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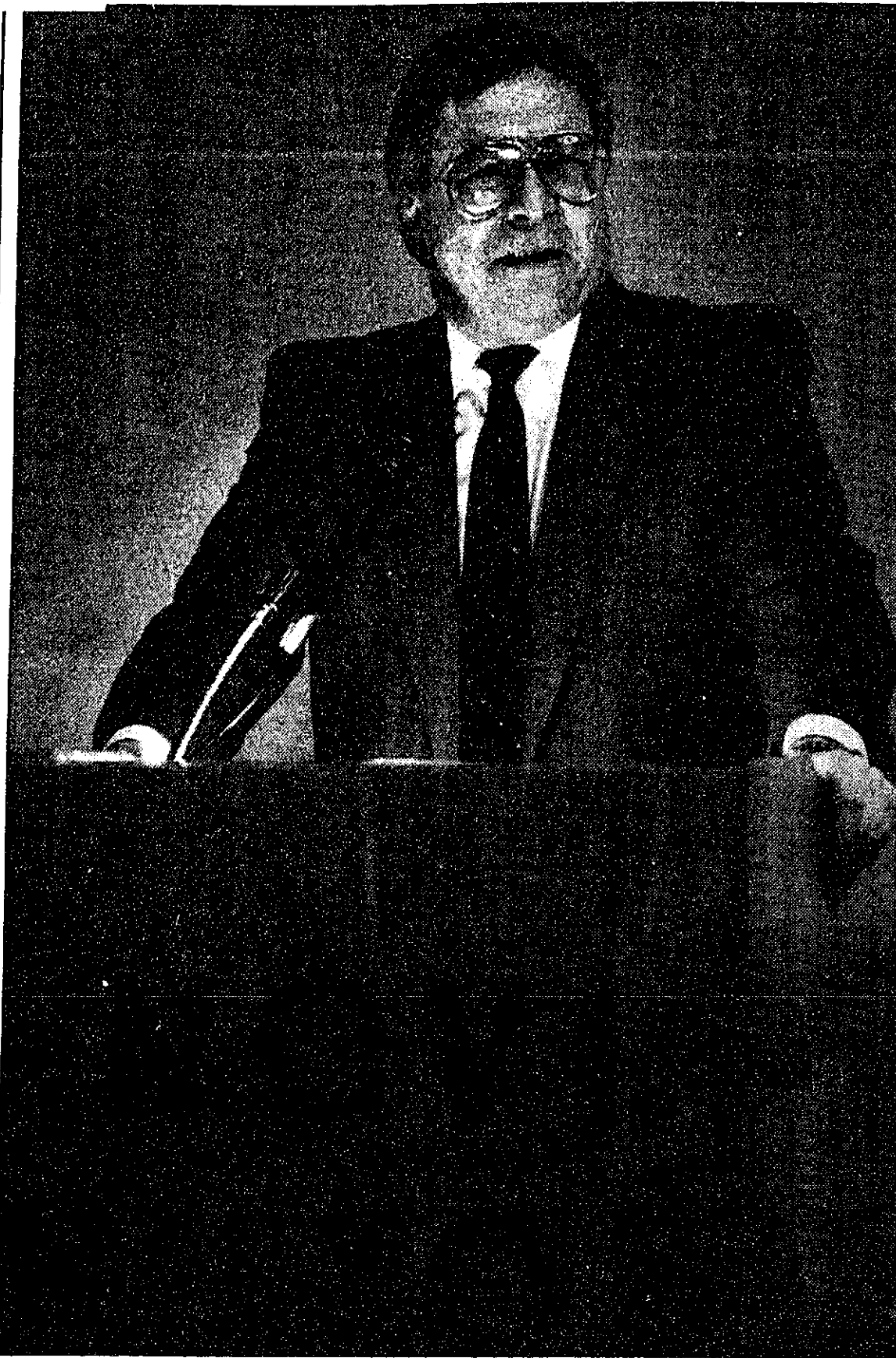
# the NOVI NEWS

also serving Wixom and Walled Lake

**Living** A QUICK LOOK AT  
THE LOVABLE LAUNDROMAT/1D

**Sports** NOVI GRAPPLERS WIN  
— AFTER SIX TIE-BREAKERS /7D

**Opinions** PARKVIEW-AREA  
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L. Brooks Patterson speaks in Novi on Friday

Novi News/CHRIS BOYD

## Patterson pushes plan

By JAN JEFFRES  
staff writer

Former Oakland County Prosecutor L. Brooks Patterson was in Novi Friday to drum up support for a proposed change in the state constitution which would place a cap on school millages and keep property-assessment increases keyed to the inflation rate.

Spearheading a petition drive which began Jan. 19, he and his committee are seeking 310,000 signatures by July 9 to place the Citizens' Tax Limitation Amendment, also known as the Patterson-Anderson amendment, on the November ballot. Patterson spoke at a Western Wayne Oakland County Board of Realtors luncheon at the

Novi Hilton.

Property taxes collected each year in Michigan amount to \$6 billion, he said. "We think there is enough fat in \$6 billion that we can make cuts, reasonable, not Draconian, cuts."

The proposed tax-limitation amendment would, if approved, permanently restrict all school operating millages to no more than 30 mills, thereby slicing property taxes in about 400 of Michigan's 563 school districts. Patterson contends that the tax cut will strengthen the state's economy by putting more money into residents' pockets and will address the current disparity that exists between school funding in rich and poor districts.

"We took on the school system,

the fattened calf," Patterson said. The Novi school district levies 30.24 mills annually. Millage assessed by neighboring school districts includes Walled Lake, 36.67; Northville, 35; and South Lyon, 41.

Patterson estimates that local property taxes would be shorn statewide by \$550 million. According to Patterson-Anderson Proposal Committee literature, Michigan has the fourth-highest property taxes in the U.S., the 12th-highest overall tax burden and the eighth-highest per-pupil spending on education.

"If you're not going to force government to go on a diet, it's not

Continued on 2

## Local landfill plans stir up controversy

By SHEILA PHILLIPS  
staff writer

Novi could become home to a 187-acre construction landfill — but not if area residents have their way.

Local and county officials have fielded a number of calls from concerned citizens living around the proposed landfill, which would be at the northeast corner of Eight Mile and Napier roads.

The growing list of landfill opponents includes such heavyweights as state Senator R. Robert Geake, R-Northville, and Northville Township Supervisor Georgina Goss.

"I am opposed to the landfill because it is too close to the one on Napier and Six Mile," the senator said. "It would be entirely too much impact on one residential neighborhood."

Geake said the landfill is not within his district, so he does not know how much influence he will have on the matter.

"State officials don't really have much say in these things. It is really up to municipalities and the county as to what makes up the solid-waste plan," he said.

Geake, who lives on Eight Mile about a mile from the proposed landfill, added that he did not know if he will attend the county's solid-waste public hearing, which is scheduled for 7:30 p.m. March 1 in the Oakland County Board of Commissioners Auditorium in Pontiac.

Northville Township's Goss said that she plans to introduce a resolution officially opposing the construction landfill at the March 8 township board meeting.

"I am opposed to the idea," she said. "It would have an alarming

impact on the township and lower area property values.

"I am also concerned about possible soil contamination," the township supervisor added.

Goss said that she anticipates that the anti-landfill resolution will pass. Although the proposed site is in Novi, its Eight Mile location puts it just across the street from Northville Township.

Township Planning Commissioner Karen Baja is also vocally opposed to Holloway's plan.

The commissioner said that she is concerned about the way the landfill is allegedly being "pushed through."

Continued on 6

Neighbors worry about environmental risks/6A

## Bed numbers cited

By JAN JEFFRES  
staff writer

One hundred and nine beds. For Providence Hospital, the Michigan Department of Public Health's Jan. 30 decision to deny a certificate of need for the building of a 200-bed hospital in Novi centered on that crucial number.

Employing a methodology developed in the 1970s and modified by the state Legislature in November, the Department of Public Health's Health Facility Construction Division staff determined that the northwest Detroit health planning region — which includes Novi — already has 109 beds too many to permit the construction

of the proposed Providence-West at Grand River Avenue and Beck Road.

Carol Jonson, manager of community relations for Providence, said Monday that the hospital plans to submit an appeal of this decision toward the end of this week. If Providence does not appeal the decision, it automatically goes into effect, said Robert Hicks, Chief of the Health Facility Construction Division.

Providence President Brian Connolly said following the January ruling that the hospital is prepared to follow the application through all avenues of appeal, including the courts. The first step would be to request a review by a hearing officer,

who would then provide a recommendation to the director of public health, Raj Wiener. A final department decision would then be made by the director.

In October 1989, the state attorney general's office ruled that a certificate of need could not be issued in an area that is already "over-bedded." In a report on the decision released by the DPH under the Freedom of Information Act, it was stated that Novi's region, "subarea 69," only requires 3,610 acute-care beds but now has 3,719. Michigan is divided into 71 subareas, cutting across community and zip-code boundaries.

Continued on 2

## More schools ahead

By SHEILA PHILLIPS  
staff writer

Novi school buildings are bursting at the seams and alterations are anticipated.

"It appears that we will reach capacity within the next few years, and then we will be stretching it," Superintendent Robert Piwko said. "Eventually we need to expand the number of classrooms."

The district can accommodate about 300 additional K-4 students with last year's opening of Parkview Elementary School.

However, Novi Meadows and Novi Middle School are already reaching maximum capacity.

Even if district growth stagnates, the population in these two buildings will increase by 65 and 52 students respectively over the next

three years, according to district estimates.

The current influx of development is expected to exacerbate the problem.

Over 1,000 new households are expected to crop up within the school district within the next year, according to Piwko.

To combat the rapid inundation of students this development will bring, Piwko proposed connecting Novi Meadows to the adjacent Novi Middle School and filling in the new space with additional classrooms.

He said that this space could also be used for a media center or science lab that could be used by

School board considers conduct "commandments"/7A

both schools. The two schools are both on the district's campus on Taft Road below Eleven Mile.

Piwko also suggested building an auxiliary gym onto the high school to provide added room.

This contemplated expansion may or may not translate into increased taxes, according to Piwko. A possible millage increase depends on the growth of property values in the community and the extent of the expansions.

Piwko said that the district has always taken a conservative approach to expansion, and it will continue to be careful not to overbuild at the taxpayers' expense by continuing its "pay-as-you-go approach."

"We can compensate overcrowding without overbuilding," he said.

## Flow of Bishop Creek may undergo changes

By SHEILA PHILLIPS  
staff writer

If a representative from the City of Novi knocked on your door and asked to purchase rights to a 20-foot chunk of your back yard, how would you react?

What if that representative went on to say that the city was contemplating turning the stream running down your property line into a concrete-lined channel to sweeten the deal?

That is the situation many Bishop Creek residents recently faced.

Only 30 percent of the residents along the creek jumped at the offer. But then again, it wasn't exactly a smooth sales pitch — and city officials are the first to admit it.

"We made a mistake," Public Works Superintendent Bruce

Jerome said. "The entire storm-water program is actually designed to benefit local residents and eliminate flooding problems, and that is how we should have approached the situation."

Novi needs easements on either side of the stream so workers can clean up water-flow problems and upgrade the creek as a part of Novi's storm-water management program. The program was adopted in 1982 to eliminate area flooding problems.

"My feeling is that we should work with the people because the program is designed to benefit them and the residents living downstream," Jerome said.

The city has already adopted a clause in the easement agreement that will allow for "reasonable" citizen input on the project — but

some question remains about the definition of "reasonable."

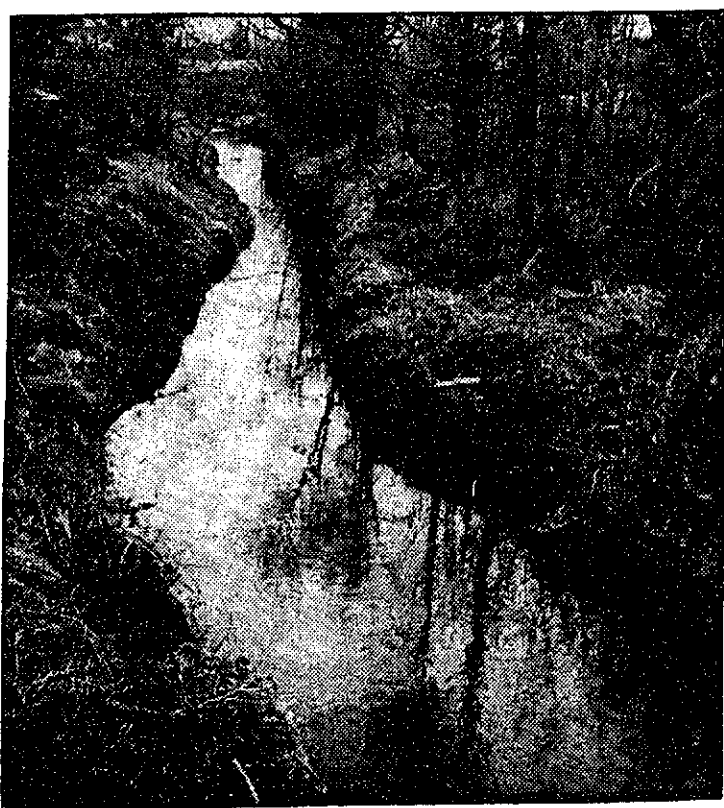
Nevertheless, Jerome said that the city will work with area residents as much as possible.

"We realize that we have to sell the program," Director of Public Services Lenora Jadun said. "I can understand why area residents are concerned — after all, it's their property."

She said that city will conduct an extensive survey of the area with the permission of area residents. This survey will enable engineers to devise a construction plan to present to area homeowners.

"Right now we don't know what we need; that's why we need to conduct the survey," Jadun said.

Continued on 6



Bishop Creek may see some changes

Novi News/CHRIS BOYD

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Novi News/CHRIS BOYD

### Daddies and daughters

The first of two Daddy-Daughter Dances at the Novi Civic Center took place Friday evening. Above, Dave Rauen and Becky, 3, dance during a quiet moment in the annual Valentine's Day celebration. At right, Mackenzie Coffin, 3, dances with father Dave. The second dance is this week, but it's already sold out.



## Water, sewer rates may soon increase

By TIM RICHARD staff writer

DETROIT — Council members in the city that sells water and sewer services to the suburbs will hold a public hearing at 10 a.m. today (Thursday) on the first rate-increase proposal in two years.

That 5.2 percent comes after two years of stabilized rates which are still among the lowest in the country," Williams said. Leading cost increase: 30 percent more for employee hospitalization.

- Water
City of Novi — up 6.75 percent to \$8.06
Oakland County Drain Commission — up 23.77 percent to \$3.02
Walled Lake — up 6.91 percent to \$6.34
City of Northville — up 7.09 percent to \$5.58
Northville Township — up 6.15 percent to \$7.60

## County park millages set

What makes the Oakland County Parks and Recreation Commission think voters will approve two millage proposals this year?

The proposal asks voters to renew the levy amounting to 25 cents per \$1,000 of assessed property value.

If approved by voters, the request would raise \$13 million to develop Orion Oaks Park in Orion Township.

## Obituaries

FRANK W. HIGBY

Frank W. Higby of Novi died Feb. 4 at Fr. Murray's Nursing Home in Detroit. He was 79.

## Health Notes

AIDS Retreat: People with acquired immune deficiency syndrome (AIDS), aids related complex (ARC), and human immunodeficiency virus (HIV) are invited to Alive Now!, a weekend retreat of spiritual, emotional and physical rejuvenation on March 2-4.

## BBB advises caution with ad

BBB area consumers, searching for warmer and sunnier climates, are expressing great interest in an advertisement for a special discount travel offer.

The Better Business Bureau of Detroit and Eastern Michigan recently announced it is receiving many inquiry calls about an advertisement which has appeared in the Novi News and other area newspapers for National Air Safety Advisory Service.

stop running the ad because it was creating confusion among readers and because inquiries about it were tying up company phone lines.

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Parkinson's Disease: A support group for individuals suffering from Parkinson's Disease in the Novi/Northville area.

Narcotics Anonymous: Narcotics Anonymous, a non-profit fellowship of society of men and women for whom drugs has become a major problem.

Women for Sobriety: An organization of women for women, the purpose of Women for Sobriety Inc. is to help all women recover from problem drinking.

Maternity fitness program: The Motherwell Maternity Fitness Program at the University of Michigan Medical Center offers classes every Tuesday and Thursday.

HUGS for families: Huron Valley Hospital's Perinatal Loss Team is offering a HUGS groups for families who have experienced the death of a baby.

Pre-natal, post-partum exercise: Debra Hoppe leads pre-natal, post-partum exercise classes at the Providence/Novi Center every Saturday from 10-11 a.m.

AIDS information: The Oakland County Health Division offers free printed information about AIDS and how to protect against it.

Stroke Support Group: A stroke support group is being formed by the Department of Speech Pathology and Audiology at Oakwood Canton Health Center in Canton.

Tinnitus Support Group: A support group for people who suffer from Tinnitus (hard of hearing) meets the first Tuesday of each month at Botsford General Hospital at 7 p.m.

Breast imaging service: Providence Hospital and the Michigan Cancer Foundation (MCF) will provide breast imaging and education services at the Providence/Novi Center.

Alcoholics Anonymous: Alcoholics Anonymous (AA) meetings are offered at Botsford General Hospital in Farmington Hills every Thursday from 8-10 p.m.

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# Spring Apartments may expand by 204

The Spring Apartments on the south side of Pontiac Trail between West and Beck may be expanding by 204 units.

Planning commissioners last Wednesday voted 5-2 to recommend preliminary site-plan approval to the city council.

The recommendation, however, is subject to Zoning Board of Appeals variances on the proposed three-story building heights and non-conforming setbacks on two of the nine buildings.

The Springs is currently a 1,500-unit development with all of its buildings three stories in height. The additional nine buildings would be an expansion of the current development.

The two no votes were cast against the idea of three-story buildings in zoning calling for maximum two-story heights.

"We are all concerned about the quality of life in the area," said Commissioner Tim Gilberg, who voted against site-plan approval. "I have trouble asking the ZBA to continually overturn rules that we have set up."

# Walled Lake gun class sparks parent concern

Linda Luther was shocked when she learned that her sixth grade son, a student at Walled Lake Elementary School, would be taught to shoot a 22-caliber rifle next month.

"I couldn't believe it," she said Tuesday. "I was horrified."

Although Luther knew she had the option of pulling her son from the sixth grade firearms safety program at the Walled Lake Outdoor Education Center in Milford, she hesitated.

"I hate to put him on the spot like that with the other students. I don't want to pull him out of the program," she said. "Most parents seem to think it's OK."

No Luther — who also has a second-grader enrolled in the Walled Lake district, which includes northern Novi — decided to object to the firearms program by sending a letter to schools Superintendent James Geister.

It won't be the first objection he has heard about the program that was started in the 1950s as a way to teach firearms safety to students in the historically rural school district.

School officials have stressed that the program is not intended to promote violence.

However, that didn't stop an earlier lawsuit that parents filed in Oakland County Circuit Court to challenge the firearms program, though the suit was dropped last year after school officials addressed some parent concerns.

For example, firearms instructors now must receive state certification, and students discharging the rifle must wear safety glasses and other protective gear.

However, parent Sam Holman, among those who opposed the program, declared even after the lawsuit was dropped that questions remained about the program's educational value and its "psychological aspects."

Holman criticized school officials for failing to address these concerns and vowed that parents would begin putting political pressure on school board members to justify the program.

Holman reiterated Tuesday that, although the lawsuit has been dropped, the issue is "far from being settled."

Holman plans to ask Walled Lake school officials to put the firearms program on an upcoming school-board agenda for discussion, at which time he plans to re-state his concerns.

Luther, meanwhile, said she planned to contact Holman and other parents who have fought the program in the past. Luther said she "couldn't fathom" a firearms program in Detroit public schools, and she questioned why suburban schools would tell children not to be violent, yet teach them to shoot rifles.



**Valentine time**  
Michael Crawford, 6, prepares a handmade Valentine on Saturday. The Novi Public Library hosted a special workshop for kids to celebrate the holiday.

# Novi Library continues varied event schedule

The winter-into-spring schedule of children's activities at the Novi Public Library is continuing.

Of interest during the winter break, the Cranbrook Institute of Science will present a program on the "World of Dinosaurs" on Friday, Feb. 23 at 11 a.m. The program will consist of slides, replicas and fossil specimens from these giants of the past.

The 45-minute presentation is designed to intrigue and enlighten even the most knowledgeable dinosaur buff and is focused on school-age children. No registration is needed.

On Thursday, Feb. 22, the Novi Library will host an open house for parents who are considering some type of preschool program for their children. The program, "Choices," is designed to introduce parents to various preschool facilities in the area. All Novi area preschools, nursery schools, cooperatives and day care programs have been invited to participate.

Each facility attending the program will set up a display and send a representative to answer questions. The open house will be held at the Novi Civic Center from 6 to 8 p.m.

For more information about either of these programs listed above call the library at 349-0720.



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• NOVI: 12000 CENTER south of I-96 on Novi Road at Grand River  
• ANN ARBOR: 3338 WASH/ENAW west of U.S. 23  
• TRAVERSE CITY: 107 E. FRONT ST downtown  
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# GREEN SHEET Classifieds

Sliger/Livingston East  
Thursday, February 15, 1990

**B**

## Gold craft

### Jeweler continues age-old designs

By PHYLLIS STILLMAN

The Village Goldsmith is not your average jewelry store.

When you walk into the store, at 400 N. Main in Milford's Village Center Mall, you won't see a lot of display cases. Instead, what you'll probably find is a goldsmith on a stool with a flaming torch making jewelry one piece at a time.

"The Village Goldsmith is different from other jewelry stores in the area mainly because I do make everything in my store. We'll start off with a design, come up with a wax, a model, and cast it, set it and polish it — right from the beginning to the end," said store owner Al Hummer, a jewelry designer and goldsmith. "I want to stay very small. I don't have any employees. I just work by myself."

Hummer is a creative person who wants to design pieces especially for the customer. "I have very, very little in the way of inventory because I want to make everything. I don't want to have a bunch of things in a showcase and have people come in and pick something out and buy it. It's easy money, but every person that comes in I want to make something for them so that they can have something that's personal — one of a kind."

"The whole business is a challenge, if you make your own pieces. I don't like to go out and buy a ring from a manufacturer, finished, and stick it in my showcase and sell it. Every piece in here is personal and I enjoy that," Hummer explained.

But Hummer's custom jewelry isn't as expensive as you might think. Price ranges are similar to traditional jewelry stores featuring ready-made pieces.

What if you want something special but don't have any idea what you want? Hummer has a large photo album that illustrates some of the pieces he has designed.

The pieces range from whimsical (frog or cat rings with diamonds for eyes) to elegant (an opera-length

matched pearl necklace which features a pendant with interchangeable stones that snap out in the front, a diamond and pearl clasp in the back, and a pearl shortener so the necklace can be different lengths in the front and in the back).

He also has several showcases with pieces he's designed and made for stock. Hummer can see what he wants to make before he makes it.

"When I look at a stone, if I'm making it for my own stock, I can visualize what it's going to look like before I start." One of his in-stock pieces is a unique and beautiful pearl and diamond watch. He also has a number of rings featuring many different stones in unusual settings.

If you do want something specially made, Hummer will come up with a concept and illustrate it for you. "I do a colored drawing. You can get a good idea from my drawing what a piece is going to look like." He especially enjoys designing one-of-a-kind engagement and wedding rings. "I sit down with them and we work together on a design."

"Goldsmithing has been around since the beginning of time. Women and men have been wearing jewelry and adorning themselves with that, accenting their look. Even cavemen used to wear teeth around their necks and bones through their noses. It's a pretty old profession — one of the oldest professions in the world."

Hummer has been designing and making jewelry for 24 years. He started out doing restoration work, which he still enjoys.

"I kind of specialize in restoration. I started out in that, restoring old Victorian jewelry, working for an antique shop. He (the owner) would go to Europe and buy broken pieces of old jewelry. There might be a side or a leaf missing or a whole section worn out. I would rebuild that piece and make it look like the original piece did."

Hummer also works with materials many other jewelers won't handle. "I specialize in platinum work, which a lot of jewelers don't do

anymore. It's not that much more expensive than gold, but it's very difficult to work with. It takes a tremendous amount of heat to melt it and to cast it. But I really enjoy it because it's a challenge."

Although he wants his business to remain small, Hummer has plans to broaden his merchandise. "This year I'll be getting into a lot of coins. I'm going to start working with coin jewelry and selling the coins."

"I also do corporate work. I specialize in making special pieces for executives and their employees. I've done up to 500 pieces and they can all be different."

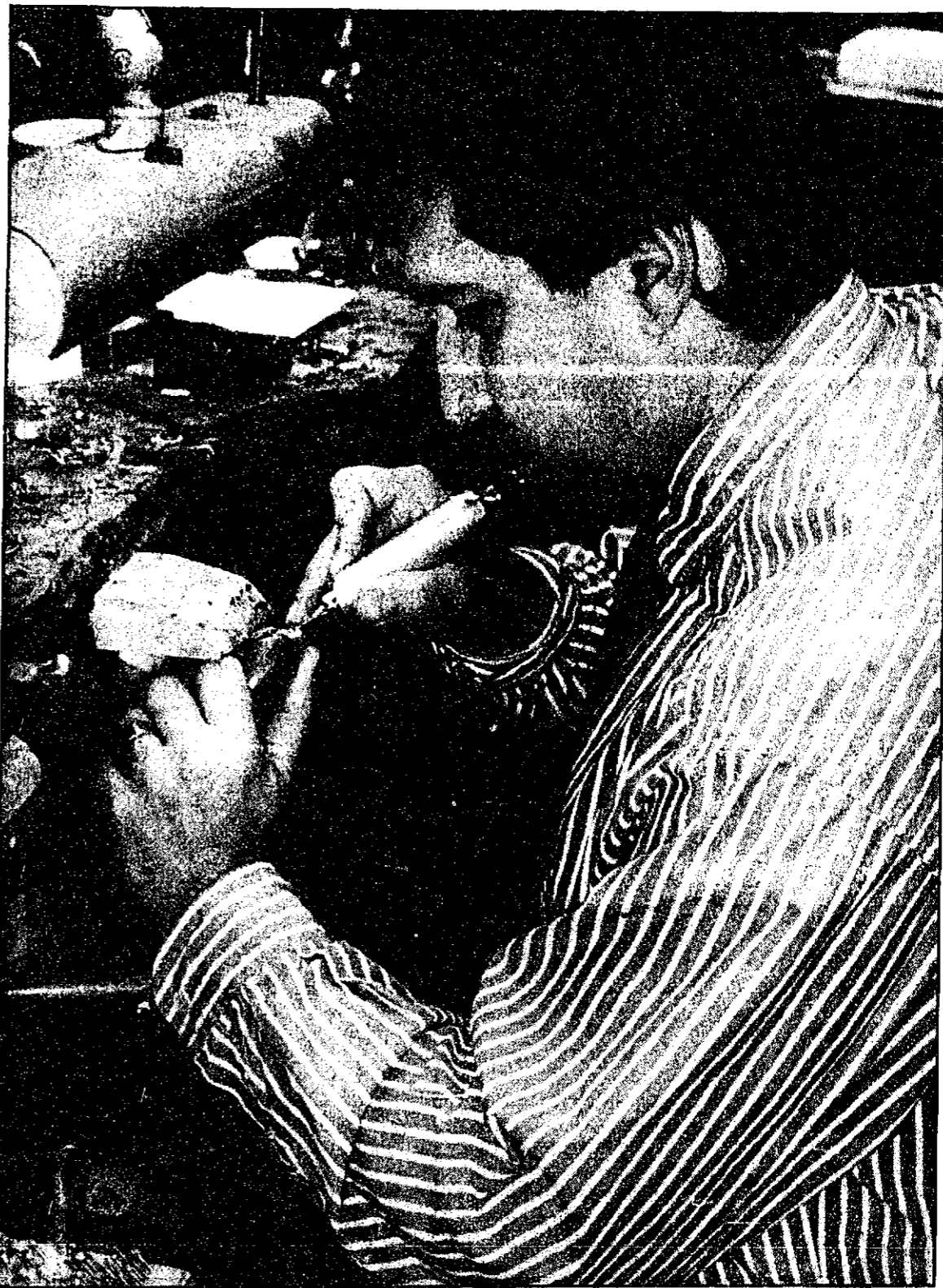
In his photo album, you can see pictures of some of his corporate work. One is a pin which features a "big rig." "This was a trucking company, so what I did was I set diamonds or rubies in the headlights. I would hand engrave on the back the name of the person and the year."

The Village Goldsmith opened in Milford about a year ago. Hummer had a shop in Windsor for 15 years, but after marrying a woman from Milford he moved into the area.

The Village Goldsmith shares space with the Nature and Man Gallery, a very suitable pairing. Nature and Man Gallery searches all over the world for unique, handcrafted items; the Village Goldsmith sells unique, handcrafted jewelry.

There's another plus — Nature and Man Gallery stocks a number of precious and semi-precious stones. You can pick out one of the stones and have The Village Goldsmith turn it into a one-of-a-kind piece of jewelry.

The Village Goldsmith is open from 9:30 a.m. to 7 p.m. Monday through Thursday, 9:30 a.m. to 8 p.m. on Friday and 9:30 a.m. to 5 p.m. on Saturday.



Al Hummer at his jeweler's bench working on a ring

Photo by JANET L. COX

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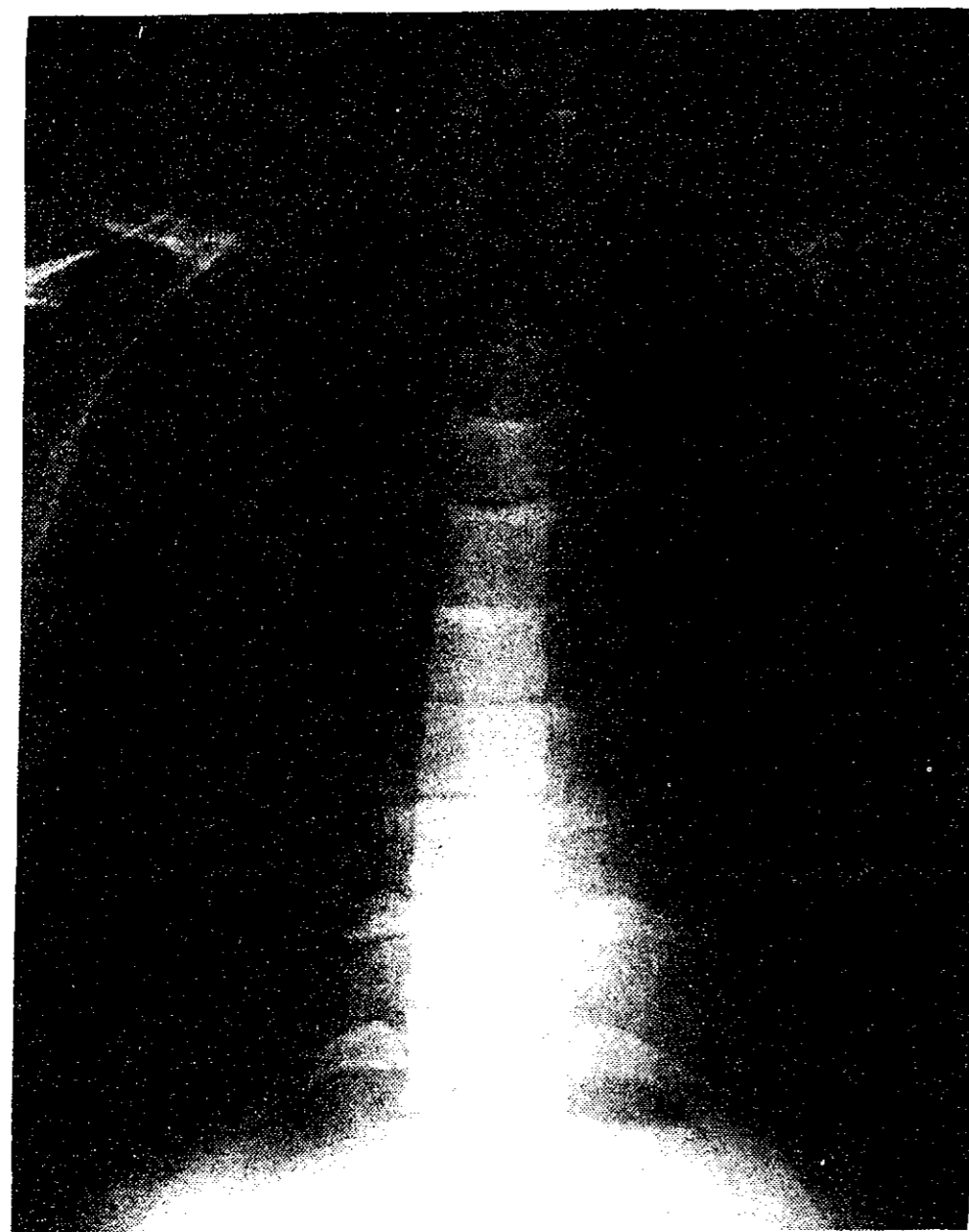
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WANTED: yard man, experience in h-o operation and cutting lawns. Mechanical ability a plus. Apply at Snows-Sort Steel 7298 Grand River, Brighton, (313)229-5200. Ask for Richard.

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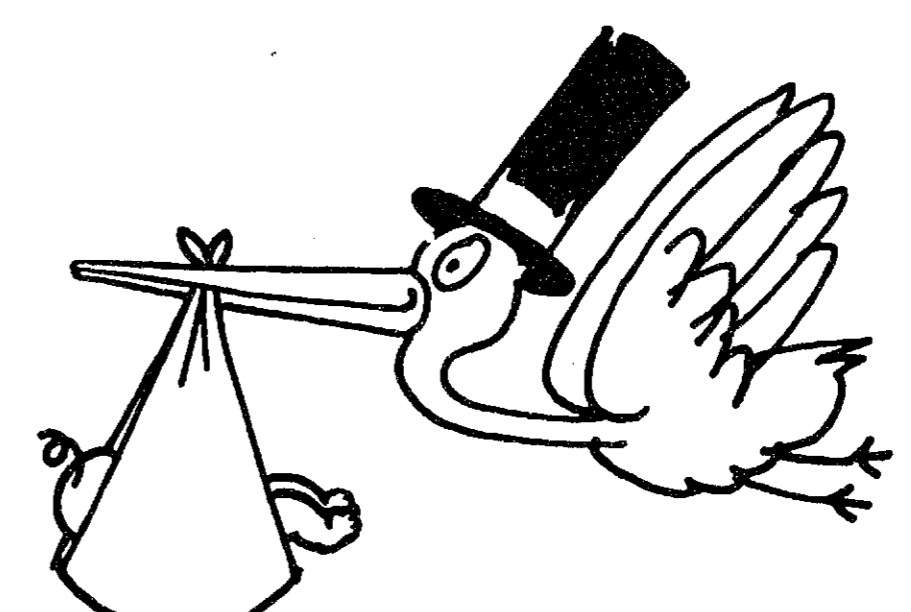
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# Creative Living

REAL ESTATE SECTION

Thursday, February 15, 1990

C

The Millford Times, The South Lyon Herald, The Northville Record and The Novi News



Photos by JANET L. COX



Cris Hertubise (above), of Woodmasters Furniture Shop in Millford, sands a chair before applying a new finish. Stripping the old finish, be it paint or varnish, is the messiest part of refinishing process. Woodmasters owner John Rybski (left) wears long rubber gloves to protect his hands and arms from the stripping chemicals

## Refinishing touches Antiques can be made to look as good as new

By Cristina Ferrier

Hidden away in basements, attics and garages across the nation are millions of potentially valuable antiques.

They're gathering dust and grime in damp corners, acting as shelves to hold boxes of Christmas decorations, or maybe holding cans of paint and tools and car parts while someone uses them as workbenches.

Eventually many of them are thrown away when people move because the owners don't think the pieces are salvageable.

But John Rybski, owner of the Woodmasters Furniture Service repair and restoration shop in Millford thinks that there is no such thing as a piece of furniture that can't be made to look as good as new, especially if that piece is an older one made of solid wood.

"A lot of people bring in furniture that looks really bad — that's been sitting in someone's basement for a long time or has a lot of old paint on it — and they're kind of embarrassed about it. They ask, 'Can you do anything with this?' People don't realize there's hope for their old stuff," Rybski said.

People often are very surprised when they see how an old piece of furniture can look after it's been stripped of its old finish, sanded smooth, stained and refinished.

In addition, Rybski takes broken furniture and repairs it, sometimes building the missing parts by hand. Furniture can be refinished by a professional, like Rybski, or it can be done at home. Those who have never tried stripping and refinishing furniture before should first practice on a piece of scrap wood, and then try a small project before attempting any larger projects.

Rybski said he gets many phone calls from people doing their own furniture restoration seeking free advice, and he doesn't mind giving it out.

One man called him seven times one weekend for advice about a toy chest he was working on. Rybski said he's never seen the toy chest, but the man later told him it turned out nicely.

"I don't mind the free advice because one day they might run into something they can't do and they might bring it to me," he said.

Rybski said that, while he has never seen furniture destroyed by an attempt at restoration, he has seen projects in which the owners get to a point where they don't know what to do next because the project isn't going the way it should.

People often bring these projects to him. "A lot of people are too embarrassed to say they did it," he laughed. "They'll say they bought it like that. And they'll still have stain on their hands."

The cost of restoring a piece of furniture is usually about half of what it would likely cost to buy a similar piece new.

But the restored antique can become a highly valuable item. If you have a piece of furniture that is over 50 years old, it is considered an antique. The value would depend on the actual piece.

According to Don Russell, an antique dealer who works at Pegasus Antiques in South Lyon, if the finish on an antique is still good, it should be left alone.

"(Antique) furniture should only be stripped if it's in bad shape," Russell advised. "When you restore an antique, you're putting on a finish that doesn't go with the time period, so if the piece is still in good condition, it's better to leave it alone."

Russell said that if you decide an antique looks bad enough to be refinished, you may want to consider sending it to a professional.

"But if you're going to do it yourself, be super cautious," he said. "Practice it first. Put the furniture stripper on a piece of scrap wood. Do it wrong and you'll see how bad it will look."

Both Rybski and Russell said that the most important point to remember when stripping furniture is to be careful with the chemicals used to take off the old finish. Work in a well ventilated area and stay well away from any open flames because the chemicals are highly flammable. Protect your hands with gloves and wear a shirt with long sleeves. Read the instructions carefully before starting and, most importantly, wear safety glasses.

The liquid chemicals that remove old finishes are sold under several brand names, including Zip Strip, Strip-Eze and others. Rybski said that he thinks they are all basically the same and all work equally well.

To start the job, the furniture stripper is spread over the old finish in a thick layer and allowed to sit before it is scraped off. The old paint and varnish will come off with the chemicals. "This is the messiest part of the job," Rybski said.

Russell said that he recommends removing old paint with a paint scraper only, instead of using chemicals. While it is much more time consuming, he said, it will not raise the wood grain on the furniture.

Either method, however, will produce the same result, according to

Rybski, if you carefully sand the wood afterwards. Sanding is also necessary to prepare the wood for refinishing.

The next step is staining the wood. Use a soft cloth, not a brush, and wipe off any excess.

Rybski recommended the use of stain because the old finish and the stripping process will leave the wood discolored. However, for an interesting antique effect, some people might prefer to skip the staining process.

After the staining is done and the piece is dry, it is time to apply the finish. Rybski recommends "Defl," a lacquer-based product which can be sprayed or painted on. Because it is very fast drying, he said, there won't be a problem with dust particles getting trapped on the surface. Rybski recommends at least three coats of finish.

After the final coat of finish has dried, Rybski rubs the surface with steelwool — the finest available, known as grade '0000' — and some Murphy's Oil Soap. "Most people like to touch the furniture, and that makes it nice and smooth," he said.

Finally, Rybski recommended lemon oil and beeswax to polish the furniture. But if you don't have any of that around the house, he also recommended Guardsman furniture polish.

Even if the piece is not a highly valuable antique, older furniture is often more solidly built than furniture made in the last 10 or 20 years. "You compare the old to the new and there is no comparison," Rybski said. "Furniture made today is basically disposable furniture. It will fall apart and people will throw it away because it has gone out of style."

Much of the furniture made in the 1980s, even expensive furniture, has been constructed of particleboard covered with an actual photograph of wood grain. The insides of drawers have been covered with a wood grain contact paper to give the impression that the furniture is solid wood.

Rybski's favorite restoration projects are large ones, such as old pianos. He said that a woman once brought her father's old piano, that had been sitting in the basement for years and fell into a state of disrepair, to his shop for restoration.

When the piano was finished, he said, she brought her father with her to pick it up. When he saw it, he was so touched by the way it looked that he sat down and played it for nearly half an hour, right there in the shop.

"People get sentimental about furniture, especially if it's something that used to be in grandma's house," Rybski said.

### Around the House: Designs for Living



## It's perfect for large family

By James McAlexander

The sweeping curved driveway approach of the Zenith 3 passes under a covered "passenger drop" front entry.

The impressive double-door entrance leads into a spacious multiuse entry with coat closet and a bay-windowed dining area. Just ahead of the main doors is the stairway and beyond the stairs a huge sunken living room with fireplace wall and access to the rear deck area.

The large, functional kitchen is located above the dining area and features a central island with mixing area and vegetable bin, a cooktop and wall oven, a dishwasher, a built-in desk and a solarium nook.

Just off the kitchen are a freezer and a large walk-in pantry.

Opposite the pantry is a guest room/maid's quarters/sewing room with double closet space. This room has its own private full bath.

At the head of the hallway into this area is a fully equipped utility room, storage closet, half-bath and an entrance to the attached garage.

To the left of the main doors is a private hallway leading to the entertainment area of the home. A den with a fireplace wall, storage closet and access to the rear decks is located here, opposite a full bath with shower and a bay-window wall.

A linen closet is located in this hallway, which leads to a double-doored game room with storage space and a private glassed-in spa. The game room also contains a fully equipped wet bar that features an exit to the rear deck and a service bar on the rear deck with window access from the interior wet bar.

This main floor contains 2,536 square feet of living space.

The 770-square-foot upper level is the private living quarters of the home.

The stairway leads to a large li-

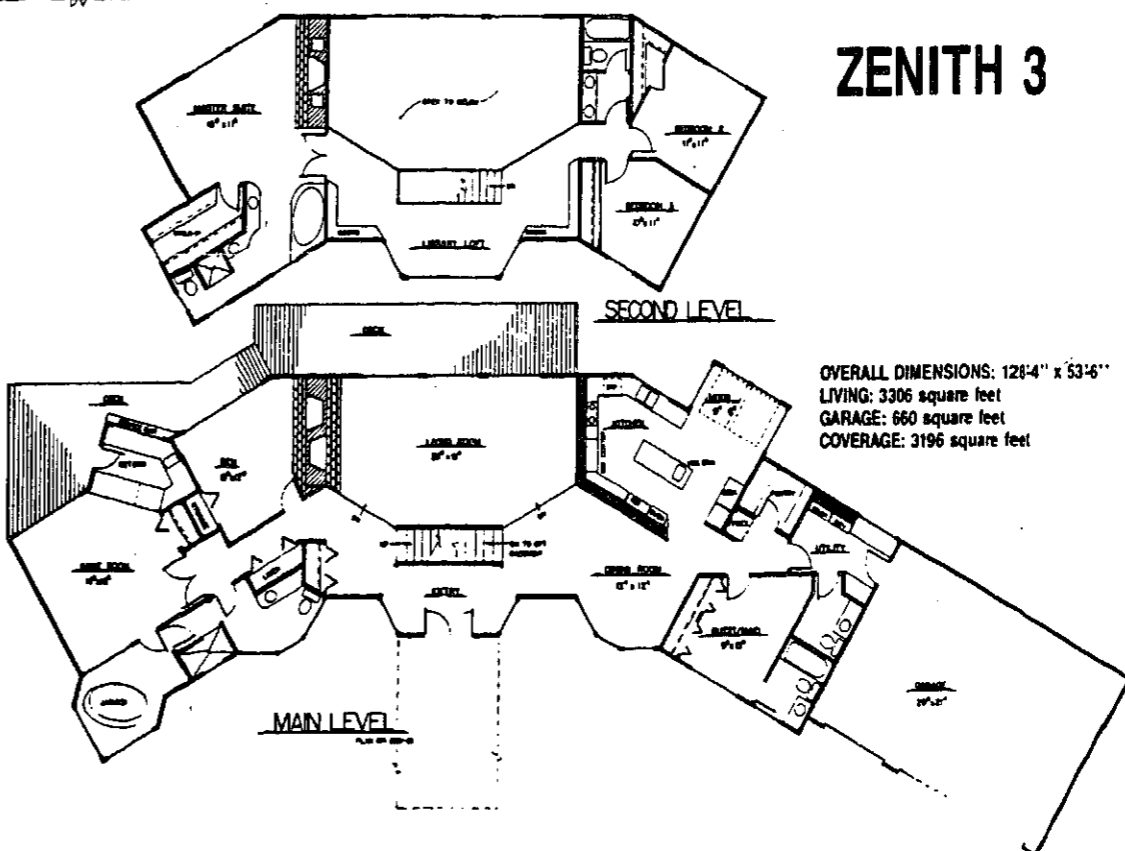
brary loft with bay windows and built-in bookshelves. The balcony overlooks the living room below.

To the right of the landing are two bedrooms with large closets and a full bath with two wash basins.

To the left of the main landing is the master suite, which is entered through double doors and includes a fireplace wall, a huge walk-in closet and private bath with double basins and a vanity, a shower and an over-size soaking tub.

Designed for the needs of a large family and/or a family that enjoys entertaining and company, the Zenith 3 is a stylish home with truly unique lines. Spacious, impressive and truly livable, the Zenith 3 is the answer to many dreams.

For a study plan of the Zenith 3 (222-83), send \$5 to Landmark Designs, P.O. Box 2307 CN, Eugene, OR 97402. (Be sure to specify plan name and number when ordering.)



Around the House: Design

Stimulate infant with bright colors in nursery

By Rose Bennett Gilbert

Q: Expecting our first child in two months—at age 36—I've already given notice at work. I plan to stay home and enjoy this baby.

We're also determined to create a stimulating environment for him/her to grow up in, beginning with the nursery. How should we decorate?—M.M.

A: With color and pattern, and lots of both. Nurseries done up in rambam-pammy pastels may fulfill adults' ideas of how a baby should live, but psychologists tell us that infants really need the stimulation of bright colors and dramatic patterns. It helps them learn to focus their eyes in the first place, and then will keep their little brains working during all the hours all babies spend in their cribs.

Remember what you learned in Psych 101 about studies proving that orphaned infants left mostly alone in an all-white environment—sheets, crib, ceiling—became listless and withdrawn for lack of stimulation. There is even a danger they might die of sheer boredom.

Anything but boring, the little attic nursery we show here is a stimulat-

ing riot of primary colors and ex-troverted patterns that run up the wall and dance over the covered trunk and chair pillows.

In crayon—box colors, it might be enough to keep an adult awake at night, but to a baby, it says that the world's an interesting place.

Q: For three moves, we have trawled around an old footed bath tub and pedestal sink, waiting for the right bathroom in which to install our antique treasures.

We have it, at least, and want to go all out to create a vintage Victorian bath setting. What else do we need?—C.D.

A: A sense of whimsy is about all. The Victorians so loved their baths—it was, remember, an indoor convenience invented in the mid-1800s—that they lavished as much attention on it as any room in the house.

To quote the author of "Victorian Splendor," the bathroom "fast became a source of status—a luxury to be shown off proudly to visitors."

At the same time, she points out, the Victorians' fabled prudishness led them to conceal the "less-than-delicate purpose" of the bathroom: They often had enclosures built around the tub, sink and the toilet in an

attempt to make them look like furniture.

The rest of the bath often was dressed like any other room, with polished hardwood floors, wainscotting on the walls and lavish fabrics.

Given today's technological advances you can copy the look without worry. Polyurethane will protect wood floors, if you want them; vinyl wall coverings will shing of splash and moisture, and there is a raft of reproductions to choose from, including "gas" lights, wood wall-tank "water closets" and a ring shower for your own footed tub.

New tubs of the claw-footed type are available for those not lucky enough to own the real thing; also pedestal sinks and tank toilets (the Kohler Co. is one top manufacturer of such golden oldies).

Reproduction hardware also abounds. Time was when you could find it only by mail-order, but now everything from soap holders to hinges and old-fashioned faucets is easy to come by.

And a few antique decorative elements—an oak mirror, a wicker chaise, a framed print of "September Morn"—and you can sink up to your neck in nostalgia.

Q: During a recent trip to California,

I noticed that nearly every home we visited had ceramic tile everywhere in their kitchen—floors, splashbacks, even walls and countertops.

Have the joys of tiles on the counters, but isn't it difficult to work surface? And what about crumbs in the cracks?—E.D.

A: That depends on what kind of tile you choose. Yes, those great-looking hand-made tiles can be uneven and irregular on the surface, but that's a large part of their charm.

Most manufactured ceramic tiles are quite uniform and can be installed to form a smooth, even countertop.

There will, of course, always be a great seam between the tiles that can catch crumbs and such. But that's a minor nuisance... plus, special grouts are now available that will help retard the growth of any germs in the cracks.

I'm all for ceramic tile in the kitchen. It's one California idea that deserves to sweep east across the nation.

Rose Bennett Gilbert is the author of five books on interior design, associate editor of Country Decorating and a contributing writer to other publications in the field.



Bright colors and lively patterns create a stimulating environment in this attic nursery.

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Around the House: Entertaining

Brunch time munch time for weekend entertainers

By Carol Cutler

There are all sorts of sound reasons that weekend brunches have become so popular.

First of all, the mornings, especially Sunday, tend to be lazy mornings—sleeping in and wading through the pounds of newspaper.

Since breakfast is eaten later than usual, no one is ready for lunch. Why not bridge the two—breakfast and lunch combined—and so was born the once-novel idea of brunch.

On the practical side, entertaining at home with a brunch party is one of the easiest and least expensive meals you can offer to guests.

Unless you are the kind of person who wakes up bright-eyed and bouncy, prepare as much of the

menu as possible the night before. Also set the table, check the bar and give the house a quick once-over.

Brunch can easily stretch into a long, lazy afternoon, which provides the perfect occasion for experimenting with unusual alcoholic and non-alcoholic beverages.

You might try a punch based on sparkling wine or some hot mulled wine on a chilly afternoon.

Fruit juice punches are very refreshing and pretty, especially when sliced fresh fruit garnishes each cup.

Bottled waters are a necessary item on today's bar list. Don't spend the extra money to buy flavored waters.

The main course of a brunch can reach into many directions. By staying away from meat and fish dishes, you will save a lot of money.

To make them really special, provide several unusual toppings, in addition to the requisite maple syrup (pure, please).

If you are adept at poaching eggs (really an easy matter), classic Eggs Benedict would bring praise. But

even plain old scrambled eggs, with a twist, could star. Just before the eggs are completely cooked, stir in some mashed kiwi fruit.

Quiches and tarts are very reliable and substantial main courses. The fillings can start tomatoes, mushrooms, onions, asparagus and any variety of cheese.

A Sunday afternoon is a perfect time to rediscover why the soda fountain of yesteryear was such a popular institution.

Whatever else you are planning for

dessert, provide some fruit for those who would rather eat lightly at mid-day. Coffee should be plentiful and strong, of course, but don't forget your tea-drinking friends.

Spaghetti with Parsley Sauce 3 tablespoons oil 1 tablespoon salt 1 pound spaghetti

¼ cup butter 2 garlic cloves, minced ¼ cup grated Parmesan cheese extra cheese optional Salt and pepper 3 cups roughly chopped parsley leaves

Yields 4 to 5 servings. Bring about 4 quarts water to boil and add 2 tablespoons oil and salt.

Meanwhile, melt butter with remaining tablespoon of oil in large, flat, preferable heavy skillet. Add garlic and simmer just a half minute while stirring with wooden spoon.

Toss well to coat spaghetti strands with butter. Cover, reduce heat and reheat for 1 minute. Turn off heat, add parsley and toss well. Transfer to a deep, warmed serving bowl. Pass optional extra Parmesan cheese.

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NEWS

# Living

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kids to give up week of TV/3D

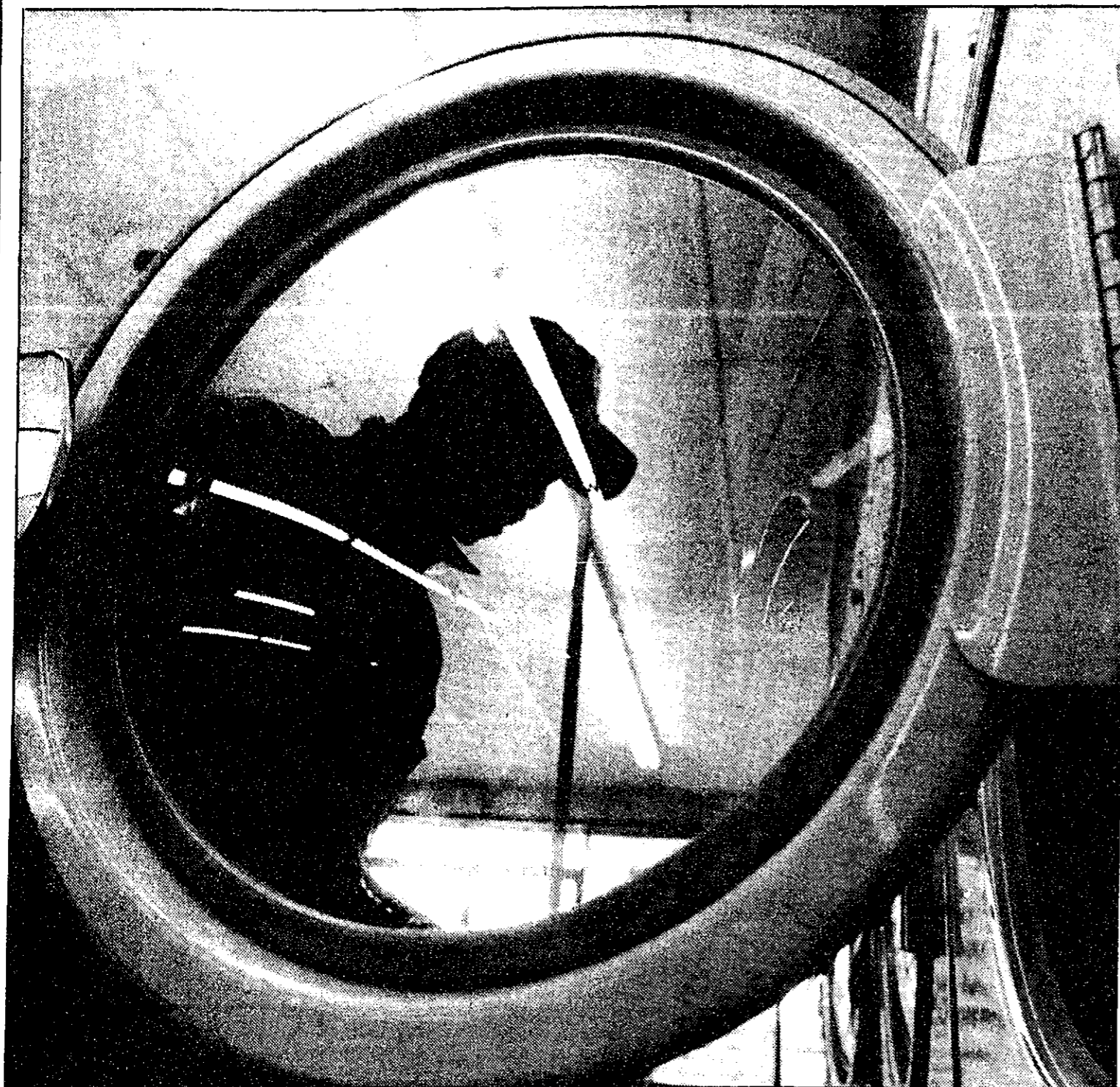
**NEW GROUP:**  
Organization  
forms for business women/4D

**NEW PASTOR:**  
Female minister  
settles into new job/5D

**DIVERSIONS:**  
Friday is now  
Mardi Gras night in Novi/6D

1D

THURSDAY  
February 15,  
1990



Jeff Hollis loads a dryer at the Highland Lakes Laundromat on Seven Mile

Record/CHRIS BOYD

## THE LOVABLE LAUNDROMAT

It seems like everyone goes to the laundromat alone.

People drag their dirty clothes through the door. They get some quarters at the counter, measure out the detergent and get things going. It's not a place to linger more than is necessary.

The pert young single people whose eyes meet over the box of Tide look like the creation of an overactive imagination at the ad agency. The laundromat is really strictly business.

The people in the laundromat over the weekend clearly don't want to be there. They look more than a little annoyed at the prospect of spending precious free time in the stark atmosphere: rows of washers and dryers, no-nonsense signs of warning and instruction. "No horse laundry in these washers." "We use very soft water." "Clerk cannot open safe."

A middle-aged woman carries in an enormous amount of laundry and proceeds to load up a half-dozen washers. She drags a chair over so she can instantly pounce when the cycle ends. The manager reloads the vending machine which, for 50 cents, will give you detergent for one load or fabric softener for two.

At the door a young guy jumps in to use the pay phone; he got locked out of his parents' house and has to make plans to meet a friend. He looks glad to leave. Across the way a nondescript man pages through the magazines from September and November.

Saturday at the laundromat. It's a dirty job, but somebody's got to do it.



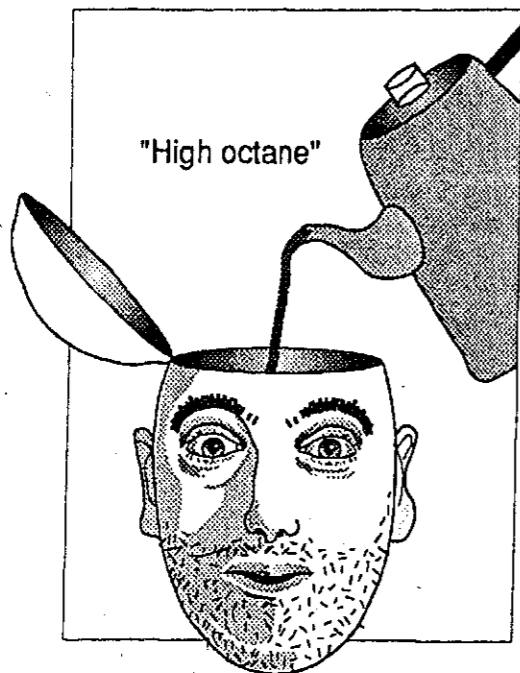
Above, Ted and Jacqueline Brosch do a few loads at the Novi Road Coin Laundry. At right, manager Greg Wallace checks one of the dryers.



### Random Sample

**Q:** Do you drink Regular or Decaf?

Five said:  
"Regular"  
One said:  
"Decaf"  
Two said:  
"Both"  
Two said:  
"Neither"



Random Sample is an unscientific poll conducted by the staff of The Northville Record and The Novi News.

### Volunteers

## Art wins her time

By DOROTHY NASH  
special writer

If you think that art appreciation is important for a well-rounded life, you will underscore the cultural enrichment program which has been volunteer-supplied to students in Northville's elementary schools for fifteen years.

It is sponsored and funded by Northville PTA, and Lonna Petrie is coordinator of it. Before being appointed coordinator two years ago, Petrie brought the program to some of the classrooms at Winchester School when her own children were there.

"It's a discussion, not a lecture, program," Petrie said, and it follows a format laid out in a guide book, which is accompanied with illustrative pictorial art reproductions which are in each school.

The children are led in progressive

steps from stirring the imagination in kindergarten to recognizing media and popular themes in first grade, and in subsequent grades to exploring subject matter, trends in art history, and current styles.

Volunteers present the program, each one making three weekly 15- to 20-minute presentations to a kindergarten class or six weekly 15- to 20-minute presentations to one of the first- through fifth-grade classrooms.

Every fall Petrie conducts an organizational meeting with the chairpersons from the four schools to ensure that each classroom has an assigned volunteer to conduct discussions which are held in the second semester.

Lonna Petrie happens to have a bachelor's degree in art education, but, she said, volunteers don't need to have any art background. They learn on the job because all of the information is in the guide book.

Interested? Call one of the elementary schools to say you would like to observe a classroom presentation. This may be your thing — an opportunity to give art appreciation and maybe get some for yourself, too.



Volunteer Lonna Petrie

Novi News/CHRIS BOYD







Scoreboard

Lion spikers in 3rd place

Avening an early-season loss, the South Lyon volleyball team cruised past Lakeland, 15-10, 15-11 last Monday night at South Lyon High School. The victory moved the Lions into third place in the Kensington Valley Conference standings and made their goal of a runner-up finish more realistic. Entering this week's action, South Lyon (4-3) trailed only Brighton (8-0) and Howell (6-2) in the KVC. Lakeland was fourth with a 5-4 mark, followed by Milford at 4-5. "We really like the position we're in," Lions Coach Ed Baldwin said. "We've got five league games left and we'll probably have to win them all, but there's a chance it can happen."

Basketball

Table with 2 columns: Team, Score. Rows include KVC STANDINGS, KVC LEADERS, and various team scores.

Table with 2 columns: Team, Score. Rows include Team Offense, Team Defense, and various team scores.

Table with 2 columns: Team, Score. Rows include Wrestling, and various team scores.

Table with 2 columns: Team, Score. Rows include Volleyball, and various team scores.

Table with 2 columns: Team, Score. Rows include Wrestling, and various team scores.

Table with 2 columns: Team, Score. Rows include Wrestling, and various team scores.

Rec Briefs

10K cross-country race: On Feb. 24, the Michigan Easter Seal Society will host its Ski Challenge at Shady Creek-Schuss Mountain Resort. This event will be a 10-kilometer classic style race with 10 individual classes and mass start. The race begins at 1 p.m. and an awards ceremony will follow. Registration will be held Friday and Saturday mornings before the race. For more information, call the Easter Seal office at (616) 941-1271.

Red Wings tickets: The Novi Yacht Club is sponsoring an outing to see the Detroit Red Wings take on the St. Louis Blues on March 8 at Joe Louis Arena. The cost is \$16 per person and includes transportation and a ticket. The bus will leave the Novi Civic Center at 5:45 p.m. There is room for 45 people. For more information, call the Novi Parks and Recreation Office at 347-0400.

Boaters' safety: Flotilla 12-05 of the U.S. Coast Guard Auxiliary will be instructing boating safety classes beginning 7 p.m. tonight, Feb. 15, at Northville High School. Subjects will include: boat handling under normal and adverse conditions, seamanship, radio procedure, trailering, fundamental piloting and charting. A certificate is given upon successful completion of the course.

Wrestlers get share of title: The Michigan High School Volleyball Class Association ranks its classes A through F. Class A includes East Kentwood, Farmington Mercy, Portage Northern, Livonia Ladywood, Sterling Heights Stevenson, Dearborn, and Brighton. Class B includes Holland West Ottawa, Fremont Bedford, Otsego, and Davidson.



DAN SVELLER

Wildcats of the Week

The Novi swim squad is currently ranked fifth in Michigan, and a lot of that has to do with team depth. Take Dan Sveller's performance last week (Feb. 6) in the 'Cats 131-41 dismantling of Livonia Churchill, for instance. Not one of the recognized "stars" of the team, Sveller had a hand in three Novi victories, and we think "Wildcat of the Week" honors should go out to him. Sveller took first-place individually in the 200-yard IM (2:15.27) and the 100 butterfly (54.11) and was also a member of the winning 200 medley relay team, along with Derek Speerschnieder, Steve Cohen and Steve Strausberg (1:48.8).



BRIAN PAQUETTE

Fifth-rated swimmers cruise, 131-41

By NEIL GEGOGAN staff writer. Derek Speerschnieder and Dan Sveller were the only double winners in the meet. Speerschnieder won the 200-yard freestyle (1:55.55) and the 50 freestyle (24.0), while Sveller took the honors in the 200 IM (2:15.27) and the 100 butterfly (54.11). The other winners were Jim Luther in diving (219.5 points), Steve Cohen in the 100 freestyle (52.2), Mark Chirgwin in the 500 freestyle (5:19.9), Mike Speerschnieder in the 100 backstroke (1:34.2), Jon Mutch in the 100 breaststroke (1:09.09) and the 200 medley relay team of Derek Speerschnieder, Steve Cohen and Dan Sveller (4:48.8).

Trackin' the 'Cats

The runner-up finishes included Mutch in the 200 IM (2:17.02), Adam Cox in diving (209.0 points), Jeff Leahy in the 100 butterfly (59.2), Ryan Devereaux in the 100 freestyle (53.6), Jamie May in the 500 freestyle (5:20.1), and Marc Bolitho in the 100 breaststroke (1:09.9). The thirds came from Devereaux in the 200 freestyle (2:01.5), Bolitho in the 200 IM (2:20.22), Phil Byers in the 50 freestyle (24.9), Strausberg in the 100 butterfly (1:00.6), Bob Bates in the 100 freestyle (54.2), and Chris Foreback in the 500 freestyle (5:41.3).

Boys basketball: Milford at Novi, 7:30 p.m. Tuesday.

Wrestling: Novi at MHSAA Individual District, TBA, Saturday.

Boys swimming: Novi at Chelsea, 6 p.m. Thursday.

Volleyball: Novi at Milford, 7:30 p.m. Monday; Novi at Livonia Clarenceville, 7:30 p.m. Tuesday.

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# In Shape

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THURSDAY  
February 15,  
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## TRACC hosts OLP students

By MIKE TYREE  
staff writer

Every Tuesday evening, 18 young women from Our Lady of Providence Center look forward to a night on the town.

In fact, the residents of the Northville Township center for the developmentally disabled are always anxious to head to the TRACC — as in Total Rehabilitation and Athletic Conditioning Center.

Novi-based TRACC is an extension of Botsford General Hospital and serves a role as a comprehensive rehabilitation facility for the women of the Providence Center.

TRACC offers the latest in high-tech exercise equipment and aims at helping people reach and maintain their peak physical potential through exercise and conditioning, according to George Andrews, a licensed physical therapist and director of the TRACC program.

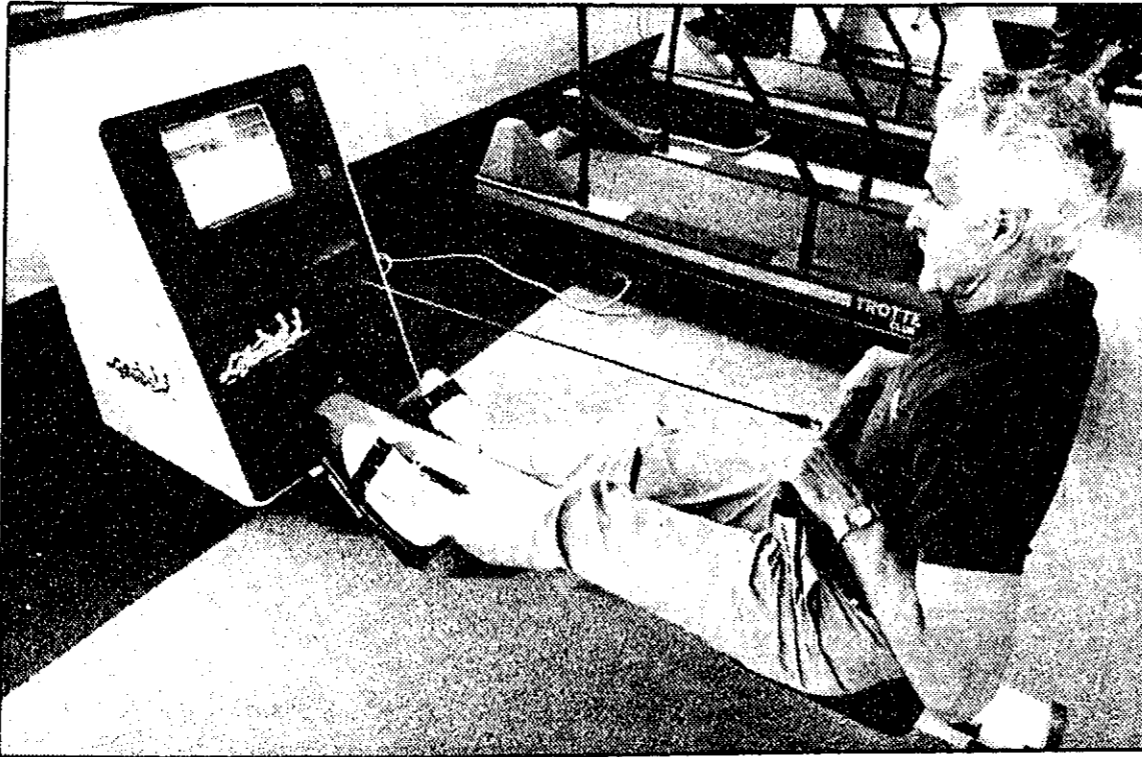
Andrews, who said he has worked with the handicapped for 15 years, said a positive relationship has grown between TRACC and the Providence Center residents.

"The developmentally disabled like being able to participate in activities that (any other) person does," he said. "They are achieving success and are very enthusiastic about the physical-therapy programs."

Andrews said the women from the Providence Center enjoy using TRACC equipment such as treadmills, rowing machines and weights and have a special fondness for the water exercise classes in the facility's heated pool.

"A lot of them really enjoy the pool," he said. "The ardent swimmers will go right to the pool area."

TRACC has been open about a year, Andrews said of the state-of-



Novi News/CHRIS BOYD

Physical therapist George Andrews demonstrates the rowing machine at the TRACC facility in Novi

the-art facility. He said the Providence Center group has used TRACC since June, with encouraging results.

"Their ability to stick to a given task is amazing," he said. "They take pride in being able to learn how to do something and just don't give up."

"They will hang in there on one machine long after most other people would have given up."

Andrews said the girls from the Providence Center have learned other skills at TRACC.

"They're so capable now, they can punch in their own computer program already," he said, referring to

the computerized exercise equipment at the facility.

Andrews said the Providence Center is planning to construct its own physical-therapy building, but in the meantime, the residents are more than welcome as visitors to the 39750 Grand River Ave. site.

Andrews also said that Botsford General Hospital does not charge Our Lady of Providence Center for the use of the facility.

"It's free," he said. "It's part of Botsford Hospital's support of community organizations."

Which suits the Providence Center just fine, thank you.

"This is just something they've done to help out until we can build our own physical-therapy site," said Providence Center Administrator Sister Theresa Tamburo.

Tamburo said the young developmentally disabled women benefit from their trips to TRACC in many ways, including bettering their motor skills through the physical activity.

But do they actually like the sometimes-grueling 90-minute workouts supervised by Andrews and his staff?

"Very definitely," she said. "They've enjoyed it and are always anxious to get to the TRACC program."

## Madonna offers fitness discussion

The Madonna College Fireside Chat Series continues with a program focusing on the national exercise craze: "Fitness — What's Right With You." The program will be held on Feb. 19 at 7 p.m. in the Founders Room located in the Student Resident Hall.

Discussion will center on what may or may not be right for you in your quest to get in shape. Special attention will be given to establishing individual schedules. Admission is free.

For more information, call 591-5056.

**Exercise program:** A one-hour exercise program is held Monday and Wednesday mornings at Twelve Oaks Mall. It takes place 9-10 a.m. in the Lord & Taylor corridor near the east entrance.

The program, conducted by the University of Michigan Division of Physical Education, is particularly aimed at older people and others who would benefit from an invigorating but non-strenuous exercise program.

"The format consists of carefully guided warm-up and stretching exercise followed by light aerobics and a cool-down period, all synchronized to music," according to Phyllis E. Weikart, director of U-M's Adult Lifestyle Program. "Our objective is to improve the participants' strength, flexibility and energy level through activities which are safe and enjoyable."

Weikart and her staff have been leading the popular Fitness Over 50 classes for 12 years on the U-M campus and for the past two years at Ann Arbor's Briarwood Mall, where it regularly attracts some 125 participants.

By expanding the program to Twelve Oaks Mall, they have made it more accessible to residents throughout Oakland, Wayne and Livingston counties.

"Twelve Oaks is open an hour before the stores open (at 10 a.m. daily and noon Sunday) to accommodate people who want to use the mall for

## Fitness notes

walking." Twelve Oaks Marketing Director Elaine Kah said. "This exercise program adds a new dimension to this activity. We are pleased to be a part of the program."

Fitness Over 50 welcomes all interested persons, regardless of their age and current activity level. Call the Twelve Oaks Management Office, 348-9438, for further information.

Twelve Oaks is a major regional shopping center located in Novi on I-96 and Novi Road. The center hours are Monday through Saturday, 10 a.m. to 9 p.m., and Sunday, noon to 6 p.m.

**Half-marathon:** The annual West Bloomfield Half Marathon has been scheduled for 12:30 p.m. April 22. This will be the 14th running of this Athletics Congress-certified race which is sponsored by West Bloomfield Parks and Recreation.

The race begins in the front of West Bloomfield High School, Orchard Lake Road at Green Road, and winds through the scenic residential streets of West Bloomfield Township.

Annually the race attracts runners from many midwest states and Ontario, Canada. A new course record was set in 1989 by Doug Kurtis, 37, of Northville, with a time of 1:07:32. Cheryl Sly, 24, of Dexter set the women's course record at 1:15:57.4, also in 1989.

The 1990 race looks to continued excitement in long-distance racing and high quality in race organization. Categories this year will include walkers and wheelers in addition to the many runner divisions.

For an entry form, send a self-addressed, stamped envelope to West Bloomfield Parks and

Recreation, 3325 Middlebelt Road, West Bloomfield, MI 48033. Entrants in the 1989 race will automatically receive an entry form. Registrations are taken up until one-half hour before race time.

Entry fee for the event is \$11 through April 13. This early registration guarantees the runner a T-shirt. After April 13 and through race day the fee is \$14. There are no guarantees on a T-shirt with a late registration.

For further information, contact the Parks and Recreation office at 334-5660. The West Bloomfield Half Marathon is directed by Sally Slater Pierce.

**Mercy fitness classes:** The Mercy Center, located on Eleven Mile between Middlebelt and Inkster roads in Farmington Hills, is offering a wide variety of swimming and fitness classes in 1990.

Mercy is offering open swimming daily from 6:30 to 8 a.m. and on Saturdays from 7:30 to 9 a.m. in addition to several fitness classes: like the Trim-Gym-Fitness Class, the Pool and Gym Class and the Coed Trim and Swim Fitness Class.

For information, call 473-1815.

**Fitness Over 50:** Twelve Oaks Mall offers a free exercise program titled "Fitness Over 50" in the Lord & Taylor Court every Monday and Wednesday from 9-10 a.m.

Designed and field-tested for 12 years at the University of Michigan, "Fitness Over 50" is a safe, carefully guided, low impact aerobic exercise program set to music. It is particularly aimed at older persons and others who can benefit from increased energy, endurance and muscle tone.

The class is open to all interested persons regardless of their age and current activity level. For more information call the Twelve Oaks Management Office at 348-9438.

## Fitness Tips

### Quality of sleep is as important as quantity

For years people have counted sheep or sipped warm milk; others have walked their dogs until the dogs are really walking them or concentrated deeply, imagining their minds as a vast, deep hole. Some have had only to sit in bed with an open book. People have tried countless ways to lure the sandman into showering them with stardust for just one reason — peaceful slumber.

There are wide individual differences on how much sleep people need. Most people require six to eight hours of sleep a night. But how solidly you sleep is as important as the amount of sleep; you can't spread it over five or six periods in a day and feel well.

The sporadic napper who plans to refresh himself with a half-hour nap often awakens more tired, groggy and mentally fatigued than before he fell asleep. Your system becomes used to a cycle and doesn't like interruptions. Sleeping beyond the usual amount can give rise to similar

symptoms — except when you want to catch up on sleep. If you missed several hours one night, a few hours more the next day can help you recover from physical fatigue. If you persistently awaken feeling just as tired as when you turned in, your problem may be emotional fatigue and would be better helped with counseling.

Everyone moves somewhat during sleep, and when they awaken, find themselves in positions other than the ones in which they fell asleep. Sleeping people move a lot and they do it to lessen the pressure on various parts of the body. If you lay in one position too long, pressure points occur. As a protective measure, you move involuntarily to alleviate pressure and pain in your bones, skin and muscles.

When you sleep you pass through a progressive cycle — relaxation, drowsiness, light sleep and deep sleep — which occurs as many as four times a night. The duration is

unique for each person, and satisfaction after sleeping comes with successful completion of the cycle. When that doesn't happen, or when we spend more than the usual amount of time in the sleep cycle, our bodies react with disapproval.

Try the following steps to enhance your sleep:

1. Exercise releases muscle tension. It is best to avoid overexertion and muscle fatigue immediately before bedtime. Exercise in the early afternoon, morning or early evening.
2. Don't drink coffee, tea or colas within two to four hours of bedtime, since most contain caffeine.
3. Avoid cigarettes — the nicotine in them is a stimulant. Similarly, alcohol disturbs sleep stages.
4. Relax an hour or so before getting in bed; read, listen to music, take a warm bath (not a hot bath, which is actually invigorating).
5. Your bedroom should be quiet, dark and at a moderate temperature, which for most people is 60-65

degrees.

6. Get into bed and try to progressively relax each muscle area, starting at your toes and traveling slowly up to your head.
7. Try to establish a regular sleeping schedule; don't go to bed until you are sleepy.
8. If you suffer from chronic or severe insomnia, you should also visit a doctor or sleep disorders clinic to see if there is an underlying medical condition.

If you try one technique and it doesn't work, go on to another. It is up to you to find what works best and to stick to it.

The Novi News is working with medical authorities at the University of Michigan Medical Center (M-Care) in Northville to provide up-to-date information on a variety of health-related topics. The series is coordinated by Peg Campbell of the M-Care staff.

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CITY OF NOVI  
NOTICE OF MEETINGS OF  
BOARD OF REVIEW

NOTICE IS HEREBY GIVEN that the Board of Review will be held at the City Assessor's Office located at 45175 W. Ten Mile Road, (New City Hall/Civic Center) on the following days:

Tuesday, March 6, 1990-9:00 a.m. to 6:00 p.m.; Monday, March 12, 1990-8:00 a.m. to 5:00 p.m.; Tuesday, March 13, 1990-12:00 p.m. to 9:00 p.m.; Wednesday, March 14, 1990-8:00 a.m. to 5:00 p.m.; Thursday, March 15, 1990-8:00 a.m. to 5:00 p.m.; Friday, March 16, 1990-8:00 a.m. to 5:00 p.m.

All appearances before the Board of Review will be by appointment only. If you or your representative wish to appear in person, the appointment must be made on or before 5:00 p.m., EST, Friday, March 9, 1990, accompanied by a completed petition. Appearances before the Board of Review are limited to five (5) minutes or less. Blank petition forms are available upon request at the City Assessor's Office.

No appointments will be given until a completed petition is received by the Assessor's Office.

Persons not wishing to appear before the Board of Review may submit a written protest which will be accepted on or before 5:00 p.m., EST, Friday, March 16, 1990. Postmarks will not be considered. When submitting a written petition for the Board of Review's consideration, you must attach the formal petition (available at the Assessor's Office) fully executed along with any supporting information.

All agents protesting values on property, other than their own, MUST HAVE written authorization from each property owner they are representing.

Any questions should be directed to the Assessor's Office at 347-0485.

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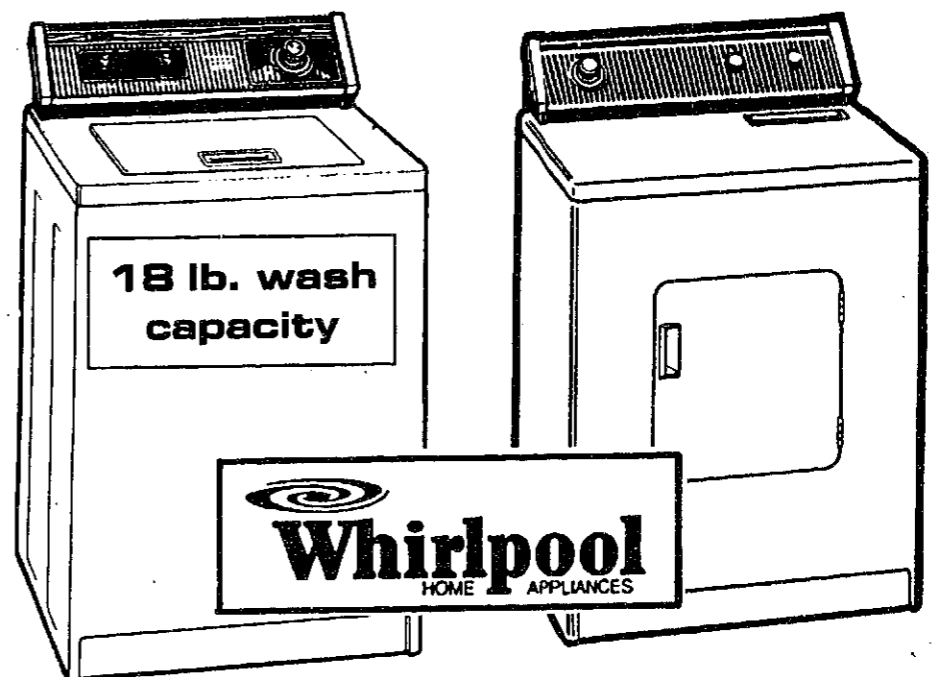
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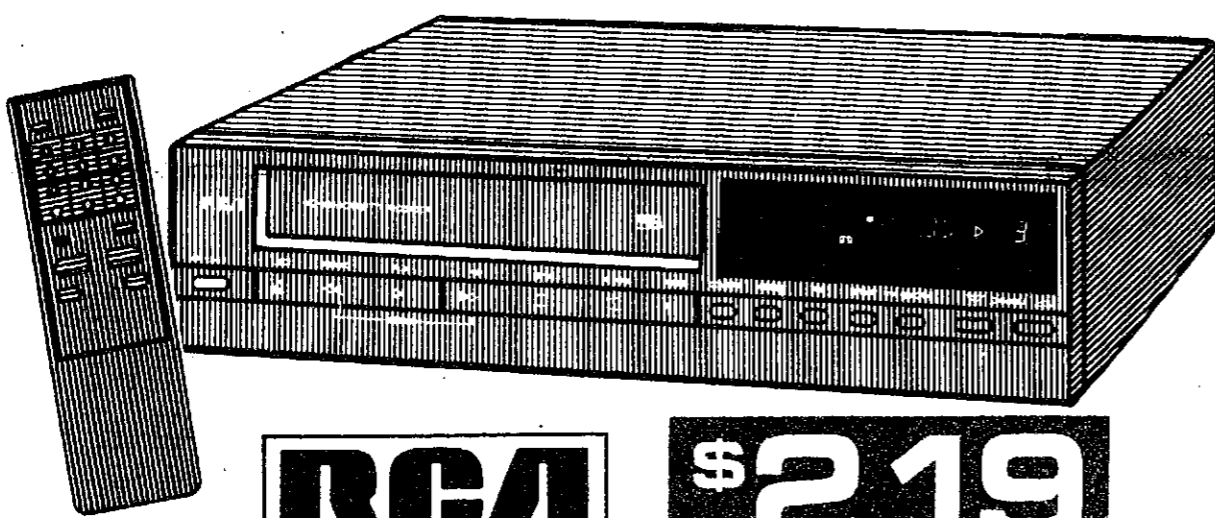
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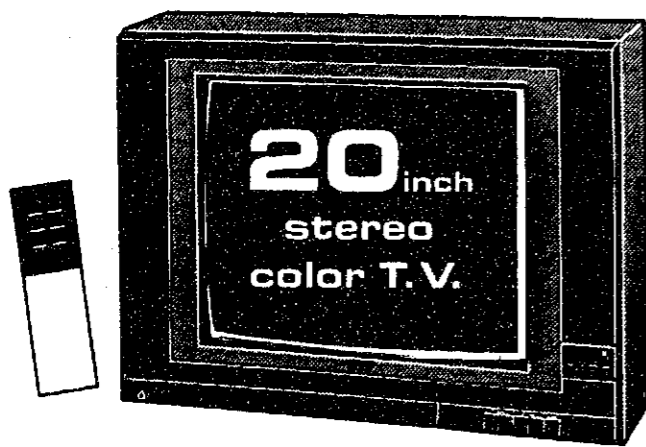


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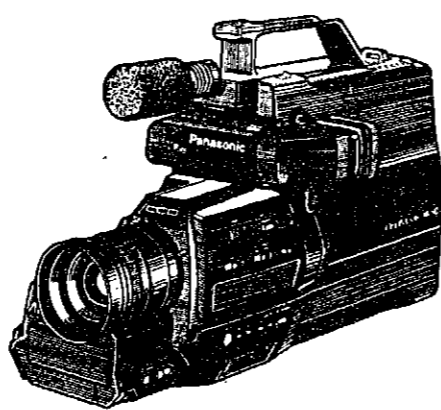
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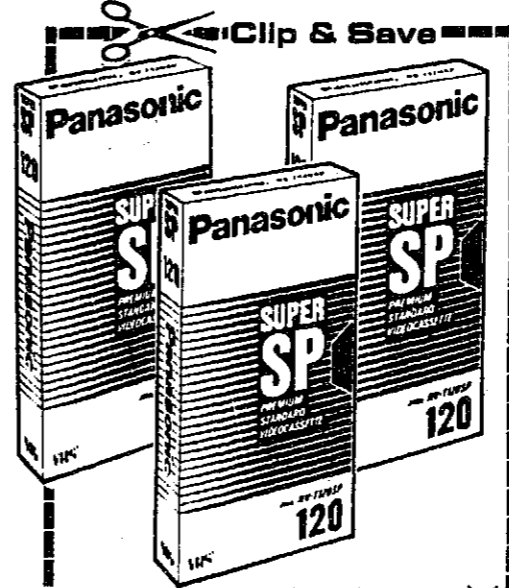


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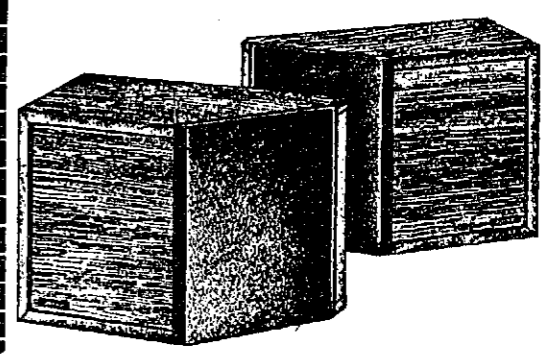


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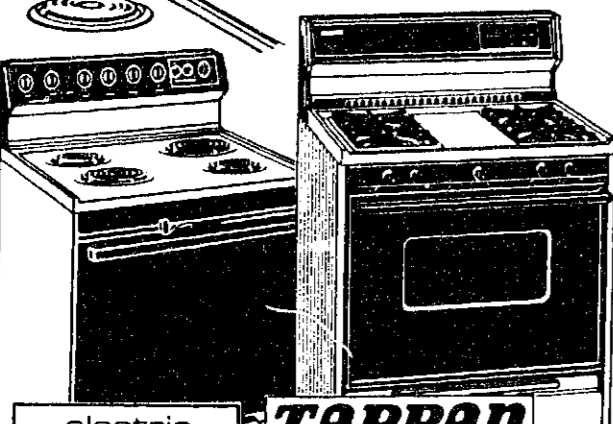
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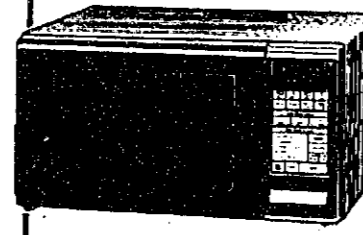
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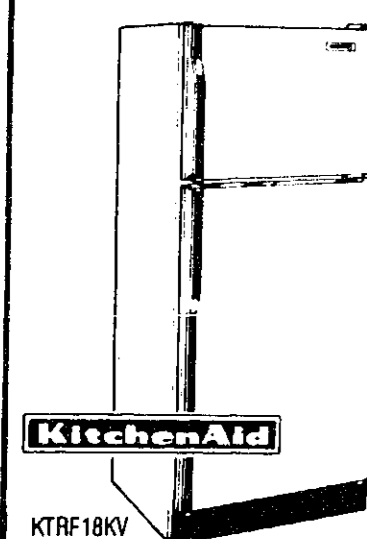
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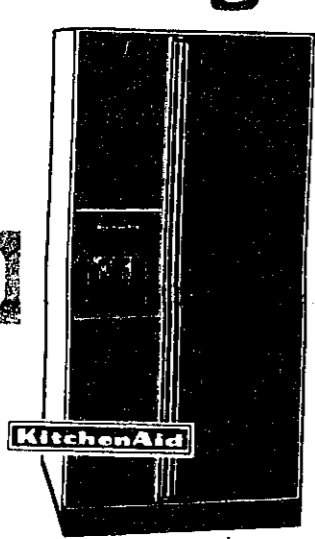
## appliances

**Step up to a KitchenAid® Refrigerator**



18 Cu.Ft.

**\$699**



Side-by-Side

**\$100 Cash Back**

Quality Features: • Three adjustable Crystal-Frost half-width cantilever refrigerator shelves • Reversible textured-steel doors • Optional ice maker kit available.

Quality Features: • Roller-Trac™ Porcelain-on-steel sealed crisper and Winter Chill™ Meat Locker • Thru-the-door ice and water • Porcelain interior resists stains and scratches.

**KitchenAid®** For the way it's made.™

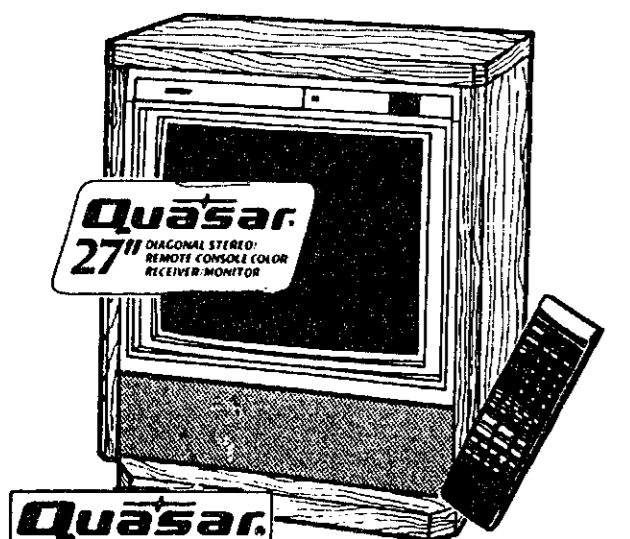
**JENN-AIR Sale!**  
Jenn-Air grill range with down draft ventilation

- Slide-in or free standing installation
- Convertible grill assembly

**ONLY \$848** INCLUDING CARTRIDGE

**FREE \$139.95 Value \$100 Rebate** with purchase of any Jenn-Air range

## Quasar® Quality Video and Television



**\$599**  
ONLY \$22 PER MONTH

**27 inch remote control stereo-console color monitor/receiver**



**\$1099**  
ONLY \$38 PER MONTH

**full-size VHS movie with 10-watt color enhancement light**



**NEW! 27" INCH DIAG. TV-VCR COMBO**

**SAVE \$100**

**FINALLY! 27" TV with built-in deluxe VCR. See it today!**

New for 1990 Quasar introduces the spectacular TV-video recorder combo unit on the large 27-inch screen size Deluxe VCR is available with stereo VHS Hi-Fi audio and is fully programmable. SEE IT TODAY!

Stereo/SAP broadcast reception with 2-speakers, compu-matic 21-function wireless remote control, on-screen display for channel, time, sleep timer, audio & video mode, 155-channel capability, S-VHS video input jack, audio/video outputs. Exciting cabinet design with swivel base. SU2732DK.

New small lightweight model with easy grip ergonomic handle design and right or left hand view finder operation. Features include 8:1 motorized zoom lens with auto focus and very low 3-LUX low light sensitivity. Package includes 10-watt light that uses camera batteries. Case also included. VM33.

**90 DAYS 0% Financing**  
up to \$5000 with approved credit  
No Payments until May 15

**SONY**  
the world's smallest and lightest full-featured camcorder

The new SONY VIDEO 8 HANDYCAM camcorder weighs only 1 lb. 12 oz. yet has zoom lens, a digital superimposer for titles, superior 4 lux low light sensitivity, date and time display and much more!

**\$1299**

**Panasonic** compact VHS-C camcorder compatible with your VHS VCR

New ultra small, lightweight, highly featured design for the buyer who doesn't want a full-size VHS model. Includes adapter to fit smaller cassette into your VCR. PV120.

**\$799**

**video**

**4-HEAD record & playback**  
**\$178** ONLY \$10 PER MONTH  
super value video cassette recorder

**4-HEAD VHS-VCR with on-screen programming**  
**\$299** ONLY \$11 PER MONTH  
Record when you're not at home! The VCR is perfect for dubbing or first-time buyers. 14-day programming.

**VHS video recorder with mts stereo tuner**  
**\$349** ONLY \$13 PER MONTH  
4 event/14 day on-screen programming with wireless remote control. 3 heads for high quality special effects. VHS255.

**4-head stereo VCR with incredible hi-fi audio**  
**\$499** ONLY \$18 PER MONTH  
Hi-Fi audio for unmatched sound. 4 head top quality special effects, on-screen programming, 43 function wireless remote. PV4960.

## few things in life perform as well as a... KENWOOD

**KENWOOD** **\$299** remote controlled audio-video receiver with dolby surround sound  
Exciting 70 watts per channel power in main speakers with 5 watts into surround sound speakers. Preset 20 stations into memory. Remote can control other components. KR-V610.

**KENWOOD** **\$299** double auto-reverse cassette deck  
Auto reverse is the way to go and both mechanisms can do it! This highly-featured unit also has Dolby C and B noise reduction systems, auto bias adjustments and high speed dubbing. KX-W610.

**KENWOOD** **\$299** 6-disc compact disc changer with remote  
Put 6 CD's in and touch random play button for uninterrupted random selection. Can obtain extra 6 disc magazines for storing categorized CD's. Includes full-functional remote. DP-M410.

**KENWOOD** **\$899** spectrum-58 high power audio rack system with CD player  
Includes 125 watt per channel amp with 7-band graphic equalizer and wireless remote. AM/FM stereo tuner with 20-station presets, dual cassette deck with Dolby B® noise reduction, 140 watt 3-way speaker system. System includes high featured CD player. The turntable pictured is an extra option.

**the ultimate kenwood receiver and cd changer**

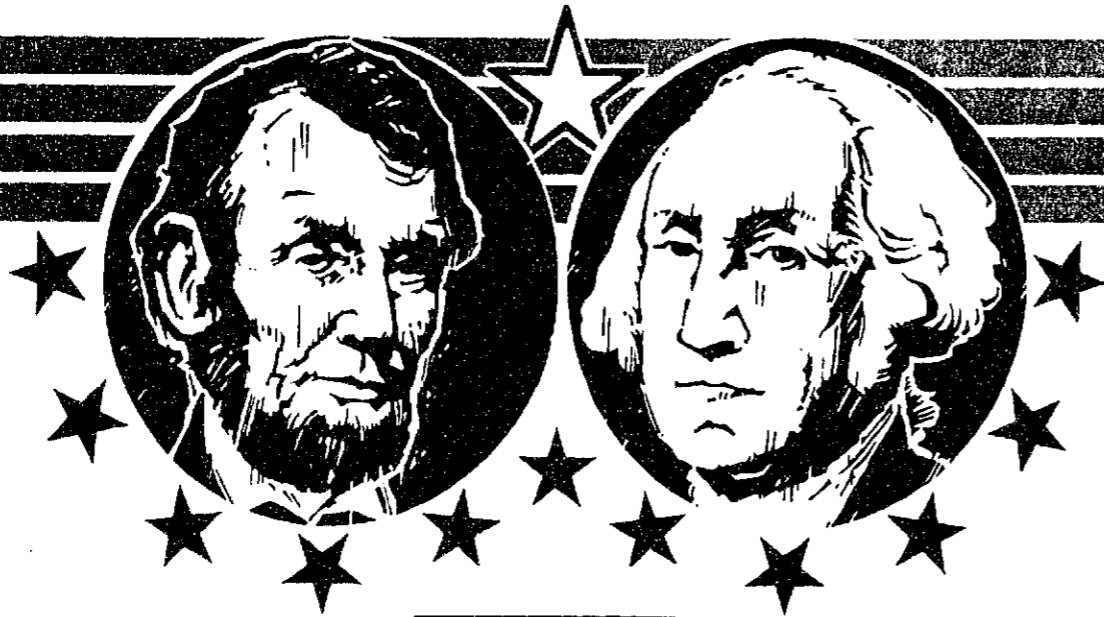
**\$699** 1990 series audio receiver with Dolby Pro-logic surround sound  
Amazing 130 watts per channel with less than 0.008% THD (distortion). New Dolby Pro-Logic Surround Sound for ultimate theater and hall surround performance with built-in 20 watt rear speaker amp. Remote unit can be programmed to operate most other remote audio and video components. KR-V910.

**6 + 1 compact disc changer with easy-load single drawer**  
**\$399**

You can load 6 CD's or you can simply insert one at a time for fast access with this unique design CD changer. The 16-bit linear dual D/A converters and 8 time oversampling digital filter allows for ultimate digital quality sound. DP-M610.



# PRESIDENTS



# DAY SALE



**Panasonic.**

**smaller, lighter  
transportable  
car phone**

New 1990 model transportable cellular car phone that's 20% smaller and 20% lighter! Powerful 3 watts - includes battery, car cord, antenna. Has signal strength meter to let you know if your important call will get through.

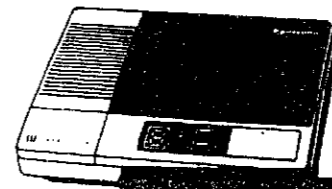
**\$588** ONLY \$22 PER MONTH



**full range  
cordless telephone  
with switchable dialing**

Factory set Anti-Piracy security system. One-touch redial, flash function in handset for access to enhanced telephone service. 2-9519.

**\$59<sup>88</sup>**

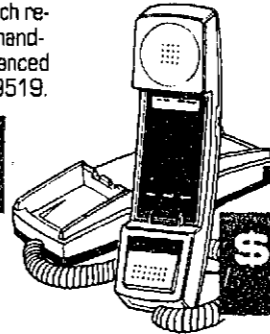


**Panasonic.**

**answering machine**

Autologic™ operation, variable OGM and beepless remote. KXT1000.

**\$49<sup>88</sup>**



**desk or wall  
mountable  
extension  
telephone**

A great addition for your bedroom, living room or den, 18 ft. cord, lighted key pad, 2-9110. Colors available.

**\$19<sup>88</sup>**

## telephone



**Panasonic.**

**am/fm radio  
with cassette  
& CD player**

AM/FM stereo tuner, play/record cassette deck, 36-step random access CD player, 4-band graphic equalizer, auto-reverse. RXFD55.

**\$199**



**SONY.**

**am/fm walkman®  
cassette player**

AM/FM tuner, local-distance switch, cassette with headphones. WMF23.

**\$34<sup>88</sup>**

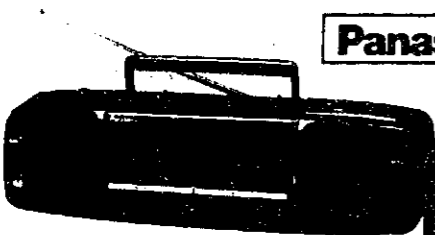


**SONY.**

**am/fm  
clock radio**

Perfect size in a high quality clock radio. battery back-up in case of power shortage. Sleep timer.

**\$29<sup>88</sup>**



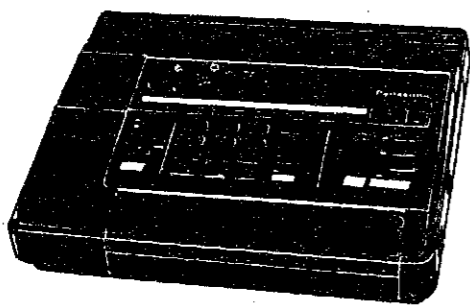
**Panasonic.**

**am/fm stereo radio  
with dual cassette**

**\$69**

Stereo tuner, tape to tape recording/play, 2-way 4-speaker system, CD/line-in jacks. RXT500.

## personal audio



**Panasonic.**

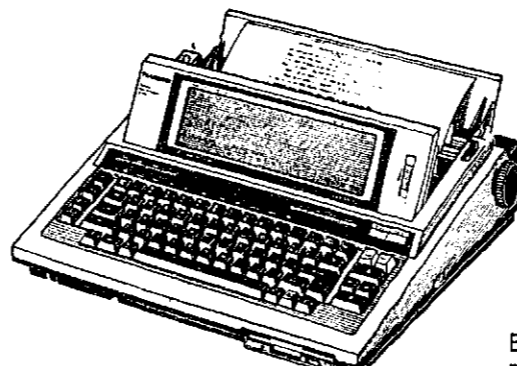
**facsimile machine  
with telephone  
answering machine**

Portable type compact facsimile machine with fine mode for detail, answering system and copier function. KX-F80.

**WORKS AS A  
PHOTO COPIER!**

**\$599**

ONLY \$22 PER MONTH



**Panasonic.**

**personal  
word  
processor**

Built-in word processing software with mail merge, Accu Spell Plus™ spelling check and thesaurus, page layout, letter quality printing. Includes tutorial disc. KXW1000.

Limitless text storage  
with 3.5 inch floppy disc

**\$499**

ONLY \$18 PER MONTH



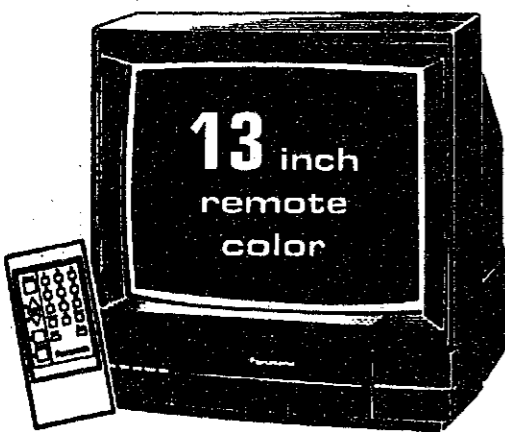
**Panasonic.**

**feature  
speakerphone with  
answering machine**

Voice-synthesized menu and time/day stamp, speaker phone, 32-station speed dialer, tone remote, LCD readout with clock. KXT2429.

**\$169**

## office electronics



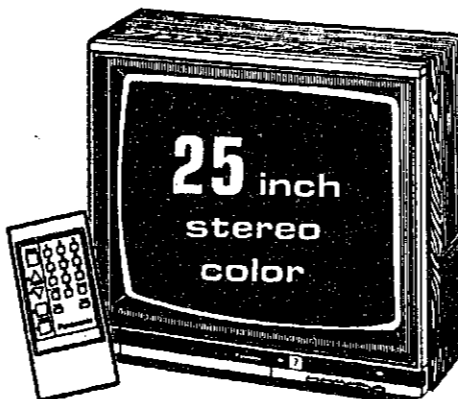
**Panasonic.**

**13 inch remote  
color TV**

Panasonic's highest quality TV, full featured remote and sleep timer. Great for bedroom use.

**\$249**

ONLY \$10 PER MONTH



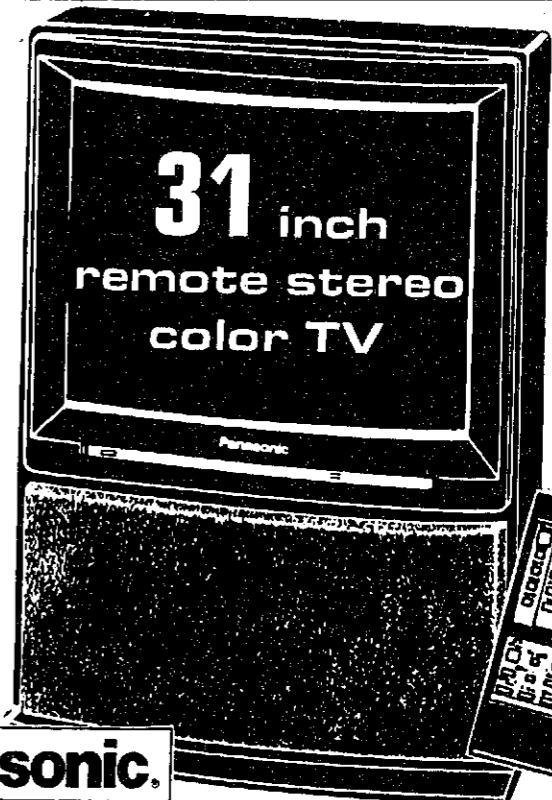
**Panasonic.**

**25 inch  
remote stereo  
color TV**

**\$549**

ONLY \$20 PER MONTH

This TV fits most wall units! Has stereo tuner & speaker system as well as audio outputs to your audio system! Also on-screen display, clock and sleep timer. 2580.



**Panasonic.**

**31 inch  
remote stereo  
color TV**

**\$1297**

ONLY \$43 PER MONTH

**giant 31 inch picture tube  
stereo monitor/receiver**

This fully featured new concept in stereo monitor/receivers has to be experienced. Among the many features you'll find a S-VHS input jack, broadcast stereo reception, Dolby surround sound, built-in stereo amplifier and speaker system. CTK3187.



## Panasonic® Color TV