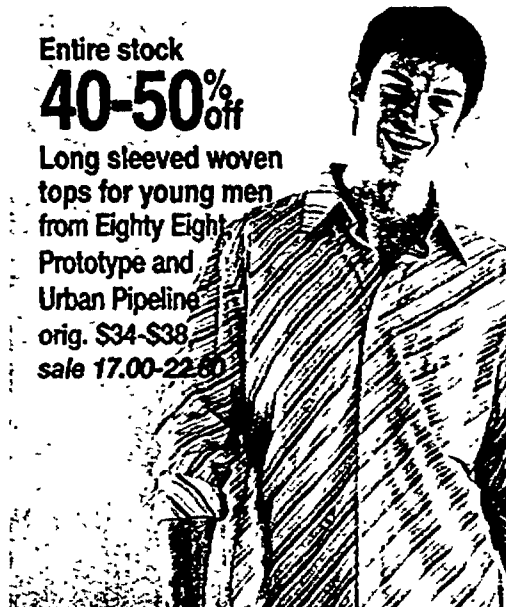
Dress and casual
pants for men
from Natural Issue®, Braggi®,
Sonoma & Croft & Barrow®
orig. \$40-\$50, sale \$20-\$25



Entire stock

50% off

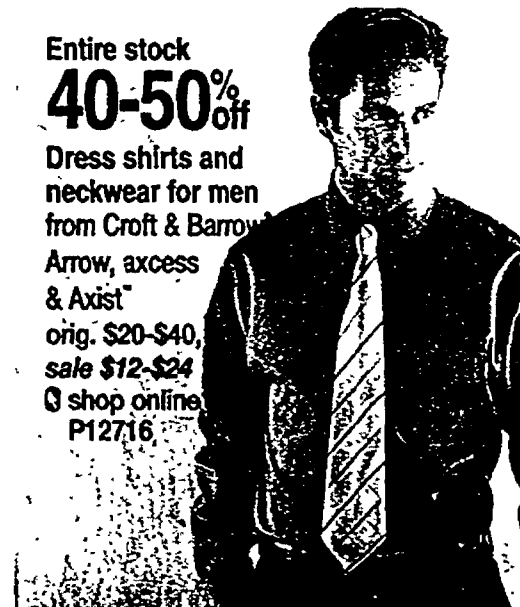
Sonoma jeans
for men. Regular and
Relaxed Fits. reg. 24.99,
sale 12.49
shop online P12715



Entire stock

40-50% off

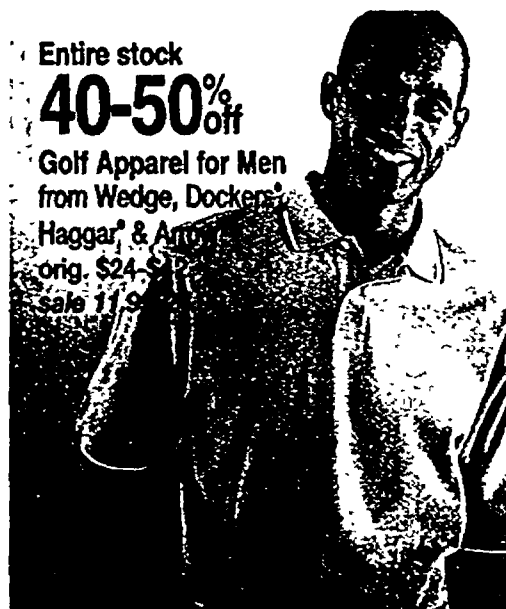
Long sleeved woven
tops for young men
from Eighty Eight,
Prototype and
Urban Pipeline
orig. \$34-\$38,
sale 17.00-22.80



Entire stock

40-50% off

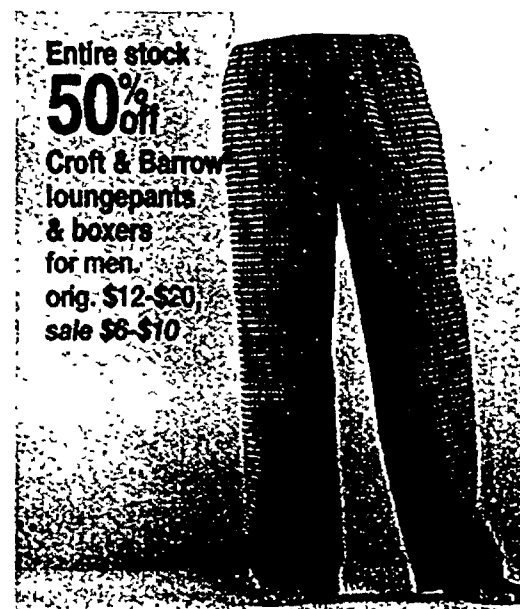
Dress shirts and
neckwear for men
from Croft & Barrow®,
Arrow, axcess
& Axist™
orig. \$20-\$40,
sale \$12-\$24
shop online
P12716



Entire stock

40-50% off

Golf Apparel for Men
from Wedge, Dockers®,
Haggar®, & Arrow®
orig. \$24-\$32,
sale 11.99-17.99



Entire stock

50% off

Croft & Barrow®
loungewear
& boxers
for men
orig. \$12-\$20,
sale \$6-\$10



40% off

all graphic tees for boys 4-20 & toddlers
orig. \$10-\$20, sale \$6-\$12
Q shop online P12717



40% off

all sleepwear for boys 4-20, girls 4-16,
infants & toddlers
orig. \$16-\$35, sale 9.60-21.00



40% off
All graphic tees
for girls 4-16.

17⁹⁹

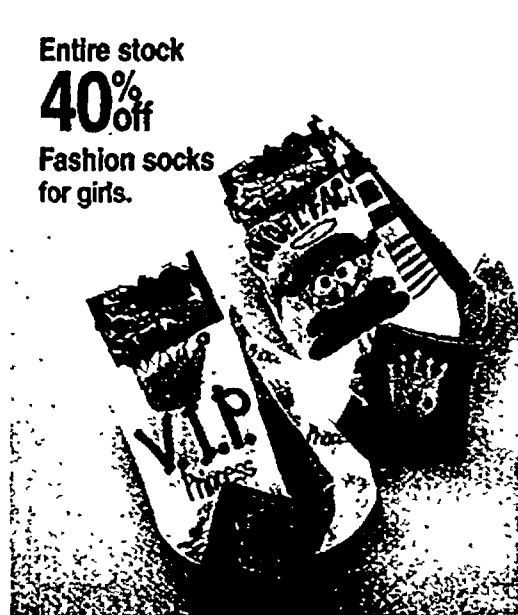
all 5-pkt. denim jeans for girls 7-16
orig. 29.00-32.99
Q shop online P12718



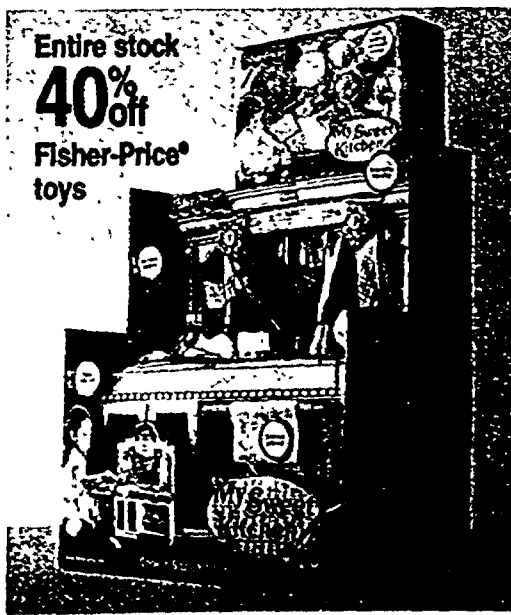
Entire stock
40% off
Sets for
newborns
& infants
from First
Moments® &
Second Step®



Entire stock
7⁹⁹
Carter's® dresses,
rompers & sunsuits
for infants
& newborns.
orig. \$13
Q shop online
P12720



Entire stock
40% off
Fashion socks
for girls.



Entire stock
40% off
Fisher-Price®
toys



Entire stock
40-50% off
Q shop online P12719

Fleece tops
and pants
for boys 8-20.
orig. \$16-\$48,
sale \$8-\$24



Entire stock
40% off
Kids sets for
boys 4-7, girls 4-6x
and toddlers.

40-50% off athletic & dress casual shoes

plus, all other shoes for the family on sale

Selected styles.

shop online for selected items: Shoes



AVIA
sale 29.99
Avia® 6338
for women.
reg. 49.99

LA GEAR
sale 19.99
L.A. Gear® Blaze
for women.
reg. 39.99

sale 29.99
Avia® 6145 XT
for women.
reg. 59.99

AVIA



sale 32.99
adidas® Travail
for men.
reg. 54.99

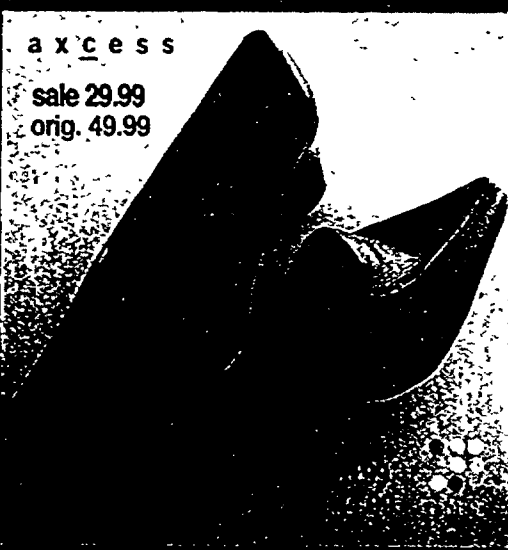
adidas

also in WIDE WIDTHS

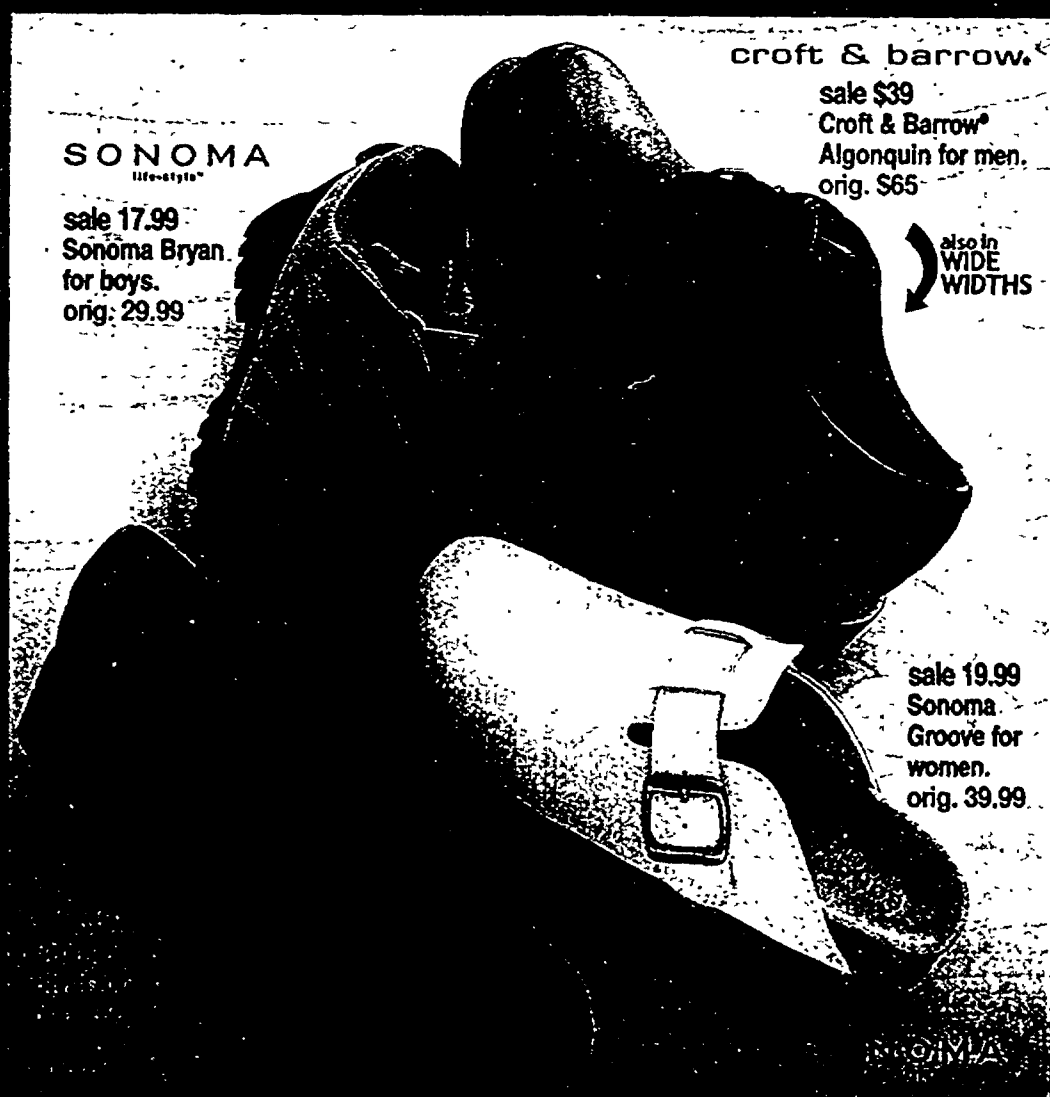
Reebok
sale 29.99
Reebok® Odyssey
for men.
reg. 54.99

sale 29.99
Asics® Gel®
Guts for men.
reg. 59.99

asics



access
sale 29.99
orig. 49.99



SONOMA
lifestyle®
sale 17.99
Sonoma Bryan
for boys.
orig. 29.99

croft & barrow.
sale \$39
Croft & Barrow®
Algonquin for men.
orig. \$65

also in WIDE WIDTHS

sale 19.99
Sonoma
Groove for
women.
orig. 39.99

SONOMA



sale 35.99
orig. 59.99

MIA lei

sale 26.99
orig. 44.99



sale \$42
orig. \$70

MIDWAY



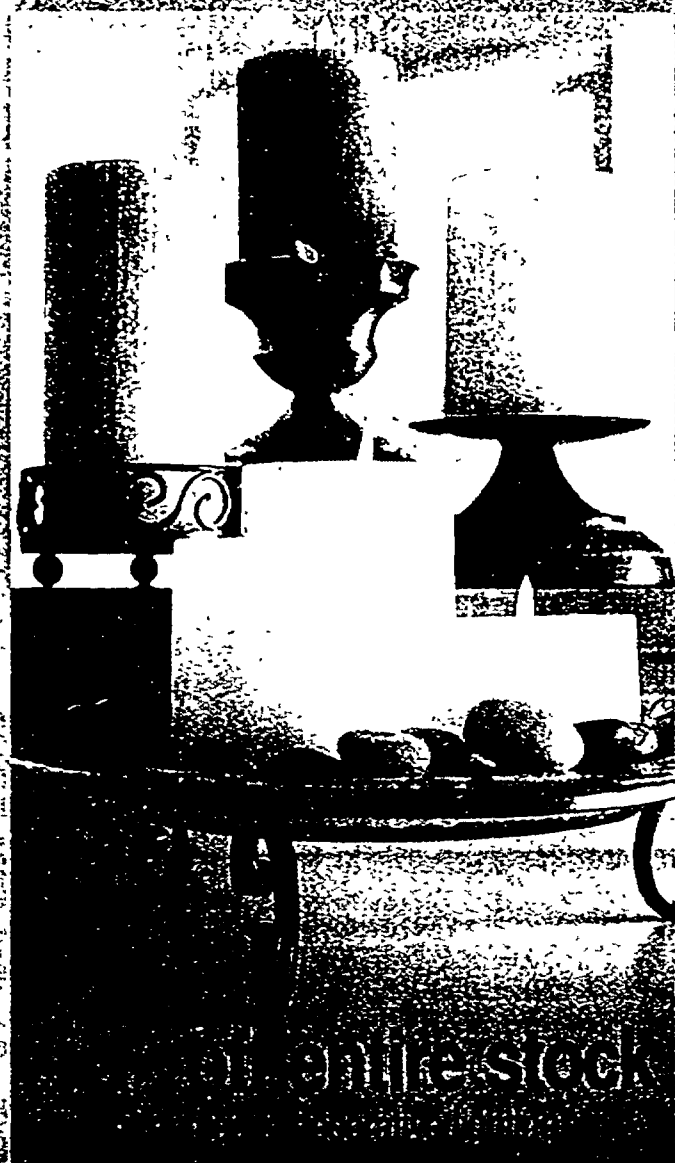
sale 17.49
orig. 34.99

LA GEAR

kids'

keds

40-50% off all candles, frames & decorative art



40-50% off
entire stock



40-50% off



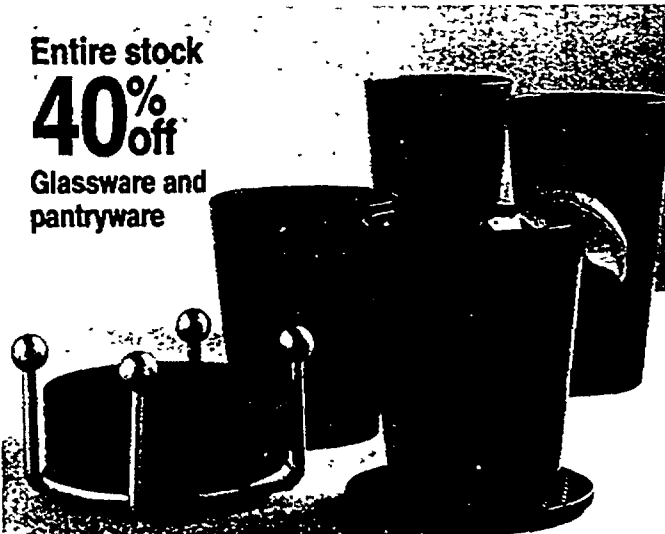
40% off entire stock
decorative art

Entire stock
40-60% off

Dinnerware & flatware
Featuring Sunset.
Shop online
for selected
items H2100



Entire stock
40% off
Glassware and
pantryware



Entire stock
35-50% off
Cutlery
Shop online
H1540

sale 49.99
Henckels® International
Everedge Plus
13-pc. set.
reg. 82.99



Entire stock
10-50% off

Cookware
Shop online
CK100

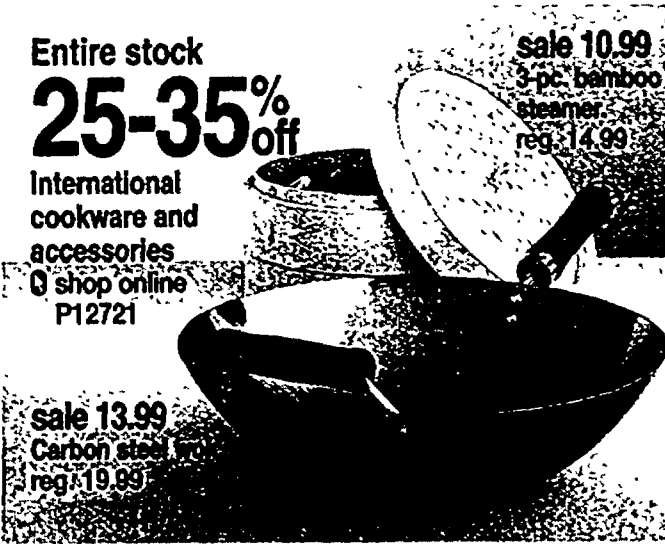
sale 99.99
Farberware®
Select 10-pc. set.
reg. 129.99



Entire stock
25-35% off

International
cookware and
accessories
Shop online
P12721

sale 13.99
Carbon steel
reg. 19.99



sale 10.99
3-pc. bamboo
steamer
reg. 14.99

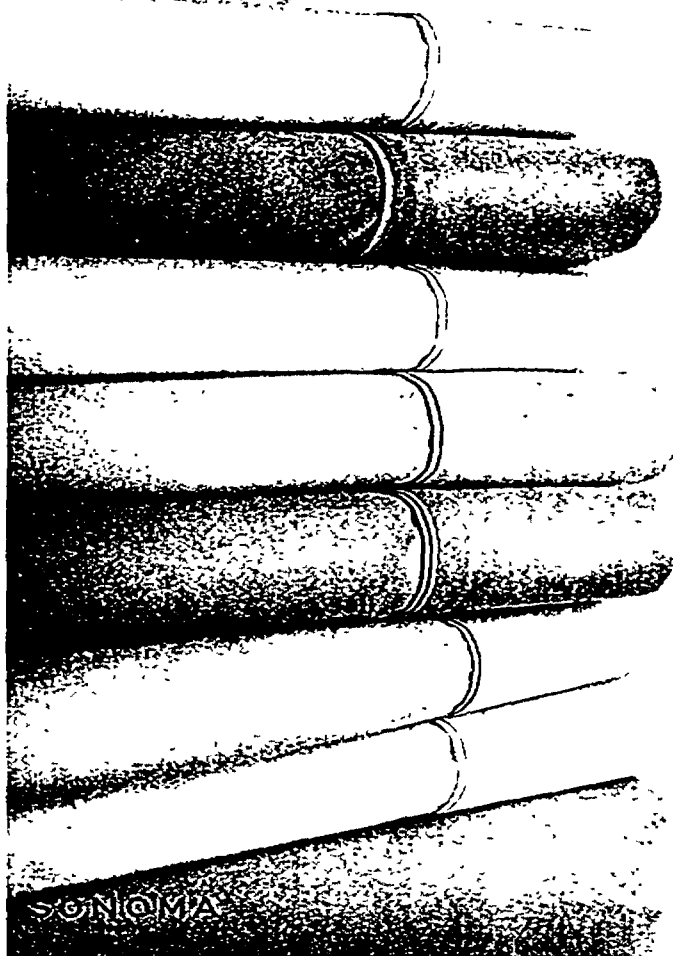
199.99
KitchenAid®
Heavy Duty
Stand Mixer
325 watts;
10 speeds.
reg. 299.99



50% off entire stock

Sonoma and Home Classics® sheet sets

Choose from 100% cotton, cotton/poly blend or jersey knit.



50-60% off

all cold weather bedding

Choose from blankets, down comforters & featherbeds.

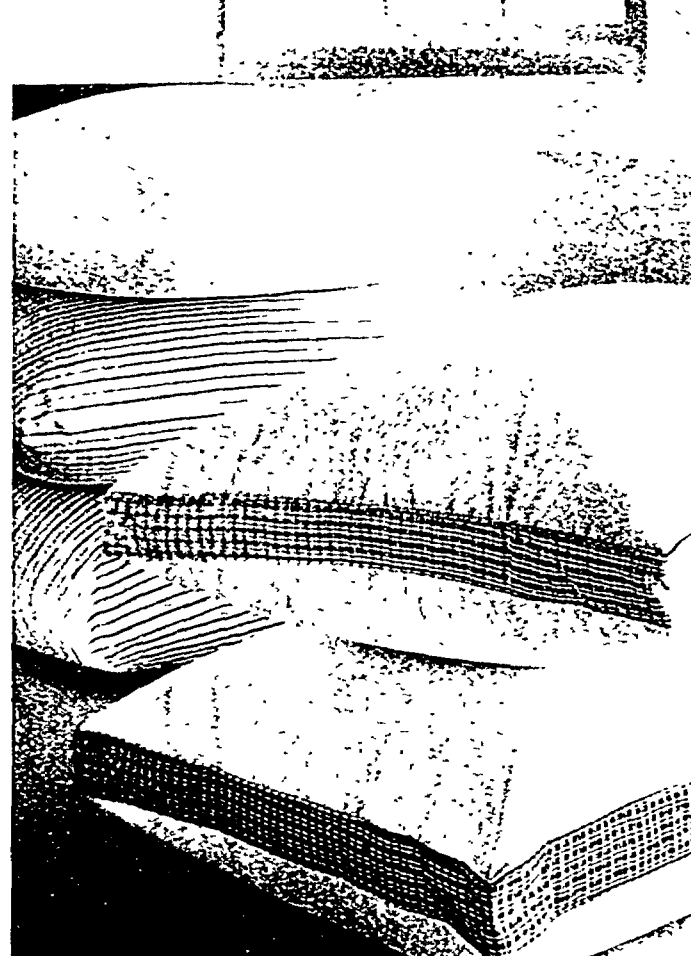


50% off entire stock

bed pillows and mattress pads

Choose from natural or synthetic filled bed pillows and guaranteed to fit mattress pads.

shop online BP100



Entire stock

40-50% off

Quilts

Choose from quilt sets & cotton or embroidered quilts. Excludes Dockers®.

shop online P12722



Save

50%

Bedding

Choose from comforter sets, sheet sets and coordinates. Selected styles.



Entire stock

50% off

Novelty pillows and throws

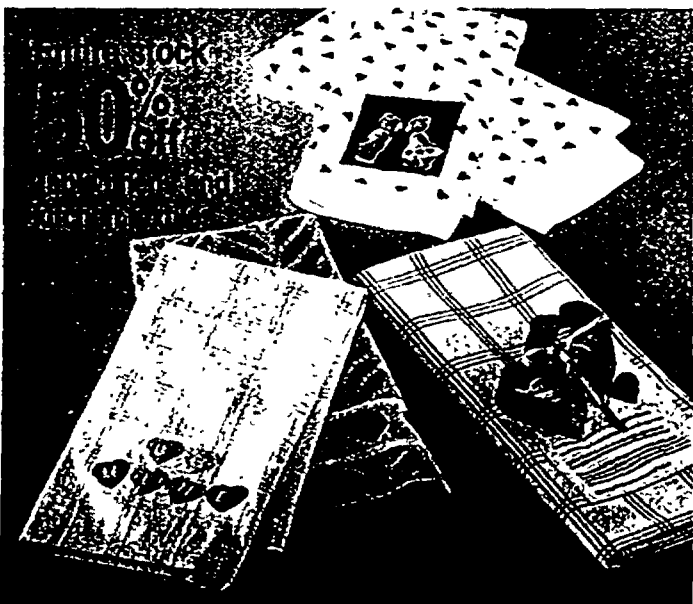
shop online P12723



Entire stock

40% off

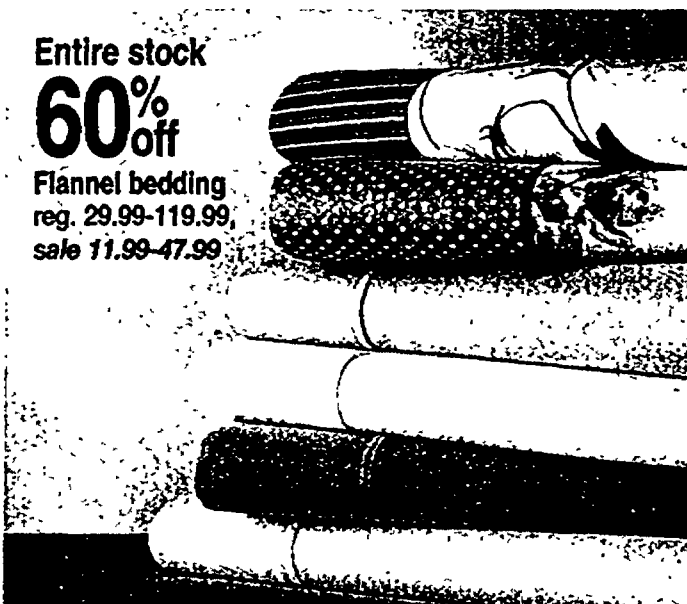
Valentine's Day gifts and decor



Entire stock

60% off

Flannel bedding reg. 29.99-119.99, sale 11.99-47.99



Entire stock

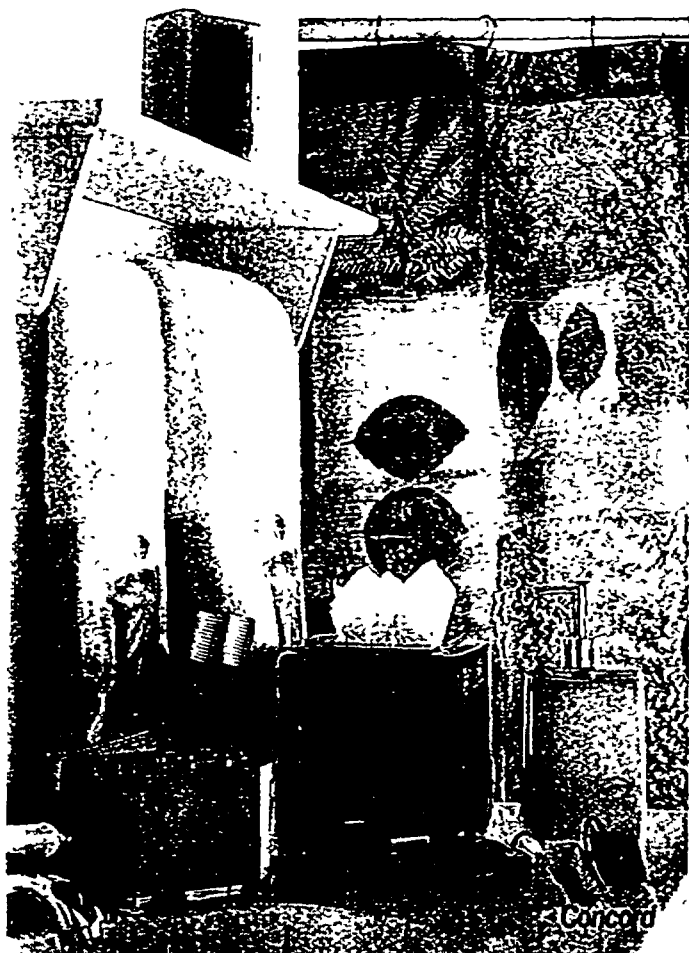
40% off

Valentine's Day gifts and decor Excludes Hallmark®



40-50% off

all bath coordinates, shower curtains
and accessories



50% off

all solid bath towels

Excludes Royal Velvet®.

shop online for selected items H1111



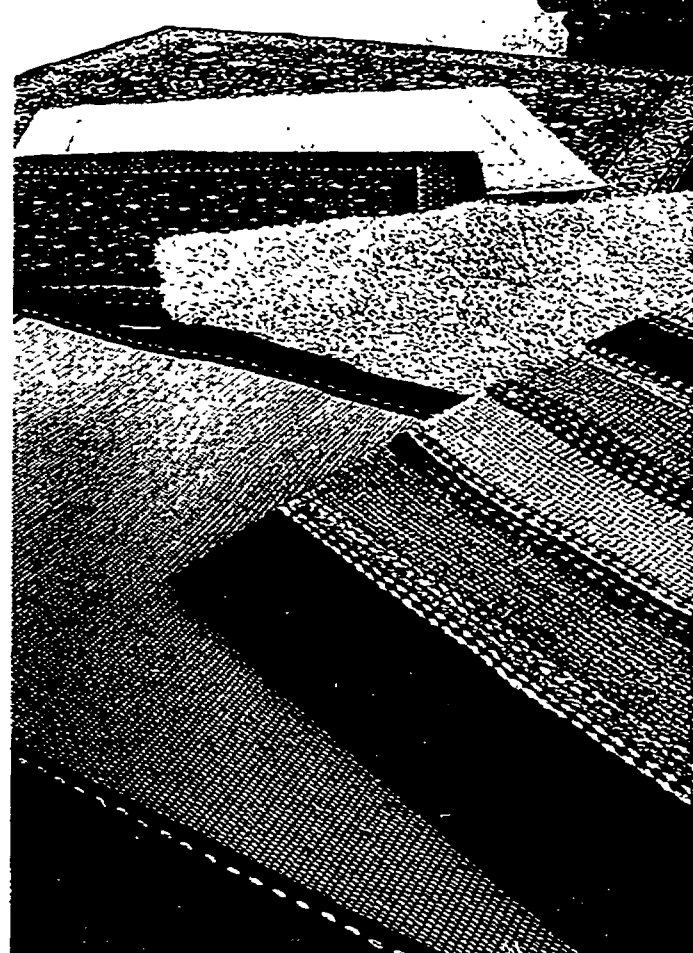
40-50% off

all accent, area & kitchen rugs & mats

reg. 5.99-299.99, sale 3.59-169.99

Excludes Royal Velvet®.

shop online for selected items H1111



Entire stock

50% off

Decorative
pillows



Entire stock

50-60% off

Throws



Save

50%

Bath rugs
Selected styles
shop online
P12724



Entire stock

50% off

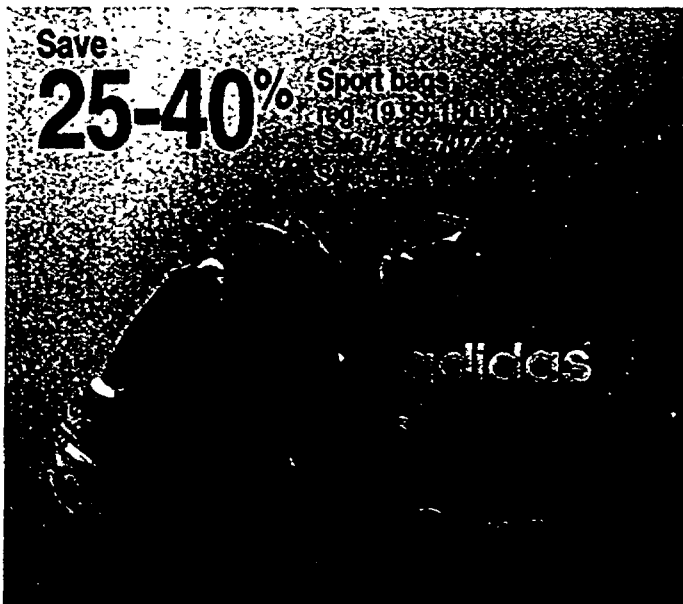
Slipcovers
shop online
SL100



Save

25-40%

Sport bags
reg. 19.99-149.99
sale 14.99-109.99



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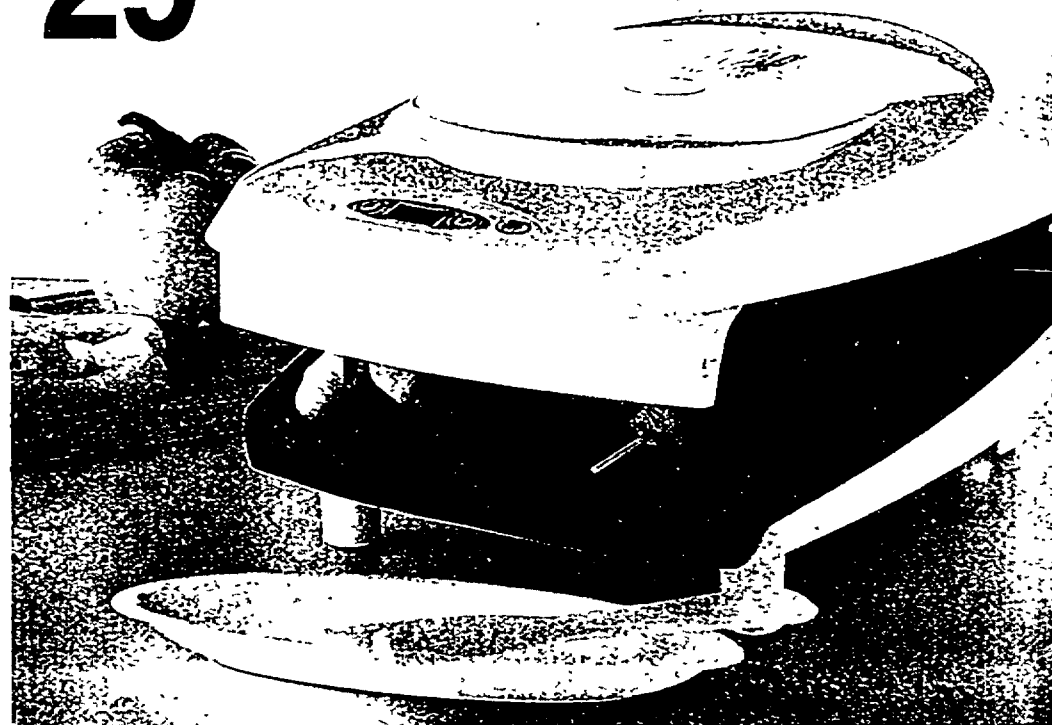
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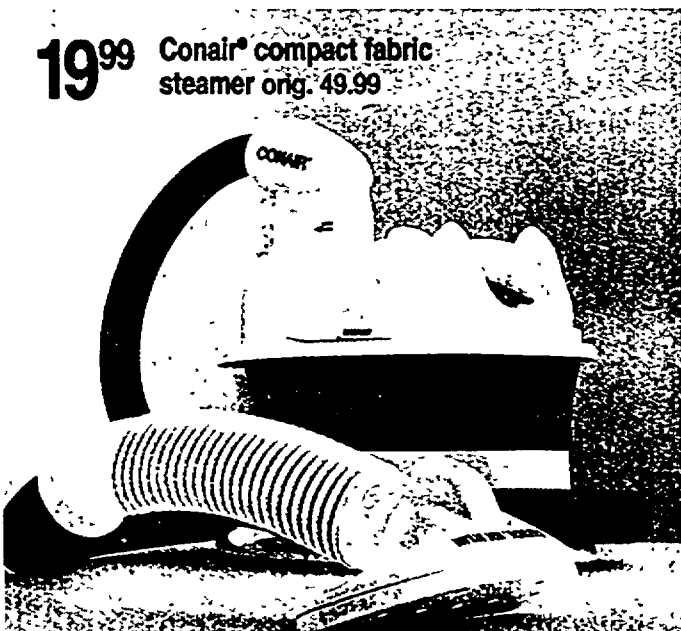
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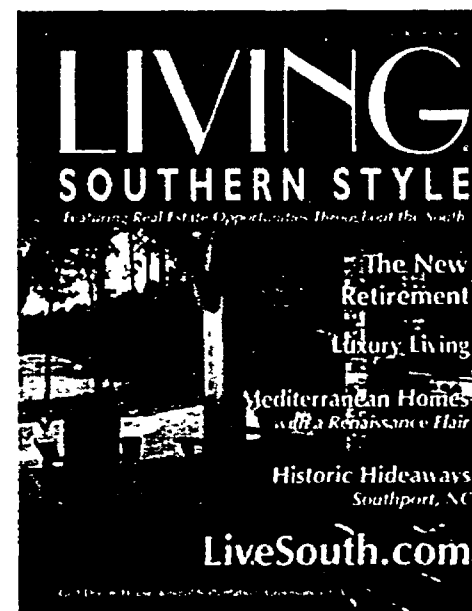
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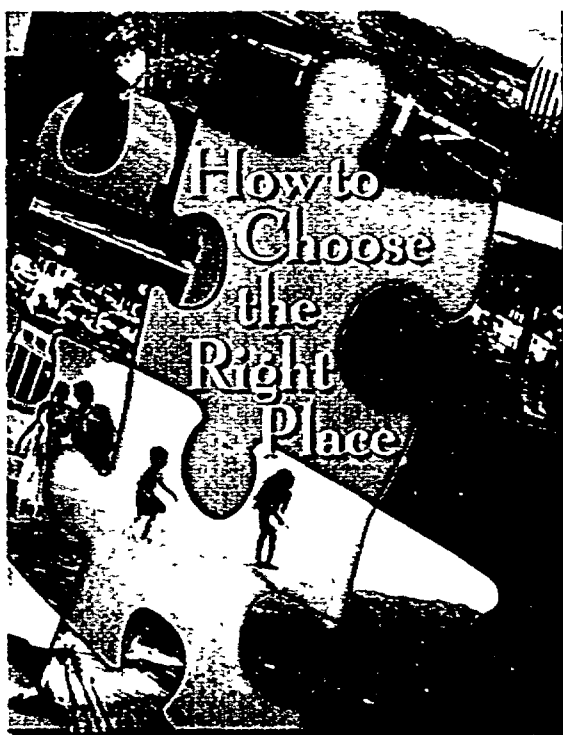
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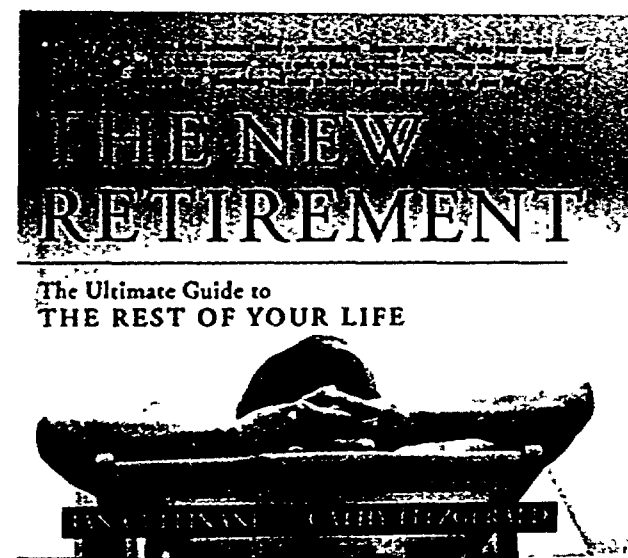
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- America's poet laureate
- Heirloom cookbooks
- Our Picks
- Chicken brunch casserole and party pizzas

Ask American Profile

Q I am wondering why country singer Craig Morgan has not been on CMT, and why we do not hear more about him. His song *Almost Home* should have made it to song of the year.

—Jean S., West Virginia

The song, which climbed to No. 6 on the charts, has racked up several trophies for Morgan and co-writer Kerry Kurt Phillips, including *Music Row* magazine's prestigious Song of the Year Award. Morgan recently was honored with the Songwriter Achievement Award from The Nashville Songwriters Association International. "I like to paint vivid pictures that walk you through the emotions involved with everyday experiences," says Morgan, a native of Nashville, Tenn. *That's What I Love About Sunday*, a song from his upcoming album, *My Kind of Livin'*, is doing well on CMT. Morgan and his wife, Karen, live in Dickson, Tenn. (pop. 12,224), with their four children.

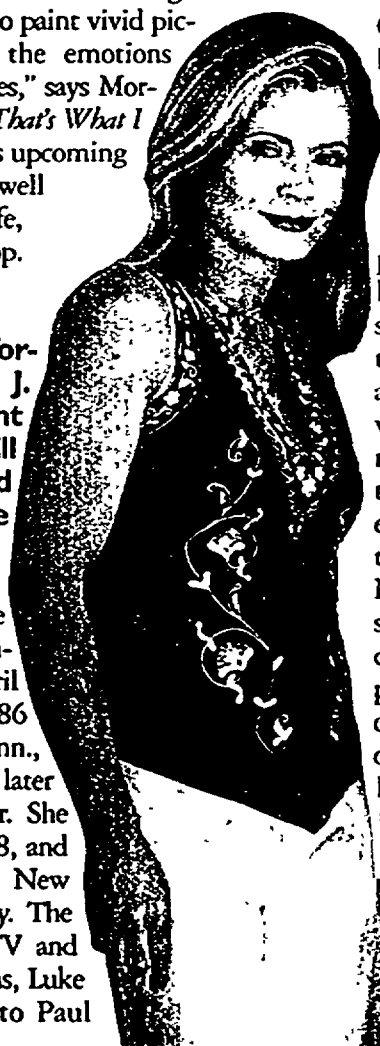
Q Please give me any information you can on Sheree J. Wilson who played Assistant District Attorney Alex Cahill on *Walker, Texas Ranger*, and then became Walker's wife on the program.

—Hazel B., Minnesota

Wilson, born Dec. 12, 1958, came to *Walker, Texas Ranger* from another popular show—she played April Stevens Ewing on *Dallas* from 1986 until 1991. The Rochester, Minn., native grew up on a farm, which later served her well as a rodeo rider. She moved to Boulder, Colo., at age 8, and after college became a model in New York for the famed Ford Agency. The actress has worked steadily in TV and films since 1984. She has two sons, Luke and Nicholas, and is married to Paul



Singer Craig Morgan releases a new CD in March.



HGTV's Candice Olson

addition, worldwide sales reached \$600 million. The movie, which starred Jim Caviezel as Jesus, ranks No. 9 on *Variety's* Top 250 Films of All Time box office openers list, with *Titanic* topping them all.

Q Can you tell me more about Candice Olson on *Divine Design* on HGTV?

—Norma B., Kentucky

The innovative and practical-living-friendly interior designer grew up in a small town in northern Ontario, Canada, called Kenora. "It's a beautiful little town where the population quadruples in the summer because of all the cottages in the area," she says. As a kid, Olson showed glimmers of a talent for decorating. "I was always drawing and doodling," she says, "but the clincher was when my mother asked me to clean up my room and it ended in a major renovation." Still, she didn't automatically consider design as a career, focusing instead on athletics. While a student at the University of Calgary, Olson played volleyball on the Canadian National Team. She applied to the School of Interior Design at Ryerson University in Toronto after graduation, and though she says she didn't expect to be accepted, she ended up as one of the school's star pupils. She worked for various design firms over the years before opening Candice Olson Design in 1994. A few TV guest appearances on various shows in Canada led to her hosting *Divine Design*. She and her husband live in Toronto with their baby daughter.

* Cover photo by David Mudd

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DeRobbio. In 2004, she completed the film *Birdie and Bogey*.

Q The film *The Passion of the Christ* was amazing, and said to be funded from Mel Gibson's own finances at great cost. How has the film done financially?

—June B., New York

Gibson's risky film about the last hours of Jesus did an excellent job of turning buzz into a box office hit. The actor/director spent \$25 million to make it, and between its opening and closing weekends (Feb. 25 to July 23, 2004), its total take in the United States was more than \$370 million. That made it the third highest-grossing film of the year, behind *Shrek 2* and *Spider-Man 2*. In

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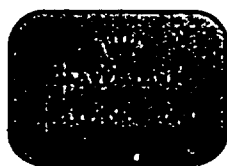
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Creating Family Heirloom Cookbooks

by APRYL
CHAPMAN
THOMAS



Creating a family cookbook is a great way to spend time with your children and preserve family traditions.

When it comes to family gatherings, people have fond recollections of the food, whether it's grandmother's chocolate pie or an aunt's cheese casserole. After all, memories are made and stories are shared over a good meal.

To help preserve those memories, more and more people are creating family heirloom cookbooks. It's as easy as collecting your favorite recipes and memories and putting them down on paper for children to enjoy for generations.

"Everyone in the family always thought it would be great to have mother's recipes collected in one place—she had quite a reputation as a cook," says Rosemary Boyd of Laguna Beach, Calif. "When she passed on, it seemed like a way to honor her and keep her memory alive."

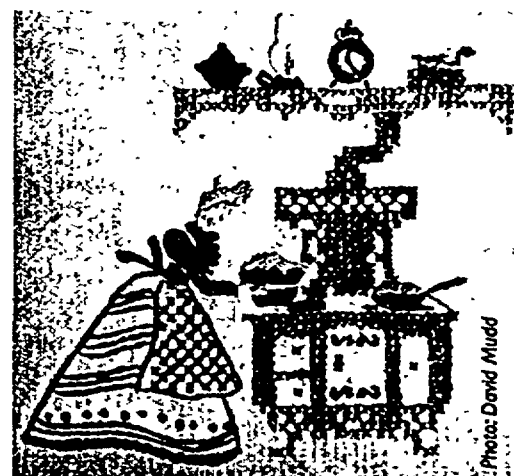
Boyd divided her mother's recipes into traditional sections, such as appetizers, snacks and beverages. Using desktop publishing software, she even designed and printed the cookbook herself. "The front cover is a close-up of pecan pies and cranberry bread—some of mom's Thanksgiving goodies," she says. "On the back cover, I included a photo of my mom."

Get the kids involved

Family heirloom cookbooks are relatively easy to create and can be a fun family project. It's a great way to get children involved in learning about their family history.

Before you begin, decide how big and detailed you want the cookbook to be. You may want it printed and bound or simply held in a three-ring binder so more recipes can be added. You also may want to include sections—such as heirloom recipes, popular recipes of different eras and current family favorites—as well as background stories about the recipes and photos of family members during meals and in the kitchen.

"I found preserving our family's 'food heritage' by collecting recipes and creating a heirloom cookbook to be a rewarding project," says Mary Emma Allen of Plymouth, N.H. "My daughter, husband and I, with the assistance of two cousins, developed a cookbook for the Allen family. Some recipes relate to modern habits and traditions; others might date back to great-grandparents. The recipes bring together the fond memories of several generations."

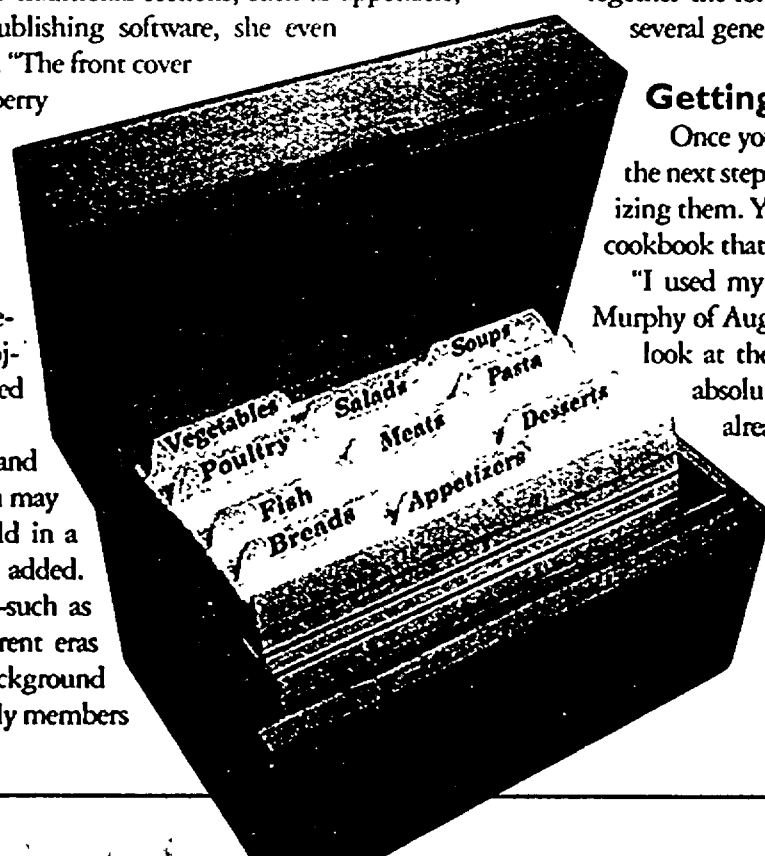


Getting started

Once you've decided on what you want to include in the cookbook, the next step is to contact relatives, round up the recipes and begin organizing them. You may opt to add a table of contents and foreword about the cookbook that includes the project's importance to you.

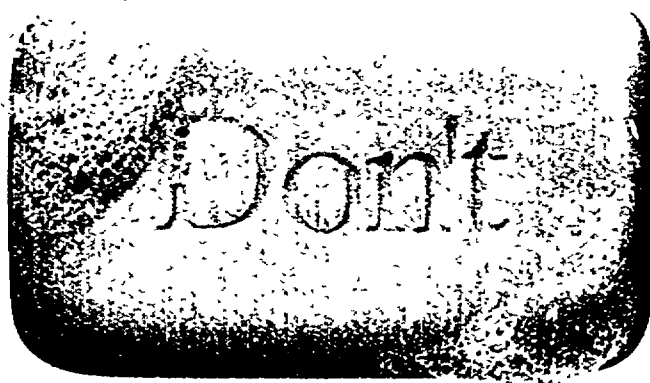
"I used my family cookbook a lot when I first got it," says Rebecca Murphy of Augusta, Ga. "There are a few comfort foods that I still have to look at the recipe for, but for most part, I know it by heart. I will absolutely pass it on to my children. Many of the recipes were already passed down for generations. I want my children to have that continuity to family members who came before them—those they were never able to meet." ☆

Apryl Chapman Thomas is a freelance writer in Athens, Ga.



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Hometown Hero

by BETSY RUBINER

Jukebox Junkie

When Ed Jones spotted a 1940s jukebox in a cluttered storeroom in Sharpsburg, Iowa, 30 years ago, he had no idea he'd discovered a new passion and career. But that's exactly what happened soon after Jones—then a computer programmer who restored antiques as a hobby—unearthed the dusty, coin-operated record player from an old

general store where he'd gone looking for furniture to fix up.

"I was instantly intrigued. The overall design, everything about it, was exceptional," recalls Jones, who bought the jukebox for \$150. "There was no established market; people were throwing these things out."

Today, there is a market for vintage jukeboxes, and Jones runs one of the best known and longest operating jukebox sales, restoration and service companies in the nation. It's located in a powder-blue cinderblock shop in Cumming, Iowa (pop. 132).

Since opening Jukebox Junction Inc. 28 years ago, Jones estimates he has restored up to 2,000 coin-operated jukeboxes, most from the 1930s through 1950s. Some he bought and resold. Others were sent to him by other buyers for restoration or service work.

Jones and his partner, Kim Koepnick, also sell hard-to-find jukebox parts—many



Ed Jones dismantles a jukebox in Cumming, Iowa.



reproduced by Jones—to do-it-yourselfers. This is an especially valuable service because most of the major jukebox manufacturers are now defunct. Also available through Jukebox Junction's 52-page mail-order catalog are classic records from the 1940s and '50s that play in the jukeboxes that Jones restores.

Jones' international clientele includes owners of retro-décor restaurants, Hollywood filmmakers and individual collectors seeking the nostalgic beauty of a painstakingly restored piece of the past.

"Ed is very well-known in the business. He's got a network around the country," says Jim Fritts, 70, of Bonita Springs, Fla., who has hired Jones to restore 19 jukeboxes. Recalling the first job Jones did for him in 1978, Fritts says, "He was very meticulous, and when it got back, it was just like brand new."

Fritts once owned more than 50 jukeboxes, including one featuring all "Betty records" (in honor of his wife, Betty). "I always liked music," says Fritts, explaining the jukeboxes' appeal.

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Inside his tidy workshop on a quiet residential street, Jones stands near two jukeboxes from two design eras—a rounded upright 1941 Wurlitzer with elegant metal work surrounding a peacock motif (worth about \$25,000 restored) and a short angular 1959 Seeburg (worth about \$6,500 restored).

"The better ones are like pieces of art, like sculpture. But the intent was commercial," says Jones, 59, a youthful energetic man who speaks enthusiastically and authoritatively about the machines he's taught himself so much about.

The jukeboxes had to be beautiful enough to get people's attention and convince them to pay to hear a song such as *The Book of Love* (Monotones, 1958), *Don't Be Cruel* (Elvis Presley, 1956) or *Peggy Sue* (Buddy Holly, 1957).

Jones learned early that restoring a jukebox is labor intensive and can take up to a year. Typically, the entire machine—from the decorative outer shell to the mechanical innards—is disassembled and cleaned. The cabinetry and decorative flourishes are refinished. Damaged parts are replaced. Then it's completely rebuilt.

The better ones are like pieces of art, like sculpture. But the intent was commercial."

He also learned that he liked this work enough to make it his livelihood. To market his business, Jones went to antique and trade shows. To find jukeboxes, he placed ads in small newspapers, especially in the rural Midwest and Southeast where storage space is cheap. After a few lean years, his business took off.

Although it's increasingly hard to find jukeboxes and the market has "matured," Jones still goes on buying expeditions. "I've been all over the world looking for this stuff. I've bought from every state," Jones says.

Jerry Slover, 56, of Belton, Mo., bought his first restored jukebox from Jones in 1980, and others since. "He's helped me tremendously in the collecting circles," Slover says. "Nobody knows (jukeboxes) as well as he does." ☆

Betsy Rubiner is a freelance writer in Des Moines, Iowa.

For more information, log on to www.jukeboxjunctioninc.com or call Ed Jones at (515) 981-4019.



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Winning the Bigger Game

Joe Namath talks about life and football

Although it's been 36 years since quarterback Joe Namath led the New York Jets to the Super Bowl III victory over the Baltimore Colts, that championship game remains one of the most-talked about in NFL history.

That's because Namath's larger-than-life persona dominated the media the week before the game and only grew to mythical proportions afterward. Before the Jan. 12, 1969, game in Miami, the Jets were 18-point underdogs, yet the flamboyant 25-year-old was undaunted. After all, he had meticulously studied the opponent's tapes and discovered an older, slower Colts team with a defense that he knew he could easily beat with his quick-releasing arm and skilled offensive teammates.

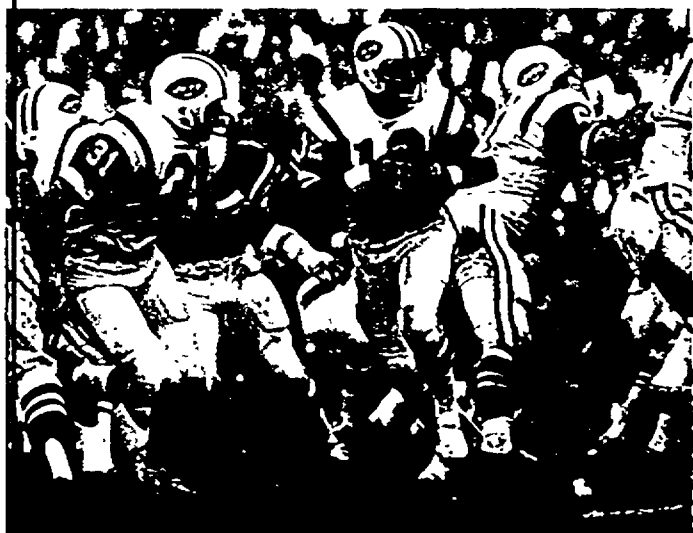


Photo: Herb Scharfman/Sports Imagery/Landov

Namath led his underdog Jets to a Super Bowl victory in 1969.

In fact, Namath was so confident of a victory that during a dinner honoring him three days before the game, he told the crowd, "The Jets will win Sunday. I guarantee it." True to his word, he guided the Jets to a 16-7 win, earning the game's Most Valuable Player trophy.

"Three words come to mind still: we did it," says Namath, 61. "That's it. We did it. As a player, I don't care if you are a number one draft for a pro team, you should have two goals: One, make the team, and two, win the championship. When we did it, those were the first thoughts that I had, 'We did it.'"

by Editor
BEVERLY
KEEL



For the football players, it's the biggest game of their lives. You apply what you've learned in sports because you have faced so much adversity. You come back because you learn to endure."

"For the football players, it's the biggest game of their lives," he says. "I remember that our wide receiver, George Sauer, couldn't get over the enormity of the situation. He said, 'Look how big this is!' And that was the third Super Bowl. Our perception was it was the biggest thing we'd ever seen. For me, the week leading up to the Super Bowl is one of the most fun times ever because you don't have a loser yet."

But Namath was a winner, and a popular one at that. He became one of America's most adored cultural icons. Suddenly he was as big as the Beatles and bigger than Frank Sinatra; even Elvis Presley was a huge fan. Broadway Joe landed movie roles, his own television show and numerous endorsement deals, ranging from furniture and sneakers to airlines and cologne. But football has always remained his first love.

"You have to have a passion or a strong desire for football because it's such a hard game," he says. "You take pride in being able to survive alone and go from step to step, knowing that the game is so tough."

"My love for football came out of my background, where I was brought up, and then it developed into a necessary route to more important things, the bigger life, the bigger game after football. It's kind of like a stepping stone."

From Beaver Falls to Broadway

Raised in Beaver Falls, Pa. (pop. 9,920), Namath was the fourth son to John, a steel mill worker, and his wife, Rose, a maid. Namath's athleticism was nurtured by his entire family. His brothers, John and Bob, taught him how to throw a football, while his other brother Frank saved his shoeshine money to buy him a basketball for Christmas. His father would buy Namath a new baseball glove before he'd buy himself a new shirt. His mother stayed up late altering his brothers' old sports uniforms to fit him.

"In Beaver Falls, we treated people alike for the most part, at least my family did," says Namath, who is known for his kindness to both corporate chairmen and cashiers. "That's one thing that to this day started at home in Beaver Falls. So I carry that with me for sure, my respect for people that was taught to me by my family. That's probably the biggest, most important thing, and it's the first time I've ever talked about that."

Namath remained unaware of the possibilities that beckoned beyond the horizon. Indeed, he wasn't even aware that the town in which he resided was small. While he didn't relish the idea of working in the steel mills, he didn't dare dream about leading a jet-setting life. "You know, I wasn't looking for much," he says. "I was looking for better, but I wasn't looking for much."

(Continued on page 10)



Photo: Birmingham Post-Herald

"Coach (Bear) Bryant demanded preparation and organization," says Namath, with Bryant (left).

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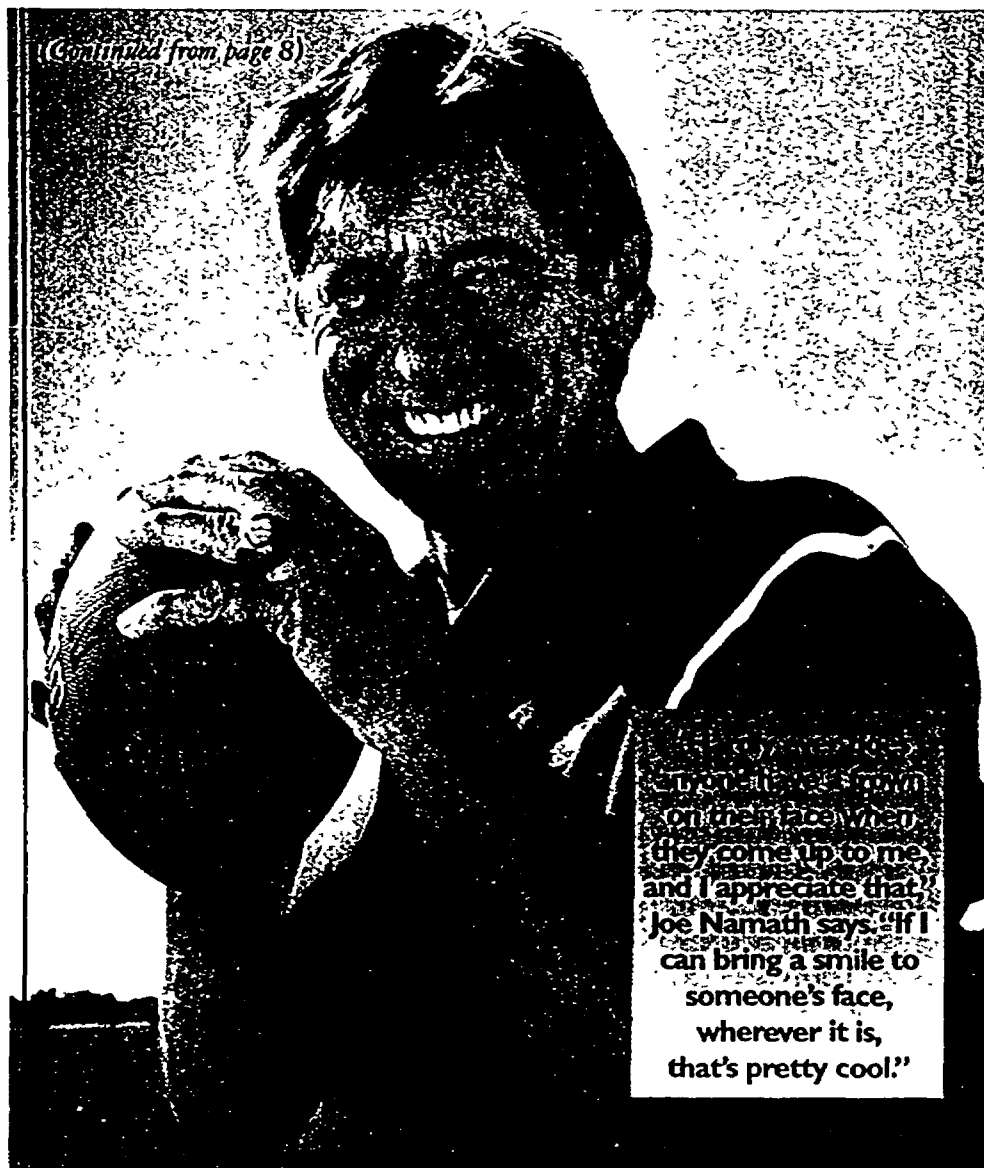
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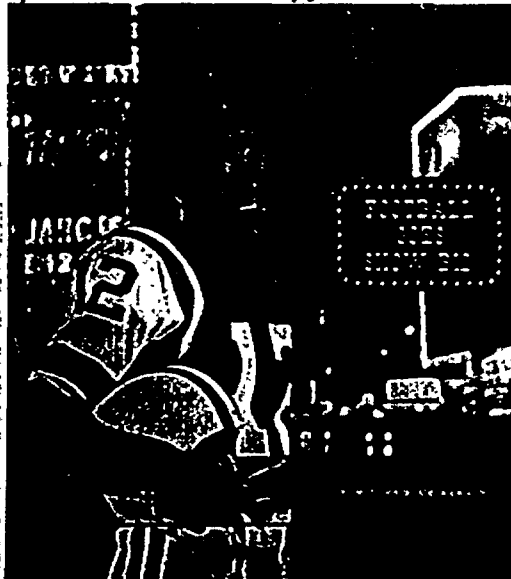


on their face when they come up to me, and I appreciate that," Joe Namath says. "If I can bring a smile to someone's face, wherever it is, that's pretty cool."

Namath, shown here in his backyard, works as an ambassador for the New York Jets.

In 1961, he landed a scholarship to the University of Alabama, where he played for the legendary coach Paul "Bear" Bryant. On occasion, Namath finds himself repeating Bryant's words to daughters Jessica, 19, a University of Alabama student, and Olivia, 14. "Because they make good sense," he says. "It always has something to do with right, wrong, preparation, determination and reality. We talk about life: you're going to be confronted with some tough things in life. Things aren't just going to be a merry venture all the time."

The famous "Broadway Joe" cover in 1965.



After his career at Alabama, where he helped his team win the 1964 college national championship, Namath signed a \$400,000 contract with the Jets. He played with the Jets from 1965 until 1976, becoming the first quarterback to pass for more than 4,000 yards, and spent a season with the Los Angeles Rams in 1977 before retiring.

He discussed some of his football days in the 1969 autobiography *I Can't Wait Until Tomorrow . . . 'Cause I Get Better Looking Every Day*. The subject of a 2004 unauthorized biography, Namath has no plans to write another book anytime soon. "I'm not brave enough at this point because there are a lot of things that I know are interesting, fun, deep and emotional, but I don't know that I want to share those things," he says. "The last person I remember asking me to do it was Jackie Onassis. I found it so difficult, so difficult, telling her that I wasn't interested!"

The next chapter

Namath still works for the Jets, but as an ambassador-at-large, filling a similar public relations capacity that he held with the NFL for a decade. The Hall of

Famer makes public appearances on behalf of the team and serves as a cheerleader for their campaign to build a new football stadium in Manhattan. "I feel at home there," he says. "I know I belong."

But he spends most of his working days helping fellow sufferers of osteoarthritis, a joint disease that has plagued him since 1965. After numerous knee injuries and surgeries, he had his knees replaced in 1992. "They are wonderful but not perfect," he says. "I can do whatever I need to do. I can golf, I can chase my daughters a little bit, and I use an elliptical machine. I can do about anything except play basketball."

Namath is leading the charge against osteoarthritis by serving as spokesman for the Arthritis Huddle (www.arthritis-huddle.com), an educational movement designed to improve communication about treating the disease. "When people have osteoarthritis, the quality of their lives deteriorate," says Namath, who received the Arthritis Foundation's Freedom of Movement Award in 2001. "They don't feel like going out; their relationships get strained because they're always in pain and they feel isolated. They don't have to be that way. We show them where to go and what to do."

Namath, who is divorced, now lives along the Loxahatchee River in Tequesta,

Fla. (pop. 5,273), with his daughters, four dogs and a cat. Once known for donning fur coats, Namath now has a penchant for flip-flops and shorts. (The furs are in storage.) His famous muscular legs that once modeled pantyhose are still impressively chiseled; the surgery scars have faded with time and a deep tan. The former hard-partying playboy now reads at night and goes to bed early, but a mischievous twinkle in his green eyes reveals that his life now is anything but dull. He's healthy, sober and happy to be able to have the time to dote on his daughters.

"I believe in continuing to grow, so I keep fairly busy professionally," he says. "But priority-wise, I want my own time to share with my family. Things change when you have children. I can go out and work 365 days a year, but then I wouldn't be here. Why do it? 'Well, you make more money.' Well, yeah, but I never saw a hearse with a luggage rack." ☆

To read more from Namath, turn to page 13 and visit www.americanprofile.com.

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Valentine Arts & Crafts Adventure—Alton, Feb. 11-13. Enjoy demonstrations and displays of arts & crafts during this American Society of Artists show at the Alton Square Mall. (847) 991-4748.

INDIANA

West Side Story—Fort Wayne, through Feb. 6. Shakespeare's Romeo and Juliet come back to life as idealistic lovers caught between warring gangs in 1950s New York City. Fort Wayne Civic Theatre. (260) 424-5220.

IOWA

Under the Big Top—West Branch, Jan. 29-Oct. 29. Explore the world of the circus, and learn how it shaped American entertainment during this exhibit at the Herbert Hoover Presidential Library and Museum. (319) 643-5301.

KANSAS

Deliverance from Chains—Mission, Jan. 25-Feb. 20. The aging abolitionist Frederick Douglass conjures up a younger version of himself, and the two share memories during this drama at the Theatre for Young America. (913) 831-2131.

MICHIGAN

Snowmobile Festival—Cadillac, Feb. 3-6. Marvel at the thousands of snowmobiles on frozen Lake Cadillac, and enjoy a chili cookoff, snowmobile and motorcycle races, and Saturday evening parade of lights. (800) 225-2537.

MINNESOTA

Sleigh and Cutter Festival—Waseca, Feb. 10-13. Features an ice harvest, archery and hockey games, snowmobile racing, dinner and dancing, plus a sleigh and cutter parade. (507) 835-7711.

MISSOURI

Rosebud Ball—St. Louis, Feb. 12. Dance to the sounds of an old-time band playing ragtime jazz and square-dance music at the Scott Joplin House State Historic Site. (314) 340-5790.

NEBRASKA

A Stitch in Time—Grand Island, Feb. 5-March 6. The Stuhr Museum of the Prairie Pioneer opens this quilt exhibit to kick off a Feb. 5-6 quilt show, featuring demonstrations, contests and displays. (308) 385-5316.

NORTH DAKOTA

Pomp's 200th Birthday—Washburn, Feb. 11-12. Celebrate the birthday of American Indian interpreter Sagawea's child, born during the Lewis and Clark Expedition, with festivities at the Lewis and Clark Trail Interpretive Center and Fort Mandan. (877) 462-8535.

OHIO

Magnificent Obsessions—Portsmouth, Feb. 12-April 16. This exhibit features the work of a dozen artists displaying meticulously crafted jewelry and intricate light sculptures at the Southern Ohio Museum. (740) 354-5629.

SOUTH DAKOTA

Black Hills Stock Show and Rodeo—Rapid City, Jan. 26-Feb. 6. Enjoy cattle, bucking horse and bull shows and sales, team penning events, sheepdog trails and horse races at the Central States Fairgrounds. (605) 355-3861.

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Winter Carnival—Iola, Feb. 5-6. This Scandinavian winter festival features ski jumping events, an ice sculpture contest, indoor craft sale and Norwegian supper Saturday evening. (715) 445-4005. ★

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American Profile

America's Poet

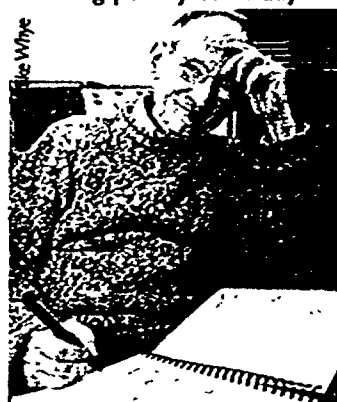
by CINDY
MURPHY
McMAHON

A year ago, when Nebraska poet Ted Kooser gave a poetry reading in a public forum, about 25 people showed up to hear the retired insurance executive. But recently, 375 people packed into the University of Nebraska at Omaha's 275-seat auditorium for the same reason. The difference? Now they were coming to hear the musings of the U.S. poet laureate, the first Great Plains poet named by the Library of Congress.

Kooser, 65, is the 13th U.S. poet laureate, following in the footsteps of notable writers such as Robert Penn Warren and

Robert Frost. The Librarian of Congress, James Billington, consulted with former poets laureate and poetry critics before selecting Kooser, whom he calls "a major poetic voice for rural and small-town America."

Kooser spends two hours writing poetry each day.



Overnight, Kooser, who lives with his wife, Kathleen Rutledge, on 62 acres near Garland, Neb. (pop. 247), catapulted from relative obscurity to the spotlight of national recognition. These days, quiet time walking with his dogs and writing in his brightly patterned armchair is rare.



Ted Kooser enjoys the companionship of one of his dogs on his Garland, Neb., farm.

Instead, the "Midwestern Robert Frost," who sees metaphors in a man tying a tie before work and describes a home medical dictionary as "not so much a dictionary as it is an atlas for the old," is standing in airport lines more often. He's been so busy with his new duties as a national goodwill ambassador for poetry that he's had to temporarily give up teaching poetry at the University of Nebraska-Lincoln.

Not that he's complaining. When the call came in August 2004 telling him that he had been selected as poet laureate for the customary nine-month appointment, which is accompanied by a \$35,000 stipend, Kooser was almost speechless. He had to call back the next day, after he had regained his composure, to get the details on the position. But he is thrilled to have the forum to share his love for poetry with a wider audience.

The residents of Garland are honored that one of their own was recognized. "We thought it was wonderful," says Postmaster Iris Carr, 61, "and well deserved, too." Carr is mentioned in one of Kooser's 11 books, *Local Wonders: Seasons in the Bohemian Alps*. He has been coming to her post office three times a week for more than 20 years, but lately, she notes, he's been getting more mail.

Born in Ames, Iowa (pop. 50,731), Kooser penned his first poem at age 16. He earned English degrees from Iowa State University and the University of Nebraska. But for three decades, he toiled in the insurance business in Lincoln, rising by 5 a.m. each day to write before work. His secretary and fellow car-poolers would review his latest creations. He retired from Lincoln

Benefit Life in 1999 after battling throat cancer.

He is characterized as a poet who writes about ordinary things. "Poetry has gotten a terrible reputation for being too difficult. It doesn't have to be that way. It can be very accessible," Kooser says. "Paying attention is extremely important. If you look at anything closely enough, you begin to see what is remarkable about it. If you can find within the familiar the strange, you never have to leave home."

Kooser does not mean to imply that he is always paying attention. "I'm like everyone else," he says. "I get preoccupied. I have to discipline myself."

Discipline is a big part of his writing. His poems appear to have effortlessly fallen from his pen onto paper, but he revises each one 40 or 50 times before it sees print. In a "really good year," he writes 10 poems he deems worth keeping and publishing, though he writes for about two hours most mornings. An eight-line poem may involve as many as 700 creative decisions.

The poet laureate has few duties other than organizing and delivering public readings, but Kooser has a project in mind—a column on poetry appreciation that would be available to newspapers. Kooser hopes to help people be more aware: "We're too bombarded by the past and the future. Very seldom are we right in the moment. That's where we have to be." ✨

Cindy Murphy McMahon is a freelance journalist based in Omaha, Neb.

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Armchair Quarterback

Legendary quarterback Joe Namath wants the NFL to consider placing receivers in the helmets of all the players so that they can hear the quarterback.



"As a fan, I don't like to see the game constantly stopped and these five-yard penalties marked off because a guy suddenly can't hear and he just flinches a half-inch," Namath says. "I would like for the linemen and the other players to be able to hear. Communication on the field can only help the quality of the game, and the quality of the game will serve the fan better."

Namath says with stadiums now holding 80,000 fans and more, players can't hear the quarterbacks' calls because of crowd noise. As a result, linemen are too often called for offsides penalties, which slow the game's tempo. "I think these players need to have a hearing device in their helmets so we don't see the game stop with these lousy little penalties," he says.

Namath assesses today's quarterbacks
Peyton Manning (Indianapolis Colts): "Peyton Manning comes to mind first, just to see his command of the entire situation. You watch efficiency, man. Of course, Peyton is one of a kind. He is better than anyone who has had a chance to develop with an offense. Peyton is confronted with more mentally than any quarterbacks have been in the past, and he's doing better than anybody analyzing it, anticipating it and dealing with it than anyone in the past."

Steve McNair (Tennessee Titans): "I've got nothing but great admiration for Steve McNair. I've watched him from his college days on up."

Brett Favre (Green Bay Packers): "We all enjoy watching Brett Favre, no matter who they are playing against, just for his athleticism."

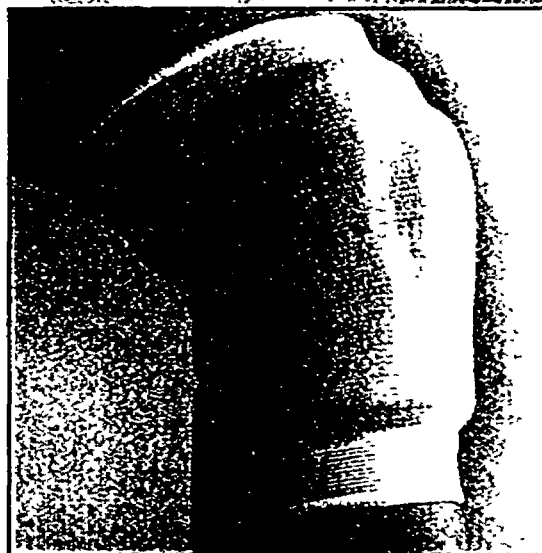
Michael Vick (Atlanta Falcons): "Michael Vick is a special animal in that he is so quick. He is fast and fluid and so graceful. To me, he is just marvelous to watch, but a little frustrating in comparison to Manning, in a sense."

Trent Dilfer (Seattle Seahawks): "I like watching him, knowing his limitations and all. Watching him work and play, this is a guy you want on your team. There's his attitude, his leadership in practice week in and week out. He's a champion."

Tom Brady (New England Patriots): "I almost forgot the best, who is up there in New England. I enjoy watching him because I still like his movement. I have an eye for an athlete's comfort level by his movement and his eyes." ☆

Namath now watches the Jets on TV at home.

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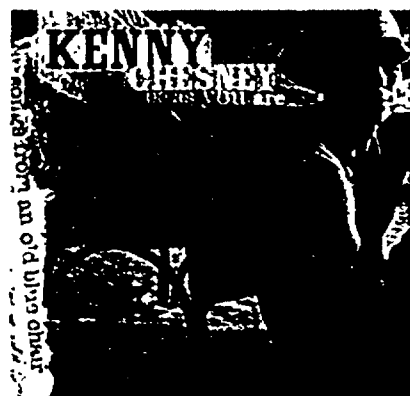
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Our Picks

Kenny Chesney Be As You Are: Songs from an Old Blue Chair BNA Records

Kenny Chesney hails from Luttrell, Tenn. (pop. 915), but the Country Music Association's Entertainer of the Year has made a second career as a Dixie-fied Jimmy Buffett, mixing the lazy sounds of the Caribbean with his coming-of-age ballads and rhythmic paeans to youth.

Now comes his all-out "island" record, but instead of rum-soaked songs about wild nights and bikinis on parade, Chesney offers quiet ruminations about how broken spirits might be whole again. The singer often escapes to the U.S. Virgin Islands to rest and restore, and songs like *Something Sexy in the Rain* and *Somewhere in the Sun*,



which he wrote on the road after a snow-cancelled show, throb with the ache of a soul in need of peaceful waters.

At times, the album suffers from a mellow sameness, as if Chesney couldn't fully flesh out his theme. Still, *Magic*, a jazzy, cocktail twirl around a black-tie ballroom, is worth the price of this beach-chair view of life.

Mary Gauthier Mercy Now Lost Highway Records

With three dark and relentlessly honest independent albums behind her—*The New York Times* named her 2002's *Filth & Fire* the best independent album of the year—singer-songwriter Mary Gauthier could not expect to compromise on her major label debut. And fortunately, she doesn't.

Working in a framework reminiscent of John

Prine's puckish irony and Lucinda Williams' frank yearning, she specializes in barely contained pain. On *I Drink*, Gauthier, who has battled alcoholism, turns a jaundiced eye to the sad life of an alcoholic who has driven everyone away, while on Harlan Howard's *Rhymer*, she speaks firsthand of the restlessness of the creative soul.

Mostly, however, Gauthier sings about the too-often unavoidable wreckage of romance. *Empty Spaces* finds a quiet acceptance in a lover's departure, and *Falling Out of Love* showcases her Leonard Cohen mood, whispering spooky, if infinitely chilling poetry. This is an unsettling work of terrible beauty.

Beth Nielsen Chapman Hymns BNC Songs

When singer-songwriter Beth Nielsen Chapman went looking for a CD of the Latin hymns—such as *Adoramus Te* and *Veni, Veni Emmanuel*—that she remembered from her

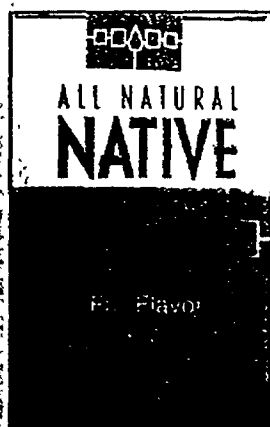


Catholic youth, she was astonished to learn that she couldn't find one anywhere. That proved the inspiration for *Hymns*, her gorgeous new album sung mostly in the music's original language.

Chapman, the co-writer of Faith Hill's *This Kiss*, has long recorded her own thoughtful albums with a secular-spiritual bent, like 1997's *Sand and Water*. Thankfully, *Hymns* offers another achingly beautiful original, *Hymn to Mary*, which Chapman wrote while undergoing chemotherapy for breast cancer in 2000. She sings the song, like the rest of the material, in a clear, pure soprano voice, absent of anything that might deter from its eloquence.

Despite the album's religious origins, *Hymns* underscores not so much the dictate of the church, but the glorious commonality of the human family. It's a record not only to enjoy, but also to treasure. ★

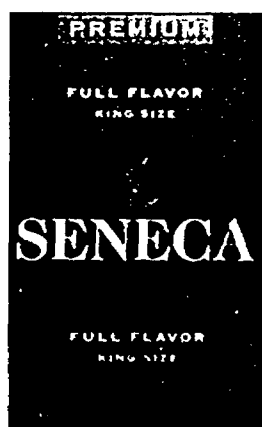
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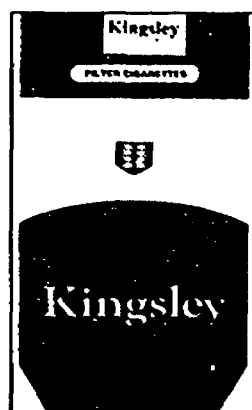
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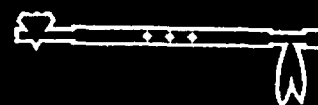
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Hometown Recipes

Fantastic Football Fare

If you're planning a super party for the big game, you might consider serving a piping-hot casserole or home-made pizza to your football-watching guests. The recipes on this page are both winners, regardless of which team you're cheering for.

Zee Anne Reishus of Wood Lake, Minn. (pop. 436), submitted the recipe for hot chicken brunch casserole. The steaming dish will feed a small team of hungry armchair quarterbacks.

"This recipe was given to me by my aunt," Reishus says. "Though it's hot and hearty, the vegetables give it a nice crunch. Everyone loves it and requests the recipe."

The party pizzas recipe from Mary Louise Giamfortone of La Marque, Texas (pop. 13,682), adds a French bread twist to a game-day favorite. Giamfortone's version substitutes a loaf of sliced bread for dough crust.

"I made this back when my children were small because it fits well in small hands," she says. "It caught on with adults and has been popular with family and friends for many years."

As always, *American Profile* looks forward to receiving your favorite family recipes and sharing them with readers across the nation, so send them in. ☆

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We're putting together an expanded *American Profile* reader recipes cookbook! Send us your favorite breakfast recipe, along with the story behind it, to:

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RECIPE: Party Pizzas

American Profile

Mary Louise Giamfortone
La Marque, Texas

Photo: Adem Barnes
Styling: Cheryl Barnes

Party Pizzas

- 1 loaf sliced French bread
- 1/2 pound sharp cheddar cheese, grated
- 2 hard-boiled eggs, chopped
- 3 green onions, chopped
- 1 large clove garlic, minced
- 1 tablespoon vinegar
- 1/4 cup olive oil
- 1 teaspoon salt
- 1/2 cup black olives, drained and chopped
- 1 and 1/2 cups pepperoni or your favorite toppings

Mix all ingredients, except bread, until well blended. Chill overnight. Preheat oven to 325 degrees. Place bread slices on an ungreased baking pan with sides. Spoon topping mixture evenly on top of bread slices. Bake for about 25 minutes, or until golden and bubbly.

Tips From Our Test Kitchen:

To freeze, place unbaked pizza rounds on a cookie sheet. When frozen, transfer into freezer bags until needed. Allow to thaw for about 5 minutes and bake as directed. Top with a slice of pepperoni if desired.

RECIPE: Hot Chicken Brunch Casserole

Hot Chicken Brunch Casserole

Simmer together for 30 minutes, then set aside to cool:

- 4 chicken breasts
- 1 cup water
- 1 bay leaf
- 5 celery leaves

Mix together:

- 2 cups celery, chopped
- 1 cup water chestnuts, sliced
- 1/2 cup mushrooms, sliced
- 1/2 cup slivered almonds
- 2 tablespoons minced onions
- 1/2 can cream of chicken soup
- 1 cup mayonnaise
- 1/2 cup sour cream

1/2 cup lemon juice
1/2 cup vinegar
1/2 cup oil
1/2 cup salt
1/2 cup pepper
1/2 cup onion
1/2 cup garlic
1/2 cup celery
1/2 cup water
1/2 cup bay leaf
1/2 cup celery leaves

American Profile



Zee Anne Reishus
Wood Lake, Minn.

Photo: David Damer
Styling: Mary Carter



HOMESTYLE CHILI RECIPE

- ~~1 LB. GROUND BEEF, BROWNED AND DRAINED~~
 - ~~2 TOMATOES, DICED~~
 - ~~1 MEDIUM ONION, DICED~~
 - ~~1 SMALL GREEN PEPPER, DICED~~
 - ~~1 CAN DARK RED KIDNEY BEANS~~
 - ~~1 CAN PINTO BEANS~~
 - ~~1 SMALL CAN OF TOMATO PASTE~~
 - ~~SPECIAL BLEND OF CHILI SPICES~~
 - ~~MIX EVERYTHING TOGETHER IN A CROCKPOT~~
 - ~~COOK ON LOW HEAT 6 OR MORE HOURS~~
- ENJOY!

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