

INSIDE THIS EDITION



Final Stand

Northville's senior captain, Evan Bentley, is making a habit of blasting through tournies.



Venetian Art Carnivale Imagine yourself a resident of Venice, Italy, attending an exclusive dinner and sale for art lovers.

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# SPECIAL SECTION

# Get healthy!

New Year, New You includes stories on sticking to your resolution, exercising at work, choosing the right gym, getting a massage, etc.

# **O**BITUARIES

Gloria Bowen, 81 Page 6A

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# Northville Record

THURSDAY, JANUARY 24, 2008

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VOLUME 138 #24 50 CENTS

# Rep's recall resumes

# Corriveau one of three legislators facing recall after judge reverses earlier decision

# By Jason Carmel Davis STAFF WRITER

After the Wayne County Election Commission in November voted, 2-0, against petitions to recall State Rep. Marc Corriveau (D.-Nonhville), State Rep. Ed Gaffney (R-Grosse Pointe Farms) and House Speaker Andy Dillon (D-Redford Township) due to unclear wording,

Wayne County Circuit Court Judge William Glovian Friday reversed that decision, meaning the attempt to recall Corriveau, Gaffney and Dillon can continue.

Plymouth Township resident John Hett has been at the forefront of the recall effort. He said he's sorry the petitions were shot down in November, but he's glad the recall can continue.

"Everything is in the early stages now," Hett said. "I'm just glad there was a bi-partisan judge who saw through all the

politics of everything." The recall is a procedure in the Michigan State Constitution that

allows citizens to remove a public official before M. Corriveau

Northville Township and a portion of Wayne. Hett

the end of his or her term of office. In order to remove Corriveau from office, recall advocates must collect about 10,000 signatures from registered voters residing in Plymouth Plymouth.

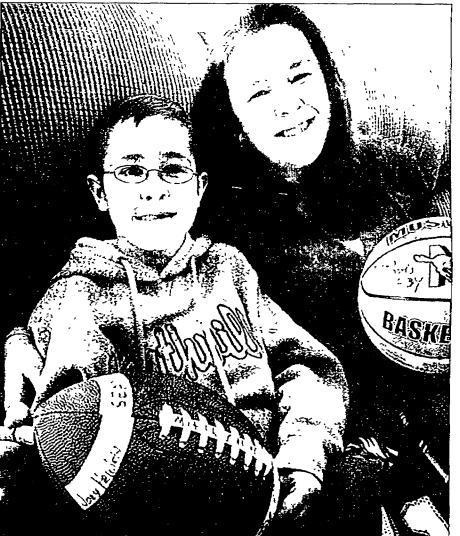
Northville.

said. Those signatures can be collected immediately, Hett added, and must be collected within 90 days.

Group organizers have targeted the three legislators for their support last month of a house bill increasing the state income tax from 3.9 percent to 4.35 percent and expanding the 6-percent sales tax to cover

continued on page 2

# **27 DAYS LATER**



Your pick: hot or cold? Chamber's

Township.

third annual fest downtown on Saturday

# By Pam Fleming STAFF WRITER

Ladies and gentlemen, start your burners.

With the third Fire & Ice Festival just a few days away, the



But whether it be a one-, twoor three-alarm chili, it's the taste - not the hotness - that counts.

Judges for the Fire House Chili and Salsa Challenge include: Dr. Don and Steve Grunwald from 99.5 WYCD's Dr. Don Morning Show: Scott Spielman, editor, Northville Journal; Dick Henningsen, Northville Citizen of the Year; Chili Joe, local and national award winning chili cook and part of the Detroit News Taste Panel column; and Chef Curtis, a local and national award-winning chili cook and Guinness Book of World Records holder for "World's Longest Chili Recipe" with 1,000 different ingredients. Northville Downs, the Chamber Northville of Commerce and Gardenviews will also sponsor ice sculptures that will be on display during the event from noon-4 p.m. Saturday. The event includes the Flamin' Flapjacks Fundraiser presented by the Northville Recreation Parks and Department at the Northville Community Senior Center at 303 W. Main Street from 8-9:30 a m.; the Polar Bear Plunge presented by the Northville Kiwanis Club at noon at the pond by the former Ford Motor Co. plant; and the chili and salsa competition from noon-4 p m

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Photo by JOHN HEIDER Northville Record

Jake Shaw, 10, sits in his Northville Township home with his morn. Jennifer Childers. Jake was seriously injured last November after being hit by a car in Northville and spent two weeks in intensive care. He was helped along by get-well gestures from family and friends, which included a signed football from his teammates on the Colts and a basketball signed by the Northville High School Mustangs.

# Boy returns home after accident

By Jason Carmel Davis STAFF WRITER

Nov. 8, 2007, is a day Jennifer Childers will never forget.

It's also a day 10-year-old Jacob Shaw, Jennifer's son, would never forget, except he can't remember what took place at about 5:23 p.m. that day

On that fall afternoon, Shaw and his siblings had been walking near Seven Mile Road at Innsbrook Drive, when a 74-year-old township resident traveling west in a passenger car on Seven Mile Road struck the child in the traffic lane on westbound Seven Mile Road The Amerman Elementary School

continued on page 2

20 entrants in Saturday's chili and salsa cook-off are ready to rev up their recipes and let the chips (or in this case, crackers) fall where they may.

The Northville Township Firefighters have won the chili cook-off the first two years and are ready to defend their title.

"I'm always looking for something different to use in our chili," said Adam Burton, who along with fellow firefighter Jesse Marcotte, holds the secret recipe "We want to make it better

than the year before."

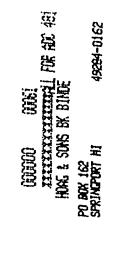
Although he won't share any of his special ingredients, Burton said it's amazing how many odd items wind up in chili recipes.

The heard of people using chocolate and even peanut butter," Burton said.

Whatever ingredients they pick this year, the Northville Township Firefighters' chili will most likely put a little spring in the judges' steps

We kind of like it hot." Burton admitted.

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



# **Preparing for the next level**

Students take on college application process

### **By Jason Carmel Davis** STAFF WRITER

Northville High School senior Emily Hopcian has received a letter stating she has been accepted to Michigan State University for

the fall 2008 semester Fellow Mustang Jordan Ajlouni received that letter from MSU,

But Hopcian is still waiting on word from schools such as the University of Michigan, the University of Maryland and Northwestern University, while Ajlouni is waiting for word on where he'll live in East Lansing.

Allouni's only college application went to the people at MSU. while Hopcian has letters every-

continued on page 17

# **HIGH SCHOOL LIFE**

This is the first in a series of reports by staff writer Jason Carmel Davis focusing on high school students and the things they face on a day-to-day basis.

The first piece details the process of applying for and subsequently choosing a college. - Editor



Photo by JOHN HEIDERV Northville Record Northville High Senior Jordan Ajlouni applied to just one school. Michigan State University, and was granted admission.

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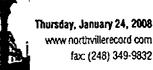
For every new checking account opened in January 2008, Community Financial will contribute \$10.00 to THAW! The Heat and Warmth Frind (THAW) is a nonprofit organization established to provide low income families with energy assistance during casis. Last heating season, THAW distributed over \$9,528,000 in energy assistance to over 8,600 households in Michigan



GOT A STORY IDEA? Contact the Record to spread the word about what's going on in Northville

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

YOUR COMMUNITY



# Northville resident, teacher ready to tickle funny bones

# Laughter Yoga class demonstration offered Feb. 11

### By Pam Fleming STAFF WRITER

Sylvia Finnigan says if you want to stay healthy, laugh a lot.

And in case you don't have time to visit a comedy club, try attending a Laughter Yoga class.

Finnigan, who lives at the Allen Terrace senior complex in Northville, is a Certified Laughter Yoga Teacher.

She will offer a free demonstration at 11 a.m. on Tuesday, Feb. 11, at the Northville Community Senior Center, 303 W. Main St., with the hopes of rousing enough interest to actually offer a class at the center.

"There's a giving and receiving that nourishes my spirit," Finnigan said about teaching Laughter Yoga. "it's applicable wherever people

gather." The basic premise of Laughter

Yoga is that you don't have to respond to a joke to enjoy the benefits of laughter.

In other words, "You can fake it 'ul you make it," Finnigan saud. 'It's caught hold in other coun-

tnes," said Finnigan, who earned a

bachelor's degree in anthropology, returning to school as a nontraditional student and graduating cum laude in 2001.

The native Detroiter has leved at Allen Terrace for about a year and a half.

She says Laughter Yoga is an opportunity for each of us to participate in our own evolution.

"It opens our heart and is instrumental in improving our health." she said.

Finnigan went to Miami to be certified as a Laughter Yoga teacher by Dr. Madan Kataria, a doctor from Mumbai, India, who developed laughter yoga.

She said there are no more than 100 certified laughter yoga teachers in the U.S. In the tri-county Metro Detroit area, she estimates there are less than six.

In 1995, Kataria was writing a paper for a medical journal on laughter being the best medicine. It was at this time in 1995 that he went to a park and gathered five people who began to tell jokes to see if it would improve the value of their day.

But some found the jokes offcolor, or they ran out of jokes. Kataria went home and discussed

this with his wife, who was yogatrained.

World peace through laughter is now his whole focus.

There are now more than 5,000 Laughter Yoga clubs worldwide. Finnigan said Laughter Yoga HTENOGI

Laughter-yoga teacher Sylvia Finnigan, right, will be teaching an introductory class at 11 a.m. at the Northville Senior Community Center on Feb. 11. Here she goes through some amusing warmups with Mildred Madigan and Inez Johnson, center.

involves the idea of childlike playfulness. He said the scientific community has confirmed both psychological and physiological benefits of laughter.

The whole thing is you don't need a sense of humor to laugh," Finnigan said. "It still contributes to the quality of our lives."

A Laughter Yoga class, which only lasts about 30 minutes, combines breathing exercises from yoga

with laughter exercises.

"I see myself as noticeably able to raise the spirit of others in an enjoyable and rewarding manner and serve countless people," Finnigan

said. She added that teaching Laughter Yoga clearly fits into her life's purpose, which she spent an entire year reading, meditating and praying

In 1996, she moved from Florida

back to Michigan and became a fulltime student at Oakland University while raising five children as a single parent.

In 1997, she was a nominee and finalist in the Michigan Governor's Community Service Award and spent a year with AmeriCorps, the domestic Peace Corps.

"Part of my vision is to see mature people live not only longer. but also healthier and happier."

Opponents of the recall process say the attempts are disruptive and have the potential to cost taxpayers enormous amounts of money. Hett said, though, it is his constitutional right to challenge elected officials.

There is the prospect of a special election being held, which would cost municipalities, as well. And, if the recall effort is successful, Northville's 20th District could go without representation until January.

"Not only do they want to cost taxpayers money," Corriveau said, "but, if this goes through, (the 20th District) could go without represenPam Fleming can be reached at (248) 349-1700, ext. 105, or pfleming@gannett.com.

Photo by JOHN HEIDER/Northville Record

Finnigan said "There are social ben-

Registration for the Feb. 11 class

For more information, go to

Northville Record staff writer

is required by calling the Senior

efits to Laughter Yoga, as well."

Center at (248) 349-4140.

www.laughteryoga.org.

tation for some time."

'They're without representation now," Bogaert said. "If these people aren't thrown out, more damage will be done."

Hett said, with or without a recall, voters will have their say.

"If people want these people in office another term, they'll say that," he said. "If they want a change," they'll say that, too."

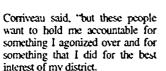
Northville Record staff writer Jason Carmel Davis can be reached at (248) 349-1700, ext. 108, or jasondavis@gannett.com.

Recall resumes

# continued from front page

some previously exempt services. Corriveau said he believes the recall attempt is purely political and that it's being handled with out-ofdistrict money by an out-of-district person, former State Rep. Leon Drolet (R-Macomb), who Hett has sought advise from and who served in the House from 2000-06.

This is a guy who didn't do anything for the time he was in office,"



"Maybe these people think I'm doing a good job and they want to yank me out of office before my real job evaluation in November 101000

Drolet, who said he will serve in an advisory role during the recall effort said he believes Corriveau and other representatives made the decision to raise those taxes with only themselves in mind, adding that the increase in taxes will serve

as a way to fatten the pockets of those in Lansing.

"People in Michigan are hurting," Drolet said. "You can't raise taxesand expect businesses to expand and stay in Michigan. This is not a partisan issue.

We're going after (Gaffney), too. This is a public policy issue. It isn't about people (Corriveau)."

Rose Bogaert, chair of the Wayne County Taxpayers Association, will also serve as treasurer for the Wayne County recalls, she said. Bogaert said the campaign is a grassroots 'effort and that she so far has only collected a moderate amount of funding for the recall of Dillon. She also echoed Hett's sentiments related to Glovian and said a message

needs to be sent to those in Lansing. "We're not going to be intimated by those people," Bogaert said. "We · can't let things continue to go unnonot not liking of ticed. They're mining the pressibility for the recovery of Michigan's economy. People are losing their houses and jobs.

"We're going to show them that it's the taxpayers who are sovereign'

# Boy returns home after

# Missing out

Shaw is quite the athlete, according to his mother.

**Outpouring of support** During the family's ordeal,

neighbors and friends would bring

about.



High-kickers

The Northville High School varsity pom pon squad kicks up their heels and performs during a recent home basketball game.

# accident

# continued from front page

student was transported by Med Flight to William Beaumont Hospital in Royal Oak.

"I got a call saying (Jacob) had been hit, so I called 911 and jumped in the car," Childers said "After that, it was 27 days of driving back and forth from (Northville) to Royal Oak a few times a day."

# Lots of therapy, lots of driving

Shaw's stay in Beaumont Hospital lasted 27 days, until he was released Dec. 5. He suffered a severe head injury and a broken leg. His injuries forced doctors to insert two flexible, rubber rods into the 10year-old's left leg. Those rods tretch from Shaw's hip all the way down to his ankle.

The boy's hospital stay included two weeks in the Intensive Care Unit and days of therapy to help him recapture his motor skills. Shaw had been taking three types of medication for the duration of his hospital stay, but his meds have since been reduced to one.

"It was a lot of therapy," said Shaw, who didn't talk from the time the incident took place until he returned home. 'They made me sit in a swing and get in a fake car to see how I'd take driving home from the hospital.

"I'm glad it's all over."

Childers is glad it's all over, too, since she traveled anywhere from 80 to 120 miles a day from her Northville home to the Royal Oak hospital Shaw had six therapy sessions each week in West Bloomfield, including two each Monday and Thursday. He now has five a week, and that therapy, coupled with one-two trips to the doctor each week, have led to Childers being on leave from her job since the incident took place. She said she'll return to work in early February - around the same time Shaw will return to his Amerman Elementary class.

He's a huge baseball fan (Shaw says the Tigers are going all the way this year) and plays pitcher and shortstop for a travel baseball team that goes as far as Lansing for games. Shaw also loves football (he wants the New England Patriots to win the Super Bowl) and said he can't wait until he is able to play football at recess.

It could be a while before Shaw is able to perform his best Tom Brady impression, though, since his therapy will take place even after his return to school. Until then, Shaw spends his time "reading here and there" and doing a secondary form of therapy.

Shaw can been seen walking around his home pulverizing the buttons on his PlayStation Portable, which, doctors said, can also help with his motor skills. His Nintendo Will also serves as an aid, too, aside from providing hours upon hours of entertainment. The Will is unique because users can't just plop down on the couch and tap buttons. It's an interactive gaming system that has titles that force gamers to swing remotes like golf clubs and baseball bats

food to Childer's home almost every day. She also received gas cards to help lessen the burden of making her Northville to Royal Oak jaunt.

Among other things, Shaw received a basketball signed by members of the Northville High School basketball team and a jersey autographed by Detroit Lions' wideout Roy Williams.

"It's pretty cool," Shaw said.

"The amount of support we've received the from the community has been amazing," Childers said.

# **Ready for school**

Although he hasn't been in class for some time. Shaw has received a number of assignments to complete.

Even though he loves his video game therapy. Shaw said he is excited to return to school.

"I can't wait," Shaw said.

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



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# Northville Art House organizes Venetian Carnivale fundraiser

# Local dentist opens his home to support event

### **By Pam Fleming** STAFF WRITER

Imagine yourself a resident of Venice, Italy, attending an exclusive dinner and sale for art lovers.

This image can become reality or at least close to - at the Northville Art House's fundraiser, "An Art-Inspired Carnivale." Venetian

The event will take place from 7 p.m.-midnight Saturday, Feb. 2, at the 1929 English Tudor home of Northville dentist Dr. William Demray at 800 Griswold St.

Demray's office is located at 371 E. Main St.

Tickets are \$100 per person, with proceeds going to support Northville Art House programs.

The Art House, located at 215 W. Cady SL, is a nonprofit gallery, gift shop and lecture hall operated by members of the Northville Arts Commission.

"I am delighted to host a benefit for a worthy Northville community organization," Demray said. "Congratulations to the Art House volunteers for their wonderful cultural contribution to the community.'

The evening will feature a strolling dinner catered by Executive Chef Mary Brady of Diamond Jim Brady Bistro in Novi, music, dancing, special entertain-ment, silent auctions and a few surprises.

"Mary even researched what an appropriate menu might be for a Venetian-style event," said Sue Taylor, event organizer.

The event centers around a Venetian-style art exhibit and sale with pieces created by local artists.

Orin Jewelers in downtown Northville will also have a special silent auction of vintage jewelry at the benefit.

Guests can also enter a drawing for a pearl and diamond necklace from the jewelers.

The Demray home will be transformed into a romantic slice of Italy. The silent auction will include a

6-foot Italian-style outdoor fountain from Gardenviews in downtown Northville.

Gardenviews will also be decorating the courtyard, turning it into a magical glimpse of Venice at night," Taylor said.

Attendees will also be able to purchase martini glasses that have been hand-decorated by local artists.

The law firm Liedel, Grinnan & Liedel is also sponsoring the event.

# **Considering a costume?**

Formal attire or a Venetian-style costume is suggested.

If you're wondering what Venetian-style is, think Mardi-Graslike masks, cocktail-length or long dresses for women and knee-length dressy pants and full, white shirts

# Support local art programs

What: "An Art-Inspired Venetian Carnivale" with food, beverages, silent auctions, drawing for jewelry, surprises planned

When: 7 p.m.-midnight, Saturday, Feb. 2 Where: 800 Griswold

Street Cost: \$100 per person, " with proceeds going to the

nonprofit Northville Art House. For tickets, call (248)

344-0497 or visit the Art House, 215 W. Cady, from .... 1-5 p.m. Thursday through Sunday.

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free online encyclopedia.

Carnivale is celebrated with enthusiasm around the world; in the U.S., the New Orleans celebration is the most famous.

In Brazil, Carnivale in Rio de Janeiro is famous (or infamous) for its wild abandon.

Many cities in Italy have maintained or revived their traditions of Carnivale; especially well-known among these are Venice and Florence.

While Carnivale has a rich history and ancient roots in Italy, the festival remains a vital and contemporary celebration.

An Internet search will reveal many images of celebrants in both historical and contemporary costumes.

One of the common elements found throughout the tradition has remained the Carnivale mask.

Venice (and other Italian cities) in the Middle Ages and Renaissance had a long tradition of mask-wearing among the nobility.

Masks were also worn by members of the lower classes to allow them to mix with aristocrats in such situations.

The mask was a great equalizer in a social setting. This was especially common in Carnivale.

To reserve tickets for the Feb. 2



(ABOVE) Dr. William Demray will host the fund-raising event at his home, 800 Griswold St., just west of downtown Northville. (TOP RIGHT) Venetian Eve, a transparent watercolor by West Bloomfield artist Edee Joppich. (RIGHT) Singer Dana Mihalek of Dearborn. (FRONT PAGE) Novi artist Peggy Kerwan's Sun Mask.





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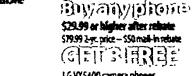
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A Venetian Carnivale, or masked ball, is a festival whose roots can be traced to the Roman Saturnalia, a festival held in mid-December to honor the god Saturn with feasting, gift giving, role reversal and celebration of the fool, according to Wikipedia, the

fundraiser, call (248) 344-0497 or stop by the Northville Art House from 1-5 p.m. Thursday through Sunday.

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

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The Charter Township of Northville is hereby grving notice that the Building Division has changed the fee schedules. The revisions will become effective February 1, 2008.

A complete copy of the new lees schedule is available at the Department of Public Services and the Clerks office at Township Hall during regular business hours, 8.00 A.M to 4:30 P.M , Monday through Friday.

(1-24/31-08 NR 396627)

SUE A. HILLEBRAND, CLERK

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# Historic spot gets new name: Thayer's Corner Nature Area

# Area residents can plant crops April to October

### By Pam Fleming STAFF WRITER

historic parcel in An **Township** Northville Thayer's Corner Park - now has a new name - the Thayer's Corner Nature Area.

The township board of trustees gave their unanimous approval on the name change at their Jan. 17 meeting. And, township and city officials have both given their blessing on the opening of the area from April-October.

Marjorie Banner, president of Friends of Thayer's Corner Nature Area, said the new name more accurately reflects the rural area that features trails, a barn and house.

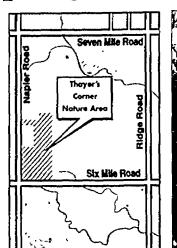
A local farmer plants soybeans on land just south of the barn.

Late last year, the Parks and Recreation Department received a development application from the Friends of Thayer's Corner Nature Area to open and operate the area in April.

After two meetings with the Parks and Recreation Commission Development Committee and two meetings with the Parks and Recreation Commission, the project was endorsed by the commission. subject to approval by the city council and township board of trustees.

The township board approved the request at its Nov. 15 meeting, and the mayor and Northville city council members approved the request at their Dec. 17 meeting

The park will be now be open to the public from April through October each year



SOURCE. Charler Township of Northville

The township maintenance department will continue the upkeep of the existing house on the property, including heating, water, furnace filters and inspections.

Volunteers from the Friends of Thayer's Corner Nature Area will empty trash once a week, take care of the annual spring cleanup, remove trees as needed, and develop a Phase II plan.

This will include detailed drawings and construction estimates of bathrooms and an interpretive center.

The Northville Parks and Recreation staff will take care of an aerator for the pond; provide 55-gallon drum barrels for trash cans, which are already in stock; empty trash once a week from April through October; purchase trash bags; develop and operate a community gardens program; and coordinate the mowing of the grounds through a contracted service

The financial impact to the current fiscal year in 2008 is estimated to be an additional \$4,715, of which the city of Northville will pay \$943 through the city's and township's shared services agreement

Marv and Rikki Gans, members of the volunteer group Friends of Thayer's Corner Nature Area look at where they're considering having a new fence put up. The entrance to the nature area is on the east side of Napier Road just north of Six Mile Road.

# New statue of blue heron

Marv and Rikki Gans, two Friends of Thayer's Corner Farm Area who have been actively involved for some time, recently donated a piece of art that they commissioned Gary Elzernian a national chain saw

carver from Oxford, Mich., to make a wooden statue of a blue heron that now stands near the house on the farm area. The statue was installed this

past November. "We wanted something that

would fit into the area." Rikki Gans said.

The statue, made of pine, is attached to a tree stump and is surrounded by red carpet rosebushes.

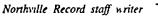
Two benches - one old and one new - were also being painted last week by volunteer Jerry Munro to place on the property.

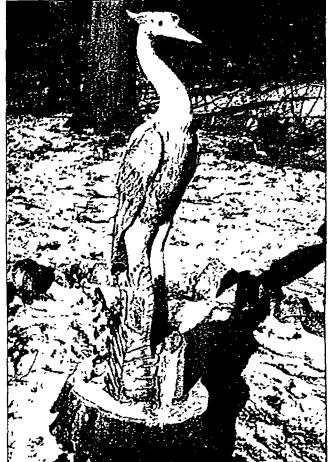
One will be placed on the porch outside the house, with the other by the pond on the site.

One of the benches was made and donated by Skip Petit.

A cleanup day at the farm 'area has already-been scheduled from 8:30 a.m.-12:30 p.m. on Saturday, April 26.

The township purchased the 68 acres at the farm area from former resident Jerry Clark, who used to live in the house on the site with his family. He now lives with his wife and children in Traverse City, where he built another home after selling the township home in 1999.





The Ganses commissioned chain saw artist Gary



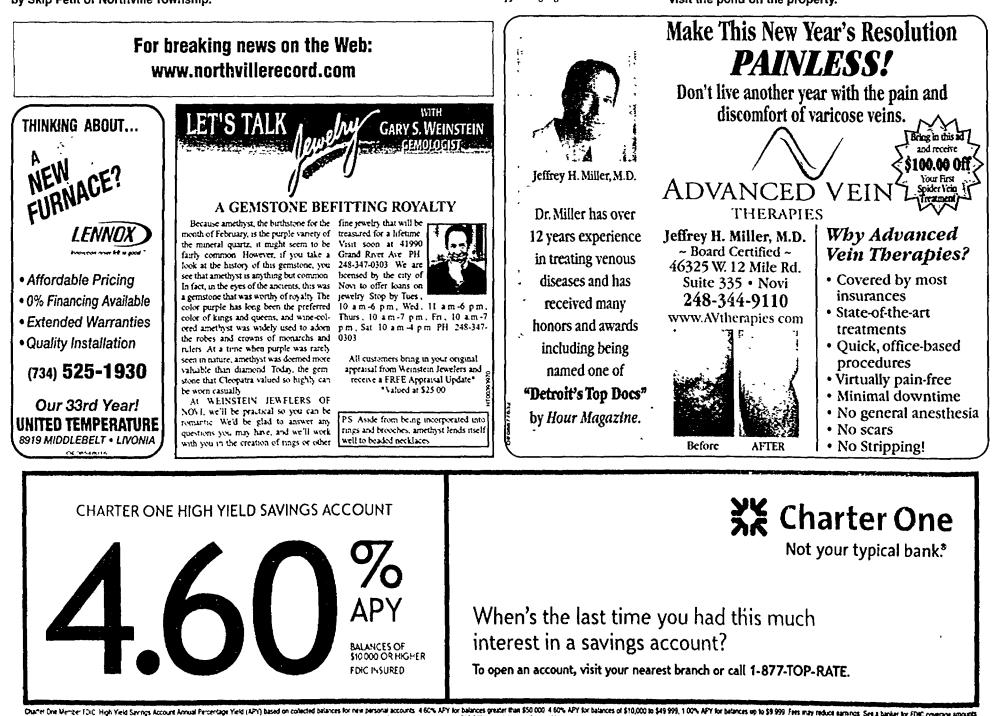


Photos by Pam Fleming

Jerry Munro, a friend of the Ganses, was at the house on the property last week painting some benches for the nature area. One of the benches was made and donated by Skip Petit of Northville Township.

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

Elzerman of Oxford, Mich., to create this wooden likeness of a blue heron for the nature area. Blue herons visit the pond on the property.



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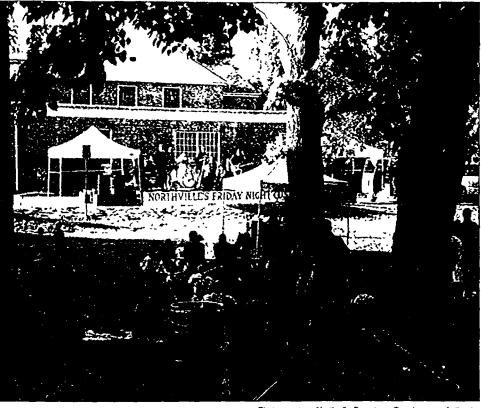


Photo courtesy Northville Downtown Development Authority

In 2007, the Downtown Development Authority's Friday Night Concerts took place on the grass behind city hall. This year, DDA board members are trying to decide whether to have the concerts in the same location or in the new Town Square that opened last October.

# SUMMER CONCERTS: On lawn, or on cement at new Town Square?

Public meeting slated at 8 a.m. Tues. at city hall

### **By Pam Fleming** STAFF WRITER

Members of the Northville Downtown Development Authority Board are trying to decide just where summer concerts should be held this year.

Pros and cons of the new Town Square and the grassy area behind city hall and the police department were both discussed at the Jan. 15 meeting.

But members couldn't land on a decision and will have a special meeting at 8 a m. on Tuesday on the lower level of city hall to discuss the issue.

All DDA Board meetings are open to the public.

Lori Ward, DDA executive director, said her staff already has \$19,900 in sponsorships so far for the summer concert series, which operates from June through August.

But, we could still use more sponsors," she said.

She's hoping that concert offerings in conjunction with the First Fridays can include such activities as balloon art and food vendors and have Main Street closed from Center to Hutton streets.

Traci Sincock, director of Northville Parks and Recreation. said the city may also consider having the grassy area behind city hall irrigated, although the grass held up well during last summer's Friday night concerts.

David Cole, DDA board member, said he'd like to see concerts held at both venues.

"Let's do both and see what happens," he said. "We can use this summer as a test."

Sherri Mewha, owner of the Sherrus Gallery of Fine Art and Awakening...the Artist Inside, said she was afraid large concerts in Town Square might hurt gallery sales during the First Friday events.

Ward wasn't in favor of having two bands play simultaneously, as a band playing in the Town Square might overpower one playing behind city hall.

Doug Bingham. city councilmember, suggested keeping the Friday night concert but adding a concert for adults during the week.

Tunes on Tuesdays concerts take place at noon from June

pfleming@gannett com.

# Parks, Recreation Commission delegates action steps to staff

Members to review priorities managers set

**By Pam Fleming** STAFF WRITER

Each year, members of the new Northville Parks and Recreation Commission meets to discuss goals for the future.

At a meeting on Jan. 9 at township hall, members decided to focus on themes relating to parks and recreation and let staff establish capital spending priorities.

Commission members will. however, review staff recommendations before they go to the city council, township board and possibly the school board for implementation.

One theme mentioned for projected expenditures in parks and recreation facilities is to have them provide opportunities that promote active and healthier lifestyles that are accessible to all residents.

Another theme discussed was to provide programs, services

and high-quality recreation facil- en current partnerships and pur-ities to older residents, teenagers, sue the efficient operation and families and youths

It was also suggested that programs, services and facilities offer broad-based and diversified participation to all residents.

Providing programs, services and facilities that show fiscal responsibility was also mentioned.

The commission would also like the parks and recreation staff to pursue universal accessibility of recreation facilities.

Establishing a network of pathways for non-motorized vehicles in the city, township and Hines Park was also discussed as a priority with the commission.

An action step might be for the city, township and schools to partner to link these three areas with paths.

Mark Abbo, commission chair, said development of connecting pathways might involve city. township and school board elected officials

Another theme was to reduce duplication, expand services and use existing community and regional resources.

The goal would be to strength-

administration of parks and recreation offerings

Commissioner Nancy Darga noted that grant money can be used for community surveys to determine what residents want

But Sincock said results of surveys already conducted over the last three years have not been that different.

The city's and township's priorities in parks and recreation will be blended, then reviewed.

Ultimately, any capital improvements will need to be approved according to the city's and township's individual budg-

Any grant applications in these areas would come before the commission first to prevent overlap between city and township requests.

The next Parks and Recreation Commission meeting will take place at 7:30 p m March 12 at township hall.

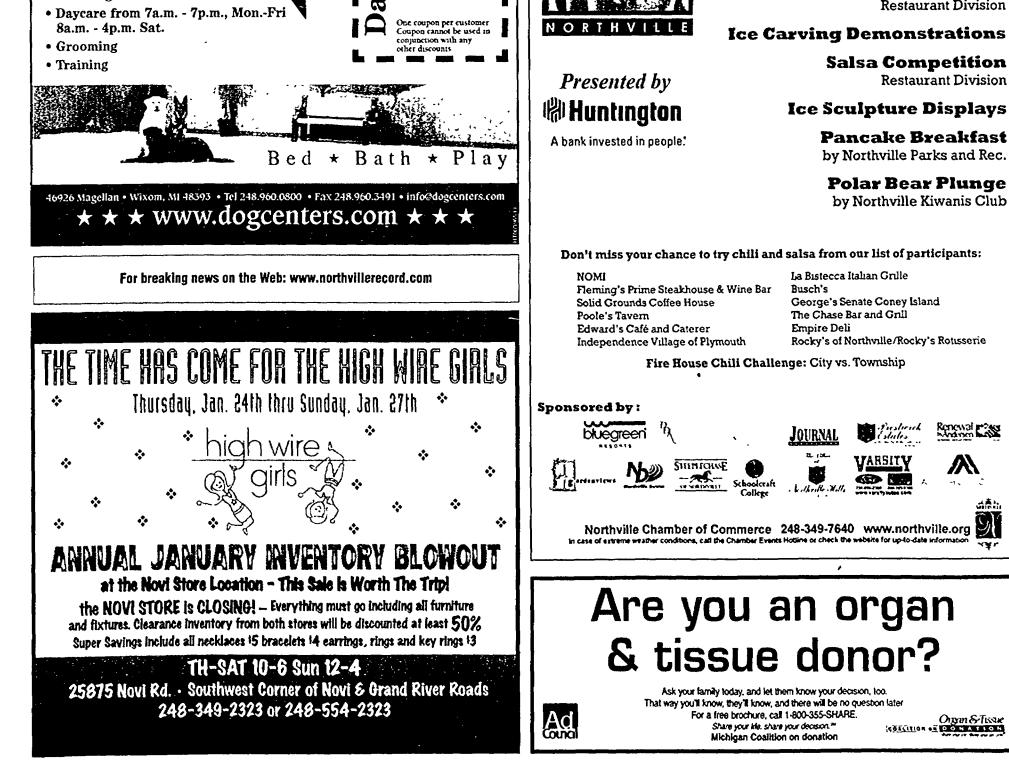
Northville Record staff writer Pam Fleming can be reached at (248) 349-1700, ext. 105, or pfleming@gannett com

Chili Cook-off



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# through August at Town Square. but these events are geared toward children Northville Record staff writer Pam Fleming can be reached at (248) 349-1700, ext. 105, or



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

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weddinas.

# Wedding



Mr. & Mrs. Dana Severson Kimberly Yackle and Dana Severson were married Oct. 6, 2007, at Hope Lutheran Church, Farmington Hills. Pastor Bradley Gee officiated

The bride is the daughter of Dirk and Sandy Yaekle of Northville. She graduated from Northville High School in 1995 and from the University of Michigan School of Nursing in 1999 and School of Public Health in 2005. She is a clinical research nurse at the University of Kentucky Markey Cancer Center.

The groom is the son of Jerry and Glenda Severson of Cumberland. Wis He graduated from high school in Le Sueur. Minn. in 1995 and the University of Minnesota School of Engineering in 1999. He is employed as a business development engineer at Parker Hannifin Company.

The reception was held at the Northville Hills Golf Club. The matrons of honor were Michelle Ludsin from Columbus. Ohio and Janet Morales of Debuque. Iowa (formerly of Northville). The bridal attendants (all brothers of the bride) were Dr. Scott Yaekle of Canton, Michael Yaekle of Commerce Twp., Todd Yaekle of Farmington Hills The flower girls were Amanda Yaekle and Nicole Yaekle.

The best man was Shawn Severson of River Falls. Wis. Groom's attendants were Lara Bauer of Burnsville, Minn (twin sister of groom). Anthony Aderhold of Rosemount, Minn. Ben Hartmann of Ft. Myers, Fla and Brett Page of Walled Lake. Ring-bearers were Gabriel Severson and Seth Yackle.

The couple honeymooned in Seattle, Wash They reside in Lexington, Ky



# ANNIVERSARY



# Mr. & Mrs. William C. Rankin

Bill and Jean Rankin celebrated their 60th wedding anniversary Dec. 27 with a family reunion at the Doubletree Hotel and Resort in Redington Beach, Fla.

The couple met as students at Cornell University in Ithaca, New York and married Dec. 27, 1947, in Saranac Lake, N.Y. They have lived in Northville for 22 years.

Bill retired as an engineer with Cherry-Burrell Corporation, a division of AMCA International. Jean is a retired high school math teacher from the Cedar Rapids Iowa school district.

Their children are Robert of Bellatre, Mich, formerly of Northville, and William of Burnsville, Minn They have five grandchildren.

# Newsmaker

Rose M. Glenn, of Northville, was unanimously elected chair of the Big Brothers Big Sisters of Metropolitan Detroit Board of Directors.

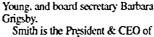
Glenn is senior vice president of marketing and public relations for Henry Ford Health System. Her career in health care marketing and public relations spans more than 25 years.

Glenn has served on the BBBSMD's Board of Directors since 2003 She has been instrumental in the success of BBBSMD by serving as an advocate for mentoring of children at local schools through the Lunch Buddies Program, leading development of a

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# OBITUARY

# GLORIA BOWEN

Age 81, of Brighton passed away Jan. 18, 2008. A funeral service was held Wed, Jan. 23 at Cornerstone Evangelical Presbyterian Church in Brighton. Arrangements entrusted to Casterline Funeral Home, S. Lyon. hished free of charge After that, there is a fee of \$3 a line Pictures may be published for \$25 \*Deadline for obituaries is Tuesday at 10:00 a.m. for publication in Thursday's

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or contact your funeral home \*Holiday deadlines are subject to change



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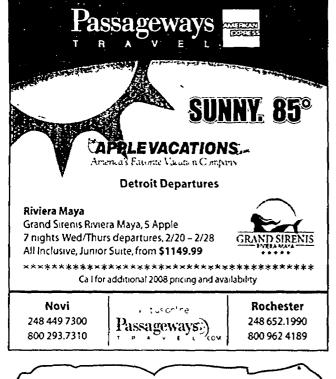
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# CHURCH EVENTS: Be sure to check out our weekly Etcetera listings for local happenings – 4B

FAITH

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

# Gideons find unexpected in calling

### By Kate Phillips SPECIAL WRITER

Keith Belleville remembers being given a Bible when he went to fight in the Korean War. He didn't read it, but he still held onto it.

Now, decades later, Belleville gives away free Bibles to others as a part of Gideon International. He's in a Western Oakland County group of Gideons that meet in Milford every Saturday.

The idea of giving away free Bibles to those who may - or may not - read them is an important part of the Gideon mission They gave away 70 million Bibles throughout the world last year.

Gideons say that sometimes the person receiving it starts reading it and discovers something awesome, or other times they keep it in a drawer as a symbol that somebody cares.

"We never know what will happen to it," said Lyman Jump of Highland.

Jump said he's heard about people discarding a Gideon Bible and someone else finding it and reading it. He proudly tells the story that once when a Gideon presented a Bible, someone gave it an angry toss and it hit a man on the head who was about to leap off a building to his death. The man picked it up and was changed forever.

"There's power in God's Word. so our efforts are never wasted," said Jump, a retired teacher. "We don't know the full extent of where that power will land -that's the exciting part."

The local Gideons and an auxillary group of women visit medical offices, nursing homes, shelters and hospitals to provide Bibles

Some go to college campuses, schools or community festivals. Larry Ballard of Commerce

often distributes Bibles as he quietly plays Christian hymns on the saw - a pretty uncommon musical instrument. But last summer at a local farmer's market he was spontaneously invited to perform on stage with a microphone.

It wasn't what he expected.

"As soon as I started playing, it looked like every head turned my way," Ballard said. "Instead of reaching the people in a small area by our booth, we reached the whole area - people could hear those hymns all around."

"All day long, people were coming up to us asking if we had any more Bibles. It was amazing that people were asking us for the Scriptures instead of us having to ask them.'

The men find that there is enough people interested in receiving the free book that they don't feel bad if some refuse it. They get some negative comments, but they're far outnumbered by the encouraging feedback.

Five years ago, Frank Kierdorf was distributing Bibles with Ballard outside of an elementary school in Detroit when the school principal approached. When they explained what they were doing, she invited them to come inside to present Bibles at the sixth-grade graduation.

Not exactly what they expected. "We didn't even have enough to go around because the principal told everyone in the auditorium they could come up to get a Bible." Ballard said.

The pair has come back every year to present Bibles to the graduates — and they bring

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plenty of extras.

Marc Wiliford of Commerce is a volunteer at a detention facility for teens, where he teaches a Bible study. He isn't sure how many actually read it, but he believes that giving them the book impacts their lives — even if it is in a small way.

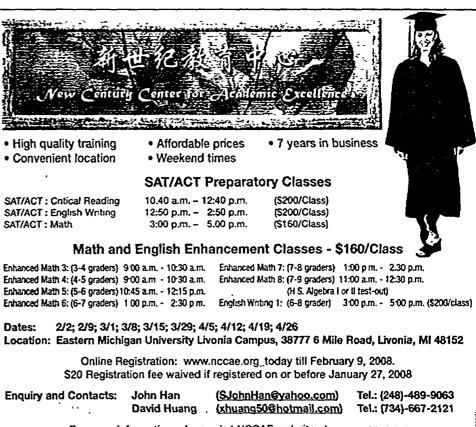
"They love to get the books," Wiliford said. "If I run out and someone doesn't get one, they are not happy

Troubled teens getting excited about a Bible - it's not what would be expected.

Group members visit local churches to tell about the mission of Gideon International and ask for monetary support. They offer greeting cards that allow the giver to present a Bible to commemorate a special occasion or a memory of a loved one with a Bible donation.

Any donations go directly to the cost of the books — all overhead is paid by membership dues.

To make a donation or arrange a church visit, please go to www.gideons org or write Gideon International; P.O. Box 558, Milford, MI 48381.



For more information, please visit NCCAE website at: www.nccae.org

# Photos by KATE PHILLIPS Local Gideons

Thursday, January 24, 2008

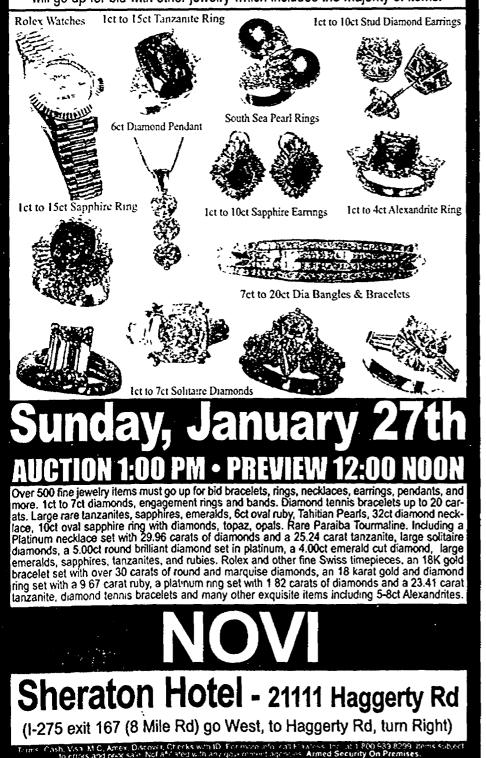
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International members give away Bibles in the Huron Valley and beyond, often at community events, hospitals, universities, waiting rooms and hotels. Pictured are (I to r, front) Lyman Jump, Dave McLellan; (back) Keith Belleville, Marc Williford, Larry Ballard, Russ Townley and Frank Kierdorf.

# IHA Welcomes Peter Dews, MD, MS

and others for violation of laws. Items purchased from government auctions will go up for bid with other jewelry which includes the majority of items.



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IHA is pleased to announce their newest physician, Dr. Peter Dews, who collaboratively with IHA, will open the IHA Plymouth Internal Medicine office in Plymouth, Michigan in late February. Completing both his medical and residency training at Wayne State University (WSU), Dr. Dews also served as a faculty member in the WSU Department of Medicine. He enjoys the continuity of long term care, collaborative relationships with patients, and has special interests in diabetes and hypertension.

Dr. Dews will be seeing patients temporarily at IHA's Associates in Internal Medicine – Cherry Hill office on Tuesday, Wednesday and Thursday (through 02/08). He will also see new patients on Monday and Friday at their location in Plymouth.

For more information about IHA Plymouth Internal Medicine and the insurances that are accepted please visit www.ihacares.com, or to schedule an appointment contact:

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

# PUBLIC SAFETY

Thursday, January 24, 2008 www.northvillerecord.com fax: (248) 349-9832

# NORTHVILLE TOWNSHIP POLICE BRIEFS

# Indecent exposure reported

A unit was dispatched to the Babies R Us parking lot at 1 p m on Oct. 3 to investigate an indecent

exposure complaint The officer was unable to locate the vehicle in question, which was described as a silver four-door car.

The manager of the Babies R Us store told police the vehicle had been seen on and off the lot for several days, and that he had heard from other business people that the lone occupant was possibly seen masturbating inside the vehicle in the lot.

The case is still open pending further investigation

# Drunk-driving arrest

A 42-year-old Redford Township woman was arrested for driving under the influence at 1:24



a m on Oct. 1 at Seven Mile and Haggerty roads.

An officer was on patrol on eastbound Seven Mile Road when he saw the woman in a black, fourdoor, 2006 Chevy Malibu cross over the white fog line and then the yellow center line four times.

When he pulled her over, he could smell alcohol on the woman and noticed that her eyes were glossy and her speech was slurred. When asked if she had been drinking, the woman said she had had a couple of beers.

A breath test showed a blood alcohol level of .16 percent

# Malicious destruction cases

Police responded to a malicious destruction of property complaint that occurred between 10 a.m. Oct. 13 and 7 a.m. Oct. 14 on Savoy Court.

A Novi woman said she parked

her 2005 gray Chevy Trailblazer in front of a friend's house on Oct. 13. When she returned to her vehicle the next morning, she noticed the rear passenger tire had been slashed.

The next day, the woman again parked her car outside her friend's house. The next morning, two X's had been carved into the passenger door. A police sergeant told here there had been several similar crimes in the area.

A 79-year-old Northville Township man told police he found his rear tires totally flat on his 200 blue Honda Accord on Lehigh Lane. The man believed the crime occurred between 7 p m. Oct. 10 and 6 a.m. Oct. 11.

The man had the vehicle towed to a dealership, where the technician showed him a small slice in each sidewall.

Compiled by Pam Fleming



# Ready to burn

Photo by JOHN HEIDER/Northville Record

Northville Township firefighters Phil Sutherland, left, and Jesse Marcotte hope to be part of the winning chili cooking team at Saturday's Fire and Ice Festival in Northville. The township firefighters won last year with their five-alarm chill.

# Your Family Workout Will Never Be The Same

The Sports Club of Novi has combined the Fitness, Summer Swim, Tennis and Sports Programming memberships into one NEW Premier Family Membership. This is an ideal way to keep your family active and healthy with everything The Sports Club has to offer. Children ages 10-15 will receive FREE access to our NEW Youth Fitness Program. This unique program helps a young person develop lifelong healthy habits. Highlights include special group exercise classes, Yoga classes and supervised cardio training for young adults.



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# YOUR DENTAL

OTLIGHT



Presented by Andrea S. Vivian, D.D.S.

# SENIOR TOOTH LOSS' LINK WITH DEMENTIA

Recent research links elderly tooth loss with more than a three fold greater risk for memory problems and dementia. This may best be explained by the possibility that people with cognitive impairment take worse core of their feeth. On the other hand, it is olso possible that dental disease causes prolonged inflammation and infection in the mouth, which may allar some factors in the blood that could cause problems in the brain. In addition, lost teeth may lead to altered diets, which could cause vitamin deficiencies and other problems that affect the brain. Until the exact cause and effect ore determined. It is essential that eidenty individuals receive proper dental care just like children and younger odults

We know how important it is to you that the people who take care of your dental needs be well-informed, knowledgeable, highly skilled, and caring and compassionate. Our promise to you, then, is that our office will provide you with dental care of the highest quality, based on sound medical modalities, using the most appropriate procedures, and utilizing extremely qualified staff members Comprehensive denial care for you and your family is available at 496 W. Ann Arbor Trail. Ste. 201. (1 blk. E. of Kellogg thmouth. Park). Keep on top of your dental health by calling 734-453-9413.

P.S. Perhaps the best reason to address dental concerns as we age is to be sure that we can eat a well-balanced diel without the restrictions of poor oral health. crossoster **Pilotes** classes conducted by expert instructors, resulting in a strong and balanced body with improved posture and reduced stress

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42500 Arena Drive, Novi, MI 48375 (Just south of 10 Mile Rd) **248.735.8850** www.thesportsclubs.com QUOTE: "We will most certainly take good care of the dealership he (Nate Convers) established." - Irma Elder

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



# BUSINESS

Thursday, January 24, 2008 www.northvillerecord.com fax (248) 349-9832

# New owners at Jaguar of Novi

### By Chris Jackett STAFF WRITER

Novi's Jaguar dealership changed ownership to wrap up 2007, but the showroom and lot full of vehicles will continue to offer the same service to those in need.

Owner Nathan Conyers retired at the turn of the new year as Elder Automotive Group announced the purchase of Jaguar of Novi, its 11th automotive dealership, on Dec. 28. Elder Automotive had taken over Dec. 15.

"Everything's going very well. We got off the ground running. Most of the employees, they retained, with the exception of some management, which is to be expected," said Irma Elder, founder and chief executive officer of Elder Automotive Group. "We brought on John Oraha as general manager. The dealership is beautiful, as it's only five years old. The selection of pre-owned (vehicles) will increase dramatically.'

Jaguar of Novi was built on the northwest corner of 10 Mile and Haggerty roads in 2002 by Conyers, who owned Riverside Ford in Detroit from 1973-2003.

"When my dear friend and colleague. Nate Conyers, phoned to tell me that he was thinking of retiring and would I be interested in purchasing his dealership, we began the discussion," Elder stated in a release. "He is a fine gentleman and a strong business leader in the community. We will most certainly take good care of the dealership he established."

Elder Automotive Group owns eight dealerships in Michigan and three in Florida Three Michigan dealerships (Novi, Troy, Lakeland) and one Florida dealership (Tampa) are Jaguar locations



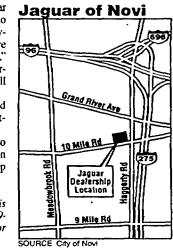
Jaguar of Novi welcomed John Oraha as its new general manager beginning Dec. 28, 2007.

We are confident in the Jaguar nameplate and look forward to working together with our employees and our customers to assure continuity of quality and service." Elder said. "We are looking forward to the new vehicles that will be introduced to the public."

Jaguar's XK, revamped XJ and all-new XF models are all expected to do well, she said.

Elder Automotive Group also owns Ford, Land Rover, Aston Martin, Lincoln Mercury, Jeep and Saab dealerships.

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





# Welcome to the neighborhood!

The new Huntington Bank on the northeast corner of Five Mile and Sheldon Roads that opened in December 2007 had a grand opening celebration and ribbon cutting on Jan. 15. Pictured at the event are, from left, Dave Vanderploeg, regional retail manager; Rebecca Smith, regional president; Kim Renko, branch manager; and Dave Thompson, district manager. The first business to open in the new shopping center, Benton Corner, is the 43rd office in the bank's 142-year history.



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# Get Healthy. Get Happy. Get Started.

Greg K., Flat Rock, 185 lbs. "At St. Mary Mercy Hospital, the Michigan Bariatric Institute is just like a ray of sunshine The staff is fantastic and caring, and took top notch care of me"

The experienced team at the



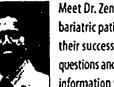
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Michigan Bariatric Institute at St. Mary Mercy Hospital is led by Tallal Zeni, MD, who has performed hundreds of successful laparoscopic weight loss surgeries. You've heard of this safe, popular treatment ... isn't it time you learned more?

Greg

before at 320 lbs.



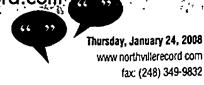


Meet Dr. Zeni and other successful bariatric patients who will share their success stories, answer your questions and give you the life-saving information you need to know.

TALK ABOUT IT: Join in discussing our stories online via Story Chat at northvillerecord.com

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

HEALTHY LIVING



# Snow shoveling more than an inconvenience

Chiropractors share their snow removal safety tips

### By Kelly Murad STAFF WRITER

Michiganders may feel like snow removal experts during the winter, but using improper techniques while shoveling snow can lead to serious injuries.

"I'm getting a high volume of back and neck injuries from snow shoveling," said Dr Kenneth Stopa of Main Street Family Chiropractic Center in Northville. "It was like an epidemic.

They're basically lifting the snow and bending too much. You need to push the snow, you don't have to throw it."

Dr. Nick Doinidis, of Doinidis Chiropractic Life Center in Novi, said when people bend over to lift the snow they are misaligning the vertebrae in the lower back.

"When we had that big snow, I had patients coming in saying Boy, I really hurt my back

shoveling." Doinidis said. "Curved-handle snow shovels help, so you don't have to bend as much.

Even with the proper snow shovel, people are likely to injure their back and neck if they are not careful.

"Avoid sudden twisting and turning motions," Stopa said. "If you're going to lift it, lift in layers and bend at your knees. You should try to tilt the lower pelvic area up toward the sky and you'll have three times the power to lift it."

According to Stopa, wearing the proper clothing to keep muscles warm, and performing simple stretches, such as knee squats and arm circles prior to shoveling, can help prevent injuries.

"Life is hard to prevent." Doinidis said. "Life, in general. is the reason I have patients. But if you stretch every morning. your body is warmed up and ready to accept any abnormal activity."

For severe injuries, Domidis said he may see patients three times a week, but once a month is typical for maintenance and wellness.

"My recommendation is to get adjustments throughout the season so you can snow shovel and

# Snow shoveling tips

Shoveling snow can wreak havoc on the musculoskeletal system. The American Chiropractic Association suggests the following tips for snow shoveling:

. Listen to weather forecasts so you can rise early and have time to shovel before work.

 Layer clothing to keep your muscles warm and flexible.
 Shoveling can strain "de-conditioned" muscles between your shoulders, in your upper back, lower back, buttocks and legs. So, do some warm-up stretching before you grab that shovel.

. When you do shovel, push the snow straight ahead. Don't try to throw it. Walk it to the snow bank. Avoid sudden twisting and turning motions.

· Bend your knees to lift when shoveling. Let the muscles of your legs and arms do the work, not your back.

 Take frequent rest breaks to take the strain off your muscles. A fatigued body asks for injury.

· Stop if you feel chest pain, or get really tired or have shortness of breath. You may need immediate professional help.

Source Dr Aucholas Doinidis, Chiropractor

you don't get hurt," Stopa said. "It will help decrease the injuries. Usually they go out there and they already have misalignment."

According to Doinidis, a lot of people are carrying around injuries from 15-20 years ago. 'A lot of injuries are from when

they were younger." he said

"We're attempting to realign the spine with gentle adjustments. If it stays misaligned, they're going to lose their normal range of motion.

Aside from snow shoveling, Doinidis said common ways people injure their backs are sports such as bowling and golf, and moving heavy items like furni-

people overlook that," Stopa said. My grandpa died from shoveling snow, he had a heart attack. 'Take frequent breaks and if you

start to get chest pains or shortness of breath, you need to stop. My recommendation would also be to have a cell phone on you. in case something does happen."

Photo by JOHN HEIDER/Northville Record

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

# **MERGER:** Saint Joseph Mercy Health System and St. Mary Mercy Hospital combine

# Hospitals join to strengthen regional care

Saint Joseph Mercy Health System, based in Ann Arbor, and St. Mary Mercy Hospital in Livonia will join on Feb. 1 to form an expanded regional health care system in southeast Michigan. Saint Joseph Mercy Health System (SIMHS) will now be comprised of St. Mary Mercy Hospital in Livonia, St. Joseph Mercy Hospital in Ann Arbor, Saint Joseph Mercy Livingston Hospital in Howell and Saint Joseph Mercy Saline Hospital - all members of Trinity Health. based in Novi.

Collectively, the health system includes nearly 8,500 employees. 1,600 physicians, serves more than 1.5 million patients and provided more than \$58 million in community benefit ministry to the communities served in 2007.

"By working together as the leading health care system in this area.

advanced medical expertise in a patient-centered environment unmatched in the region." said Garry C. Faja, president and CEO of Saint Joseph Mercy Health System This collaboration will allow us to strengthen our ability to deliver medically-advanced and compassionate care to the many communities we serve."

The hospitals in the new system will benefit patients by sharing best practices, medical breakthroughs, physician and professional expertise, technology advancements, quality and innovation, electronic medical records and excellence in the patient care experience.

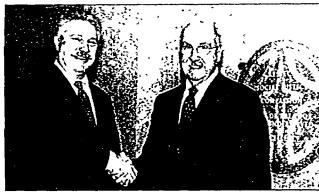
"This strategic merger enables the hospitals in the system to strengthen health care locally with the additional capability to integrate the vast knowledge, technology and advancements of the system regionally," said David Spivey, president and CEO of St Mary Mercy Hospital in Livonia. "The advanced level of technology and services available will create a medical destination that is accessible for patients

our patients will experience to receive care and physicians to practice medicine

## Growth and expansion

Both organizations have recently constructed new facilities to respond to community growth and need. St. Joseph Mercy Hospital in Ann Arbor recently opened a new 11story East Tower that includes 356 private patient rooms, each 300 square feet with personal bathrooms, patient media systems and the latest medical technology for staff. Within the last two years, the hospital has opened a new Surgery Pavilion, launched the use of CyberKnife®, a revolutionary cancer care treatment - the first of its kind in Michigan - and opened the Saint Joseph Mercy Woodland Cancer Center in Brighton.

St Mary Mercy Hospital in Livonia recently opened the Our Lady of Hope Cancer Center, which provides a coordinated setting for cancer patients, including physician offices, chemotherapy, radiation therapy with IMRT technology, clinical research trial options, and a



David Spivey, president and CEO of St. Mary Mercy Hospital and Garry Faja, president and CEO of Saint Joseph Mercy Health System.

one-of-a-kind Image Recovery Center. The new Heart & Vascular Center provides the latest cardiac catheterization and interventional radiology technology available.

Additional capital investments, focused on reinvesting in existing facilities, will continue to meet the needs of the communities served Some of these investments include

both facilities and technology: · A second new seven-story North Tower at St. Joseph Mercy Ann Arbor Hospital

· A new patient tower providing all private rooms at St. Mary Mercy Hospital in Livonia

· Expanded Emergency Center, Surgical Services and Radiology at St Mary Mercy Hospital

· Expansion of the Saint Joseph Mercy Center for Advanced Medicine and Surgery at the Canton Health Center

Michael Slubowski, president, Hospital and Health Networks. Trinity Health, said the combined strength of Saint Joseph Mercy Health System and St. Mary Mercy Hospital creates synergies that will enhance quality of care and services across Southeast Michigan.

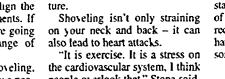
"In this challenging economy where increasing health care costs put access to quality services out of reach for more and more people, the most judicious course of action is to grow programs and services through partnerships with like-minded health systems," Slubowski said. "Saint Joseph Mercy and St. Mary Mercy have embarked on a bold and innovative move to enhance top-quality care and medical technology while reining in healthcare costs and streamlining operations."

More information can be found at www.sjmercyhealth.org and www.stmarvinercy org.

Courtesy photo

Novi chiropractor Dr. Nick Doinidis takes a look at a

back X-ray. Doinidis is busy during the winter months.



# **Health Events**

# American Legion Hall

100 Dunlap, corner of Center Street, Northville **Strength Training Classes** DATE. Mondays and Fridays

beginning in Jan. DETAILS Diane DiVita is offering Strength Training classes (light weights with a little yoga stretching) for adults. For more information, call DiVita at (248) 344-0928 or visit trianglesix@sbcglobal net

# Yoga Class

DATE: 5 30-6:45 p.m. Mondav for all levels, 7-8:30 p.m. Monday for Yoga II through Mar. 17, and 5:20-6 45 p.m. Thursday for Yin Yoga. 7-8 30 p m Thursday for all levels through Mar 13

DETAILS: Diane DiVita teaches a yoga class that's well-suited for you Start any time, no charge for first class. Monday sessions are \$80, Thursday sessions \$72 CONTACT: (248) 344-0928

# **Psychotherapy & Counseling** Services

Northville Counseling Center Anxiety/Agoraphobia/Panic Attack Support Group TIME/DATE: Second Wednesday of each month DETAILS: Call (734) 420-8175 for more information

# St. Mary Mercy Hospital

LOCATION: 36475 Five Mile Road, Livonia CONTACT: (734) 655-4800 or http://www.stmarymercy.org Alzheimer's Caregiver Support Group TIME/DATE: 3-4:30 p.m the first Thursday of each month LOCATION Classroom 1

DETAILS No fee or registration

are required. For more information, contact Audra Frye, Alzheimer's Association (248) 426-7055.

Free Seminars-Michigan **Bariatric Institute** 

**DETAILS: MBI offers three** laparoscopic surgical weight loss options Learn about Gastric Bypass, Adjustable Gastric Banding and Sleeve Gastrectomy at a free monthly seminar: 6:30 p m. Wednesday Feb. 20 in the St. Mary Mercy hospital Auditorium. To register call (734) 655-2693, (877) Why-Weight or visit the hospital Web site

# Tai Chi for Arthritis

TIME/DATE: 6 30-7:30 p.m. Mondays currently through Feb 11; a second session Feb. 25-Mar. 31; and 10-11 a m. Fridays currently through Feb. 22; a second session Feb. 29-Apr. 25

LOCATION. Classroom 10, fourth floor Manan Professional Building

DETAILS: This ancient Chinese discipline combines agile steps, joint-friendly movement, relaxed breathing and mental challenge to promote mobility and well-being There is a fee for this class and registration is required. Call (734) 655-8950 or (800) 494-1650. Joint Replacement Seminar DATE: Today DETAILS Free educational

seminar to learn about joint replacement options. To register or for information, call (734) 655-2400.

# Parenting with Love and Logic

DETAILS. There is a fee for the following classes. To register, call (734) 655-1100 Toddler and Preschool. TIME/DATE: 6:30-9 p m Wednesday, Jan 30 Elementary Age: TIME/DATE: 6.30-9 p.m. Wednesday, Feb. 20 Preteen and Teenagers: TIME/DATE: 6:30-9 p.m

Wednesday, Feb. 27 Special Needs: TIME/DATE: 6:30-9 pm. Wednesday, March 12 "Let's Talk" Cardiovascular Health: Answers by Heart TIME/DATE: 11 a.m - noon

Wednesday, Feb. 6 LOCATION Northville Community Senior Center DETAILS: Speaker is Ginger Ramsay, MSN, RN, CDE from St Mary Mercy; no fee, but registration required by calling (248) 349-

# Reiki I and II

4140.

TIME/DATE: 2-6 p.m. Saturday and Sunday, Feb 9-10

DETAILS' Learn to administer Reiki, a Japanese technique for stress reduction and relaxation that also promotes healing; there is a fee; to register call (734) 655-1162

Let's Get Ready to Have a Baby

TIME/DATE: 7-9 p m Mondays, Feb 18-March 17; or Wednesdays, Feb. 20-March 19

DETAILS: Learn what to expect during pregnancy, labor and delivery; classes are based on the "Lamaze Method"; no cost but registration is required by contacting the Marian Women's Center at (734) 655-1162.

Advanced Dementia - Quality of Life Workshop

TIME/DATE: 7-9 p m Tuesday, Feb. 21

LOCATION. Auditorium DETAILS: Join us for a discussion about the progressive challenges of End Stage Alzheimer's Disease; registration required by calling (734) 655-8950

# **First Aid/CPR Classes**

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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

# **Oakland Physical Therapy**

LOCATION: 47601 Grand River Ave , Suite B124, Providence Park Medical Center

DETAILS: Classes are at 7 p.m. and free of charge; however, registration is required as space is limited. Participants should wear loose, comfortable clothing and appropriate footwear.

CONTACT: For more information, or to register, call (248) 380-3550

Exercise for Low Back Pain/Tips for Shoveling Snow DATE: Wednesday DETAILS: This is a lecture/demonstration/participation class for those interested in

preventing low back pain; speakers are Frank Kava, MS, PT and Julie Wright, DPT.

**Fit After Fifty** 

DATE: Tuesday, Feb. 12 DETAILS: Program will review and discuss safe, effective exercise for generalized strengthening and cardiovascular fitness; speakers are Linda Erickson, MS, Pt and Cathy Jamrog, MPT.

Managing Osteoarthritis and Osteoporosis

DATE: Wednesday, Feb. 20 DETAILS: This class is a lecture and demonstration for those with arthritis in need of advice on starting an exercise program and/or those already involved with an exercise program; speaker is Elizabeth Until, DPT.

**Pilates and Your Golf Game** DATE: Wednesday, March 12 **DETAILS: A lecture and** overview of how Pilates may actually help your golf game; class is for both male and female golfers; given by Kristie Kava, PT, DScPT, MS and Linda Erickson, MS, PT.

# **Providence Center for the Healing Arts**

LOCATION: Assarian Cancer Center, 47601 Grand River Ave, Novi

CONTACT: (248) 465-5455 Wanted: One-time Art Workshop Instructors

DETAILS: We are looking for people who have an art or craft that they would like to share in our series of one-time workshops.

**Colored Pencil Workshop** TIME/DATE: 1-3 p.m., second

Tuesday of every month DETAILS: Beginners welcome. Express Yourself with Art and Color

DETAILS: \$5 materials fee; call for times and registration.

**Ceramics Class** 

TIME/DATE: 10 a m.-3 p m Tuesday, Wednesday and

Thursday, Friday by appointment DETAILS: \$10 materials fee. Knittin' Yarns TIME/DATE: 1-3 p.m.

Wednesday

DETAILS: Join others and create hats and shawls for those in need.

**Creative Moments with** Scrapbooking

TIME/DATE: 10 a.m.-noon Tuesday

DETAILS: \$3 materials fee. Meditation

TIME/DATE: 11:15 a.m.-12.15 p.m. Thursday

DETAILS: Learn proper breathing techniques that can be used at home or on the job to help reduce stress; class held in reflection space, Cancer Center.

Therapeutic Yoga

TIME/DATE: 12.30-1:30 p.m. Monday (for backs); 6-7 p.m. Tuesday (mixed level); 11-12 a m. (gentle yoga for cancer) and 12:15-1:15 p.m. (mixed level) Wednesday;12:30-1:30 p.m. Friday (beginner/intermediate); 9:30-10:30 a.m. (intermediate/advanced) and

### 10:45-11:45 a.m. (mixed level) Saturday

DETAILS: \$10/walk-in; \$80/10-class card, \$45/5-class card; Lunch and Learn Yoga 7week session is \$60; registration required. Classes also held at Providence Hospital, Southfield, call for details.

# **Massage Therapy**

TIME/DATE: By appointment **DETAILS:** Therapeutic massage is effective for stress and tension, chronic fatigue, pain and headaches. Everyone is welcome. Patients undergoing treatment should bring physician's referral; \$50/50-minute session.

# Dinner with a Doctor

DATE: Last Thursday of month TIME: 6:30-8:30 p.m. LOCATION: St. John Providence Park Hospital, Grand River and Beck roads (use Beck Road entrance), Conference Rooms A, B and C **CONTACT: Free registration for** 

fecture and dinner by calling (888) 440-7325

# How to Make the Most of Your Doctor's Visits

DETAILS: Jan. 31; Dr. Robert Brateman.

You "Heart" What You Eat DETAILS: Feb. 28; presentation by cardiologist, Dr. Zarghami followed by strolling dinner featuring heart healthy food; recipes and cookbooks distributed.

### **Total Knee Replacement**

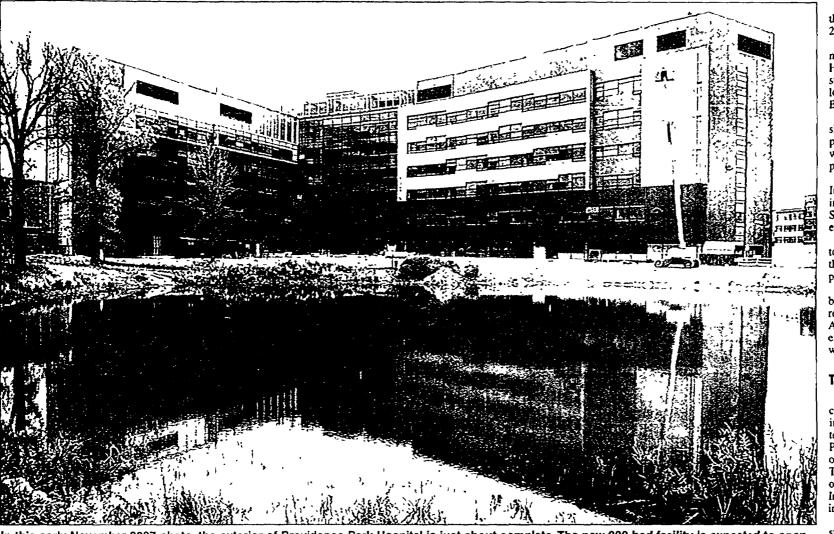
DETAILS: March 27; presentation by orthopedic surgeon Dr. David Markel.

# **Tai Chi Classes**

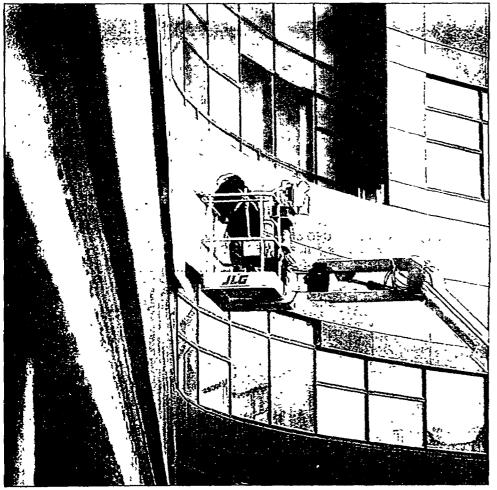
DATE: Currently in session. DETAILS: Non-profit Michigan Tai Chi Association is offering classes in Livonia and Bloomfield Hills. Call (248) 332-1281 for more information.

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# **GROUND-BREAKING**



In this early November 2007 photo, the exterior of Providence Park Hospital is just about complete. The new 200-bed facility is expected to open late this summer and will cost \$224 million. The total construction effort at Providence Park's campus includes the hospital, a neurosciences institute, an orthopedic surgery center and a Staybridge Suites Hotel, costing approximately \$350 million.





# . ■ Providence Park Hospital leads industry

### By Kelly Murad STAFF WRITER

Despite the Michigan economy, things are looking up for Novi in 2008.

St. John Health is investing \$224 million in Providence Park Hospital, part of the 200-acre, state-of-the-art health care campus, located at Grand River Avenue and, Beck Road.

In an attempt to form a partnership between the hospital and physicians, more than \$60 million was invested into two of the campus buildings by the physicians.

Whitehall Real Estate and Hotel Investment Services, Inc. also invested about \$7 million in the Staybridge Suites hotel, which is expected to open this month.

Once the entire campus is open, total employment will be more than 2,000, with about 300 being physicians.

Although the main entrance will be relocated to Beck Road, the current entrance off Grand River Avenue will still be used for the existing medical facility, which will be for outpatient procedures.

### The campus

Once complete, the campus will consist of six separate buildings, including the existing medical center, the Assarian Cancer Center, Providence Park Hospital, an orthopedics office center including The Bone and Joint Surgery Center of Novi, The Neurosciences Institute and medical office buildings and a Staybridge Suites hotel.

"Our campus is more than a state-of-the-art hospital; we want it to be a total health destination," said Rob Casalou, president of Providence Park Hospital.

Known nationally for its neurosciences and orthopedics, the campus will provide innovative approaches to health care.

"(Rob's) had this vision, it's just been him pushing his vision," said Lou Martin, public relations director – West region for St. John Health.

The hospital also owns property on the west side of the campus, which will be leased to commercial development.

"We are being very particular," Casalou said, noting they are looking for health-related businesses that promote activity and wellness.

Striving to obtain the feeling of serenity, the campus is surrounded by a 1.6-mile path for walking or biking through the natural woods and wetlands of the property.

# **Providence Park Hospital**

Construction of the new Providence Park Hospital began in October 2005 and is near completion, with the unveiling scheduled for late this summer.

The 500,000-square-foot hospital will include 200 beds, with the capability of adding 68 extra beds. Of the seven floors in the hospi-

Of the seven floors in the hospital, the entire third floor is dedi-

The exterior of the new Providence Park Hospital is covered with a laminate wood panel that requires no maintenance for its first 40 years.

Cliff Sarniak of Future Maintenance begins painting the walls of the Providence Park Hospital surgery patient prep area. The hospital will open this summer.



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A view of the atrium of Providence Park Hospital in Novi. The hospital is being constructed to give visitors better views of the outside as they make their way around the campus so they can easily orient themselves.



Public Relations Director Lou Martin demonstrates how the nurses stations will be able to visually monitor patients through a small hallway window of the new hospital's maternity ward.

# **PHOTOS BY JOHN HEIDER / NORTHVILLE RECORD**



Construction workers install ceiling tile bridge work at the new Providence Park Hospital in Novi.

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cated to women and infant's health care, with 27 labor, delivery, recovery and postpartum rooms. "We anticipate a huge amount of basis to be delivered here

of babies to be delivered here, (Novi) is where everyone's having a baby," Casalou said. "We wanted to create an environment that women are comfortable with."

The hospital also put thought into how to make visitors more comfortable, by adopting a concept from the Disney Institute, called onstage/offstage.

The concept simply means the hospital was designed using double corridors to keep the health care activities and supplies separate from the visitors.

"The public will feel like they're in a hotel," Casalou said. "This is going to be a 5-star hotel with sick people."

To provide patients with the most efficient care, the majority of the rooms are designed with a higher level of technology and equipment to be acuity-adaptable, meaning the patient can remain in the same room throughout their stay, no matter their condition.

"It's a proven safer method of care," Casalou said. "We have invested our energy being on the cutting edge of eliminating errors. It's important because one source of errors is from patient transfers."

The hospital will qualify as a Level II trauma center, with a chest pain area right inside the emergency room to determine whether or not a patient is having a heart attack or stroke.

"In this ER, we've created a hospital inside a hospital," Casalou said.

With today's technological medical advancements, Providence Park Hospital will be the first hospital in Michigan to have an intraoperative Magnetic Resonance Imaging (MRI), which will allow surgeons to get a better view of the brain during surgery, as opposed to pre- or post-operatively.

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

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TALK ABOUT IT: Join in discussing our stories online via Story Chat at northvillerecord.com

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

# OPINION



Thursday, January 24, 2008 www.northvillerecord.com fax: (248) 349-9832

# Northuille Record

Cal Stone EDITOR Richard Periberg EXECUTIVE EDITOR Grace Perez Perry GENERAL MANAGER Cal Stone, Pam Fleming and Jason Carmel Davis EDITORIAL BOARD

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.

# Recall effort a waste of time and money

First off, to those who say this newspaper is a staunch supporter of 20th District State Rep. Marc Corriveau (D-Northville), let us remind you – we endorsed his opponent. Mark Abbo, in the November 2006 election.

And then we chastised Corriveau in this same space when he first opted not to vote during the state budget crisis this past September.

We, like almost everybody else in this state, we're not thrilled when 57 state representatives, including Corriveau, voted to raise the state income tax from 3.9 percent to 4.35 on Sept. 30, and then 19 state senators and the lieutenant governor followed suit.

But we think it's absurd that a group, the Wayne County Taxpayers Association, has set its recall sights on just three representatives – Corriveau, Ed Gaffney (R-Grosse Pointe Farms) and House Speaker Andy Dillon (D-Redford).

Yes, the procedure is a right guaranteed by the Michigan State Constitution, but the ramifications could be more than just a message these taxpayers want to send to Lansing.

It could end up costing local taxpayers money to pay for a special election, and it could mean a loss of representation for the 20th District for many months until the seat is filled if the recall is successful.

And that's a big "if."

Around 10,000 registered voters' signatures must be collected within 90 days for this recall effort to move forward. We urge voters to NOT sign, but rather to let your voices be heard in November during the election.

# PHOTO OF THE WEEK



Photo by JOHN HEIDER/Northville Record

# Getting the point

Dotty Behrens, right, gives some crochet pointers to Carole Wilson during the innaugural meeting of the Northville Needle Crafters Group at the Northville Senior Community Center. The group, which will meet on the third Thursday of each month, helps teach the crafts of needlepoint, crochet, quilting and knitting.

# **Correction:**

In a story in the Jan. 17 edition of the Northville Record titled, "Hillside receives habitat recognition," it should have said the piece of land is on the southwest corner of Eight Mile Road and Center Street.

# Michigan looks to India to attract businesses

Like the trick card game three-card Monte, while the world has kept its eye on China, India has grown up and may be the economy to watch as the 21st century unfolds.

India is the most populous democracy in the world with more than 1.2 billion people. This is only slightly fewer peoment and private sector business activities. India's economy began to take off. Today, its economy is among the fastestgrowing in the world with a GDP growth of nearly 10 percent in 2006-07.

India's growth has been in the shadows of China's ascending economy, which grew by a blistering double-digit rate in the past 20 years. Being in the shadow of China, whose economy seems to be on steroids. makes India's growth seem anemic in comparison. Yet India has two advantages over China It has many English speakers and a democratic government. While they have made great strides since gaining independence from British rule in 1947, many Indian people still suffer from poverty, illiteracy, hunger, religious strife, environmental degradation and the hangover from a harsh and discriminatory caste system. It seemed not that long ago that the only time you heard of India was when you were seeking help with a computer problem. Today the country is bursting with knowledgeable workers that are seeking their equivalent of the American Dream. As Thomas to continue giving Detroit businesses an opportunity to expand into India's fast-growing market. Another trade mission will be in taking place this month.

"The vision of both. Indian companies doing business here and Detroit companies doing business there, is the basis for



# 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. He can be reached at

ple than the communist Peoples Republic of China. India is growing economically along with many Asian nations and becoming a global player in the 21st century. India has a long and rich cultural and entrepreneurial history. Today it is the world's 12th largest economy due to economic reforms put into place in the early 90's.

After the fall of the Berlin Wall, many Asian countries opened up their economies and brain power to the world With the end of a quasi-socialist government, with tight controls over foreign trade and investFriedman points out in his often-quoted book. The World Is Flat, India has capitalized on its educated, English-speaking people and technologically-prepared professionals to become the English-speaking world's outsourcing capitol and a ripe destination that is bearing fruit for global corporations.

# State to cash in on India

The Detroit Regional Chamber and Automation Alley have led trade missions to India to continue attracting new businesses to Michigan, as well as the Partnership's trip," said Detroit Regional Economic Partnership Executive Director John Carroll. "We are looking to build on the successes of the Partnership's 2006 mission to India that produced new business for the Detroit Region "The results included multiple new strategic alliances between Indian and U.S. companies.

The Center for Automotive Research is teaming up with Automation Alley and the Detroit Regional Chamber to lead this month's trade mission to the India Auto Expo tdwatkins@aoi.com.

2008. It is for automotive sup-

pliers and communities inter-

ested in developing business

many here in the Motor City

Motors, is about to break onto

the world scene. Ford Motor

Co. could complete the sale

of its Jaguar and Land Rover

ing them a global brand and

India continues to gain

dealer network.

units to Tata early in 2008, giv-

have never heard of. Tata

An Indian car company that

opportunities in India.

momentum as it struggles to educate more of its rural population and increase the standard of living that is mere subsistence for hundreds of millions of its people. They have come far – but have a long way to go.

far – but have a long way to go. Like the con game three-card Monte, while the world watches China, India could drive away with the economic consolation prize as the century unfolds. It would behoove us to make sure Michigan finds ways to cash in, as well.

# State too 'risk averse' for some companies

Here we go again: General Motors is now going to offer buyouts to another 46.000 employees, while it's beginning to look like the smart guys at Cerebus Capital Management missed stuff like the recession and high oil prices when they did their due diligence before buying Chrysler

Meanwhile, Michigan's unemployment rate for December inched up to 7.6 percent, easily the highest in the nation, nearly a full point above floundering Mississippi.

With all this grim news in mind, 1 went over late last week to moderate a panel at the 2008 Annual Collaboration for Entrepreneurship meeting in Ann Arbor. It's the area's big gathering of entrepreneurs. I was told there were twice as many people there this year as last, and certainly the hall at the local community college was a bechive of Type A personalities buzzing around wearing intense expressions and brandishing business projections.

The panel I ran wound up talking about why some start-up businesses locate in Michigan and, conversely, why others don't. My fellow panelists made up a pretty good cross section of Michigan's emerging entrepreneurial economy. They included Neal

They included Neal Clinthorne, Co-Founder of Xoran technologies, which makes CT scanners for ear, nose and throat physicians; Michelle Crumm, Co-Founder of Adaptive Technologies, which is in the alternative energy business; and Andrew Wykes, at IDV solutions, an artificial intelligence software company.

We had an audience of around 50 hard-driving types who brought added dimension to the conversation

Reasons people gave for locating in Michigan varied all over the lot. Some said it was simply because their founders lived in Michigan. Others, manufacturing-based and therefore interested in knocking pennics per unit off the cost of making stuff, spoke about taking advantage of the existing manufacturing infrastructure that could get jobs done cheaply and quickly.

Some spoke about the quality of the work force, whether skilled blue collar workers or university grads

Clinthome's Xoran is a spinoff from the University of Michigan, and a number of people in the room spoke about how technology transfers from university laboratories seed new business start-ups.

So why don't companies locate in Michigan?

The litany and the list were very long indeed. They complained of inadequate infrastructure to help new companies, such as lawyers, accountants, bankers (people were especially grumpy at these) and proven managers.

We have a statewide culture that is much too risk-averse. Somebody located in Lansing suggested, "Lansing is not a well known center for high tech," while another participant pointed out that the resources in biology and life sciences at nearby Michigan State University were as strong as any place else in the country.

Many complained about the state's efforts to help entrepreneurial companies. Others warned that investing public dollars in private enterprises is intrinsically conflict-laden. This



# **About Phil Power**

Former newspaper publisher and University of Michigan Regent Phil Power is a longtime observer of Michigan politics and economics. He is also the founder and president of The Center for Michigan, a centrist think-and-do tank. The opinions expressed here are Power's own and do not represent the official views of The Center. Power welcomes your comments at ppower@thecenterformichigan.net.

was, however, distinctly a minority view.

The showcase presentation at the conference was given by Dave Morin, founder and CEO of Ciclo MedSolutions. Started in 2005 and now with nine employees, Ciclo makes electronic medical records software that automatically reminds physicians to remind patients to get their flu or pneumonia shots or screen for lead in the blood of younger kids.

I asked Morin how he feels about having his company located in Michigan. "Great," he says. "I live in South Lyon, so it's close to home, and this kind of company helps diversify the Michigan economy." His greatest frustration is the "craziness" of information technology in the health care field, which deals with doctors who are increasingly pressed for time and is often dominated by big, expensive software companies whose products are too expensive and clumsy for smaller physician practices.

"What about the state?" I asked. "Through Ann Arbor-SPARK (the local economic development organization), we received a 21st Century Jobs Fund investment that matched a grant we received from a venture capital firm. That was great, but the bureaucracy and the paperwork were complicated and difficult to get through. But at the end of the day, they came through for us." I have to confess, I know Dave Morin pretty well — he was the vice president for technology in my former newspaper company, HomeTown Communications Network, Inc. He's a great example of the kind of folks I saw at the meeting last week: smart, intense, innovative, modest (in a Michigan kind of way) and very hard-working (another part of Michigan's culture.)

True, our economy may be contracting just now because of the ongoing transformation in the auto industry, but if the entrepreneurs now beavering away in Michigan are any indication, we're on the way to creating a much healthier, more diversified economy.

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# Go to northvillerecord.com for breaking news and story updates

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



Thursday, January 24, 2008 www.northvillerecord.com fax: (248) 349-9832



# No parking? No way

After a night in town, I left my car at the parking lot (not street) south of Main Street and found a parking ticket when I picked it up. I thought I did the right thing by leavening my car parked, but got penalized by the Northville City Police.

It is not about the \$5 it cost me; it is about principles.

I had three events in Northville over about a one-year period, each of them costing me several thousands of dollars; in addition, my guests had hotel rooms. Northville is trying to attract people to come there, but punishes the guests by ticketing them for leaving the cars overnight. That does not make sense at all.

I am hesitant to plan any other events in Northville as long as these rules stay in place. I am sure other people feel the same. Remove the rule - No Parking 3 AM - 6 AM from parking lots.

> Thomas Saur Woxom

# Artful thanks

The Northville Art House would like to take this opportunity to thank the following businesses and patrons who have generously supported our Venetian Carnivale fundraiser to be held Feb. 2 at 800 Griswold.

Tickets are still available for this fabulous event and can be ordered by calling (248) 344-0497 or purchased at the Northville Art House, 215 W. Cady St. during open gallery hours of Thursday through Sunday, 1-5 p m.

Special thanks go to Dr. William Demray, DDS; Gardenviews; Orin Jewelers: and Mary Brady of Diamond Jim Brady's Bistro. We would also like to give a heartfelt thanks to Andiamo Restaurant; Angela Carson Photography:

Brookside Travel; Chase Bar & Grill; Christa Grix Harpist; CV Media: Diamond Boutique; Fine Threads; Genitti's Dinner Theatre: GG Resort Boutique; Good Time Party Store; Heavner Canoes; Liedel, Grinnan & Liedel Law Firm; Miss Harriet's Dance Studio; NOMI Restaurant; Pear-aphernalia; Period Fashions by Renee: Scottie's Kitchen; Serenity Day Spa; Sherrus Gallery; Simply Wine; Solid Grounds Coffee Shop; Starring the Gallery; Steve Fecht Photography; Tipping Point Theatre; Tom James Gallery: Van Dams Boutique: Katherine Wickersham.

The Northville Art House is so grateful for the support of arts within its community. Thank you all!

Sue Taylor, Event Chairperson Northville Arts Commission

# Here's a funny tip

Instead of putting on my pajamas this past Tuesday evening. I put on my coat and made the short drive over to the Tipping Pointe Theatre. I'd been meaning to check out the improvisational performances, but simply hadn't gotten around to it What a delight! Where else can you find live comedy for \$8?

It's close to home, it's wacky and a great way to spend an evening. Mark these dates on your calendar (8 p.m., the first and third Tuesday of the month) and then, instead of watching moronic reality shows. you'll be enjoying the spontaneity of live comedians.

Pat Tomsa

Novi

# Economy is main issue

Regardless of all shortcomings. the voter is expected to blindly support the next establishment candidate from a political party. Heavy disappointment for the mass media these chosen did not do well in the Michigan Primary. The Democrat candidate just nosed out nobody, and the Republican preference went to a Michigan man, not showing anger, but a history of personal achievement and results. Michigan has seen our economy sliding elsewhere, resulting from a poor business climate, overloaded governmental bureaucracies and fake leaders in Lansing. Choosing the best talent available to untangle serious problems is a better idea than media speculation about who can win Washington bureaucrats now threatened by able people offering significant change may be throwing bombs of bigotry.

We knew each United States Senator, now a presidential candidate, had histories of cheerleading for the string of legislation detrimental to our Michigan economy. Senators McCain, Clinton and Obama together gave Michigan a "stiff arm" with their energetic sup-port of anti-automotive liberal legislation. Typically, United States senators, artful in bloviating about many years of experience, are slow to present meaningful personal achievements in governance. More a case of simply adding names, as co-sponsors to legislation supported by, and perhaps written by, special interest groups without bothering to read it. Earnest talk of leadership talent by office seekers must be suspect with no backup of accomplishment. Some of us prefer to employ a reliable mechanic with knowledge and proven skills needed to get the job done right, rather than a pie in the sky salesperson never showing uncertain results.

Concerns of our nation also must spin around the health of our national economy. Waiting for the next thriling sky-is-falling sideshow campaign is of lower prionty when it comes to a sustained well being of America and all Americans. In the grip of any extended or expanding national threat, such silly consensus theories will be thrown under the bus. Americas future lies only in the

hands of Americans, her resources and resourcefulness. Most of us support every

American in harms way. Following great angst over Iraq, history has shown Lincoln finally found Grant, FDR found Patton and, thankfully, Bush, Patreaus. Each talented military commander quickly revised the critical discussion of a media politically prone toward shifting sides. Our world's war on terrorism unfortunately is necessary to push back a force of twisted, cultural evil. A sadly dysfunctional and inept United Nations is paralyzed by politicians who will never directly face a serious problem. World problems will always exist, but the importance of a well-managed America and its economy is a linchpin to everyone, everywhere.

> Jim Nowka 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

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



# **Consensus Revenue Estimating Conference** meets

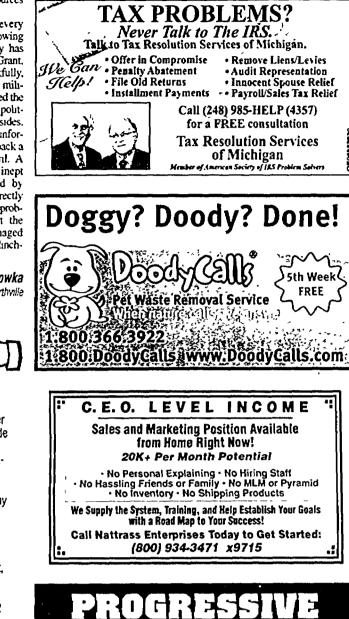
On Jan. 11, the Senate Fiscal Agency, House Fiscal Agency and the Dept. of Treasury met for the constitutionally-mandated Revenue

\$52.8 million lower than the cur-"rent fiscal year. School Aid Fund revenue is expected to increase by \$517.5 million primarily due to a \$341.6-million Michigan Business Tax earmark needed to hold schools harmless from significant personal property tax reductions



# About Nancy Cassis State Sen. Nancy Cassis (R-Novi) represents the 15th Senate District, which includes the townships of Commerce, Highland, Holly, Lyon, Milford, Novi, Rose, West Bloomfield







Estimating Conference. They agreed to updated revenue projections for the current fiscal year, as well as revenue projections for Fiscal Year 2008-09.

The positive news is that Michigan finished Fiscal Year 2006-07 with \$353.1 million in the black. Of that number, \$259.1 million is General Fund money that is the result of higher than expected revenue collections and unspent or lapsed funds from several departments The School Aid Fund had a surplus of \$82.4 miltion because of higher-thanexpected revenue collections, and spending that was lower than appropriated levels.

For Fiscal Year 2007-08, the conference projected that most of the Fiscal year 2006-07 budget surplus will be needed to avoid making mid-year cuts to the current budget because incoming revenue is predicted to be less than expected due to Michigan's economy continuing to constrict.

The Revenue Esumating Conference also warned that General Fund revenue for Fiscal Year 2008-09 is expected to be

that accompanied the new business tax.

Consequently, Michigan will still encounter major budget hurdles. Spending continues to exceed revenue and Michigan can no longer rely on one-time fixes to balance the budget. With many predicting that the national economy could enter a recession it is vital that we make real cuts along with major policy reforms in the coming budget year

# **Bill to permanently place** SAVE into law

As an educator, with 19 years of experience in public education and throughout my term as a state senator, it has been a life-long goal to promote programs that offer early intervention and prevention of learning failure to Michigan children.

Working with former Northville Schools Director of Special Education Dr. Robert Sornson. in 2005 I sponsored legislation called "SAVE the Children." an initiative to intervene early and prevent learning failure. This package of

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and White Lake, as well as the villages of Holly, Milford and Wolverine Lake and the cities of Novi, Northville (the Oakland County portion), Orchard Lake, South Lyon, Walled Lake and Wixom.

bills helps students master the Skills needed to excel, build Alliances between home and school, provide Valuable training for teachers, and foster the Early learning success that lays the foundation for later life success.

The program encouraged teachers to recognize early learning difficulties facing some of our youngest learners, those in kindergarten through third grade. Bringing together teachers, parents, educational specialists and administrators, promotes a team effort to analyze problems, develop and apply effective solutions.

Currently, for the 2007-08 year. intermediate school districts (ISD) are allowed to develop and make available a model program using operational funds. Myself and educators across Michigan think this initiative should become a permanent part of the School Code. Therefore, I recently introduced a bill that would amend the School Code to permanently allow ISD's to create a model program and make it available to their constituent districts.

SAVE is modeled after a successful program already being used in the Nonthville Public Schools. In the 2004-05 school year, Northville was able to save \$7.3 million in special education costs that could be redirected into the classroom for other uses.

Given the overwhelming cost savings and efficiency, it is imperative that we make this part of the school code. This program keeps savings at the local level where they can be directed back into the classroom

For further details on the SAVE program, please visit the "SAVE" link on my Web site at www.senatomancy cassis com

As always, I look forward to your comments



**KEEPING YOUR HEAD DURING ALLERGY FLARE-UPS** 

ply rather live without. However, the reality is that the interrupted sleep, side effects of many medications, and impaired hearing as a result of congested ear tubes can all have an impact on people's daily mental function-ing. While avoiding allergy triggers is your best defense, it's not always possible. There are several non-sedating and safe nasal sprays available over the counter specifically for allergy sufferers. Talk to your allergist about the various prescription medications available that may work for you. You may also be a candidate for allergy shots, which are called "unmunotherapy" Keeping your allergy symptoms at bay will belp you dur-ing the day and night.

For proper asthma and allergy treatment and medications, see a specialist. Please call the ALLFRGY & ASTHMA CENTER today to arrange for a consultation with Dr Rowe Our office has worked with and

Many of us think of cold and asthma helped many families over the years and we symptoms as nuisances that we would sm- offer a comfortable and reassuring environment. We diagnose and treat patients of all ages. Same day, early morning, evening and Saturday appointments are available. Let us belp you get started on your way to a happi-er life. For further information, call (248) 473-6400. Our office is located at 24120 Meadowbrook Road, Ste. 201, Novi. New patients are welcome

P.S. Year-round or seasonal allergies? Visit our website for further information.



**Story Chat** 

The following are excerpts from readers participating in Story Chat, our online forum for discussing issues at www.northvillerecord.com.

# Shooting at former psychiatric hospital

Does someone have to die before the developers who own this property will secure it? All it takes is a cyclone fence and some roving security guards in jeeps. I'll bet that would be a lot cheaper than the trailer park the developer has installed as "neighborhood watch."

Zoom Zoom Zoom Posted: Jan. 17 at 3:37 p.m.

What a great question, except it should be directed to Northville Township's manager, Chip Snider and all the other officials who are preventing the developer from going forward. tinytunes Posted: Jan. 18 at 12:44 p.m.

LOL. How exactly is the government preventing the developer from going forward? By stopping the trailer park from expanding? Very Happy

They have approved the PUD for the property not once, not twice, but three different times. Why won't the developer put up a fence, hire some real security quards, and tear down the blighted buildings? According to the Northville Journal 1/17/08,

the developer won't even meet with the township. Zoom Zoom Zoom Posted Jan. 19 at 10.22 a.m.

### Grief support center may soon have new office on Griswold St.

What a wonderful idea! Let's hope this moves forward. This beautiful spot has served as a peaceful place for making some of the most important and painful decisions in my life. I can't think of a better setting for a grief counseling center. A walk beside the river in the tranquil setting can often ease ones pain, it can take us back to simpler times. Bringing together both the historical society and Hope,

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helping to meet the needs of both groups and ultimately community members is an honorable endeavor! dcritcrim Posted: Jan. 19 at 9.25 a.m.

### 🖀 Amerman's Nedam wins national award

Way to Go Khris! Keep up the good works! Donna Selman dcritcrim Posted: Jan 19 at 9.04 am

**m** REIS: No plans to annex It is nice to see that we have

come back from the edge. Mark and Chip - Keep working. concerned laxpayer Posted: Jan. 10 at 2:40 p.m.



# HOT TICKET: A The Third Annual "Fire & Ice Festival" is the coolest thing to do Saturday - see front page

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



of Northville; Feb. 23, "Sabrina,"

sponsored by Swearingen Fine

Portraits: Mar. 1, "To Catch A

Thief," sponsored by Sherrus

Gallery of Fine Art; Mar. 8, "Some

Like It Hot," sponsored by Lorla's;

Mar. 15, "Rebel Without a Cause,"

sponsored by Poole's Tavern; and

Mar. 29, "Casablanca," sponsored

DETAILS: Tickets are free and

sponsoring business will be open

until 7:30 p.m. on the evening that

Friday Fun at Center Stage

TIME/DATE: 4:30-5:45 p m. Hip

Hop Friday is the second Friday of

each month; Tap Jam Friday is the

Company, 43334 W. Seven Mile

DETAILS: Ages 6 and up are

and tap moves, dance with friends

and help kids in their community;

\$1 cover charge goes toward pur-

chasing holiday gifts for the chil-

CONTACT: (248) 380-1666

TIME/DATE: 8 p m. first and

DETAILS' Tickets for general

seating are available 7 p.m. at the

door on the night of the perform-

LOCATION: 108 E. Main St.

CONTACT: (248) 349-0522 or

A Winter Wedding Italian Style

TIME/DATE: Interactive Dinner

Theater: 7 p.m. Friday; 6:30 p.m.

Saturday and Feb. 2 and 9; 7 p m.

Thursday, Feb. 14; 6:30 p.m.

Theater: 11:30 a.m. today,

Saturday, Feb. 23 and March 1.

Wednesday, Feb. 13, Thursday

March 13 and Saturday, April 5

lunch tickets \$35; reservations

TIME/DATE: 12:30 p.m.

Sunday; 6 p.m. Tuesday, Feb. 19

DETAILS: Tickets are \$14.95 for

children and \$16.95 for adults, not

including tax and gratuity; call for

DETAILS: Dinner tickets \$45,

only; we will open any date for 20

"Toy Chest" Children's Lunch

TIME/DATE: Interactive Lunch

third Tuesday of the month

Theatre, 361 E. Cady St.

**Genitti's Little Theater** 

www.genittis.com

ance, S8

or more.

Theater

LOCATION: Tipping Point

dren at Hawthorn Center.

Improv at the Point

invited to free-style their hip hop

LOCATION: Center Stage Dance

third Friday of each month.

Road, Suite 250, Northville

available only at the business

sponsoring each movie. The

by Starring: The Gallery.

their movie plays.

**Dance Company** 

Thursday, January 24, 2008 www.northvillerecord.com fax: (248) 349-9832

# **Local Events**

# Fire and Ice Festival

TIME/DATE: Noon-4 p m. Saturday

LOCATION. Downtown Northville, Main and Center streets DETAILS: Festival includes pancake breakdast (8-9.30 a m. Senior Center), chili cook-off, salsa competition, ice carving demonstrations and displays, and the Polar

Bear Plunge. CONTACT: Northville Chamber

of Commerce at (248) 349-7640 or www.northville.org.

# Flamin' Flapjacks

TIME/DATE: 8 00 -9 30 a m Saturday

LOCATION: Northville Community Senior Center DETAILS: Pancake breakfast before the Polar Bear Plunge; four flapjacks, sausage links, juice and/or coffee; advance tickets are \$5 per person, \$7 per person at the door.

## Winter Stonefly Search

TIME/DATE: 9 a m.-3 p.m. Saturday; Registration deadline Jan. 18 by calling (313) 792-9621 or e-mailing picoordinator@therouge org

LOCATION: Environmental Interpretive Center, University of Michigan-Dearborn, 4901 Evergreen Road, Dearborn

DÉTAILS: Friends of the Rogue is looking for volunteers to search for winter Stoneflies; their presence in the creek indicates good water quality and good fishing Volunteers are assigned to teams, led by a trained volunteer, and travel to the headwaters of the Rouge River Watershed to sort through samples collected from the stream by team leaders; no experience necessary, children welcome when accompanied by an adult per child. Dress for the weather.

# Northville Democratic Club Fundraiser

TIME/DATE: 7-10 p m. Saturday LOCATION: 43525 Vero CL,

Northville DETAILS: Special guest is Bob

Ficano. RSVP by calling (248) 449-2619

# A Painters' Play - Act III

TIME/DATE: Opening Reception 6-9 p m. Friday, Feb 1; exhibit www.northville org for an application. Exhibit space is fimited. This year's theme is "Think Globally -Celebrate Locally." Tickets are \$5 for adults, \$4 for seniors 65 and over and \$4 for children under 12 and are available at the door. CONTACT: Northville Chamber of Commerce. (248) 349-7640 or

of Commerce, (248) 349-7640 or www.narthville.org

# Mother's Club of Northville 2008 Dinner Auction

TIME/DATE: 6'30 p m Saturday, March 8 LOCATION: The Inn At St. John's, Five Mile Road, just east of Sheldon Road

DETAILS: This annual event is a great way to enjoy a night out and support the school children of Northville; evening includes a strolling buffet, a silent auction, live auction items and music by The Shawn Riley Band; tickets are \$75 and are available through any Mother's Club member or call Susan at (248) 596-1629.

# NHS Class of 2008 Senior All Night Party

TIME/DATE: 10:30 p.m -4:30 a.m. Saturday, May 31, 2008 DETAILS: Senior All Night Party tickets are \$70; contact Shirley Rogers at (248) 348-7295 for more information. Unpainted wooden horses are available to purchase for \$40 and can be personalized by parents for their senior. They will be displayed at the All Night Party; order a horse now and it will be available in the spring; contact Mary Jo Blasius at (248) 349-0101. Order forms for tickets and horses are available online at www.northville.k12.mi us and checks should be made payable to Northville Senior Class Party; mail to Janet Goldberg, 18833 Oak Leaf Lane, Northville 48168.

# Personal & Professional Etiquette

LOCATION: 133 West Main St., Suite 190 CONTACT: (248) 349-1114 Communication Skills TIME/DATE: : 4:45-5:45 p.m. for ages 8-11, 6-7 p m. for ages 12-17 Wednesday, Jan. 30. Table Manners TIME/DATE: : 4:45-5:45 p.m. for ages 8-11, : 6-7 p m. for ages 12-17 Wednesday, Feb. 6, 13, 21,

27. DETAILS: All sessions cost \$75. Please call to register over the phone or mail payment with student's name, age, complete address, phone number, e-mail and course choice to address above C/O Miss Harnet's Dance Studio. April 16 - Raphael TIME: 7:30-9 p.m.

DETAILS: This art appreciation lecture series featuring Michael Farrell, professor of Art History at the University of Windsor, is both educating and entertaining; tuckets are \$10 for adults and \$5 for students.

Family Art Appreciation Nights TIME/DATE: 7-8:30 p.m. fourth Wednesday of the month, Feb. 27 and March 26

DETAILS: Bring the whole famity to these interactive art lectures and discover the three big genres of art - realistic, expressionistic and abstract. Expose yourself to the great art geniuses and discover a few obscure artists. Cost is \$5 per person.

# **Maybury State Park**

LOCATION: Eight Mile Road (between Beck and Napier roads.) State Park motor vehicle permit required for park entry; \$6 daily, \$24 annually (\$6 annually for seniors 65 and older.) 2008 permits now available at park office, 20145 Beck Road.

CONTACT: (248) 349-8390; Friends of Maybury (248) 349-3858 or www.FriendsofMaybury.org.

Snow Shoe Demo TIME/DATE: 10 a.m.-2 p m. Saturday, Feb. 9

DETAILS: Same as above.

Mill Race Historical Village LOCATION: 215 Griswold Ave ,

north of Main Street near Ford Field DETAILS: Office open 9 a m -1

p.m. Monday-Friday. CONTACT: (248) 348-1845 Thursday: 9 a.m. archives open; 6:15 p.m. Brownie Scouts Friday: 9 a m. Archives Open Sunday: 10 a.m. Mill Creek Church; 12:30 p.m. Mackinaw Scouts; 6:30 p.m. Venture Scouts Monday: 10 a.m. Heirloom Rug Hookers; 7 p.m. Lions Club

Tuesday: 9 a.m. Stone Gang; 6:30 p.m. Brownie Scouts Wednesday: 6:45 p.m. Mindfulness Meditation; 7 p.m. Mill Creek Church \* Grounds closed to public

# Northville Chamber of Commerce

LOCATION: 195 S. Main St., Northville CONTACT: (248) 349-7640 or

visit www.northylle org TGIF TIME/DATE: 8-9 a m. Friday, Feb. 8 his debut novel, written with an insider's knowledge of Detroit's favorite industry and based on two decades of experience within the Big Three.

CONTACT: (734) 455-2665

# Musical Feast by Village Voices

TIME/DATE: 7:30 p.m. Saturday LOCATION: Plymouth First United Methodist Church

DETAILS: The evening begins with a buffet dinner followed by the performance by Village Voices, an ensemble chosen from the BeckRidge Chorale; to order tickets or for more information, call (734) 416-9885 or visit www.beckridgechorale.com.

# **Plymouth Ice Festival**

DATE: Friday-Sunday LOCATION: Kellogg Park,

Downtown Plymouth DETAILS: This fun-filled family event is free and open all weekend; ice carving during daytime hours.

CONTACT: For more information, contact (734) 453-1540 or visit www.plymouthice.com

# St. Louis Center 13th Annual Dinner Dance

TIME/DATE: Noon-6 p m. Sunday

LOĆATION: The Italian American Banquet and Conference Center, 39200 Five Mile Road, Livonia, 48154, (734) 953-9724 DETAILS: Noon Mass followed by dinner at 2:30 p.m. with music and dancing after; arias sung by artists from the Verdi Opera Theatre of Michigan; dinner tickets are \$50 per person; make checks out to "St. Louis Center" and mail to The Italian American Club, attention Gianna Prokop, at the address above

# Town Hall Meeting to Avoid Foreclosure

TIME/DATE: 6:30 p.m. Monday LOCATION: Plymouth Township Hall, 9955 N. Haggerty Road, Plymouth

DETAILS: State Rep. Marc Corriveau (D-Northville) hosts this meeting to give residents information on how to avoid losing their homes to foreclosure and becoming a victim of predatory lending; he will be joined by a mortgage foreclosure specialist and an attorney from the advocacy group ACORN.

# The Heart of a Woman

TIME/DATE/LOCATION: 11 a.m.-3 p.m. Sunday, Feb. 10 at the Birmingham Conference Center, 31301 Evergreen Road, Beverly Hills

DETAILS: Learn about camps available for pre-schoolers through teens; event showcases more than 70 camps across the country including unique programs for children with special needs and older teens; no charge to attend; high school and college students can learn about summer jobs. For more information, call (248) 851-7342 or visit www.metroparent.com.

# Daughters of the American Revolution

TIME/DATE: 10.30 a.m. Monday, Feb. 18

LOCATION: Plymouth District Library, Main Street, Plymouth

DETAILS: Good citizen reception; speaker is Mark R. Corriveau, State Representative.

CONTACT: (734) 45-4764

# **BeckRidge Chorale Auditions**

DETAILS: Auditions are now being held for the current season "A Salute to Stage, Screen and Television"; auditions are by appointment only; to schedule an appointment or for more information, contact (734) 416-9885 or email beckridgechorale@aol com.

# Plymouth Symphony Orchestra

DETAILS: Tickets (adults-\$25, seniors-\$20, students-\$10) can be purchased by contacting the Plymouth Canton Symphony Society office (734) 451-2112; in person at 470 Forest Ave, Ste. 18; or visiting www.plymouthsymphony.org.

Youth Artist Competition TIME/DATE: Sunday, Feb. 3 LOCATION: Evola Music, 7170 N. Haggerty Road, Canton

DETAILS: Application deadline is Jan. 21. The three divisions of the competition are Senior Instrumental, Senior Piano (grades 10-12) and Junior Combined (grades 7-9). Applicants must be plano, band or orchestra students residing in Clarenceville, Livonia, Northville, Novi, Plymouth-Canton, Van Buren or Wayne-Westland school districts; or members of the Celebration Youth Orchestra or students at Evola. Scholarship funds are awarded to first-place winners.

CONTACT: Call Jane Libbing at (734) 451-2112 or e-mail

runs through Feb. 29

LOCATION Sherrus Gallery of Fine Art, 133 W Main St., Suite 210, Northville

DETAILS: Third annual Art Exhibit and Sale starring three artists who will paint new works live and in real time at the gallery; painting demonstration during Opening Reception; regular gallery hours are 10 a m -5 p m. Saturday, noon-4 p m. Sunday and Monday by appointment.

### **Blood Drive**

TIME/DATE: 7:30 a m -1 p m Sunday, Feb. 3 LOCATION First United Methodist Church of Northville, 777 W Eight Mile Road DETAILS: Appointments are

preferred, call Janet at (248) 349-6592

### "The Purple Gang" Interactive Murder Mystery Dinner

TIME/DATE: 6 p m Friday, Feb. 29

LOCATION: Genitti's Hole in the Wall

DETAILS: Fundraiser to Erect the General Store at Mill Race Village; the Purple Gang controlled the bootleg liquor business in Detroit during prohibition; interactive murder mystery takes place in a 1931 speakeasy and is based on some of the actual gang members; a Dore production; tickets \$35 per person and are available at Northville Candle and Gifts, Tuscan Cafe and from 9 a m -1 p m weekdays at the Cady Inn at Mill Race Village

CONTACT: (248) 348-1845

# Taste of Northville Business Showcase

TIME/DATE: Noon-3 p m Saturday, March 8 DETAILS: Applications are now available. Contact the chamber to reserve your spot or visit

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# As the Page Turns

LOCATION: 149 N Center St, Suite 102, Northville CONTACT: (248) 912-0085 or visit www.asthepagetums.biz

# Donate Used Books

DETAILS: Bring in gently-used books during the months of January and February and receive 10 percent off the purchase of a new book; donated books will be donated to area shelters and an area reading program **Author Gienna D. Livingston** DATE: Friday, Feb 1 DETAILS: Her book, "How I Got By A Family Saga," will be discussed and available for purchase **Author Kim Crouch** DATE: Friday, Feb 8

DETAILS: Her book, "Mother To Son: Words of Wisdom, Inspiration for Today's Young African-American Men," will be discussed and available for purchase

### **Marguls Theatre**

135 E. Main St.

CONTACT: (248) 349-8110 or northvillemarquistheatre com

The Jungle Book TIME/DATE: 2 30 p m. Saturday; 2:30 p m. Sunday

DETAILS: Holiday fun for everyone See the monkey fly Kipling's classic story of jungle animals and the boy named Mowgli, tickets \$8, no children under 3; group rates for 20 or more

### Movies at the Marguls TIME: 7.30 p m DATE: Saturday, "The Big Chill," sponsored by Scottle's Krtchen; Feb. 2, "To Kill a Mockingbird," sponsored by Northville Candle and Grft, Feb. 9, "Shakespeare in Love," sponsored by gg Resort Boutique; Feb. 16, "Rear Window," sponsored by Margo's

Tribute to Elvis

reservations.

TIME/DATE: 7 p.m. Friday, Feb. 15; 6 30 p m. Saturday, Feb. 16 DETAILS: A tribute to Elvis starring Sherman Arnold.

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

# The Art House

Open 1-5 p m every Thursday-Sunday, 1-9 p m on "First Fridays" of the month LOCATION: 215 Cady St. CONTACT: Northville Art House (248) 344-0497 or www.northvillearts org Mark Arminski - A Rogue's

# Gallery

TIME/DATE: Opening Reception is 6-9 p m. Fnday, Feb. 1; exhibit continues through Feb. 24

DETAILS: Exhibit presents latest works of this native Detroiter who, over his 25-year career, has explored a wide range of media and is considered one of the leading rock concert poster artists of the 90s.

Venetian Carnivale DATE: Saturday, Feb. 2, 2008 DETAILS Save the date for a special fundraiser for the Art House. Elegant evening will be held at an historic 1929 Tudor home, featuring entertainment, strolling dinner provided by Diamond Jim Brady's Bistro and original Venetian-style art for exhibit and sale. Formal attire or Venetian costume requested. Tickets are \$100 per person and go on sale soon at the Northvile

### Art House. Tuscan Art with Michael Farrell

DATE: Wednesday, Feb. 20 -DaVinci. March 19 - Michelangelo; LOCATION: Chamber Office After Hours Mixer TIME/DATE: 5:30-7:30 p.m. Wednesday, Feb. 20 LOCATION: The Chase Bar and

Grill TGIF TIME/DATE<sup>-</sup> 8-9 a.m. Friday, Feb. 22

LOCATION: Chamber Office

# **Regional Events**

# **Robin Horlock Band**

TIME/DATE: 10 p m. Friday LOCATION: Fifth Avenue Ballroom, 25750 Novi Road, Novi DETAILS: The first 10 fans at the door that bring a friend and a printed page from www.robinhorlockmusic com will get one free admission and/or a free CD, "Risk to Try." Admission is \$5; 21 and older only.

CONTACT: (248) 735-4011 or visit fifthavenuebilliards com

# Zamar in Concert

TIME/DATE: 7 p m. Friday LOCATION: Brightmoor Christian Church and Franklin Road Christian School, 40800 W. 13 Mile Road, corner of M-5, Novi DETAILS: Professional jazz band, Zamar, will perform a concert to benefit the athletic fields at Franklin Road school; tickets are \$20 now and \$25 at the door; call (248) 668-7100 or order tickets. CONTACT: For more informa-

tion, visit www.zamariop.com

# "Changing Lanes: An Automotive Mystery" Book Signing

DATE: Saturday TIME: Noon-3 p m. LOCATION: The Book Cellar and Cafe, 840 W. Ann Arbor Trail, Ptymouth

DETAILS: Author Grant U. Mobielle will be signing copies of

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TIME/DATE: 10 a m.-9 p.m. Monday-Thursday; 10 a.m.-5 p.m. Friday and Saturday, through Feb. 28

LOCATION: Brighton Library, 100 Library Dr., Brighton, (810) 229-8924

DETAILS: Soxteen drawings celebrating women by Barbara Eko Murphy are featured during February's American Heart Association-Red Dress Awareness Month

# Frog and Toad Survey Training Workshops

TIME/DATE: 7-9 p m. Tuesday, Feb. 12

LOCATION: Novi Crvic Center, Novi

DETAILS: Help monitor the health of the Rouge River by listening for frogs and toads in you neighborhood. Attend one training workshop where you will get everything that you need to survey. Pre-registration is required for this free workshop.

CONTACT: Call (313) 792-9621 or e-mail piccordinator@therouge org

# Franklin Road Christian School Open House

TIME/DATE: 10 a m.-7 p m. Tuesday, Feb. 12

LOCATION: 40800 W. 13 Mile Road, corner of M-5, Novi

DETAILS: Prospective parents may stop into the Open House and speak with faculty and administrators and take a tour of the facility; open enrollment begins Feb. 1 for the 2008-09 school year.

CONTACT: (248) 668-7100 or franklinroadchristianschool org

# Super Summers for Kids: Camp Fair

TIME/DATE/LOCATION. 11 a.m.-3:30 p m. Saturday, Feb. 9 at Emerson School, 5425 Scio Church Road, Ann Arbor jane@plymouthsymphony.org; also visit plymouthsymphony.org.

Sensational Strings with concertmaster Juliana Athayde, composer Frank La Rocca, PCEP Middle School Orchestra and the Celebration Strings

DATE: Saturday, Feb. 9 LOCATION: Ward Presbyterian Church

# A Beaties Blast

TIME/DATE: 8 p m. Thursday, Feb. 21

LOCATION: Penn Theatre, Plymouth

DETAILS: Performance is a fundraiser and tribute to the legendary rock band plus other performers of the era. Pre-concert cocktail party at Lotus Arts Gallery from 6:30-7:30 p.m. Tickets for the concert are \$100 per person, with a 10-percent discount for groups of ten or more and are 100-percent tax deductible. Tickets may be purchased at the contacts listed above.

# **Rock Financial Showplace**

46100 Grand River Ave. Call (248) 348-5600 or visit http://rockfinancialshowplace.com /for more information.

Home Improvement Show TIME/DATE: Noon-9 p.m. Friday; 10 a.m.-9 p.m. Saturday; 10 a.m.-6 p.m. Sunday

DETAILS: This show features hundreds of exhibitors including the latest technology, products and services. Arts and crafts show inside. Admission is \$10 for adults, \$9 for seniors, kids under 12 are free. Parking is \$5.

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.

Thursday, January 24, 2008

www.northvillerecord.com

fax (248) 349-9832

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TALK ABOUT IT: Join in discussing our stories online via Story Chat at

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

# One way to pay your own way

■ NHS student working to pay for college, stay out of debt

### By Jason Carmel Davis STAFF WRITER

At a young age, Matt Ladhoff knew how expensive it would be for him to go to college.

The Northville High School senior, at 10 years old, began mowing lawns and working various other jobs with the hopes of earning enough cash to pay for his formal education.

"Every day, I hear about the thousands of college students graduating deep in debt," Ladhoff said, "and I decided that I don't wish to experience that, so I've been saving httle by little."

Ladhoff has held jobs at restaurants, and real estate and financial firms on top of doing a number of odd jobs. Ladhoff, who wrestles in the 135-pound weight class for the Mustang wrestling squad, has earned about 20 percent of the funds needed to pay for four years of college.

"I started calculating what I need, and that's not even enough to pay for a whole year," he said. "It costs about \$30,000 a year."

Even though he has just a portion of the money he needs, Ladhoff, who hopes to major in business management in college and wants to run his own small business or work for a Fortune 500 company, has narrowed his choices down to Michigan State University, the University of Michigan, Indiana University and Marquette University He has been accepted to three of those institutions – MSU, IU and Marquette – and is waiting on word from Ann Arbor.

Ladhoff thought of the possibility of earning a scholarship through wrestling. He said it'd be difficult, since both Michigan and Michigan State – his top two choices – have nationally-recog-

nized programs.

Before enrolling into one of those schools, however, Ladhoff is determined to raise the money he needs to finance an entire fouryear stay at one of those Big Ten or Big East schools.

# Enlisting the services of his community

Classes start in less than eight months, and Ladhoff has set out to find a larger means of support.

He said he has set a goal to raise enough money to pay for his schooling with the support of more than 3,000 people from all 50 states.

"Last summer, I thought of various ways to pay for this colossal feat without running to my parents for support." Ladhoff said. "After spending a night out with friends going to see a movie and getting something to eat. I realized I had just spent nearly S20. I felt bad, but I knew S20 was not going to make a difference in paying for a college education." But spending that \$20 gave Ladhoff and idea. He realized that if he could ask a large number of people for a donation equal to one night on the town. "I could easily pay for my entire college education," Ladhoff said. In exchange for that support, he would dedicate half his total earnings from his first job out of college to help other students pay for their education – in the form of a scholarship awarded by Kiwanis.

"I tried to do this through Rotary Interact, but they couldn't sign off on it. So, Kiwanis stepped in and some other groups are going to help spread the word," Ladhoff said. He hopes to have the opportunity to speak to different community groups about his story and that of other college hopefuls. He also said he's signed a written contract declaring his commitment to donating to that scholarship.

"My hopes are that people will pass this along to friends throughout their community and contribute whatever amount they feel

Submitted photo

Northville High School senior wrestler Matt Ladhoff, bottom, has been spending his time away from the mat looking for ways to pay for college.

comfortable," Ladhoff said. "By the end of the school year, it would be remarkable to have received donations from people in every state throughout the coun-

To aid in Ladhoff's cause, send contributions to Send Matt To College, C/O/ Matt Ladhoff, P.O. Box 700251, Plymouth, MI 48170-9998. One can also donate through his Web page at sendmatttocollege.googlepages com

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



# School district calendars will soon correspond

# Wayne Co. **RESA** to vote on legislation next month

# **By Jason Carmel Davis** STAFF WRITER

Parents who plan family vacations around their children's school schedule may have a five-year window if the Wayne Regional Educational Services Agency (RESA) approves a legislative measure that would align the cal-endars of each of Wayne County's 34 public school districts.

Legislation signed into law by Gov. Jennifer Granholm last October calls for Intermediate School Districts (ISDs) and RESAs across the state and their constituent school districts to adopt a common school calendar that includes starting and ending dates, as well as winter and spring holiday breaks for at least five years out. The measure must be adopted no later than July 1.

"We don't really have the option to do or not do this one way or another," said Tracey Wright, special projects coordinator for RESA. "It's good, though. because, if it goes through, this time next year, we'll have four years left, but we'll have to add another year."

The common calendar recommendations were developed Common through a RESA Calendar Committee that met in November and December. While RESA officials acknowledge that it is almost impossible to develop a calendar that would meet the needs and wants of all of the districts and public school academies in Wayne County, the hope is that the proposed five-year calendar is a reasonable and common sense solution for Wayne County that meets both the letter and intent of the new legislation

"It's pretty direct legislation," Rezmierski. said Leonard Northville Public School District superintendent. "We can add things to the calendar, but we can't renegade from it'

Rezmierski added the proposed calendar is similar to what Northville has adopted with the exception of extended holiday

# Same schedule

Here's what the calendar will look like when put into place through a vote of Wayne RESA board members.

# 2008-09 School Year

 One Professional Development full day to be held the week immediately preceding Labor Day

Professional Development full day - Nov. 4, 2008

 Winter Break: Dec. 20, 2008 – Jan. 4, 2009, return Jan. 5, 2009

Mid-winter Break: President's Day – Feb. 16, 2009

(Please note: any additional Mid-winter break days must be taken during the week of Feb. 16)

• Spring Break: April 10 - April 19, return Monday, April 20, 2009

### 2009-10 School Year

· One Professional Development full day to be held the week immediately preceding Labor Day

Professional Development full day – Nov. 3, 2009

 Winter Break: Dec. 19, 2009 – Jan. 3, 2010, return Jan. 4, 2010

- Mid-winter Break: President's Day Feb. 15, 2010
- (Please note: any additional Mid-winter break days must be

taken during the week of Feb. 15) Spring Break: April 2 – April 11, return Monday, April 12,

2010

### 2010-11 School Year

. One Professional Development full day to be held the week immediately preceding Labor Day

Professional Development full day – Nov. 2, 2010

• Winter Break: Dec. 18, 2010 - Jan. 2, 2011, return Jan. 3, 2011

Mid-winter Break: President's Day - Feb. 21, 2011

(Please note: any additional Mid-winter break days must be taken during the week of Feb. 21)

Spring Break: April 17 - 25, return Tuesday, April 26, 2011

2011-12 School Year

 One Professional Development full day to be held the week immediately preceding Labor Day

Professional Development full day – Nov. 8, 2011

• Winter Break: Dec. 24, 2011 - Jan. 8, 2012, return Jan. 9, 2012

Mid-winter Break: President's Day - Feb. 20, 2012

(Please note: any additional Mid-winter break days must be taken during the week of Feb. 20)

 Spring Break: April 6 – April 15, return Monday, April 16, 2012

## 2012-13 School Year

. One Professional Development full day to be held the week immediately preceding Labor Day

 Professional Development full day – Nov. 6, 2012 • Winter Break: Dec. 22, 2012 - Jan. 6, 2013, return Jan. 7, 2013

Mid-winter Break: President's Day - Feb. 18, 2013

(Please note: any additional Mid-winter break days must be taken during the week of Feb. 18)

• Spring Break: March 29 - April 7, return Monday April 8,

# CHARTER TOWNSHIP OF NORTHVILLE NOTICE OF METER READING & BILLING DATES WATER & SEWER DEPARTMENT

The following dates are the 2008 meter reading, billing and payment-due schedule for all residential, multiple and commercial accounts for the Charter Township of Northville.

Meters Read: January 18-25 March 17-20 May 19-23 Julý 21-25 September 22-26 November 17-21

Billing Date: February 15 April 11 June 13 August 15 October 17 December 19 Payment March 10 May 5 July 14 September 8 November 10 January 12 (2009) Solid Waste Disposal **Billing Period:** March - April May - June July - August September - October November - December January - February (2009)

SUE A. HILLEBRAND, CLERK CHARTER TOWNSHIP OF NORTHVILLE

Institutions will be read each month end, with billing the following mid-month and payment due within twenty one (21) days.

(1-24/31-08 NR 396244)





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Babies born in 2007 will be presented March 6, 2008. Submit your baby's photo today!



Send a photo and \$20 to: L Livingston Press & Argus A ALAN T ANTIA

- <b>M</b> uu . <b>L</b>	22410	
323 E.	Grand	River
Howall	MI 48	844

ell, MI 48844

Include a SASE if you would like your photo returned.

All entries must be received by Feb. 22, 2008.

<i>Please Print</i> Child's Name (First, Middle & Las	it)	
Date of Birth, 2007	Hospital	
Data of Birth, 2007	Hospital	
Parents' Name (First & Last)		
Address	······································	
Phone		
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Check for \$20 enclosed.	madean Francisco a Discourse and	
Please bill my visa Mastercard Al	merican Express or Discover card.	
Credit card number	Exp. Date	
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Signature		<u>-</u>



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# Calendar alignment could mean cost savings

Wright said Wayne County superintendents have been discussing the measure during meetings and said that, if approved, implementing the measure would be a cooperative effort between RESA personnel and each of Wayne County's public school districts. She also said approving the legislation could mean a cost savings for districts across Wayne County as it relates to county wide programs and transportation

In Wayne County, we have (special education) programs for students who cross district lines to get to those programs," Wright said "It

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### Source, Northville Public School District Web scie

causes some problems when one district is out and another is in and drivers for a district have to be called in to bus these kids."

A disadvantage of having one common calendar. Wright said, is that individual districts lose control over their own schedules for the most part. However, individual school districts, subject to the collective bargaining process, will determine the length of some breaks, such as mid-winter break, additional professional development days and the last day of school in June.

Joan Wadsworth, president of

the Northville Public School District Board of Education, said she thinks having one common calendar is a plus for parents who can plan trips in advance. She also said she believes it's a good thing that district personnel can see the calendar so far in advance.

"I don't really see any disadvantages to (having a common calendar)," Wadsworth said. "I think it's a huge plus."

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

# For breaking news on the Web: www.northvillerecord.com VARSITY LINCOLN MERCURY COLLISION CENTER 2 exits west of 12 Oaks Mall at Grand River and Wixom Road 1-248-449-6901 -We Repair All Makes & Models ~Direct Repair For All Major Insurance Companies ~Guaranteed On Time Repairs ~90 Days Same As Cash On Your Collision Deductible\* It's your choice PEOPLE'S CHOICE so choose the best! AWARD WINNER Tell your insurance company **C** "Best Collision "I'm going to Varsity Lincoln **Shob**, Mercury's Collision Center" Varsity Collision Center Special\* Varsity Collision Center Special\* Save this in case of an accident for IN CASE OF ACCIDENT -CLIP THIS COUPON & SAVE **FREE TOWING** FREE Collision Loaner Courtesy of Varsity Lincoln Mercury Collision Center Courtesy of Varsity Lincoln Mercury Collision Center § 248-896-8888 248-449-6901

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# Students take on college application process

# continued from front page

where from Davidson, N.C. (Davidson College) to Granville, Ohio (Denison University) to Palo Alto, CA. (Stanford University).

"I've visited all of them except Maryland," said Hopcian, who will major in journalism when she selects a school. "I thought it was best for me to keep my options open so I could figure out which school was the best for me."

And what if Ajlouni hadn't been accepted to Michigan State?

"I have no idea," he said. "I knew they had the program I wanted to go into (telecommunications with a minor in video game design), so I never really thought about applying to other colleges."

While Ajlouni, luckily, has been accepted to his one choice, Hopcian, who is still checking her mailbox for letters from five schools, has been passed over for admission into the University of North Carolina at Chapel Hill. She said she was more disappointed than upset after she read that letter.

"I guess it just wasn't the school for me," Hopcian said.

# Long process

Even before filling out applications and receiving acceptance letters, high school students must first take the ACT.

Prior to last year, when the state of Michigan implemented the Michigan Merit Exam (MME), which made it mandatory for all high school juniors to take the test, students could take the test at any time - for a fee. With the MME, which the ACT is a part of, that fee, which posed a problem for some students, has been waived.

Both Ajlouni and Hopcian said they began to prepare for the ACT as sophomores before taking it as high school juniors. While they both acknowledge the importance of scoring well on the exam. Hopcian said colleges today look for more than test scores and grades.

"I took it twice for a stronger score, but on a certain level, I think schools want someone who is well rounded," she said.

After earning satisfactory ACT scores, the two began to receive literature from a number of schools - most of which they had never heard of.

"I thought it was just propaganda they sent out to try to get you to come to their school," Ajlouni said. "I got quite a bit of it and I did open most of it."

Hopcian said she pushed most of the letters to the side until she began the process of choosing a major.

# **Major influence**

She said she has had talks with people who have told her that English and communications majors can obtain print positions, as well.

"I just know that gaining experience is really important," Hopcian said. "So even if I don't go to a school with a journalism school, I can still get good experience working at the school's paper."

Ajlouni said MSU's video game program, established in 2005, played a huge role in his choice. He said that while he chose freely, the presence of a one-of-a-kind program aided in his decision process.

Another factor in Hopcian's choice hinges on her decision to continue swimming. A varsity athlete. Hopcian isn't sure if she'll swim at the next level.

"I've heard college is really hard, so I don't know if I'd have time (to swim)," Hopcian said.

### Talk yourself up

Like composing a resume to send to prospective employers, filling out a college application gives prospective students an opportunity to toot their own horns.

Aside from personal information and transcripts, the application usually affords students the chance to show admissions offices how active they are in their communities and, through an essay, what they would add to a specific school should they be accepted.

"You inflate yourself as much as you possibly can," Ajlouni said. "(Admissions officers) see your list and everything is put under a microscope, so you need to put a lot on (the application) to show what you have to offer."

Hopcian said the application process, particularly the essay portion, was somewhat tedious. She understands the application is important, but she took some shortcuts when it came time to submit her essays.

"So many of the schools ask the same questions that you get tired of answering them over and over again," Hopcian said. "After a while, you just go through and change what needs to be changed without having to write the entire essay again."

## Family advice

While neither Ajlouni or Hopcian said their parents forced them to stay on top of meeting application deadlines, they both

> STATE OF WISCONSIN CIRCUIT COURT WASHINGTON COUNTY SUMMONS

> > CASE NO. 07-CV-1066 Case Code: 30301

PLAINTIFE: KREBS TRUCKING, Inc , 5720 Hwy K. Hartford, WI 53027 -vs

DEFENDANT: JOE DIRADO, D/B/A BRICKSCAPE, 21141 Brickscape Drive, Northville, MI

48167 THE STATE OF WISCONSIN, TO

each person named above as a Defendant: YOU ARE HEREBY NOTIFIED that the Plaintiff named above has filed a law-sut or other legal action against you. The Complaint, which is attached, states the nature and basis of the legal action.



said they received counsel from members of their family.

Hopcian said the feedback she received from relatives pushed her to complete the application process early, while Ajlouni said he watched his older brother while he prepared for college and didn't understand the importance of the process.

"I kind of procrastinated longer than I should have," said Ajlouni, who received his acceptance letter in mid-December. "I knew I was going to have to do something to get ready to go to the next stage, so I'm glad I finally did it."

Web sites, such as collegeboard.com, provide students with a boatload of information as it relates to test-taking and finding. planning, applying and paying for college. The site has a college search engine, a feature that allows students to compare schools and find careers and

Monday, September 1, 2008

Thursday, November 27, 2008

Thursday, December 25, 2008

(1-17/24-08 395903)

Friday, November 28, 2008 Wednesday, December 24, 2008

majors. It also provides students with an application calendar and an essay writing guide on top of featuring a scholarship search finder.

"My parents have talked about scholarships with me," Hopcian said. "I'm going to look at some and see what's good and what I can apply for."

### Huge expense

Tuition rates of colleges and universities increase each year. At MSU, for example, under-

graduate students admitted after fall 2005 have paid \$233.25, \$255.50 and \$280 per credit hour each year, respectively, according to the Michigan State University Controller's Web site. If a student takes the base 12 credit hours, those numbers give out total of \$2,799, \$3,066 and \$3,360, respectively, per semester since

fall 2005. That's just tuition. When room & board is added in, a semester at MSU can cost more than \$7,000.

Luckily for Ajlouni and Hopcian, their parents have stashed away an adequate amount of funding to pay for their chil-

dren's formal education. Ajlouni said he's "very fortunate" his parents have kept his future in mind, while Hopcian said she'll still consider scholarships even though her parents have saved, too.

"College is really expensive and that has always been in the back of my mind," Hopcian said. 'So I'm still going to look at scholarships and cost could play a role in my decision, too."

### A whole new world

Ajlouni will most likely live with friends in East Lansing.

(1-10/24-08 NR 394216)

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

Hopcian said that although she

would like to stay in touch with her

high school friends, where they're

going won't play a part in her deci-

"I'm really looking forward to

Ajlouni said he's looking for-

meeting new people and learning from them," Hopcian said.

ward to the same thing and added

that the diversity of a college cam-

pus will be a huge change from

"I'm looking forward to the

Where else do you get a chance

to make a fresh start," Hopcian .

asked. "You get to do things on

your own and grow into an adult."

experience as a whole because it's

a chance to make your own experi-

Northville High School.

ences," he said.

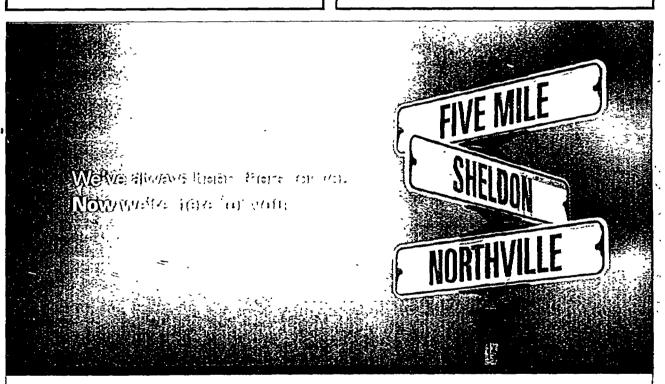
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NOTICE TO THE RESIDENTS OF THE CHARTER TOWNSHIP **OF NORTHVILLE** A SPECIAL LAND USE **PUBLIC HEARING** 

The Charter Township of Northville Planning Commission has sched-uled a public hearing for Tuesday, January 29, 2008 at the Northville Township Municipal Office Building, located at 44405 Six Mile Road, Northville, Mi 48168. The Planning Commission will consider a Special Land Use request for the property on the northwest corner of Sheldon and Five Mile Roads in Northville. The Special Land Use is for a drive-thru bank. The meeting will begin at 7:30 P.M.

The public is invited to attend this hearing and provide their comments and ask questions. Written comments regarding the development proposal will be received by the Township Planning Commission, 44405 Sox Mile Road, Northville, MI 48168.

RICHARD'ALLEN, CHAIR PLANNING COMMISSION



2008 OFFICE CLOSINGS The administrative offices will be closed for business on the following dates. The public safety departments (police & fire) will remain open. Monday, January 21, 2008 Martin Luther King Jr.'s Birthday Presidents' Day Monday, February 18, 2008 Friday, March 21, 2008 Monday, May 26, 2008 Friday, July 4, 2008

CHARTER TOWNSHIP

**OF NORTHVILLE** 

Good Friday Memorial Day Independence Day Labor Day Thanksgiving Day after Thanksgiving Christmas Holiday Christmas Holiday Thursday, January 1, 2009 New Year's Ho Visit the township's web site at, twp northville.mi.us New Year's Holiday

SUE A. HILLEBRAND, CLERK

Hopcian, who aspires to work as a magazine writer, said the presence of a school of journalism on the campus she selects to attend is important, but not vital.

# **ON CAMPUS**

# **Cleary University**

Rashim Kersey of Northville graduated from Cleary University in December with a BBA in business management degree.

# **Michigan State University**

Katie Jingozian, daughter of Paul and Gayle Jingozian of Novi and a Northville High School graduate, was named to the Dean's List for fall 2007 semester at Michigan State University.

### **Owens Community College**

Travis Ritenour of Northville was named to the Academic Honors List at Owens Community College for the fall 2007 semester. He major is Caterpillar program.

Within forty-five (45) days of receiv-ing this Summons, you must respond with a written demand for a copy of the Complaint. The demand must be sent or

delivered to the court, whose address is: Clerk of Circuit Court Washington County Courthouse 432 E. Washington Street P.O. Box 1986 West Bend, Wisconsin 53095-7986 and to Plaintiff's attorney whose address is:

Attorney Daniel R. Dineen Vanden Herwel & Dineen, S.C. 410 East Washington Street PO Box 627 Sänger, Wisconsin 53086.

You may have an attorney help or represent you.

If you do not demand a copy of the Complaint within forty-five (45) days, the court may grant judgement against you for the award of money or other legal action requested in the Complaint, and you may lose your right to object to any-thing that is or may be incorrect in the Complaint. A judgement may be enforced as provided by law A judgement awarding money may become a lien against any real estate you own now or in the future, and may also be enforced by gamishment or seizure of

property Dated this 8th day of January, 2008 Signed Daniel R. Dineen State Bar No. 1017911

Vanden Heuvel & Dineen, S C 410 East Washington Street P.O Box 627 Stinger, Wisconsin 53086

Telephone (262) 644-7808

(1-17/24/31-08 NR 395053)

# **CHARTER TOWNSHIP** OF NORTHVILLE NOTICE TO THE RESIDENTS 2008 MEETING DATES **OF THE BOARD OF TRUSTEES**

The Board of Trustees will meet on the third Thursday of the month for the 2008 calendar year. All meetings will begin at 7.30 p.m., unless otherwise posted, and will take place at the Township Hall located at 44405 Sx Mile Road. The public is welcome and invited to attend.

January 17, February 21, March 20, April 17, May 15, June 19, July 17, August 21, September 18, October 16, November 20, December 18

Visit the township's web site: twp.northville.ml.us for Board agen-

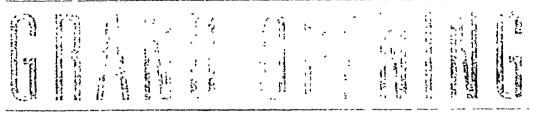
Visit the township's web site: twp.northville.ml.us for Board agen-das, to request meeting minutes, general information and list serve. This notice is posted in compliance with PA 267 of 1976 as amended (Open Meetings Act), MCLA 41.72a (2) (3) and the Americans with Disabilities Act (ADA). Individuals with disabilities requiring auxiliary aids or services should contact the Northville Township Board by writing or calling: Sue A. Hillebrand, Clerk, 44405 Sox Mile Road, Northville, MI 48168 (248) 348-5800, ext. 10491.

(1-17/24-08 NR 395904)

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SUE A. HILLEBRAND, CLERK

# Northville Banking Office



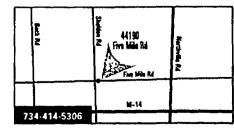
Open Mon - Thur: 9:00 a.m. - 5:00 p.m. • Fri: 9:00 a.m. - 6:00 p.m. • Sat: 9.00 a.m. - 12.00 p.m.

For a limited time, when you open a new qualified checking account, you'll receive a \$50 American Express GiftCard\* Stop by the Huntington Northville banking office, located at 44190 Five Mile Road, for all the details.

#Huntington

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Metania Duquesnel **Business Banker** 

Kim Benko **Bank Office Manager** 

ce only, while supplies list. Receive a gift for the first have supplying checking account operad. Gift choices will be products of similar cost, but revenue for this offse the member and depaid a \$300 bit for simal of account converg and must be new increas to Hummgron. All economics is walk an combination with any other affires Same have reacted to any off increasive per person.

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# THE PUCK STOPS HERE: See John Heider's Northville Mustang hockey photo feature ... page 3

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

Thursday, January 24, 2008 www.northvillerecord.com fax: (248) 349-9832





Submitted photo

Jim Holloway, center, received the Michigan Recreation and Parks Association Youth Sports Coach of the Year.

# Holloway: A special coach

Northville resident earns Youth Sports Coach of the Year award

## By Jeff Theisen RECORD SPORTS WRITER

Northville's Jim Holloway doesn't coach one second for the recognition, but that didn't stop him from being awarded the Michigan Recreation and Parks Association Youth Sports Coach of the Year.

Holloway almost seemed embarrassed with the award, but it's not that he's unappreciative. "I was very honored," he said.

"From my perspective, the awards and the trophies are nice, but that ranks No. 50 on my list of importance.

"It's nice to be recognized, but the true happiness is seeing the success and progress of the teams that I've coached and the people that I've worked with."

With no coaching lineage to draw from, Holloway started coaching because of a love for sports and helping people.

"I just put the two together and found that I had an aptitude of working and relating to kids." he said. "It's probably what I do best in life, and I'm able to do it most nights of the week, so that's a good situation." ming." he said. "That kind of developed a love of working with the special needs population.

"Probably for the last nine years, most of my coaching has been done in basketball, track and field, soccer and swimming with Special Olympics."

But working with people with special needs doesn't mean he has to coach a special way.

"The techniques and stuff I use are very, very similar," Holloway said. "A few more hugs with the Special Olympic kids, but there's a set of guidelines and expectations that are always spelled out to all the teams, and we strive to achieve those.

"I feel I would be doing a disservice to the Special Olympians if I didn't coach them almost like I did the other kids - with respect and always fun first and foremost."

Another similarity in the coaching styles is Holloway doesn't worry about stressing winning at either level.

# Growing up

With more than two decades of coaching under his belt. Holloway has seen young kids become parents and others grow to many different levels. But he hopes he left one lasting impression with everyone he has

coached. "In both baseball and basket-



Mustang Evan Bentley, right, spars with teammate Jonny D'anna.

# Senior captain makes habit of blasting through tournies

### By Jeff Theisen RECORD SPORTS WRITER

Wrestling is full of upsets and kids coming out of nowhere to win a match they probably shouldn't.

Northville's Evan Bentley has avoided the upsets and managed to make it to the finals in

three of Northville's tournaments this year. Bentley, 19-5 at 130 pounds, wrestled in the final match at Brighton, South Lyon and Grand Blanc, with titles at Brighton and South Lyon

Head coach Jeff Balagna has seen Bentley wrestle for three years, but the biggest difference has come between his ears "The biggest thing for Evan Bentley is he's mentally tough," Balagna said. "He goes into every match with the attitude that he was going to win the match.

"You can tell he's been much improved over the last three years."

continued on 2

# Michigan born

After being born in Detroit, Holloway made a couple of other stops in the area before settling into Northville some 27 years ago.

Not long after, Holloway started coaching his kids as they came up through the Park and Rec leagues. After more than 20 years, he's still at it, coaching baseball and basketball

But that isn't all that Holloway coaches. He's also actively involved with the Special Olympics, helping to coach several different sports

He said his involvement with the Special Olympics started during his days at Michigan State University.

"A friend of mine was a special education teacher and she got me involved helping with swimball season, I always tell them, 'Don't tell me if I see you 30 years from now in Northville, don't tell me how many home runs you hit or how many baskets you scored," Holloway said. "Tell me how many kids you've coached. I look at it as how many seeds have I planted that will be future coaches.

"My fondest dream will be one of the kids that I've coached will be receiving this same award 20 years from now."

### **Testing the waters**

Getting into coaching isn't for everybody.

Holloway recommends if one is interested to seek out the help of someone that has already been in it. Becoming an assistant coach before a head coach can give someone invaluable experience and the ability to see if it's

### continued on 2

# Mustang roundup: Northville cagers crush league opponents

# Pom pon advances to state finals

By Jeff Theisen RECORD SPORTS WRITER

The Northville basketball team pulled off a pair of big wins last week, knocking off Franklin 79-48 Jan. 15 and Canton 47-37 Friday for a three-game winning streak (7-4, 5-1).

Against Canton, The Mustangs raced out to a 9-2 lead, only to see it cut to 10-9 heading into the second. The Chiefs pulled away for a

24-17 lead at the half, but Northville came storming back in the third for a 36-34.

The Mustangs scored the first five points of the fourth and kept the Chiefs at bay for the victory.

Dan Kirkpatrick led all scorers with 17 to go with 10 rebounds. Steve Anderson recorded 10 points, and Greg Hasse added nine for the victorys. Neil Sharma led the Chiefs with 10.

Everything clicked against Franklin. The Mustangs put the game away early, jumping out to a 24-11 lead after the first quarter and 41-16 by the half.

Has e led the Mustangs with 13 points. Anderson, Kirkpatrick, Scott Wagner and Eric Maise

scored nine points each

### Giris Basketball

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The Northville girls split a pair of games last week, losing 44-33 Jan. 15 before dropping Canton 28-21 Friday.

Against Canton, both offenses struggled to get much going in the first half, and the Chiefs led 11-9 at the half. Northville found its offense in the third quarter and nearly scored half of its points (12) in taking a 21-17 lead into the fourth. A 7-4 advantage in the final quarter pushed Northville to the win.



Photo by JOHN HEIDER Northware Record continued on 2 Northville's David Burke dribbles towards the net against Wayne Memorial.

### NORTHMILLE RECORD-Thursday, January 24, 2008 2B



The Northville pom pon team performs at Saturday's regional meet.

# ROUNDUP

# continued from front

Sarah Stern and Chelsea Atzinger led the way with nine points each. Atzinger and Allison Holmes each grabbed seven rebounds.

### Pom Pon

The Northville High School varsity porn pon team earned its Division 1 Class A ranking at the Mid-American state-wide regional Saturday at Churchill High School. The Mustangs will perform at the

highest level of competition at the state meet on Feb. 10 at Eastern Michigan University.

# Swim and Dive

The Mustang swim and dive team (7-0, 3-0) captured four dual wins last week, beating Canton in a single dual and Detroit Country Day, South Lyon and Saline at a home quad Saturday.

In the 138-48 win agaisnt Canton, head coach Rich Bennetts said highlights came from Michael Hagan, Bofang Zhang, Alec Wagner, Nathan Menovick, William William Greenlee and Harry Master.

During the home quad, Northville beat Country Day 151-34, South Lyon 132-54 and Saline 113-73.

Jon Bardsley captured wins in the 100 and 200 freestyle. The 400 freestyle relay team of Bardsley, Joe Cargula, Nate Lunn and Brody Blickle swam its best time of the year at 3:21:09.

# **Gymnastics**

The Northville gymnastic team recorded its top score of the year, beating Canton 142 15-138.7. Mustang freshman Allison

Kemp took top honors witha 36.05 all-around. MaKenna Pohl was just behind in second at 36.0.

Kemp scored 9.2 on the vault, 8.85 on bars and a 9.3 on beam. Pohl scored a 9.1 on vault, 9.0 on beam and a team-high 9.15 on the floor. Cassidy Winter scored a 9.0 on vault and 8.9 on bars. Julie Davidson scored a 9.2 on beam.

Northville also competed at the Farmington Invite on Saturday, placing fourth of 12 teams. Farmington won with 144.35 points. The Mustangs (140.7 points) trailed Forest Hills (142.775) and Livonia Blue (141.2).

Highlights included Winter placing seventh all-around in Division I with 35.65 points. She placed sixth on the beam (8.85) and floor routine (9.35). Pohl placed third on the bars (9.3) and seventh on the floor (9.3). In Division II, Amy Reynolds

# WLAA Girls Basketball

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# Lakes Divsion

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WLN	5	1	94
WLC	4	2	8 5
John Glenn	2	3	57
Churchill	1	5	310
Stevenson	Ó	6	310

# WLAA

**Boys Basketball** 

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Northville	5	1	7	4	
WLW	2	4	5	6	
Franklin	2	4	3	8	
Plymouth	2	4	3	8	
Canton	1	5	4	7	

Lakes Divsion			
	W	Ł	ΨŁ
John Glenn	6	0	10 1
Churchill	5	1	83
WLC	3	3	56
Stevenson	2	4	46
Salem	2	4	47
WLN	0	5	010

was first on the beam (9.1) and fifth on the bars (8.75). Kemp was third on the floor (9.2) and fifth on vault (8.9). Caleigh Deacon was seventh on the beam (8.65).

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

# ■ JAMES HOLLOWAY: Michigan Youth Sports Coach of the Year

### continued from front

### going to work out.

"You've got to have the desire, motivation and interest," he said. "If you have that as a coach and a desire to help others, people will find a way to coach."

### A lasting image

Of all the kids at the various levels that Holloway has coached, the one memory that stands out in his memory over the years is teaching a blind person how to shoot free throws.

The group home that I volunteer at has a big driveway to shoot baskets," he said. "One of the adults, he's 50-years old, is blind.

"If I had to pick one moment, it's the ability to work with him and see him and help him shoot baskets, that one somehow sticks out in my mind."

Whether through eyes or not, it's easy to see how Holloway was unanimously voted for the award.



# **On the Move**

# Get your 2008 plans started

The New Year greeted area residents with a major snowstorm on Jan. 1. Those that took the opportunity to run or walk outdoors in the days following the snowfall were rewarded with exceptional winter scenery. While winter running in Michigan has its challenges, it can also be a very special and enjoyable time.

### **Plans for the New Year**

With the start of the New Year, now is an excellent time to review your running experiences from the past year and to set some plans and goals for 2008 as you look ahead. Whether you are a casual runner or walker, or an avid racer,



having goals is a great way to achieve improvements and measure accomplishments. And to keep track

of your Jerry Mittman progress, I recommend keeping a runner's log with daily entries of your

training and races. Your goals should be as specific as possible and measurable. Some examples include:

• Running your first 5K, 10K or other distance (possibly your first marathon). Completing a race under a

specific time (maybe setting a new personal record).

 Participating in a particular race or event.

• Training X days a week or running Y miles a year. (You pick the numbers that are right for you.)

There is no one goal that is suitable for everyone. There are differences in overall objectives, training levels, time available, family commitments, and work obligations, to name a few. You should decide what is best for you. In addition, once a goal is

# **Sports Shorts**

## **Cheer Boot Camp**

The Northville competitive cheer team is hosting a Cheer Boot Camp for kids in grades sixth through eighth from 6-9 p.m. Feb. 5 in the high school cafeteria.

The cost of the camp is \$40, which includes a T-shirt, instruc-

NORTHVILLE CHRISTIAN Experience Life Each Week

achieved, select a new one. This will help assure your motivation level remains high.

By planning your running year now, you will make sure it is an integral part of your life and have a far better chance of achieving your running goals. For example, if you would like to run a marathon next fall, this a good time to select a specific one, determine your training needs and identify a few races that would lead up to that distance. One of the great motivators I use is to sign up for an event. Then I know I must get my training in by that time.

# **Running Routes**

If you would like to look for new running routes in this or other areas, or determine the distance of your personal routes, check out the USA Track and Field website: usatf.org/routes. There are many routes listed for the Northville/Novi area which others have submitted. The real fun, however, is to map one's own routes and variations.

### **Upcoming Events**

Running events continue throughout the winter. The following two races offer indoor facilities to stay warm in before and after the event.

• Sunday, Feb. 3: Get a little exercise before the big game at the Super 5K in Novi. The race director guarantees it will be warmer than in 2007. (runsuperbowl.com)

• Sunday, Feb. 10: Run the **Riverview Winterfest 4-Mile** event and then enjoy a pancake breakfast. (downriverrunners.org)

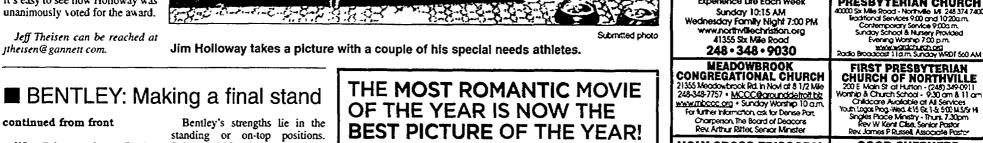
Northville resident Jerry Mittman is an avid runner and has completed over 600 races, including 59 marathons. He can be contacted at jjm997@hotmail.com.

tion from the Northville High School competitive cheerleaders, certificate of participation and a voucher for free admittance to the WLAA Competitive cheer conference finals.

E-mail Coach Gentz at gentzme@northville.k12.mi.us or Coach Parker at parkermi@northville.k12.mi.us with any questions.

More Sports Shorts online at www.northvillerecord.com.

WARD EVANGELICAL PRESBYTERIAN CHURCH



When Balagna took over, Bentley was on the JV. He's now turned into a captain of the varsity team.

"I'm having a good season, and I've worked hard over the summer," Bentley said. "It's a lot different than it has been in past years. I expect more from myself, and I think the team expects more from me, too"

### Strength in numbers

Bentley is one of several wrestlers with the luxury of having other talented wrestlers near his weight class to train with.

The Mustangs are stacked with veterans from 119 pounds to 152.

"It's helped him a lot .. and all these guys because there's nowhere to bump around a kid," Balagna said. "They might have a good kid at 135 that they might want to bump up to 140. Well, there's a real good kid there so you can't.

"He's had the benefit of wrestling in some good matches and winning a lot of good matches because of that.'

Balagna said Bentley isn't a pin specialist, but he adds team points with major and tech-fall victories because he's so good at racking up points.

# Expectations

Balagna enjoys being able to count on Bentley and others on the team for steady trips to tournament finals.

"It makes my job really easy. They know what it takes to win, especially Evan.

But Bentley's ultimate goal is to stand atop of the final podium of the year as a state champion

"He hasn't wavered from that goal," Balagna said. "It all depends on what he wants to do.

"I definitely believe an All-State wrestler is not out of the question."

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

"It makes it fun," Balagna said.

# **NHS Schedule**

# **Boys Basketball**

1/25 at Wayne, 7 p m. 1/29 at WL Western, 7 p.m.

# **Girls Basketball**

1/25 vs. Wayne, 7 p.m. 1/29 vs. WL Western, 7 p.m.

### Wrestling

1/24 at Plymouth, 6:30 p.m. 1/26 at Dexter, 8 a m. 1/26 at Fenton, 8:30 a.m.

# 1/26 vs. WL Western, 3 p.m.

# **Gymnastics**

Hockey

1/28 at Churchill, 7 p m.

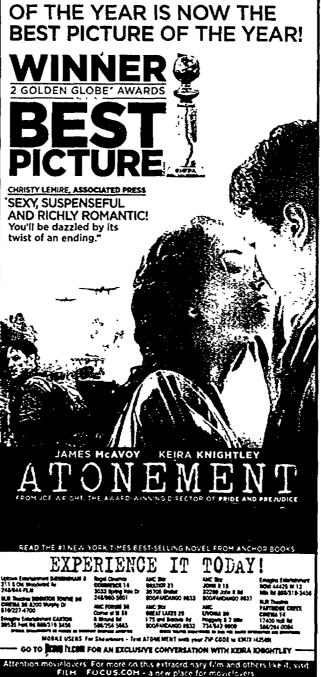
**Boys Swim and Dive** 1/24 at WL Western, 7 p.m.

# Pom Pon

2/10 State Finals, TBA

### Cheer

1/26 Northville invite, 9 a.m. 1/30 vs. Franklin, 7 p m.



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	Rev. Jomes P Russel Associate Pastor GOOD SHEPHERD	
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Phone 248-427-1175	9 Mile & Meadowbrook Wisconsin Ev Lutheran Synod	
Sof 5 pm Sun 7.45 & 10 am Holy Eucharst Sunday School & Nursery 10 am	Sunday School and Adult Bible Class 8 45am	
Rev Koren Henry Postor www.churchoftheholycros.com	Worship 10:00om	
	Thomas E Schroeder, Pastor - 349-0565	
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PRESBYTERIAN CHURCH 44400 W 10 Mile, Novi 248-349-2345	349-1144	
1/2 mile west of Novi Rd	8 Mile & Taft Roads Sunday Worship Services.	
Sunday 900 a.m. & 10:30 a.m. Service	800, 915 & 1100 a m Rev John Hice + Rev Usa Cook	
Dr Richard J Henderson, Pastor	www.fumchorthvile.org	
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NOV)	on Hoggerty Rd. North of 8 Mile Rd	
46325 10 Mile Rd Novi Mil 48374	Sunday School 9:30 a.m.	
Saturday 500 p.m. Sunday 8,930 & 11 30 a.m.	Sunday Celebration 10:50 a.m. & 6 p.m. (248) 348-7600	
Reverend George Chamley Pastor Parsh Office 347-778	Dr Ron Blake, Pastor	
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Masses Sat 5 pm, Sun 7.30 a m	Your church	
24506 Meadowbrook Rd, Novi, Mi 48375 Masses Sat 5 pm, Sun 7.30 a m 8 45 am, 10:30 am, 72 15 pm Holy Doys, 9 am, 5 30 pm, 7 30 pm Fit monthy Hogan, Pastor Rev. Mr William Waldmann, Deacean Rev. Mr William Waldmann, Deacean	could be here.	
Rev Mr William Woldmann, Deacon	Call 248-349-1700	
Rev Mr Timothy J Pilon, Deacon Parish Office: 349-8847	Call 240-349-1700	
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3951 Five Mile Rd (5 & Hoggerty)	50200 W. Ten Mile	
39851 Five Me Rd (5 & Hopperty) Plymouth, Mi 48170 Phone 734-420-0131	Novi Sunday 9:15 a m and 11:15 a m	
Sunday Services Matrixs (Orthros) 9:00 a.m., Uturay 10:00 a.m.	Casual contemporary, live band	
Rev Fr George M Vaporis, Pastor www.nativitygochurch.org	(248) 912-0043 www.ockpointe.org	
OUR LADY OF VICTORY	FELLOWSHIP PRESBYTERIAN CHURCH	
E CATHOLIC CHURCH	Services held of Madorna University's Kiesge Hall	
720 Thayet, Northville WEEKEND UTURGES Softraday 500 p.m. Sunday 7 30, 9 AM, 11 AM, 12 30 PM, Church 349-2421, School 349-3610 Refigious Education 349-2559 Refigious Education 349-2559	3000 Schoolaraft Road - Uvonia Parlang lot & NW Comer of Levan & Schoolaraft	
Sunday 7 30, 9 AM, 11 AM, 12 30 PM Church 349-2621, School 349-3610	Sunday School 9:30 a.m.; Warship 10:30 a.m.	
Refigious Education 349-2559 Rev Denis Theroux, Pastor	Dr. James N. McGuire Nursery Provided	
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Call 248-349-1700	734-453-0190	
	www.stjohnsplymouth.org	
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The Northville Record or Novi News (248) 349-1700

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By Jeff Theisen RECORD SPORTS WR

The Northville hockey team med in a pair of strong perform-necs last week, beating Ann rbor Pioneer 5-3 and Plymouth

Arbor Panoeer 5-3 and Plymouth 32 Against Protect the Mustangs raced out to 3-0 lead behaving goals from Make Plotrowska and two from Alek Brewan. Ficking up assists were loop Caselli, Andy Charland The Alexandrowska, TJ Hohi Charland The Panoeers out the lead to 3-2 before Ross Rehult Inged to a pass from Koru Uze for a 4-2 lead going mote the final pened. The teams traded peaks with Hohi knocking in the wun. Teddy Katada and the Mustangs (11 2-1) skated away with the wun. Teddy Kenaen stopped 27 shots for the "victory"

Keranen stopped 27 shots for the victory Against Plymouth the Mustangs trained 1-0 before Wes Gates thoreket down a goal with a munute left in the first. Brewin picked up an assist. Plymouth retook the lead in the second and beld it for most of the second and beld it for most of the game with four munutes left. Brewin and Gates earned assists.

ates earned assists. Uetz knocked home the ga mner two manufes later scon a pass from Matt Kreager. C

# THE PUCK STOPS HERE 'Stang hockey wins two



Gates in action against Ann Arbor Pioneer



Netminder Ted Keranen makes a save during Northville s game against Ann Arb



we a first period goal against the Pion

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Photos by JOHN HEIDER/Northville Record See more photos at www.northvillerecord.com



n Uetz charges up ice



r Muslang team up to make He for a Plan ۱Ue

# GOT A STORY IDEA? Contact the Record to spread the word about what's going on in Northville

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

# **Senior Events**

Senior Community Center LOCATION: 303 W. Main St. Thursday Massage by appointment 9 a.m.: TOPS 9:30 a.m.: Yoga 10 a.m.: Bowling 12:30 p.m.: Pinochle 1 p.m.: Computer II Friday 9 30 a.m.: Strength Training 11 a.m.: Poker 11:30 a.m.: Computer III 1 p.m.: Movie "The Namesake" Saturday 8 a.m.: Flamin' Flapjack Fundraiser; Fire and Ice Festival 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 12:30 p.m.: Pinochle 1 p.m.: Computer I; Basic One Stroke Painting Wednesday Foot Reflexology by appointment 10 a.m.: Oxycise Noon: Bridge 1 p.m.: Computer I 1:30 p.m.: Intro to Reiki 7 p.m.: Bridge Soup n Something Co-ed Adult 50+ Open 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: Northville Parks** 

and Recreation (248) 449-9947

Co-ed Adult 50+ Open Baskelball

TIME/DAY: 10 a m.-noon each Thursday LOCATION: Senior

**Community Center** DETAILS: All levels of play welcome; bring your friends;

S1. **CONTACT: Northville Parks** and Recreation (248) 449-9947

**Health Walking** DATE: Monday-Friday TIME: 8-10 a.m. LOCATION: Sen

Commission DATE: Third Wednesday of month 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. **Beautification Commission** DATE: Second Tuesday of every month TIME: 7 p.m. LOCATION: Northville City Hall, Meeting Room B

# Northville Township

**Planning Commission** DATE: Last Tuesday of month TIME: 7:30 p.m. LOCATION: Township Hall, 44405 West Six Mile **Board of Trustees** DATE: Third Thursday of month TIME: 7:30 p.m. LOCATION: Township Hall **Zoning Board of Appeals** DATE: Third Wednesday of month TIME: 7:30 p.m. LOCATION: Township Hall **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

# **Library Lines**

Northville District Library 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. **Book Donations** 

**DETAILS: Book donations** can be dropped off any time during operating hours. Be sure to get a receipt for your taxes. Arrangements can be made by calling the library, for riends to pick up a large donation from your home. **Book Cellar Open** TIME/DATE: 1-4 p.m. Sundays; 11 a.m.-5 p.m. and 6:30-8:30 p.m. Mondays DETAILS: There are thousands of books to choose from; hard covers for \$1, paperbacks for 50 cents. Free Museum Admission DETAILS: Get free admission to 25 area museums and cultural institutions such as the Detroit Institute of Arts, the Henry Ford, Pewabic Pottery and others, using your library card to check out a pass. Each pass is good for either two or four admissions. One pass per library card is available per week. **Internet Basics** TIME/DATE: 10 a.m. Monday, Feb. 4 DETAILS: Learn how to search the web in this handson class; no charge and registration opens two weeks prior to class date. Great Salem Train Wreck TIME/DATE: 7 p.m. Monday **DETAILS: Northville History** Librarian Al Smitley presents this program. There is no charge and refreshments will be served. Internet Searching Tips TIME/DATE: 10 a.m. today and Monday, Feb. 11 DETAILS: Learn how to search the web in this handson class; no charge and registration opens two weeks prior to class date. Little Me Storytime TIME/DATE: 10:15 a m. Friday, Feb. 15 **DETAILS:** Drop-in for this 45-minute lap-sit program for babies to 2 years old with caregivers; older children also welcome. **TOT Storytime** TIME/DATE: Four sessions: 10:15 a.m. Monday, Jan. 28-

# **ETCETERA**

Mar. 3; 10:15 a.m. and 11:30 a.m. Wednesday, Jan. 30-Mar. 5; and 10:15 a.m. Thursday, Jan. 31-Mar. 6.

DETAILS: For 2 and 3 year olds with caregivers: six week series of half-hour programs; only registered children may attend; registration begins Wednesday, Jan. 9. Winter Storytime TIME/DATE: Three sessions: 4 p.m. Monday, Feb. 11-Mar. 17; 10:15 a.m. or 2 p.m. Tuesday, Feb. 12-Mar. 18. DETAILS: For 4 and 5 year olds and Kindergartners; six week series; only registered children may attend **Kids Club** TIME/DATE: 4:30-5:15 p.m. one Thursday each month

DETAILS: After school program for first, second and third graders; register for individual sessions the first of each month. Valentine Crafts

TIME/DATE: 4 p.m. Thursday, Feb. 7 DETAILS: Valentine Love Bug; children under the age of 5 should attend with a caregiver; no registration required.

"Pirates in the Pool" with **Pippin Puppets** TIME/DATE: 4:15 p.m. Tuesday, Feb. 19 **DETAILS:** Robert Papineau

presents a puppet show all about imagination; all ages welcome. **Family Fun Evening** 

Storytimes TIME/DATE: 7 p.m. Wednesday, Feb. 20 DETAILS: Drop-in and wear your pajamas to these halfhour programs for families. **Dance Dance Revolution** 

**Competition/Party** TIME/DATE: Noon-4 p.m. Friday

DETAILS: For kids in grades 4-12 during semester day-off; compete at one of three levels, win prizes; also bring a book for the book swap.

Books, Chat and Chow TIME/DATE: 3:45-4:45 p.m. Monday, and Feb. 25

DETAILS: For middle and high school students; Jan. 28 "Airborn" by Kenneth Oppel; Feb. 25 "Kira-Kira" by Cynthia Kadohata.

Junior Books, Chat and Chow

TIME/DATE: 4:15-5 p.m. last Wednesday of each month DETAILS: For 4th and 5th graders; sign up at the Information Desk on the first

drec.org Parks and Recreation Commission DATE/TIME: 7 p.m. second Wednesday, every other month beginning in January LOCATION: Northville Township Hall, 44405 W. Six Mile Road Winter Youth Basketball Leagues DATE: Saturdays through March 8, 2008 **DETAIL: Please register for** girls leagues, grades 6-8 and 9-12; boys leagues, grades 8 and 9, 10-12. CONTACT: Ext. 1405 Flamin' Flapjacks Pancake Breakfast TIME/DATE: 8-9:30 a.m. Saturday LOCATION: Senior Community Center DETAILS: Support Northville Parks and Recreation and Senior Adult Services; advance tickets \$5, \$7 at the door. Daddy Daughter Luau TIME/DATE: 3-5 p.m. or 6-8 p.m. Saturday, Feb. 16 LOCATION: Senior Community Center, Gym DETAILS: Hawaiian themed luau with crafts, snacks and a DJ; ages 3 and up; \$8 per person, tickets sell fast; photos

and information on camps,

http://www.northvilleparksan-

classes and activities call

(248) 349-0203 or visit

available for additional fee. **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 website or call. Fees are \$8 for drop-ins or \$50 for an unlimited monthly resident pass. Classes held at Hillside Recreation Center or Senior Community Center. All fitness levels welcome to participate; certified instructors provide safe and fun workouts.

**Open Adult 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



**Single Place Ministries** DETAILS: Thursday evenings; 7:30 p.m. social time; 7:45 p.m. opening; 8-9 p.m. informative and entertaining programs of interest to singles; \$5. Check website for details www.singleplace.org. Super Bowl House Party

TIME/DATE: 6 p.m. Sunday Feb. 3 DETAILS: Maps to party in Hamburg available at Single

Place; bring a dish to pass and %4 or \$10 if coming empty handed; call (810) 360-6197 to RSVP. Cards and Games Night TIME/DATE: 6 p.m. Saturday, Feb. 9 DETAILS: Pizza, cards and games at Pastor Russell's house; bring \$5 and a small snack to share; sign up if you wish to attend. **Dining Out Group** TIME/DATE: 7 p.m. Wednesday, Feb. 13 LOCATION: Doc's Sports Retreat, 19265 Victor Parkway,

east of 1-275 at Seven Mile Road exit. DETAILS: Cost on your own.

reservations mandatory, call (734) 464-4029 to reserve your spot. Buffet Dinner

- TIME/DATE: 6 p.m. Saturday, Feb. 16
- LOCATION: Northville

Downs DETAILS: Cost is \$33 and includes buffet dinner, tax, tip and entertainment; drinks on your own; advanced paid reservations by Feb. 9 to (734) 459-7235.

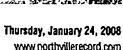
"Almost Maine" at the **Tipping Point Theater** TIME/DATE: Saturday, Feb.

- 23 DETAILS:: Cost is \$27; limit-
- ed tickets available. Dinner and Movie

TIME/DATE: 5:30 p.m. Saturday, March 8 LOCATION: Grape Expectations Wine and Tapas Bar, downtown Plymouth DETAILS: Meet at the restaurant for a light dinner and then walk to the Pen Theater to see an Alfred Hitchcock movie at 7 p.m. Cost on your own. Call (734) 459-7235 for more information.

Walking in the Park TIME/DATE: 10-11 a m.

SPM Bridge: 5:30-9:30 p.m. Saturday; beginners welcome; refreshments. New Hope Center for Grief Support See "Support Groups" below. Lighthouse Cafe TIME/DATE: 7-10 p.m. tomorrow DETAILS: Music, games and refreshments in Knox Hall; \$5 at door; free childcare.



www.northvillerecord.com fax: (248) 349-9832

TIME/DATE: 7-8:30 p.m. Sunday, through Feb. 24 **DETAILS:** This Adam Hamilton Series "Making Love Last a Lifetime" provides thoughtful and inspiring biblical insights and perspective on love and marriage.

# **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 Saturday of every month

# Ward Evangelical

**Presbyterian Church** LOCATION: 40000 Six Mile Road

CONTACT: (248) 374-5978 Sunday Worship TIME: 9 a.m. and 10:20 a.m.

Traditional, 9 a.m.

Contemporary

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. Singles Bible Study: 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, free child care provided; 8:30-10 p.m. Co-ed Volleyball, Knox Hall.

First and Third Thursday: 6 p.m. Co-ed Volleyball, Knox Hall

Every Saturday: 10 a.m. Bicycling Group starts from various locations; geared towards tourist level rider; all levels welcome; helmets required; lunch half-way through ride at your own expense.

Every Sunday: 1-3 p.m. Sunday, Tennis for beginners, Stevenson High School, Six Mile Road west of Farmington Road.

Community Center, 303 W. Main St. **Pilates Class** TIME/DATE: 6 p.m. each Tuesday Bunco TIME/DATE: 12:30 p.m. second Thursday of each month **DETAILS: Call Senior** Community Center 24 hours in advance to register; \$1 per person.

# Meetings

# Northville Public Schools **Board of Education** DATE: Second and fourth

Tuesday of the month (Feb. 12) TIME: 7:30 p.m. LOCATION: Old Village

School

# **City of Northville**

**City Council** DATE: First and third Monday of the month TIMÉ: 7:30 p.m. LOCATION: City Hall, 215 W. Main St. **Downtown Development Authority Meeting** DATE: Third Tuesday of each month (Feb. 19) TIME: 8 a.m. LOCATION: City Council Chambers, 215 W. Main St. **CONTACT:** downtownnorthville.com **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** 

of each month and pick up a copy of the book; Jan. 30 "Wright 3" by Blue Balliett; Feb. 27 "Shipwreck" by Gordon Korman. Between the Lines for

Adults

TIME/DATE: 7 p.m. second Monday of month DETAILS: Feb. 11 "The

Measure of a Man" by Sidney Poitier.

Foreign Film Series SCHEDULE: Monday, French drama "The Man on the Train;" Feb. 18, German comedy "Good Bye, Lenin:" Mar. 17. Hebrew comedy/drama "Ushpizin;" Apr. 21, Canadian comedy/drama in French "Barbarian Invasion;" May 19, Japanese drama "Letters from Iwo Jima"

DETAILS: Films start at 6:30 p.m. Admission and moviethemed snacks are free. A discussion will follow the film. Answer trivia question to win a book about films. Call library to reserve a spot.

# **Class Reunions**

# Plymouth High School Class of 1968

**DETAILS: The Class of 1968** is looking for classmates for their 40th Class Reunion to be held July 19, 2008 in Livonia. For more information, contact Janet (Sheedy) Johnston at (734) 437-3534 or e-mail to phs40threunion@charter.net

# Parks & Rec

# Northville Parks & Recreation

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LOCATION: 775 N. Center St. (back entrance of Hillside Middle School) **CONTACT:** For registration

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; 10 a.m.-2 p.m. Saturdays Sept. to April 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 ievels welcome; \$7 per player.

Open Pickleball TIME/DATE: 6-8 p.m. every other Saturday

LOCATION: Recreation Center at Hillside **DETAILS: New offering, \$4** 

per player. Call (248) 449-9947 for more information. Open Table Tennis

TIME/DATE: 6-10 p.m. every Monday; 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.

# **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

**First Presbyterian Church** of Northville

LOCATION: 200 E. Main St.

every Saturday LOCATION: Meet at the Visitor's Center of Heritage Park (Farmington Road between 10 and 11 Mile Roads, Farmington Hills) DETAILS: Group meets for lunch afterwards. CONTACT: Sue (734) 459-0016 **Divorce Recovery** 

Workshop

TIME/DATE: 7:30-9 p.m. through Feb. 21 LOCATION: Emeritus Room **DETAILS: Workshop topics** and speakers include: Networking, Mid-life Crisis presented by Pastor Russell; Stages of Grief presented by J. Harold Ellens, Ph.D.; Putting Your "Ex" in Focus presented Dell Deaton; Pot Luck Dinner and Legal Aspect of Divorce presented by David Jerome; Church & Divorce, Spiritual Help & Forgiveness presented by Pastor Russell; Helping Children Through Divorce presented by Sharon Bergman, MA, LLP; and Relationships Old and New presented by Ms. Bolos. Cost is \$35 per person. **Psychology of an Election** 

Year DATE: Today

DETAILS: Harold Ellens, Ph. D. leads a serious yet fun discussion. Come share your thoughts.

Tocco Night, Light & Lively Concert

DATE: 7 p.m. Thursday, Jan. 31

DETAILS: Tocco's, refreshments and Northville's worldfamous ice cream and cookies served; \$10 donation requested for those having dinner, \$5 donation for presents only. Enjoy the 60s-80s folk and country performance of John Leabu. Reservations are mandatory. **Spiritual Development** Opportunity

**Divorce Recovery** 

Workshop

TIME/DATE: 7 p.m. Thursday, Jan. 31 through March 13

DETAILS: \$30 pre-paid or \$35 at door includes materials and refreshments; free childcare.

# Showcase

TIME/DATE: 7 p.m. Friday, Feb. 1

DETAILS: Kim Hill is featured performer; Tickers are \$5; free childcare.

Woman to Woman

TIME/DATE: 9 a.m.-noon Saturday, Feb. 2

DETAILS: Kim Hill is featured speaker; tickets are \$5

and includes continental breakfast; meet in Room C317. **Relationships 101** 

TIME/DATE: 7 p.m. Friday, Feb. 8

**DETAILS: Dick Bont is** speaker; light refreshments.

"The Fortune Teller" Arts and Culture Event

TIME/DATE: 8 p.m.

Saturday, Feb. 9 LOCATION: Cherry Hill

Village Theatre

DETAILS : Cost is \$15; purchase tickets at Ward Church, Knox Hall following Sunday 11:30 a.m. single's class; provide own transportation.

Vacation Bible School **Summer Ministries Preview** 

TIME/DATE: 8 a.m.-4 p.m. Saturday, March 1

DETAILS: Get a headstart on your church's summer-pro-

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www.iceaOnline.org or call (248) 557-5526

# Northville First United **Methodist Church**

LOCATION: 777 W. Eight Mile Road CONTACT: (248) 349-1144 or www.fumcnorthville.org Sunday Worship TIME: 8, 9:15 and 11 a.m. Coffee hour at 10:15 a.m. Healing Service DATE: First Monday of every month 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.

Radical Joy

TIME/DATE: 6-8 p.m. first and third Thursday of each month

LOCATION: Chapel Lounge DETAILS: For women looking to connect more closely with their faith, community and other women. Registration required.

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** 

TIME/ DATE: 7:30 a.m.-1

preferred; to schedule an appointment, call Christine at (248) 701-5221, e-mail chrisabbey1@comcast.net or schedule online at www.givelife.org, sponsor code is olvc.

# 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.

# St. John Lutheran Church

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

## **Orchard Hills Baptist** Church

LOCATION: 23455 Novi Road **CONTACT:** Pastor Jon Hix

(248) 349-5665. www.orchardhillsnovi.com or email to info@orchardhillsnovi.com

# Preschool/Kids Choir

TIME/DATE: 7-8:15 p.m. every Wednesday DETAILS: For ages 3-6; all

are welcome. **Divorce Spiritual Care** 

Program

TIME/DATE: 6:30-8:30 p.m. Monday, Feb. 4-March 17

DETAILS: Program offers a new direction, encouragement and hope during divorce; \$20 pre-paid or \$25 at door; register online at www.orchardhillsnovi.com. For information, contact the workshop leader. Stephen Monette at (248) 982-4558.

# **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

# Universalist Unitarian Church of Farmington

LOCATION: 25301 Halsted Road, Farmington Hills CONTACT: (248) 318-8044 or http://www.uufarmigton.org

St. John's Episcopal Church

LOCATION: 574 S. Sheldon Road, Plymouth CONTACT: (734) 453-0190 **Reinventing Your Life-God** 

divorce); Anger Management; Dealing with Struggling Teens (for parents); YourSpace (for high school students); Every Man's Battle (for men seeking recovery from lust, pornography, and sexual addiction); Betrayed Hearts (for wives whose husbands struggle with pornography, sexual addiction, same-sex attraction or adultery); Changes that Heal (for those experiencing emotional or relational pain); and CrossCurrent (for men who experience unwanted same-sex attraction).

CONTACT: For more information or to register call (248) 912-0043 or visit www.oakpointe.org.

More to Life Walk Thru the **Bible Family Event** TIME/DATE: 7-9:30 p.m. Friday, Feb. 8 and 9 a.m.-noon Saturday, Feb. 9 **DETAILS:** One seminar for

adults, another for kids (grades 1-5) so bring the whole family; learn about the Old Testament; tickets \$20 per person with registration at the door.

CONTACT: Joe Snyder at (248) 912-0043 or visit the church web site.

# New Hope Church Special Service

TIME/DATE: 3 p.m. Sunday LOCATION: New building, 57885 Grand River, Lyon Twp.

DETAILS: This service is to celebrate the affirmation of minister Rev. Suzanne Paul and the dedication of the new building; musical talents of Kentaro Roy and Matt Justice are featured at the reception at 4:30 p.m.

CONTACT: Deb Tyler (810) 229-3228 or deborahtyler@sbcglobal.net

# Volunteering

# Art House Store

LOCATION: 215 W. Cady St. DETAILS: Looking for volunteers to work four hours per month, receive 10 percent off store purchases.

CONTACT: (248) 344-0497

# Friends of the Northville **District Library**

DETAILS: There are openings for the Board of Directors of the Friends of the Northville Library. The Friends is a volunteer organization that promotes reading, supports programs in the library and provides financial support to projects not covered by the library's regular budget. Board members attend a monthly meeting and are serve on a committee. The only requirement for becoming a Boa member is an interest in the library and a willingness to serve as a volunteer. If interested send a letter to James Morche, President of the Friends, c/o Northville District Library, 212 W. Cady St., Northville, 48167.

48167 CONTACT: (248) 349-2598

# **Visiting Nurse Association Hospice Program** DETAILS: In as little as two

to four hours a week, volunteers can provide companionship, write a memoir, provide respite for family members or provide office support. A free, 18-hour/three-day training program is provided.

CONTACT: (800) 882-5720 ext. 8361 or (248) 967-8361 or visit http://www.vna org.

### YWCA of Western Wayne County

DETAILS: The YWCA is looking for volunteers to assist with office help, after-school programs, building projects, communications and marketing in various locations throughout western Wayne County.

CONTACT: Tabatha Manuel (313) 561-4110 ext. 20 or tmanuel@ywca-wwc.org

# Support Groups

Angela Hospice Groups LOCATION: Angela Hospice Care Center, 14100 Newburgh Road, Livonia

CONTACT: Joan Lee (734) 953-6012

**General Grief Support** Groups

TIME/DATE: 1 p.m. and 6:30 p.m. second and fourth Tuesday of month DETAILS: Open to all losses.

Loss of Spouse/Significant Other Support Group TIME/DATE: 1-3 p.m. or

6:30-8 p.m. first Tuesday of month Suicide Loss Support

Services **DETAILS: Individual and** family services offered free for those who have lost a loved one through suicide; call

Sherri Katz at (734) 464-7810 for more information. Heartstrings: Parents Who

Have Lost a Child TIME/DATE: 7-8:30 p.m. first Thursday of month

DETAILS: Call Ann-Patrice Foley to register, (734) 464-7810.

### **Grief Support Quilter's** Group

TIME/DATE: 1-3 o.m. first and third Wednesday of month DETAILS: Make a quilt in memory of a loved one. No experience necessary. Register by calling (734) 953-6012. Women's Grief Support Group

DETAILS: Sessions held in spring and fall. Call Joan Lee at (734) 953-6012 for dates and times.

and third Sunday of the month Children's Grief Support

Sept.-May

Civic Center

novi.org

Group

ond Monday of each month,

Northville Library and Novi

LOCATION: Rotate between

DETAILS: Visitors welcome.

CONTACT: (248) 231-2334

or www.gardenersnorthville-

**Great Books Discussion** 

Thursday of every month.

Farmington Road

TIME/DAY: First and third

LOCATION: Livonia Civic

Center Library, Five Mile and

DETAILS: Discuss novels,

CONTACT: (248) 349-3121

TIME/DATE: 7 p.m. Friday

LOCATION: Solid Grounds

CONTACT: northvillebook-

**Northville Democratic Club** 

Post Holiday Fundralser

Marcello and Ricki Veneziano,

**DETAILS:** Guest speaker to

TIME/DATE: Noon Monday,

LOCATION: Cady Inn at Mill

DETAILS: Esther Durnwald

will present "Wild Flowers and

**CONTACT: Kate Uberti at** 

Northville Genealogical

TIME/DATE: 1-3 p.m.

LOCATION: Northville

members in Local History

Room at library, also by

DETAILS: Individual help on

genealogy is offered by society

**CONTACT: Tille Van Sickle** 

http://www.rootsweb.com/~mi\_

TIME/DATE: 1:15 p.m. com-

puter genealogy class, 2:30

LOCATION: Northville

Meeting Room, 212 W. Cady

District Library, Carlos

**Research Help** 

p.m. general meeting, second

.

be Robert Ficano, Wayne

Northville Garden Club

TIME/DATE: 7 p.m. Saturday LOCATION: Hosted by

Coffee House, 133 W. Main

St., Suite 222, Northville

club@gmail.com

43525 Vero Ct.

County Executive.

Meeting

Feb. 11

Race Village

Native Plants.'

(248) 347-9947

Society

Monday

**District Library** 

appointment.

ngs

St.

(734) 595-7806 or

Monthly Meeting

Sunday of month

plays, poetry and nonfiction

Northville Book Club

### **Food Addicts Anonymous Gardeners of Northville** Information Session and Novi TIME/DATE: 6:30 p.m. sec-

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; no dues, fees or weigh-ins; everyone welcome including those who think they have food problems or are concerned about someone who may.

CONTACT: (734) 913-9614 or 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 http://www.newhopecenter.net

Widows/Widowers With Children Support Group

TIME/DATE: 7-8:30 p.m. second and fourth Tuesday of month

LOCATION: St. Kenneth's Parish, Plymouth

**New Hope for KIDZ Support** Group

TIME/DATE: 7-8:30 p.m. second and fourth Tuesday of month

DETAILS: Meets at the same time and location as adult group; for children ages 3-18.

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: This is a drop-in support group.

From Grief to New Hope TIME/DATE: 7-8:45 p.m.

Monday, Feb. 4-March 24 LOCATION: Ward

Presbyterian Church, Six Mile and Haggerty roads, Northville

DETAILS: For those who are grieveing, this free workshop is open to the community and is presented by Cathy Clough, Director. Sessions begin with a presentation about one aspect of grief, followed by small group participation led by facilitators. For registration information, call Barb at (248) 374-5943.

# **Clubs & Groups**

**CONTACT:** For information

mnjkearns@earthlink.net or

**Beautiful Singles Hiking** 

TIME/DAY: 9:30 a.m. first

# AAUW, Northville/Novi Chapter

call (248) 449-8693.

e-mail

p.m. Sunday, Feb. 3 DETAILS: Appointments preferred; call Janet at (248) 349-6592

### M.O.M.S. First Aid Instruction TIME/DATE: 9:30 a.m.

Monday, Feb. 4

LOCATION: Lounge DETAILS: First aid instruction from a registered nurse; child care provided for small fee.

Men's Club

TIME/DATE: 8-9 a.m. Saturday, Feb. 9 DETAILS: People, pancakes

and praise in the Fellowship Hall.

# Memory Mania Scrapbook Event

TIME/DATE: 9 a.m.-5 p.m. Saturday, Feb. 9

LOCATION: Fellowship Hall **DETAILS: Event supports** the Appalachia Service Project; registration fee of \$35 includes reserved work space, morning and afternoon snack, lunch buffet, gifts, beginner instruction, ideas and more; registration required by calling church or a contact below. CONTACT: Julia at (248) 380-3137 or Mary at (248) 348-1184

# **Our Lady of Victory Catholic Church**

LOCATION: 770 Thayer CONTACT: (248) 349-2621 or www.olvnorthville.org Saturday Worship TIME: 5 p.m. Sunday Worship TIME: 7:30, 9 and 11 a.m., 12:30 p.m. **Blood Drive** TIME/DATE: 8 a.m.-2 p.m. Sunday, Feb. 10 LOCATION: Social Hall DETAILS: The blood drive is open to the public and all donors are welcome; walk-ins welcome but appointments

is Calling You to a Song TIME/DATE: 7:30-9 p.m. Wednesday evenings DETAILS: Minimum of 10 people required to attend every session. CONTACT: Elizabeth Wilhelm (734) 953-0190 ext. 10

# **Novi United Methodist**

LOCATION: 41671 W. Ten Mile Road CONTACT: (248) 349-2652 or umcnovi.com Sunday Worship TIME: 9:45 a.m. **Healing Service and Holy** Communion TIME/DATE: 9:45 a.m. first Sunday of every month Peace Vigil TIME/DATE: Noon, first Sunday of every month LOCATION: In front of the church DETAILS: Members of the congregation and the community will stand united in prayer for peace.

Artists and Cratters Wanted **DETAILS:** The church is hosting an arts and craft show Saturday, June 21, 2008. Vendor space will be available indoors and out; contact Pam Davis, edleecr@yahoo.com

# **Oak Pointe Church**

LOCATION: 50200 W. 10 Mile Road, Novi CONTACT: (248) 912-0043 or visit www.oakpointe.org Sunday Worship TIME: 9:15 and 11:15 a.m. **ReNew Life Ministries** TIME/DATE: 7:15-9 p.m. Mondays

**DETAILS: Ongoing Life** Groups that support and facilitate personal growth, healing, learning and change from a Christian perspective. The groups are: GriefShare (for those grieving a loved one's death): DivorceCare (for those experiencing separation or

# Heartland Hospice **Volunteers Needed**

TIME: Day and evening training classes LOCATION: 28588 Northwestern Hwy., Suite 475, Southfield

DETAILS: Caring and compassionate individuals needed to register for Heartland Hospice Volunteer Training. We serve individuals and their families during their end of life journey in the Tri-County area. Office support is needed.

CONTACT: Mary, (800) 770-9859

# Meals-On-Wheels

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

# Susan B. Galli Angel Fund

DETAILS: Hidden Springs Veterinary Clinic has created a fund to assist families in need with medical expenses for their pets. The fund is in memory of one of their longtime client and friend Sue Galli. Hidden Springs welcomes all donations from the community to build this fund, helping as many pets as possible. Please make checks payable to Hidden Spring Vet Clinic SGA Fund. Mail to: 48525 W. Eight Mile Road, Northville, MI

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Group

TIME/DATE: 5:30-6:30 p.m. beginning Thursday, Jan. 24-March 13

DETAILS: For ages 6-8, 9-11, 12-13 and 14 and older; a parent/guardian group is held concurrently; reservations required by calling Sally Loughrin at (734) 464-2683. Children's Spring Workshop TIME/DATE: 2-4 p.m. Sunday, May 4 DETAILS: Call (734) 464-2683 to register.

# **Anxiety Disorder Support** Group

TIME/DAY: 7:30 p m. every Thursday 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. Meetings consist of planned behavioral lessons and discussions. Educational material will be available. Donations for the program and materials are accepted.

**CONTACT: Robert Diedrich** at robtddrich@msn com

# Crohn's & Colitis Support Group

DATES: First and third Wednesday of each month LOCATIÓN: Providence Park Hospital and Medical Center TIME: 7-9 p.m. **DETAILS: Enter facility** through southeast entrance. Meeting in Conference Room A, immediately to the left. CONTACT: AI Biggs (313) 805-7605 or Crohn's & Colitis Foundation of America (888) 737-2322.

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LOCATION: Maybury State Park

DETAILS: Join singles of all ages for hiking and other activities.

CONTACT: http://groups yahoo.com/grou ps/BSHiking/

# **Business Networking** International

TIME/DAY: 7-8:30 a.m. every Thursday LÓCATION: Eastern Michigan University, Livonia Campus, 38777 W. Six Mile Road, Suite 400 DETAILS: Visitors are welcome to all meetings. Reservations required. CONTACT: Jim Green (248) 345-3302

# Camera Club

(248) 449-9950

DATE: Second Tuesday of every month **CONTACT:** Tom James of Northville Camera at northvillecamera@sbcglobal.net or Northville Arts Commission

# **Country Garden Club of** Northville

CONTACT: (248) 349-8674 or www.cgcnv.org. Secrets of the Soil. . . With a Sense of Humus TIME/DATE: 11:30 a.m. Tuesday, Feb. 5 LOCATION: Cady Inn, Mill Race Village, Northville DETAILS: Speaker is Lillian Dean.

Gardens of Northville 15th **Annual Garden Walk** TIME/DATE: 9 a.m.-4 p.m. Wednesday, July 9 LOCATION: Six gardens in

Northville **DETAILS: Advance tickets** are \$10, available June 9 at

Gardenviews. CONTACT: Kate Daniel (734) 591-0360

Monday and by appointment LOCATION: Northville

Library, Local History Room DETAILS: Individual help on genealogy.

TIME/DATE: 1-3 p.m. every

CONTACT: Tille Van Sickle at (734) 595-7806 or visit www.rootsweb.com/~mings

# Northville Newcomers and Neighbors

Meet and Greet Monthly Coffee

TIME/DATE: 10 a.m. first Tuesday of each month (Feb. 5)

LOCATION: Member's home DETAILS: All welcome to socialize, meet, greet friends and neighbors and learn about the activities and interest groups this club has to offer. CONTACT: Colleen Nametz at

(248) 596-1940

# **Northville Woman's Club**

TIME: 1:30 p.m. first and third Friday, October through March

**CONTACT: Karen Poulos,** (248) 349-4684 or wpkp@comcast.net To Be Determined DATE: Feb. 1 CPR with Northville Fire Department DATE: Feb. 15 **Dr. Michael Paletta** "Baghdad, A Medical Journey" DATE: Mar. 7 End of Year Polluck Luncheon TIME/DATE: 12:30 p.m. Mar.

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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.

TALK ABOUT IT: Join in discussing our stories online via Story Chat at northvillerecord.com

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

**JOD FOR THOUGH** 

Thursday, January 24, 2008

www.northvillerecord.com fax: (248) 349-9832

# Winning Walnut Recipes Ideas for Healthy Eating

# Winning Walnut Dishes Big on Flavor, Crunch and Nutrition

### FAVEN DEATERES

Snack attack? Reach for a handful of walnuts and feel your healthy halo glow!

"li's true," says registered dictitian Ellie Krieger. "Eating walnuts every day is one of the easiest ways to improve your diet and your bealth." As host of a national network cooking show, Krieger focuses on fresh, healthful cooking that's easy for families

"Eating healthy should also be fasty and enjoyable," says Krieger She suggests keeping on hand and using regularly ingredients that have big flavor and big nutrition

# **Full-Flavor Pantry Staples**

- Dijon mustard bold flavor, no fat
- Nuts especially walnuts
- Vinegars balsamic, nee, wine, soy sauce
- E Low-fat dairy yogurt, plain buttermilk
- Fresh herbs cilantro, dill, basil, mint, parsley
- Aromatic hulbs onion, garlie, shallots Dried fruit — cranberries, cherries, raisins,
- figs Natural sweeteners — molasses, honey,
- maple syrup

Creative cooks use big-flavors for boosting the appeal of a dishwhile keeping it healthful. Adding walnuts to a dish is an easy way to boost antioxidants, omega-3 fats, fiber and protein — along with great crunch and flavor," according to Kneger

Of more than 800 entries in a recent national recipe contest, the winning entries illustrate versatility in flavors and ingredients in healthful dishes featuring walnuts. For more winning savory and sweet walnut recipes, and the latest research on the health benefits of walrass visit www.walnuts.org

### Walnut, Cherry-Apricot Tart

Rosanne Nicholson of Olympia, Wash-created a tart featuring chocolate, drucd truits and walnuts

One 11-inch tart, serving 8 to 10

### For crust:

- 8 ounces (approximately) soft coconut macaroon cookies cup ground California walnuts
  - 3 tablespoons melted butter
- For filling:
  - 1/3 cup golden or dark raisins
  - 1/3 cup dried cherries 1/3 cup chopped dried apricots
  - 1/2 cup brandy or water
  - 2 eggs
  - I cup packed brown sugar
- 1/2 cup flour
- 1 teaspoon vanilla 1/2 cup chopped California walnuts

### Quinoa Salad Priscilla Yee of Concord, Calif. created this winning dish inspired by the bounty of a summer garden. Makes 6 to 8 cups salad, serving 8 to 10 1 1/2 cups water I cup uncooked quinoa

- 3 tablespoons walnut oil, plus
- additional oil if needed 3 tablespoons lemon juice, plus

Summer-Fresh Confetti Walnut

- additional lemon juice if needed
- 1 teaspoon dried oregano leaves
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt, plus salt to taste 1/2 teaspoon freshly ground black pepper
- 1 cup cooked corn kernels, or frozen corn, thawed
- 1/2 Fnglish cucumber, quartered lengthwise, seeded, and thinly sliced

### 1/3 cup semisweet chocolate chips Powdered sugar for dusting top

Preheat oven to 350°F. Crumble macaroons you should have 2 cups. To make crust, stir macaroons, ground walnuts and butter together in large bool. Press mixture evenly over bottom and sides of 11-inch, removablebottom tart pan Bake 15 minutes, or until lightly browned. Cool before filling

To make filling, put raising, chemics and apricots in small bawl. In microwave or in small saucepan, bring brandy or water just to a boil. Pour over fruit, and soak, 20 to 30 minutes. Drain off any remaining liquid

In medium bowl beat eggs with mixer on low speed 3 to 4 minutes, until quite foams Add brown sugar, flour and vanilla, and beat until smooth. Add drained truit, walnuts and chocolate chips, and stir to combiae. Pourfilling into prepared crust, spreading evenly Bake 35 to 40 minutes, until filling is lightly browned and set, a toothpick inserted in center should come out clean when tart is done. If top gets too brown during baking drape a sheet of toil loosely over tart for remainder of baking time. Place tart on rack to cool before removing sides of pan. Before serving, dust top with pewdered sugar sprinkled through sieve or straiger.



- 6 to 8 ounces cherry tomatoes, halved, to make about 1 1/2 cups
- 3/4 cup chopped California walnuts, toasted
- 1/2 cup crumbled feta cheese, preferably flavored with
- garlic and herbs
- 1/3 cup coarsely chopped, pitted, Kalamata olives

1/4 cop chopped fresh parstey

Combine water and guinoa in 2-quart saucepan and bring to a boil over high heat. Cover pan, turn heat to low and sinuncr until water is absorbed, 10 to 12 minutes. Set aside off heat about 5 minutes, then stir and fluff quinoa with fork.

In large bowl, whisk together walnut oil, lemon juice, oregano, cumin, salt and pepper Add com, cucumber, cherry tomatoes, walnuts, feta, olives, parsley and quinoa, and stir and toss to coat with dressing Refrigerate until serving Taste salad, and season with additional salt, walnut oil and lemon juice, if desired.

# Warm Orzo and Walnut Salad With Garden Vegetables, Chevre and Herbs

Mary Hawkes of Prescott Ariz created this winning recipe with her garden's abundant harvest including frish herbs

Makes about 4.1.2 cups salad, serving 6

- 1 cup uncooked orzo pasta 1/2 cup chopped California Walnuts.
- toasted
- 1/2 cup halved small red grape tomatoes
- 1/3 cup diced red bell pepper
- 1/3 cup diced English (European)
- cucumber, unpeeled 1/4 cup chopped pitted Kalamata olives
- tablespoons extra-virgin olive oil - 2
- 2 tablespoons chopped fresh flatleaf parsley leaves
- 1 tablespoon chopped fresh mint leares
- 1 tablespoon chopped fresh chives
- 2 tablespoon fresh lemon juice Salt and pepper to taste
- ounces goat cheese, or chevre, crumbled (plain, or a garlic 3 and herb flavored cheese) Additional chopped or whole chives, for garnish

- Spray 6 (6 to 8 ounces) ramekins or custard cups with nonstick cooking spray.
- Have all measured ingredients at hand when you are ready to prepare salad

Cook orzo in boiling salted water 9 to 10 minutes, or according to package directions, until just tender Drain well (If you are cooking orvo well ahead of time, after draining toss with 2 tablespoons additional olive oil, to keep from sticking, then reheat in microwave before assembling salad )

In large bowl, combine walnuts, tomatoes, bell pepper, cucumber, olives, olive oil, parsley, mint, chives and lemon juice, mix well Reheat orzo in microwave if necessary, until it is hot, and add to other ingredients. Stir and toss to combine, then season with salt and pepper to taste. Stir in cheese. Divide orzo salad evenly among prepared ramekins packing it ughth

Invert onto individual serving plates, then gently remove ramekins. Garnish with chives. as desired. Serve warm

Note: Salad can also be served cold, or at room temperature. For a simpler presentation, omit ramekins and spoon salad onto plates.

# **TALK ABOUT IT:** Join in discussing our stories online via **Story Chat** at northvillerecord.com (248) 349-1700, ext. 113 cstone@gannett.com Cal Stone, editor (248) 349-1700, ext. 113 (Cal Stone, editor) (248) Cal Store @gannett.com Cal Store @gannett

Thursday, January 24, 2008 www.northvilierecord.com fax: (248) 349-9832

# Entertain With Style Welcome Family

and Friends

FAMILY FEATURES

ith all that goes into entertaining — guest lists, shopping, cooking — it can be stressful. Finding time and energy to have guests for dinner can dampen the spirits of even the happiest bost. Diane Morgan, entertaining expert and award winning cookbook author, can help make entertaining easier with her simple solutions.

Morgan believes that the three most important ingredients for a successful party are family, friends and great food — and she has determined the right proportions of each to create a winning recipe for less entertaining stress. By following her time-saving methods, hosts will be able to spend more time with loved ones and less time in the kitchen.

• Throw a Party You'll Enjoy: Throw a party that fits your lifestyle, budget, energy level and time frame. Start by asking a few

Tangy Shrimp Appetizer Skewers

Makes 4 dozen appetizers, 24 servings (2 skewers each) Prep time: 25 minutes

- 1 1/2 pounds cooked medium shrimp with tails intact
  - 2 pints cherry tomatoes
  - (7-ounce) jar Lindsay Manzanilla Stuffed Olives, drained, or
     1 (6-ounce) can Lindsay Large Black Ripe Pitted Olives, drained
  - 1 cup light Caesar salad dressing
- 8 ounces (brick) smoked mozzareila cheese
  48 small basil leaves (or 24 large basil leaves, halved)
- 48 4-inch-long cocktail picks

In large bowl, combine shrimp, tomatoes, olives and dressing, tossing well. (At this point, mixture may be covered and refrigerated up to 24 hours).

Cut cheese into 1/2-inch cubes. Skewer 1 olive, 1 shrimp, 1 cube cheese, 1 basil leaf and 1 tomato on each cocktail skewer Arrange on serving platter. (May be covered and refineerated up to 2 hours before



Tangy Shrimp Appetizer Skewers and Potato and

Green Onion Latkes With Ranch Sour Cream

# Harvest Butternut Squash Soup With Ranch Croutons

Recipe created by cookbook author Diane Morgan

Makes 6 servings Prep time: 20 minutes Cook time: 45 minutes

**Soup** 

- 2 pounds butternut squash, peeled, cut in balf lengthwise, seeded and cut into 2-inch chunks
- 2 tablespoons extra virgin olive oll
- 2 Granny Smith apples (about 1 pound total), cut in half lengthwise and cored
- 4 cups canned low-sodium chicken broth, divided
- 1/2 cup heavy (whipping) cream 1/4 teaspoon freshly grated
- nutmeg 1 tablespoon sugar
- Salt and freshly ground pepper

**Ranch Croutons** 

- 1 baguette, ends trimmed, remainder cut into 3/4-inch cubes
- 1 1-ounce packet Hidden Valley Original Ranch Salad Dressing & Seasoning Mix
   6 tablespoons extra virgin olive oil

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Preheat oven to 350°F. In large bowl, toss squash cubes with olive oil and arrange on large rimmed baking sheet. Place apples, cut side down on baking sheet. Roast until tender when pierced with fork, about 30 to 35 minutes.

Place roasted squash cubes in work bowl of food processor fitted with metal blade. Use spoon to scrape out flesh of apples, and add to work bowl. Discard apple skins. Purée squash and apples until smooth. Add 1 cup stock and continue processing until smooth. Put mixture in 3 1/2- to 4-quart saucepan; add remaining 3 cups stock, cream, nutmeg and sugar. Bring to boil, and then reduce to simmer and cook 10 minutes. Add salt and pepper to taste.

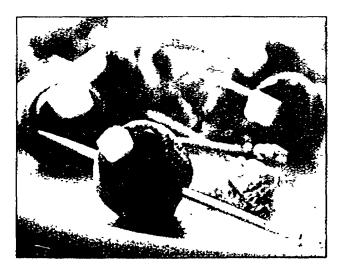
### Ranch Croutons

Place bread cubes in large mixing bowl. Toss with seasoning mix until thoroughly coated. Drizzle olive oil over and toss bread cubes until thoroughly coated. Spread in even layer on rimmed baking sheet and bake until toasty brown, about 10 to 12 minutes. Set aside until ready to serve.

When ready to serve, ladle soup into warmed soup tureen or individual soup bowls, garnish with croutons and serve immediately. questions: Do you like to entertain formally or informally, with lots of guests or just a few? Do you have the kitchen space and living space to seat your guests or would a buffet be more manageable?

- Fill Your Pantry First: A smart host keeps a well-stocked pantry that makes it easy to assemble party nibbles for unexpected guests. Good items to have on hand include plump and mild California black ripe olives, a perennial party favorite. They're delicious for snacking or stirred into dips, popped into appetizers or added to salads. While you're at it, put your favorite dry ranch dressing mix to work, too. Kids of all ages will be kept happy while they wait for the meal to be served if you provide a nutritious snack of vegetables with ranch dip.
- Get a Jump Start: Whether you're serving buffet-style or hosting a sit-down dinner, set your table earlier in the week. For a buffet, arrange the bowls and platters and label them with the appropriate recipe names so you know what will go where. And feel free to mix and match — there's nothing wrong with placing an heirloom silver platter of cookies next to a white china cake plate purchased on sale.

Visit www hiddenvalley com for more recipes, dressings, fun facts, games and more. Check out www lindsayolives com for additional recipes and ideas for entertaining



# **Prosciutto Wrapped Olives**

Makes 2 dozen appetizers (about 24 servings) Prep time: 25 minutes

- 1 ounce (whole piece) Parmesan-Reggiano or aged Parmesan cheese
- 1 (6-ounce) can Lindsay Black Ripe Pitted Olives, drained 3 onnees thinly sliced prosciutto
- Small frilled wooden picks or colorful cocktail picks Red lettuce leaves

Cut cheese into small (1/4-inch) pieces; stuff one piece into each olive. Cut prosciutto into 3 x 1/2-inch strips. Fold each strip lengthwise once to form 3 x 1/4-inch strips. Wrap a strip around each olive; secure with a pick and place on lettuce lined serving plate. Cover and chill up to 24 hours before serving. Serve cold or at room temperature. serving)

## Potato and Green Onion Latkes With Ranch Sour Cream

Recipe created by cookbook author Diane Morgan

Makes 8 to 10 servings Prep time: 20 minutes Cook time: 25 minutes

- 3 pounds Idaho or russet potatoes, peeled and rinsed under cold water
- 1/2 cup thinly sliced green onions (including green tops)
- 1 1-ounce packet Hidden Valley Original Ranch Salad Dressing & Seasoning Mix, divided
- 2 tablespoons all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon freshly ground pepper
- 1 large egg, lightly beaten
- 1 1/2 cups sour cream
  - Peanut or grape seed oil, for frying

Fill large bowl with cold water and have a colander ready. Using box grater or food processor fitted with coarse grating disk, coarsely grate potatoes. Place in cold water 1 minute then drain potatoes in colander. Rinse potatoes under cold water once or twice until water runs clear This removes starch and keeps potatoes from turning a reddish color. Use your hands or back of broad spoon to squeeze out as much liquid as possible, and then roll grated potatoes in clean dish towel or several layers of paper towels to completely blot them dry. Dry bowl and transfer potatoes to bowl.

Mix green onions with potatoes. In small bowl, combine 1 1/2 tablespoons seasoning mix with flour, baking powder and pepper Mix flour mixture into potatoes. (Use immediately or cover and set aside at room temperature up to 1 hour.) Just before frying add beaten egg and mix to combine.

Combine remaining seasoning mix with sour cream and stir until smooth and completely combined. Set aside up to 1 hour or refrigerate until ready to serve as a topping for latkes.

Preheat oven to 250°F. Have large wire rack set ready in rimmed baking sheet. Pour enough oil into 1 or 2 large, beavy frying pans, preferably cast iron, to cover bottom of pan by 1/4 inch. Heat oil over medium-high heat until hot but not smoking. Scoop about 1/4 cup potato mixture and gently place in pan. Use spatula to lightly flatten and form pancake. Form as many pancakes in pan as will comfortably fit without crowding. Fry on one side until golden brown, 3 to 4 minutes. Turn and brown other side, about 3 minutes longer. Adjust heat and add more oil as needed to fry additional batches. Transfer latkes to wire rack and keep warm in oven while frying additional batches. Serve immediately or continue to keep warm until ready to serve. Serve with Ranch Sour Cream.

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# **REGIONAL MARKETPLACE**

# **Home Owners** It's The Time Of Year To Check:



NEW YEAR RESOLUTIONS FOR YOUR HOME Many of us make optimistic resolutions for the New Year. Whether it's deciding to take a class, stick to a budget, or to finally drop those 20 pounds, we're full of ideas on how make ourselves and our lives better. Because your home is such an important part of your life, why not make some worthwhile resolutions for it as well? Here are some ideas to get you started.

# KEEP CURRENT ON

**ROUTINE MAINTENANCE** One of the most important things you can do as a homeowner is to make sure routine maintenance is part of your plan. Catching problems early can often help you avoid larger issues down the road What is now a minor plumbing or roof leak can cause major problems if not detected and fixed immediately Check around the home for cracked or peeling paint, have chimneys and fireplaces inspected and cleaned, and make sure the driveway and walkways are not cracked or lifting.



UPDATE YOUR HOME INVENTORY FOR INSUR-ANCE PUR-POSES If you're like many homeowners, it's probably been a while since you've

reviewed your home insurance policy and reassessed the value of your home's contents. An updated home inventory of your possessions can help you determine if you have the proper type and amount of insurance. Your insurance company may make forms available to help you organize and record your inventory, and there are several home inventory software programs available. You also can download a free program from www.knowyourstuff.org\_Should you have an insurance claim for property loss or damage, your inventory can help make the process and accurate valuation eas-

AUDIT YOUR HOME FOR ENERGY SAVINGS There are simple things that every homeowner can do to improved energy efficiency and save on utility bills Switching from conventional light bulbs to compact fluorescent versions wherever possible saves money and makes things easier for you, too For example,

# Plymouth Physical Therapy Specialists expands to serve more patients

By John R. Hall SPECIAL WRITER

The patient list continues to grow as Plymouth Physical Therapy Specialists' practice, which specializes in orthopedics and sports medicine.

There are no secrets to its growth (now in seven locations), according to owner and founder Jeff Sirabian. It is all about experience, commitment to personal care, and continuing education - all which set his practice apart from others.

The expertise and training of our physical therapists is very important to our success," Jeff said. "And our one-on-one sessions with every patient shows how much we care.

# QUALIFIED SPECIALISTS

All of the physical therapists at Plymouth Physical Therapy Specialists work toward their own specialties and are provided ongoing training to keep them current with all certifications set forward by the American Board of Physical Therapy Specialties and the American Physical Therapy Association. Most physical therapists are board certified or working toward it.

What does this mean to patients? Plenty. For example, therapists utilize a combination of exercise and philosophies which include a lot of functional-based rehabilitation. Visitors to one of the Plymouth Physical Therapy Specialists locations may not be overwhelmed by a glut of machinery or swimming pools — that's because the emphasis is on everyday functionality and rehabilitating the related muscles.

# **NOT JUST MACHINES**

Physical therapist Benjamin Wallis explained. "Machines can only be used one way." he said "People need to train their muscles in the way they will use them, not by what a machine wants to train them to do. We prepare people to function in the environment they live, work, and play in. 'Our therapists are our equipment.'

# **AGGRESSIVE PRACTICE**

By their rehabilitation philosophy, the physical therapists at Plymouth Physical Therapy Specialists can help their patients return to their normal routines more quickly than usual which is a key to any successful rehabilitation

# Therapists restore functionality

**ADVERTISEMENT** 



Benjamin Wallis mobilizes a patient's shoulder during physical therapy treatment.

"We are an aggressive practice," added Jeff, "which means we rehab aggressively. We can do this because of our knowledge and knowing what our patients need, which includes understanding soft tissue healing and its parameters."

He added that it is important for patients to understand why they are being treated ---and not just for them to be given a exercise routine to follow. And it all comes back to a thorough understanding of what each patient needs.

"It is all about working with people to

# Photos by JOHN R. HALL

# **PLYMOUTH PHYSICAL** THERAPY SPECIALISTS

133 W. Main St.

you will need to replace bulbs in awkward places less often. Make sure windows and doors are caulked and in good repair; this will save energy in both winter and summer If you're planning to replace any appliances this year, shop for and compare efficient, energy-saving models. Also if there are holes in the wall under sinks, then seal/caulk these holes to help prevent wall drafts and improve overall home heating and cooling efficiency

### CREATE A FIRE SAFETY PLAN FOR YOUR FAMILY

Everyone knows the importance of having a plan in place should a fire occur in your home. But each year, tragedy strikes homes and families who didn't think about it or who promised to make a plan "one of these days" The basics include working and properly installed smoke detectory, fire extinguishery, and an escape plan for every room Your local fire department is an excellent resource for directions on creating a plan designed to keep you and your loved ones safe. Give yourself some peace of mind by making this the year to put that plan in place.

## Call us to give your home a check up for the New Year ... For more information about home

inspections and environmental testing services, please contact us at

**Randali** Patterson Certified Pillar To Post' Ruar 16 post NAHI-CRI Home Inspector Member AARST (248) 755-3422 Toll Free: 877-787-3800

Randall Patterson is a Certified Home inspector with Pillar To Post® and a NAHI\_CRI serving Western Oakland and Livingston Counties

For additional information please visit our web site at www.ophome.com/westonklandhovoston

We provide home environmental testing services for Radon, Mold, Pest, Well Water Testing, Septic Inspections, Air Quality, Home Energy Efficiency & Local Environmental Data Reports

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Shawn Grant points out how treatment affects various parts of the anatomy.

help them be successful in their everyday activities," said physical therapist Shawn Grant "This includes activities to alleviate trauma, neck/back pain, and pre- and postsurgery procedures

# SIX-PLUS LOCATIONS

Plymouth Physical Therapy Specialists have locations in Plymouth - which was the original office founded by Jeff in 1994 Livonia, Northville, Novi, Wixom, and Walled Lake. In addition, the practice also has sports medicine services in a number of area high schools.

Being in close geographic proximity is helpful to patients who prefer to stay close to home. For example, when the Northville office was opened, it attracted patients who had been traveling to the Novi location.

"The demographics were right for the new office," added Benjamin. "Instead of making the Novi office bigger, it made more sense to open up in Northville."

The expansion to several communities was not the first plan for Jeff, who said he originally did not think of growth beyond Plymouth But emphasis on patient care and continuing education has brought generations of people to each clinic.

Northville

Phone (248) 347-1168

Web www.plymouthpts.com

'Our youngest patient is two years old and the oldest is 95," Jeff said. And each is helped by an experienced staff, too. There is 100 years of experience among the physical therapists.

# WALK-INS WELCOME

All of the offices encourage appointments but there are always time slots set aside for walk-in patients. New patients are always seen within 24-48 hours after contacting the office.

Most of the Plymouth Physical Therapy Specialists are open 6 a m. to 7 p m daily and 7:30 a m to noon Saturday.

For more information on treatment and programs in Northville, call 347-1168 (248)visit or www.plymouthpts.com.



PHYSICAL THERAPY SPECIALISTS

**Orthopedics · Sports Medicine · Industrial Rehabilitation** 

Jeffrey R. Sirabian, PT, MHS, OCS, CSCS Board Certified Orthopedic Clinical Specialist, Owner

- Benjamin Wallis, MPT
   Jill Munoz, MPT
- Shawn Grant, MPT
   Adam Homolka, MPT

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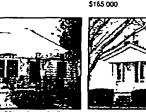
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Apartments/ Unfurnished	Apartments/ Unfurnished	Apartments/ 4900 Unfurnished	Condos/Townhouses 4420	Duplexes (133)	Homes For Rent 4950	Homes For Rent (050)	Mobile Home Rentals (4070)	Office/Retail Space
south Lyon Kensington Park	Walled Lake s Eagle Pond Townhouses	WHITMORE LAKE Great 1 br apl., great location \$550imo plus utilities No pets! Call (734)449-5994	PINCKNEY. NEW construction, attached condos 2 br 2 5 baths, full bsmt. 2 car garage Avail Now! \$1,000/mo Lease/option. 517-404-0060	PINCKNEY 1,527sq ft., 3 br., 2 baths garage, utility room Patio & lawn maintenance Pets OK. \$1,200/mp_248-924-4457 cr	BRIGHTON Small 2 BR., washer/ dryer Lake access/boat dock \$875.mo Call, 810-571-0418	*LIVONIA - CLEAN 3 BR * \$500 off 1st mo rent! \$950 + Sec Imm Occ 248-467-6334 MILFORD, DOWNTOWN	FOWLERVILLE We have what you are looking for! 2 & 3 Br homes starting at \$445/me No application fee Call \$17-521-3412	HOWELL, DOWNTOWN. 800sq ft. up to 1,600sq.ft. State Street, prime location. (517)548-9504
Large 2 Bedroom Apts. from \$549 \$99 Security Deposit \$3 Good Credit Pays \$\$	SPECIALS TO RING IN THE NEW YEAR	WIXOM. Age 50+, 2 br. townhouse Incl gas & water \$650 mo 734-427-9748	SOUTH LYON - 1 br Condo Immediate Occupancy1 \$600/mo 248-437-8189	B10-602-8887 PINCKNEY Townhouse style dupiex, 2 br. 1 5 bath, bsmt., A'C. new carpet \$750 + sec	BRIGHTON TWP. 3 br           \$800 mo. Call blvm. 5 & 7pm           810-229-2384           COMMERCE TWP. All Sports	3 BR house \$1250 (248)933-5436 NORTHYILLE 5 ACRES 4 Bedrooms, 2 Bath, A/C 1st	Living Quarters To (12) Share BRIGHTON Locking for male	HOWELL - One Room 815 E Grand River On site parking \$400 517-546-9570
Minutes to Kensington MetroPark and 1-96 (248) 437-6794	\$500 MOVES YOU IN PLUS ADDITIONAL	Condos/Townhouses (02) BRIGHTON, 1 Br. Newly up-	WALLED LAXE OR FERNDALE Lease or lease to own 2 br, 2 bath, 2 car garage \$1100/mo 248-624 5400	1/2 off 1st mo 1 734-878-5252 SOUTH LYON 3 br. \$700/mo laundry hock-up some utilities 248-437-8841 248-514-7709	Lakefront, clean 2 borrm, all appliances \$850/mo 248-613-2506 FOWLERVILLE 3 br 1 acre,	Floor Laundry, Garage \$1400 248-473-1326 NOVI All sports lakefront 3	to share share living guarters & lutchen Private Br, den & bath \$550/mo, incl. utilities hon smoker 810-231-2580 MILFORD Responsible person	MILFORD - Office Space in the Village 600sq fL or less, easy parking, great location? 248-330-1869
Kaftan	FREE RENT All Units Include • Private Entrance	dated. Carport. \$600/mo \$550 sec. No pets 734-536-1754 BRIGHTON - Price Reduced 1700 sq ft. 3 Level Townhome,	Duplexes 4030	SOUTH LYON One & two bed- room, appliacnes NO PETS <sup>1</sup> \$525 - \$695 248-437-0600	sheds optional wood heat. \$900/mo +sec 517-223-9437 Fowlenville 4,700sq ft. 2 fire- places, 1 in master br, wa'k-	br, remodeled, city water, ac appliances, garage, fireplace \$1 280 248-470-7352 PINCKNEY, WHITEWOOD LK, 2 homes 2 800sg ft, 4 br 2	to share new home 2400sq ft Private br, bath & koft No Smoking/Pets \$450rmo plus share utilities 248-459 1995	NORTHVILLE Downtown \$350 mo incl internet service Call 248-349-8684
SOUTH LYON- Winter spe- call 1 & 2 br avail Heat incl Cats accepted 248-437-1290	Carport     Spacious Rooms     Fully Equip Kitchens     & 3 Bdrm from	close to downtown. 2 BR, 2 5 bath attached garage, associa- tion, & maintenance, utilities incl \$1300/mo 810-231-0035	BRIGHTON - 11347 Ford Rd. 3 br i 5 bath great room fureplace, no petst \$899 mo 810-623-2034	Homes For Rent (455) BRIGHTON 1 br lower level Separate entrance, all utilities,	Hamburg - Lg 4 br with good acreage \$ 900/mo could be zero down 734-521-0238	2 nomes 2 30053 ft, 4 cr 2 bath \$1 250/mo or furnished 2,0005g ft 3 br, 2 bath, \$2,000/mo Both include maintenance 810-231-2778	WIXOM Waterfront home to share, \$350 Mo includes utites 248-939-3675 YPSILANTI Near Rawson-	SOUTH LYON Downtown retail frontage on Pontiac Trait, for sale or lease 2000- 4000 sq ft 734-216-6194
WALLED LAKE AREA 1 br apt. 4th room for office or hoby Quite apt. bldg Nice	\$901. Schedule a tour : at a time convenient for you	BRIGHTON -Outet 2 br, updat- ed, all appliances \$750/mo free heat Call 810-923-7566	FOWLERVILLE. 2 story, 2 br. \$700-\$800 + sec LAST MO. FREE w/1 yr. lease 248-302- 8629 UNDER NEW MGMT	c a laundry, exc. cond \$575/mo Arail 2/15 Leave message 810-227-8394 BRIGHTON 2 + ACRE, updat-	Hartland - 3 br, 2 bath with 2 car garage \$900/mo could be zero down 734-521-0238	PLYMOUTH - 3 bdrm, 2 bath, C/A, family rm wilkeplace, 2,100 sq ft, 2 car all appli- ances walk to downtown & 3 parks \$1850, 734-416-0260	wile/1 94 Clean guiet executive home on 9 acres Master ste ut i incl \$350 734 658-8823	Commercial/Industria I For Rent/Lease BRIGHTON DOWNTOWN
No. 100 No. 2013 No.	248-624-6600 Call For Details www.etkinandco.com	COMMERCE/ WALLED LAKE 15 Mile & Beck. All appli- ances. 2 bdrm. 2 bath, garage, no stairs, pool &	FOWLERVILLE Newer 1500 sq ft., 3 br, 2 bath unit. New carpet \$975 517-861-6102	ed throughout, 3 - 4 br, 15 bath, Irving & family rooms, w/fireplace, 2 car garage \$1,285/mo 810-523-1575	HARTLAND. 3 BR. ranch, lake privileges, newly painted & carpeting appliances \$775 plus security (810)229-7292	SOUTH LYON - 3 bdrm, 2 bath, great room, bsrrt, C/A, appliances, 1300 sq ft \$995/mo (248) 345-6108	Rooms For Rent 4149 NORTHYILLE - 3 bdrm condo Mature professional, non- smoking not allergic to cats	Co-lease a photo studio with private parking 810-227-2201
Insetments/	WHITMORE LAKE 1 BR, appliances heat. No smckung/ no pets \$480 734-455-1487	patio \$1095/mo 248-474-9302	GREGORY. 2 BR. ranch, 890sq ft., kg yard Pets nego- table \$690/mo, \$500 secur- ty 517-294-7554	BRIGHTON 3Br. 2 bath, sparkling clean ranch, fin. bsmt. \$1100+ c*iftes, stort term neg 810-225-0070	HOWELL 2 br. 1 bath on secluded 2.5 acres \$850/mo + ut littes Call 517-546-7417	SOUTH LYON/GREEN DAX Two bedroom, one bath Appliances bsmt No pets' \$750/mo 248-437-0600	Laundry (248) 349-7334 NOYI - FAIRLANE MOTEL AAA deluxe rooms Daty & weekly rates Cable, Indge &	2,100 to 12,000 sq RL, Industrial Building, 3 Phase, Docks, Overhead, Beautiful Offices Just off US-23 20th CENTURY REALTY \$10-231-3300
Unfurnished (000)	Unfurnished (000)	loft, 2 car, fireplace \$1100/ mo w/option 810-772-6285	HARTLAND 2 br ranch units, air, garage, no pets Start \$660/mo, 1/2 rent for 90 days w/13 mo lease 734-497-0960	BRIGHTON 4 br, all sports Island Lake \$1,375 + utilities Rent or buy 248-446-8205 BRIGHTON -Clean \$100 sq ft	Howell - 3 br, 1 bath with garage \$ 750/mo could be zero down. 734-521-0237 HOWELL- 4 br, 3 bath, sub fenced yard, 2300sg ft, \$1350	WHITMORE LAKE Available sandy beach lake front. 3Br 2 bath, Great view year around, very nice 10 Min to Brighton and Ann Arbor \$1200/mb	microwave Free local ca'ls & wr'eless internet. (248)347-9999 Office/Retail Space	HOWELL- Grand River location, warehouse and office space, up to 7,000 sq
BROOKWOO	rtment Homes	basement & garage Deluxel \$1200/mo 248-684-1699 NORTHVILLE- Lower 2 bdrm, 2 bath condo 1200 sq ft. new	HARTLAND - 3 br \$650 + utilities Lease & Deposit required 810-632-5314	2 BR, appliances incl 1 car garage, \$800 mino + utilities \$1200 security No pets 810-231-2509 BRIGHTON. CLEAN, 3 br., 1	lake access 863-644-3452 HOWELL - Hartland Schools Country home, quet area, 4 BR, 1 bath, \$1000/mo, \$1400	517-404-7179 Lakefront/Waterfront Homes Rental	For Rent/Lease BRIGHTON Grand River/Old 23 2,000sq fL. designer surle, in 1st class building. Make	ft. Ali or part. 517-404-2982 MILFORD - Heated industrial/storage space. 285 to 2000sg R. From
🗂 🌈 🚮 2 Bdr. from \$899	/E'IN!*	windows/ kitchen. Carport & patio \$895/mo 248-465-0262 NOVI 2 Bdrm, 2 bath, on Par 3 Golf course, pool, full bsmt,	HOWELL 2 br , many updates, kg yard \$675/mo No dogs 810-423-1053, 219-227-8517 Howell 2br appliances \$625	bath, attached garage No pets \$350/mo + utilibes & 1 mo security 517-376-1639 Brighton -Huge 3 br, basement	HOWELL in town. 2 br, washer/dryer, large shed. \$795/mo + utilities + security	BRIGHTON 1 br. Fonda Lk. Cute, clean Rent or buy Easy xway \$595/mo 810-229-9844 FENTON Linden Schools	offer. 517-545-9504 BRIGHTON New 12 X 12 on East Grand River Will share waiting room with 2 other	\$195/mo. 248-408-5168 Garage/Mini Storage (1300
3 Bdr. from \$1069 248-437-9959 Nee 104 - Tace Than 11	den have	appliances \$1100 mo (248) 719-0026 NOVI 2 br condo, lease to own. \$1000 down & \$1000/	Invingstonrentals com #101 248-486-4157, 586-907-3819 HOWELL Lrg , 2 br in town appliances \$500/mo. Pets neg	and garage \$1000/mo could be zero down, 734-521-0237 BRIGHTON - RENT TO OWN with cred t 4 br, 1 bath	deposit. (517) 548-9799 HOWELL Newly remodeled 2 br, deck, all utilities incl except electric \$700/mo	3Br. 1200 sq ft \$850.mo, plus sec dep 989-302-1430 GREEN OAK 2 BR \$1100 & Efficiency \$600 Washer/Dryer	Mertal Health Professionals \$350 mo Call 810-220-5076 BRIGHTON PROFESSIONAL office space time share style, \$80 mo Call Insights Group	HOWELL Heated storage of shop area Grand River at Lucy Dr 18 ft wide x 30 ft deep with 10x10 overhead
		mo Dave, 248-910-1077	517-548-3765/ 517-404 9657	\$1100 ro 810-355-4356	Close to xways 517-294-0751	incl w/each 248-486-4185	(810)623-5839	door Price neg 517-404-0060
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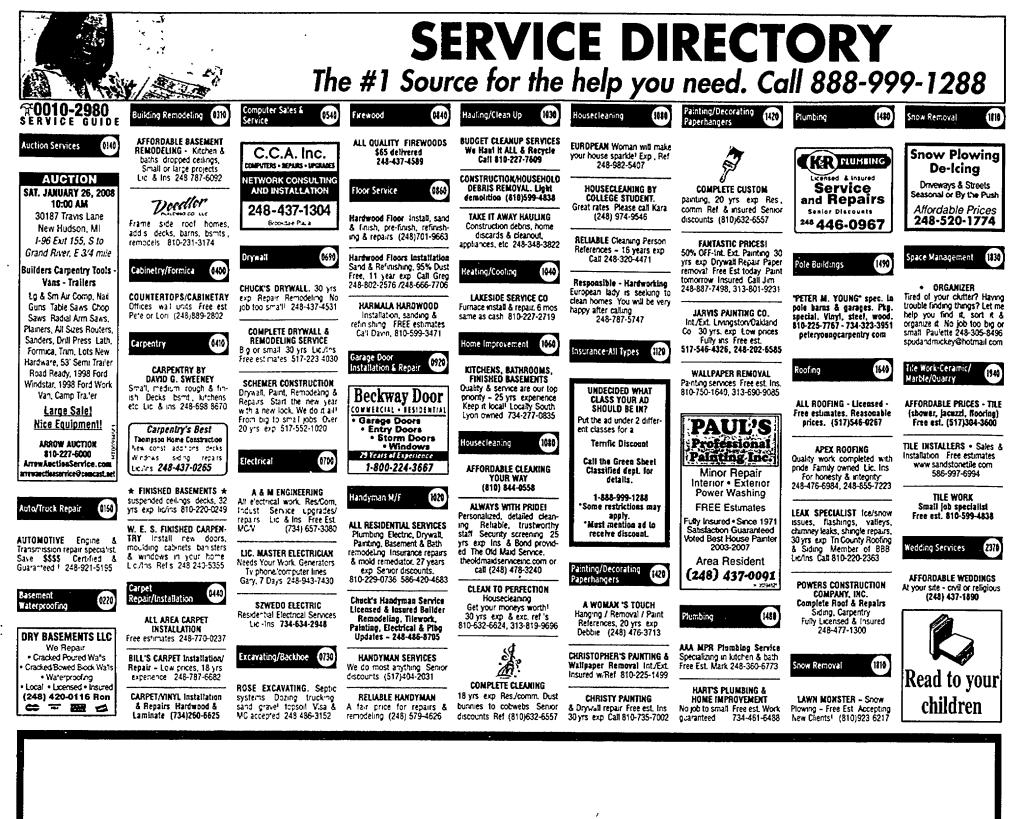
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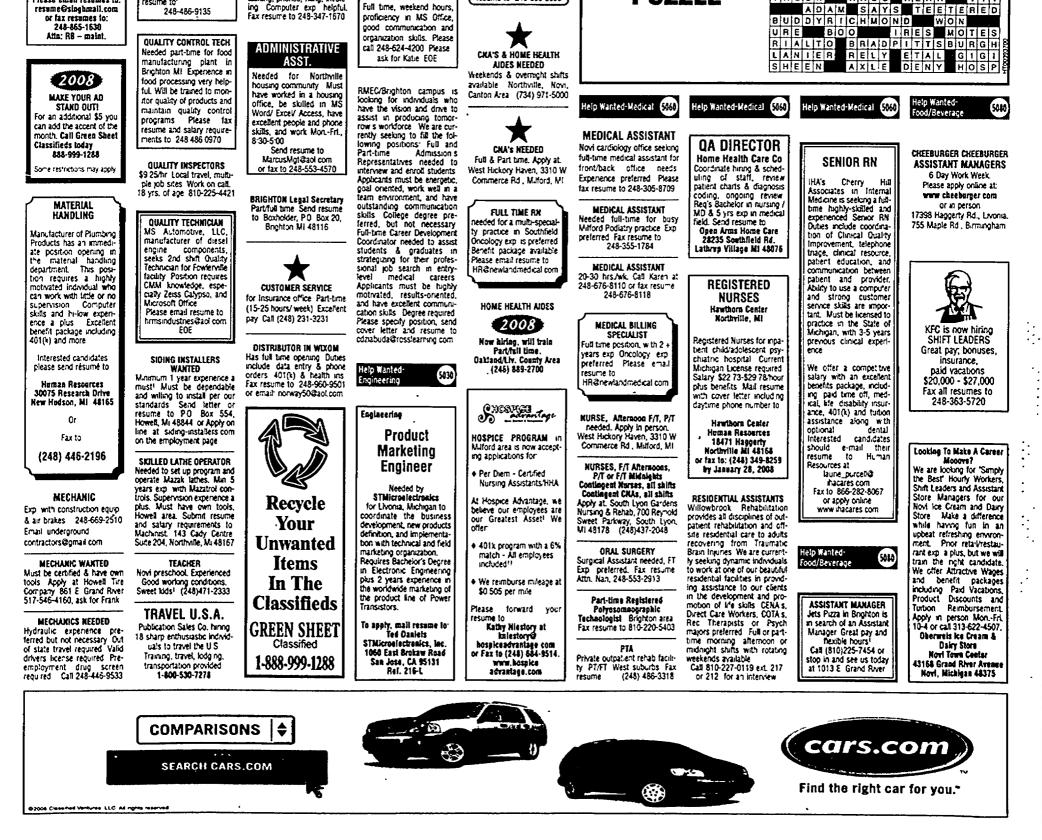


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OUTSTANDING KITCHEN' 4ER Cape Gran re counters w/Travertine backsplash in huge kitchen hearth rm. made for entertaining'

10 cestings, extensive hardwood daylight bomt 3car gar

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GREAT COLONIALI In sought after Hamiet Gardens hidwid firm føyer lut and nock Corner FP in FR. Big lutchen, tons of cabinets in cely landscaped. Close to tennis courts



Brighton Beautiful 4 bedroom 2.5 bath colonial in Arbor Meadows subdivision Spacious Great Room I brary study butlers partry 3 car side entry garage

Beautiful HDWD Floors in entry master bdrm/ bath family room. Natural stone FP & BUT IN bathifamily room. Natural stone FP & BuT in bookcase. New carpeting: 2 car attached heated garage Lake priv

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734-591-9200 An Absolute Must Seel This Immaculate Spacicus Tudor Style Home Has Hrdwd Firs Tio Stainglass Dis Newer Kit App's, Newer Poof Newer Aic 2nd Fir B'cny 25 Car Gar,



248-851-1900 **Farmington Hills** PRICED WAY BELOW WARKET VALUE 4BR 2 1BA 2576 SF almost 1 acre Hdwd Roors. Huge muster Newer roof & windows. 2 car garage Farmington schools. Close to shopping &



**Farmington Hills** 248-348-6430 Move in Peady Lovely newer home w'o the new home price' Great open floor plan, huge backyard upgraded kit cabinets All appliances stay twelly finished bsmt. Neutral decor



Garden City 734-326-2000 BRING YOUR CHECKBOOK Priced \$70,000 under the appraised value Seller will help with closing costs You will fall in love with this newly closing costs You will fall in love with th remode ed home. All appliances stay



734-591-9200 ch, oy Lake Living Without The High Price Charming Cape Cod Enormous Lind Then, Updid Island KitWiskylight, Updid Main Bath, 1st Fri Jaan Screened Porthi Wood Stoveth 2 Car Gar & Soft-uch More (22195256) 734-591-9200 Green Oak





Livonia 248-851-1900 **3 BR RANCH FEATURES UNIQUE FLOOR PLAN** Large living rm w/cathedral ceilings. Beautiful addition at the rear of home w/4 doorwalls. Large master BR. Oversized 2.5 car garage Full bsmt partially finished. (27144553) \$169,900



248-348-6430 Livonia STEP BACK IN TWYE Cozy 3 br,1 ba home in Livona Hrwd fir and rich wood molding in LR. Newer oak cab in eat-in kit w'door to yard. Updated ba incl soaker tub & pedestal sink.



Milford 248-684-1065 Country setting at end of cui de sac with 4 bd, 2 5 ba, and 3 000 Sq Ft of Inving space Post and Beam construction 2 5 acres, 2-car gar, unreside kitchen upscale kitchen

\$349,900

\$329,900



(27112734)

Milford 248-684-1065 Comfort & charm, Hdwd firs, granite. 1st fr mstr. 17x18 unfin bonus rm over gar. Gas fp. Ceramic ba firs. Bonus bsmt rm. W/I pantry Crown mouldings.

(27207305)







Northville 248-348-6430 Close to Shopping and Restaurants Better than new 2 BR, 2.5 BA condo in Northvile upgrades incl. lighting: crpt, sinks and faucets. Bose surround sound t/o. Enjoy FP from LR & DR 2 car att gar (27159180) \$186,500



248-348-6430 Northville Sharp Condo For Sale or Lease! Ground unit. 2 BR 2 full BAs. Master has BA & WC. Newer furnace, KIT FL & sink, windows! Enclosed frint porch. Neutral. Assoc has pool? Northinle when?

(27220915) \$126,500



Novi 248-348-6430 Reduced' Gorgeous Colonial on Corner Lot Freshy painted inside and out. Updates include plumbing and lighting fatures, 6-panel doors. Mov in condition!



248-851-1900 Novi POPULAR NEIGHBORHOOD, WONDERFUL AMENITIES Neighborhood elem, school, parks, playgrounds, convenience!Updates include window treatments, paint, dole oven, landscp.



248-851-1900 Novi SUPER BUM 3 bedroom end-unit townhouse Good location. Living room wifreplace Open kitchen/dining room. New windows: Faished basement/Newer furnace & A.C. Private patio



A rare shady buildable lot. Private fk access. Huge sandy beach w/ picnic tables & chairs, play structure boat launch, cordoned offswim

248-684-1065

248-851-1900

\$350,000

\$178 000



fantaale noose with analysis internet of a fast sale 3 BR Brich nanch in lovely Phymouth area Eatin lut, FR w FP&DV& 12x10 sunroom Separate LR, fin bsmt w/1,5 BA, 2,5 gar updates galore (27190507)



/34-455-7000 SERENITY ABOUNDS - BACKING TO HINESI Private, private condo backing to Hines Park - best location in complex 2BR/2BA, corner FP, detached garage basement storage in unit laundry Plymouth



Seeing is Believing! 3BR possible 4th or den, 25 ba ranch, 10 acre approx. Eg MBR wimstri ba, vault cling & bow win. Newer Oak Shaw Jamin Frs. At 2 car htd gar wibreezeway.Indry storage, 1/2 ba



· · Redford

734-591-9200 Great family home in a great neighborhd<sup>1</sup> Extra ord nary size mstr bdrm on upper M w' mstr bath. Updates to baths, kit, and firing it car gar fenced yd brick paver patio glass blk



734-591-9200 Redford Wow, look no further II Updtä bungalow w/a huge upstairs w/ built in twin beds & dressers, hrdwd firs 1 o updtä kit w oak cabs, roof 03 windws 05 (I feit me guaranteeli garage dr 05





(27215715)

Westland

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\$104,500

734-455-7000 LIVE ON THE LAKE CHEAP! 158/18A 1cardet All sports lake Lake front boat launch & boat wells avail Beach & picnic area Lake view from Ig deck Updated with remodeled bath & more



\$93,000

734-326-2000

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South Lyon

South Lyon

(27159771)

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\$177,900

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\$104,900

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Perfect for Starters' Close to schools, downtown and shopping. New yremodeled Lichen, wood fooring, fenced in yard. Move right in and everything is done!

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Redford





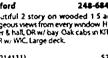


Walled Lake 248-684-1065 Open fir plan. IR w/elec fp cath ceils & recessed light ng Dining area w/ D/W to deck. Kt w/ extension counter 31 ghted ceil fans. Mstr w/ WIC & cath cel











Canton METICULOUS END UNIT RANCH CONDO Bright and cherry 2 BR, 2 S BA wildow open fir plan and cathedral ceilings. Mist has 1g wic and hurury BA, Stir faundry Gas fiplic in GR Patt finit wilav

(27036646)



Canton 734-455-7000 UPTOWN CANTON VILLAGE! 46 upscale brownstone condow 5 ft plans 2 3 bedms 2 cargarage fireplace balcory and GeoThermal hearing & cooling Call for a reservation?



Canton 248-348 6430 Wonderful Condo Peady to Mole P pt thir Floc PP in LR Contemp KT will provide oux cab and fam wood firs BRK have WC Great shart for ent finishing storing. Att digram C in to Summt and si way. \$144.900 (27219336)



734-455-7000 FEELS LIKE HOME! Sportess 488 2 18A col-w Fly Canton schools 2 exten ion on back r Canton schoo's 2 eiten ion on back use offersbigkt hen wigrante a iappl Deck Arealy ore<sup>1</sup>



248-684-1065 Commerce Great home on double for Walk to Union Lake Updates galore LR FR I bisun im Plenty of rab counterpace 2 decise of fully cab counterspace 2 decks w/ fully lenced yard

\$149 900

(27223524)

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248-684-1065 Beaut fully decorated 4 BDRM, 2.5 BA on over 1/2 acre hiltop fot FP opens to brkStirm & kit wilcher yicabs Huge deck & yard HDWD frs n cheryca Cera~ r BA



248-684-1065 Hartland

Dramatic entry of HDWD stone FP & vaulted ceiling Kit will earling area it? bath Island kit wimaple cabs doorwall to paver patiol French doors office lings



### Highland

248-684-1065 S bd. 4 ball with one bd balcombolset up for when kha raccess 2 258 SqTE 2 carbeated gar Master suite wibath - jetted tub and shower fenced back yard

\$299 000

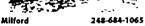
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Inkster 734-326-2000 WELL KEEP CLEAN HOVE Original owners beaut ful hardwood floors (just refinished) Kitchen remodeled with new cupboards, counter tops & floor. Newer windows & that doer. steel d



248-348-6430 Lhronia ul Neighborhoodt & BD colonial has lore including viryl siding, roof, furn vdows, carpeting, driveway gar flir + wdws, carpeting, driveway gar flir + Wonderful t updts galore in & AC, windows req) (27210041) \$229,900



Fabulous historic early 20's architectural style Bead board soffits, swinging kit door rounded entry ways. Charming w/ W.O. bsmt. Backs to woods.



Milford 248-684-1065 Open fr plan. Cathedral ceils in GR & mstr br 3 WCs, 2 doorwalls to deck. Kt has ceramic frs. New gar door. Plenty of storage. Close to village

(27055667)

\$139,900



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Northville 248-348-6430 EXQLISITE EXECUTIVE HOME Prestigous North ville Hills Golf Club sub-beautifully maints ned wipsof decor touches tio Abr 45 balleligant formal DR. 2 stry GR w Pakadium windows

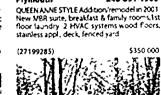


Northville



Bright & Neutral Updates, Paint, KR, Ro Foyer, Kit, P Areas W/playg Xway \$324,900 (27190372)





**Orchard Lake** 

area. Upper Straits.

(27149927)



734-455-7000 Plymouth GREAT PLYMOUTH RANCH! 3BR/2 1BA brick ranch tucked away on a wooded lot in sought after Walnut Creek. New kitchen w oak cabs. I brary w.FP fin bsmt, fresh paint, new carpet & more



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HISTORIC Home w'a Great Walk To Town' Spacious Lr. Arched Walkway Leads 2 Dr. W built in China: Knotty Pine Rm. 2 Brs. Tull Ba Detached Garage Close To Ke'logg Park & Downtown Actimities



248-348-6430 Plymouth Desirable Plymouth Location Quality ranch home w/coved cealings. LR w/natural FP, kit & DR 3 BR w big closets. Fin. birnnt w/ble Fenced yand, det 2 car gar; new carpet, fresh paint.

\$190,230 (27152693)



South Lyon 248-437-3800 Newer colonial on 1+ Acres! Large living room wigas fireplace. Formal dining room wibay window country kitchen. Bonus room, master suite, first floor laundry and full basement





South Lyon Exquisite Cape Cod<sup>4</sup> On cul de-sac. Loads of upgrades Kitchen wibreakfast bar and dining area Loft overlooks 2 story great room! 1 st floor master w bath



### South Lyon

COUNTRY LIVING On 4+ Acrest Creek Running On Property Ranch Home Features Living Room country Kitchen Wishack Bar 3 Br 2 Full Baths And First Floor Laundry Wisk out Batement (27135463) 5279 Sto

248-437-3800



Secluded ranch on 2.5 Acres! Home completely renovated. New kitchen wimaple cabinets & renovated. New kitchen w'n island with bar. New hardsh od Hoors and w master bath. carpeting. Walkout LL (27159044) \$269,900

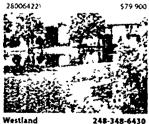


HONEY STOPTHE CAR: Beautiful ranch popular Tonguish Subi 2 cargarage, 1.5 baths, Done in a lineurrais throughout, updated brithen with

a lineutrals throughout, updated kitchen with oak cabinets, newer windows inewer roof



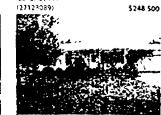
Westland 734-326-2000 A GOOD VALUE FOR THE SMART BUYER A very affordable 3 bed oom brick & aluminum ranchin Westland with 1 12 baths, full finished basement and a 21/2 ar garage The kitchen has been re



Refax By Your Own Pirvate Pond' Great deaf on this updated condow th 2 baths Neutral paint and carpet if replace carpet A Lapp' ances stay



Whitmore Lake 248-437-3800 Soft tend on guet wooded lot! Home backs to nature preserve and has tons to offer Updared in then cabinets & counters, all new appliances hardwood foors both bathrooms, roof and more



Whitmore Lake 248-437-3800 Charming 3 Bedroom ranch<sup>1</sup> Perfect for the first time home buyer 3 bedroom ranch unite notice outer is bedroom ranch with grat curb appeal. Doorwa'l from breakfast nook to deck. Conveniet location!

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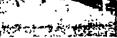
\$165,500

# www.OurForeclosureHomes.com













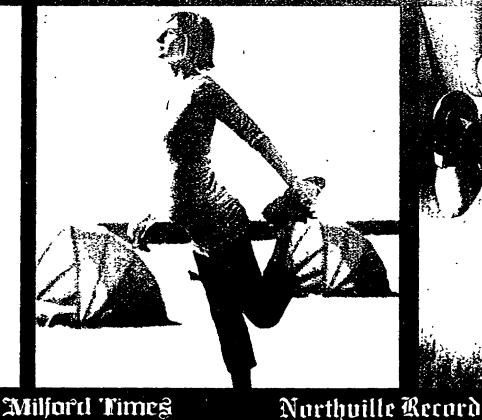




# NEWYEAR, NEWYOU

- Make resolutions a reality
- Trick your tummy full
- Burn calories at the office
- Reduce prescription errors
- Choose the right gym
- Restaurants go skinny









# Your Workout Will Never Be The Same

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## Know the facts when choosing a gym

#### By Ronda Addy | MULTI-AD

Whether you call it a health club or a gym, it is important to choose the right one for you and it may not be the one offering the two-for-one membership deal. You want the gym that best suits your personal needs and fitness goals. Here are some tips that can help you make your decision.

#### **Consult your doctor**

Before beginning any exercise program at any gym, you should consult your doctor, especially if you have had health problems, have never exercised before or are starting late in life, or are pregnant.

The gym you choose won't need a letter from your doctor, but some personal trainers might. In most cases, the gym will ask you to sign a waiver so it won't be held responsible for any injuries you may suffer.

#### Visit the gym

If there are several gyms in your area, you should visit most of them and ask people you know for recommendations. After you have narrowed your choices, you should visit each gym again. Take a tour and ask for a free pass. Use it when you would normally to see what the gym is like at that time. You may not feel comfortable working out in gym filled with 18- to 21-year-old guys.

#### **Check staff training**

While on your tour, check out the qualifications of the staff. All personal trainers and group fitness instructors should be certified by the American Council on Exercise (ACE) or the American College of Sports Medicine. A good trainer should have taken a written exam and continuing education classes every two years. Every staff member should be trained in CPR, and for safety reasons, a staff member should be on the floor at all times. It is their job to make sure every-



Photo by METRO NEWS SERVICE

Make sure a gym will help you meet your fitness goals by checking it out before you join.

one is using the equipment properly and returning it to the right place afterwards.

#### Examine the equipment

. . . . . . .

Check out the equipment. Is it state of the art or just the standard stuff? Is it clean and in good condition? Are the pads ripped? Are the floor pads swept everyday? Is there enough equipment for everyone, or are there long waiting lines? Is the temperature consistent, not too hot or too cold?

#### Are there extras?

Check out the amenities. Does the gym offer just workout equipment, or does it have a pool, sauna, racquetball or basketball court, steam room or hot tub? Does it offer babysitting, tanning booths, personal trainers and classes like aerobics and spinning? Does it offer a different membership for someone not planning to use the pool or other amenities?

Check out the locker rooms. Are they clean? Do they offer any amenities like a hair dryer? Is there a separate changing area? Are the floors slippery? Are there enough lockers for everyone? Are the showers clean? Is there a place for soap or shampoo?

#### **More questions**

There are several other questions you might want to ask about the gym. These include:

- What is the monthly membership fee and what does it cover?
- What programs and services cost additional?
- Is there an initiation fee, and if so, how much is it?
- Are month-to-month contracts available?
- How often have the rates increased and by how much?
  What is the cancellation policy? Can a membership be
- suspended for any reason? Is there a fee involved?
  Can a membership be used at another gym or an affiliate gym when traveling?
- What is the dress code? What kind of shoes are allowed?
- Is there an area where members can socialize together? Are group activities offered like bicycle rides or runs?
- Are guests allowed?
- Is the parking lot safe, especially at night?

Before you join any gym, do some further research. Talk with members, check with the Better Business Bureau for complaints against the gym, and check to see if the gym is a member of the International Health, Racquet and Sportsclub Association (IHRSA).



# **Resolutions: Make them a reality**

### Define a specific, enjoyable goal you will enjoy working to achieve

Very year, millions of people make New Year's resolutions. And every year, millions of people abandon those resolutions in a small period of time. Whether it's the hectic pace of life or the general difficulty of making a lifestyle change, resolutions have a history of falling by the wayside.

In fact, research indicates that roughly 30 percent of people who make New Year's resolutions have already abandoned them just a month into the new year.

While it's common for resolutions to be abandoned, there are tricks to making resolutions a reality.

#### Don't be too vague

One of the more common New Year's resolutions is to ose weight. While the idea of losing weight is a great idea or those who are overweight or obese, simply saying "I'm zoing to lose weight" is not a good resolution. That's occause it's too vague. After all, if you go 12 months and lose 1 pound, theoretically your resolution might have become a reality, but was the spirit of the resolution truly met? Of course not.

To make a resolution stick, be specific. If your goal is to lose weight, weight yourself and set a realistic goal for weight loss (consult with a medical professional if need (se) By doing so, you can establish measurable goals along the way, such as losing "X" amount of pounds by a certain date.

Such measuring sticks will help to keep you motivated as you continue to meet your goals.

#### Be realistic, responsible with your resolution

Foo often, resolutions are made that aren't necessarily realistic or responsible, which calls into question how valuable a given resolution truly is.

For example, someone who is buried in debt might

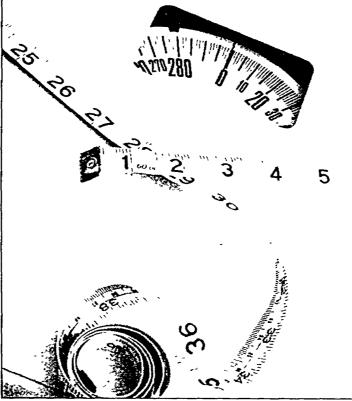


Photo by METRO NEWS SERVICE

One of the more common resolutions each year is losing weight, which typically meets with mixed results.

resolve to get a new 50-inch television plasma screen television before the year is out. While it can be nice to have such a television, that's not really a responsible resolution. Instead of making the television your resolution, make getting out of debt your resolution.

Should you accomplish that goal, you can then choose to reward yourself with the television that way.

#### Make your resolution something you'll enjoy

When a young person enters college, he's often told to find something he loves to do and do that for a living. The same approach can be taken with a New Year's resolution. For those who love to write, resolve to get a piece of

writing published before the end of the year. For those who want to lose weight but aren't fond of going to gyms, look into an athletic activity you might once have enjoyed, such as riding a bike, playing basketball or jogging, and center your weight loss program around such activities.

The more you like doing the things related to your resolution, the more likely it will be that that resolution will become a reality.

#### Don't allow setbacks to settle things

A big mistake many people make with respect to their resolutions is allowing minor setbacks to become major ones. Resolutions aren't easy. If they were, you wouldn't have to resolve to doing them in the first place.

What makes resolutions harder is allowing certain setbacks, such as not meeting a short-term weight loss goal, derail your efforts. Every worthwhile resolution will involve some hurdles, some that will be easy to clear and others that might take a try or two, or even more.

Don't get discouraged to the point of abandonment at the first hurdle you can't clear. If you do, you'll likely find yourself making the same resolution next year.

- Metro News Service

### Cardio is the key to a successful exercise regimen

When it comes time to lose weight, many people look to the nearby fitness center to help them shed those extra plands. When entering a gym for the first time, newcomers are often overwhelmed by the buzz of activity and the clanking of weights coupled with the host of machines they seem to know nothing about.

While an initial foray into the gym can be intimidating, it's iportant to keep in mind that one of the best ways to lose eight is something you've been doing almost since the day in were born. Since the moment you took your first step.

a ve been doing cardio, or cardiovascular exercise. More widely referred to as aerobic exercise, cardio has a

a aber of benefits, not the least of which is losing weight

#### **Cardio strengthens bones**

Osteoporosis is a bone disease in which the bones become brittle and fragile due to tissue loss. This tissue loss can be the result of age of deficiencies in calcium or vitamin D. A workout that includes jogging or even fast walking can reduce the risk of osteoporosis because, as the National Osteoporosis Foundation (NOF) points out, these weightbearing activities strengthen the skeletal system. NOF also notes that any exercise in which feet or legs are bearing the weight, including dancing and climbing, are effective cardio exercises

#### Cardio reduces body fat

Including cardio in your regular exercise routine helps to increase lean body tissue while reducing fat. If the goal of your weight loss is to look better, then including cardio in

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your regular routine is a great way to achieve this. While this might sound simple, the more calories you burn, the more pounds you'll lose, and cardio has proven to be a great way to burn calories.

#### Cardio can reduce blood pressure

Many people choose to lose weight not because of a New Year's resolution, but because their doctor (or their body) has told them they need to shed weight to survive. For those with high blood pressure, cardio has proven an effective way to lower blood pressure. A 2002 study at Tulane University tound that aerobic, or cardiovascular, exercise lowered blood pressure in all groups of people, whether they had pre-existing conditions or had normal blood pressure.

#### Cardio can help relieve the pain of arthritis

A cardiovascular program that includes water exercise can be especially valuable to arthritis sufferers. Such exercise can help keep the joints moving while strengthening the muscles around the joints. In addition, cardiovascular exercise increases energy levels, which helps arthritis sufferers better handle some of the daily tasks that have become difficult as a result of the arthritis

- Metro News Service

Photo by METRO NEWS SERVICE Cardiovascular exercise has a number of benefits, not the least of which is losing weight.



### **Regular massages are perfect for resolution lists**

By Ronda Addy / MULTI-AD

Massage therapy has been around for centuries. As far back as 2,700 B.C. ancient Chinese cultures used it to relieve all types of ailments. Hippocrates wrote about the benefits of rubbing and friction regarding joint and circulation problems, and Julius Caesar is believed to have had daily massages to treat nerve pain. During WWI, massages were used to treat nerve damage in soldiers, and during the 1930s, to help shellshocked soldiers.

Today, massage therapy is used in all types of settings to treat a variety of conditions ranging from stroke and heart attack to nerve damage, cancer and paralysis in babies and seniors. In addition to treating chronic conditions, massage therapy can help reduce stress and tension.

Although they use their hands mainly, massage therapists may also use their elbows, forearms and feet to apply fixed or movable pressure to the body, speeding up healing and increasing overall well-being. With all of the various types of massage therapy techniques around today, there is bound to be one for you.

Here's a brief description of some of the different therapies available:

• Amma therapy is based on 5,000-year-old Chinese massage. Using their thumbs, fingers, elbows, arms, knees and feet, therapists press, stroke, stretch and manipulate pressure points along the 14 major meridians of the body. The therapy can be done while patients are fully clothed lying down or sitting up.

· Aquatic massage therapy takes place in a



Add a form of massage to your New Year's resolutions list.

therapeutic pool, allowing for a wider range of motion. Patients float on their back on a pool-noodle or flutter board while therapists support their head and neck and use some of the same techniques of land-based massage as well as Watsu and Jahara massage techniques.

• Inhalation therapy is also known as breath or respiratory therapy and involves the lungs. Oxygen therapy is the most common, with

oxygen fed to patients through a mask, tent or oxygen chamber. This type of therapy can also be done in patients' homes through the use of a humidifier or vaporizer or inhaling steam from hot water. To get the full benefit of this treatment, patients should stay in a warm place for an hour afterwards.

• Integrated energy therapy is a holistic therapy designed to increase life flow energy.

Focusing on the nine primary energy points of the body, therapists use a cellular energy map to find out where emotions and energy are suppressed. To unblock and release the two, therapists spend an hour to an hour-and-a-half rebalancing patients' energy fields as they lie on their back fully clothed on the massage table surrounded by pillows. After the session. patients must take some time to allow their body to readjust and absorb the massage.

• La stone therapy uses hot and cold stones to relieve sore, stiff muscles and joints. Alternating between warm and cold stones of all shapes and sizes, therapists apply the stones to the body to balance patients' chakra or energy. Warm stones improve circulation and ease stiffness, while cold stones move blood away from the swollen area.

 Moxibustion involves the use of mugwort and fire. There are two ways to practice this therapy: directly or indirectly. With the direct method, therapists roll mugwort into a cone and burn it on traditional acupuncture points of the skin, which are covered with a substance to prevent scarring. The direct heat releases endorphins in the affected area.

With the indirect method, therapists roll moxa like a cigarette, light up one end and use it to heat acupuncture needles that have been placed on certain points on the body. The heat is transferred from the needles to the body, relieving sore joints and aching muscles.

This is just a sample of the various types of massage therapies available. As with any type of medical treatment, make sure you talk with your doctor first before starting massage therapy.



# Eat before meals to reduce calorie intake

By Nanci Hellmich / USA TODAY

If you want to cut calories without going hungry. consider eating an apple, low-calorie salad or brothbased soup before meals.

These are ways that have been scientifically proven to work by nutrition researchers at Pennsylvania State University. Their studies show that:

• People who eat an apple about 15 minutes before lunch consume an average of 187 fewer calories at the meal than when they have applesauce, apple juice or nothing at all. This calorie savings includes the calories from the apple.

• Men and women who have one and onehalf to 2 cups of vegetable soup before a meal consume about 134 calories less at the meal than when they don't have a bowl of the broth-based soup. That includes the soup calories.

• Women who eat a large salad (about 3 cups) before lunch consume 12 percent fewer calories at the meal (salad calories included) than when they don't have the salad beforehand.

"The trick is to make sure that first course only contains about 100 to 150 calories," said Barbara Rolls, a professor of nutritional sciences at Penn State and author of "The Volumetrics Eating Plan."



Photo by METRO NEWS SERVICE

People who eat an apple, a bowl of soup or a salad about 15 minutes before a meal consume fewer calories during the meal.

Julie Flood, a nutrition researcher who worked on the studies with apples and soup, agrees that dieters have to be careful. "If you run out and order broccoli cheddar soup or a salad loaded with meat, cheese and high-fat dressing, this is not going to work." Rolls has conducted other studies that show people can feel full on fewer calories if fiber-rich or water-filled fruits and vegetables are added to standard recipes and menu plans.

That way, the same-size portions they'd

normally eat contain fewer calories. This is called lowering the energy density of foods. In practical terms this means:

• Adding vegetables such as spinach, zucchini, yellow squash, broccoli, carrots, peppers and onions to lasagna, casseroles, pasta dishes and pizza.

• Increasing the proportion of vegetables in stir-fry dishes, broth-based soups and stews.

• Snacking on fresh fruit rather than dried fruit. One-fourth cup of raisins has the same calories as One two-third cups of grapes.

• Adding extra vegetables to sandwiches.

A growing body of evidence shows that eating enough fish, chicken, lean meat, lowfat dairy, beans, nuts or other protein-rich foods helps ward off hunger and helps people feel full longer.

More research needs to be done on protein's effect on satiety, Rolls says. But in the meantime, she suggests making sure you have a good source of low-fat protein at most meals.

It could be low-fat milk with your cereal, water-packed tuna for lunch, or chicken or legumes for dinner.

It's also good to find protein-rich snacks, she says, such as yogurt, low-fat string mozzarella cheese, black bean dip or hummus with vegetables.

### Maintain your diet resolution when dining out

When it comes to dieting these days, dieters have a multitude of avenues to explore as they attempt to eat healthier and shed a few extra pounds.

With so many different approaches to diet, it's hard to determine what's good for you, what's not so good for you, and what's the best way for you to lose weight

For many, the dieting process includes lots of trial and error until the diet that best suits your lifestyle and personal tastes is discovered. Once that's happened, though, even the most disciplined dieters trequently face a common roadblock leat ing out

A night on the town often involves dining out as well, making it hard for dieters to resist a welcoming menu filled with lots of good food, but not necessarily food that fits with your established diet.

Fortunately, for those facing such a quandary, there are a few tricks to make dimmg out easier and healthier.

#### Beware of beverages

When dining out, avoid beverages that

 have added sugars, such as soft drinks or mixed drinks
 If you like a glass of wine or a beer with

your entree, keep it solely for your entree, and order a glass of water to sip while you're eating your appetizers

If alcohol isn't a must-have, continue with water during the main course, or another safe choice such as unsweetened tea, or even low-fat or fat-free milk

#### Dress your own salad

Oftentimes, people look at salads as extremely healthy. While this is true in theory, it's not always reality. That's because salads can be smothered in salad dressing, which isn't necessarily healthy

When ordering a salad, ask for the dressing to be served on the side. This allows you to control how much dressing you'll eat.

In addition, ask for low-fat dressing, as the difference in taste is hardly noticeable.

Watch the bread you break

Most restaurants bring bread or bread-

sticks to a table once a dinner party sits down.

In such cases, ask a waiter or waitress it the restaurant has whole wheat bread. Unlike white bread, whole wheat bread does not have its bran and germ removed by milling, making it a better source of fiber.

Because those ingredients aren't removed, whole wheat breads also make people teel full more quickly, encouraging dieters to eat less throughout the rest of the meal

#### Flee the frying pan

Don't order dishes that are fried or sautéed, as these dishes typically feature lots of trans fats that are very detrimental to your health

While many restaurants have either cut back or stopped their use of trans fats entirely, it's hard to decipher who has, and it's hard to know which dishes still include trans fats, which restaurants use because they extend the storage life of foods and also contribute positively to a dish's flavor. So what to order? Dishes that are steamed, grilled or broiled are often far healthter and just as delicious. When ordering such dishes, ask for vegetables to replace unhealthy side orders like french fries.

#### Bolt from the buffet

Buffet-style eating, while tempting (especially to dieters), should be avoided at all costs. Rare is the person who doesn't overeat in this setting, and dieters will regret overindulging at the buffet.

#### Finish with fruit

Part of the joy of during out is ordering dessert. While most are quick to go the ice cream and pastry route, for dieters this should be avoided.

In lieu of the traditional dessert fare, order some fruit, which can be a nice, light complement to your entree.

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### Restaurants lighten up on menus for January

By Bruce Horovitz / USA TODAY

For the millions of Americans who entered 2008 a bit flab 2008 a bit flabbier — and made that perennial resolution to shed poundage -some of the most familiar eateries have an alluring pitch for the new year: eat, drink and be lighter.

That sounds contradictory, but for big restaurant chains, it's all about customer counts. January is rough for the \$558 billion industry as people cope with holiday burnout, credit card bloat and body flab.

#### Skinny choices

Starbucks is hyping "Skinny" lattes. Jack in the Box launched low-cal chicken strips. Cheesecake Factory rolled out light salads. Applebee's says Weight Watchers menu sales could jump 8 percent. Panera Bread is selling half-sandwich and half-salad combos. Sonic's fat-free Double Berry Smoothies are new.

Even Taco Bell's added low-cal stuff. There's a battle of the bulge after the holidays," said Tom Wagner, vice president of consumer insights. "We don't want people eating at home. We want them to eat at Taco Bell."

#### Will they buy it?

"We're entering the age of well-being," said Linda Eatherton, who oversees Ketchum Communications' global food and nutrition practice. "Health is the new wealth."

But "lighter" items may do more harm than good, said Kelly Brownell, director of the Yale Center for Eating and Weight

### The skinny on Starbucks' 'Skinny' drinks

"Skinny" mochas and lattes are made with non-fat milk, sugar-free syrup and no whip.

Drink	Calories	Fat (grams)
Tall Vanilla Caffe Latte	190	5
Tall "Skinny" Vanilla Caffe Latte	90	0
Tall Caffe Mocha	270	12
Tall "Skinny" Caffe Mocha	90	0
•		Source: Starbucks

now," Wagner said. Disorders. "The majority of what the fastfood chains sell is high in sugar, fat and calo-

• Jack in the Box — The new offering is

\$3.99 Grilled Chicken Strips: four strips at 320 calories.

"This is the time of year our guests search out healthier alternatives," said Tammy Bailey, head of menu marketing.

• Cheesecake Factory --- The casual-dining chain recently added five Weight Management salads (less than 590 calories each).

It also rolled out 10 "small" entree salads at \$6.95 to \$8.95, said Howard Gordon, marketing chief.

To aid weight-and-budget-conscious diners, servers are reminding folks it's OK for two people to split one entree.

ries," he said, and lighter items actually

On tap for a "lighter" January:

rarely are bought.

• Starbucks --- The coffee chain has big plans to roll out "lighter" products in 2008, says Michelle Gass, senior vice president of global products.

This month's are Skinny lattes and mochas, 90 calories since they're made with non-fat milk, sugar-free syrup and no whip.

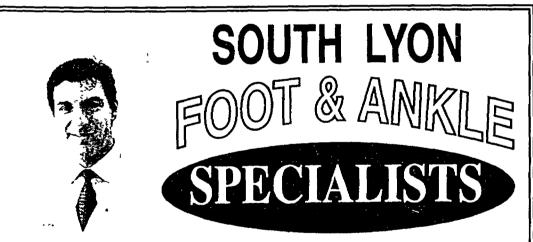
"A latte is not a big indulgence when it's only 90 calories," Gass said. At lunch, Starbucks is introducing 330-

calorie Chicken Bruschetta sandwiches.

#### **Favorites lighten up**

• Taco Bell — The chain is rolling out a Fresco Menu with nine items that each have less than 9 grams of fat. Most of them replace cheese and sauce with salsa.

"If there's ever been an opportunity to put out a menu with more healthful benefits, it's



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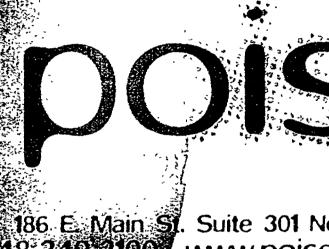
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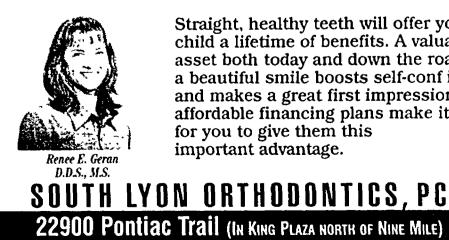
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# Cataracts

### This eye impairment is not limited to just the elderly

AS the aging process runs its course, it's expected the body will go through certain changes. A slower metabolism, a reduction in stamina and a few extra pounds are some of the experiences of aging.

Another frequent development as people grow older is a loss of vision. According to the National Eye Institute (NEI), by the age of 80 more than half of all Americans either have a cataract or have had cataract surgery.

Such figures illustrate the importance of understanding cataracts and what, if anything, can be done to avoid being another number among the cataract-having masses.

#### What are cataracts?

A cataract is a clouding of the lens that can impair a person's vision. This impairment occurs because the lens helps to focus light on the retina, which needs a clear lens in order to receive a sharp image.

If the lens isn't clear (as is the case when a person has a cataract), the image received by the retina will be blurred.

Though cataracts cannot be spread from one eye to the other, they can occur in both eyes.

#### Aren't cataracts just an elderly concern?

While the majority of people with cataracts are elderly, that doesn't mean younger people, and even babies, cannot be stricken with a cataract. That's because cataracts come in different forms.

• Age-related cataracts: These are the cataracts most people instantly think of. They develop as a result of aging.

• Traumatic cataracts: Anytime a person injures an eye, there's the possibility that a traumatic cataract will develop. What's more, these types of cataracts aren't on a timetable and can develop years after the trauma occurred.

• Congenital cataracts: These can occur in infants or even older children and typically occur in both eyes. Sometimes, they go unnoticed because they do not affect vision. When they do affect vision, lens removal might be necessary.

• Secondary cataracts: These are often the result of another



Photo by METRO NEWS SERVICE

Contrary to popular belief, children, and young people in general, are not immune to cataracts. Injury to the eye, overexposure to ultraviolet light, diabetes or glaucoma can also cause cataracts to develop.

disease, such as diabetes, or another eye problem, like glaucoma. Overexposure to ultraviolet light can also cause cataracts. The NEI notes that secondary cataracts have been linked to steroid use as well.

#### How do I know if I have a cataract?

Just because you have a cataract doesn't mean you know it. That's because cataracts develop slowly and the symptoms are not overwhelming. Some of the more common symptoms include:blurry vision

- excess glare, making certain forms of light, such as head lights, lamps or sunlight, appear too bright
- difficulty driving at night because of oncoming headlights
  double vision, a symptom that might clear as the cataract continues to develop
- fading of colors
- lucing of coloro

#### What can be done to prevent cataracts?

Prevention of cataracts can be difficult because there is no concrete cause. However, certain behaviors have been linked to cataracts, and therefore avoiding those behaviors can lessen a person's risk. According to the NEI, smoking and alcohol use are risk factors for cataracts. In addition, researchers believe diabetes and cataracts are linked.

The good thing about these risk factors is that they can be controlled.

People who don't have diabetes should eat healthfully (a diet that includes green, leafy vegetables and fruit) and exercise, while all people should avoid smoking and drinking alcohol in excess.

It's also good to have a yearly eye exam, particularly for middle-aged adults and those older.

People with a history of eye problems or who have experienced eye trauma in the past should also have yearly exams, regardless of age. NEI recommends people over the age of 60 should get a comprehensive dilated eye exam at least once every two years.

Another way to prevent the onset of cataracts is to keep eyes protected from the sun at all times. Since prolonged exposure to sunlight is a risk factor for cataracts, be sure to wear sunglasses whenever going out in the sun. For those with glasses, consider clip-on prescription lenses that attach directly to the lenses of eyeglasses.

To learn more about cataracts, visit the National Eye Institute Web site at www.nei.nih.gov.

- Metro News Service

### Having healthy kids begins with a healthy diet in 2008

As many parents can attest, a big problem facing today's youth is the epidemic of obesity. Particularly in industrialized nations, the number of obese children continues to rise, as more kids are living unhealthy and sedentary lives.

When it comes to childhood obesity, the numbers don't lie. According to the Centers for Disease Control and Prevention (CDC), 16 percent of young people (ages 6 to 19) are overweight or obese. That translates to roughly 9 million kids across the country who are overweight or obese.

In addition, the CDC reports indicate that another 15 percent of children are at risk of becoming overweight, meaning roughly 30 percent of American children are either overweight or obese, or at serious risk of becoming overweight

Those numbers, while startling enough on their own, are even more so when considering the effect overweight or obese youths are having on the American healthcare system. While hospital costs for children used to be associated with a broken bone here or there as a result of physical activity, a large portion of the youth-related hospital costs nowadays are the result of obesity.

In a 2005 report, the Institute of Medicine, a nonprofit organization started to provide unbiased science-based advice on science, medicine and health, noted that youth-obesityassociated hospital costs from 1979 to 1981 were \$35 million. Twenty years later, the same report notes, those costs had more than tripled to \$127 million.

Perhaps most damaging is the likelihood many of these children will be overweight or obese when they grow up. The

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United States Department of Health and Human Services reports that overweight adolescents have a 70 percent chance of becoming overweight or obese as adults. For parents of overweight or obese children, this is certainly cause for concern. In addition to the physical consequences of being overweight or obese, both children and adults who are obese often pay a big price socially as well.

For concerned parents, the good news is that many of the following risk factors are entirely within a parent's, and even a child's, control.

• Diet — What a child eats has a major impact on his or her chances of being overweight or obese. Regardless of how active a child is, a poor diet can be very damaging.

Foods and beverages that are high in sugar and calories, such as soft drinks and candies, lead to weight gain. Regular consumption of fast foods and baked goods, both of which are high in calories, is also detrimental to a child's health. Snacks, unless they're healthy, moderately-proportioned snacks such as fruit, are also typically loaded with calories.

• Sedentary lifestyle — As technology has advanced, the rate of childhood obesity has risen. While there may or may not be a direct correlation between the two, the increasingly sedentary lifestyle that technological advancements enable suggests there certainly is a correlation. Time kids are now spending playing video games or watching more and more television is time that kids used to spend outdoors playing and exercising.

In general, parents should encourage leisure activities that

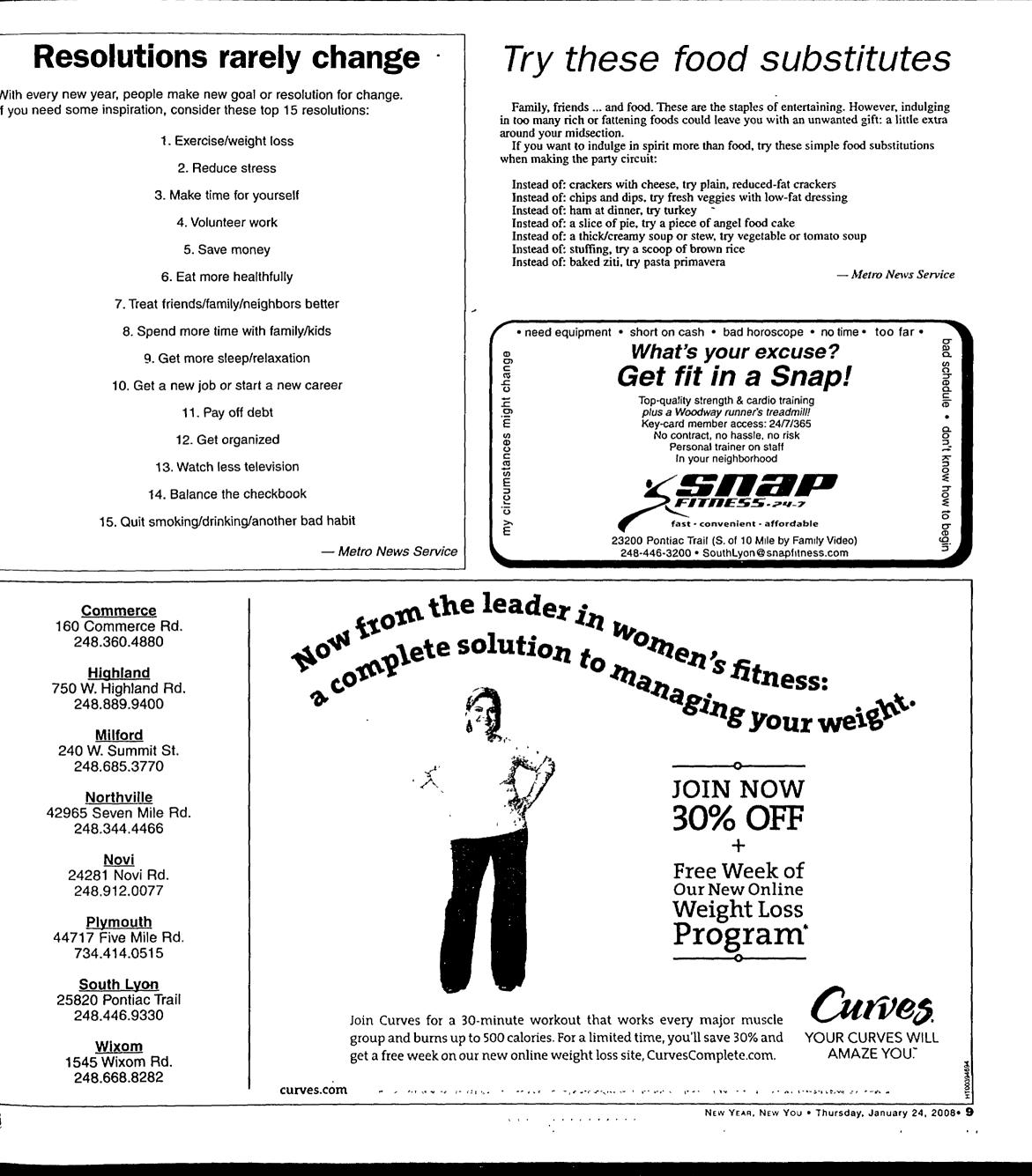
involve exercise, whether that exercise is structured or not. Parents who live in households where both parents work should consider placing younger children in afterschool programs where video games and television are not available. Older kids should be encouraged to participate in extracurricular activities that promote exercise.

• Genetics — The genetic risk factor for obesity is arguably the hardest to control. Children who come from a family of overweight people might be genetically predisposed to putting on extra pounds. In such families, diet and exercise need to be emphasized even more than normal, and parents, if overweight or obese, should explore losing weight themselves in an effort to provide a better example to children.

• Psychology — Nearly everyone has heard the term "comfort food." Coping with emotional problems, stress or even just a rough day at the office by eating is unhealthy. If kids have a rough day at school, it can be tempting to take them out for pizza or ice cream. However, this sets a dangerous psychological precedent, one that could turn food into a crutch for kids during difficult times.

This can be an especially unhealthy habit to adopt during the difficult period of adolescence. In lieu of using food as a means of coping, consider taking kids on a hike or with you to the gym. Exercise is known to relieve stress, and if kids associate exercise with relieving stress at an early age, they're more likely to make exercise a part of their daily lives.

- Metro News Service



# **Too many pills?**

### Reduce dangerous prescription errors with these tips

A generation errors can occur at any step during the health care process. It's estimated that on average, there is at least one medication error per hospital patient per day, although error rates vary widely across facilities.

Errors can also occur at the pharmacy and result from doctors prescribing medications that just aren't compatible.

Estimates suggest that millions of people are injured each year from medication errors mostly seniors. This should come as no surprise because seniors often take several prescriptions

to maintain health and manage chronic diseases. Studies show the average senior takes four or five prescription drugs and two over-the-counter drugs on any given day, and this can compound the risk for complications. That adds up to quite a number of pills and liquids being consumed

daily, which can be confusing in and of itself. Plus, slower metabolism among seniors means that drugs will remain in the body longer than in younger people, making them more prone to adverse drug reactions and the potential for overdose

There are ways to reduce the chances for mistakes when it comes to your medication.

#### Talk to your doctor

Notify your doctor of all over-the-counter, prescription drugs and vitamin or herbal supplements you are taking. Every one of these items has the potential to interact with new drugs your doctor may be thinking of prescribing.

#### **Read directions**

Take the drugs your doctor prescribes according to directions (time of day, empty/full stomach, duration). Do not stop a medication without consulting with the doctor first, even if it seems like it may be a good idea.

#### Know the names

Be aware that drugs can be listed and prescribed by their trade or generic name.

Photo by METRO NEWS SERVICE

To safely get the most out of multiple prescriptions, utilize your pharmacy's expertise to avoid dangerous drug interactions.

#### Notice similar ingredients

Some over-the-counter medications contain the same ingredients. For example, cold remedies can contain acetaminophen (Tylenol), therefore taking pain relievers on top of cold medicines could prove dangerous. Always read the packaging and warning labels before taking a drug or supplement.

#### Think before you drink

Drinking alcoholic beverages when you are taking some medications may alter their effects or create hazardous reactions.

Use pharmacy services Pharmacies may offer special services to make managing medications easier. For example, some can print labels in larger print for the vision impaired. Prescriptions may be colorcoded if multiple members of the family are taking different drugs and the opportunity for confusion exists.

#### **Electronic scripts**

Paper prescriptions may become extinct soon. New computerized systems for prescribing drugs may reduce the number of drug-related mistakes.

Studies indicate that paper prescriptions are associated with high error rates. Electronic prescribing is safer because it eliminates problems with handwriting legibility and, when combined with decision-support tools, automatically alerts prescribers to possible interactions, allergies, and other potential problems.

Technicalities still need to be worked out, but forecasters predict that by the end of 2008 all health care providers should have plans in place to write prescriptions electronically.

#### Talk to the pharmacist

Develop a rapport with your pharmacist. He or she can prove a wealth of knowledge on medications and answer any questions you may have concerning prescriptions or general health care.

#### Get organized

Create a system at home that keeps medications organized according to when you need to take them. Some people prefer a pill organizer in which they distribute pills. When the caddy is empty, they've taken all the pills for the day. Others feel this presents confusion because the pills are taken out of their original bottles. A chart placed in the bathroom or where you keep your medications could prove handy.

#### Be aware

If you notice any strange feelings or side effects in response to a medication, alert your doctor. — Metro News Service

### No sweat — Burn calories while working at the office

Walking to the vending machine, making copies, hooting it to your car at night every little thing you do during the day adds up

Here are ways from Eitness magazine to burn almost 600 calories at work without your boss even noticing

Activity/Minutes	<b>Calories Burned</b>
Walk up stairs/15	28
Walk back down/10	33
Stand while chatting	
on the phone/30	8
Clean out desk drawe	rs/15 40
Visit a coworker five	times/20 75
Type on the computer	
Do heel raises at desl	/5 19
Touch up your makeu	1p/5 10
Total Minutes = 220	593

(Calories-burned estimates based on a 140-pound woman.)

#### Eat like it's your job

To keep hunger down and energy up at work all day, include complex carbs, lean protein and healthy fat at every meal. Here are more eat-healthy tip from the editors at Fitness:

1. For on-the-go breakfasts, pack 'cup servings of easy-to-grab cereal (like Kellogg's Frosted Mini-Wheats) in advance. Add dried fruit and nuts. Store in your glove compartment for rushed mornings (like today)

2. Brown-bag it. Make sandwiches with crisp veggies, like red peppers or cucum-

bers, for lunch. You'll get vitamins, a satisfying crunch and fiber to help fill you up, Palumbo says.

3. For high-protein, stay-with-you-allday snacks, bring in hard-boiled eggs, light mozzarella sticks and peanut-buttersandwich squares (on whole-grain bread) and refrigerate them.

4. Tempted by the vending machine? Try snacking on anything with nuts, like Snickers, peanut M&M's or mixed nuts. The nuts provide filling protein and fat.

5. For instant energy, cat fruit. It's great for the office because it contains fructose, which is a fast-acting carb, so it provides a quick boost.

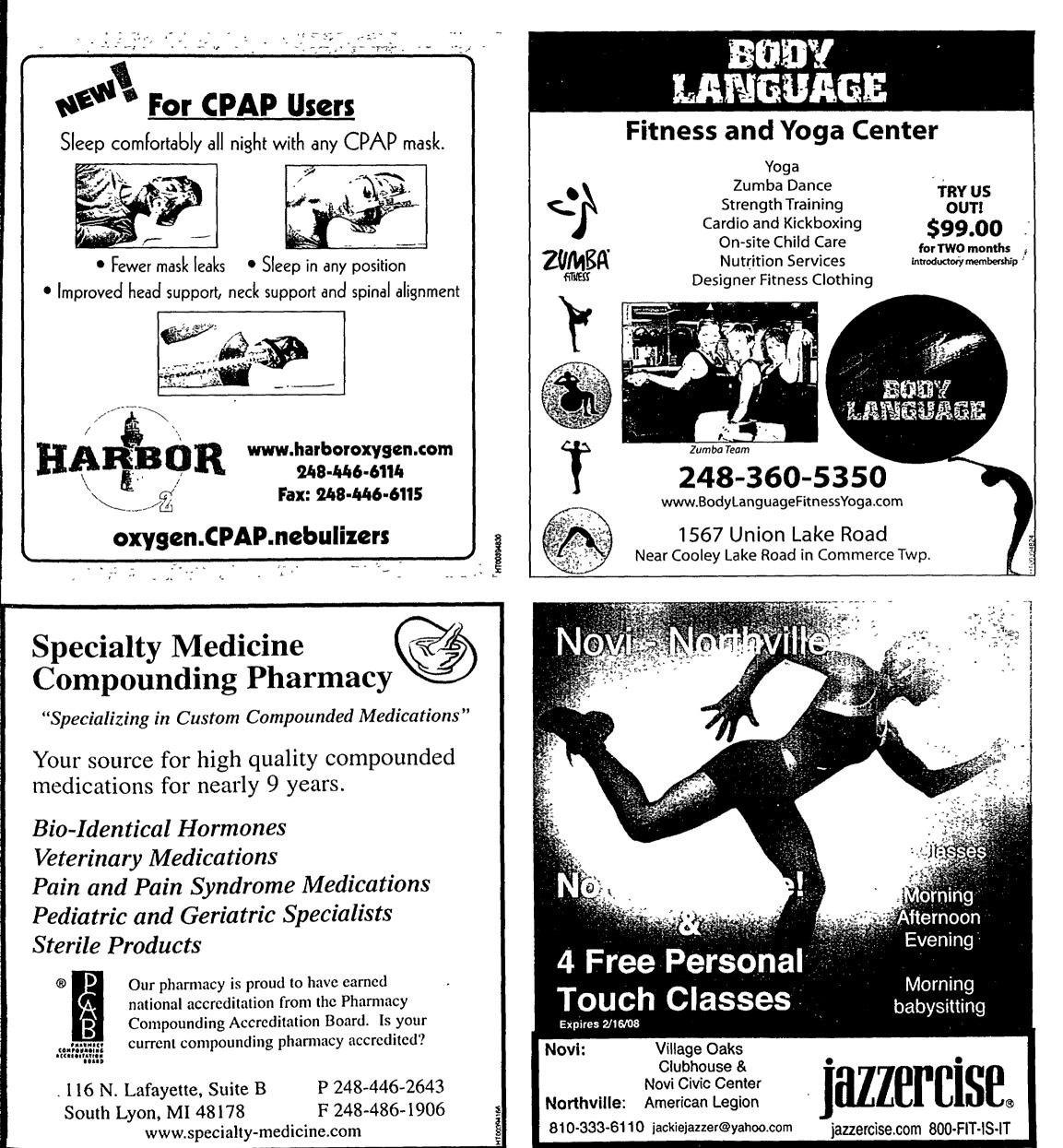
Bonus: Eating an apple after lunch can clean your teeth.

6. Must...have...coffee.... Afternoon slump? Get a tall nonfat latte. It has 100 calories and 10 grams of protein, which is about the same as half a serving of meat.

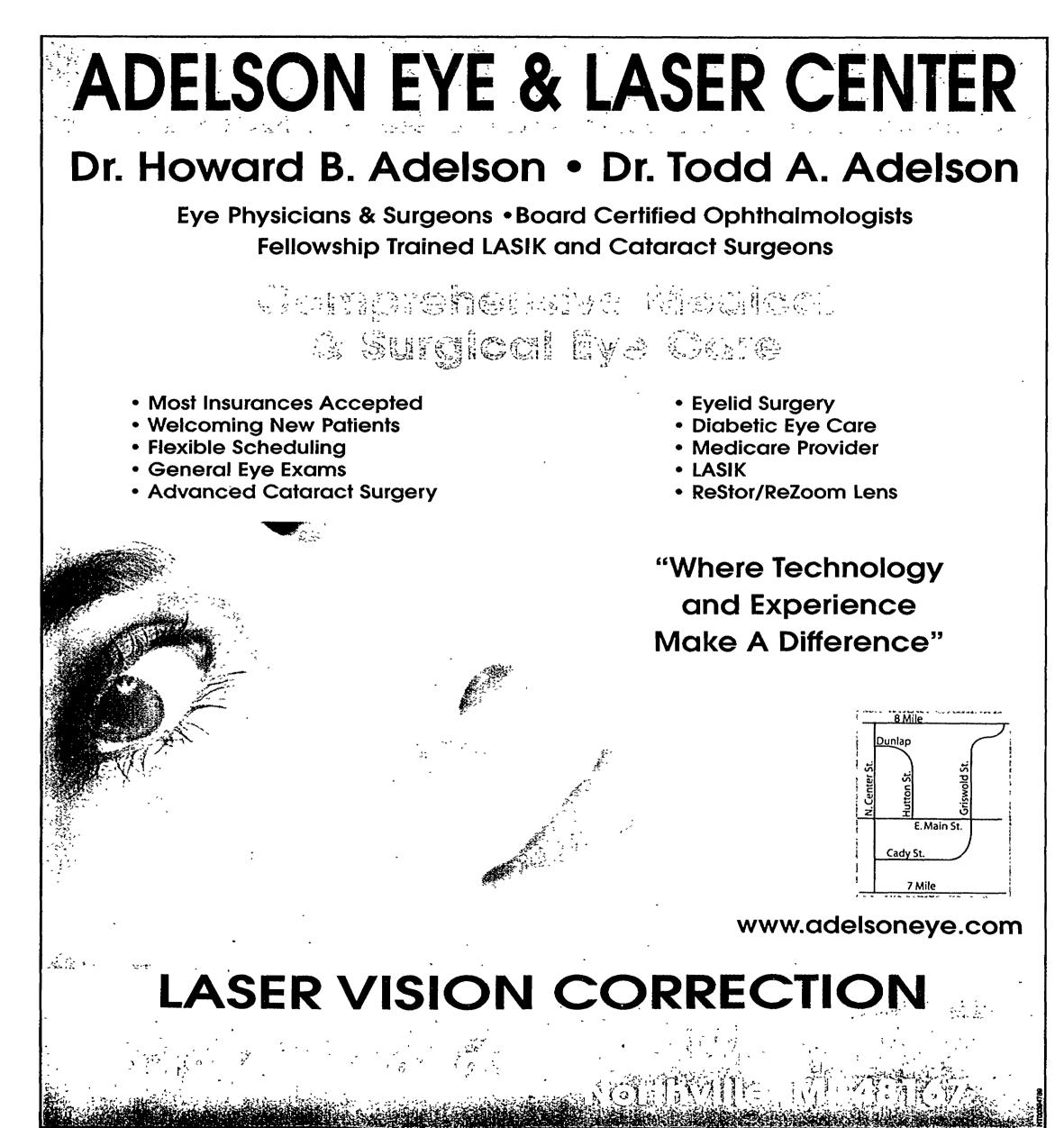
7. If your car is on fast-food autopilot, get a plain hamburger. Most small burgers have fewer calories than breaded-chicken sandwiches.

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