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# Northville Record



THURSDAY, SEPTEMBER 20, 2007

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VOLUME 138 #6 50 CENTS

## Downtown project to be finished

■ Big changes still to be seen

By Pam Fleming  
STAFF WRITER

John Hasinski says although the \$1.8-million Town Square Redevelopment Project is almost complete, there's still work to be done.

"Residents will notice a big change in the next few weeks," said Hasinski, field superintendent from McCarthy & Smith, Inc. construction services in Farmington Hills.

"It doesn't seem like there's much left to do, but a lot of big items are yet to come," he said Tuesday morning.

The decorative skin is ready for the clock, the footing has been adjusted, and the large timepiece will be returned to Main Street early next week.

Workers will take more than a week to tile the fountain on the south side of the square, as an intricate design is planned.

The pavilion is going well, but it's not quite finished yet either, Hasinski said.

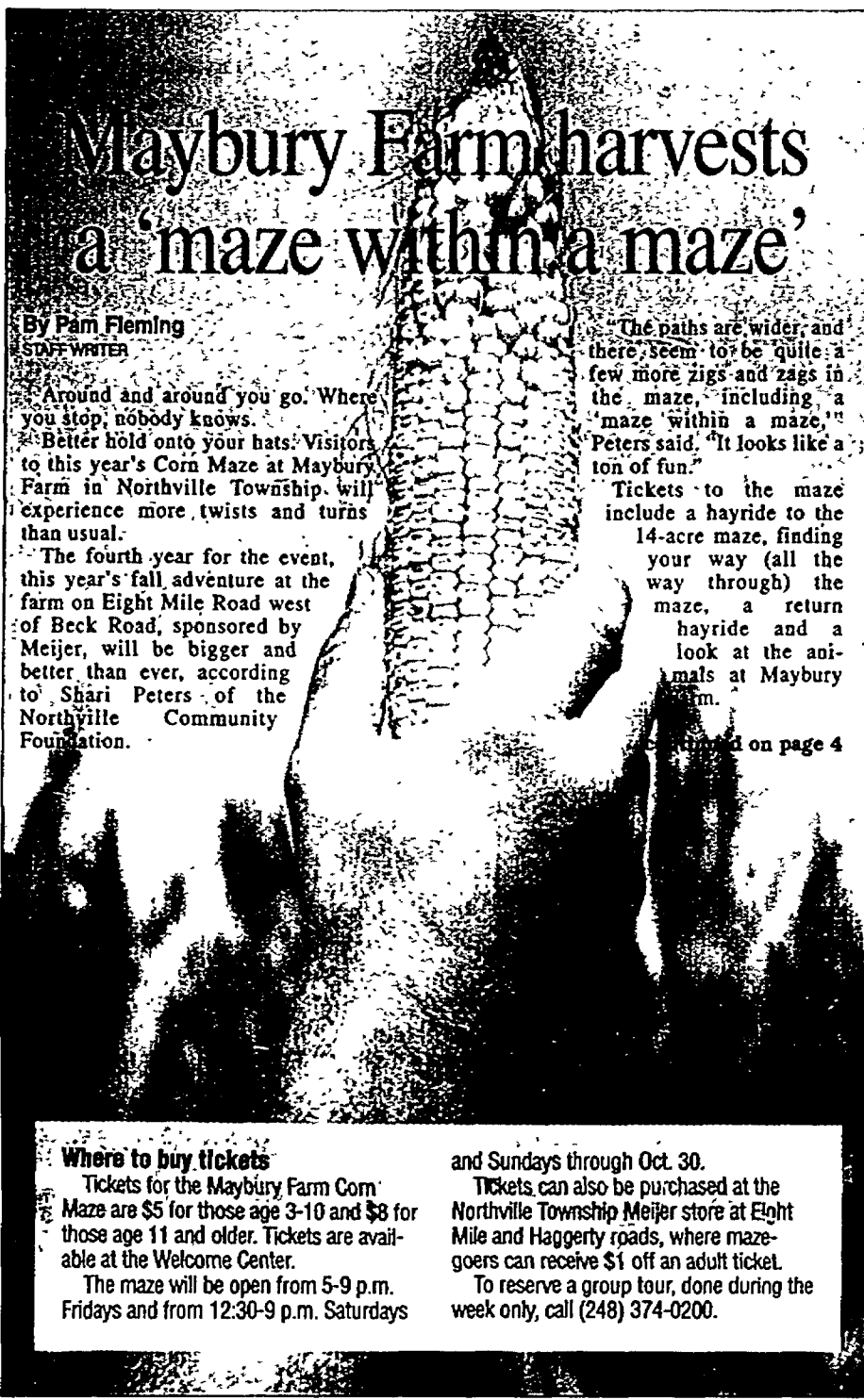
Decorative pavers are yet to be laid on the main surface of the Town Square, and all but one tree has been planted in the large, decorative planters.

"The last few weeks are critical in the construction process because that's when we put the finishing touches on," Hasinski said, who explained that any decorative work has to be done last.

Northville residents in zip codes 48167 and 48168 and downtown merchants are invited to a special grand opening of the Town Square on the evening of Oct. 20. Volunteers will also be recognized during the event.

Northville Record staff writer Pam Fleming can be reached at (248) 349-1700, ext. 105, or pfleming@gannett.com

## Amaze-ing!



### Maybury Farm harvests a 'maze within a maze'

By Pam Fleming  
STAFF WRITER

"Around and around you go. Where you stop, nobody knows."

Better hold onto your hats: Visitors to this year's Corn Maze at Maybury Farm in Northville Township will experience more twists and turns than usual.

The fourth year for the event, this year's fall adventure at the farm on Eight Mile Road west of Beck Road, sponsored by Meijer, will be bigger and better than ever, according to Shari Peters of the Northville Community Foundation.

"The paths are wider, and there seem to be quite a few more zigs and zags in the maze, including a 'maze within a maze,'" Peters said. "It looks like a ton of fun."

Tickets to the maze include a hayride to the 14-acre maze, finding your way (all the way through) the maze, a return hayride and a look at the animals at Maybury Farm.

Continued on page 4

#### Where to buy tickets

Tickets for the Maybury Farm Corn Maze are \$5 for those age 3-10 and \$8 for those age 11 and older. Tickets are available at the Welcome Center.

The maze will be open from 5-9 p.m. Fridays and from 12:30-9 p.m. Saturdays

and Sundays through Oct. 30.

Tickets can also be purchased at the Northville Township Meijer store at Eight Mile and Haggerty roads, where maze-goers can receive \$1 off an adult ticket.

To reserve a group tour, done during the week only, call (248) 374-0200.

## NOMI faces issues with local and state officials

■ City council approves dance permit but three violations loom

By Pam Fleming  
STAFF WRITER

Steve Calkins likes to dance at NOMI Restaurant in Northville.

But, he's going to have to be satisfied with just tapping his toes in the Main Street restaurant until a dance permit is granted by members

of the Michigan Liquor Control Commission.

Northville City Council members granted local approval for a dance permit on Monday night.

But the Main Street restaurant owners, Rachel Stern and Al Irish, will have to overcome three violations that have been mailed to the commission from the Northville Police Department.

Two of the violations, one of which just occurred last Saturday night, were for allowing dancing on the premises without a permit; the other was for allowing people to be

continued on next page



Photo by JOHN HEIDER, Northville Record

NOMI restaurant manager Rachel Stern, right, and server Kim Dodson sit at the Northville Main Street restaurant's bar. NOMI recently received local approval for a dance permit, but now must get state approval.

## Fact-finder: Education association put full report Web site

By Jason Carmel Davis  
STAFF WRITER

East Lansing-based Arbitrator Barry Brown was tabbed last winter to conduct a hearing and issue a report on the contract matter between the Northville Public School District and the Northville Education Association.

That report, given to both parties on Aug. 28, can now be viewed on the teachers' association Web site

at [www.iammea.org/northvilleea/](http://www.iammea.org/northvilleea/).

The 21-page document details why a fact-finder was needed, a list of issues district administration and teachers have, a profile of the district, and items proposed by both sides.

On Jan. 9, the parties had 19 unresolved issues. As of May 27, the revised list of unresolved issues included:

- The middle and high school day

Find the full report at [www.iammea.org/northvilleea/](http://www.iammea.org/northvilleea/)

- Salary schedule
- Community Blue 2 medical insurance with 2x mail order as a base plan
- Length of the agreement
- Reduction in days of instruction and teacher work days
- A \$50,000 early retirement incentive

Brown's recommendation calls for the two parties to resolve the remaining issues as follows:

The length of the agreement is to be two years;

The salary schedule shall be according to the district's proposal — 2006-07: steps (increases), plus establish a new step 12 that is 2

percent higher than step 11; 2007-08 step freeze, salary schedule increases by 2 percent;

Community Blue 1 shall remain the base health care program, but the traditional plan shall be discontinued. The \$10/\$20 drug co-pay and the teachers' premium contributions shall continue, as well;

The middle and high school day language shall be according to the association's proposed new language;

"The association will be consulted prior to any adjustment to the middle school day. Any adjustment to the middle school day shall not result in the layoff of any bargaining unit member who is employed by the Northville School District as of Sept. 1, 2008.

"Any adjustments to the (Northville High School) block schedule shall not result in the

continued on next page

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## Next Wednesday's a significant day for Northville district

■ Number of students who come determines student funding

By Jason Carmel Davis  
STAFF WRITER

Next Wednesday, the fourth Wednesday of September, is an important day for each of the more than 550 public school dis-

tricts in the state of Michigan.

That day, known as count day, determines how much funding the state doles out to each Michigan school district.

For the 2006-07 school year, the Northville Public School District was allotted \$8,435/student for each of the 6,854 pupils in the district. Total those two figures up, and the district received \$57,813,490 from the state last year, making up the lion's share of the district budget.

Count day takes place twice

each school year: on Sept. 26, and mid-February of the 2007-08 school year. The number of students present on both days determines the amount of state funding per pupil. The September total accounts for 75 percent of the "blended total" and the February count day makes up the remaining 25 percent. The state takes the blended count total and multiplies it against the Foundation Allowance, which is the pre-

continued on next page

### You do the math

The Sept. 26 student count total accounts for 75 percent of the "blended total" and the February count day makes up the remaining 25 percent. The state takes the blended count total and multiplies it against the Foundation Allowance, which is the pre-determined amount per pupil.

$$\begin{array}{r} \# \text{ (September 26 total + mid-February total)} \\ \times \$8,435 \text{ (Northville's per-pupil allotment)} \\ \hline = \$ \text{ (total funding received from Michigan)} \end{array}$$

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### OBITUARIES

Jack P. McLean  
Ethel I. Lamp

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## NOMI faces issues with local and state officials over three violations

continued from front

on the premises after hours, according to Northville Chief of Police Gary Goss.

Goss claims an officer came into the establishment at 133 W. Main in Northville Square on the night in question and asked that dancing be stopped. But managers allegedly refused, saying police could stop the dancing if they wanted but that they would not.

Irish denied this during the city council meeting, however, claiming that no manager would ever make such a statement.

Goss told council that the state looks at three violations in one year very seriously. Depending on what the commissioners decide, the restaurant's Class C liquor license could be in jeopardy.

### Pre-trial hearing Nov. 5

To add to the owners' problems, Richard Kirkoff, owner of The Inn at Main just east of the restaurant, has filed a noise complaint against the restaurant on behalf of his tenants.

Goss said the police department has received 11 noise complaints against NOMI since it opened on Dec. 22, 2006, but the department has only cited the business once.

Kirkoff, who rents apartments on a weekly rate to about 20 people, said at the meeting that when NOMI moved in next door there was an immediate noise problem.

"We had people threatening to move out," Kirkoff said. "We approached NOMI, and they said they couldn't do much about it." Stern said NOMI has employed



Photo by JOHN HEIDER/Northville Record

The residents of Northville's Inn on Main Street, above Joseph's Coney Island (left) are having problems with noise generated by patrons of NOMI (right) and are taking their case to the 35th District Court.

three of Kirkoff's tenants, and that two still work at the restaurant.

"We have made several attempts to make a peace offering with the owner and tenants, but they haven't been interested," she said. "It's very frustrating."

She said the violation for allowing people on the premises after hours involved three of her employees who were sitting outside waiting for a taxi.

NOMI and Kirkoff will appear in 35th District Court on Nov. 5 for a pre-trial hearing on the noise complaint.

Goss believes the owners started out to establish NOMI as a small-plate gourmet restaurant with entertainment such as jazz ensembles, which is acceptable under a Class C liquor license. It was only when the restaurant started having special events that dancing, and the lack of a permit, became an issue.

### Customers voice their support

Several of the restaurant's customers as well as fellow business owners in Northville Square, such as Stephanie Mullen and Christa Davis of Belli Couture,

came to offer their support for the restaurant and the owners' request for a dance permit Monday night.

"I really can't say enough great things about NOMI," Mullen said. "It's a really nice establishment."

Will Taylor said he and his wife are frequent diners at NOMI.

"We've never seen any craziness there," Taylor said. "It's a nice spot to go and entertain."

Irish said with costs as high as \$27,000 a month between rent and taxes, acquiring a dance permit is critical to the business' survival. "We can't survive on dinner (business) alone," Irish said.

Stern said she and Irish will not request an entertainment permit, just the dance permit.

"NOMI's a wonderful place," said Steve Hall of Northville. "My wife and I enjoy coming downtown, and it's not too loud on the street. We need activity in Northville."

Northville Record staff writer Pam Fleming can be reached at (248) 349-1700, ext. 105, or pfleming@gannett.com

## Fact-finding: Education association has full report on its Web site

continued from front

layoff of any bargaining unit member who is employed by the Northville School District as of Sept. 1, 2008. Further, the association will be consulted prior to any adjustment of the block schedule."

The school calendar teacher work days and student days shall follow the employer's proposal; The early retirement incentive is not adopted.

From the time the report was released, the two sides had 60 days — now 37 days — to discuss the findings, with the hopes that a contract agreement can be reached within the first month of the 2007-08 school year. Although the two factions can

use the report to come to an agreement, neither side is legally bound to agree with the report, according to Education Association President Ann Cook

Fact-finding is a process in which a neutral third party appointed by MERC conducts a hearing regarding the issues on which the parties remain apart at the bargaining table. The fact-finder then issues a written report. While the report is not binding on either party, the law does require that the parties bargain over the content of the report.

The teachers association's last contract with the district covered the 2004-05 and 2005-06 school years and expired in September 2006. The group hopes to adopt a two- or three-year contract with the district that will include the 2006-07 school year.

At the Feb. 27 Board of Education meeting, board officials approved an extension to the expired teacher contract. Northville Education Association officials have received four extensions since the contract expired. The latest

extension expired on June 12, one day after the last scheduled fact-finding meeting and three days before the last day of school.

District officials and the teachers' union have been negotiating for about 18 months in an effort to reach a new collective bargaining agreement. After numerous bargaining sessions and 13 meetings with a state mediator, the school district and the teachers' union remain apart on economic issues, such as compensation and a calendar.

In January, Northville officials filed a Petition for Fact Finding with the Michigan Employment Relations Commission (MERC). Both parties agreed on a fact-finder in February and a hearing took place in June.

To view the complete report, go to the teachers' association Web site and click on the "complete fact-finding report" link.

Northville Record staff writer Jason Carmel Davis can be reached at (248) 349-1700, ext. 108 or jason.davis@gannett.com.

## Wednesday's a big day for school district

continued from front

determined amount per pupil.

"It's a very important day for us when you consider the budget process we go through," Northville Superintendent Leonard Rezmierski said. "It's critical that we have students in school that day, but there is some leeway for districts if a student is out sick or out with family."

Students with an authorized excused absence on the count day may be counted if they attended all classes at least once within 30 cal-

endar days of the count day. Enrolled students with an unexcused absence on count day must have attended all classes prior to count day and must again attend all classes during the next 10 consecutive school days.

Students must be enrolled on or before count day, meet state age requirements, have identity and age verified by their school district, proof of residency, class schedule and be in attendance all day on the specified day.

Teachers are responsible for taking a head count on count day.

"Northville always has great attendance, but that's just one part of the process," Northville Public School District Board of Education President Joan Wadsworth said. "But the follow-up is important, too,

with all the paperwork our administrators have to turn in to the state.

"Our paperwork is always accurate, and we receive our funding based on that."

In recent years, some districts have offered prizes to students who show up for the fourth Friday count. Rezmierski said his district would not consider that. He said he's sure districts aren't giving students the option of showing up to school that one day and not others.

"We know how important count day is, but we're interested in having our students in school all the time," Rezmierski said.

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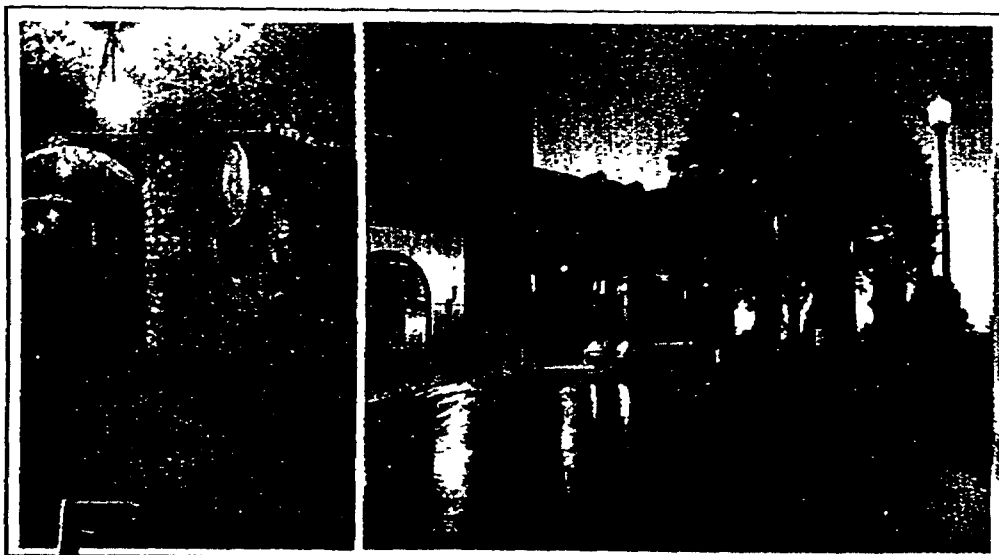
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Cal Stone, editor  
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# YOUR COMMUNITY

## Architectural salvage company finds treasures in Northville homes

■ Warehouse open to public

By Pam Fleming  
STAFF WRITER

Carolyn Mosher knows Metro Detroit's historic homes are rich with hidden treasures.

Mosher, president and founder of the Architectural Salvage Warehouse of Detroit, sent workers to Northville Sept. 10 to recover items from three historic homes.

"This is the first time we've done anything in Northville," Mosher said.

The homes, located at 103 Rayson, 107 Rayson and 410 Center streets in the downtown area, will be torn down after items are salvaged to make way for a new development to be constructed by local developer Fabian Ciavaglia of Meridien Development.

Ciavaglia plans to construct 3,000 square feet of retail on Center Street with 15 condominiums above.

"We enjoy working with them," Ciavaglia said, who's used warehouse employees in projects in Plymouth and at the Masonic Temple in Detroit.

### Warehouse opened in 2002

The warehouse is a nonprofit salvage and resale business established in 2002 in response to needs that came to light as a result of the city of Detroit's revitalization.

As part of Detroit's revitalization, structures are being demolished, and many of these historic buildings contain unique and irreplaceable architectural pieces.

The warehouse's mission is to save historic materials and put them into the hands of those who can use them.

The program also creates jobs by showing low-income people how to properly deconstruct historic buildings. Warehouse earnings support future deconstruction and historic preservation projects.

The program also has environmental benefits by reducing the amount of waste sent to landfills. Last year, the warehouse's crew salvaged more than 300 tons of materials.

The program received a \$125,000 Community Development Block Grant for the 2007 program year for its efforts, as well as support from local communities.

Apprentices in the program learn how to salvage about 85 percent of materials and how to make items, such as frames and tables, from materials they recover.

Mosher said the program follows Gov. Jennifer Granholm's Eight Cities of Promise initiative to eliminate blight in eight Michigan cities.

Tom Friesen, executive director of the warehouse, said the difference between the Architectural Salvage Warehouse and Habitat for Humanity is that the warehouse has trained workers who do the deconstruction rather than volunteers.

"This is very much of a hands-on thing," Mosher said.



Photo by JOHN HEIDER/Northville Record

Tom Friesen of Architectural Salvage Warehouse of Detroit, helps worker Michael Ross (left) in removing some of the exterior wooden trim on a house at Center and Rayson in Northville.

Examples of recovered items include flooring, staircases, doors, doorknob sets, door hinges and other hardware, roof trim, antique windows, tubs, heater vents, cabinets and more.

Non-historic items, such as toilets, vanities, sinks and appliances are salvaged to use in low-income remodeling projects.

"We take everything that is usable," Friesen said.

Mosher said workers also go into homes and recover items homeowners may no longer want.

Those who donate items receive a tax deduction.

A \$13,000, 500-pound crystal chandelier was recently salvaged from a Bloomfield Hills mansion.

One of the greatest benefits of the program is that people can find items at the warehouse to use if they are restoring a historic home.

"If you have a historic home, it's pretty hard to go to Home Depot to find what you need," Mosher said. "And, reproductions are wildly expensive."

The Architectural Salvage Warehouse of Detroit is located at the corner of Warren and Grand River Avenue at 4885 15th St. in Detroit.

For more information, visit [www.aswdetroit.org](http://www.aswdetroit.org), e-mail Carolyn Mosher at [cmosheraswd@aol.com](mailto:cmosheraswd@aol.com) or call (313) 515-0399.

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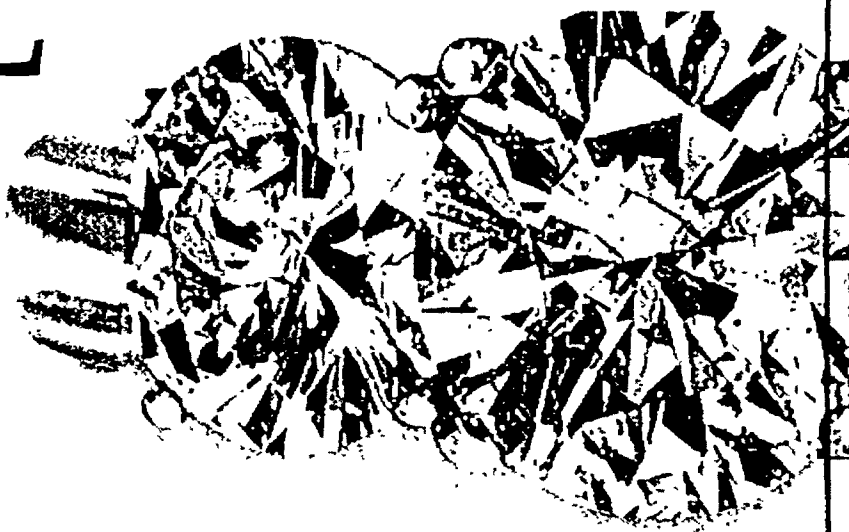
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## ■ Maybury Farm harvests a 'maze within a maze'

continued from front

### Group maze tours offered during week

The Corn Maze, which opens 5 p.m. tomorrow, runs from 5-9 p.m. Fridays; and 12:30-9 p.m. Saturdays and Sundays through Oct. 30.

Group tours are available by reservation Monday through Friday only.

"We don't do any groups on the weekend," Peters said, "and we recommend calling early to book your maze tour."

### Come visit Julie and Prince

Two of the draft horses at the farm that pull the wagon are Julie, 13, a Percheron, and Prince, 3, a Belgian.

Julie is the half sister of Jewel, who just gave birth to Max in July.

Dan Schneider, who lives in Northville and often directs the horses to and from the maze, said the work horses love their job.

"This is like them going to the gym," Schneider said.

Paula Morning, the farm's new event coordinator, said recent high winds knocked down part of the maze, so workers had their work cut out for them to get it ready for tomorrow's grand opening.

"The maze will have two entrances," Morning said, who noted that such designs have been around since ancient times.

"There are all different types of mazes," she said. "There were stone mazes, and the English had shrub mazes." The maze takes 30-45 minutes to navigate.

On Sept. 13, Karen Furca of Wixom brought her granddaughter, Hailey Angerstein, 3, to the farm.

And Carol Carroll of Livonia brought her 3-year-old son, Elliot.

"This is our first time at the farm, and he's enjoyed it," Carroll said. "He likes the goats the best."

Elise Schema of Brighton was with her daughter, Angie Larson, and granddaughters, Valerie Larson, 3, and Sophia Larson, 2, of Pinckney. This was also their



Photo by JOHN HEIDER/Northville Record

Paula Morning walks along the corn maze at Maybury Farm. Morning is helping to publicize the upcoming fall events at Maybury Farm.

first visit to the farm, which is open six days a week, Tuesday-Sunday.

Peters said people come from all over to visit Maybury Farm — from as far away as Detroit and St. Clair Shores.

"We had a family from Dayton,

Ohio, here last weekend," Peters said. "They had such a good time, she gave us a \$50 donation."




Northville Record staff writer Pam Fleming can be reached at (248) 349-1700, ext. 105, or pfleming@gannett.com.

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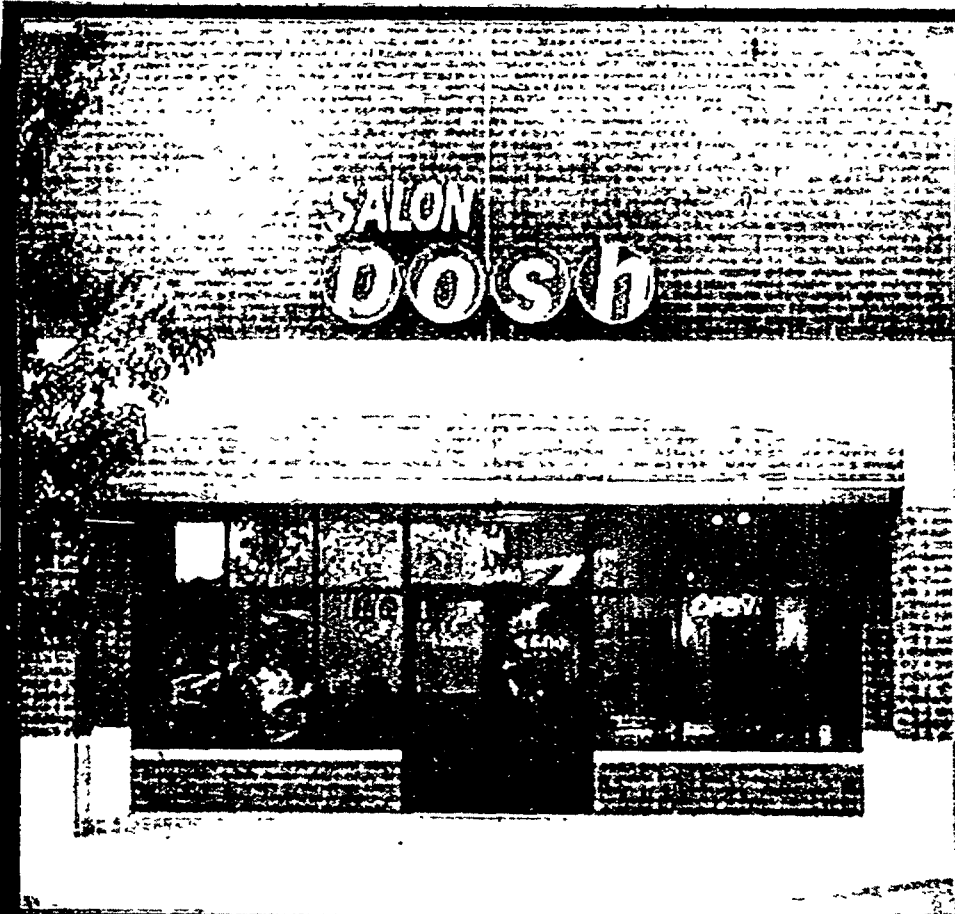
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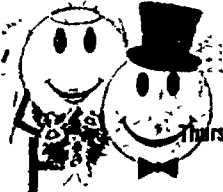
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# PEOPLE OF NORTHVILLE

Thursday, September 20, 2007  
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## Local resident has one-woman exhibit at Farmington Library

### She's pianist by profession

By Pam Fleming  
STAFF WRITER

Rosa Paulus says her art gives her another outlet for creative expression.

This month, the Farmington Hills artist, who is active in the Northville community, has a one-woman display of her work at the Farmington Community Library Downtown Branch.

Although she lives near Nine Mile and Halstead roads, "I have a Northville mailing address, go to

the Northville Senior Center a lot and consider myself a member of the Northville community," she said.

The downtown branch library is located at 23500 Liberty Street in Farmington. Hours are 9 a.m.-9 p.m. Monday-Thursday; 9 a.m.-6 p.m. Friday-Saturday; and noon-6 p.m. on Sunday.

Her work will be shown through the end of the month. Paulus, 70, began painting watercolors after she retired and has painted for about six years. She has 21 new paintings in the exhibit.

She retired from the Southfield School District, where she started as an accompanist for the district's choral program and then was a teaching assistant in several different fields.

"I took piano lessons from the time I was 8 years old," she said. "The classes were \$1 a week. The teacher came to my home."

The daughter of Italian immi-

grants, the late Carlo and Augusta Raponi, Paulus said her parents had to make sacrifices in order to pay for her piano lessons.

"They paid \$10 for my first piano, an upright that one of our Italian neighbors sold them," she said. "They rolled it down the street and into our home."

Her daughter, Gloria Borchert, of Oak Creek, Wis., now has the piano, and Paulus has a grand piano that she's had at least 20 years.

As a child, she always drew and was always interested in art.

"My first class six years ago was a watercolor class, and I just love it," she said. "I'm happy with what I'm doing, but I may take a class in acrylic or oil painting in the future."

Her first one-woman show was in 2004.

She does have one colored pencil piece and one pen-and-ink work in the library show.

"I'm trying to expand into dif-

ferent mediums," Paulus said.

Paulus has had success with her new-found creative outlet, has been in several art shows, sold her work and thoroughly enjoys art.

A pianist by profession, she performs at all type of events, including corporate and private.

For more information about Paulus' work, call (248) 473-1555.

Northville Record staff writer Pam Fleming can be reached at (248) 349-1700, ext. 105, or pfleming@gannett.com.

Image courtesy Rosa Paulus

Local artist Rosa Paulus painted this watercolor titled "Sunflower Serenade" within the last year. The Farmington Hills resident enjoys painting a variety of subjects.



## NEWSMAKERS

### Kubitskey elected president of government finance association

Thelma Kubitskey, assistant township manager/finance director of the Charter Township of Northville, was recently elected

president of the Michigan Government Finance Officers Association.

A member of the association since 1982, Kubitskey has served as vice

president, treasurer, director, worked on the professional development committee, the legislative committee and has served as a mentor.

The association was established in 1938, with 953 members representing 450 communities.

It is a professional association of public officials, finance and other professionals. Members provide financial functions at the state, county and local government level.

Kubitskey has worked for the Charter Township of Northville for 28 years and as assistant township manager/finance director for the last seven.

### Conservation Award given to Brian Colter

The Lousia St. Clair Chapter of the Daughters of the American Revolution (DAR) of Grosse Pointe awarded the DAR Conservation Medal to Grosse Pointe Park City

Forester and Northville resident Brian Colter on May 31 at a spe-

cial ceremony held at the Grosse Pointe Park City hall.

Chapter Conservation Chairman Elizabeth Hardwick, 2006-07 Conservation chairman of Grosse Pointe, described Colter as a most deserving candidate because of his years of volunteerism in the field.

His many hours of community assistance outside of his work responsibilities include the Arbor Day Poster Contest in the Grosse Pointe Elementary Schools, programs for garden clubs, Boy and Girl Scout troops, school garden programs both in Grosse Pointe and Detroit and individual mentoring of those working on special projects such as the Eagle Scout tree planting in Patterson Park this past month. Through his affiliation with the Greening of Detroit, Colter assists with a semi-annual tree sale at Windmill

Pointe Park. Colter has volunteered countless hours as a board member of Keep Michigan Beautiful, Inc., received many state and local awards and commendations. His reuse of material from trees destroyed by the Emerald Ash Borer includes a bench located in the Grosse Pointe Park City Offices. The reuse of this ash wood to construct mantle and floor in Lindell Lodge, the ice skating warming hut at Patterson Park, earned the city a Keep Michigan Beautiful Award.

Another such award was given several years ago when Colter assisted then-Senior Girl Scout, Meredith Scheiwe, construct a Human Sundial there for her GS Gold Award Project. Another focal point at the GPP city offices include a slice of an elm tree that succumbed to the Dutch Elm Disease that killed so many Grosse Pointe are trees. The rings of the tree are marked showing not only its age but their correspondence to area events. It is favorite of children visiting the building and often taken to schools when Colter does conservation programs there.

### 35th District Court NOTICE

The 35th District Court is accepting bids for its Assigned Counsel Program (Public Defender's Program). The contract will be awarded from January 1, 2008 through December 31, 2009. Bidders must not be single practitioners and must have offices in, or reside in the Court's jurisdiction: Cities of Plymouth or Northville, and Townships of Canton, Plymouth, or Northville. Sealed bids must be received by 4:00pm, Oct. 15, 2007. Please clearly mark envelope with "CAA BID" and address to: Debra Kubitskey, Court Administrator, 660 Plymouth Rd, Plymouth, MI 48170. Interested parties are invited to contact Ms. Kubitskey for further information at (734) 781-0123 or dkubitskey@35thdistrictcourt.org.

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# Free-falling



Courtesy photo

Northville resident John Quin, giving the thumbs up, floats through the air during his Aug. 26 skydiving adventure. Quin, 74, bought himself the jump as an early 75th birthday present.

## Northville man takes to the sky in Tecumseh

By Jason Carmel Davis  
STAFF WRITER

John Quin has done some pretty cool things in his 74 years.

Quin cited parasailing and snorkeling as two of the more fun things he's had the opportunity to do. But, Quin said, those two experiences don't come close to the adventure he had last month.

For a birthday present — the 20-year Northville resident turns 75 in November — Quin paid \$195 to do something most people are afraid to even fathom. The semi-retired truck company owner went skydiving through Skydive Tecumseh.

"I spend my winters in Arizona. So, I thought, 'If I'm gonna do it, I should do it now,'" Quin said.

The adventurous Quin said he's thought about taking that leap for about 10 years now. He kept the number of the group in his wallet for about five years, citing his willingness to jump if he had the number close to him.

Already willing to jump, Quin received some additional motivation from a former Commander-in-Chief.

"I saw that the senior Bush did it for his 75th, so, I thought if he can do it, I can do it," Quin said. "I finally pulled out the number and called Skydive Tecumseh."

Quin said the day of his jump, Aug. 26, was picture perfect. Being a first-timer, he, along with three others who boarded the plane to take the leap, jumped "tandem" — with an instructor, who, Quin said, was terrific, knowledgeable and cordial. The group made the jump south of the Chrysler Proving Ground in Chelsea.

"It was an absolutely gorgeous view from up there," Quin said.

That "up there" was 14,000 feet. The tandem jump from that point, freefall at 9,000 feet, and the chute is released at 5,000 feet, Quin said.

From boarding the plane with the instructors and his three cohorts — all women in their 30s — to the point where Quin and his instructor hit the ground, the eldest jumper went through a myriad of emotions. Quin said upon boarding the small plane, he took a look around at each of the three other first-timers.

"Of course, I had the male feelings that if these women can do it, I can, too," Quin said. "But I'm sure they felt the same about seeing me on (the plane)."

When the plane reached its apex, Quin said he and his partner knelt down near the exit door. Once they're in position, a green light hits, instructor and newbie are harnessed together, and into the air they go.

"For those first two to three seconds in the door, you look down and you get very, very apprehensive, but then you're out the door and you're flying," Quin said. "For the first few seconds you're in the air, you're out of everything. You're tumbling and you don't know what's happening."

"Then you straighten yourself out, and you're arms are out in front of you like a goalpost and you're falling, but you don't think about falling because you're just trying to maneuver your body."

You have to think about falling at some point, though. Shortly after the freefall, the parachute is out, and your body becomes vertical, Quin said, "so you don't fall on your stomach."

"Once you're in that vertical position, you just relax and float down to the Earth," Quin said.

Following his maiden voyage, Quin said he was most apprehensive seconds before touching the sky. After that, he said, things happened so fast that he didn't think about anything.

Quin said the landing was easy. When you jump tandem, Quin

said, you land on your butt, and your instructor lands on his/her feet. Jumpers land into the winds — like airplanes — so the parachute lands behind them. Quin said.

The novice jumper wasn't shocked upon hitting the pavement, either. Quin only had one thought in his mind when his jump was through.

"Whew, I did it," Quin said. "The first seconds were rough, but the rest of it just happened."

Several of Quin's family members were on hand to witness the event. He said his son was ready to take his first jump with his dad. His four grandchildren "thought granddad was really cool after (the jump)." But one Quin would be happy if John kept his feet on the ground from now on.

"My wife was sick," Quin said. "Once we landed, the instructor was folding up the chute and walking off the field and she ran up and wrapped her arms around him."

"Before I did it, she asked me if I was crazy. My friends asked me why would I leave a perfectly good airplane. I'd say 80 percent of the people I talked to thought I was out of my mind."

"I didn't do it for the risk or anything like that. I just didn't wanna wait too long to do it, and I'd do it again tomorrow. My wife, of course, would say, 'No way, Jose.'"

Northville Record staff writer Jason Carmel Davis can be reached at (248) 349-1700, ext. 108 or jasonadavis@gannett.com.

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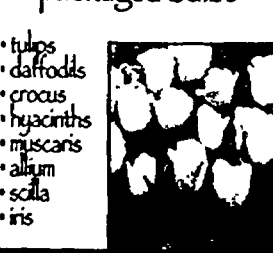


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"I tell my patients that I want their visit to the ob-gyn to be a positive one," says Reinke-Young, who treats women of all ages at Associates in Obstetrics and Gynecology in Novi, and is affiliated with Providence Hospital. "One of my primary objectives is to approach the patient-physician relationship in a way that makes the patient feel comfortable — especially for young women coming in for their first exam."

Dr. Reinke-Young is also dedicated to caring for the patient as a whole — not just treating an isolated medical problem.

"I focus on treating the whole patient, not just one medical aspect," Reinke-Young says. "I take into account everything that's going on in the patient's life, because sometimes medical problems can be related to other issues. I think the extra care I provide is something patients really appreciate. I also keep up with the latest medical issues and treatments so I can offer the best possible preventative medicine to my patients."

Dr. Reinke-Young also provides counseling on issues such as vaccinations against certain types of the human papillomavirus (HPV). The vaccine is often recommended for patients ages 9-26. Studies have found the vaccine to be nearly 100 percent effective in preventing diseases such as cervical cancer.

"Many patients ask for my opinion about the HPV vaccine — they want to know what they should tell their daughters," Reinke-Young says. "I'm a strong believer in providing information to patients so they can make the best

## OBITUARIES

### JACK PERRY MCLEAN

Age 82 of Brighton, September 15, 2007. Beloved husband of Kathy. Loving father of Larry (Dara), Brad (Denise), Jay (Terry), Nancy (Rick) Reno, Katie (Lance) Greane and Karrie (Bill) Martin. Dear grandfather of Bryan, Amy, Jessica, Chelsea, Danielle, Sarah, Kevin, Mead, Isaac, Adam and the late Lisa. Also many loving extended family and dear friends. Mr. McLean was a teacher, athletic director and a dedicated coach with Dondero High School for 39 years. He was a proud member of the Michigan High School Coaches Hall of Fame. Jack served as a Marine in WWII and was a Purple Heart recipient. Funeral was held at St. James the Greater Catholic Church, Novi, Sept. 18. Father George Charnley officiated. Burial Great Lakes National Cemetery, Holly. Memorial Contributions may be made to the Jack McLean Athletic Scholarship Fund, Royal Oak High School Athletic Dept., 1500 Lexington, Royal Oak, MI 48073. Att: Sam Lynch. For further information please call Lynch & Sons Funeral Directors, Milford, 248-684-6645.

### ETHEL IRENE LAMP

JULY 6, 2006

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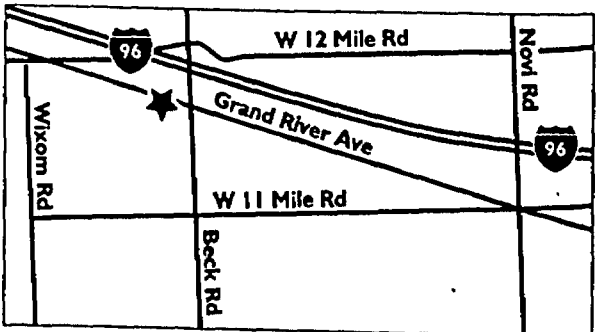
decision about their health care. The vaccine is something I offer, and I invite patients to meet with me to learn about their options."

Dr. Reinke-Young also takes a special interest in urinary incontinence, which is most common in women over age 50.

"Some of my patients are in their 80s, and many of my older patients ask about incontinence," Reinke-Young says. "I take the time to explain the common causes of incontinence as well as the surgical and non-surgical options available to them."

Dr. Reinke-Young's interests include surgery, gynecology and interstitial cystitis. Among the services she provides are routine health screenings; treatment of pelvic floor disorders; pregnancy and childbirth care; workup and treatment of menstrual irregularities; pap smears; PMS, perimenopause and menopause management; endometriosis treatment; and hormone replacement therapy.

To make an appointment with Dr. Reinke-Young, call Associates in Obstetrics and Gynecology at (248) 465-4340. Her office is conveniently located at 47601 Grand River, suite A-110, in Novi. Office hours are 9 a.m. to 5 p.m., Monday through Thursday; and 8 a.m. to 4 p.m. on Friday. To learn more about Dr. Reinke-Young, visit [www.yourobgyns.com](http://www.yourobgyns.com).



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ADVERTORIAL

**QUOTE:** "From what I see, nothing has come up that seems out of the ordinary." - Ara Topuzian

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# BUSINESS

Thursday, September 20, 2007  
www.northvillerecord.com  
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## Busch's opening delayed into holiday season

■ Store must be brought to code

By Chris Jackett  
STAFF WRITER

Novi residents near 10 Mile and Meadowbrook roads may be waiting a little longer before their local grocer reopens its doors.

The opening of the Busch's store replacing Farmer Jack at 41840 W. 10 Mile Road is on hold while the building is brought up to code.

"We had some problems getting things moving forward from a planning perspective. It's a longer process than we had anticipated," said Dan Courser, senior vice president of Busch's. "We're following the process of the City of Novi. They're very thorough, which is good."

The former Farmer Jack building was originally built in 1976 and codes have changed since.

"We have to issue permits and then they can construct," said John Hines, Novi building official.

Hines said the company was recently reviewed and denied the necessary permits for opening.

"We hope to be open by the end of November or the first week in December," Courser said. "A lot of stuff happens when you take over an old building and bring it up to date."

"It's a lot of work to deliver the Busch's experience. We're very excited about coming to Novi."

As the process continues, those involved prepare for the eventual opening.

"From what I see, nothing has come up that seems out of the ordi-

nary," said Ara Topuzian, Novi's economic development manager. "They've been going through and getting the proper permits. Initially, they said they'd come in 90 days after Farmer Jack closed. They got the sign up and have gone through the transfer of the liquor sale (license)."

The Farmer Jack, a Great Atlantic and Pacific Tea Company (A&P) company, was one of 45 in Michigan to close its doors on July 7. Most were bought out by Busch's, Kroger or Hiller's.

Richard Ludwig, founder and partner at Ludwig and Seeley Inc., which owns the shopping center, said all the opening processes are directly handled between Busch's and the City of Novi.

"They took over the Farmer Jack/A&P lease and that lease continues to continue," he said. "We're waiting for them, and we think they'll be great there."

Busch's has already hired much of its staff.

"We've gone through the hiring process and a lot of the former Farmer Jack employees are working in existing Busch's and transferring over when we open," Courser said.

Courser said Busch's has already ordered turkeys for the Novi store in hopes of opening before the Thanksgiving holiday, but if they can't open by then, the turkeys will likely get sent to other nearby locations, such as the Farmington Hills location three miles away at Grand River Avenue and Drake Road.

The Novi Busch's will be the 14th location for the southeastern Michigan grocer based out of Ann Arbor.



Photo by PAM FLEMING/Northville Record

### Welcome

An open house to celebrate the opening of Plymouth Physical Therapy Specialists included a ribbon cutting Tuesday. The business, at 133 W. Main Street, Suite 120, in Northville Square, specializes in orthopedics, sports medicine and industrial rehabilitation. Staff members, from left, are Bob Shapiro, Cindy Ferguson, Scot Sarkins, Patty Roma, Ben Wallis, Eleanor Galbraith, Jeff Sirabian, Joli DeKiery and Jennifer Baumann.

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### BRIEFS

#### Covenant Design relocates

Covenant Design is growing again and recently moved its home-based office from Lynwood Drive to two offices at 16115 Beck Road in Northville between Five and Six Mile roads. The move was necessary because of company growth, for possible future employees and to provide a small showroom in the future.

Pat Warner, founder of Covenant Design, recently won a

four-day trip to Las Vegas for selling a high volume of blinds manufactured by Hunter Douglas. Warner recently traveled to Colorado for the Hunter Douglas International Alliance Conference, where the motivational speaker was retired Col. Colin Powell.

For more information about Covenant Designs, LLC, please call (248) 396-2611 or visit www.covenant-designs.com to view a photo gallery

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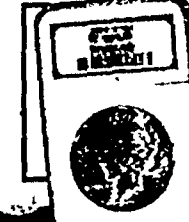
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# HEALTHY LIVING

Thursday, September 20, 2007  
www.northvillerecord.com  
fax (248) 349-9832

## Young leukemia patient raises money for research on disease

### Fund-raiser Sunday night

By Pam Fleming  
STAFF WRITER

Christoph Bartschat is a kid with a cause.

And that's the name of this young Northville Township resident's fund-raiser to benefit the Leukemia & Lymphoma Society of Michigan this Sunday.



C. Bartschat

Bartschat, 11, a sixth-grader at Meads Mill Middle School, was diagnosed last May with leukemia.

But he never asked, "Why did this happen to me?" said his mother, Anita. "Instead, he asked, 'What causes leukemia?'"

"I'm trying to help him find these answers," she said. "But they don't

really know what causes this type of cancer. That's why more research is needed."

Treatment is available, but it's lengthy and painful.

"The treatment is effective for his type of leukemia," Anita said. Bartschat will have to undergo chemotherapy until Aug. 30, 2010.

His mother said a recent fund-raising effort in their neighborhood for the Leukemia & Lymphoma Society of Michigan has inspired others to give even more.

A few weeks ago, Bartschat and his younger siblings, Nicholas, 8; Alexa, 5; and John, 3 plus next-door neighbor Bobby Diller, 7, sold lemonade and golf balls outside their Northville Township homes along Northville Hills Golf Club.

#### DVD player for hospital

The children planned to use the money from the lemonade and golf ball sales to purchase a DVD player for the hematology/oncology clinic at Children's Hospital in Detroit.

After Northville Record photographer John Heider's photo of the

lemonade/golf ball stand appeared in a recent issue of the newspaper, neighbors took a copy of the photo around to local businesses, inviting them to participate in the upcoming "A Kid With a Cause" Open House and Silent Auction this Sunday.

The event will take place from 7-10 p.m. Sunday at the Toll Brothers model home, 45443 Tournament Drive, in the Northville Hills Golf Club subdivision.

"Many local businesses have already made donations," Anita said. "The list is truly mind-boggling. It's really amazing, and it really says something about the people of Northville."

She added that Northville is not even their hometown. The family just moved here about three years ago from Minnesota.

Toll Brothers donated the home for the three-hour fund-raiser. Members of the public are invited to come bid on the silent auction items donated by local individuals and businesses.

#### Handmade quilt, sports items

Auction items will include a handmade quilt, jewelry, tickets to local professional sporting events and even the opportunity to take an NFL player to work or school.

"A few players have made such offers," Anita said. Rare sports memorabilia will also be available from the Detroit Tigers and NFL players and coaches.

The children's lemonade/golf ball stand inspired local adults to create the full-fledged fund-raiser for the society.

Their hope is that some of the perplexing questions about leukemia and lymphoma can one day be answered.

"The sooner, the better," Anita Bartschat said.

Those would like to make a donation but can't attend Sunday night's

fund-raiser can make a donation to the Leukemia & Lymphoma Society; [www.active.com/donate/tunMADIS02080\\_abartschatLTN](http://www.active.com/donate/tunMADIS02080_abartschatLTN), or visit the national Web site at [www.leukemia-lymphoma.org](http://www.leukemia-lymphoma.org) and click on "How to Help."

If making a donation on the national Web site, type Christoph's ALL Stars in the comment or special handling space area.

The name Christoph's ALL Stars come from the name of the type of leukemia that Bartschat has, which is acute lymphoblastic leukemia.

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## SUPPORT GROUPS

**Angela Hospice Groups**  
LOCATION: Angela Hospice Care Center, 14100 Newburgh Road, Livonia  
CONTACT: (734) 953-6012

**Anxiety Disorder Support Group**  
TIME/DAY: 7:30 p.m. Thursdays  
LOCATION: Faith Lutheran Church, 30000 Five Mile Road, Livonia

DETAILS: Aim for Recovery is an organization holding meetings offering support and recovery for those suffering with anxiety disorders and their families.  
CONTACT: Robert Dietrich at [robtddrjch@msn.com](mailto:robtddrjch@msn.com)

**Food Addicts Anonymous Information Session**  
DETAILS: Twelve step program for individuals suffering from food obsession, over eating, under eating, and bulimia; weekly meetings held in Canton, Ann Arbor and other metro Detroit areas.  
CONTACT: (734) 913-9614 or [www.foodaddicts.org](http://www.foodaddicts.org)

**New Hope Center for Grief Support**  
DETAILS: The groups meet on a regular basis in various locations. All services for offered at no cost.  
CONTACT: (248) 348-0115 or go to [www.newhopecenter.net](http://www.newhopecenter.net)  
Suicide Loss Support Group

TIME/DATE: 7 p.m. second Thursday and fourth Monday  
LOCATION: First United Methodist Church, 777 W. Eight Mile Road, Northville  
DETAILS: No registration necessary for this drop-in support group.  
From Grief to New Hope  
DATE: Every Monday for eight weeks, ending Oct. 29  
TIME: 7-8:45 p.m.  
LOCATION: Ward Presbyterian Church, Six Mile and Haggerty roads  
DETAILS: Free workshop is open to the community, presented by Cathy Clough.  
CONTACT: Barb at Ward Church (248) 374-5943

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Frustrated Contractor

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**My Problem Is Your Opportunity**  
So, here's how I can make the incredible offer at the top of this page. Every year, the biggie air conditioner manufacturers have to guess how many units to produce to meet the demand. Since there's no way of knowing what the weather will be like and other factors that affect sales, these guys always have leftover inventory they have to hold onto until the next cooling season. I saw a great business opportunity in this and went to one of these biggie companies and contracted for the purchase of 24 premium air conditioners and furnaces in the four most popular sizes used in this Area. And, because of the quantity and time of year I purchased them, I got an unbelievable deal...rock-bottom prices. Don't get me wrong - these are brand new, top quality 2006-07 models. NOT "seconds," NOT "blem," NOT "builder" grade models. These are premium air conditioners and furnaces with a full factory warranty.

**How to get Your Name Brand Air Conditioner for Virtually Nothing**  
By putting this furnace-plus-air-conditioner package (I call it the "Coolest AND Hottest Deal of the Century") going through some heavy negotiations with the manufacturer... then committing to buying 24 systems outright, I was able to buy both the furnace and the air conditioner at a price that would have made Sam Walton proud. This means when you buy one of these 24 new, premium-quality furnaces (but only if one of the four sizes I have will fit your house, of course), I will "give" you the air conditioner and ask you to pay only the \$841 in labor it costs to have your Air unit installed.

**Here's How**  
Pick up your phone right now... simply call me at 517-548-2114 anytime. I will come out and measure your home (and determine the availability of the proper size). Don't forget, I only have 24 matched systems in four sizes. When they are gone, this remarkable offer ends also. As part of the deal, I'll show you how much the furnace costs... how much the air conditioner WOULD have cost... and your savings when you buy your new air conditioner and furnace as part of this special offer. The price I show you will include all labor and installation materials. There is no fine print, nothing is left out.

**The Concept Is Simple Really**  
By letting you win big now, I will win at the end of the year. I'm betting that if I make you an offer that is "irresistible" (at least it should be if your furnace or air conditioner is over 8 years old) and I barely mark it up above the price I paid, I will accomplish two things:

1. I will cover my rent, utilities, insurance and taxes in the "killer" months.
2. I can pay my professional staff of 12 technicians to work instead of paying them to sit at home.

As you can see, when you take me up on my "Coolest AND Hottest Deal of the Century" EVERYONE IS A WINNER!

**No Obligation**  
Even after I completely explain the installation, there is absolutely no obligation. If you decide you don't want to take advantage of the spectacular savings... that's okay. I will give you a surprise gift worth \$50. Why? Even if we don't do business together now, I want you to remember us in the future.

**You Can Buy With NO Cash**  
If you're thinking a new furnace (& air conditioner) isn't in your budget—don't worry! You don't even have to pay me right away. I have set up a terrific bank rate financing plan. I even decided not to mark up the interest rate like some companies do. While I can't promise you this, it's possible that with this financing plan, your monthly investments in a new system could be more than paid for by the savings you see on your monthly utility bills.

**My Disappointment-Proof Guarantee**  
I'm so confident that you will save at least 25% on your cooling and heating bills (I'm projecting more like 30% to 50%), that I will pay you Double The Difference for two years if you don't! I'll show you exactly how this works. There is no way you can lose. Your lower utility bills will help you save big. And I will even double your savings if you save less than 25%. If these premium systems were not among the best on the market, I couldn't afford to make such a promise.

**But you've got to act fast...**  
You must call me at 517-548-2114 before September 29th. Here are two reasons why:

1. I only have 6 of each of the four sizes. When all of the furnaces are sold and all the air conditioners are "given" away in a particular size, the "Coolest AND Hottest Deal of the Century" is over.
2. If I have any of the 24 systems left on September 29th (although I doubt I will), this offer still ends. Here's why: My business always picks up about October 1. Since these air conditioners cost me so little, if I've got any left, I'll sell them next summer at last year's prices and still come out ahead. Give me a call now at 517-548-2114 and I will set an appointment for your no-obligation survey.

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# OUR NEIGHBORS

Thursday, September 20, 2007  
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## Contests highlight fall fest

■ 10 competitions spotlight crafts, cooking, more

By Jessie Ellis  
STAFF WRITER

When the 23rd Annual Pumpkinfest starts during the first weekend in October, residents from South Lyon and surrounding communities will have the opportunity to indulge in their creative spirits and competitive natures.

### South Lyon

There will be 10 different contests offered, everything from the Pie-eating competition to the Decorated Bike event.

Gary Childs, owner of South Lyon Cycle, is involved with two contests. In addition to the Bike Decorating Contest, he is also sponsoring the first-ever Cookie Contest.

"I just came up with this idea a couple of days ago," Childs said. He was watching the Food Network and saw a show about cookies. That show inspired the idea for the Cookie Contest.

The contest will have three categories for cookies, drop, bar and rolled and there will be an additional award called "Taster's Choice."

Tamra Ward, executive director of the South Lyon Chamber of Commerce, thought the Cookie Contest was a great idea when Childs presented it to her. She also reported that community members are clamoring to be judges in the competition.

Judging for the Cookie Contest will take place 7 p.m. Friday at South Lyon Cycle. Cookies can be dropped off at the store on Friday.

Other new contests at Pumpkinfest include the Jack O' Lantern Carving Contest. The contest will take place in conjunction with the Movie Night planned at Kent Lake Elementary.

The contest begins at 5:30 p.m. Due to school regulations, no open flames are allowed and participants are asked to use LED pumpkin lights instead. The lights will also be sold on the night of the contest.

The Sixth Annual Dog Show is one of the most popular events during Pumpkinfest. Participant space is limited to 100 dogs, so applications must be turned in early.

The categories for the dog show have changed from previous years.

Before, the categories were for Cutest, Smallest, Largest, Master/Dog Look-alike and Best-In-Show.

The new categories break the dogs down by weight: Mini Breed, 2-5 pounds; Small Breed, 6-15 pounds; Medium Breed, 16-49 pounds; and Large Breed, 50 pounds and up.

Each of the weight classes will receive 1st, 2nd and 3rd prize. There will also be awards for Best Trick and Dressed Like Owner.

The People's Choice Prize for Top Dog will include all the blue ribbon winners to determine Pumpkinfest's Top Dog. Applications are available at [www.pattimaida.com](http://www.pattimaida.com) or at the Chamber Commerce office.

The Scarecrow Decorating Contest begins on Sept. 28 and runs through Oct. 16. Residents and business owners adopt a lamppost downtown and decorate it with their own special scarecrow.

For more information, call Matt Lewandowski at (248) 486-5442 or visit [www.matlew.com](http://www.matlew.com).

The Great Pumpkin and Vegetable Competition is also popular during Pumpkinfest. In the Great Pumpkin Contest, awards will be given out for 1st, 2nd and 3rd Place, Total Weight of Three Pumpkins and Best Color and Shape.

The Vegetable Contest will give out awards for Tallest Cornstalk, Tallest Sunflower, Largest Sunflower, Largest Squash or Cabbage, and Most Unusual Veggie.

Other contests include the Autumn Stick Art Contest, the Decorated Bike Contest, the Downtown Window Decorating Contest, and the Pie Eating Contest.

For complete details regarding contests at Pumpkinfest, visit [www.southlyonpumpkinfest.com](http://www.southlyonpumpkinfest.com).

Contact Jessie Ellis at (248) 437-2011 or [jjellis@gannett.com](mailto:jjellis@gannett.com).



Submitted photo

Professional and amateur astronomers will spend a star-gazing night at Kensington Metropark. Thousands are expected to attend the 11th annual Astronomy at the Beach at Martindale Beach on Friday and Saturday. Sponsored by The Great Lakes Association of Astronomy Clubs, visitors are invited to learn about astronomy firsthand, with telescopes on the beach, a children's scavenger hunt with prizes, comet-making demonstrations and presentations. For information, contact the Kensington Nature Center at (248) 685-0603 or visit [www.boonhill.net/glaac](http://www.boonhill.net/glaac).

## Kensington hosts astronomy on the beach

By Alison Bergsieker  
STAFF WRITER

Astronomy is one of the few sciences where amateurs make actual and important contributions to the science. And it's fun, too.

### Millford Twp.

Thousands of stargazers will gather at this year's 11th annual Astronomy at the Beach at Martindale Beach in Kensington Metropark on Friday and Saturday to get a glimpse of the unknown.

The Great Lakes Association of Astronomy Clubs is sponsoring the event and invites visitors to learn about astronomy firsthand with telescopes and binoculars set up along the beach, a children's celestial scavenger hunt with prizes, comet-making demonstrations and presen-

tations from astronomy club members.

This year's keynote speaker is NASA's Rob Landis, who will give a talk entitled, "To the Moon: The Orion Manned Program."

The GLAAC brings together a variety of people from southeastern Michigan interested in having fun with astronomy and the space sciences.

Rick Kovari has helped plan the event since its inception. He expects weekend crowds between 5,000 and 7,000.

"We have members of various astronomy clubs bringing their telescopes," he said. "In many cases, people own telescopes and really don't know what to do with them."

Kovari said the size of the crowd depends on what's happening in the skies. He said more than 10,000 visitors showed up when the Hale Bop comet appeared a few years ago.

The telescopes will be focused on sever-

**"In many cases, people own telescopes and don't know what to do with them."**

Rick Kovari  
Great Lakes Astronomy Clubs

al different things, including stars, galaxies and nebulae. According to Astrology Magazine's Web site ([www.astrology.com](http://www.astrology.com)), Jupiter is expected to be visible throughout September, although southern states have a better chance of getting a clear view.

Mercury also will be less than a moon-width away from Spica, the brightest star

in Virgo, according to the site. Observers in the Midwest and on the West Coast have the best chance of spotting the pair. Mercury will be visible to the naked eye, but Spica will require binoculars.

The event runs from 6 p.m. to midnight both nights.

There is no charge, but visitors must pay a \$4 daily fee into Kensington Metropark.

Kensington Metropark is located in Millford Township, accessible from the I-96 expressway or S. Millford Road, just north of Bump Road. Park entry is \$4 per day or throughout the season with a \$20 annual permit.

For more information, call the Kensington Nature Center at (248) 685-0603 or visit GLAAC web site at [www.boonhill.net/glaac](http://www.boonhill.net/glaac).

Contact Alison Bergsieker at [abersieker@gannett.com](mailto:abersieker@gannett.com) or (248) 685-1507, ext. 260 or

## Biker and biologist earns Realtor of the Year honors

By Chris Jackett  
STAFF WRITER

For a guy who double-majored in biology and psychology in college and now spends his free time camping with his family or cruising North Territorial Road on his 2002 Heritage Softail Springer motorcycle, Realtor of the Year was a fairly unexpected title.

### Novi

Gary Reggish, broker owner of Remerica United Realty in Novi, was recently named Realtor of the Year by the Western Wayne Oakland County Association of Realtors.

"Our board is filled with hardworking people," said Reggish, 41, who serves as president-elect of the association. "I'm the guy that shows up and says what needs to be done. As far as what I've done to tip the scales in my favor, I don't know."

Of more than 4,000 members, Reggish won the award for his involvement in and around both his community and business association.

"He was chosen for his service to the community and the association," said Cheryl Yost,

a fellow board member.

Reggish is a member of the Novi Chamber of Commerce, after having served with Northville's Rotary Club, Chamber of Commerce and Central Business Association in the past.

"I'm a believer that if you're in a community, making money in a community, you should give back to the community," said Reggish, who works by the Zig Ziegler quote. "You'll get what you want if you help other people get what they want first."

With this motto, Reggish strives to connect with customers and had a work out room, showers and basketball court installed at the office for his employees.

"We're really focused on a unique, industrial, contemporary look. We have more of a look you'd expect in New York or Paris," he said. When Reggish graduated from the University of Michigan, he had no thoughts or aspirations of getting into the realty business.

"I got into it absolutely by accident," he said. "I owned an upscale (eyewear) boutique [Urban Optiks] and hotel optical lab [Optical Express] in Northville and, every Friday, Rick Shaffner of Main Street

Bank would have a '5:01 party' on his front porch for business owners to get together after work and have hors d'oeuvres.

"We started talking about real estate investing and I was looking into a Higgins Lake property. I got hooked on the bug."

Reggish, who lives in Livonia and once owned two businesses in Northville, has been in the realty business since he was licensed in 1999 and has owned Remerica United Realty since October 2002, a month after he completed three years of broker classes.

He recently became the fifth Michigan resident to earn the Guild Luxury Home Designation, which qualifies him to sell multi-million dollar properties.

"His passion, professionalism and work ethic are phenomenal. He had a vision and set out for that vision," Shaffner said. "I was self-employed and told him 'I wake up every morning unemployed. If I don't get up and do something, I won't get paid.' I think that really got him thinking."

Novi News staff writer Chris Jackett can be reached at (248) 349-1700, ext. 122 or [cjackett@gannett.com](mailto:cjackett@gannett.com).

## Researching to a win

By Tracy Mishler  
SPECIAL WRITER

Kendall Ziegler never thought she'd be chosen. But she was.

The 19-year-old Novi resident and student at the University of Michigan-Ann Arbor, was one of 10 college students chosen out of more than 175 to participate in the Summer Research Institute program at the University of South Carolina this summer, May 28-June 20.

Students in this year's Summer Research Institute program, sponsored by the National Health Institute, conducted research to better understand the neurological workings of decision making; aging and dementia; HIV proteins; fetal-alcohol syndrome; sickle cell anemia; deception; and nicotine. Ziegler studied the affects of HIV on the brain.

She said she used rats as test subjects in her research.

### Novi

"We studied two groups of rats; healthy rats as the control and the others were HIV transgenic rats," Ziegler said. "This is the first study of HIV on the brain in rats. And that was really exciting for me."

Ziegler said in her research looking at the spacing of cells on the brain, she found there were no differences between HIV and non-HIV rats.

"The professors were impressed with the project and it was an important discovery that I made," she said. "My research is being published within the next year in a neuroscience journal."

The Summer Research Institute program is eight weeks long and Ziegler said applying for the spot was like applying for a job, with an application, resume and cover letter, along with letters of recommendation and references.

"I didn't think I would get the spot," she said. "I was planning to

attend spring and summer classes, but then I got my big envelope in the mail."

Ziegler said she was excited upon receiving her acceptance letter, but her parents were less than thrilled, as their college student would not be spending the entire summer at home.

"They finally warmed up to it and are really proud of me," she said. "It was a great experience."

According to the University of South Carolina, the Summer Research Institute experience is designed to give interested student hands on experience in the research process central to experimental psychology.

The program is a paid internship and Ziegler said the program paid for all expenses, including airfare to and from the university.

In order to be considered for the Summer Research Institute, applicants must be students.

Ziegler said she learned a lot from her summer research and intends to go on in the medical field after school.

Currently in her junior year, Ziegler said she plans on graduating early and attending graduate school shortly after graduation.

"When I was younger, science and biology were always fun, but I enjoyed math the best," she said. "I didn't know what I could do with a math degree, so I stuck with science."

Ziegler said her long-term goal is to become the CEO of a hospital and implement new programs to help it run more efficiently and improve patient care.

"The Summer Research Institute definitely helps out the resume," she said. "I would definitely recommend it to anyone interested in science and biology."



K. Ziegler



**"I'm a believer that if you're in a community, making money in a community, you should give back to the community."**

Gary Reggish

Broker Owner of Remerica United Realty in Novi



# Nordstrom joins retail mix

By Kelly Murad  
STAFF WRITER

Fashion buffs across the state of Michigan have their calendars marked for Sept. 28.

Twelve Oaks Mall, the retail hub for the City of Novi, welcomes the Grand Opening of Nordstrom tomorrow at 10 a.m.

"Right now, Twelve Oaks Mall is a destination location," said Ara Topouzian, economic development manager for the City of Novi. "With Nordstrom, plus new specialty stores, this is going to be a real focal point for the city."

## Novi

Festivities begin Sept. 27 with a gala hosted by Nordstrom's to benefit the Detroit Symphony Orchestra.

The event will feature two fashion shows including lines such as, Anna Sui, Tory Burch, Marc by Marc Jacobs, Trovata and Versace men's line, which will all be exclusive to the Novi store.

To celebrate opening day, Nordstrom will be hosting a cosmetic tailgate party from 8:30-10 a.m. Sept. 28.

"Our entire team of beauty experts will be on hand to share the inside scoop on the latest products and trends from the top names in beauty," said Nordstrom Spokesman John Bailey. "We certainly hope for a great opening day and weekend,

but can't predict how many people will come out."

In addition to exclusive clothing lines and cosmetic collections, Nordstrom houses five shoe departments with shoe fitters and a shoe shine stand, and a restaurant called Cafe Bistro.

Other services offered to Nordstrom clients include an on-site alterations and tailor shop and a complimentary wardrobe and shopping service called Personal Touch.

"Our customer is anyone who loves fashion," Bailey said. "We are going to do our best to bring the best fashion the market has to offer. Our goal is to have something for everyone in terms of price, style and size."

The addition of Nordstrom is providing 350 jobs for residents in Novi and surrounding communities.

"What's going on in Novi these days shows that it's not all bad out there," Topouzian said. "There's a lot of positiveness that comes with this and it's created by rejuvenation. We're keeping local money in our local economy."

"Nordstrom has a wide range of items; not just high, not just low. A lot of stores, to stay competitive, need to have a wide range."

Although Nordstrom officials will not share their revenue goals for the Novi location, the 165,000-square-foot development is in response to the success of the Nordstrom store in Troy.

"Customers have been responding well to our store at Somerset

## Grand Opening

Nordstrom at Twelve Oaks Mall

- Friday, Sept. 28
- Store opens at 10 a.m.
- Cosmetic tailgate party from 8:30-10 a.m. at first floor mall entrance. For more information call (800) 916-6110.

Collection North and we wanted to open another location to more conveniently serve our customers in the greater Detroit area," Bailey said. "We think that Twelve Oaks is a strong center and the mall's efforts to bring in many new stores as part of their expansion will only make it that much more of a destination."

Twelve Oaks Mall will be the only other shopping center, aside from Somerset, to have a Nordstrom store in Michigan.

"I think it is going to give Somerset some competition," Topouzian said. "It is the perfect location."

According to Nordstrom officials, another store is set to open at the Mall at Partridge Creek in Clinton Township, April 2008.

Novi News staff writer Kelly Murad can be reached at (248) 349-1700, ext 103 or kmurad@gannett.com.

For breaking news on the Web: [www.northvillerecord.com](http://www.northvillerecord.com)

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## Physical Therapy Rehabilitation Update

by Dennis Engerer, P.T.

### STRETCHING AWAY HEEL PAIN

Plantar fasciitis is a common foot condition that causes sharp pain on the inside of the heel. While this irritation of the fibrous band of connective tissue (the plantar fascia, which attaches your heel to the toe bones) is not dangerous, it can alter your gait. This, in turn, can lead to foot, knee, hip, and back pain. To avoid these problems, physical therapists may recommend the "plantar fascia stretch," which requires pulling the toes to create tension in the plantar fascia. To do so, cross your legs, so that the foot you will be performing the stretch on rests on top of the opposite knee. Then, hold the base of your toes in your hand and pull backward, toward the shin.

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P.S. To treat plantar fasciitis, perform the stretch mentioned above ten times, three times a day

[www.northvillephysicalrehab.com](http://www.northvillephysicalrehab.com)



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**REPORT CRIME:** Call (248) 349-5100 (city) or 349-9400 (township) for non-emergencies



# PUBLIC SAFETY

Cal Stone, editor  
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cstone@gannett.com

Thursday, September 20, 2007  
www.northvillerecord.com  
fax (248) 349-9832

## NORTHVILLE TWP. POLICE REPORT

### Breaking and entering

A 38-year-old Northville Township man reported a breaking and entering that occurred between 10:30 p.m. June 17 and 7 a.m. June 18.

An employee of the Northville Montessori said he had discovered that a Scotts riding lawn mower and chain saw had been stolen from a storage garage on the school grounds.

He told police the garage door had been secured since a theft had occurred the week before at the building when a side door had been left unlocked.

The employee said this theft took place between 5 p.m. June 8 and 8 a.m. June 10 when a weed whacker was noticed missing.

### Drunk, expired license plate

A 21-year-old man was arrested for drunk driving and driving on a suspended license at 2:10 a.m. June 18 at Eight Mile and Haggerty roads.

The man, who was driving a 1999 gold Cadillac Seville, was pulled over because police noticed that his license plate had expired on Aug. 6, 2006.

The driver also did not have a license because it was suspended. Police learned the man's license had been suspended 18 times and that he had two traffic warrants from the Michigan State Police.

### Driving while intoxicated - 1

A 19-year-old Northville Township man was arrested for drunk driving at 4:01 a.m. June 16 at Deep Hollow and Willow Ridge Drive.

Police were dispatched to the scene on a possible hit-and-run accident.

As the driver was placed in the back seat of the police car, the offi-

cer could detect a strong odor of intoxicants coming from inside the vehicle.

When the officer asked him where he was earlier that night and how much he had had to drink, he responded, "I was just at a friend's house and had two bottles of beer."

A breath test showed a blood-alcohol level in the driver of .14 percent — past the legal limit of .08.

### Driving while intoxicated - 2

A 46-year-old man with a Texas license plate was arrested for operating under the influence of alcohol at 12:58 a.m. June 22 at Haggerty and Seven Mile roads.

Police watched a 2006 white Ford pickup stop in the middle of the intersection on a red light.

The truck was south of the limit line almost completely in the intersection.

When the light turned green, the truck remained stopped.

The man said he was heading to his hotel from Champs Restaurant and that he had had a few beers.

A breath test revealed a blood-alcohol level of .15 percent in the man.

### Driving, license suspended

A 22-year-old man was arrested for driving on a suspended license

at 2:55 a.m. June 17 at Beck and Seven Mile roads.

The man was arrested when an officer ran the plate on the 1993 red Ford Festiva, which revealed that the driver's license had been suspended.

### Driver 'a little buzzed'

A 24-year-old woman was arrested for her second drunk driving offense at 3:10 a.m. June 23 at Haggerty and Eight Mile roads.

An officer stopped on northbound Haggerty Road at Eight Mile Road saw the woman in a 1994 white Saturn proceed through the intersection when the light

changed swerve across the dashed line into his lane, back into her lane, then back into his lane.

The woman then made a wide abrupt turn into the Speedway gas station.

Police smelled intoxicants coming from the vehicle as the woman said with slurred speech that she was coming from TC Gators where she had consumed a few beers.

The woman was found to have a blood-alcohol level of .23 percent.

When an officer asked the woman if she thought it was safe for her to drive, she said no and that she felt "a little buzzed."

Compiled by Pam Fleming

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- SYDNEY WHITE (PG-13) 11:30, 1:55, 4:20, 6:45, 9:10
- FR/SAT LS 11:35
- MR. WOODCOCK (PG-13) 12:10, 2:15, 4:30, 6:55, 9:00
- FR/SAT LS 11:15
- THE BRAVE ONE (R) 11:05, 1:45, 4:25, 7:05, 9:50
- 2118 TO YUMA (R) 11:00, 1:25, 4:15, 7:00, 9:40
- SHOOT 'EM UP (R) 1:40, 9:45
- FR/SAT LS 11:40
- HALLOWEEN (R) 11:15, 1:40, 4:10, 7:10, 9:35
- FR/SAT LS 12:00
- BALLS OF FURY (PG-13) 3:30, 5:30, 7:35

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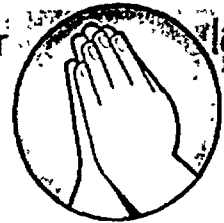
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**CHURCH EVENTS:** Be sure to check out our weekly Community/Calendar for local happenings

Cal Stone, editor  
(248) 349-1700, ext. 113  
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# FAITH



Thursday, September 20, 2007  
www.northvillerecord.com  
fax: (248) 349-9832

## CHURCH EVENTS

**St. Paul's Lutheran Church**  
LOCATION: 201 Elm St.  
CONTACT: (248) 349-3140  
Sunday Worship  
8:30 a.m. Blended, 11 a.m.  
Contemporary, 11:30 a.m.  
Traditional

Saturday of every month

**Detroit First Church of the Nazarene**

LOCATION: 21260 Haggerty Road  
CONTACT: (248) 348-7600  
Sunday School: 9:30 a.m.  
Sunday Worship: 10:50 a.m.  
Wednesday: 7 p.m. Bible Study, Youth & Children Ministries

**First Presbyterian Church of Northville**

LOCATION: 200 E. Main St.  
CONTACT: (248) 349-0911  
Sunday Worship  
TIME: 9:30, 11 a.m.  
Single Place Ministries  
DETAILS: Thursday evenings; 7:30 p.m. social time; 7:45 p.m. opening; 8-9 p.m. program; \$5 CONTACT:  
www.singleplace.org  
Car Mechanic Doctor  
DATE: tonight with Matt Lee  
Religion and Relationships  
DATE: Sept. 27 with J. Harold Ellens, Ph.D.  
Walking Group  
TIME/DATE: 11:30 a.m.

**Meadowbrook Congregational**

LOCATION: 21355 Meadowbrook Road  
CONTACT: Rev. Arthur Ritter, Senior Minister (248) 348-7757 or visit www.mbccc.org or gmccc@arounddetroit.biz  
Sunday Worship  
TIME: 10 a.m.  
Your Spiritual Autobiography  
TIME/DATE: 7-8:30 p.m.

**Saturday**

LOCATION: First, second and fourth Saturday, Big Apple Bagel Shop, 2334 Farmington Road, Farmington; third Saturday, Panera Bread Co., 34635 Grand River Ave., Farmington  
DETAILS: This is a walking/social group. Everyone is invited.

Tuesdays, Sept. 25, Oct. 2, 16 and 23

DETAILS: Meadowbrook Academy of Religious Studies (MARS), led by Rev. Ritter, presents this adult education series; call church to register.

**American Red Cross Blood Drive**

TIME/DATE: 1-7 p.m. Monday, Oct. 1  
DETAILS: Call church to arrange an appointment.

**St. John Lutheran Church**

LOCATION: 23225 Gill Road, Farmington Hills, between Grand River and Freedom Roads  
CONTACT: 248-474-0584

**Ward Evangelical Presbyterian Church**

LOCATION: 40000 Six Mile Road  
CONTACT: (248) 374-7400  
Sunday Worship  
TIME: 9 a.m. and 10:20 a.m.  
Traditional, 9 a.m. Contemporary  
20s and 30s Women's Bible Study

DATE: Tuesday  
TIME: 7-8:30 p.m.  
LOCATION: Room C317-319  
DETAILS: Study Scriptures in 12-week program "Breaking Free," a video series by Beth Moore; reserve workbook.  
CONTACT: Women's Ministries (248) 374-5978  
Preschool Enrollment Open  
DETAILS: Enrollment for the

**First Baptist Church of Northville**

LOCATION: 217 N. Wing  
CONTACT: (248) 348-1020  
Sunday Worship: 11 a.m. and 6 p.m.  
Sunday School: 9:30 a.m.  
Ladies Bible Study: 9:30 a.m.  
and 7 p.m. Tuesdays  
Men's Bible Study: 9 a.m. first

**15th Annual Juried Art Show**

DATE: Oct. 5-12  
DETAILS: Held in art gallery; gourmet luncheon served to visitors Oct. 11-12.  
Paul Sullivan, Pianist/Composer  
TIME/DATE: 7 p.m. Sunday, Oct. 7  
DETAILS: Information about Paul Sullivan at www.rivermusic.com

DATE: Tuesday  
TIME: 7-8:30 p.m.  
LOCATION: Room C317-319  
DETAILS: Study Scriptures in 12-week program "Breaking Free," a video series by Beth Moore; reserve workbook.  
CONTACT: Women's Ministries (248) 374-5978  
Preschool Enrollment Open  
DETAILS: Enrollment for the

## Local band APOLLO on mission to make its mark in alternative

### Two members NHS graduates

By Pam Fleming  
STAFF WRITER

The members of APOLLO are on a mission — to make waves on the alternative rock scene.

Tabé O'Rourke is the stage name for the Northville Township resident and recent graduate of Northville High School who serves as the lead singer for the local rock band.

He said the band played to a sold-out show with about 300 people in attendance at The Shelter in Detroit on Aug. 28. The members of APOLLO opened for indie band, The Hush Sound.

The band will perform at Northridge Church in Plymouth Township on Oct. 4, will open for the band Anathallo at Hope College in Holland, Mich., on Oct. 30 and hopes to play at Genitti's Hole-in-the-Wall Theater in downtown Northville in October.

They have played at such established venues as The Blind Pig in Ann Arbor and the Van's Warped Tour '07 in Comerica Park.

The band also played at Kalamazoo College and at an indie film premiere in Chicago.

"We have many fans, as well as friends and supporters who come to see us play live regularly," O'Rourke said. "We want to contribute to the live entertainment scene in the Metro Detroit area."

O'Rourke, whose real name is Tabé Harold, plays keyboard and provides lead vocals and is flanked by Zack Pew on electric guitar, Aaron Feliciano on drums and Nate Drake on bass guitar.

O'Rourke studied classical music for several years and played worship music for a year at Oak Pointe Church in Novi.

He still plays electric guitar there occasionally and also writes and records for other groups.

Pew graduated from Plymouth-Salem High School in 2005. He plays lead guitar, vocals and bass and provides backing vocals.

A self-taught guitarist, Pew played in various bands in high school and works for a company affiliated with eBay in Canton.

O'Rourke, Feliciano and Drake all currently attend Schoolcraft College in Livonia.

Feliciano graduated from Farmington High School in 2007. The drummer is also a backing vocalist for the band, plays guitar



Members of the local rock band APOLLO, from left, Aaron Feliciano, drums; Tabé O'Rourke, lead vocals and keyboard; Zack Pew, electric guitar; and Nate Drake, bass guitar. The band will perform at Northridge Church on Oct. 4 and at Hope College on Oct. 30.

and piano and leads worship occasionally at Ward Presbyterian Church in Northville Township.

Drake grew up in Dearborn before moving to Northville and graduated from Northville High School this year.

He plays bass, acoustic guitar and piano and has performed in Ward Presbyterian Church's praise band.

O'Rourke and Drake started playing together in the band Playback in eighth grade. Drake knew Feliciano because they played at church together, and Pew met band members while playing in another band.

### Influenced by U2, Coldplay

Influenced by such groups as U2, Coldplay, Radiohead, Muse, Keane and Sigur Ros, the members of APOLLO have been writing, recording and performing songs that range from inspirational driving guitar rock to soft piano melodies for a year.

The spirit is a central theme in many of the band's songs.

"St. Paul Cathedral" is about searching for answers in life, looking everywhere, but finding none.

"Setting Suns" was inspired by Drake's and Feliciano's mission trips to Peru and Mali and is about African children who are born into poverty but have a rich life.

A breakup in O'Rourke's life brought songs such as "Tokyo," "Lights," and "Voice Inside Your Head."

"I don't write my music," O'Rourke said. "My music writes me."

The first three members to join the band — O'Rourke, Feliciano and Drake — are only 18; Pew is 20.

In the past four years, O'Rourke and his band members have written close to 100 songs. Their sample CD, "Polarized EP," is the band's first studio outing.

APOLLO has won every contest it has entered, including Northville High School's MAD Talent Show twice, Oak Pointe Church's Battle

### Hear their sound

To learn more about the local band APOLLO visit  
• apollo.moonfruit.com  
• myspace.com/theapolloclub  
• purevolume.com/apollo  
• detroitcity.com/apollo  
E-mail band members at theapolloclub@gmail.com.

of the Bands and the Livonia Spree Battle of the Bands.

The band has been offered two different indie contracts and is currently working with Mike Oswald of Silver Dragon Productions in Marine City, Mich. recording songs for possible radio and major label consideration, O'Rourke said.

Northville Record staff writer Pam Fleming can be reached at (248) 349-1700, ext. 105, or pfleming@gannett.com.

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

**DON'T FALL VICTIM TO DUST MITES**

Ah, fall. You can finally bid good-bye to pollen, the leading cause of allergies in the United States. Unfortunately, the second leading cause of allergies—dust mites—are inside everyone's home. You can take several steps to protect yourself from these little creatures and their droppings. Use a dehumidifier, and cover your mattresses and pillows in allergy-free covers. Try to control clutter, which is defined as anything that will collect dust such as stuffed animals, book stacks, etc. Avoid carpet if at all possible, as dust mites tend to settle in it. Hardwood, tile, and linoleum are better options for floor coverings. Throw rugs are OK if they are washed in hot water or dry-cleaned.

Today's column offers helpful advice about dealing with allergens in the home. If avoidance is not possible, as is often the case, there are a number of effective medicines that may be tried. To discuss your problem, call the ALLERGY & ASTHMA CENTER to arrange for a consultation with Dr. Rowe. We diagnose and treat patients of all ages. Same day, early morning, evening, and Saturday appointments are available. For further information, 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."

PS: Year-round or seasonal allergies? Visit our website for further information.

[www.allergyinfo.org](http://www.allergyinfo.org)

**LET'S TALK JEWELRY** WITH GARY S. WEINSTEIN GEMOLOGIST

**CHARMED!**

Few items of jewelry are as fascinating as the charm bracelet. Since Queen Victoria started the fashion trend by wearing charm bracelets, these collections of personally significant pendants and trinkets have held great appeal. A charm bracelet can reflect your passion for collecting and love of family or hobbies, with each charm representative of a specific individual, item, or occasion. Charms can continue to be collected to celebrate births and other milestones, occasions, and areas of personal interest. Unlike bracelets that dangle charms, Italian charm bracelets feature a series of modular links that fit together in a cohesive band. This creates a very contemporary take on a form of jewelry that has been around since the days of ancient Egypt.

Start a tradition today by giving the gift that keeps on giving - a charm bracelet. You can add to this gift each special holiday, commemorate a special trip by choosing charms that will bring back memories, or opt for a miniature symbol of an athlete's favorite sport. When you decide to go this route for gift-giving, you are investing in timeless beauty for such an important purchase, we're here at WEINSTEIN JEWELERS OF NOVI, 41990 Grand River Ave., for answers to questions, experience, expertise, and a wide selection. We're open Mon., Tues., Wed. & Thurs. 10 a.m.-6 p.m., Fri. 10 a.m.-8 p.m., Sat. 10 a.m.-5 p.m. PH 248-347-0303.

All customers bring in this article and your original appraisal from Weinstein Jewelers and receive a FREE Appraisal Update\* \*Valued at \$25.00

PS: A charm bracelet is a popular gift for young girls.

<b>NORTHVILLE CHRISTIAN</b> Experience Life Each Week Sunday 10:15 AM Wednesday Family Night 7:00 PM www.northvillechristian.org 41355 Six Mile Road 248-348-9030	<b>WARD EVANGELICAL PRESBYTERIAN CHURCH</b> 40000 Six Mile Road - Northville, MI 248-374-7400 Traditional Services 9:00 am and 10:20 am Contemporary Service 9:00 am Sunday School & Nursery Provided Evening Worship 7:00 p.m. www.wardchurch.org Radio Broadcast 11 a.m. Sunday WROT 560 AM
<b>MEADOWBROOK CONGREGATIONAL CHURCH</b> 21355 Meadowbrook Rd. in Novi at 8 1/2 Mile 248-348-7757 • MCCC@arounddetroit.biz www.mbccc.org • Sunday Worship 10 a.m. For further information, ask for Denise Port, Chairperson, The Board of Deacons Rev. Arthur Ritter, Senior Minister	<b>FIRST PRESBYTERIAN CHURCH OF NORTHVILLE</b> 200 E. Main St. of Hutton - (248) 349-0911 Contemporary Service - 9:00 am & 11 am Children Available for All Services Youth League Prog Wed 4:15-5:15, Sat 10:00-11:00 Single Place Ministry - Thurs 7:30am Rev. W. Kent Cise, Senior Pastor Rev. James P. Russell, Associate Pastor
<b>HOLY CROSS EPISCOPAL</b> 10 Mile between Meadowbrook & Haggerty Phone 248-427-1175 Sat 5 pm, Sun 7:45 & 10 am Holy Eucharist Sunday School & Nursery 10 am Rev. Karen Henry, Pastor www.churchofthenolycross.com	<b>GOOD SHEPHERD LUTHERAN CHURCH</b> 9 Mile & Meadowbrook Wisconsin Ev Lutheran Synod Sunday School and Adult Bible Class 8:45am Worship 10:00am Thomas E. Schroeder, Pastor - 349-0565
<b>FAITH COMMUNITY PRESBYTERIAN CHURCH</b> 44400 W 10 Mile, Novi, 248-349-2345 1/2 mile west of Novi Rd Sunday 9:00 a.m. & 10:30 a.m. Service Dr. Richard J. Henderson, Pastor	<b>FIRST UNITED METHODIST CHURCH OF NORTHVILLE</b> 349 1144 8 Mile & Tot. Roads Sunday Worship Services 8:00, 9:15 & 11:00 a.m. Rev. John Hice • Rev. Lisa Cook www.fumcnorthville.org
<b>ST. JAMES ROMAN CATHOLIC CHURCH</b> NOVI 46325 10 Mile Rd NOVI, MI 48374 Saturday 5:00 p.m. Sunday 8:30 & 11:30 a.m. Reverend George Chamley, Pastor Parish Office 347 7778	<b>FIRST CHURCH OF THE NAZARENE</b> on Haggerty Rd North of 8 Mile Rd Sunday School 9:30 a.m. Sunday Celebration 10:50 a.m. & 6 p.m. (248) 348-7600 Dr. Ron Blake, Pastor
<b>CHURCH OF THE HOLY FAMILY</b> 24505 Meadowbrook Rd. Novi, MI 48375 Masses Sat 5 pm, Sun 7:30 a.m. 8:45 am, 10:30 am, 12:15 pm Holy Days 9 am, 5:30 pm, 7:30 pm Fr Timothy Hogan, Pastor Rev. Mr. William Waldmann, Deacon Rev. Mr. Timothy J. Pilon, Deacon Parish Office 349-8847	Your church could be here. Call 248-349-1700
<b>NATIVITY OF THE VIRGIN MARY GREEK ORTHODOX CHURCH</b> 39851 Five Mile Rd (S & Haggerty) Plymouth, MI 48170 Phone 734-420-0131 Sunday Services Morris (Ormos) 9:00 a.m., Liturgy 10:00 a.m. Rev. Fr. George M. Vozars, Pastor www.nativitygocchurch.org	<b>OAK POINTE CHURCH</b> 50200 W Ten Mile Novi Sunday 9:15 a.m. and 11:15 a.m. Casual contemporary live band (248) 912-0043 www.oakpointe.org
<b>OUR LADY OF VICTORY CATHOLIC CHURCH</b> 770 Thayer Northville WEEKEND LITURGIES Saturday 5:00 p.m. Sunday 7:30, 9 AM, 11 AM, 12:30 PM Church 349-2621, School 349-3610 Religious Education 349-2559 Rev. Denis Theroux, Pastor	Your church could be here. Call 248-349-1700
Your church could be here. Call 248-349-1700	<b>ST. JOHN'S EPISCOPAL CHURCH</b> 574 S. Sheldon Rd., Plymouth Traditional Services 7:45 & 11:00 a.m. Contemporary Service 9:00 a.m. Education for All 10:00 a.m. 734-453-0190 www.stjohnsplymouth.org

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continued from page 13

2007-08 school year available; morning and afternoon sessions for children 3, 4 and 5 by Dec. 1; tuition and schedule information at [www.wardchurch.org](http://www.wardchurch.org).  
**CONTACT:** Carol Nowacki, (248) 374-5911 or e-mail [carol.nowacki@wardchurch.org](mailto:carol.nowacki@wardchurch.org)  
**Single Point Ministries**  
 For single adults 40 years and older  
**CONTACT:** (248) 374-5920  
**Every Sunday, 11:30 a.m.**  
 Fellowship and refreshments, Knox Hall  
**Every Monday, 7 p.m.**  
 Learner's Bible Study, Room A101  
**Second and Fourth Monday, 7 p.m.** Study of Ephesians, Room C309  
**Every Tuesday, 7 p.m.** Praying Together, Sanctuary  
**Every Wednesday, 6:30 a.m.** Men's Bible Study, Single Adult Ministries office; 7 p.m. Single Men's Bible Study; 7 p.m. Single Parents, Single Adult Ministries Office; 4-7 p.m. Tennis, Rotary Park (Six Mile Road between Farmington and Merriman roads); 8:30-10 p.m. Co-ed Volleyball, Knox Hall.  
**Every Saturday, 10 a.m.** Bicycling Group starts from various locations; geared toward

tourist level rider; all levels welcome; helmets required; lunch half-way through ride at your own expense.  
**Every Saturday-Sunday, 1-5 p.m.** Tennis, Rotary Park  
**Every Sunday, 1-3 p.m.** Sunday, Tennis for beginners, Stevenson High School, Six Mile Road west of Farmington Road.  
**SPM Bridge: 5:30-9:30 p.m.** Saturday; beginners welcome; refreshments.  
**Alpha-Questions of Life (for everyone)**  
**TIME/DATE: 6-9 p.m.**  
 Thursdays for 10 weeks, beginning tonight through Nov. 22  
**DETAILS:** Explore the Christian faith in friendly, fun, thought-provoking setting; includes free dinner and child care each week; register through Community Outreach.  
**CONTACT:** (248) 374-5932 or [Margy.Burkhart@wardchurch.org](mailto:Margy.Burkhart@wardchurch.org)  
**Lighthouse Cafe**  
**TIME/DATE: 7-10 p.m. Friday, Sept. 28**  
**LOCATION:** Knox Hall  
**DETAILS:** Music, games and refreshments, \$5 at door, free childcare.  
**Bonnie Keen Concert**  
**TIME/DATE: 7 p.m. Friday, Oct. 5**

**LOCATION:** Knox Hall  
**DETAILS:** Music and humor, \$5 at door, free child care.  
**Northville First United Methodist Church**  
**LOCATION:** 777 W. Eight Mile Road  
**CONTACT:** (248) 349-1144 or [www.fumcnorthville.org](http://www.fumcnorthville.org)  
**Sunday Worship**  
**TIME: 8, 9:15 and 11 a.m.**  
 Coffee hour at 10.15 a.m.  
**Healing Service**  
**DATE:** first Mondays  
**TIME: 4 p.m.**  
**Men's Bible Study**  
**TIME/DATE: 6:30-7:30 a.m.** every Wednesday  
**LOCATION:** Room 10  
**Sharing Hearts Women's Bible Study**  
**TIME/DATE: 12.45-2.30 p.m.** every Tuesday  
**LOCATION:** Chapel upstairs  
**DETAILS:** Child care available; cost is \$11 for materials.  
**Disciple One Bible Study**  
**TIME/DATE: 6-8 p.m. every Sunday or 9:30-11:30 a.m. every Wednesday**  
**DETAILS:** Course lasts 34 weeks; covers 70 percent of the Bible.  
**Disciple Three Bible Study: Remember Who You Are**

**TIME/DATE: 9:30-11:30 a.m.**  
**Wednesday**  
**Disciple Bible Study: Jesus and the Gospels**  
**TIME/DATE: 3-5 p.m. every Sunday**  
**The Faith Club**  
**TIME/DATE: 9:30 a.m. every other Thursday**  
**DETAILS:** This interfaith group will be reading "The Faith Club," register at (248) 344-4248.  
**Suicide Loss Support Group**  
 See New Hope Center listing under "Support Groups."  
**LOGOS Youth Club**  
**TIME/DATE: 5:15-8:15 p.m.** each Wednesday  
**DETAILS:** Program includes recreation, dinner, bible study and music; grades 4-12.  
**Blood Drive**  
**DATE: Sunday, Oct. 28**

**Universalist Unitarian Church of Farmington**  
**LOCATION:** 25301 Halsted Road, Farmington Hills  
**CONTACT:** (248) 318-8044 or [www.uufarmington.org](http://www.uufarmington.org)  
**2nd Annual Earth Friendly Craft Fair**  
**TIME/DATE: 9 a.m.-5 p.m. Saturday**  
**DETAILS:** Features handmade art and crafts from local Michigan artists including crafts from recycled materials; live music, children's activities, refreshments; crafters welcome to apply until fair day.  
**Thornetta Davis Performance**  
**TIME/DATE: 7:30 p.m. Friday, Sept. 28 (doors open at 7 p.m.)**  
**DETAILS:** Performance by Detroit's own singer and songwriter Thornetta Davis; tickets for

concert are \$15 (\$17 at door) and are available at church office; refreshments provided; concert is a kickoff event for the free, six-week Lifelong Learning Forum adult education program covering diverse topics and running from Oct. 4 to Nov. 8; public welcome.  
**St. John's Episcopal Church**  
**LOCATION:** 574 S. Sheldon Road  
**CONTACT:** (734) 453-0190  
**Lobsters**  
**DETAILS:** Orders are being taken for live 1-pound lobsters at \$15 each; flown in fresh from Atwood Lobster Co., Maine. Pre-payment is required; lobsters must be picked up at the church between 4-5:30 p.m. Saturday, Sept. 29. Call for further information

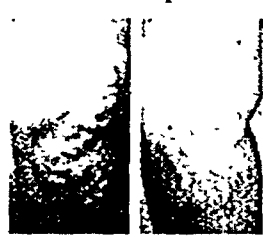
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**PHOTO GALLERIES:** See more of photographer **John Heider's** work at [www.northvillerecord.com](http://www.northvillerecord.com)

Cal Stone, editor  
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# SENIOR CITIZENS



Thursday, September 20, 2007  
[www.northvillerecord.com](http://www.northvillerecord.com)  
fax (248) 349-5932



Photo by JOHN HEIDER/Northville Record

## Rummage sale

Allen Terrace residents June Gill, Marie Frederick, Jackie Bousha, and Marian Malone check out a resident's exercise bike that will be part of their rummage sale this weekend. Allen Terrace will have the sale in their activities room to raise money to use for the community in their building.

## EVENTS

**Thursday**  
9 a.m.: Take Off Pounds Sensibly  
9:30 a.m.: Yoga  
12:30 p.m.: Pinochle  
1 p.m.: Computer II  
Massage by appointment  
**Friday**  
9:30 a.m.: Strength Training  
11 a.m.: Poker  
11:30 a.m.: Computer II  
1 p.m.: Movie "We are Marshall"  
**Monday**  
9:30 a.m.: Strength Training;  
Beg. Line Dance  
10 a.m.: Adv. Line Dance;  
Oxycise  
Noon: Blood Pressure Check  
12:30 p.m.: Pinochle/Euchre  
7 p.m.: Tai Chi  
**Tuesday**  
9:30 a.m.: Underground Railroad Tour  
10 a.m.: Blood Pressure Check;  
Landscape Painting  
12:30 p.m.: Pinochle

1 p.m.: One-Stroke Painting;  
Computer I  
6 p.m.: Pilates  
**Wednesday**  
10 a.m.: Oxycise  
Noon: Bridge  
1 p.m.: Computer I  
7 p.m.: Bridge  
Co-ed Adult 50+ Volleyball  
TIME/DAYS: 10 a.m.-noon  
Monday, Wednesday, Friday  
LOCATION: Recreation Center at Hillside  
DETAILS: All levels of play welcome; bring your friends; \$1.  
CONTACT: (248) 449-9947  
Co-ed Adult 50+ Basketball  
TIME/DAY: 10 a.m.-noon each Thursday

LOCATION: Senior Community Center  
DETAILS: All levels of play welcome; bring your friends; \$1.  
CONTACT: (248) 449-9947  
Health Walking  
DATE: Monday-Friday  
TIME: 8-10 a.m.  
LOCATION: Senior Community Center, 303 W. Main St.  
Pilates Class  
TIME/DATE: 6 p.m. each Tuesday beginning Sept. 18  
Bunco  
TIME/DATE: 12:30 p.m. second Thursday of each month  
DETAILS: Call Senior Community Center 24 hours in advance to register; \$1.

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Cal Stone, editor  
(248) 349-1700, ext. 113  
cstone@gannett.com

# OPINION & COMMENTARY

Thursday, September 20, 2007  
[www.northvillerecord.com](http://www.northvillerecord.com)  
fax (248) 349-9832

## Northville Record

Cal Stone  
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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.*

## Politics are poison

As this state faces a \$1.75 billion budget deficit and a possible (although highly unlikely) government shutdown, there are 10 House Democrats - including our own Marc Corriveau (D-Northville) - who won't vote on an income tax increase of 4.6 percent that would generate \$1.1 billion.

They won't vote yes; they won't vote no. That's just flat out unacceptable.

We understand that taxes are probably the single most dreaded issue for a politician. It is, after all, what caused the revolution that started this country.

We also understand the politics of politics. Of course, the Republicans don't want any part of raising taxes. They know the Democrat-controlled House only needs 56 votes to send a bill to the Republican-controlled Senate, but they're eight votes shy.

And Craig DeRoche (R-Nowi), the House Minority Leader, doesn't have the guts to be a true leader. He's term-limited in the Legislature and worrying about what his next office may be (Michigan's governor or Oakland County's executive?). For a man who showed such promise for change and action when first elected in 2002, he's instead made a career out of being a thorn in Gov. Granholm's side. Kudos for being a master "politician."

The Senate just passed a 30-day continuation of the current budget as a backup if negotiations fail. So we could be in for another month of this?

Raise the income tax from 3.9 percent to 4.3 or to 4.6. Make cuts without jeopardizing health, public safety and education.

Whatever mix is necessary, **GET THE JOB DONE!**

This is a time for tough decisions to be made, and if one can't make them, one shouldn't be in office. Stop worrying about political aspirations and make this state's future the number one priority. Your Oct. 1 constitutional deadline is fast approaching.

## LETTERS

### Pom pon car wash thanks

The Northville High School JV pom pon team held a very successful car wash fundraiser recently at the Wash Zone car wash. On behalf of the team, we would like to thank Jim Belanger and Todd Keel for providing the girls with this opportunity to raise money for the team. We would also like to thank Mark Adams from Busch's Market for allowing the girls to sell gift cards for Wash Zone in front of the store. Special thanks go to all the community members who supported the girls by making a donation or buying a gift card. We appreciate your support.

Susan Evans and Karlyn Jones  
Novi and Northville Township

### Backpack Project successful

We would like to say thank you to the many supporters of our 2007 Backpack Project. This list includes the local churches and their congregations, community and civic organizations, merchants and businesses, citizens, their families and friends. We received an overwhelming response to our request for school supplies and backpacks. Thank you, everyone, for your kindness and generosity.

Northville Civic Concern

### State residents taxed out

The old rural adage... "you can't get blood from a turnip," aptly applies here in Michigan. Most low- to middle-income Michigan families are just about taxed out. We agree with conservative views that state government has grown excessively and now seeks to feed itself primarily on the backs of low- to middle-income families. In addition, we are skeptical that a \$1.8 billion budget deficit is actually necessary.

With our dire employment environment coupled with raging fuel prices, there is just not enough left for most Michigan families to live on any longer. So why are state officials and legislators continuing to primarily address our budget issues with so-called temporary increased taxes? We believe it's because it may appear easier in the short term than downsizing and restructuring state government... the more appropriate solution.

Our state government infrastructure with its overburdening social services agencies and courts could substantially shrink themselves. New laws restoring parenting responsibilities to fit parents equitably would not only reduce the demands upon the Department of Human Services, but also dramatically reduce the burdens upon the Michigan State Courts.

Analyses indicate that reforming Michigan business and personal tax codes to a single, equitable tax rate for all of us based solely upon gross/net incomes with deductions ostensibly for donations to state charitable organizations, would generate enough revenues to run a much smaller state government infrastructure.

In addition, with these increased donations, private social services organizations could then afford to assist those who are truly in need, and the "It takes a village" phenomenon might return to its true African meaning which excludes government and involves citizens. We believe this would be an all-around win for Michigan and a model for the nation.

Murray Davis  
Southfield

Davis is board president of the National Family Justice Association, [www.nfja.org](http://www.nfja.org), a national nonprofit education and advocacy organization for issues that affect America's children and their families. Contact Davis at [NFJAPres@aol.com](mailto:NFJAPres@aol.com).

### Invest in our State

As a lifelong resident of Michigan, I am deeply concerned about Michigan's economic recovery. A recent assessment by the Lansing-based Anderson Economic Group found that the University Research Corridor created 68,803 Michigan jobs and produced \$12.8 billion in net economic benefit for the State of Michigan in 2006.

The University Research Corridor is comprised of Michigan State University, the University of Michigan and Wayne State University. There are 556,338 graduates of these three institutions who live, work and pay taxes in Michigan; and the education they received translates into earning power totaling more than \$25 billion per year, or 13.4 percent of all wage and salary income in the state.

I am proud to be a Ph.D. graduate of Wayne State University and I am hopeful that the lawmakers in Lansing will see the value of the Corridor and invest our state's limited dollars where they will produce the greatest return.

Jacqueline M. Haskin, Ph.D.  
Northville



### 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.

Mail: Northville Record, Letters to the Editor, 104 W. Main Street, Suite 101, Northville, MI 48167

Fax: (248) 349-9832

E-mail: [cstone@gannett.com](mailto:cstone@gannett.com)

Deadline: Letters must be received by noon on Tuesday to be published in the Thursday edition.

# Michigan should take a hint from "The Great One"

Wayne Gretzky, one of the greatest hockey players to ever play the game, was asked, "What makes you so great?"

"I skate to where the puck is going to be, not where it has been," he responded.

So simple, so profound and yet so difficult to accomplish.

As Michigan's leaders stumble to meet the state constitutional deadline to have a balanced budget before the new fiscal year begins on Oct. 1, they must decide if they are going to skate to where the puck is or to where it is going to be.

If Michigan is to thrive in the 21st century's hyper-competitive, global knowledge economy, we need to position ourselves more like Wayne Gretzky and less like a punch-drunk boxer who is constantly getting knocked to the canvas.

Where does the future for Michigan lie? We could accept one of the most memorable lines in film history, from the movie "The Graduate," and invest in

"plastics," but that would be skating to where the puck has been.

How about retreating to our politically ideological corners and spouting our respective party lines: "cut taxes; raise taxes" like the refrain from the old Miller beer commercial, "Great taste, less filling!" But shouting slogans has not reduced our unemployment, lowered college tuition, increased the high school, technical or college graduation rates, provided health care to the uninsured or prevented additional home foreclosures. We could blame term limits, our predecessors or global warming, but I doubt that will get the job done for the men, women and children who are counting on leaders in Michigan to right this listing ship.

### Michigan needs to light the lamp

Here is an outline the legislature could follow to help Michigan score in the future:

1) Make significant cuts to the

existing budget. We will know that you have done your job when the Republican-backed State Chamber of Commerce and the Democratic-backed unions are equally unhappy.

2) Make sensible structural reforms in correction policies, health care and pensions and continue to push for consolidations, shared services and other efficiencies that maintain adequate levels of needed government services while maximizing taxpayer value. These changes have been ignored too long, and, if addressed years ago when it was apparent they were unsustainable, hundreds of millions of dollars could have been saved or redirected to new priorities that would prepare Michigan for the future. Past elected leaders have ignored or pretended to fix these problems. The day for true fixes is upon us.

3) After, and only after, major and painful cuts in government spending and significant and meaningful structural reforms



### About Tom Watkins

Tom Watkins, is an education and business consultant. He served as Michigan's superintendent of schools from 2001-2005. Read his internationally recognized report: *The New Education (R)evolution* at [www.nacol.org](http://www.nacol.org). He can be reached at [tdwatkins@aol.com](mailto:tdwatkins@aol.com).

that produce major savings in the next three to four years have been implemented, should additional revenues/taxes be contemplated. If taxes are raised - even with the promise of being "temporary" or with promises to lower the tax if voters approve more slot machines and other forms of sin taxes - without the public believing that fat has been cut out of government and major structural changes are made, there will be a taxpayer revolt that will make the legislative recalls of the 1980s look like a tea party.

4) Invest in high-quality pre-school programs. K-12 resources that reach the classrooms, vocational programs, community colleges and higher education. Enhancing our human resources and talent will make Michigan competitive with any state and nation as we move forward.

5) Develop a strategy to aggressively market Michigan to the world. Michigan is surrounded by 20 percent of the world's fresh water; it has an abundance of crops, a bevy of highly-skilled technical and engineering profes-

sionals, a talented workforce, a system of higher education institutions that are some of the best in the world; and we have innovation, creativity and persistence built into our DNA.

The governor could pull together all players - business, labor and civic leaders, medical professionals, university faculty, legislative leaders from both political parties and people from across our great state - into 21st century Marco Polo global traders seeking economic opportunities for Michigan. We need to be sending multiple trade missions out to Mexico, China, India, Africa, Latin America and Europe to bring back jobs and investment in Michigan. Tap private, foundation and public sources to pay for these economic excursions.

What the Legislature does between now and Oct. 1 will determine if we are going to keep skating to where the puck has been or will begin to play as if we deserve the Stanley Cup.

# Our state needs a budget and a shared vision

Michigan's political, public policy and finance systems are broken. That's the only lesson that can be drawn from the year-long - repeat, year-long - deadlock in Lansing over the state's budget.

Ten million Michigan citizens have been held hostage to the partisan agendas of both political parties and their members who now hold office, not to mention the interest groups that fund their campaigns. If that weren't the case, we'd be talking seriously today about how to get Michigan through our current economic crisis and begin laying the foundation for our future prosperity.

We'd have a vision for our state and a well-developed agenda for reaching it, as well as a realistic budget to get us by in the meantime. Oh, there would be some disagreements over how to get there. That's normal and healthy. But there is nothing healthy about what we have now. For months, we've had partisan bickering and finger-pointing while the Oct. 1 constitutional

deadline for a balanced state budget keeps getting closer and closer.

Conceivably, some kind of cobble-together deal to theoretically "balance" next year's budget may happen between the time I write these words and you read this column.

Or our lawmakers may throw together something before the deadline to avoid a government shutdown. But it doesn't seem likely that there will be the kind of real, comprehensive solution we need.

What we need to do is get our finances in order, so Michigan can focus attention on the real issue at hand: How to remake and re-brand Michigan as a vibrant and entrepreneurial "North Coast." This place is home to one-fifth of the world's fresh surface water and a fistful of other natural resources that support sustainable growth in industries such as agriculture, tourism and forestry.

All we need to do is also become a place that grows ever

smarter, more innovating and world-competitive. So how would we go about it? It's actually pretty simple: We establish a new "public purse," a long-term sustained taxing and spending strategy focused like a laser on that vision for Michigan and how to reach it.

Our top spending priorities would be education, economic development, marketing our state to the world and investing in our quality of life: Arts and culture, natural resources, health, safety.

But we need a budget and a shared vision.

Our new Michigan would continue to thrive as a manufacturing powerhouse, but this time around re-engineered for high technology, high productivity, high skills. The Chrysler-Mitsubishi-Hyundai joint engine manufacturing plant near Dundee is the model. It operates with only two job classifications, outsourced janitorial and other ancillary tasks, four 10-hour shifts, and every worker with no less than an associate's degree from a community col-



### About Phil Power

Phil Power is a longtime observer of politics, economics and education issues in Michigan, and was a regent of the University of Michigan from 1987 to 1999. He is also president and founder of The Center for Michigan, a moderate think-and-do tank. These opinions and others expressed in his columns are his own and do not in any way represent official policy positions of The Center for Michigan. Phil would be pleased to hear from readers at [ppower@hcnnet.com](mailto:ppower@hcnnet.com).

lege. The result: high profitability and growing market share.

To get this on a statewide basis, we need cooperation between labor and management. And we need a statewide vision to encourage this kind of collaboration. We don't have that.

We need to support our universities both as magnets for the best and brightest to come to (or stay in) Michigan. We'd sustain the research now being done in university labs, and we'd support commercialization of this research.

But without a shared vision and a budget, this won't happen.

With one, Michigan will grow an entrepreneurial culture through our universities and our schools. We would begin to undo the historic fantasy that all kids have to do is get a high school diploma and get a job on the assembly line to live well and support a family.

We'd encourage venture capital to find a profitable home in Michigan. We'd provide recognition and support for our new economy of entrepreneurs and small businesses. We'd have a simple, predictable, competitive tax structure that recognizes that firms thrive when they have a high-skill, high-productivity business model - and rewards them

for doing so. But we don't have a budget that sustains all this. And we don't have a vision that motivates such a budget.

These ideas are hardly rocket science. They're just common sense. And they establish common ground for all kinds of people, whether Republicans or Democrats or Independents.

So how do we figure out how to get there? That will be the subject of community conversations that are part of the Michigan's Defining Moment campaign that starts next month. To learn more or reserve a seat, go to [www.the-centerformichigan.net](http://www.the-centerformichigan.net).



**HOT TICKET:** Final showing of 'Rapunzel' at Marquise Theatre 2:30 p.m. Sunday

Cal Stone, editor  
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cstone@gannett.com



# COMMUNITY CALENDAR

Thursday, September 20, 2007  
www.northvillerecord.com  
fax: (248) 349-9832

## NORTHVILLE EVENTS

### Coriveau Town Hall Meeting

TIME/DATE: 7 p.m. Monday  
LOCATION: St. Mary Catholic Church, 34516 W. Michigan Ave., Wayne  
DETAILS: Topic is home foreclosures; residents learn how to guard against losing homes, talk to legal experts; Rob Day of Legal Aid and representatives from the community advocacy group ACORN will be there.

### NHS Class of 2008 Senior All Night Party Meeting

TIME/DATE: 7 p.m., Monday  
LOCATION: Northville High School forum  
DETAILS: An information meeting regarding the annual party.  
CONTACT: Betsey Lebeis (248) 348-3356

### Women's Health & Fitness Fair

TIME/DATE: 9 a.m. Wednesday-Friday, Sept. 28; 8 a.m. Saturday, Sept. 29  
LOCATION: Botsford Center for Health Improvement, 39750 Grand River Ave., Novi  
DETAILS: Includes seminars, demonstrations and classes designed to encourage women to make fitness a lifestyle goal; free.

### Farmer's Market

TIME/DATE: 8 a.m.-3 p.m. every Thursday  
LOCATION: Corner of Seven Mile and Sheldon Roads  
Chef's at the Market Series  
TIME/DATE: 8:30-9:30 a.m. third Thursday of every month through Oct. 18  
DETAILS: Each session features a local chef and walk through the market to examine and choose fresh produce, cooking demonstration, chat with the chef, samples and a recipe card to take home. Session is free; no registration required.

### Children's Meal Demonstrations

TIME/DATE: 4:30 p.m. today, 1 p.m. Friday and Saturday  
LOCATION: Entree Vous of Northville, 43223 Seven Mile Road  
DETAILS: Free hands-on cooking demonstrations for children in recognition of National Eat Dinner Together Week; reservations required.  
CONTACT: (248) 344-1545

### Marquis Theatre

LOCATION: 135 E. Main St.  
CONTACT: (248) 349-8110 or northvillemarquistheatre.com  
Rapunzel  
TIME/DATE: 2:30 p.m. Sunday  
DETAILS: Tickets \$8; no children under age 3 please; group rates and reserved seating for 20 or more. Teachers, school dates available weekdays.  
Anabella Bloom  
TIME/DATE: 2:30 p.m. Saturday, Oct. 6, 13 and 27; 11 a.m. Saturday, Oct. 20 and 27; 2:30 p.m. Sunday, Oct. 7, 14, 21 and 28; 7 p.m. Friday, Oct. 26  
DETAILS: Show is not scary; children welcome under 3; tickets \$8, group rates for 20 or more.

### Catholic Central High School Second Annual Car Show

TIME/DATE: 6-9 p.m., Friday, Sept. 28  
LOCATION: 27225 Wixom Road, Novi  
DETAILS: Bring your classic cars out one more time before winter comes. This is a fun school/community event. Everybody is welcome and the event is free. There will be food, prizes and a lot of classic cars.  
CONTACT: (248) 596-3810

### Northville High School Fall Clean-up

TIME/DATE: 1-5 Sunday, Sept. 30  
LOCATION: Northville High School  
DETAILS: Weeding and mulching in 2 shifts: 1-3 p.m. and 3-5 p.m. Bring labeled garden tools and work gloves. Parents and students welcome; students can obtain volunteer hours for youth groups and college applica-

tions.  
CONTACT: Judy Calkin, tjcc96@peoplepc.com

### St. Mary Mercy Hospital

LOCATION: 36475 Five Mile Road, Livonia  
CONTACT: (734) 655-4800 or www.stmarymercy.org  
Free Seminars-Michigan Bariatric Institute  
DETAILS: MBI offers 3 laparoscopic surgical weight loss options. Learn about Gastric Bypass, Adjustable Gastric Banding and Sleeve Gastrectomy at a free monthly seminar: 6:30 p.m. Tuesday Sept. 18, Wednesday Oct. 24, Wednesday Nov. 28, in the St. Mary Mercy hospital Auditorium. To register call (734) 655-2693, (877) Why-Weight or visit hospital Web site.  
Plus-Size Clothing Sale  
TIME/DATE: 9 a.m.-3 p.m. Saturday, Oct. 13  
LOCATION: Hospital grounds and auditorium  
DETAILS: Ladies used clothing offered for women sizes 12-32, men sizes 38-60 up to 5XL.  
Screening for Vascular Diseases  
TIME/DATE: 8 a.m.-1 p.m. Saturday, Oct. 6  
DETAILS: Free screenings for vascular disease (preventing cause of U.S. deaths). Peripheral arterial disease (PAD) is often an early warning of heart attack, stroke and aneurysms. Early detection and treatment can prevent serious complications and death. Call (734) 655-8950 to make an appointment.

**The Art House**  
LOCATION: 215 Cady St.  
Wow! That's Colored Pencil?  
TIME/DATE: 1-5 p.m. Saturday and Sunday through Sept. 29  
DETAILS: An exhibition highlighting the versatile medium of colored pencil; features the work of award-winning area artists; during First Friday Art Walk, light refreshments will be served.  
"Creative Kids"  
DATE: Second Saturday of the month through Dec. 8: Oct. 13 (Print Exploration), Nov. 10 (Christmas), Dec. 8 (Christmas)  
TIME: 9:30-11:30 a.m.  
DETAILS: Two-hour creative exploration for youth grades 1-5; activities include drawing, painting, sculpture and mixed media in conjunction with current professional exhibits on display; register early; class size limited to 12; cost for member \$18 per session or \$108 for series, non-member \$20 per session or \$120 per series.  
CONTACT: Northville Art House (248) 344-0497 or www.northvillearts.org

**Genitti's Little Theater**  
LOCATION: 108 E. Main St.  
CONTACT: (248) 349-0522 or www.genittis.com  
Dinner Theater - "In Stitches"  
TIME/DATES: 7 p.m. Saturday; 6:30 p.m. Wednesday; 6 p.m. Friday, Sept. 28; 6:30 p.m. Saturday, Oct. 6; 7:30 p.m. Saturday, Oct. 13 and 18; 7 p.m. Saturday, Oct. 20 and 27; 7 p.m. Friday, Nov. 9  
DETAILS: Tickets are \$45 per person; running through November.  
The Reflections  
TIME/DATE: 8 p.m. Saturday, Sept. 29  
DETAILS: Just like Romeo and Juliet; \$45 per person.  
Neil Diamond Tribute from Las Vegas  
TIME/DATE: 5 p.m. Sunday, Sept. 30  
DETAILS: \$35 per person.  
Johnny Ginger  
TIME/DATE: 6:30 p.m. Saturday, Oct. 6  
DETAILS: Comedian, singer, impressionist; \$35 per person.  
Barry Manilow Tribute from Las Vegas  
TIME/DATE: 7 p.m. Friday, Oct. 19  
DETAILS: \$45 per person  
Bob Posch and John Clonca  
TIME/DATE: 6:30 p.m. Friday, Nov. 2  
DETAILS: \$45 per person.  
Shades of Blue (Oh How Happy)  
TIME/DATE: 6:30 p.m. Saturday, Nov. 3  
DETAILS: \$35 per person  
Calling All Ghosts and Goblins  
TIME/DATE: 11:30 a.m. Saturday, Oct. 20 and 27  
DETAILS: Halloween fun; wear your costume, win a prize.

**Children's Lunch Theater and Santa**  
DATE: Every Saturday and Sunday in December.  
DETAILS: Full lunch followed by the show "The Naughty List," with an appearance by Santa; bring your camera; \$14.95 for children, \$16.95 for adults, not including tax and tip.  
Genitti's Acting Workshops  
DATE: We will open any date for 10 or more.  
DETAILS: Enjoy our famous family-style lunch or dinner, then practice voice and body movement with one of our actors on stage. Play theater games; take backstage tour; \$16.95 per person.

**Maybury Farm Corn Maze**  
TIME/DATE: 5-9 p.m. Friday, 12:30-9 p.m. Saturday and Sunday beginning Friday, Sept. 21-Oct. 30  
LOCATION: Maybury Farm, enter off Eight Mile Road west of park entrance.  
DETAILS: Hayride to maze and return; tickets sold at Welcome Center on maze days and Meijer, Northville; \$8 for age 11 up, \$5 for age 3-10. Group tours available Monday-Friday; call early to book.  
CONTACT: Northville Community Foundation at (248) 374-0200

**Northville Yoga Class**  
Monday classes through Nov. 19; Thursday classes through Nov. 15, no class Thurs. Oct. 4.  
SCHEDULE: 9:30-11 a.m. Thursday (Northville Senior Center); 5:30-6:45 p.m. Monday, all levels; 5:20-6:45 p.m. Thursday, Yin Yoga; 7-8:30 p.m. Monday, Yoga II; 7-8:30 p.m. Thursday, all levels.  
LOCATION: American Legion Hall, 100 Dunlap at corner of Center Street; Thursday morning class at Northville Senior Center  
DETAILS: Fall Session \$88 for Monday, \$64 for Thursday; unregistered student drop-in rate is \$11/class; registered student extra class rate is \$8/class; make-ups allowed in any Legion class through Nov. 11; scholarships available; start anytime, no charge for first visit.  
CONTACT: Diane Siegel-DiVita at (248) 344-0928 or triangle-six@sbcglobal.net

**Northville Book Club**  
TIME/DATE: 7 p.m. Friday, Oct. 19  
LOCATION: Starbucks, 302 East Main St.  
DETAILS: "As I Lay Dying" by William Faulkner  
CONTACT: northvillebookclub@gmail.com

**Northville Newcomers and Neighbors**  
Eastern Market Trip  
TIME/DATE: 9 a.m. Saturday  
LOCATION: Meet in parking lot across from Northville Post Office.



**Horsin around!**  
Maybury Farm docent Dan Schneider hops down from the wagon after taking a group out to the corn maze for a hayride. See story on front page.

Photo by JOHN HEIDER/Northville Record

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**Market in Detroit, shop, lunch;**  
cost is what you buy and spend for lunch.  
CONTACT: Laura Webb at (734) 420-2012

**Meet and Greet Coffee**  
TIME/DATE: 10 a.m. Tuesday, Oct. 2  
LOCATION: Members home  
DETAILS: Members and guests are invited for a morning of socializing and learning of the many activities and interest groups this club has to offer.  
CONTACT: Colleen Nametz at (248) 596-1940

**Optimists Club of Northville/Novi Charity Ball**  
TIME/DATE: 6:30-11 p.m. Saturday  
LOCATION: Sheraton Detroit Novi  
DETAILS: The Optimists Club is honoring two local citizens with the Exemplary Achievement Honor Roll Award: Chuck Gaidica, WDIV Meteorologist, active in charities and helping to establish the Tipping Point Theatre, Northville; and Joan Wadsworth, Northville Board of Education President, involved in local charities and served on the Board of Education for more than 15 years. Evening includes awards ceremony, dinner, dancing, art, wine, silent auction; for information or to purchase tickets, contact Lori Dow at (248) 348-1593 or lori-dow@comcast.net.

**Household Hazardous Waste Day**  
TIME/DATE: 8 a.m.-4 p.m. Saturday  
LOCATION: 650 Doherty Dr., Northville  
DETAILS: Residents of Northville can dispose of pesticides, medicine, antifreeze, motor oil, gasoline, computers and peripherals.  
CONTACT: (248) 449-9930

**Iraq Town Hall Meeting**  
TIME/DATE: 7 p.m. Tuesday  
LOCATION: Forum at Hillside Middle School  
DETAILS: Northville Democratic Club hosts town hall meeting to discuss U.S.-Iraqi policy. Panel to feature Dr. Ron Stockton, political science chair and Mideast expert from UIC; Mrs. Deb Brown, U.S. Army (son serving in Iraq); Scott Craig, historian and representative from the office of Congressman Thaddeus McCotter.  
CONTACT: Scott Craig (248) 465-1995

**As the Page Turns**  
LOCATION: 149 N. Center St., Suite 102  
CONTACT: (248) 912-0085 or www.as-thepageturns.biz  
Lori Goff  
author of "Free Falling: Writing Without Limits"  
DATE: Friday, Oct. 5  
Workshop/Book Signing  
Martha G. Adamson and Linda Henderson, authors of "Job

**Search Navigator**  
DATE: Thursday, Oct. 11  
DETAILS: Register in store for \$5, which can be applied towards purchase of this book.  
Donna Gambino  
author of "On a Roll"  
DATE: Friday, Nov. 2

**Jerome Bettis Book Signing**  
TIME/DATE: 7:30 p.m. Friday, Oct. 5  
LOCATION: Borders Books, 43075 Crescent Blvd., Novi  
DETAILS: Bettis will sign his book "The Bus"  
CONTACT: (248) 347-0780

**Ghoultide Gathering**  
TIME/DATE: 9 a.m.-2 p.m. Saturday, Oct. 6  
LOCATION: American Legion Hall  
DETAILS: Artists sell original Halloween art.  
CONTACT: Scott Smith (269) 553-1852 or Stephanie Rawson (517) 676-4846

**Oktoberfest**  
TIME/DATE: 6-11 p.m. Friday, Oct. 12; Noon-11 p.m. Saturday, Oct. 13  
LOCATION: Community Park, Five Mile and Beck roads  
DETAILS: Event features food, entertainment, crafts, music, inflatable rides, merchandise and beer tent; free admission, to village, admission to tent for adults-\$3 (children 16 and under must be accompanied by adult).

**Handcrafters Arts & Crafts Show**  
TIME/DATE: 6-9 p.m. Friday, Oct. 12; 9 a.m.-5 p.m. Saturday, Oct. 13; 11 a.m.-4 p.m. Sunday, Oct. 14  
LOCATION: Northville Recreation Center at Hillside Middle School  
DETAILS: Admission \$2, no baby strollers please.  
CONTACT: E-mail handcraftersunlimited@yahoo.com or visit www.handcraftersunlimited.com

**Oakwood Cemetery Walk**  
TIME/DATE: 5-8 p.m. Sunday, Oct. 14  
LOCATION: 215 Griswold Ave.  
DETAILS: Mail-order tickets on sale, forms available at Mill Race Village, community organizations and merchants; \$10 for adults, \$8 for students and groups of 10 or more; register early for specific times; proceeds benefit Mill Race Village and Northville Historical Society.  
CONTACT: Historical Society office (248) 348-1845

**"Who is Taking Care of the Caregiver?"**  
TIME/DATE: 6:30-8:30 p.m. Tuesday, Oct. 23  
LOCATION: Northville Public Library. Carlos Meeting Room  
DETAILS: This is a support group for anyone caring for an

elderly person suffering with Alzheimer's or dementia; offering information on physical care, emotional support, long term care options, legal resources and laughter.  
CONTACT: Cathy Cardinal (248) 349-0432 or e-mail ifyoudont-laughyoucry@yahoo.com

**Mustang Stampede of Pride**  
TIME/DATE: 7-11 p.m. Saturday, Nov. 3  
DETAILS: Community event to benefit NHS athletes; food, music, silent auction; donations needed; \$25 per person; plan for proceeds posted in high school athletic office.  
CONTACT: Michelle Mamo (734) 254-1164 or Julie Felicelli (248) 380-5691

**Catholic Central High School Mother's Clubs Holiday Craft Show**  
TIME/DATE: 10 a.m.-4 p.m. Saturday, Nov. 3  
DETAILS: Vendors and crafters wanted; Holiday Craft Show is open to all artists, crafters or business people selling items suitable for holiday gift giving.  
CONTACT: (810) 231-3235 or (248) 705-9519

**First Aid/CPR Classes**  
TIME: 6-10 p.m., monthly  
LOCATION: Northville Township Fire Department, 45745 Six Mile Road  
DETAILS: American Red Cross First Aid/CPR classes taught by trained firefighters. Call for further information and dates; \$20 fee for Township residents.  
CONTACT: Northville Fire Department (248) 348-5807

**LIBRARY LINES**  
LOCATION: 212 W. Cady St., near Northville City Hall  
TIME/DAY: 10 a.m.-9 p.m. Monday-Thursday; 10 a.m.-5 p.m. Friday-Saturday; 1-5 p.m. Sunday.  
CONTACT: (248) 349-3020 or www.northvillelibrary.org for information regarding programs and library materials.  
Foreign Film Series  
TIME/DATE: 6:30 p.m. Mondays  
DETAILS: Oct. 22 "Nobody Knows," Japanese; Nov. 19 "Salaam Bombay," Hindi; and Dec. 19 "The Sea Inside," Spanish. All films free, ethnic treats provided; call library to make reservations.  
Friends Used Book Sale  
DATE: Thursday-Sunday  
TIME: 7-9 p.m. Thursday for Friends members only; 10 a.m.-5 p.m. Friday; 10 a.m.-4 p.m. Saturday; 1-3:30 p.m. Sunday.  
DETAILS: Indoor sale; Friday and Saturday \$6/bag, Sunday \$4/bag; proceeds support library programs. Donations accepted during hours of operation at Circulation Desk. A silent auction

continued from page 17

will also take place; those interested may place a minimum bid of \$150 on remaining books Sunday (\$50 in good faith required)

**TOT Storytime**  
 TIME/DATE: 10:15-10:45 a.m. each Monday, Sept. 24-Oct. 29, 10:15-10:45 a.m. or 11:30 a.m.-noon each Wednesday, Sept. 26-Oct. 31; 10:15-10:45 a.m. each Thursday, Sept. 27-Nov. 1

DETAILS: Children age 2-3 registered for program only, accompanied by caregivers; babies and non-registered children may not attend; held in Youth Activity Room. Register by phone or in person.

**Fall Kids Club**  
 TIME/DATE: 4:30-5:15 p.m. tonight (All About Dads), Oct. 18 (Halloween Stories), Nov. 8 (Manners), Dec. 13 (All About Russia)

DETAILS: Program for grades 1-3 features stories games and crafts; in the meeting room Register by phone or in person the first of each month.

**Junior Books Chat & Chow**  
 TIME/DATE: 4:15-5 p.m. Wednesday

DETAILS: Children grades 4-5 enjoy treats and discussion of "Ruby Holler" by Sharon Creech Please register

**Fall Storytime**  
 TIME/DATE: 4-4:45 p.m. each Monday, Oct. 8-Nov. 12, 10:15-11 a.m. or 2-2:45 p.m. each Tuesday, Oct. 9-Nov. 13

Stories and creative activities for ages 4-Kindergarten, in Activity Room, non-registered children may not attend Register by phone or in person

**Songs from American Musical Theater**

TIME/DATE: 7 p.m. Tuesday  
 DETAILS: Evening of songs performed by singers from the Michigan Opera Theater; call library to register.

**Trustees Board Meeting**  
 TIME/DATE: 7:30 p.m. Thursday, Sept. 27

**Blended Strings**  
 TIME/DATE: 7 p.m. Wednesday Oct. 10

DETAILS: Hear the country western stylings of Blended Strings, a string quartet

**Friends Board Meeting**  
 TIME/DATE: 7:00 p.m. Thursday, Oct. 18

**GOVERNMENT & SCHOOLS**

**Northville City Council**

DATE: first and third Monday of each month  
 TIME: 7:30 p.m.  
 LOCATION: City Hall, 215 W. Main St

**Downtown Development Authority Meeting**

DATE: third Tuesday of each month (Oct. 16)  
 TIME: 8 a.m.  
 LOCATION: City Council Chambers, 215 W. Main St  
 CONTACT: downtown-northville.com

**Board of Education Meeting**

DATE: Monday, Sept. 24 (usually second and fourth Tuesday of month)  
 TIME: 7:30 p.m.  
 LOCATION: Northville High School

**City Planning Commission**

DATE: first and third Tuesdays of month  
 TIME: 7:30 p.m.  
 LOCATION: City Hall

**Housing Commission**

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

**Historic District Commission**

DATE: third Wednesday of month

**Hazardous Waste Day slated Saturday at city DPW yard**

Each year, the city of Northville schedules a Household Hazardous Waste Day when residents are encouraged to bring hazardous waste to the Department of Public Works yard for proper disposal. The cost for this program is figured into the monthly price for weekly solid waste collection. This year's event is from 9 a.m.-4 p.m. Saturday at 650 Downy Drive.

City of Northville, Northville Township and city of Livonia residents are invited to participate. A driver's license will be required for proof of residency.

This is for household generated items only, such as computer monitors, printers, scanners, keyboards, mice, cell phones, fax machines, copiers, televisions, and fluorescent light bulbs, vehicle and household batteries and propane tanks.

For more information, call the Department of Public Works at (248) 449-9930.

TIME: 7 p.m.  
 LOCATION: City Hall

**Arts Commission**

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

**City Beautification Commission**

DATE: second Tuesday of every month  
 TIME: 7 p.m.  
 LOCATION: Northville City Hall, Meeting Room B

**Township Planning Commission**

DATE: last Tuesday of month  
 TIME: 7:30 p.m.  
 LOCATION: Township Hall, 44405 West Six Mile

**Township Board of Trustees**

DATE: third Thursday of month  
 TIME: 7:30 p.m.  
 LOCATION: Township Hall

**Township Zoning Board of Appeals**

DATE: third Wednesday of month  
 TIME: 7:30 p.m.  
 LOCATION: Township Hall

**Township Beautification Commission**

DATE: third Monday of month  
 TIME: 7:30 p.m.  
 LOCATION: Township Hall

**Youth Assistance**

DATE: second Tuesday of every month  
 TIME: 8 a.m.  
 LOCATION: Northville Township Hall, 44405 Six Mile Road  
 CONTACT: Sue Campbell (248) 344-1618

**REGIONAL**

**Ann Arbor Civic Ballet Open Auditions**

TIME/DATE: 7:30 p.m. tonight  
 LOCATION: Sylvia Studio of Dance, 3900 Jackson Road, Ste. 6, Ann Arbor  
 DETAILS: Experienced male and female dancers 12 years of age and older are invited to audition; women should bring pointe shoes.  
 CONTACT: For more information, call (734) 668-8066 or visit www.annarborcivicalballet.com.

**Robert M. Savage Concert**

TIME/DATE: 3 p.m. Sunday  
 LOCATION: New Hope Congregation, 57885 Grand River, New Hudson  
 DETAILS: Tenor Robert M. Savage Jr. will perform vocal selections from "Oklahoma," "Les Miserables," "Kismet" and from composers Phil Coulter and Anton Dvorak; accompanied by Deb Tyler on piano; no charge.  
 CONTACT: newhopeuu.org

**Suburban Republic Women's Club**

TIME/DATE: 11 a.m. Thursday, Sept. 27  
 LOCATION: Pic-A-Bone Restaurant, 30325 Six Mile Road, Livonia  
 DETAILS: Laura Toy is the guest speaker; \$12 per person; visitors welcome.  
 CONTACT: (248) 320-5473 for reservations

**"Pearls of Wisdom"**

DATE: daily through Sept. 31 (closed Sunday)  
 LOCATION: Picasso Cafe, 39915 Grand River, Novi  
 DETAILS: This exhibit features drawings of life figures by artist Barbara Eko Murphy.  
 CONTACT: www.barbaraekomurphy.com

**Rosa Paulus Art Show**

DATE: 9 a.m.-9 p.m. Monday-

Thursday, 9 a.m.-6 p.m. Friday and Saturday, noon-6 p.m.

LOCATION: Farmington Library, 23500 Liberty St., Farmington, (248) 553-0300  
 CONTACT: For information, call Rosa at (248) 473-1555

**Sunday Youth Basketball League**

DATE: Every Sunday through Oct. 28  
 LOCATION: Madonna University, 36600 Schoolcraft Road, Livonia  
 DETAILS: On Sunday, Sept. 9, 10-12 year-olds report at 3 p.m.; 13-15 year-olds report at 5 p.m.; teams formed based on evaluation period the first day; each session consists of a skill building session and a league game; teams coached by Madonna University Men's Basketball Players; cost is \$100; to register contact Chuck Henry at (734) 398-5975 or (734) 432-5591.

**Dinner with a Doctor**

LOCATION: St. John Providence Park Hospital, Grand River and Beck roads (use Beck Road entrance), Conference Rooms A, B and C

**Which Heart Test is Right for You?**

TIME/DATE: 6:30-8:30 p.m. tonight  
 DETAILS: Dr. Shukri David and Dr. Souheil Saba  
**Taking Charge of Your Breast Health**  
 TIME/DATE: 6:30-8:30 p.m. Thursday, Oct. 18  
 DETAILS: Dr. Linda Dubay

**Preschool**

LOCATION: Academic Pathways Cooperative Preschool, 30330 Schoolcraft Road, Livonia  
 DETAILS: Now enrolling for 2007-08 school year, 3 and 4-year-old programs.  
 CONTACT: (734) 459-6689 or www.academicpathwayspreschool.com

**An evening of wine, jazz**

By Kelly Murad  
 STAFF WRITER

Ladies and Gentleman are invited to MiXX and mingle, and wine and dine with all that jazz.

The Greater Novi Chamber is hosting the second Annual Grapes and Grooves event Friday, Sept. 28.

"Ladies, think 'little black dress,'" said Greater Novi Chamber President Whitney McClellan Stone. "It will be a fun night out."

The event will take place 6:30-10 p.m. at the Atrium of Novi between MiXX Lounge and Larson Jewelry on Main Street.

"It's a networking event," McClellan Stone said. "We like to invite the entire community."

The second annual fundraising event will feature four different wine tasting stations including Novi Fine Wine and The Grapevine; strolling appetizers from local restaurants

Hooters; The Grapevine and Fleming's; and live jazz music performed by the Jim Holden Quartet.

The Jim Holden Quartet is a conglomeration of Michigan State University students enrolled in the jazz program.

The four members are Novi resident Jim Holden playing tenor saxophone, Josh Davis on the drums, Sarah Slonim playing the piano and bass player Noah Jackson.

The event will feature a silent auction with items from Larson Jewelry, artwork from local artists, four fourth row Red Wing's tickets and four club level Lion's tickets with parking.

McClellan Stone is also hoping for a cigar bar in MiXX Lounge.

"It's one of our bigger fundraisers," she said.

Tickets for the event are \$30 in advance, \$40 at the door and are all inclusive. Anyone interested in buying tickets in advance should purchase them

by tomorrow.

Within weeks prior to its opening, The Grapevine wine bar is introducing itself as the Presenting Sponsor of Grapes and Grooves.

"We like to give people the opportunity to have the exposure," McClellan Stone said.

The Grapevine, located on Main Street next to Bora Bora Bistro, is owned by Novi resident and Planning Commission member Brian Burke.

"I'm just helping out, trying to pull off a great event," he said. "We're trying to get involved in some of the different aspects of the community."

"From the standpoint of being so close to opening, it's a good fit. It's a good fit no matter what the timing is, but it's an even better fit when we're right around the corner."

Novi News staff writer Kelly Murad can be reached at (248) 349-1700, ext 103 or kmurad@gannett.com.

**Goodwill Industries**

DETAILS: Goodwill Industries of Greater Detroit is asking for donations of new backpacks and school supplies as part of its Back To School - Fill a Backpack initiative. Items donated will benefit the children of clients whom Goodwill serves. Include in the new backpack: six pencils, six pens, wide ruled notebook, package filler paper, manual pencil sharpener, 24-count crayons, 12" ruler, glue stick, blunt scissors, three-ring binder, pencil bag, two two-pocket folders and one two gallon re-sealable plastic bag; donations will be accepted at Goodwill training sites including the North Oakland Career Center, 31150 Beck Road, Novi.  
 CONTACT: Kenya Vinson at (313) 964-3900, ext. 302

**South Lyon Square Dance Club**

LOCATION: VFW Post 2502, 125 E. McHattie St., South Lyon  
 DETAILS: American Square Dancing; no experience necessary, public and families welcome.  
 TIME/DATE: 7-8:30 p.m. Tuesday, Sept. 25 and Oct. 2: Introduction to Western Square Dance; \$3  
 TIME/DATE: 7-9:30 p.m. Wednesday, Oct. 10: Old Fashioned Square Dance; \$4  
 CONTACT: http://squaredancemichigan.tripod.com/southlyon.html or call (248) 486-0043

**Bowling for Bunnies: A Benefit for Midwest Rabbit Rescue**

TIME/DATE: 1-4 p.m. Saturday, Oct. 13

LOCATION: Clover Lanes, 28900 Schoolcraft Road, Livonia;

DETAILS: Cost of \$16 per person includes three games of bowling, shoe/ball rental, pizza, pop and birthday cake to celebrate our second anniversary; advance tickets only; used cell phones collected during event; proceeds benefit 140 rescued rabbits at Midwest Rabbit Rescue.

CONTACT: Debbie at (248) 994-7509, e-mail to Debbie@tinytreasures.net or visit www.rabbitrr.org.

Send calendar submissions via e-mail to cstone@gannett.com; by fax to (248) 349-9832; or by mail to Northville Record, 104 W. Main, Suite 101, Northville, MI 48167. Items must be received by noon on Tuesday to be included in Thursday's newspaper.

**19th Annual Victorian Festival**  
 NORTHVILLE, MICHIGAN

The Northville Chamber of Commerce would like to thank the Northville Community, volunteers, and businesses for their support of the 19th Annual Victorian Festival.

We could not present the Victorian Festival without all of their unique contributions. Remember to support those who support your community.

**Our Business Partners**

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- Edward Jones - David J Boyd, Dan De Lano
- Chad Gibbs, Chris Willerer
- Dogstar Training
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- Main Centre Apartments
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- Northville Youth Assistance
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- Ornn Jewellers
- Party Express
- Pear-spermalia
- Petland at Twelve Oaks Mall
- Poole's Tavern
- R.G. Merithew Trust
- Rangel Orthodontics
- Raymond James and Associates-Doug Bingham
- St. Mary Mercy Hospital
- Schoolcraft College
- Scott Lowery, CPA, PC
- Signs by Tomorrow
- Springbrook Gardens Greenhouse
- Starring...The Gallery
- Starring Gate Saloon and Restaurant
- State Senator Bruce Patterson
- Steve Fecht Photography
- Subway (5 Mile and Sheldon Rd.)
- Tanglewood Golf Course
- The Pet Connection, LLC
- Toll Brothers
- Town and Country Eyecare
- Trupp Family Chiropractic
- Uniland
- Varsity Lincoln Mercury
- Verita
- Vision Computer Solutions
- WineStyles
- Xucree Snow PC

Congratulations to our 2007 "Best Dressed"!



Non-Profit Winner: Greyhound Expressions



Merchant Winner: Northville Candle and Gifts

**Special Thanks to our Victorian Festival Committee Members**

- Janet Bloom, Northville Chamber
- Cal Stone, Northville Record
- Jim Allen, City of Northville Fire Chief
- Gary Goss, City of Northville Police Chief
- Janeen Crumden, PTA Box Lunch Program
- Cathy Davis, PTA Box Lunch Program
- Darlene Kuperus, Victorian Parade Tea
- Linda Chapkus, Victorian Parade Tea
- Cheryl Mudd, Northville Parks & Recreation
- Traci Sinecock, Northville Parks & Recreation
- Marianne Barry, Mill Race Duck Race
- Cheryl Garlay, Mill Race Clothing Sale
- Jim Galkgoly, City of Northville DPW Director
- Dorona Pallas, Victorian Parade
- Jan Purcell, Student Activities
- Sue Taylor, Art Market
- Suzanne Poulton, Art Market
- Mary Starring, NCBA

Logos for various sponsors including: Northville Record, Edward Jones, Independence Village, Atlas Home Improvement, Renewal by Andersen, State Senator Bruce Patterson, Meijer, Community Financial, Schoolcraft College, Varsity, Prestwick Estates, WOWS, STEEPLCHASE, and others.





Dressed in Victorian-era fashion, a group visits Dunlap Street on Friday to learn about customs of that time.



Kari Mohr of the Painted Garden works on touching up a purchase for a customer on Saturday.



Northville varsity pom pon members Laura Catalano, left, and Kristen Jutnemann sell bottled water Saturday to raise money for their team.



Riley McGee, 2, perched on her dad Mike's shoulders, claps along with others for a presentation by the "Spoonman" on Saturday.



Ruri Inoye adjusts the bonnet of fellow Northville Christian School student Bethany Schmid as they toured downtown Northville last Friday.



Ridge Wood elementary student Leticia Machado, right, participates in an egg-spoon race during this last week's Victorian Festival.

# FABULOUS FEST!



Northville High choir member Megan Sklut, with chocolate and whipped cream coating her face, and hair, and ears was one of many who withstood pie after pie in the face during the Victorian Festival in order to raise funds for her group.



Dressed in the appropriate garb, schoolchildren watch skits along Dunlap Street that depict Victorian-era life last Friday morning at the start of the annual festival.



The Silver Springs Dulcimer Society performs Saturday.



Visitors to the Northville Victorian Festival stroll along its art area along Main Street.

The Northville Community Chamber of Commerce celebrated its 19th Victorian Festival last weekend, with Jody Humphries, president, estimating 20,000-25,000 visitors attended the three-day event.

"The festival was very well-attended this year," Humphries said. "Everyone seemed to be having a great time, and the weather certainly cooperated."

About 25 nonprofit booths and 60 artists lined Center and Main streets from Friday to Sunday evening.

"It went really well," Humphries said, "and I think people enjoyed it."

The chamber's Best Costume for Merchants went to Beverlee Lindeen of Northville Candle & Gifts.

The Best Costume for Nonprofits was awarded to Greyhound Rescue. At Mill Race Historical Village, Lia Busse of Northville won the Best Decorated Hat by a Child Contest.

The Northville Community Chamber of Commerce's next big event is the Oct. 12-13 Octoberfest at Northville Community Park located at Five Mile and Beck roads.

For more information, call the chamber office at (248) 349-7640.



Jenny Simitch knits some scarves for sale for the Northville Mustangs' athletic boosters on Saturday.

**PHOTOS BY  
JOHN HEIDER  
NORTHVILLE RECORD**



Northville High freshman Gabrielle Seltz plays croquet along Dunlap Street last Friday as area students performed skits of typical Victorian-era life.



TALK ABOUT IT: Join in discussing our stories online via Story Chat at [northvillerecord.com](http://northvillerecord.com)

Cal Stone, editor  
(248) 349-1700, ext. 113  
cstone@gannett.com

# EDUCATION



Thursday, September 20, 2007  
www.northvillerecord.com  
fax: (248) 349-9832

## Plante Moran gives NPS positive audit

■ District added funds to reserves in 2006-07

By Jason Carmel Davis  
STAFF WRITER

The Northville Public School District Board of Education received some news Sept. 11 that several districts across the state would be ecstatic to hear. Eric Formberg, partner with auditing firm Plante Moran, told the Board the district had no issues concerning its financial information for the 2006-07 school year. "Not every district gets these results," Formberg said. "You should be happy about what you see here."

Formberg, along with Plante Moran Manager Terry Barber, delivered the district audit to the board Sept. 11.

Barber said the district was able to add an additional \$361,000 into its fund balance, due predominantly to district officials setting aside more than \$300,000 for a possible teacher settlement. The funds could go toward a future settlement, Northville Director of Business and Finance John Street said, but the money is in the district fund balance at this point.

"(Northville) has been able to hold serve despite a very, very difficult situation with regards to state aid," Formberg said. "It's difficult to plan when the state doesn't have its budget in place, but (Northville's) doing a good job."

In total, Barber said, the district has about \$3.1 million in its fund balance — 2.4 percent of the district's total expenditures. Northville, however, can only use \$1.5 million

of that, since the remaining \$1.6 million is tied into a designated budget fund to pay for projected cost increases, such as health care.

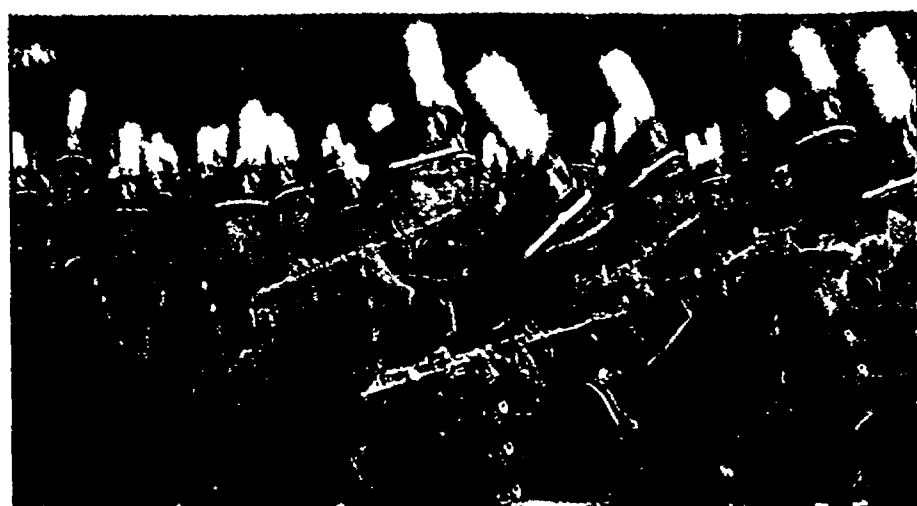
Northville's fund balance currently sits at 5 percent, Barber said. Assistant Superintendent for Instructional Services Mary Kay Gallagher said the district would like to be at 11 percent, but budget uncertainties and rising costs have affected Northville's — and other district's — fund balances in recent years.

District Superintendent Leonard Rezmierski said the news is phenomenal.

Board President Joan Wadsworth shared Rezmierski's sentiments.

"I think it's great the district has been able to add to its fund balance in these tight times," she said.

Northville Record staff writer Jason Carmel Davis can be reached at (248) 349-1700, ext. 108, or at [jasoncdavis@gannett.com](mailto:jasoncdavis@gannett.com).



Courtesy photo

### Marching through the streets

Members of the Northville High School Marching Band play a tune Friday night for those in attendance during the 19th annual Victorian Festival.

### Early Morning & Saturday Hours

Mon.-Fri. 6a.m. to 7:30p.m., Sat. 9a.m. to 2:30p.m.



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### BRIEFS

#### Senior All Night Party information

The Northville High School Class of 2008 Senior All Night Party will be held on Saturday, May 31, 2008 from 10:30 p.m. to 4:30 a.m. Please get your tickets early. Ticket prices are \$55 through December but increase to \$70 on Jan. 1, 2008. For \$40, you can purchase an unpainted wooden Mustang horse. This wooden horse is per-

sonalized by parents for their senior using photos, painted scenes, props, name tiles, sports-wear, balloons, etc. and displayed at the party. Order your wooden Mustang now; it will be available in the spring. Please contact Mary Jo Blasius at (248) 349-0101 with questions.

Make checks for tickets and wooden Mustangs payable to Northville Senior Class Party. Order forms are available online at [www.northville.k12.mi.us](http://www.northville.k12.mi.us).

Please mail orders and checks to Shirley Rogers, 16604 Dundalk Lane, Northville, MI 48168.

#### Old yearbooks available

The Northville High School yearbook staff is cleaning out its closets and has past editions of the yearbook for sale. To check availability and order, e-mail Ronalee Henderhan at [henderro@northville.k12.mi.us](mailto:henderro@northville.k12.mi.us)



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# NPS receives grant to shore up emergency response programs

**District awarded \$569,000 by U.S. Department of Education**

By Jason Carmel Davis  
STAFF WRITER

The Northville Public School District is part of a six-district consortium where each district has been awarded \$569,000 by the U.S. Department of Education to help enhance and fortify readiness and emergency response management plans in their schools.

Other school districts participating in the West Oakland-Wayne (WOW) Safe Schools Consortium are South Lyon, West Bloomfield, Huron Valley, Plymouth-Canton and Walled Lake. The consortium is one of only five in Michigan, and 92 nationwide, to receive the more than \$27 million in funding awarded under the federal Readiness and Emergency Management for Schools (REMS) grant program.

REMS provides funds to local school districts to improve and strengthen emergency management plans. The program also enables school districts to develop improved plans that address

all four phases of emergency management — prevention, preparedness, response and recovery. School districts must also commit to developing written plans that are coordinated with state Homeland Security plans, support the implementation of the National Incident Management System (NIMS) and develop plans for responding to a possible infectious disease outbreak.

The funds can also be used to train school personnel and students in emergency management; communicate emergency management policies and reunification procedures to school families; coordinate with local emergency responders, including fire and police; purchase equipment; and coordinate with groups and organizations responsible for recovery issues, such as health and mental health agencies.

"Providing a safe place for our students to learn and grow is one of the most important responsibilities we have as a school district," Northville Assistant Superintendent for Administrative Services Dave Bolitho said. "The REMS grant will enable us to further enhance our school safety and security measures."

Over the past three years, Northville school district officials have been working with consulting group Patriot Services and local, state and national law enforcement officials to conduct

vulnerability assessments at all school buildings; practice response procedures through tabletop simulations; and educate staff, students and parents in security measures and emergency procedures.

In addition, the district has made a number of security system upgrades and improvements as part of a federal Homeland Security grant. School district and law enforcement officials also continue to meet regularly to review and update school safety plans and procedures.

Components of the WOW Safe Schools Consortium funded through the REMS grant include:

- Conduct NIMS and threat assessment training for each school building's crisis team.
- Conduct tabletop exercises for each school building's crisis team.
- Conduct a full-scale disaster exercise that includes all six districts.
- Develop detailed virtual maps of all middle and high schools in the consortium.
- Implement an emergency alerting system to contact school families and first responders in an emergency.
- Conduct safe schools workshops for school families to help parents identify and report safety issues such as suspicious vehicles and individuals on or near school grounds.
- Include emergency preparedness information in all district newsletters and on Web sites.

- Provide active shooter training for all school police liaison officers.
- Provide Critical Incident Stress Management training for all school counselors.
- Create a new-hire training DVD that outlines safety and security procedures for all new hires and substitute staff.
- Develop pandemic flu plans that address all phases of crisis planning.

District Superintendent Leonard Rezmierski said he is proud his district has been selected to receive the funds. He said this is another example of Northville being able to cooperate with other districts, and another example of the hard work put in by Bolitho and district principals.

Patriot Services will serve as a consultant for the WOW Safe Schools Consortium. Officials from consortium schools will

meet soon to begin planning and implementation of the REMS grant initiatives, Bolitho said. "This is where we're at in the 2007-08 school year," Rezmierski said. "These funds will help us to ensure the safety and security in all our buildings."

Northville Record staff writer Jason Carmel Davis can be reached at (248) 349-1700, ext. 108, or at [jasondavis@gannett.com](mailto:jasondavis@gannett.com).



Courtesy photo  
**Practice makes perfect**  
Northville High School Music Director Mike Rumbell works with three freshmen music enthusiasts. The freshmen are (left to right) Motoki Fukada, Marina Hague and Eric Bobr

# State budget process has huge impact on schools

**Districts' October payment in jeopardy if budget isn't finalized**

By Jason Carmel Davis  
STAFF WRITER

If those in Lansing don't reach an agreement on a budget by Sept. 30, public school districts across the state, including in Northville, could face more adversity than usual.

Schools are set to receive payments from the state in October. If

the government shuts down for any period of time, districts may not get that money, according to Northville Public School District Board of Education President Joan Wadsworth.

"We've been keeping our eye on what's going on (in Lansing), because that determines our per-pupil funding," she said. "At this point, we don't really know what's going on and we're getting worried."

If Northville's October payment is late, the district could potentially use some of the \$1.5 million in its fund balance to offset costs.

Another option would be to attempt to pass a millage, which could take months to get

approved.

John Street, Northville Public School District Director of Business and Finance, said that if the payments are late, it will be a short-term problem. However, if Northville's per-pupil allotment of \$8,435 decreases, that could have a long-term affect on the district, Street said.

"If we don't get our payment by Oct. 22, we could lose \$4.8 million," Street said. "I can't speculate right now, but the funds to cover those expenses should be available."

Northville Record staff writer Jason Carmel Davis can be reached at (248) 349-1700 ext. 108 or at [jasondavis@gannett.com](mailto:jasondavis@gannett.com).

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# SPORTS



Thursday, September 20, 2007  
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## WARRIORS ZERO IN

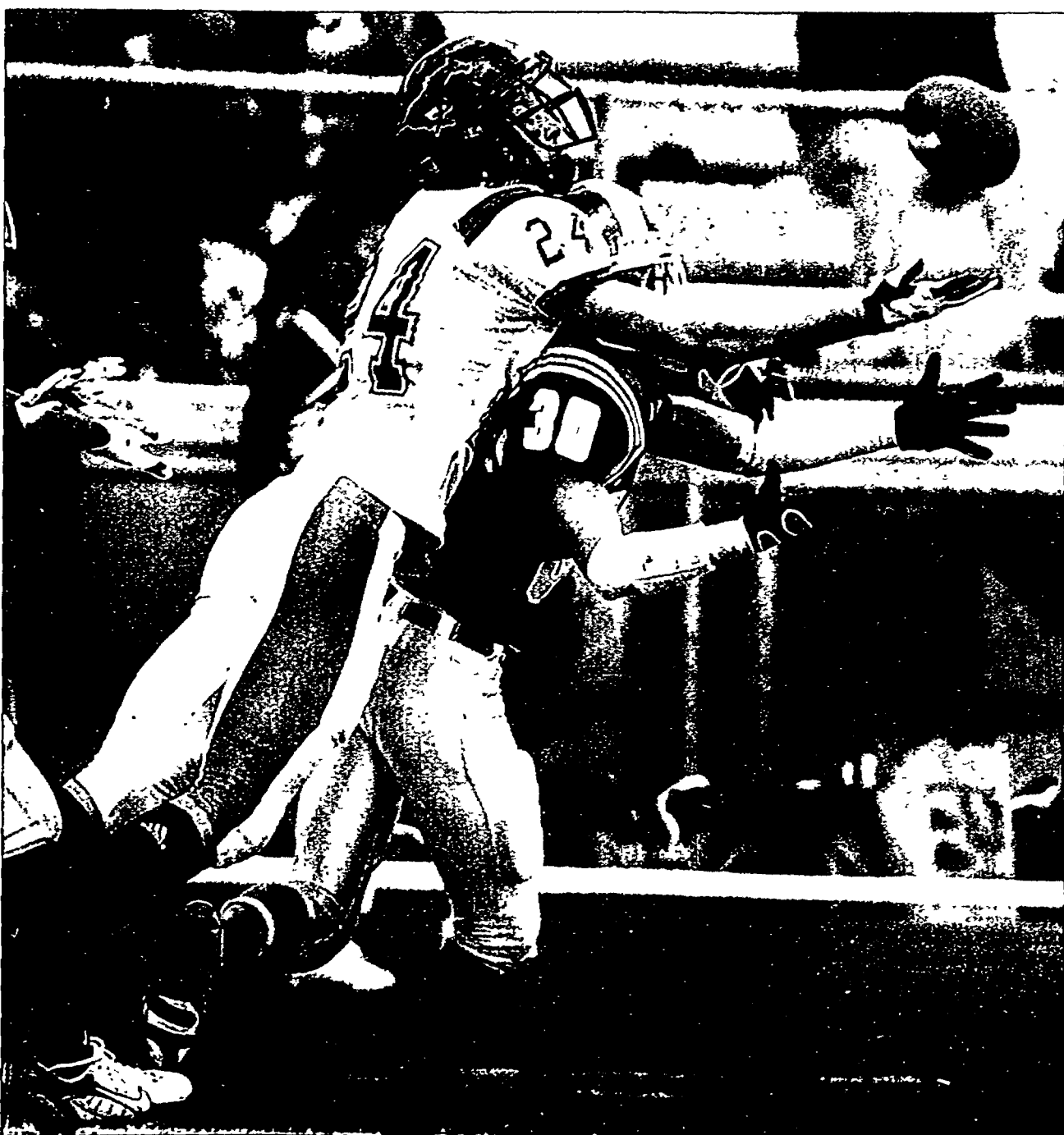


Photo by JOHN HEIDER/Northville Record

While bumping along with a Warrior defender, Mustang senior David Burke goes up for a pass during the second quarter of Saturday's game against Walled Lake Western.

## Mustang offense shut down in 20-0 loss

By Jeff Theisen  
RECORD SPORTS WRITER

Team	1	2	3	4	Tot
NVL	0	0	0	0	0-0
WLW	7	0	6	7	20-0

The Northville slide continued Saturday with a 20-0 loss at Walled Lake Western.

Though the score looked lopsided, Northville head coach Ryan Hockman liked how his team stayed in the game.

"We were in that game," he said. "It was 7-0 at halftime and 13-0 at the end of the third quarter. Our defense is playing well at times."

Western took the Mustangs out of the game with heavy blitzing and man coverage.

"They did a lot of line stunts and movement up front that we just didn't pick up very well. We were a little disappointed in our line play."

When people blitz you, the

**First quarter**  
W — 6:03 Buchanan 36 pass from Welch, Watko kick  
**Third quarter**  
W — 9:46 Nix-Fleming 2 pass from Welch, conversion failed  
**Fourth quarter**  
W — 1:04 Chass 11 pass from Welch, Watko kick

game speeds up. You've got to play faster on both sides of the ball. Things speed up, and we didn't do that enough.

"They challenged us a little bit to throw the ball," Hockman said.

Western scored all three of its touchdowns via the pass.

The first, a 36-yard score with 6:03 left in the first quarter.

The 7-0 lead stood into halftime, but it grew to 13-0 in the third from a 2-yard pass with 9:46 remaining.

The final scored came with just 1:04 left in the game, an 11-yard score.

Western hit 11-of-18 passes for 145 yards with one interception.

Aaron Chew connected on five of 10 passes for only 13 yards with an interception.

Andrew Devine completed his only pass for 34 yards. He also led the Mustangs on the ground with 51 on 21 carries.

Western ran for 237 yards on 43 carries and outgained the Mustangs 382-122 overall.

Greg Hasse again led the defense with 20 tackles. David Sands was next with nine.

### Working out of it

Despite starting 0-4, Hockman has been pleased with how his team has handled things.

"They realize the situation we're in," he said. "We don't have any cancers in the lockerroom. That's a testament to our players, captains and coaches."

"We're going to have to work our way out of it. We have been making progress. I thought we did we did well offensively against Churchill and against Canton, a really good team."

Jeff Theisen can be reached at [jtheisen@gannett.com](mailto:jtheisen@gannett.com) or at (248) 349-1700, ext. 104.

## Mustangs second at Spartan Invite

■ Peterson places 12th

By Jeff Theisen  
RECORD SPORTS WRITER

The Northville cross country team finished just behind rival Novi to finish second at the 44-team Spartan Invite on Friday.

Northville finished with 141 points, finishing behind Novi (127) and ahead of Saginaw Heritage (194).

Erik Peterson led the Mustangs with a 12th-place finish (16:40).

"This was his first time running at MSU, and he showed what he is capable of doing at a big meet," Northville head coach Chris Cronin said. "No one works harder than Erik, and that work paid off Friday."

Nick Kolbow was hot on his heels in 15th (16:41). Jack Dalton finished in 19th (16:48) and John Zurek also ran with the pack, finishing in 24th (16:53). Jake Myers finished the scoring for the Mustangs, crossing the line in 71st (17:29).

"We have focused on pack running this season, and it has paid early dividends," Cronin said. "We have a long way to go, but we are happy with our progress to date."

The Mustangs also raced strong in the JV race, finished second. Frank Griffiths won the race, finishing in 17:21.

"Frank has the ability to truly help this team, and today, he showed that," Cronin said. "It's the first year we have ever run a JV team at MSU. I'm glad we did."

Jeff Girbach was next in 11th (18:04), followed by Colin Rley

in 23rd (18:19), Trent Johnson in 29th (18:27) and Kevin Lerner in 63rd (18:55).

### Northville Tennis (5-1, 5-0)

The Northville tennis team knocked off three league foes in a row by 8-0 scores. The Mustangs blitzed Churchill 8-0 Sept. 10 and Walled Lake Northern by the same score the following day and John Glenn on Sept. 12. The Mustangs also beat Livonia Stevenson 7-1 Monday.

Agacest Churchill, captains Lee Schechter and Phil Irvine won every game, 6-0, 6-0, at No. 2 doubles.

Mike Hagan had to come back from a 2-6 loss in the first set to win the final two, 6-2, 6-2 to get the win in singles play.

Winning in singles play were Steve Irvine, Tim Wasielewski and Hagan. Doubles wins came from Andy Mills and Graham McHenry; Schechter and Phil Irvine; Dan Mills and Brian Lovett; Nick Kalweit and Evan Gatz.

Stevenson suffered its first loss off the year.

### Northville Swim and Dive

The Mustang swim and dive team competed well with Novi but couldn't match the Wildcat depth in a 109-77 loss Sept. 11.

Jessica Weber had a huge day in the pool, winning the 50 freestyle in 25.28, the 100 free in 54.90 and was part of the winning 200 free relay team (1:43.17) with Meghan Kanya, Rachel Englert and Emily Hopcian. Weber also was on the second-place 400 free relay team with same girls (3:46.73).

continued on 4



Submitted photo

Mustangs, from left, head coach Chris Cronin, senior captain Ben Marti, senior captain Jake Myers, senior captain Erik Peterson, senior John Zurek, senior Nick Kolbow and junior captain Jack Dalton stand on the podium after placing second at the Spartan Invitational.

## 'Stangs split squad, show depth at meets

Submitted to the Record

The Northville girls split their team last week and had impressive results in both meets they attended.

Last Thursday, the Mustangs traveled to John Glenn to compete in the WLAA city meet and came out on top.

The Mustangs using their 16-35 runners beat John Glenn 28-31 and Wayne 15-40.

Leading the way for the Mustangs was freshman Sara Dedona who finished third in 21:56.

Next in for the Mustangs was junior Kathleen Keiffer, who finished fourth in a season-best time of 21:59. After Keiffer was freshman Allie Jezak, finishing sixth in 22:59. Freshman Helen Mulcahy in seventh in 22:59, junior Maudie Smith in eighth in 23:00, senior Annie Laurie Medonis in ninth in 23:12, rounding out the top-seven Mustang performers was freshman Katherine Coleman in 10th in 23:14.

"I was happy with the results on a course that was flat and our younger kids keep improving from week to week," Northville head coach Nancy Smith said.

On Friday night, the top 15 Mustangs traveled to the prestigious MSU Sparatan Invitational to compete in the elite division.

The Mustangs were originally scheduled to compete in the Green (Division 1) but opted to move up. The Mustangs had outstanding performances despite finishing in 17th place out of 24 teams.

"If they would have stayed in the Green Division they would have placed first but maybe not have run as well," Smith said.

Jenny Murphy again lead the Mustangs with the top performance running 19:37 for 37th place, a season PR and .30 seconds faster than last year at the same race.

Next in for the Mustangs was Lindsay Hagan in 19:57th for 53rd place. The Mustangs continued to excel with freshman Emily Sklar running a career/season personal record in 20:26 for 82nd place.

"Emily continues to improve and is a determined competitor looking for improvement from week to week," Smith said.

Kristen Stutrud running a career/season PR of 20:36th for 93rd, Stephanie Hamel 20:48 and Amy Baditoi 20:48 (career PR) crossed the line together in 103 and 104, finishing out the top-seven was Anna Hardenbergh in 20:55 for 112th.

The Mustangs ran another

continued on 4

## Northville second at U-M tournament

■ Mustangs play Churchill tough in finals

Submitted to the Record

Northville placed second in a field of 21 teams at the University of Michigan Dearborn tournament this past Saturday.

The day got off to a rough start when Northville dropped its first two games to a strong Lutheran Westland team 25-18 and 25-20. Jamie Cotrone had five kills and four blocks Those losses would force Northville to win out in pool play for a chance to finish in the top eight and advance to the gold bracket of the playoffs.

Northville (9-3-0) dispatched of Bishop Foley 25-14 and 25-11 and Regina 25-19 and 25-21 to secure the No. 7 seed in the gold bracket playoffs. Allison Holmes had 10 assists and three aces against Regina.

"It was nice to see the girls regroup and come back with two important wins," Northville head



Submitted photo

Northville shows off their hardware won at the U-M lead.

coach Laura Lesko said.

Northville won easily in its first playoff match against No. 2 seed Plymouth 25-18 and 25-15 on 9 kills by Krysta Cicala and eight from Emily Grant.

"The girls were excited to make it into the gold bracket after a rough start in the morning," Lesko said. "They took the court in play-

offs focused and determined to win."

The second match against Dearborn Divine Child would prove to be much more of a contest. Northville won the first 25-20 but DC stormed back in the second game 25-9 to even up the match. In the tie-breaking game to 15, Northville had a command-

ing five-point lead at 10-5. Divine Child worked their way back to 12-12 tie. When it looked like DC might have the momentum, Lydia Blair made a nice dig on a hard hit ball from DC that landed back on their side for a Northville point. Northville went on to win the final game 15-13.

The finals would pit Northville against rival and defending state champion Livonia Churchill. In the first match, Churchill held the lead for the whole game and went on to win 25-21 on strong defensive play and a potent offense. In the second game, Northville neutralized the Churchill offense early and picked up points of their own to start the match with a 14-6 lead. Churchill then rattled off eight straight points to tie the game at 14-14 and eventually went on to win the game 25-19 and the match.

"Once the girls settled down and played their game," Lesko said, "it was an exciting match to watch." It was said. "Our defense stepped up with some great digs throughout the whole match. Blocking also

continued on 4



Mustang lineman Matt Hartman makes a running block during Northville's visit to Walled Lake Western.

## JV beats W.L. Western

Submitted to the Record

The JV football team chalked up another victory over Walled Lake Western Saturday with a final score of 39-22.

"Northville's defense coached by Darrell Schumacher and Chad Dicken did a great job! We had three pass interceptions and two fumble recoveries," said head coach Dennis Colligan. "The offensive line blocked well and enabled running back, Brett Smith, to have 188 yards rushing. The win was a good team effort."

Georgios Basoukas started the scoring with a 20-yard fumble return for a touchdown. Kyle Galdes and Devon Pearson both scored touchdowns from 1 yard out. Brett Smith rushed 13 times for three touchdowns. Jake Robideau kicked three field goals.

The defense was outstanding with Wes Baber, Georgios Basoukas, Jake Elker, Brian Goeberg, Bobby Lahiff, Dan Stern and Justin Umin leading in assisted and unassisted tackles. Wes Baber also blocked 2 points.

The teams' record is 3-0-1 with wins against Canton, Churchill, Walled Lake Western and a tie against South Lyon.

The next game is 7 p.m. Thursday at Wayne.

### Freshmen stats

- Jon Alandt — 28 carries for 178 yards, 2 TDs, 1 reception, and a 2-pt conversion, and 1/1 PAT
- Brett Gardner — 5/16 for 57 yards
- Spence Devine — 3/6 for 34 yards and 1 INT, and had 2 carries for 14 yards
- Ryan Owen — 1 rush for 26 yards
- Lukas Bates — 5 catches for 80 yards
- Paul Soyster — 1 catch for 12 yards
- John Montgomery — 1 rush for 5 yards
- John Duquesnel — 1 rush for 6 yards
- Matt Celentino — 2 rushes for 5 yards
- Rob Russo — 2 rushes for 7 yards
- Mike MacLean — 1 catch for 4 yards

by tailback Jon Alandt, but Western scored twice in the half to take a 14-8 lead.

The Mustangs retook the lead in the second half 15-14 behind Alandt once again, and held for most of the half, but allowed Western to score with under 4:00 remaining. With one last chance, the Mustangs proceeded to drive the ball 50 yards to set up a second and goal from the 3-yard line, but a fumble recovery sealed the game for Western.

### Freshmen fall to Western

The Mustangs freshman football team lost to Walled Lake Western 20-15 last Thursday.

The Mustangs jumped out to an early 8-0 lead on several long runs



Kyle Galdes, right, breaks a long run for the Mustangs.

# Zebras bring size to the line

By Jeff Theisen  
RECORD SPORTS WRITER

Northville head coach Ryan Hockman isn't going to reinvent the wheel halfway through the season, he knows his team just has to get better at what it does.

"We're going to run our stuff, we've just got to get better at it," Northville head coach Ryan Hockman said. "I love to coach, and this is a challenge.

"The great thing about football

is if you lose a game, you don't have that long to feel sorry about yourself."

Despite getting shutout, Hockman isn't going to throw a bunch of new plays in the offense just to shake things up.

"I'm not going to open it up and put Aaron (Chew) in a position to fail," Hockman said. "Aaron knows what his limitations are, and I think he's doing a good job. We're going to keep it simple

"I've got to hand it to Western for knowing our limitations."

The Mustangs take on 2-2 Wayne at home 7 p.m. Friday.

The Zebras bring a lot of beef to the field.

"They're huge up front," Hockman said. "They average like 6-3, 6-4 and 270 up front. They're monstrous."

Wayne is led by quarterback David Freeman.

"He's very athletic and very fast," Hockman said. "He's a three-year starter, a Division I player.

"His brother is the running back and slot receiver."

The Wayne offense uses a lot of variations in sets.

"They run a lot of option," Hockman said. "They get in the 1, they get in unbalanced formations and they try to throw it a little bit."

Defensively, the Zebras use a 3-4 and try to dominate with size.

The WLAA Western Division is full of parity this year. Besides Northville (0-2) and Walled Lake

### Friday's Game

Who: Northville (0-4, 0-2) vs. Wayne (2-2, 1-1)  
Where: Northville  
When: 7 p.m.

Western (2-0), everyone else is 1-1 in divisional play.

Jeff Theisen can be reached at [jtheisen@gannett.com](mailto:jtheisen@gannett.com) or (248) 349-1700, ext. 104.



The Mustang offensive line faces the Warriors during their Saturday visit to Walled Lake Western.

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# Freshman Colts win; JV falls

Submitted to the Record

The Northville JV Colts were defeated by the Livonia Falcons Sunday at home. The final score was 6-0, with the deciding touchdown scored on the final play of the game with no time remaining.

Both teams were unbeaten after the first two games. The loss drops the Colts to 2-1.

Another strong performance by the defense kept the game close holding the Falcons scoreless nearly the entire game. This week Connor Brown led the team on tackles, while RJ Holloway recovered two fumbles. Justin Moy made a touchdown-saving tackle in the third quarter, while a third-and-goey sack by Justin Moy and Joey Hewlett set up an eventual stop as the Colts took over on downs with 6:30 to play in the game.

On offense Robby Parks had a good day running the ball as did Joey Hewlett with a couple of big runs. The Colts were able to get inside the 20 yard line twice. The first was a called-back TD run followed by a stop by the Falcons after starting at first-and-10 on the 11. The second time the Colts drove all the way to the 11-yard line only to fumble and end the threat.

The only score of the game came when the Falcons took over on downs at the Colts' 30 yard line with 19.3 seconds to play. After one incomplete pass, the Falcons completed a pass down to the Colts 3-yard line with 5.7 seconds to play. The next play the Falcons scored with no time remaining.

It was another exciting Sunday of JV Colts football. The team played with pride and can hold their heads up even in the loss, and look forward to Saturday's game against the Walled Lake Braves.



Connor Brown tries to fight through a couple of Livonia tacklers.



Robby Parks brings the ball upfield against Livonia.

## Freshman Colts stay undefeated

The Colts hosted the Livonia Falcons on Sunday, and although the Falcons provided steady competition during the first half, the Colts scored two touchdowns to the Falcons' one in the second half, bringing the final score to 13-6, Colts.

In the first quarter, the Colts kicked off and the Colts offense, including Sean Smith, Joey DeCampo and Sam McMeekin made several great plays, but could not make a first down and lost possession of the ball. The strong Colts defense similarly shut down the Falcons offense, with key tackles made by Leo Keyes and Michael Minick. The Falcons gave up the game in a fumble, and the Colts regained possession and again made a scoring drive. Colts offensive linesman Jeremiah Dunne and Michael Minick

allowed quarterback Justin Zimbo to complete a pass to Zachary Prystach but the Colts still could not score and punted the ball. During the second quarter, the Colts defense again held the Falcons at bay with defensive maneuvers, David Dillon, Alec Coppeck, Nicholas Wilds, Mason Pitt, and Jacob Walker. After the scoreless first half, the Falcons gained the advantage by running in a quick touchdown during the first minutes of the third quarter. The Falcons extra point run was foiled by the Colts' Joe McCormick's tackle, the Falcon kick gave the Colts lost possession, which they lost due to an intercepted pass. The Falcons then fumbled, and the Colts' Mason Williams found the Colts' deep in Falcons territory.

This set up several offensive plays culminating in a touchdown by the Colts' Michael Minick. The Colts also ran in their extra point, bringing the score to 7-6.

The Colts' Leo Keyes kicked off to the Falcons, who fumbled the ball again on the next play providing the Colts' Mason Williams with his second fumble recovery of the day. The ball changed hands twice as each team failed to make a first down, but with only five minutes left in the fourth quarter, the Colts' Alec Coppeck made a 35-yard touchdown run, bringing the score to a comfortable 13-6. The Falcons were unable to score as the clock ran out. The Colts will face the Walled lake Braves on Saturday at Walled Lake Western High School.

# Stallions lose, keep games close

Submitted to the Record

The Northville Stallions JV football team lost 13-0 in a close, hard-fought game to the Multi-Lake Gators on Sunday. In a terrific game, both defenses played outstanding.

The Gators led 6-0 at the half, after scoring a touchdown and being denied the extra point by the tough Stallion's defense.

In the second half, the Stallions battled back with a beautiful interception and nice return by Evan Killeen to give the Stallion's offense great field position. However, the Gators' defense forced a turnover deep in their own end of the field.

The Gators were later able to score again with a nicely executed pass and took a 13-0 lead after converting the extra point.

The Stallions continued to battle on defense and showed great effort on offense in the late stages with a primarily passing offense to attempt the comeback.

There were several terrific players for the Stallions in this game. The coaches named Jake Cheslik the Offensive Champion of the game due to his consistent tough running and great emotion during the game. It took multiple tacklers to bring Cheslik down

every time he carried the ball.

Kevin Charara was named the Defensive Champion of the game. Charara lead by example with several outstanding tackles at his outside corner position, including many for little or no gain on the play.

Lastly, Andrew Meacham was named the Special Teams Champion of the week. Meacham handled the punting for the Stallions and his long punts were essential for field position in a close defensive game.

## Freshmen fall 13-6

The Northville Stallion freshmen football squad traveled to Walled Lake on Sunday to face the Multi-Lake Gators.

The Gators scored early to grab a 7-0 lead and controlled play in the first quarter, but the Stallion defense managed to keep the score close with a key stop inside their own 10-yd line.

Later in the second quarter, a defensive fumble recovery by Connor Gibaratz at the 34 yard line stopped another drive and allowed the Stallions to stay within a touchdown at halftime.

The Stallions Orange Crush offensive unit got things moving

in the second half with a solid opening series behind the line play of David Evans, Jake Gould, Ryan Paddock, Brennon Pelland, Diaz Saunderson and Aaron Youmans. Their blocks led to key runs by Sean Federonko and Tyler Hood into Gator territory and won valuable field position for the Stallions.

Following a few series turned over on downs, the Stallion offense drove for a touchdown, scored by QB William Wright on an 11-yard scamper into the right corner of the endzone. The point-after failed and the Stallions trailed 7-6 midway through the third quarter.

Strong running by Michael Toth and three receptions by TE George Metrusias, including a key 29-yard completion from Wright, were highlights of the offensive effort. The Stallions continued to battle, but the Gators were able to convert a critical fourth-and-goal to end the third quarter and take a 13-6 lead.

The Stallions had one final opportunity following a fumble recovery by Dom Marsalese late in the fourth quarter to give the offense one final opportunity, but the Gators defense toughened to preserve the 13-6 victory.

## PARKS & RECREATION

**LOCATION:** 775 N. Center St. (back entrance of Hillside Middle School)  
**CONTACT:** For registration and information on camps, classes and activities call (248) 349-0203 or visit [www.northvilleparksandrec.org](http://www.northvilleparksandrec.org)  
**Parks and Recreation Commission**  
**DATE/TIME:** 7 p.m. second Wednesday, every other month beginning January  
**LOCATION:** Northville Township Hall, 44405 W. Six Mile Road

**Group Fitness Classes**  
**DETAILS:** Classes include Yoga, Pilates Ball, Aerobics, Step, Kickboxing, Cycle and overall strength training. Class schedules are flexible and vary; monthly calendar available at [www.northvilleparksandrec.org](http://www.northvilleparksandrec.org) or call (248) 349-0203. Fees are \$5 for drop-ins or \$45 for an unlimited monthly resident pass.  
**Classes held at Hillside Recreation Center or the Senior Community Center.** All fitness levels welcome to participate; certified instructors provide safe and fun workouts.  
**Open Basketball**  
**TIME/DATE:** 6-9 p.m. every Sunday  
**LOCATION:** Senior Community Center, 303 W. Main St.  
**DETAILS:** \$3 per person.  
**Open Family Basketball**  
**TIME/DATE:** 4-6 p.m. every

**Sunday**  
**LOCATION:** Senior Community Center, 303 W. Main St.  
**DETAILS:** \$2 per person.  
**Open 40+ Basketball**  
**TIME/DATE:** 7-9:30 p.m. every Wednesday  
**LOCATION:** Senior Community Center, 303 W. Main St.  
**DETAILS:** \$3 per person.  
**Open Volleyball**  
**TIME/DATE:** 7-10 p.m. every Thursday and 10 a.m.-2 p.m. every Saturday  
**LOCATION:** Recreation Center at Hillside  
**DETAILS:** \$4 per person.  
**Open Badminton**  
**TIME/DATE:** 7-9:30 p.m. every Tuesday and Friday  
**LOCATION:** Recreation Center at Hillside  
**DETAILS:** Competitive style badminton available; all skill levels welcome; \$7 per player.

**TIME/DATE:** 7-9 p.m. every Friday  
**LOCATION:** Senior Community Center  
**DETAILS:** British game based loosely on basketball rules; \$3 per person.  
**Table Tennis**  
**TIME/DATE:** 6-10 p.m. every Monday and noon-4 p.m. every Saturday  
**LOCATION:** Hillside Recreation Center, 700 W. Baseline Road  
**DETAILS:** Eight tables available; all skill levels welcome; \$5 per player.

Send calendar submissions via e-mail to [cstone@gannett.com](mailto:cstone@gannett.com); by fax to (248) 349-9832; or by mail to Northville Record, 104 W. Main, Suite 101, Northville, MI 48167. Items must be received by noon on Tuesday to be included in Thursday's newspaper.

**Amanda Bynes**

**Sydney White**  
 Freshman year is no fairy tale.

**OPENS FRIDAY, SEPTEMBER 21ST**

AMC FORUM 30 4461 Market St 734-254-5443	AMC STAR OXFORD 31 5520 Oxford Ave 948-771-5200	AMC STAR JOHN R 15 3239 John R 308-886-3070	AMC STAR LAUREL PARK 19 1775 Laurel Park Dr 734-822-4220	AMC LIVONIA 26 7602 WOODLAND DR 734-547-9028	AMC STAR ROCHESTER 18 2310 Stryker Circle 248-781-2286	AMC STAR SOUTHFIELD 38 34255 John R 482-377-2222	AMC STAR TAYLOR 18 2228 E. Taylor St 248-367-2000	GOOODRICH CANYON 7 4365 Goodrich Road 734-944-3456	EMERALD CANYON 7636 John R 948-371-3454	AMC STAR NOV1 4425 N. 17 Mile Rd 482-371-3454	QUAIL TAIL 3644 Jackson St 734-267-2857	AMC SOUTHFIELD 26 17541 Southfield Rd 734-264-3454	AMC STAR WESTLAND 5609 N. Westland Rd 734-264-3454	AMC LAUREL PARK 10 15 Mile N. Van Dyke 948-264-1114	AMC STAR SOUTHVALE 26 1341 Southvale Rd 734-264-3454	AMC STAR GREAT LAKES 25 734-271-3454	AMC STAR TAYLOR 10 948-371-3454	AMC STAR BIRMINGHAM PALLADIUM 12 948-371-3454	AMC STAR MARKETPLACE 26 15 Mile N. Van Dyke 948-264-1114	AMC STAR SOUTHVALE 26 1341 Southvale Rd 734-264-3454	AMC STAR WEST RIVER 482-371-3454	AMC STAR COMMERCE STADIUM 14 948-371-3454
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**YOU THOUGHT YOUR FAMILY WAS NUTS.**

**MR. WOODCOCK**

**NEW LINE CINEMA**

AMC STAR FARM LAKE 21 482-371-3454	AMC STAR FORUM 30 482-371-3454	AMC STAR GREAT LAKES 25 734-271-3454	AMC STAR JOHN R 15 308-886-3070	AMC STAR LAUREL PARK 10 15 Mile N. Van Dyke 948-264-1114	AMC STAR LIVONIA 26 7602 WOODLAND DR 734-547-9028	AMC STAR ROCKFORD 17 482-371-3454	AMC STAR SOUTHFIELD 26 17541 Southfield Rd 734-264-3454	AMC STAR TAYLOR 10 948-371-3454	AMC STAR BIRMINGHAM PALLADIUM 12 948-371-3454	AMC STAR MARKETPLACE 26 15 Mile N. Van Dyke 948-264-1114	AMC STAR SOUTHVALE 26 1341 Southvale Rd 734-264-3454	AMC STAR WEST RIVER 482-371-3454	AMC STAR COMMERCE STADIUM 14 948-371-3454
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**CHURCH DIRECTORY**

For information regarding rates call The Northville Record or Novi News (248) 349-1700

<b>NORTHVILLE EXPERIENCE LIFE EACH WEEK</b> Sunday 10:15 AM Wednesday Family Night 7:00 PM <a href="http://www.northvillechristian.org">www.northvillechristian.org</a> 41355 Six Mile Road <b>248-348-9030</b>	<b>WARD EVANGELICAL PRESBYTERIAN CHURCH</b> 4000 Six Mile Road - Northville MI 48167-2600 Pastoral Services 9:30 and 12:30 p.m. Contemporary Service 9:00 a.m. Sunday School & Nursery 10 a.m. Evening Worship 7:00 p.m. www.wardch.org Road 44000 E. 110 a.m. Sunday WRP1 560 AM
<b>MEADOWBROOK CONGREGATIONAL CHURCH</b> 21355 Meadowbrook Rd. at Nov1 at 8 1/2 Mile 248-348-7757 • M,CC@meadowbrook.org www.meadowbrook.org • Sunday Worship 10 a.m. For further information, ask for Denise Parr Chairperson, the Board of Deacons Rev. Arthur Ritter, Senior Minister	<b>FIRST PRESBYTERIAN CHURCH OF NORTHVILLE</b> 200 E. Main St. at Huron - (248) 349-0911 Worship & Church School - 9:30 am & 11 am Children's Available at All Services Youth Logos Pkg. Wed. 4:15 Gr. 1-5 5:00 M/S/9 H Singles Place Ministry - Thurs 7:30am Rev. W. Kent Case, Senior Pastor Rev. James P. Russell, Associate Pastor
<b>HOLY CROSS EPISCOPAL</b> 9 Mile & Meadowbrook Phone 248-427-1175 Sat 5 pm, Sun 7:45 & 10 am Holy Eucharist Sunday School & Nursery 10 am Rev. Karen Henry, Pastor <a href="http://www.churchoftheholycross.com">www.churchoftheholycross.com</a>	<b>GOOD SHEPHERD LUTHERAN CHURCH</b> 9 Mile & Meadowbrook Wisconsin Ev. Lutheran Synod Sunday School and Adult Bible Class 8:45am Worship 10:00am Thomas E. Schroeder, Pastor - 349-0565
<b>FAITH COMMUNITY PRESBYTERIAN CHURCH</b> 44400 W 10 Mile, Nov1, 248-349-2345 1/2 mile west of Nov1 Rd Sunday 9:00 a.m. & 10:30 a.m. Service Dr. Richard J. Henderson, Pastor	<b>FIRST UNITED METHODIST CHURCH OF NORTHVILLE</b> 369-1144 8 Mile & Tott Roads Sunday Worship Services 8:00, 9:15 & 11:00 a.m. Rev. John Hice • Rev. Lisa Cook <a href="http://www.1stunorthville.org">www.1stunorthville.org</a>
<b>ST. JAMES ROMAN CATHOLIC CHURCH NOVI</b> 40325 10 Mile Rd Nov1, MI 48374 Sunday 5:00 p.m. Sunday 9:00 a.m. (9:15 a.m. for the Poor) Reverend George Charnay, Pastor Parish Office 347-7778	<b>FIRST CHURCH OF THE NAZARENE</b> on Haggerty Rd. North of 8 Mile Rd Sunday Celebration 9:30 a.m. Sunday Celebration 10:50 a.m. & 6 p.m. (248) 348-7600 Dr. Ron Blake Pastor
<b>CHURCH OF THE HOLY FAMILY</b> 2455 Meadowbrook Rd. Nov1 MI 48375 Masses: Sat 5 pm, Sun 7:30 am 8:45 am, 10:30 am, 12:15 pm Holy Days: 9 am, 5:30 pm, 7:30 pm Fr. Timothy Hagan, Pastor Rev. Mr. William Wiedmann, Deacon Rev. Mr. Timothy J. Poon, Deacon Parish Office 349-8837	Your church could be here. Call 248-349-1700
<b>NATIVITY OF THE VIRGIN MARY GREEK ORTHODOX CHURCH</b> 39551 Five Mile Rd. (S. of Haggerty) Plymouth, MI 48170 Phone 734-420-0131 Sunday Services 9:00 a.m. Liturgy 10:00 a.m. Rev. Fr. George M. Vapors, Pastor <a href="http://www.nativitygoc.org">www.nativitygoc.org</a>	<b>OAK POINTE CHURCH</b> 50200 W Ten Mile Novi Sunday 9:15 a.m. and 11:15 a.m. Casual Contemporary Ave band (248) 912-0043 <a href="http://www.oakpointe.org">www.oakpointe.org</a>
<b>OUR LADY OF VICTORY CATHOLIC CHURCH</b> 770 Thayer, Northville WEEKEND LITURGIES: Saturday 5:00 p.m. Sunday 7:30, 9 AM, 11 AM, 12:30 PM Church 349-2621, School 349-3610 Religious Education 349-2559 Rev. Denis Theroux, Pastor	Your church could be here. Call 248-349-1700
Your church could be here. Call 248-349-1700	<b>ST. JOHN'S EPISCOPAL CHURCH</b> 574 S. Sheldon Rd. Plymouth Traditional Services 7:45 & 11:00 a.m. Contemporary Service 9:00 a.m. Education for All 10:00 a.m. 734-453-0190 <a href="http://www.stjohnsplymouth.org">www.stjohnsplymouth.org</a>

Make a Difference

**RECYCLE**



# GOAL ORIENTED



Sophomore Mustang forward Doug Beason scored Northville's first goal against Plymouth on this kick.



Mustang Nathan Hrivnak inbounds a ball during Northville's match against the Plymouth Wildcats.

Photos by JOHN HEIDER/Northville Record  
See more photos and stories at  
[www.northvillerecord.com](http://www.northvillerecord.com)



Northville's Andrei Ionescu tries to keep control of the ball while heading into the Plymouth Wildcats' zone.



Mustangs Latif Alashe, top, and Nick Kolbow go for a ball during their home game against the Plymouth Wildcats.

## NHS SCHEDULE

**VARSITY FOOTBALL**  
9/21 H Lakeland 6:55 p.m.  
9/28 A Brighton 6:55 p.m.

**TENNIS-BOYS VARSITY**  
9/22 H Novi Invitational 8:15 a.m.  
9/24 A Lakeland 4 p.m.  
9/26 H Brighton 4 p.m.  
9/27 H AA Pioneer 4 p.m.

**GIRLS VARSITY VOLLEYBALL**  
9/20 H Lakeland 5 p.m.  
9/25 H Brighton 5 p.m.  
9/27 A South Lyon 5 p.m.

**BOYS VARSITY SOCCER**  
9/20 A Milford 7 p.m.  
9/25 A Pinckney 7 p.m.  
9/27 H Howell 7 p.m.

**EQUESTRIAN**  
9/22 A Milford (Meet 3) 8 a.m.

**GIRLS VARSITY SWIM AND DIVE**  
9/20 A Howell (Parker Campus) 6 p.m.  
9/27 H Lakeland 6 p.m.

**GIRLS VARSITY GOLF**  
9/20 H South Lyon 3 p.m.  
9/25 A Hartland 3 p.m.  
9/28 Pontiac CC 8:30 a.m.

## GOLF OUTINGS

**Northville First UMC Golf Outing**  
TIME/DATE: 7:30 p.m. Saturday  
LOCATION: Links of Novi  
DETAILS: Includes cart, lunch, prizes; open to all skill levels; \$75. Make checks payable to Northville First United Methodist Church. Proceeds benefit youth programs.  
CONTACT: Turner Osborne (248) 344-4395 or [Turner.Osborne@yahoo.com](mailto:Turner.Osborne@yahoo.com)

**Old Village & Cooke Schools Golf Fundraiser**  
TIME: 7:20 a.m. Registration; 8 a.m. shotgun start  
DATE: Saturday, Sept. 29  
LOCATION: St. John's, 44045 Five Mile Road, Plymouth  
DETAILS: All proceeds benefit handicapped students from 17 districts in Wayne County, supporting music therapy and art programs, leisure and recreational programs, special events, student equipment needs. Help sponsorships and donations needed. Golf and dinner \$100 per person; dinner only \$30; hole sponsor \$100, contest sponsor \$50; raffle/door prize donations of any value needed. Make checks payable to Old Village School, deadline Sept. 12.  
CONTACT: (248) 344-8460 or (248) 344-8489

**EWGA-PNRD Classic**  
TIME/DATE: 11 a.m. shotgun start Sunday, Sept. 30  
LOCATION: Beacon Hill Golf Club, Commerce Township  
DETAILS: Executive Women's Golf Association event: Scramble and stroke play with prizes, raffle and silent auction. Proceeds go to the Program for Neurological Research & Development at UM. All welcome; golfers, sponsors and donations needed.  
CONTACT: Martina Klein (248) 701-0247, Terri D. Taylor (248) 755-2384 or [www.ewgamd.com](http://www.ewgamd.com)

## Oliver/Hatcher Construction 8th Annual Charity Golf Outing

DATE: Monday, Oct. 1  
TIME: 10:30 a.m. registration, 11 a.m. lunch, shotgun start at noon 5:30 p.m. silent auction, 6:30 p.m. dinner.  
LOCATION: Meadowbrook Country Club, 40491 W. Eight Mile Road, Northville  
DETAILS: Hosted by Oliver/Hatcher Construction to raise funds for U. of M. C. S. Mott Child and Family Services; guest speaker is Gary Moeller, former football coach for U. of M. and Detroit Lions; tickets are available at the following levels: \$1,500 Event Leader; \$300 individual golfer; \$250 patron; \$100 dinner only; \$100 benefactor; to register, call Joanne at (248) 374-1100.

Send calendar submissions via e-mail to [cstone@gannett.com](mailto:cstone@gannett.com); by fax to (248) 349-9832; or by mail to Northville Record, 104 W. Main, Suite 101, Northville, MI 48167. Items must be received by noon on Tuesday to be included in Thursday's newspaper.

## ROUNDUP: Soccer wins again

continued from front  
Kanya was the lone Wildcat to win another event. She won the 100 backstroke in 1:05.74. Northville had several second-place finishes: The 200 medley relay team of Ashley Filipowicz, Kelly Burford, Michaela Keady and Becca Myers (2:04.15), Englert in the 200 freestyle (2:04.12), Hopcin in the 200 individual medley (2:21.09) and in the 100 butterfly (1:01.39) and Burford in the 100 breaststroke (1:16.76).

**Northville Soccer (9-1)**  
The Northville soccer team continued its winning ways with a 3-1 win against division foe Walled Lake Western. Doug Beason scored a pair of goals, and Jeff Cheslik added the other.  
Albert Kief picked up the win.

Jeff Theisen can be reached at [jtheisen@gannett.com](mailto:jtheisen@gannett.com) or at (248) 349-1700, ext. 104.

## CROSS COUNTRY: Mustangs show depth

continued from front  
eight runners in the JV race that had 600 competitors and the Mustangs continued to excel finishing in second place out of 48 teams.  
Freshman Becky Reynolds lead the Mustangs with a career best PR, finishing third in 20:32, which would have placed her fourth among her varsity teammates in the Elite race.  
"Becky ran a great race for an inexperienced runner," Smith said. "She went out strong and

named to the all-tournament team.  
Holmes has 53 assists and seven aces. Jamie Cotrone was strong on offense with 20 kills, a 45 percent kill rate and added nine blocks. Leading the Northville serving effort was Lydia Blair at 100 percent of her 26 serves and Sarah Koupal at 97 percent with six aces.  
Leading the defense were Emily Grant with 24 digs and Megan Hofmeister with 22 digs.

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Leading the defense were Emily Grant with 24 digs and Megan Hofmeister with 22 digs.

## V-BALL: Northville places 2nd

continued from front  
played an important role in slowing down the powerful Churchill hitting.  
"We're looking forward to Wednesday when we face them again."  
For the tournament, Krysta Cicala had 46 kills, 42 assists and nine aces. Both Foucher received 80 of 85 serves successfully and had 23 digs and seven aces. Cicala and Foucher were

named to the all-tournament team.  
Holmes has 53 assists and seven aces. Jamie Cotrone was strong on offense with 20 kills, a 45 percent kill rate and added nine blocks. Leading the Northville serving effort was Lydia Blair at 100 percent of her 26 serves and Sarah Koupal at 97 percent with six aces.  
Leading the defense were Emily Grant with 24 digs and Megan Hofmeister with 22 digs.

**TALK ABOUT IT:** Join in discussing our stories online via **Story Chat** at [northvillerecord.com](http://northvillerecord.com)



Cal Stone, editor  
(248) 349-1700, ext. 113  
cstone@gannett.com

# FOOD FOR THOUGHT

Thursday, September 20, 2007  
[www.northvillerecord.com](http://www.northvillerecord.com)  
fax: (248) 349-9832

# HEALTHY LIVING

FAMILY FEATURES

**M**ake the decision to live healthy. You're in control — a healthy diet and lifestyle are the best tools you have for long-term benefits to your health and your heart. Use these quick tips from the American Heart Association to master this three-pronged approach to wellness:

1. Fitness 2. Nutrition 3. Partnering with your doctor

## Fit in Fitness

Why should you be active? Because physical fitness can help you manage stress, keep your weight under control, reduce your risk for heart disease, prevent hypertension and boost your energy level. Try these easy ways to fit in fitness:

- **Home, Healthy Home** — do housework, work in the garden, rake leaves, shovel snow, walk or bike to the store, take a short walk before breakfast or after dinner — start with 5 to 10 minutes a day and work up to 30 minutes.
- **Make Work a Workout** — walk with colleagues while brainstorming, take the stairs, walk while waiting for your plane to board, walk down the hall to talk to your coworker instead of e-mailing or calling, park your car or get off the bus a few blocks shy of your office and walk the rest of the way, walk around the blocks at lunch.
- **Fitness for Fun** — Hit the dance floor, rent a rowboat at the lake, have a snowball fight, go ice skating, walk on the beach or play volleyball, walk when golfing, include hiking and swimming during family vacations and try sightseeing on foot.

## Eat to Enjoy

Eat a wide variety of nutritious foods from all the food groups, and keep your eye on serving size. To get the nutrients you need, first choose foods like vegetables, fruits, whole-grain products, fat-free or low-fat dairy products, lean meat, poultry and fish.

- **Look for foods high in whole grains.** Unrefined whole-grain foods contain fiber that can lower blood cholesterol and make you feel full, which may help you manage your weight.
- **Eat fish at least twice a week.** Recent research shows that eating oily fish containing omega-3 fatty acids (such as salmon, trout and herring) may lower your risk of death from coronary heart disease.
- **Make heart-healthy grocery shopping simple.** Look for the American Heart Association's heart-check mark on food products. It's your assurance that the food is low in saturated fat and cholesterol and/or high in whole grains.



**American Heart Association**

Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

[www.heartcheckmark.org](http://www.heartcheckmark.org)

- **Shop easy.** A heart-healthy grocery list is just a click away. Before heading to the grocery store create your free, personalized list using the tool provided by the American Heart Association at [heartcheckmark.org](http://heartcheckmark.org).

## Partner With Your Doctor

Enlist help in living healthy from your health professional. Ask your doctor about high blood pressure, blood cholesterol, quitting the use of tobacco products and weight control issues. Some important questions to remember to ask your doctor are:

- What should my blood pressure be?
- Should I reduce my sodium intake?
- Will I need to take blood pressure medication?
- What do my cholesterol numbers mean?
- Will I need cholesterol-lowering medicine?
- What are the best types of physical activities for me?
- How much activity do I need?
- How can I control my food portions?

For more quick tips for better health, visit [americanheart.org](http://americanheart.org).

## Shop smart. Live well. Look for the heart-check mark!

All products bearing the heart-check mark meet the American Heart Association's nutrition criteria per standard serving size to be:

- Low in fat (less than or equal to 3 grams).
- Low in saturated fat (less than or equal to 1 gram).
- Low in cholesterol (less than or equal to 20 milligrams).

- Moderate in sodium, with less than or equal to 480 milligrams for individual foods and
- Contain at least 10 percent of the Daily Value of one or more of these naturally occurring nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber.
- Seafood, game meat, meat and poultry, as well as whole-grain products, main dishes and meals must meet additional nutritional requirements.



## Chocolate Pudding Cake

This decadent dessert is best when served warm

Serves 24; 1 square per serving

Vegetable oil spray

**Cake:**

- 2 cups all-purpose flour
- 1 1/2 cups sugar
- 1/2 cup unsweetened cocoa powder
- 1 tablespoon plus 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup fat-free milk
- 1/2 cup unsweetened applesauce
- 2 teaspoons vanilla extract

**Padding:**

- 2 cups boiling water
- 1 1/2 cups firmly packed light brown sugar
- 1/2 cup unsweetened cocoa powder

Preheat oven to 350°F. Spray 13- by 9- by 2-inch baking pan with vegetable oil spray; set aside.

In large bowl, whisk together flour, sugar, cocoa, baking powder and salt. Whisk in remaining cake ingredients, blending thoroughly. Pour into baking pan, spreading evenly.

In large bowl, whisk together pudding ingredients until sugar and cocoa are dissolved. Pour carefully over batter. (Padding layer will be thin and runny.)

Bake 35 to 40 minutes, or until top is firm to touch (Toothpick inserted in center of cake won't be accurate test for doneness.) Let cake rest 15 minutes before cutting.

To serve, slice cake and top with sauce, or pool sauce on plate and top with cake. Cover and refrigerate leftovers up to 7 days or wrap tightly and freeze up to 2 months.

**Nutrition Analysis (per serving):** Calories 152, Total Fat 1.0 g (Saturated 0.0 g, Polyunsaturated 0.0 g, Monounsaturated 0.0 g), Cholesterol 0 mg, Sodium 94 mg, Carbohydrates 37 g, Fiber 2 g, Protein 2 g

This recipe is reprinted with permission from the "American Heart Association Meals in Minutes Cookbook," Copyright © 2002 by the American Heart Association. Published by Clarkson Potter/Publishers, a division of Random House, Inc. Available from booksellers everywhere.

## Tilapia With Smoky-Pepper Sauce

Serves 4; 3 ounces fish and 1/3 cup sauce per serving

- 4 tilapia or other mild, thin fish fillets (about 4 ounces each)
- 1/2 teaspoon paprika
- 1/4 teaspoon pepper
- 1 teaspoon canola or olive oil
- 3/4 cup finely chopped roasted red bell peppers
- 1/2 cup mild picante sauce (lowest sodium available)
- 1/2 to 1 chipotle pepper canned in adobo sauce, finely chopped and mashed
- 2 teaspoons olive oil
- 1/4 teaspoon minced garlic

Rinse fish and pat dry with paper towels. Sprinkle paprika and pepper on both sides of fish. In large nonstick skillet, heat oil over medium heat, swirling to coat bottom. Cook fish 3 minutes on each side, or until it flakes easily with fork. Transfer fish to plates.

In small microwavable bowl, stir together remaining ingredients. Cover bowl with plastic wrap. Microwave on 100 percent power (high) 2 minutes, or until thoroughly heated. Spoon over cooked fish.

**Nutrition Analysis (per serving):** Calories 151, Total Fat 5.5 g (Saturated 1.0 g, Polyunsaturated 1.0 g, Monounsaturated 3.0 g), Cholesterol 57 mg, Sodium 329 mg, Carbohydrates 3 g, Sugars 0 g, Fiber 0 g, Protein 23 g

**Dietary Exchanges:** 3 lean meat

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## Home Owners...Do you use your fireplace?

If you do read this article for helpful information and gaining knowledge.

**TRADITIONAL FIREPLACES** - The fire burns in a firebox lined with firebrick (or newer metal liners). The heat creates a draft that pulls smoke up through the throat to a smoke chamber then up the flue, which is brick tile, or a metal liner inside a masonry chimney. A flue damper regulates the draft and keeps air from escaping up the flue when the fireplace is not in use. The smoke shell behind the damper stops backdrafts of outside air that could push smoke into the living area. Most draw air from inside the house - a grate holds the logs so that air can stoke the fire from underneath - while others draw air from the outside through an air intake. An intake damper seals the intake when the fireplace is not in use. A heat-circulating fireplace produces some radiant heat but mainly warms air that circulates around the firebox. Some have a fan that increases the air flow. They achieve a high efficiency by enclosing the fireplace with glass doors and are equipped with an outside air intake.

**FIREPLACE GAS INSERT** - These units can fit into an existing fireplace. They operate at efficiency levels of 50 to 80% compared to a traditional fireplace. The space around the unit must be covered with sheet steel plate and sealed with a cement grout or mortar. A flue liner must extend from the unit through the top of the chimney. This improves the draft, keeps the gases hotter, which reduces creosote building up, and reduces the risk of flue gases seeping back into the house.

**WOOD STOVE** - A modern wood stove is more efficient than a standard fireplace. Some only radiate heat while others also heat air passing around the firebox in convection currents. Advanced systems create conditions to burn combustible gases without the use of catalysts. With catalytic stoves, a catalytic combustor (a ceramic honeycomb) extracts heat from flue gases. Pellet stoves use manufactured pellets that are fed into the combustion chamber by a timed screw auger. Clearance Requirements from Walls and Floor. Wood stoves must sit on a non-combustible hearth which must extend a least eight inches beyond the sides and back and 18 inches in front of it and be at least 24 inches from side walls and 30 inches from back wall (check with your local building or fire codes). Only black steel stovepipe (24 gauge min.) should be used between a wood stove and chimney. The overall run of stove pipe should be under 10 feet with no more than two 90° elbows.

### RECOMMENDED MAINTENANCE ITEMS:

**CLEAN THE CHIMNEY** - creosote can start fires, chimney should be cleaned when creosote buildup reaches 1/8 inch thickness.

**FIREBOX AND MASONRY REPAIRS** - any cracks can pose a fire hazard and should be filled with refractory masonry, repoint masonry joints and replace broken bricks.

**SAFETY TIPS**  
 • DO NOT BURN TRASH OR CHARCOAL IN A WOOD-BURNING UNIT

• DO NOT BURN PRESSURE-TREATED OR PAINTED WOOD - (CAN PRODUCE DANGEROUS FUMES).

• DO NOT BURN PINE OR SOFT WOOD, CAUSE RAPID CREOSOTE BUILDUP

• NEVER OVERLOAD FIREPLACE OR WOOD STOVE - REDUCE AIR FLOW/COMBUSTION

• REMOVE ASHES - FIREPLACES AND WOOD STOVES PERFORM BETTER IF CLEAN

• OLD CHIMNEYS SHOULD BE LINED WITH TILE OR METAL LINER (FIREPLACES BUILT BEFORE 1950 DO NOT HAVE LINERS)

• PURCHASE ONLY DIRECT-VENT FIREPLACES RATED BY UNDERWRITERS LABS(UL)OR THE AMERICAN GAS ASSOCIATION AGA

### CHARACTERISTICS OF WOOD WHEN BURNING:

**Type** - Apple  
**Ease of Starting** - Poor  
**Heat Value** - Good  
**Resurgence** - Excellent

**Type** - Ash  
**Ease of Starting** - Fair  
**Heat Value** - Good  
**Resurgence** - Slight

**Type** - Birch  
**Ease of Starting** - Good  
**Heat Value** - Good  
**Resurgence** - Slight

**Type** - Cherry  
**Ease of Starting** - Poor  
**Heat Value** - Good  
**Resurgence** - Excellent

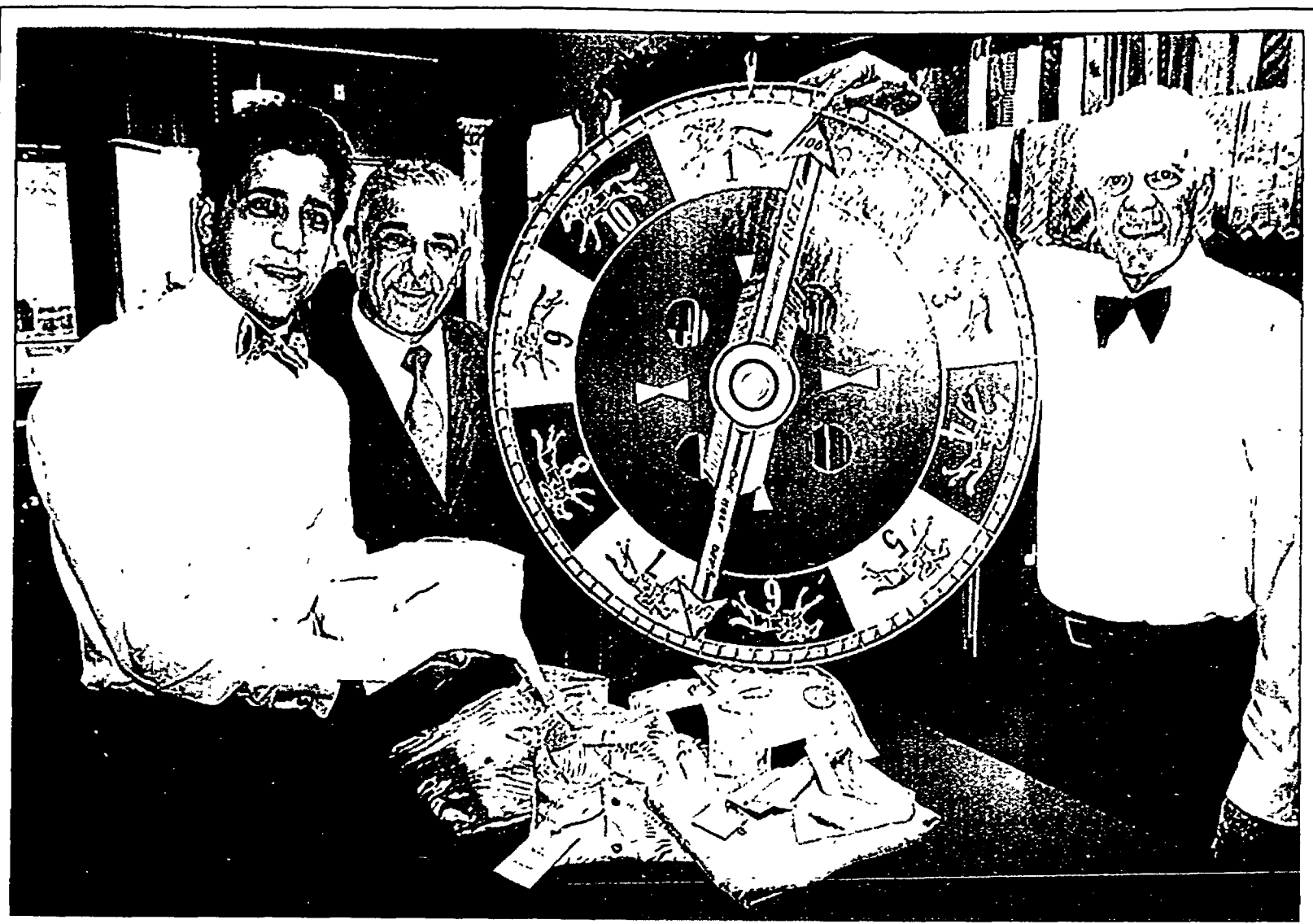
**Type** - Cedar  
**Ease of Starting** - Excellent  
**Heat Value** - Fair  
**Resurgence** - Good

**Type** - Elm  
**Ease of Starting** - Fair  
**Heat Value** - Good  
**Resurgence** - Fair

**Type** - Hickory  
**Ease of Starting** - Fair  
**Heat Value** - Excellent  
**Resurgence** - Slight

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Submitted Photos

At Alexander's Custom Clothiers in Northville, Alexander Hamka, left, and his father Sam, center, are borrowing an idea from former Northville clothier Chuck Lapham, right. The Wheel of Fortune contest rules are as follows: 1). Choose your merchandise; 2). Place merchandise on the Wheel of Fortune table; 3). Spin to win between 5 percent to 100 percent off you purchases. The contest runs Sept. 20 through Sept. 23.

## Don't miss Northville's 2nd annual "Wheel of Fortune" sale at Alexander's Custom Clothiers

### Customers may receive up to 100 percent off

By John R. Hall  
 SPECIAL WRITER

Being able to blend a traditional craft into the ebb and flow of modern technology is a very difficult thing to do. When you combine the needs of retail customers who have many choices, the task becomes even more challenging.

There is one Northville businessperson who has met the challenge and continues to offer a unique talent to customers — those who want the finest fitting men's clothes anywhere.

That person is Alexander Hamka, owner of Alexander's Custom Clothiers on 124 W. Main St. in downtown Northville. The specialty men's clothing store offers something that few others in the area can offer to its customers — the fine art of custom tailoring.

"The tailoring industry is a dying trade," Alex said. "People don't go to school to become tailors. Even today, people who are called tailors are probably seamstresses. And much of the work is done by a person who doesn't mark the clothing for the customer."

Alex worked and developed an appreciation for clothes that look good and fit well.

"The knowledge you get from your family is far greater than any education," he added.

Throughout college, Alex dressed well and he believes it brought him a greater respect. He also shopped for his friends, going to stores and picking out the clothing that would make them look their best.

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Web site  
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Hand-sewn custom tailoring is an old-world craft that Alex Hamka offers to every customer at his shop in Northville.

### Alex Hamka's Tips on a Good Fit

- Collar should fit comfortably and lay smooth all around, so jacket doesn't bubble in back.
- Sleeve should cover entire wrist and show 1/4 inch of shirt below jacket.
- Jacket length shouldn't exceed more than 3/4 inch below thumb when hands are at side.
- Trouser length should fall 1/4 inch above the heel of the shoe.
- Lapels should lay smooth with a natural roll when jacket is buttoned — not flat.

## WHEEL OF FORTUNE SALE, SEPT. 20th To 23rd SAVE 5% TO 100% OFF

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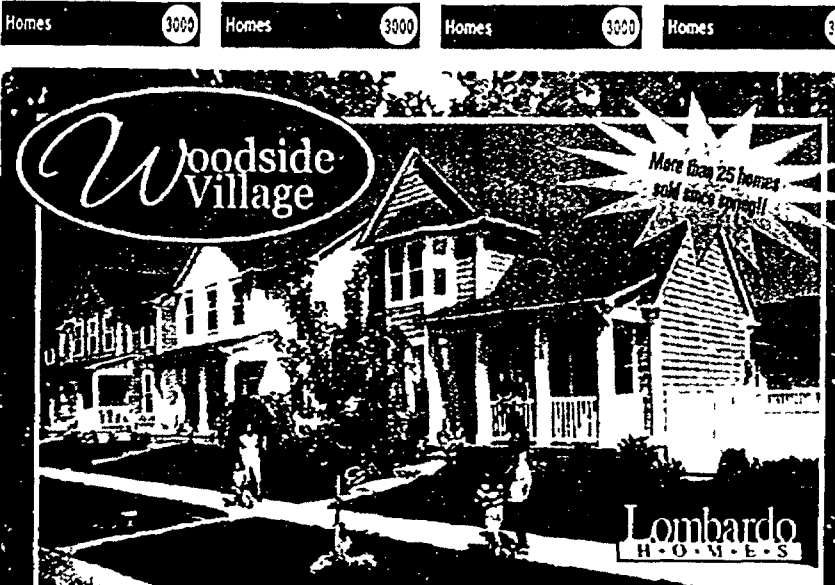
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**BRIGHTON** - Clean, spacious updated 3 bedrm, 2 bath ranch minutes from downtown Brighton, lg private yard w/ pool, updated kitchen w/ gorgeous wood flrs, professionally fin'd bsmt w/ full bath & wetbar, new carpet & paint, etc. \$188,900 (L20Woo) www.qualitymac.com/mls=27125698

**LIVONIA** - Lovely 2 bedrm, 2.5 bath condo overlooking tree commons offers bright kitchen w/ lg nook, 1st flr laundry, gas fric in spacious lg rm, master ste w/ 2 walk-in-closets, jet tub & lg shower, + guest ste w/ full bath. \$199,900 (L74Wes) www.qualitymac.com/mls=27158598

**DEARBORN** - Superior location on this custom 3 bedrm, 2 bath brick colonial. Lg living rm, formal dining rm, updated kitchen, fin'd basement w/ full bath, newer wndws thru-out, updated elec, furnace, A/C, 2 car garage, etc. \$145,000 (L00Ros) www.qualitymac.com/mls=27163590

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**GARDEN CITY** - Bargain priced & immediate occupancy on this 3 bedrm brick ranch! New bath, part fin'd bsmt, new oak kitchen w/ door wall to Fla rm w/ skylite & wood burner, stunning wood flrs, bay wndw in living rm + more! \$139,900 (L26Don) www.qualitymac.com/mls=27134412

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**HOWELL** - 2 br, 2.5 bath, finished bsmt., all appliances, fresh paint, gas fireplace, attached garage, upstairs/donmstairs laundry, non-smoking M59 & 1-96 1st & last mo, sec. dep \$995/mo Call Ed Clark 248-459-5590

**HOWELL** - Furnished Condo 2 br, 1 bath, short term ok \$700/mo, utilities incl. 321-794-4817

**LIVONIA 3** bedm, 2 bath ranch Washer, dryer, dishwasher, pool, tennis courts \$1075/mo 8 Mi. E of Halsted W. #. 248-624-7333

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**NORTHVILLE** - 6 Mile & Ridgedown Rd. New 2 br, 2 bath, w/docked view, garage, all appliances, washer/dryer, fitness center, pool, \$1043/mo 248-449-4610

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**PINCKNEY 2** br, 1.5 bath, 20 minutes to Ann Arbor, w/basement. \$800/mo 734-426-7769

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**SOUTH LYON** Brookwood Village Condos - 2 br, 2 bath, carpet, C/A, pool hot tub gym \$900/mo 734-878-0821

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**HOWELL**, Nice 2 br upstairs apt, laundry room, all appliances, extra storage avail \$725/mo (517) 548-2884

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**WHITMORE LAKE** Newer 3 br, 2 bath, CA, appliances, finished walkout. 248-396-4030

**WHITMORE LAKE** - Small 1 BR avail 10/15, \$415/mo + utilities, first, last + \$250 security Call 989-916-6998

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**Brighton** - 2 br, Lk Chemung access, updated, 2.5 garage, xways \$750 517-409-9844

**BRIGHTON** - 3 BR, 1 bath Ranch, 2 car garage, gas fireplace, washer/dryer Brand new kitchen, bath, floors \$1100/mo 313-218-7744

**BRIGHTON 3** br, Clark Lk, all appliances 2 car garage, no smoke \$1075 810-229-0396

**NORTHVILLE** New 3 bedrm, house for rent, first floor master, 2.5 baths, full bsmt, 2 car attached garage, new deck, all appliances, C/A. Lake privileges \$1300 (248) 624-5999

**WEBBERVILLE VILLAGE** - New 1400 sq ft, colonial, 3 br, 2.5 bath, \$1,100 810-923-3334

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**HARTLAND 2** br lakeland home, \$900/mo + security 231-544-2815 / 231-420-2311

**HOWELL** - All-sports Lake 2 br, appliances, private, good commute! 517-545-9952

**HOWELL** Crooked Lk Cozy 2-3 br on E Crooked Lk \$825/mo Mo-Mo lease Evenings 517-545-1745

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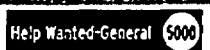
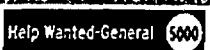
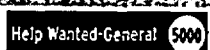



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Erados Christmas Decor is seeking a Flyer Delivery person. This is a full time Mon-Fri., seasonal position, to start end of Sept & work thru mid-Dec. Must have good driving record & enjoy working out of doors. I will schedule an interview please call: 248-477-4880

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MS Automotive, LLC, a manufacturer of diesel engine components, seeks non-smoker Program Manager for new Fowlerville, MI facility. Please email resume to: [hmsindustries@zol.com](mailto:hmsindustries@zol.com) EOE

**PRINTING**  
Offset Press Operator Days, afternoon and midnight shifts. Benefits and 401k. Apply in person, 9am-3pm at Husky Envelope, 1225 E West Maple Rd., Walled Lake, MI 48390

**UNDECIDED WHAT CLASS YOUR AD SHOULD BE IN?**  
Put the ad under 2 different classes for a Terrific Discount  
Call the Green Sheet Classifieds dept. for details.  
1-888-999-1288  
\*Some restrictions may apply.  
\*Must mention ad to receive discount.

**Adult Carriers Needed**

**WESTERN WAYNE COUNTY AND FARMINGTON AREA**

Previous experience preferred. Must be available on Thursday and Saturday evening/Sunday morning. Reliable transportation. Possible earnings of \$40.00-\$80.00 per delivery.

Call Toll Free **1-866-887-2737**

**Adult Carriers Needed**

**WESTERN WAYNE COUNTY AND FARMINGTON AREA**

Previous experience preferred. Must be available on Thursday and Saturday evening/Sunday morning. Reliable transportation. Possible earnings of \$40.00-\$80.00 per delivery.

Call Toll Free **1-866-887-2737**

**JANITORIAL - Office Cleaning, Milford area.**  
Part-time evening hours. 6 days/wk. \$8/hr [www.ussservice.com](http://www.ussservice.com) Interview dates & times will be emailed.

**JANITORIAL - Office Cleaning, Milford area.**  
Part-time evening hours. 6 days/wk. \$8/hr [www.ussservice.com](http://www.ussservice.com) Interview dates & times will be emailed.

**QUALITY INSPECTOR**  
Needed for welding/lab company. Duties would include 1st piece layout, floor/teaching inspection and some packaging. Blueprint reading & the ability to use inspection equipment a must! Fax or email resume: 248-446-1783 or [sk@ortechinc.com](mailto:sk@ortechinc.com)

**ROBOTIC MACHINE OPERATION**  
Temp-to-Hire  
\*45 to 60 hours per wk.  
\*Physical & on your feet all day  
\$9 - \$9.25/hr  
Performance Personnel  
248-960-9648

**ROOFING HELP NEEDED**  
Experienced or will train.  
248-431-7054

**VOLUNTEERS**  
Are you for a free 21-day, 3 times a week, supervised Fitness Assessment at the following Curves? Volunteers should not be currently exercising on a regular basis and should seek to lose 15 or more pounds. For more information call the Curves location nearest you:  
Commerce-248-360-4480  
Highland-248-889-8400  
Milford-248-685-3778  
White Lake-248-688-1660  
Wtcom-248-668-8282

Help Wanted-General (504)

WAREHOUSE Barrons... Holidays are near. We are a distributor of catalog merchandise...

Help Wanted-Engineering (5438)

APPLICATIONS ENGINEER Do you enjoy problem solving in a technically oriented atmosphere?

Help Wanted-Medical (504)

MEDICAL ASSISTANT For busy practice in Livingston County. Must have medical experience.

Help Wanted-Professional (518)

SOCIAL WORKER Families First (FSW) or related field \$25,500. Exp. preferred.

Help Wanted-Part-Time (520)

ELECTRONIC ASSEMBLER PART TIME Wixom firm has PT opening. Skills should include PC Board assembly experience.

Help Wanted-Dental (504)

PROJECT ENGINEER MS Plastic Welders, LLC, an established international manufacturer of assembly machinery for the automotive industry.

Help Wanted-Dental (504)

CLINICAL DENTAL ASST. for busy dental office, exp. preferred. Mon.-Thurs. Fax resume to 810-229-5125 or call 810-229-1771.

Help Wanted-Sales (512)

INSURANCE OFFICE looking for licensed P&C individual to assist in day to day operations. Min 2 years exp.

Help Wanted-Domestic (524)

CLEANING LADY WANTED Northville, 2-2 bedroom condos, must be thorough & conscientious. Call 248-346-7007.

Position Wanted (534)

SENIOR CITIZEN seeks PT work as a Library Aide or a Teachers Aide, have Liberal Arts Degree (248) 887-5036

Help Wanted-Office (542)

ADMINISTRATIVE ASSISTANT For dance studio, must be energetic & upbeat, part time. Tues. & Wed. evenings. Call to set up interview 248-767-9530

Help Wanted-Dental (504)

DENTAL ASSISTANT Looking for a superstar dental assistant in the north/midwest Oakland county area. This is an opportunity to shine.

Help Wanted-Dental (504)

PHYSICAL THERAPIST ASSISTANTS Willowbrook Rehabilitation Services, provider of Brain Injury Rehabilitation, is looking to add a full-time Licensed Physical Therapist and full or part-time PTIA to our growing inter-disciplinary team.

Help Wanted-Dental (504)

RECEPTIONIST for busy Livingston County practice. Medical exp. preferred. Please fax resume to 517-548-4594.

Childcare Services-Licensed (536)

ARE YOU LOOKING FOR LOVING, PERSONALIZED care for your toddler? 1 opening in New Hudson area. 248-437-7334

Help Wanted-Office (542)

RECEPTIONIST Part time start, career track position, Milford Area. Call (248) 363-5746

Help Wanted-Dental (504)

DENTAL ASSISTANT Good opportunity to join a fun, but professional & fast-paced family practice in Brighton, 20-30 hrs/week or more. Experience required. Pts. fax resume 810-227-7166

Help Wanted-Dental (504)

RESIDENTIAL ASSISTANTS Willowbrook Rehabilitation provides all disciplines of outpatient rehabilitation and off-site residential care to adults recovering from Traumatic Brain Injuries. We are currently seeking dynamic individuals to work at one of our beautiful residential facilities in providing assistance to our clients in the development and promotion of life skills.

Help Wanted-Dental (504)

REAL ESTATE CAREER We're in the process of doubling our Staff! Do you like working with new people & new situations? Do you have good problem-solving skills? Do you have a "Sky in the Limit" Mentality?

Childcare Services-Licensed (536)

TELEGRAPH & FORD RD. DEARBORN Now enrolling. Licensed. Extended hours. Meals. Age appropriate curriculum. 313-792-8307

Help Wanted-Office (542)

RECEPTIONIST Fast-paced Brighton property management firm seeks energetic multi-tasker for front desk position. Duties include answering phone, filing, assisting with accounts payable, mail and other administrative tasks.

Help Wanted-Dental (504)

CAREGIVERS PT & FT Oakland, Livingston counties. Call 248-698-0997 www.StaffNowHire.com

Help Wanted-Dental (504)

ROSS MEDICAL EDUCATION CENTER IS GROWING!! Seeking Medical Assistant instructors to teach clinical and A&P. AH & eyes. Candidates must have 3+ yrs experience in the health care field with degree or certificate. Sign on bonus + benefits. Email resume AND cover letter to: cdbabuda@rosslearning.com

Help Wanted-Dental (504)

RNALPN NEEDED FOR Supervisory visits. Part time. Oakland/Liv. County Area (248) 849-2700

Childcare Services-Licensed (536)

CHILD CARE in South Lyon Child Development Degree Montessori Exp. Sun-Sign Stace 248-446-1827

Help Wanted-Office (542)

TITLE CLERK Full time, dependable team player, boating exp. helpful. Apply at: Wonderland Manor West, 5796 E. Grand River, Howell (517)548-5122

Help Wanted-Dental (504)

WAITSTAFF PT Days & Nights, Starting Gate Saloon 135 N. Center St., Northville

Help Wanted-Dental (504)

FOOD SERVICE WORKERS In Novi, flexible hours, mostly weekends. Call for appl. 248-662-0114

Help Wanted-Dental (504)

WAITSTAFF PT Days & Nights, Starting Gate Saloon 135 N. Center St., Northville

Business Opportunities (574)

1000 ENVELOPES = \$10,000. Receive \$10 for every envelope stuffed with our sales material. GUARANTEED! Free information: 1-800-939-1656

Help Wanted-Engineering (503)

ELECTRICAL/ELECTRONIC ENGINEER Design, Build, Test of Prototypes to Production Requirements: At least 5 years of electrical design product development. \*BSEE from accredited institution. \*Experience should include selecting & integrating distributed electro-mechanical controls, sensors, analog & digital circuits & interconnect devices.

Help Wanted-Engineering (5438)

NIGHT LINE COOK & DISHWASHER Tee Bone 2 Tavern, 4900 Old US23, Brighton 810-225-6050

Help Wanted-Professional (518)

BUDGET / MANAGEMENT ANALYST The City of Novi Finance Dept. is seeking an enthusiastic, self-motivated individual to provide budgetary and financial assistance to the City, along with other various accounting responsibilities.

Help Wanted-Dental (504)

RECREATION DIRECTOR South Lyon Area Recreation Authority Plan and direct the operations and administration of a regional rec. authority. Bachelor's degree in parks and rec. public admn. or related field. Mail cover letter, resume to: SLARA, 318 W. Lake St. South Lyon, MI 48178 or email: Steve@slarc.com Deadline 9/26/07

Help Wanted-Dental (504)

ATTEND COLLEGE ONLINE From home "Medical" Business, "Paralegal" Computers, "Criminal Justice." Job Placement Assistance. Computer preferred. Financial aid if qualified. 1-866-858-2121, www.OnlineWaterTech.com

Help Wanted-Engineering (503)

DESIGNER, Build, Test of Prototypes to Production Requirements: At least 5 years of electrical design product development. \*BSEE from accredited institution. \*Experience should include selecting & integrating distributed electro-mechanical controls, sensors, analog & digital circuits & interconnect devices.

Help Wanted-Engineering (5438)

SERVERS WANTED Experienced for Jr's Iron Grill, Brighton, Call btm 2 & 5 810-227-7900

Help Wanted-Professional (518)

SALES AGENT Needed for Cranberry Lake Financial Services, a licensed agency for The Ohio National Life Insurance Company, an A.M. Best superior rating. Selling our products is made easy, as Ohio National has some of the most competitive rates in the business. We offer an excellent commission structure as well as benefits for the right person. Financial services sales experience preferred, but not necessary if you are interested in advancing your career with a dynamic, growing, and long-established organization, call Steve or Susan today at 248-698-2145 to schedule an interview

Help Wanted-Dental (504)

RECEPTIONIST Mature individuals needed at our busy, fast paced Novi salon. Full/part time, day/evening opportunities for advancement. Chris 248-477-9128 www.aygsta.com

Help Wanted-Dental (504)

ALL CASH CANDY ROUTE Do you earn up to \$800/week? Your own local candy route. Includes 300 machines and Candy. Call 1-888-744-4651

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Help Wanted-Engineering (503)

Medical Assistant Part-Time Experienced for newer Family Practice office in Commerce Twp. Must have transportation, computer experience, typing skills, and at least 3 years experience as MA. X Ray and immunization experience helpful. Please fax resume to Nancy at 248-360-1760

Help Wanted-Engineering (5438)

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Help Wanted-Engineering (503)

Help Wanted-Engineering (5438)

Help Wanted-Professional (518)

Help Wanted-Dental (504)

Help Wanted-Dental (504)

CROSSWORD PUZZLE PURCHASING POWER

ACROSS 1 "Kon-Tiki" for one 57 Relay length 9 Lawyers' org 12 Pontificate 18 Gains or 20 Daring 22 European peninsula 23 "Giselle" composer 24 Sour fruit 25 Eupid 26 Clue 27 Start of a remark by Evan Esar 31 "Nightmare" street 32 Party potable 33 Likely to last? 37 Chemical compound 41 Gangster's pun 43 Kafka character 46 Bother 47 Homer's 48 Pen pals? 50 Govt. notes 52 Day 53 Part 2 of remark 55 Steel support 56 Ryan's

15x15 crossword puzzle grid with numbers 1-65.

ANSWERS TO LAST WEEK'S PUZZLE

15x15 crossword puzzle grid with answers filled in.



# TAKE YOUR HEART FOR A WALK. YOU COULD LIVE LONGER.

Walking is good medicine for your heart. In fact it's great medicine. Did you know that for every hour of regular, vigorous exercise we do, like brisk walking, we could live two hours longer?

Imagine, if we could walk to the moon and back, we could live forever.

Take your heart for a walk today. Join the Start! Movement at [americanheart.org/start](http://americanheart.org/start) or call **1-800-AHA-USA-1**. You could live longer.



American Heart  
Association



*Learn and Live.*



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### 0010-2980 SERVICE GUIDE

**Asphalt/Blacktopping** (0110)  
**GUARDIAN ASPHALT**  
Drives, parking lots, rds., hot rubber crack repair, striping, sealcoating 248 887-1309

**Attorney & Legal Counsel** (0125)  
**THOMAS D MCELGUNN ATTORNEY**  
(313) 475-9249

**Basement Waterproofing** (0229)  
**DRY BASEMENTS LLC**  
We Repair:  
• Cracked Poured Walls  
• Cracked Bowled Block Walls  
• Waterproofing  
• Local • Licensed • Insured  
**(248) 420-0116 Ron**

**Brick, Block & Cement** (0290)  
**A-1 BRICK REPAIR**  
★ Repairs, tuck point, cement, waterproof fireplaces 35 yrs exp. Lic./Ins. No jobs too small 248-722-3327

**TRENCH FOUNDATIONS**  
Excellent foundation & block work. Call Tom, 248-231-2300

**Building Remodeling** (0310)  
**AFFORDABLE BASEMENT REMODELING** - Custom Decks, dropped ceilings. Small or large projects. Lic & Ins 248-787-6092

**BUSY BEE'S BUILDING**  
We concentrate on bsmts, kitchens, baths, insurance work. 40 yrs of remodeling & renovations FREE estimates. We're Worth The Call. Stan Maiberger, Lic./Ins 810-229-9928 / 810-599-6097

**Decider**  
Frame, side, roof, homes add's, decks, barns, bsmts, remodels 810-231-3174

**G. J. Kelly Const. Inc.** Roofing, Siding, Gutters, Additions, Decks Lic/Ins 248-685-0366

**QUALITY Craft Construction**  
New Construction & Remodeling 810-220-4655

**TEBO CARPENTRY INC.**  
If you need help with your building or remodeling project call Don (517) 961-0172. Ref., Licensed and Ins for 30 yrs

### Bulldozing (0320)

**BULLDOZING, EXCAVATING**  
Grading, Demos Pools, concrete driveways removal Lic./Ins 734 459-8268

**Cabinetry/Formica** (0400)  
**COUNTERTOPS/CABINETRY**  
Offices, wall units. Free est. Pete or Lori, (248)889-2802

**Carpentry** (0418)  
**Custom Cabinets & Benches**  
for shop or garage. Very solid. Affordable 517-404-2031

**Carpentry by David G. Sweeney**  
Small, medium, rough & finish Decks, bsmt, kitchens etc Lic & ins 248-698-8670

**Carpentry's Best**  
Thompson Home Construction  
New const. additions decks Windows siding repairs Lic/Ins 248-437-0265

**FINISH CARPENTRY**  
Windows, Doors, Trim, Kitchens, Decks & Basements 25 Yrs Exp (248)624-8435

**★ FINISHED BASEMENTS ★**  
suspended ceilings, decks, 32 yrs exp Lic/Ins 810-220-0249

**RETIRED BUILDER/CONTRACTOR**  
Looking for work. Expert dry-wall repair, odd jobs, complete finished basements or help you with any part. 40 yrs exp. No salesman overhead or profit, just wages. Call Ken 248-756-3957

**Computer Sales & Service** (0540)  
**C.C.A. Inc.**  
COMPUTERS • REPAIRS • UPGRADES  
NETWORK CONSULTING AND INSTALLATION  
**248-437-1304**  
Brookdale Plaza

**Concrete** (0550)  
**ABSOLUTE BEST**  
Decorative & Regular concrete  
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MILFORD (248) 202-6274

### Concrete (0550)

**ADD BEAUTY & elegance** to your home with stamped concrete by Goodsell Custom Concrete 810-459-4834

**\* ALL CEMENT FLATWORK \***  
Lic./ins., Free Est 810-227-5380

**ALL CONCRETE FLATWORK**  
Regular & Decorative, Foundations Lic.  
**\* Vandermeert Concrete \***  
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**BRICK Patios/Walks**, retaining walls new & repaired. Concrete flatwork. No job too small. Gary & Co., 810-599-4838

**CONCRETE PLACEMENT & Replacement**, driveways, sidewalks, patios, etc 517-404-3036

**CONCRETE SERVICES**  
Driveways, patios, sidewalks, footings block work. 25+ yrs exp. Call Bob (248) 579-3979

**DIXON PATIOS & DRIVES**, Decorative, replacements 30 yrs exp 517-223-6797

**Decks/Patios/Sunrooms** (0600)  
**AFFORDABLE Custom Decks & Home Repairs - Lic. & Ins.**  
23 yrs. exp. Free Estimates 734-261-1614/248-442-2744

**Drywall** (0690)  
**All Drywall Repair**, hanging, remodeling, finishing. 30 yrs Small jobs ok! 810-908-4996

**CHUCK'S DRYWALL**  
Repair, Remodeling, Ceramic work. No job too small! 248-437-4531/ 248-667-1909

**COMPLETE DRYWALL SERVICE**  
Big or small. 30 yrs Lic./Ins. Free estimates 517-223-4030

**RETIRED BUILDER/ CONTRACTOR**  
Looking for work. Expert dry-wall repair, odd jobs, complete finished basements or help you with any part. 40 yrs exp. No salesman overhead or profit, just wages. Call Ken 248-756-3957

### Electrical (0700)

**MASTER ELECTRICIAN**  
Experienced, Dependable & Courteous - Seeks any repair work (248)349-8205

**SUMMERS ELECTRIC**  
New Remodel, Additions Lic./Insured 517-548-6828

**Excavating/Backhoe** (0130)  
**BACKHOE/LOADER** Work & Trucking Fernd Excavating No job too small! (248)446-1845

**ROSE EXCAVATING**  
Septic systems Bsmt. dug property cleared. Bulldozing work, backhoe work. Topsoil sand, gravel delivered. Licensed & insured. Visa & Mastercard accepted 248-486-3152 248-437-0525

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Well seasoned Hard, Birch & Fruit Pickup and delivery. Hacker Services Quality Since 1946 (248) 348-3150 M-F 8-5; Sat 8-3

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Sand & Refinishing, 95% Dust Free, 11 year exp. Call Greg 248-802-2576/248-666-7706

**HARMALA HARDWOOD**  
Installation, sanding & refinishing. FREE estimates. Call Davin, 810-599-3471

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**Beckway Door**  
COMMERCIAL • RESIDENTIAL  
• Garage Doors  
• Entry Doors  
• Storm Doors  
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25 Years of Experience  
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### Handyman M/F (0820)

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Plumbing Electric Drywall, Painting Basement & Bath remodeling Insurance repairs & mold remediation 27 years exp. Senior discounts 810 229-0736, 586-420-4683

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No job too small! 313 533 4320 243 231-8578

**Chuck's Handyman Service**  
Licensed Builder Remodels, Decks, Sheeds, Electrical, Plumbing & Home Improvement 248-486-8705

**DL HOME SERVICES**  
• Plumbing • Electrical • General Household Repair • 10% pre-season discount • Senior discount available Lic./Ins (248) 669-6265

**G O K IMPROVEMENTS**  
Complete home remodeling & repairs. Quality work at reasonable prices. Licensed builder. Call Handyman Dave (248) 320-7130

**Budget Cleanup Services**  
We Haul it ALL & Recycle Call 810-227-7699

**CONSTRUCTION/HOUSEHOLD DEBRIS REMOVAL, Light demolition** (810)599-4838

**\*\*\* DEMOLITION \*\*\***  
Quick and Clean (517) 281-0477

**TAKE IT AWAY HAULING**  
Construction debris home discards & clear-out, appliances etc 248 348-3822

**Heating/Cooling** (1040)  
**A & M ENGINEERING**  
A/C & Furnace Installation & Repairs Res/Com Lic & Ins Free Est. MCV Financing Available!! Call 734-657-3380

**Housecleaning** (1080)  
**ALWAYS WITH PRIDE!**  
Personalized, detailed cleaning. Reliable, trustworthy staff. Security screening. 25 yrs exp. Lic. & Bond provided. The Old Maid Service theoldmaidservice.com or call (248) 478-3240

**DIANE'S CLEANING SERVICE**  
20 yrs exp. Exc. Ref. Quality service \$25/hr 810-629-7010

### Housecleaning (1080)

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**MODERN CONCEPTS**  
Since 1987 - Res./Comm. \$10 off to 1st time customers. Bonded & Insured 248-880-8351 586-246-3540

**POLISH LADIES** House & Office Cleaning 18 yrs exp. Good References. Reliable 313 973-4105, 313 268-5137

**Responsible - Hardworking**  
European lady is seeking to clean homes. You will be very happy after calling. 248-787-5747

**UKRAINIAN LADY** will clean your house, you will be satisfied. Experienced references available 586-876-4733

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By Tamara - Res./Comm. Windows. Insured Bonded 810-714-2391 / 800-747-3444

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**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

**Landscaping** (1210)  
**BRUSH HOGGING** lawn prep grading front loader & Harley rake (248)437-2276

**LANDSCAPE CLEAN UP**  
Hauling & complete outdoor services low \$ 517 304 4123

**Lawn, Gardening Maintenance Service** (1230)  
**Lady Liberty Enterprises**  
Landscaping & Maintenance LLC  
Brick paving & repair boulder/brick retaining walls lawn maintenance, mulching edging flower bed weeding & clean up. Bush trimming & tree trimming, sod prep & sodding plant & tree installation 248-634-7041 johnnavarro@comcast.net

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Back-flow testing. New const. Remods. Drain cleaning Reprs Lic/Ins 734-673-9941

**JACK E. STYES**, Licensed Master Plumber since 1963. Repairs & replacements. Drain cleaning. Free est. 248-887-6226

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Lawn Mowing - Fall Clean-Ups - Complete Landscape Maintenance (810)923-6217

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**ABSOLUTELY America's TKD**  
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Insured w/Ref 810 225-1499

**FANTASTIC PRICES!**  
50% OFF Int. Ext. Painting 30 yrs exp. Drywall/Repa. Paper removal. Free Est today. Part tomorrow. Insured. Call Jim 243 837-7498

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Tall ceilings & great rooms. Top quality parts & service 734 981 4201 734 777 8730

**JARVIS PAINTING CO**  
Int./Ext. Livingston, Oakland Co. 30 yrs exp. Low prices. Fully ins. Free est. 517-546 4326, 248 202 6585

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Minor Repair Interior • Exterior Power Washing  
FREE Estimates  
Fully Insured • Since 1971  
Satisfaction Guaranteed  
Area Resident  
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**PIANO TUNING & REPAIRING**  
Reasonable 248-471-1515 / 586-202-9960

**Plumbing** (1480)  
**AAA MPR Plumbing Service**  
Specializing in kitchen & bath. Free Est. Mark 248-360-6773

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Back-flow testing. New const. Remods. Drain cleaning Reprs Lic/Ins 734-673-9941

**TITAN ROOFING/SIDING**  
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### Plumbing (1480)

**KR PLUMBING**  
Licensed & Insured  
**Service and Repairs**  
Senior Discounts  
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**"PETER M. YOUNG"** spec. in pole barns & garages. Pkg. special. Vinyl, steel, wood. 810-225-7767 - 734-323-3951 petyoungcarpentry.com

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**X.B. ROAD GRADING** - Private rd & driveway grading gravel. Free est. 810 220-3373

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**ABSOLUTE BEST PRICES**  
Summer Sale! 25-30 yr Roofing Sys. \$1.95 sq ft. 248-246-5757

**ALL ROOFING - Licensed - Free estimates. Reasonable prices** (517)446-0267

**APEX ROOFING**  
Quality work completed with pride. Family owned Lic/Ins. For honesty & integrity 248-476 6984 248-855-7223

**EASTBROOK Construction**  
Specializing in roofing. Fall sale! Senior discount (248)877-9247

**G. J. Kelly Const. Inc.** Roofing, Siding, Gutters, Additions, Decks Lic/Ins 248-685-0366

**J & T HOME REPAIRS** Roofing & Repair Specialist - 30 yrs Exp. Lic/Ins 810-623-1224

**LEAK SPECIALIST** Flashings valves tearoffs chimney leaks 30 yrs exp. In County Roofing & Siding Member of BBB Lic/Ins 810-220-2363

**MILFORD BASED & FAMILY OWNED** for low cost roofing & repairs. Shook Home Improvements. Free Est. Lic/Ins 248-303-3778

**THE BARN DOCTOR** Since 1975 all types roofing & repairs. Guaranteed results. houses incl. Complete barn repairs - structural adjustments - engineered. Free Estimates (517) 803-6917

### Siding (1770)

**G. J. Kelly Const. Inc.** Roofing, Siding, Gutters, Additions, Decks Lic/Ins 248-685-0366

**Tile Work-Ceramic/Marble/Quarry** (1840)  
**AFFORDABLE PRICES - TILE** (shower, Jacuzzi, flooring) Free est. (517)304-3600

**NEW WORK or REPAIR**  
Reasonable prices (248)685-9719

**TILE WORK**  
Small job specialist. Free est. 810-599-4838

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ALL TYPES OF  
• Soils • Sand Gravel  
Decorative Natural and  
Driveway Stones, Mulches  
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White Trucking Since 1975  
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**AFFORDABLE TREE SERVICE**  
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**\* PHIL'S TREE SERVICE \***  
Trimming removal lot cleaning stump grinding & chipping. Free estimates. Fully insured (248)676-0208

**Wallpapering** (2300)  
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**KIRK'S WINDOW CLEANING**  
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**WINDOW CLEANING**  
Low rates, free est., monthly service avail. (248)889-9025



**SIGN UP FOR FREE AMBER ALERTS ON YOUR CELL PHONE.** What could be worse than that feeling of dread when, for a few seconds, you lose sight of your child? Imagine if your child were actually taken. Go to [wirelessamberalerts.org](http://wirelessamberalerts.org). Sign up today. Then when an AMBER Alert is issued in the areas you've chosen, you'll receive a free text message. If you spot the vehicle, the suspect or the child described in the Alert, call 911. If your phone is wireless, you're no longer helpless.

**Wireless AMBER Alerts** A child is calling for help.





<b>Trucks for Sale</b> (1224) FORD F150 2002 FX 4x4 Excellent condition. Loaded \$7,500. Call 810-229-2753	<b>Vans</b> (1244) DODGE GRAND CARAVAN SXT 2005, w/bruno kit. Never used. Exc. cond. 24,600 miles \$15,000 Call aft. 6pm 517-223-8129	<b>Sports Utility</b> (1299) CHEVY BLAZER 1999 Auto. air, 78,000 miles, 4WD \$4399 TYME (734) 455-5566	<b>A-little/Classic Collector Cars</b> (1320) CHEVY CHEVELLE 1966, 650 hp, 427 solid body Very straight. Needs interior \$10,000 Call 517-861-0263	<b>Chevrolet</b> (1400) IMPALA LS 2002 Fully loaded, leather 36K, must see, like new \$9900 (248) 347-6321	<b>Ford</b> (1440) FOCUS ZX3 2003 -im-maculate condition Warranty Low miles \$8800 TYME (734) 455-5566	<b>Mercury</b> (1600) MERCURY MOUNTAINEER 1997 4 Dr, air, Auto, pl, cruise, anti-lock brakes, pw, 1 owner, ps, am-fm stereo sunroof, leather \$4,100 Tel 734-449-4252	<b>Pontiac</b> (1610) GRAND AM GT 2000 - 75,000 miles sunroof, silver, 4 door, CD, well maintained, exc cond. \$5500 248-349-4439	<b>Autos Under \$2000</b> (1710) GRAND PRIX 1997 - 186,000 miles A/C, runs great! \$1600/best 734-355-8395
<b>HARTLAND SCHOOLS IS ACCEPTING</b> Sealed bids for the purchase of 18 international, 66 passenger, Blue Bird busses, & 6 - 78 passenger Am-tran transits. Years range from 1997-2000. Bids will be due Wednesday October 3rd, 2007 at 10:00am. Busses can be seen at Hartland Bus Garage, 9525 E. Highland Rd. Howell 810-626-2180	<b>4 Wheel Drive</b> (1210) HARTLAND SCHOOLS is accepting sealed bids on a 1988 Chevy 1/2 Ton, 4x4, with cap & 7 ft Western Plow 157,000 miles. Min bid \$2000. Truck can be seen at Hartland Bus Garage 9525 E Highland Rd., Howell. Bids will be opened Fri Sept 28th at 10am 810-626-2180	<b>MERCURY Mountaineer 2005</b> 27,000 miles, factory warranty \$19,500 517-490-4922	<b>READERS:</b> SINCE many ads are from outside the local area, please know what you are buying before sending money. Green Sheet Classified Dept 888-999-1288	<b>Chrysler-Plymouth</b> (1420) SEBRING Convertible 2003 27k miles, loaded exc cond! 7 year 70,000 trans warranty \$12,000 517-546-4841	<b>Jeep</b> (1535) GRAND CHEROKEE 1999, 4X4, Loaded, very clean, 125,000 miles \$6800 734 878-9578	<b>Mitsubishi</b> (1590) SPIDER GT CONVERTIBLE 2002 Very low miles w/warranty \$13999 TYME (734) 455-5566	<b>Autos Under \$2000</b> (1710) \$5000 POLICE IMPOUNDS Fee Cars from \$500! For listings 1-800-619-3790 Ext V367	<b>Need To Sell Your Car?</b> Call The Green Sheet Classifieds at 1-888-999-1288 or email us at: www.hometownlife.com GREEN SHEET Classified
<b>Mini-Vans</b> (1244) HANDICAP VANS, 10 Lowered floor mini vans, w/ramps, from \$9,995 Call Dale anytime, I come to you 517-882-7299	<b>Sports Utility</b> (1299) CHEVY 2007 SUBURBAN LT 4wd, white 18,000 miles Lease takeover \$452, mo 28 mo's left. Call 517-404-3121	<b>DELOREAN 1982</b> 57,540 miles, 5spd Many extras, very good condition Must see! \$18,000 248-467-0835	<b>Chevrolet</b> (1400) HARTLAND SCHOOLS is accepting sealed bids on a 2002 Chevy Impala 149,736 miles. Min bid \$4000 Can be seen at Hartland Bus Garage, 9525 E Highland Rd., Howell. Bids will be opened Fri, Sept 28th at 10am 810-626-2180	<b>Ford</b> (1480) FOCUS 2005 13,300 miles, exc cond., moonroof, leather interior, A/C, all power locks & windows, good stereo w/6 CD changer \$11,500 810-229-5204, or eves 810-772-6858	<b>Lincoln</b> (1560) LINCOLN LS 2001 50,000 miles, 1 owner, non-smoker \$9300 TYME (734) 455-5566	<b>Nissan</b> (1620) ALTIMA 2002 1 owner, factory warranty non-smoker, only \$9800, \$99 down TYME (734) 455-5566	<b>Auto Misc.</b> (1150) COMMUTER SPECIAL!! 1993 Volkswagen Fox, 4 cyl, 4dr, \$695/best. SOLD!!!	<b>Auto Misc.</b> (1150) DAKOTA 1994 4x4 Extended Short bed inset, auto, lots of new \$2000 248-887-3800
<b>Auto Misc.</b> (1150)	<b>Auto Misc.</b> (1150)	<b>Auto Misc.</b> (1150)	<b>Auto Misc.</b> (1150)	<b>Auto Misc.</b> (1150)	<b>Auto Misc.</b> (1150)	<b>Auto Misc.</b> (1150)	<b>Auto Misc.</b> (1150)	<b>Auto Misc.</b> (1150)

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TIRE & AUTO CENTER  
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Located at  
**#1 Dealer**  
**VARSITY**  
10 YEARS RUNNING!

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Home of the 5 year, 100,000 mile power train warranty

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With These Deals

J.D. Power and Associates  
Rated Buick #1 in Vehicle Dependability

**2007 Pontiac G6**  
Stk# 71384 Buy \$14,659<sup>68\*</sup>  
Lease \$138<sup>11\*\*</sup>

**Lease Pull Ahead Extended!**

Waiving up to 2 monthly payments on GMAC Leases Expiring between now & June 30, 2008

**2008 Pontiac Grand Prix**  
Stk# 80010 Buy \$18,876<sup>23\*</sup>  
\$183<sup>63\*\*</sup> Lease

**2007 Pontiac G5**  
Stk# 70408 Buy \$14,265<sup>45\*</sup>  
Lease \$153<sup>83\*\*</sup>

**2007 Buick Lucerne**  
Stk# 70637 Buy \$21,002<sup>23\*</sup>  
\$198<sup>70\*\*</sup> Lease

**2007 Buick LaCrosse**  
Stk# 70286 Buy \$17,836<sup>40\*</sup>  
Lease \$155<sup>41\*\*</sup>

**2007 Pontiac Torrent**  
Stk# 71446 Buy \$17,411<sup>91\*</sup>  
\$267<sup>44\*\*</sup> Lease

7885 Grand River — Brighton  
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Visit us @  
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For coupons: www.coupons4livingston.com

\*Purchase price includes all rebates based on GMS pricing. Sale prices include Pull Ahead purchase bonus with GMAC approved financing. \*\*GMS Lease payments, 39 month lease, 10,000 miles per year, \$1,999 down plus tax, acquisition fee, doc fee & start up cost fee. S, A, B or C credit approval (D & E slightly higher). Excess mileage charge: 25c per mile. \*\*\*0% or 1.9% on 0G's in lieu of home rebates. Lease Pull Ahead waives two payments. Customer responsible for any remaining payments at reduced rate. See dealer for details. Offer ends September 29, 2007.

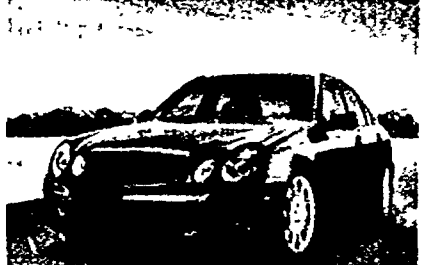


**Forget the rain and the mud!**



**2007 R350 4MATIC**  
**\$399<sup>00</sup>**

Stock #8A054435, MSRP \$49,710. Payments based DCX employee discounts, 33 Month, 27,500 mile lease with \$2,800 due at signing. Plus tax, title, fee. 25¢ per mile over DCX, MBUSA & MBUSI employees and immediate family members qualify. All incentives to dealer. Subject to Tier 1A credit approval w/MBF. Must take delivery from dealer stock. Offer ends 09.31.07 See dealer for details.



**2007 E350 4MATIC**  
**\$399<sup>00</sup>**

Stock #88190738, MSRP \$46,110. Payments based DCX employee discounts, 27 Month, 22,500 mile lease with \$2,800 due at signing. Plus tax, title, fee. 25¢ per mile over DCX, MBUSA & MBUSI employees and immediate family members qualify. All incentives to dealer. Subject to Tier 1A credit approval w/MBF. Must take delivery from dealer stock. Offer ends 09.31.07 See dealer for details.

**FREE 24 POINT WINTER INSPECTION**  
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Complimentary car wash with every service visit

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Located just minutes west of downtown Ann Arbor, just off Jackson Road and I-94.

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**Tread Quickly.**

If you need an all wheel drive vehicle for the upcoming season, get a grip with a new X-drive BMW from BMW of Ann Arbor.

**2007 BMW X5 3.0i**  
**\$699<sup>00</sup> per month 24 months**

56 F7017981 MSRP \$49,325. Payment based on 24 Month, 20,000 mile lease with Zero-down. Plus tax, title, fee. Total due at signing is \$1,775.15. 20¢ per mile over. Subject to Tier 1A credit approval. See dealer for details. Offer ends 09.31.07



**2007 BMW X3 3.0i**  
**\$499<sup>00</sup> per month 24 months**



56 F7AF17711 MSRP \$43,500. Payment based on 24 Month, 20,000 mile lease with Zero-down. Plus tax, title, fee. Total due at signing is \$1,351.00. 20¢ per mile over. Subject to Tier 1A credit approval. See dealer for details. Offer ends 09.31.07

**NO money down  
NO cost maintenance  
NO problem**

**BMW Ultimate Service™**

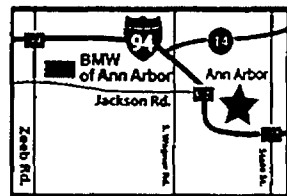
Pay nothing. 4 years/50,000 miles. The most comprehensive maintenance plan (including wear and tear items) in its class.

Brake Pads: \$0 | Brake Rotors: \$0 | Engine Belts: \$0 | Oil Changes: \$0 | Wiper Blade Inserts: \$0 | Scheduled Inspection: \$0

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**FORD MOTOR COMPANY PAYS TAURUS 1<sup>ST</sup> MO LEASE PAYMENT**

**2008 TAURUS SEL**



**No 1<sup>st</sup> PAYMENT! FORD MAKES PAYMENT FOR YOU!**

Speed control, tilt steering, power windows & locks, power seat, aluminum wheels, front & side air bags, AM/FM/CD player, traction control. Stock # 80242 Was \$23,995

**NOW \$20,657\***

Sign & Drive  
**\$290<sup>45</sup>**  
\$0 DUE AT SIGNING

24 MO LEASE

\$2000 Down  
**\$203<sup>51</sup>**  
\$2203.72 DUE AT SIGNING

**JACK DEMMER FORD**

**EXTRAVAGANZA**

**43 MUSTANGS AVAILABLE!**

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**WARRIOR MUSTANG**

Limited Edition 2008 V-6 Mustang with Warriors in Pink Package now available. \$250 from the sale of each package will go directly to Susan G. Komen for the Cure®



**EARLY BIRD PROGRAM CONTINUES!**  
Waive up to 3 remaining payments. Leases scheduled to terminate before 7/2/08. Let us help you get out your lease early no matter where your lease originated.

**2008 TAURUS X SEL**



**AMERICA'S IDEAL FAMILY CROSSOVER**

Speed control, tilt steering, power windows, locks and seats, aluminum wheels, front & side air bags, AM/FM/CD player, traction control. Stock #80397 Was \$28,955

**NOW \$24,288\***

Sign & Drive  
**\$336<sup>25</sup>**  
\$0 DUE AT SIGNING

24 MO LEASE

\$2000 Down  
**\$242<sup>71</sup>**  
\$2493.87 DUE AT SIGNING

**SAVE OVER \$10,000\***

**2007 F150 S CAB XLT 4X4**  
18" aluminum wheels, heated dual power seats, 6-disc CD, automatic temperature control air conditioning, anti theft, automatic headlamps, power windows and locks, power mirrors and more. Stock #71111 Was \$34,310

**NOW \$24,087\***

Sign & Drive  
**\$291<sup>56</sup>**  
\$0 DUE AT SIGNING

24 MO LEASE

\$2000 Down  
**\$182<sup>93</sup>**  
\$2621.81 DUE AT SIGNING

**SIRIUS SAT. RADIO W/8 MOS FREE SERVICE**

**2007 EDGE SE**  
4 wheel anti-lock braking system (ABS), 3.5 L V-6 Duratec engine w/8 speed auto trans, power windows/locks, remote entry, air cond., privacy glass, tilted control & tilt wheel, advance trac w/RSC, front & side impact air bags. Stock #73673 Was \$26,560

**NOW \$20,983\***

Sign & Drive  
**\$282<sup>90</sup>**  
\$0 DUE AT SIGNING

24 MO LEASE

\$2000 Down  
**\$181<sup>80</sup>**  
\$2462.99 DUE AT SIGNING

**37 MPG HWY**

**2007 FOCUS 5 DOOR SES**  
Power side windows, convenience group, integrated fog lamps, air, 16" alloy wheels, power locks, 2.0L DOHC engine auto trans, P205/50R16 BSW tires, safety pkg, anti-lock brakes, side impact air bags, weather pkg., heated seats, power heated mirrors. Stock #72638 Was \$18,135

**NOW \$14,494\***

Sign & Drive  
**\$242<sup>99</sup>**  
\$0 DUE AT SIGNING

24 MO LEASE

\$2000 Down  
**\$143<sup>70</sup>**  
\$2374.99 DUE AT SIGNING

**ABS STANDARD EQUIPMENT**

**2008 FUSION SE**  
2.3L I4 engine, 5-speed auto transmission, P205/60R16 all season tires, air cond., speed/slr wheel, power windows/locks, perimeter anti-theft system, air bags driver & passenger, 1st & 2nd row air curtains, fog lamps, 6-way power seat. Stock #80311 Was \$20,295

**NOW \$17,818\***

Sign & Drive  
**\$268<sup>82</sup>**  
\$0 DUE AT SIGNING

24 MO LEASE

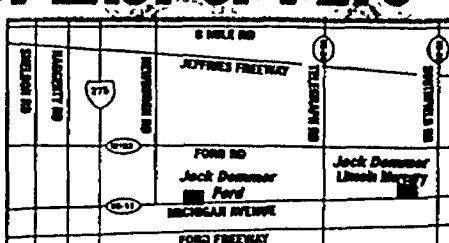
\$2000 Down  
**\$170<sup>10</sup>**  
\$2353.31 DUE AT SIGNING

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\*Plus tax, title, license. + Prices are for Returning Leases. All applicable rebates included in price. \*\*24 Month Lease, 10,500 miles per year. Tax and plates extra. With approved credit. A-Plan purchases and leases. Security deposit waived for qualified buyers. Subject to availability. Not all buyers will qualify for lowest payments or APR. Offers end 9-29-07. Payments & prices are subject to change. +See dealer for details. \* F-150 Lease payment & new price includes owner loyalty.

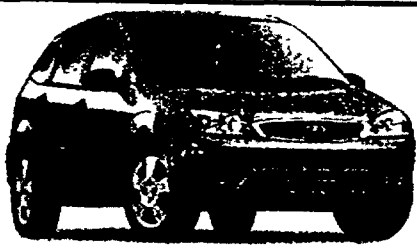
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**MICHIGAN'S  
#1 FORD  
DEALER**



**SWAP YOUR RIDE**

**#1 FORD CAR  
SALES IN  
THE USA!**



## 2007 Focus ZX5 SES

Featuring...Automatic transmission, air conditioning, speed control, power windows & locks, heated seats, safety package.

Buy For **\$13,874+**

\$1000 Down Sign & Drive

**\$173\*** PER MO.

\$1303 due at delivery.

**\$209\*** PER MO.

All fees included.

5 at this price - 100 Available



## 2008 Fusion SE

Featuring...14 appearance package, rear spoiler, auto trans, air conditioning, power windows & locks, speed control, moonroof, audiophile sound system.

Buy For **\$17,762+**

\$1000 Down Sign & Drive

**\$211\*** PER MO.

\$1313 due at delivery.

**\$248\*** PER MO.

All fees included.

50 at this price - 312 Available



First Payment  
**FREE**

## 2008 Taurus FWD Limited

Featuring...Leather, tilt wheel, power windows, locks, seats, speed control, AM/FM CD x6/MP3/audiophile w/subwoofer.

Buy For **\$23,060+**

\$1000 Down Sign & Drive

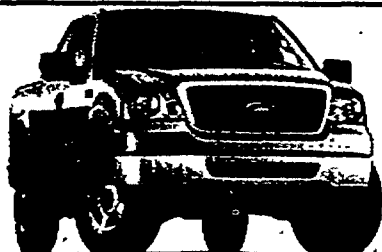
**\$273\*** PER MO.

\$1165 due at delivery.

**\$305\*** PER MO.

All fees included.

6 at this price - 79 Available



## 2007 F150 4X4 Supercab

Featuring...XLT w/free Tow & Go Pkg., AM/FM CD; power wndws/sliding rear wndw/seat, cptn. chairs, trailer tow, chrome running boards and more.

Buy For **\$23,958+**

\$1000 Down Sign & Drive

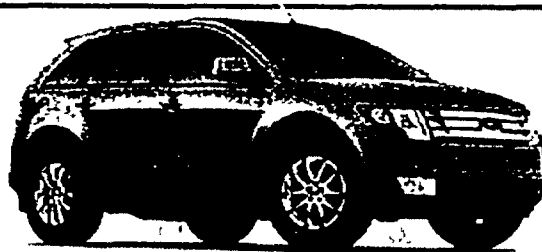
**\$252\*** PER MO.

\$1612 due at delivery.

**\$297\*** PER MO.

All fees included.

3 at this price - 35 Available



## 2007 Edge SE

Featuring...Air conditioning, power windows, power-locks, speed control, CD/MP3 sound system...

Buy For **\$19,869+**

\$1000 Down Sign & Drive

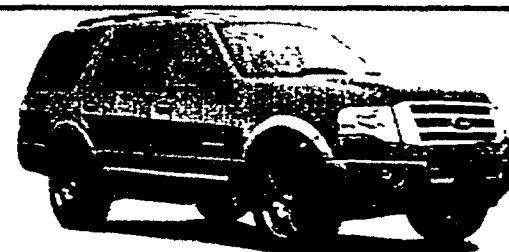
**\$233\*** PER MO.

\$1441 due at delivery.

**\$272\*** PER MO.

All fees included.

6 at this price - 303 Available



## 2007 Explorer EB

Featuring...Luxury leather with power driver's seat, power windows, locks, speed control, tilt wheel.

Buy For **\$21,545+**

\$1000 Down Sign & Drive

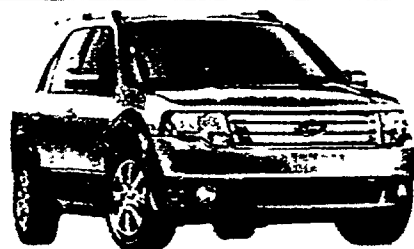
**\$254\*** PER MO.

\$1659 due at delivery.

**\$301\*** PER MO.

All fees included.

5 at this price - 35 Available



## 2008 Taurus X Limited

Featuring...Power windows & locks, power seats, tilt wheel, speed, leather, AM/FM CDx6/MP3/audiophile with subwoofer.

Buy For **\$25,103+**

\$1000 Down Sign & Drive

**\$306\*** PER MO.

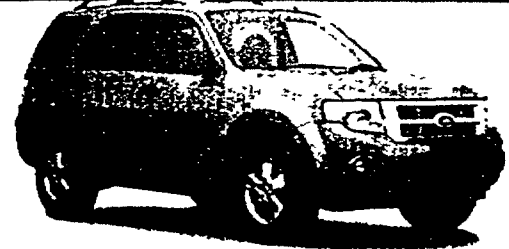
\$1534 due at delivery.

**\$349\*** PER MO.

All fees included.

15 at this price - 82 Available

**Swap Your Ride  
- NO GIMMICKS -  
Just More  
Money for  
Your Trade!  
GUARANTEED**



## 2008 Escape XLT

Featuring...Air, AM/FM/CD, power windows, power seats, power locks, speed control, tilt wheel.

Buy For **\$18,406+**

\$1000 Down Sign & Drive

**\$227\*** PER MO.

\$1360 due at delivery.

**\$265\*** PER MO.

All fees included.

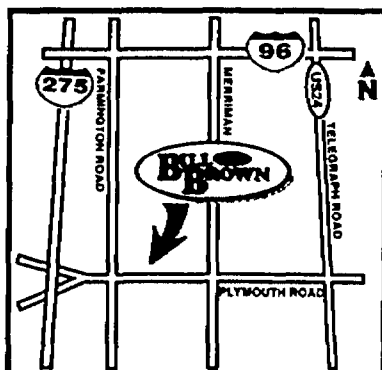
5 at this price - 90 Available

**YOU CAN GET  
OUT  
EARLY!**

Happening  
Now!

**WE WILL WAIVE  
YOUR LAST THREE PAYMENTS!**

Leases due through July 2, 2008 are eligible for up to 3 months payments!



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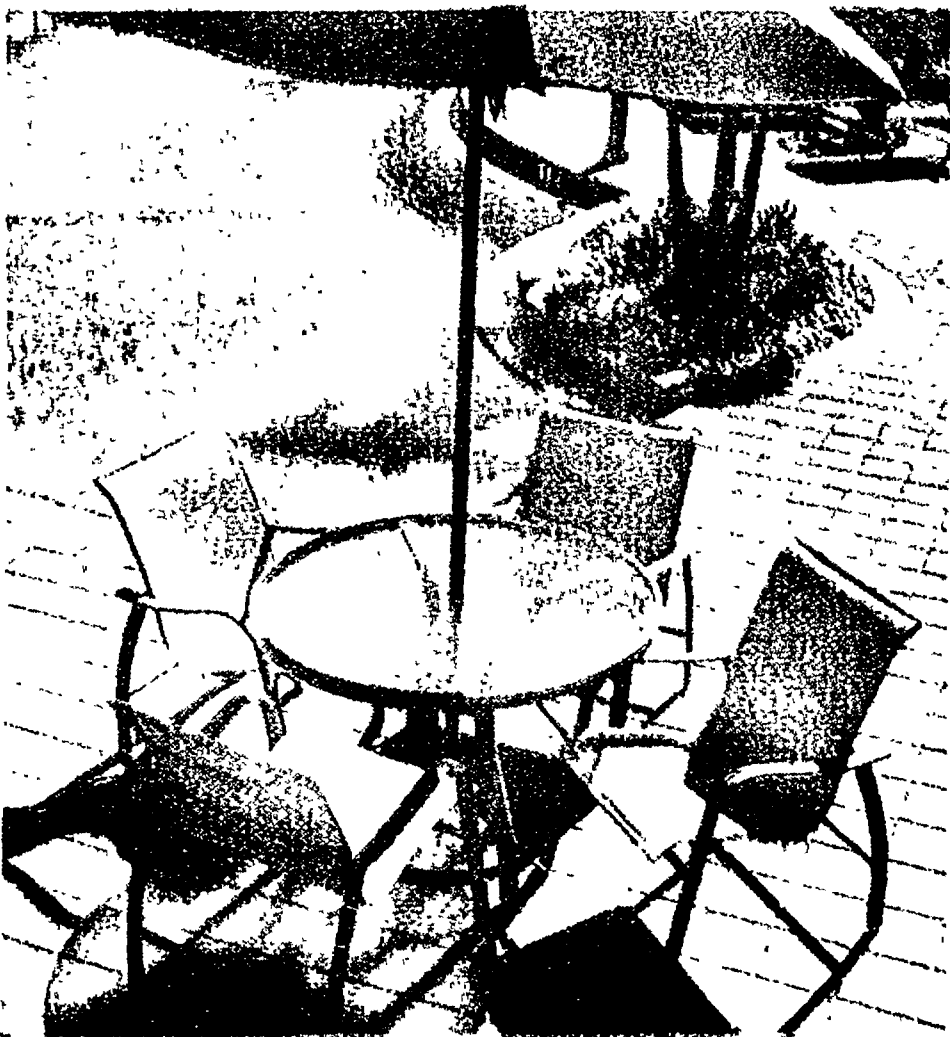
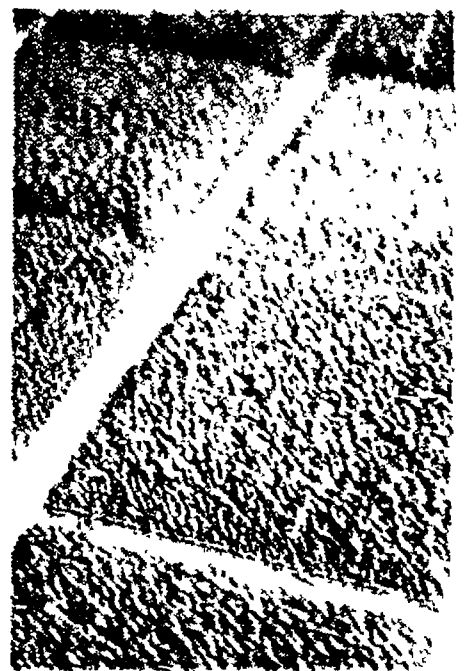
\*All payments and buy prices for qualifying A/Z planners, an additional \$1200 down is required for qualifying non A/Z planners. All payments are for 36 months, include acquisition fee, exclude tax and license fees. 10,500 miles per year. Buy for price add tax, title and destination. Subject to availability. All rebates assigned to dealer. Pictures may not represent actual vehicle. Payments and Prices per program in effect at publication and are subject to change. Explorer and F150 include owner loyalty. All offers expire 10-1-07







# 2007 How-To Guide



Includes tips on how to...

Install brick pavers

Treat fibromyalgia

Choose a mattress

Select a caterer

Choose the perfect flooring

Find a fitness center...and more!



LIVINGSTON COUNTY, OH

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**Northville Record**

**Novi News**

South Lyon  
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[northvillerecord.com](http://northvillerecord.com)

[novinews.com](http://novinews.com)

[southlyonherald.com](http://southlyonherald.com)



Fibromyalgia causes a lot of pain. Symptoms may be helped with regular aqua therapy.

## TREATING FIBROMYALGIA

These may help treat or reduce the symptoms of fibromyalgia:

- Limit foods, such as white flour, white potatoes, dairy products and simple sugars. They contain a substance which can interfere with muscle enzymes and cause pain.
- Look into acidophilus supplements. Many with FMS have yeast overgrowth and acidophilus can help restore normal levels in the intestines.
- Have magnesium levels checked. People with FMS are often deficient in this mineral.
- Use grape seed extract. It is an antioxidant that helps the immune system and helps protect muscles from damage.

# HOW TO Treat fibromyalgia syndrome

**A**ching all over? Fatigued and you're not sure why? Having trouble getting a good night sleep? If you suffer from all of these you could be experiencing fibromyalgia syndrome.

It is estimated that as many as 6 million to 9 million people in the United States — the majority women — suffer from fibromyalgia syndrome.

Those who suffer from FMS experience pain in specific areas of their body when pressure is applied. These areas include the back of the head, upper back and neck, upper chest, elbows, hips and knees.

The pain can persist for months and may include stiffness.

It can account for sleeplessness, fatigue, anxiety, stress, gastrointestinal problems, depression, numbness or tingling in feet, difficulty concentrating, short term memory problems, mood changes, dizziness and dry eyes, skin and mouth.

Odors, noises, bright lights and touch can also create problems for those with FMS.

Doctors are still searching for the exact causes of FMS. It shows up for patients most commonly between the ages of 20 and 60.

It can be elusive to diagnose because it shares some of the same symptoms as lupus, low-thyroid hormone production, Lyme disease, multiple sclerosis, and rheumatoid arthritis. It can coexist with chronic fatigue syndrome and myofascial pain syndrome.

Patients with FMS often have to fight with the health care system, coworkers and spouses for recognition of their illness.

FMS often does not have outward physical symptoms and those who are struggling with it will "look fine" to others.

### Diagnosis

Diagnosing FMS is difficult because there is not a single, specific test that can be performed to show its presence. Blood tests and x-rays can come back with normal results. However, many times such tests are needed to rule out other problems.

Official diagnosis of FMS should not be made unless there is demonstrated widespread pain for three months or more, in combination with tenderness at 11 or more of 18 specific tender points.

### Treatment

While there is no cure for FMS, treatment and self-care can improve FMS symptoms and improve general health.

Doctors suggest many actions to treat FMS, but the most frequently recommended treatment is regular exercise three to four times per week. However, many FMS patients have problems tackling exercise due to their inactivity as a result of the syndrome.

### Aqua Therapy

Dr. Irene Metro of Plymouth Integrated Medicine and Allen Physical Therapy, of South Lyon, noted great success with FMS by treating patients through engaging them in vigorous aerobic exercise in warm water.

Water heated to 92 degrees or better creates an environment that is better tolerated and beneficial to patients.

Regular exercise in the soothing warm water helps patients to break a pattern of inactivity and empowers them to take control over their own symptoms.

Aquatic exercise allows patients to perform vigorous exercise without jarring the body the way they would with land-based physical activity.

Exercising in water creates the ideal environment for an FMS patient for many reasons.

- Patients with specific treatable dysfunctions such as an inability to stabilize the spine, postural imbalance, poor spinal mobility or weak trunk musculature may be treated on a one-to-one basis with a physical therapist in the water.

- Individuals may aerobically exercise for 20 minutes or more — something that may be very difficult to achieve elsewhere due to pain and dysfunction.

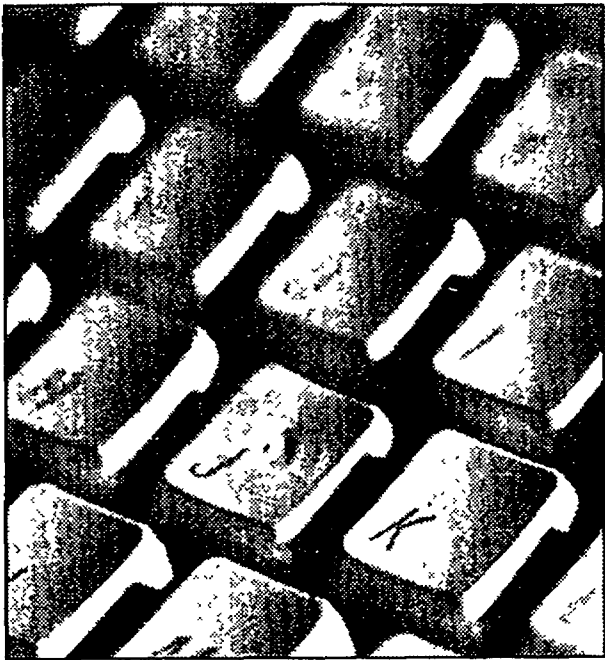
- Patients who have resolved specific dysfunctions can work with a group class. This allows them to find a support system and sounding board for problems they have experienced with FMS.

### Frequency

Ideally, FMS patients should be exercising three times per week even in the presence of fatigue and stiffness. Aquatic physical therapy can make this possible.

Contact Allen Physical Therapy at (248) 437-2322 for more information.

— By Cyndi Lieske



Up-to-date virus-protection software is vital for a healthy computer.

## PREVENT VIRUSES

- Your computer cannot get a virus without a little help from you.
- To prevent them from attacking your computer, never open unknown e-mails.
- Keep your virus-protection software up to date.

# HOW TO Protect your computer

Everyone has heard of them. And most people have experienced them first hand. Still, while they seem to have affected everyone, directly or indirectly, in one way or another, very few people actually know what computer viruses are.

Computer viruses are perhaps so enigmatic because they can differ greatly depending on type. Some are mere nuisances, the result of a foolish prank. Others, however, can be a death sentence for a computer. Being able to distinguish between the different types of viruses is a good way to ensure you aren't one of the many who have suffered their wrath.

■ **Boot sector viruses:** Each time you start your computer, you boot it. A boot virus can infect a file on your hard drive that automatically executes each time you boot your computer. A boot virus can also infect files on a floppy disk, and is often transmitted via floppy disk

■ **Program viruses:** These are typically acquired through file-sharing devices or if you download programs from the Internet. They are attached to executable files that typically end in ".exe". A program virus infects a computer by duplicating itself each time the program it's attached to is run. As it duplicates itself, the program virus can then attach to other programs. The more programs the virus attaches itself to, the more damaging it can be to your computer. Music file-sharing programs can increase a computer's exposure to program files, as you're both sharing with other computers and downloading as well.

■ **Macro viruses:** Arguably the most difficult viruses to detect, macro files attach themselves to files and not programs. They're often attached to language in specific programs, such word processing and spreadsheet applications. While they're the most difficult to detect, they're also the most common. Some, however, can be relatively harmless. A recent example was the wazzu virus, which inserted the word "wazzu" into Microsoft Word documents, proving that a virus can be a nuisance but not necessarily destructive.

■ **Trojan horse:** Though not technically a virus, Trojan horses have damaged many a hard drive in their day. Unsolicited junk e-mails from senders whose names you don't recognize often have Trojan horses in them. Once these e-mails are opened, as any Greek mythology student can likely detect, several attackers are released onto a computer's hard drive, making the Trojan horse a very harrowing problem. The best thing a person can do is immediately delete and not even open e-mails in which the sender's name is unrecognizable. Many times, the subject lines of such e-mails are comical or promise rewards or miracle cures. It's important to remember these e-mails likely won't provide you any rewards, but could offer a lot of grief, instead.

You'll need to update your anti-virus software regularly because new viruses are created every day.

— Metro News Service

## INSIDE ...

The How To Guide is designed as a tool to help you make informed decisions in purchasing goods and services you may need. While every effort has been made to ensure the quality of the information presented here, we cannot guarantee the accuracy or the completeness of the advice, nor the results you can achieve from acting upon this information. Before making purchasing decisions, you should seek additional sources of information and advice.

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Degree of formality is one thing to consider before hiring a catering company for your next get-together.

## BEFORE CHOOSING A CATERER

### ■ Check references.

*Ask for references during the interview.*

### ■ Get it in writing.

*Reach an agreement on all prices, including tips, extra charges and fees. Write out when payments are due so all parties are clear on their responsibilities.*

### ■ Find out exactly what things are included.

*Tableware, linens, centerpieces, serving dishes and other items may have an extra charge.*

# HOW TO Choose the perfect caterer

**S**o you want to have a party! It's not everyday that you find yourself inviting 25, 50 or even 100 guests to a special event like a wedding, anniversary, graduation, birthday party or a retirement party. It can easily become overwhelming.

But, by following these tips, you can find the perfect caterer and help your event become the hit of the year.

### *Ambiance*

First, you need to determine how formal or casual you want the event to be. It is important to match the food to the overall ambiance.

At a black-tie affair, for example, you don't want to have a caterer show up with a pig roaster and paper plates.

On the other hand, an outdoor family reunion might be great fun with an on-site barbecue and picnic fixings.

Some caterers specialize in casual parties, while others are better at formal events. Use that criteria to narrow down your list of possible caterers.

### *Location*

The location of the event is also important to consider. You'll want to see what amenities are available — like running water, electricity, freezer space, etc. — as well as the space to prepare and serve the food. This will help you determine how your event is to be catered, what types of food can be served, and how everything needs to be set up.

### *Reputation*

Since the most important thing at a catered event is the taste and appearance of the food, you will want to closely examine the caterer's menu options and service.

The best way to get an honest opinion is to ask around. If you have been to an event and enjoyed the food, ask the host for the name of the caterer. Or, call up friends and relatives and ask them who they have used and if they would recommend them.

You'll also want to ask the caterer to provide references from previous clients.

### *Options*

Some caterers will take care of the entire event, including serving, clean up, linens and more. Others will create just a

dish or two and let you pick it up. Some may have a minimum number of guests they will care for and others have maximums. Since each one is different, it is very important to find out exactly what your options are. Then, go with the caterer who matches your needs the best.

### *Pricing*

Once you have narrowed it down to a few caterers who meet your needs, it is time to select the menu and compare prices.

Prices can vary greatly depending on the types of food selected and the number of services offered.

Be sure to compare "apples to apples." For example, one caterer may automatically include the cost of renting the serving utensils and warmers in the price of their dish. Another may offer a similar dish for less money, but add a surcharge for the warmers. Or, you may find one company provides a pasta dish with meat, while another offers a similar dish without meat. Make sure you understand exactly what you are getting before making a decision.

You will also want to consider the taste of the food. A cheaper caterer who serves less-than-appealing food may not be the best choice.

### *Labor*

Some companies charge a lump sum for labor that includes waiters and waitresses and the cleanup crew. Others, however, charge labor per person, which can prove costly, particularly if your guest list is large and more help is needed.

### *Service Charge*

Service charges can be tricky when it comes to catering companies.

Many times, a caterer offers linen rental, such as tablecloths, napkins, etc., for a fee. This can add a significant amount of money to the overall bill. If the caterer adds a percentage based on that final total, naturally that service charge will be much larger than if it were based solely on food and labor.

### *Contract*

Before agreeing to a contract, get every detail in writing so both parties understand what is being provided, how much it costs and who is responsible for everything.

— By Candy Spiegel



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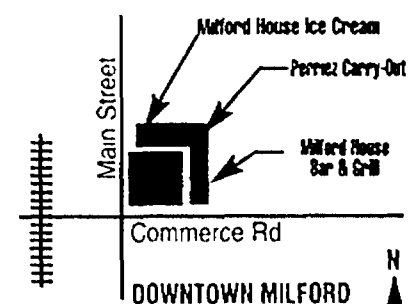
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HT00371535



Taking your beloved pet to a pet groomer regularly is the best way to keep well groomed, beautiful, comfortable and healthy.

## WHY USE A GROOMER?

- Pets' skin is delicate and using soap or shampoo not designed for them can cause damage.
- Matted coats can cause circulation trouble, attract parasites and cause pain for your pet.
- Pet groomers have the experience and correct equipment to groom the pet without causing injury or discomfort.
- Groomers can detect and notify you of abnormal growths, infections or issues that need veterinary attention that you may not have seen otherwise.

## HOW TO

# Choose a pet groomer

**F**inding the right person to groom your pet is important. You need someone who is not only qualified and professional, but will also treat your pet with the correct love and care they deserve.

Since pet groomers are not certified or licensed by the state, there is no governmental agency looking out for pets. A formal education isn't even required for someone to start their own business. Instead, the responsibility of finding a qualified professional is left up to each pet owner.

Stephen Mart, Web master for PetGroomer.com says it is important to find a regular groomer, which is less stressful for the pet because they remember the person and the surroundings. He recommends going through four steps to find someone you can trust.

### Referrals

Just like when searching for a hairstylist, builder or doctor, one of the best ways to find a good pet groomer is to ask for referrals. Check with your veterinarian, breeder and pet store, and ask friends, co-workers, neighbors and family members for information on their groomer.

"If you see a well-groomed pet ask its owner where they have their pet groomed," Mart says. "Most pet owners are flattered by your asking, so take a chance and ask for their referral."

### Interviews

The next step is to interview the business owner, manager or groomer personally — even if they provide you with brochures or other information about their business. You will need to ask whatever questions are not answered in their literature. During the interview process, you should ask the following questions, plus others that are specific to your situation.

- What experience does the groomer have?
- How long has the groomer been grooming?
- Are the hours convenient?
- What services do they offer?
- How much do they charge?
- Do they keep permanent written records on the pets?
- How far in advance do you need to schedule an appointment?
- Can you drop the animal off in the morning and pick it up after work? Do they make sure animals left all day have adequate water and bathroom breaks?

- Do they offer mobile services or pickup and delivery?

- Do they have a safety and supervision program and do they maintain a hygienic environment?

- How do they handle pet emergencies? Will they call your vet?

- Will they groom your pet to your desired styling preferences? If not, ask them to explain why not. Sometimes your request may not be healthy or comfortable for your pet, Mart says.

- Did they answer all of your questions and provide you with adequate time for the interview?

*Since pet groomers are not certified or licensed by the state, the responsibility of finding a qualified, caring professional is left up to each pet owner.*

### Tours

Take a tour, even if it is a mobile grooming van. Mart recommends making sure the facility is clean, that there are no objectionable odors and that the staff are not using foul language.

If they refuse your request for a tour, find another pet groomer.

### Intuition

Once you have gathered all of the information, go with your gut feeling and choose that groomer to care for your pet.

— By Candy Spiegel



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A pond, fountain or waterfall can add a sense of calming to your landscape.

## CHOOSING A CONTRACTOR

- Ask the contractor for the names of customers who have had similar projects
- Ask for a copy of the contractor's current insurance certificates and licenses
- Get written estimates from at least three contractors
- Make sure bids are identical based on project specifications
- Get all guarantees, warranties and promises in writing
- Agree on start and completion dates and have them written into the contract
- Report suspicious behavior to the Better Business Bureau
- Do not pay for work not completed to your satisfaction

## HOW TO

# Create a backyard sanctuary

**G**etting outdoors can lower our stress level while we spend time relaxing with our family and friends.

We would all like to create a space that exudes peace and tranquility but may not be sure where to begin.

The best place to start is by standing in the space you have to work with.

### *Get outdoors*

Go out to your backyard and take a walk around. What do you see?

Is it sunny or shady?

When will you be using it?

Do you want a space you can use all day long or are you more likely to be using it in the evenings after work?

### *Measure the space*

Take measurements of your yard. You need the lay of the land to know what you can do.

Are you filling up the whole backyard, or do you want to start with only a patio or deck area?

### *Make some plans*

Draw a plan of what you would like to accomplish.

Experts say you will be much more productive if you break your projects into small jobs that you can be finished in a few hours or within a day.

If you are not planning to tackle it yourself, interview a few experts to find the person who will work best with the ideas that you want to accomplish.

### *What's the use?*

Once you have answered a few questions about how you want to fill up the space, consider how you will use it.

Will it be used for entertaining, grilling, sports, swimming, relaxing, gardening or a combination?

Do you want to cook and eat meals with family and friends here?

Do you need a play area for children?

Do you want a deck with a dining table or a patio with sofas and lounges?

Is there enough space for both?

Make sure you plan for something that fits your wants and needs. Don't buy furniture that needs excessive care or you will be spending all your free time on upkeep and maintenance. The same goes for plants and trees.

### *Get growing*

What kinds of plants, shrubs and trees do you want around you?

Would you like butterflies to flit by and birds perching on nearby branches?

Do you want something that provides color and interesting things to look at throughout the year?

There are many plants that offer seasonal color while providing food and shelter for birds and butterflies.

When visiting local nurseries ask what plants are best for attracting wildlife.

There are many perennials to choose.

Select hardy plants that will need little maintenance so that you can spend time relaxing in your yard instead of always tending to the flowers.

*Trees and shrubs can block out noise from neighbors and provide a much softer alternative to fences.*

Use trees and shrubs to help you create a quiet, reflective place. Trees and shrubs can block out noise from neighbors and provide a much softer alternative to fences.

### *Make a splash*

Fountains and gazing ponds catch the light and attract birds. Moving water is attractive to birds. The sound of fountains is soothing to the senses and can provide a sense of calm. Rock gardens with fountains are one more way to have trickling water flowing nearby.

Whether you choose to create the space yourself or hire someone to help you out, asking a few questions before you start the project will help you create your family's oasis.

— By Cyndi Lieske

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Look for packages that are tightly wrapped when selecting meat.

## PREPARATION

- Wash hands thoroughly for 20 seconds before, during and after handling raw meat
- Use a designated cutting board for raw meat only
- Every 20 minutes that meat is sitting in room temperature, it ages one full refrigerated day
- Defrost meats in the refrigerator or in the microwave
- Do not re-freeze
- Use a meat thermometer to cook to proper temperatures. Cook ground meats to 160° F; beef, veal and lamb to 145° F; pork to 160° F; reheat leftovers to 165° F
- Marinate meat in the refrigerator
- Cooked meat should not be left unrefrigerated for more than two hours

## HOW TO

# Buy and store meat

**W**hen you buy perishable foods, especially meats, you need to pay close attention to what you buy, how to store it, and how to prepare it.

According to [www.homefoodsafety.org](http://www.homefoodsafety.org), an online resource for home food safety sponsored by the American Dietetic Association and the ConAgra Foundation, millions of people are sickened, 325,000 are hospitalized, and 5,000 die each year from food poisoning.

Be sure that the beef you serve at your next party will be safe to eat. Follow these safety tips from the ADA and ConAgra.

### Buying Tips

- Look for the Safe Food Handling label on packages, which indicates that the meat has been processed safely and gives tips for proper food handling and cooking.
- Look for tightly wrapped meat.
- Pick up meat last when shopping and ask to have it bagged separately from other groceries.

### Beef

USDA Prime, Choice, Select, and Standard grades come from younger beef. The three lower grades — USDA Utility, Cutter, and Canner — are seldom, if ever, sold at retail but are used instead to make ground beef and manufactured meat items such as frankfurters.

**Prime** contains the most marbling, or flecks of fat within the lean which enhances the flavor. This grade of beef is excellent for roasting and broiling.

**Choice** contains less marbling but is still a high-quality meat and is suitable for dry heat cooking. This grade is good for marinating.

**Select** has even less marbling and lack the juiciness of Prime and Choice.

**Standard and Commercial** grade beef frequently is sold as ungraded or as “brand name” meat.

### Lamb

Lamb is produced from animals less than a year old. Meat from older sheep is called yearling mutton or mutton. Mutton does not qualify for the Prime grade and the Cull grade applies only to mutton. Buy lamb that has been USDA-graded.

**USDA Prime** — highest in tenderness, juiciness, and flavor. Prime chops and roasts are excellent for broiling and roasting.

**USDA Choice** — very high in tenderness, juiciness, and flavor. Choice chops and roasts

also are very tender, juicy, and flavorful and suited to dry-heat cooking.

### Pork

Like lamb, pork is generally produced from young animals. Today’s fresh pork products have considerably less fat than they did just a decade ago. Acceptable quality pork is also graded for the yield ratio of lean to waste.

Look for cuts with a relatively small amount of fat over the outside and with meat that is firm and grayish pink color. For best flavor and tenderness, meat should have a small amount of marbling.

Pork chops can come from center loin, as rib chops, sirloin chops, boneless or bone-in. They can be prepared by pan broiling, grilling, baking, braising, or sauteing. Thin chops are best sauteed. Boneless chops cook more quickly than bone-in chops.

*Be sure that the beef you serve at your next party will be safe to eat.*

Ribs are available as spareribs, back ribs, and country-style ribs. Spareribs come from the belly portion, while back ribs and country-style ribs come from the loin. All three styles can be braised or roasted in the oven or on the barbecue grill. Slow cooking yields the most tender and flavorful results.

Tenderloins are the most tender and tasty cut of pork and can be roasted whole, cut into cubes for kabobs or into strips for stir-fry, and sliced for scaloppini or medallions.

### Storing

- Handle meats with clean, dry hands.
- Store meat in the coldest part of the refrigerator or in the refrigerator’s meat bin. Refrigerators should be set below 40° F.
- Use fresh, raw meats stored in the refrigerator within three to four days of purchase. Throw away ground meats, sausage and organ meats after two days.
- Cooked meats should be eaten or frozen within three to four days.
- Freeze meats at 0° F.

— By Cynthia Grochowski

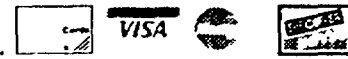
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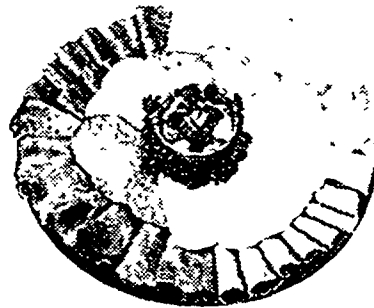


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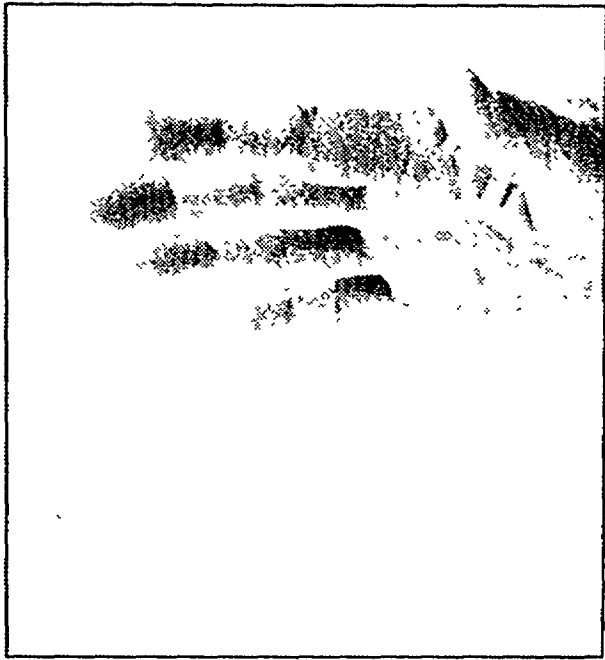
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Memory foam is one of the recent advancements in mattress technology that you may come across.

## HOW TO FOLD THE SHEETS

- The folding and storing of bed linens after laundering may be a chore some prefer to avoid. Folding fitted sheets (especially queen or king size) can be a challenge.
- Doing so on a bed or a large table can help, or enlist the help of a laundry buddy.
- Fold in the gathered sides first to make straight edges. Then fold the fitted sheet as you would a flat sheet.
- To store all of the linens neatly in a closet, place the folded fitted and flat sheets and any other pillowcases into one pillowcase. This way everything stays together until needed.

## HOW TO

# Choose a mattress

**M**illions of people in this country suffer from some sort of insomnia, whether intermittent or chronic. While your problems may not be completely solved by purchasing a new mattress, the odds of increased comfort certainly can improve.

Few things are more important than a good night's sleep. Lack of sleep can make you irritable and interfere with just about every aspect of your quality of living. Considering you spend  $\frac{1}{3}$  of your life in bed, it makes sense you'd want those hours to be the most productive and comfortable as possible. A high-quality mattress can help you attain that goal.

### Comparison Shopping

Mattress shopping is not always easy. Many stores carry their own exclusive lines or different makes of similar brands and styles. Therefore, if you like Mattress A from Sleepytime Manufacturer, you may not be able to compare that same mattress in another store because it may offer Mattress B from Sleepytime instead. A better idea is to compare the components and level of quality between brands and stores.

When mattress shopping, a good approach is to go with a store that you trust.

### What to look for in a mattress

■ **Support:** You want your entire body to be supported evenly as if you were standing up with good posture. Pay attention to your shoulders, hips, and lower back - the heaviest parts. If there's too little support, you can develop back pain. But if the mattress is too hard for you, you can experience uncomfortable pressure. Also, one manufacturer's "firm" may be different from another one's. Therefore, test each mattress out yourself to gauge comfort level.

■ **Comfort:** You want your entire body to feel cradled by your mattress. Today, even softer mattresses can be beneficial to your body. It's a myth that only a rock-hard mattress is good for you. Mattresses today are built for comfort, with revolutionary and luxurious cushioning materials.

■ **Durability:** A bargain mattress may not turn out to be such a bargain long-term. Durable sleep sets should last years and retain their comfort. A good rule of thumb is to purchase the highest quality set you can afford. Know when your mattress has reached its limit. It may still be usable after 20 years, but you could be paying the price in quality of sleep.

■ **Size:** Did you know that a healthy

sleeper moves anywhere from 40 to 60 times a night? You want to ensure you have enough room to do all of that flipping and flopping. And if you have a sleep partner, you'll want to be sure you both will be sleeping comfortably. Don't look for a mattress that is smaller than a queen if you sleep with a partner. Otherwise you'll be short on space. Buying a too-small mattress is one of the common mistakes shoppers make.

Remember that you'll also need to purchase a new boxspring. The boxspring and the mattress are designed to work in concert. So putting a new mattress on an old boxspring (or using none at all) can impede comfort.

### Mattress Sizes

Here's how mattress sizes stack up.

■ **Twin:** These single beds are the smallest (besides toddler-sized beds), and measure 38 inches wide by 75 inches long.

■ **Full:** This mattress is quickly replacing a twin size for children and teenagers. It measures 53 inches wide, which is just 15 inches wider than a twin size and 75 inches long, which may be too small for taller adults.

■ **Queen:** The most popular mattress size comes in at 60 inches wide by approximately 80 inches long - 7 inches wider and 5 inches longer than a full size mattress. While this is quite a difference over a full, it is still 16 inches less width than if adults slept solely in two combined twin beds.

■ **King:** These beds are 76 inches wide by approximately 80 inches long - about 16 inches wider than a queen. A king size mattress measures roughly what two twin beds pushed together would equal, and offers the most personal sleeping space available for bed partners. California king mattresses are two inches narrower than standard king, but four inches longer.

### Foam, Air or Inner Spring?

Today's mattress manufacturers are all vying for your purchase. There are mattresses filled with air, made out of visco-elastic memory foam or standard spring coils. Each manufacturer will tell you that their product stacks up better against the others. There's no hard-set rule regarding mattress type. It all comes down to what feels the most comfortable for you. If two sleep partners can't agree on mattress firmness, it may be beneficial to purchase a mattress where the zones can be adjusted, like those "sleep number" types of beds.

— Metro News Service





A home theater can provide hours of fun for the entire family.

## SCREENS: LCD OR PLASMA?

■ There is no right choice. Both have pros and cons.

### ■ LCD:

Better for high-definition television  
Consume less power  
Longer life expectancy

### ■ Plasma:

Accurate color and better contrast in darker scenes  
Better viewing angle

## HOW TO

# Create a home theater

As recently as 10 years ago, moviegoers actually had to leave their house to "go" to the movies. However, thanks to advancements in technology and the ever-popular home improvement boom, more and more homeowners are leaving the ticket lines and sticky floors of the multiplex behind, choosing instead to build their own home theater systems.

For some, building a home theater system is the project of a lifetime, one they've thought long and hard about and can't wait to see come to fruition. For those who are less mechanically inclined, however, putting together a new home theater system is akin to giving a toddler a calculus textbook. But designing and building a home theater system needn't be so daunting a task, especially if it's approached one component at a time.

### *Choose the Room*

Before you can even get started, you'll need to choose a room for the home theater. There are two roads you can take here: use an existing room in the house and convert it into a home theater, or build an entirely new room. Each option has its pros and cons. Converting an existing room will be far less costly, but will be much more limiting as well. When using an existing room, the vision you have in your head of what the theater will be might not match the finished product. That's because you'll need to work with what you have. Also, an existing room might not have the best acoustics. If you can, avoid rooms that have parallel walls, as generally such rooms have very poor acoustics. If you have a room with walls of different lengths, consider that room for your home theater.

When you decide to build a new room entirely, the finished product can end up looking like a mirror image of the vision in your head. However, building a new room is often a very expensive endeavor. And for those not born with a hammer and nail in their hand, a new room might require hiring a contractor, in addition to getting clearance from your town's zoning board to make sure your home adheres to local laws. This can be a trying process to say the least.

### *The Master Plan*

Once you've chosen a room, sit down and draw up a master plan of what you want the room to look like. You don't necessarily need to do this to specification.

Instead, it's more of a guide to keep as a reminder of what you want the theater to look like when it's finished. In addition, it will help to bring it along when it comes time to go purchase materials.

Once that time has come, then it's time to do your measurements. Measure wall length and height, and any other areas where you'll be placing furniture, hanging speakers, etc.

### *Seating*

Even those who don't know which end of a hammer to hold should be able to pick out the right seating. While comfort is paramount, the type of chair you choose should not be based on comfort alone. Comfortable seating comes in many shapes and sizes, from leather sofas to recliners. But not all seating is ideal for a home theater.

Recliners, for instance, are not an ideal seating choice for a home theater. That's because when sitting in a recliner your head will often move, negatively affecting sound quality. Ideally, the best choice is a comfortable chair with a low back that won't absorb sound. Sleeper chairs, which often come with ottomans, are a popular, comfortable and effective furniture choice.

### *Lighting*

Part of what makes the neighborhood movie theater so appealing is that the theaters have correct lighting. When choosing your own lighting scheme, don't choose anything too bright. Also, you'll want the room to have few or no windows. Naturally, the room most likely to have no windows is the basement, and many home theaters are located here.

### *Bundle Those Cords*

Most home theaters end up having an abundance of cords, with the television, speakers, stereo, and DVD/VCR hookups all creating one giant mess. Once you've set everything up, test all of your equipment to ensure that everything is running according to plan. If it is, it's time to hide those unsightly cords. If you've built a new room for your theater, place them in the walls or even under the floor. Tubing or piping is also an effective means of concealing cords, and nearly all electronics shops sell such items.

— Metro News Service



Preplanning your funeral will make sure your wishes are carried out and save your loved ones time during a difficult time in their lives.

## PREPARE THE OBITUARY

- Your obituary should include your spouse's name and the names of your children and other immediate relatives (surviving and deceased).
- Include your birth date, past military service, education, occupation and awards. Note whether flowers or donations to charities should be given on your behalf.
- Give this document to your family and friends before you die so they can pass it on to the newspapers upon your death.

## HOW TO

# Preplan a funeral

**I**t isn't anybody's favorite task. But preplanning your own funeral can save your family money, time and stress during what will already be an emotionally charged grieving period. Doing it now will be one less thing your family has to do later. An adult of any age can preplan his funeral.

Here are five critical elements to consider when planning a funeral:

### *Draw up a will*

Often, attorneys draw up wills and base their fees on the degree of detail in the document. The attorney will ask for copies of documents that identify your real estate, bank accounts, stocks, bonds, annuities and life insurance. Financial liabilities — like mortgages, loans and outstanding credit-card charges — should also be turned over.

Any kind of personal property can then be legally earmarked for family members and friends. An executor of the will, who will have power of attorney to oversee the distribution of the assets documented, should be designated. Unsure about who should get what? Don't worry: Wills can be changed up until the day you die.

### *Choose funeral director and type of ceremony*

There are different ways to choose a funeral director. Some families bury their dead in the same cemetery that they've used for generations and, therefore, use the same funeral director associated with that cemetery. Others pick the funeral director in their local community. If there are multiple funeral directors in the area, it is common practice to choose a funeral director based on price. Funerals can actually be paid for beforehand with life insurance or a bank trust, which saves money because costs don't inflate.

A traditional funeral service generally consists of a service at either a house of worship or a funeral home, followed by a visitation. Such ceremonies are overseen by a member of the clergy. You may also choose to have a less formal memorial service at a place of your choosing.

### *Choose the burial method*

When working with a funeral director, he or she will ask if you want your body cremated or buried. If you do decide to

have your body cremated, there are three options: 1. Store the remains in a columbarium — a vault with spaces for storing urns of ashes; 2. Scatter the remains, such as at sea; or 3. Bury them in a traditional cemetery plot. If you don't choose cremation, you will have to purchase a cemetery plot or mausoleum crypt.

According to Key Ridge Funeral Urns, a company that provides urns for ashes, cremation is an increasingly popular means of disposing remains. More than 25 percent of bodies in America are cremated. In Canada, the rate is 45 percent, and it is 90 percent in England.

Some choose to donate part of their body — like organs and tissues — to a medical school to be studied, or to a hospital to be transplanted into ill patients. To

*Preplanning your funeral now means your family will have one less thing to do later.*

make this wish legal, carry a donor card or document indicating your desire to donate on your driver's license (depending on your state).

### *Get it in writing*

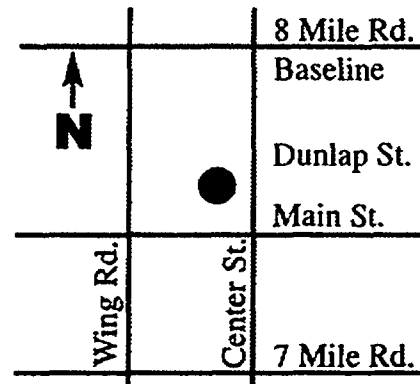
It is important to draw up a document, much like a contract, listing the specific provisions for your funeral and to tell those you trust where to find it.

Include the names and contact information of family, friends and business associates who should be notified about your death.

List the location of the funeral service and cemetery, the names of the pallbearers and of those who wish to say a few words at the service, and any specific musical or reading selections for the funeral.

— Metro News Service

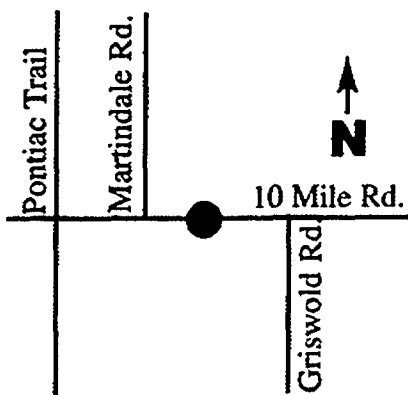
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- Color ink enhances and makes it more appealing.
- Resumé paper adds elegance and a business look.
- Some copy machines can collate, staple and hole punch your document.
- Most copy locations are self-service, but never be afraid to ask for help. They are customer-oriented and someone should be able to assist you.

# HOW TO Ship, copy or rent a mailbox

**B**usy persons can save time at one-stop shipping centers. These stores can package and ship items, but they do so much more that can save people several trips throughout their busy day.

The experts at stores like this can assist with tips and suggestions to help customers receive the best results from their services.

### *How to pack an item for shipping*

Packaging items for shipping can be a delicate issue. Since you are entrusting your valuable items to a shipping company, you need to make sure the items are packaged properly according to the specific carrier's guidelines. The carriers need to be reasonably assured the packages entering their system can withstand the normal rigors of the small package environment. This means that packages need to be able to travel quickly along conveyor belts, be handled by up to 14 different people, be able to withstand a reasonable drop of 42 inches and be loaded side-by-side with other packages weighing up to 150 pounds.

#### **Here are some tips for packaging:**

- The box must be new, clean, strong and with no hazardous labels.
- Breakable items should be bubble-wrapped and placed 2 inches to 3 inches away from the walls of the box. Packaging peanuts should surround the item and fill the rest of the box.
- Double-box extremely breakable, heavy, or expensive items. This means placing a smaller box inside a larger one to add strength and cushion.
- Keep boxes small to save on shipping cost but don't sacrifice on protection. A package that ships cheap but arrives broken isn't much of a money saver.
- Place an extra destination label inside the package in case the outside label is torn or otherwise damaged.
- Do NOT use string, paper, rope, ribbon or duct tape to cover the outside of the package. These can snag on the conveyor belts and will damage your package.

### *How to ship*

Although it can seem overwhelming, shipping is very simple. If you remain organized and thorough, shipping will be quick and easy. Carriers use many methods to determine shipping prices. When shopping for shipping rates you need to have the following pieces of information at hand: weight, dimensions, destination zip code, value and if the receiver is a business or residence.

Shipping locations utilize software that determines the carrier's rate based on all the information being entered completely. A few inches or a few pounds can, in some instances, dramatically change the price of shipping.

If the item you are shipping isn't already packaged, you also need to take into consideration the weight and size of the box in order to obtain a quote.

Most shipping locations can quote prices over the phone, however, quoting is most accurate when you physically take your item to the business. This helps avoid any miscommunication over the phone.

### *How to rent a mailbox*

Need a storefront for your home-based business? How about a reliable place to receive your mail while you are on the road? Maybe you need a dependable place to receive your mail while you are out of town for the winter. For commercial mail receiving agents (CMRAs), private mailbox service is a cornerstone of their business.

There are generally three different sizes of mailboxes to fit your needs. In deciding the size of your mailbox, you will need to determine how you will intend on using it. Be sure to keep in mind the potential for your company's growth in business.

■ Small sized mailbox — Adequate if you plan to pick up your mail frequently. Good for small business or personal needs.

■ Medium sized mailbox — Great for home-based businesses. Large enough to hold numerous letters and thin magazines.

■ Large sized mailbox — Excellent for large volumes of mail, bulky envelopes, magazines and parcels and larger businesses.

If you rent a private mailbox from a CMRA, rather than the post office, you can use their street address as your address on all letterhead, envelopes, business cards, etc. This gives you a physical address without the high cost of storefront rent.

Additionally these agents are able to accept packages from all carriers, rather than just items shipped by the United States Postal Service. And, it doesn't matter what the size of the package is. If it is too large for your mail box, they will put it in a safe location until you arrive to collect it.

Many agents also provide extended hours or even 24-hour access to mail boxes.

You can even call and see if any mail has arrived so you don't have to waste a trip.

— By Curtis Salk and Shawn Cane

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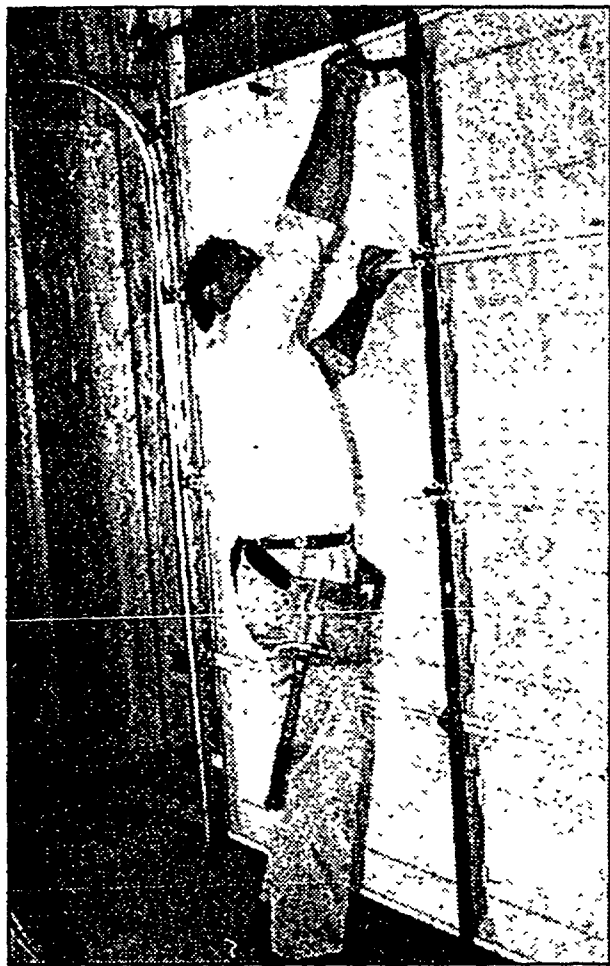
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Simple maintenance checks on the garage door can save money and safeguard against injury.

## GARAGE DOOR CHECK UP

Call a professional if you notice:

- The door is difficult to open or close manually
- The cable shows major fraying
- Hinge screws repeatedly need tightening

# HOW TO Prevent garage door trouble

**W**ith winter approaching, many homeowners are making room in their garages for the cars to duck snowy winter nights. Waking up to a car free of ice and snow in a warm garage is a nice way to start the morning.

While cleaning the garage, make sure a broken garage door doesn't ruin that winter morning send-off.

Now is the ideal time to take a look at the garage door — the largest moving part of your house — and make sure that it is operating safely and properly. Taking a little time each spring and fall can avoid serious problems.

### *Spring Balance*

Garage door springs are designed to counter the weight of the door. Garage door openers should not be lifting the weight of the door.

To check a garage door's balance, close the garage door and disconnect the garage door opener (pull the cord that is attached to the garage door opener unit).

Manually lift the door half way. If the door is too heavy to lift, difficult to close, or does not stay half opened on its own, it is unbalanced.

Spring balancing is dangerous and should be performed by a professional to avoid physical harm to homeowners.

### *Tracks*

Many manufacturers recommend cleaning the tracks and oiling door rollers, bearings and hinges monthly, using a silicone lubricant or a light machine oil, except to plastic parts.

Check if the tracks are parallel and plumb. If not, the wheels can drag and wear out prematurely. Align the tracks with a level and socket wrench. Loosen the bolts in the track mounts just enough to realign the tracks before retightening.

### *Frayed Cable*

Minor fraying of a garage door cable can be expected. Fraying can lead to broken cables which, in turn, leads to major repairs. Cable problems are rare but significant.

To check cable condition, a simple visual inspection is adequate. If minor fraying exists, the problem should be regularly monitored. If major fraying exists, a garage door professional should be contacted.

### *Loose Hinges*

Single-width garage doors typically

include nine to 12 hinges that hold the door in place. A simple manual inspection of the screws on each hinge is required. Loose screws should be tightened and checked periodically.

### *Automatic door openers*

An electric garage door opener will not activate if the antenna on the unit is out of position, or if the remote has dirty contact points or low batteries. The thin black wire that hangs down from most units is the antenna. Straightening it or even pointing it toward the garage door can improve effectiveness.

Make sure the unit's electrical cord is plugged snugly into the socket and the electrical breaker is not tripped.

*Now is the time to look over the garage door — the largest moving part of your house.*

### *Safety features*

- Make sure a closing door reverses when objects cross the electronic eye beam.
- Place a paper towel roll on its side in the path of the door. If it does not promptly reverse upon hitting the roll, repair the opener or replace it.

### *Manual override*

If an automatic door refuses to lift (or close), disconnect the power train by pulling the emergency release cord (between the motor and door) down and away from the door and operate the door by hand. If the door is too heavy to lift, the springs have probably failed and the door would be dangerous to prop open. Call a professional to repair the problem.

These simple maintenance checks can save homeowners significant repair bills. More importantly, they can also safeguard against injury.

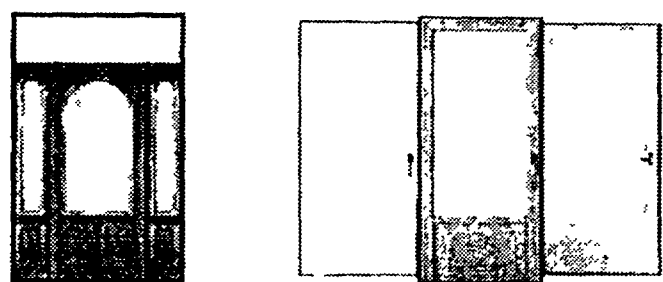
— By Cynthia Grochowski



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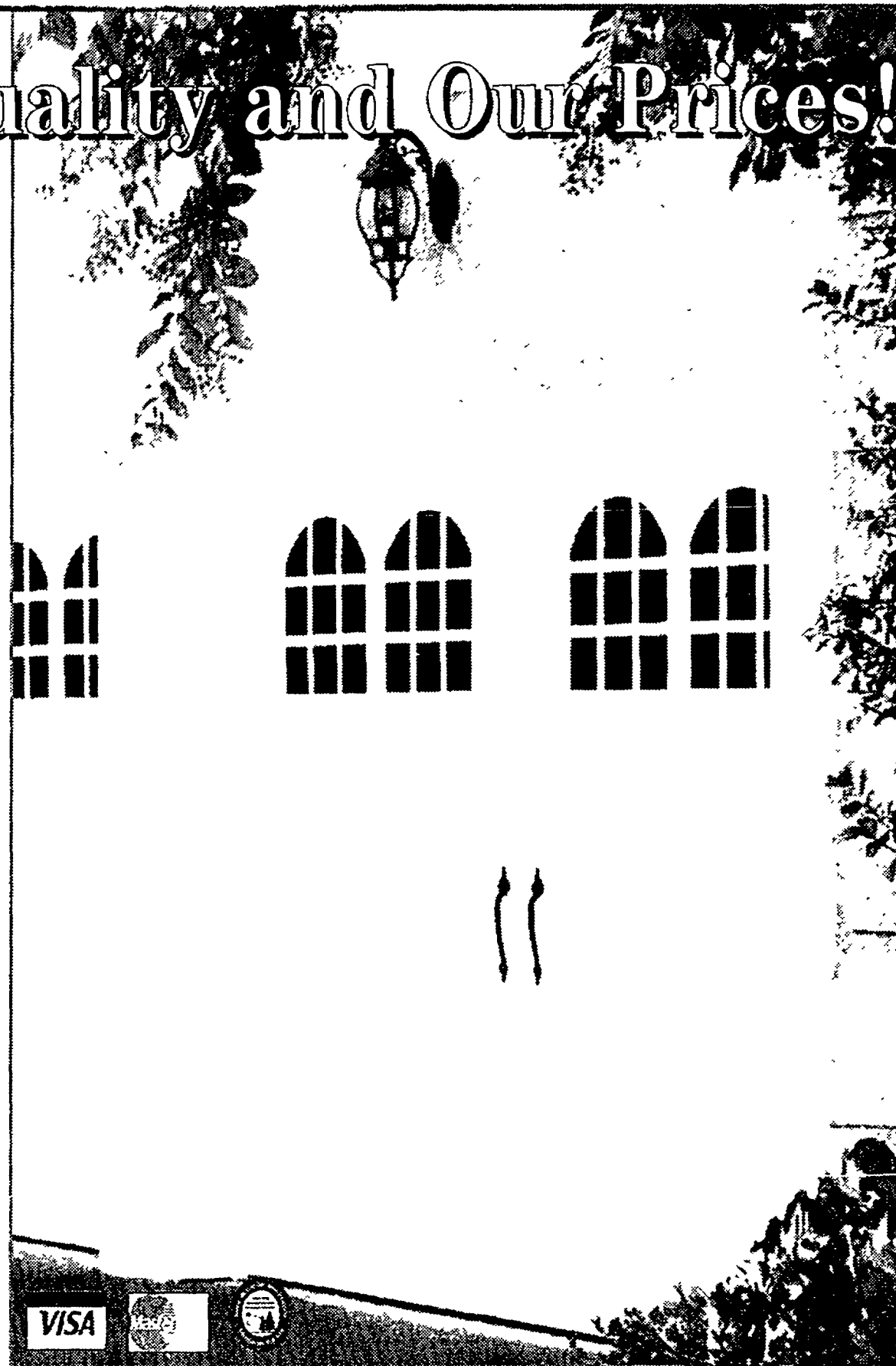


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## WHY BRICK?

- Brick pavers may add value to the property, are easy to install, have a long life with low maintenance, offer design flexibility and come in a multitude of colors, shapes and styles.
- Free seminars and demonstrations are often available at suppliers or dealers.
- Dealers may also help create a design.
- Professional contractors are also available for those who don't want to do it themselves.

# HOW TO Install brick patio pavers

**P**atio pavers are a great alternative to wood or concrete patios, walkways and driveways.

Pavers provide design flexibility and come in a multitude of colors, shapes and styles. Once installed, pavers require low maintenance and return a lifetime of use.

Installing patio pavers is truly a do-it-yourself project. In just 10 steps a homeowner can make a quality investment in their outdoor living space. Unilock, a leading manufacturer of paving stone products, maps out the following 10-step, do-it-yourself guide to installing a paver patio.

### *Planning*

Draw a plan view showing measurements and grade elevations. A Unilock authorized dealer can assist in the calculation for the amount of materials needed from this plan. A dealer will also have color samples and instructional videos.

### *Preparation*

Mark out the location of the patio with stakes and string or spray paint. Call the utilities, like the phone, electric, gas and cable TV companies. Assemble the tools you will need: Wheel barrow, rake, level, string, tape measure, shovel, a compactor, a guillotine and/or masonry saw, gloves and safety glasses.

### *Excavation*

For a patio, walkway or pool deck, excavate a minimum of 4-inches to 6-inches deep. Excavate more if the area had been dug up or filled in the past. Remove all loose soil. Excavate a minimum of 3-inches wider than the area you are paving.

### *Base*

Fill the area with clean well-graded sand/gravel mixture (crusher run). Grade the base as closely as possible to the final contour of the finished job. Slope the installation away from the house for drainage. A  $\frac{1}{8}$ -inch slope over 10 feet should be the minimum slope. The gravel should be 3-inches below finished height. Compact this gravel with several passes of the compactor until solid.

### *Screeding*

Lay 1-inch to 1½-inch diameter pipe on top of the gravel as guides for the screed. A paver laid on top of the pipe should come  $\frac{3}{8}$  inch above the finished level to allow for compacting. Place course sand on top of the gravel and level it evenly by pulling a board along the pipes. Remove the pipe guides and fill in the grooves. Do not walk on the screeded surface.

### *Laying the Pavers*

Place the pavers directly on the screeded bed of sand. Start along the longest straight side. Keep lines straight using a string guide. Keep the lines of your pavers square (90 degrees to each other). For designs with circles, fans or a paver border around the area, place these designs first before laying the rest of the pattern.

*In just 10 steps a homeowner can make a quality investment in their outdoor living space.*

### *Cutting*

Pavers that do not fit along the edges or around objects will have to be cut. Mark the cut line on the pavers, don protective safety gear, and then cut. A guillotine cutter is the easiest method. A masonry saw provides and exact cut. Cutters and saws are available at local rental outlets.

### *Edging*

To prevent pavers from moving and shifting over time it is critical to use edge restraints. These restraints are secured in the ground snug to the edge pavers.

### *Compacting*

Once all pavers and restraints are in place, sweep the pavers clean. Next, run a plate compactor over the pavers to help settle the pavers into the bedding sand. Applying jointing sand to patterned areas is recommended to stabilize smaller pieces. Unilock recommends three passes with the compactor, going in different directions, to assure a flat walking surface.

### *Finishing*

Sweep jointing sand between all the pavers to lock them together. Special sealant sand can be applied at this time to help pavers resist erosion, weeds and insects. Last of all, pull out the grill and pull up the outdoor furniture and enjoy a job well done.

— By Cynthia Grochowski

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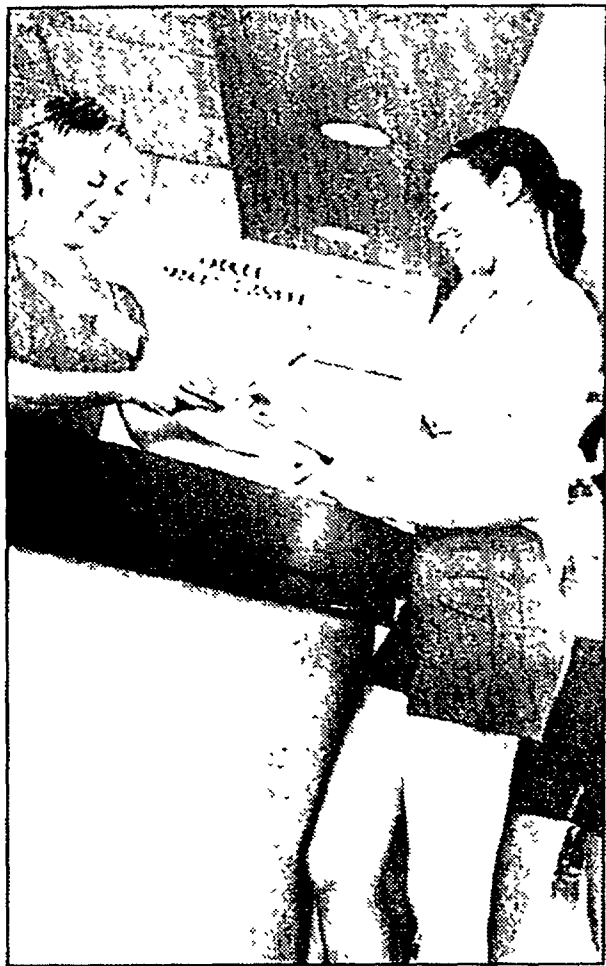


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Choosing the right gym requires touring the facility and speaking to the owner, trainer or other staff members.

## CHECK OUT OTHER PERKS

Many fitness facilities offer a variety of conveniences that make working out easier. Look for some of the following features when selecting a gym:

- Showers, lockers and changing facilities
- Childcare services
- Sauna
- Juice and snack bars
- Dietician and personal trainer available for consultation, if needed
- Weightloss support group or club

## HOW TO

# Select a fitness center

Over the last decade, the popularity of gyms and personal fitness has taken an upward turn, with a significant amount of Americans adopting more healthy lifestyles that combine good eating habits with ongoing physical activity. A more healthy lifestyle is not only a good idea, but a potentially lifesaving one.

A great way to take that first step toward a more healthy lifestyle is to join a gym. A gym membership offers many things a home fitness center cannot. When touring local gyms look for these advantages.

### *Location and hours*

The gym has to be open when you are available to use it. Does membership come with a passport allowing you to attend affiliated gyms in other cities so you don't miss your workout when you travel? Ask since these features may not be advertised.

### *Free consultations*

Ask how in-depth the initial health consultation will be if you join.

These can be as simple as offering a couple of free sessions with one of the gym's personal trainers, who will take you through a simple workout just to see where you are and then set you up with a routine based on his assessment. But these free consultations can also be more in-depth, checking your heart rate, percentage of body fat, discussing your fitness goals, etc., and then setting you up on a workout schedule.

Either way, these are a great first step and often go a long way toward easing any nervousness you might have about beginning a workout.

### *The buddy system*

There are more people in the gym looking to get healthier and make lifestyle changes than there are people looking to maintain already-chiseled abs. Take advantage of this.

Ask if the gym will help you find a workout partner. With the buddy system you have someone there to assure that you stick to your workout schedule, something that a home fitness center cannot offer you. Workout partners can also share different workout experiences, and you'll have someone to lean on if the going gets rough.

### *More equipment*

A great way to a healthy body is to work each and every part of your body equally.

If the gym has at least two of every machine, there will be little or no waiting period to use a machine. As you work out more and more and your workouts get more specialized you will realize that all of the equipment in a gym is necessary and useful.

Ask if the gym offers free consultations every three months or so to chart your progress. If so, ask if they will set you up with more challenging workouts.

### *Safety*

Working out safely is a big concern if you're beginning to work out for the first time or after a long period of inactivity.

Ask if the staff certified to handle everything from muscle cramps to CPR.

It is best to be in an environment where there are a number of people around in case

*A great way to take that first step toward a more healthy lifestyle is to join a gym.*

one of the aforementioned problems is too much to deal with on your own.

Also, once you start lifting weights, it is always a good idea to do so with a spotter, or someone who can provide instant support in lifting the weights should you need it. Most people who go to a gym will have no problem being a spotter, so don't be afraid to ask an otherwise perfect stranger for assistance.

### *Programs*

Ask what kinds of exercise programs are available to members and what the cost would be.

From spinning exercises to Pilates to aerobics, just about every gym offers special classes for those members who are looking to expand their workouts. These are a great way to stay motivated and in shape.

— By Cynthia Grochowski

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Flooring options can easily become overwhelming. By answering a few questions and doing a little research, you can make a wise investment that will last for years.

## RESEARCH TIPS

Do a little homework before heading to the showroom:

- Talk to friends and relatives about the flooring choices they have made in the past. Ask them what they would have done differently. Find out what selections they are the most pleased with.

- Use the Internet. When you have heard good things about a particular type of flooring, do a search to find more information. Educated shoppers make good choices.

- Use your library to browse the latest magazines to learn about styles and trends. Think about what you are looking at. What flooring do you like? What do you want to avoid?

# HOW TO Select the perfect flooring

The right flooring can make or break a room. Enter any home décor showroom and the task can be daunting. Hardwoods, vinyl, tiles and carpet are just a few of the choices and within those there are myriad of colors, styles and textures to work with.

With so many options available it is best to start by asking yourself a few questions. Your answers will lead you to the best choice for your home.

Start with the room and its function. What would you like the room to look? How do you want people to feel when they enter the room?

### *Kitchen*

In the kitchen, you will need flooring that will be easy to clean since there are bound to be spills and dirt tracked in from outside. Also, it must be forgiving when a dish or glass is dropped on it. A non-slip surface is a must for safety.

Many people choose vinyl for its durability. Tile, laminates and wood are also popular choices. Mats and rugs can be used to soften harder materials such as tile or stone.

### *Living Room*

The living room can set the tone for the entire home. It may be the first room a visitor sees when entering your home. You want to create a warm, inviting environment while reflecting your home's personality. Again, think of the room's function so that you may make the best choice. Is the room used as a family gathering place or is it more of a formal receiving room?

If it is the setting of noisy, boisterous gatherings, select flooring that will absorb sound. If it has a more formal purpose the flooring should reflect the mood.

Carpeting offers durability and can provide styles that blend with informal or formal settings.

Wood is another good choice for durability. Area rugs can be used to soften sound and create warmth.

### *Bathroom*

Splashes and overflows from sinks, tubs and toilets are inevitable and it is best to plan for them. Waterproof flooring is most important in this room. The floor must also be washable and have a non-slip surface.

Traditionally, vinyl has been a top

choice for bathrooms due to its durability and ease of cleaning.

Another popular choice is ceramic tile which is available in a variety of colors and styles.

### *Dining room*

If you have children or grandchildren, wear-resistant and stain-resistant are the things that should come to mind when selecting the flooring for this room.

Wood, laminate and tile are all good options for dining rooms.

Carpet can also be a good choice if it is dark colored to hide stains.

### *Bedroom*

You don't want a flashy floor that will compete with the furniture and décor. Think understated and calming. Neutral

*The right flooring can make or break a room.*

colors are best. Flooring can create the sanctuary feel to this room. Traffic is not a big problem in bedrooms so stains should be minimal.

Carpet is most often chosen for bedrooms, but can be a problem for those with allergies.

Wood and laminate floors are good alternatives. Decorative rugs can be used to soften them.

### *Foyer, Hallways and Stairs*

These areas can see a lot of traffic so it is best to choose something that will best endure dirt, moisture and constant use. In these areas stains and wear will be most visible. The choice here must coordinate with flooring used in other parts of the house. The entry hall will be the first area a guest sees when coming to your home use it to make a bold statement.

Wood or ceramic tile with inlays can be dramatic, but also durable. Laminate flooring is another good option.

— By Cyndi Lieske





# Perfect Floors

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FOR ONE YEAR**  
See store for details

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OUR MOST POPULAR BERBER

Many Colors **\$1.99**  
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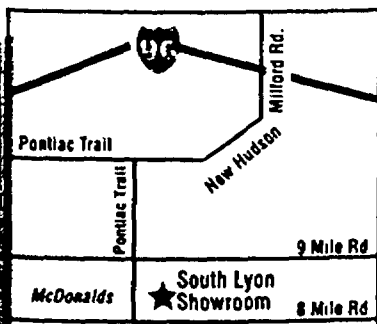
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Properly fitting shoes can prevent discomfort.

## KEEP FEET HEALTHY & HAPPY

In addition to wearing properly fitting and supportive shoes, follow these tips to keep the feet happy and healthy.

- Keep toenails cut straight across, but don't cut them too short. That can lead to ingrown toenails.
- Make sure the shoe allows extra space for toenails, which become thicker and harder as people age.
- Keep the feet clean.
- Never remove the cuticle from the nail bed. Soften it, push it back and trim off the excess instead.

## HOW TO

# Select properly fitted shoes

People ask a lot of their feet. They expect them to carry them between 150,000 miles and 200,000 miles in their lifetime. That will wrap around the earth six to eight times!

People also ask their feet to keep them level and upright, help them balance and provide shock absorbers.

With all they are expected to do, feet deserve to be kept comfortable and healthy.

A properly fitted shoe will provide the support your foot needs to keep you walking around the globe.

### *Proper support*

There are 26 bones in each foot, held together by ligaments and moved by muscles and tendons. Each foot also has 33 complex joints and four arches that need proper support.

When a person stands still, 50 percent of their weight is on the heel of the foot, 25 percent is at the base of the big toe joint and the remaining 25 percent is supported by the ball of the foot.

When a person walks, all of the weight comes down on the heel; then goes along the outer border of the foot, across the ball of the foot and finally to the toes.

A person who weighs 100 pounds is asking each little foot to carry between 50 pounds and 100 pounds of weight as it slams into the ground, bends and then propels the body forward. Try lifting a 50-pound weight with your foot and you'll see what your feet go through all day long.

In order to protect the feet from this daily stress, it is important to wear properly fitting, supportive shoes the majority of the time. Flip flops, lightweight flat sandals and similar shoes do not provide any support and should be worn sparingly. Those who wear them constantly may develop foot problems later on.

And, since the feet help keep the entire body aligned, shoes that don't fit properly may cause back and hip trouble, as well.

But, you don't have to sacrifice style. Many shoe manufacturers offer fashionable shoes with proper support.

### *Check your size*

Feet never stop growing — no matter how old a person gets. Because of this, everyone should be measured for shoes at

least once a year to be sure of their size.

A professional shoe salesperson can help you get the correct size.

### *Selecting new shoes*

New shoes should be comfortable from the minute you put them on. A person shouldn't have to suffer through a "break-in" period in order to have comfortable shoes.

According to SAS Shoemakers, the ball of your foot should rest on the widest part of the shoe.

The heel should fit snug and shouldn't slip around in the shoe when walking. If it does, it can lead to blisters and other painful conditions.

Toes should not push against the top or the tip of the shoe. A properly fitted shoe leaves no more than 1/2 inch of space between the longest toe and the inside of the shoe.

If the size of your feet varies a little bit, go with the shoe that fits best on the larger foot. You may add cotton batting to the shoe for the smaller foot to make it more comfortable.

Before purchasing the shoes, try both of them on, stand up and walk around. Make sure they stay on and feel comfortable as you move about the store. You may even want to jump a bit or jog about the store when trying on athletic shoes.

### *Things to look for*

Leather and other natural materials are perfect for shoes because they allow the foot to breathe. Leather also has the ability to absorb and wick away moisture.

The insole or foot bed of the shoe — the portion inside that your foot sits on — should conform to your foot as much as possible. Some shoes have padding that gives way under the weight of your body in some places while providing support in the arches. Other shoes have materials that gradually mold to the shape of your foot creating a custom orthotic for ultimate comfort.

The outer sole of the shoe should provide shock absorption or cushion for your foot. But, it should not be heavy.

Also, make sure the sole has some sort of traction. A flat leather sole may be dangerous in snow, ice or wet surfaces.

— By Candy Spiegel

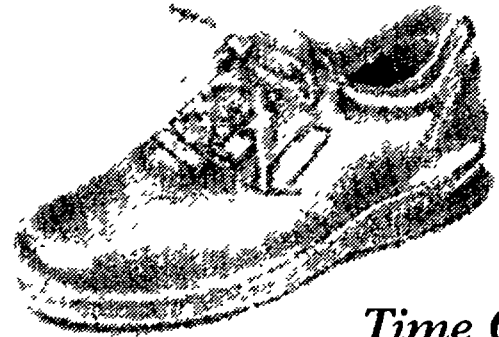
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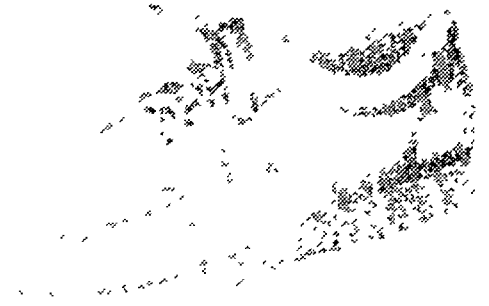
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## TYPES OF MASSAGES

■ **Swedish/Relaxation:** Promotes general relaxation, nourishes skin, improves circulation, speeds metabolic system, increases range of motion and relieves muscle tension. It is gentle, soothing and nurturing.

■ **Deep Tissue:** Focuses on the deeper layers of muscle tissue, releasing the chronic pattern of tension from the body through slow strokes and deep pressure.

■ **Hot Stone:** Uses heated river stones to both massage and heat away tension.

is estimated that up to 90 percent of disease and illness is related in some way to stress.

Aging, both internally and externally, can also be blamed on stress.

While eliminating all stress, anxiety and pressure from a person's life is idealistic, there are things that can help a person reduce the effects of stress.

Massage, for example, is a great way to help manage stress and reduce its effect on the body.

Massage is one of the oldest healing arts. Chinese records dating back 3,000 years document its use. The ancient Hindus, Persians and Egyptians also applied forms of massage for many ailments. And, Hippocrates wrote papers recommending the use of rubbing and friction for joint and circulatory problems.

Today, the benefits of massage are varied and far-reaching.

As an accepted part of many physical rehabilitation programs, massage therapy has proven beneficial for many chronic conditions, including:

- Back pain
- Arthritis
- Bursitis
- Fatigue
- High blood pressure
- Diabetes
- Immunity suppression
- Infertility
- Smoking cessation
- Depression

And, as many millions will attest, massage also helps relieve the stress and tension of everyday living that can lead to disease and illness.

It also can hasten and lead to a more complete recovery from exercise or injury.

At the University Of Miami School Of Medicine's Touch Research Institute, researchers have found that massage is helpful in:

- Decreasing blood pressure in people with hypertension
- Alleviating pain in migraine sufferers
- Improving alertness and performance in office workers.

A person receiving regular massages

## Use a massage to reduce stress

may also experience the following:

- Decreased anxiety
- Enhanced sleep quality
- Greater energy
- Improved concentration
- Increased circulation
- Reduced fatigue
- Reduced stress
- Improved moods
- Improved flexibility
- Relief from tension headaches
- Boosted immune system

Many clients also report a sense of perspective and clarity after receiving a massage.

*Taking part in  
this form of  
regularly sched-  
uled self-care can  
play a huge part  
in how healthy  
you'll be and how  
youthful you'll  
remain with each  
passing year.*

*Increase the Benefits with  
Frequent Visits*

Getting a massage can do you a world of good. And getting a massage frequently can do even more.

This is the beauty of bodywork. Taking part in this form of regularly scheduled self-care can play a huge part in how healthy you'll be and how youthful you'll remain with each passing year.

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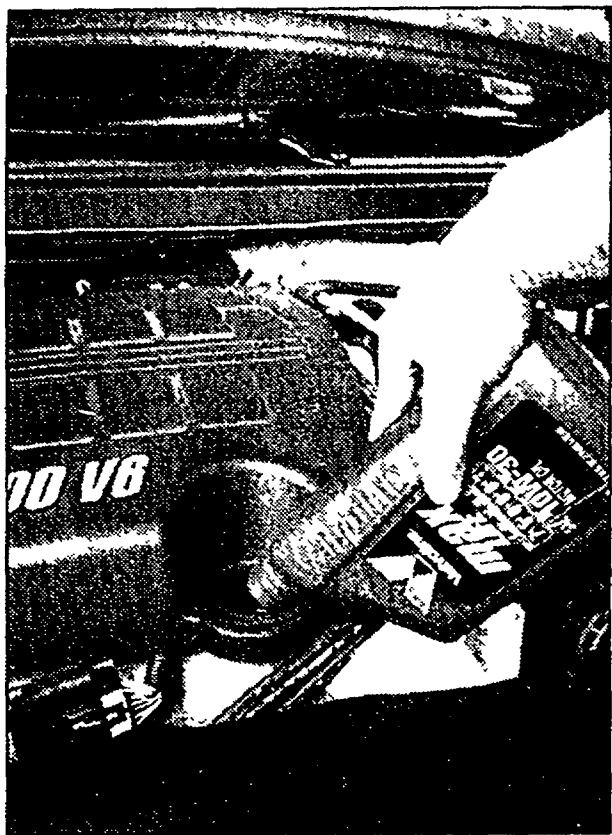
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The vehicle's motor oil should be changed at the beginning of each season. A mechanic can also look at belts, hoses and other equipment to detect and help prevent potential problems this winter.

## WAYS TO SAVE FUEL

■ Keep the tires of your vehicle properly inflated. *Underinflated tires can increase fuel consumption by up to 6 percent.*

■ Regularly replace your air filter. *A clogged air filter can increase fuel consumption by as much as 10 percent.*

■ Follow the maintenance recommendations in your owner's manual. *An out-of-tune engine can increase fuel consumption by as much as 15 percent.*

# HOW TO Keep the vehicle running well

**R**elying on the innovation and quality of the right products means consumers can feel safe in the preventative maintenance they provide for their vehicle.

The first place to start is under the hood making sure your vehicle's engine is ready.

The solution — provide your vehicle a well-deserved oil change that will help prevent performance blues.

"It's important that consumers understand the importance of regular service to the engine of their vehicle," says Dr. Fran Lockwood, senior vice president of technology for Valvoline. "Motor oil and engine detergents are the lifeblood of your vehicle. By changing their vehicle's motor oil regularly, consumers are protecting a critical element of their engine's performance and investing in the longevity of the vehicle life."

Valvoline offers premium products that makes engine care easy and economical for the do-it-yourselfer and real car guy who understands the importance of a healthy engine.

Today's premium motor oils provide superior performance enhancements, cost savings and longer engine life, with a complete line of conventional, synthetic products specifically designed to extend engine life.

In fact, more ASE-certified Master Automobile Technicians choose Valvoline for use in their own cars and trucks than any other brand.

The 2006 Valvoline/ASE Poll of the American Mechanic underscored recent Car Care Council findings that Americans are pushing the envelope on basic maintenance. The survey revealed that the vast majority of mechanics — 87 percent — said they believe American car owners are putting off routine maintenance, mostly for cost reasons.

Ironically, ASE-certified Master Automobile Technicians overwhelming said — at 97 percent — that delayed care will cost an owner much more in the long run, as problems left unattended can multiply and lead to other issues.

"Car owners can be passionate about their pride and joy," added Dr. Lockwood. "They often have a special attachment to their car or truck and don't want to buy a new model; they want to keep the favorite car running as long as possible. Changing

your oil is the perfect place in taking care of such an investment."

Whether it's your favorite old-school classic, high-performance street rod or daily commute vehicle, treating your engine with the right motor oil and engine detergent helps consumers keep and drive their vehicles longer.

Change of season equals a change of oil.

Changing your car's oil and filter every three months or 3,000 miles, whichever comes first, will ensure that your car operates at peak efficiency.

Proper maintenance doesn't start and stop just at an oil change.

*"It's important that consumers understand the importance of regular service to the engine of their vehicle. Motor oil and engine detergents are the lifeblood of your vehicle."*

For those DIYers who want to start getting to know their engine compartment better, check hoses and belts for any visible cracks so you can advise your mechanic that they need replacing.

When you take the car in for its tune-up and/or fluid changes, ask the mechanic to check the major systems, such as the brakes, transmission and suspension.

Chances are a competent service pro will come up with a recommendation on work that needs to be done as well as a timeline within which you can function safely.



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Maintenance Special**

As prescribed in your scheduled maintenance guide, includes oil and filter change, tire rotation, transmission service and air and fuel filter replacements. Additional services extra.

Does not apply to diesel vehicles or hybrids. Vehicles using Mercon SP fluid, or those with a CVT or Torqshift transmission are more costly due to fluid prices. Expires: 12/31/07

**Krug Ford Lincoln Mercury**

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**Krug Ford Lincoln Mercury**

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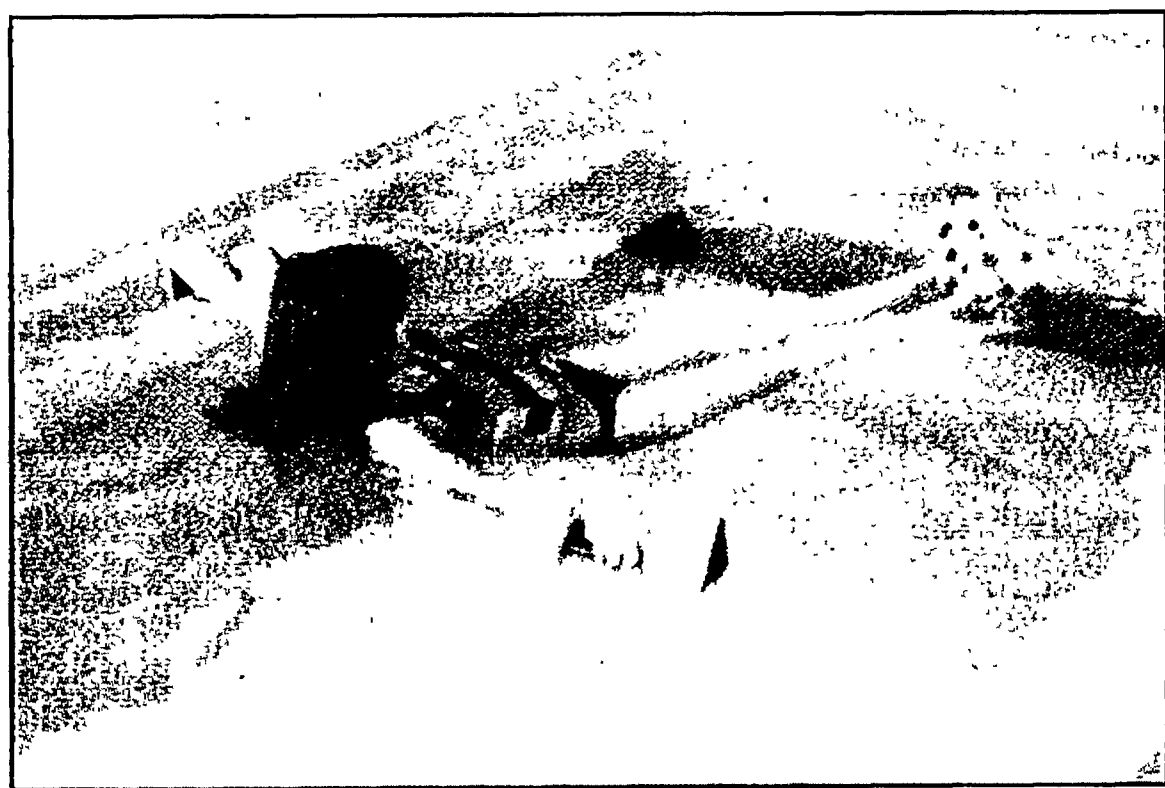
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