

The Log Book

The following is a complete list of the emergency runs of the Novi Fire Department for the week ending Jan. 4, 1998. Each incident is listed by type, location, time and the engine and squad number which responded to the call.

MONDAY, DEC. 22

Medical, 40000 Grand River, 8:05 a.m., Squad 1.
Service, Grand River and Market, 12:38 p.m., Response 510.
Injury accident, West Oaks and Novi Road, 4:47 p.m., Squad 1.
Service, 39542 Ardell, 7:01 p.m., Squad 1.
Service, 39542 Ardell, 11:35 p.m., Squad 1.

TUESDAY, DEC. 23

Medical, 42308 Fountain Park, 12:41 a.m., Squad 1.
Medical, 22948 Springwell Court, 1:04 a.m., Squad 3.
Medical, 21111 Haggerty, 3:23 a.m., Squad 3.
Service, 24031 Glen Ridge, 4:32 a.m., Squad 3.
Fire alarm, 43635 West Oaks, 5:09 a.m., Engines 1, 2.
Medical, 50498 Oregon, 8:35 a.m., Squad 4.
Medical, 42308 Fountain Park, 12:07 p.m., Squad 1.
Medical, 22667 Strawberry Court, 12:15 p.m., Squad 3.
Injury accident, 43421 Twelve Mile Road, 12:54 p.m., Squad 1.
Building fire, 39601 Grand River, 5:23 p.m., Engines 1, 3.
Medical, 27650 Novi Road, 6:41 p.m., Squad 1.
Fire alarm, 20861 Woodland Glen, 6:52 p.m., Engines 1, 3.
Medical, 40000 Grand River, 10:06 p.m., Squad 1.

WEDNESDAY, DEC. 24

Investigation, 25775 Clark St.,

12:58 a.m., Squad 1.
Medical, 31111 Woodstone, 6:02 a.m., Squad 2.
Trash fire, 23703 Broadmoor Park, 9:26 a.m., Engine 4.
Medical, 40000 Eight Mile Road, 10:53 a.m., Squad 3.
Injury accident, Novi Road and Fourteen Mile, 12:35 p.m., Squad 2.
Medical, 30990 Springlake, 3:01 p.m., Squad 2.
Medical, 41268 Llewellyn, 8:15 p.m., Squad 3.
Medical, 23168 Sagebrush, 9:07 p.m., Squad 3.

THURSDAY, DEC. 25

Medical, 43455 Ten Mile Road, 11:10 a.m., Squad 3.
House fire, 920 Lemay, 12:35 p.m., Engines 1, 2.
Gas leak, 24116 Woodham, 12:43 p.m., Engine 3.
Investigation, 41098 McMahon Circle, 3:58 p.m., Squad 3.
Medical, 47640 Warrington, 6:08 p.m., Squad 4.
Medical, 23882 W. LeBost, 6:32 p.m., Squad 3.
Medical, 50903 Delaware, 8:09 p.m., Squad 4.
Medical, 29643 Carousel, 11:09 p.m., Squad 2.

FRIDAY, DEC. 26

Medical, 45182 West Road, 4:11 a.m., Squad 2.
Medical, 20849 E. Glen Haven, 5:38 a.m., Squad 3.
Medical, 40600 Grand River, 10:17 a.m., Squad 1.
Stove fire, 22066 Daleview, 11:30 a.m., Engine 3.
Medical, Twelve Oaks Mall, 2:18 p.m., Squad 1.
Medical, Twelve Oaks Mall, 3:42 p.m., Squad 1.
Service, Novi and Crescent, 11 p.m., Engine 1.

SATURDAY, DEC. 27

Medical, 23849 Forest Park, 9:16 a.m., Squad 4.
Medical, 43055 Crescent, 10:27 a.m., Squad 1.
Medical, 27500 Novi Road, 12:19 p.m., Squad 1.
Fire alarm, 45182 West Road, 12:19 p.m., Engine 2.
Medical, 21230 E. Glen Haven, 1:50 p.m., Squad 3.
Injury accident, Eight Mile and Haggerty, 3:16 p.m., Squads 1, 3.
Medical, 21175 Kingsley Court, 7:29 p.m., Squad 1.
Building fire, 39743 Grand River, 8:37 p.m., Engines 1, 3.
Medical, 27500 Novi Road, 9:38 p.m., Squad 1.
Investigation, 24500 Meadowbrook, 10:47 p.m., Engines 1, 3.

SUNDAY, DEC. 28

Fire alarm, 43350 Crescent, 3:57 a.m., Engines 1, 2.
Medical, 43215 Grand River, 6:44 a.m., Squad 1.
Service, 22335 Peachtree, 9:56 a.m., Squad 3.
Medical, 22502 Mansion, 9:06 p.m., Squad 3.
Medical, 41710 Manor Park, 9:36 p.m., Squad 1.

MONDAY, DEC. 29, 1997

Medical, 43200 Crescent, 12:38 a.m., Squad 1.
Service, 23849 Forest Park, 6:23 a.m., Squad 4.
Injury accident, Grand River and Haggerty, 9:44 a.m., Squad 1.
Medical, 22410 Plaisance, 11:28 a.m., Squad 3.
Fire alarm, 42005 Twelve Mile Road, 11:44 a.m., Engines 1, 2.
Medical, 24786 Jamestown, 12:20 p.m., Squad 1.
Medical, 31016 Beachwalk, 11:57 p.m., Squad 2.

TUESDAY, DEC. 30

Medical, 23532 Stonehenge, 12:53 a.m., Squad 3.
Service, 41705 Lamier, 3:08 a.m., Squad 2.
Fuel spill, Ten Mile and Meadowbrook, 10:30 a.m., Engine 1.
Investigation, 20893 Woodland Glen, 5:58 p.m., Engine 3.
Service, 23849 Forest Park, 6:02 p.m., Squad 4.

WEDNESDAY, DEC. 31

Fire alarm, 43635 West Oaks, 4:16 a.m., Engines 1, 2.
Medical, 44950 Bayview, 5:12 a.m., Squad 2.
Medical, Crescent and Town Center, 10:04 a.m., Squad 1.
Medical, 25636 Adams, 10:50 a.m., Squad 2.
Medical, 41705 Lamier, 11:04 a.m., Squad 2.
Fire-truck, Eight Mile and Griswold, 11:22 a.m., Engine 3.
Medical, 39512 Ardell, 4:09 p.m., Squad 1.
Medical, 1440 Nardeer, 6:10 p.m., Squad 4.
Medical, 29701 Carousel, 6:22 p.m., Squad 2.

THURSDAY, JAN. 1, 1998

Medical, 46100 West Road, 2:38 a.m., Squad 2.
Medical, 45182 West Road, 2:57 a.m., Squad 2.
Medical, 1306 Mariga, 2:24 p.m., Squad 4.
Medical, 40941 Malott, 2:56 p.m., Squad 3.
Medical, 47169 Scarlet Drive, 5:55 p.m., Squad 4.
Medical, 41310 Belmont, 6:03 p.m., Squad 2.
Fire alarm, 25345 Taft Road, 6:41 p.m., Engines 1, 4.
Medical, 41310 Wellington, 11:16 p.m., Squad 2.

FRIDAY, JAN. 2

Investigation, 23940 Devonshire, 3:16 a.m., Engine 4.
Service, 45182 West Road, 4:43 a.m., Squad 2.
Medical, 25714 Beck Road, 10:30 a.m., Squad 4.
Fire-car, 26845 Lowery, 6:13 p.m., Engine 1.
Medical, 27472 Novi Road, 7:37 p.m., Squad 1.
Medical, 41550 Grand River, 9:51 p.m., Squad 1.

SATURDAY, JAN. 3

Medical, 40412 Village Oaks, 7:02 a.m., Squad 3.

Service, 23849 Forest Park, 7:25 a.m., Squad 4.

Injury accident, Meadowbrook and Nine Mile, 11:51 a.m., Squad 3.

Fire-mattress, 1-96 and Beck Road, 1:09 p.m., Engine 1.

Medical, 24210 Novi Road, 1:54 p.m., Squad 1.

Fire-kitchen, 1565 Ocher, 2:51 p.m., Engine 4.

Medical, 1339 East Lake, 6:56 p.m., Squad 2.

SUNDAY, JAN. 4

Medical, 47250 Ten Mile Road, 10 a.m., Squad 4.

Medical, 39787 Village Wood, 10:59 a.m., Squad 3.

Medical, 45125 Ten Mile Road, 12:18 p.m., Squad 3.

Medical, 42088 Liberte, 12:29 p.m., Squad 2.

Medical, 25603 Monroe, 7:39 p.m., Squad 1.

Credit union robber gets cash

By WENDY PIERMAN MITZEL Staff Writer

The credit union was full of customers, but that didn't stop a lone white male from robbing a teller of thousands of dollars Dec. 30.

According to Novi Police, the man waited in line about 5:10 p.m. at the Credit Union Family Services on Ten Mile Road and presented a note demanding money from a teller. He threatened violence if the money wasn't handed over, police said, although the teller did not report seeing a weapon.

Police arrived at the credit union in response to the bank alarm and soon learned the man had already

fled the building.

Several customers witnessed the incident and provided police with information.

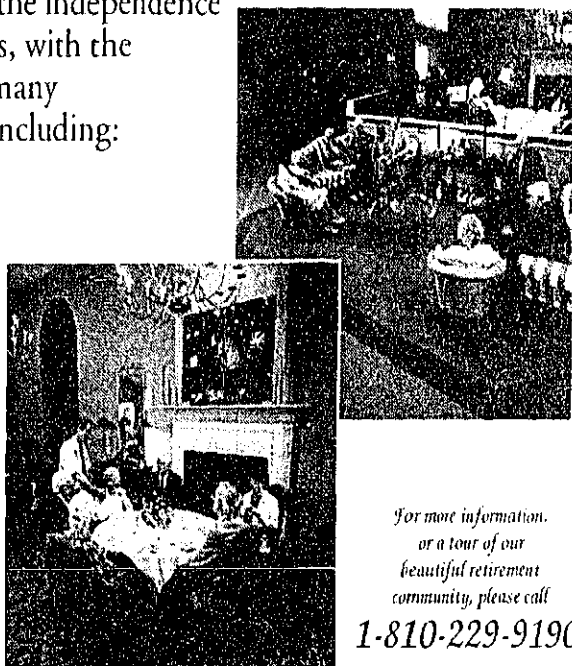
The suspect is described as being in his late twenties to early thirties and was wearing a black and white oversized jacket with a dark colored cap on top of his head. The hat was not pulled over his face. He stood approximately 5 foot five inches tall. The man had brown hair and was unshaven. He had a darker complexion, according to the report.

The robbery, a federal offense, is under investigation by Novi detectives and the Federal Bureau of Investigations.

Relax in a setting of warmth and friendship...

Our residents enjoy the independence of private apartments, with the convenience of our many features & services, including:

- Beautiful Grand Lounge
- 2 Formal dining rooms
- Breakfast/Lunch Cafe
- Billiards room
- Cozy library
- Activities room/large TV
- Craft room
- Beauty/Barber salon
- Personal laundry facilities
- Secured mailboxes
- Enclosed courtyards
- Patios
- Beautifully maintained landscaped grounds



For more information, or a tour of our beautiful retirement community, please call 1-810-229-9190.

THE Biggest Sale OF THE YEAR

ON 3 OF OUR MAJOR GALLERIES

HARDEN PENNSYLVANIA HOUSE THOMASVILLE

Save 40%-60%

ON MANY FLOOR SAMPLES AND CLEARANCE SALE MERCHANDISE. SAVE ON DINING ROOMS, BEDROOMS AND LIVING ROOMS IN SOLID OAK, CHERRY, MAPLE AND PINE.

Hurry In For Best Selection

AND **Just For THIS SPECIAL EVENT, WE WILL OFFER A 40% DISCOUNT ON ANY SPECIAL ORDER FOR THESE 3 MANUFACTURERS.**

Sale Ends January 17, 1998

MON., THURS., FRI. 9:30-9:00; TUES., WED., SAT. 9:30-5:30; OPEN SUN. 1-5

CLASSIC INTERIORS FURNITURE

20292 Middlebelt, Livonia • South of 8 Mile
(248) 474-6900

VISIT OUR IN STORE CLEARANCE CENTER



All Discounts Are Off Manufacturer Suggested Retail Prices. * All Previous Sales Excluded * Offer Not Valid In Conjunction With Any Other Promotional Offer



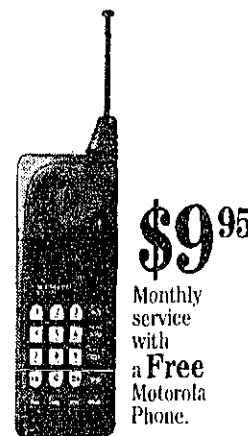
GET A FREE CLEARPATH DIGITAL PHONE OR A \$49 MOTOROLA STARTAC PHONE!



Ask about our ClearPath plus as low as 10¢ a minute.



6000c. So small, so tight, it's always with you.



Ameritech.

In a world of technology, people make the difference.

Hurry, offer ends soon!
Credit and other restrictions apply. Contact required on digital plans. Some calls, texts, and fees apply. Use subject to change without notice. ©1998 Ameritech Corp.



THREE YEARS IN A ROW HIGHEST OVERALL CUSTOMER SATISFACTION AMONG CELLULAR USERS IN DETROIT

Available at over 300 locations!
CALL 1-800-MOBILE-1

www.ameritech.com/wireless

School groups suggest bigger bond proposal

By WENDY PIERMAN MITZEL
Staff Writer

Novi Community School District voters could see a multi-million dollar bond proposal before them this spring, one that would address elementary school overcrowding, safety conditions on school athletic fields and playgrounds and parking shortages at the various buildings.

Last month PTO representatives recommended to the Novi Board of Education Dec. 18 that the district combine plans for a new elementary school bond proposal and a \$5.5 million bond proposal for infrastructure improvements.

By keeping the issues as one

larger ballot issue, the community won't be split apart when voting, said Pam Superlisky of the Interscholastic Council.

"If we split the issue of the elementary school and the athletic fields people aren't going to vote for both, they're going to vote for one or the other," Superlisky explained. "People think about what affects their kids."

Jim Koster, assistant superintendent of business for the district, estimated a new school would cost about \$12 million.

With the board's December decision to move plans for a small elementary school out of the Novi

Meadows building to make room for more fifth and sixth grade students came the obvious next step — a bond proposal to construct a new elementary school.

However, the board had already discussed plans to bring back a \$5.5 million proposal to improve the athletic fields, parking lots and playgrounds. The PTOs want to ensure that need isn't forgotten.

After all the years and money spent on buildings and technology, the athletic fields and parking don't exactly meet the same standards.

"We need to catch up with what was neglected," Superlisky said. Trustee Carol Elfring said she

hasn't made up her mind just yet. "I'd like to see what the community would like to do then go the direction (the residents) would like to go," Elfring explained.

Superlisky said with enough education and understanding of the issues, the community might go for it.

"Yes, it will be a little more money but it's over a longer period of time," she said.

The PTOs also suggested the bond proposal should go to a vote in March or April, not June when most people are focused on family vacations. During the spring semester, "people are more in tune

to thinking about school business," Superlisky said.

The PTO members will continue to circulate petitions and gather information on community response to present to the board of education as early as this month.

The growing pains are not new to Novi. Renovations and small additions have occurred for most of the district's eight school buildings in recent years.

Since the early 1990s the district opened Parkview Elementary School and added to it, renovated and increased the size of Novi High School, sold bonds to build a new Middle School and built a

pre-school.

The Novi Board of Education decided in December to drop plans for a K-6 set-up in the old middle school and Novi Meadows to accommodate more than 1,000 students in grades five and six.

The change in plans was caused by an increasing population in the fifth and sixth grades, over the estimations by the school several years ago.

Administrators also foresee an increase in the number of elementary school students above the predictions.

Public Access

- The following is the Time Warner Channel 12 community access program schedule for Novi for the coming week.
- MONDAY, JAN. 12**
10:00 a.m. — INFO TV-12 News
10:30 a.m. — The Cutting Room Floor
11:00 a.m. — Christian Singles Today
11:30 a.m. — Cosby and Company
12:00 p.m. — In the Studio with Bry: Erin Herald
12:30 p.m. — Now You're Cooking
1:00 p.m. — Adventures with Pirate Pete
1:30 p.m. — Women on the Move: Michelle
2:00 p.m. — Financial Strategies
2:30 p.m. — '50s Festival Car Show
3:30 p.m. — Motorsports: NASCAR History and Culture
4:30 p.m. — Novi Street Beat: Dawn Moritz
5:00 p.m. — Who, What, Where, Y
5:30 p.m. — Lawyers Round table
6:00 p.m. — School of Ministry of Mission
6:30 p.m. — Bagels and Talk with Tracy
7:00 p.m. — Critter Connection
7:30 p.m. — INFO TV-12 News
8:00 p.m. — Time Warner's Funniest Out takes
8:30 p.m. — The Cat's Pajamas
9:00 p.m. — Lansing Connection
9:30 p.m. — Groove Session: Sacred Heart
- TUESDAY, JAN. 13**
10:00 a.m. — Legislature Forum
10:30 a.m. — Specs Profile
11:00 a.m. — Law Talk: John Balarado
12:30 p.m. — Summit University
1:00 p.m. — Drawing Men to Christ
2:00 p.m. — Lansing Connection
2:30 p.m. — The Elegant Life: Angels
3:30 p.m. — Turning It Around: Good News, Good Views
4:00 p.m. — On Target: Concealed Weapons
5:00 p.m. — INFO TV-12 News Magazine
5:30 p.m. — People Who Make Things Happen
6:00 p.m. — In the Kitchen with Bry
6:30 p.m. — Mountain Ski Series: King of the Hill Snowboard
7:00 p.m. — Fitness Motivators
7:30 p.m. — Financial Strategies
8:00 p.m. — Out in the Open II: Men in Robes
9:00 p.m. — Let's Talk with Ben Marks
- WEDNESDAY, JAN. 14**
10:00 a.m. — Life Matters
10:30 a.m. — Excellence en Route
11:00 a.m. — Patterson and Company
11:30 a.m. — The Capitol Report
12:00 p.m. — School of Ministry and Mission
12:30 p.m. — The Way, The Truth, and The Life
1:00 p.m. — Study in Scripture
- THURSDAY, JAN. 15**
10:00 a.m. — Fitness Motivators
10:30 a.m. — The Happiest People Alive
11:00 a.m. — Abundant Life Arabic Ministries
11:30 a.m. — People Who Make Things Happen
12:00 p.m. — Bagels and Talk with Tracy
12:30 p.m. — Madonnas Magazine
1:00 p.m. — Praise, Praise, Praise
1:30 p.m. — That's Halton
2:00 p.m. — Rock Soup
- FRIDAY, JAN. 16**
10:00 a.m.-3:30 p.m. — To Be Announced
4:00 p.m. — Fitness Motivators
4:30 p.m. — The Show Me Show with Tatiana
5:00 p.m. — To Be Announced
5:30 p.m. — Cosby and Company
6:00 p.m. — To Be Announced
6:30 p.m. — Groove Session
7:00 p.m. — Financial Strategies
7:30 p.m. — People Who Make Things Happen
8:00 p.m. — Bagels and Talk with Tracy
8:30 p.m. — INFO TV-12 News
9:00 p.m. — Law Talk: John Balarado
- SATURDAY, JAN. 17**
10:00 a.m. — Who, What, Where, Y
3:00 p.m. — The Secret Place
3:30 p.m. — Adventures with Pirate Pete
4:00 p.m. — Law Talk: John Balarado
5:00 p.m. — Shaarey Zedek Productions
6:00 p.m. — Ready or Not
6:30 p.m. — The Imagination Tree: The Giving Tree
7:00 p.m. — Mountain Ski Series: Day Trippin with Hera
7:30 p.m. — Farmington Hills Police Journal
8:00 p.m. — People who Make Things Happen
8:30 p.m. — Christian Singles Today
9:00 p.m. — Law Talk: John Balarado

Board saves money by bond refinancing

By WENDY PIERMAN MITZEL
Staff Writer

By postponing a decision to refinance bonds, the Novi Board of Education saved the district an extra \$150,000 in interest.

"Pure luck saved us even more money," reported Assistant Superintendent for Business Jim Koster.

The Novi Board of Education approved Dec. 4 the refinancing of \$19 million worth of bonds from 1970, 1988 and a portion of 1993, which had higher interest rates than today's market. Koster and underwriters A.G. Edwards & Sons Inc. worked together to sell and refinance the bonds on Dec. 1, finding the rates had dropped to an average of five percent.

Koster originally estimated the district would save \$750,000 in interest, but as it turns out it's more like \$900,000. With \$230,000

in fees for A.G. Edwards services, the final savings come to \$610,000.

Trustee George Kortlandt congratulated Koster and the administration "for doing an excellent job of taking care of the people's money."

The savings will work to reduce the millage or shorten the maturity of the bond.

In addition, the district qualifies as a highly rated AA district which is why State Farm bought \$12 million worth of Novi's bonds. The good rating is boosted by the growth of the area and increase in state aid, although growth means that it's necessary to build more facilities. The rating is higher than the City of Novi's A-3 credit rating, she said. She credited the district's money management.

The firm also marketed heavily to sell the bonds, because investors are looking more to stocks as to bond than bonds.

Poet comes to Novi Borders

On Wednesday, Jan. 21, at 7 p.m., Benjamin A. Kerner will debut his new book, *A Petroglyph of His Own Choosing*, with selected readings at Novi Borders Books & Music, Novi Town Center, 43075 Crescent Blvd. For information contact Monique Herzog (248) 347-4643.

The book is an eclectic collection of poems and short stories with themes on sailing, love and enjoyment of outdoor life on and near the Great Lakes.

Ben Kerner is the author of more than 300 poems and the translator of over 30 modern French poems. He is an attorney, a poet, a sailor, an outdoorsman, and a jazz pianist. He resides in Ann Arbor.

Ben Kerner is the author of more than 300 poems and the translator of over 30 modern French poems. He is an attorney, a poet, a sailor, an outdoorsman, and a jazz pianist. He resides in Ann Arbor.

Stamp stealer on the loose in Novi

WENDY PIERMAN MITZEL
Staff Writer

Novi Police are investigating a woman who got away with more than \$1,000 in postage stamps from the Novi Post Office during the last few weeks.

According to police, a black female on three different occasions entered the post office on Novi Road with an accomplice and approached the postage store with displays of stamps and other postage needs.

Surveillance videotape shows the woman taking stamps from the display, hiding them in a newspaper and then holding the paper above the security sensors as she left.

On Nov. 10 the woman came in with a black male and left with \$192 in postage stamps. Then on Dec. 11, the same pair returned and stole \$800 in stamps, and on Dec. 20, the woman stole \$192 in stamps.

On Dec. 23, the woman entered the store again with another black

female. She was recognized by Tempo registered to a Novi resident employee and fled in a white matching her description.

CITY OF NOVI NOTICE

NOTICE IS HEREBY GIVEN that there are upcoming vacancies on the Board of Review, Beautification Commission, Cable Access Committee, Construction Board of Appeals, Economic Development Corporation, Library Board, and Novi Building Authority. Applications are available in the office of the City Clerk or by calling 347-9456. Council will be interviewing applicants Monday, February 2, 1998 beginning at 7:30 p.m. Please submit your application no later than January 29, 1998 to allow time for scheduling appointments.

TONI BARTHOLOMEW, CITY CLERK
(1-810-522-29-98 NR, NN 814677)

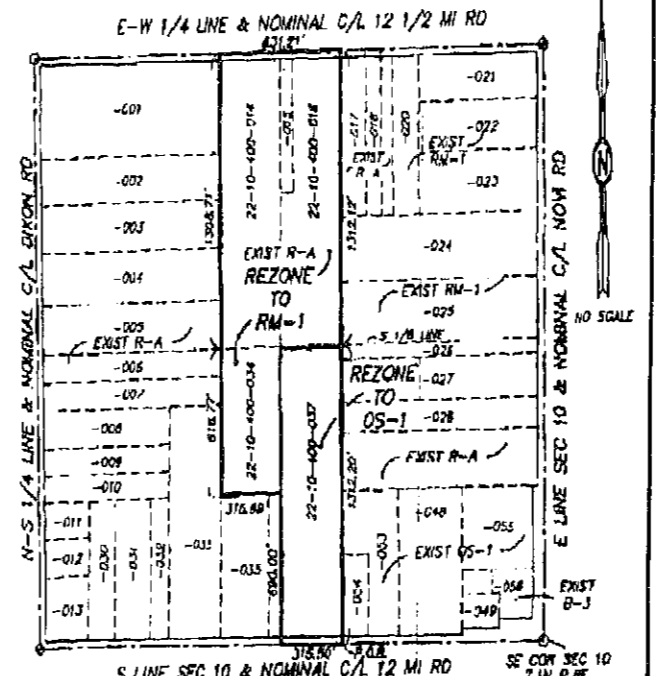
CORRECTED NOTICE OF ADOPTION CITY OF NOVI ZONING MAP AMENDMENT NO. 572

CITY OF NOVI ORDINANCE:
PART I: That Ordinance No. 97-18, known as the Zoning Ordinance of the City of Novi, is hereby amended by the amending of the Zoning Map as indicated on ZONING MAP AMENDMENT NO. 572 attached hereto and made a part of this Ordinance.

PART II: CONFLICTING PROVISIONS REPEALED. Any Ordinances or parts of any Ordinance in conflict with any of the provisions of this Ordinance are hereby repealed.

PART III: WHEN EFFECTIVE. The provisions of this Ordinance are hereby declared to be necessary for the preservation of the public peace, health and safety and is hereby ordered to take effect fifteen (15) days after final enactment, it shall be published within fifteen (15) days of adoption. The effective date of this Ordinance is December 30, 1997.

MADE AND PASSED by the City Council of the City of Novi, Michigan, this 15th day of December, 1997. Copies of the Ordinance Amendment may be purchased or inspected at the office of the City Clerk, Novi, Michigan, weekdays between 9:00 a.m. and 5:00 p.m. local time.



To rezone a part of the SE 1/4 of Section 10, T.1N., R.8E., City of Novi, Oakland County, Michigan more particularly described as follows:

Beginning at a point on the South Line of Section 10 (nominal C/A of Twelve Mile Road), said point being S88°35'37"W 1,058.38 feet from the SE corner of said Section 10; thence continuing along said South Line S88°35'37"W 315.50 feet; thence N02°17'20"W 630.00 feet; thence S88°35'37"W 315.69 feet; thence N02°17'20"W 618.77 feet to a point on the South 1/8 Line of Section 10; thence N02°17'20"W 1,302.71 to a point on the E-W 1/4 Line of Section 10 (nominal C/A of Twelve and One-Half Mile Road); thence N87°58'22"E 631.21 feet along said E-W 1/4 Line; thence S02°17'26"E 1,312.12 feet to a point on the South 1/8 Line of Section 10; thence S02°17'01"E 1,312.20 feet to the point of beginning. Containing 32.98 acres.

FROM: R-1 RESIDENTIAL ACREAGE
TO: RM-1 LOW-DENSITY MULTI-FAMILY RESIDENTIAL DISTRICT
OS-1 OFFICE SERVICE DISTRICT

ORDINANCE NO. 18.572
ZONING MAP AMENDMENT NO. 572
CITY OF NOVI, MICHIGAN
ADOPTED BY THE CITY COUNCIL 12-15-97

KATHLEEN McLALLEN, MAYOR
TONI BARTHOLOMEW, CLERK
(1-898 814759)

red balloon
clearance
take an
extra
30% off
for total savings of
45%-65%
already-reduced

- shoes for the family
- women's sleepwear
- handbags
- jewelry
- gifts
- kids' clothes
- men's sportswear
- dress shirts and ties
- men's outerwear
- apparel for misses, petites, parisian woman and juniors:
- coats
- sweaters
- dressess
- career sportswear
- casual sportswear

PARISIAN
get a good look at parisian
Sorry, price adjustments cannot be made on previously purchased merchandise.

CALL 1-800-424-8185 TO ORDER ANYTIME. STORE HOURS: Laurel Park Plaza open Sun. 12-6, Mon.-Sat. 10-9.
FOR INFORMATION call 953-7500. CHARGE IT: Parisian Credit Card, MasterCard, Visa, the American Express® Card or Discover®.
LOCATED AT LAUREL PARK PLACE IN LIVONIA, ON THE CORNER OF NEWBURGH ROAD AND SIX MILE ROAD (TAKE THE SIX MILE ROAD EXIT OFF INTERSTATE 275).

HEY KIDS!

Come Join Our "NO CAVITY CLUB!"

All Children 14 years of age and under who come in for a dental check-up and have no cavities are entered in our drawing. At the end of the month one boy and one girl are chosen as winners of a gift certificate to TOYS R US!

Winners of the NO Cavity Club for December are Andrea Seoney & Trevor Ackerman

Trevor Ackerman	Jessica Ferraluelo	Andrea Seoney
Jared Adler	Sean Ferraluelo	Erin Shapiro
Lauren Adler	Davida Halliburton	Nicholas Tsangaris
Mathew Cash	Christopher Kelley	Jennifer Watson
Amir Dickerson	Eric Krueger	Maria Watson
Elizabeth Dowdell	Jonathan Patton	Rachel Willis
Joey Dowdell	Michael Pesendorfer	Rebecca Willis

DENTISTRY FOR ADULTS AND CHILDREN

Dr. Allen Tuchkloper
Eaton Center
43410 W. Ten Mile Novi
348-3100

theNOV NEWS

The Northville Record

CONGRATULATES

Kris Barnett of Novi

Winner of our Dream Holiday Contest

We wish to than our participating businesses.

Food & Wine Bazaar - \$100 Gift Certificate
Weinstein Jewelers - Gold Bracelet
Diamond Cuts Salon - Hair color, cut and finish style
Bueter's Outdoors - Staff shirt
Sizzling Sticks - 1 free lunch or dinner
Genetti's - Lunch for two.

REAL ESTATE UPDATE

by John Goodman
Coldwell Banker Preferred

UP, UP AND AWAY!

A "balloon" is a loan balance that must be paid on a future date. This provision has been used in private lending for many years, but it was only recently approved for use by institutional lenders. Federal savings and loan associations are now permitted to make balloon mortgages with as little as five percent down and monthly payments that are smaller than the amount needed to fully amortize the debt. The balance must be paid off on the due date or the loan must be re-negotiated. This kind of borrowing requires advance planning to meet balloon payment obligations.

Today's economies have produced many more financing options for home buyers which provide buyers with flexibility regarding the price they can afford to pay. Financial institutions can acquit a buyer with the current market and provide a mortgage instrument to meet any financial need.

For professional advice on all aspects of buying or selling real estate, contact John Goodman, one of the top 9 sales agents internationally out of 60,000 Coldwell Banker agents for 1994, 1995, and 1996. Call 810-908-2799.

4644 ANN ARBOR RD.

MOTORCITY BAGELS

Beat the holiday blues

Formerly Chesapeake Bagel Bakery

6 FREE BAGELS with the purchase of 6 BAGELS MOTORCITY BAGELS

FREE DELI SANDWICH with the purchase of One Sandwich at Regular Price (Receive One (1) Equal Or Lesser Value)

MOTORCITY BAGELS

Not valid with any other offers or promotions. Offer valid at participating locations. Expires 1-31-98.

250 N. Center St. • Northville • 449-7212

69¢ "P.O. BOX" SPECIAL

Start 1998 With A New Address For Your Business!

Our "P.O. BOX" Service Includes:

- 24 Hour Access
- Phone-In MailCheck™ (No Wasted Trips)
- Mail Forwarding (indefinite period of time)
- Mail Hold (indefinite period)
- Parcel Acceptance from UPS, FedEx, Airborne, DHL & Other Carriers
- 24 Hour Copy Machine Access!
- Prestigious Address (not just a P.O. Box number)

Other Services Include:

- Full Color Laser Copies
- Fax Sending & Receiving (our fax is your fax)
- Business Cards & Stationery
- Rubber Stamps
- UPS Authorized Shipping Outlet

69¢ "P.O. BOX" SERVICE

Visit or Call Our Store For Details!
New customers only
With coupon. Offer valid thru 1/31/98

Whatever you need in Business, Shipping & Postal Services, you'll find it at Mail Boxes Etc. After all, helping you do business is our business! Visit the Novi Locations to open your mailbox today!

MAIL BOXES ETC.
Making Business Easier. Worldwide.

NOVI
43422 West Oaks Drive
12 Mile and Novi Rds.
Across from the 12-Oaks Mall
(248) 347-2850 FAX: 347-1890

For Quick Results
Call GREEN SHEET (248) 348-3022
CLASSIFIED

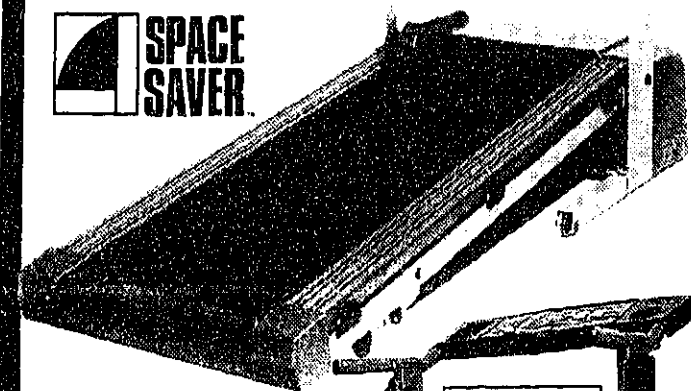
TREADMILLS

399⁹⁹

PRO-FORM

Folds For Storage!

385 SPACE SAVER TREADMILL
4 window electronics, manual incline,
16"x50" walking belt, 2.25 HP DC motor,
0-10 MPH

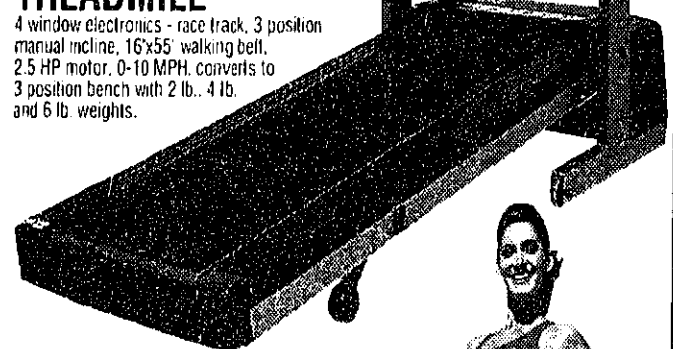


599⁹⁹

PRO-FORM
CROSSTRAINER
TREADMILL

Converts to 3 Position Bench!

4 window electronics - race track, 3 position manual incline, 16"x55" walking belt, 2.5 HP motor, 0-10 MPH, converts to 3 position bench with 2 lb., 4 lb. and 6 lb. weights.



WALKERS & BIKES

IMPEX 49⁸⁷

AERO TREK

Adjustable resistance, includes instructional video, folds for storage.

3 in 1 Workout!



199⁹⁹

Vitamaster

MAG BIKE
Single window electronics with adjustable magnetic resistance, dual position handlebars.

GET FIT FOR THE NEW YEAR.

PREPARE YOURSELF.

BENCHES

99⁹⁸

IMPEX

WEIGHT BENCH WITH WEIGHT SET
Adjustable crutch heights, leg developer, includes 90 lb. weight set.

Includes Weights!



199⁹⁹

PRO-FORM

3.0 BENCH
Incline/decline bench, leg extension and curls, preacher curls, weight storage.



HOME GYMS

199⁹⁹

total gym.1000

Total body workout, uses your own body weight to provide resistance - lat pulls, squats, crunches, arm pulls and leg curls, folds for storage.



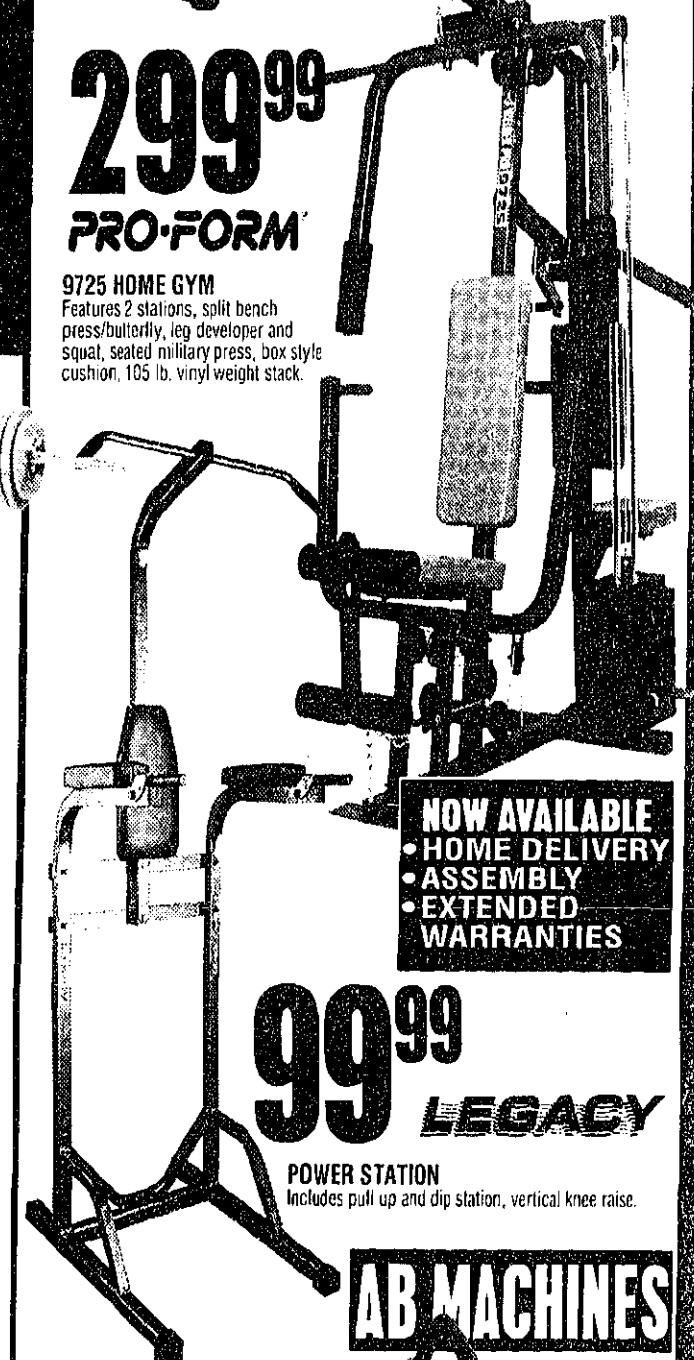
Endorsed by Chuck Norris and Christie Brinkley!



299⁹⁹

PRO-FORM

9725 HOME GYM
Features 2 stations, split bench press/butterfly, leg developer and squat, sealed military press, box style cushion, 105 lb. vinyl weight stack.



NOW AVAILABLE
• HOME DELIVERY
• ASSEMBLY
• EXTENDED WARRANTIES

99⁹⁹

LEGACY

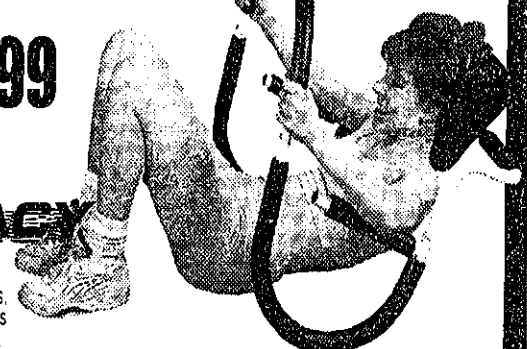
POWER STATION
Includes pull up and dip station, vertical knee raise.

AB MACHINES

29⁹⁹

LEGACY

AB TONER 1
Isolates and tones abs, cushions and supports neck to reduce stress.



HUGE SAVINGS ON FITNESS FOOTWEAR!

SAVE UP TO

\$45



39⁹⁷

Orig. 64.99

SAVE \$25

MEN'S AIR AEGIS RUNNING SHOES



49⁹⁷

Orig. 74.99

SAVE \$25

MEN'S AIR ASTRO LOW CROSSTRAINERS



39⁹⁷

Orig. 64.99

SAVE \$25

WOMEN'S AIR DIVERGE CROSSTRAINERS



39⁹⁷

Orig. 54.99

SAVE \$15

WOMEN'S APPRENTICE RUNNING SHOES



39⁹⁷

Orig. 64.97

SAVE \$25

WOMEN'S QUICK OUT CROSSTRAINERS



79⁹⁷

Orig. 109.99

SAVE \$30

WOMEN'S DMX RUNNING SHOES



79⁹⁷

Orig. 124.99

SAVE \$45

MEN'S EQUILIBRIUM RUNNING SHOES

To find The Sports Authority nearest you, dial toll-free in the U.S. and Canada: 1-888-LOOK 4 TSA

8 GREAT LOCATIONS!

- FLINT • (810) 230-8160
- CLINTON TOWNSHIP • (810) 791-8400
- LIVONIA • (313) 522-2750
- MADISON HEIGHTS • (248) 589-0133
- WATERFORD • (248) 738-5020
- UTICA • (810) 254-8650
- DEARBORN • (313) 336-6626
- TAYLOR • (313) 374-0505

A GIFT CERTIFICATE FROM THE SPORTS AUTHORITY IS THE PERFECT GIFT FOR ANY OCCASION! TO ORDER, CALL TOLL-FREE 1-888-325-GIFTS

FOOTWEAR CLEARANCE SELECTION VARIES BY STORE.

PREPARE YOURSELF is a service mark of The Sports Authority.

THE SPORTS AUTHORITY

The Sports Authority

PRICE GUARANTEE

...means just that! If you ever find a lower competitor's price, we'll match it! Hassle Free!

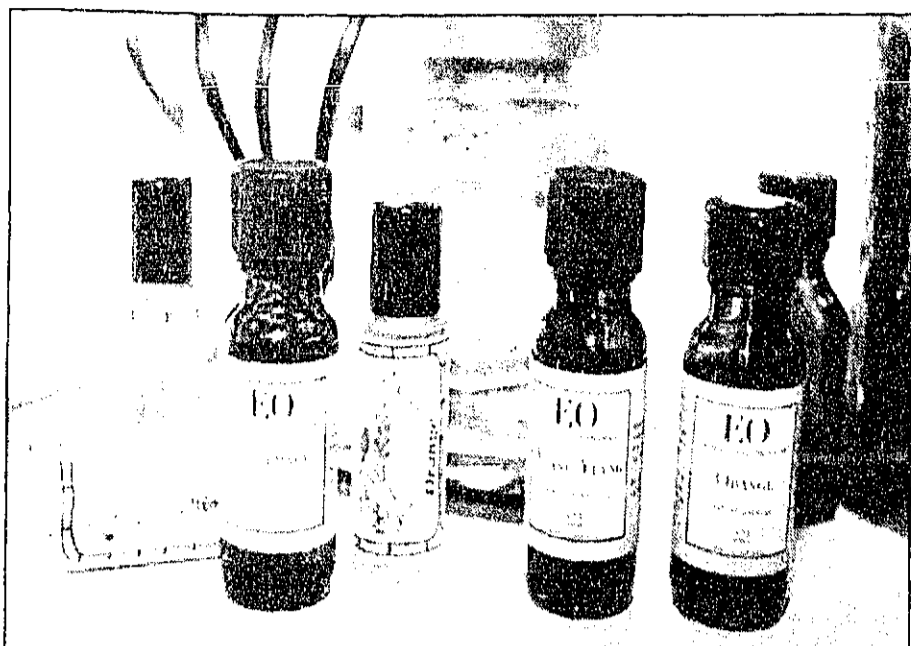


HIGHLIGHTS:
Novi's Community Education brochure is in the mail-2B

DANCE COMPETITION:
Irish dancers will go on to compete in nationals-4B

AROMATHERAPY:
Doctors question benefits of essential oils-3B

DIVERSIONS:
Aladdin continues at the Marquis Theatre-5B



Photos by JOHN HEIDER

Essential oils are extracted from plants and each treats specific ailments.

Aromatherapy Therapy

Rooted in history, essential oils can be used to treat a variety of symptoms from stress to arthritis

By WENDSY WHITE
Staff Writer

If the holidays have left you stressed, you may find relief by sticking your nose in a "sniffy bag."

Beverly Pierson, co-owner of Gypsy's Light at 125 E. Main in Northville, creates sniffy bags by dabbing cotton balls in fragrant essential oils and enclosing them in tiny zip lock bags.

When inhaled deeply throughout the day, the pocket packs of aromatherapy are meant to offer relief for various emotional and physical symptoms.

Smelling lavender oil, Pierson said, has an instant calming effect. Add a dab of orange oil to the mix and you'll feel invigorated.

"Doesn't it make you feel good just to smell them?" Pierson asked. "It works on your glands, starting in the head and

traveling throughout your body. It brings oxygen to cells so it's a great way of healing."

Sniffy bags are just one way to take advantage of the properties of essential oils, Pierson said.

The American Alliance of Aromatherapy recommends using essential plant oils in massage, on compresses or in the air to treat everything from arthritis to insomnia.

The pure oils are extracted from plants and each is said to have distinct properties that aid in healing, cleansing or altering moods. The benefits are said to arise when the scents are either inhaled or absorbed through the skin and into the blood stream.

According to aromatherapists, the practice has roots in the ancient world.

Continued on 3



Rachel Mandell, above, samples an essential oil. Below, Beverly Pierson (left) and Rachel Mandell, co-owners of Gypsy's Light, try out a scented votive.

Relieving Stress with Aromatherapy		
Symptom	Essential Oils	Application
Stress	Frankincense, Lavender, Marjoram, Neroli, Orange, Sandalwood	Dilute essential oils with a base oil like sweet almond or sunflower and use for massage.
Lethargy	Geranium, Jasmine, Rose	Add a few drops to bath water, or dilute in base oil for facial massage.
Insomnia	Chamomile, Lavender, Marjoram	Add a few drops to your pillow. Add to purified water and use a plant sprayer to diffuse into bedroom.
Tension Headache	Lavender, Rosemary	Dilute for facial massage, dilute in bath water, or diffuse in room. Put 6-12 drops in cold water, wet a washcloth and apply to forehead.
Muscle Pain or Fatigue	Eucalyptus, Orange, Marjoram, Rosemary	Dilute and use for muscular massage. Add 6-12 drops to bath water or in a foot bath. Use cold compress on affected area.
Colds, Flu or Respiratory Problems	Eucalyptus, Frankincense, Tea Tree, Lavender	Put 6-12 drops in steaming water, cover head with a towel and breathe deeply.
Jet Lag	Chamomile, Geranium, Lavender, Orange	Apply to bath water at destination. Burn in a vaporizer over a votive candle.

NOTE: Oils should not be applied to skin undiluted. Asthmatics should not inhale steamed vapors.
SOURCES: American Alliance of Aromatherapy; Pocket Massage for Stress Relief by Clare Maxwell-Hudson



The 1998 Northville Record/Novi News RESTAURANT POLL

It's time once again to cast your vote

By CAROL DIPPLE
Feature Editor

It's time for the eighth annual Northville Record/Novi News Restaurant Poll. Every year we invite readers to vote for the restaurant that has the best salads, coffee, desserts, steaks, pizzas, etc. But only one restaurant wins the coveted "Best Restaurant" vote.

Results of the poll will be published on Feb. 26. There is no cost to enter. One ballot will be select at random and the winner will have dinner on us.

The first question on your mind might be, so how do I vote? Every week there will be an official ballot published in the Northville Record/Novi News. Complete the ballot by filling in the name of the restaurant that is the best in each of the categories, cut the ballot out and mail it to the newspaper or drop it off when you're in town. There's also a section to add your thoughts about area eateries in general.

Eighth Annual Northville Record and Novi News

Restaurant Poll

Which restaurants in the Northville/Novi area are the most popular? Help find out by filling out this ballot.

The Rules:

- Only restaurants in Northville and Novi are eligible to be mentioned on your ballot. Each ballot must include your name, address and telephone number. Ballots without this information will not be included in the results.
 - Only ballots clipped from the newspaper will be accepted. Photocopied ballots will not be counted. This restriction is designed to help avoid ballot-box stuffing. (HomeTown employees and their families are not eligible for the free dinner.)
 - Restaurants found to be distributing ballots will be disqualified.
- Mail the completed entry form by Jan. 31 to:
Northville Record/Novi News Restaurant Poll, 104 W. Main, Northville, MI 48167.
If you prefer, restaurant poll entry forms may be

dropped off at the newspaper office.

When all the ballots are in, we will compile the results and publish them in the Feb. 26 issue of *The Northville Record* and *The Novi News*.

In case you misplace this edition of the newspaper, entry forms will also be published in subsequent issues.

One ballot will be selected at random and the winner will receive dinner for two at his or her favorite Northville or Novi restaurant.

The Categories:

- Best Overall Restaurant _____
- Best Inexpensive Restaurant _____
- Best Breakfast Restaurant _____
- Best Waitperson _____
- Best Chef _____
- Best Sandwiches _____
- Best Desserts _____
- Best Coffee _____
- Best Salad _____

- Best Pizza _____
- Best Burgers _____
- Best Seafood _____
- Best Ethnic Food _____
- Best Fast Food _____
- Best Soups _____
- Best Steak _____
- Best Gathering Place _____
- Comments _____

PLEASE NOTE: The following name and address blank must be filled out. Ballots without this information will be discarded.

Your name _____
Street _____
City _____
Phone _____



Photo by JOHN HEIDER

Northville and Novi dancers from the O'Hare School of Irish Dance who participated in the Thanksgiving Day Parade and competed at the Midwest Regional Irish Dance Competition included Lauren Brackett, Michael Hunt, Sarah Droze, Katie Williams, Bridgett Hunt, Kelly Ward, Keegan Murphy-Werner, and Colleen Burke.

Irish dancers fair well at competition

By CAROL DIPPLE
Culture Editor

The Midwestern Irish Dance Championships, which were held November 28 through 30 at the Westin Hotel in Detroit, drew more than 1,000 dancers throughout the Midwest for a chance to advance to the world championships in Ireland, including a dozen or so from Northville and Novi.

The event, called an Oireachtas

to ROCK last, the Gaelic name for the Midwest Regional Irish Dance Competition now in its 22 year, was sponsored by General Motors and hosted by the O'Hare School of Irish Dance.

Of the Northville and Novi residents who qualified to compete at the Oireachtas, Northville residents Michael Hunt, 13, Jim Ward, 11, Colleen Burke, 12, and Katie Williams, 12, have advanced to dance at the North American

National Competition. Dancers at the Midwestern competition ranged in age from seven to 23 and had proved themselves at local competitions called a *feis*, which is Gaelic for festival.

Dancers placing in the top 50 percent were recalled to dance again for the judges. The judges and musicians were from Ireland, Canada and the United States.

The North American National Competition will be held in Orlando

the weekend of July 4. The Northville and Novi residents, all dancers with the O'Hare School of Irish Dance, who took part in the Midwestern Irish Dance Championships, also danced in the Thanksgiving Day Parade in downtown Detroit.

Qualifying to go to Ireland again this year for the World Irish Dance Competition were Plymouth residents Michael Belvitch and Paul Cusick.

Singles

U.S. SINGLETONS: Dearborn-Livonia Chapter, for single adults 45 and up, will host a champagne brunch on Sunday, Jan. 11, at 12:30 a.m. at the Holiday Inn, Laurel Park in Livonia. For more information, write to U.S. Singletons, P.O. Box 2175, Fort Dearborn Station, Dearborn, MI 48123.

SINGLE POINT MINISTRIES: of Ward Presbyterian Church, 17000 Farmington Road in Livonia, invites you to join over 450 single adults every Sunday morning at 10:45 a.m. for

fellowship and encouragement.

Rev. Paul Coughlin delivers messages to help singles in their life struggles. Coffee, donuts, conversation and Christ are always present.

SPM has a program and activity for every age group and life situation.

UPCOMING SPEAKERS and topics during Talk Talk It Over at 7:30 p.m. in Knox Hall include Mike Collins on "How to Get the Most Out of Your Retirement Plans - Estate Planning Techniques Including Wills and Trusts" on Jan.

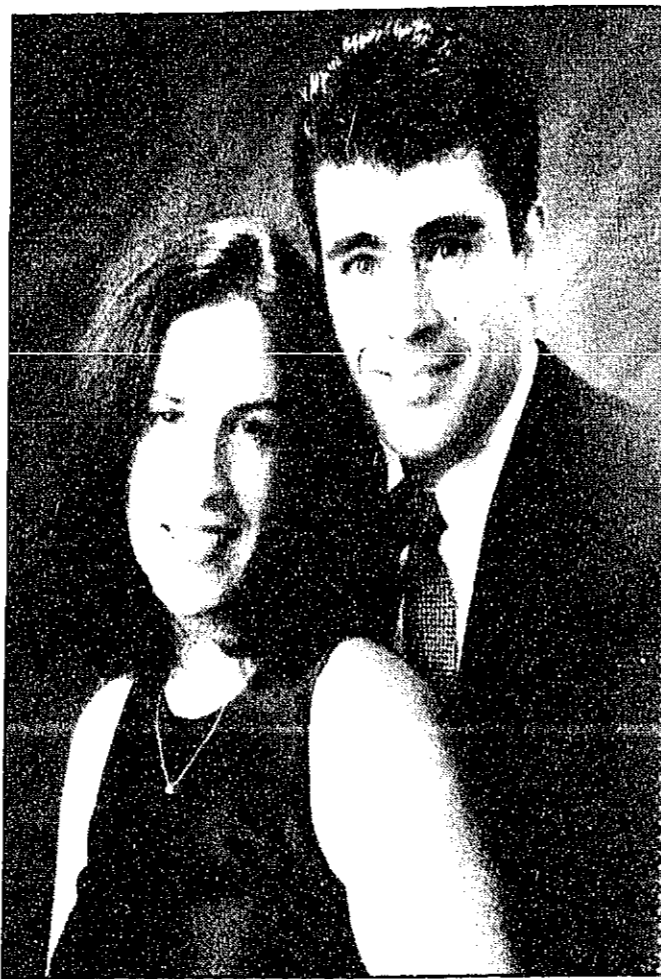
9, and Linda Limbers Mitchell on "Goal Setting - How Many Resolutions Have We Made and Not Kept but Would Like to Keep?" on Jan. 23.

On Jan. 10 the BYOS group will meet at the Livonia YMCA at 7 p.m. The cost is \$6 for adults and \$2 for children 14 years of age and younger. Swimming, tennis, volleyball, racquetball and other sports are available.

Indoor volleyball meets Wednesdays at 8:30 p.m. in Knox Hall. A \$1 donation is suggested.

For more information about Single Point Ministries call (313) 422-1854.

Engagement



Jennifer Marquardt/Nicholas Kushner

Peter and Pamela Marquardt of Novi announce the engagement of their daughter, Jennifer Lynn, to Nicholas Anthony Kushner, the son of Richard and Carol Kushner of Livonia.

The bride-elect is a 1991 graduate of Stevenson High School, Livonia, in 1991 and received his bachelor's degree in accounting from Michigan State University in 1997. He is currently employed at Debit & Touch LLP in Detroit.

A May wedding is planned.

Upon graduation from law school, Jennifer plans to work for the law firm of Honigman, Miller, Schwartz & Cohn in Detroit.

The groom-elect graduated from Stevenson High School, Livonia, in 1991 and received his bachelor's degree in accounting from Michigan State University in 1997. He is currently employed at Debit & Touch LLP in Detroit.

A May wedding is planned.

On Campus

ANDREA BURGER enjoyed a successful season with the British Eighth, Albion College's marching band.

The British Eighth prides itself in maintaining the traditional look of the Queen's Honor Guard and the use of the British Eighth step during parades and pre-game shows. Each show had a unique theme and drill, some of which were designed by the students. This year, the British Eighth performed several different half-time shows, including shows featuring Bohemian, Sweat and Tears and Star Trek music. Their season ended with an indoor concert that featured all of the music performed throughout the fall.

Burger is a freshman majoring in music. She is the daughter of Kenneth and Margaret Burger of Novi and a graduate of Novi High School.

Graduating from Michigan Technological University in November were Novi graduates **JEFFREY M. BERGSTROM**, bachelor's in civil engineering and an associate in applied science in civil engineering technology; **GEORFFREY RICHARD BOSSIO**, bachelor's in mechanical engineering; and **STEPHEN EDWARD KRAMER**, Cum Laude, bachelor's in mechanical engineering.

Diversions

the NOVI NEWS
5B
THURSDAY January 8, 1997

A magical carpet ride

The musical *Aladdin* continues at the Marquis Theatre through Jan. 25. Residents in the cast include (top row from left) Ghanghous Gains as Genie; Kathleen Coleman as Princess Jasmine; Donald Donnelly as Aladdin; Steve Tadevic as the magician; and (bottom row from left) Michael Rose as Tarey; Sarah Wiercioch as Amber; Emily Finley as the monkey and Sara Greenfield as Myra. *Aladdin* is the classic tale of Aladdin's fantastic adventures and the lamp containing a magic genie. The spectacular costumes, sets and music make this an entertaining play for the entire family. Remaining performance dates and times are Saturday and Sunday, Jan. 10, 11, 17, 18, 24, and 25, at 2:30 p.m. Tickets are \$6.50. The Marquis Theatre is located at 135 E. Main Street in downtown Northville. For additional information, call (248) 349-8110.



Submitted photo

MIDWEST CARPET BROKERS

- Wholesale Prices
- Quality Service
- Commercial & Residential
- Free Estimates

Philadelphia • Sutton • Cabin Craft • Evans & Black • Salem

33536 Five Mile • Livonia (313) 513-9167
(West of Farmington Road)

OPEN: Tues.-Fri. 11:00-5:00 • Sat. 12-5 • Sun. by appt. only
WAREHOUSE: LOCATIONS: 41871 Golden • Livonia (313) 421-9700

MITCH HOUSEY'S

Open 11 A.M.
Businessmen's Lunches
FROM \$5.95

DINNERS from \$6.95

FASHION SHOW Thursday Starting at Noon

PRIME RIB DINNER \$12.95
Includes Salad, Potatoes, Vegetable and Hot Rolls

NOW APPEARING...LIVE THE SHOWCASEMEN WEDNESDAY through SATURDAY

COCKTAIL HOUR MON. through FRI. 4-7 P.M. DAILY

BANQUET FACILITIES AVAILABLE

20500 Schoolcraft • Opposite Laubke DIRC • Livonia MI 48150 • PHONE: (313) 425-5520 OPEN DAILY MON-SAT at 11:00 A.M.

LOWEST PRICES IN THE DETROIT AREA

WE WILL BEAT ANY PRICE!

Just bring in proof of a lower price on any competitor's merchandise. We will match the price plus!

TAKE AN ADDITIONAL 10% OFF

AS LOW AS SCRUBS \$7.99

AS LOW AS WHITE PANTS \$10.99

LIFE UNIFORM

VALID ONLY IN THE DETROIT AREA

16134 Eureka Road (313) 382-8985
18764 Middlebelt (248) 471-1170
22189 Michigan Ave. (313) 363-8800
Eastland Mall (313) 371-9422

Hoover # Shopping Ctr. (810) 757-6540
Lakeside Shopping Ctr. (810) 240-1372
Northwood Shopping Ctr. (481) 288-3375
3520 Washtenaw (Ann Arbor) (313) 973-1820

NEW HOME DIRECTORY

ATTENTION BUILDERS AND REAL ESTATE DEVELOPERS!

Livingston County and the surrounding areas are experiencing a building boom!

Our NEW HOMES DIRECTORY is the perfect place to show off your development.

For just \$50 a week, your ad will:

- be noticed - *twice!* We run on the back page of the Country Living Real Estate section of your Sunday Brighton Argus and Livingston County editions; as well as the back page of the Creative Living Real Estate section of the South Lyon Herald, Milford Times, Northville Record and the Novi News.
- That's over 54,000 combined subscribers!
- be given a number on our bright and colorful map to show your location, location, location!

Deadline is Thursdays at noon, except during holidays. Price and size of ad is subject to change according to volume of advertisers.

CALL TODAY!

Ask for Jo!!

(810) 227-4436 (517) 548-2570 (248) 437-4133
(248) 685-8705 (248) 348-3022 (888) 999-1288 Toll Free
24 Hour Fax (248) 437-9460

cold remedy

WINTER SALE TAKE 20% OFF STOREWIDE

Flexibility. Versatility. Exclusivity. Just a few of the benefits you get at Workbench. From wall systems to the best seats in the house, you decide and you design with furniture that meets your lifestyle.

workbench

BIRMINGHAM 3495 WOODWARD AVE., SOUTH OF AVRE 248-540-3577
ROCHESTER HILLS 1260 WALTON BELLEVUE, GREAT OAKS MALL 248-656-5050 • ANN ARBOR 410 N. FOURTH AVENUE AT KERRYTOWN 313-688-4699 • NOVI 20608 HEDGECOCK DRIVE, NOW TOWN CENTER 248-349-8800

ALL STORES OPEN SUNDAYS
FOR EXCEPTIONAL SAVINGS, VISIT OUR NOVI CLEARANCE DEPARTMENT.

Entertainment listing

Submit items for the entertainment listings to The Northville Record/Novi News, 104 W. Main, Northville, MI 48167; or fax to 349-1050.

AUDITIONS

MARQUIS THEATRE: Auditions for *Charlie's Web* for boys and girls ages eight to 16 years of age will be held Sunday, Jan. 11, at 5 p.m. at the Marquis Theatre, 135 East Main Street in downtown Northville.

Actors will be asked to recite a short poem of their choosing, not more than two minutes long. Also, they must provide their own sheet music and be prepared to sing eight measures of a song in their vocal range. An accompanist will be provided.

You must be available for all of the rehearsals and performances if you are cast. Call (248) 349-8110.

PCC: The Plymouth Community Chorus will hold auditions for experienced singers of all voice parts for new members on Tuesday, Jan. 13, and Tuesday, Jan. 20, at 7:30 p.m. at St. Paul's Presbyterian Church, 27475 Five Mile in Livonia.

The 50-voice choir, under the direction of Donald Stromberg, includes both Schoolcraft College students and experienced singers of all ages from communities throughout the metropolitan area. Participants may elect to receive regular academic credit through the college for participation in the choir.

To schedule an audition, contact choir president Shari Clason at (248) 349-8175 or Schoolcraft's Liberal Arts Department at (734) 462-4435.

Schoolcraft College is located at 18600 Haggerty Road in Livonia between Six and Seven Mile, just east of I-275.

VOICES IN TIME: Based in Northville, there are still openings in this mini-chorus. For more information, call Ed Meade at (248) 449-6540.

CONCERT BAND: The Novi Concert Band, directed by Jack Kopnick, invites any adult who plays a band instrument to join the band for the 1998 concert season. Rehearsals take place Tuesdays from 7:30 to 9:30 p.m. and there are no auditions. For details, call (248) 932-9244.

AUTHENTIC BRITISH BRASS BAND: The Motor City Brass Band

is conducting interviews for percussion and BB flat tuba (treble clef) musicians. Rehearsals are held Mondays from 7:30 to 9:30 p.m. with engagements usually twice a month on weekends or in the evening. New members are welcome.

For more information or to schedule an audition, call founder John Aren at (248) 349-0376. The home page is: [http://members.aol.com/mcbb-band/mcbb.htm](http://members.aol.com/mcb-band/mcbb.htm)

SPECIAL EVENTS

PERFORMER'S SHOWCASE: The public is invited to attend the Performer's Showcase performances held prior to select Novi City Council meetings in the Novi Civic Center at 7:30 p.m. On occasion, performances may be taped by Time Warner and cablecast to residents.

MUSICIANS, actors, poets, dancers, etc., are invited to submit application forms and audition tapes, if available, to the Novi Arts Council. For details, call 347-0400.

CARRIAGE RIDES: Northville Carriage Co. offers carriage rides throughout the year and packages for holidays and special occasions.

For more information or reservations, call Northville Carriage Co. at 380-3961.

COMMUNITY CHOIR: Schoolcraft Community Choir will hold auditions for experienced singers of all voice parts for new members on Tuesday, Jan. 13, and Tuesday, Jan. 20, at 7:30 p.m. at St. Paul's Presbyterian Church, 27475 Five Mile in Livonia.

The 50-voice choir, under the direction of Donald Stromberg, includes both Schoolcraft College students and experienced singers of all ages from communities throughout the metropolitan area. Participants may elect to receive regular academic credit through the college for participation in the choir.

To schedule an audition, contact choir president Shari Clason at (248) 349-8175 or Schoolcraft's Liberal Arts Department at (734) 462-4435.

Schoolcraft College is located at 18600 Haggerty Road in Livonia between Six and Seven Mile, just east of I-275.

VOICES IN TIME: Based in Northville, there are still openings in this mini-chorus. For more information, call Ed Meade at (248) 449-6540.

CONCERT BAND: The Novi Concert Band, directed by Jack Kopnick, invites any adult who plays a band instrument to join the band for the 1998 concert season. Rehearsals take place Tuesdays from 7:30 to 9:30 p.m. and there are no auditions. For details, call (248) 932-9244.

AUTHENTIC BRITISH BRASS BAND: The Motor City Brass Band

"Give me one good reason to contribute to the Red Cross."

The American Red Cross helps people prevent, prepare for and respond to emergencies.

We unite families and loved ones separated by war and disaster.

We're in your neighborhood every day, providing disaster preparedness information and teaching classes in first aid, lifesaving and water safety, to help keep families like yours safer.

We're not a government agency, but an independent organization that depends on donations from people like you to survive.

Our volunteers give their time to help others.

There are many reasons to contribute to the Red Cross.

The again, one reason is all it takes.

Help Can't Wait
1-800-HELP NOW

<http://www.redcross.org>

Movies

Bond tackles media power in high-tech, high-octane thriller



Never believe what you read in the paper. Or, for that matter, what you see on CMGN, the new 24-hour news network media baron Elliot Carver is gearing up to launch. There's no news like bad news, and if Carver had his way, what's brewing in the east is the worst news possible. Nothing gets their attention like war. When a British naval vessel is sunk off the coast of Vietnam, eastern and western officials scramble to piece together what happened. Why would a warship stray into Chinese territorial waters? Why would Chinese jets fire the deadly torpedo, killing all but 17 members of her crew? The answer lies somewhere in Carver's worldwide headquarters in Hamburg, and there's only one man capable of finding it and stopping a war created in the name of profit and power. The name is Bond. James Bond.

Bond and Wai Lin escape Carver's Vietnam headquarters by sliding down a giant banner.

Carver has in mind. A Bond villain in the grand tradition of Dr. No, Goldfinger and Ernst Stavro Blofeld, Carver is an amalgam of media overlords past, present and future, but "taken one dimension further and heightened," explains screen and stage star Jonathan Pryce, who portrays him. "Carver runs the biggest global satellite network in the world and he intends to use it for world domination. He intends for his satellites to beam into every house, every town, every village. He will have the territorial rights of every bit of news that comes out of there and that's what he's after—the power of communication."

Pryce had great fun playing up Carver's megalomaniacal ways. "His boast is that he will tell you tomorrow's news today," the actor says. "If he manipulates the source of information, that means he can manipulate the information that they receive. That's what he does. He creates tomorrow's news, especially in the war between China and Britain."

A Bond staple since Ian Fleming originated the character, Bond girls have become synonymous with beauty and occasional deviancy in their dealings with 007. In "Tomorrow Never Dies," Bond teams up with his most intriguing ally yet. "We wanted to have an interesting, grown-up woman in this film and not just voluptuous babes," remembers Spottiswoode. "Although I knew that we would have to have and should have some of those as well."

Michelle Yeoh, Asia's leading female action star, portrays Wai Lin, an agent of the Peoples External Security Force in Beijing, who is to the People's Republic of China what Bond is to the UK. Of all 17 previous Bond films, her character is the first to rival Bond. "I don't think I've seen a Bond leading lady who equips herself as well as Wai Lin," comments Brosnan. "The woman has a brain and she has style. There is also an element of the cat and mouse with Wai Lin and Bond because she keeps showing up at every twist and turn."

Bond is also entangled in brief encounters with a Scandinavian professor of linguistics at Oxford (Cecilia Thomsen) and Elliot Carver's beautiful wife Paris (Teri Hatcher), who shares a secret past with 007.

Dustin Hoffman and Robert De Niro together is a pleasure. Two of the best performers by two great actors!

WAG THE DOG

CONTINUING AT... STAR SOUTHFIELD



Hand-cuffed together on the back of a stolen motorcycle, Wai Lin (Michelle Yeoh) and Bond (Pierce Brosnan) race through Vietnam's streets and over rooftops in Action Artists' "Tomorrow Never Dies," the 18th installment of the longest running film franchise in history.

8 GOLDEN GLOBE NOMINATIONS THE BEST PICTURE... TITANIC

STARTS FRIDAY! AMC BEL AIR, AMC EASTLAND 2, AMC LAUREL PARK, AMC SOUTHFIELD CITY, AMC STERLING CTR. 10, BIRMINGHAM 8, CANTON 4, CANTON 7, CANTON 10, CANTON 11, CANTON 12, CANTON 13, CANTON 14, CANTON 15, CANTON 16, CANTON 17, CANTON 18, CANTON 19, CANTON 20, CANTON 21, CANTON 22, CANTON 23, CANTON 24, CANTON 25, CANTON 26, CANTON 27, CANTON 28, CANTON 29, CANTON 30, CANTON 31, CANTON 32, CANTON 33, CANTON 34, CANTON 35, CANTON 36, CANTON 37, CANTON 38, CANTON 39, CANTON 40, CANTON 41, CANTON 42, CANTON 43, CANTON 44, CANTON 45, CANTON 46, CANTON 47, CANTON 48, CANTON 49, CANTON 50, CANTON 51, CANTON 52, CANTON 53, CANTON 54, CANTON 55, CANTON 56, CANTON 57, CANTON 58, CANTON 59, CANTON 60, CANTON 61, CANTON 62, CANTON 63, CANTON 64, CANTON 65, CANTON 66, CANTON 67, CANTON 68, CANTON 69, CANTON 70, CANTON 71, CANTON 72, CANTON 73, CANTON 74, CANTON 75, CANTON 76, CANTON 77, CANTON 78, CANTON 79, CANTON 80, CANTON 81, CANTON 82, CANTON 83, CANTON 84, CANTON 85, CANTON 86, CANTON 87, CANTON 88, CANTON 89, CANTON 90, CANTON 91, CANTON 92, CANTON 93, CANTON 94, CANTON 95, CANTON 96, CANTON 97, CANTON 98, CANTON 99, CANTON 100.

Hometown Newspapers Brings you: Christian Singles Network™ Dedicated to bringing local area Christians together

FREE Print ad, FREE Personal Voice Greeting, FREE Message Retrieval once per day. To place your FREE ad and be matched instantly with area singles, call 1-800-739-4431 24 hours a day! To listen to area singles describe themselves or to respond to ads, call 1-900-933-6226 ONLY \$1.98 per minute.

ALOT TO OFFER Professional DWM 40, 5'8", 190lbs, shy, reserved, frantically secure, lives in Northville, MS, enjoys sports, soccer, the outdoors, dancing, movies, quiet nights, seeks SWM, 34-47, Ad# 8978. ANYTHING IN COMMON? Catholic SWF 26, 5'7", N/S, from Brighton, enjoys movies, hockey, reading, long walks, quiet times, seeks honest, caring, humorous SWM, 25-35, Ad# 5769. SPEAKS HER MIND Catholic SWF 37, 5'8", blonde hair, hazel eyes, employed, enjoys sports, car racing, movies, reading, fishing, seeks SWM, 30-40, Ad# 8087. RAINDIAT GLORY Never-married, friendly, easygoing SWFC 25, 5'3", employed, lives the outdoors, concerts, seeking intelligent SWCM, 25-32, for friendship first. Ad# 8972. SOMEONE SPECIAL FORME SWFC 60, 5'5", outgoing, enjoys sports, baking, dining out, seeks SWM, over 55, with similar interests. Ad# 4900. BELIEVE IN LOVE DWFC 36, 5'8", 155lbs., enjoys old movies, outdoors, camping, horseback riding, country music, seeks tall, handsome, SWM, 30-40, who is athletic. Ad# 1035. APPRECIATES HONESTY SWFC 25, 5'1", outgoing, enjoys movies, concerts, music, dining out, walking, time with friends and more, seeks honest SWM, 24-30, with similar interests. Ad# 6588. TREAT ME RIGHT! Cute SWFC 22, 5'7", blue-eyed blonde, enjoys barbecues, family times, reading, fishing, going out, relaxing at home, interested in meeting a honest, tall, witty SWM, 23-30, Ad# 7598. FOLLOW YOUR HEART DWFC 41, 5'5", full-figured, from professional, outgoing, enjoys shooting pool, cards, bowling, movies, seeks SWM, 37-50, who is family oriented. Ad# 1936. FRIENDSHIP FIRST DWM 20, 28, 5'10", not like his green eyes, outgoing, friendly, enjoys reading, animals and more, seeking honest, outgoing, stable SWDM, 25-40, with similar interest, who likes children, would be interested in friends first relationship. Ad# 2514. ONLY THE BEST FOR YOU SWFC 43, 5'2", Baptist, professional, college educated, outgoing, seeks SWM, 38-48, Ad# 5553. ALL AMERICAN GIRL SWFC 25, 5", black hair, blue eyes, outgoing, enjoys movies, writing, powerlifts, seeks SWM, 30, Ad# 5644, to share same interests. Ad# 5644. SOLID VALUES DWM 30, 3'5", Catholic, participates in youth ministry, professional, seeks marriage-minded Catholic SWM, 30-42, Ad# 3399. A FRESH START DWF 34, 5'5", N/S, good sense of humor, outgoing, seeks MS SWM, under 30, for long term relationship. Ad# 3471. BIG BLUE EYES SWFC 54, 5'2", 135lbs., outgoing, enjoys being with family, camping, dancing, sports, music, boating, dining out, seeks N/S, active SWM, 50-58, Ad# 7411. THE SEARCH IS OVER SWFC 35, 5'3", outgoing, employed, enjoys nature, dining out, dancing, quiet times with someone special, seeks SWM, 38-45, who is honest, caring and giving. Ad# 5883. SWEET HONESTY SWFC 31, 5'4", brown hair, hazel eyes, professional, caring, outgoing, very positive outlook on life, interests are church, outdoor activities, seeks dependable, considerate, SWM, 30-38, Ad# 9399. KNOWS WHAT SHE WANTS Protestant SWF 16, 5'10", good-looking, funny, sensitive, enjoys sports, quiet times at home, good conversation, seeks attractive SWM, 24-35, for mature relationship. Ad# 1279. MAKE A WISH FOR ME SWFC 30, 5'8", blonde hair, hazel eyes, outgoing, hopeless romantic, enjoys quiet nights at home, spending time with friends and family, dining out, seeks honest, employed, SWM, age unimportant. Ad# 1115. ONLY THE BEST FOR YOU SWFC 19, 5'7", shy, enjoys spending time with children, sports, hunting, long walks, movies, seeks SWM, under 27, for friendship. Ad# 3851. FRIENDS FIRST Catholic SWM 30, 5', blue-eyed blonde, humorous, energetic, enjoys bowling, softball, family time, spending time with friends, quiet times at home, seeks down-to-earth, physically fit Catholic SWM, 30-38, Ad# 1122. FILLING DREAMS Catholic DWF 40, 5'5", blonde hair, hazel eyes, N/S, loves the outdoors, weekend getaways, log cabins and animals, seeking spontaneous, independent SWM, to share life. Ad# 8095. SWEET HONESTY SWFC 31, 5'1", shy, single mom, enjoys outdoors, concerts, enjoys sports, DWM, under 40, to share same interests. Ad# 2304. EASY TO TALK TO Pretty, full-figured DWM 30, 32, 5'9", blonde hair, blue eyes, one child, honest, fun, outgoing, seeks SWM, 25-40, who has a good sense of humor and appreciates country living. Ad# 8154.

LIFE'S ANIMALS Professional DWM 40, 5'8", 190lbs, shy, reserved, frantically secure, lives in Northville, MS, enjoys sports, soccer, the outdoors, dancing, movies, quiet nights, seeks SWM, 34-47, Ad# 8978. LIFELONG RELATIONSHIP Outgoing DWM 30, 32, 4'10", full-figured, N/S, employed, interests outside country music and hockey seeks honest, caring SWCM, 30-45, Ad# 9420. LETS GET AWAY... DWFC 45, 5'4", blue-eyed blonde, hobbies include bowling, golf, roller skating, cinema, dining out, movies, seeking humorous, loyal SWCM, 43-53, for monogamous relationship. Ad# 3465. WAITING TO HEAR FROM YOU Protestant DWF 53, 5', 110lbs., N/S, educated, warm, fun, witty, enjoys dining out, cooking, day trips, music, seeks professional SWM, N/S, for possible long-term relationship. Ad# 3334. ALL THIS AND MORE!!! Attractive DWM 29, 5'5", blonde hair, green eyes, enjoys fishing, bowling, golfing, dogs, dancing, seeks honest, hard-working, handsome SWM, 31-40, who wants to share life with you. Ad# 1222. JOYS OF LIFE WWFC 39, 5'4", outgoing, friendly, likes bowling and horseback riding, taking walks, seeks honest SWM, 36-43, who has a strong belief in God. Ad# 1030. NICE! DWF 58, 5'3", enjoys choir, crafts, cooking, dining out, movies, seeks SWM, 60-75, for companionship. Ad# 1221. GIVE ME A CALL DWM 20, 28, 5'5", employed, lives in Gratiot, enjoys card, bowling, fishing with children, seeks SWM, 25-32, for friendship first, possibly more. Ad# 5910. ADMIRABLE Full-figured, employed DWM 36, 5'2", who enjoys camping, planting flowers and reading books, seeking honest, sincere and non-judgmental SWM, 30-45, who likes children and quiet time. Ad# 1234. ATTENTION GENTLEMEN... DWM 40, 48, 5'9", blonde hair, brown eyes, outgoing, friendly, enjoys reading, movies, walking, basketball, seeks humorous, honest SWM, 45-55, with similar interests. N. Lynn area. Ad# 1004. GOD LEADS MY LIFE Born-Again DWM 41, 5'4", slender, blue-eyed, professional, lives in Brighton, likes youth ministry, Bible study, art and a little of everything, seeks SWCM, 39-55, with same interests. Ad# 1905. GOOD VALUES DWFC 50, 5'3", loves the outdoors, golf, swimming, fishing, hiking, walking, movies, dancing, picnics, tobogganing, skating, seeks SWM, 30, Ad# 1527, 57, Ad# 1727. CELEBRATE LIFE Professional, full-figured DWFC 52, 5'5", brown hair/eyes, enjoys country music, dancing, theater, bowling, traveling, seeks SWCM, 50+, with similar interests, for companionship. Ad# 1859. A POSITIVE ATTITUDE Catholic DWM 40, 5'5", resides in the Ann Arbor area, doesn't have children, enjoys an active lifestyle including boating, seeks SWM, 38-45, Ad# 8760. INTELLIGENT Friendly, professional DWM 33, 5'9", enjoys children, animals, the outdoors, seeking family-oriented, Catholic SWM, 32-40, Ad# 5228. THE BRIGHT SIDE Personable SWFC 37, 5'7", from South Lyon, enjoys dating, seeks SWM, 30-40, possibly more. Ad# 4144. ONCE IN A LIFETIME Professional, fun-loving SWFC 30, 5'2", N/S, humorous, enjoys rollerblading, swimming, water skiing, the outdoors, walks, looking for an active, intelligent, outgoing, childless SWCM, 25-35, Ad# 1515. YOU JUST MAY BE THE ONE Catholic SWM 30, 32, 5'10", outgoing, down-to-earth, lives in Howo, seeks marriage-minded Catholic SWM, 22-35, who is professional. Ad# 2221. AVID READER Protestant SWF 22, 5'5", participates in Bible study, enjoys walks, concerts, movies, collecting unicorns, seeks Protestant SWM, 25-33, with mutual interests. Ad# 1997. CAREING HEART SWFC 24, sensitive, emotional, enjoys reading and writing poetry, picnics, long walks, movies, seeks honest, loyal, kind, goal-oriented SWM. Ad# 3333. FOLLOW YOUR HEART Never-married, Catholic SWCM, 33, 5'9", animal lover, from the Livonia area, enjoys movies and sporting events, seeks Catholic SWFC. Ad# 8978. CONTACT ME DWM 37, 6', laid-back, reserved, secure, enjoys camping, hiking, boating, genuine, employed, stable SWFC 33-43, Ad# 3700. LET'S TALK OVER COFFEE Protestant DWM 40, 41, 6'2", 200lbs., enjoys movies, camping, hunting, love, seeks honest, stable SWM, 19-27, with similar interests. Ad# 8550. PICK ME SWM, 20, 6', enjoys sports, movies, seeking humorous, easygoing, dependable SWM, for possible relationship. Ad# 4030. THE SEARCH IS OVER SWCM, 31, 6'2", dark hair, blue eyes, easygoing, great sense of humor, lives in South Lyon, enjoys sports, movies, the movies, sports, concerts, seeking physically fit, muscular SWFC, 18-44, Ad# 3718. HERE'S TO NEW BEGINNINGS Protestant DWM 41, 4'2", 200lbs., brown hair, hazel eyes, good-looking, enjoys sports, camping, the outdoors, seeks SWM, 30-45, who is caring and family-oriented. Ad# 1212.

TO place your FREE ad and be matched instantly with area singles, call 1-800-739-4431 24 hours a day! To listen to area singles describe themselves or to respond to ads, call 1-900-933-6226 ONLY \$1.98 per minute. Charges will appear on your monthly telephone bill. You must be 18 years of age or older and have a landline phone to use this service.

TO place your FREE ad and be matched instantly with area singles, call 1-800-739-4431 24 hours a day! To listen to area singles describe themselves or to respond to ads, call 1-900-933-6226 ONLY \$1.98 per minute. Charges will appear on your monthly telephone bill. You must be 18 years of age or older and have a landline phone to use this service.

TO place your FREE ad and be matched instantly with area singles, call 1-800-739-4431 24 hours a day! To listen to area singles describe themselves or to respond to ads, call 1-900-933-6226 ONLY \$1.98 per minute. Charges will appear on your monthly telephone bill. You must be 18 years of age or older and have a landline phone to use this service.

TO place your FREE ad and be matched instantly with area singles, call 1-800-739-4431 24 hours a day! To listen to area singles describe themselves or to respond to ads, call 1-900-933-6226 ONLY \$1.98 per minute. Charges will appear on your monthly telephone bill. You must be 18 years of age or older and have a landline phone to use this service.

All you need to know... To place an ad by recording your voice greeting call 1-800-739-4431, enter option 1, 24 hours a day! To listen to ads or leave your message call 1-900-933-6226, \$1.98 per minute. To browse personal voice greetings call 1-900-933-6226, \$1.98 per minute, option 2. To listen to it, or if you choose, leave a message for your Suitable System matches call 1-900-933-6226, \$1.98 per minute.

8 GOLDEN GLOBE NOMINATIONS THE BEST PICTURE... WAG THE DOG

CONTINUING AT... STAR SOUTHFIELD

Health

the NOVI
NEWS
10B
THURSDAY
January 8,
1998

Health Column

Consult physician before taking pills

America's preoccupation with body weight increases to an all-time high at the start of a new year.

Weight loss is a common New Year's resolution. Many people want to lose the extra pounds accumulated from the previous year-end's holiday feasts. Others with "excess baggage" before the holidays are probably a bit more anxious to shed a few pounds.

Unfortunately, diets and the motivation to lose weight fades quickly because of unrealistic expectations.

Misconceptions about weight loss and the extensive amount of information on the topic make it challenging to understand. There is a large market of weight loss products that generates an estimated \$40 billion per year, driven by at least 20 percent of the U.S. population. Claims of these products tempt consumers, yet most of the products have not been shown to be widely successful.

The risks associated with using such products may go beyond a financial rip-off and actually put your health in jeopardy. "Natural stimulants," including caffeine and ephedra (ma huang) are well-known ingredients. Similar ingredients may interfere with prescription medications and worsen underlying conditions such as high blood pressure, diabetes and glaucoma.

Consult with your physician before taking any diet supplement or related product.

"Fad" dieting is another route used to achieve a slimmer waistline. Weight loss from fad dieting is often short-term and eventually may lead to more weight gain because few recommendations for lifestyle changes - including the need to exercise regularly - are



Dr. Williams is pictured with Denise Dador (c) and Valerie Miller (l) during a recent program.

rarely associated with these kinds of diets. Also, nutritional pitfalls with drastic caloric restrictions and monotonous eating are likely to occur.

The answer to weight management is simple: lifestyle modification.

Weight loss does not necessarily equate to "health." Adjust your everyday living so it is conducive to a healthy lifestyle, which consists of a sound eating and exercise plan. Food intake should be structured around the macro nutrients (carbohydrates, proteins

and fat). Also, some type of regular physical activity (biking, walking, etc.) is essential to a healthy weight loss program. Theoretically, if there is a 500-calorie deficit per day, you can expect an approximate loss of one pound at the end of one week. Conversely, with no change in food intake but an increase in energy expenditure by 500 calories per day, you can expect similar weight loss results.

It is not advisable to lose more than 1.5 to 2 pounds per week because of health risks (e.g., dehy-

dration, fatigue, muscle loss, etc.). If you are concerned about your weight, remember that being healthy is the desired outcome of any diet. Be sure to consult with your physician before starting any weight loss program. Incorporate exercise, lifestyle modifications, and a reduced-calorie diet for lasting effects.

Joseph L. Williams D.O. is a family practice physician at Botsford General Hospital. He is a health enthusiast with a special interest in sports medicine.

High blood pressure treatment available

High blood pressure is a very common disorder that affects as much as 10-20 percent of the adult U.S. population. Proper knowledge of and treatment for this disorder can help prevent its devastating complications.

Hypertension generally occurs because of a familial or genetic predisposition. This is termed "essential hypertension." On occasion, other conditions, ranging from hormone-producing tumors to abnormalities of certain blood vessels, can cause high blood pressure. Unless there are unusual features to a given case, testing for these other conditions is usually not warranted.

Making the diagnosis of hypertension itself can be tricky. Ordinarily, the blood pressure fluctuates widely throughout the day, based on the level of physical exertion, emotional state, and so forth.

For example, blood pressure will rise with sustained exercise, but will fall during sleep. Anxiety and pain are two common factors that raise blood pressure, factors that may be present during a visit to the doctor's office.

To compensate for the inherent variation of blood pressure readings, a physician will often measure the blood pressure on more than one visit, or will sometimes arrange for measurements at home or work. The average of these measurements determines the pres-

ence or absence of hypertension. High blood pressure, unless very severe, does not in itself cause symptoms. Yet, it is important to initiate treatment, because of the long-term consequences if it is not treated.

Untreated high blood pressure may lead to very serious problems, including heart attack, stroke, bleeding into the brain and kidney damage, among others.

Treatment for hypertension consist of two basic strategies: lifestyle improvements and medications. Lifestyle improvements consist of regular aerobic exercise, modest weight loss, avoidance of salt and limiting alcohol intake. While smoking per se is not a risk factor for hypertension, quitting smoking is an important component of the prevention of stroke and heart disease.

Regular exercise need not be unpleasant. Any aerobic activity will do. Many people enjoy walking a mile per day. At a casual pace, this requires only a half hour. Other popular activities are biking, jogging, swimming, team sports, skiing and so forth.

Modest weight loss means just that. In a person above ideal weight, the loss of as little as 5-10 pounds can lower the blood pressure significantly.

Avoiding salt is important for anyone with

high blood pressure. While many people use the salt shaker to improve flavor, they are often surprised to find their food tastes just fine without the added salt. Salt used during cooking, if not to excess, is generally okay to continue.

Alcohol intake also affects blood pressure. Curiously, one drink a day tends to lower blood pressure.

Lastly, treatment of hypertension may include medications. There are many quite effective medications available. A physician usually considers the effectiveness, side effect profile, ease of use, cost and personal preference in the selection of a particular medication.

Treatment generally needs to be continued for life, but people who adapt the lifestyle improvements can often decrease or avoid the use of medications.

High blood pressure is a very common, treatable disorder. If you suspect you may have high blood pressure or have never had your blood pressure checked, you should contact your physician for an evaluation.

Dr. Breton Weintraub is an internal medicine physician at the University of Michigan Northville Health Center. For more information, please call (248) 344-1777.

Mexican Gardens II

FAMILY RESTAURANT

Buy 1 dinner and receive 1/2 off a 2nd dinner of equal or lesser value (Good Sun.-Thurs. only, Expires Jan. 31, 1998)

36600 GRAND RIVER AVE.
between Halsled & Drake Rds. FARMINGTON
(248) 474-8417
CARRY OUT AVAILABLE

Enjoy An Elegant Retirement Lifestyle

INDEPENDENCE VILLAGE

Now Accepting Reservations

- Studio • Studio Deluxe
- One Bedroom • Two Bedroom

INDEPENDENT LIVING
INDEPENDENCE PLUS

Luxury Retirement Apartments with a Gracious Catered Lifestyle

Northville Rd. south of 5 Mile
Call Linda for Information or A Free Color Brochure
313-453-2600 or 1-800-803-5811

The Elegant Retirement Community in Plymouth
Marketing By P.M. One Ltd.

"Lose Weight Now With... 1-2-3 Success™ The Easiest Diet In Weight Watchers History!"

-Florine Mark

1. It's a new POINTS™ system that's easy to learn and EASY to live with.
2. We've converted the fat, fiber and calories in foods to one EASY number.
3. No guilt! Eat virtually anything... even pasta!

JOIN NOW FOR 1/2 OFF!

1-888-3-FLORINE

Weight Watchers®

Call TODAY for meeting locations, dates & times

Check our centers for details on our maintenance record.
Fee for subsequent weeks \$11. Offer valid for a limited time only at participating locations (Areas 20, 23, 39, 40, 64, 70, 73 and 123) only. Offer is not valid with any other discounts or special rate. Offer valid for new and renewing members only. See receptionist for details (CANADA ONLY - All fees include GST). ©1998 Weight Watchers International, Inc. Owner of the WEIGHT WATCHERS trademark. All rights reserved.

Health Notes

Referral service

Are you new to the community? Do you need to find a doctor and can't determine the best way to start your search?

The Physician Referral Service of Providence Hospital and Medical Centers is available to assist individuals in finding a physician who can meet the specific needs or criteria of the individual.

The service is free of charge and can be reached by calling 1-800-968-5595.

The staff of Physician Referral Services can help locate physicians by specialty or location, finding an office close to your home or work. They can even match individuals with physicians who participate in particular insurance plans.

Callers can also receive information on support groups, health education classes and lectures. For referral services, call 1-800-968-5595.

Low Impact Aerobics

Improve your overall fitness level through a 55-minute workout utilizing lower-impact aerobic movements. Tuesdays and Thursdays, 5:55 p.m. \$50 fee and preregistration required. Botsford Center for Health Improvement-tracc, 39750 Grand River Ave., Novi.

For information and to register, call (248) 473-5600.

Powerstop

Want to stop smoking once and for all? Tried other programs and still can't quit? Here's the program for you. And you're in control - you set the "quit date" and we'll provide you with the support you need to overcome the physical, psychological and emotional withdrawal issues. Learn about stress management and how to successfully start a healthier, smoke-free life. This individual counseling program features a one-hour private consultation with a smoking cessation counselor, workbook cassette tapes and five follow-up phone calls.

There is a \$75 fee and registration is required. For more information and to register, call Botsford Hospital at (248) 477-6100.

Walking Clubs

Botsford General Hospital sponsors two free walking clubs. Laurel Park Mall (Six Mile and Newburgh roads) beginning at 8 a.m.-9 p.m. Monday-Saturday, and 11 a.m.-5 p.m. Sunday. Free blood pressure provided by Botsford for walkers on the fourth Monday of every month, 8-10 a.m. Livonia Mall (Seven Mile and Middlebelt roads) beginning 7:30 a.m.-9 p.m. Monday-Saturday, and 9:30 a.m.-5 p.m. Sunday. Free blood pressure checks provided by Botsford for walkers on the third Wednesday of every month from 8-10 a.m. For more information, call Botsford's Health Development Net-

work at (248) 477-6100.

Diabetes-Cize

A 10-week comprehensive exercise program co-sponsored by Health Development Network and Botsford Cardiovascular Health Center. This program will help people with diabetes better control blood sugar levels and improve cardiovascular fitness. For information, call (248) 477-6100.

Diabetes and You

This six-week class explores all areas of diabetes self-care. Preregistration and fee required; some insurances cover class fee. Classes are held at Botsford General Hospital, Farmington Hills, and the Botsford Center for Health Improvement, Novi.

For more information and to register, call (248) 477-6100.

E-Z Yoga

This six-week class enhances flexibility, strengthens muscles, improves breathing and promotes relaxation. Day and evening classes available, \$35-45 fee. Botsford Center for Health Improvement-TRACC, 39750 Grand River Ave., Novi.

For more information and to register, call (248) 473-5600.

Time for a change?

Diapers. Oil. Smoke detector batteries.

Change the batteries in your smoke detector

Change the batteries in your smoke detector before the old ones run out. That way, your smoke detectors can warn you and your family to escape in the event of a fire.

Follow these tips to keep your smoke detectors in top working shape:

- Test your smoke detectors monthly and put in new batteries at least once a year;
- Vacuum over and around detectors to keep them free from dust and debris.

When it comes to smoke detectors, a little change makes all the difference.

FIRE STOPS WITH YOU

United States Fire Administration
Federal Emergency Management Agency
<http://www.usfa.fema.gov>