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Hungry enough to help

■ Civic Concern helping hungry with tasty recipes

By Maureen Johnston
RECORD STAFF WRITER

Vicky Lange couldn't resist a batch of new easy-to-prepare recipes.

The Amerman Elementary School volunteer was in the Northville Civic Concern office on an errand for her community service committee when she saw the cookbooks hot-off-the-presses. She chipped in \$10 for "Recipes to Remember," the emergency relief agency's new fund-raiser.

"What I like about it is it looks like good stuff with very simple recipes," Lange said. "It's a great price."

"And a big part of it goes to Civic Concern."

Local assistance

Civic Concern Director Marlene Kunz said proceeds from book sales will go toward groceries and other needs of Northville families. Since Christmas, the agency has added 10 families to the client list, she said.

"It's serious," Kunz said. "I'm not going to give less to people."

Cookbook committee members Maryann Cotterill and Judy Nakdimen hope their project helps raise money for the cause. It's a tough time to be asking for money, Cotterill said.

"People are more extended with their own cutbacks," she said. "And there are so many charities to give to."

Kunz said the 180-recipe soft-cover book cost \$3 to produce, so \$7 from each book sold will help replenish Civic Concern's stretched finances.

The need is increasing while donations have tapered off, Kunz said. Last month, Civic Concern spent on groceries \$3,000 cash, usually reserved to help buy gas to get to work or to prevent utilities from being shut off.

Forty-nine of Civic Concern's 90 client families came in to pick up food last month, she said.

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Northville Township Hall

UPS Store

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The Northville Record

For more information: Call 248-344-1033



"We got very hungry reading them."

Maryann Cotterill

Cookbook Committee, Northville Civic Concern

Core contributions

During the fall, Cotterill and Nakdimen spent a month compiling recipes from their fellow Civic Concern volunteers, friends and family. They met the deadline for a reduced publishing price, but missed delivery in time for Christmas.

"It was very intense, but it was very fun," Cotterill said. "We got very hungry reading them."

The recipes are grouped by category: appetizers, beverages, soups, salads, vegetables, main dishes, breads, rolls, desserts, and miscellaneous. Several volunteers contributed more than one recipe, with the biggest emphasis on main dishes and desserts.

"Most of the recipes in here are economical," Nakdimen said. "There are a number of things kids can make."

Family-friendly

The volunteers voted on the cover design from the publisher's stock selection.

"It looks bountiful and healthy and all those things," Nakdimen said. She contributed the "Mystery fruit pie" recipe on Page 95.

"I took it out of Bon Appetit years ago and sort of adapted it," she said with a laugh. "That makes it my own."

Her hint: The refrigerator pie crusts speed it up.

Cotterill said her Salsa Pork main dish will appeal even to finicky eaters, like her children.

"I invented it out of necessity because they won't eat anything else," she said. "We tried to put in things that were easy to put together, family meals."

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



Photo by JOHN HEIDER/NORTHVILLE RECORD

Local residents are offering cooking recipes to help raise funds for Northville Civic Concern. The book, "Recipes to Remember," costs \$10 and can be purchased locally, including the Northville Record office, located at 104 W. Main St.

■ Another fund-raiser

Northville Civic Concern is raising money by collecting cellular phones with batteries the owner no longer needs.

The service agency took over the task of recycling the units from the city police department, although there still will be a drop box at the Main

Street station. The first box of 60 phones the volunteers submitted netted them \$107.

Phones also can be dropped off at the Civic Concern office, 42951 Seven Mile Road, in the Highland Lakes Shopping Plaza.

For information, call (248) 344-1033.

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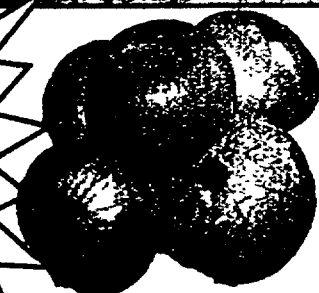
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Turn your table into a field. If you have
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green fabric and draw on the yard lines
and the end zones with white fabric paint.

Use your empty dishwasher or
washing machine to ice down extra can
and bottles of drinks. When the ice melts,
the water just drains away.

Set up a football pool and give gag gifts
to the biggest losers.

Give away door prizes, like team t-shirts
and other NFL paraphernalia.

BOND: taxpayer cost based on Northville growth projections

continued from 1A

• a \$45.43 million bond is proposed to shore up aging buildings, upgrade technology and construct a \$17.3 million athletic field house.

And though school officials acknowledge the 1.59-mill actual total of both proposals is more than the .90-mill total used in bond brochures and public meetings, they said no smoke and mirrors are involved.

At 1.59 mills, the owner of a \$400,000 home would pay \$318 per year, not \$180 dollars cited by the district.

A mill represents \$1 for every \$1,000 of residential property taxable value, generally half market value.

Wadsworth said, projected growth will reduce the proposed 1.59-mill tax increase by .69 mills.

Each additional Northville taxpayer will lower the overall rate for existing residents, she said.

"It has to do with the entire debt

"The high debt mill is shared between a growing population, so the mills each one of us has to pay goes down."

Joan Wadsworth
Board Member, Northville Public Schools Board of Education

mill, not just the debt mill for this issue," Wadsworth said. "The high debt mill is shared between a growing population, so the mills each one of us has to pay goes down."

"That is the good news of the growth."

■ Upcoming bond coverage

Look in future editions of the Northville Record to learn more about the Feb. 28 Northville Public Schools Bond.

Coming next week:

An in-depth look at the \$25.24 million bond to acquire land and construct a seventh elementary school. Issues examined will include:

- Specific information about the proposed school and location.

- Are there any risks associated with building near a landfill?

- What will building the proposed school solve?

- How does the construction cost compare to other municipal construction projects?

- What are the costs of alternative solutions, including: eliminating the Northville Public Schools Early Childhood Center program; removing special needs county stu-

dents from Cooke and Old Village schools, taking back the senior center and parks and recreation use of Hillside Middle School; and renting an elementary school from Livonia.

Coming mid-February:

An in-depth look at the proposed \$17.3 million athletic field house proposed for Northville High School and a recap of bond elements, along with Northville Record endorsement.

Says Who?

School officials said the conservative, post-bond debt mill reduction was calculated by Stauder, Barch & Associates, Inc.

According to Stauder, Barch & Associates, Inc. documents, the reduction is based on a 6 percent growth rate next year.

The documents show average Northville growth from the years 2000 to 2005 has been 10.8 percent. Last year's growth was 9.2 percent.

"Our projected growth of 6 is pretty conservative," Wadsworth said.

School officials said Northville's growth rate for the next five years is projected at 6 percent and 3 percent thereafter for the next 15 years.

Jay Wendt, chairman of the City of Northville Planning Commission, said the city does not anticipate a cessation of residential growth.

The City of Northville's population is 6,500.

"I don't think we will," Wendt said. "We're constantly seeing lots split where people will buy a home on large lot and split the lot and tear one down and put two new ones on it."

"We're seeing that almost every day."

Citing the Southeast Michigan Council of Governments as a source, Northville Township Director of Public Services Don Weaver said the township expects to hit residential build-out in the

year 2030 with 35,900 residents. Northville Township's population is about 21,000.

Street said the Northville Public Schools total debt mills has steadily decreased since 1997, despite passage of new bonds.

Victoria Mitchell can be reached at (248) 349-1700, ext. 122 or vmitchell@gannett.com

New worries about old hospital

■ Northville officials concerned about state's plan

By Naomi R. Patton
DETROIT FREE PRESS

Northville Township officials say the state's plan to shut off utilities at the old Northville Psychiatric Hospital could create a safety hazard and require increased security.

State Department of Community Health officials say the move would save around \$20,000 in operating costs while they await the official sale of the 414-acre parcel at Seven Mile and Haggerty roads to a private developer.

But Northville Township officials are concerned that disconnecting utilities in the 20-building hospital complex might require more patrols to ward off frequent trespassers.

Police Chief John Werth said additional patrols would be a "drain on the manpower."

Township police responded to 29 complaints at the property in 2005; 15 of them trespassing-related.

In his Jan. 23 response to state

officials, Township Manager Chip Snider called the property an "attractive nuisance." He said there are Web sites that show would-be purveyors how to navigate the hospital property.

"Every high school kid knows the old Northville tunnels," Werth said. "They want to see something scary and new."

T.J. Bucholz, state community health communications director, said he was aware of the trespassing activity and noted that the site is "secure as we can make it."

He said the state would maintain security patrols, but on-site security would be reduced to seven to nine officers.

He added that the state is ultimately responsible for any incidents on the property.

State officials notified township officials of the change in a Jan. 13 letter from Shobhana Joshi, hospital director at the Hawthorn Center in Northville Township.

The letter outlined plans to turn off the heat and shut off water valves to prevent freezing pipes in the building.

Joshi's letter said she was "not concerned about structural damage or decay" to the buildings because they will be demolished.

Edward Woods, state Department of Management and

Budget spokesman, said the final sale of the property to Bloomfield Hills developer Real Estate Interests Group Inc. for \$31.5 million is pending because of litigation from third parties challenging the sale.

The hospital opened in 1952 and closed in July 2003. There is a powerhouse on the site, two oil wells, waste dumps and fuel tanks.

Bucholz said the fire hydrants on the property would remain operational.

"We're trying to make it as safe as possible," he said.

But Snider and Werth remain unconvinced the state's security effort will be adequate. They cited the January 1997 death of a teen at a former state hospital site at Five Mile and Sheldon roads. The police report said teenagers were drinking on the roof of the property when the incident occurred.

Werth said the property, demolished in 1998, was completely vandalized within a year of closing in 1996.

The psychiatric hospital property, he said, is "a problem waiting to happen."

Contact Naomi R. Patton at (248) 351-3689 or patton@freepress.com.

District hosts public bond meetings

Northville Public Schools is offering voters opportunities to learn more about the district's two bond proposals totaling \$70.7 million before entering the voting booth on Feb. 28.

School officials will share detailed information throughout the next few weeks at meetings, tours and coffees with the superintendent.

A Town Hall Meetings will be held:

- 7-9 p.m. tonight at Meads Mill Middle School, 16700 Franklin Road.

A coffee with the superintendent will be held:

- 3-5 p.m. Monday, Feb. 6 at Starbucks, 302 East Main St.

A facility bus tours will be held:

- 10 a.m.-noon tomorrow. Meet in Conference Room 302A at Main Street School, 501 West Main St.

An in-depth look at the proposal is also available on the district's Web site by visiting www.northville.k12.mi.us.

By clicking on the "Bond 2006 Election Information" icon, voters may view explanation of bond projects, virtual tours, cost data and frequently asked questions.

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POLICE BRIEFS

Feeling faint

A 25-year-old Commerce Township woman faces a Feb. 9 court date on drunk driving charges.

Last Friday, a Northville police officer stationed at Eight Mile and Novi roads reported he pulled over the woman's Dodge Ram pickup after watching her make an illegal right turn on a red signal.

A Breathalyzer test indicated the driver had .18 blood alcohol count, according to police reports. She was arrested for operating while under the influence and transported to the Northville Township police station.

Police reports indicated the woman complained of "heart pain" and appeared to faint, regaining consciousness within 30 seconds. She was jailed, pending bond.

Just missed the median

Early Sunday morning, Northville police arrested a 52-year-old Novi man for drunk driving.

A patrol officer northbound on Center Street from Dunlap watched the driver of a green GMC truck nearly strike the curb and traffic island, according to police reports. After the driver said he had "a few drinks" of straight Scotch, the officer asked him to perform sobriety tasks, the report said.

After a Breathalyzer test showed a .2 blood alcohol content, the man was arrested and transported to the Northville Township police station

where he was held, pending bond. He was assigned a Feb. 16 court date.

Also Sunday

After clocking a green Saturn traveling 37 mph in a 25-mph zone, Northville police arrested a 25-year-old Royal Oak man for drunk driving.

Police reports indicated when the officer stopped the car on Baseline Road, just east of Center, the driver was unable to show a driver's license. Three men and two women were in the car.

After asking the subject to perform sobriety tasks, the officer reported administering a Breathalyzer test which indicated a .19 blood alcohol content. The man was arrested for drunk driving and placed in a Northville Township police station cell, pending bond. He was assigned a Feb. 16 court date.

Purse thief identified

The daughter of an 82-year-old Whitmore Lake woman called township police after discovering her mother's purse was stolen. According to reports, the two women left the Whitmore Lake home to run errands and upon returning found her son's ex-girlfriend in the driveway. The woman told police the 23-year-old from Northville Township had stated in the past she allegedly stole items to

support her drug habit. The woman later provided police with a list of transactions from Barnes and Noble, CVS, Farmer Jack and Mammoth Video bought with her mother's credit card while the purse was missing.

Police interviewed the Mammoth Video clerk who stated a young woman came in to the store and attempted to buy five DVDs. According to reports, her credit card was declined and the suspect said she had her grandmother's driver's license.

Police brought the suspect in for a line up and the Mammoth Video clerk was able to identify her. The case remains open.

Suicidal thoughts

Police were called to a Northville Township home after a 14-year-old girl became angry with her parents for canceling her birthday party and attempted to cut her wrist. The girl's mother told police she had no prior history of suicidal thoughts and was never diagnosed with any type of psychiatric disorder. Police spoke with the girl who said she did not mean what she said. Police advised the girl's parents to have her evaluated at the hospital. The case is closed.

Stolen beef

Police were called to Hiller's Market on Haggerty Road after loss prevention officials witnessed a

woman allegedly place red grapes and a beef roast inside her purse. The woman, a 71-year-old Northville Township resident then attempted to exit through the entrance only doors without offering payment. The woman was arrested for retail fraud. She was given a Feb. 16 court date at the 35th District Court in Plymouth.

Bad words

A social worker from Silver Springs Elementary School called police after a 10-year-old student said an unknown teenage male made inappropriate comments to her on her way home from school. According to reports, the girl ran away, but was able to identify the location where the incident had happened. Police were able to find the condo the male suspect entered and received permission to question him by his parents. The suspect denied speaking to anyone. The case remains open.

Home invasion

An 18-year-old Northville Township man called police after finding the deadbolt to his parent's home unlocked and the laundry room window shattered. According to reports, the man checked the entire home and found nothing missing. Police took photos of the window. Police have no suspects, and the case is closed.

OBITUARIES

FAITH R. HOGE

Age 90 of Novi, passed away January 29, 2006. A funeral service was held Wednesday at Casterline Funeral Home, Inc. of Northville. Mrs. Hoge was laid to rest at Grand Lawn Cemetery in Detroit.

PAUL CARTER

96, formerly an educator in Northville 1939-42, died January 27 in Dearborn. He was married 70 years to beloved wife, Eleanor, who preceded him in death. He is survived by Alan, John, and Diane Carter and grandchildren Kaven and Jennifer.

BEVERLY T. WARREN

Age 65, of Harbor Springs, died January 28, 2006 at her home. A memorial service will be held on Thursday at 2:00pm at the Petoskey United Methodist Church with Dr. James Mitchum officiating. Visitation will be held on Thursday at the church from 1:00pm until the time of service. Beverly was born on August 19, 1940 in St. Albans, Vermont. The daughter of Harland Edwin and Ola (Ellsworth) Tracy. Beverly grew up in Fairfax, VT, graduating from Belknap Free Academy. On September 2, 1960 Beverly married Martin William Warren in Fairfax and he survives. Beverly worked at Howard National Bank in Burlington, VT and continued to work at banks in California, Connecticut and Illinois. She later worked for and retired from Hudson's Department Store. Beverly's most important and most memorable years were devoted to her husband of 45 years, Marty and their 3 children. She was a member of the Petoskey United Methodist Church, Little Traverse Bay Quilters, the Coalition of Pulmonary Fibrosis, and enjoyed home decorating, sewing, quilting, knitting, gardening and sailing. She is survived by her husband, Martin; 3 children, Leslie (Dave) May of Kalamazoo, MI, Stephanie (Andrew) McGreevy of Petoskey, and Martin J. (Tracy) Warren of Milton MA; 2 grandchildren, David and Anna McGreevy; 3 sisters, Shirley Geno of Fletcher, VT, Phyllis Fletcher of Cambridge, VT, and Barbara O'Toole of Tinton Falls, NJ; and many nieces and nephews. She was preceded in death by her parents, Harland and Ola Tracy and by her brother, Ralph Tracy. Memorial Contributions may be made to the Hospice of the Little Traverse Bay or the Coalition of Pulmonary Fibrosis. Arrangements are in the care of the Stone Funeral Home of Petoskey.

KEVIN J. MCCARTY

Northville. Banking executive loved life, lived it well. In a life lived to the fullest, Kevin J. McCarty experienced remarkable achievements. He was a devoted father and husband, a veteran of the Army and the Peace Corps, a banking executive and a financial consultant. "He was the best there was," said J. Thomas Dunne, a friend of his for more than 40 years. He served with Mr. McCarty in the Peace Corps. "He was fearless and he was willing to stick up for his beliefs. We shared some adventurous times in the Peace Corps in Peru." Mr. McCarty, 68, died from cancer in his Northville home on Saturday, Jan. 21, 2006. "You just couldn't have a better brother. He loved life and lived it well," said his brother, retired Detroit Homicide Detective Sgt. Daniel McCarty. Mr. McCarty earned his bachelor's degree from the University of Detroit. He served in the Army before starting a career in banking in 1957 with the Holy Redeemer Credit Union. In 1962, he joined the Peace Corps and spent three years in Peru. When he returned home, he went back into banking, first with the Dearborn Federal Credit Union and then with Credit Union One. He retired as a senior vice president 10 years ago and became a financial consultant. "Kevin was a dear friend and my only confidant," said McCarty's former boss, Armando Cavazos, CEO of Credit Union One. "He was an intellectual, but a lot of fun. He was caring, very prudent, and always looking out for individuals in the community who were less fortunate." Cavazos said McCarty, with whom he worked for 30 years, was instrumental in Credit Union One's expansion locally and in the Grand Rapids area. His ability to speak Spanish made McCarty very popular with Hispanic clients who found the banking process intimidating. He also was proud of his Irish heritage and at one time served as an officer in Ancient Order of Hibernians (AoH) Ryan division in Detroit. Survivors include his wife, Mary Jane; four daughters, Jennifer Ford, Andrea Hooper, Toni Conley and Lori Szerlag; four grandchildren; a sister, and two brothers.

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.

continued from 1A

complaining about being ticketed. She paid the \$5 citation herself.

Officials say the city's parking management system is designed with shoppers in mind. The three-hour limit in city-owned lots is intended to free up the most convenient spaces for customers while shifting employees elsewhere, they said.

First offense free

Enforcement officers said they know many drivers of familiar cars they ticket aren't first-time City of Northville visitors.

The new system will start with a first-offense warning for everyone, said Northville Police Chief Jim Petres, who likened it to a public relations tool for those unfamiliar with the three-hour lot restrictions.

VanDam said the city's harsh penalties don't sit well with customers who regularly travel from Bloomfield Hills and Ann Arbor to spend the day in Northville. A "freebie" for first-time offenders won't translate into good will for people who can choose to shop anywhere, she said.

Changing habits

The Northville Downtown

Revenue nonetheless

Higher parking fines are not expected to produce a financial windfall for the city.

If you repeatedly park in a city lot longer than the three-hour limit, you will help pay the salary of the officer who tickets you.

Last year, parking tickets generated \$33,780 for the City of Northville general fund, Interim City Manager Nickie Bateson said. Nearly 40 percent of the \$6.2 million city budget goes to the police department.

City officials project about the same revenue for the current fiscal year. Bateson budgeted \$30,000 for 2005-06.

"What we're trying to do is get the word out to people who

have not been concerned about the individual \$5 tickets."

Bateson said the parking fines cannot be equated to an additional tax because people have a choice whether to incur the cost.

"The person getting the fine is subjecting him or herself to the fine," she said. "The fines are increasing not so much to recover costs as they are to enforce parking."

Unpaid tickets add up to increased penalties

It's an incentive to clean out the glove compartment monthly.


The City of Northville has a procedure for pursuing unpaid parking tickets.

In the past, a \$5 ticket turned

will allow officers to more easily track repeat offenders.

The authority board defined "repeat offender" as a driver who receives a violation notice within one month of a previous ticket.

"We're trying to get changes in parking habits," Bateson said. "There are special areas designated for employees and business owners."



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Let's make music

■ Elementary students avoid 'frogs' by taking a bow

By Victoria Mitchell
RECORD STAFF WRITER

The kindergartners in Tara Fortino's class know all frogs don't live in ponds.

They know some frogs are found on string instrument bows.

The Winchester Elementary School students learned the lesson last week during a "petting zoo" hosted by the Ann Arbor Symphony Orchestra.

"I think it is good exposure for them," Fortino said.

Students took turns handling the violin and cello, running their small fingers over the wooden bodies while conducting a horsetail bow.

"If you get the bow dirty, it won't sound very good," said musician Caitlin Frankel, to the small group.

The hands-up favorite: the cello.

With the exception of special programming, Fortino said her students have music class once a week.

Fortino said the class is a combination of singing and small instrument play, like castanets.

Ann Arbor Symphony Orchestra education coordinator Rebecca Cheskidov said the small amount of music offered in public school curriculum is not enough. She relishes visiting elementary schools, exposing them to the arts.

"If you don't have the arts, you're not allowing children a different way to learn," Cheskidov said.

According to data collected by Americans for the Arts, students who consistently participate in the arts are four times more likely to participate in math and science fairs and three times more likely to win an award for school attendance.

The data shows disciplines, including playing a musical instrument, strengthens student problem-solving and critical thinking skills.

According to the data, they are all assets students need for success in all academic areas.

"I think any time you expose children to music, they do infinitely better in life," Cheskidov said.

Frankel recommends starting children with



Photos by JOHN HEIDER/NORTHVILLE RECORD

Winchester Elementary kindergartners Brooke Verble, left, and Katie Pezzetti play half-size violins during a recent "Instrument petting zoo."

string instrument instruction as young as three, but said kindergarten is a great age to begin the exploration.

Fortino's students thought the activity was just a good time.

Some liked the sound of string instruments, others liked it because the instruments were kind of

like guitars and there was the added enticement: if you play the cello, you get to sit down.

Victoria Mitchell can be reached at (248) 349-1700, ext. 122 or vmitchell@gannett.com.



Winchester Elementary School student Sarah Peterson gets a helping hand from Rebecca Cheskidov of the Ann Arbor Symphony.

"If you don't have the arts, you're not allowing children a different way to learn."

Rebecca Cheskidov, Education Coordinator, Ann Arbor Symphony Orchestra

The Benefits of Music Education



- Early musical training helps develop brain areas involved in language and reasoning.
- There is a causal link between music and spatial intelligence.
- Music study enhances teamwork skills and discipline.
- Students of the arts learn to think creatively and to solve problems by imagining various solutions.
- Students of music learn craftsmanship.
- Music provides children with a means of self-expression.
- Music study develops skills necessary in the workplace.
- Music performance teaches young people to conquer fear and to take risks.
- An arts education exposes children to the incomparable.
- Recent studies show students who study the arts are more successful on standardized tests.

SOURCE: www.childrensmusicworkshop.com

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- Best family restaurant _____
- Best place for soup _____
- Best salad bar _____
- Best place for burgers _____
- Best place for hot dogs/coneyds _____
- Best place for subs _____
- Best place for ice cream _____
- Best place for chicken _____
- Best quality dining restaurant _____
- Best place for desserts _____
- Best Italian restaurant _____
- Best place for seafood _____
- Best oriental restaurant _____
- Best Tex-Mex restaurant _____
- Best place for pizza _____
- Best place for steak _____
- 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 _____

BEST SERVICE PROVIDERS

- Best hair salon _____
- Best place to bank _____
- Best place to get nails done _____
- Best real estate company _____
- Best real estate agent _____
- Best auto service _____
- Best oil change shop _____
- Best collision shop _____
- Best insurance agent (agency) _____
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- Best house painter _____
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BEST RETAIL STORES

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- Best pharmacy _____
- Best eyecare store _____
- Best bakery/baked goods _____
- Best floral shop _____
- Best grocery store _____
- Best party store _____
- Best jewelry store _____
- Best lumber yard _____
- Best children's wear _____
- Best wine selection (store) _____
- Best beer selection (store) _____
- Best men's wear _____
- Best women's wear _____
- Best resale shop _____
- Best sporting goods _____
- Best antique store _____
- Best hardware/home improvement store _____
- Best gift/card store _____

All Entries Must Be Received By March 7th
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CLASS NOTES

Meeting

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

Election Dates

District residents have until Monday to register to vote in the Feb. 28 Northville Public Schools \$70.7 million bond election. They also have until 4 p.m. Feb. 7 to file appropriate petitions or pay a one-time fee to run as a candidate in the May school board election. There will be two available seats. Voter registration and petition filing take place at the Northville Township Clerk's office, 44405 Six Mile Road.

Gifted

Northville Public Schools will be accepting parent referrals for the 2006-07 third grade ALPS (Alternative Learning Programs for Students) program March 1-17. Testing of second grade nominated students will be April 6-7. Students who will be tested will remain at school for the day and will need to bring a lunch. Parents must provide transportation home. Nomination forms will be available, beginning March 1 in the elementary school offices only and must be returned to the ALPS office, room 310, Northville

Public Schools, 501 W. Main St. by Friday, March 17. For more information about the program or process, contact director Katie Parker at (248) 344-8447 or assistant superintendent Casey Reason at (248) 344-8442.

Love and Logic Training

Amy Morelli and Ulla Gmelin, school social workers, will be offering "Becoming a Love and Logic Parent" training 10 a.m.-11:30 a.m. Thursday, Feb. 23. There will be seven sessions at Ridge Wood Elementary School, 49775 Six Mile Road. The cost is \$20 and includes a workbook. For more information or to register by Feb. 10, call Joyce Greywall, (248) 344-8453.

Kindergarten

Northville Public Schools is accepting kindergarten registrations for fall 2006. Guardians of children age 5 on or before Dec. 1 should contact their local elementary school for registration information. Ridge Wood area kindergarten students for the 2006-07 school year will attend other district schools as follows: Moraine: Fox Hollow, Pine Creek and Paramount Estates; Silver Springs: Woodlands North, Woods of Edenderry, Hills of Crestwood and Links of Northville; Thornton Creek:

Northville Ridge and Stone Water; and Winchester: Northville Hills West and Woodlands subdivisions. All Arcadia Ridge subdivision students will attend Thornton Creek for the 2006-07 school year.

School Closing Update

In the event of inclement weather, the decision to cancel school for the day will be made as soon as possible, prior to 7 a.m. All announcements regarding school closings, bus delays and emergencies are made on these radio stations: WNIC-FM (100.3), WJR-AM (760) and WJW-AM (950).

Early Childhood Openings

Kids' Creative Corner at Thornton Creek Elementary and Main Street locations has openings for 3- and 4-year-olds; Parent/Child at Main Street has openings for 1- and 2-year-olds; and Child Care at Main Street and Thornton Creek Elementary has openings for 2-5 year olds. For more information, call (248) 344-8465.

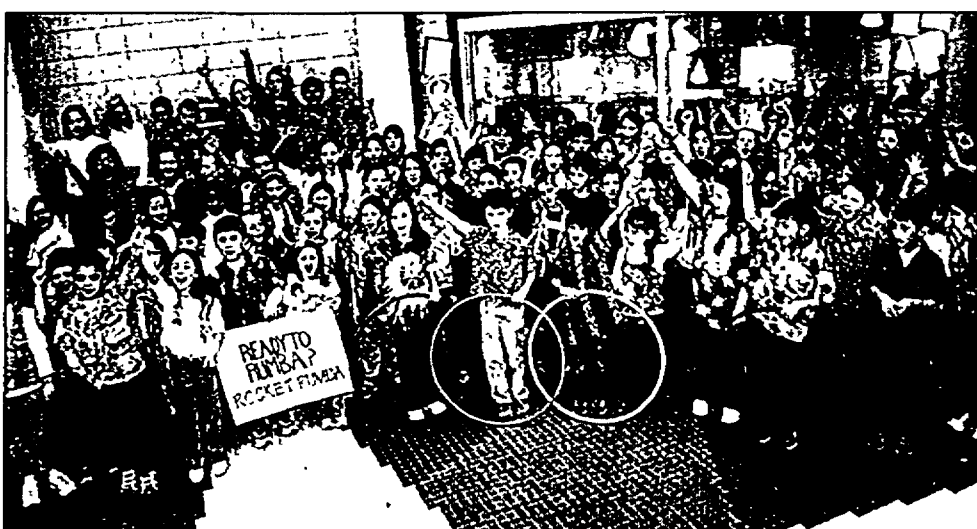
Senior All Night Party

The Northville High School senior class graduation, all-night party will take place 10 p.m.-4 a.m. Saturday, June 3 at the school, 45700 Six Mile Road.



Photos by JOHN HEIDER/NORTHVILLE RECORD

Ridge Wood first grader Karin Desai practices the hula-hoop at Family Fun Night last Friday, a PTO-sponsored event. More than 687 families were scheduled to attend.



Ridge Wood Elementary School students, dressed in Hawaiian shirts and clutching hula-hoops, prepare ready for Family Fun Night.

* Tickets are \$70 each. Make your check payable to Northville Senior Class Party and include student's name and T-shirt size. Mail to Susan Margle, 21936 York Mills Circle, Novi, MI 48374 or place in the Senior All Night Party box in the school office.

* Donations of merchandise, services and/or cash are needed from local businesses and individuals and are tax deductible. The names of donors will be displayed at the party and published in the Northville Record. Contact Carol Grimmer, (248) 380-7244 or Linda Daul, (248) 349-9394.

* Volunteers are needed to work

on decorations. Contact Chairwoman Vessa Fefopoulos at 248-347-4389 or e-mail her at Fefop@comcast.net. Drop-in 7-9 p.m. Tuesday, Wednesday or Thursday at Northville Plaza, Seven Mile Road in the old Rite Aid location.

Books

The Early Childhood Center has something special for families of newborn children to welcome them into the learning community of Northville Public Schools. Contact the ECC Office at (248) 344-8465.

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Presented by

Michael S. Rowe, M.D., F.A.C.P., C.C.R.I.

CAMPAIGN TO BE STEPWISE ABOUT ASTHMA

More than 70% of people with mild to moderate asthma who are on medication are unaware that a treatment guideline exists for their condition, according to a recent study conducted by the American Academy of Allergy Asthma & Immunology (AAAAI). To help asthma patients learn the guideline and communicate effectively with their allergist, the AAAAI has created the "Be Smart, Be Stepwise about Asthma" campaign. Included in this is a list of questions patients can bring to their allergist. Some of the questions include: How would I classify my asthma severity? How do I know if my asthma is under control? What do I do if I have an asthma attack? and How can I prevent an asthma attack?

If you would like further information about today's asthma, or require care for your allergy or asthma condition, contact the ALLERGY AND ASTHMA CENTER OF MICHIGAN. For over 20 years, Dr. Rowe has helped

thousands of patients with allergy and asthma problems. As a clinical research investigator, Dr. Rowe stays on the cutting edge of the newest treatments and directs studies and clinical trials to develop new methods for allergy and asthma sufferers. For an appointment, call (248) 473-6400. Our office is located at 24120 Meadowbrook Road, STE 201, Novi. New patients are welcome. "The Caring Allergist Who Gets Results."

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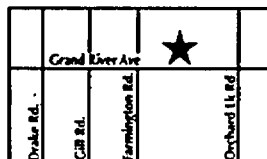
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Young earners face intense financial challenge

By Kelly Barry
GANNETT NEWS SERVICES

The picture for young adults is bleak.

College loan debt is at an all-time high.

Rental rates are through the roof. Wages are stagnant.

Credit cards are getting maxed out left and right.

In short, this group is getting hit from all sides, and they're strapped — for cash, that is.

In "Strapped: Why America's 20- and 30-Somethings Can't Get Ahead," Tamara Draut takes aim at the root causes of the money troubles that young adults face today.

Draut, director of the Economic Opportunity Program at Demos, a New York-based think tank, writes about those born between 1971 and 1987 and their jobs: bouncers (going from job to job); jugglers (working full time while in college); pajamas (working at home); and tempsters (working temp jobs).

Draut peppers her first book with tales of struggle, as well as bits of her personal challenges, and draws heavily from analytical research that suggests the crisis is not letting up.

"They will be the first generation who won't match the prosperity of their parents."

In addition to social and economic reasons, she says, "Government policies have conspired to alter dramatically the process of becoming an adult."

A college education, the initial marker of easing into "young adulthood," is an indicator of future success — both professionally and personally — but in ways you might not have considered.

A college degree "will determine the size of their paycheck, the safety of their neighborhood, the reliability of their car and the opportunities they will be able to provide for their own children." However, it is that education, increasingly required for even low-paying jobs, that is hard to finance and can take more than a decade to pay off.

While still in college, nearly half of working students already put in more than 25 hours a week to help make ends meet, Draut says.

Yet, with diplomas in hand, most college graduates start out with years of debt in front of them and confront:

• Intermittent periods of unemployment.

• Limited chances for corporate upward mobility.

Page Number
11A
Title: "Strapped: Why America's 20- and 30-Somethings Can't Get Ahead," by Tamara Draut
Doubleday, \$22.95

• Stunted wage growth. Thus, bouncers are born.

This group moves between jobs in pursuit of the elusive trifecta: decent pay, ample benefits and the chance to scale the corporate ladder.

One young worker described in the book "bounced" through five jobs in six years. She then did the once-unimaginable and moved back in with her mom to save money.

At 30, she has yet to make more than \$35,000 a year in any job. As she states, "When times are down, that's when your car needs tires."

Adding to the stress: the difficulty in finding affordable housing. Further down the line, there is the added heavy financial burden of providing for a child.

Reading the many discouraging passages makes one yearn for answers, which don't come until the final pages. Just one thin chapter sums up how to push the pendulum toward economically prosperous days.

Among the suggestions:

• Banding together to back reforms for a better U.S. society — families come first, hard work is rewarded with decent wages, college is more affordable, and first-time home buyers get a break.

• Kicking credit card companies off college campuses, where many cash-strapped students develop bad financial habits due to the ease of obtaining cards.

• Having businesses and the government create a joint trust to fund universal child care and education.

The potential long-term effects of inaction are hard to overstate.

Everyone has a stake in the healthy finances of this generation: "The clock is ticking. In 2011, the 76 million baby boomers will start retiring," Draut writes.

Paying for the national debt, Medicare and Social Security will "result in a tax burden on today's young adults double that of our parents."

It is in everyone's self-interest, Draut says, that society be financially sound. That's good for young and old alike.

ENGAGEMENTS



Ferriman-Hall

Scott and Cindy Ferriman of Northville and Randy and Carolyn Hall of Lakewood, Colo. announce the engagement of their children, Brandon Scott Ferriman and Emily Elizabeth Hall.

The groom-elect is a 2000 graduate of Northville High School. He graduated from Western Michigan University in 2005 with a bachelor of science degree in mechanical engineering. He is attending The Operations Leadership Development Program at Lockheed Martin in Orlando, Fla.

The bride-elect is a Dec. 2003 graduate of the University of Denver with a bachelor of arts degree in communication and public relations/marketing. She is employed by Lockheed Martin in the Procurement Department.

A May 2006 wedding is planned.



Krupansky-Bresemann

Ken and Sue Krupansky of Clarkston, formerly of Northville, announce the engagement of their daughter, Kari Elizabeth, to Jon Bresemann.

Kari is a 1994 graduate of Northville High School and received her marketing degree from Michigan State University in 1998 and her M.B.A. in Finance and Marketing from DePaul University, Chicago in 2003. She is employed by Motorola, Inc. in the Wireless Broadband Division as a Channel Manager.

Jon is the son of Perry and Linda Bresemann of Frankenmuth. He graduated in 1992 from Milwaukee Lutheran High School in Wisconsin and received a Bachelor of Science degree from University of Wisconsin in 1996. Jon is employed by Lamar Corporation in Chicago, IL as an Account Representative.

A September 2006 wedding is planned.

ON CAMPUS

Calvin College

Northville residents, Jeffrey Crawford and Karlee Kage, were named to the fall 2005 semester dean's list at Calvin College.

Wittenberg University

Northville resident, Ryan Deutschendorf, was named to the fall 2005 semester dean's list at Wittenberg University.

CHARTER TOWNSHIP OF NORTHVILLE NOTICE OF PUBLIC HEARING TO REZONE PROPERTY LOCATED AT 18500 SHELTON ROAD

DATE: February 28, 2006
TIME: 7:30 P.M.
PLACE: Northville Township Municipal Building
44405 Six Mile Road
Northville, MI 48168

The Planning Commission of the Charter Township of Northville has scheduled a Public Hearing for Tuesday, February 28, 2006. This request is to rezone property located at 18500 Sheldon Road from R-2 One Family Residential to R-3 One Family Residential. The public is invited to attend this public hearing and express their comments and questions. Written comments regarding the proposed changes will be received by the Township Planning Commission 44405 Six Mile Road, Northville, MI 48168.

(2-2/23-06 NR 265450) GEORGE MCCARTHY, CHAIR
PLANNING COMMISSION

CHARTER TOWNSHIP OF NORTHVILLE NOTICE OF PUBLIC HEARING TO REZONE PROPERTY LOCATED ON THE NORTHEAST CORNER OF TECHNOLOGY DRIVE (lot #1) AND FIVE MILE ROAD

DATE: February 28, 2006
TIME: 7:30 P.M.
PLACE: Northville Township Municipal Building
44405 Six Mile Road
Northville, MI 48168

The Planning Commission of the Charter Township of Northville has scheduled a Public Hearing for Tuesday, February 28, 2006. This request is to rezone property located on the northeast corner of Technology Drive and Five Mile Road, from R&D Research & Development to B-3 General Business. The public is invited to attend this public hearing and express their comments and questions. Written comments regarding the proposed changes will be received by the Township Planning Commission 44405 Six Mile Road, Northville, MI 48168.

(2-2/23-06 NR 265444) GEORGE MCCARTHY, CHAIR
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Our fundamental purposes are to enhance the lives of our readers, nurture the home towns we serve and contribute to the business success of our customers.

Community knows no color

Northville doesn't wrestle with diversity much.

Economics and history have insulated the area from the same front-burner concerns faced by nearby communities like Livonia and Novi.

Still, individual residents should always search for new ways to get along, regardless of race, creed or color.

February is Black History Month, by itself an arbitrary distinction intended to raise social awareness.

That's all well and good. But when March arrives, will we remain willing to stand as one community — not because a calendar says so, but because we know it's simply the right thing to do?

We hope so.

City: Still waiting on a final plan

It's been a long haul for people who have been awaiting the outcome of downtown Northville's strategic planning process. The finished product is still a month or so away, but it's time to take a breath and charge toward the finish line. The city will host a public forum Feb. 22 so residents can offer final suggestions and grab ahold of a pet project. Implementation will require residents working together to make them come true. Far from too late to join the process, it's time for all hands on deck. The plan serving as foundation for the downtown's healthy future can't happen without support from all quarters.

Northville: Cold waters, warm heart

Turnout for the first annual Kiwanis Club Polar Bear Plunge was quite impressive as more than 100 people watched along the shores behind the Water Wheel Health Club. Aside from donations made by sponsors, plungers and the community prior to the dip into the 34-degree Rouge River, more than \$400 extra was contributed in cash during the height of excitement. The participation and contributions were outstanding, and the community of Northville should be praised.

Schools: Social studies successes

Great things are happening with the Hillside Middle and Meads Mill middle schools' social studies departments. Learning about apartheid, human rights violations and celebrating the Chinese New Year are ways Northville students are taking a global peek at the world. Under the direction of Meads Mill Middle School social studies teacher Shelley Woodrich, the seventh-grade student body observed the Chinese New Year with authentic lessons and activities. The event also allowed members of Meads Mill Middle School's Asian population to share their culture with classmates. Well done.

Athletics: Show your heart Feb. 14

Northville fans, unite. The Mustangs boys basketball team is all about making their mark this year, and the team is hoping to have their fans pack the stands Feb. 14 when they take on Walled Lake Central. The goal is to fill the gym, even to the point of standing-room-only. It's expected to be a big game, with Northville currently undefeated and Central with only one loss. Don't miss out.

What do you think?

We welcome your Letter to the Editor. Please include your name, address and phone number for verification. We ask your letters be 400 words or less.

We may edit for clarity, space and content. Letters to the Editor, David Aguilar, Northville Record, 104 W. Main St., Northville, MI 48167. Fax: (248) 349-9832. E-mail: daguilar@gannett.com.

Follow me!



Meads Mill Middle School student Nicole Heinz peers out of the head of a Chinese dragon she and other students are parading around the cafeteria during celebrations for the Chinese New Year.

Photo by JOHN HEIDER/NORTHVILLE RECORD

GUEST COLUMN

Governor 'states' odd Michigan forecast

I was the first on my feet when (Gov. Granholm) talked of energy issues and alternative fuels. This has been my topic for over three years. (But she did not mention nuclear energy.)

The Tech and Energy Committee is going to move on this. We want to see her proposals, sooner rather than later. Wind is a great source of power. At a place off the Thumb, on Saginaw Bay, there is tremendous potential. Midland Energy is working on this. But wind will always be a supplemental source, not a primary one. The technology is making this more reasonable all the time; but the esthetics will worry some people.

It costs about \$2 million to put up one of those large wind turbines. But the power generated would recover that investment in about 10 years. Ten years is not a long term in the big picture; and the cost of wind is not going to go up! We must make incentives for the advance of the technology and the investment necessary. For incentives, understand tax breaks. The result will be jobs, and power. We need both.

She hinted at bio-mass — turning farm waste into energy; there is also energy trapped in our landfills. Surprise! These are sources we can, and should tap. Solar energy won't go far in Michigan; we just don't have enough consistent sunlight. Again, it can only be supplemental, but we can make some use of it, obviously.

(House Energy & Technology Committee) Chairman Nofs and I are on the same page, and we're going to move on alternative and sustainable, responsible energy. We must look at all the incentives.

As a whole, such a speech has to be broad brush strokes, generalizations. She can't get into all

the specifics of her proposals. No one expects that. But I'm willing to work with her, and hear from her further, or administration representatives, about the details.

She mentioned bullying in school. Just this morning, I introduced Senate Bill 1012, to deal with that subject. It leaves room for local districts to shape regulations to meet their own concerns. I do not yet know how her proposals will be spelled out.

She mentioned universal health care; I benefited from that myself in Scotland once; but we must realize that in our country, we do have the best healthcare. It is just that people are free to make choices here. Many of our younger people choose not to be part of the system, thinking themselves invincible. (That changes after a while!)

There is a tendency on both sides of this issue to speak of 'compensation' as if it were only a matter of salary. But, for instance, the teachers negotiated certain health care coverage in lieu of more salary. I think that contract has to be honored and protected.

(I already got a Public Act on Small Group Market reform, to make it possible for many small businesses to extend coverage to their employees. This is already working, and good reports are filtering in.)

But when she spoke of legislators' pensions, here she, a Harvard-trained lawyer, was knowingly misrepresenting the facts. We don't have a pension here as legislators any more, since term limits came in. We have a 401K program for this class. That comes out of our salary. It is the same thing available to many through their work; no different.

People who are not insured now often develop multiple illnesses,

which finally bring them to emergency situations. This is a major problem, because the burden is borne by the whole public. She spoke of her plan to bring 550,000 people into it. That's a lot of people. I am eager to see the details. If it is a solid program, it's worth doing.

But I can see that Health Care, and our Health Policy Committee, is going to be very busy, too.

On Education, (Superintendent) Mike Flanagan has made a good proposal. I'm all for it. Undoubtedly, there may be some things tweaked along the way. (I had him at a Town Hall in my district on January 12, where he addressed a good crowd on the proposed graduation requirements. And I've invited the Senate Committee on Education, which will convene in the district on Feb. 27 to hear from the public.)

Health Care Technology: Yes, this can be streamlined. That is already happening. There is an inter-operable registry already moving.

But on stem-cell research, she was throwing in a wedge issue, meant to divide, appealing to one of her factions. The thing is, we already have stem-cell research now. No medical research has demonstrated that there is any difference from using adult stem cells, which is perfectly legal. In fact, fetal stem-cells have shown themselves less stable in achieving desired results. We don't want to kill fetuses. (That's a slippery moral slope.) Research with adult stem cells has already done far better, anyway.

She did not talk much about the environment, as I thought she might. We've got to be willing to talk about, and accept, nuclear power. It is an alternative to fossil fuel.

This was her fourth State of the State. She is an eloquent speaker, but she did seem off her game to start. (Maybe she was disturbed by the handouts?) She set up a lot of strawmen to knock down; she blamed the legislature for taking too long to act, then criticizing us for 'changing her plan. She's changed it. She's not talking in the same terms.

And I was somewhat disturbed by the number of times she used "fight." — I think the most frequently used word in the speech — rather than urge collaboration in problem solving. She could have reached into the crowd, I think, to name more than a single representative's legislation, drawn someone in from the other party, if she was truly serious about "putting aside partisanship."

On Detroit, I think I applauded her more than Mayor Kilpatrick; I stood more. In her last three speeches, according to Tim Skubick, she only used 'Detroit' three or four times. (Kilpatrick was very popular here when he was in the House; I had a very good relationship with him. When he left, he said to me, 'Now you're the big man here.')

Now we probably won't see Jennifer Granholm again for months. That's the way she operates. If she wants alternative energy, why doesn't she come to the committee, not the MPSC? Does she realize that the MPSC has been whacked by the Court of Appeals repeatedly? I think we can work together for Michigan. I'm willing and ready.

State Sen. Bruce Patterson (R-Canton) represents the 7th District, which includes Northville Township and the City of Northville.

Letters to the Editor ... Page 14A

RECORD SOURCES

We're looking for you! The Northville Record is currently looking to interview local residents regarding the following topics:

- Are you a high school student who receives an allowance from your parents?
- Are you a high school student who has an interesting job?
- Are you a Northville senior citizen with an interesting job or hobby?
- Are you a working woman who has recently returned to work?
- Are you a Northville resident interested in sharing a story about how your religious faith has carried you through tough times?
- During the past six months, have you moved into a newly constructed home?

- Do you spend more than \$100 per week on gasoline?
- Are you a single parent?
- Has your home been for sale for more than one year?
- Is there something specific about Northville you would change, update or eliminate?
- Are you planning a unique holiday party or family get-together?
- Is there someone on your street who needs a helping hand?

Contact Northville Record editor David Aguilar at (248) 349-1700, ext. 102, or via e-mail at daguilar@gannett.com.

COMMENTARY

David Aguilar, editor (248) 349-1700, ext. 102 daguilar@gannett.com

Amid opposition, Granholm speech offers new ideas

Anybody who doubts the political smarts of Gov. Jennifer Granholm would do well to look carefully at the State of the State address she delivered last week.

Other politicians in her shoes might have approached this speech with dread, for the state of the state is not, by any measure, anything to brag about. The governor is saddled with a terrible economy, a formidable (and formidably well-financed) Republican opponent in Dick DeVos and a GOP-dominated legislature that will do anything and everything it can to make her life difficult.

Yet Granholm responded with a speech that was both masterfully delivered and which showed a shrewd understanding of the probable electoral landscape come November.

As you listened to her speech, you could see her systematically clicking through a list of likely political targets, be they Democratic, independent or moderate Republican.

She had something for workers for small companies; for poor people without health insurance; workers scraping along on the minimum wage; college-bound kids and their parents; K-12 students and their families; and entrepreneurs and venture capital types.

She knows perfectly well that the legislature is not about to approve any of her proposals, but politically, that won't hurt her a bit.

Wasn't it Harry Truman who laid out a similar set of challenges and won an upset victory for President in 1948 by campaigning against "a do-nothing Republican Congress?"

Let's consider Granholm's main proposals, and to whom they are likely to appeal:

• She called for a new 401(k)-type savings retirement plan for employees of small businesses that don't offer pensions. Her idea was that the state should set up the apparatus for the program without kicking in any matching funds.

• "People shouldn't be counting on Social Security for their retirement nest egg," State

Treasurer Jay Rising told the Detroit News. "We know that 60 percent of firms with 25 employees or less offer no 401(k).

Hard to see how conservative voters can argue against this. For years, Republicans have asserted that workers should take more individual responsibility for their own retirement.

• The governor proposed creating a health insurance plan for the 550,000 working poor who have no health care coverage. That proposal will need approval from both the feds and the legislature.

That will take months, even assuming a tiny sliver of good will and willingness to work together on the part of the Legislature (hah!).

There was no clue as to what this would cost, or where the money would come from. But the half million plus Michigan folks affected certainly are not going to blame their governor for standing up for them -- or reward the GOP for sneering at the idea.

• Likewise the low-wage workers who would stand to benefit by an increased minimum wage. Granholm proposed increasing the wage by nearly \$2 an hour to \$6.85, effective January, 2007. And she pledged to lead a campaign to place the boost on the statewide ballot this fall. What a wonderful way to appeal to union voters to turn out strong in the middle of a tough campaign.

• College-bound kids and their parents, both increasingly concerned about increases in tuition, will be pleased by Granholm's proposal to re-jigger the Merit Scholarship program to award a full \$4,000 to students who complete two years of college.

There's more than politics lurking behind this one. In comparison with other states, Michigan's labor force falls far behind in percentage of workers with college degrees, and four grand for kids who stick it out for two years should be a pretty good incentive.

The prospect of a much tougher school curriculum -- including four years of English and math, two of social studies

and science and two years of a foreign language -- might make kids in school nervous.

But most of them can't vote yet -- and their parents, at least, are by now beginning to realize that merely getting a high school diploma without really knowing anything is hardly the route to a secure economic future for their children.

They'll look kindly on the governor's proposal. (Even the Republicans are unlikely to stop this one.)

• The rapidly growing health sciences sector in Michigan cannot but be enthused at her call for repealing current medieval state restrictions on stem cell research that could lead to cures for diseases like diabetes and Alzheimer's and Parkinson's disease.

A fair number of companies that might locate in Michigan have said they won't come as long as the legislature's head-in-the-sand attitude toward scientific research persists.

The overall picture is clear. If the major purpose of a politician's life and career is to get (re)elected, Governor Granholm did a mighty fine job of preparing for political conflict coming this fall.

The only sad thing is that nowhere in her speech did she tackle the really fundamental issues facing Michigan and its urgent need to restructure our hemorrhaging economy. Those include the chronic structural state budget deficit, now at well over \$1 billion per year, and the archaic, arcane and business-unfriendly Single Business Tax.

Worst of all may be the many cuts higher education has suffered in recent years, which have damaged the launch pad for creative innovation on which our economic future depends.

I know, I know. The governor knows perfectly well she won't get anywhere banging her head against a legislature and a political system that is both unable and unwilling to deal with these issues. But sooner or later, somebody's got to. And as Moses could have told her, sometimes a leader just has to lead.

Phil Power is a longtime observer of politics, economics and education issues in Michigan. He would be pleased to hear from readers at ppower@hcnnet.com.



Phil Power

Historically speaking!



Main St. Northville, Mich., 1910

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you girls although
I am having a good
time out there!
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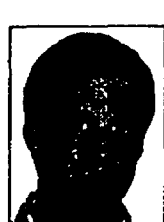


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Downtown Main Street, 1910.

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FROM THE
EDITOR

'One' time

Feb. 28 bond election
draws odd battle lines

Leonard Rezmierski believes in the power of one. One vision. One message. One school district.

David Aguilar
RECORD EDITOR

\$70.7 million bond, the superintendent for Northville Public Schools answered succinctly: "We need one more 'yes' vote than 'no' vote."

On paper, it's that simple. In practice, it's much more complicated. Take last Thursday, for example.

During what was dubbed a "Quad Meeting" roundtable discussion where township, city, Northville Chamber of Commerce and public school officials were supposed to talk openly about building bridges and overcoming common challenges, Rezmierski became a lightning rod.

At one point, it was more like dodgeball, Rezmierski bobbing and weaving as residents fired bond questions at him.

"Why not renovate Cooke School, instead of spending \$25 million to build a new elementary school? Why mention a 1936 boiler in the Main Street building that's not even being used? A fieldhouse, in these economic times?"

And that's just the sample platter Rezmierski tactfully picked over before Township Supervisor Mark Abbo threw him a professional lifeline and hurriedly adjourned.

In truth, Rezmierski, who like a professional entertainer, has been shuttling from one public presentation to another — school groups, parent groups, homeowner associations, public coffees — made the best of a public meeting filled with sugar and short on substance. He fielded tough questions and adroitly presented the district's plan.

Still, not every one was convinced. Fred Shadko, a township resident who also serves as czar of a Northville Web site where gadflies and anonymity reign supreme, raised concerns about the bond's timing, citing Pittsburgh as a city once broken by the steel industry's downturn.

As a career automotive professional, he feared Michigan may suffer a similar long-term demise, especially in light of recent news from Ford, GM and Delphi. For 37 years, he told Rezmierski, he's voted for every education millage put in front of him. Not this time, he said.

Get used to it

That should concern bond supporters, some of whom carelessly dismiss such public unease as fractured unrest not to be taken seriously. That could be a mistake.

Since 1997, when the district needed a second try to pass a \$61.5 million bond for a new high school, voter turnout has declined dramatically. That year, voters approved the bond 3,907-3,201.

In 2001, voters approved a \$28.3 million bond by a 2,651-1,830 margin. Last year, voters approved 2,534-1,695 a \$35.7 million bond used primarily for shoring up district infrastructure.

Generally, the numeric victory margin remains unchanged. But the "yes" votes are in free-fall. Added to that, voter contentment is any election organizer's worst enemy. Getting out the vote is crucial.

What's your message?

Is this bond good for Northville? Is the timing right? Is it needed?

Time will tell. Some resent the scrutiny and having to repeatedly justify their plan. They're frustrated by conclusions drawn from hysteria and paranoia, rather than fact.

Tough. Get up, and keep explaining your position. Stop grouching about "what other districts have" and concentrate on how this plan makes Northville better. Requesting \$71 million from taxpayers should never be easy. It should be exhausting. You owe taxpayers that much. You promised them that much.

Tired of explaining your plan? Your alternative is simple: ask the 3,907 voters who approved the 1997 millage to throw \$18,172 into a jar (that's \$908 per year for 20 years), and go it alone.

The district has a solid message, when it stays on-point. But when all you need is "one," the right messenger can make all the difference.

David Aguilar is the Northville Record editor. He can be reached at (248) 349-1700, ext. 102. Or by e-mail at daguilar@gannett.com.

LETTERS TO THE EDITOR

Support school bond

I believe too many have gotten caught up in the complexities of the "bonds" and equally have fallen in love with the "facade" of our community high school. The Northville school bond issue carries one common thread for all, whether you have students in the system or not; it's about economics, economics 101. I am one who does not believe that the Michigan economy today or in the intermediate future will support home asset valuations in Northville. The single, greatest asset we have in Northville is our school system and its facilities. This "greatest attraction" is what will drive property valuations in our community over and above any cost to support it.

We today find ourselves behind the competition in terms of facilities for our students and ability to attract newcomers. We have been resting on our laurels and let others blow by. The facade you see on Six Mile Road lacks "guts." For example, there is a weight room; a 15x20 hole in the wall that 60 kids line up to take turns in daily. It is a joke, yet many of you know only that "we have a weight room." We have a gym, for over 2,000 students. Newcomers to our area will see what Walked Lake, South Lyon, Novi, Livonia, Stevenson, Wayne, John Glenn, Plymouth/Canton have done to enhance their facilities and settle there. Let's face it, students or no students, any increases in property values will be a direct result of what we do as a community with our greatest, largest sales tool — schools. Don't be "penny wise and pound foolish." Vote "yes" on Feb. 28 for our Northville school assets, and enjoy your property appreciation.

Ben Sergi
NorthvilleProtect Northville, vote
"yes"

Twenty-two years ago, my husband and I moved from New York to Michigan. When we decided to start a family, we moved to Northville. We wanted our children to benefit from Northville schools and all the opportunities that it provided. We wanted to live in an area where home values would appreciate, where we'd never have to worry about schools closing and where we'd be able to participate in NHS activities for many years to come.

Today, schools in the outlying areas have much to offer buyers. Bigger homes, smaller price tags, and schools with state-of-the-art facilities. Anyone who has visited Dexter, Pickney, Brighton, Livonia, Churchill or any other schools in the area that have built or added fieldhouses can easily see that our athletic facilities are lacking. Passing this bond is an economic issue. We need to continue to draw people to our community by keeping up with the times and passing the "much needed" bonds.

Adults whose children are grown or young parents whose kids are not yet old enough to attend NHS only see a sparkling "new" facility. What they do not see is high school students utilizing every inch of that facility at all hours and its only going to get worse. They have no idea that teams are having to workout at six in the morning and running late into the evening hours as well. Selling off all the land around the high school was poor planning. Selling other sites without being able to allocate land for additional schools was an additional hit. Let's not blow this one, too. As a community, we not only need to protect the value of our homes but more importantly put money into our greatest investment, investing in our youth.

Annie Mitchell
Northville

Bond: needs-based

As a member of the Continuing Excellence for Northville's Children committee, I encourage voters to take a closer look at the elements of the proposed bonds.

A few strong but perhaps misguided voices shouldn't make your decision for you.

The thought of building an elementary school adjacent to a landfill seems abhorrent, but in fact, there are no toxic issues with the land, which has been tested by three outside consultants. Furthermore, that landfill is not a toxic waste landfill. The air becomes pungent from time to time, but all residents of the area, including those whose children will attend that school already know that. The school district works closely with the landfill operators to ensure any problems with odor are addressed quickly. And the school will be equipped with an air filtration system to eliminate any odors inside the school. Again, this air filtration system addresses a comfort issue, not a health risk.

The alternate location for an elementary school location is Eight Mile and Garfield, which would be a very long bus ride for the elementary children living in the high growth area around Six Mile Road. Another option residents have proposed is renting a Livonia school. However, rental costs would come out of operating funds, by law, reducing the funds available for instruction and programs. Transporting Northville children to Livonia would be an even longer bus ride.

It would be great to be able to accommodate growth with no cost, with no choices, but it cannot be. In fact, the growth of the community and the high real estate values of the greater Northville area have helped reduce the millage rate. Over the past nine years, voters have approved \$125.5 million for three important bond issues. During that time, increasing property values have enabled the district to lower its debt millage by 1.05 mills, meaning a tax reduction of \$210 per year on a taxable value home of \$200,000 (market value of \$400,000). And even with a \$70.67 million bond request, the cost per homeown-

er is relatively modest because of the large number of homes and value it's stretched across.

The bond issue deserves your careful consideration, and checking of facts. It is your district, your money, your choice. Make sure your choice is an informed one.

Karren Yurgalite
Northville

Needed: "yes" vote

Our family moved to Michigan two years ago from Los Angeles. My wife and I have two boys. The first, a freshman at Northville High School and the second, a sixth grader at Meads Mill Middle School. We chose Northville over many other communities for a number of reasons, the biggest of which was the glowing recommendations we received from colleagues regarding the community and the school district. Our boys are extremely involved in sports and have quickly become entrenched in the Northville sports community.

After one football season at the high school, it has become apparent to me that the athletic facilities in Northville are not competitive with other schools in our own conference, much less out of state. The teams have to condition and weight train in the hallways, rent indoor facilities outside of Northville, and share a space that was not designed to accommodate this many kids. This is unacceptable in a school of this size.

With this being said, if I had to make the decision over again, I would have seriously considered other communities in the area with competitive facilities. As the enrollment grows, the problem will only worsen and it will drive families away from Northville and in turn have a direct negative impact on all of our property values.

In closing, we need to vote "yes" Feb. 28, and pass the school bond measures for our kids and our community.

Greg Huttling
Northville TownshipBond questions asked,
answered

I have lived in Northville, and have been heavily involved in the community through various committees and commissions. There are four things that make Northville the desirable community it is. Our location at the crossroads of two heavily travelled freeways, the fabulous downtown, the effective collaboration of the local governmental bodies, and last, but most importantly, the outstanding school system that attracts young families to this community.

I am supporting both school bond proposals on Feb. 28. The reasons are clear. The school district needs the facilities that will be built and acquired with the proceeds to remain the elite district that it is. I didn't arrive at this conclusion blindly. I have spent many hours in research and discussion with administration officials and school board members, to find out how far they exhaust the seemingly less costly alternatives. Questioning them in ways, "Did you think of ...?" "Did you look at ...?" and the answer was always "yes, and the reasons we went this way is ..." Their answers always made sense. While I have spent at least 50 hours investigating these issues on my own, they have spent several hundred of hours individually and collectively and have evaluated all the possibilities. These are very smart and dedicated people. Asking taxpayers for more money is not an easy thing to do, and is avoided whenever possible, especially with the local economy hitting a bit of rough patch. When it comes to educating our children, and maintaining the school district's elite status, a long term view needs to be taken. The proposals presented on the Feb. 28 ballot are the best alternatives for our community.

Various objections have been noted in letters and columns to the editor recently, and without sufficient space here to address them all, I can only suggest that you take the time to learn as much with an open mind and recognition that the dollars requested are small in individual taxpayer terms.

Granted, the economy could be better, but the need is now. Look at what having a great school district means to your children, your community, and your home value. This amounts to an after (income) tax increase of less than \$150 per year to the typical owner of a \$400,000 home, versus the return you get from it. Let's protect our investment. We need both of these proposals to pass.

Mike Weaver
Northville

Bond logical request

As a resident of Novi, but a member of the Northville School District for 20 years, and as a parent of two children, I have been a supporter of the school system. The education my children have received thus far has been outstanding and I am proud of Northville's reputation for academic excellence. I have seen new schools built, school boundaries changed, existing buildings renovated, and through it all, Northville schools have thrived. I believe that the current school board is now asking us to support the next logical phase to insure continued excellence of Northville's school system. I personally know people who have served on the short-term and the long-term option committees and have helped sort through options, issues, and related consequences. I have read the literature available on the bond proposals and have attended meetings where the bond proposals were explained in great detail. I have witnessed the impact of the current needs (not wants) of the athletic facilities and complete-

ly agree that the athletic programs deserve the same commitment to excellence that our academic programs enjoy. To maintain Northville's reputation for top-level schools, we have to be willing to invest resources at key growth times. I believe that time is now.

Gretchen Stern
NoviBond dollars make
good sense

Northville is a great place to live and a great place to raise children. The historic district of Northville lends to its small town feel. Residents of Northville enjoy the benefits of an excellent school district, extensive parks and recreation department and active community in its businesses and service organizations. When something works, people want to be a part of it.

The growing enrollment in the Northville school district is a testament to its success. The southeast portion of the school district is experiencing explosive building of new homes at an alarming rate. What was just an open field marked with stakes at Six Mile and Ridge roads this summer is now filled with new homes almost completed and ready for new owners to move in.

The board of education and school administration have shown caution and good sense in their reactions to this unprecedented growth. The students in our elementary schools have tightened their belts each year — as have teachers and parents. We have used redistricting, portable classrooms and now have even pulled an entire grade level out of Ridge Wood Elementary to manage capacity issues.

Building a seventh elementary school is an appropriate and much needed response to the growing enrollment in the Northville school district. It is a need, not a want. Since the day my children started school in the Northville district they have attended an overcrowded school. In 2002, they attended Thornton Creek Elementary which was overcrowded. The next year they moved to Ridge Wood, a school that was over capacity the day it opened its doors. My children are resilient and as a family we have made the best of a less-than-perfect situation.

As a concerned parent, I have attended committee meetings, town hall meetings, PTA meetings and school board meetings — all in the search for the best solution to our capacity issues. I am not alone — many citizens have spent many, many hours on the short and long-term committees studying Northville's growing enrollment. In the end, what both committees determined was that we should be looking for the long-term solutions to the growing enrollment issues in Northville — not the short-term band aids suggested most recently on this editorial page. Removing the ECC from district schools, renovating Cooke School or renting space from a neighboring school district are all suggestions that were examined by the short and long-term committees. Each of these suggestions was found to be a stop gap measure, not a long-term solution.

The ECC has become a respected and important component of the education of the children of Northville. Removing this program and its location within elementary schools in the district simply because it would be convenient doesn't make sense. The short and long-term citizen committees have shown time and again that our capacity issues at the elementary level cannot be solved by removing the ECC. Over and above the fact that it wouldn't solve anything, I think we are losing sight of what is most important in any decision we make: the education of our children. The ECC program has been developed because it enhances the education of our children and we should not lose sight of why it was created in the first place.

Cooke is not a viable, long-term solution to the growth that Northville is experiencing. It is not located in the area of the growth. It was not built as an elementary school. It has been extensively modified to accommodate special education students. I do not see the benefit of uprooting a beneficial program, pouring money into de-modifying the building and then busing elementary children to a building that wasn't meant to house them. Our goal should be to find the best solution, not necessarily the easiest or most convenient.

I have read recently that the Plymouth-Canton School District is leasing a Livonia elementary school. The leasing of that building is a temporary solution for that school district while one of their elementary schools is renovated. I don't know of a school district in Michigan that can afford to lease a school long-term. A school district cannot ask for money from a bond election to lease a building. The cost of the building lease would have to come out of the Northville district operating budget. At a time when we are already experiencing cuts right and left in operating costs, where exactly are we going to get the money to pay for a lease? If your answer is to cut teachers and increase class size then once again it is not a viable solution. If we have learned anything in past years it is that class size matters. If our goal as a community is to ensure the best possible education for our children then any solution to the growing enrollment in Northville that includes increasing class size is unacceptable.

I expect the Northville Board of Education and school administration to maintain its high standard of education even when faced with skyrocketing enrollment issues. I think that they have shown their unwillingness to over-build and have presented the community with proposals in this bond election which are reasonable and necessary. I urge residents to make every effort to be informed — and vote "yes" for schools.

Dottie Garrity
Northville TownshipGrowth dictates "yes"
vote

The Northville bond issues, on the table have raised a few feathers, kicking people's emotions into high gear. While I have elementary children in Northville Public Schools, I'm trying to analyze the issues and facts objectively. My conclusion was easy — the district is asking for necessities that they need and not simply luxuries that they want. There is a very distinct difference.

• Seventh Elementary School: simple supply and demand. Enrollment projections (third party data) show 700 elementary students over capacity in 2010. Opponents suggest using Cooke school or Livonia's empty buildings instead. Cooke is likely a huge profit center for Northville, serving as a regional special-ed center. Bussing the kids up to 30 minutes each way to Livonia is just plain silly.

• Field-House Addition: just what is a "Field-House" anyway? I'm not sure, but this is nothing more than a multi-purpose PhysEd facility added to the existing PhysEd wing of the high school. This "addition" is really no different than the academic wing that taxpayers approved in 2001 and was part of the original high school design.

• The transportation garage, Eight Mile stadium renovation and Main Street renovation issues are "no-brainers" in my opinion. The garage is 40 years old and probably should be condemned. The condition of the "stadium" and Main Street is a total embarrassment.

Let's not forget the big picture here — Northville enrollment has grown from 4,026 students in 1992 to 6,700 today. That's nearly 2,700 students added and is virtually the equivalent of adding any of the following entire school districts: Grosse Ile 1,976, Big Rapids 2,175, River Rouge 2,198, Riverview 2,645, Marysville 2,694, Mt. Clemens 2,820, Chelsea 2,884, East Grand Rapids 2,886 and Centerline 2,888 (figures provided from Mich. Dept. of Education Web site). These are stunning figures, and we need to keep in mind that this unbelievable growth has been steadily managed while still maintaining outstanding academic achievement. Standard & Poor's included Northville on their list of "Outperforming School Districts" in Michigan. 520 districts in Michigan were considered, and only 43 were honored, with Birmingham the only other district in the entire Wayne-Oakland-Macomb area. Reading and math proficiency was a determining criteria, and Northville was No. 2 in the state with a rating of 92.5 (Forest Hills Public Schools was No. 1 with a 92.6 rating).

In short, I am puzzled with the criticism levied upon the district. If things are that bad here in Northville, then maybe these nay-sayers should run for the school board, donating hundreds of hours a year. If this isn't a viable option, then maybe some of this negative energy can be refocused into a constructive contribution for the betterment of the community. Please join me in voting "yes" for both bond proposals, affording our school district and our kids the facilities and tools necessary to continue to do the job right.

Andy Terhune
Novi"Yes" vote protects
Northville

All of us who are fortunate enough to live or work in Northville should be working to help pass the Feb. 28 bond proposal. Merchant, homeowner, parent, and most importantly, child and student will benefit greatly from this bond. As our community continues to grow and prosper, we need our schools to keep pace lest we lose our advantage.

We have been blessed with rising property values and wonderful opportunities largely due to the quality of our outstanding school system. Now however, sheer numbers of children have put a tremendous strain on the ability to continue providing the extensive depth of programs and quality instruction that has so enhanced our community. Our physical education programs are suffering greatly which carries over to our athletic teams. Our current athletic facilities, while very attractive, are overcrowded and no longer efficient. We are forced to have student athletes practice in hallways and cafeterias, return for practice at all hours of the day and night, or find other out of district locations. Our recreation department, which has improved greatly in years of late, is challenged to help out our school programs without taking away from recreation opportunities offered to our community.

Without this bond, our growth will necessitate adding portable classrooms to our existing schools. This would decrease the effectiveness of our system to respective highly skilled teachers, and new residents. All of us would suffer by way of falling property values and the resulting gradual quality decline of our community life. Our award winning schools are worthy of great community pride. Our teacher-student ratios and average class sizes are more than competitive, our ability to attract excellent teachers is strong, and our program opportunities rank among the finest in the nation. Let's not let them become average.

Finally, we in Northville, at whatever stage in life, have always chosen to make the youth of our community a priority. For most of us, that is what brought us here originally. Now we have another opportunity to continue the rich educational legacy that has benefited us all. Passing this bond issue will enable our beloved community to continue to grow, prosper, and be the place where we are all proud to live and call home.

Scott and Susan Baldwin
Northville

continued on 20A

N^{Record} News Tracker

Featuring Issues Important to You



NORTHVILLE TOWNSHIP

Former 414-acre Northville Regional Psychiatric Hospital property.

The property was sold to Bloomfield Hills-based Real Estate Interest Group, Inc. in August for \$31.5 million. After much scrutiny from other local developers regarding the sale price, the state of Michigan finally closed on the property in September making the sale complete.

The property, still sitting unoccupied, has been discussed during several meetings with township members of the Seven Mile property subcommittee and Real Estate Interest Group, Inc. and Southfield-based Schostak Brothers.

The township anticipates plans for the property to be available sometime in March or April. Although there has only been speculation of what Real Estate Interest Group, Inc. and Schostak Brothers plan to propose, township board members are certain they will not see images of the previously presented Belmont Park plan.

Construction at Community Park

Phase one of the park construction project is still underway. The township ran into problems regarding removing demolished materials, which diverted funds from the recreation improvements.

More construction has been added into the 2006 budget and work will begin again this spring.

The township's main focus in 2006 will be paving gravel parking lots, installing irrigation on six of the park's soccer fields to grow grass and bringing in several picnic tables and trash barrels. The overall budget for this year's work is about \$200,000.

CITY OF NORTHVILLE

City manager vacancy: Effective Jan. 6, Northville City Manager Gary Word resigned his 14-year position to take a similar job in Islamorada, Fla.

On Dec. 1, the city council hired a consultant to help find a replacement. Assistant City Manager Nickie Bateson was named interim city manager.

The Chicago-based PAR Group has been accepting resumes and plans to narrow the list of candidates to 12 by the end of February.

During March, city council members will interview six finalists, planning for the new manager to be on-the-job in April.

Former McDonald Ford site: It was a year ago today the McDonald Ford dealership closed at the corner of Seven Mile Road and South Main Street.

The owners of the 4.6-acre parcel obtained an appraisal with plans to sell the vacated property.

The Mach and Allen families bought the South Main Street showroom from Bill and Marjorie Sliger, marketing the whole southwest corner as one location. Selling the property has taken longer than expected, said Bruce Mach, one of five children who, along with their mother, Arveda, own the largest parcel.

The parcel remains for sale, Mach said: "We've had interest, but nothing substantial to get excited about yet."

NORTHVILLE PUBLIC SCHOOLS

Northville Public Schools bond proposal

Voters approved a \$35.7 million bond request in 2004 for district-wide capital improvements. The community support brought the cumulative 16-year bond total to \$140.7 million. Past bond funds were used to build Ridge Wood and Thornton Creek Elementary schools, construct an academic addition to Northville High School and shore up aging infrastructures and technology.

Northville Public Schools is asking voters to approve two bonds in February totaling \$70.67 million. A \$45.43 million bond covering changes to the district stadium, construction of a transportation facility, athletic field house, technology upgrades and improvements to all district buildings and a \$25.24 million bond to acquire land and construct a seventh elementary school.

Changing attendance boundaries for elementary school students based on bond outcome and addressing projected over-capacity growth at Northville High School.

Kindergarten students scheduled to attend Ridge Wood Elementary School were bussed to surrounding district elementary buildings as part of the Northville Public Schools 2005-06 Kindergarten Relocation Plan. The plan was adopted as a short-term solution to Ridge Wood overcrowding issues.

Members of the Northville Public Schools Board of Education would decide if the relocated kindergarten students may return for first grade at Ridge Wood Elementary School.

Northville Public Schools Board of Education members with support of district administration decided current Kindergarten Relocation Plan students with older siblings at Ridge Wood Elementary School may return in the 2006-07 school year for first grade. School officials said the decision was made because there is not enough capacity at Ridge Wood to accommodate all affected kindergarten students.

Officials will alter district attendance boundaries for all elementary buildings following the Feb. 28 Northville Public Schools \$70.7 million two-issue bond election.

Final public forum set as downtown strategic plan nears completion

■ Lingering question remains: when will something get done?

By Maureen Johnston
RECORD STAFF WRITER

Kim Behmer is itching to get started.

As a business owner and member of the Northville Downtown Development Authority, she has listened for months to discussion, planning and studies of the city's potential.

"I just want to see some action," she said. "I want to see some results."

The owner of American Spoon was part of a Jan. 25 panel of downtown representatives asked by the city's strategic planners to identify projects key to keeping the city vital in the future.

Potential projects ranged from creating a cut-through on the north side of the east Main Street block to future parking expansion.

Centrally locating the farm market downtown and expanding Bandshell park into a town square were among Behmer's top choices.

Part of the process

Connie Pulcifer, Beckett and Raeder senior associate for the city's strategic planner, asked the 22 workshop participants — city officials, merchants and residents — to rank their top options the firm identified through a public forum, interviews, building and land-use assessments and identifying parcels for development.

A next step for the Ann Arbor-based consultant will be asking city residents to perform the same exercise at a Feb. 22 meeting, 7 p.m. in city hall.

The Downtown Steering Committee requested the consultant add a second chance for public comment on potential plans, pushing the final report deadline into March.

"I think the pace is fine," said Marc Russell, a member of the downtown steering committee and city's planning commission. "I think they're moving at our pace."

"It's not on and on and on, it's six months. They've got to be very careful to have opportunities for input."

Resident comment is critical to ensure community support for the projects defined as priorities in the final plan, Russell said.

"It can't be a document that sits on the shelf."

Beckett and Raeder partner John Iacangelo said part of their \$54,500 six-month contract is creating a business plan for the city to follow, complete with specific direction on implementing desired projects, cost forecasts, and how to pursue grants and other funding.

Public participation

During last week's workshop,

steering committee member Doug Bingham suggested the committee tap into residents' passions during the Feb. 22 forum. As Beckett and Raeder representatives lay out potential designs for specific projects, people can sign up on the spot.

"I think it will give them an opportunity to have a say," Bingham said. "It will give them an equity interest, they are part of the process."

The residents who will attend the farmer's market, visit the town square or travel pedestrian walkways have ideas what they want to see in them, Bingham said.

"I'd like to see half a dozen clipboards circulating, for the various projects."

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

■ Top of the list

Priorities identified during the Jan. 25 downtown strategic planning workshop include:

- Redevelopment of the CVS block
- Integrate the farmer's market downtown
- Connecting Ford Field to the Mill Race District
- Non-motorized connections
- Creating a town square (expanding Bandshell Park)
- Re-design Mary Alexander Court
- Sidewalk cafes and outdoor seating

■ Where's the parking?

Bob Buckhave said that all sounds fine, but Northville: we still have a problem.

At last Wednesday's four-hour workshop, Buckhave and fellow local developer Erwin

Tonch said the strategic plan has a gaping hole in providing parking for new development.

The local business owners, in the process of converting the former Northville Square mall at Main and Wing streets into retail and restaurant space, said potential tenants are asking where their patrons will park.

Beckett and Raeder will analyze data the city recently finished compiling relative to the projects deemed priorities, Beckett and Raeder partner John Iacangelo said, identifying potential problems and recommending a solution.

Parking needs, including plans to add on-street spaces throughout town, will be the focus of the Downtown Steering Committee's Feb. 16 meeting, Pulcifer said. The public can weigh in on the topic Feb. 22.

WHAT'S GOING ON?

Northville's Official Events Calendar • For a complete calendar, visit www.northvillerecord.com... Northville Record... Around Town

NORTHVILLE EVENTS

Grief Support Groups

DATE/LOCATION: Tuesday, Library, 212 W. Cady St.; Wednesday, Arbor Hospice and Home Care, 331 Center St.

TIME: 7-8:30 p.m.
DETAILS: Groups run through March 7 and are open to the community. There is no fee. Advance registration is required.

CONTACT: Sandy Van Koeveing, (248) 348-4980

Northville Woman's Club

DATE: Friday
TIME: 1:30 p.m.
LOCATION: First Presbyterian Church, 200 E. Main St.

DETAILS: Martin Brosnan will be speaking on "The Streets of Detroit — and the Names Behind Them."

CONTACT: Karen Olson, (248) 347-4299

Art Exhibit

DATE: Friday
TIME: 6-9 p.m.
LOCATION: Sherrus Gallery of Fine Art, 109 N. Center St.

DETAILS: Russian-born, Felix Braslavsky and Indiana artist, Tom Slack, will have paintings on exhibit through February. Opening night includes a wine and cheese reception and an acoustic guitar and keyboard performance.

Art Exhibit

DATE: Friday
TIME: 5-9 p.m.
LOCATION: Studio 427, 122 W. Main St.

DETAILS: This is an exhibit of large canvas acrylic paintings by Jeff Spade. Jazz musician and singer, Paul VarnHagen will also be performing. It is free to the public.

CONTACT: (248) 449-6501

Blood Drive

DATE: Sunday
TIME: 7:30 a.m.-1:30 p.m.
LOCATION: Northville First United Methodist Church, 777 W. Eight Mile Road

DETAILS: Walk-ins and appointments are welcome.
CONTACT: Janet, (248) 349-6592

Country Garden Club of Northville

DATE: Tuesday
TIME: noon
LOCATION: Various members homes

DETAILS: Ann Cline will speak on "Bloomin' Iris" and refreshments will be served. Guests are welcome.
CONTACT: (248) 349-7783

Movie Premiere

DATE: Saturday, Feb. 11
TIME: 7 p.m.
LOCATION: Northville High School, 45700 Six Mile Road

DETAILS: This is the screening of a local documentary, "ONE THE MOVIE." Studio 427 is hosting this event. Tickets are \$11 at the door.

Northville Genealogical Society

DATE: Sunday, Feb. 12
TIME: 2:30 p.m.
LOCATION: Northville District Library, 212 W. Cady St.

DETAILS: Kathy Mutch will speak on the "History of Novi." The meeting is free and everyone is welcome.
CONTACT: Grace Wilfong,

(248) 349-9079 or visit www.rootsweb.com/~mings

Art Classes

DATE: Monday, Feb. 13-Thursday, Feb. 16
TIME: Various times
LOCATION: Awakening...The Artist Inside Studio, 111 N. Center St.

DETAILS: Classes are available for ages 3 to 15 years. The theme is "The Chronicles of Narni-ART." Registration is required.

CONTACT: Robyn Mewha, (248) 347-0807

Northville Garden Club

DATE: Monday, Feb. 13
TIME: noon
LOCATION: Cady Inn, Mill Race Village

DETAILS: Kim Roth will be presenting a program called "Vivacious Vines." The meeting is open to the public.

CONTACT: Julie Mantay, (248) 349-1602

Gardeners of Northville and Novi

DATE: Monday, Feb. 13
TIME: 6:30 p.m.
LOCATION: Novi Civic Center, 45175 Ten Mile Road, Novi

DETAILS: This meeting will be on "The joy of scented geraniums."

CONTACT: (248) 348-1946

Northville Arts Commission

DATE: Wednesday, Feb. 15
TIME: 7:30 p.m.
LOCATION: The Art House, 215 Cady St.

DETAILS: This is a slide lecture of French Impressionist paintings presented by Michael Farrell. The cost is \$10 for adults and \$5 for students. Tickets are available at the door.

CONTACT: (248) 449-9950

Choir Concert

DATE: Saturday, Feb. 25
TIME: 7 p.m.
LOCATION: Northville High School, 45700 Six Mile Road

DETAILS: Northville High School choirs will present a Cabaret-style concert. Tickets are \$10 in advance/\$15 at the door. Seating is pre-assigned, tickets will be mailed. To purchase tickets, mail your check payable to NHS Choir, to: NHS Cabaret, 42295 Old Bedford Road, Northville, MI 48167.

Johnson Creek Volunteer Rally

DATE: Monday, Feb. 27
TIME: 7 p.m.
LOCATION: Northville Township Hall, 44405 Six Mile Road

DETAILS: The Johnson Creek Protection Group (JCPG) is hosting its sixth annual volunteer rally and information meeting. Residents interested in the Johnson Creek and Rouge River watersheds and local volunteer opportunities are welcome. Refreshments will be served.

CONTACT: Demetria Janus, (734) 214-1885 or e-mail djanus@stantec.com

Open Mic Night

DATE: Third Saturday of every month through May
TIME: 6:15 p.m., sign-up: 7 p.m., performance

LOCATION: Art House, 215 W. Cady St.

DETAILS: Northville Arts Commission hosts this event for acoustic, folk and traditional musicians. The cost is \$5 at the door.

Performers are free.
CONTACT: (248) 449-9950

Art Walk

DATE: First Friday of every month
TIME: 5-9 p.m.
LOCATION: Downtown Northville

DETAILS: Art galleries, arts and crafts stores and restaurants will be open; art demonstrations and exhibits available in shops.

CONTACT: Tom James, Northville Camera and Digital Imaging, (248) 349-0105

Marquis Theater

LOCATION: 135 E. Main St.
CONTACT: (248) 349-8110 or www.northvillmarquistheatre.com

"The Little Mermaid"

DATE: Beginning March 18; various days
TIME: 2:30 p.m.

DETAILS: Tickets are \$8 per person; no children under 3 years old.

"Vaudeville Tonight"

DATE: Friday, March 24, 31 and April 7; Saturday, March 25, April 1 and 8
TIME: 8 p.m.

DETAILS: Tickets are \$12 for adults and \$10 for seniors and students; no children under 6 years old.

Genitti's Little Theater

LOCATION: 108 E. Main St.
CONTACT: (248) 349-0522 or www.genittis.com

Lunch/Dinner Theater

DATES: Friday and Saturday
DETAILS: The theme is "Super Bowl Scramble." Tickets are \$45 per person which includes meal and show.

Maybury Park/Farm Programs

LOCATION: Maybury State Park, Eight Mile Road between Beck and Napier roads.

CONTACT: (248) 349-8390

Library Lines

LOCATION: 212 W. Cady St., near Northville City Hall; parking off Cady Street

CONTACT: For information about programs, services or to request or renew library materials, (248) 349-3020

TIME/DAY: 10 a.m.-9 p.m., Monday-Thursday; 10 a.m.-5 p.m., Friday and Saturday; and 1-5 p.m., Sunday

Northville Genealogical Society

DATE: Every Monday
TIME: 1-3 p.m.

DETAILS: Individual help on genealogy is offered by society members.

CONTACT: Grace Wilfong, (248) 349-9079 or visit www.rootsweb.com/~mings

Tot Storytime

TIME/DATE: 10:15 a.m. Monday (through Feb. 27); 10:15 a.m. and 11:30 a.m., Wednesday (through March 1); 10:15 a.m., Thursday (through March 2)

DETAILS: This storytime is for 2- and 3-year-olds with a parent or caregiver. Additional children may not attend.

CONTACT: To register, call (248) 349-3020

Stories for Children

TIME/DATE: 4 p.m. Monday



Photo by JOHN HEIDER/NORTHVILLE RECORD

Arie Lipsky, conductor of the Ann Arbor Symphony, demonstrates to Thornton Creeks students how a cello is played.

(through March 13); 10:15 and 2 p.m. Tuesday (through March 14)

DETAILS: Sessions are designed for children who are 4, 5, or in kindergarten and comfortable attending without a caregiver present.

CONTACT: To register, call (248) 349-3020

Kids Club

DATE: Thursday, Feb. 16, Amazing Balloons
TIME: 4:30-5:15 p.m.

DETAILS: This is an program for first, second and third grade students featuring stories, games and crafts.

CONTACT: To register, call (248) 349-3020

Junior Books, Chat and Chow

DATE: Wednesday, Feb. 22
TIME: 4:15 p.m.

DETAILS: This program is for fourth and fifth grade students. It will include snacks and discussing the book, "The Library Card" by Jerry Spinelli. To register, call (248) 349-3020.

Books, Chat and Chow

DATE: Monday, Feb. 6
TIME: 4:15 p.m.

DETAILS: This monthly book discussion group, for middle and high school students, will discuss "Monster" by Walter Dean Myers.

Family Storytime

DATE: Wednesday, Feb. 8
TIME: 7 p.m.

DETAILS: This drop-in program is designed for preschool children (best suited for 3 and up, but younger children are welcome) with parents or caregivers. Families are welcome.

Writer Workshop

DATE: Wednesday, Feb. 8
TIME: 7 p.m.

DETAILS: Representatives from the Greater Detroit Romance Writers of America will discuss their experiences in becoming a published author.

Valentine Craft

DATE: Thursday, Feb. 9
TIME: 4-5 p.m.

DETAILS: Designed for children of all ages to make a valentine beaded heart or heart picture frame for someone special. Children ages 5 and younger must attend with a caregiver. No registration required.

Adult Book Discussion

DATE: Monday, Feb. 13
TIME: 7 p.m.

DETAILS: "Lucy" by Jamaica Kincaid, will be discussed.

Variety Show

DATE: Wednesday, Feb. 15
TIME: 3 p.m.

DETAILS: Vikki Gasko's Fun Variety Show includes ventriloquism, laughter, silliness, magic and audience participation for all ages. One hundred free tickets will be available at the information desk five minutes prior to the program. Tickets not available in advance.

Sudan: War In Darfur

DATE: Tuesday, Feb. 14
TIME: 6:45 p.m.

DETAILS: The Northville/Novi American Association of University Women (AAUW) invites participants to come and discuss foreign policy topics. At the conclusion, opinion ballots are distributed, information gathered will be presented to the White House, Department of Defense and U.S. Congress.

CONTACT: Beth Ann Knisely, (248) 305-8992

Ireland Presentation

DATE: Wednesday, Feb. 15
TIME: 7 p.m.

DETAILS: Tour guide, Kathy Thornton will present slides of castles, towns and historic sites of Ireland. The program is free but space is limited.

CONTACT: To register, call (248) 349-3020

Friends Store

DETAILS: The Friends Store, located inside the library, offers a variety of gifts for all ages. All proceeds benefit the library.

Book Donations

DETAILS: Used books and materials are needed by the Friends of the Library. The library adds to the collection and donates the rest to the Friends for sale, with proceeds benefiting the library. Donations are tax deductible. If you need assistance unloading books from your car, call (248) 349-3020 in advance to make arrangements.

Library Board of Trustee Meetings

DATE: Fourth Thursday of every month
TIME: 7:30 p.m.

DETAILS: Public is welcome.

Church Events

First Presbyterian Church of Northville

LOCATION: 200 E. Main St.

Single Place Ministry

DATE: Thursday
TIME: 7:30-9 p.m.

DETAILS: This includes a series of "Divorce Recovery" and "Living Beyond Divorce" workshops.

CONTACT: (248) 349-0911

Ward Evangelical Presbyterian Church

LOCATION: 40000 Six Mile Road

Grief Workshops

DATE: Monday
TIME: 7-8:45 p.m.

DETAILS: This free eight week workshop is open to the community and will be presented by Cathy Clough, Director of New Hope Center for Grief Support. Each session will begin with a presentation about one aspect of grief followed by small group participation.

CONTACT: Ward Presbyterian Church, (248) 374-5966

Single Adults

DATE: Sunday
TIME: 11:30 a.m.

CONTACT: (248) 374-5920

College Age

DATE: Sunday
TIME: 10:20 a.m.

CONTACT: Mark Tarpinian, (248) 347-3525

First United Methodist Church

LOCATION: 777 W. Eight Mile Road

Healing Service

DATE: First Monday of every month
TIME: 4 p.m.

CONTACT: (248) 349-1144

Grief Support Group

DATE: Fourth Monday of every month
TIME: 7-8:30 p.m.

DETAILS: New Hope Center for Grief Support is offering this support group to those who have lost a loved one to suicide. No registration is necessary.

CONTACT: New Hope Center for Grief Support, (248) 348-0115 or www.newhopecenter.net

Senior Events

Thursday, Feb. 2 Groundhog Day

9 a.m.: Taking Off Pounds Sensibly

12:30 p.m.: Pinochle

1 p.m.: Tai Chi

By appointment: Massage

By appointment: Taxes

Friday, Feb. 3

10 a.m.: Strength Training

11:30 a.m.: Computer II

1 p.m.: Movie: Cinderella Man

By appointment: Massage

Monday, Feb. 6

10 a.m.: Line Dancing

10 a.m.: Oxygene I



Photo by JOHN HEIDER/NORTHVILLE RECORD

Holding and Imaginary baton, Thornton Creek Elementary School students mimic the conducting gestures of Ann Arbor Symphony leader Arie Lipsky.

continued on 16A

FIRE



Michelle Lewis feeds some Poole's chili to her daughter Chloe, 2.



Matthew Wonnacott, left, and Greg Westfall serve up some of the Northville Fire Department's Two-Alarm Chili during last Saturday's Fire and Ice Festival in downtown Northville.

and ICE



Don Jones heads across the water during the Polar Bear Plunge, dressed only in swimtrunks. Jones, part of the contingent of Northville Rotarians, challenging the Kiwanis group to see who could raise more pledges, was "Mr. Rotary," holding a styrofoam cog on his head.



Brave souls waded across the frigid waters of the Water Wheel pond last Saturday during the Fire and Ice Festival/Northville Kiwanis Polar Bear Plunge. Participants included Jennifer Balgenorth, right, costumed as DaVinci's Mona Lisa. BELOW: Using an electric chainsaw, Matt Socolowski performs some ice-carving during the Fire and Ice Festival.

Photos by **JOHN HEIDER**



Winners heat up Northville

Downtown Northville sidewalks were packed with people enjoying spicy tastes, icy sights and sunshine during the inaugural Fire and Ice Festival Saturday.

"It was fantastic," said Janet Bloom, events director for the Northville Chamber of Commerce. "I know the weather had a lot to do with people being down there. People just really embraced the event."

"You will see this event again in 2007."

At the gazebo in Bandsbell Park, Chamber president Jody Humphries announced the winners of the chili cook-off and salsa competition:

■ From the Judges:

Best Restaurant Chili: Poole's Tavern
Best Restaurant Salsa: O'Charley's
Best Consumer Chili: Marc Russell
Best Consumer Salsa: Doug Plachta

■ People's Choice:

Best Restaurant Chili: Rocky's of Northville
Best Restaurant Salsa: O'Charley's
Best Consumer Chili: Marc Russell
Best Consumer Salsa: Kate Vannier/Jeremy Link

■ City v. Township

The Northville Township Fire Department defeated the City of Northville Fire Department in the Fire House Chili Challenge. The Northville Township Board of Trustees also won defeated their city counterparts for best chili.

■ Other awards:

Most Creative Chili Name: "The Buck Stopped Here" (Marc Russell's venison chili entry)
Most Creative Salsa Name: "Little Diablo" (Doug Plachta)
Most Fire and Ice Spirit: Independence Village of Plymouth

SUPER BOWL SUNDAY!

Taste of the NFL in Novi Saturday

John Bowen, executive director, Rock Financial Showplace, and staff are getting ready to host The Taste of the NFL in Novi at 6 p.m. Saturday on Grand River Avenue just west of Taft Road.

The 15th annual event is the largest fund-raiser on Super Bowl weekend and benefits local food banks.

A large portion of proceeds from this year's Taste of the NFL will stay in the metropolitan area, going to Gleaners Community Food Bank of metro Detroit and Forgotten Harvest.

Funds raised from the Saturday event will help these food banks provide more than 24 million pounds of food to people in the area.

"Detroit has been extremely generous in its donations to the victims of recent national disasters," said Wayne Kostroski, Taste of the NFL founder and executive director.

"But with Detroit listed as the poorest city in America, there are many hungry residents right here that need assistance."

"Taste of the NFL is proud to help raise awareness and funds to support Detroit and extend those benefits to other food banks across the country."

Bowen said the chefs, which come from other NFL cities, will serve their favorite dishes. Many former and current NFL players will also attend the event.

Bowen said 3,000 to 4,000 people from all over the world will be in attendance.



The
Super Bowl Party
...with a Purpose

Where to get tickets, restaurant guide

Individual tickets are available for \$400; early entry VIP tickets are \$600; and corporate tables with VIP privileges are \$6,000.

In addition to national event ticket sales, auction proceeds and sponsorships, funds are also raised through the sale of the Taste of the NFL Restaurant Guide. The guide, which sells for \$19.95, features recipes of the dishes served and biographies of the participating players and chefs.

Tickets to Taste of the NFL and copies of the 2006 Restaurant Guide can be purchased by calling (952) 835-7621 or by visiting the Taste of the NFL Web site at www.taste-ofthenfl.com.



Ready for the big game?

By Sam Eggleston
SPORTS WRITER

Unless you shelled out a couple grand for a Super Bowl ticket via a "broker," or you're extremely lucky, you're probably going to be sitting at home for the big game like the rest of us.

Not a big deal. It's more comfortable, cost effective and you don't have to put up with the agonizing slow pace of the game thanks to all the TV time-outs that interrupt the action, when you're there live.

So, if you're home for the game, here's our guide to making the most out of it.

Halfback screen

There's no reason to skip in this category. If you have a great television already, cool. If you're thinking about getting a new one anyway, then you might as well buy a good one.

Sure, you could go to Wally World and buy some 27-inch model, but why not just spend a few extra bills? Televisions are falling in price thanks to the incredible jumps in technology. Projection televisions are as low as ever, but the picture isn't nearly as crisp as plasma or high definition. With those, you'll probably flinch when a linebacker meets a runningback at the line of scrimmage.

ABC Warehouse in Novi is selling a 42-inch Hitachi plasma TV for \$2,997 or a 50-inch Panasonic for \$3,999. If you just want a big television, then grab the 47-inch Daewoo HDTV projection television for \$794.

Tune it up with some surround sound, which will add to the hits and the cheers. Of course you'll have to listen to the announcers blab from every direction, too. Bose is the way to go if you want to shell out \$3,000, but a strong Sony version is available, also at ABC Warehouse, for \$297.

A back-up television is

always a nice touch, perhaps set up in an adjoining room or near the refreshments so those who need a quick drink don't miss much, and if it gets too crowded there's always someplace to retreat to.

The play-action

There's nothing worse than going to someone's Super Bowl event and having to watch the game over and around the six people mingling behind the couch. Make sure there is plenty of seating for your guests, arranged facing the main television.

Have extra folding chairs for guests and don't forget to clear all the breakables out of the way. Do you really want that Steelers fan doing the electric slide breaking your wife's vase that was given to her by grandma on her 11th birthday? Didn't think so.

Recommend guests find their seats around 6 p.m. and make sure to stake out yours on the couch directly dead center in front of the television for optimum viewing.

Sacking the snacks

Super Bowl parties are all about good friends, good commercials and good food.

If you're on a diet on this particular Sunday, then you're out of luck. It's out the window. No calorie counting. No flex points. No carb watching. EAT!

There's no place for broiled pork loin with a chicken liver pate stuffing here. It's all about quick, easy and tasty.

Think Meijer or Farmer Jacks. Grab a cart and start filling it with things that don't take much thinking or working to get on the table and ready to eat.

Chips and dip are a must. A few flavors for the potato side of things and an equal amount of dip flavors, too. Tortilla chips with cheese dip, salsa and sour cream are easy and popular as well.

Crackers with cheese and sliced pepperoni and summer sausage is a nice addition, giving fans a variety of snacks.

Don't forget the substance. Fans can only survive on chips and crackers for the first few pre-game hours. Then, haul out the subs (cut into small, hand-held chunks), chicken wings, pizza and hot dogs.

Spinach dip? Fine. Baby spinach in a balsamic vinaigrette? Um, no. The only healthy food in the entire room should be veggies stacked on the subs.

The key is to keep the food close to the television so fans don't have to go far to load up.

The water boy

Wondering how much it takes to keep the fans satisfied as far as the beverages are concerned? Thinking of a keg? Well, you better have the Detroit Lions at your house as you'll never empty it. There are 31 gallons trapped inside there—that's 331 steins filled with 12 ounces of ale. A quarter barrel still provides over 80 glasses full, which should be plenty.

Of course, ordering it by the barrel leaves a very limited option. Smaller parties should consider going with a variety of six- or 12-packs for better selection. Once again, Meijer or Farmer Jacks are the way to go. Good selection and decent prices.

Don't forget to have wine coolers and lighter drinks on hand for those who were forced to come to the party by their football-fanatic significant others.

And, lastly, plenty of water, soda and juice should be available for the less-than-legal crowd.

Half-time hoopla

Let's just make one thing clear: There are not going to be any more half-time wardrobe surprises, ever. Unless

you're a die-hard Rolling Stones fan, there's really no reason to keep tuned in for half-time.

Turn down the television and do something fun. Grab some trivia cards, play a few games or take a moment to do some of the handy exercises we've listed below. And, of course, it's the perfect time for the much needed bathroom break, so get in line while you still can.

Be prepared

The beauty of the Super Bowl is the excitement usually runs out long before the game does. About 90 percent of the games played in the Big Game are blowouts.

Have some cards handy and maybe a few people will know how to play Texas Hold 'Em or euchre. If all else fails, blackjack, five-card stud and go fish are good alternatives.

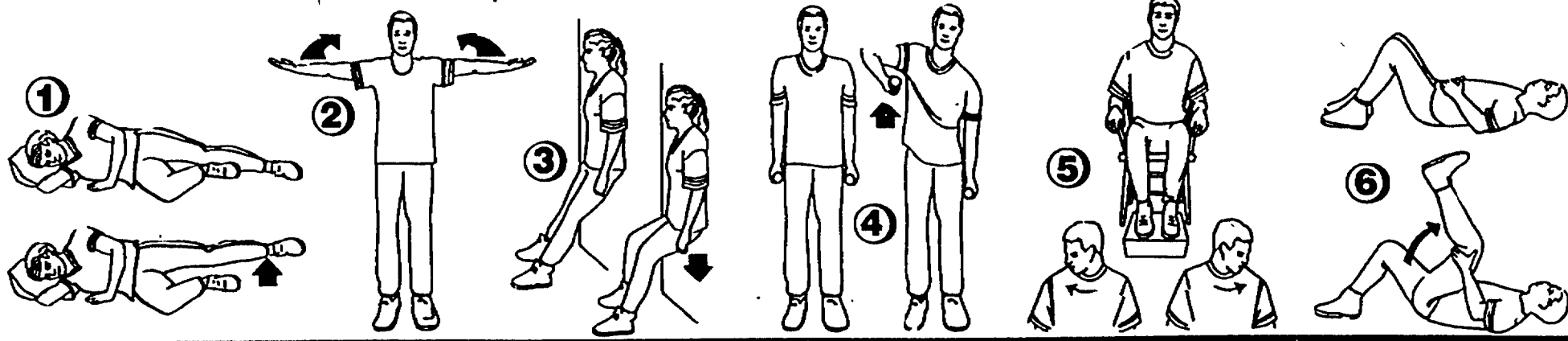
Half the fun of a Super Bowl party is being with friends, family and fellow fanatics. Enjoy it and don't let it get ruined if one team starts whipping the other.

The aftermath

The day after the Super Bowl isn't going to be easy. There's probably still a mess at the house, the dog is still in hiding and there's an unidentified person sleeping on your couch.

But, maybe that can all change. White Castle (yes, home of the sliders and where Harold and Kumar went) is heading the charge to make the day after the Super Bowl a national holiday. C'Mon, even senators, congressmen and the president probably don't want to go to work. Check out their Web site (www.whitecastle.com) to sign the petition!

Sam Eggleston can be reached at (248) 349-1700, ext. 104 or at seggleston@gannett.com.



COUCH POTATO WORKOUT

1. Lateral Leg "Kick-off"

You'll need to move from the couch to the floor for this one. Lie on your side with a pillow under your head. Keep your stomach tight and bend your bottom knee toward your chest while extending your top leg straight. Slowly lift your top leg about six inches off the floor and hold for 5-10 seconds. Repeat on opposite side.

2. "Hall Mary" extensor

Stand with your knees slightly

bent, your arms lifted to shoulder level and your palms facing up to the ceiling. Keep your stomach tucked in and inhale. Exhale as you pull both arms back and slowly touch your shoulder blades together. Hold for 5-10 seconds.

3. "Touch Back" squats

Stand on a non-skid surface with your back against a wall and your feet about two feet away from the wall. Keep your feet 6-8

inches apart. Inhale as you keep your stomach in and head forward. Slowly slide your back down the wall to a near-sitting position. It is important to be sure that as you slide down your knees are behind or directly over your ankles. Exhale as you lower your bowdy, hold for 5-10 seconds and then return slowly to start.

4. The Soda Stretch

Stand with your legs 6-8 inches

apart, a full, unopened can of soda in each hand and knees slightly bent. Tighten your stomach and keep your arms at your sides with your palms facing inward. Slowly bend at the waist to one side while you let the opposite arm bring the can up under your arm. Return to start. Repeat with opposite side.

5. "Bad Call" Neck Rotation

Get off the couch and into a sturdy chair with your feet sup-

ported on the floor or a small footstool. Have your arms supported on the armrests and your shoulders down and relaxed. Keep your back supported against the back of the chair. Begin by gently tucking in your chin, then slowly and gently turn your chin to your right shoulder. Keeping your chin as close to your chest as possible, slowly sweep back across your chest and to your left shoulder. Keep your shoulder level

throughout the exercise.

6. "Second Half" Stretch

Lie on your back with your knees bent and your right foot flat on the floor. Keep your neck and trunk straight. Bend one knee toward your chest, grasp the back of your thigh with both hands and gently extend your leg from heel. Hold stretch from 10-30 seconds. Return slowly to start and repeat with opposite side.

What's Going On? (CONT'D)

continued from 18A

10:30 a.m.: Aging to Perfection
11 a.m.: Oxygize II
12:30 p.m.: Pinochle
12:30 p.m.: Euchre
1 p.m.: Computer I
Tuesday, Feb. 7
noon: Rummy
12:30 p.m.: Pinochle
1 p.m.: Computers I
1 p.m.: Natural Skin Care
1:30 p.m.: Games
Wednesday, Feb. 8
9 a.m.: Toledo Art Museum
10 a.m.: Oxygize Level I
11 a.m.: Oxygize Level II
noon: Bridge
1 p.m.: Computer II
1 p.m.: Corn Hole Game

Board Games

DATE: Tuesday, ongoing
TIME: 1 p.m.
LOCATION: Senior Community Center, 303 W. Main St.
CONTACT: (248) 349-4140

Ongoing Card Games

Bridge

TIME/DAY: noon-3:30 p.m., Wednesday

Pinochle (double deck)

TIME/DAY: 12:30-4:30 p.m., Monday and Thursday

Pinochle (single deck)

TIME/DAY: 12:30-3:30 p.m., Friday

Euchre

TIME/DAY: noon, Friday
LOCATION: Senior Community Center, 303 W. Main St.

Healthy Walking

DATE: Monday through Friday
TIME: 8-10 a.m.
LOCATION: Senior Community Center gym, 303 W. Main St.

Computer Courses

TIME/DAY: 1-3 p.m., Tuesday and Thursday, Beginning Computers I; 1-3 p.m., Wednesday and 11:30 a.m.-1:30 p.m., Friday, Intermediate Computers II
LOCATION: Library, 212 W. Cady St.
CONTACT: (248) 349-4140

Mill Race

Historical Village

LOCATION: Griswold Avenue, north of Main Street, near Ford Field

CONTACT: (248) 348-1845
Thursday, Feb. 2: Archives open, 9 a.m.; Brownie Scout Meeting, 3:30 p.m.

Friday, Feb. 3: Archives open, 9 a.m.; Brownie Scout Meeting, 4 p.m.

Saturday, Feb. 4: Private Party, noon

Sunday, Feb. 5: Mill Creek Church, 10 a.m.

Monday, Feb. 6: Hands All Around Quilt Workshop, 9 a.m.; Cub Scout Meeting, 6:30 p.m.

Tuesday, Feb. 7: Stone Gang, 9 a.m.; Country Garden Club, 11 a.m.; Brownie Scout Meeting, 4 p.m.; Cub Scout Meeting, 6 p.m.

Thursday, Feb. 8: Archives open, 9 a.m.; Service Unit B Scouts, 9:30 a.m.; Brownie Scout Meeting, 3:45 p.m.; Cub Scout Meeting, 6:45 p.m.
*Grounds closed to public

Looking for You

Northville Arts Commission

DETAILS: The Northville Arts Commission will be holding a

meeting in February (date to be determined) to select the musical groups performing in this summer's clock concerts at the bandshell. Any residents interested helping decide the lineup, please e-mail Ken Naigus at kdn@comcast.net for further information. The commission will also be recruiting volunteers to help at one or more of the concerts.

Meals-on-Wheels

DATE: Ongoing
TIME: 11 a.m.-12:30 p.m.
DETAILS: Permanent and substitute drivers needed
CONTACT: Eileen at Allen Terrace, (248) 231-9950, 10 a.m.-1 p.m., Monday-Friday or Judy LaManna, (248) 348-1761

Volunteers Wanted

DETAILS: There are a variety of volunteer opportunities available for all age groups. Assignments include, Northville Senior Community Center front desk, special assistance and special park projects. Northville High School volunteer hours and scout badge projects are welcome.

CONTACT: recreation@ci.northville.mi.us

Camera Club

DATE: Second Tuesday of every month
CONTACT: Tom James of Northville Camera at northville-camera@sbcglobal.net, Ken Naigus at kdn@comcast.net or Northville Arts Commission, (248) 449-9950

Arts Commission

DATE: Second Wednesday of every month
TIME: 7:30 p.m.
LOCATION: Art House, 215 W. Cady St.

Beautification Commission

DATE: Second Tuesday of every month
TIME: 7 p.m.
LOCATION: Northville City



Submitted Photo

Capitol ideas!

State Representative John Stewart (R-Plymouth) welcomed government students from Northville High School last week prior to Gov. Jennifer Granholm's State of the State Address.

Hall, 215 W. Main St., Meeting Room B

Housing Commission

DATE: Second Wednesday of every month
TIME: 3 p.m.
LOCATION: Allen Terrace, 401 High St.

Youth Assistance

DATE: Second Tuesday of every month
TIME: 8 a.m.
LOCATION: Youth Assistance office, 775 N. Center St.
CONTACT: (248) 349-1300

Parks and Recreation Commission

DATE: Second Wednesday of every month
TIME: 7:30 p.m.
LOCATION: Senior Community Center, 303 W. Main St.

Parks and Recreation

Gymnastic Clinic

DATE: Monday, Feb. 13-Friday, Feb. 17
TIME: 1-3 p.m.
LOCATION: Hillside Recreation Center, 700 W. Baseline Road
DETAILS: This clinic is for ages 4 and up. Activities include vaulting, springboard activities, balance beam, uneven bars, floor and trampoline exercises. Gym

Fest will take place on last day with each child performing and receiving ribbons and pins. The fee is \$93 for residents; non-residents fees apply.

CONTACT: (248) 349-0203 or visit www.northvilleparksandrec.org

All Sports Winter Camp

DATE: Monday, Feb. 13-Friday, Feb. 17
TIME: 10:30 a.m.-4 p.m.
LOCATION: Senior Community Center, 303 W. Main St.
DETAILS: This camp is for ages 6-12 and will include soccer, baseball, basketball and non-contact football. Each camper will receive a T-shirt, daily Gatorade drinks and cer-

tificates. The fee is \$150 for residents; non-resident fees apply.

CONTACT: (248) 349-0203 or visit www.northvilleparksandrec.org

Chess Camp

DATE: Monday, Feb. 13-Friday, Feb. 17
TIME: 9:30 a.m.-11:30 a.m.
LOCATION: Hillside Recreation Center, 77 W. Baseline Road
DETAILS: For students ages 6-12, this camp will include chess instruction, hands-on practice and actual play. All levels are welcome. Returning students will

continued on 21A

SOUTH LYON THEATER
Newly Renovated Theater
Starts Fri. Feb. 3rd
★ **Hoodwinked** ★
Classic Animated Family Comedy-Mystery
Rated PG 81 Min
7pm Shows \$4.00
Matinees \$3.00
Tuesdays \$2.00
Sat & Sun 1-4-7pm
7pm Everynight
Wednesday FREE sm. Popcorn with paid admission
Thursday FREE Ice Cream with paid admission
Monday is Senior Citizen Night \$3 admission
126 E. Lake St.
437-4545

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Variable APR based on The Wall Street Journal Prime Rate ("Prime") published on the last business day of the month. Prime minus 1.01% (6.24% APR as of 1/1/06) available for qualifying properties in IL, IN, MI and OH for lines of \$50,000 or more with a loan-to-value (LTV) of 85% or less, with a balance of \$25,000 at closing. These conditions are for applications received between 1/29/06 and 2/1/06 - after 2/1/06, minimum line amount is \$100,000, and in IL, a closing balance of \$50,000, to receive Prime -1.01%. Credit Checking Account with \$50 minimum opening balance required. Rate and terms may change at any time and vary by property type, loan amount and LTV ratio. Maximum APR 18%, minimum APR 2.5%. Annual fee of \$100 is waived for the first twenty-four (24) months after account activation. Ask a banker how subsequent annual fees may be waived. If a Line of Credit Agreement is canceled within one year of activation, a prepayment fee of \$350 will apply. Not available for homes currently for sale or intended to be sold within six months of closing. Property insurance required. Flood Insurance may be required. Trust review fees ranging from \$85 to \$175 apply for properties held in trust. Accounts subject to individual approval. Answer in minutes applicable to completed loan applications submitted at branch or by phone, and limited hours apply. Close anywhere 7 days a week subject to closing agent availability. See a banker for details. © Equal Housing Lender. Member FDIC.

CITY OF NORTHVILLE FINAL STATEMENT OF OBJECTIVES 2006 WAYNE COUNTY COMMUNITY DEVELOPMENT BLOCK GRANT FUNDS

The Northville City Council approved the following Community Development Block Grant projects for the 2006 Program year:

Allen Terrace Improvements	\$33,000
Senior Center Programming	\$ 7,000
Parks & Recreation Planning	\$ 5,000
Program Administration	\$ 5,000

Total Estimated Allocation \$50,000

(2-2-06 NR 265312)

JOANNE INGLIS
HOUSING DIRECTOR

CITY OF NORTHVILLE NORTHVILLE HOUSING COMMISSION REQUEST FOR PROPOSALS ELEVATOR MAINTENANCE SERVICE ALLEN TERRACE

The City of Northville - Northville Housing Commission requests sealed proposals for the elevator maintenance service contract, for two elevators located at Allen Terrace.

Proposal details may be received by contacting: Joanne Inglis, Housing Director, 401 High Street, Northville, MI 48167 (248) 349-8030.

An original proposal must be submitted by Thursday, February 23, 2006 at 2:00 p.m. at which time they will be opened and read to: Dianne Massa, City Clerk, 215 West Main Street, Northville, MI 48167. Proposals must be sealed in an envelope marked "Allen Terrace - Elevator Maintenance Proposal." Faxed and emailed proposals will not be considered. The City of Northville reserves the right to accept and/or reject any or all proposals and to waive any irregularities in the proposals that are in the best interest of the City of Northville.

JOANNE A. INGLIS, HOUSING DIRECTOR
DIANNE MASSA, CITY CLERK

(2-2-06 NR 264529)

GRANTS: sputtering state economy means alternate funding sources

continued from 1A

how the city's ability to tax property value increases.

Gallogly told Beal Town residents the city does have the option to decline the grant for 95 percent of the construction costs. But the size of this grant is rare, he said.

"We might have that black mark against us at the state."

Creative by necessity

Amid a flagging state economy, local municipalities are turning to grants to finish projects once paid for with state and city tax dollars.

Parks and recreation, police, fire and public works depart-

'Positive vibes'

After fielding questions 90 minutes last Thursday about reconstructing the Beal Street bridge, Northville Department of Public Works Director Jim Gallogly may be able to grab a state grant.

Northville City Council requested Gallogly gauge Beal Town residents' sentiment toward rebuilding the 69-year-old bridge which was closed to vehicles in 1993.

ments and the downtown development authority recently pursued grant funding, Bateson said.

Police and fire departments have acquired a thermal-imaging system, an exhaust removal system and protective vests with grant funding, she said.

Parks and Recreation Director Traci Sincok teamed with neighboring communities, seeking a state grant for online registration software.

In addition to Gallogly's pursuit of money to pay for rebuilding the Beal Street bridge, he has

received grant funding to resurface Taft Road and fight the spread of West Nile Virus.

Bateson said her finance department has been overseeing more general opportunities, such as Certified Local Government and Cool Cities funding.

"Each department kind of looks for things in their own area," Bateson said. "Every little bit helps."

"Cities don't have a lot of options for other revenue sources, being a unit of government."

Two or three Beal Town representatives will work with Gallogly on the project, if the city council decides to move forward. City officials planned to meet with Northville Downs owners today to discuss concerns about track patrons and horsemen exiting the racing facility via Beal Town.

During April budget hearings, the council is expected to specify funding for the balance of the project costs, estimated at \$155,000.

"I got positive vibes," Gallogly said. "It's time for Beal Town to rejoin the village."

Providing desired amenities without raising taxes is a statewide concern for cities, townships and villages, Bateson said.

Communicating between departments and networking with neighboring communities helps alert staff members to grants to apply for, she said.

'One-shot deal'

Timing also comes into play, Bateson said.

The city is awaiting word from

the state annual Cool Cities applications are available, she said.

Tim Davis, a grant writer hired by the city, will work with Bateson, Sincok and Downtown Development Authority director Lori Ward to try to gain access to grants, loans, tax credits and services.

Last year, 19 projects ranging between a park theater to mixed-use developments qualified for \$100 million in cool state funds. As the city winds up its downtown strategic planning process in March, Northville could apply cool grants into projects resident support most.

Meanwhile, a change in how the state determines recipients for the Michigan Critical Bridge Program moved the Beal Street bridge to the front burner. The city had applied for funding 12 years.

A year ago, Northville's project ranked 143, Gallogly said. In November, the city learned the project can be complete by

"Cities don't have a lot of options for other revenue sources, being a unit of government."

Nickie Bateson
Interim City Manager

August 2007.

"The grant is specifically for that bridge," Bateson said. "It's a one-shot deal."

"Typically, what happens is, if you pass on something, you go to the bottom of the list."

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

LETTERS (CONT'D)

continued from 14A

Bond issue clear

There seem to be a few people who are either misinformed or are intentionally spreading misinformation about the upcoming Northville Public Schools bond requests. First, every elementary school in the district is overcapacity this year. My daughter is in the fourth grade at Amerman in a class of 26 students. It is a good thing this has been a warm winter, because she has to walk outside to get to her music and computer classes which are located in trailers along side the school. It is not just her class — the entire school has almost 100 more children than it is designed to accommodate.

Ridge Wood is almost as overcrowded. It would be far more overcrowded if the district hadn't moved all the kindergarten classes to other schools. Yes, there are pre-school classrooms at Ridge Wood. However, these rooms are substantially smaller than an elementary school classroom, and it would be hard to have even a small class in these rooms. Even if we moved the Early Childhood Program out of Ridge Wood, it would do little to alleviate the overcrowding.

I hope that this clears up some of the misinformation about the bonds. Please vote "yes" for our schools and our children.

Kurt J. Meister
Novi

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Charity haircuts, spelling bees and mid-winter break keep Northville busy

Families of the Northville Public Schools Early Childhood Center donated many items and \$1,500 in 2005 for the Hand to Hand and Heart to Heart program. The goods and cash were sent to the Northville center's sister program in Hattiesburg, Miss. to help rebuild the center after the hurricane.

We're talking busy barber! At the VFW Post 4012 haircut fundraiser last Sunday, volunteer Dave Rouse clipped 50 heads raising \$1,260 for Cancer Aid and Research. He ushered men and women in and out of his styling chair from 9 a.m.-6 p.m., pausing just three times. Trims included two shaves to remove mustaches and partial beards at a donation of \$100 each. VFW Ladies Auxiliary members Betty Burkacki and Cindy Kusupilus, who organized the event, are planning another haircut Sunday in October with two barbers.

Speaking of haircuts, Community Financial CEO Bill Lawton fulfilled his promise to get a haircut if the credit union met its goals for 2005. Members of the executive team also agreed to take "pies in the face"—all in the spirit of good fun. More than 150 employees, including some from the Northville branch, were invited to the credit union's 2006 kick-off meeting last month.

The documentary created by the Powers family will be shown in their hometown Feb. 11. Studio 427 is hosting the 7 p.m. showing of the movie "One" at Northville High School. Four years in the making, the film makers delved into the private worlds of many of the most revered figures on the international stage of spiritual thought asking life's ultimate questions, weaving their journey with a tightly edited thematic collage of the interview responses using threads of music and



imagery. For more information, call the studio (248) 449-6501.

Congratulations to Northville Youth Assistance, recent recipient of a Michigan Parks and Recreation Association community service award. The state association distinguished only 40 winners throughout Michigan. After working together to host many teen activities, Northville Parks and Recreation nominated the youth assistance program for the award.

Sounding somewhat like a fairy tale, "Cinderella Man" is tomorrow's Friday Flick at the Northville Senior Community Center. A boxer, broken, down, beaten up and out of luck returns to the ring and ... you have to go see it. The cost is \$1 per person for the 1 p.m. showing.

Friends of Maybury State Park will highlight four seasons of beauty at the Eight Mile facility. During April, the grassroots group will share photographs of the park in the main lobby showcase of the Northville District Library.

Chocolate strawberry ice cream

pie, blackberry cobbler, easy pumppkin pecan squares. Mmmmm! Those are just some of the dessert recipes that can be found in "Northville Circle Concern's hot-off-the presses cookbook. The \$10 "Recipes to Remember" is available in several locations, including the Northville Record office. For more information, call (248) 344-1033.

Back for more? School board president Karen Paciorek and vice president Ken Roth announced they will seek re-election to the Northville Public Schools Board of Education. Both were elected in 2002 and held various offices during their first terms.

Time for local spelling whiz kids — age 50 and older — to step forward. The Second Annual Senior Spelling Duel is just around the corner on March 9. Northville fell to competitors from Milford and Novi during the inaugural competition last year. So time for practice, practice, practice. Seniors interested in joining in the fun should report to the Northville Senior Community Center 10-11 a.m. Thursdays or call (248) 349-4140 with questions.

Staying in town for the Northville Public Schools mid-winter break? Don't worry moms, parks and recreation has some responses for the week of "What can I do?" Options include open basketball 6-9 p.m. Sundays; teen basketball, 3-5:30 p.m. Thursdays; drop-in cheerleading, 5-6 p.m. Tuesdays; cheer-pom clinic, 10 a.m.-noon, Monday-Friday; gymnastics clinic, 1-3 p.m. Monday-Friday, and all-sports camp, 10:30-4 p.m. Monday-Friday. For fees, locations, ages and registration, visit www.northvilleparksandrec.org or call (248) 349-0203.

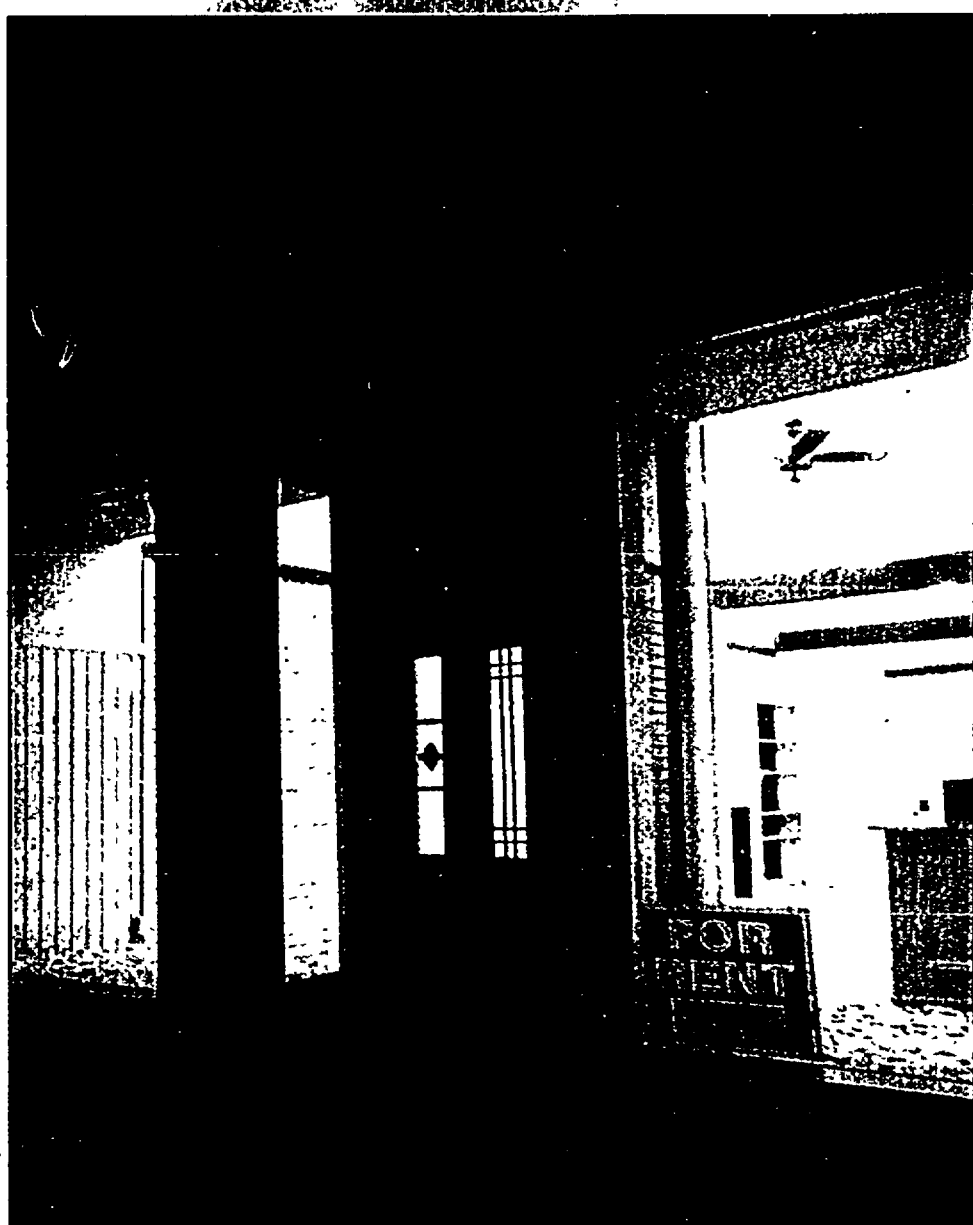


Photo by JOHN HEIDER/NORTHVILLE RECORD

No longer Across the Street

Could the recently vacated Across the Street storefront on the southeast corner of Main and Center streets soon be home to another upscale clothier? Time will tell. Theresa Schlerloh, Across the Street owner, said she consolidated merchandise into her catty-corner business, Dancing Eye Gallery, which will maintain downtown Northville and Walled Lake locations.

WHAT'S GOING ON? (CONT'D)

continued from 19A

receive more advanced instruction. Bring a chess set or purchase one at first class for \$20. The fee is \$110 for residents; non-resident fee is \$120. CONTACT: (248) 349-0203 ext. #9949 or visit www.northvilleparksandrec.org

Mystery Magic

DATE: Monday, Feb. 13-Friday, Feb. 17
TIME: 9 a.m.-noon
LOCATION: The Art House, 215 W. Cady St.
DETAILS: This camp is for ages 7-13 and will include Mark Wilson's Complete Book of Magic. The last day of camp campers will perform in a magic show. The fee is \$150 for residents; non-resident fees apply. All supplies are included.
CONTACT: (248) 349-0203, ext. #9949 or visit www.northvilleparksandrec.org

Daddy-Daughter Princess Ball

DATE: Saturday, Feb. 25
TIME: 4-6 p.m. and 7-9 p.m.
LOCATION: Hillside Recreation Center, 700 W. Baseline Road
DETAILS: The fee is \$20 per couple and \$10 per additional person.
CONTACT: (248) 349-0203 or visit www.northvilleparksandrec.org

Bunny Hop

DATE: Saturday, April 8
TIME: 4-6 p.m.
LOCATION: Senior Community Center, 303 W. Main St.
DETAILS: This dance includes crafts, designing cookies with Great Harvest Bread Company, and visiting the spring bunny. The

fee is \$10 per person.
CONTACT: (248) 349-0203 or visit www.northvilleparksandrec.org

Drop In Cheerleading

TIME/DATE: 4-5 p.m., first grade and up; 5-6 p.m., first-fifth grade, Every Tuesday
LOCATION: Hillside Recreation Center, 700 W. Baseline Road
DETAILS: This drop-in program promotes fitness, dance routines, stretching, jumps and cheers. The fee is \$6 per person per day.
CONTACT: (248) 349-0203

Open Basketball

DATE: Every Sunday
TIME: 6-9 p.m.
LOCATION: Senior Community Center, 303 W. Main St.
DETAILS: The fee is \$3 per person.

Teen Basketball

DATE: Every Thursday
TIME: 3-5:30 p.m.
LOCATION: Senior Community Center, 303 W. Main St.
DETAILS: The fee is \$2 per person.

Open Badminton

DATE: Every Tuesday and Friday
TIME: 7-9:30 p.m.
LOCATION: Hillside Recreation Center, 700 W. Baseline Road
DETAILS: Competitive style badminton is available. All skill levels are welcome. Cost is \$7 per night, including bird fee.

Table Tennis

TIME/DATE: 6-10 p.m., Monday and noon-4 p.m., Saturday
LOCATION: Hillside Recreation Center, 700 W. Baseline Road
DETAILS: Eight tables are

available. All skill levels welcome. Cost is \$4 per day.

Regional

Blood Drive

DATE: Today
TIME: 9 a.m.-7:30 p.m.
LOCATION: Schoolcraft College, 18600 Haggerty Road, Livonia
DETAILS: Walk-ins are welcome. Donors can also make appointments.
CONTACT: (734) 462-4422

College Night

DATE: Tuesday, Feb. 7
TIME: 4-7 p.m.
LOCATION: Schoolcraft College, 18600 Haggerty Road, Livonia
DETAILS: Various colleges throughout Michigan will be represented at this free fair targeted to students in eighth grade. The colleges and universities will have information on career trends, tuition, financial aid and scholarships, saving and investment ideas, high school course selection and high school athletics, tips on choosing a college and getting ready for college.
CONTACT: (734) 462-4426 or e-mail admissions@schoolcraft.edu

Voice and Piano Concert

DATE: Wednesday, Feb. 15
TIME: noon
LOCATION: Schoolcraft College, 18600 Haggerty Road, Livonia
DETAILS: Poulenc, Brahms, Rossini and Walton, as well as lute songs and early Italian arias will be performed with piano and soloist. The concert is free and open to the public.
CONTACT: (734) 462-4403

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IT'S CRUNCH TIME!

BUSCH'S

Township: sewer project prevents money from slipping through cracks

Project will cost \$447K

By Tracy Mishler
RECORD STAFF WRITER

Norman Johnson wants to know if his township tax dollars are being flushed down the drain.

The 76-year-old Northville Township resident said he watches his water bill fluctuate every month.

"I've seen (the township) doing work on the sewers," Johnson said. "If they are leaking, that's our money flowing through those cracks."

Don Weaver said the Western Townships Utilities Authority was contracted to line the 6,467-foot Maybury Sanatorium interceptor sewer between Beck Road and the Johnson Creek.

An interceptor links all sewers together.

More info
For more information on the sewer project, contact township engineer Jill Rickard at (248) 662-0497.

"There are portions of the interceptor that have roots growing and that could potentially clog the lines," Weaver said. "To fix that, we could dig out the lines and build new ones, which can be very expensive, or we could put in a liner to prevent the leaks."

Weaver said relining the sewers offsets future costs.

"If the leaks continue, we're going to get blockages and we're going to have more problems with our customers," he said. "It will cost us more money to treat our waste water at the treatment plant due to ground water leaking in."

Weaver said the current interceptors have been in the ground since the late 1930s and need to be replaced.

He said the liners will cost about \$447,720 and will be cheaper than replacing the interceptors.

The lining has been budgeted in the township's water and sewer fund.

"This has been commonly practiced for 25 to 30 years," he said, "and we expect the liners would have a very useful life."

Saving money

Johnson said he just wants to know where all his money for water goes.

"I'm not sure how they will save me money," he said. "I would just like them to lower the rate—but I'll believe it when I see it."

According to township officials, about 24 residents north of Six Mile Road will be affected by the sewer lining work, as they are directly connected to the line.

"There are some people who don't have sewage," Weaver said.

"Relining the sewers will reduce the amount of ground water infiltration."

Weaver said new liners may mean a lower sewage rate increase next year: 4 percent, instead of 6 percent.

"It's saving money for everyone in the long run," he said.

The project is slated for completion in early February.

Township engineer Jill Rickard said relining the existing system is cheaper than rehabilitating an older one.

"To actually go in and cut them open," she said, "not only are we talking about a noise nuisance and an impact on landscaping, but the job would take a long period of time to complete."

Tracy Mishler is a staff writer for the Northville Record. She can be reached at (248) 349-1700, ext. 107, or at tmishler@gannett.com.



TOWNSHIP BRIEFS

Township meeting

The board of trustees will meet 7:30 p.m. Feb. 16 at township hall.

Creek rally

The Johnson Creek Protection Group is hosting a volunteer rally from 7-9 p.m. Feb. 27 at township hall. The topic of discussion: native vegetative landscaping.

Taxes

Winter tax bills for 2005 were mailed Dec. 1; payment is due by 4:30 p.m. Feb. 14. Beginning Feb. 15, the township will add a 3 percent penalty until Feb. 28.

Beginning March 1, all delinquent real property must be paid to Wayne County.

Logo contest

The Johnson Creek Protection Group is looking for a logo for

the 2006 Johnson Creek Day. Kids 12 and younger are asked to create a logo focusing on the habitat and animals surrounding the creek.

The winner will receive the Johnson Creek Protection Group Environmental Artist Award and a Johnson Creek T-shirt with his or her logo on it.

The T-shirt will also be used for the Johnson Creek Day Trail Run and Walk Saturday, May 20. All entries must be submitted by mail or dropped off to Northville Township's Department of Public Services for the March 16 deadline.

Parents are asked include the child's name, age, address, phone number and school. Winners will be announced April 3. For more information, call Demetria Janus at (734) 214-1885 or e-mail djanus@stantec.com.

To contribute an item for consideration in this column, e-mail tmishler@gannett.com.

'Raise the Barn'

Salem historical society will host Feb. 25 dinner

The Salem Area Historical Society is gearing up for a barn raising of its historic Dickerson Barn. "Windy Acres" was built in 1830 by the first settler in Salem Township, John Dickerson. This was the first timber frame barn in the Township and is said to be the oldest such barn in Washtenaw County. Several years ago the barn was dismantled and safely stored.

The Salem Area Historical Society is organizing the needs for this community project. The site and foundation are ready on the corner of North Territorial and Curtis roads. Efforts are focusing

on finding the necessary funds to support the professional skills of barnwrights and experts on barn restorations.

Salem Area Historical Society will be hosting a "Raise the Barn Dinner" 6 p.m. Feb. 25 at Fox Hills Conference Center, North Territorial Road, Salem Township.

The cost is \$25 per person. There will be a live auction immediately following dinner.

To make reservations, call Don Riddering, (248) 349-3550; Michael Brautigam, (734) 454-3495 or Jean Bemish, (248) 349-2687.

CHARTER TOWNSHIP OF NORTHVILLE PLANNING COMMISSION NOTICE OF PUBLIC HEARING AMENDMENT TO THE CODE OF ORDINANCES CHAPTER 145 SIGNS

A public hearing will be held on Tuesday, February 28, 2006 at 7:30 p.m. at the Northville Township Municipal Building at 44405 Six Mile Road, Northville, MI 48168. The Planning Commission will consider amendments to Chapter 145 Signs.

The public is invited to attend this hearing and express their comments and questions. Written comments regarding the proposed changes will be received by the Township Planning Commission, 44405 Six Mile Road, Northville, MI 48168. A complete copy of the proposed changes will be available at Township Hall during regular business hours, 8:30 A.M. to 4:30 P.M., Monday through Friday.

GEORGE MCCARTHY, CHAIR
PLANNING COMMISSION

(2-22-06 NR 265451)

CHARTER TOWNSHIP OF NORTHVILLE NOTICE OF PUBLIC HEARING TO REZONE PROPERTY LOCATED ON HAGGERTY ROAD JUST NORTH OF 5 MILE ROAD

DATE: February 28, 2006
TIME: 7:30 P.M.
PLACE: Northville Township Municipal Building
44405 Six Mile Road
Northville, MI 48168

The Planning Commission of the Charter Township of Northville has scheduled a Public Hearing for Tuesday, February 28, 2006. This request is to rezone property located on the east side of Haggerty north of 5 Mile Road, from R-3 One-family residential to B-3 General Business. The public is invited to attend this public hearing and express their comments and questions. Written comments regarding the proposed changes will be received by the Township Planning Commission 44405 Six Mile Road, Northville, MI 48168.

GEORGE MCCARTHY, CHAIR
PLANNING COMMISSION

(2-22-06 NR 265447)



I prefer spending:

A

MORE MONEY

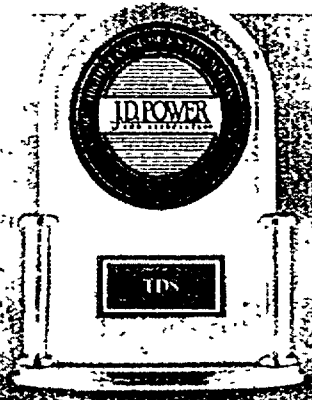
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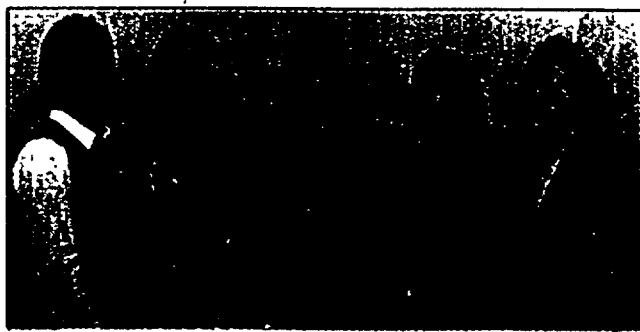
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Michigan Coalition on donation

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Queens of the courts
The Northville Mustangs volleyball team has been playing well, finally earning a tournament championship. Check out the Record photo page.
— Page 5B

Regional Marketplace — Page 8B



Headed to Penn
Brad Farris is headed for the University of Pennsylvania; an Ivy League college, where he'll swim. He's happy with his choice, even though he turned down several athletic scholarship offers to take it.
— Page 4B



RECORD SPORTS

www.northvillerecord.com

Thursday, February 2, 2006

NORTHVILLE RECORD PAGE 11



Photo by JOHN HEIDER/NORTHVILLE RECORD

Mustang volleyball player Kristen Cicala.

Return of the setter

■ Northville's Krysta Cicala returns from injury this week

By Sam Eggleston
RECORD SPORTS WRITER

Three and a half weeks ago, sophomore Krysta Cicala felt throbbing and burning pain in her foot.

A visit to the doctor's office left her in tears.

"He asked me, 'What if you have to sit out?'" the 5-foot-11-inch volleyball player said. "I started bawling immediately. I knew he meant I wasn't going to be able to play. It was so hard."

The doctor told Cicala she had suffered a stress fracture in her foot. The multi-sport athlete was devastated. She wasn't accustomed to being sidelined.

When Cicala showed up at school with crutches and a special "boot" to protect her foot and to keep pressure off it, she didn't have to do any explaining. The outlook on the next few weeks of her season was clear to her coaches and her team.

"It's so hard though," she said. "I really want to play, but at the same time I really don't know about it hurting to the point I have to stop again."

But Cicala's time in her personal purgatory is coming to an end. She was expected to return to action yesterday when the volleyball team visited the Livonia Franklin Patriots.

She's going to take it easy, especially since she recently realized how quickly she fell out of "playing shape."

Cicala has been practicing with non-running drills, such as standard setting. She has also been riding a stationary bike, working on the elliptical trainer and lifting weights to help keep her body prepared for her return

to the court.

She said she didn't realize how unprepared she was until she decided to become a little more mobile after feeling her foot was up to the task.

"I tried practicing the other day and I hadn't run in a while," she said. "I started moving and suddenly I was panting. I realized I still have to get back in shape."

Cicala's return couldn't have come at a better time for the setter. She's back in time to help her team compete in the Western Division, a title they're hoping to defend after winning it last year.

As a freshman, Cicala played a key role in the first-ever division crown. This year, she wants to be right in the mix again.

"I'm really excited," she said. "It's a great time to come back."

But even if her return was delayed, Cicala knows her team would fare well. The Mustangs are currently 20-7-3, with the majority of the record coming in Cicala's absence.

Last Saturday, as she sat on the sidelines, they even won their first tournament of the year.

"It's great that people can see that on this team one person doesn't make the difference," she said. "This is a great team and I'm happy to be part of it."

Sam Eggleston can be reached at (248) 349-1700, ext. 104 or at seggleston@gannett.com.

"He asked me, 'What if you have to sit out?' I started bawling immediately."

Krysta Cicala
Northville Volleyball Player

Building momentum

■ Wild 'Stangs earn highest total of the season, beat Salem

By Sam Eggleston
RECORD SPORTS WRITER

As the season progresses, coach Erin McWatt is watching her team continue to gain momentum.

The Northville-Novi Wild 'Stangs gymnastics team earned their highest season total of the year before taking fourth in the Salem Invitational last week.

"The girls have been putting up some great scores on each even so far this season," McWatt said. "We are very happy with their performances. Each meet, our total all-around score has gotten higher and we're only improving with each meet."

In a dual meet against the Salem Rocks, the Wild 'Stangs earned their highest marks to date, upending their conference foes, 144-139.7.

The depth of the team has been shallow all year, but worse due to injuries. The team was almost back at full strength against the Rocks and the scores reflected that.

On the vault, Julie Foucher and Emma Platt led the team with 9.1 scores from the judges while Jacqueline Gazette scored a 9.05. The Wild 'Stangs also benefited from a strong showing by Sarah Ilkhani-Pour on the bars with a 9.1 while freshman Amy Reynolds notched a 9.0. Gazette wasn't far behind with a score of 8.95.

"I don't care who we're going up against, just as long as the girls are showing improvements each competition," McWatt said. "We obviously have improvements to make, but I think at this rate we'll peak at the right time."

On the beam, Rachel Deneau scored a 9.4 while Megan Wallen notched a 9.1 and Platt scored an 8.8. Deneau led again with her floor routine, scoring a 9.3 while Ilkhani-Pour and Gazette each earned a 9.0.

The meet wasn't without its down points for the Wild 'Stangs as they lost Foucher for two weeks with a foot injury sustained while performing on the beam. She is expected to return before the conference, regional and state competitions.

Salem Invitational

The Wild 'Stangs were back to their old form, suffering from injuries. They didn't let it hamper them as they finished fourth behind top-ranked Farmington, Livonia and Salem with 139.5 total points.

The Wild 'Stangs earned a 9.0 from Gazette on the vault while Platt scored an 8.85. Wallen and Jill Guffey were each awarded an 8.5 for their performance.

On the bars, the combined Northville-Novi squad looked to Reynolds and Ilkhani-Pour with 9.1 each while Gazette continued her standout performances with a 9.05.

Wallen took lead on the beam, earning an 8.725 to lead her team while Deneau scored an 8.575. Gazette scored an 8.45.

Deneau scored a 9.15 with her floor routine while Gazette scored an 8.8 and Ilkhani-Pour scored an 8.75.

With all-around scoring, the Wild 'Stangs were led by Gazette's 35.3 while Platt scored a 33.325.

Sam Eggleston can be reached at (248) 349-1700, ext. 104 or at seggleston@gannett.com.

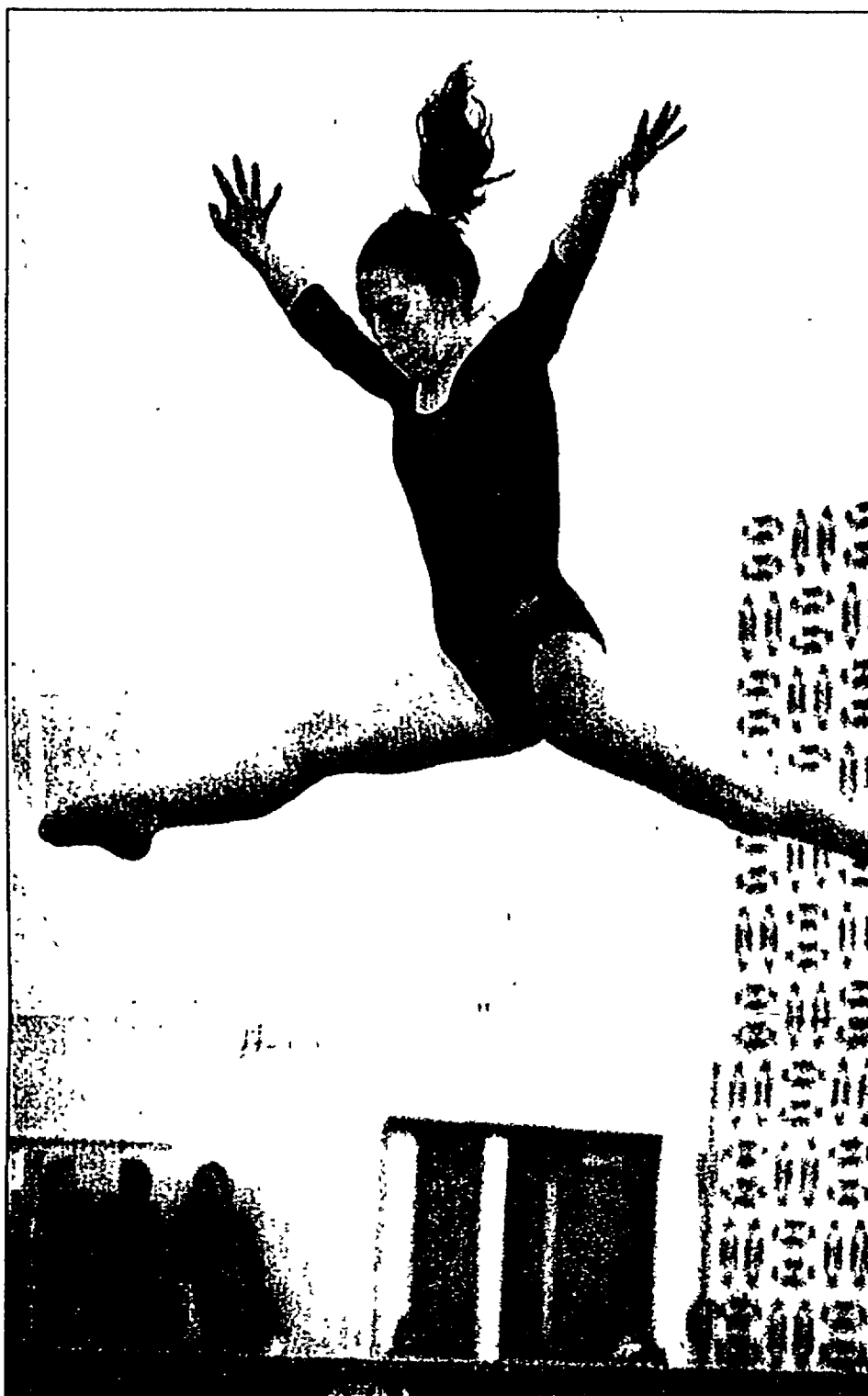


Photo by JOHN HEIDER/NORTHVILLE RECORD

Wild 'Stangs gymnast Amy Reynolds leaps high into the air during a home meet against the Brighton Bulldogs.

WILD 'STANGS

The Northville-Novi Wild 'Stangs gymnastics team earned some pretty high marks last week as they competed against Salem and in the Salem Invitational.

Some of the highlights include:

■ Julie Foucher and Emma Platt earned 9.1 scores on the vault.

■ Sarah Ilkhani-Pour earned a 9.1 on the bars while freshman Amy Reynolds notched a 9.0.

■ Rachel Deneau was awarded a 9.4 on the beam while Megan Wallen was awarded a 9.1.

■ Deneau also had a 9.3 with her floor routine followed by Ilkhani-Pour and Gazette, who earned 9.0 each.

■ In the Salem Invite, Gazette earned an all-around score of 35.3 points while Platt scored a 33.325.



Photo by JOHN HEIDER/NORTHVILLE RECORD

Jacqueline Gazette on the vault.

By the numbers

11-0

Northville's current basketball record, including eight road victories

22

Points scored by Alvin Stors in the Mustangs victory over Stevenson last week

20-0

Northville's point advantage over the Spartans through the entire third quarter

16

Points scored by senior Chris Toronto in the victory over Stevenson

1

Dunk in the game, by Alvin Stors in the fourth quarter off a quick steal

3

NCAA titles won by Northville's Brandon Langston, who was honored last Friday

Feb. 14

The day the Mustangs will host Walled Lake Central and hope to park their gym

Cagers remain undefeated, 11-0

■ Swimmers outlast Novi for fourth-straight season

The Northville Mustangs are on fire — plain and simple.

The squad became one of four Class A teams left undefeated in Michigan as they upended the Livonia Stevenson Spartans, 61-43, last Friday.

The team, coached by Darrel Schumacher, kept the fans on the edge of their seat as they trailed at the half, 30-22.

The speech at half-time fired the squad up as they came out and showed their true colors, outscoring the Spartans 20-0 in the third quarter. It wasn't until the 5:49 mark in the fourth quarter the Stevenson squad was able to add another field goal.

Northville couldn't get their game headed in the right direction as they stumbled against a very enthusiastic Spartans squad in the first half, but captains Chris Lorente and Alvin Storrs made all the difference in the second half as they led the Mustangs on a shooting spree with the help of Brandon Barkoski and Campy Smith.

Storrs scored 22 points in the game, including 8-of-10 from the free-throw line while Lorente added 14 points. Smith pitched in 11 points while Barkoski added six. Doug Hasse notched four and Phil Snow and Bret Spencer had two each.

Leading the Spartans was standout guard Luke Knochel, who pitched in 15 points in the losing effort.

Northville is 11-0 overall and 5-0 in the conference. It's the best start in the school's history.

Swimmers stop Novi, again!

The Northville Mustangs swimming and diving team beat Novi for the fourth-straight year as they won the Novi Tri-Meet last Saturday.

The Mustangs scored 266 points to Saline's 161 and Novi's 126.

"We were thinking we'd get a little bit more from Saline, they just didn't swim particularly



well," said coach Rich Bennetts. "We swam OK. It was just one of those days where nothing went right for Saline and they weren't able to match our depth."

The Mustangs took first in the 200 medley relay with Brody Blickle, Weston Laabs, Chris Keady and Will Blickle swimming a 1:42.89 while Brad Farris won the 200 freestyle in 1:45.72.

In the 200 individual medley, Will Blickle won in 2:02.65 while Keady won the 50 freestyle in 22.37 seconds. Keady also won the 100 butterfly in 53.49 and was a part of the 200 freestyle relay with Farris, Laabs and Culkin which won in 1:31.43.

Farris notched a 48.58 victory in the 100 freestyle while Culkin won the 500 freestyle in 4:51.48. Brody Blickle took first in the 100 backstroke in 54.92 while Laabs took second in 1:05.62. Taking first in the 400 freestyle relay was the team of Culkin, Brody Blickle, Will Blickle and Farris.

The Mustangs also took on Plymouth and won, 130-56.

"We were able to swim some different kids, so it was a nice meet," Bennetts said.

Northville earned victories in the 200 freestyle relay (Jon Bardsley, Laabs, Will Blickle and Mark Stuber; 1:46.99), the 200 freestyle (Brody Blickle; 1:47.50), the 200 individual medley (Joe Kargula; 2:21.45), the 50 freestyle (Jack Temple; 24.88), diving (Will Fankel; 146 points), the 100 butterfly (Culkin; 55.80), the 100 freestyle (Kyle Adams; 54.54), the 500 freestyle (Dan O'Brien; 5:23.71), the 200 freestyle relay (Farris, Keady, Culkin and Brody Blickle; 1:29.62), the 100 backstroke (Bardsley; 58.28), the 100 breaststroke

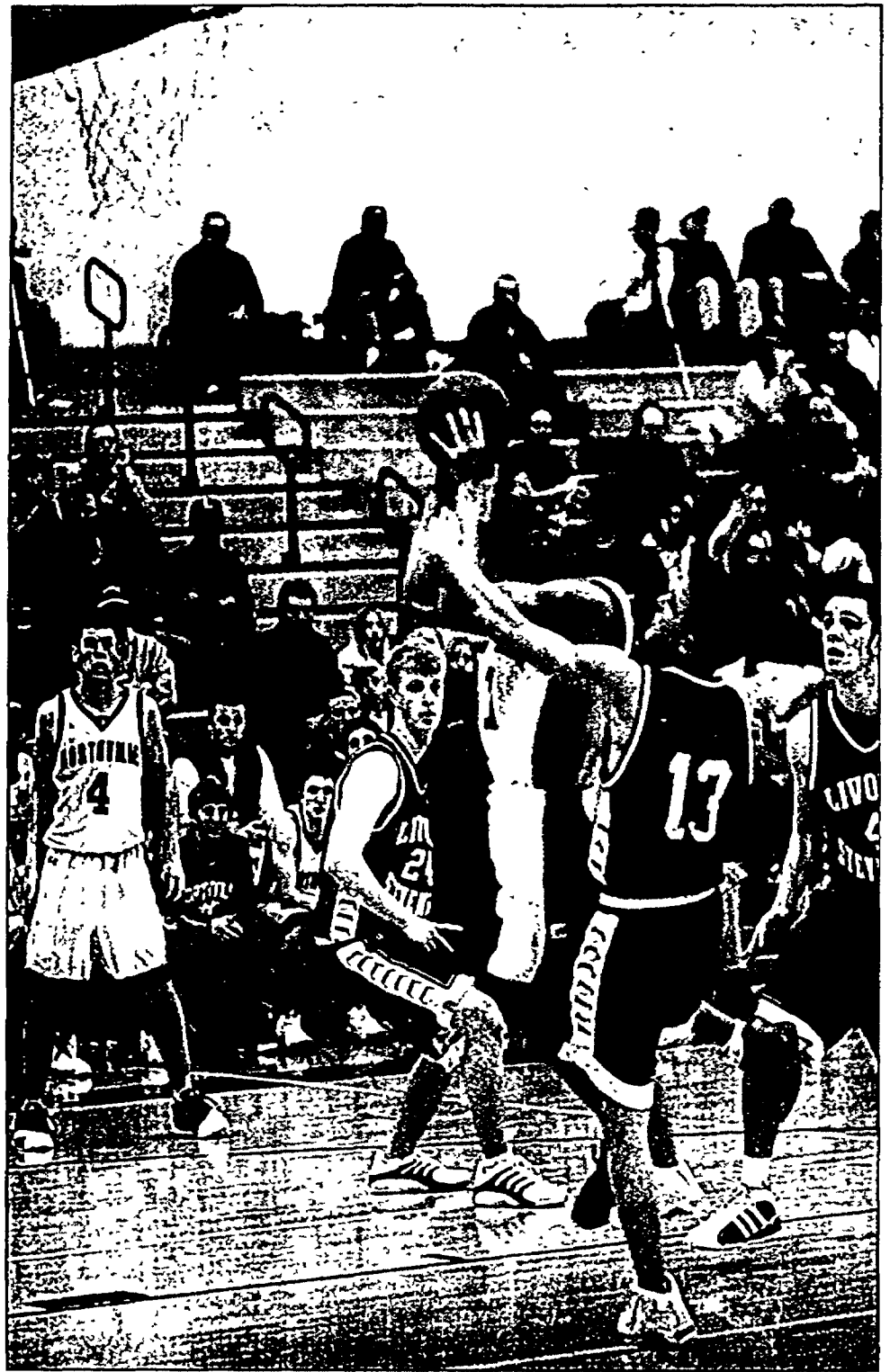


Photo by LYNN KIRKPATRICK

Northville junior Alvin Storrs goes up for two of his game-high 22 points against Livonia Stevenson, driving through junior Luke Knochel (#13), senior Anthony Lenardon (#4) and senior Benjamin Schroeder (#24). Northville's Campy Smith (#4) waits on the wing.

(Greg Sheppard; 1:09.7) and the 400 freestyle relay (Farris, Blickle, Adams and Temple; 3:28.92).

Spikers win tourney

The Northville Mustangs volleyball team won their first tournament of the year, winning the U-M Dearborn Invitational for the Gold Division last week.

The squad beat Wyandotte Roosevelt in the finals. Roosevelt beat Livonia Stevenson in the semifinals while the Mustangs topped Livonia Franklin

The team's current record is 20-7-3.

Hockey falls twice

The Northville Mustangs hockey team is having a rough stretch, compounded with two recent losses last week.

Last Friday, the team lost 3-0 to the Plymouth Wildcats despite 30 shots on net.

"Their goalie played well and we got down early and couldn't generate a thing offensively," said Brad O'Neill. "We played hard in the second and third period. However, we did not

score." Plymouth added an empty netter in the final minute. Northville's Scott Ozog took the loss.

The team also lost to Saline, 4-2.

It was a tied game, 2-2, with eight minutes left but the Hornets were able to take the upper hand against goalie Andrew Flynn.

Northville is now 8-7-1 overall and 4-1-1 in the Western Division.



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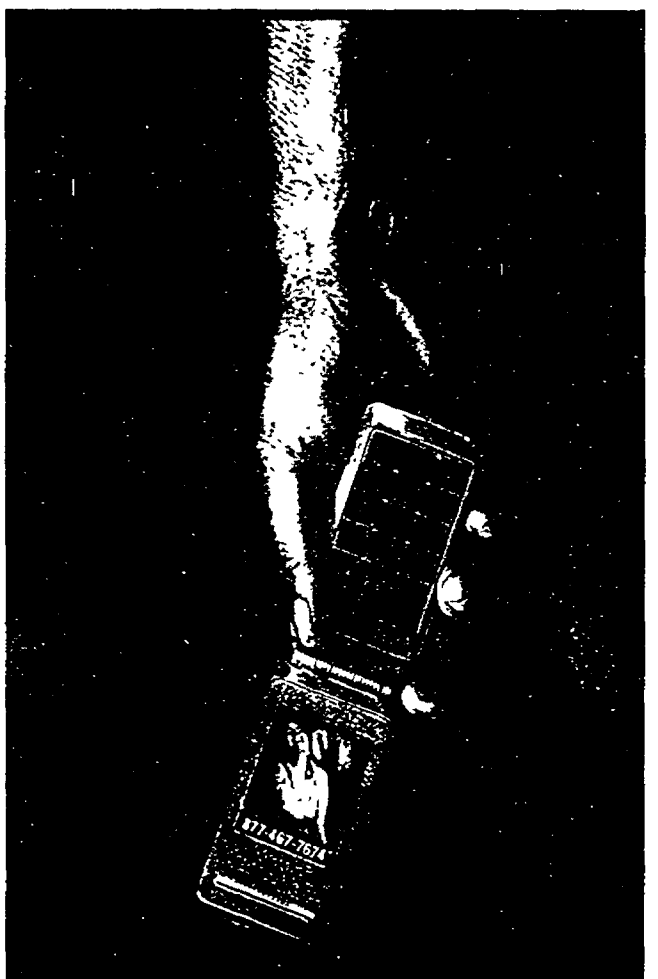
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Read Then Recycle This Newspaper



Strength coach Steve Mandregger encourages a Mustangs athlete to lift more than 200 pounds.

Photo by JOHN HEIDER/NORTHVILLE RECORD

Quick Hits

Dunkin'

More than donuts are getting dunked in Northville High School these days. Alvin Storrs, a junior captain on the Northville basketball team, brought the fans to their feet with a huge dunk against Livonia Stevenson to help add an exclamation a come-from-behind victory by the Mustangs to stay undefeated.

Storrs stole a pass, sprinted down the court and casually dunked the ball. The crowd roared and he was all smiles. He scored 22 points during the contest.

Slam dunk

Northville High School also had a pretty big play, but theirs was at half-time. The school held a small ceremony honoring 2001 graduate Brandon Langston, who holds the high school's all-time rushing record on the football field and went on to represent the community as a three-time national champion with the Grand Valley State University Lakers.

Langston accepted a plaque and the applause from the crowd with his trademark smile and gave a nod of appreciation when his dedication was presented to him.

Before there were Wildcats

There were rivals with Northville long before the Mustangs even had a high school. The Mustangs had their hands full with Plymouth before the school was divided into the three high schools that are now in its place.

That was the game for the Mustangs, not so much because of how close the schools were but because of how well Plymouth always played. One call to the sports department last week suggested it wasn't because Northville wanted to beat them, but because they wanted to be them.

Schoolcraft college hires new soccer coach

Long-time Michigan soccer coach Rick Larson will head the men's soccer program at Schoolcraft College. Larson has extensive coaching experience and has earned a number of local and regional awards.

Larson has begun meeting with the current soccer team members and recruiting. He will begin practices in August 2006. He said he was very excited to a part of the Schoolcraft program, which he characterized as having a "tremendous amount of tradition."

"I'm looking forward to building on that tradition," he said.

Larson said he plans to emphasize the educational aspect of educational athletics, where the student's welfare comes before the athlete's. "The primary reason for being at Schoolcraft College is to get an education," he said.

Larson said in his coaching, his goals are organization, understanding of each other's roles, and ultimate flexibility and creativity within those roles.

Larson's earlier positions include associate head coach of women's soccer at Oakland University, where two of his teams went to the NCAA tournament; head coach of women's soccer at Madonna University; assistant coach of men's soccer at Madonna University; and head coach of girl's soccer at Bishop Foley High School in Madison Heights, where his teams won five state championships, made six appearances in finals and were nationally ranked three times.

Busy building a tradition

Steve Mandregger prowls through the weight room, checking technique and making sure his kids are working hard.

His eyes dart from one station to another, even as he casually answers a question about the correct hand width for a triceps-building bench press.

Suddenly, he barks.

"This is the closest thing to a play off the line of scrimmage," he says after stopping the entire room of off-season football players.

He points to the power clean platforms.

"Take 20 seconds and prepare yourself for it. You're on the three-yard line and you need to punch into the endzone. Each rep equals one yard. Show me what you can do."

It's not football season and many teenagers might have been tempted to let the words flow in one ear and right out the other. But not

here. This is Mandregger's house. It's head football coach Ryan Hockman's proving ground.

And it's the place to be if you want to be a Mustang next year — especially one who wants to play.

There's no written rule about attendance. Off-season workouts are voluntary. But players who plan on making a difference next year are here lifting, paying with pain for starting jobs.



Sam Eggleston

Leading by example

Ditrick Williams, the team's leading rusher as a junior last fall, is present. His shirt, reads "The Williams Family Reunion" and hangs on his chiseled body.

The room practically empties as Williams heads into the hallway to do some floor presses with 100-pound weights. Student-athletes

cheer as he begins. He finishes and starts to stand up.

"Hold on," Mandregger says. "Let's see you lift them."

"I already did," Williams answers. "Ten times."

"Let's see you lift them. I don't care about 10. I want to see 11."

Williams grins, gets in position on his back and pushes the weight. Number 11 arrives with a grunt and groan.

"Anyone else want these?" Williams asks as he picks up the weights and places them back on the rack. A few laugh. Most look away.

"You'll get there," Mandregger assures those who watched the spectacle.

The future

The high school students finish their routines and leave for the weekend. But

Mandregger isn't done. Neither is Hockman, who has done his fair share of prowling, too.

A group of eighth-grade students start coming in. About 20 of them, all with aspirations of being the next big player at Northville High School. They do power cleans, pushups and modified squats.

Hockman stops a few students and shows them correct technique. His energy level is high and he wants them to do more than lift with the right hip thrust or footwork. He wants them to feel the excitement of what they're accomplishing.

"This isn't scientific or anything, but when you speak, air comes out, filling the area around you," he explains. "If that air is energized, they get energized too when they take it in."

It works. The students don't quit. They don't give up despite being tired, worn out.

Job well done

Mandregger stands guard, overlooking the group as they do pushups to failure. Some just won't quit.

"What PE class do you have that gives you this kind of workout?" Mandregger asks.

The answer, unanimously, is none. He nods, smiles a little. He's not there to be friends with any of the athletes, but it's in his nature. As the youthful weightlifters tidy up the room and put the equipment away, each one comes up to Mandregger and gives him a hug.

"Great job," he says to each of them. "Keep it up."

Mandregger waits until they're gone, talks a little with Hockman about the progress of some players and the frustration of others. There's still work to be done, weights to be lifted. It's an important cog in the design of Northville football's future.

It's a future. Hockman expects has much promise. Last season's 2-7 record is still tough to swallow.

Mandregger zips up his coat, shakes hands with everyone in the room and heads back home to Jackson. His work for the week is done. But, he's already planning for next week. For next month. Next season.

"These kids are doing great," he says. "We're going to have some great lifts to open the Walled Lake lift-a-thon in May."

"Next year, we're going to be right in the mix. We may not have the most talented team in the conference, but we're going to have the strongest and the team with the most heart."

Sam Eggleston can be reached at (248) 349-1700, ext. 104 or at seggleston@gannett.com.



Photo by JOHN HEIDER/NORTHVILLE RECORD

Using 45-pound weights, Northville High School strength and conditioning coach Steve Mandregger works with some athletes in the hallway of the weight room.

HIGH SCHOOL SPORTS SCHEDULES

Boys Basketball

Varsity			
2/3	Away	Wayne	7 p.m.
2/7	Home	Canton	7 p.m.
2/10	Away	Salem	7 p.m.
JV			
2/3	Away	Wayne	5:30 p.m.
2/7	Home	Canton	5:30 p.m.
2/10	Away	Salem	5:30 p.m.
Freshmen			
2/3	Home	Wayne	3:45 p.m.
2/7	Away	Canton	3:45 p.m.
2/10	Home	Salem	3:45 p.m.

Volleyball

Varsity			
2/6	Home	Wayne	7 p.m.
2/8	Away	Canton	7 p.m.
JV			
2/6	Home	Wayne	5:30 p.m.
2/8	Away	Canton	5:30 p.m.
Freshmen			
2/4	Home	Northville Invite	9 a.m.
2/6	Home	Wayne	5:30 p.m.

2/8

Away

Canton

5:30 p.m.

JV

2/4

2/5

Home

U of D Jesuit

W. L. Northern

8 p.m.

8:15 p.m.

Swimming

2/2	Home	Franklin	7 p.m.
2/9	Home	Canton	7 p.m.
2/10	Away	MISCA Meet	TBA

Gymnastics

2/4	Away	Canton	TBA
2/9	Home	Hartland	7 p.m.

Cheerleading

2/4	Away	Livonia Ladywood	12:30 p.m.
2/8	Home	Stevenson	7 p.m.

Hockey

Varsity			
2/4	Away	W.L. Northern	1:20 p.m.
2/7	Away	Riverview	TBA
2/10	Away	HS Showcase	TBA

Girls Hockey

Varsity			
2/4	Away		
2/7	Away		
JV			
2/4	Away		
2/6	Away		
2/10	Away		

Wrestling

2/2	Away	W.L. Western	6:30 p.m.
2/4	Away	Stevenson	9 a.m.
2/9	Away	WLAA Crossover	6:30 p.m.

Bowling

2/2	Away	Clarenceville	4 p.m.
2/6	Away	Livonia Ladywood	4 p.m.
2/9	Home	North Farmington	4 p.m.

THE SECOND HALF

Ready to make an Ivy League splash

By Sam Eggleston
RECORD SPORTS WRITER

The Penn is mightier than the scholarship.

Northville senior swim captain Brad Farris found out recently he was accepted to the University of Pennsylvania, an Ivy League school. And though he's pleased with his collegiate choice, he knows it came at a price. Penn and other Ivy League schools do not offer athletic scholarships, like those offered Farris from other schools.

"I went on a recruiting trip there and I had a good feeling about the school and the team," he said. "I liked the coach and it seemed like the team bonded very well. I enjoyed being around them."

"Academically, you can't beat an Ivy League school."

Farris sealed his collegiate fate after Penn accepted his early admittance application.

In November, a letter came stating he had a 98-percent chance of making the cut. Now, he's locked in with the Ivy League.

Penn wasn't the only school considering Farris from the prestigious league. Columbia was also interested along with Washington University in St. Louis and Johns Hopkins.

But the draw of swimming during his freshman year piqued Farris' interest.

"He has the possibility of being one of the fastest guys on the team," Northville swimming coach Rich Bennetts said. "Brad is an outstanding swimmer and



Photo by JOHN HEIDER/NORTHVILLE RECORD

Northville High School senior swimmer Brad Farris will be a member of the Ivy League next year.

Penn is going to be a great fit for him, academically and athletically."

Farris will study engineering and take some classes at Penn's

school of business. He said not having a scholarship won't hamper his time at the collegiate level.

Farris said he's lucky his par-

ents can foot the costs.

The sprint swimmer, who has qualified for the state finals in nearly every event with the exception of diving and the 100 breaststroke, said he's looking forward to the experience.

"I'm going to get to swim my freshman year and I'm going to be pushed to improve," he said. "I'm going to be able to gain so much experience and it's only going to help."

Farris carries a 3.89 grade-point average and boasted a 31 on his ACT test. He said he doesn't believe it was his grades that got him in at Penn, but his swimming.

"I don't think I would have gotten in without swimming," he said. "The coach really battled for me at the admissions office."

He's already making big goals for himself. Farris, who expects to swim in the shorter

freestyle races up to potentially the 500 freestyle, said he wants to make a splash.

"I'm hoping to make the NCAAAs," he said of the collegiate national finals. "That's my goal right now. It's going to take a lot of work, but I really want to try for it."

But he's got some work to do before those days are here. Farris will be expected to be one of the leaders in the state finals.

There, he hopes to help his team to a top-three finish in the state and maybe earn some individual accolades while he's at it.

"I'd like to get under 1:40 in the 200 free," he said. "Maybe I'll see if I can pull off a state championship with that and place first. That would be nice."

Sam Eggleston can be reached at (248) 349-1700, ext. 104 or at saggleston@gannett.com.

"He has the possibility of being one of the fastest guys on the team. Brad is an outstanding swimmer and Penn is going to be a great fit for him, academically and athletically."

Rich Bennetts
Northville Swim Coach



Photo by JOHN HEIDER/NORTHVILLE RECORD

Mustangs swimmer Brad Farris will be heading off to the University of Pennsylvania after graduating from Northville High School this year.

PARKS AND RECREATION

New Residents

DETAILS: Northville Parks and Recreation invites new Northville residents to visit its parks and community centers to learn about activities and facilities.

CONTACT: (248) 349-0203 or www.northvilleparksandrec.org

Kiddie Sports and Games

DETAILS: Registration for the next session of Kiddie Sports and Games, Sports Starters and Sports Sampler for Preschoolers is going on now. These classes are an introduction to sports and games and include teaching effort, cooperation and teamwork.

CONTACT: (248)349-0203

Lap Swimming

LOCATION: Hillside Recreation Center, 700 W. Baseline Road

CONTACT: For times and information, call (248) 349-0203

Open Badminton

DATE: Tuesday and Friday
TIME: 7-9:30 p.m.
LOCATION: Hillside Recreation Center, 700 W. Baseline Road

DETAILS: Competitive style badminton is available. All skill levels are welcome. Cost is \$7 per night, including bird fee.

Table Tennis

TIME/DAY: 6-10 p.m., Monday and noon-4 p.m., Saturday

LOCATION: Hillside Recreation Center, 700 W. Baseline Road

DETAILS: Eight tables are available. All skill levels are welcome. Cost is \$4 per day.

Open Basketball

TIME/DAY: 7-10 p.m., Tuesday
LOCATION: Senior Community Center, 303 W. Main St.

CONTACT: (248) 449-9947

Ski and Snowboard Club

DETAILS: Registration has begun for middle school and high school students. Membership includes motor coach transportation to local ski areas on Friday evenings and select Saturday evenings, group lift tickets, rental equipment discounts and lessons at Mt. Brighton Ski Area. Registration is \$155 for all Northville residents; \$160 for school district residents in the City of Novi; and \$165 for non-residents.

CONTACT: Parks and Recreation, (248) 349-0203

Junior Ski and Snowboard Club

DETAILS: This club is for fourth and fifth grade students and includes two afternoon trips to Mt. Brighton. Registration is \$56 for one trip and \$100 for two trips; additional fees apply for non-residents. Motorcoach transportation is provided.



Submitted Photo

Langston Night

Northville graduate Brandon Langston received a standing ovation from the crowd at Northville's home basketball game against Livonia Stevenson last Friday when he was presented with a plaque from the high school. Langston, who graduated from Northville High School in 2001, was a three-time NCAA national champion with the Grand Valley State University Lakers. Pictured (left to right): Northville High School principal Dennis Colligan, former Northville basketball coach Scott Baldwin, Brandon Langston and Northville athletic director Bryan Masi.

SPORTS SHORTS

3-on-3 basketball tournament

Northville Parks & Recreation will be hosting the first March Madness 3-on-3 Basketball Tournament March 25-26 at the Recreation Center located at Hillside Middle School on the corner of Eight Mile Road and Center Street.

The cost is \$85 per team with three or four players on each team. T-shirts will be given to all participants and awards will be given to the first-place team.

For more information, call (248) 349-0203 for more information.

Coach wanted

Northville High School is currently in need of a girls junior varsity soccer head coach for the upcoming spring 2006 season. Interested candidates should contact Bryan Masi, Northville Athletic Director at (248) 344-8414.

Adult hockey

Sign-up now for the winter session of the Breakfast Club Adult Hockey Series.

Registration is underway for the Breakfast Club presented by Labatt-Suburban Hockey's weekly morning skills and conditioning series for adult hockey players of all ability levels. The 10-week session will run through March 16.

The Breakfast Club will take place at Suburban Ice-Farmington Hills on Tuesday and Wednesday; Suburban Ice-Macomb on Tuesday; Onyx-Rochester Ice Arena and Dearborn Ice Skating Center on Thursday. Suburban Ice-Farmington Hills will also be the site of the Advanced Breakfast Club program on Thursday.

The goals of the program are to improve players' overall knowledge of the game, teach new drills, increase enjoyment of the game, build confidence, conditioning and develop skating and puck skills in a competitive and fun environment. Coaches include former professional and collegiate players with vast coaching and playing experience.

All youth hockey coaches receive 50 percent off tuition to the Breakfast Club. New this year is a special offer from RBK Hockey. All registered players may purchase an RBK 5K Modano pattern hockey stick for just \$75 (retail is \$150).

In addition, players who refers a new player to the Breakfast Club will receive \$50 off their tuition.

This is a popular program and there is limited enrollment.

For more information on the Breakfast Club or any other Suburban Hockey program, contact (248) 478-1600 or www.suburbanhockey.com.

Novi Heat fund-raising event

The U13 Novi Heat baseball team will be holding a fund-raising event at Gennitti's Hold In The Wall restaurant Feb. 12 at 2 p.m.

The team over the past two seasons were USSSA World Series consolation finalists as well as last year's run to Puerto Rico, which included being Michigan District champions, Ohio Regional champions and a berth to the World Series in San Juan.

The team also played in the Cooperstown Dream Park tournament.

The cost is \$50 per ticket, which includes dinner and wine with dinner. A cash bar is also available.

For more information or to purchase tickets, please contact Pete Talbot at (248) 349-5688 or (734) 905-4578.

Ten Star All Star Basketball Camp

Applications are now being evaluated for The Ten Star All Star Summer Basketball Camp.

This camp is by invitation only. Boys and girls, ages 10-19, are eligible to apply. Past participants include: Michael Jordan, Tim Duncan, Vince Carter, Jerry Stackhouse, Grant Hill and Antawn Jamison. Players from every state and 18 countries attended the 2005 camp.

College basketball scholarships are possible for players selected to the All-American Team. Camp locations include: Lebanon, Tenn., Prescott, Ariz., Thousand Oaks, Calif., Sterling, Colo., Bridgeport, Conn., Babson Park, Fla., Gainesville, Ga., Champaign, Ill., North Manchester, Ind., Towson, Md., Ypsilanti, Glassboro, N.J., Schenectady, N.Y., Hickory, N.C., Commerce, Texas, Blacksburg, Va., Lyndonville, Va. and Beloit, Wis. For more information and a free brochure, call (704) 373-0873.



Joanna Foss returns a volley during Northville's home match against Walled Lake Northern.

Volleyball: You got served



Mustang Katie Moran spikes the ball.



Mustangs Amanda Marquardt, right, and Marina Ungaretti converge to return a serve during a Mustangs home game.



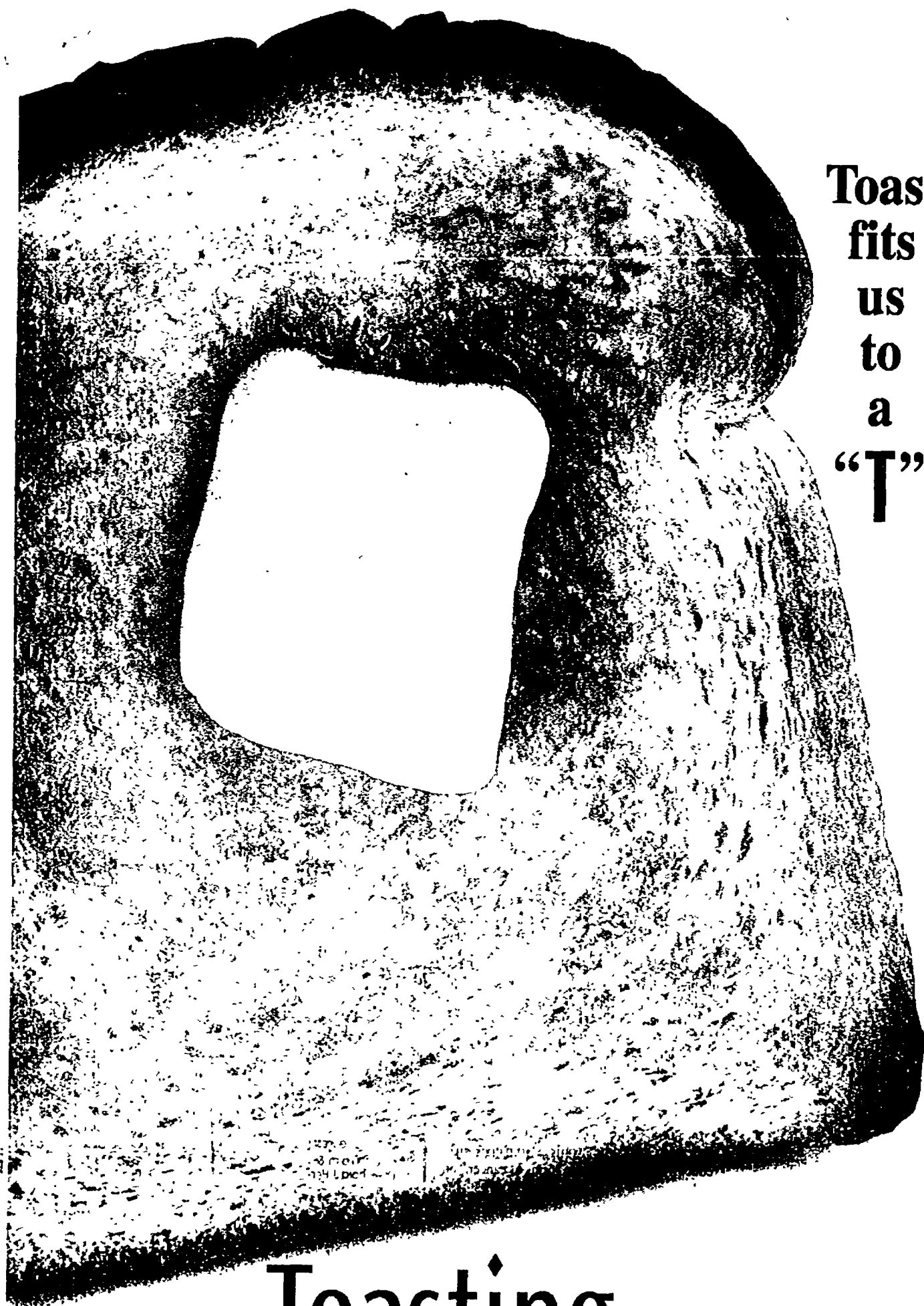
Sophomore Allison Holmes prepares to serve as the Mustangs take on the Knights of Walled Lake Northern.



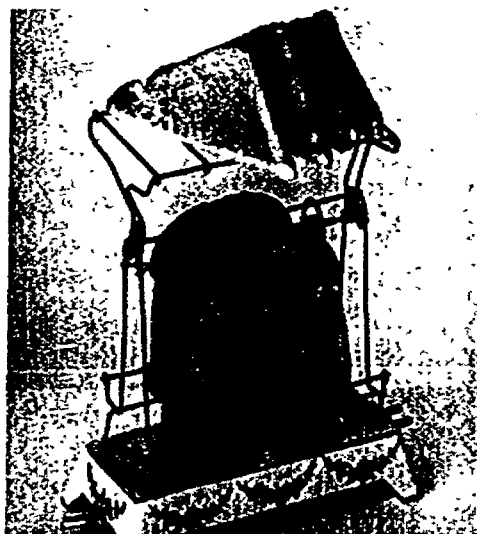
Mustang Moragn Daul prepares to spike the ball.

Photos by
JOHN HEIDER/Northville Record

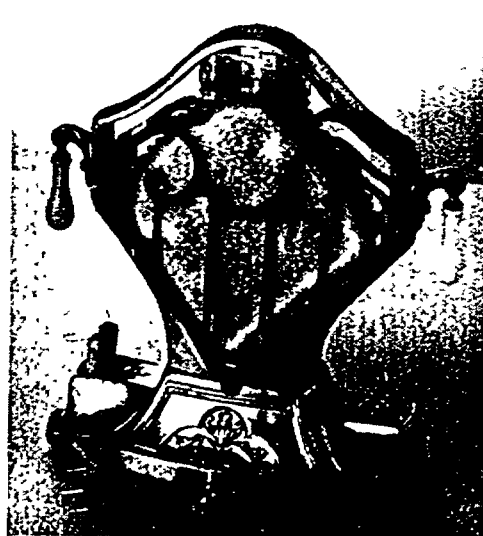
IN THE KITCHEN



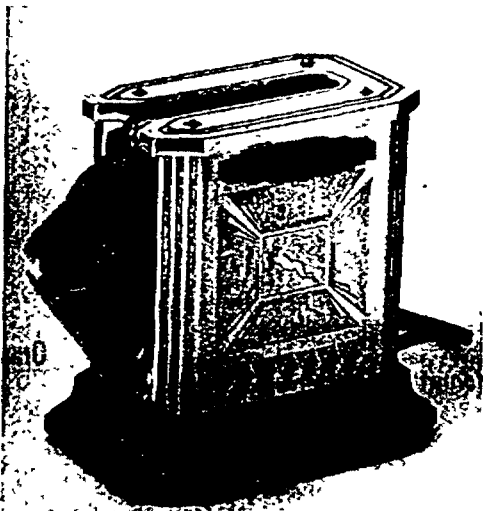
Toast
fits
us
to
a
“T”



The first U.S. patent for an electric toaster was submitted in 1909 by General Electric for an appliance surrounded by a wire cage to hold the bread. This model, the D-12, is considered the first commercially successful toaster in U.S. history — porcelain bottom with hand-painted detail, warming rack above.



1920s Sweetheart Toaster — heart-shaped swinger door to turn toast



1930s Hotpoint Gazelle — art deco design, manually tips toast out of a side panel

Toasting... TOAST!

The best thing since sliced bread

FAMILY FEATURES EDITORIAL SYNDICATE

The warm, crunchy, golden brown staple on breakfast tables in more than 90% of American homes is one of life's simplest pleasures.

This humble breakfast hero is also an iconic symbol of all that's right and good in American life. Toast is the great leveler, a symbol of democracy: Crunchy toast is enjoyed in humble homes and at 1600 Pennsylvania Avenue.

America's love of toast has given birth to toaster collections, a national toaster museum, children's book, songs about toast and cookbooks full of toast recipes.

One hundred years since the introduction of the first electric toaster, Americans are faithful to their long-lived love affair with toast. In fact, a recent survey commissioned by the Grain Foods Foundation and conducted by Harris Interactive indicates that more than 93% of respondents say they enjoy toast any time of day.

How passionate are Americans about toast? Nearly 10% of adults surveyed confessed they'd rather enjoy their morning toast than, um, a passionate interlude with their significant other. More than half of the survey respondents would choose toast over candy, and nearly 40% over chocolate. That's some serious craving for toast.

Hum a few bars in the key of “T”

“Americans are passionate about toast!” exults comedian Heywood Banks. Banks is singing all the way to the bank, having hit solid gold with his song about toast that he's parlayed into an animated cartoon (at comedyhome.com). Banks has created a children's book, t-shirts and music CDs based on the lyrics to his song “Yeah, Toast!” Toast lovers like Banks are delightfully quirky — he plays a toaster as a percussion instrument.

Love, craving and science in the kitchen

“There's nothing more satisfying than a piece of perfectly toasted bread,” says Ted Allen, cookbook author and food and wine consultant for television's popular “Queer Eye for the Straight Guy.” “One of the most comforting, simple moments you can have is to make yourself a slice of toast. The scent of bread caramelizing in the toaster is wonderful.”

The process that caramelizes toast — cooking the sugars in the bread and turning them golden brown — is the Maillard reaction, which gives toast its flavor and its crunch.

So push that lever down, get out your favorite toppings and tap your toe to the toast dance while waiting (im)patiently for the tantalizing aroma of caramelizing bread. If that's not true love ...

For more intriguing, fun and delicious information on grain-based foods like bread and toast, visit www.grainpower.org.

Write down this recipe for ... toast

Chef and toast enthusiast Jesse Ziff Cool has written a tome to toast. “Toast: 60 Ways to Butter Your Bread & Then Some” includes toothsome toast recipes, from sweet to savory, for every meal occasion.

“Toast is still the greatest thing since sliced bread — and getting better all the time. Toast is the perfect beginning for an appetizer, sandwich, entrée, snack — even dessert,” says Cool, chef, restaurant owner and cookbook author.

But Cool was not the first to document toast recipes. The White House cookbook of 1887 contained five entire pages and 21 recipes devoted to toast.

Mighty toast and nutrition Guilty pleasure? Hardly.

“Toast is one of those perfect foods that will never go out of style. Warm, crunchy and golden brown, toast is delicious, affordable, easy to make and a low-fat, low-calorie source of grains,” says Judi Adams, MS, RD, president of the Grain Foods Foundation. “With the variety of vitamins and nutrients packed into a slice of bread, it is one of the more nourishing choices for breakfast, or any time of day.”

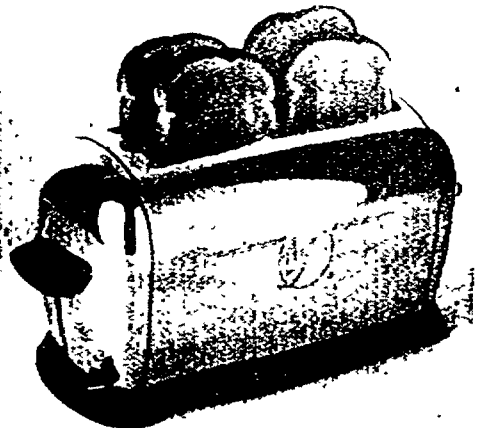
Winter Breakfast Sandwich With Maple Syrup, Toasted Walnuts and Cream Cheese

Serves 4 to 6

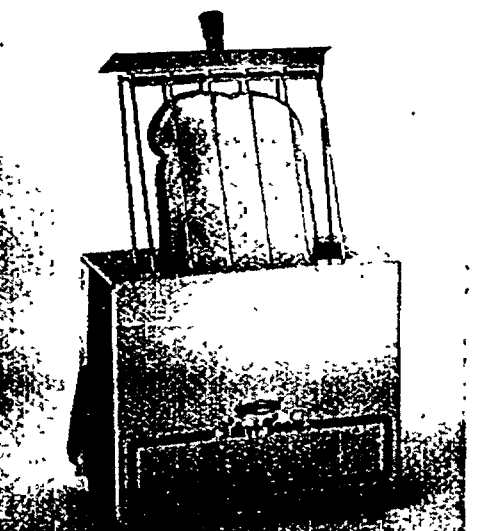
- 2/3 cup (about 3 ounces) coarsely chopped walnuts
- 8 ounces cream cheese at room temperature
- 3 tablespoons real maple syrup, plus more for garnishing
- 1/4 teaspoon ground cinnamon
- Pinch of freshly grated nutmeg
- 1/2 teaspoon vanilla extract
- 8 bread slices

Preheat toaster oven to 350°F. Put walnuts on baking tray and toast 5 minutes. Let cool to room temperature. In medium bowl, combine cream cheese, 3 tablespoons maple syrup, cinnamon, nutmeg and vanilla; stir to blend. Toast bread. Spread one-fourth of cream cheese mixture on each of 4 slices and sprinkle with walnuts. Drizzle with a little maple syrup. Top with a slice of plain toast. For bite-sized tea sandwiches, cut into 2, 4 or 6 pieces.

Recipe courtesy of Jesse Ziff Cool, author of “Toast: 60 Ways to Butter Your Bread & Then Some”



1940s four-slice Toastwell — streamlined design



1970s TravlToaster, Empire Mfg. — plugs into car's cigarette lighter

HEALTHY LIVING

'Hypochondriac's Pocket Guide' - Are you sick or just sick in your head?

By Mark Coomes
GANNETT NEWS SERVICE

It's the dead of winter, and there are more bugs going around than at a backyard cookout in July. Kids are missing school, grown-ups are missing work, and every stuffy, achy, nauseated soul is cursing the inadequacy of the human immune system.

But are you really sick? Or just sick in the head?

It might be both. "If somebody thinks he's sick, he can actually think himself into being sick," says Dr. Adewale Troutman, director of the mental health department for Louisville, Ky. "An illness can be just as real to you as if it were documented on a CAT scan."

Hypochondria is defined as the persistent conviction that one is or is likely to become ill, despite medical evidence to the contrary. It has also been defined, slightly tongue-in-cheek, as the only disease a hypochondriac doesn't think he or she has.

It's in this spirit that Dennis DiClaudio wrote "The Hypochondriac's Pocket Guide to Horrible Diseases You Probably Already Have" (Bloomsbury Publishing, \$14.95).

The book's purpose is proclaimed on the back cover:

"At the slightest onset of an unmistakably fatal-feeling itchy rash, you can simply whip out your trusty guide, conveniently diagnose yourself and then let the worrying begin."

DiClaudio is a humor writer and improvisational comedian who works in the editorial department of a medical publishing company.

"I've had to read a lot about weird diseases," he says. "Diseases that were horrible to such an extent that they became funny."

Alien hand syndrome, for example. It's a rare neurological condition in which the afflicted imagine, among other things, that their own hand is trying to choke them.

Genuine hypochondria is no laughing matter. It is a psychological illness that reportedly plagued Adolf Hitler, Charles Darwin and Hans Christian Andersen. However, it's quite possible to think yourself sick without being a real hypochondriac. Medical students do it all the time.

A 1999 article in studentBMJ (British Medical Journal) estimated that up to 80 percent of future doctors at some point imagine they are afflicted by diseases they study.

The power of suggestion can be powerful indeed. The difficulties of everyday life can too.

Troutman cites another study that showed between 75 percent and 80 percent of symptoms presented to primary care physicians have no physical cause. They are the result of mental stress.

A relatively new field of medicine called psychoneuroimmunology postulates that the conscious and unconscious minds are directly connected to the immune system and the autonomic nervous system, which regulates organ function and body temperature.

In other words, thoughts can afflict flesh. The red, itchy welts called hives are caused by heat, exercise or an allergic reaction. They also can be triggered by emotional stress.

"It's very difficult to tease out the difference between purely physical illnesses and psychological illnesses that manifest themselves in real physical symptoms," Troutman says.

Thus in cold and flu season we are wise to think only healthy, happy thoughts.

So be careful the next time you say you're too tired to move a muscle - you might develop akinetic mutism, the condition of being wide awake and physically sound but unable to move or speak.

Can I eat at night?

Editor's note: Ask Chris Klebba is a new health feature where readers can send their questions about weight loss, exercise and nutrition to Chris Klebba, owner and operator of the Water Wheel Health Club in Northville. Klebba will choose one question to answer in the Northville Record each week.

WEIGHT LOSS MYTH: Eating after 8pm will result in weight gain.



Chris Klebba

NO! In fact, have your last meal in bed if you want—just don't consume more calories than you burn for the day.

By the way, a day is 24 hours, so who cares when you eat your calories?

The body does not have an enzyme with a watch that after 7 p.m. preferentially stores items, especially carbohydrates, as fat. All of us have a certain number of calories we

can consume without gaining weight.

If you happen to change your daily schedule and end up eating a final meal or snack later in the evening without changing your calories, you are in no danger of accumulating weight as a result of that minor alteration.

Ideally, however, you would spread your allotted number of calories throughout the day to prevent hunger and prevent wild fluctuations in blood sugar levels, which can sap your energy levels.

This column was written by Chris Klebba, who owns and operates the Water Wheel Health Club in Northville, and is a certified fitness trainer, regular columnist and public speaker. For more information or to submit a question call 248-449-7634 or go to www.wheel.com.

Trans fats cleverly hidden on labels

By Serena Gordon
GANNETT NEWS SERVICE

When it comes to food labels that list levels of unhealthy trans fats, zero plus zero doesn't always equal zero.

That's because U.S. Food and Drug Administration rules on labeling, which went into effect on Jan. 1, allow foods with less than 0.5 grams of trans fats per

serving to claim "zero" grams of trans fats on their labels.

That means that Americans who consume three or four servings of these foods in a day will have unwittingly eaten an extra gram or two of trans fats.

And that's important because trans fats, like saturated fats, can raise the risk of heart disease as they increase levels of LDL — bad — cholesterol. Currently, the

FDA estimates that Americans consume an average 5.8 grams of trans fats per day.

So, what's a concerned consumer to do?

"If you see a food with zero trans fat, check the ingredient list. Look for the words, 'partially hydrogenated.' If you see partially hydrogenated, that means the product contains some trans fats," says nutritionist Samantha Heller,

The FDA adds that products with shortening or hydrogenated oils in their ingredient lists also contain some trans fats, and the higher up in the ingredient list you find those items, the greater the amount of trans fats the product will contain.

Visit www.fda.gov to learn more about trans fats from the U.S. Food and Drug Administration.

Good, average, bad: Sample these food claims

By Sameh Fahmy
GANNETT NEWS SERVICE

There are several kinds of health claims that appear on food products. Dietitians say some are worth paying more attention to than others and stress it is unrealistic to expect a single food to significantly improve your health. Here are some of the claims you'll find in grocery stores:

Yogurt

In 1995, the nonprofit American Heart Association began allowing manufacturers to display its seal on products that meet guidelines such as being low in fat, cholesterol and sodium. Dietitians say these guidelines aren't set by a government panel and therefore are somewhat skeptical of them.

Sugar-free gum

In 1996, the Food and Drug Administration allowed sugar-free chewing gum manufacturers to display the words "does not promote tooth decay" on their labels. This was the first of many FDA-approved health claims.

Oatmeal

In 1997, the FDA approved a health claim for oatmeal that reads, "Soluble fiber from foods ... as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease." Researchers say soluble fiber may help lower cholesterol by soaking it up, like a sponge, so that the body doesn't absorb it. Dietitians say other good sources of soluble fiber are grains, fruits and vegetables.

Whole grain cereals

In 1999, General Mills asked the FDA for a food claim on the relationship between whole-grain foods and heart disease. The FDA approved a statement that reads, "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers."

Orange juice

In 2000, Tropicana petitioned the Food and Drug Administration to allow a claim saying, "Diets containing foods that are a good source of potassium and that are low in sodium may reduce the risk of high blood pressure and stroke." Other good sources of potassium are veggies such as broccoli, cold-water fish such as salmon and fruits such as bananas.

The green circle with a checkmark means that the product meets guidelines established by PepsiCo. Dietitians warn against confusing this marketing device with an official government endorsement.

Nuts

In 2003, the FDA approved a qualified health claim for nuts that reads, "Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease." Dietitians say the evidence supporting this claim isn't conclusive, and point out that although nuts are a good source of nutrients, they're also high in calories.

Green Tea

In 2005, the FDA considered allowing a

health claim on packages of green tea but decided only to allow claims that end with, "FDA concludes that it is highly unlikely that green tea reduces the risk of breast cancer" and "FDA concludes that it is highly unlikely that green tea reduces the risk of prostate cancer."

Tomatoes

In 2005, The FDA denied an industry request to have the words, "Tomatoes may reduce your risk of certain forms of cancer," on packages, but did allow this statement, among others: "Very limited and preliminary scientific research suggests that eating one-half to one cup of tomatoes and/or tomato sauce a week may reduce the risk of prostate cancer. FDA concludes that there is little scientific evidence supporting this claim."

Soy

In 1999, the FDA approved a statement that reads, "Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease."

Dietitians point out research linking soy to heart benefits is complicated by the fact that people who consume a lot of soy tend to eat less meat and more vegetables than the general population. They also point out that 25 grams of soy protein is much more than the average person consumes. A single soy burger, for example, contains 9 grams of soy protein.

Barley

On Dec. 23 the FDA allowed products containing barley to claim that they may reduce the risk of heart disease (the claim is identical to the one on oatmeal, and carries the same weight in terms of validity).

With so many products making health claims, shoppers need to sharpen up

By Sameh Fahmy
GANNETT NEWS SERVICE

Take a trip to the grocery and it seems like nearly every item claims to be a healthy food.

Oatmeal says it'll reduce your cholesterol. Soy and some margarine say they'll reduce your risk of heart disease. And sugar-free gum may make cavities less likely.

A recent health claim the Food and Drug Administration has approved is for tomatoes, so don't be surprised if you find a health claim on pizza soon.

In addition to the FDA-approved claims, groups such as the American Heart Association and hospitals are partnering with industry to give certain foods their seal of approval.

Are such claims worth paying attention to? The answer is not as simple as you'd think.

Making sense of the sheer number of claims on foods can be confusing. Dietitian Sandra Godwin, a professor of foods and nutrition at Tennessee State University, says the best way to keep them in perspective is to remember that there's a hierarchy of sorts, with some claims carrying more weight than others.

At the top of the hierarchy are claims approved by the Food and

Drug Administration. These are statements such as "25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease." Another is "diets rich in whole grain foods and low in fat, saturated fat and cholesterol may reduce the risk of heart disease and certain cancers."

More controversially, the FDA began allowing what are called qualified health claims in 2002. These claims are lower on the hierarchy and essentially say that there's some evidence that a food might be beneficial but that this evidence is far from conclusive.

The International Tree Nut Council, for example, asked the FDA to approve a claim that would have read, "Diets containing one ounce of nuts per day can reduce your risk of heart disease."

The FDA denied this request for lack of evidence but allowed a statement that reads, "Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease."

See the difference?

The latest qualified health

claim the FDA has approved is for tomatoes. The FDA denied an industry request for, "Tomatoes may reduce your risk of certain forms of cancer." Instead, the FDA allowed this statement, among others:

"Very limited and preliminary scientific research suggests that eating one-half to one cup of tomatoes and/or tomato sauce a week may reduce the risk of prostate cancer. FDA concludes that there is little scientific evidence supporting this claim."

"Consumers have to understand that the purpose of these claims is to get them to buy the product," says Marion Nestle, professor of nutrition, food studies and public health at New York University.

Nestle, author of "Food Politics: How the Food Industry Influences Nutrition and Health" (University of California, \$39.95), says the FDA has caved to industry pressures and a series of lawsuits that have weakened its ability to regulate foods.

She contends the claims confuse consumers by making them think a single food can significantly impact their health or a pizza loaded with cheese is healthy because of the tomato sauce.

"These days the biggest issue is how many calories you consume," Nestle says. "So all of this stuff distracts people from thinking about calories."

Others are less critical of the health claims but also urge consumers not to forget balance, variety and portion control.

Jamie Pope, a registered dietitian and lecturer in nutrition at Vanderbilt University's nursing school, says FDA-approved claims can help guide you to foods that might be good choices, but you shouldn't necessarily change your diet based on them.

The nonprofit American Heart Association allows manufacturers to display its seal on products that meet guidelines such as being low in fat, cholesterol and sodium. Spokesperson Ashley Wrye says any manufacturer can display the seal if they meet the requirements, and that the food certification program does not make money for the AHA.

Pope says that while the AHA seal might be useful, it shouldn't prevent you from buying other products that lack the seal.

"You have to be careful that it doesn't mean other foods that don't have the endorsement are bad," she says. "The main thing to keep in mind is variety and balance."

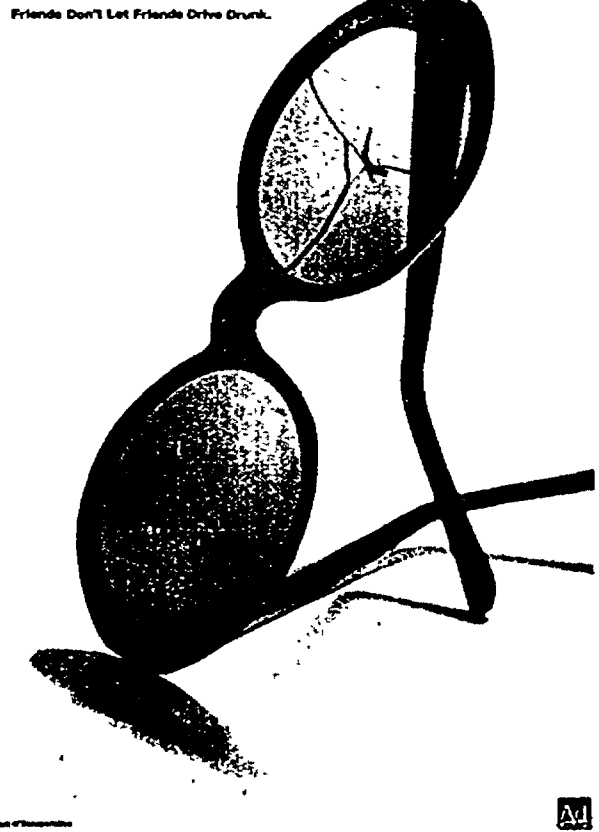
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CHURCH DIRECTORY

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The Northville Record or Novi News (248) 349-1700

Amends Gager Jager's Peace Sunlight
to wear an apron, drink, etc. from any once
before she was killed by a drunk driver.

Friends Don't Let Friends Drive Drunk.



REGIONAL MARKETPLACE

Page 111

Thursday, February 7, 2006

Ready for the (real) Big Game?

The Big Game will be exciting. Watch for brilliant moves by the defense, but never underestimate the power of the offense to launch a dazzling end run or throw a Hail Mary pass that will turn the tide in their favor. As the contest gets heated, there will be fumbles, interceptions and calls of unsportsmanlike conduct. But this grueling spectacle won't

feature half-time entertainment or slick advertisements and the television audience will be very small. Unlike the professional football playoffs that are flooding

Jack Faris

the airwaves of America, the confirmation hearings of U.S. Supreme Court nominee Samuel Alito Jr. will capture a much smaller share of the nation's attention, but the stakes of this game are much greater than any sports event.

Among those sure to be paying rapt attention to Capitol Hill's latest grilling of a justice-to-be are small-business owners whose enterprises are increasingly threatened by state and federal government agencies that stretch the interpretation of laws beyond their original intent. Many are aware that the National Federation of Independent Business Legal Foundation's defensive posture helped block an end run by the U.S. Tax Court last year. Taking the case for small business all the way to the Supreme Court, the foundation successfully turned back the tax court's secretive practice that allowed special trial judges to withhold reports from taxpayers who had appealed decisions.

NFIB's Legal Foundation has a flexible game plan; it can play defense or offense, depending on the challenge. Created to represent the interests of small-business owners in America's courts and to educate entrepreneurs about legal pitfalls, the affiliate of the nation's largest small-business organization scored several victories in 2005.

Weighing in on a Fair Labor Standards Act case, the group helped overturn a district court ruling that determined finance and insurance employees, who earn money from commissions on goods and services sold at dealerships, were not exempt from overtime requirements. By preventing excess payments, this effort results in significant savings for small firms.

Taking another case to the Tennessee Supreme Court, the foundation successfully argued that "loss of enjoyment of life benefits" should be excluded as part of a workers' compensation award. The ruling will keep workers' compensation insurance premiums from escalating, which, according to a recent NFIB study, ranks as the third-most important issue of concern for small-business owners.

In New York, the Legal Foundation added a few more points to the small-business scoreboard by successfully halting the expansion of workplace-safety liability. Agreeing with its reasoning, the State Court of Appeals ruled that an employer cannot be held liable for the personal injury to an employee's spouse due to secondary exposure to asbestos.

There won't be any replays highlighting the foundation's leaps across the legal goal lines, nor will you see any locker-room interviews with champagne toasts, but the small-business sector will celebrate the results on their bottom lines. They'll be able to use more of their hard-earned dollars to expand their enterprises and create jobs as a result of these unheralded legal victories. And I'd say that is something worth celebrating.

Jack Faris is the 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.org

ADVERTISEMENT



Photos by Hal Gould

In their new, expanded offices at 56330 Grand River Avenue, the staff at Brenda W. Smith & Company, P.C. is ready to serve you this tax season.

Brenda W. Smith: small business solutions

Accountants offer satellite office for customers on the go

For small business owners, a visit to a Certified Public Accountant can be a nerve-racking experience. Some proprietors avoid consulting a CPA, or put off the chore until a day that they are better organized.

But delaying the process of getting help can be costly. Knowing how to manage the financial aspects of a business makes a difference in overall success. Staff at Brenda W. Smith & Company, P.C. make it much easier to run a business.

Small businesses audited

Small businesses are being audited now more than ever. Messy bookkeeping can lead to mistakes that attract the attention of the Internal Revenue Service and increase the chance of an audit. An IRS audit is time consuming and stressful – certainly something to avoid.

Getting help from the CPAs at Brenda W. Smith & Company will go a long way to preventing unnecessary audits.

Consultation prevents errors

A good accounting strategy is key to a small business. While some may delay in getting help, those who start off right will be a step ahead.

"Mistakes made in the first year cost more than doing things right by setting up an initial consulting arrangement," said Brenda Smith, owner of the accounting firm.

Brenda W. Smith & Company offers a no cost, no obligation, hour-long consultation with potential business clients. This is one way Smith puts customers at ease.

"It's a good opportunity for the client to interview us to see if



Brenda W. Smith & Company, P.C. staff (left-right) Debbie Farneth, Patty Spees, Brenda W. Smith, CPA, Mary Noll, CPA and Amy Haselhuhn, CPA.

there's a good personality fit," she said. "It's very important that they can communicate comfortably with their advisors."

For start-up businesses Smith and her staff answer questions about what type of business entity will work best in the situation, how to keep records, and what taxes are required. If the business is already in operation, staff will look over prior returns or financial statements and answer questions about management, computerized accounting systems and planning for the future.

Small business specialists

Smith is the owner of a small business herself and understands the everyday struggles that business owners go through. She can put together a comprehensive plan that includes everyday record keeping and periodic tax payments.

The friendly, personable staff can assist clients with numerous questions. There are many times when a client needs to resolve a problem, but doesn't know where to turn.

"We can usually put them in touch with the right person, even if it's not us," Smith said. "We're a touchstone for all those other serv-

ices such as legal, financial services or even computer maintenance."

Making tax filing easy

Brenda W. Smith & Company offers complete services for accounting and taxes. This includes bookkeeping, quarterly payroll taxes, financial statement preparation, business and personal tax return preparation, and IRS problem resolution.

The firm can help keep clients in compliance with all government regulations and obligations for tax returns. It can facilitate various tax filings such as state, local, sales tax and personal property tax.

"There are many different taxes that a small business should be aware of, keep up with and pay," Smith said. "That's one area where our experience shows – we excel at keeping people in compliance with taxes."

Quick data access

In today's world, a business must have quick access to decision making data.

"If someone is still doing books manually, they're spending time writing and adding, and they are not getting the benefit of instant information," said Smith.

BRENDA W. SMITH, P.C.

Certified Public Accountants

Location: 56330 Grand River Avenue, near I-96 and Milford Road
Phone: (248) 437-6010

Computer based accounting software alleviates much of the manual work, and, once implemented can save time and increase accuracy tremendously. Smith recommends that small businesses use some kind of computer software right from the start – while the business is small.

"It's easier to learn when working on a smaller scale," she said.

The selection, set-up and training for computerized accounting systems is another area of expertise for Brenda W. Smith & Company. Mary Noll, CPA and Amy Haselhuhn, CPA are both Certified Pro Advisors for QuickBooks.

"We deal primarily with QuickBooks and Peachtree accounting software products, but work with other software as well," Smith said. "We can help our clients convert from manual books to a computerized system or help them improve their existing computer system. This will provide the business owner with the right information and reports needed to better manage their business."

Experience counts

Brenda W. Smith & Company can handle a variety of accounting situations because of the depth of experienced staff. The firm has over 60 years of experience in bookkeeping, accounting and taxation. Staff can help guide emerging businesses towards planning for future growth and owner retirement planning.

Although small businesses make up a large portion of the practice,

Brenda W. Smith & Company also handles non profits, estates and trusts, and all types of personal tax issues.

"People tend to match their accounting firm with the size of their business," said Smith. "Our fit is small to medium business. We do as much or as little for a client as they need."

"One of our goals is to educate business owners to help them better manage their business. I believe that our clients – whether they're signing a tax return or giving a financial statement to a bank – need to understand where the numbers came from and what they mean. We can help business owners improve their bottom line through education."

Satellite office solutions

New, expanded offices give Brenda W. Smith & Company the facilities to provide telecommuters and small business clients with office and conference room space. Flexible rental plans are available for both facilities.

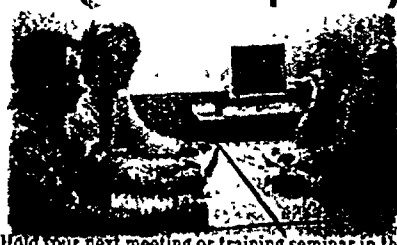
The new suite includes a conference and training room plus a fully equipped office available for public use. The multi functional conference and training room seats up to 20 people. It is equipped with high speed Internet access, presentation boards and a kitchenette.

The office space offers a distraction free setting for business people to meet with customers, check in with a home office, return e-mail or compose correspondence. Copy, fax and notary services are also available.

"It sure beats signing papers in a coffee shop or answering e-mail from the front seat of your car," Smith said.

The office is easy to access from most West Oakland and Livingston County area businesses. Brenda W. Smith & Company P.C. is located in New Hudson at 56330 Grand River Avenue near I-96 and Milford Road

Brenda W. Smith & Company, PC Certified Public Accountants and Business Advisors



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A Best Financial Corp. (800) 839-8918	5.375	2.25	4.875	2.125	4.5	1.125	J/A
AXIA Discount Mortgage (877) 746-3586	5.875	0	5.5	0	1.125	0	J/A
AFI Financial (877) 234-0800	5.75	0.375	5.375	0.25	NR	NR	J/A
America's Premier Mortgage (800) 566-8730	5.875	0	5.5	0	1.125	0	J/A
Ameripus Mortgage Corp. (248) 740-2323	5.875	0	5.5	0	1.125	0	J/A
Brighon Commerce Bank (810) 220-8648	5.875	0	5.5	0	1.125	0	J/A
Capital Goldstar Mortgage (800) 785-4765	5.825	1.5	5.25	1.5	4.875	0.375	J/A/V
Capital Mortgage Funding (248) 566-7283	5.875	2	5.825	1.25	NR	NR	J/A/V
Charter One Bank (800) 342-5336	5.375	0	5	0	NR	NR	J/A/V
Client Services by Golden Rule (800) 566-5905	5.5	1.625	5.125	1.625	2.5	1.125	J/A/V
Co-op Services Credit Union (734) 466-6113	5.375	0	5.125	0	4.875	0	J
Community Bank of Dearborn (734) 961-0222	5.125	0	5.75	0	5.625	0.5	J/A
Credit Union One (800) 544-5587	5.25	0	5.875	0	5	0	J/A
Dearborn Federal Savings Bank (313) 566-3100	5.125	0	5.75	0	5.625	0.5	J/A
DFCU Financial (800) 739-2770	5.75	2	5.25	2	NR	NR	J/A
Fifth Third Bank (800) 792-8830	5.125	0.375	5.75	0.375	5.25	0.375	J/A/V
First Alliance Mortgage Co. (800) 292-7357	5	0	5.75	0	NR	NR	J/A/V
First International Mortgage (248) 258-1584	5.875	0	5.5	0	NR	NR	J/A
GMAC Mortgage Corp. (800) 888-4822	5.75	3	5.75	1	4.625	1	J/A/V
Golden Rule Mortgage (800) 991-8922	5.375	2.125	5.125	1.875	1.225	2	J/A/V
Goldstar Mortgage (800) 784-1074	5.75	0.625	5.375	0.625	3.125	0	J/A/V
Group One Mortgage (734) 953-4000	5.125	0	5.875	0	5	0	J/A/V
Home Finance of America (800) 358-5626	5.75	0	5.375	0	5.25	0	J/A
Horizon Financial Group (888) 538-7887	5.625	3.2	5.125	2	NR	NR	J/A
JMC Mortgage Corp. (248) 489-4020	5.625	3	5	3	NR	NR	J/A
LaSalle Bank Midwest (800) 466-3800	5.875	1.2	5.5	1.2	3.875	2	J/A/V
Lira Financial (586) 228-0900	5.875	0	5.5	0	3.125	0	J/A/V
Mainstreet Mortgage (800) 900-1313	5.875	0	5.5	0	NR	NR	J/A/V
Manufacturers (586) 777-1000	5	0	5.5	0	4.25	0	J/A
Michigan Schools & Gov't CAJ (586) 263-8800	5.625	0	5.875	0	4.875	0	J/A
Mortgages by Golden Rule (800) 991-8922	5.625	1.125	5.25	0.875	2.5	1	J/A/V
National City Bank (586) 625-0825	5.75	2.125	5.375	1.625	5.375	0.875	J/A
Northlawn Financial (248) 984-8488	5.875	0	5.5	0	NR	NR	J/A/V
Pathway Financial LLC (800) 728-2274	5.875	0	5.5	0	3.375	0	J/A
Peoples Mortgage (800) 730-5087	5.75	0.375	5.375	0.25	NR	NR	J/A
Shore Mortgage (800) 678-6663	5.375	3	4.875	3	3.125	3	J/A/V
United Mortgage Group (586) 286-8500	5.875	0	5.5	0	5.25	0.25	J/A
York Financial Inc. (888) 839-9875	5.875	0	5.5	0	4.5	0	J/A

Above information available as of 1/31/06 and subject to change at anytime. Rates are based on \$200,000 loan with 20% down. Jumbo rates, specific payment calculations & most current rates available Fridays after 2:00 P.M. at www.mrcreport.com. Key to "Other" Column: J = Jumbo, A = Arms, V = VA, F = FHA, R = Reverse Mtg & NR = Not Reported. All Lenders are Equal Opportunity Lenders.

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2742 Buena Vista Dr. \$189,900
2124 Jackson. \$205,000
1149 Kingsway Dr. \$220,000
3780 Chapin Dr. \$275,000

Lyon Twp.

60601 Town Square St. \$210,000
30056 Cobblestone Lane. \$220,500
60366 Lamplighter Dr. \$222,000
25915 Hunter Lane. \$70,000
60658 Russell Lane \$304,000

Milford Twp.

1937 Scenic Dr. \$431,519
1998 Charles Ct. \$451,799
578 Olivia Dr. \$90,000
1461 Old Plank. \$289,000
3800 Shoreline Dr. S. \$910,401

Milford Village

716 Duchess St. \$170,000
628 Duchester Way. \$256,000

Northville City

1026 Bristol Ct. \$150,000
1051 Allen Dr. \$200,000

Novi City

45350 10 Mile Road W. \$159,000
22304 Roberts. \$160,000
21876 Dunnack Ct. \$64,750
24791 Portsmouth Ave. \$330,000
21850 Roxbury Dr. \$333,000
47266 Cider Mill Dr. \$345,000

26602 Island Lake Dr. \$410,820
24904 Reeds Pt. \$473,504
25664 Peninsulas Dr. \$525,255
24825 Reeds Pt. \$543,288
25654 Island Lake Dr. \$552,500
24598 Terradelmar. \$572,567
24486 Terradelmar. \$627,646
49788 Leyland. \$638,547
26434 Glenwood. \$650,000
24822 Terradelmar. \$698,694
24710 Terradelmar. \$750,000
26382 Glenwood. \$771,545
50064 Drakes Bay. \$955,417
23469 Stonehenge Blvd. \$133,000
22525 Cranbrook Dr. \$173,000
24512 Hampton Ct. \$197,000
23616 Cranbrook Dr. \$205,000
23571 Le Bost E. \$210,000
21950 Greentree Lane. \$262,900
24447 Jamestowne Road. \$287,000
25951 Creeks Crossing. \$291,500
25050 Newberry Dr. \$317,000
23283 Ennshire. \$322,285
23283 Ennshire. \$322,285
24460 Cavendish Ave. W. \$470,000
44928 Lafayette. \$142,500
41363 Cornett Dr. \$216,400
28519 Carlton Way Dr. \$230,000
31192 Kingswood Blvd. \$415,000

South Lyon City

420 Ada St. \$99,000
61212 Greenwood Dr. \$119,000
61194 Greenwood Dr. \$120,000
225 Brookwood Dr. - 2. \$133,600
225 Brookwood Dr. - 4. \$134,900
424 Whipple St. \$168,000
148 Aspen. \$174,900
59709 10 Mile Road W. \$212,500
991 Westbrook. \$242,000
947 Parkwood. \$265,000
975 Hidden Creek. \$342,000
225 Brookwood Dr. #13. \$106,900
225 Brookwood Dr. #7. \$120,400
117 Aspen. \$189,900
908 Parkwood. \$279,000
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 \$699,970 - Novi 5 bed, 4.1 bath, bsmt, gar 248-348-6430/349-6200	 \$299,900 - Novi 3 bed, 2.2 bath, bsmt, gar 248-348-6430/349-6200	 \$300,000 - Novi 4 bed, 2.1 bath, bsmt, gar 248-348-6430/349-6200	 \$559,000 - Novi 4 bed, 3.2 bath, bsmt, gar 248-348-6430/349-6200	 \$1,300/month - Novi 2 bed, 2.1 bath, bsmt, gar 248-348-6430/349-6200	 \$335,000 - Novi 3 bed, 2 bath, bsmt, gar 248-348-6430/349-6200	
 \$349,888 - Novi 3 bed, 2.1 bath, bsmt, gar 248-348-6430/349-6200	 \$350,000 - Novi 4 bed, 2.1 bath, bsmt, gar 248-348-6430/349-6200	 \$259,900 - Novi 3 bed, 2.5 bath, bsmt, gar 248-349-6200/348-6430	 \$562,500 - Northville 4 bed, 2.5 bath, bsmt, gar 248-349-6200/348-6430	 \$1,500,000 - Salem 3 bed, 3 bath, gar 248-349-6200/348-6430	 \$364,000 - Novi 4 bed, 3.1 bath 248-349-6200/348-6430	
 \$187,000 - Walked Lake 3 beds, 2 baths, bsmt, gar 248-684-1065	 \$345,900 - Milford 3 beds, 3 baths, bsmt, gar 248-684-1065	 \$334,900 - Milford 4 beds, 3.5 baths, bsmt, gar 248-684-1065	 \$1,800,000 - Commerce 3 beds, 4 baths, bsmt, gar 248-684-1065	 \$318,500 - West Bloomfield 4 beds, 2.5 bath, bsmt, gar 248-684-1065	 \$159,900 - Milford 5 acres, wooded, well & septic 248-684-1065	
\$299,900 - South Lyon 3 BR colonial w/finished basement 248-437-3800 \$229,900 - Brighton Well built brick ranch on lg w/wood lot 248-437-3800 \$277,900 - Green Oak Scenic views w/river, pond on 2.6 acres 248-437-3800 \$194,500 - South Lyon Nice ranch on beautiful country lot 248-437-3800 \$299,900 - South Lyon Great Commercial building downtown 248-437-3800 \$349,900 - Green oak Colonial in quiet sub backing to wetland 248-437-3800	\$329,900 - South Lyon Spacious 3 BR ranch in Carriage Club 248-437-3800 \$334,900 - Wixom Stunning 4 BR colonial w/beautiful deck 248-437-3800 \$394,900 - New Hudson Beautiful colonial on large wooded lot 248-437-3800 \$189,900 - Green Oak Quant 3 BR ranch w/canal frontage 248-437-3800 \$224,500 - Northville Nice home w/beautiful 1+ acre lot 248-437-3800 \$319,900 - New Hudson Maple cabs, wood flrs & large closets 248-437-3800	\$748,000 - Northville 4 bed, 2.1 bath, bsmt, gar 248-348-6430/349-6200 \$200,000 - Novi 1 acre lot - vacant land 248-348-6430/349-6200 \$199,900 - Novi 3 bed, 2 bath, gar 248-348-6430/349-6200 \$329,900 - Novi 4 bed, 2.1 bath, bsmt, gar 248-348-6430/349-6200 \$366,500 - Novi 4 bed, 2.1 bath, bsmt, gar 248-348-6430/349-6200 \$125,000 - Novi 2 bed, 1 bath, gar 248-348-6430/349-6200	\$429,000 - Northville 4 bed, 2.1 bath, bsmt, gar 248-348-6430/349-6200 \$359,900 - Novi 3 bed, 2.1 bath, bsmt, gar 248-348-6430/349-6200 \$269,900 - Green Oak Twp. 3 bed, 2.1 bath, bsmt, gar 248-348-6430/349-6200 \$300,000 - Novi 4 bed, 2.1 bath, bsmt, gar 248-348-6430/349-6200 \$797,500 - Northville 4 bed, 2.2 bath, gar 248-348-6430/349-6200 \$284,900 - Novi 4 bed, 2 bath, bsmt, gar 248-348-6200/348-6430	\$366,500 - Farmington 3 bed, 2 bath, bsmt, gar 248-348-6430/349-6200 \$227,900 - Wixom 3 bed, 1 bath, bsmt, gar 248-348-6430/349-6200 \$234,900 - Novi 2 bed, 2 bath, bsmt, gar 248-348-6430/349-6200 \$469,000 - Novi 4 bed, 2.1 bath, bsmt, gar 248-348-6430/349-6200 \$181,500 - Clarkston 3 bed, 2 bath, bsmt, gar 248-684-1065 \$214,900 - Highland 3 bed, 1.5 bath, bsmt, gar 248-684-1065	\$424,750 - Commerce 4 bed, 2.5 bath, bsmt 248-684-1065 \$584,900 - Milford 4 bed, 3.5 bath, bsmt, gar 248-684-1065 \$445,000 - Highland 4 bed, 2.5 bath, bsmt, gar 248-684-1065 \$379,900 - Highland 3 bed, 2.5 bath, bsmt, gar 248-684-1065 \$368,735 - White lake 4 bed, 3.2 bath, bsmt, garage 248-684-1065 \$169,000 - White lake 3 bed, 2 bath, bsmt, gar 248-684-1065	\$399,500 - Highland 4 bed, 2.5 bath, bsmt, gar 248-684-1065 \$206,000 - Commerce 3 bed, 1.5 bath, bsmt, gar 248-684-1065 \$374,900 - Milford 4 bed, 2.5 bath, bsmt, gar 248-684-1065 \$359,900 - Milford 5 bed, 2 bath, gar 248-684-1065 \$1,199,900 - Milford 5 bed, 4.5 bath, bsmt, gar 248-684-1065 \$339,900 - Milford 3 bed, 2.5 bath, bsmt, gar 248-684-1065

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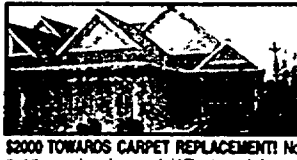
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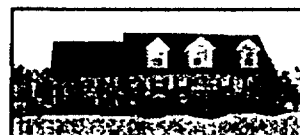
\$2000 TOWARDS CARPET REPLACEMENT! Not that the condominium needs it! This home is in great shape. Features include fireplace and all appliances. Finished walkout has a third bedroom and full bath. Nice walking track at the community center and has good access to I-96. Overlooks natural area of under-developed land on south side of town and located on a paved road. Williamston Schools \$180,000



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Features include 2400 sq. ft., 4 bedrooms, 2 full baths, 14 x 17 loft, fireplace, first floor laundry, hardwood floors and ceramic tile in baths, master bedroom with master bath on entry level. Oak trim and 6 paneled doors throughout. Fowlerville Schools \$279,900



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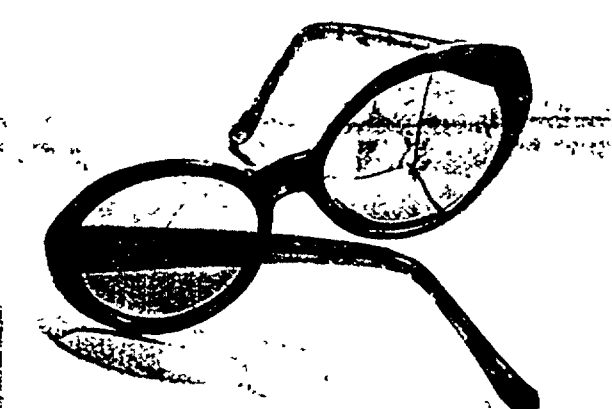
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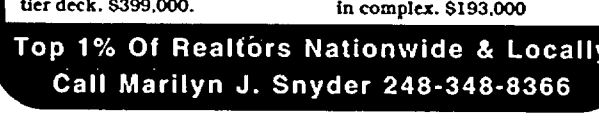
NORTHVILLE
Gorgeous & completely renovated home on 2.71 acres backing to Hines Park. Hardwood floors, granite, 3 fireplaces, 4,000 sq. ft. 4 BR 3 full and 2 half baths. Heated barn with 2 stalls. \$950,000



NORTHVILLE
47149 Seven Mile. Updated lakefront home on an acre backing to Lake Elizabeth. Cherry hwd flrs & cabinets, granite ctr tops, 2 FP. Walkout fin. Basement. \$550,000



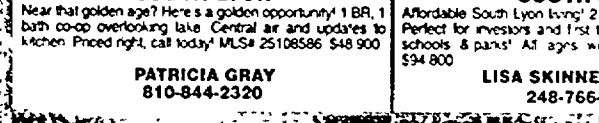
NORTHVILLE
15334 Merion Court. New Cape Cod backing to 9th fairway in NORTHVILLE HILLS GOLF CLUB. 3300 sq. ft. 4BR, 4 full and 1 half bath, w/1st flr master. Kitchen w/hardwood, 2 way FP, granite, Fin. Walkout LL w/5th BR and full bath. \$750,000



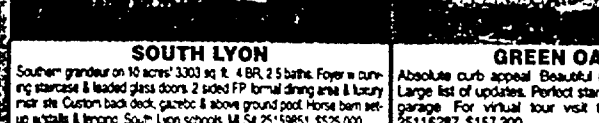
NORTHVILLE
42101 Aldea. 4BR 2,904 sq. ft. colonial in MAPLE HILL. Formal DR and LR. FP in Family Room. Large kitchen. Master BR w/showers & tub. Fin. Bsmt w/workshop. Two tier deck. \$399,000.



NORTHVILLE
16773 Carriage Way. Newer Northville condo. 2 Bdrm, 2 Bath, 1653 sq. ft. upper ranch unit with garage. All appliances incl. Two staircase entrances. Pool & clubhouse in complex. \$193,000



NORTHVILLE
Southern grandeur on 10 acres! 3300 sq. ft. 4 BR, 2.5 baths. Foyer & dining room w/leaded glass doors. 2nd flr FP formal dining area & luxury master suite. Custom back deck, garage & above ground pool. Home has set up inside & strong. South Lyon schools. MLS# 2515851 \$525,000



GREEN OAK TWP.
Absolute curb appeal! Beautiful ranch home with lake view. Large list of updates. Perfect starter home. 3 BR, huge 2 car garage. For virtual tour visit theeckeryteam.com. MLS# 25116287 \$157,300



PLYMOUTH
Luxury condo in Prestigious Meadows near park. Ground level ranch, garage. Priced \$25,000 below recent sales. 2 BRs, 2 baths. MLS# 25179214 \$419,900

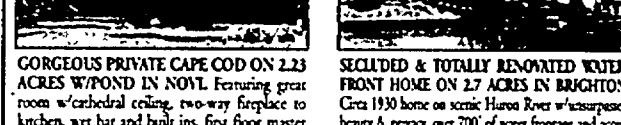


WHITE LAKE TOWNSHIP
Approx. 50 ft. of frontage on Supton Lake! Huge great rm, vaulted ceiling & lg fireplace. Florida rm overlooks lake. 2 BR, 1 bath. A must see! MLS# 25175676 \$219,000. For virtual tour visit theeckeryteam.com

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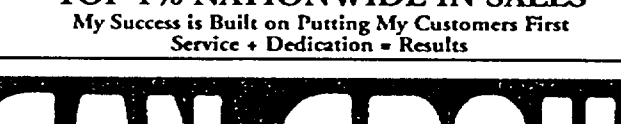
GORGEOUS PRIVATE CAPE COD ON 2.23 ACRES W/POND IN NOVI. Featuring great room w/cathedral ceiling, two-way fireplace to kitchen, wet bar and built ins, first floor master suite w/deck, hardwood floors, deep finished walkout w/bedroom, bath, home theater, two-way fireplace and more, new Pella windows, updated landscaping, deck, stamped concrete walk and paver patio, 3.5 car garage. \$900,000



SECLUDED & TOTALLY RENOVATED WATERFRONT HOME ON 2.7 ACRES IN BRIGHTON. Circa 1930 home on scenic Huron River w/inspired luxury & privacy over 700' of water frontage and access to chain of lakes. Extensively renovated with 4 bedrooms, 4 baths, 4600 sq. ft. featuring the finest amenities, eco-energy efficient and maintenance free. Particular setting with mature trees and beautiful perennial and ground spa overlooking the river. \$725,000



CUSTOM COLONIAL IN WILSON WOODS IN NOVI ON CUL-DE-SAC. Immediate occupancy or the home featuring crown molding, wet bar and fireplace in family room, cathedral ceiling and natural fireplace w/gas logs in living room, gourmet kitchen w/42 cabinets, master suite with strong area, hardwood floors, sunroom addition w/ceramic tile floor, finished extra deep basement w/great room, home theater, fireplace and more. 3.5 car garage. \$450,000



SPRAWLING MILFORD RANCH ON OVER 2 WOODED ACRES WITH POND. What a setting for the home featuring natural fireplace, cathedral ceiling & new carpet in great room, remodeled gourmet kitchen with cherry cabinets, granite counter and stainless steel appliances, master bedroom suite, hardwood floors, finished walkout lower level, four season room, new deck and paver patio with bridge. \$475,000



IMMEDIATE OCCUPANCY ON NOVI CAPE COD BACKING TO WOODS. This home features cathedral ceiling and natural fireplace in great room, first floor master bedroom suite with vaulted ceiling, convenient first floor laundry, new landscaping and freshly painted, partially finished basement with recreation room. \$375,000



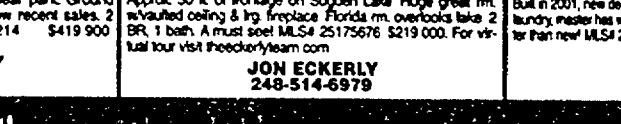
4+ ACRES IN TRANQUIL LYON TOWNSHIP SETTING. Rare find on this estate home with large swimming pool w/deck and waterfall, remodeled kitchen, cathedral ceiling and fireplace in family room, updated baths, 10 ft. ceilings on first floor, new 40 yr. roof, dual 90's furnace, newer central air, water softener and hot water heater, wrap-around porch, deck, 3.5 car garage. Northville mailing. \$600,000



12577 Bowers Lane - 5 country acres with a charming cape cod. Over 3400 sq. ft. of total living space! finished w/o bsmt. 2 garages, great value! MLS# 25128516 \$399,900



GREEN OAK
12577 Bowers Lane - 5 country acres with a charming cape cod. Over 3400 sq. ft. of total living space! finished w/o bsmt. 2 garages, great value! MLS# 25128516 \$399,900



NEW BOSTON
Built in 2001, new decor, hardwood floors, oak cabinets in kitchen, 1st flr laundry, master has walk in closets and lg bath w/ Jacuzzi tub. This is better than new! MLS# 26002956 \$275,000



DEARBORN
Updates galore include: fresh paint, new roof, carpet & windows, doors, siding & new copper plumbing. Lg. master w/ plenty of closet space. Award winning school. Great home for the price! MLS# 26013323 \$126,900

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SOUTH LYON
Near that golden age? Here's a golden opportunity! 1 BR, 1 bath co-op overlooking lake. Central air and updates to kitchen. Priced right, call today! MLS# 25108586 \$48,900

SOUTH LYON
Affordable South Lyon level 2 bedroom, first floor condo. Perfect for investors and 1st time buyers! Walk to town schools & parks! All ages welcome! MLS# 251313175 \$94,800

LYON TOWNSHIP
31200 S. Hill - Country estate on 2.5 wooded acres with 3200 sq. ft. of total living space. 4 BRs, 2 1/2 baths. Finished walkout basement and more! MLS# 25129574 \$319,900

SOUTH LYON
8 splittable acres! Ranch home, 1680 sq. ft. 3 BR, 2 baths. Great set up for horses 2 barns, stalls, hay storage & several pastures. Plus an 18x13 car garage. Some riding property w/pond. Great location to I-75. M-14 & I-96. South Lyon schools. MLS# 25155748 \$344,900

SOUTH LYON
Stunning home quality upgrades, granite, cherry cabinets, marble master bath, 1st flr den, fin bsmt, extreme patio, 3 car garage. 4 BR 3 baths. 1/2 acre lot w/ MLS# 25147129 \$419,900 Donna @ DonnaPachy.com

GREEN OAK TWP.
Absolute curb appeal! Beautiful ranch home with lake view. Large list of updates. Perfect starter home. 3 BR, huge 2 car garage. For virtual tour visit theeckeryteam.com. MLS# 25116287 \$157,300

GREEN OAK TOWNSHIP
Get ready for summer in this gorgeous waterfront home! Over 3200 sq. ft. of living area on private all sports lake! Many updates! 24 hr. info line 1-800-240-6862 Box #953. MLS# 26012042 \$549,000

MILFORD
2905 Trilogy - 3.3 acre contemporary estate tucked away in a heavily wooded setting. 3600 sq. ft. of total living space. Also has a 40x30 mechanics dream garage. MLS# 25168141 \$399,900

PLYMOUTH
Luxury condo in Prestigious Meadows near park. Ground level ranch, garage. Priced \$25,000 below recent sales. 2 BRs, 2 baths. MLS# 25179214 \$419,900

WHITE LAKE TOWNSHIP
Approx. 50 ft. of frontage on Supton Lake! Huge great rm, vaulted ceiling & lg fireplace. Florida rm overlooks lake. 2 BR, 1 bath. A must see! MLS# 25175676 \$219,000. For virtual tour visit theeckeryteam.com

Donna Pachy

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NEW CONSTRUCTION W/ALAKE
ACCESS 2,900 sq. ft., 4 b.c., 2.5 baths. Gourmet kitchen w/granite countertops, 9 ft. daylight bsmt., 3.5 car garage. Finished bonus room, fully landscaped. Priced to sell \$360,000. Call 810-632-4359

BREATHTAKING Lakeview!
Renovated in '05, finished walkout, garage. Double sized lot. \$469,900 CROSSROADS REAL ESTATE. (810)227-3455

NEW IN 2005!
2300-sq. ft., 4 BR, 2.5 baths, 16x20 new deck. Family Sub., maple cabinets, library, soaker tub. \$274,900. 517-552-5258

OPEN 1-4 SAT & SUN
New Sub. S. of Coon Lake off D19, Timberland Lot 24, 1.4 acres, 2656 Sq. Ft. 4 Br. ceramic tile baths, 9' ceilings. Designer kitchen, hardwood floors, large great room with 10' ceilings, and the list goes on all for \$334,900. Call Dave (810) 227-7624 ext (2)



SPECTACULAR 1371 SQ. FT. 4 BR, 2-1/2
bath ranch home in excellent Highland Twp. location. This 1994 built home offers an additional 800 sq. ft. in finished daylight bsmt., above ground pool & 3 car garage! (25115079) \$234,900.

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RANCH 3 BR On almost 2 Acres Family room w/fireplace. Finished bsmt. Great location. Hartland Schools \$219,900 Call (810) 714-1524

RANCH ON CORNER LOT!
3 BR. lg. kitchen. Bsmt. Shed \$157,000 (810) 632-6492.

Howell (3230)

BEAUTIFUL 1 ACRE, w/trees
3 br., 2 bath ranch. Full bsmt. & kitchen w/snack bar. \$210,000 CROSSROADS REAL ESTATE. (810)227-3455

CAPE COD
3 BR. bath, w/basement, \$144,900. \$395 cash to close and \$1000/mo. Good-Floor-No Credit! Call 810-210-8511.

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NEW LISTING - MILFORD



Wonderful lake front home features new hardwood floors and carpet, new appliances, cupboards, countertops, lighting, bathroom sink & cabinet, roof & siding on home and garage, new hot water heater & windows and newer central air. Too many updates to list!! \$294,900

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Milford, 5.79 Ac- 3 Bed,
2.5 Bath near Kensington Park. Huge Kitchen w/great views, landscaped gardens. New: windows, siding, roof, furnace/AC, carpet, Baths, Kitchen, well & more! \$345,000 (P-3015)

Milford Village Ranch- 3
Bed, 1 Bath 2 blocks from historic downtown Milford! Full basement, large Garage, enclosed summer porch, all appliances stay \$169,754 (M-722)

Highland Colonial- 4 Bed,
2.5 Bath w/2-ter deck, maple flrs, lg Mstr Bath w/natural stone & walk-in closet, Kitchen w/granite & stainless steel appliances, dual fireplace & more! \$329,000 (T-359)

Milford Village Water
Front- Huron River frontage adjacent to Central Park - It does not get any

Green Oak Ranch- 3 Bed, 2
Bath custom brick & cedar w/vault ceilings, 2 side fireplace, Andersen windows, skylights, Master w/Jacuzzi & WIC. Many updates! \$249,000 (C-10744)

Milford Gorgeous Custom-
Stone Hollow 4 Bed, 3.5 Bath park-like 3.41 acre lot. Marble foyer, Brazilian cherry floors, wainscoting in Dining & Library, fabulous gourmet Kitchen, 3 car Garage. Way too much to list! WOW! \$799,400 (S-2701)

Milford Laketfront- 3 Bed,
1.5 Bath contemporary on Moore Lake! Remodeled in 2005! New hardwood, carpet, Kitchen, Baths, windows, AC, well plumbing, electric & more! \$294,900 (P-937)

(248) 685-1588

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2006

ZERO DOWN NO PAYMENT
TILL SPRING!
Beautifully upgraded newer home in Homewood Village. 2,112 sq. ft., 4 br., 3.5 baths. Immediate occupancy. \$269,000. Call 517-485-9041

Homes (3000)

ENGLAND



JUST LISTED! Private 3 acre hilltop setting surrounds the neat 3 bedroom ranch. Open kitchen, dining, living area and large 21x15 deck and 19x10 porch area. New windows and siding in 1995. New shingles in 2003. Detached garage with 220 electric. Prime location, Tyrone Twp., Fenton Schools. \$215,000.



RETREAT... to the spotless 3 bedroom, 2 bath ranch with fantastic views of all sports. Majestic Lake! Convenient kitchen with oak cabinets, pantry & built in desk. Living room with corner brick fireplace, formal dining room, family room w/bat in walkout lower level, 2 car attached garage, 2nd garage, boat lift and 110 ft dock included. Hartland Schools \$398,000.



HOME SWEET HOME! Peaceful 10 acre wooded setting surrounds this fabulous 2492 sq. ft. 1.5 story home! Home includes 3 bedrooms, 3.5 baths, brick fireplace and skylights in living room, spacious kitchen, Florida room off dining and full finished walkout lower level. 3 car attached garage, 60x54 horse barn, 48x35 utility barn and more! Hartland Schools. \$548,000.

VACANT LAND
WALLED LAKE SCHOOLS. Nadine Lane, North of 14 Mile Road, east of Drake. Beautiful 1 acre building site in West Bloomfield Estates. Lot is approved for new home to build on. Paved road with water and sewer hook-up. \$179,000

HARTLAND SCHOOLS Parcels B & C - Latourrette Lane. North off of Hibner, east of Fenton Road. Lovely, rolling 2.5 acre parcels with possible walk out site. Subject to township approval of split. Perked and surveyed. \$89,000 each

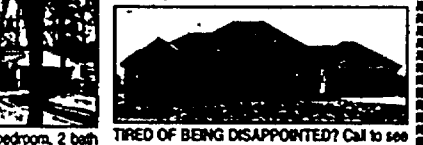
Homes (3000)

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JUST LISTED! Charming older home with country setting on 2.54 acres subject to split approval. This 3 bedroom, 1.5 bath home includes kitchen with newer cabinets & Pergo flooring, abundance of built in, formal dining and living room. Basement, belvedere carport, 18x20 trix deck, tool shed and large 2 story barn w/water and electricity. Howell Schools. \$298,500.



TIED OF BEING DISAPPOINTED? Call to see this lovely "new" ranch on 2 acre country setting. Home includes 2,000 sq. ft., 3 bedrooms, 2 baths, well planned kitchen w/an abundance of cabinets and eating area, large formal dining room, great room w/gas fireplace, basement, covered front porch for relaxing and 30x28 attached garage! Linden Schools \$261,900

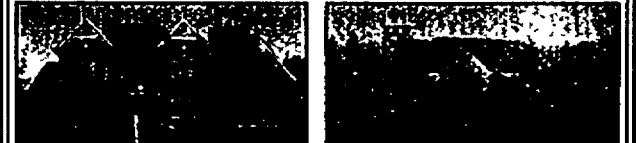


JUST LISTED! All sports Lobdell Lake front! Light, bright 4 bedroom home in move in condition! Home built in 2001 features a sharp kitchen with cherry cabinets and hardwood floors. Dining area leads to spacious deck with scenic views. Finished walkout lower level! Beautifully landscaped yard to go with this awesome home! A smart buy at \$499,000

WALLED LAKE SCHOOLS. Nadine Lane, North of 14 Mile Road, east of Drake. Beautiful 1 acre building site in West Bloomfield Estates. Lot is approved for new home to build on. Paved road with water and sewer hook-up. \$179,000

HARTLAND SCHOOLS Parcels B & C - Latourrette Lane. North off of Hibner, east of Fenton Road. Lovely, rolling 2.5 acre parcels with possible walk out site. Subject to township approval of split. Perked and surveyed. \$89,000 each

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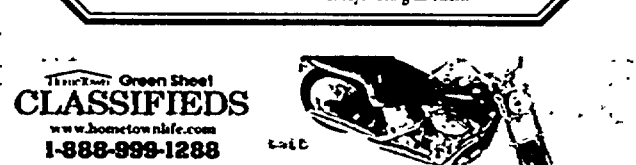
NORTHVILLE - GREAT LOCATION! The hardest thing for a luxury home buyer to find is a well-built quality home with a private lot and a walkout basement. Backing up to Hines Park, this home has exterior curb appeal & interior charm, fantastic 1st flr. master suite, beautiful kitchen and one of the nicest walkout lower levels you will find. You will love the upstairs bedrooms & loft.



NORTHVILLE - NEWER "HISTORIC"
HOME. Want to live in the City of Northville but prefer a newer home with all the charm & ambience of an older home? This one has it all! Built by Randy Dickinson to exacting specifications, no detail was left out and the finest of materials were used. Beautiful moldings & trim, WeatherShield windows, skylights & fantastic kitchen w/granite counters, lovely baths, w/o lower level.



NORTHVILLE - IN-TOWN CHARMER.
Owners have spent much money & time updating this charming older home with lots of curb appeal. Fabulous new kitchen w/Thomasville hickory cabinets, Bakelite brass knobs & Corian counters. Andersen windows, fantastic 24x26 garage w/Wayne Dalton doors. Almost all of interior has been redone.

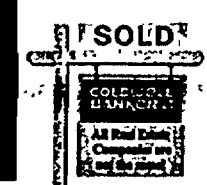


PLYMOUTH - SUPER NICE. If you are looking for a lovely Cape Cod with first floor MBR in a beautiful sub. look no longer! Owners have spent approx. \$100,000 in improvements. Exterior & interior are impeccable. Fantastic newer mainm. & brick patio. Towering ceilings in GR. Maintenance-free exterior Fin. bsmt. Motivated seller says "bring all offers!"



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GREAT COLONIAL Located in New Hudson featuring approx. Half an acre lot with beautiful gardens in a gorgeous country setting. Spacious floor plan, large deck and a pool for summer enjoyment. You'll love this one! \$269,900 (P-5268A)



WHY PAY RENT? When you can move right into this affordable condo featuring a large master w/walk in closet, nice kitchen w/appliances including washer & dryer. Neutral decor, low utilities, pool & tennis. Great location. \$79,900 (P-840TW)



HALF ACRE LOT IN NOVI Desirable setting for this 4 bedroom colonial with 3.5 baths. Finished daylight basement w/full bath, possible 5th bedroom & rec room. Side entry 3 car garage, sprinklers, luxury master, fireplace and a study \$469,900 (P-5788R)



AFFORDABLE COUNTRY LIVING Made possible by custom home builder Jasmund Construction. Close to downtown S. Lyon. Bring your own plans or builder can provide. Low taxes & award winning schools. Several lots available \$99,900 and up. (C-128UR)



SUPERB SETTING Elegant details in this Northville colonial on a beautifully landscaped interior court. Southern exposure and open 3100 sq. ft. floor plan make it bright & spacious. Dramatic ceilings, fireplace, security & sprinklers. \$479,000 (P-758CA)



DON'T COMPROMISE When you can own this wonderful 3 bedroom colonial on an extra large lot in Farmington Hills. Nice deck, spacious floor plan, fireplace, formal areas, finished basement and more for only \$248,500 (C-890GI)



ELEGANT CAPE COD Nestled in a private wooded setting. Architectural details abound, marble & granite kit., palladium windows, heated floors, finished walkout, recessed lights, enchanting garden room and all the modern conveniences. \$1,199,000 (P-319H)



AWESOME WATERFRONT CONDO
Spectacular end unit with a gourmet kitchen & granite kitchen, spacious living room leading to the sunroom overlooking the lake. Finished walkout w/great room, exercise room and 2nd fireplace. A true beauty \$599,900 (P-786IS)



TOO COSTLY TO DUPLICATE! Overlooking the 18th fairway and Tray Lake lies this lovely Duke model with numerous upgrades. Dream kitchen, extensive use of recessed lighting, ceramic floors, finished walkout and a luxurious master. \$474,900 (P-313IV)



SOUTH LYON LOT On a private road with a wooded backdrop. Will require an engineered septic field. This area has golf courses and upscale homes. Survey and geological studies available. Over one acre. Privacy is perfect as is the price \$89,900 (P-000LA)



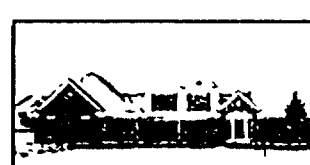
CUSTOM BUILT Backing to a stream and wooded area on a huge lot is this stunning cape cod 3 car garage, huge deck, finished basement, fireplace, granite kitchen and many quality updates all within the last 5 years. Call now \$450,000 (P-501LU)



YOU FOUND IT! Gorgeous Northville condo has everything but the maintenance! Clean and beautifully decorated, this end unit offers a great master, new floors and fixtures, dining and study areas, enclosed seasonal porch, appliances and a great location! \$134,900 (P-560VO)



INCREDIBLY ATTRACTIVE Farmington Hills colonial with a huge master offering his & hers walk in closets, large oak kitchen, finished basement, 2 car garage and lovely dramatic details throughout. Call now \$284,700 (C-886PE)



BACKING TO GOLF COURSE Hardwoods and ceramics. Gourmet kitchen w/granite & maple. 2nd master on 2nd level, jack & jill bath adjoins bedroom 3 & 4. 10 ft. Ceiling in full basement. Formal dining w/marble flooring. Private study. Butlers pantry \$629,900 (P-775PO)



BETTER THAN NEW PULTE Built in 2003 a Pulte 4 bdrm colonial, 1800 sq. ft., 2.5 baths & 9' ceilings. Spacious kit w/ GE appliances, FR w/FP. Flex room can be formal LR or DR, master suite w/cathedral ceiling, luxury bath w/garden tub & large WIC. Prof landscaped w/sprinkler system & patio. \$229,900 (C-756RA)



GREAT BUSINESS OPPORTUNITY in an expanding area of Novi! Great location! Currently a home that needs to be torn down (non-conforming use). Land survey done, zoned light industrial. Agent related to the seller. \$189,900 (C-444TA)



YOU'LL LOVE THIS! Cute newer condo with a huge great room & fireplace. Finished basement, gourmet kitchen, large master w/full bath, garage and an excellent location. \$189,900 (C-315WV)



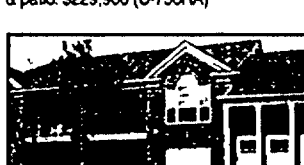
SCENIC VIEWS 2 bedroom - 2 bath end unit backing to the woods with neutral decor, vaulted ceilings, newer roof. Walkside windows, a carport and walking distance to downtown Northville \$144,900 (C-732TA)



COVES OF NORTHVILLE Huge one story condo with 2BR/BA, enjoy the solarium, a great room w/fireplace, skylights, cathedral ceilings, dual doorways to expansive deck overlooking the pond & mountains. Too much to list! \$199,900 (C-03680)



GOLF LOVERS This elegant cape cod is an enviable situated on the fairway in the Villas of Northville Hills. Spacious feel, luxurious master w/scenic views, dramatic ceilings and tasteful decor with rich detailing throughout. Don't miss it. \$554,900 (C-4448R)



PRESTIGIOUS NORTHVILLE CONDO
Stylish ground floor condo with 2 bedrooms, 2 baths combines function with contemporary elegance. Spacious open design with outstanding amenities in a natural setting \$189,900 (C-813CA)



2002 BUILT COLONIAL Immediate occupancy in this 4 bedroom colonial w/3.5 baths, a super sized kitchen, hardwoods & ceramic, a princess suite, 3 car garage, landscaping, sprinklers, egress windows and more, more, more. Call now \$450,000 (C-473CAV)



A RARE FIND! Great location for this single story office building steps away from the heart of downtown Northville. Close to all thoroughfares plus hard to find (36) parking spaces. Don't pass this one up! \$699,900 (P-331CE)



24. LOVELY CONDO Lovely 2 bedroom, 2 bath ranch style condo in Commerce Twp. This home offers a gas fireplace, cathedral ceilings, all neutral throughout, doorwall leading to deck, 2 car attached garage, 1st floor laundry, & a full basement. All this and more. \$234,900 (P-263SH)

NORTHVILLE/NOVI
(248) 305-6090

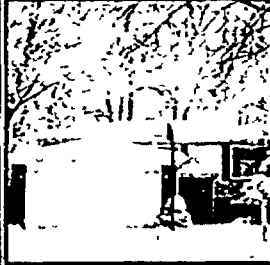
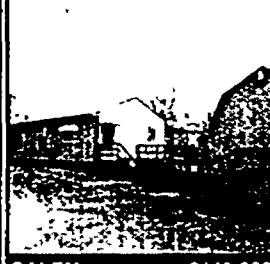
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COLDWELL BANKER**SCHWEITZER REAL ESTATE**
Residential Real Estate**#1 Coldwell Banker in Michigan****BARAGA** \$425,000
Pristine executive hunting lodge in U.P. 8" D-log cedar built in 2001. 4 bedrooms, 2 baths, sleeps 12. Complete turn key 27 ceiling. 2 out buildings 3 cedar blinds. 100 Acres with trails. MLS# 26011852 248-437-4500**BRIGHTON** \$349,900
Gorgeous 4 bedroom Colonial with open floor plan, hardwood floors in foyer kitchen and dining room. Family room with natural fireplace leads to large deck overlooking almost an acre ground heated pool. MLS# 25181715 248-437-4500**BRIGHTON** \$349,900
Pride in ownership! Meticulously maintained 4 br, 2.5 ba, 3 car garage Colonial on .93 acre of parklike setting. Fabulous custom woodwork. T/O Anderson windows. French doors leading to 14'x55' deck. Many updates. MLS# 26008867 248-437-4500**COMMERCE** \$415,000
2-story foyer w/terrace tile, 1st flr master suite w/jacuzzi & shower, 2.5 car garage, deck w/paver patio w/fountain, 4 acre commons area w/waterfall & gazebo in subkitchen open to family rm. p. in bsmt. w/hvac rm. MLS# 25179820 248-347-3050**DETROIT** \$108,900
This 3br bungalow is ready to call home. Updates include remodeled kitchen, new roof w/leakoff, new cement driveway. All in 2004 Partially finished basement, 2 car detached garage. Hardwood floors in bedrooms. MLS# 26008851 248-437-4500**FARMINGTON HILLS** \$159,500
Excellent choice for small business owner. Numerous updates: Anderson windows, sprinklers, stainless appl. w/updated kitchen. Roof siding, huge driveway, garage with heated shed. Must see inside! MLS# 26004109 248-437-4500**FERNDAL** \$165,500
Home for the Holidays! 4 bedrooms, 2 bath brick charmer. Updates galore! Ideal location with front of house facing fabulous park and ballfield! MLS# 25166416 248-437-4500**FOYLERVILLE** \$157,900
Enjoy subdivision living and privacy all in one! One of the largest lots in the sub. 1st floor master and laundry, 2 bedrooms up, 3 baths, basement and 2 car garage. Lovely oak kitchen with loads of cabinets. Move in condition. MLS# 25159478 248-437-4500**GENOA** \$259,900
Premium location on golf course. 3 bedrooms, 3.5 bath in prestigious neighborhood. Marble foyer, circular stairway. Professionally finished basement. MLS# 24135565 248-437-4500**HAMBURG** \$405,000
2-story Foyer, hrdwd Flrs On 1st Flr W/ Brazilian Cherry Inlays, 9 Ft. Ceilings On 1st Flr, 3.5 Car Garage, w/fin. W/O W/ Bath Rough-ins, 2 Furnaces & C/A, granite island in Kitchen W/ 42" custom Cabinets W/ corian Counters. MLS# 26007645 248-347-3050**HAMBURG** \$350,000
Impressive 2 story home in desirable neighborhood! Large foyer, ceramic flooring open kitchen with down to paver patio sides to commons. Fireplace, jacuzzi and shower in master suite. MLS# 25153984 248-437-4500**HAMBURG** \$170,000
Affordable lake living at its best. This 4 season vacation home or year round res. w/ access to all sports One Lake. Hardwood flooring in bedrooms, CA and all kitchen appliances, fully equipped assessment. MLS# 25167103 248-437-4500**HARTLAND** \$282,500
Wooded paradise on 2.11 acres w/ pond. Beautiful oak island kitchen w/ granite, flr in Fam Rm & Built in Cherry Office. Master suite w/ wood burning stove, or, Daylight window bsmt w/ 4th BR, 3D shingles. GEO-THERMAL HEAT! MLS# 26001625 248-437-4500**HOWELL** \$239,900
Priced at \$15,000 below appraisal for quick sale. This 2003 built home is spacious with 2240 square feet and soaring cathedral ceilings. Sprinkler system, Sidewalks. MLS# 26008373 248-437-4500**HOWELL** \$160,000
Spectacular location overlooking pond! Newer 2 bedrooms, 2 baths. 2 car garage condo with updates galore. Spacious loft overlooking living room with corner fireplace. Fabulous kitchen with oversized cabinets. MLS# 25140910 248-437-4500**LIVONIA** \$164,900
Sharp 3 br brick ranch, 1.5 baths, large living rm and dining area. Downwall leads to large fenced in yard. Spacious kitchen w/pantry. Full basement. Move in condition. Newer roof. Water heater, gutters and more. MLS# 25157640 248-437-4500**LYONS** \$510,000
1st Flr Mstr W/ cth Ceiling W/ hrdwd Flrs, 2nd Flr W/ 12 Ft Ceiling & 2-way Fp To Hearth Rm w/ maple Flrs. In Foyer, half bath, 1/2 hallway & Hearth Rm, 4th Bdrm. Could Be Converted Back To Loft Or family room, paver walks, 3-car Gar. MLS# 26002587 248-347-3050**MARION** \$263,900
Newer built home on two acres - 2015 square feet! Plenty of room for a pole barn! 1st floor master suite with jetted tub. Open floor plan! Low township taxes! MLS# 25110102 248-437-4500**MILFORD** \$845,000
Hard flrs to entire 1st flr, kitchen w/ maple cabinets, granite, 2 f.p.s, granite counters, in, w/o wtr, bath, bar, 5th bdrm & game rm, limestone baths, Jack & Jill bath w/ jetted tub & shower, 3 car garage, carriage house. MLS# 26001849 248-347-3050**MILFORD** \$329,900
Kit W/ cherry Cabs, Corian Cntrs & All Stainless Appls. Built in Cherry Entry Unit in Fam Rm & Built in Cherry Office Cabs & Desks. Mstr Ste W/ 2 Big Wics & Resort-like Mstr Bath, Jacuzzi, Big Glass-enclosed Shwr. MLS# 26010657 248-347-3050**NORTHVILLE** \$800,000
1st Flr Mstr Designed To Be Wheelchair Accessible & Has A Huge Mstr Ba & Walk-in Closet. Lovely Granite & Cherry Kit, Oak Flrs, Fin Bsmt W/ full Bath, Add Part Fin Space Up Could Be Home Office, Aupair Ste, Etc. MLS# 25169210 248-347-3050**NORTHVILLE** \$600,000
Kitchen w/ granite, upgraded appliances, 2 wine coolers, extra large pantry. Dual staircases leading to 4 large bedrooms that all have their own bathrooms. 3 car garage, prof landscaped & elevated stone patio w/ brick pavers. MLS# 25174768 248-347-3050**NORTHVILLE** \$585,000
Five Bdrm Colonial On 1.5 Acre Wooded 2.5 Car Att Garage/2 Car Detached, remodeled Kit w/ maple Cabs & Granite counters, remodeled Mstr bath w/ jacuzzi, Half Bath w/ limestone Flr & Cherry cabs, bella windows to new roof! MLS# 25181637 248-347-3050**NORTHVILLE** \$569,900
First Flr mstr, Great Rm W/ Cathedral Ceilings & Frplc, Hrdwd Flrs In Foyer, Formal dining Rm & Pwrdr Rm, Kitchen W/ Cntr Island, Mstr Ste W/ Jacuzzi Tub & wics. Finished Lower Level, No Expense Spared Here! MLS# 26011907 248-347-3050**NORTHVILLE** \$230,000
New vinyl windows, new roof (leakoff), new vinyl siding, new fence, remodeled baths, hrdwd flrs to main level, new so panel drs throughout, remodeled kitchen, stone fireplace in family rm, great backyard w/ mature trees. MLS# 26016178 248-347-3050**NORTHVILLE** \$190,000
Newer furnace, windows, roof siding, etc. & more. Updated bath, enclosed front porch, prepared to add on to home, newer epoxy bsmt flr, fenced yard! Great starter home or investment property. All M/D approx. MLS# 26002058 248-347-3050**NOVI** \$560,000
Island Kitchen W/ granite Counters, Cherry Cabs, butlers Pantry, Dual Oven & A Heartwarming Area. Split Staircase, Family Rm W/ 2 Sided Fp, Mstr W/ wic, Jet Tub & Sep Shwr, Grand 2 Story Foyer, Cherry Railed Bridge. MLS# 26009939 248-347-3050**NOVI** \$525,000
Living & dining rm w/ vaulted ceilings, kitchen w/ white plank hrdwd flr, island, double oven, cooktop, library, mstr ste w/ 21x8 wic, bath w/ double sinks, garden tub, prof. finished LL w/ theater rm, full bath, 3 car garage! MLS# 26003527 248-347-3050**NOVI** \$400,000
Beautiful 4 BR w/ huge lot open to FR w/ Fp, Hrdwd flrs in lib, LR, DR & kit. Mstr Ste w/ cathedral ceiling, priv BA w/ closet. Finished bsmt w/ rec rm & Lab. New siding & AC. Huge private lot w/ deck, 3 car Gar. MLS# 26004369 248-347-3050**NOVI** \$375,000
Living & dining rm, kitchen w/ island, snack bar, eat-in nook, lg family rm w/ vaulted ceiling, bay window, frplc, mstr ste w/ en-suite bath w/ jetted tub, wic, new roof, new windows, new AC, new hot water htr, 3 1/2 car garage. MLS# 26012558 248-347-3050**OCEOLA** \$184,900
Contemporary Colonial designed w/ lots of open living. This 3 BR home has lg kitchen open to the dining room and great rm w/ gas fireplace. The foyer has ceramic floor down the hall past the hall bath to the kitchen. MLS# 2512905 248-437-4500**PLYMOUTH** \$699,900
The use of custom materials is second to none. All Bdrms Have Pwr Bath. The Study is Done 100% in Oak. 2 Story Circular Oak Staircase. Wine Cellar, Sauna, Kit, Wicorian Counters & State Of The Art Appls. Immed Occup. MLS# 25129637 248-347-3050**PLYMOUTH** \$449,900
Charming Colonial, 2 Story Foyer W/ curved Staircase, Island Kitchen Overlooking Family Rm W/ 1st Flr Great Mstr Ste W/ wic, Mstr Bath W/ Jetted Tub, Meticulously Landscaped Yard W/ deck & Paver Walkway, 3 Car Garage. MLS# 26005617 248-347-3050**PLYMOUTH** \$365,000
4 Bdrm Ranch W/ updated Kitchen W/ newer Appls, cooktop, hrdwd flrs in Kitchen & Foyer, Living Rm W/ bay Window, Dining Rm, family Rm W/ brick Frplc, mstr Bdrm W/ wic, private Bath, 1st Flr Laundry, 2.5 Car Side Entry Garage. MLS# 26009470 248-347-3050**PLYMOUTH** \$199,900
Gorgeous end unit condo, updated kitchen w/ new kitchen cabinets, Corian flooring, lighting, in 04' HWH, A/C, full gas fireplace, 2 car garage. All appliances. MLS# 25161048 248-437-4500**REDFORD** \$114,900
Adorable and affordable! 3 bedroom bungalow with basement and garage. Newer windows, furnace, car, pet, paint. Bay window in living room. Hurry! MLS# 25084925 248-437-4500**SALEM** \$164,900
Great open flr plan in this new construction ranch. Act fast and you can pick out your flooring and counter top colors! Quiet small town w/ many new homes in area. Taxes based on vacant & page rate approx. MLS# 25155827 248-437-4500**SALEM** \$149,900
Looking for a barn? How about a big kitchen? This 3 bedroom, 2 bath home has both plus freshly painted. Some recent updates; refinished hardwood floors and new carpet. Spotted! MLS# 25175623 248-437-4500**PLYMOUTH** \$235,000
Starting out or starting over, this is the perfect home for you! Lovely bungalow w/ walking distance to downtown Plymouth. 2 br, 1 ba and garage on large corner lot. Home has everything you have been waiting for! Don't wait! 248-437-4500**SOUTH LYON** \$305,000
2 Story Iyer W/ hrdwd Flr, Kit W/ hrdwd Flr, 42" Cabinets, Island, Pantry, Eat-In Nook, Drivall To Deck, Living Rm, Dining Rm, Family Rm W/ gas Frplc, Mstr Ste W/ wic, Mstr Bath W/ Jetted Tub, W/ walled Ceiling & Frplc, 4th Bdrm w/ wic, Bath W/ hrdwd flrs, W/O. MLS# 26012515 248-347-3050**SOUTH LYON** \$239,900
Beautiful 3 bed 2.5 bath Colonial w/ ceramic tile in entry and kitchen. Light oak cabinets, sep. dining rm. Family rm w/ vaulted ceilings fireplace in basement. 1st flr laundry, lg deck and fenced yard. Home warranty. MLS# 25180894 248-437-4500**SOUTH LYON** \$74,900
Adult co-op. Lovely 2 bdrm, dining area, lot newer appliances. Full basement w/ full bath. Move in condition. Gorgeous end unit w/ spacious yard, walking distance to fishable Mirror Lake Clubhouse w/ inground pool. MLS# 26012942 248-437-4500**TROY** \$189,995
Full bsmt poss. 4th Br, newer windows, newer kitchen cabinets, 1st flr laundry C/A. Surrounded by newer homes. Large Deck. Out Back W/ screened in Porch. Garage, Mechanics Dream W/ heat elect & A/C. W/ extra High Garage Dr. MLS# 26002476 248-347-3050**WALLED LAKE** \$140,000
Two bedroom townhouse, family rm w/ p. kitchen w/ down to private patio & beautiful yard, newer berber carpet, fresh paint, WIC in mstr ste, basement attached garage, all appliances (odd ready to move right in!) MLS# 26012860 248-347-3050**WHITE LAKE** \$127,000
Well maintained yard w/ newer front and back decks 15 X 13. Newer roof, furnace, and A/C. Downwall off kitchen to deck. All appliances stly. Great starter home. Fenced yard. Newer driveway. Home warranty. MLS# 25156137 248-437-4500**WOLVERINE LAKE** \$159,900
Ranch living W/ Wolverine Lake privileges! Newer kitchen cabinets, counters, appls, snack area & firing. Newer main bath cabinets, dual sinks, tile flr, newer carpeting & freshly painted. Newer windows, newer furnace, HWH. MLS# 26013544 248-347-3050**Are you serious about a career in real estate?**
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2400 sq. ft., 2 story, 4 bdrms, fireplace, 3 bath, updated, 3 car garage, on 1/2 acre in quiet neighborhood. \$275,000 w/ negotiable. 734-276-0107



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Now available: You can add photos to your classified ads to show what you are selling, in addition to ad copy. Ads will appear whenever you want them to run, under the classification you choose. The cost for the photo will be \$10 for the first day and \$5 per day for each additional day, plus the cost of the ad copy based on the number of lines used. Email or mail your 3x5 or 4x6 photos. Call for addresses. Photos will not be returned. Prepayment required. No refunds. To place your ad and get more info call the Green Sheet Classifieds at 888-999-1288, Mon. & Fri. 8am to 5pm, Tues. thru Thurs., 8:30am to 5pm. Excludes business/commercial ads. Deadlines for Sunday publication is Thursday at Noon. Deadline for Thursday publication is Monday at Noon. Some restrictions may apply.

HERITAGE GMAC Real Estate
Dealers \$185,000
New Listing 3 BR 1 1/2 bath Ranch, \$175,000. Includes Retro Kt. Fr. Fr. bath, 2 natural brick fireplaces in living and family rm. Brn. vinyl floors thru-out. New carpet, concrete driveway and an updated roof. Sellers' concessions offered.

Commerce Trp. \$295,000
Spectacular new custom brick cottage - finished out in cherry & granite! 4 BR/2.5 BA, gourmet kitchen, on over an acre. Master suite w/ spa bath & private entrance. 10-15 min. to school. LL, 4,300 sq. ft. of luxury living.

Highland \$299,900
3600 custom brick ranch overlooking prestigious Presnick Golf Course. Huge master suite w/ spa bath, finished lower level with a spacious family room, wet bar, den, & bath.

Commerce Trp. \$259,900
4 BR 2 1/2 bath Colonial. Two W.D. Fin. Thru-out. Fr. Fr. Formal dining and Living room. 2nd fl. Lndy. home backs to Huron River leading to all sports Fun Lake.

Highland \$185,000
2 BR ranch on a large double lot. New roof & vinyl siding. Large covered porch. Optional \$20 annual fee for privileges on private.

Rose Lake. Adjacent parcel w/ stream frontage also available.
Davisburg/Springfield \$379,900
4 BR, 3600 sq. ft. Ranch on 10.36 sprawling acres. New updates to home include roof, carpet, brick paver patio & jacuzzi, and a boat. Call for more info. Office above 9. Call for private info. Master list of private info, listed here and granite closets.

Call (248) 684-8894
Looking for a Career in Real Estate call Terri Campbell 684-8894 ext. 112 for more information.

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NEW CONDO! 2085 sq. ft., \$299,900, 3 br., 1st floor master, builder model now available, hardwood floors on granite counter tops, city water/sewer, landscape & deck included! Villa 28, 630 Tanya Ridge, 248-866-8210.

NEW CONDO! 2385 sq. ft., \$309,900, 3 br., 1st floor master, hardwood floors, granite counter tops, cherry cabinets, city water/sewer, landscape & deck included! Villa 28, 630 Tanya Ridge, 248-866-8210.

ARCADIA RIDGE 16620 Johnson Creek, 4 Br. 3,148 sq. ft. \$490,000 248-762-9047

REDUCED \$38,000!
This sprawling colonial sits on over 2 acres and has all kinds of room. 4 br., 3 full baths, and an unfinished walkout basement provides even more room if the 4,000 sq. ft. it has isn't already enough! This home is corporate-owned and represents a real bargain with immediate equity potential. \$899,900. Call James at 248-283-0193 RE/MAX in the Hills.

NEW HOME - 1650 sq. ft. by owner/builder, 3 BR, 2.5 bath, 17 acres. \$20K in upgrades. Price reduced \$15K. \$219,900. No agents. 734-891-7808.

CAPE COD 4 Bdrms, 2 full bath, 1.25 acres. \$295,000. Open house Sundays, 12-4pm. Details at www.romascsoftware.com/house4sale. (248) 437-8458 9am-8pm. Please.

UNIQUE 2 STORY on beautiful open setting 1.8 acres, 4 br., 3.5 baths. Partially finished walkout bsmt. Many upgrades throughout. Builders home. \$435,000. Call 248-207-5359

Webberville \$438
CITY AN CONVENIENCE on nearly an acre w/3 br. and in Move-in condition! \$137,900 CROSSROADS REAL ESTATE, (810) 227-3455

West Bloomfield \$440
(NORTHWEST) 3-4 br., 3 bath. Flexible layout. 1900 sq. ft. Big 2 car garage. With deck which views private wooded preserve. Below Market. \$259,900. Agents Protected. Call 248-761-3467 no listings.

Condos \$370
HOWELL Burnick Glen, 1st floor, 2 br. 2 bath, dining room. \$135,000 (517) 548-1053

NORTHVILLE CONDO MOTIVATED SELLER
Lg 1 bdrm, 1 bath apt. style condo. Close to historic downtown. \$79,900/best offer. 24 hr. recorded msg 866-237-2647 ext. 331

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NEW SCHOOLS QUALITY HOMES at HIGHLAND HILLS ESTATES on Seely Rd., N. of Grand River (248) 474-0320

Handyman Specials!
1178 sq. ft., 3 br., 2 bath, appl., C/A & shed. ONLY \$59,900
Only \$99,000
NEW SCHOOLS QUALITY HOMES at HIGHLAND HILLS ESTATES on Seely Rd., N. of Grand River (248) 474-0320

HOME TOWN NOVI NEW HOMES *RENT ME!*****
WITH THE OPTION TO BUY! That's right! Rent a new home with the option to purchase if you choose.

THIS 3 BEDROOM NEW HOME COMES WITH COVERED DECK, SHED, CENTRAL AIR, REFRIGERATOR, STOVE, ALL ON A CORNER LOT!
\$750 Total Per-Month

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Park Associates Mobile Home Sales
Offering Fixed Cost Rental 5 Years or Select New Home Purchases

Check our Website www.mobilehomesearch.com to see our list of homes for sale!

HIGHLAND GREENS - \$11,900 CASH or \$14,900 FINANCING AVAILABLE
1985 Monterey 1200, 2 beds, 1 bath. This adorable home has a nice deck, a step-up dining room, stove, refrigerator and a shed with electric. First Starter Home - Only \$3,200!

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HIGHLAND GREENS - \$11,900 CASH or \$14,900 FINANCING AVAILABLE
1985 Monterey 1200, 2

BRIGHTON, 1 BR. FREE HEAT. IMMACULATE! \$585/mo. & 1 mo. free rent. (810) 229-5167

BRIGHTON, 840 E. Grand River. Spacious, 1 & 2 br. heat incl. No pets. \$565 & \$665/mo. 517-404-2666 or 248-521-1980

BRIGHTON, WINTER Special. Spacious, 2 br., \$650/mo. 1 br., \$635/mo. 1 mo. free rent. Low security deposit. Short term lease avail. No Pets. 810-229-5167

Commerce - Lake Street. 2 apts. 1 br., \$550, incl. heat, 1 br., \$495, incl. all utilities. Woods. Pets. 248-755-5073 olivermich@aol.com

Darvish/Holly 2 br., private. like new, incl. deck, blinds, laundry, appliances & more. \$785. Close to x-ways. No pets. 248-634-3298

DOWNTOWN HOWELL. 2 BR. Second floor apt. 1200 sq ft. Short-Term lease available. \$850/mo 810-533-0749

Come Home to Our Town...

\$99 Special!

Short Term Leases Available

248-437-9959

Ten Mile Road 3/4 Mile E. of Pontiac Trail

Moh - Fri 9am - 5pm

Sat 10am - 2pm

BROOKWOOD FARMS

HOWELL, downtown, 1 br., remodeled. \$575/mo. heat/air incl. No dogs. 517-548-7091

HOWELL - Remodeled 2 br. apts. Units starting at \$535/mo. 517-548-3396

HOWELL - Walk to town, 1 & 2 BR. air, laundry, storage, heat incl. No smoking/pets. Ask about FREE RENT. \$575/650 + sec. 734-455-1040

HOWELL LARGE VICTORIAN 1 BR., \$630/Mo Includes utilities. Call (517) 223-3969.

HOWELL QUAIL CREEK APTS. 1-2 bedrooms, \$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, CLEAN, affordable senior living 1 & 2 br., \$539 - \$569. Reduced security deposit. \$99 517-548-3811

MILFORD 2 br., special. Close to downtown, heat & water incl. First months rent free with good credit. (248) 685-1524

MILFORD I-96 area, 2 br., country setting, \$800/mo incl. heat. 248-687-2511

MILFORD TOWNHOUSE 2 bedroom, 1.5 bath, clean & updated in quiet complex. Close to schools & downtown. \$775/mo. Immediate Occupancy! (248) 889-2291

MILFORD VILLAGE 1 br., \$595/mo., \$99 Security! Utilities incl. (248) 622-6856

MILFORD WINTER SPECIAL! \$58 off next 3 months rent! 2 br. apts. starting at \$517. Fully carpeted, central air heat incl. No pets. (248) 684-0841

MOBILE HOMES, approved finance, no banks. Call for details. 248-672-6626

Northville 2 bks from main- street. 1 br. apt. & 2 br. lower flat. Avail. now 734-420-1027

Northville 2 Bedrooms starting at \$750 Available now. Call (248) 349-6612

NORTHVILLE CONDO FIRST MONTH FREE! Large 1 bdrm., 1 bath. Close to historic downtown Northville. \$695/mo rent. Heat & water included 24 hr. recorded message 866-237-2647 ext. 21

NORTHVILLE DOWNTOWN Near 1 br. appliances, washer/dryer, bsmt. storage, no pets \$500 248-349-7482

NOVI Meadowbrook N of 10 Mile

ONE MONTH FREE Hurry...includes our beautifully remodeled apartments with new kitchens and in-unit washer / dryers! Limited availability...come see why! EHO

TREE TOP MEADOWS (248) 348-9590

PINCNEY 1 br lower, clean, recently updated, quiet area. \$565/mo. Call 734-878-3918

PINCNEY in country Large apt. No animals. Heat, air & laundry facilities, large storage area. Appliances. Not suitable for children. \$700/mo. + deposit. Call 734-878-6067

Plymouth *FREE RENT! • 1 Bdrm apts. \$602/mo. • Ranch style, patio • Private entrance • Washer/dryer in apt. • Lots of storage • Dogs welcome

PRINCETON COURT * call for details 734-459-6640

*** RENT A BRAND * NEW 3 BED-2 BATH DOUBLE WIDE MANUFACTURED HOME IN BEAUTIFUL NOVI FOR AS LITTLE AS \$750 TOTAL PER-MONTH! HOMES COME COMPLETE WITH STOVE, REFRIGERATOR, DISHWASHER, MICROWAVE, WASHER, DRYER, COVERED DECK, SHED & CENTRAL AIR. HURRY-ONLY 13 MODELS REMAINING. HOMETOWN NOVI 888-251-4353 HOMETOWNAMERICA.COM/HOMETOWNNOVI**

SOUTH LYON 1 & 2 br. Heat & water included \$630/mo No pets. Call for rent specials. (248) 437-1290

South Lyon - MEADOWS OF SOUTH LYON townhouse style apts. 2 & 3 bdrm, laundry, free cable. Starting at \$750 per mo. 248-767-4207

SOUTH LYON- Lg 1 BR. very nice, quiet, carpet, heat & water, must see 248-437-2494

SOUTH LYON- Very Large, clean 1 br., \$550/mo. incl. heat & water, washer/dryer on site. Plus security. Immediate occupancy 248-446-2021

Walled Lake

1st Month Free \$599* MOVES YOU IN!

• 2 Bdrm, 1 1/2 bath TOWNHOMES or • 1 Bdrm • Walled Lake schools, large closets, cats/ small dogs ok and ample parking

Open 7 days a week. (248) 624-6606 *some restrictions apply

WALLED LAKE AREA Hawk Lake Apts. 1 & 2 Br. townhouses. Lake privileges, fishing, balconies, c.a., free storage, cable ready 1 br. as low as \$495 First month free. (248) 624-5999

WHITMORE LAKE. Gorgeous lakeview 1 br apt. deck, dock, parking \$695+ 734-449-4797

Apartments/ Furnished

SOUTH LYON CONDO Furnished 1 bdrm, washer/dryer, carport, no pets. 248-380-5405, 248-719-3293

BRAND NEW NORTHVILLE TWP. 8 & HAGGERTY 2 BR., 2 Car Garage. Appliances, Granite. Available March 1st. \$1690/month. Call 313-561-1419, 313-815-3301

BRIGHTON 2 br., 1 bath, appliances included, completely remodeled. Free heat. \$300/mo. (810) 923-5213

BRIGHTON newly renovated condo, 2 br., 1 bath, close to x-way, \$850/mo. (517) 861-6102

BRIGHTON newly renovated condo, 2 br., 1 bath, close to x-way, \$850/mo. (517) 861-6102

HOWELL 1st floor, lg. 2 br., 2 bath garage, dining room, \$995/mo. (517) 548-1053

HOWELL, New 2 br., 2.5 bath, spacious 1571sq ft., all appliances. Garage, \$975/mo. 248-719-1662

NORTHVILLE 1250 sq ft., 2 br., 2 bath. All new appliances. Available now! \$999/mo. Call 734-730-3949

NORTHVILLE Near downtown, 2 bdrm, 2 bath, 1200 sq ft. All appl. included. Vaulted ceiling. pool. \$900 248-797-3888

NOVI - Newly remodeled 2 bdrm, 1 1/2 bath, garage, pool, park, pets OK. \$950/mo + security 248-474-9283

NOVI Brand new townhouse 2 br., 1.5 bath, 1,050 sq ft. Attached garage. Novi schools. \$1,100/mo. 810-459-9075

NOVI Liberty Park, 2 Br. 1 1/2 baths, C/A garage \$990/mo. 1/2 mo sec dep 248-762-9047

PINCNEY new construction, 2 br., 2.5 baths, walk out bsmt. 2 car garage, lease/option \$1000/mo. 517-404-0060

PINCNEY, 2 br. 1.5 bath, 20 minutes to Ann Arbor, w/bsmt. \$800/mo 734-913-2660

SOUTH LYON 2 br., 1 bath, carport, all appliances, 1 yr. \$750, 2 yr. \$700 810-923-7566

SOUTH LYON- 2 br. 2 bath, pool, hot tub, fitness center, tennis courts, carport, appliances, vaulted ceilings. \$1050/mo 517-404-3368

SOUTH LYON. 1 bedroom condo, \$700/mo. Immediate occupancy (248) 437-8189

WALLED LAKE-\$100 OFF RENT FOR 6 MOS. Townhouse, Redecorated, neutrals, 2 Large Bdrm, 1.5 Bath, Air, all appliances, washer/ dryer. Full bsmt. \$850/mo (810) 231-4921

WALLED LK. 2 br., 1 bath, 1 car garage, \$900/mo (734) 718-9990

Duplexes

BRIGHTON - 2 Br., Lake Access. Clean, all appliances, free laundry, storage, lg yard. \$750/mo. Call (517) 404-3568

BRIGHTON 3 BEDROOM 3 full bath, 1842 sq ft., laundry, storage, pets considered. \$975 (810) 772-1002 or go to. livingsonrentals.com

BRIGHTON DOWNTOWN 2 BR, 2 bath duplex. \$800/mo + utilities, security Call Bernie or Esther 810-229-6323

REDUCED RENT OR 3 MONTHS FREE HEAT!

Howell - Clean, 1 bed upper, high ceilings, close to town. \$495

South Lyon - Clean, 2 bed ranch duplex. All appliances, washer/dryer & more! \$635

810-220-2360

TandRProperties.com

must qualify

FARMINGTON 3 bedroom. Clean, updated. Garage, fenced yard. \$875/mo. Call TODD A. SMITH at RE/MAX Classic (248) 449-6263

FOWLERYVILLE. 3 br., large living room, 1 1/2 bath. Newly renovated. 2 car garage. Large lot. NO PETS. \$975/mo. + security. (248) 684-5002

GREEN OAKS TWP. Lakefront on private Dibiroy Lake. 7473 Dibiroy Drive. S. of Malby. W. of Rickard. 3 br., 1.5 baths. 1 car attached garage. \$1,000/mo. Please drive by first, then call 248-646-8416.

HAMBURG-LAKE ACCESS Rent w/option to buy. 3 1/2 br., 2 bath home, shed, access to Chain of Lakes. \$900/mo. Call (734) 878-6759

HARTLAND Village updated 4 br., 3,000 sq ft. fenced yard. \$1295/mo. 810-333-2070

HIGHLAND - Beater/ Fishing Paradise Petition Lake 3 br, 2 bath, near Malford High. \$1100/mo. (248) 933-5436

1500 Sq. Ft. Upper

3 Bedrooms & garage. Private entrance. Peaceful, wooded setting. Perfect for working couple. Minutes from freeway.

\$895/Month

248-887-7500

HOWELL - 3 BR. in country, large yard, 2 car garage, a/c, no smoking/pets. \$750/mo. + security. (517) 546-4214.

HOWELL 5 br. Cape Cod, 2,200 sq ft., 2 baths, decks, bk access, clean. \$1,500/mo. \$1000 sec. 810-559-8955

HOWELL farm, 4 br., c.a., 2 baths, stove, frig., barn, pad-dock for 2 horses, room to ride. \$1500 Adjacent to 80 acres. (517) 546-9646

HOWELL, 3 br. ranch, all appliances, air, attached garage. 517-304-0258.

MILFORD, immaculate-3 br., 1 1/2 bath, near Starbucks. \$1,350/mo. 1 br upper avail. Feb 1 \$650/mo 248-933-5436

NEW HUDSON 3 Br. hardwood floors, first floor laundry, lots of storage, lg yard, S. Lyon Schools. Pay own utilities. \$875/mo. \$900/sec. 248-437-1660

NORTHVILLE -3 BR. 2 bath, bsmt., garage, first floor laundry, air, fireplace. \$1100/mo. + security. (248) 344-1321.

NORTHVILLE 549 Grace, \$1495/mo 45801 W 7 Mile, \$2500/mo. 49744 Park Side Dr. \$2995/mo 248-762-9047

NORTHVILLE. 3 br., 2 bath, c.a., lg kitchen & 2 car garage. \$1,350/mo. 248-767-0634

NOVI 3 br. Unfurnished, Large Garage. On big lot. Pets welcome. Seeley Rd Reasonable (248) 568-9517

NOVI LAKEFRONT 3' br. Appliances, Fireplace, A/c, Garage, Newly Remodeled, \$1,500/mo. Call (248) 470-7352

NOVI. Farmhouse, 3 br. new windows, carpeting, no pets. \$850. 248-349-7482

PINCNEY 2 br., 1,000sq ft., 1.5 car garage. Rush Lake access. NO PETS! \$800/mo. + deposit. (734) 878-6915

PINCNEY 2 br., wooded, Patterson lakeview/access, loft. \$850/mo (734) 475-9795

PINCNEY Chain of Lakes, 1500sq ft. 4 br. attached heated garage, all appliances, \$1250/mo 517-655-5054

PINCNEY 1,300sq ft. Ranch, 2 br., 1.5 baths, full bsmt., all appliances, maintenance incl. \$1,200/mo. 810-231-0250

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COMMERCIAL LAKE. Fabulous 4,000 sq ft. home Large br., private bath. \$450/mo + 248-363-6275

NORTHVILLE private br. & bath, laundry utilities incl. Close to x-way. Pool, tennis. \$500/mo (248) 305-8766

OVER QUALIFIED Nanny. Available Tuesdays. Exc. current & past ref. Age 50, live in Novi. Dori. (248) 668-1154

PINCNEY BEAUTIFUL lakefront home to share w/female, non-smoker, no pets. \$650/mo. + sec. (734) 260-4710

PLYMOUTH- Gorgeous home, \$420/mo. includes utilities. Storage avail. Lots of amenities. 734-262-5500 anytime

SOUTH LYON Share apt. w/own bath & bedroom. Utilities included \$500/mo (248) 486-1083

Rooms For Rent

HARTLAND \$400/mo. 1st & last. Utilities included. Females preferred. Call 810-280-2507

MILFORD w/washer & dryer, includes utilities \$150/wk. 248-240-1556

WALLED LAKE area Clean, furnished, utilities included, cable \$105/week + security. 248-360-9355, 248-841-3350.

Office/Retail Space for Rent/Lease

BRIGHTON 3 Month FREE RENT! Office & Retail space on high traffic corner near US23 & I96. New construction. (248) 766-9073

BRIGHTON DOWNTOWN 600 sq ft. 4 Rooms, new paint & carpet. (810) 227-7815

BRIGHTON- Near Downtown. Grand River office space, utilities incl. 810-229-6550.

BRIGHTON-PRIME LOCATION. Quaint stand alone 630 sq ft. building. Very reasonable. Call (810) 227-3188

LAKE CHEMUNG 2 br., Private lake access, large yard. Ideal location. \$137,500 or \$900/mo Call (517) 402-6632

WHITE LAKE Home For Rent

1 Bedroom, Lake Privileges, Large Lot.

\$695/Month

248-887-7500

Lakefront/White Lake

Home For Rent

Private 4 acres w/pond. 2300 sq ft. 3 Br 2 bath, all appliances, fireplace, c/a, spa room, \$1800/mo (845) 238-3018

BRIGHTON LAKE Close to town 2br. hardwood floors, stone fireplace. \$1,300 month. 810-217-2913

WHITMORE LAKE. Gorgeous lakeview. 1 br. apt. deck, dock, parking \$695+ 734-449-4797

Time Share Rentals

HILTON HEAD ISLAND 2 br. 2 bath, overlooks pool, 2 bks from beach, April 29-May 6. \$800 (810) 227-2907

Living Quarters to Share

SOUTH LYON 22382 Postluc Trail 900 sq ft. \$750/mo. + \$75 cam. Call (517) 546-9800.

Commercial/Industrial for Rent/Lease

BRIGHTON/HOWELL Pole building w/electric. On Grand River, \$650/month. Call (734) 878-6759

GREEN OAK TWP. Industrial buildings for lease 2,100sq ft., beautiful offices, 18th ceilings, overhead door, on M-36 @ US-23. 6,100sq ft. w/600sq ft. offices, 23ft. ceilings, 3 phase, dock & overhead, just off US 23 xway

Zander Industrial Plaza 810-231-3300

HOWELL-Light Industrial 500-15,000 sq ft. shop space w/overhead cranes. 28' ceiling 200-1500 sq ft. office space (517) 546-8755

NOVI Light industrial building for lease. Approx 2635 sq. ft. Call 248-756-7011

NOVI-1/2 building 3500sq ft. shop & office. Simple rent no triple net. (248) 347-0930

SOUTH LYON \$1950 Monthly 3000 Square Feet Offices-Warehouse Progressive (248) 358-2210

Garage/Mini Storage

BRIGHTON. GARAGE for rent. \$80 per month. Call 810-229-5167.

SOUTH LYON - BRIGHTON Inside Storage area, 1500sq ft. \$300/mo. 248-486-4157

Lease/Option To Buy

WORKING FOR THE MAN IS ONE THING. WORKING FOR THE MONKEY IS QUITE ANOTHER.

Find your monkey-free job at the largest online job source. Over 1,600,000 jobs, over 53,000 employers, and over 800 partners.

careerbuilder.com
A better job awaits.

BEWARE THE MONKEYS

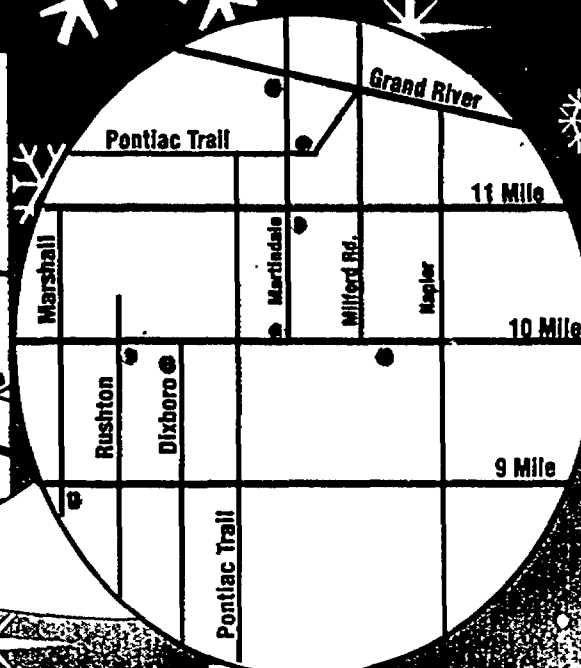
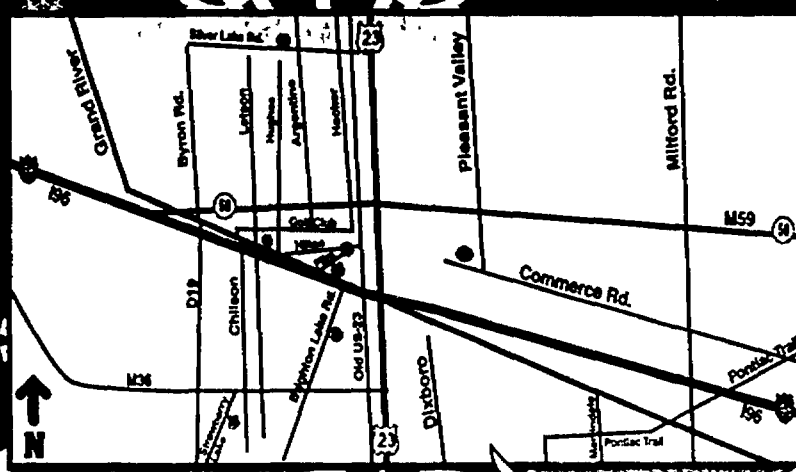
Sources: comScore Media Matrix, CareerBuilder Network, September 2005; October 2005, Citizen Inc., based on total jobs posted in the prior thirty days; CareerBuilder.com Internal Site Statistics, November 2005; CareerBuilder.com Internal Site Statistics, January 2006.

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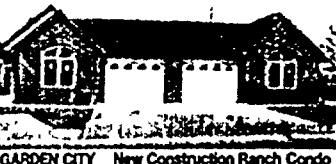
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BELLEVILLE Lakefront Property
Lakefront property. Open floor plan w/Anderson drs onto patio, wooded yard & all sports lake. Fishing & boating (dock incl). Prof. landscaped w/circular drive. 2 trlps, LR & FR. Newer AC & HW. Also for lease.
(T07HAR) 248-349-5600 \$600,000




GARDEN CITY New Construction Ranch Condo
2 BR, 2 BA w/att direct access garage. Open flr plan w/cath ceilings. Downhill to patio. Master BR w/dormer & double closets. 26 unit adult (50+ community). Selections can still be made on some units.
(T05MEA) 248-349-5600 \$137,900



SOUTH LYON Meticulously Maintained
Don't miss this lovely 4 BR, 2.5 BA colonial. Ceramic entry, kitchen & baths. Stunning white tile w/old surface countertops. Two-story foyer, second floor laundry, many upgrades. Extra deep unfinished W/O.
(T09WES) 248-349-5600 \$345,900



CANTON Informal Elegance
Beautifully upgraded 4 bdrm, 2.5 bath colonial presents wonderful LR w/stone & down to vinyl deck, astir ste w/WC, 3 car att gar & a lg full bsmt. All appliances stay. Move right in.
(T18RIV) 734-455-5600 \$364,900



WESTLAND Beautiful Brick Ranch
In a low traffic location offers this 3 bdrm home w/updated oak kit, ceramic bath, hrdwd flrs, w/updated windows, new tear off roof (04), 2 c powered, insulated gar, some apps & home warranty.
(T71 CHI) 734-455-5600 \$187,400



WALLED LAKE Gorgeous 2 Story Condo
3 BR, 2.5 BA plus nice lot area. 1.5 car w/ granite counters & snack bar. Two-way trlp in DR & GR. Vaulted ceilings & skylights. Master BR w/walk-in East Bay Village offers community dock, pool & clubhouse.
(T28SAN) 248-349-5600 \$339,900



NORTHVILLE Luxury Living
Spacious 2 BR condo w/library. New OS, Cherry cabinets, granite & hrdwd flrs. Backs to nature pond w/spectacular view! FFL, 2.5 car garage. Daylight basement. Too beautiful to last. Northville schools.
(T06CAR) 248-349-5600 \$319,900




FARMINGTON Custom Built Colonial
Beautiful home features 3 huge bedrooms, 2.5 baths, master bath, Jack & Jill bath, FFL, formal dining room, partially finished basement, 2 car attached garage, situated on private cul-de-sac near downtown.
(T30WHI) 248-349-5600 \$299,900



WOLVERINE LAKE Appealing Tri-Level
Sitting on a double lot w/ake priv. to Wolverine Lake. Remodeled 10 in 2005 with Pella windows, coping, kitchen w/marble cabs, granite counters & Pergo flrs. 2 ceramic tile baths, 2 c att gar & deck. Home warranty.
(T00LAD) 734-455-5600 \$199,900



COMMERCE Exceptional Ranch
Outstanding spacious ranch backing to private wooded setting. Move in condition, open flr plan 3 bdrm, 2 bath, 2 c att gar. Lg mstr ste, lg kit w/skylights, LRGR combo. Quality upgrades. A must see!
(T250AK) 734-455-5600 \$279,900



GENOA TWP. Maintenance Free Home
3 BR, 2.5 BA colonial on lg corner lot in Willow Creek. Professionally painted, hrdwd flrs, gas fireplace, crown moldings. FFL. Huge mstr ste w/dressing area. Fenced yard w/sprinkler & prof. landscaping. Fin dgt bsmt w/laundry.
(T23MEN) 248-349-5600 \$244,900



CLINTON TWP. Contemporary Home
Dramatic surprising fun architecture. Large GR w/trlp, 10, full w/cass, FFL, MBR ste w/overlooked BR, 2 person soak tub, sep glass shower & more. Prof. finished basement w/office & tons of storage. 3 BR, 3.5 BA.
(T20DUN) 248-349-5600 \$324,000



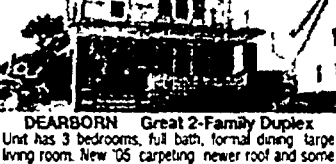
WESTLAND Close & Convenient
To Westland mall, x-way & restaurants, yet tucked away in quiet little sub 3 bedroom, full brick ranch w/basement & 2 car garage. Updated kitchen & bath. Very nice newer windows, some carpet & fresh paint.
(T30HAW) 248-349-5600 \$159,900




DEARBORN Exceptional Bungalow
has it all, great lot, abundant closets, fin bsmt, 2 car garage, paver patio, newer roof, windows, plumbing & elect. Newer oak kit w/Corian counters. All in this wonderful 3 bdrm, 2 bath home.
(T30VER) 734-455-5600 \$179,900



NORTHVILLE Premium Location
2 BR, 2 full & 2 half BA condo. Fin W/O has patio & view of treed area w/creek. Newer LR cabs, hrdwd flrs & apps inc. Double downwall in LR & DR. Neutral opt, 1st flr laundry, att gar, newer furn, CA, roof, 6 panel doors.
(T64WAS) 734-455-5600 \$194,900




DEARBORN Great 2-Family Duplex
Unit has 3 bedrooms, full bath, formal dining, large living room, new OS carpeting, newer roof and some hardwood floors. Updated electric. Separate basements.
(T67WIL) 248-349-5600 \$167,000




NORTHVILLE Residence Of Dignity
Private home setting on approx 2 acres overlooks pond. Walk to town, 4 bedrooms, 4 baths, 4 fireplaces, 3 car garage. Master bedroom retreat, finished lower level. Finest quality.
(T05SPR) 248-349-5600 \$1,189,000



NORTHVILLE Discover A Perfect Oasis
Amazing woodland lot w/creek shelters. Newly crafted home that gracefully blends historic w/contemporary in soothing comfort & style designed for the way you live. Beautiful stone, wood & granite. In the heart of town.
(T35HIQ) 248-349-5600 \$899,900



CANTON This One Has It All
Loaded with updates & picture perfect. Newer LR w/Corian, Pergo flr & stainless apps. LR w/vaulted ceiling, FR w/trlp, part fin bsmt & 2 c att gar all offered in this 3 bdrm, 1.5 bath ranch.
(T45BUC) 734-455-5600 \$212,000



PLYMOUTH Location! Location!
Just a few blocks to downtown & 2 parts. One of the few English style colonials w/all the character & charm still intact in this 3 bdrm, 1.5 bath home. Fine molder & hrdwd flrs. Beautiful English gardens, & 2 c gar.
(T44HAR) 734-455-5600 \$264,900



NOW! Golf Course Frontage
Absolutely the best golf course view in complex overlooks 1st green & woodlands. Move in cond detached condo w/full fin w/o open floor plan w/studio ceilings, LR w/marble & wood trlp, mstr ste w/views.
(T18CYP) 248-349-5600 \$400,000



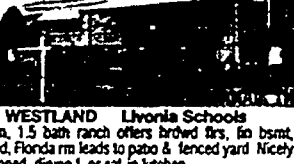
SOUTH LYON Golf Course Custom Built
The most beautiful view of the sunset from the laneway of this golf course frontage custom built 4 bedroom, 3.2 bath. Ready in April 2006. Come in to make your selection. 3 car side entry. Open floor plan, FF master.
(T65COU) 248-349-5600 \$795,000




FARMINGTON HILLS Spacious Colonial
Newer 4 BR including large master suite, 2.5 bath. Open floor plan w/replace in family room. Two car attached garage. 1st floor laundry. Extra high basement ceiling. Two-tier cedar deck off kitchen. Excellent landscaping.
(T52ELM) 248-349-5600 \$374,900



CANTON Spectacular Colonial
All the upgrades in this 4 bdrm, 3 full & 2 half bath home offering all gas, full bsmt, gourmet island kitchen w/granite, mstr ste w/sitting area, hrdwd flrs & open floor plan backing to private wooded area.
(T33STA) 734-455-5600 \$479,500



WESTLAND Livonia Schools
3 bdrm, 1.5 bath ranch offers hrdwd flrs, fin bsmt, updated, Florida rm leads to patio & fenced yard. Nicely landscaped, dining LR or call-in kitchen.
(T05HUB) 734-455-5600 \$159,900



REDFORD Spacious Brick Ranch
Built in 1969. Great floor plan. Kitchen with updated cabinets, floor & countertops overlooks family room w/natural fireplace. Vinyl windows, 3 BR, 1 1/2 BA off master bedroom. Basement 2 car garage, hot tub, C.A.
(T66NOR) 248-349-5600 \$165,000



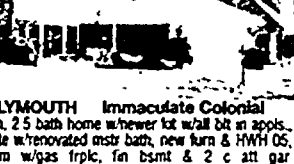
WEST BLOOMFIELD Beautiful End Unit Condo
2 BR, 2 BA ranch w/FFL, large MBR w/LR & WC. Updated kitchen with opening to dining room, hardwood floors, ceramic backsplash 1/2 & large skylight. bsmt, gas frplc, built-in buffet, 2 car att gar.
(T24GRE) 248-349-5600 \$212,900



WESTLAND Outstanding Value
on this very sharp updated 2 bdrm and unit townhouse with gas trlp in living rm, Walkside windows, all appliances, att gar, downwall leading to deck. Warmth & charm guaranteed!
(T82PHE) 734-455-5600 \$144,900



WESTLAND Fabulous Ranch
3 bdrm, 2.5 bath, great rm w/dia area & trlp, full w/ter kit, newer windows w/marble cabs, full fin bsmt w/ter kit, berber opt, full bath. Newer roof & siding. Downwall to deck, fenced yard & apps & HPP inc.
(T00PAT) 734-455-5600 \$179,900



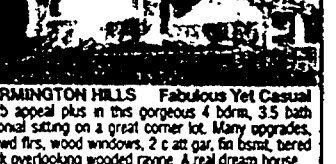
PLYMOUTH Immaculate Colonial
4 bdrm, 2.5 bath home w/whenever kit w/all tile in apps, mstr ste w/renovated mstr bath, new furn & HW. OS, fam rm w/lgs trlp, fin bsmt & 2 c att gar. Professionally landscaped.
(T40PAL) 734-455-5600 \$269,900



REDFORD Loads Of Updates
Beautiful brick ranch on a corner lot w/3 bedrooms, 1 bath & partially finished basement. Fenced yard & kitchen redone. 1st time on market in over 20 years. Delivered extra length 2 car garage. Central air.
(T06OLY) 248-349-5600 \$144,900




YPSILANTI Stunning, Warm, Model Flair
3 BR, 2.5 BA, 2 car att gar home. Beautiful fin W/O, gourmet kit w/oak cabs, lg center island/snack bar. Bright home, neutral decor & state of art apps. Garage has an attached tanning room or workshop.
(T66FIE) 248-349-5600 \$194,900




FARMINGTON HILLS Fabulous Yet Casual
Curb appeal plus in this gorgeous 4 bdrm, 3.5 bath colonial setting on a great corner lot. Many upgrades, hrdwd flrs, wood windows, 2 c att gar, fin bsmt, tiered deck overlooking wooded ravine. A real dream house.
(T80LAN) 734-455-5600 \$336,000



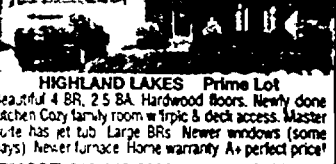
GARDEN CITY Move Right In!
to this recently remodeled brick ranch w/whenever furn, updated elec, replacement windows, fin bsmt, beautiful kit, hrdwd flrs & freshly painted. Walk to Garden City park.
(T68LEO) 734-455-5600 \$145,500



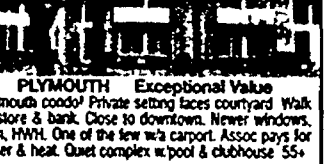
LIVONIA Wonderfully Updated Home
Lovely home features wood flrs in LR, DR, & k. All apps stay. Fam rm w/trlp & downwall leads to patio & park like yard, updates galore include furn w/elec fltration, roof, bath, siding, most windows, CA & more.
(T55SUN) 734-455-5600 \$234,900



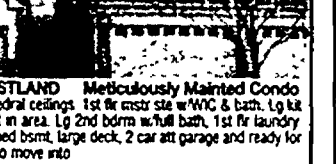
NORTHVILLE Stunning Luxury Condo
Professionally decorated in hardwood floor 1.0 1st flr custom lighting, granite 1/2 2 trlps, master suite W2 WC. Inlc. huge master bath w/oversize tub & skylight. Upgraded SS apps in kitchen. Two downwall to deck.
(T92LYO) 248-349-5600 \$389,900



HIGHLAND LAKES Prime Lot
Beautiful 4 BR, 2.5 BA. Hardwood floors. Newly done kitchen. Cozy family room w/trlp & deck access. Master suite has jet tub. Large BRs. Newer windows (some bays). Never furnace. Home warranty. A+ perfect price!
(T80SCE) 248-349-5600 \$339,900



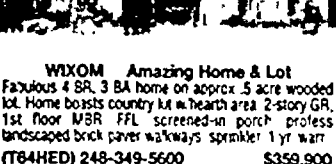
PLYMOUTH Exceptional Value
Plymouth condo! Private setting faces courtyard. Walk to store & bank. Close to downtown. Newer windows, furn, HW. One of the new w/a carport. Assoc pays for water & heat. Quiet complex w/pool & clubhouse. 55+.
(T99SHE) 734-455-5600 \$79,900



WESTLAND Meticulously Maintained Condo
Cathedral ceilings. 1st flr mstr ste w/WC & bath. Lg kit w/eat in area. Lg 2nd bdrm w/full bath, 1st flr laundry finished bsmt, large deck, 2 car att garage and ready for you to move into.
(T23DAN) 734-455-5600 \$189,900



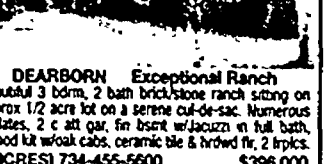
PLYMOUTH In The Heart Of Town
Charming colonial w/wonderful curb appeal offers newer vinyl siding & windows, open flr plan, oak staircase & banister, liv rm w/trlp & mantle, part fin bsmt & gar.
(T57PAL) 734-455-5600 \$199,900



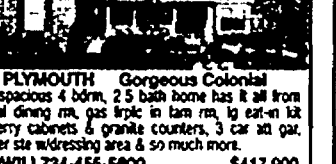
WIXOM Amazing Home & Lot
Fascious 4 BR, 3 BA home on approx. 5 acre wooded lot. Home boasts country lot w/earth area. 2-story GR, 1st floor MBR. FFL screened-in porch. prof. landscaped brick paver walkways. Sprinkler. 1 yr warr.
(T84HED) 248-349-5600 \$359,900



WESTLAND Excellent Location
3 BR, 2 BA ranch on quiet cul-de-sac on low traffic area. Dramatic vaulted ceilings 1/2, skylights, ceramic foyer, large eat-in kit w/stone, spacious GR w/trlp & private deck. C.A. Part fin bsmt w/built-in cedar closet.
(T71DUN) 248-349-5600 \$194,000



DEARBORN Exceptional Ranch
Beautiful 3 bdrm, 1.5 bath brick stone ranch sitting on approx 1/2 acre lot on a serene cul-de-sac. Numerous updates, 2 c att gar, fin bsmt w/lacuzzi in full bath, remod kit w/oak cabs, ceramic tile & hrdwd flr, 2 trlps.
(T3CRE) 734-455-5600 \$398,000




PLYMOUTH Gorgeous Colonial
This spacious 4 bdrm, 2.5 bath home has it all from formal dining rm, gas frplc in fam rm, lg eat-in kit w/cherry cabinets & granite counters, 3 car att gar, master ste w/dressing area & so much more.
(T60WIL) 734-455-5600 \$417,900



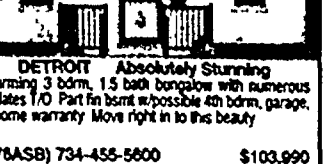
GARDEN CITY Don't Miss This One!
Great opportunity to own this charming 4 bdrm bungalow w/att gar, lg kit, deck off side door, hrdwd floors & double lot all in a great city.
(T47PIE) 734-455-5600 \$119,900




FARMINGTON HILLS Premium Lot
On private court backs to approx 6.9 acres of wooded commons. GR w/trlp, DR kit w/snack bar. Fin LR, W/O. Tear off roof 01, ext part 04. 2.5 car gar w/newer opener. Some MWD. LG w/French drs 1 yr warr.
(T90ACO) 248-349-5600 \$324,900



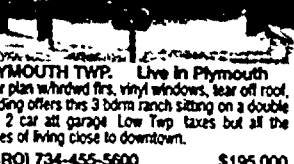
FARMINGTON HILLS Better Than New
Recently updated since 2002. Newer roof, AC, siding, HW, driveway sidewalk, sprinker, front porch, deck, fence, sod, upgraded elec (200 amp), hardwood flrs, newer Berber cpy, complete new kit & all 3 BAs. Warr.
(T60CEN) 248-349-5600 \$399,900



DETROIT Absolutely Stunning
Charming 3 bdrm, 1.5 bath bungalow with numerous updates 1/0. Part fin bsmt w/closets, garage, & home warranty. Move right in to this beauty.
(T78ASB) 734-455-5600 \$103,990



CANTON Great Pride Shows
in this well cared for ranch condo in great location of complex. Fireplace in liv rm, formal din rm, lots of cabinets & counter space, newer vinyl windows, furnace & HW. You will love this one.
(T78SQU) 734-455-5600 \$124,900



PLYMOUTH TWP. Live In Plymouth
Great flr plan w/whdwd flrs, vinyl windows, tear off roof, vinyl siding offers this 3 bdrm ranch sitting on a double lot w/2 c att garage. Low Twp taxes but all the amenities of living close to downtown.
(T45BRO) 734-455-5600 \$195,000

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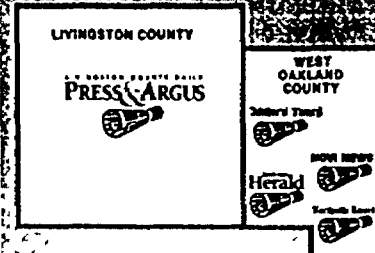
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Help Wanted-General 5000

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unhappy at your shop? Mon-Fri

transmission shop w/benefits,

continuous training &

friendly atmosphere awaits

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Immediate openings. Age 16 &

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Average hourly wage \$10/hr

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Part/full time. Macomb &

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Needed at Enhance Inc.

With Loving Spirit &

Good Driving Record

Miford, Afternoon Shifts.

\$7.50-\$8.00 to start.

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Full-time, brakes & front end,

cars & light trucks. Apply in

person. 44170 Grand River,

Novi 248-349-7550

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Age Assistants. Experience a

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SERVICE DIRECTORY

Reach over 54,000 households with your business message every week



0230 Bathroom Refinishing	0610 Delivery/Courier Service	0980 Greenhouses	1330 Maintenance Services	1690 Sewer & Water Lines	2240 Video Taping Services
0240 Bicycle Maintenance/Repair	0620 Driveway/Gravel	0990 Guns, Knives, Decoys	1340 Meat Processing	1700 Scaffolding, Saw & Knife Sharpening	2300 Wallpapering
0250 Blade Sharpening	0630 Docks	1000 Gutters	1350 Mirrors	1710 Screen Repair	2310 Wall Washing
0260 Blind Cleaning	0640 Collapsible	1020 Handyman M/F	1360 Miscellaneous	1720 Siding	2320 Washer/Dryer Repair
0270 Boat Repair	0650 Coors/Service	1030 Hauling/Clean Up	1370 Mobile Home Service	1730 Septic Systems	2330 Water Control
0280 Boat Docks	0660 Draperies/Slipcovers & Cleaning	1040 Health/Nutrition	1380 Mold Removal	1740 Sewer Cleaning	2340 Water Heating
0290 Boarding Kennels	0670 Dressmaking & Tailoring	1050 Heating/Cooling	1390 Musical Instrument Repair	1750 Sewing Machine Repair	2350 Water Weed Control
0300 Bookkeeping Service	0680 Drywall	1060 Home Care	1400 New Homes Services	1760 Shoe Repair	2360 Wedding Services
0310 Brick, Block & Cement	0690 Education & Instruction	1070 Home Improvement	1410 Office Equipment/Service	1770 Signs	2370 Wedding Services
0320 Building/Home Inspection	0700 Electrical	1080 Home Boarding	1420 Painting/Decorating Paperhangers	1780 Siding	2380 Well Drilling
0330 Building Remodeling	0710 Engine Repair	1090 Home Shoring	1430 Paralegal	1790 Site Development	2400 Windows Installation/Repair
0340 Business Machine Repair	0720 Entertainment For Hire	1100 Hot Tubs/Spas	1440 Party Planner	1800 Snow Blower Repair	2410 Window Treatments
0350 Bobcat Services	0730 Environmental Services	1110 Housecleaning	1450 Pest Control	1810 Solar Energy	2420 Window Washing
0400 Cabinetry/Formica	0740 Errand Services	1120 Insurance-All Types	1460 Photography	1820 Space Management	2430 Woodburners/Woodstoves
0410 Carpentry	0750 Excavating/Backhoe	1130 Insurance-Photography	1470 Picture Framing/Mating	1830 Sports Equipment	2440 Woodworking
0420 Carpets	0760 Exterior Cleaning	1140 Interior Decorating	1480 Plastering	1840 Storm Doors	2450 Word Processing
0430 Carpet Cleaning/Dyeing	0770 Exterminators	1150 Irrigation	1490 Plumbing	1850 Stone Work	
0440 Carpet Repair/Installation	0780 Farm Services	1160 Janitorial Service	1500 Pole Buildings	1860 Swapping Pools	
0450 Cakes, all occasions	0790 Fashion Coordinator	1170 Jewelry Repair & Clocks	1510 Pool Services		
0460 Catering, Flowers, Party Planning	0800 Fences	1180 Kitchens	1520 Pool Water Delivery		
0470 Caulking Interior/Exterior	0810 Financial Planning	1190 Landscaping	1530 Porcelain Refinishing		
0480 Ceiling Work	0820 Financial Planning	1200 Laundry Service	1540 Pressure Power Washing		
0490 Chimney Cleaning/Building & Repair	0830 Fireplaces/Enclosures	1210 Lawn, Gardening Maintenance	1550 Printing		
0500 Chiropractic	0840 Firewood	1220 Lawn Mower Repair	1560 Professional Services		
0510 Cleaning Service	0850 Floodlight	1230 Lock Service	1570 Recreational Vehicle Services		
0520 Closet Systems & Organizers	0860 Floor Service	1240 Lock Service	1580 Refrigeration		
0530 Christmas Trees/Holiday Decorating	0870 Framing	1250 Linen, Garden Rototilling	1590 Remodeling		
0540 Commercial Cleaning	0880 Furnace Duct Installed/Repaired	1260 Linen Mower Repair	1600 Remodeling		
0550 Computer Sales & Service	0890 Furniture-Building/Finishing & Repair	1270 Linoleum/Tile	1610 Remodeling		
0560 Construction	0900 Gas Lines	1280 Lock Service	1620 Roofing		
0570 Counseling	0910 Garages	1290 Machinery	1630 Rubbish Removal		
0580 Consulting	0920 Garage Door Repair	1300 Machine Shop	1640 Skylights		
0590 Contracting	0930 Garden Care	1310 Machine Shop			
0600 Crane/Heavy Equipment	0940 Graphics/Printing/Desktop Publishing	1320 Mailboxes-Sales/Installation			
0610 Custom PC Programming	0950 Glass, Block, Structural, Etc.				
0620 Decks/Patios/Sunrooms	0960 Glass-Standard/Beveled				
0630 Deck Cleaning	0970 Gravel/Driveway Repair				
0640 Deer Processing					

Anyone providing \$800.00 or more in material and/or labor for remodeling, remodeling construction or repair is required by state law to be licensed.

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0010-2980 SERVICE GUIDE

Accounting (0110)

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Carpet Repair/Installation (0440)

Excavating/Backhoe (0730)

Handyman M/F (0620)

Income Tax (1100)

Painting/Decorating Paperhangers (1420)

Plumbing (1400)

Pole Buildings (1490)

Recreational Vehicle Services (1600)

Roofing (1640)

Siding (1770)

Telephone Service Repair (0910)

Video Taping Services (2240)

Wallpapering (2300)

Washer/Dryer Repair (2320)

Water Control (2330)

Water Heating (2340)

Water Weed Control (2350)

Wedding Services (2370)

Well Drilling (2380)

Windows Installation/Repair (2400)

Window Treatments (2410)

Window Washing (2420)

Woodburners/Woodstoves (2430)

Woodworking (2440)

Word Processing (2450)

Yard Work-Ceramic/Marble/Grout (1940)

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Carpet Repair/Installation (0440)

Help Wanted-General (5000)

CHILD CARE CENTER
needs exp. teacher. Full time (7-10am, 7-3pm & 4-6pm). (810)229-1005, Brighton.

CNC MACHINIST
Minimum 5 years experience. Exc. pay, benefits & profit sharing. Brighton, NC Machine, 7202 Whitmore Lake Rd., Brighton. (810) 227-6150

DAY CARE
Part time position M-F 1-5. Can you multi task? Have lots of love to give children between the ages of 3 months to 4 yrs. High energy, positive attitude, healthy A-in-home license day care is looking for you. Call (810)923-6120

DRIVERS - Make \$5K+ yearly!
dedicated lanes! great bonuses, home time! CDL-A training avail. 888-343-6601.

DRIVERS NEEDED OTR, must have CDL Class A & no exp. Fax resume to 810-225-8770 or call 810-225-3322

Drivers: OWNER OPERATORS
\$1.30 LOADED! \$1.10 EMPTY! Sign-On Bonus! Quarterly Safety Bonus! Paid Tolls, Insurance available Regional/Long Haul. *Current DOE adjustment. Trima: 866-775-7717

EXPERIENCED Control Panel
wire person, Autocad a plus. Inquire within. Temcor Systems, 1337 Ruckett Rd., Brighton.

Fertilizer Technician
wanted with 6, 3A, 3B certifications for medium sized landscape co. Salary negotiable. Send letter of interest and work history by fax to 248 676 0448 or e-mail mika@oustonsoutdoor.com

Fuel Handling Equipment Technician

Due to company growth, Avfuel corporation - the nation's largest independent supplier of aviation fuels and related support services - is seeking a Fuel Handling Equipment Technician. Duties consist of performing all aspects of heavy truck maintenance including but not limited to engine tune up, hydraulic and air brakes, steering, exhausts and electrical wiring, ability to read electrical schematics and hydraulic schematics and troubleshoot and repair refueler operating and pumping systems. Must possess a comprehensive set of mechanic's tools for heavy trucks, valid driver's license and high school diploma or equivalent with three years of airport maintenance or related experience. Position is salaried, Monday-Friday and day shift. Salary is commensurate with level of experience. Please forward resume and salary requirements to e-mail jobs@avfuel.com, fax: 775-213-3742 or mail: Human Resources Dept., Avfuel Corporation, P.O. Box 1387, Ann Arbor, MI 48106-1387. EO/EMF

Help Wanted-General (5000)

GENERAL LABORERS
\$8/hr. No exp. necessary. Outdoor, year-round, full-time. (810) 229-6655

GRAPHIC DESIGNER
International trade show marketing company in Plymouth seeks talented designer with at least 5 years experience. The ideal candidate will be proficient in InDesign, Illustrator and Photoshop for Macintosh. Interest in trade show booth design, and knowledge of (Studio Pro) a plus. Must possess excellent communication and project management skills.

We offer a non-traditional working environment in addition to flex-time, benefits and a competitive salary. Please email resume including salary requirements to: facel@facelcompany.com No Phone Calls Please

Great Work Environment
Lots of Perks!
Hourly + Bonuses
Appointment Setter
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810-632-6420
Waldenwoods Resort

HAIR STYLIST & NAIL TECH
Full/part-time. Call Sandy at (810)923-6396 or (810)923-2981.

HOUSE CLEANERS
Maid Brigade of Wixom looking for team members. Average \$9.00/hour + bonuses. Training pay, uniforms & company car. No nights or weekends. (248) 449-4534

HOUSEKEEPER

Waltonwood at Carriage Park, a luxury retirement community in Canton, is seeking to fill a full time housekeeper position. Candidates must be reliable, friendly and outgoing and able to work week-ends. EOE. Please apply in person at 2000 N. Canton Center Road, Canton, MI 48187 or call 734-844-3060 for more information.

HOWELL BASED collision shop in need of experienced & certified body repair technician. Fax resume with references: 517-548-9929

HVAC - Industrial HVAC
contractor accepting resumes for experienced service technicians, construction and control personnel. Must have professional manners and appearance. Fax Resume & Salary Requirements: 248-486-2600

IF YOU'RE AMBITIOUS
& have a desire to improve your lifestyle, we are looking for you. Part or full time. Call: 734-878-5161

INSURANCE SALES/SERVICE
Plymouth insurance agency seeks a mature, reliable, friendly, professional person for fulltime position. Insurance experience a plus but will train and license the right person. Email inquiry/resume to both: insure2@comcast.net and jdo2@allstate.com

Help Wanted-General (5000)

Help Wanted-General (5000)

Current openings for **UTILITY LOCATORS** in the Shiawassee and surrounding areas. Recognized as the leader in the contract locating industry, SM&P is responsible for locating underground facility lines.

WE PROVIDE:
*The best training and equipment available
*A positive and interactive environment
*Starting wage \$11/hr.
*Benefits, including company vehicle
*Home garage, work in the geographic region where you live

YOU PROVIDE:
*A high school diploma or equivalent
*Valid driver's license (driving record check req.)
*Communication skills (read/understand maps, records and prints)
*Ability to work outdoors, perform physical aspects of the position and work in underground facilities

Please Apply online @ www.sm-p.com
Click on Human Resources, then Click on Apply for Locator

Help Wanted-General (5000)

J & R EXCAVATING
Experienced operators/laborers needed for grading & underground work. Call John at 248-755-6878

MACHINE OPERATORS
Working on hydraulic and pneumatic machines, and robotic welding equipment. Bending, stamping, and pressing tubes. Fast paced environment. Parts must be lifted and moved to pallets after machining. High School Diploma or GED certificate and 6 months of experience working within a manufacturing environment required. The company will require a criminal and employment background check and pre-employment testing and physical/drug screen. Must be dependable and have excellent attendance

Starting rate is \$9.51/hr. + shift premium, increases to \$11.19 + \$1.00 after successful completion of 120 day probationary period. Benefits include 401k, health insurance, and pension plan. All interested applicants meeting the requirements above may complete an application at the following address from 8am to 4pm, Mon-Fri:

Metaldyne Tubular Products
7495 East M-36
Hamburg, MI 48139-0185

Equal Employment Opportunity M/F/D/V

MACHINE OPERATORS/WALLED LAKE
\$9.10/hr. Must have prior industrial exp. be able to lift a minimum of 50 lbs. and be willing to work in Walled Lake Days, Afternoons. (248)960-9767

MAKE YOUR AD STAND OUT!

For an additional \$5 you can add the accent of the month.

Call Green Sheet Classifieds today. 888-999-1288

Some restrictions may apply

MECHANIC

Heavy truck, must be certified. Experienced. Have own tools. Howell, (517)545-4000

MECHANIC/ENGINE Builder

Race and endurance application, must have engine machining experience. Send resume to journals@sterlingperformance.org or fax to 248-684-0080

Help Wanted-General (5000)

Hair Stylist Needed
Nori Salon, high traffic area. High commission. Great location, friendly atmosphere with flexible hours. First two months 5% more commission with full clientele. Discounts on cosmetics and skin care items.
Call Terry at 810-423-5691 (cell)

MAIL TECH & RECEPTIONIST NEEDED. Self motivated team member. Clientele preferred. Bring resume Socroniz Salon Med Spa, 810-225-9640.

NOVILNORTHVILLE MONTESSORI CENTER
23835 Novi Rd. Novi, (248) 348-3033 or 248-449-1652. Substitute Teachers Needed. Available between 7AM-6PM.

NOW HIRING Friendly, reliable, honest energetic people for full time, day shifts, 8am-2pm. We offer a clean, friendly atmosphere, insurance benefits, \$7.50/hr & up. Apply at Whitmore Lake Shell, 60 E. North Territorial, at US-23

PET CARE FACILITY
in Brighton is looking for part time seasonal help. Must love dogs. Fax resume to 734-878-5622

Key Plastics
Attn: Human Resources Manager
1301 McPherson
Fax: 517-546-5243
Or Email: hbond@keyplastics.com
No phone calls please. ADA/EOE

PARTS DEPART. FULL TIME
Family owned & friendly. 5 day work week, profit sharing, health ins. Exp. in RV parts, retail &/or special order preferred. Motivated & energetic, apply in person: General RV Center, 48500 Twelve Mile Rd., Wixom or Email resume to: jobs@generalrv.com

Recycle this Newspaper

Help Wanted-General (5000)

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OPENINGS
Due to current expansion, Key Plastics, a global Tier-1 supplier of high quality plastic components for the automotive industry has immediate openings for the following positions at its Howell, MI mfg. facility:

- Process Techs
- Die Setter
- Quality Inspectors
- Material Handlers
- Light Assembly & Mold Operators.

Qualified persons interested in pursuing a career with our dynamic, growing organization should forward a resume with salary history/requirements to:

Key Plastics
Attn: Human Resources Manager
1301 McPherson
Fax: 517-546-5243
Or Email: hbond@keyplastics.com
No phone calls please. ADA/EOE

Recycle this Newspaper

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CROSSWORD PUZZLE

SOUNDS TOUGH!

ACROSS

1 Big —
4 "Stop, sailor!"
9 James of "Misery"
13 Swash-buckling novelist
18 Grand —
19 Actress
20 Mournful music
21 "F Troop" corporal
22 Start of a remark by Milton Berte
24 Mid-size band
25 "Andrea —"
26 Costa —
27 Family feud host
29 Division word
31 Aachen
32 Basilica
34 Part 2 of remark
38 TV's "General —"
42 Like some sheep
43 Part of HOMES
44 Inclined
45 Senator
46 Thurmond

DOWN

1 Physician
2 "The Time Machine" people
3 English port
4 Sinaloa center
5 Feud
6 Novelist
7 Pack
8 Homeric characters
9 Mrs. Clonson, e.g.
10 Performer
11 Actor's actor?
12 Imitate
13 Rigoletto, to Gilda
14 Actor
15 Tognazzi
16 Sharon of
17 Trap
18 "Toby Bubbles" singer
19 "Andy —"
20 He gives a hoot
21 "The fields we go..."
22 Slangy gib

ACROSS

47 "Waking — Devine" (98 film)
48 Vies serving
52 Composer
54 Circus performer
57 Put on a pedestal
61 Soft tissue
63 Tangle
64 Damage
65 Actress
66 Baseball's Boudreau
68 Enchilada alternative
70 "Tricky" author
72 Neighbor of Wyo.
73 Obeys the dentist
77 Part 3 of remark
78 '80s Joe Perry series
80 Crank's comment
81 Skater
82 Noun suffix
84 Sundown, to Shelley
85 Actor Arkin
87 See
108 Across
88 "Love Train" group
91 Trick of things
92 Denizen

DOWN

140 Sticking stuffers?
141 Dispositions
142 "The Belle" monogram
1 Physicist
2 "The Time Machine" people
3 English port
4 Sinaloa center
5 Feud
6 Novelist
7 Pack
8 Homeric characters
9 Mrs. Clonson

Janine Marks, a 12-year-old, was fairly normal.

Janine spent a lot of time online.

She felt more comfortable there.

One day she met a new friend.

They liked the same bands.

They worried about the same subjects in school.

They promised to keep each other's secrets.

They decided to meet at the mall.

Janine showed up.

So did her new friend.

Only her friend wasn't in Junior High.

Wasn't nice.

And wasn't 14.

1 in 5 children is sexually solicited online.



You don't know what your kids are saying online. Or who they are saying it to. A lot of times neither do they. So get involved. To protect your kid's online life or report an incident, call 1-800-THE LOST or visit cybertipline.com. HDOP: help delete online predators



POLICY STATEMENT
All advertising published in GreenSheet Classifieds, Livingston County Daily Press & Argus, News, Northville Record & South Lyon Herald is subject to the conditions stated in the applicable rate card, copies of which are available from the advertising dept., 323 E. Grand River, Howell, MI 48843. (517) 548-2000. We reserve the right not to accept an advertiser's order. Sales reps have no authority to bind this newspaper and only publication of an advertisement shall constitute final acceptance of the advertiser's order. When more than one insertion of the same advertisement is ordered, no credit will be given unless notice of typographical or other errors is given in time for correction before the second insertion. Not responsible for omissions. Publisher's Notice: All real estate advertising in this newspaper is subject to the National Fair Housing Act of 1968 which makes it illegal to advertise any preference, limitation, or discrimination. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available in an equal housing opportunity basis (FR Doc. 724933 Filed 3-31-72; 8-45am). Classified ads may be placed according to the deadlines. Advertisers are responsible for reading their ads the first time it appears and reporting any errors immediately. Our newspapers will not issue credit for errors in ads after first incorrect insertion.

PURCHASING SPECIALIST
Must be 55+ years of age. The Senior Environmental Employment Program seeks a purchasing specialist for the US EPA National Vehicle & Fuel Emissions Lab, Ann Arbor. College/business school or minimum 5 years related experience required. Duties include: assist Contract Officers with administrative contract functions, enter data in spreadsheets and software program, log proposals, record bids, closeout activities. Also assist in market research, in-depth cost comparisons, review of statements of work. Some clerical duties. Customer contact involved. Pay is \$3,566/hr plus benefits. Send resume via email to crussell@essa-lorg or fax 734-528-4281, or mail to SEEP, 5361 McAuley Dr., PO Box 995, Ann Arbor, MI 48106

QUALITY Midnight inspector needed for Wixom plastics plant. 24-40 hrs/week. EOE Call for information (248) 348-4121

RECRUITER/STAFFING CONSULTANT
Experienced staffing consultant with prior industry experience needed for staffing office/Human Resource Center. Ideal candidate will be self motivated, driven, and thrive in a fast-paced environment while loving to help and serve people. Must be able to type 40 Words a minute and know MS Windows products. Please email resume to: katie.saunders@exprospersonnel.com

RESIDENTIAL CLEANING
Staff, wanted. Part-time, 1-2 days/week. \$8/hr to start. Must have reliable transportation. (734) 449-4193

RESPIRATORY THERAPIST/EMT
needed to deliver home medical equipment. Chauflour license preferred. Fax resume to: 517-548-6749

SERVICE TECHNICIAN AMBITIOUS & STRONG NEEDED
for busy sewer & drain cleaning business. Will train responsible person. Benefits. 40+ hours per week. Call for interview 248-685-1220

STYLIST Wanted at Fantastic Sams, Howell. Full time or Part time positions available. 517-540-9885 ask for Camille.

TAX PREPARERS
For Local CPA Firm, 1120, 1055, & 1040. UltraTax a plus. Fax resume and Salary requirements to 248-437-0395

TRANSMISSION TECHNICIAN
needed at Pinckney Chrysler-Dodge-Jeep for full time employment. ASE Certification and good driving record a must. Exc. pay and benefits. Please apply in person, ask for Tim. 1295 E-M 36, Pinckney

FREE SERVICE
Climber/craw leader, exp only Handy person, various duties, grounds, etc. Office, full or part time, phones, computer filing. Call Ann Arbor 1-734-662-3507

UNDECIDED WHAT CLASS YOUR AD SHOULD BE IN?
Put the ad under 2 different classes for a Terrific Discount
Call the Green Sheet Classified Dept. for details.
1-888-999-1288
*Some restrictions may apply.
*Must mention ad to receive discount.

WAREHOUSE
Fork truck driver needed, full time, 10 pm - 6 am shift, pick up application at 1199 Austin Ct. in Howell. Good pay & benefits. 517-552-2567

WIXOM FACILITY looking for Shipping/Receiving person. Must have a minimum of 2 yrs. experience. Active Hi-Lo license preferred. Basic computer skills req. Ideal candidate will be high energy, with no gaps in employment history, who is looking for a career. Call (810) 227-4868, ext. 113, or fax resume to Attn. Kelly, (810) 227-1344. EOE

Help Wanted-Computer/Info Systems (5410)

EARN INDUSTRY STANDARD IT CERTIFICATIONS
Seeking 15 trainees for Computer Technology Training Program which features internships and job placement assistance. Classes begin March 6th. 1-866-603-0081

Help Wanted-Office Clerical (5620)

ACCOUNTANT
Howell CPA firm has a position for an Accountant. Bachelors degree required. Please send resume with salary requirements to: P.O. Box 1103, Howell MI 48844

ADMINISTRATIVE ASSISTANT
Delta Environmental Consultants, a progressive, employee owned, national environmental firm, is seeking a full-time Project Manager Assistant with 0-5 yr. exp. Candidates must have knowledge and experience in working with MS Word and Excel, experience with MS Access a plus. Send resume with salary requirements to:
Human Resources
39818 Grand River
Suite C-108
Novi, MI 48375
or fax to: 248-999-0232

CHEERFUL, DEPENDABLE, PART-TIME RECEPTIONIST
Willing to work flexible hours some evenings & weekends. Starting pay \$8/hour. Please fax resume to 810-227-4465, Attn. Lynn

FRONT OFFICE PERSON
with receptionist/secretarial/administrative responsibilities. Ability to multi-task and strong proficiency in Word required. Experience with Excel, Outlook, Power Point, and Publisher a plus. Attention to detail and ability to work independently required. Please email resume with salary requirements to ARL123105@yahoo.com

HOWELL based transportation Co. seeking energetic person with exp. phone skills, exp. in Word, Quick Books, Data entry, filing and clerical duties as needed. Full time with benefits.
Send resume to: P.O. Box 1170, Howell MI 48844 or fax 517-548-5390 or email leslie@oplns.com

LEGAL ADMINISTRATIVE ASSISTANT
For Northville law firm. Full-time. Candidate must be highly pro-active with excellent organizational, typing & computer skills. Minimum of two years experience in estate planning preferred. Please list salary requirements.
Send or fax resume to: Callie A. Demski
Thompson Morelli, P.C.
41808 W. Seven Mile Rd.
Suite 298
Northville, MI 48167
(248) 347-2999

LEGAL SECRETARY Part time position available with Howell law firm. Legal exp. preferred. Must know Microsoft word, have excellent secretarial skills, excellent communication skills, and be detail oriented. Please send resume to Box 1295 c/o Livingston County Press, 323 E. Grand River, Howell, MI 48843

LEGAL ASSISTANT Exp. to work in Farmington Hills law office. Strong Personal Injury Plaintiff skills. Non-smoker. (248) 865-0860

OFFICE ASSISTANT Part time Self starter, telephone, computer, people skills required. Nov. (248) 449-8763

Childcare/Baby-Sitting Services (5370)

OFFICE ASSISTANT-Hartland
Part time. Organizational & phone skills. Contact Management @ 810-772-6285 amccauss@yahoo.com

OFFICE POSITION
Are you a heads down individual who enjoys varied work assignments? Do you pride yourself on handling work responsibilities quickly, but with accuracy and attention to detail?
Our well established company is looking for a person with experience in a general office setting with data entry and general processing background. Wixom, full benefits. Must list salary requirements. Email: arathao@natsco.net

PART-TIME POSITION
At electric wholesale supplier in Novi. Mon., Wed. & Fri. 8am-5pm. Exp. helpful in accounts receivable/payable. Pleasant voice to answer phones. Must be familiar with computers. (248) 478-1282

PART-TIME RECEPTIONIST
Mon. & Thurs. 4:00 - 9:15 pm
Wed. 3:00 - 6:15 pm
Sat. 9:30 am - 4:15 pm
Fax resume to 248-889-1709 or apply in person: Liberty Chevrolet
30400 Lyon Center Dr.
New Hudson, MI 48165. EOE

RECEPTIONIST
For busy real estate office in the Northville/Novi area. Computer and high volume phone skills needed. Must be flexible. Immediate opening. Call Carolyn at (248) 735-5435

RECEPTIONIST
Long term position, 30-35 hrs/week. Dental exp. a plus. Must be personable, efficient & organized. Call (248) 684-8448 ask for Kim.

RECEPTIONIST NEEDED
For Real Estate Office. Part time. Weekends included. Please fax your resume to: 810-220-8623 or mail to P.O. Box 1354, Brighton, MI 48116

RECEPTIONIST, Part-Time
To work from 12-6, Mon-Fri. in Farmington Hills law office. Must have multi-line exp. Non-smoking. 248-865-0860

Help Wanted-Dental (5440)

DENTAL ASSISTANT
Novi office. Full time no Fridays or weekends. Exp. Fax resume to 248-477-8501

PERSONNEL COORDINATOR
This full time position requires a flexible work schedule between Wixom and Ann Arbor. The successful candidate should be ambitious, energetic, organized and outgoing. The job duties entail recruiting, interviewing, reference checks, and job placement with a strong focus toward customer service. Computer skills are required in Word and Excel at basic or intermediate level. If you are multi-task oriented, exhibit an exceptional personality and have previous office experience, this position may be for you. Compensation will be commensurate with qualifications. Please E-mail resume to: PerthensWX@sboglobal.net or fax to 248-960-9080. Also include a cover letter with your salary requirements.

DENTAL ASSISTANT
Experienced full-time, for a beautiful new Novi office. Looking for team oriented individual that is dependable, energetic, with good communication skills. 248-349-7560

DENTAL RECEPTIONIST
Looking for Full/Part time motivated, enthusiastic person in our Novi office. Computer & good people skills a must. Benefits. Fax resume to (248) 380-9059

DENTAL RECEPTIONIST/ASSISTANT Seeking a personable and professional individual interested in high-quality service. Experience preferred. Call (248) 380-0200.

Help Wanted-Medical (5440)

C.N.A.'s
Part Time & Contingent
We currently have openings for Part Time and Contingent C.N.A.'s.
Come check out our new wage scale!
Howell Care Center
3083 W Grand River
Howell, MI 48843 EOE

DIRECT CARE ASSISTANT
Enjoy the work you do. Support special population adults. We will train. \$8.50 hour plus benefits. 734-662-4655, 734-663-5637 S. Lyon

DIRECT CARE ASSISTANT
Support special population adults in their home and in the community. We will train. \$8.00 plus benefits. 248-437-7535, 248-348-1290, 248-960-9657

FULL-TIME ACCOUNTS RECEIVABLE PERSON
For long-term care facility in Howell Michigan. Exp. required in Medical Billing and collections, preferred long-term care exp. Some exp. is required in Accounts Payable. Qualified applicants please fax resume to 517-548-9495 or please send resume to: Full-Time Account Receivable Person, 3003 W Grand River Howell, MI 48843.

HOME HEALTH AIDES
Now hiring, will train. Part/Full time.
Livingston/Calhoun County Area
(810) 906-1516

IMMEDIATE NEED I Full Time & PRN LPN's
Livingston County Jail (Howell, MI)
For more information contact:
Michelle Ferguson at Health Professionals, LTD Phone: (866) 898-2177 x 582
Or submit resume to Fax: 309-272-1583 e-mail: mferguson@hpltd.com Equal Opportunity Employer

LICENSED CNA for midnight shift, apply at West Hickory Haven, 3310 W. Commerce Rd., Milford, (248) 685-1400

MA OR LPN
Allergy office. Part time. Will train. Nora (248) 685-2222

MASSAGE THERAPIST
Wanted for Brighton Drs Office \$20/hr. Exp. Only Must be outgoing, Non-Smoker! 810-923-2728

MEDICAL BILLING & CODING TRAINEES
Needed for training program which features internships and job placement assistance. Program starts March 6th. 1-866-963-0862

MEDICAL ASST. full time, some evenings. Experienced in injections, EKG, neopuncture & X-ray. Milford area. Benefits available. Fax resume to Diane at 248-684-5550

MEDICAL RECORDS POSITION
Needed 4 days for specialty office in the Ann Arbor area. Some of the responsibility include filing and retrieving medical records, processing daily mail, filing loose sheets and physicians dictation in medical records. Tiger Computer exp. and/or past medical exp. a plus. We offer competitive benefits and salary including 401K/pension plan. Send resume to Box 1292 The Observer and Electronic Newspapers
36251 Schoolcraft Rd, Livonia MI 48150

OCCUPATIONAL THERAPIST Per Diem
Due to continuing growth there is an opening for an OT in the Howell area. Must be a graduate of an accredited OT program, possess current Michigan license or registration as required, CPR certified. One year of experience in health care facility or equivalent needed. Be a part of our dynamic team. Excellent compensation. If you are committed to providing superior care, and value spending quality time with every patient, we encourage you to contact: EOE.
GREAT LAKES
Howell, MI 48843
Phone 517-552-8300
Fax 517-552-9700
www.gllhs.com

PODIATRY OFFICE
West Bloomfield, has two positions available, full time exp. medical assistant & full time exp. receptionist. Please call 248-855-3232 or Fax resume: 248-855-3338

RECEPTIONIST/SECRETARY
for Northville, Orthopedic office. Permanent, part time position. 2:30 pm - 7:00 pm. Mon, Tues, Wed., Fri. No weekends. Paid Holidays. Some computer exp helpful but not required. Nice work environment. \$9/hr to start. (248) 348-3500

RESPIRATORY THERAPIST
needed for PRN, part time, day shift, Subacute, non-vent facility in Howell. Fax resume or letter of interest with work exp. to: (517) 646-7068 or Email: majob63@yahoo.com

RM
Immediate full-time position in physicians office. Health insurance & pension plan. Email resume: medjobs4u@aol.com

CHILD CARE DIRECTORY

Maple Tree Montessori
"The child is both a hope and a promise for mankind"
Dr. Maria Montessori
Montessori Daycare Available
Academy Open House Feb. 12th 1:30-3:30pm
ENROLLING NOW FOR SUMMER & FALL
Morning & Afternoon Montessori • Primary & Kindergarten Classes
New This Fall 1st - 3rd Grades • Extended Hours 6:30am-6:00pm
810-225-8321
2944 Old US 23 S. Brighton (On Old US 23 just North of Hilton Rd.)
Member of the American Montessori Society
www.mapletreemontessori.com

Loving Child Care
Howell / Latson & Grand River area
A+ References
CPR & First Aid Certified
Call Carolyn: (517) 552-0804

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2042 S. Milford Rd.
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Open 2-17

Quality Childcare w/Certified Teachers at an Affordable Price
Giggle Gang Daycare & Preschool
Located in Life Christian Church
5202 E. Highland Rd., Howell
Contact Kalina Peruzzi at 517-552-2713
for more details or to schedule a tour
Call for special discount

For more information, please call Stacie:
517-548-7374 or
Fax 248-437-9460
email: sborg@gannett.com

LITTLE LAMB LEARNING CENTER
Preschool for Ages 2 1/2 - 5 years old
Susan Pederson - Owner
Established 1993
www.littlelambpreschool.com
-Christian Based -Developmental -Literacy Skills -CPR Trained
(810) 632-5992
P.O. Box 566, 3900 Hartland Road, Hartland, MI 48353

The ABCS of Writing a Classified Ad that Works

Avoid Abbreviations.
A few accepted and recognizable abbreviations are OK, but an ad full of them just confuses the readers. They will go on to the next ad rather than decipher yours. A good rule of thumb is "Spell it out, or leave it out."

Be Available.
List your telephone number so that potential buyers will know how to contact you. State the best hours to call so they'll know when you can be reached.

Consider Your Readers.
Put yourself in the readers' place. If you were considering buying this item, what would you want to know about it? Give the item's age, condition, size,

color, brand name and any other important information needed to describe it completely and accurately. Sell the benefits of owning the item.

Don't Exaggerate.
Misleading information may bring potential buyers to your home but it will not help you make the sale. You'll lose the prospect's trust and faith as well as the sale.

Include the Price.
Price is one of the biggest concerns of classified shoppers. Ads that list prices will get their attention first. Including price also helps you avoid inquiries from callers not in your price range.

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RON'S BAGEL DELI
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(Corner of M-5 and 14 Mile)

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www.koschfoods.com

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ACCOUNTANT
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Due to company growth, Avfuel Corporation, the nation's largest independent supplier of aviation fuels and related support services - is seeking an Aircraft Refueler Mechanic. Duties consist of performing all aspects of heavy truck maintenance including but not limited to engine tune up, hydraulic and air brakes, steering, exhausts and electrical wiring, light metal fabrication.
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Position is salaried, Monday-Friday and day shift. Salary is commensurate with level of experience. Please forward resume and salary requirements to: e-mail: jobs@avfuel.com, fax: 775-213-3742 or mail: Human Resources Dept., Avfuel Corporation, P.O. Box 1387, Anso, AR, 68106-1387. EOE/M/F

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Sales, service, smiles required. Please contact Brad at 810-632-2300 if interested in representing a local agency of a respected insurance company. With results come great pay and flexibility

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Childcare/Babysitting Services \$370

Help Wanted-Sales \$120

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In our Hartland Twp. home. Part time. Your children are welcome. Call Kelly for details, 734-748-7775.

MOTHERS HELPER
With autistic child, 99 phour. High energy a must. 8:30a-11:30a. Plymouth area. 734-207-3380

RESPONSIBLE ADULT
Needed to care for 2 school aged boys and do light house-keeping in our Novi home. 2 days per week. (Tues & Thurs or Fri.) Nonsmoker. References required. Call (248) 380-1716

Childcare Needed \$340

Childcare & Assistance \$400

IF YOUR HOUSE BOUND
Exp. Barber will come to your Reasonable (248) 219-8154

Education/Instruction \$600

NOVIA/NORTHVILLE MONTROSS CENTER
23835 Novi Rd. Novi, MI (248) 488-3033 or (248) 449-1652. Teacher's Assistant needed 12 noon - 3pm. Monday-Friday. School Exp. Required.

PIANO LESSONS
In my home or yours. 25plus years exp. Call Carol. (248) 486-0761 or (734) 730-2569

Business Opportunities \$740

1000 ENVELOPES = \$5000.
Receive \$K for every envelope stuffed with our sales material. Guaranteed! Free information. 24 hour recording. 1-800-423-2089

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is looking for new consultants to join the fastest growing direct sales company info session being held Feb. 6th. To learn more call 248-889-7125

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Concerned about your job security? Take positive action today. Call. 313-438-0492, code K3

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Personal's \$600

VALENTINES GIFT
OF A LIFETIME! To tell them how you feel, give that special someone a song written just for him or her. \$49.95, 1-888-455-0222 or visit heartytunes.com

Announcements & Notices \$290

AUCTION - All American Storage
10124 E. 6 Mile Rd., Northville, Unit C33, Physiks Doreux, 2/4/06, 9am.

DEFERRED PAYMENT
sale of household & personal items, by sealed competitive bid. Roy Davis III, Darren Looman, Feb 10th, 1pm. U-Store, 271 Lotte, South Lyon. (248) 437-1600

Garage Sales \$710

We Get The Work You Get The Money!
Bring us your estate inventory. We'll handle the rest. (inc. sales & rec. vehicles)
Auction Today in city
248-684-2002
Located in front of Milford Mall

Moving Sales \$730

Hamburg Twp.-Moving Sale
Log home indoor moving sale. Sat. Feb. 4th. 9am-4pm. Lodge style accessories, Christmas items, some antiques, some furniture, kitchen items, misc. items. Cash & carry only 11063 Haystack Dr., Strawberry Ln. Rd. 1/4 mile W of Merrill.

Need To Sell Your Car?
Call The Green Sheet Classifieds at
1-888-999-1288
GREEN SHEET Classified

Inexpensive classified listings at livingsheet.com
Tel: 734-395-8798

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Cards Of Thanks \$300

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Green Sheet Classifieds discounts ads which offer pets for free. We suggest you charge a nominal price for your pets. If offered for free the ads may draw response from individuals who might use your animal for research, breeding or other purposes. Please be sure to screen respondents carefully. You pet will thank you!
888-999-1288

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Absolutely Free \$700

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POP SCI Astronomy, Consumer Reports, back issues organized by year.
(248) 486-2915

ROOSTERS! Non-aggressive Many Varieties
(248) 887-7465

WOOD STOVE
Fireplace insert, standard size U-Haul (248) 684-2444

Antiques/Collectibles \$720

Antiques Bought! Paper dolls, postcards, dishes, perfume bottles, Shelby bone china, factory badges
248-624-3385

Auction Sales \$760

AUCTION House & Real Estate
Feb. 11, 2006 2 PM
Open House Feb. 5, 2-4 PM
165 Westdale
1 block off Grand River
Lake access, 1349 sq. ft. w/replace, 3 BR, 2 car gar, corner lot, very nice home.
Arrow Auction Service
810-227-6000
517-712-7349

AUCTION 2/10/06 9:00am
KEFORD MOVI TOWING
35546 Grand River
Novi, MI 48375
(248) 478-2340

Ford E-150 Red
1F7G524YAHQA1454
1994 Geo Prizm Red
1Y1SK361RZ084222
1995 Chrysler LHS Black
2C3HC56F4SH570363
1998 Ford Windstar Green
2FMDA5149WBA60469
1992 Chevy Astro Blue
1GNDM1927N8139395
1992 Plymouth Voyager Green
2P4GH45R5N869041
1990 Chevy Celebrity Grey
2J1AH84T1L2110602
1989 Chevy Suburban Blue
1GNEV160K7170926
1994 Olds Delta 88 Black
1G3HNS2LXRH332082
1996 Dodge Intrepid Purple
1B3HD45T87T115139
1968 Plymouth Fury Blue
PM43G8F299478
1992 Ford Explorer White
1FMDU32X2N0U12988
1995 Ford Taurus Tan
1FALP6537SK103590
1994 Mercury Tracer Red
3MARM10DXRB606106
1996 Ford Escort Black
3FAPJ1J6T1R100096
1995 Cadillac Deville White
1G6XDS28S0274490
1990 Honda CRX White
JHMD8366L5000794

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Renew your ad and receive a 10% discount off the cost of your ad.
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BEDROOM SET Custom made.
4 Poster Queen bed, Claw feet, turned columns, full top panels & back panels. Appraised at \$5500 asking \$4250. Ethan Allen dresser, \$1100, 2 Ethan Allen side tables, \$500. \$5200 for all. (734) 634-7343

BERBER CARPET 80 yards
berge, (new). Cost \$1200. sell \$295/best. 517-719-0451

BIKE Women, 26 inch, Oak
sofa table. Chase lounge chair, Toro Snow Thrower, electric start. Kitchen table and chairs. (734) 981-6040

CAL. KING waterbed, lighted
bookcase headboard. \$150 (517) 404-2100

CHILD'S PEEF OAK BED-
ROOM SET - \$550/best. (517) 552-0005

FURNITURE
Dining room, bedroom, chairs, plants. Moving must sell! 248-770-9781

FURNITURE Moving! Exc 6
piece bedroom set, matching desk & hutch \$250. Music center \$150. More! 734-459-8224

LOVESEAT, WING CHAIR, EXC COND.
\$300. Knabe Piano, upright, Black Walnut finish, ivory keys. \$1000 734-981-6760

MAPLE DINING Room 7 piece
set, 1 mos. old. Sell \$1200, set \$250. Call 517-204-0600.

MOVING SALE: Ethan Allen
formal Cherry dining room set, oval table w/ 12 inserts, serving cart, 64" breakfast lighted china cabinet, 8 chairs. Includes table pads. Exc. cond \$3200. living room floral print couch, \$100 each, white Bernhardt Oriental-style couch, like new, \$250 248-347-7696

OAK KITCHEN table w/chairs
light blue time top, 4 chairs Good cond \$300/best. (248) 921-9069 Northville

SOFA 84", Rust, Velvet, good
condition. \$175.00. Solid Maple coffee & 2 end tables, \$75 each. (734) 464-0170

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Appliances \$710

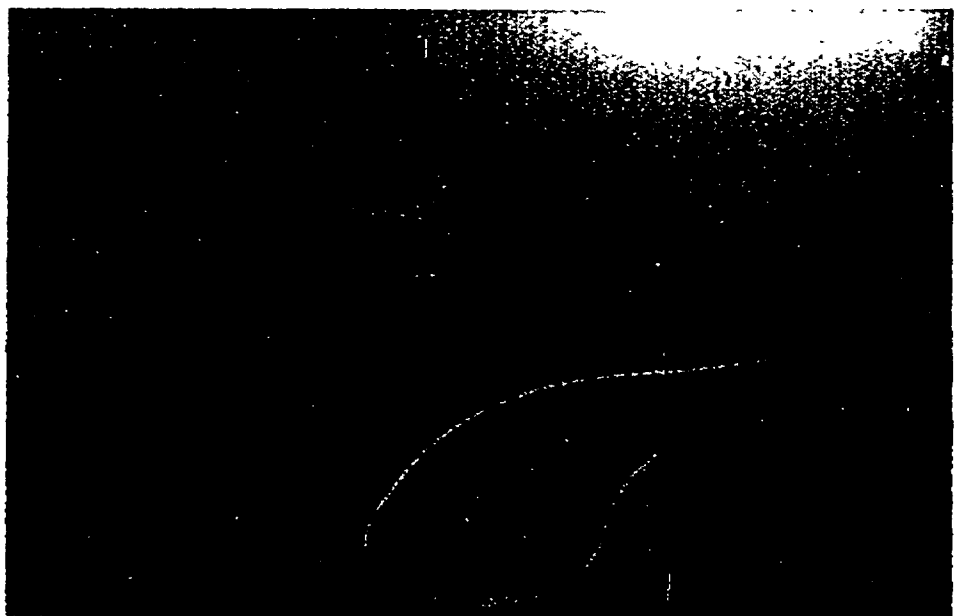
KENMORE APPLIANCES
Like New! Side by side frig with ice & H2O in door \$50



Health & Fitness



2006 supplement to the
York County Daily Press & Argus,
York, Pa. and the
Harrisburg Times-Leader



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Health & Fitness is published annually by the Livingston County Daily Press & Argus, 323 E. Grand River Ave., Howell, MI 48843. For more information, visit www.livingstondaily.com or call (517) 548-2000. **EDITOR'S NOTE:** The information contained in this special section is not intended to diagnose or treat conditions. All persons should consult a physician before starting any exercise program or changing any dietary supplements or medication.

Make this your slimmest winter

Fitness magazine found four strategies to keep away the pounds despite comfort food cravings, evenings on the couch and roomy sweaters that hide every bulge.

■ **Eat more water:** Foods with high water content include soups (80 percent to 95 percent water), fruits and veggies (80 percent to 95 percent) and hot cereal (85 percent). Water adds weight and volume without adding calories.

■ **Get some sun:** Sunlight can prevent dips in serotonin, a mood-boosting brain chemical that is also partly responsible for feelings of fullness. Even a heavy dose of artificial light, especially in the morning, may help suppress food cravings and the urge to overeat.

■ **Slim down your comfort foods:** There's no shortage of cookbooks full of healthier favorites, from mac and cheese to turkey pot pie. Try "Diet Simple: 192 Mental

Tips, Substitutions, Habits & Inspirations" by Katherine Tallmadge, R.D. (LifeLine Press, 2004); "The New American Plate Cookbook: Recipes for a Healthy Weight and a Healthy Life" by the American Institute for Cancer Research (University of California Press, 2005); and "The French Culinary Institute's Salute to Healthy Cooking: From America's Foremost French Chefs" (Rodale Press, 1998). Among the top Web sites for healthy recipes: edits.com and foodfit.com.

■ **Call in the pros:** If you find your motivation flagging, winter may be the time to hire a trainer once a week. Or meet the cold head-on: Layer up and head out for an invigorating winter walk, or try mega-calorie-burning sports like snowshoeing (648 calories per hour for a 135-pound woman) and cross country skiing (729 calories per hour).

Copyright 2006, Suzanne Schlosberg. First printed in the February 2006 issue of Fitness magazine. Write to the editors of Fitness magazine: fitnessmail@fitnessmagazine.com.

Natural products help people help selves

By Candy Spiegel
SPECIAL SECTIONS

There is no charge for this class.

■ Homeopathy Study Group

10 a.m. or 7 p.m. the first Tuesday of each month. There is a \$10 charge for this class. This class is for people with a basic knowledge of homeopathy. Topics include:

March 7 — Gathering Symptoms and Sulphur, a good all-around remedy

April 4 — Skin Conditions and Rhus Tox for poison ivy & other skin problems

May 2 — Stress Busters and Arsenicum album for anxiety and more

June 6 — Constipation and Nux Vomica, when to use it best

■ Theta Healing Info Night

7 p.m. the second Tuesday of the month. There is no charge for this class. This is an opportunity to learn about Theta Healing.

■ FirstLine Therapy — Weight Loss and Lifestyle Adjustment Program

10 a.m. or 6 p.m. each Monday. There is a \$5 fee per class. Each class helps keep participants motivated. A new tool is also explained each week. Attendees weigh in, discuss challenges they face and learn about the importance of nutrients, receive menus and recipes, tips for traveling and more.

■ Meditation Class

7 p.m. second and fourth Thursday of each month. There is a \$15 charge per session. This class is those with meditation experience who want to meditate with the group.

For more information or to register for any of these classes, call (248) 486-8420 or visit www.healthemporiuminc.com.

Prescription drugs are not always necessary. Complimentary treatments help many people feel better, but using them requires knowledge and that isn't always easy to come by. Kathy Jerore, a naturopathic doctor and owner of Health Emporium in South Lyon, wants to change that.

"We want to educate people on things they can do naturally to help themselves," she said.

To help, Jerore is hosting a free health fair on Saturday, Feb. 11. The fair will include product demonstrations, samples, door prizes, literature and mini classes to show people what is available. Several experts, including Jerore, will be on hand to answer questions.

"We want to get people in the door and get them talking to us about what their nutritional needs are," Jerore said.

Jerore is trained in implementing medical-based dietary nutritional solutions for autoimmune diseases and other common ailments. She also has non-invasive equipment that can help determine imbalances in the body, including sensitivity to chemical substances found in food that may lead to digestion problems.

"I'm looking forward to (the health fair)," she said. "I think we're going to have a good response to it."

In addition to the health fair, Jerore offers a variety of classes including:

■ Natural Solutions for ADD/ADHD

7 p.m. March 21 at Salem-South Lyon Library, 9800 Pontiac Trail, South Lyon.



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Create a home gym with proper tools

By Samieh Fahmy
GANNETT NEWS SERVICE

Looking to shape up without leaving the comfort of your home? If so, then a home gym might be right for you.

Just keep in mind that fitness equipment is often costly, and that exercise machines often end up collecting dust. When buying equipment, "start with the minimal and work your way up as you get more involved," says Irv Rubenstein, exercise physiologist and owner of a personal fitness training center in Nashville, Tenn. With that in mind, here is what you'll need to set up a home gym:

Cardiovascular machine

The most popular cardiovascular machine is the treadmill, but Rubenstein says older exercisers and people who like to multi-task should consider a recumbent bike. "It's sort of like sitting in a lounge chair but your legs are moving," he says. After deciding that the machine is something you'll actually use, make sure it fits into your space, isn't too noisy and is affordable.

Resistance bands

A cheaper alternative to dumbbells, these color-coded bands offer varying degrees of resistance. Straight bands work well for upper-body exercises, and "O" shaped bands help with lower body exercises.

Dumbbells

Matt Royka, director of another Nashville gym, recommends that beginners purchase a set that includes 3, 5, 8, 10, 12, 15 and 20-pound weights.

Exercise ball

These versatile balls can be used for a variety

of exercises, and trainers say that many people can use a ball instead of an exercise bench. "You can utilize more muscles ... it takes up less space, it's cheaper," Royka says. Make sure you choose a ball that matches your size. When you sit on the ball, your knees should be at a 90-degree angle. If you're 5-feet 4-inches or below, you'll need a 55-centimeter ball. If you're 5 feet, 5 inches to 5 feet, 11 inches, you'll need a 65-centimeter ball. If you're 6 feet tall and above, you'll need a 75-centimeter ball.

Yoga-Pilates cushioned mat

If you do a lot of stretching, yoga or Pilates, then you'll need a comfortable mat.

Workout bench

To increase muscle mass, you'll need to challenge yourself with heavy weights that require a stable surface. "Stability is nice, but to bench press a heavier weight, you've got to have a bench," Rubenstein says.

Entertainment

Make your time on the exercise bike or lifting weights pass faster with some entertainment. At a minimum, place a portable stereo in your gym. Televisions and DVD players are also popular additions. Rubenstein recommends books on tape, so that you can exercise your mind while strengthening your body.

Multi-station home gyms

These machines use cables, weights or other forms of resistance to provide users with several workout options. Rubenstein says even inexpensive machines can give people a good workout, but has found that people tend not to use them. "In 16 years of experience I've had two clients who have bought and used a multi-station piece of equipment," he says. "And that's not a very strong record."

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Glaucoma care costs more as vision worsens

By Robert Preidt
GANNETT NEWS SERVICE

As glaucoma progresses, so do the costs and time associated with treatment, a new Duke University Medical Center study finds.

The researchers concluded that delaying the progression of glaucoma to its later stages would reduce the overall cost of care.

Glaucoma, usually caused by high blood pressure in the eye, damages the optic nerve and can lead to loss of vision. An estimated 2.2 million Americans over the age of 40 have glaucoma, though half are not diagnosed, according to the study.

"The incidence of glaucoma is expected to rise with the growth of the elderly population. Glaucoma costs the U.S. health-care system an estimated \$2.5 billion annually: \$1.9 billion in direct costs and \$0.6 billion in indirect costs," the authors noted.

The researchers analyzed the records of 151 people with primary open-angle or normal-tension glaucoma, glaucoma suspect or ocular hypertension to see if costs of care increased as the disease progressed.

"Direct ophthalmology-related resource use, including ophthalmology visits, glaucoma surgeries and medication use, increased as disease severity worsened," the study authors wrote.

"Average direct cost of treatment ranged from \$623 per patient per year for glaucoma suspects or patients with early-stage disease to \$2,511 per patient per year for patients with end-stage disease. Medication costs composed the largest proportion of total direct costs for all stages of disease," the authors wrote.

They also noted that glaucoma is, "generally asymptomatic or nonspecific in its symptoms in its earlier phases, resulting in delayed diagnosis and relatively increased medical vigilance throughout the later stages of the disease."

"Based on these findings, a glaucoma treatment that delays the progression of disease could have the potential to significantly reduce the health economic burden of this chronic disease over many years," the authors concluded.

The study appears in the January issue of the Archives of Ophthalmology.

Visit the Glaucoma Foundation at www.glaucomafoundation.org for more information about glaucoma.

For more health news, tips and ideas, pick up a copy of **Livingston Health & More** in the March 23 edition of the Livingston County Daily Press & Argus or call (517) 548-2000.

How do the new diet books measure up?

By Nanci Hellmich
GANNETT NEWS SERVICE

For those of us who resolve to lose weight this year, there is always a line-up of new diet books.

USA TODAY's Nanci Hellmich enlists experts to help assess a sampling of these books with help from two registered dietitians who work with overweight patients. Several books offer practical programs with tasty-sounding recipes. But others seem gimmicky.

Meet the experts

- Dawn Jackson Blatner, Northwestern Memorial Wellness Institute in Chicago
- Keith Ayoob, Albert Einstein College of Medicine in New York

■ "How the Rich Get Thin: Park Avenue's Top Diet Doctor Reveals the Secrets to Losing Weight and Feeling Great"

By Jana Klauer, St. Martin's Press, \$22.95

There's an assumption here that everyone is fascinated by the Park Avenue lifestyle and that we can all learn from its pearls of wisdom.

There's a history of Park Avenue, a quiz to see whether you have a Park Avenue mind-set and lots of Manhattan name-dropping. The program includes protein, vegetables and dairy products but cuts way back on grains for weeks.

Ayoob's take: "A soccer mom in Peoria won't give a hoot about all the restaurants on the Upper East Side where you can special order your fish. Please. And all that talk about the glorious architecture on Park Avenue is pretentious hokum. When you are rich you have a whole host of tricks up your sleeve for looking good. What Dr. Klauer doesn't mention is that Park Avenue is also the epicenter of plastic surgery, and the wealthy can also afford to nip it, tuck it and liposuction it."

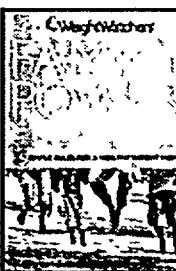
■ "Weight Watchers Family Power: 5 Simple Rules for a Healthy Weight Home"

By Karen Miller-Kovach, Wiley, \$22.95

This practical book could be helpful to parents of overweight children. It outlines five simple rules: Focus on wholesome, nutritious foods; include treats; aim to keep non-homework screen time (TV, computer, videos) to two hours or less a day; and try to be active an hour or more a day. The rules apply to everyone at home. Woven into the text are comments from parents who have attended the Weight Watchers Family Power pilot program, a series of eight sessions in which parents discuss eating and exercise habits.

Ayoob's take: "I love the idea of getting healthy as a family. Parents need to eat healthy because kids don't have better diets than their parents."

Blatner's take: "This is a realistic plan in which you learn from other families' experiences. You find out how small changes can help form healthy habits."



ALSO ON THE SHELF...

And then there's the tried and true. Here are some other books that aren't new but offer sound advice:

■ "Body-for-Life"

By Bill Phillips with Michael D'Orso

This easy-to-read book will appeal to both men and women who are interested in strength training and practical nutrition advice.

The 12-week program includes intense strength training for 45 minutes three days a week, 20 minutes of vigorous aerobics three other days, and a strict diet six days a week. Inspiring photos and testimonials.

■ "French Women Don't Get Fat: The Secret of Eating for Pleasure"

By Mireille Guiliano

This book is fun to read even if you don't need to lose weight.

French-born Guiliano believes American women wouldn't be struggling so with extra pounds if they rediscovered the pleasures of eating and cooking.

Her advice: Eat three meals a day; keep portions small; eat seasonal fruits and vegetables; drink lots of water; savor wine; walk more; and have occasional treats.

■ "The South Beach Diet"

By Arthur Agatston

The cardiologist's program cuts way back on carbohydrates for the first two weeks, then turns into a moderate-carb diet, which includes whole grains, healthy fats, fish and chicken. Best for people who don't mind cooking. He has two cookbooks to help you follow his plan.

■ "Eating Plan"

By Barbara Rolls

Rolls' premise: People will feel full on fewer calories by cutting back on fat and adding fiber-rich, water-filled fruits and vegetables to their standard recipes. This allows dieters to eat the same portion they'd usually eat, but the entree will have fewer calories. Rolls, a Pennsylvania State University researcher, has done studies that back up her position. Includes recipes.

■ "ChangeOne: The Diet & Fitness Plan"

This Reader's Digest diet book has been updated since it came out in 2003. It's filled with practical information, success stories, tips and recipes. The quizzes are fun.

—By Nanci Hellmich

■ "The Supermarket Diet"

By Janis Jibrin, Hearst Books, \$19.95

This no-nonsense book from Good Housekeeping offers three different plans for losing weight: Boot camp, two weeks of consuming 1,200 calories a day; Keep on Losin', a 1,500-calorie-a-day plan that can be followed for months; and Stay Slim Maintenance, which is 1,800 calories a day. Meal plans are spelled out with recipes from the magazine. There also are grocery lists and a walking program.

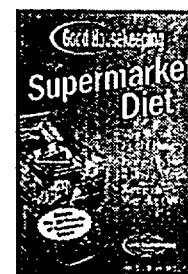
Ayoob's take: "You can open this sensible book to about any page and get some practical advice. For instance, she suggests keeping a single serving of your favorite treat in your house. The label-reading advice is consumer-oriented."

Blatner's take: "I tell all my weight-loss clients that they are only as healthy as their last trip to the grocery store. You have to rely on environmental control; you can't rely on willpower. And this book helps you make your environment healthy."

■ "The Sonoma Diet"

By Connie Guttersen, Meredith Books, \$24.95

After the incredible success of "The South Beach Diet," it's not surprising that there's another diet book named after a glamorous locale, this time after California wine country. The book has a strict but healthy eating plan and user-friendly recipes from Guttersen, who has a doctorate in nutrition and works with the



Culinary Institute of America at Greystone.

Ayoob's take: "There's not a lot new in this book. It takes sound, standard nutrition advice and tries to dress it up by naming it after a beautiful area of the country. The plan is a Mediterranean-type diet with leaner cuts of meat, olive oil, vegetables and fruits and smaller portions. The amount of fat is limited, and some of the servings are really small."

Blatner's take: "It offers some realistic strategies, including how to handle cravings and how to dine out. The food plan is balanced, and the recipes seem doable."

■ "The Flavor Point Diet"

By David Katz, Rodale, \$24.95

Katz, a medical doctor who is director of the Yale Prevention Research Center, takes several small studies and uses them to make a case that the more flavors you taste, the more you eat. "Flavor variety stimulates the appetite center of the brain while flavor repetition soothes it," he writes in the book. "You can eat a variety of flavors over time, but eating too many flavors at any one time puts your brain's appetite center into overdrive. ... To safely and permanently lose weight without being hungry, you need only organize the flavors in your meals and snacks."

Katz outlines a plan that incorporates the same flavor in every meal for themed days such as dill day, mushroom day, onion day or bell pepper day. This silly concept will leave a sour taste in the mouths of nutritionists and dieters.

Blatner's take: "There is some validity to trying to limit the variety at your meals; however, there is much more to weight loss than this 'sensory-specific satiety' that he preaches. The book is gimmicky, although it has some wholesome recipes."



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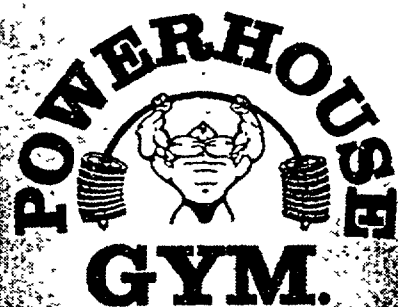


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Fight stress with proper nutritional supplements

By Cynthia Grochowski
SPECIAL SECTIONS

Many people scale back on their to-do list to ease the stress level of their lives. Stress support has been a big concern for Jim and Linda Amick's customers at their Novi store, Healthy Jones. According to Jim there has been a steady stream of customers seeing help for stress and it's complications since the store opened.

"When things like anxiety, sleep interference, and the performance of simple tasks become monumental, that's a sign of stress," Jim Amick said, calling stress the most common problem in society today. "People have too many things going on. Multi-tasking takes it's toll."

Antidepressants or anti-anxiety drugs are usually prescribed to deal with the manifestations of stress, but do nothing to help the body's natural defenses against stress damage. According to Amick, replenishing the body's own defenses and coping mechanisms for stress on the cellular level is key when dealing with stress.

"Stress depletes our bodies of certain nutrients — these nutrients do battle to help us handle stress but cannot regenerate on their own well enough when stress levels are high and constant," Amick said.

Three basic nutrients are essential to help the body weather the damaging effects of stress: omega-3 fatty acids, B vitamins and the mineral magnesium.

Omega 3

Omega-3 fatty acids are key to supporting the body's defense against stress damage. Omega-3



Linda and Jim Amick, owners of Healthy Jones in Novi, show off some of the supplements that lend support to the body during stressful times.

Photo by CYNTHIA GROCHOWSKI/SPECIAL SECTIONS

fatty acids belong to the group known as polyunsaturated fatty acids, the good fat.

"Cells in our bodies are made up of fatty acids," Amick explained. "Those fatty acids can be replaced by the bad saturated fats instead of the good omega-3 essential fats."

Saturated fats have been identified as contrib-

utors for many diseases. Amick pointed out a 2004 study from the Annals of Internal Medicine that 1 gram to 1½ grams of omega-3 fatty acids reduced cardiac death by 45 percent in 11,232 subjects who had survived a first heart attack. In addition, the EPA component in omega-3 acts as an anti-inflammatory agent,

another plus for cardiac health.

Omega-3 fatty acids are found in fish, plants and wild game — not three food groups big on American menus. Of the three sources, fish contains the highest in omega-3 fatty acids and is the easiest way to obtain omega-3 through diet. Increasing the amount of fish in the diet, at least four meals per week according to Amick, is recommended. Because of widespread contamination, care must be taken in the types of fish selected for consumption. Amick recommends wild-caught Atlantic fish or Alaskan sockeye salmon.

"Farm-raised fish, including salmon, are not as high in omega 3s because they do not eat a wild diet," Amick said. "They are also fed color dye to improve the look of their meat and are exposed to pesticide and fertilizer runoff." He recommended avoiding tuna, citing studies showing them to have the highest levels of lead and mercury of any fish.

If adding fish to the diet is difficult, fish-oil supplements are the best way to go, said Amick. Choose a supplement that features molecular distillation to assure lead, mercury and other contaminants have been removed from the oil. Also, make sure the oil smells and tastes fresh. Squeeze oil out the capsule and sniff. If it smells fishy or rancid, throw it out. Rancid oil will cause burping up of the product and will increase internal inflammation.

"Omega-3 is also essential in the production of serotonin, a chemical that affects neurotransmitters and moods," Amick added.

Another component in omega-3, DHA, contributes to brain function. He went on to talk about links various studies have made to certain



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including omega-3 and vitamin B

brain function concerns, such as attention deficit disorder, were lower or non-existent in countries where fish consumption was high.

Amick said the positive effects of adding omega-3 fatty acids to diet or supplementation will be evident in 2 to 4 weeks.

"Your aches and pains should subside and nerve function will increase. You will experience less cloudy thinking, more focus and better concentration."

Vitamin B

Low energy levels and focus problems result from a depletion of B vitamins.

"This group of vitamins plays a vital role in chemical processes throughout the brain and body," Amick explained. "These vitamins help maintain the overall health of the central nervous system and contribute to the brain's production of important neurotransmitters such as serotonin for good mood and acetylcholine for memory."

In addition to stress, Amick pointed out that the body is depleted of B vitamins when the body intakes sugar and pharmaceuticals, especially oral contraceptives, estrogen and antidepressants. The B vitamins are easy to find in readily available foods. Animal products and fortified cereal contain B12, fruits and vegetables contain folate. However naturally occurring B vitamins deplete rapidly during food storage.

"The package says 100 percent stone-ground whole wheat, but when was it ground?" Amick said. "As it sits around in storage waiting to be made into bread it loses its B value."

Eating healthy is smart, however supplements may be the best way for the body to absorb B

"Stress depletes our bodies of certain nutrients — these nutrients do battle to help us handle stress but cannot regenerate on their own well enough when stress levels are high and constant."

— Jim Amick
Healthy Jones

vitamins. Amick recommends a good complex coenzyme B vitamin of at least 25 milligrams.

"Your liver has to convert the B vitamin to coenzymes in order for the vitamin to be absorbed by the body," Amick said. "By taking coenzyme B the liver does not have to labor with the conversion and the vitamin goes right to work in the bloodstream."

Increased energy levels and better mental focus should be noticed within 2 to 4 weeks of beginning a vitamin B coenzyme supplement.

As with all supplements, Amick said, you get what you pay for. "Most products on the shelves are 99 percent filler," he said, adding that a knowledgeable vitamin and nutrition professional can help select brands and companies that provide reliable products.

Magnesium

When it comes to stress, magnesium is the mineral no one should be without.

Magnesium activates over 250 different processes in the body including muscle relaxation, heart and brain function and B vitamin

utilization. Insufficient amounts of magnesium result in many symptoms including fatigue, irritability, nervousness and the inability to sleep.

"Magnesium soothes the central nervous system, relaxing entire muscles systems," Amick said. "Mental stress and poor diet deplete the body's supply of magnesium."

Magnesium is found naturally in fruits, nuts, grains, vegetables and dairy products. In a supplement, Amick recommended a chelated form, where the mineral is bound to an amino acid, such as magnesium citrate, or magnesium aspartate, for easier body absorption.

Making sure magnesium is included in a daily supplementation plan should bring about positive changes in sleep, blood pressure and relaxation. Other results will include the better absorption of calcium, lessening of headaches and regulation of blood sugar.

Along with a healthy diet "a good multi-vitamin and mineral supplement plus fish oil is really all you need," Amick said. "I never go a day without fish oil."

Vitamin D may help prevent some cancers

By Randy Dottinga
GANNETT NEWS SERVICE

Forget the fiber. You may be able to fend off colon, breast or ovarian cancer by simply getting enough vitamin D, a new analysis of previous research suggests.

But if you're overweight, black, older or live in the Northeast, there's a good chance you're not getting enough vitamin D in your diet, said study co-author Cedric F. Garland, a professor of medicine at the University of California, San Diego. The study appears in the current online edition of the American Journal of Public Health, and will appear in the February 2006 print edition.

So what to do? The experts are divided on that answer.

Garland urges everyone to consume 1,000 International Units (IUs) a day of Vitamin D, which comes in yogurt, cheese, orange juice, fatty fish and milk.

By contrast, Lona Sandon, a spokeswoman for the American Dietetic Association, said adults aged 19 to 50 should get 200 IUs a day, equivalent to two glasses of fortified milk. People aged 50 to 70 should get 400 IUs, she said, while those 71 and older should get 700. But she acknowledged that "it is difficult to get this much vitamin D from food alone."

She also recommends that people take brief walks during lunch to get exposure to vitamin D from the sun.

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Exercise restraint: Show respect by following gym code of conduct

By Billy Cox
GANNETT NEWS SERVICE

If working out in social settings was as simple as minding your own business and burning calories, we wouldn't have eerily realistic yarns about Homer Simpson's fishnet Speedos. And we wouldn't have workout critics such as Karen Sutherland writing things like this at female.com.au: "Don't glare at naked people (in the changing room), no matter how ugly, deformed or unnaturally fit their bodies are. And whatever you do, don't strut around naked yourself. There are places specifically designed for that kind of behavior."

Here are a few pointers on etiquette from a survey of gym owners and managers on Florida's Space Coast.

Don't hog the machines

"That's the number one complaint we get," Kathy Buthker says. Usually, it happens when members finish their reps and wind up chatting idly with passing acquaintances. Either that, or they're taking a breather and they're afraid of letting someone else slide in because they'll probably have to readjust their settings.

"When you're finished, if someone's standing there waiting, you're supposed to get up and let them in," Buthker says. "If you're the one doing the waiting, a good way to clue them in is ask, 'Would you mind if I work with you?'"

Risa Stewart says the most efficient workout is one that's rigorous and expeditious. If the machine you want is filled, don't make a pest of yourself by hovering. Find an alternative until the one you want is free.

"It's important to compromise," Stewart says.

"We like to keep people moving."

Adds Tony Hopkins: "Sometimes, people get caught up in conversations or whatever and aren't even aware they're blocking traffic."

Muscles first, jawbones second

No getting around it: Some people come to the gym to socialize. Which is fine, so long as the conversational needs are mutual.

"Nothing against senior citizens, but they tend to have more time on their hands and their schedules aren't as tight as people who've got to work," Stewart says. "You might be curious about the tumors they want to tell you about, but you're probably in a hurry, too. You're there to work out, but you also want to be tactful."

Buthker's solution: Wear headphones if you're not in a garrulous mood. "Putting on headphones indicates you want to move fast," Buthker says. "They say: We'll chat later."

Hopkins says studies indicate a communal environment at health clubs results in higher membership retention. That's why his gym is adding a juice bar — to create a designated chat area.

"It's good to have a place to talk," he says.

Key word: designated.

Use common sense when it comes to clothes

Marketing appearances to the contrary, Stewart says, a workout "isn't a fashion show." Wear clothes that "breathe well but aren't too loose. In other words, if you're doing yoga or working on a machine, you don't want to wear something that's going to get caught up in your motions."

If women can't go topless in gyms, neither can guys who want to showcase their rippled abs. If you like ending your workouts in liberat-

ing nakedness amid boiling steam, move to Europe. Most health clubs, even those that segregate steam rooms by gender, don't cotton to nudes.

There aren't many rules about what crosses the sartorial line. It's a lot like art, says Hopkins: You know it when you see it. Don't wear outfits that reveal too much of your "privates."

Don't be a slob

"You'd think people would have enough courtesy to dry off the equipment without being asked, especially since we hand out towels at the front door," Buthker says. "But you'd be surprised." When you're done, remember to toss your towels in the designated bins.

Return equipment

"If you leave weights lying around, it's not just inconvenient," Hopkins says. "It's a safety issue. It should be a common-sense thing."

Keep exertion grunts to a dull roar

"Loud, excessive grunting and throwing your weights around on the floor usually go together, so we try to avoid it," Stewart says. Egregious jungle noises don't happen often, but when they do, the heebie jeebies usually follow.

Some places have weight rooms specifically designed for grunting purposes so don't be complaining about the noise when you live next to the airport.

"Some people want to be as loud as they can be," Hopkins says. "When you've got 500 pounds on your back, you've just gotta grunt."

Watch the hygiene

"Gyms deal in sweat. It's OK to be stinky," Stewart says. "But in a confined space, like a spinning room, it can be unbearable. You do need to monitor yourself."



Illustration by GANNETT NEWS SERVICE

Here's a tip: Don't wear the same clothes to the gym twice in a row without washing them. It may be frugal, but it's not nice to make people wince and grimace.

Body odor ain't always natural stink.

"Perfume isn't really necessary when you're working out," Stewart says. "Or cologne. Some people really splash it on and that's not good if you're allergic to it."

Keep cell phones to a minimum

It seems contradictory to use exercise as a release valve while tethered to a device designed to remind you of real-world obligations, but people do. Stewart says: "We joke about clients who talk on cell phones while they're working out," but they're not always prohibited.

What is prohibited in a growing number of gyms is the use of cell phones in locker rooms. Thanks to camera components, privacy issues are being raised so keep it in the bag when you're in your locker room.

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"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 16 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.



Dr. Kathy Duncan

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 patients as if

they were a member of my family."

First time Soft Touch patients sit down with Dr. Duncan to discuss the 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. 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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Dr. Keri Topouzian received his degree in Osteopathic Medicine from the University of Health Sciences, Kansas City, Missouri in 1982.

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Stretch marks are not from Satan, and other female health myths

By Maeleeke J. Lavan
GANNETT NEWS SERVICE

Most women would admit to their complexities, which sometimes may lead to confusion and faulty information about their bodies.

Will drinking caffeinated beverages before exercise help burn more calories? Are women destined to suffer premenstrual syndrome? Are breast-fed babies better off than their bottle-fed peers?

Experts answer these and other questions:

Q: Is a salon tan better than a tan from the sun?

A: Not necessarily. Too much time on a tanning bed can accelerate the skin's appearance of aging, says Dr. Mary Gail Mercurio, associate professor of dermatology at the University of Rochester Medical Center.

"The unique rays that are used for the tanning bed are ultraviolet A, or long wave rays. They actually penetrate more deeply into the skin than the rays that are in the natural environment." Too much tanning of any kind increases a person's chances of premature skin aging and of developing skin cancer.

Q: When and why does a woman's metabolism slow and lead to weight gain? Can women counteract this?

A: Once women reach their 30s, they begin losing muscle and gaining more fat, says dietitian Julie Black. At about this time, women also tend to become more sedentary and priorities — such as maintaining weight — often are neglected. Losing weight takes

time, Black says. Eating right, exercising and increasing muscle mass can help boost and maintain metabolism.

Q: Can you tell the sex of a baby by whether the mother is carrying the child high or low in her belly?

A: "There's just no way you can tell," says obstetrician and gynecologist Dr. Michelle Chin. "Each woman is going to hold each subsequent pregnancy different because of having prior kids."

Q: Do women turn evil for five to seven days during menstruation?

A: No, says Dr. Robert Tatelbaum, chief of the obstetrics and gynecology department at Rochester (N.Y.) General Hospital. There are some extreme circumstances, but overall women react differently to the hormonal changes during menstrual cycles.

"Some people, perhaps, don't cope as well in stressful situations, become more irritable, depressed and reactive to things they wouldn't normally react to," he says. Tatelbaum says he encourages patients to exercise regularly and avoid foods such as chocolate and coffee that act as stimulants and may heighten a woman's sensitivity in some situations.

Q: Will wearing pointy shoes, high heels, or both, ruin your feet?

A: Sadly, yes, your Manolo Blahniks are not your best friends. According to podiatrist Dr. Jeffrey Teibel, studies have shown that high heels contribute to arthritis in the knees, ankles and feet. Also, over time the foot conforms to the position of the shoe, and prolonged wear of high heels can actually shorten the Achilles tendon and make wearing flat shoes painful. Sniff. Say goodbye to Jimmy Choo, ladies. Or at least don't wear him all the time.

Q: Will drinking caffeine before exercise help burn more calories?

A: The calories you burn are related to your level of conditioning, not your caffeine intake, says clinical dietitian Grace Ricci. It's wishful thinking to believe drinking caffeine will increase performance and burn calories, she says. "Drink water," she says. "Water's going to rehydrate you."

Q: Will breastfeeding your child boost the child's intelligence?

A: There are studies from around the world that indicate children who have been breastfed for at least four months score better on institutional intelligence tests than children who have been bottle-fed, says professor of pediatrics Dr. Ruth Lawrence. The nutrients in human milk foster early brain development and allow children "to reach their fullest potential," says Lawrence, a leading national expert and advocate for breastfeeding.

Q: Where do stretch marks come from?

A: No, they're not from Satan. "When the skin is stretched out and when the collagen doesn't stretch back, you get the stretch marks," says Lawrence. The amount of collagen — connective fibers in the skin — determines the appearance of stretch marks.

Q: If you have female pattern hair thinning, should you dye or perm your hair?

A: If the hair is healthy, dye away, says Mercurio. Female pattern thinning is a problem at the root of the hair, she explains. She encourages patients to dye or perm their hair because that can help camouflage the appear-



Photo by METRO NEWS SERVICE

Women often have questions about their health. Here, experts answer many of them.

ance of thinning hair.

Q: Is it safe to dye your hair when you're pregnant?

A: Tatelbaum says he isn't aware of scientific data that answers this question.

"Anything someone applies to their body is absorbed by the system. The small amount that is absorbed is probably going to get into the pregnancy a little bit. What that's going to do to the fetus in the long run you don't know," Tatelbaum leaves the decision up to his patients, telling them that they are responsible for their actions.

Q: Will giving your fingernails a break from polish, acrylic chemicals, or both, keep them healthy?

A: It depends on the person. Wearing nail polish for a long period of time may yellow the nails as pigments in the polish settle into the nail, but it's not harmful, Mercurio says. Fake nails pose no risk in the absence of infection or allergy, she says.

Q: Will breastfeeding encourage weight loss after pregnancy?

A: Some studies show breastfeeding women have lower incidence of long-term obesity, says Lawrence, an expert on breastfeeding. A lactating woman burns calories to make milk, which can translate into weight loss. One ounce of milk contains 20 calories and nursing moms usually produce about a quart of milk a day. The number of calories burned depends on the amount of milk produced, calories which are then ingested by baby. Lawrence cautions that, metabolically, each woman is different, but in theory the idea is sound.

Q: Does drinking alcohol while breastfeeding pose a health risk to the baby?

A: Moderate alcohol consumption by breastfeeding mothers will not be harmful to their babies, Lawrence says.

"A mother who can sit down and sip a little wine or sip a little beer ... and relax" could contribute to a better feeding for a

baby, she says. "Not because of the alcohol but for the relaxation for the mother." If a mother were to sip an alcoholic drink with a meal and wait an hour or two before feeding, there shouldn't be much worry about passing any alcohol to the child, Lawrence says. Alcohol is absorbed into the blood stream, not directly into the breast or breast milk.

Q: Does leg hair grow faster when you're cold or if you shave too often?

A: No, says Mercurio. Hair follicles below the skin have nothing to do with what's going on at the skin's surface, she says. A hair follicle "doesn't know if that hair is a foot long or whether you just shaved or waxed."

Q: Do women who work or spend a lot of time together synchronize to the same menstrual cycle?

A: Rarely. Menstrual synchrony depends on the amount of time women spend together and the synchronization of airborne hormones. Women release pheromones — chemicals produced by the body that stimulate behavioral responses — from their underarms, explains Chin. If other women have receptors for these airborne neurochemicals, the hormones can synchronize, causing monthly cycles to occur at the same time. It's less likely to happen among women who work together and more likely among women who live in close quarters or among friends who spend all their time together.

Q: Will shaving hair off your face — or other body parts — make it grow back faster, darker and more coarse? Should you only wax or use hair-removal creams?

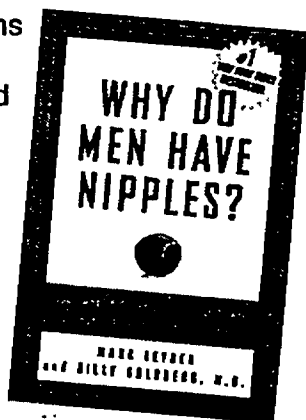
A: Hair grows at a predetermined rate, says dermatologist Mercurio. The only difference between shaving, waxing or other hair-removal procedures is that shaving gives the hair a blunt end. Waxing pulls hair out by the root, removing it from deeper inside the follicle. That means it won't grow back as quickly and gives the skin a softer feel in the spot where it was removed.

UNCOVER MEDICAL TRUTHS

Still have myths or odd questions you need answers to? Try "Why Do Men Have Nipples?: Hundreds of Questions You'd Only Ask a Doctor after Your

Third Martini," by Mark Leyner and Billy Goldberg (Crown Publishing Group, \$13.95) The pair answer all of those strange questions you didn't have either the time or the guts to ask, like "why do I get a killer headache when I suck down my milkshake too fast, can I lose my contact lens inside my head forever," and "why do old people grow hair on their ears?" Goldberg, an emergency medicine physician, and Leyner, an author and satirist, answer all of those questions factually, with a little humor on the side. The book is entertaining enough to read it cover to cover, but is well organized for a quick lookup, when necessary.

— By Candy Spiegel



Migraine sufferers seek alternative to prescription relief

By Sameh Fahmy
GANNETT NEWS SERVICE

After a decade of suffering debilitating migraine headaches and struggling with the side effects of the prescription drugs she was taking, Sara Dennis Barton was ready to try anything.

"I was not getting better," the 55-year-old says. "In fact, I was getting worse. And I was getting very disheartened with my outlook with all this pain and all the medications that I was having to take."

On the advice of a friend, she saw a physician who took a holistic perspective on her health and prescribed dietary changes, supplements, stress reduction and exercise. The results weren't immediate, but they were significant.

She says that over a period of about three years, she went from having weekly — sometimes twice weekly — migraines to having migraines every six weeks or so. Holistic medicine practitioners say addressing the triggers of migraines and using supplements and herbs to minimize symptoms can help others with the condition do the same.

About 19 percent of women and nearly 7 percent of men suffer a migraine headache at least once a year. In addition to pain, people with migraines experience nausea, vomiting and sensitivity to light. Some have visual disturbances that make them see a flashing or blinking light.

Prescription drugs aim to treat or prevent migraines, but they don't work for everyone and have side effects ranging from liver damage to hair loss to weight gain. Increasingly, people are looking for other options.

Nearly 60 percent of headache sufferers



Photo by MANDY LUNN/GANNETT NEWS SERVICE

Nashville Architect Sara Dennis used to have severe migraine headaches, but has seen improvement because of lifestyle changes and dietary supplements.

had tried an alternative remedy, according to a survey released in 2005 by the nonprofit National Headache Foundation. Fifty-five percent of respondents turned to alternative medicine because their medications were not effective, while 49 percent were concerned about side effects of prescription medicines.

The prescription drug Depakote — a powerful drug used to treat seizures and conditions such as bipolar disorder — helped 12-year-old Cody Hodges of Nashville, Tenn., manage his migraines for about three years. But the drug became less effective as he grew older, despite the fact that his physician doubled his dose to compensate for his growing

size. His doctor's solution was to add another drug to his regimen, which Cody's mother, Tracy, refused. Her son had to have a blood test to check for liver damage every six months to make sure the Depakote wasn't poisoning him, and she wasn't about to put him on another drug with another list of side effects.

"I thought, 'We need to be finding the cause,'" Tracy Hodges says, "not just continually treating these symptoms."

Like Barton, a friend referred her to Dr. Stephen Reisman, director of the Mind-Body Medical Center in Nashville. Reisman prefers treating migraines with dietary changes, stress reduction and supplements rather than powerful prescription drugs.

"Migraine is pretty much what we call a disease of prevention," Reisman says. "The intelligent thing to do is to change the whole picture of what is causing the migraine to happen in the first place."

First, he works with patients to figure out what foods and other factors might be triggering their migraines.

Next, he tries to get patients off prescription and over-the-counter painkillers. He explains that the over-the-counter drugs such as Sudafed and prescription drugs such as Imitrex might work in the short term, but they cause what are called rebound headaches when overused. Over the long term, he says, the drugs perpetuate the problem.

Reisman also uses vitamins, minerals and herbs to balance the body's natural chemistry. People with migraines tend to have low magnesium levels, for example, so Reisman prescribes high doses of the mineral for them.

Dr. Patrick Lavin, director of the Vanderbilt (University) Headache Clinic, says placebo-controlled studies demonstrate the effectiveness of remedies including feverfew and riboflavin.

Because no remedy works for all patients, Lavin's advice for patients is to find lifestyle modifications and remedies that work for them. He says medicines are poisons in small doses, and that he likes to avoid them or minimize their use if possible.

Try one of these commonly used migraine treatments

Several alternative remedies are used to treat migraines. Here are some of the more popular ones:

■ **Massage** helps relieve stress buildup in muscle tissue. Can decrease headache frequency and increase body awareness.

■ **Acupuncture** helps relieve pain and nausea and decreases the frequency of migraines and the need for medications.

■ **Magnesium** has a relaxant effect on blood vessels. Daily supplements of 500 to 750 milligrams have shown a preventive

effect in menstrually related migraines.

■ **Riboflavin (Vitamin B2)** assists the energy production mechanism of cells, and high doses (400 milligrams) can decrease the severity of migraines in some people.

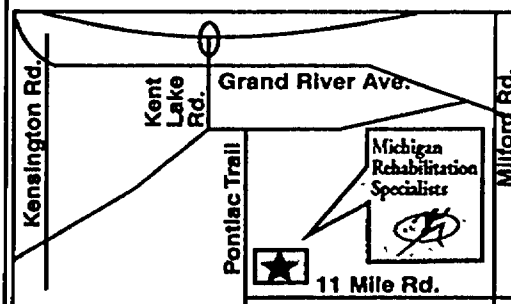
■ **Feverfew** helps the body use the brain chemical serotonin more effectively. One capsule three times a day can help prevent migraines or help resolve a migraine when it occurs.

Source: National Headache Foundation, www.headaches.org



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Magazines line grocery aisles shouting, "Lose 10 pounds this month!" AOL tells its subscribers via e-mail that it's time to lose your spare tire. NBC recently rolled out a special edition of "The Biggest Loser," and weight-loss tips are on most every news channel since the day after Christmas.

Yes it's that familiar time of year following the holidays called the diet season, the time of year when more than 76 million Americans set their sights on losing 30 pounds to 50 pounds or more, as soon as possible. Americans spend more than \$33 billion a year on diet books, foods, programs, etc.

Well, you may have heard about it in the news. The company that marketed the widespread low-carb fad diet recently declared bankruptcy. We in the industry have gone ahead and officially announced that another diet trend has come and gone. So what will you and the other 75,999,000 Americans do this year to really make some lasting, positive weight changes? Before you jump on to some unrealistic plan or program or send in for that magic pill, consider the sobering news ... after decades of dieting, about two thirds of the American population still remain overweight, some 30 percent are obese, and more than half of them are dieting. This raises the obvious question, what is going wrong?

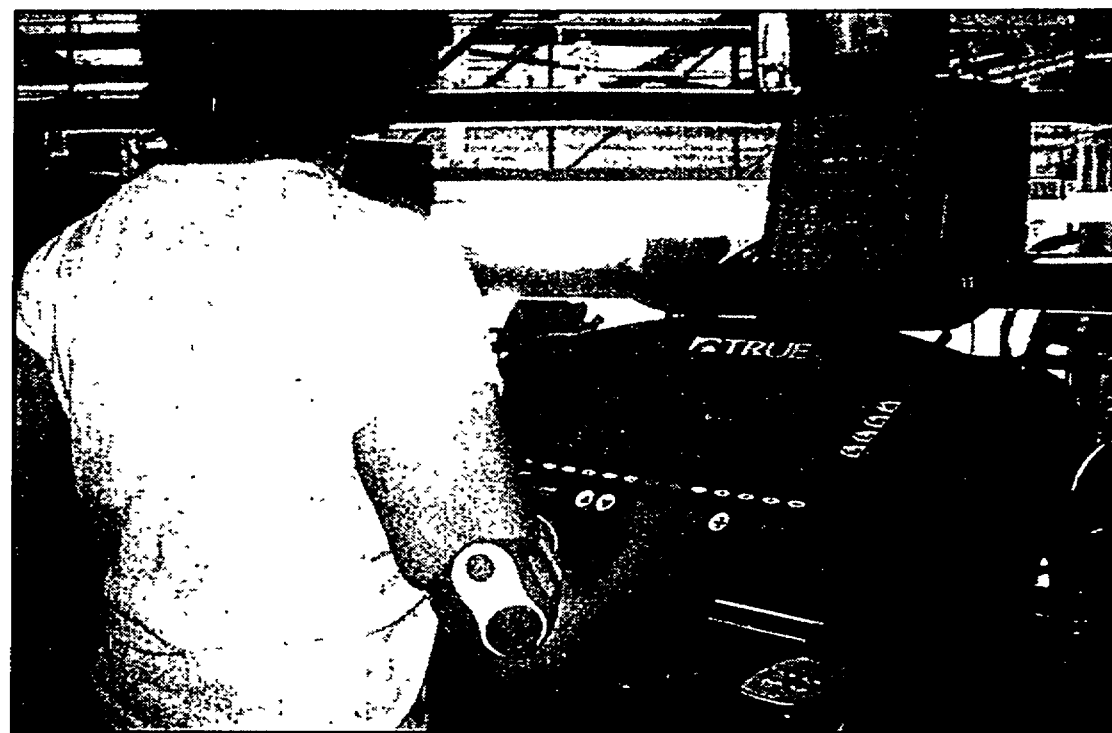
I certainly realize there are many factors both physical and physiological that contribute to long-term weight loss and I don't want to proclaim I have all the answers, but after working with thousands of people over 20 years there is a pattern that sabotages most people's weight loss goals right from the start. Consider this scenario — imagine piloting an aircraft and budgeting for fuel usage to get from point A to point

B. You would certainly want the correct amount — too much fuel and the weight is too great, never allowing you to get off the ground; too little fuel and the result is crash and burn. I compare this analogy to most people's weight loss plans. They are going to eat less to lose weight. Bravo, but how much less? Eat too little and you will never sustain it and you'll crash and burn; eat too much and you will never get your weight loss off the ground. Just as you wouldn't want to be on that plane that has not budgeted its fuel usage forcing you to fly totally unprepared, you would not want to start your weight loss plan totally unprepared either.

Enter the Bodybugg, the world's most intelligent calorie management system. Using clinically proven technology, the key component to the Bodybugg is the armband which measures energy (calories) expenditures. The armband is about the size of an MP3 player and wirelessly downloads your caloric expenditure, using your PC with a push of a button. When coupled with entering your food intake from a personalized menu on your Web site, the Bodybugg program then indicates exactly how much less a client should eat and or what activities they can complete to burn more calories to reach their weight-loss goals.

The sleek, comfortable Bodybugg monitors

CHRIS KLEBBA



Submitted Photo

The new Bodybugg, strapped to this woman's arm, measures energy (calories) expenditures.

five different data points to track calories burned with over 90 percent accuracy. It also tracks every step you take as you walk the recommended 10,000 steps a day for better health.

Once the proper balance for you is established and you are allowed to track it simply on a daily basis, it allows you to see change at a healthy rate of about 1 pound to 2 pounds lost per week and you are able to sustain it for life!

Many of us in the fitness industry have been critical of technology. While it certainly has been improving and enriching our lives, technology in most cases, has replaced the physical

movement necessary for a healthy weight. But now technology is finally helping many people lose weight and maintain it by taking the guesswork out and not flying unprepared with your weight loss plan.

For more information on Bodybugg, contact Chris Klebba at Water Wheel Health Club.

Chris Klebba is the owner and operator of the Water Wheel Health Club in Northville and is a certified fitness trainer, columnist and public speaker. For more information call (248) 449-7634 or go to www.wtrwheel.com.

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Should you call in sick to work? Here's how to tell

By Sameh Fahmy
GANNETT NEWS SERVICE

The alarm clock jolts you awake, and within minutes you realize that although you don't know exactly what's wrong, something isn't right. You have a runny nose, a cough and possibly a fever.

Should you call in sick to work?

Dr. Robert Forti, an internal medicine physician at Nashville Medical Group at Baptist Hospital, says that if you have a cold or the flu, chances are you'll be just fine in a few days. Your decision about whether to go to work is more about the health of your friends and co-workers than your health, he says. "What you absolutely don't want to do is put other people in peril for catching that same illness," he says.

With that in mind, he's helped us compile this chart to help you decide whether to call in sick. When in doubt, of course, check with your doctor.

If you have an upset stomach or diarrhea

- Ask yourself: Am I having more than four or five bowel movements in a day?
- If yes: You likely have something that can be spread to your co-workers, despite your hand washing. "People's hand washing is always better in their own eyes than in reality," Forti says.
- If no: You're OK to go to work. Just wash your hands thoroughly and regularly.

If you have a fever

- Ask yourself: Is it greater than 100.5 degrees?

- If yes: Stay home or risk infecting others.
- If no: It's probably safe for you to go to work.

If you have a cough

- Ask yourself: Is it productive? (Meaning, is stuff coming out?)
- If yes: These secretions are likely to infect others. Please stay home.
- If no: If you have a dry cough that occurs toward the end of your cold, then you're no longer infectious. Go to work.

If you have a sore throat

- Ask yourself: Does it hurt to speak and/or breathe?
- If yes: Chances are you're not going to be productive enough to justify missing out on the much-needed bed rest required to recover. Stay home.
- If no: Head to work, but keep citrus cough drops handy and don't share cups, utensils, pens or other items with your co-workers.

If you have sniffles or a runny nose

- Ask yourself: Can I breathe through my nose?
- If yes: Your symptoms aren't too severe, so you're probably OK to go to work. Just wash your hands regularly.
- If no: If you're constantly using tissues, you're likely to infect someone else after they touch a doorknob, tabletop or keyboard that you have touched. Stay home.

A special word on the flu

People often wonder how to tell the difference between a cold and the flu, but Forti

Do's and don'ts for exercising when sick

Should you exercise when you're sick? It depends on the illness. Following are some guidelines for exercising during sicknesses.

■ **Cold symptoms:** runny nose, sneezing, sore throat

- Exercises to do: Aerobic or weight lifting, walking.
- Exercises to avoid: If medicating, avoid treadmills and barbell squats. Antihistamines can affect coordination and put you at risk of falling.

• Intensity: Some experts suggest reducing time, intensity level or weights lifted by 50 percent to 60 percent, increasing to regular levels when they can be tolerated.

■ **Flu-like symptoms:** fever, nausea, vomiting, muscular aches and pains

- Exercises to do: Maybe short walks, if symptoms are mild.
- Exercises to avoid: Skip workout if you're vomiting or have a fever of 100.5 degrees or higher.
- Intensity: Low-level, if anything. Rest until you're better; ease back into routine, allowing several days or up to a week of

lighter workouts after symptoms are gone.

■ **Sleep deprivation or jet lag**

- Exercises to do: Cardio exercises on a bike or stair-climber; maybe light weightlifting to invigorate and help reset your internal clock.
- Exercises to avoid: Treadmill, heavy weightlifting. Your form may be bad and could cause injury.
- Intensity: Reduce speed and intensity by 60 percent or so at first.

■ **Hangover**

- Exercises to do: Light weights and cardio exercises.
- Exercises to avoid: Climbing wall, ski machine, any activity that involves coordination.
- Intensity: Low- to moderate-level intensity, but if you're really hung over, it may be good to skip exercising for a day.

Sources: Sports medicine doctors, athletic trainers; Rodale Online Health (www.rodale.com).

— Gannett News Service

says it's simple: "The flu is very characteristic," he says. "You feel like you've run into a brick wall."

A sudden onset of high fever, body aches and fatigue with a cough and sore throat are sure signs of the flu. If you have the flu, then

absolutely do not go to work or school.

"Those people really need to be out of contact with other people," Forti says, "because that's a highly transmissible (illness) that results in a lot of lost work and productivity for the public and the community as a whole."

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New study finds chromium helps with atypical depression

By Candy Spiegel
SPECIAL SECTIONS

Can the estimated 30 million people in the United States who suffer from atypical depression find relief by taking chromium — an essential trace mineral typically lacking in the American diet?

Dr. Malcolm Noell McLeod, a practicing psychiatrist and psychoanalyst, recently found this connection and obtained the patents on it. Scientific studies, although small, have confirmed his theory.

McLeod's discovery that chromium picolinate — chromium combined with an agent that aids in absorption — is effective in treating depression was serendipity. He developed his theory by piecing together hundreds of clues gathered from his patients and other medical specialists. He then embarked on an in-depth study of medical and scientific literature. Multiple blind trials confirmed his theory.

The discovery that chromium "quickly and dramatically relieves atypical depression in many persons is still almost unbelievable to me, even while I continue to see first-hand a cure and hear

reports from other psychiatrists of patients who have been helped," McLeod wrote in his new book, "In Lifting Depression: The Chromium Connection" (Basic Health Publications, \$24.95).

Atypical depression is a type of chronic depression that begins early in life and can last a lifetime. It typically includes cravings for carbohydrates, weight gain around the abdomen, lethargy, sleepiness and sensitivity to rejection.

McLeod discovered that insulin resistance may cause atypical depression and that people with this type of depression respond to chromium picolinate. In some patients, the chromium picolinate increases the benefits of antidepressants, like Wellbutrin and Zoloft. In other cases the chromium picolinate makes prescription medication unnecessary.

Studies have shown that chromium may also lower a person's risk of developing type-2 diabetes, high blood pressure, heart disease and stroke — diseases that result from insulin resistance.

"An investigator waits an entire lifetime for results such as these," says Dr. Jonathan R.T. Davidson, Professor of Psychiatry Duke University Medical Center.

In his book McLeod describes his journey to this discovery, explains how and why it works, and details a program to help individuals overcome depression and live a healthier lifestyle. He tells the complete story, including his failures, initial disbelief and skepticism, as well as successes. The book, however, is not written like a scientific study or medical journal. It is all in plain and simple

English with analogies to explain difficult-to-understand topics.

McLeod recommends visiting a physician for a complete physical before beginning to take chromium picolinate. In addition to ruling out any major ailments, the physical will generate numbers that can be used to later determine if the chromium is working. He stresses that patients always consult their doctor before changing or eliminating any prescribed medication.

"Chromium is an essential nutrient. It is safe. In my opinion, it is almost dangerous not to take it," McLeod wrote.

One note of caution — McLeod discovered that not all chromium picolinate supplements are equal. Its effectiveness is based on the quality of the chromium used. For that reason, he recommends Chromax made by Nutrition 21. Rite Aid is the first retail store to begin carrying Chromax. According to Nutrition 21, it will be available in all Rite Aid stores this spring. Until then it is available direct from the manufacturer at www.chromax.com or (866) CHROMAX.

For more information on McLeod, his new book or chromium's role in the body, visit www.chromiumconnection.com.



Malcolm McLeod, MD

Can chromium help you?

Recognize atypical depression

Individuals feeling down, sad or discouraged may have atypical depression if they have one or more of the following symptoms:

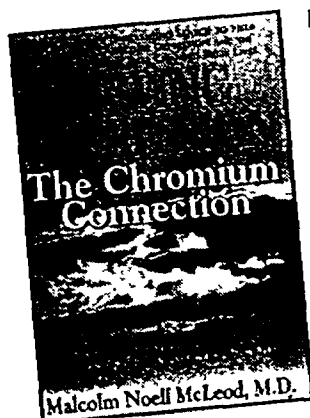
- Crave sweets and carbohydrates
- Tired for no obvious reason
- Arms and legs feel heavy
- Excessively sleepy
- Feelings are easily hurt by rejection from others
- Depression begins before age 30

Determine insulin resistance

Atypical depression caused by insulin resistance probably will respond to chromium picolinate. Individuals who have one or more these symptoms will probably respond to chromium picolinate:

- Family history of diabetes, heart attack, high blood pressure or stroke
- Gain weight around the abdomen
- Blood pressure higher than 130 over 85
- Triglyceride level over 150
- Fasting blood sugar level over 100
- HDL cholesterol less than 35 (for women) or 40 (for men)
- Gestational diabetes

SOURCE: "Lifting Depression: The Chromium Connection," by Malcolm Noell McLeod, M.D.



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Maintain athletic performance during the off season

By Marc Schlichtenmyer
SPECIAL WRITER

When most athletes finish a competitive sports season, it becomes a time to relax and recover.

But, for how long? If you continue that R and R for more than a few weeks, the strength and conditioning level that you worked so hard to achieve during the season will deteriorate.

The off season for most dedicated athletes can be a time to improve their athletic performance. Quality time in the weight room or working with an athletic-performance coach is a great way to maintain or take yourself to the next level. If you aren't looking for intense off-season training, a simple maintenance program can keep strength and conditioning at their current levels.

What should you do first?

At the end of your season, take one to two weeks off to let your body begin its recovery process. Continuing to eat well and getting plenty of sleep — 7 to 9 hours — will help your body start healing itself. A proper diet provides the nutrients that help rebuild and repair muscles, tendons, bones and joints that may have incurred minor damage during a grueling season. A quality sleep schedule, which may not be possible during the season, allows your body healing time.

What is step two?

It doesn't take much time or effort to maintain your strength and conditioning levels. All that is needed is 20 minutes to 30 minutes, two to three days per week, on the right program. There are many activities an athlete can choose from. Although endurance athletes and power

athletes train differently, the maintenance program will be similar. As far as cardiovascular conditioning is concerned, an interval type program is most beneficial and efficient. First, simply choose your favorite cardio exercise — bike, treadmill, elliptical or running — and start with a mild 5-minute warm-up. After your warm-up, jump into the program. Here are two examples:

Power Athletes

20 seconds at 90 percent intensity
60 seconds at 50 percent intensity
30 seconds at 90 percent intensity
90 seconds at 50 percent intensity repeat
20 seconds at 90 percent intensity
60 seconds at 50 percent intensity
30 seconds at 90 percent intensity
2-minute cool down

Endurance Athletes

30 seconds at 80 percent intensity
60 seconds at 50 percent intensity
45 seconds at 80 percent intensity
60 seconds at 50 percent intensity
60 seconds at 80 percent intensity
60 seconds at 50 percent intensity
60 seconds at 80 percent intensity
60 seconds at 50 percent intensity
45 seconds at 80 percent intensity
60 seconds at 50 percent intensity
30 seconds at 80 percent intensity
3-minute cool down

Either of these interval programs will take only 15 minutes.

After your cardio program, grab some dumbbells and do one or two exercises for each muscle group. Power athletes should use a heavier weight and do two sets of six to eight repetitions

for each exercise. Endurance athletes should use a relatively light weight and do one set of 15 to 20 repetitions for each exercise. Here is an example:

Single Movement

1. Squat (legs)
2. Overhead press (shoulders)
3. Lunges (legs)
4. Bent-over row (back)
5. Crunches (abs)

Compound Movements

1. Arm curl to overhead press (arms/shoulders)
2. Squat to front raise (legs/shoulders)
3. Lunge to bent-over row (legs/back)
4. Straight leg dead lift to upright row (back/shoulders)
5. Chest fly to crunch (chest/abs)

Compound movements are simply two exercises combined to save time and strengthen you in a more functional manner.

As you can see, 30 minutes, two to three days per week can keep you feeling strong and conditioned in the off-season. It is a good idea to stay active during the rest of the week as well. A pick-up game of basketball, tennis or a bike ride just for the fun will only enhance what you do on workout days.

Don't be a couch potato. You know how they end up ... mashed!

Marc Schlichtenmyer, ATC, CSCS, is the director of athletic performance at Healthstyles Health & Wellness. He can be reached at (248) 486-1110

Trans fats hidden on labels

By Serena Gordon
GANNETT NEWS SERVICE

When it comes to food labels that list levels of unhealthy trans fats, zero plus zero doesn't always equal zero.

That's because U.S. Food and Drug Administration rules on labeling, which went into effect on Jan. 1, allow foods with less than 0.5 grams of trans fats per serving to claim "zero" grams of trans fats on their labels.

That means that Americans who consume three or four servings of these foods in a day will have unwittingly eaten an extra gram or two of trans fats.

And that's important because trans fats, like saturated fats, can raise the risk of heart disease as they increase levels of LDL — bad — cholesterol. Currently, the FDA estimates that Americans consume an average 5.8 grams of trans fats per day.

So, what's a concerned consumer to do?

"If you see a food with zero trans fat, check the ingredient list. Look for the words, 'partially hydrogenated.' If you see partially hydrogenated, that means the product contains some trans fats," says nutritionist Samantha Heller.

The FDA adds that products with shortening or hydrogenated oils in their ingredient lists also contain some trans fats, and the higher up in the ingredient list you find those items, the greater the amount of trans fats the product will contain.

Visit www.fda.gov to learn more about trans fats from the U.S. Food and Drug Administration.

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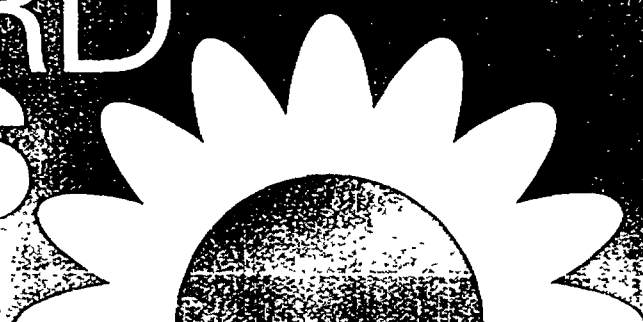
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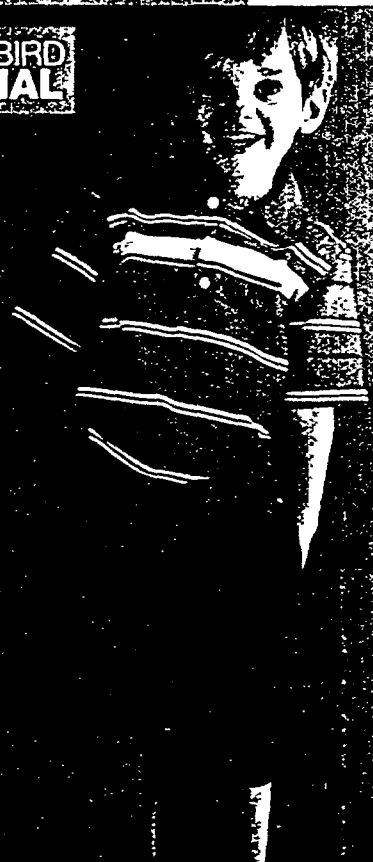
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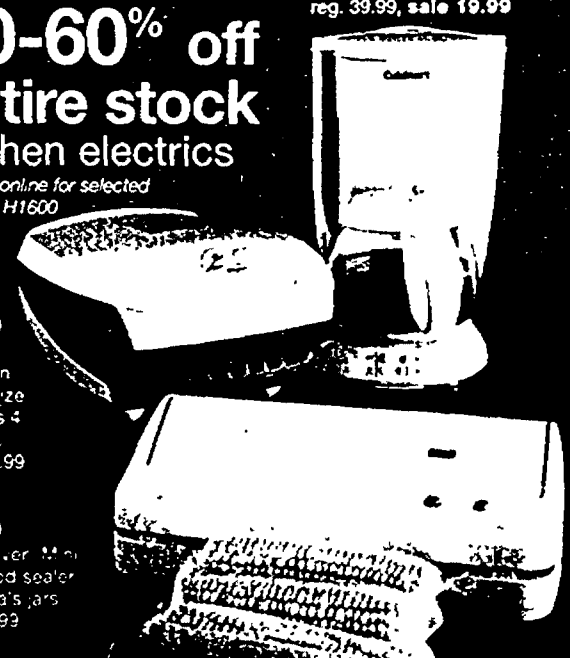
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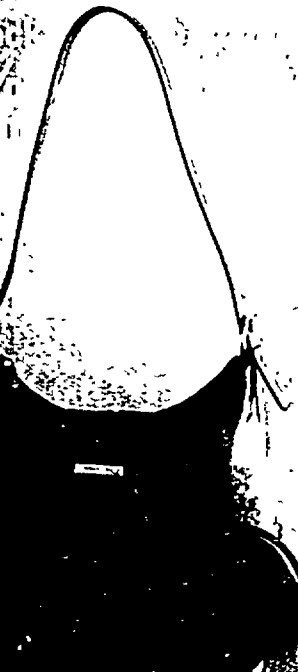


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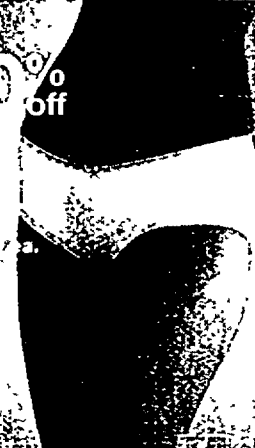
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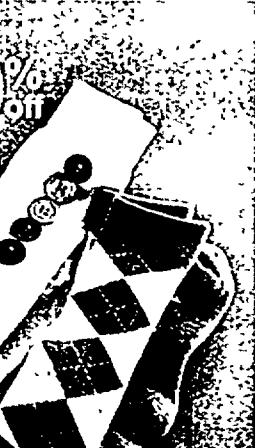
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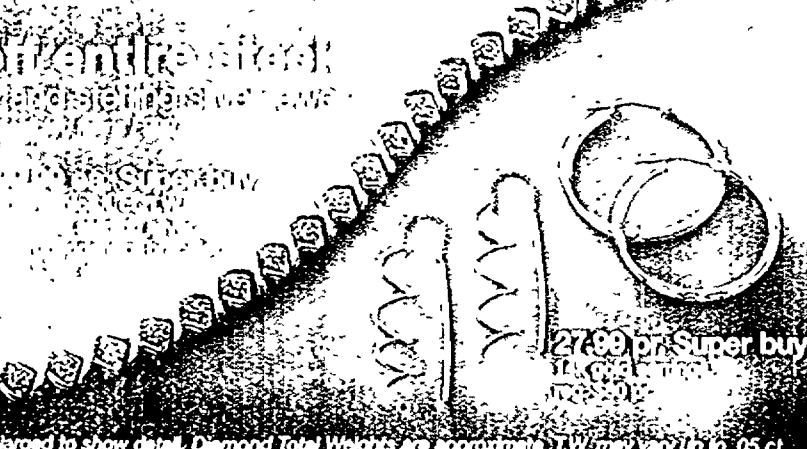
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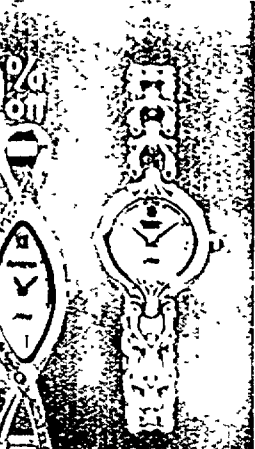
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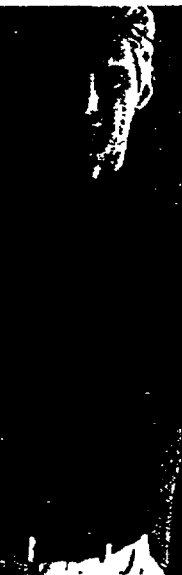
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Entire Stock
40-50% off


Dress shirts & neckwear for men from Croft & Barrow®, Arrow, excess & Axist® orig. \$25-\$44, sale 15.00-20.40
shop online P2325



ALL-DAY SAVINGS FOR HIM

Entire Stock
40-50% off


Golf & Golf Tops for Men from Sonoma, Croft & Barrow®, Arrow, Dockers® Grand Slam orig. \$18-\$52, sale 10.00-31.20
shop online for selected items P2326



SONOMA


Entire Stock
12.99

Sonoma® Relaxed Fit Jeans for men, reg. \$19.99, sale 12.99
shop online for selected items P2327




Save
30-50% off

Athletic apparel for men, orig. \$16-\$20, sale 11.20-26.00
Selected styles
shop online for selected items P2328



Entire Stock
50% off

Boxers & loungepants for men from Sonoma & Croft & Barrow® orig. \$12-\$20, sale \$6-\$10
shop online for selected items P2329



ALL-DAY SAVINGS SATURDAY, FEBRUARY 4

SUPER

ENTIRE STOCK ON SALE

Save
50% off

Shoes for women, orig. 39.99-54.99, sale 19.99-26.99
Selected styles



SONOMA

21.99 Croft & Barrow® Tatum, orig. 44.99

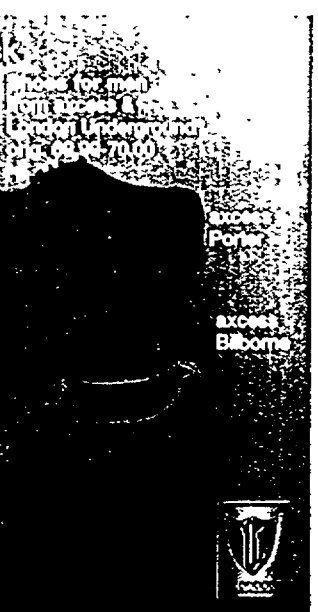
26.99 Dockers® Daring, orig. 54.99

DOCKERS WOMEN

croft & barrow

Entire Stock
39.99

Shoes for men, orig. 39.99-70.00, sale 19.99-29.99
Selected styles



ARROW


26.99 London Underground Philip, orig. 44.99

ARROW

ARROW

30-50% off running shoes

Originals & women, orig. 59.99-69.99, sale 29.99-48.99
Selected styles



29.99 Ayla® 6310 for women, orig. 59.99

39.99 New Balance 472 for women, orig. 59.99

48.99 Asics® Gel-Solution for men, orig. 69.99

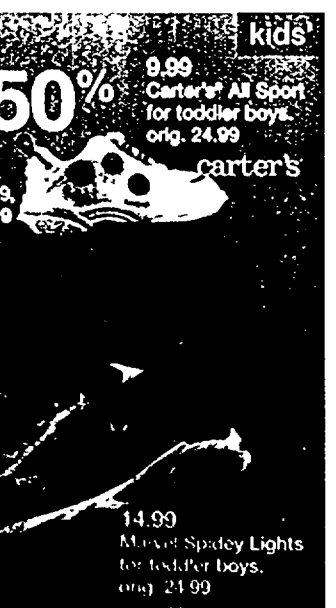
44.99 Nike® Air Terra Sebec for men, orig. \$65

NIKE

asics

Save
40-50% off

Shoes for kids, orig. 24.99-34.99, sale 9.99-20.99
Selected styles



8.99 Carter's® All Sport for toddler boys, orig. 24.99

12.99 Skechers Chatters for girls, orig. 34.99

14.99 Marvel Spider Lights for toddler boys, orig. 24.99

carter's

Save
40-50% off

Shoes for women, orig. 24.99-34.99, sale 9.99-20.99
Selected styles



21.99 I.e.i.® Omega, orig. 44.99

26.99 Mudd® Laureen, orig. 44.99

I.e.i.

Solid sheet sets
orig. 26.99-179.99,
sale 13.49-89.99

shop online for
selected items
H1272

Bed pillows, mattress pads and blankets
reg. 9.99-239.99,
sale 4.99-119.99
shop online for
selected items
P2330

BIG

Comforter sets and accessories

89.99 twin
Villager comforter set
includes comforter,
bedskirt & sham
orig. 169.99

shop online
for selected
items H1130

Bath coordinates
orig. 6.99-59.99,
sale 4.19-
35.99

Dragonflies

Solid bath towels
and bath robes
shop online at
selected
P2331

Table Tops & Kitchen Fixtures
orig. 1.99-4.99 sale .99-2.49

Decorative pillows & slipcovers
reg. 14.99-89.99, sale 6.75-35.99
shop online for selected items P2332

**Accent, area & kitchen
rugs and doormats
reg. 9.99-299.99,
sale 4.99-149.99**
👉 *shop online for
selected items*
H1900

Luggage - 100% polyester
reg. 49.99-379.99
sale 24.99-189.99

SATURDAY

Valentine's Day
decor & gifts
for the home
Excludes Hallmark

Summer Patio Shop
Includes garden
statuary, planters,
furniture, wind chimes,
garden stakes

Candles and decorations

Frames, decorative
and albums

ALL-DAY SAVINGS FOR THE HOME

**Houdini wine opener or
18-pc. expanded wine set
orig. 39.99 ea.**

**50% off all other
barware & glassware**

Cookware
shop online for
selected items
H2700

59.99
Farberware®
Cookview
14-pc. cookware
set with double
bonus cookie
sheets.
reg. 119.99

FARBERWARE

(0000)
Cherry Lane
Cheese Pie
Grand Mince
\$1.249.99

Kitchen electricals
 & shop online for
 selected items H16

14.99
Rival® 4.5-qt.
Crock-Pot®
slowcooker.
reg. 29.99

29.99
Black & Decker
classic chrome
Toaster-Oven™
toaster oven &
broiler.
reg. 44.99

**entire stock
floor care on sale**
shop online for selected items H1400

shop online for selected items H1400

EARLYBIRD SPECIAL

Save
50-60%

Active & fitness wear
for misses from Fu Da
N.Y.L., daisy fuentes
sport, Gloria Vanderbilt
Sport & Tek Gear
orig. \$14-\$40
sale 5.60-20.00
Selected styles
shop online for
selected items P2333



EARLYBIRD SPECIAL

Save
50-60%

Sag Harbor®, Villager,
Norton McNaughton®
and Requirements®
sportswear
for misses, petites
and women.
orig. \$30-\$65
sale 15.00-32.50
Selected styles
Misses' shown.



SAG HARBOR

EARLYBIRD SPECIAL

Entire Stock
60% off

SO... activewear
for juniors.
orig. \$26,
sale 10.40
shop online for
selected items
P2338



EARLYBIRD SPECIAL

Entire Stock
50-60% off

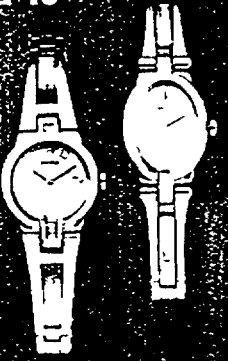
Handbags,
minibags
and handbag
& fashion
accessories
for her.
orig. \$8-\$90
sale \$4-\$54
shop online
P2339



EARLYBIRD SPECIAL

**25-50% off, plus
save an extra 10%**
on entire stock

of watches
orig. \$195-\$300 ea.
final price 13.45-
\$140 ea.
shop online for
selected items



EARLYBIRD SPECIAL

**20-50% off, plus
save an extra 15%**
on entire stock of

sterling silver jewelry
for her. orig. \$10-\$150 ea.
sale \$4-\$90 ea.
final price 3.40-\$1.00 ea.
shop online for selected
items F2200



17.99 Final price
Diamond accent heart charm bracelet.
18k gold over sterling silver.
reg. \$75, sale 21.17



EARLYBIRD SPECIAL

50-60% off
Villager® sweaters
orig. \$20-\$40
sale 10.00-20.00



EARLYBIRD SPECIAL

**Entire Stock
50-60% off**
Dress shirts for men
orig. \$18-\$46
sale 8.99-22.99

EARLYBIRD SPECIAL

Entire Stock
50-60% off

Long-sleeved
sport shirts and
knit tops for men
from Sonoma, Arrow,
Croft & Barrow
and William
orig. \$18-\$46
sale 8.99-22.99
SONOMA life-style
shop online for
selected items P2336



EARLYBIRD SPECIAL

Entire Stock
50-60% off

Jeans and pants
for young men
from Urban Pipeline®,
U.S. Polo Assn.,
PACO and Avirex
orig. 29.99-55.00,
sale 14.99-27.50
shop online for
selected items P2337



EARLYBIRD SPECIALS

Saturday only

February 4, 7am to 1pm

Selected Early Birds also available online.

EARLYBIRD SPECIAL

Entire Stock
50% off

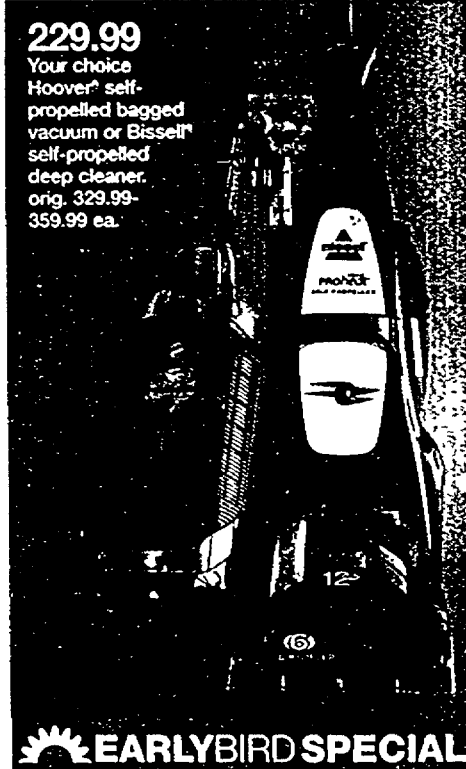
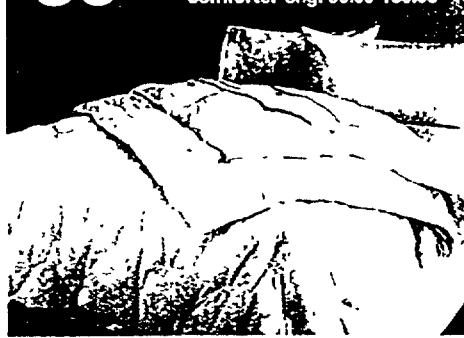
Sleepwear
for girls 4-16,
boys 8-20,
toddlers
and infants.



EARLYBIRD SPECIAL

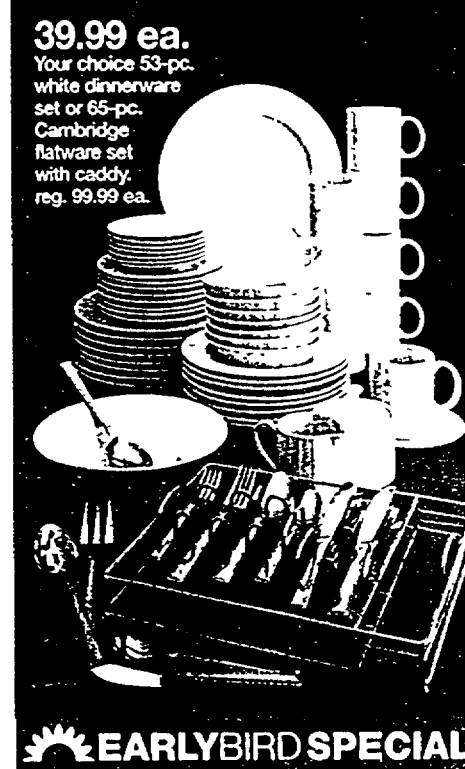
All Sizes
39.99

Home Classics® Select down
comforter or down alternative
comforter orig. 99.99-159.99



EARLYBIRD SPECIAL

229.99
Your choice
Hoover® self-
propelled bagged
vacuum or Bissell®
self-propelled
deep cleaner.
orig. 329.99-
359.99 ea.



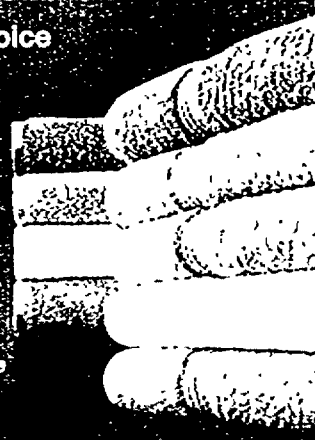
EARLYBIRD SPECIAL

39.99 ea.
Your choice 53-pc.
white dinnerware
set or 65-pc.
Cambridge
flatware set
with caddy.
reg. 99.99 ea.

EARLYBIRD SPECIAL

Your Choice
3.49

Gloria
Vanderbilt®
Pima® or
Martex®
Studio
Egyptian
cotton
bath towels
orig. 9.99-
13.99 ea.
shop online
C2567



EARLYBIRD SPECIAL

All Sizes
39.99

Bed in one
bag sets
by Arrow.
Set includes
comforter,
sheet set,
bedskirt
& sham(s).
orig. 99.99



KOHL'S
expect great things

Prices good Saturday, February 4, 2006.

*Sale prices and percentage savings offered in this advertisement are discounts from Kohl's "Regular" or "Original" prices. The "Regular" or "Original" price of an item is the former or future offered price for the item or a comparable item by Kohl's or another retailer. Actual sales may not have been made at the "Regular" or "Original" prices, and intermediate markdowns may have been taken. Clearance merchandise is excluded from "Entire Stock" promotions in this advertisement. In some events, actual savings may exceed the percent savings shown. KOHL'S® and KOHL'S brand names are trademarks of Kohl's Illinois, Inc. ©2006 Kohl's Department Stores, Inc.

more savings

Open a Kohl's Charge and receive additional discounts 12 times a year. Subject to credit approval. See store for details.



For the Kohl's Store nearest you call 1-800-837-1500 or visit us on the Web at Kohls.com



Closeout Mattress Spectacular



Better Sleep For The Two Of You.

CLOSEOUT! Super Premium Comfort

\$588

Queen 2 Piece Sleep Set
Was \$1199 Unbeatable Value



Better Sleep For The Two Of You.

CLOSEOUT! Summit Collection

\$798

Queen 2 Piece Sleep Set
Was \$1599 Unbeatable Value

FREE
Range
Pillowtop
-After
\$100 Bonus
Coupon



Better Sleep For The Two Of You.

CLOSEOUT! Ultra Premium Plush Pillowtop

\$698

Queen 2 Piece Sleep Set
Was \$1399 Unbeatable Value

NO MONEY MIRACLE!

Sleep Free Til 2007

Choose your new sleep set today, sleep great tonight
and Pay No Interest or No Payments until 2007.

Michigan's Premier Sleep Superstores

[OPENING SOON! Woodhaven]

Okemos/E. Lansing · Royal Oak · Utica/Lakeside · Brighton · Howell
Ann Arbor · Lansing/Grand Ledge · Novi · Troy · Westland · Livonia

Mattress World

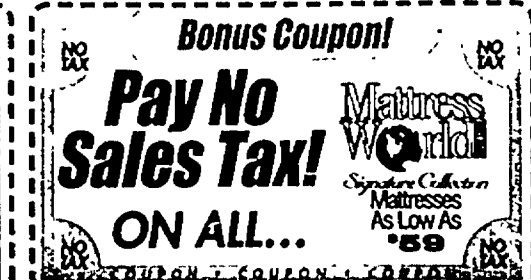
SUPERSTORE

"We Simply Do it Better!"

SALE HOURS: Mon-Fri 10am-9pm
Saturday 10am-7pm • Sunday 12am-5pm

*Plus Money Saving
Bonus Coupons!*
"More Coupons Inside"

Your Choice





MICHIGAN'S PREMIER SLEEP SUPERSTORE



Giant Closeout Savings

Muskegon

\$99 NOW WAS \$198

Twin Mattress

Full Mattress \$348...\$159

Full 2pc. Set \$378...\$189

Queen Mattress \$538...\$269

Queen 2pc. Set \$588...\$299

Unbelievable Value

Yukon

\$139 NOW WAS \$278

Twin Mattress

Full Mattress \$458...\$229

Full 2pc. Set \$588...\$299

Queen Mattress \$458...\$229

Queen 2pc. Set \$728...\$369

King 3pc. Set \$1199...\$599

Excellent Quality...Value Price!

Petoskey Gentle Firm

\$259 NOW WAS \$578

Twin Mattress

Full Mattress \$686...\$348

Full 2pc. Set \$798...\$398

Queen Mattress \$656...\$328

Queen 2pc. Set \$886...\$448

King 3pc. Set \$1386...\$698

EXTRA COUPONS!

Bonus Coupon!

FREE

"HARVARD" BEDFRAME

Receive a heavy duty "Harvard" Roller Bedframe with any sleep set purchase \$399 & up

FREE

COUPON • COUPON • COUPON

Petoskey Plush

\$498 NOW WAS \$999

Queen 2pc. Set

Twin 2pc. Set \$786...\$398

Full 2pc. Set \$976...\$488

Queen 2pc. Set \$996...\$498

King 3pc. Set \$1496...\$748

Plus Bonus Coupons on Qualifying Sets

Petoskey Ultra Pillowtop

\$598 NOW WAS \$1199

Queen 2pc. Set

Twin 2pc. Set \$896...\$448

Full 2pc. Set \$1176...\$588

Queen 2pc. Set \$1196...\$598

King 3pc. Set \$1696...\$848

Plus Bonus Coupons on Qualifying Sets

Charlevoix Visco Memory Pillowtop

\$698 NOW WAS \$1499

Queen 2pc. Set

Twin 2pc. Set \$1056...\$528

Full 2pc. Set \$1356...\$678

Queen 2pc. Set \$1396...\$698

King 3pc. Set \$1996...\$998

Plus Bonus Coupons on Qualifying Sets

The Best Mattress Brands... At The Best Prices!

Posture Premier

\$449 NOW WAS \$998

Queen 2pc. Set

Twin Mattress \$458...\$229

Twin 2pc. Set \$658...\$329

Full 2pc. Set \$858...\$429

Queen 2pc. Set \$898...\$449

King 3pc. Set \$1498...\$749

Plus Bonus Coupon on Qualifying Sets

Posture Premier Comfort Firm

\$599 NOW WAS \$1199

Queen 2pc. Set

Twin 2pc. Set \$898...\$499

Full 2pc. Set \$1158...\$579

Queen 2pc. Set \$1198...\$599

King 3pc. Set \$1798...\$899

Plus Bonus Coupon on Qualifying Sets

Posture Premier Dr. Firm

\$699 NOW WAS \$1399

Queen 2pc. Set

Twin 2pc. Set \$1199...\$599

Full 2pc. Set \$1349...\$679

Queen 2pc. Set \$1389...\$699

King 3pc. Set \$1989...\$999

Plus Bonus Coupon on Qualifying Sets

Bonus Coupon!

Yes! Take An Additional

\$100 OFF

Already reduced Closeout! Luxury Simmons Beautyrest \$899 & Up

COUPON • COUPON • COUPON

NO MONEY MIRACLE!

Sleep Free 'til 2007

Choose your new sleep set today, sleep great tonight and Pay No Interest or No Payments until 2007.

Premium Luxury Sleep Sets 50% OFF

Plus Bonus Coupons Too!

Summit Collection Climax Pillowtop

\$1099 NOW WAS \$2199

Queen 2pc. Set

Twin 2pc. Set \$1798...\$899

Full 2pc. Set \$2098...\$1049

Queen 2pc. Set \$2198...\$1099

King 3pc. Set \$2698...\$1349

Plus Bonus \$100 Off Coupon Too!

Latex Comfort Firm or Plush

\$1199 NOW WAS \$2399

Queen 2pc. Set

Twin 2pc. Set \$1938...\$969

Full 2pc. Set \$2238...\$1149

Queen 2pc. Set \$2338...\$1199

King 3pc. Set \$2738...\$1399

Plus Bonus Coupon on Qualifying Sets

Luxury Firm, Plush or Pillowtop

\$1999 NOW WAS \$3999

Queen 2pc. Set

Twin 2pc. Set \$3698...\$1849

Full 2pc. Set \$3998...\$1999

Queen 2pc. Set \$4198...\$2099

King 3pc. Set \$4798...\$2399

Plus Bonus \$100 Off Coupon Too!

For Best Price, Selection and Service Mattress World ... Rises Above The Rest

Ultra Plush Pillowtop

\$699 NOW WAS \$1399

Queen 2pc. Set

Twin 2pc. Set \$1099...\$549

Full 2pc. Set \$1299...\$649

Queen 2pc. Set \$1399...\$699

King 3pc. Set \$1999...\$999

Plus Bonus Coupons on Qualifying Sets

Summit Collection Premium Pillowtop

\$879 NOW WAS \$1799

Queen 2pc. Set

Twin 2pc. Set \$1438...\$719

Full 2pc. Set \$1699...\$849

Queen 2pc. Set \$1799...\$899

King 3pc. Set \$2399...\$1149

Plus Bonus Coupons on Qualifying Sets

FREE

☒ DELIVERY*

☒ SETUP*

☒ REMOVAL*

OF OLD BEDDING

Closeout! 50% OFF

Mattress World SUPERSTORE

"We Simply Do it Better!"

Bonus Coupon!

YES! TAKE AN ADDITIONAL 15% OFF

OUR LOW SALE PRICE

Wrought Iron Beds
Headboards
Day Beds

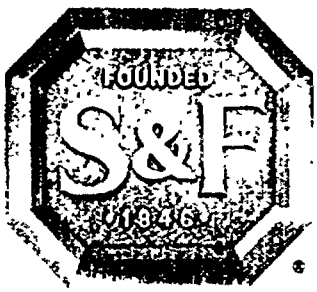
Fashion Bed Group

Michigan's Best Selections! Exp. Jan 3, 2006

COUPON • COUPON • COUPON



2006 INTRODUCTORY SALE!



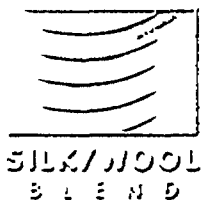
STEARNS & FOSTER
Sleep Exceptionally...



Come and experience
the all new Luxurious
2006 Stearns & Foster
Collection... Pamper yourself in luxury
...The way it should be. Now for a
Limited time the complete 2006
Stearns & Foster sleep collection
are on sale at **40% OFF**

Plus Take An Additional
10% OFF
INTRODUCTORY SALE PRICE!

Plus
Sleep FREE
till **2007**



The Original
FOAM ENCASED

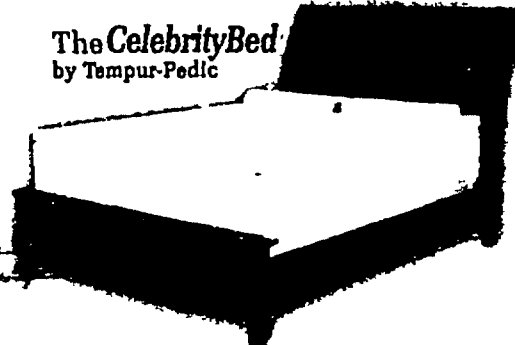
The One And Only
TEMPUR-PEDIC

Now
Starting
From

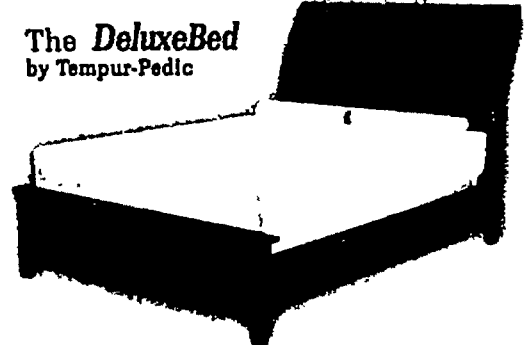
\$699

TEMPUR-PEDIC
PRESSURE RELIEVING
SWEDISH MATTRESSES AND PILLOWS

The CelebrityBed
by Tempur-Pedic



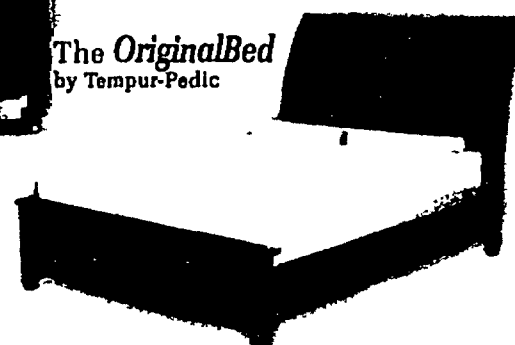
The DeluxeBed
by Tempur-Pedic



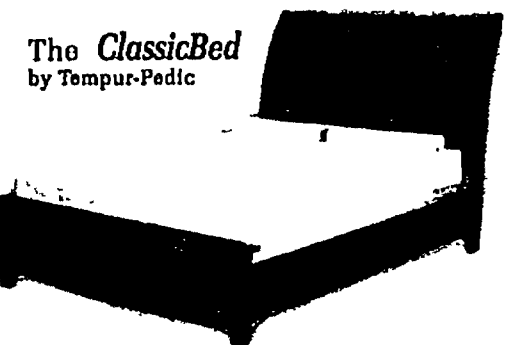
Better Sleep...Better Health...Better Bed

In a recent survey, 92% of our enthusiastic owners
report sleeping better and waking more refreshed!

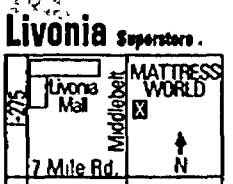
The OriginalBed
by Tempur-Pedic



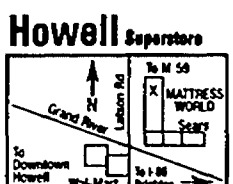
The ClassicBed
by Tempur-Pedic



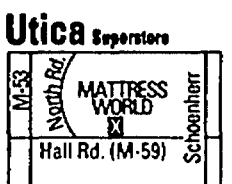
Now 12 Convenient Locations



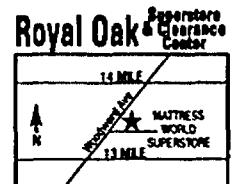
Livonia Superstore
19276 Middlebelt
across from Sears
(248) 615-4999



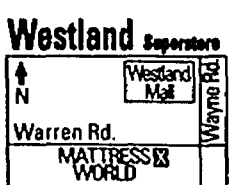
Howell Superstore
871 S. Latson Road
at Grand River next to Gold's Gym
(517) 552-2000



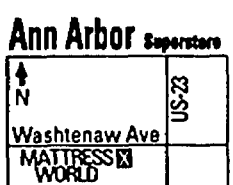
Utica Superstore
45040 North Point Road
Next to PetSmart Home Depot
(586) 323-0477



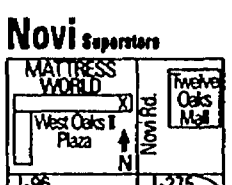
Royal Oak Superstore
32500 Woodward Ave.
(Between 13 and 14 Mile)
(248) 549-1002



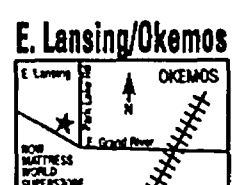
Westland Superstore
35147 Warren Road
across from Westland Mall & Wayne Rd.
(734) 641-0300



Ann Arbor Superstore
3550 Washtenaw Ave.
(Just West of US-24)
(734) 975-6982



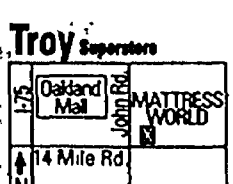
Novi Superstore
West Oaks II Plaza
Novi Road across from Twelve
Oaks Mall
(248) 344-7110



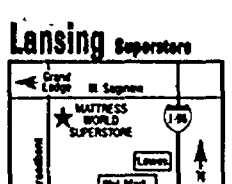
E. Lansing/Okemos Superstore
2660 E. Grand River Ave.
(Just West of Partridge Rd.)
(517) 336-4355



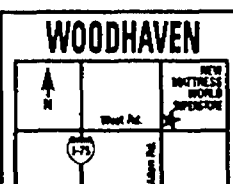
Brighton Superstore
9900 E. Grand River
(at Old US-24)
(810) 225-3333



Troy Superstore
272 John R. Road
(at 14 Mile Rd. just E. of Oakland Mall)
(248) 588-2000



Lansing Superstore
8741 W. Saginaw
(at Broadview)
(517) 627-8552



WOODHAVEN
1893 West Rd.
(1/2 Mile East of I-75 at Alice Rd.)
(734) 676-3073

Opening SOON!

Mattress World SUPERSTORE

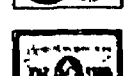
"We Simply Do it Better!"

SALE HOURS:

Mon-Fri 10am-9pm

Saturday 10am-7pm

Sunday 12am-5pm



*Minimum purchase \$999 required for all free services and free value added items. Discount restrictions and free value item excluded on tempur-pedic. Free pillow offer pillow for twin, 2 for full, queen and king sets. Prior sales excluded. See store for additional in store exclusive promotions and clearance merchandise.

CAG-08-004

the ultimate carpet sale

HURRY!
Sale Ends
Soon!

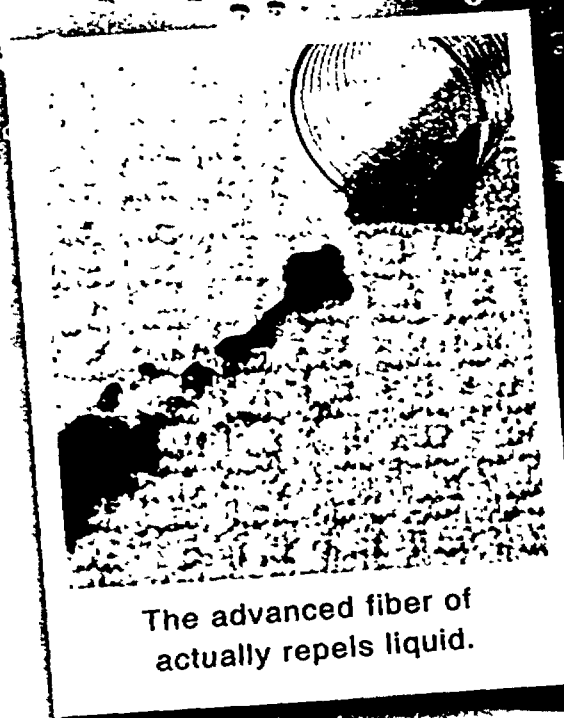
Now at AR Kramer

STAINMASTER
ULTRA LIFE *carpet*

STAINMASTER ULTRALIFE CARPET

YOU STAIN IT,
WE'LL REPAIR IT.

Introducing UltraLife™ Carpet—Featuring A 15-Year
No Exclusion Stain Warranty Against All Food And
Beverages! Plus, save storewide and receive a special
financing bonus offer!



The advanced fiber of
actually repels liquid.

Household spills are now
easier to remove.

STAINMASTER
with Tactesso® nylon fiber

CUT PILE BERBER
Clear Path - This durable and stylish
cut pile is great for any décor and
lifestyle. Choose from
12 natural flecked & solid colors.

\$229
SQ. FT.
*MSRP \$259

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- MARY BETH O'CALLAHAN
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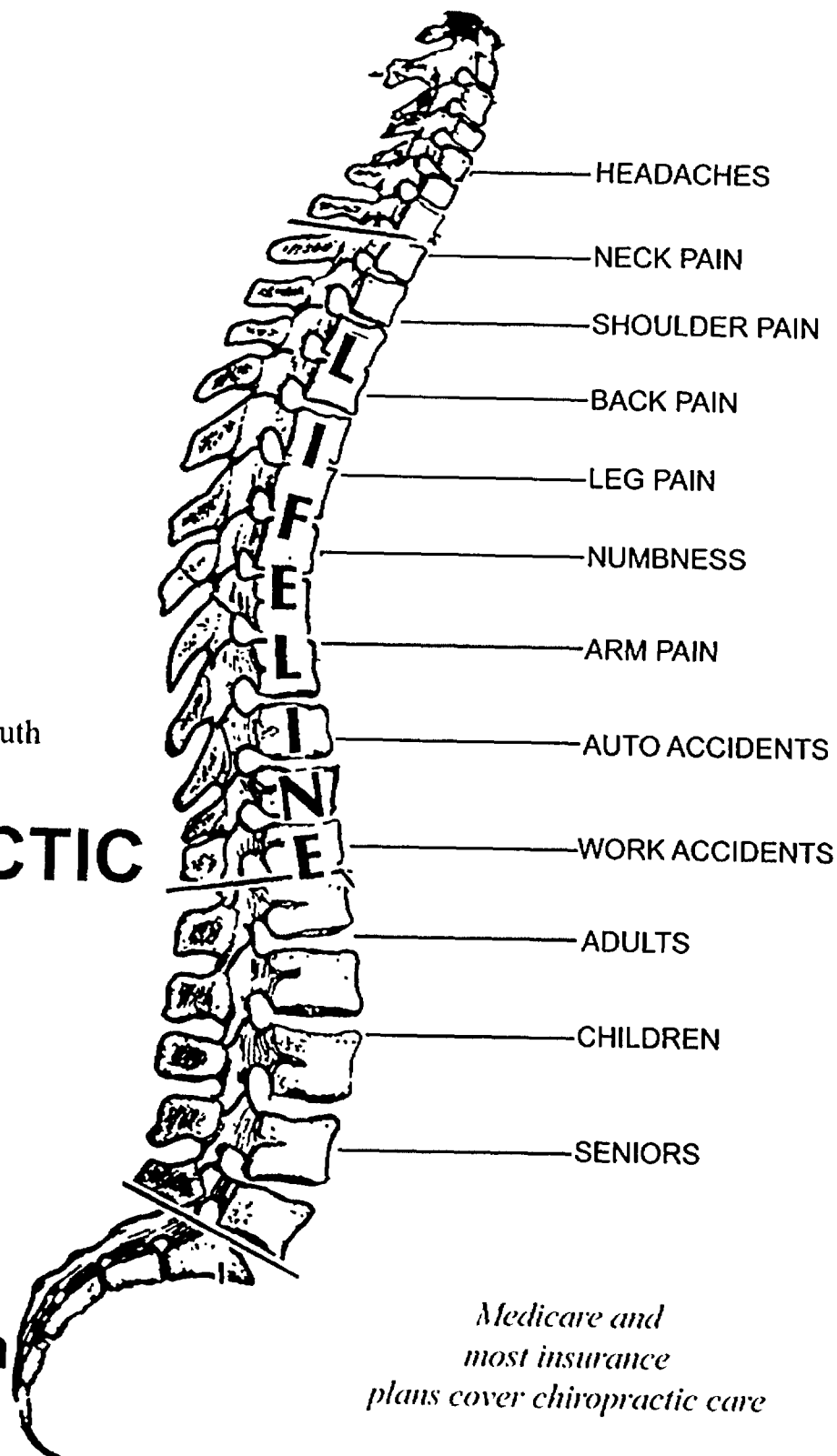
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- Five easy steps to healthier bones
- Chiles rellenos and cheesy black bean dip

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Ask American Profile

Q In your recent cover story on Christmas Classics, you say *White Christmas* was a remake of *Holiday Inn*. *White Christmas* is a totally different movie featuring Bing Crosby, Danny Kaye and Rosemary Clooney.

—M. Morton, Orono, Maine

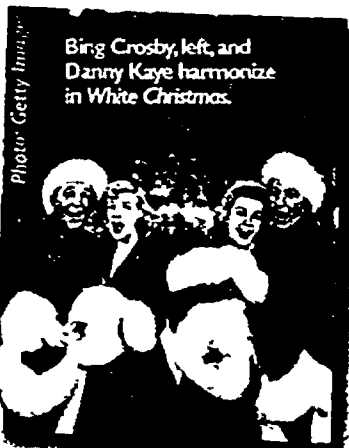
Indeed, *Holiday Inn* (1942) and *White Christmas* (1954) were different movies. Yet, *White Christmas* was so heavily inspired by *Holiday Inn* that it often is considered a "semi-remake" by movie critics—but perhaps the term "recycle" might be more appropriate. Both films took the same central idea of a team of song-and-dance men (Bing Crosby and Fred Astaire in *Holiday Inn*, Crosby and Danny Kaye in *White Christmas*) hoofing it up in New England (the "inn" of the title in the first movie, a Connecticut resort in the other), and both featured Crosby crooning the holiday classic "White Christmas."

Q Are reporters Margaret Carlson and Tucker Carlson related?

—C. Lorenz, Limestone, Fla.

No, CNN commentator Margaret and MSNBC's Tucker are not related, but they're good friends—even though they have opposing political views. "I love Margaret," says Tucker, the conservative of the pair. "I just had lunch with her the other day. I've known her for a long time." San Francisco-born Tucker, 36, followed his father's lead into the business, ultimately working for CNN for seven years before heading to MSNBC last year. He once famously promised to eat his own shoe if Hillary Clinton's *Living History* memoir sold a million copies. When it did, Clinton presented him with a cake in the shape of a shoe—a "right-wingtip." Tucker lives just outside of New York City with his wife of 14 years and their four children.

Tucker Carlson
of TV's MSNBC



Bing Crosby, left, and Danny Kaye harmonize in *White Christmas*.

Q I would like to know if Rosa Blasi from *Strong Medicine* and Lisa Vidal from *The Division* are the same person?

—Patsy Urrea, Safford, Ariz.

No, Vidal, 40, hails from New York City, while Blasi, 32, was born in Chicago. Blasi's *Strong Medicine* is in its fifth season on the Lifetime network and she is very proud of her work as Dr. Luisa "Lu" Delgado. "The best part about doing this show is the effect of getting good karma by doing important issues," Blasi says. "I get fan mail from people who might have gotten a mammogram because they saw the show and it made them think." Last year, Blasi married football player Jim Finn of the New York Giants, and they divide their time between Los Angeles and New Jersey. Lately, she's been dabbling in stand-up comedy.

Actress Rosa Blasi



Pink Panther partners Jean Reno, Steve Martin and Beyoncé Knowles

Q I saw an ad several months ago for Steve Martin's new *Pink Panther* movie, and I'm still waiting. When will it be released?

—Jo Lea Parker, Shingle Springs, Calif.

The Pink Panther, in which comedian Steve Martin revives the role of bumbling French inspector Clouseau made famous by the late Peter Sellers, will be released to theaters Feb. 10. The movie also stars Kevin Kline as chief inspector Dryfus, Jean Reno as Clouseau's new sidekick and pop star Beyoncé Knowles as a singer named Xania. ☆

* Cover photo by David Mudd

■ Want to know more about a celebrity or public figure?

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Hometown Hero

Restoring Stoves—and a Town

by MARTI
ATTOUN
Contributing
Editor

Steve Hund Jr. paid \$15 for a rusty potbellied stove at an auction in 1971 to heat his drafty farmhouse. That purchase sparked Hund to open a stove restoration shop in Paxico, Kan. (pop. 211), which rekindled business for the entire town.

The thrill and challenge for Hund is transforming the rusty heirlooms that people haul in, often in boxes and missing parts, into beautifully restored stoves that warm hearts as well as homes.

"The stoves remind people of a simpler time," says Hund, 57, surrounded by 40 gleaming cast-iron heating and cooking stoves at Mill Creek Antiques in Paxico. "People remember going into grandma's house and smelling apple pie baking in the woodstove."

More than practical sources of heat, the antique wood- and coal-burning stoves from the 1850s to 1920s are works of art embellished with floral designs and scenes and nickel-plated trim.

Photos by Jeff Cooper

Steve Hund puts new luster on old cast-iron heating and cooking stoves at Mill Creek Antiques (below right) in Paxico, Kan.

Such fanciful adornments, though, weren't the initial attraction for Hund. When he and his wife, Kathryn, were newlyweds, they lived in a fixer-upper farmhouse and needed cheap heat. They were impressed by the efficiency of the stove he bought at an auction, as were friends.

Hund, who worked on the Rock Island Railroad at the time, soon was buying stoves and fixing them up for friends. As his stove collection grew, the then 24-year-old talked a reluctant banker into giving him a \$2,500 loan to buy the vacant C.J. Glotzbach General Store in boarded-up downtown Paxico and he used the money to open Mill Creek Antiques in 1973.

Today, Hund restores about 100 stoves a year, including wood-burning cookstoves, and scrambles to keep up with demand from people reclaiming family heirlooms and seeking period furnishings for their Victorian-era homes. Reconditioned stoves sell for \$3,000 to \$20,000, depending on their rarity and ornamentation.

Hund also restores stoves for museums, including the 1859 Fort Larned military post in Larned, Kan. (pop. 4,236) and President Harry S. Truman's farmhouse in Grandview, Mo. (pop. 24,881).

Restoration involves disassembling the cast-iron stoves, sandblasting them to remove rust, locating or casting new pieces, and nickel-plating the trim for sentimental customers.

"I remember my granddad sitting in the old wicker rocker beside the stove and smoking his pipe," says Enid Crabb, 45, of Council Grove, Kan. (pop. 2,321), who paid Hund \$930 to refurbish her great-grandparents' stove. "Granny would pop popcorn on the stove and put sugar on it." Her children are the fifth generation warmed by the stove. "I love the family continuity."

As Hund's sales heated up, so did business in downtown Paxico. Other antique dealers were inspired to buy or lease buildings in the town, which looks more 1906 than 2006 with its brick streets and gingerbread-trimmed storefronts. Today, a dozen antique stores attract thousands of bargain hunters on weekends.

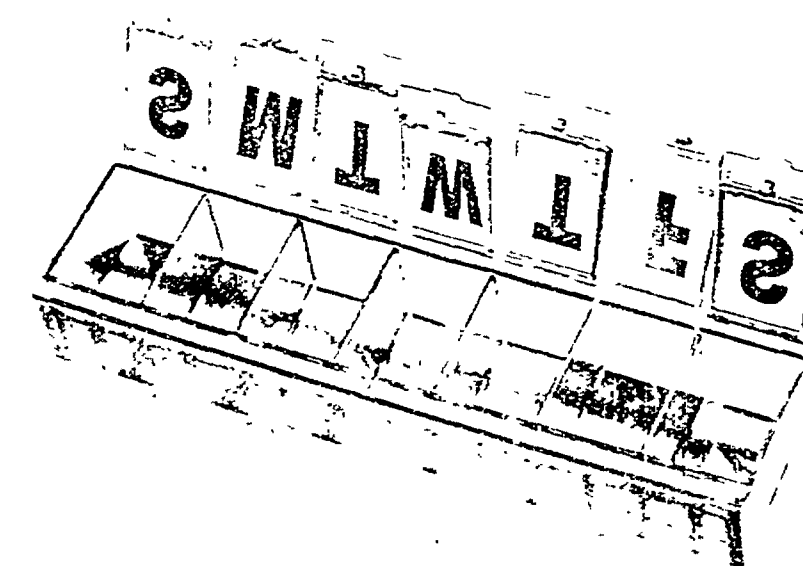
The town's centerpiece is Mill Creek Antiques, housed

A 1905 Favorite brand base burner stove, valued at \$4,500, before and after restoration

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SUPER BOWL HERO JOE MONTANA KEEPS A WINNING ATTITUDE



Joe Montana remembers celebrating his first of many Super Bowl wins on Jan. 12, 1969.

Sure, the record books say another quarterback named Joe—the New York Jets' Joe Namath—celebrated a Super Bowl victory in Miami on that date. But Montana, then age 12, relished his own victory—with imaginary teammates in his backyard in Monongahela, Penn. (pop. 4,761). "I've won a thousand of them since," recalls Montana, 49, with a smile.

Unlike many boys who perfected their aim by tossing a football through a tire swing, Montana's dreams later became reality—not just once, but four times. Considered by many the best professional quarterback in the game's history, Montana led the San Francisco 49ers to Super Bowl victories in 1982, 1985, 1989 and 1990, and also took home Most Valuable Player honors for three of those championship games.

"It's one of the most exciting games you can be a part of as a player," Montana says about the Super Bowl. "I remember the first time walking on the field for the first Super Bowl, when we played in Pontiac, Michigan. You could hear the yells and boos as you walked on the field for warm-ups."

Ironically, a recollection of a man known for his intense

focus was when he surprised teammates by diverting his offense's attention from the game for a moment. During the 1989 Super Bowl, the 49ers found themselves on their own 8-yard line, trailing the Cincinnati Bengals 16-13 with three minutes remaining in the game. Feeling the palpable tension in the huddle, Montana kneeled and caught sight of actor John Candy eating popcorn on the sidelines. "Look, isn't that John Candy?" Montana asked.

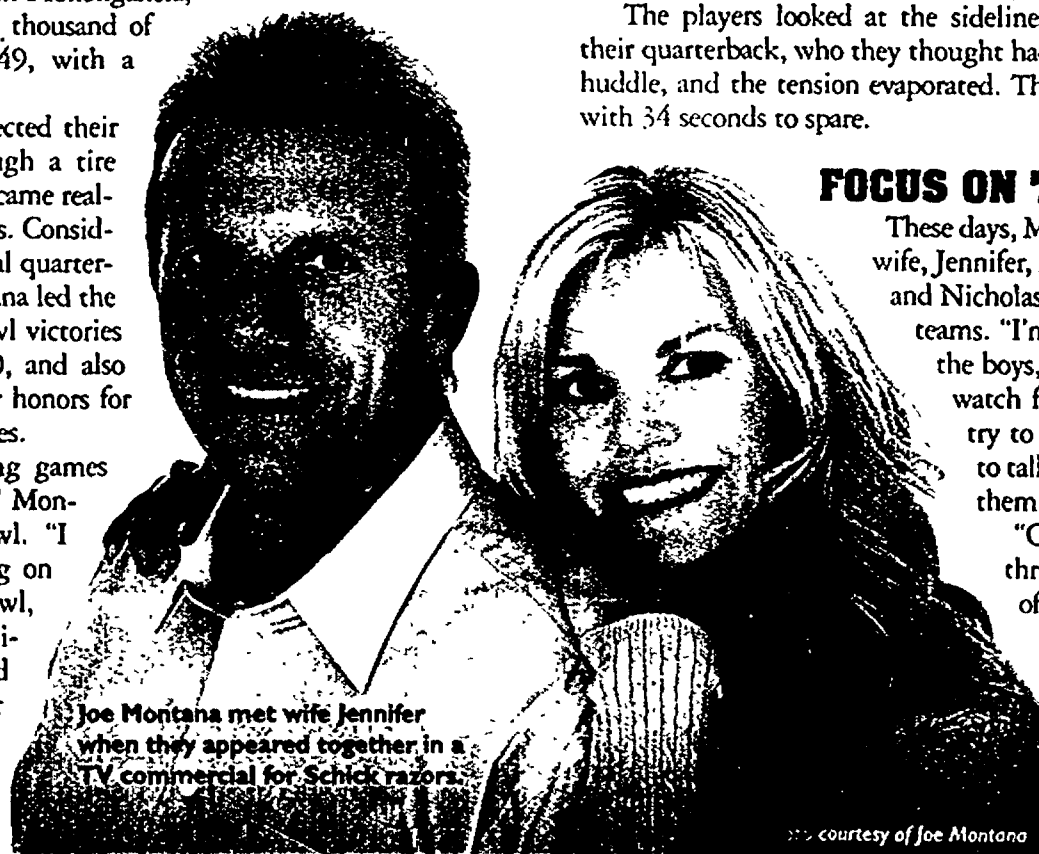
The players looked at the sidelines and then returned their attention to their quarterback, who they thought had lost his mind. Laughter erupted in the huddle, and the tension evaporated. The 49ers scored the winning touchdown with 34 seconds to spare.

FOCUS ON THE FAMILY

These days, Montana is a football spectator, joining his wife, Jennifer, in the stands to cheer sons Nathaniel, 16, and Nicholas, 13, both quarterbacks for their schools' teams. "I'm pretty quiet," he says. "I tend to help the boys, more than anything. I really just try to watch fundamentally what they are doing and try to keep them right that way. I don't want to talk to them too much; I want to try to help them if they are having a problem."

"Otherwise, they are going to make bad throws and bad decisions. That is all part of what they have to get used to doing. I'm trying to let them know that it's not going to be perfect, so go have fun."

The couple's daughters, Alexandra, 20, and Elizabeth, 19, attend their father's alma mater, the University of Notre Dame, which he



Joe Montana met wife Jennifer when they appeared together in a TV commercial for Schick razors.

courtesy of Joe Montana



The Montana family lives in California's lush Napa Valley, where Joe raises grapes and rides Western cutting horses.

led to the national collegiate championship in 1977. "I was always hoping one of them would pick there," he says, "but I also wanted them to know the decision was theirs."

The Montanas live on 600 acres in the Napa Valley in Calistoga, Calif. (pop. 5,190), where he enjoys raising grapes and riding Western cutting horses. He retired from football at age 38 but maintains a hectic schedule of business meetings, motivational speeches and product endorsements. He owns a real estate investment company and recently released a book, *The Winning Spirit: 16 Timeless Principles that Drive Performance Excellence*, co-written with business coach Tom Mitchell. "I tell my wife, 'I'm ready for retirement, because retirement is killing me!'" he says with a laugh. "There's been a lot of travel."

A HEALTH SCARE

Last year, Montana traversed the nation to educate people about the dangers of high blood pressure, a condition with which he was diagnosed during a routine physical examination in 2002. An athlete and nonsmoker who always has maintained his pencil-thin physique, Montana seemed an unlikely candidate for health concerns. But his mother, who died of cancer nearly two years ago, had high blood pressure, and her father died



Montana celebrates his team's 1990 Super Bowl victory. of heart disease at age 54. Sixty-five million Americans, or one in three adults, have high blood pressure. Like 30 percent of those with the condition, Montana didn't know he was one of them.

"My blood pressure had gone up extremely high," he says. "I didn't even ask what it was. My doctor sent me to the cardiologist right away." Medical tests revealed Montana also had a small blockage in one of his arteries. "A good friend said, 'Oh yeah, they call that the widow-maker.' I go, 'Oh, that's nice.'"

"I was surprised when I found out about it. I was as shocked as anyone. I have four kids and a wife and I wasn't ready to be gone from that. I had enough reasons to be around; that also helped motivate me."

Montana takes medication for high blood pressure and says he sometimes needs a reminder from his wife. He's improved his eating habits by enjoying his favorite foods in moderation. "I like red meat, steaks, fried chicken, burgers and pizza," he says. "Salt is my nemesis; I love potato chips. I am fortunate because my kids try to move the salt shaker to the other side of the table away from me or give me that look, 'You shouldn't be eating that.'"

While his exercise regime isn't as intense as when he played football, he still tries to work out at least five times a week. "After working out six days a week for thirty-something years, I thought I could cut back a little," he says. "I cut back a little too much! I've got a bad knee, so I can't run. I would love to be playing basketball with the boys, but I can't do any of that."

He is a paid spokesman for the BP Success Zone Program (www.getbpdwn.com), which encourages people to get their blood pressure checked, reduce salt and fat in their diets and increase physical activity.

(Continued on page 13)

MONTANA'S FACT FILE

During his illustrious career with the San Francisco 49ers and the Kansas City Chiefs, Joe Montana was known as a master of late-in-the-game comebacks, like the one that hinged on a jaw-dropping, 92-yard drive in the closing seconds of Super Bowl XXIII in 1989. Here are some other stats about the quarterback whose "Montana Magic" brought his teams to an amazing 31 come-from-behind, fourth-quarter victories.

- He was the top passer in the National Football Conference (NFC) 1981, 1984, 1985, 1987 and 1989. On 39 different occasions, he passed for more than 300 yards in a game, including seven times in which he surpassed 400 yards. His six 300-yard passing performances in the post-season are an NFL record.
- In 1994, he became only the fifth quarterback to ever pass for more than 40,000 yards in a career. At the time of his retirement, he ranked fourth in career passing yardage (40,551 yards), attempts (5,391) and passing touchdowns (273).
- After missing 31 consecutive games due to an injury to his throwing arm, Montana made a dramatic comeback in 1992 in the second half of the regular season finale, a *Monday Night Football* game between the 49ers and the Detroit Lions. Living up to his "magical" reputation, Montana completed 15 of 21 passes for 126 yards and two touchdowns, spurring the 49ers to a 24-6 win.



Quarterback PICKS

Much of America has been glued to the tube watching football this season, and Joe Montana is no exception. Here's the former quarterback's take on some of his favorite gridiron hotshots.

Since he always maintained his composure when things turned stressful on the field, it's no surprise Montana enjoys watching New England Patriots quarterback Tom Brady play. "I just think he's cool and calm in the pocket," Montana says. "You never see him yelling around and complaining a lot. Everybody is going to get upset every now and then. We all do, and he does on occasion, but you go out there and play the game and get back pretty quickly."

"I like watching [Indianapolis Colt] Peyton Manning, even though he's kind of animated at times. I like watching [Philadelphia Eagle] Donovan McNabb, and I think [Tennessee Titan] Steve McNair is pretty good, too."



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Nexium®
(esomeprazole magnesium)

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Please read this summary carefully and then ask your doctor about NEXIUM. No advertisement can provide all the information needed to prescribe a drug. This advertisement does not take the place of careful discussion with your doctor. Only your doctor has the training to weigh the risks and benefits of a prescription drug for you.

NEXIUM® (esomeprazole magnesium) 20-mg, 40-mg Delayed-Release Capsules

BRIEF SUMMARY Before prescribing NEXIUM, please see full Prescribing Information. **INDICATIONS AND USAGE** NEXIUM is indicated for the short-term treatment (4 to 8 weeks) in the healing and symptomatic resolution of diagnostically confirmed erosive esophagitis; the maintenance of symptom resolution and healing of erosive esophagitis (controlled studies do not extend beyond 6 months); and for the treatment of heartburn and other symptoms associated with GERD and for risk reduction of NSAID-associated gastric ulcer. **CONTRAINDICATIONS** NEXIUM is contraindicated in patients with known hypersensitivity to any component of the formulation or to substituted benzimidazoles. **PRECAUTIONS** Symptomatic response to therapy with NEXIUM does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole, of which NEXIUM is an enantiomer. Information for Patients NEXIUM Delayed-Release Capsules should be swallowed whole and taken at least one hour before meals. For patients who have difficulty swallowing capsules, one tablespoon of applesauce can be added to an empty bowl and the NEXIUM Delayed-Release Capsule can be opened, and the pellets carefully emptied onto the applesauce. The pellets should be mixed with the applesauce and then swallowed immediately. The applesauce used should not be hot and should be soft enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellet/applesauce mixture should not be stored for future use. Antacids may be used while taking NEXIUM. **Drug Interactions** Esomeprazole is extensively metabolized in the liver by CYP2C19 and CYP3A4. *In vitro* and *in vivo* studies have shown that esomeprazole is not likely to inhibit CYPs 1A2, 2A6, 2C9, 2C19, 2E1 and 3A4. No clinically relevant interactions with drugs metabolized by these CYP enzymes would be expected. Drug interaction studies have shown that esomeprazole does not have any clinically significant interactions with phenytoin, warfarin, quinine, dantrolene or amoxicillin. Post-marketing reports of changes in prothrombin measures have been received among patients on concomitant warfarin and esomeprazole therapy. Increases in INR and prothrombin time may lead to abnormal bleeding and even death. Patients treated with proton pump inhibitors and warfarin concomitantly may need to be monitored for increases in INR and prothrombin time. Esomeprazole may potentially interfere with CYP2C19, the major esomeprazole-metabolizing enzyme. Coadministration of esomeprazole 30 mg and diazepam, a CYP2C19 substrate, resulted in a 45% decrease in clearance of diazepam. Increased plasma levels of diazepam were observed 12 hours after dosing and onwards. However, at that time, the plasma levels of diazepam were below the therapeutic interval, and thus this interaction is unlikely to be of clinical relevance. Coadministration of oral contraceptives, diazepam, phenytoin, or quinine did not seem to change the pharmacokinetic profile of esomeprazole. Studies evaluating concomitant administration of esomeprazole and either naproxen (non-selective NSAID) or rofecoxib (COX-2 selective NSAID) did not identify any clinically relevant changes in the pharmacokinetic profiles of esomeprazole or these NSAIDs. Esomeprazole inhibits gastric acid secretion. Therefore, esomeprazole may interfere with the absorption of drugs whose gastric pH is an important determinant of bioavailability (eg, ketoconazole, iron salts and digoxin). **Contraindications, Mutagenesis, Impairment of Fertility** The carcinogenic potential of esomeprazole was assessed using omeprazole studies. In two 24-month oral carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (about 0.7 to 5.7 times the human dose of 20 mg/day expressed on a body surface area basis) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (about 5.6 times the human dose on a body surface area basis) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. Gastric adenocarcinoma was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Esomeprazole was negative in the Ames mutation test, in the *in vivo* rat bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. Esomeprazole, however, was positive in the *in vitro* human lymphocyte chromosome aberration test. Omeprazole was positive in the *in vitro* human lymphocyte chromosome aberration test, the *in vivo* mouse bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. The potential effects of esomeprazole on fertility and reproductive performance were assessed using omeprazole studies. Omeprazole at oral doses up to 138 mg/kg/day in rats (about 56 times the human dose on a body surface area basis) was found to have no effect on reproductive performance of parental animals. **Pregnancy Teratogenic Effects** Pregnancy Category B Teratology studies have been performed in rats at oral doses up to 280 mg/kg/day (about 57 times the human dose on a body surface area basis) and in rabbits at oral doses up to 86 mg/kg/day (about 35 times the human dose on a body surface area basis) and have revealed no evidence of impaired fertility or harm to the fetus due to esomeprazole. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed. Teratology studies conducted with omeprazole in rats at oral doses up to 138 mg/kg/day (about 56 times the human dose on a body surface area basis) and in rabbits at doses up to 86 mg/kg/day (about 35 times the human dose on a body surface area basis) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (about 5.5 to 56 times the human dose on a body surface area basis) produced dose-related increases in embryo-letality, fetal resorptions, and pregnancy disruptions. In rats, dose-related embryofetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13.8 to 138.0 mg/kg/day (about 5.6 to 56 times the human doses on a body surface area basis). There are no adequate and well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. Nursing Mothers The excretion of esomeprazole in milk has not been studied. However, omeprazole concentrations have been measured in breast milk of a woman following oral administration of 20 mg. Because esomeprazole is likely to be excreted in human milk, because of the potential for serious adverse reactions in nursing infants from esomeprazole, and because of the potential for immunogenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. **Pediatric Use** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use** Of the total number of patients who received NEXIUM in clinical trials, 1459 were 65 to 74 years of age and 354 patients were ≥75 years of age. No overall differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** The safety of NEXIUM was evaluated in over 15,000 patients (aged 18-84 years) in clinical trials worldwide including over 8,500 patients in the United States and over 6,500 patients in Europe and Canada. Over 2,900 patients were treated in long-term studies for up to 6-12 months. In general, NEXIUM was well tolerated in both short- and long-term clinical trials. The safety in the treatment of healing of erosive esophagitis was assessed in four randomized comparative clinical trials, which included 1,240 patients on NEXIUM 20 mg, 2,434 patients on NEXIUM 40 mg, and 3,008 patients on omeprazole 20 mg daily. The most frequently occurring adverse events (≥1%) in all three groups was headache (5.5, 5.0 and 3.8, respectively) and diarrhea (no difference among the three groups). Nausea, flatulence, abdominal pain, constipation, and dry mouth occurred at similar rates among patients taking NEXIUM or omeprazole. Additional adverse events that were reported as possibly or probably related to NEXIUM with an incidence <1% are listed below by body system: **Body as a Whole:** abdomen enlarged, allergic reaction, asthenia, back pain, chest pain, chest pain substernal, facial edema, peripheral edema, hot flashes, fatigue, fever, flu-like disorder, generalized edema, leg edema, malaise, pain, rigors. **Cardiovascular:** flushing, hypertension, tachycardia. **Endocrine:** goiter. **Gastrointestinal:** bowel irregularity, constipation aggravated, dyspepsia, dysphagia, dyspepsia GI, epigastric pain, eructation, esophageal disorder, frequent stools, gastroenteritis, GI hemorrhage, GI symptoms not otherwise specified, hiccup, melena, mouth disorder, pharynx disorder, rectal disorder, serum gastrin increased, tongue disorder, tongue edema, ulcerative stomatitis, vomiting. **Hearing:** earache, tinnitus. **Hematologic:** anemia, anemia hypochromic, cervical lymphadenopathy, epistaxis, leukocytosis, leukopenia, thrombocytopenia. **Hepatic/biliary/bilirubin:** hepatic function abnormal, SGOT increased, SGPT increased, *Mitochondrial/Mitochondrial:* glycosuria, hypernatremia, hypocalcemia, increased alkaline phosphatase, thirst, vitamin B12 deficiency, weight increase, weight decrease. **Musculoskeletal:** arthralgia, arthritis aggravated, arthropathy, cramps, fibromyalgia syndrome, hernia, polymyalgia rheumatica. **Nervous System/Psychiatric:** apnea, apathy, appetite increased, confusion, depression aggravated, dizziness, hypertension, nervousness, hypoesthesia, impotence, insomnia, migraine, migraine aggravated, paresthesia, sleep disorder, somnolence, tremor, vertigo, visual field defect. **Reproductive:** dysmenorrhea, menstrual disorder, vaginitis. **Respiratory:** asthma aggravated, coughing, dyspnea, larynx edema, pharyngitis, rhinitis, sinusitis. **Skin and Appendages:** acne, angioedema, dermatitis, pruritus, pruritus ani, rash, rash erythematous, rash maculopapular, skin inflammation, sweating increased, urticaria. **Special Senses:** otitis media, parosmia, taste loss, taste perversion. **Urogenital:** abnormal urine, albuminuria, cystitis, dysuria, fungal infection, hematuria, micturition frequency, monilia, genital monilia, polyuria. **Visual:** conjunctivitis, vision abnormal. **Endoscopic findings** that were reported as adverse events include: duodenitis, esophagitis, esophageal stricture, esophageal ulceration, esophageal varices, gastric ulcer, gastritis, hernia, benign polyps or nodules, Barrett's esophagus, and mucosal discoloration. Two placebo-controlled studies were conducted in 710 patients for the treatment of symptomatic gastroesophageal reflux disease. The most common adverse events that were reported as possibly or probably related to NEXIUM were diarrhea (4.3%), headache (3.8%), and abdominal pain (3.8%). **Postmarketing Reports** - There have been spontaneous reports of adverse events with postmarketing use of esomeprazole. These reports have included rare cases of anaphylactic reaction and myalgia, severe dermatologic reactions, including toxic epidermal necrolysis (TEN, some fatal), Stevens-Johnson syndrome, and erythema multiforme, and pancreatitis. Rarely hepatitis with or without pancreatitis has been reported. Other adverse events not observed with NEXIUM, but occurring with omeprazole can be found in the omeprazole package insert. **ADVERSE REACTIONS section. OVERDOSAGE** A single oral dose of esomeprazole at 510 mg/kg (about 103 times the human dose on a body surface area basis) was lethal to rats. The major signs of acute toxicity were reduced motor activity, changes in respiratory frequency, tremor, ataxia, and intermittent clonic convulsions. There have been some reports of overdose with esomeprazole. Reports have been received of overdose with omeprazole in humans. Doses ranged up to 2,400 mg (120 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience (see omeprazole package insert-ADVERSE REACTIONS). No specific antidote for esomeprazole is known. Since esomeprazole is extensively protein bound, it is not expected to be removed by dialysis. In the event of overdose, treatment should be symptomatic and supportive. As with the management of any overdose, the possibility of multiple drug ingestion should be considered. For current information on treatment of any drug overdose, a certified Regional Poison Control Center should be contacted. Telephone numbers are listed in the Physicians' Desk Reference (PDR) or local telephone book. **DOSAGE AND ADMINISTRATION** Please see full Prescribing Information for recommended adult dosages and dosage adjustments for Special Populations for NEXIUM.

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about NEXIUM on the adjacent page
and discuss it with your doctor.*



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Sledding for Gold

by ALAN ROSS

Having grown up in the warm and sunny South, Vonetta Flowers is an unlikely Olympic bobsledding champion, but she's hoping to earn her second gold medal at the XX Olympic Winter Games Feb. 10-26 in Torino, Italy.

"When I went out there and took my first bobsled ride, I felt like I'd been put in a trash can and thrown down a hill," recalls Flowers, who along with teammate Jill Bakken became the first Olympic gold medalists in the sport of women's bobsledding in 2002.

In the two-person event, Bakken, the "driver," and Flowers, the "brakeman," push-start a 450-pound, metal and fiberglass sled before hopping aboard to negotiate a twisting, 1,500-meter ice-covered

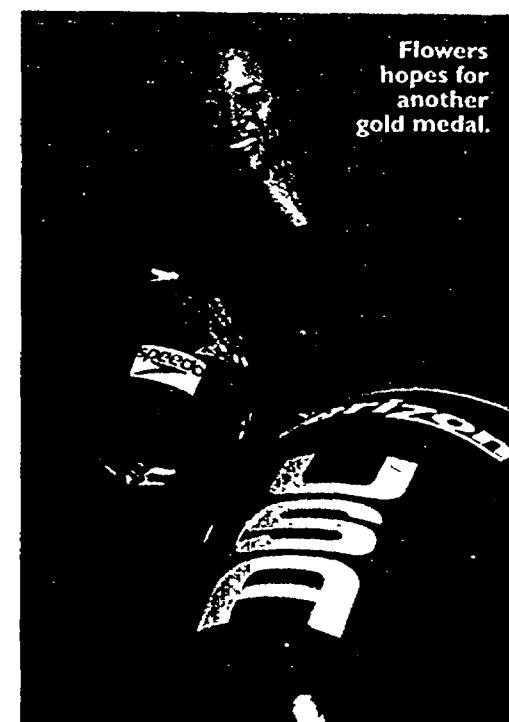


Photos by Nonie Battaglia

course of 19 turns at speeds reaching 80 mph. It's a wild ride—extreme, fast and dangerous.

Flowers' ride to Olympic gold has been pretty wild itself, considering the fact that she grew up—and still lives—in Birmingham, Ala., which averages less than 2 inches of snowfall each year. After her win in 2002, the media leapt onto the Flowers phenomenon, likening her improbable success as the world's first African-American athlete to win Olympic gold in the winter games with the hit 1993 offbeat movie *Cool Runnings*, based on the true story of the first Jamaican bobsled team.

"I know!" laughs Flowers, 32. "It's so funny. Before I came into the sport, all I knew was the movie *Cool Runnings*. I can truly relate to those guys."



Flowers hopes for another gold medal.

Flowers' remarkable story is even more compelling than the movie's. A seven-time indoor/outdoor track and field All-American at the University of Alabama-Birmingham, Flowers thought her childhood dream of being an Olympic athlete was over when she failed in her specialties, the 100 meters and the long jump, at the 2000 summer Olympic trials in Sacramento, Calif. Her husband, Johnny Flowers, 32, who happens to be her coach, manager and trainer, noticed a flier recruiting athletes for the U.S. bobsled team. Both laughed, but decided she would try out.

Four days later, Flowers and her husband arrived at the bobsled tryouts. Finding a skill she didn't know she had, Flowers wowed the coaches in her preliminary outing and, much to her surprise, made the team. Just two weeks into her new bobsledding career, she teamed with driver



Olympic bobsledder Vonetta Flowers, left, trains with her teammate in Lake Placid, N.Y.

Bonnie Warner to break the world start record. Only 18 months later in 2002, she teamed with Bakken and the pair made history, winning gold the first time that women's bobsledding was an Olympic event.

However, repeating as a gold medalist in the upcoming winter games has an added degree of difficulty for Flowers: She's become the mom to twin boys since the last Olympics, and as she says, "I won't do this sport if I can't take my boys with me." So it's life on the road for Flowers, her husband and 3-year-old twins, Jaden and Jorden, all of whom traveled this winter to snowy climes such as Calgary, Alberta, and Lake Placid, N.Y., so the star athlete could train for Torino.

"Vonetta is the fastest athlete on the team," says Johnny Flowers of his wife, whose practice regimen in non-snowy Birmingham includes pushing a weighted cart uphill to build her leg muscles for a fast, strong start. "She has been the No. 1 brakeman since she's been in this sport."

For Flowers, whose life and deep faith are chronicled in her autobiography, *Running on Ice: The Overcoming Faith of Vonetta Flowers*, the amazing events of the last five years seem like part of a divinely inspired plan.

"You have a dream and you do whatever it takes to get there," she says. "My dream was the summer Olympics, but God had a different plan. He was preparing me for bobsledding through all of my years of track and field." ☆

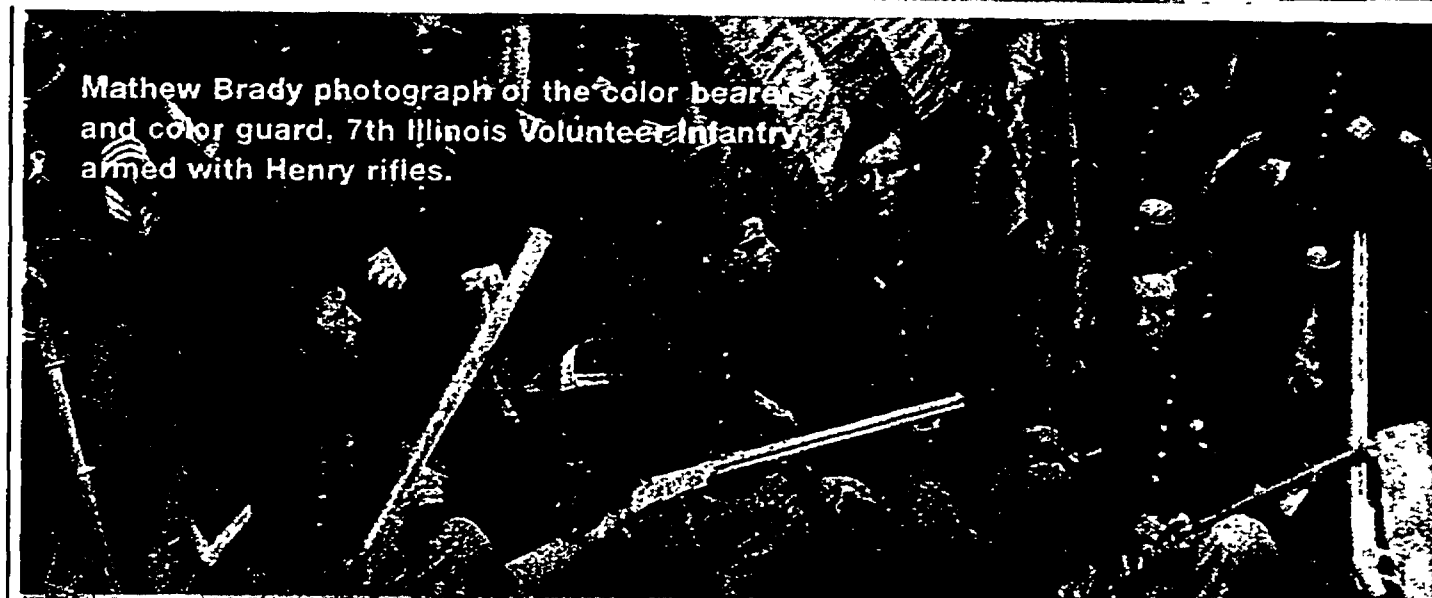
Alan Ross is a freelance writer in Bisbee, Ariz.

Visit www.vonettaflowers.com for more information.

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Mathew Brady photograph of the color bearers and color guard, 7th Illinois Volunteer Infantry, armed with Henry rifles.



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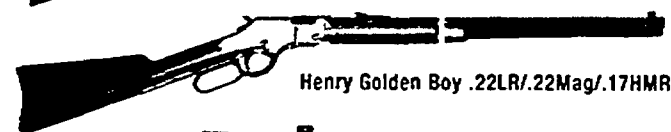
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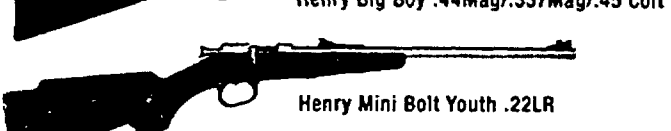
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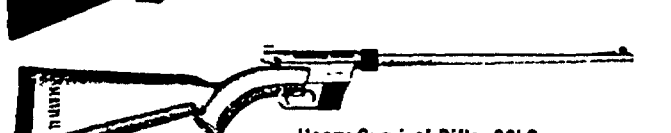
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Tidbits

Did You Know...

ILLINOIS—Since 1892, DeMoulin Bros. and Co. in Greenville (pop. 6,955) has outfitted bands and drum corps with uniforms and, through the years, manufactured military uniforms and graduation caps and gowns.

INDIANA—Montgomery Ward began as a Chicago mail-order house in 1872, then opened its first retail store in Plymouth (pop. 9,840) in 1926, selling everything from socks to washing machines. The national chain closed the last of its retail outlets in 2000.

IOWA—Covering 14,112 acres, Stephens State Forest is the state's largest and includes land in Appanoose, Clark, Davis, Jasper, Lucas and Monroe counties. Headquartered near Chariton (pop. 4,573), the forest is home to a variety of wildlife, including white-tailed deer and wild turkey.

KANSAS—For three consecutive years, a tornado struck Codell in Rooks County (pop. 5,685) on May 20—in 1916, 1917 and 1918. Each tornado caused damage, but no deaths. The last twister wiped out much of the town.

MICHIGAN—If it blinks or beeps at the drop of a coin, it probably can be found at Marvin's Marvelous Mechanical Museum in Farmington Hills. Antique arcade games, kiddie rides, neon advertising and a fan collection keep the museum whirring.

MINNESOTA—In 1952, Marvin Schwan loaded 14 gallons of ice cream from the family dairy into his panel truck to deliver to rural customers around Marshall (pop. 12,735). The delivery system worked and Schwan Food Co. today sells its products nationwide.

MISSOURI—Opened on Armistice Day 1926, the Liberty Memorial Museum in Kansas City was dedicated by President Calvin Coolidge and honors Americans who served during World War I. The memorial's 217-foot tower is a downtown landmark.

NEBRASKA—The \$100 million Holland Performing Arts Center in Omaha opened last October and includes a 2,000-seat concert hall. The center is named after local philanthropists Richard and Mary Holland, and is the state's largest privately funded project for public use.

NORTH DAKOTA—The high price of gasoline doesn't bother owners of Global Electric Motorcars, established in 1998 in Fargo. The company, bought by DaimlerChrysler Co. in 2000, is the world's leading manufacturer of neighborhood electric cars. Models include two-passenger, four-passenger and utility vehicles.

OHIO—In 1938, Roy Plunkett, a Dupont chemist, unintentionally invented Teflon while working with refrigerants. The resin came into common use in the 1960s as a nonstick surface on pots and pans. Plunkett was born in 1910 in New Carlisle (pop. 5,735).

SOUTH DAKOTA—Opened in 1881 by George G. Rude, Rude's Home Furnishings in Brookings (pop. 18,504) is believed to be the state's oldest furniture store. A fourth generation operates the store, one of the state's oldest family businesses.

WISCONSIN—Hildegard was the world's highest paid cabaret star in the 1940s, earning \$17,500 a week. Born Hildegard Loretta Sell in 1906 in Adell (pop. 517), she is credited with making a single name vogue among entertainers. ★

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-Bobby, Bremerton, WA

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(Continued from page 7)

"This is something that is still the number-one killer in the U.S. and you can do something about it," he says. "I felt it was something that we could make some pretty good strides with and get the word out there."

Montana relies on the principles that brought him success on the football field to help him stay healthy. "Athletes are so used to having an injury and working to get over it," he says. "A lot of people treat illnesses as 'Oh, I don't have to go to work today,' where athletes want to get back as fast as you can."

That winning attitude has defined Montana's career, from his Super Bowl wins and MVP trophies to the 1986 ruptured-disc injury that threatened his career. Although he underwent surgery and missed eight games, he returned two months later to help his team clinch the division championship.

That courageous comeback was vintage Montana—a man driven by a natural passion for the game, as well as the discipline and confidence he learned as a little boy throwing footballs in the backyard.

"I always remembered my dad's advice from when I was growing up," he says. "Whatever you do, Joe, you should want to be the best." ☆

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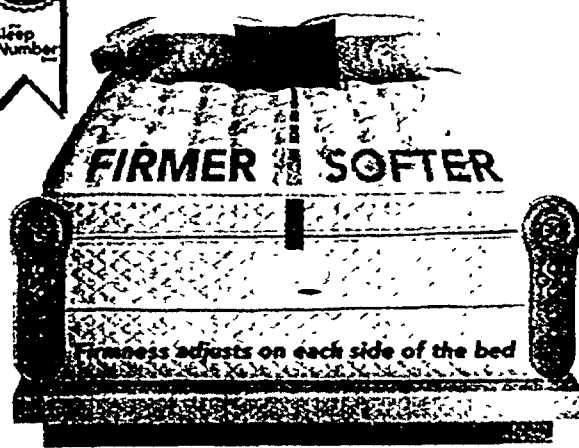
89%
Reported improved sleep quality

93%
Experienced back-pain relief

67%
Enjoyed less daytime sleepiness

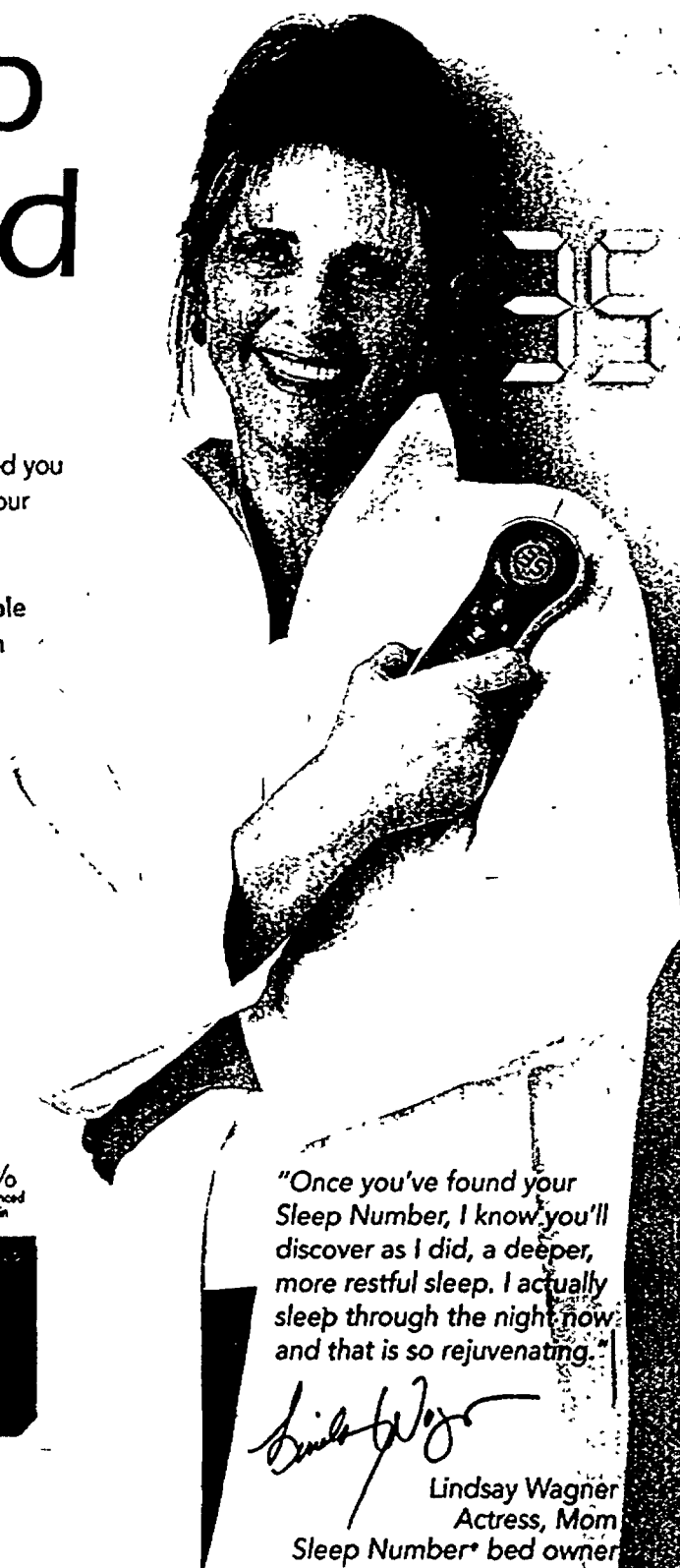
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Hometown Recipes

Football Party Fare

Super Bowl Day may not be a national holiday, but many families celebrate it as one. Coming up with a menu that's tasty, easy to prepare and nutritious is not as difficult as you may think. Forego the fattening potato chips and chicken wings this year, and try these hearty, wholesome recipes with a Southwestern flair.

Larita Lang, of Lincoln, Neb., sent us her recipe for Cheesy Black Bean and Artichoke Dip. "I am always searching for ways to reduce fat and calories," she says. "By using low-fat cheese and baked tortilla chips, this appetizer is just right." This high-fiber, lower-fat dip can be assembled ahead of game time and baked before the opening kickoff.

Rosemary Reno, of Powell, Wyo., has been making her Chiles Rellenos Bake for more than 30 years. "It is simple but always gets many compliments," she says.

Both dishes can be baked simultaneously in a 350-degree oven and are great served with tortilla chips and garnished with salsa and sour cream or plain yogurt.

As always, *American Profile* looks forward to receiving—and publishing—your favorite recipes each week, and sharing them with our millions of readers across the nation. ☆

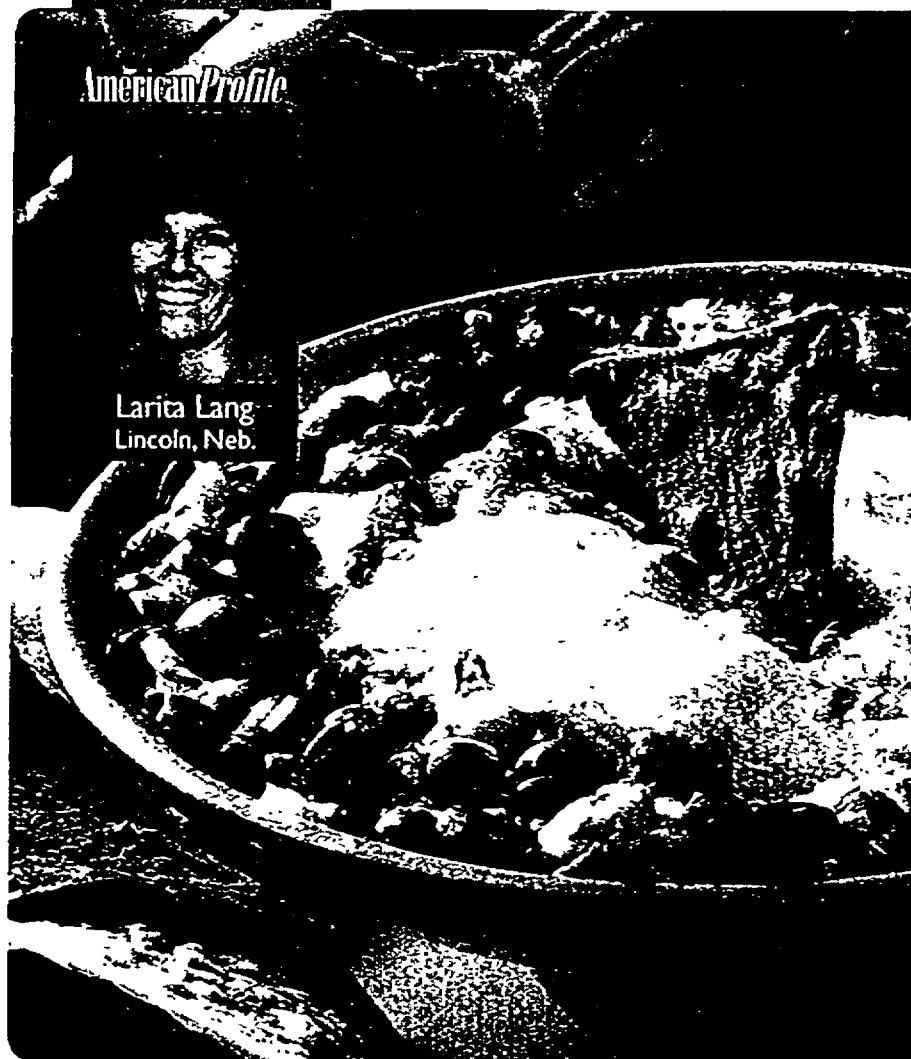
What's your FAVORITE recipe?

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HOMETOWN RECIPES, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067

Include a color photo of yourself, your name, address, and telephone number. If we publish your recipe, we'll send you an *American Profile* apron. All submissions and photos become the property of *American Profile*. (Sorry, we can't return any materials.)

RECIPE: Cheesy Black Bean and Artichoke Dip



Larita Lang
Lincoln, Neb.

Cheesy Black Bean and Artichoke Dip

- 2 15-ounce cans black beans, drained
- 1 10-ounce package frozen spinach, thawed, drained and chopped
- 1/2 cup medium-hot salsa
- 1 4-ounce can chopped green chilies, undrained
- 1 teaspoon minced garlic
- 2 cups shredded low-fat Cheddar cheese
- 1 14-ounce can artichoke hearts, chopped
- 1/2 cup shredded pepper Jack cheese

Preheat oven to 350 degrees. Combine beans, spinach, salsa, chilies, garlic, Cheddar cheese and artichoke hearts in a 1-quart casserole dish. Sprinkle pepper Jack cheese on top. Bake for 30 minutes or until the cheese is bubbly and golden. Serves 6 to 8.

Photo: Adam Barnes
Styling: Cheryl Barnes

RECIPE: Chiles Rellenos Bake



Chiles Rellenos Bake

- 4 4-ounce cans whole chilies
- 1/2 pound ground pork
- 1/2 pound ground beef
- 1 onion, chopped
- 1 clove garlic, minced
- 3 cups grated Cheddar cheese
- 4 eggs, beaten
- 1/4 cup all-purpose flour
- 1 and 1/2 cups milk
- 1 teaspoon salt
- 1/4 teaspoon Tabasco or other hot sauce
- 1 cup grated Monterey Jack cheese

Preheat oven to 350 degrees. Lightly grease a 13-by-9-inch deep casserole dish. Remove seeds from chilies. Lay chilies from two cans flat on the bottom of dish. In a skillet, cook pork, beef, onion and garlic until meat is well browned. Drain grease. Spoon meat mixture over chilies in casserole dish. Add Cheddar cheese in an even layer. Place remaining chilies evenly over cheese. Whisk together eggs, flour, milk, salt and Tabasco. Pour mixture over the second layer of chilies. Sprinkle Monterey Jack cheese on top. Cover and bake for 25 minutes. Remove cover, and continue baking for an additional 15 minutes or until lightly browned. Serves 8.

Photo: Mark Boughton
Styling: Teresa Blackburn

Rosemary Reno
Powell, Wyo.

Health

Five Steps to Bone Health

by EILEEN BEAL

Osteoporosis is a condition that leaves bones porous, weak and prone to breaking in old age. The condition occurs in both men and women, though men tend to show signs a decade later than women.

According to the National Osteoporosis Foundation, osteoporosis is largely preventable. And the best way to keep it at bay is to adopt lifestyle changes—before the age of 30 is best—that promote strong bones in later life. Even if you take preventive measures after 30, however, you may still prevent the worst consequences of osteoporosis.

• **Step 1** Maintain adequate calcium intake. On average, you need between 1,000 and 1,300 milligrams of calcium a day. The best source is foods such as milk, cheese, yogurt, dark green leafy vegetables, bone-in sardines and salmon, and calcium-fortified juices and cereals. If you can't get all the calcium you need through your diet, take a calcium supplement.

• **Step 2** Get adequate vitamin D, which the body needs to absorb calcium and build bones. The recommended dose is 400 to 800 international units a day. You get vitamin D two ways: your skin "manufactures" it when exposed to direct sunlight, and it's found in egg yolks, liver and fortified dairy products. If you aren't the outdoors type or don't eat enough vitamin D-rich foods, take a supplement.

• **Step 3** Get physical. Exercise that places weight or resistance on your bones is important to maintain strong bones. Workouts with hand weights and stretch bands, and activities such as walking, dancing, jogging, stair-climbing, racquet sports and hiking are all good for bone health. However, always check with your doctor before beginning an exercise program.

• **Step 4** Stop smoking and limit alcohol use. Smoking reduces calcium absorption in both men and women and also reduces the bone-protecting benefits of women's natural estrogen. Those who drink large amounts of alcohol have a higher rate of osteoporosis and also experience more bone-breaking falls.

• **Step 5** Get a bone density test from your doctor and, when necessary, take medications that treat osteoporosis and can slow the progression of osteopenia—a pre-osteoporosis condition. Both conditions can be diagnosed with a painless bone mineral density test, and both can be treated with the same medications. ★

Eileen Beal is a writer in Cleveland Heights, Ohio.

Visit www.nof.org for more information.

Most valuable party dishes of Super Bowl XL



Dairy helps build strong bones and healthy bodies, so make sure you and your family get 3 on game day. Winning dairy favorites like Fruit N Yogurt Dip, the Milk Party Tub, and the tasty Cheese Tray will be popular with Super Bowl XL fans. Make sure to get 3 servings of dairy each day, check out these game highlights, along with other easy recipes, and learn how you can become a 3-A-Day™ Mom at 3aday.org.



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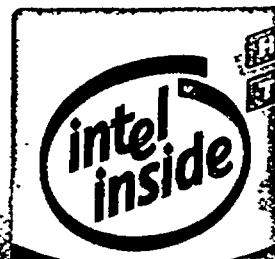
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