

50¢
THURSDAY
NOVEMBER 5, 1998
 Periodical USPS 398-920
Volume 42
Number 3
Four Sections
56 Pages plus Supplements



Opinion WHEN WILL COUNCIL LISTEN ON GOLF COURSE / 14A
Living SECOND SHOW
 D TELL COMES TO NOVI / 1B
Sports OUR CHOICES FOR ALL-AREA GOLF SQUAD / 9B



Police bond passes by narrow margin

By JEREMY MCBAIN
 Staff Writer

The Novi Police Department will be getting its expansion and renovation, thanks to voters who narrowly approved the local bond proposal at the ballot Tuesday.

The proposal won by only 115 votes. Its approval authorizes 0.15 mills to be tacked on to Novi property owners' tax bills. This would mean the owner of a home valued at \$200,000 would pay an additional \$15 a year in taxes for

Doug Shaeffer, Novi police chief, said the millage was desperately needed. The current building was designed to only hold 50 employees, however there are currently 86 employees working there.

"Everybody is very happy about it and all the employees are relieved it passed," he said.

While Shaeffer expressed the department's joy about the proposal passing, he added that he does not really know why the vote was so close.

Part of the reason, he said, is the existing building looks so good. Novi police keep it painted

VOTE TOTALS

Police bond millage	
Yes	7,008
No	6,893
State House, 38th District	
Nancy Cassis	22,207
Kristy Demas	8,811
State Senate, 15th District	
Bill Bullard	62,826
Ruth Fuller	39,401
U.S. Congress, 11th District	
Joe Knollenberg	113,400
Travis Reed	61,259
52-1 District Court Judge	
Michael Batchik	29,934
John Knight	9,178

HOW THEY FARED IN NOVI

Governor	
John Engler	10,903
Geoffreyieger	3,515
Attorney General	
Jennifer Granholm	5,893
John Smietanka	6,383
Proposal B	
No	9,930
Yes	4,336

Continued on 17

Wildcat winners

Nothing like victory. Above, the Novi varsity football squad celebrates its dramatic 21-17 victory over the Northville Mustangs Friday evening. The Cats took the lead with less than 5 minutes left in the game on a 59-yard touchdown reception by Pat Miston. Although the Baseline Jug was destroyed last year and so could not be presented at the game, it is not gone forever. At right, artist Jeff Von Buskirk paints up a new Baseline Jug in his Northville studio. The jug was donated by Guernsey Farms Dairy and will be kept by The Novi News and The Northville Record to commemorate the games of this high school gridiron rivalry. The traveling trophy may be seen on display at locations around town in the future. Details of Friday's game appear on page B9.

Photos by JOHN HEIDER

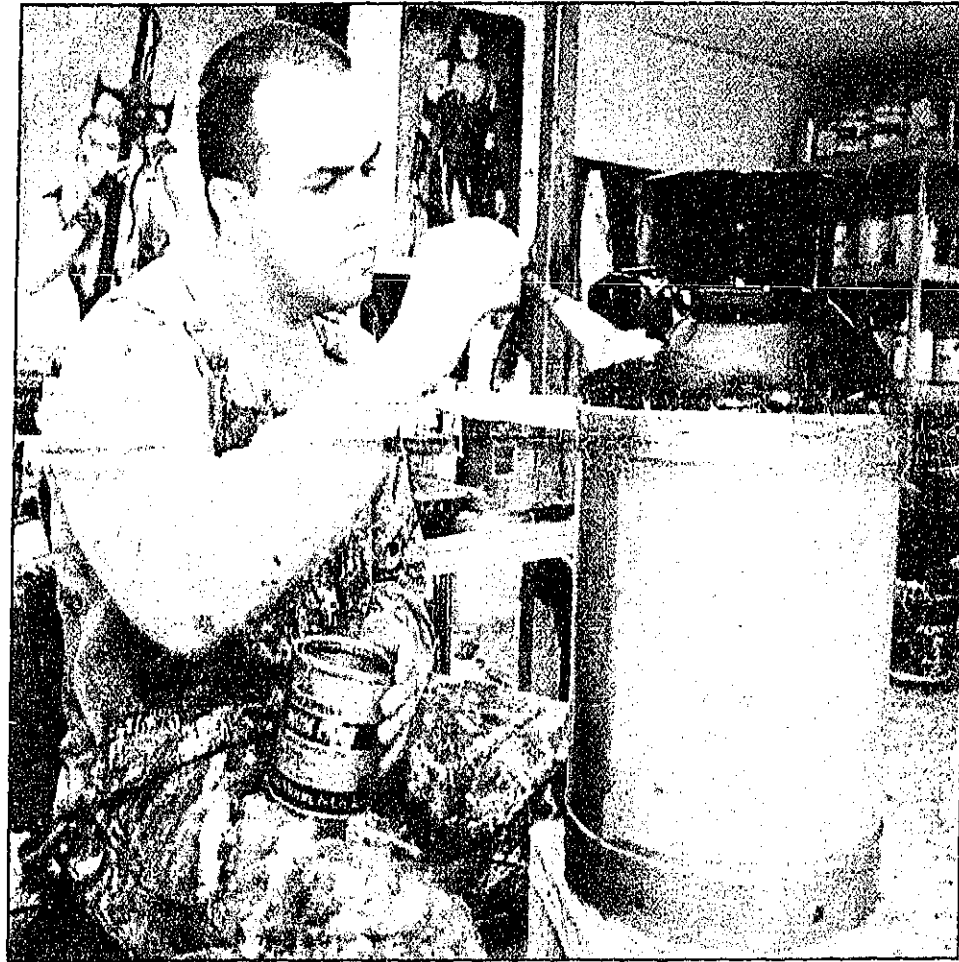


Photo by SCOTT BENEDET

Sen. Bill Bullard, Rep. Nancy Cassis and Highland County Commissioner Ron Colosanti celebrate their elections in a joint victory party Tuesday evening at Baker's in Milford.

Republicans return to office handily

By JAN JEFFRES
 Staff Writer

Once again, if a candidate wasn't backed by the power of the pachyderms, that candidate didn't win in Novi.

Tuesday, the city showed its Republican colors. Voter turnout was relatively high, at 48.9 percent.

In only her second term in Lansing, the GOP's Nancy Cassis, a former member of Novi City Council, is now a senior lawmaker

in the state House of Representatives, due to term limitations.

"I think it's great that the people of Michigan returned the House to the Republicans. We can really achieve the agenda that we want now," Cassis said.

"We're gonna get a tax cut. You can bet on that now."

Victorious Republicans in races with challengers fared even better in Novi than they did elsewhere.

Continued on 16

Roads will drive city agenda in 1999

By JEREMY MCBAIN
 Staff Writer

It would take \$190 million to make all of the necessary improvements to Novi city roads, according to its traffic consultant.

So City Council members are being asked to pare the list to a more manageable cost in preparation of putting a road bond proposal before voters sometime next year.

Rod Arroyo, planning and traffic consultant for the City of Novi,

showed council in a meeting last Thursday a traffic improvement study that outlines needed road improvements.

Arroyo stressed the costs given were only for construction, the actual price would be higher.

Arroyo's study concluded the highest priority is on Novi Road, which should be widened to five lanes from Eight to Ten Mile roads, he said. The project would cost \$9.4 million, of which the city would be required to fund \$1.3

million. The Novi Road project is slated to start construction within the next two years.

Other road widening projects needed in Novi, listed in order of priority according to Arroyo's traffic improvements survey, include:

- Widening of Haggerty Road from Eight to Ten Mile roads, cost \$8 million.
- Widen Ten Mile Road from Novi to Haggerty roads, cost \$10 million.
- Widen Twelve Mile Road from

Meadowbrook to Novi roads, cost \$5.5 million.

- Widen Grand River Avenue from Haggerty to Novi roads, cost \$10 million.

- Widen Grand River Avenue from Novi Road to The CSX Bridge, cost \$930,925. This project is slated to begin within the next two years.

In addition, several new roads are needed.

Continued on 17

inside

BUSINESS	1D
CALENDAR	2A
CLASSIFIEDS	3D
DIVERSIONS	6B
EDITORIALS	14A
HEALTH	12B
LETTERS	15A
LIVING	1B
NOVI BRIEFS	4A
NOVI HIGHLIGHTS	2B
POLICE NEWS	4A
SPORTS	9B

NEWS/SPORTS 349-1700
 ADVERTISING 349-1700
 FAX 349-1050
 CLASSIFIEDS 348-3024
 HOME DELIVERY 349-3627
 E-MAIL: novinews@htonline.com

Did You Know ...

Your Classified Liner Ad in the Green Sheet can be viewed by millions of folk on the Internet — Don't be surprised if you get a call from Toronto or Houston!

For even better results call the Green Sheet (248) 348-3022



Novi resident Bob Stewart, then age 8, acted in "The Wizard of Oz."

Lollipop Guild

He welcomed Judy to Munchkinland

By JAN JEFFRES
 Staff Writer

Were you terrified by the Wicked Witch of the West when you were a little kid?

Novi resident Bob Stewart can top that.

He was spooked by Margaret Hamilton.

Off-screen, the actress was usually very pleasant. Stewart recalled 60 years later, sitting in the living room of his Novi home. But at the time, Stewart was an eight-year-old child actor — perched in a chair on the set of "The Wizard of Oz" for his Munchkin make-up — when Hamilton swept through the room in her flowing black costume and livid green face.

"Miss Hamilton would come in and say 'I'm going to get you, my pretties,'" Stewart said, imitating her unforgettable voice.

"I was afraid of her. She was a witch. I thought she was real."

One of the Lollipop Guild trio, Stewart believes he may be one of the few remaining cast members of the legendary 1939 movie still alive. Before we all knew the lyrics by heart to "Ding Dong The Witch Is Dead" and "Follow The Yellow Brick

Continued on 13

Need furniture? Make it McLaughlin's Thomasville because we treat you better!

better selection!
Our Thomasville store in Novi is among the largest anywhere! You'll find all the latest better quality home furnishing creations plus all the classic selections you know & love!

better prices!
Save 30% to 60% on everything; plus save additional by paying cash on many items or even using your credit card as cash! Our prices are the lowest anywhere, we guarantee it!

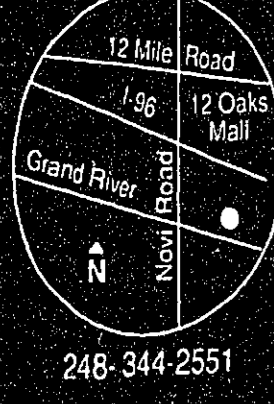


better financing!
Choose the plan that suits you best (A) 6 months no payments, and no interest! * (B) 90 days same as cash. * (C) Extended 12 month, no interest, no payment financing available at a very small premium. * with deposit & approved credit.

better interior design services!
Let our talented, caring designer sales staff help you make your home's interior everything you want it to be. Stop in & see impressive interior design ideas at our beautiful store.



We are your headquarters for better quality sofas at super savings!
From contemporary to casual, our selection of better quality, custom upholstery is outstanding! You will find hundreds of style & fabric variations at savings! Shown: sofa sug. retail \$2040 Sale \$1124



McLaughlin's Thomasville
HOME FURNISHINGS OF NOVI

Need furniture? ... make it McLaughlin's because we treat you better!
4 minutes from 12 Oaks Mall
42200 Grand River, Novi (5 blks. e. of Novi Road)
14405 Dix-Toledo, Southgate (2 blks. n. of Eureka Rd.)

Mon., Thurs., Fri., 10 - 9 Tues., Wed., & Sat., 10 - 5 Sun. 12 - 4 734-285-5454

Lawmakers change sentencing

By TIM RICHARD Staff Writer

Michigan is making massive changes in the way it sends convicted criminals to prison, but no one can say what it will affect spending and prison construction. The fiscal impact of sentencing guidelines and truth-in-sentencing is "indeterminate," says a Senate Fiscal Agency analysis of the long-debated package of laws taking effect Dec. 15.

"Indeterminate" is the bottom line. Some say legislators chant of "tough new laws" will swell prison populations, sucking money from colleges and other services for good folks. Others say the changes take too much power from circuit judges.

Here's a look at where the state has been, what has happened during the 1990s, and where we're going with the 1998 laws.

WHERE WE'VE BEEN

For decades, the state has allowed sentencing judges wide discretion — too much discretion, perhaps. So in 1979 the state Supreme Court set up an advisory committee and in 1984 adopted "sentencing guidelines" based on what the bulk of judges actually were doing.

In 1988 the high court adopted the guidelines by order. A judge could depart from the guidelines, but would have to justify his departure in writing.

Two problems emerged. The Supreme Court hesitated to make the guidelines too strict because its action lacked the force of law enacted by the Legislature. And it didn't consider the impact on state prison capacity and local jail budgets.

Matters came to a head in a landmark case from Eaton County in which Judge Richard Schuster ignored the guidelines and threw the book at Scott Milbourn for terrorizing an ex-girlfriend. The Supreme Court, in a 4-3 decision, sent back the case for re-sentencing. Schuster gave Milbourn the same sentence.

The appellate courts became immersed in a flood of appeals based on sentencing guidelines. So the Legislature began to act.

THE 1990S

In 1994 the Legislature set up a sentencing commission to recommend new guidelines. The goal: to make prison sentences proportionate to the seriousness of the crime, the convict's prior record and prison capacity.

The commission took a 12-3 vote as it approved its report Oct. 22, 1997.

Meanwhile, the Legislature in 1994 passed a "Truth in Sentencing" law ending the practice of "good time" — releasing a well-behaved inmate before he had served his minimum sentence. Often, said the critics, these parolees committed new crimes.

But the Legislature added a feature called "disciplinary time" for breaking prison rules. The inmate's sentence could actually be lengthened, not by a judge but by a prison official, for violating prison rules, inmates call these "flops."

From 1982 to date, the state prison population more than tripled, from around 13,000 to 43,000. Sentencing critics say the U.S. has the highest rate of imprisonment in the world, and almost any country in the world except Russia.

Political candidates this year spent a lot of time arguing about whether to just keep building more prisons or to release less dangerous inmates.

At the same time, the Legislature softened the 1976 "550 drug litter law," under which young "mules" in the drug trade were getting automatic life sentences with no hope of parole. The U.S. Supreme Court upheld the law's constitutionality, but a majority of people thought it was too harsh.

THE NEW LAWS

After long debates, the Senate and House Judiciary Committees produced a set of bills that passed muster in both chambers and were signed by the governor — but still have an "indeterminate" impact on the prison population.

Public Acts 315-317 enumerate felony crimes and set sentencing guidelines that take effect for crimes committed after Jan. 1, 1999.

The same laws extend these guidelines to all crimes committed on and after Dec. 15, 2000.

They delete the Department of Corrections' ability to issue "flops" — additions to an inmate's sentence for violating departmental rules. Instead, the inmate's prison record will be reviewed by the parole board when he is considered for parole.

PA 319 modifies the 650-lifer law. It requires a prison sentence of at least 20 years for intent to deliver 650 grams of cocaine or similar narcotics. Two drugs are added to the list.

PA 311-312 amend the penal

code to increase penalties for felony, property damage and bad check offenses.

PA 320 requires inmates to earn a high school diploma or general education development (GED) certificate as a condition of parole. It won't apply to those over age 65. Lansing hasn't heard the last of this issue, because inmates complain that schooling opportunities are too limited for the GED requirement to be realistic.

JUDGES' VIEW

In handing out sentences, circuit judges will deal with a "grid" of offenses and conditions. They will have some leeway, but less than in the past, in sentencing convicts to prison. Here's a simplified outline:

On one side of the grid, PA 317 classifies more than 700 offenses into nine crime classes. Some attempted crimes are included. The old Supreme Court guidelines listed 100 offenses.

On another side of the grid are 19 offense variables and seven prior record variables. Was there aggravated use of a weapon? Physical injury to the victim or the victim's family? "Capitave" Criminal sexual penetration? Alcohol or drug abuse?

If a certain crime requires a mandatory minimum sentence, the judge must impose it — no discretion.

Prisons are to be used for offenders whose minimum sentence is greater than 18 months. For short sentences, the convict may be housed in a county jail. The law requires the Department of Corrections to reimburse counties for jail use. The Legislature will get a chance to debate this in the annual DOC budget bill.

How will all these changes impact the Corrections budget and prison population? The Senate Fiscal Agency quotes Dr. Charles Ostrom of Michigan State University and Dr. James Austin of the National Council on Crime and Delinquency. Their projection shows a 1,323 inmate increase over baseline year 2007.

But many variables are at work — the parole rate; the effects of creating new crimes; judges' behavior. The projections assume that, on average, prisoners will serve 13 percent additional time beyond their minimum sentence for disciplinary infractions. But that's up to the parole board.

That's why the impact of this year's new laws is, in the Senate Fiscal Agency's words, "indeterminate."

City holds contest to name road extension

A New Road in Novi Ballot Form

This year Novi residents have the opportunity to re-name West Road, including the new extension that is being constructed to Twelve Mile Road.

The extension project is due to be completed in mid-summer of 1999, and at that time the winning nomination will be listed on the city map and stamped onto road signs from Pontiac Trail all the way to Twelve Mile Road.

To enter your idea, please follow the instructions below and submit your form.

1. Please submit only one entry per ballot.
2. Be sure to include your name, address and phone number on the ballot.
3. Entries are limited to Novi residents only.
4. All ballots must be turned in to Novi City Hall no later than Monday, Nov. 2, 1998 at 5 p.m.

Drop off or mail to:
"There's a New Road in Novi"
45175 W. 10 Mile Road
Novi, MI 48375
Attention: Public Information

The winning entry will be announced this coming January. Please note, the name that you decide can end in road, street, drive or parkway.

Name _____
Address _____
Phone _____
Proposed Road Name _____

The City of Novi is conducting a road naming contest, in cooperation with The Novi News, to encourage public input on the Tall Road extension project.

As part of this promotion, members of the Tall Road Extension Route Determination Committee, along with the City Manager, the Department of Public Services Director and the Public Information Director will select the winning entry.

At least is a clip-out ballot. Judging will take place in November or December, and the winner will be announced in January.

The review of all the entries and choosing the new road name by the committee would take place at one or possibly two meetings later this year, and will then be presented to the City Council.

Winning names will be included on city maps and street signs for the newly named road will be posted along its length.

Fill in the ballot, clip it out and mail it to the City of Novi at:
"There's a New Road in Novi"
45175 W. Ten Mile Road
Novi, MI 48375
Attention: Public Information

Celebrating Our New Novi Showroom At All 3 Stores!

GRAND OPENING



NOW THRU MONDAY
WE PAY YOUR
6% SALES TAX
WHEN YOU MENTION THIS AD

AND SAVE UP TO 40% OFF EVERYTHING!
PRICES ALREADY 40 TO 60% BELOW RETAIL.

Sale Now Going On At Novi, Birmingham And Oak Park Locations.

The Original Since 1939
HAGOPIAN®
NEW NOVI SHOWROOM
43223 Twelve Mile Road • Just East of Novi Rd. Next To Twelve Oaks Mall • (248) 449-8UGS
BIRMINGHAM: 850 South Old Woodward • (248) 646-8UGS
OAK PARK RUG OUTLET: 14000 W. Eighth Mile Rd. • (248) 546-8UGS

Handmade items are one-of-a-kind and subject to prior sale. Rug sizes are approximate. Illustrations may vary slightly from actual design. Sale prices do not apply to previous sales. ©1998 Hagopian.

INTRODUCING

The Heritage

Because your lifestyle never retires

Presenting The Heritage, Oakland County's premier luxurious living community for seniors. Visit our information center and model apartment to experience our exceptional services, amenities and personal care, including:

- Fine Dining Services
- Spacious Studio, One- & Two-Bedroom Apartments
- 24-Hour Concierge Service
- Housekeeping Service
- Scheduled Transportation
- Fitness and Exercise Programs
- Indoor Swimming Pool
- Individually Controlled Air Conditioning and Heat
- On-Site Health Clinic
- Full Service Bank

248-208-9393
25800 WEST ELEVEN MILE ROAD, SOUTHFIELD, MI 48034
Mon.-Fri. 9 a.m. - 5 p.m.
Sat.-Sun. 12 noon - 4 p.m.

RETIREMENT LIVING WITHOUT COMPROMISE
Another signature: senior living community from Brookdale Living Communities, Inc.

Please send me information on The Heritage.
 Please contact me to arrange a tour of the information center and model apartment.

NAME: _____ PHONE: _____
ADDRESS: _____
CITY, STATE, ZIP CODE: _____

Mail to: The Heritage
25800 West Eleven Mile Road, Southfield, MI 48034
The Heritage provides equal opportunities to all individuals 62 years of age or older.

Gypsies, tramps and Valkyries

A few of the attendees of Friday afternoon's Novi Senior Center Halloween Party pose for a quick photo in their costumes.

Photo by JOHN HEIDER



Local brew awarded bronze at beer fest

It's a tough job, but someone had to do it. Recently, a panel of 82 judges at the Great American Beer Festival valiantly bent their elbows and exercised their palates to evaluate 1,896 beers submitted by 484 brewers from 49 states. Taking home a Bronze Medal for Brewing Excellence in the Pilsner category was Local Color Brewing Company. The Main Street brewery owned by Peter Paisley won the judges with "Smooth Talker Pilsner."

Over 31,500 beer lovers turned out for the 17th annual Denver event, which lasted three days as the internationally-renowned judges drank their way from ale to lager. Medals were awarded in 52 beer categories.

To apply for the position of judge at next year's Great American Beer Festival call... just kidding.

End in sight for 1977 Rouge pollution lawsuit

By JAN JEFFRES Staff Writer

"We really think the best way to address the pollution problem is on a local basis and not with the judge mandating what needs to be done."

Tony Nowicki, Novi Director of Public Services

Expect a public information campaign next year on everything from the proper way to wash a car to reporting illegal dumping into the sewer system, as local governments in three counties work towards the settlement of a 1977 lawsuit over the pollution of the Rouge River.

Novi is one of 48 municipalities cited in the case, which was brought by the U.S. Environmental Protection Agency and the Michigan Department of Environmental Quality against Detroit, as well as Wayne, Oakland and Westland counties.

On Nov. 10, the defendants have a date with U.S. District Court Judge John Peckens to outline a plan to control storm sewer discharges into the Rouge River, with the goal of winning an April approval of the concept.

"There isn't a problem here at all. All our sanitary systems and storm water systems are separate," Novi Director of Public Services Anthony Nowicki said.

"We really think the best way to address the pollution problem is on a local basis and not with the judge mandating what needs to be done."

Except for the public education campaign, the impact on Novi should not be great, Novi City Manager Ed Krawall said.

"It's more of a matter of administrative paperwork. I think we've done all we ought to be doing. I don't know if everybody else is. That's the problem," Krawall added.

However, Novi will be encouraging developers to follow easy soil erosion preventative, Nowicki said. The city is also required to

increase monitoring of illegal dumping into the sewer system by encouraging the public to phone in tips about possible offenders.

What Novi and similar communities don't want to do is subsidize building separate sewer systems for other cities. "They don't want to pay for damages that were done downriver. Novi and the upstream communities like us don't want to fund the combined sewer systems for the downriver communities," Nowicki explained.

"We feel we've addressed the issue in our community, they should address the issue in their communities."

The 48 defendants hope to have the lawsuit settled by 2001 to avoid the creation of a court-imposed watershed authority that would have the power to raise revenues, order community action and bypass local authority. A proposed alternative authority would coordinate the restoration of the Rouge River, identify the responsibilities of each community and distribute grant monies.

Sixteen years ago, Novi adopted its storm water master plan; these sewers drain into the Rouge and Huron rivers. Sanitary sewer flows are treated at the Novi Walled Lake Waste Water Treatment Plant and the Detroit Waste Water Treatment Plant.

Novi voters agreed to pay a one-half annual property tax for the local storm water system, which Krawall said may be completely built in ten years.

In 1997, a tentative agreement was reached with the DEQ that the local governments would adopt an approach to the river clean-up that required storm water permits. Each of the 48 cities must apply for a permit by Jan. 31, 1999 and the Novi City Council agreed to that last spring.

Novi is joining up with Northville, Walled Lake and Northville, Salem, Canton and Plymouth townships to seek a joint permit.

To gain the voluntary general storm water permit, Novi and the other municipalities must:

- Come up with a plan to stop illicit discharge into the water course and show how the city will deal with failed septic fields, illegal connections to the storm sewer and illegal dumping.
- Create a map showing the location of storm sewers within the city, indicating each party responsible for illegal drains.
- Connect a public information campaign.
- As part of Novi's public education campaign, residents will see information on, among other topics, preferred cleaning materials and procedures for washing cars, the acceptable and disposal of pesticides and fertilizers and how to report illicit discharges into the sewer system.

"Part of the program requires an education program. That we really don't have. We don't go into the schools," Nowicki said.

Novi has won a grant for a computer kiosk that will be placed at the Novi Civic Center with information on the Rouge project.

More volunteers will be recruited to spread the message. "Drip It, Don't Pour It" signs have already been placed on the message.

In addition, developers will be encouraged to install soil erosion blankets at building sites, which are then picked up and the landscape goes in. This is to prevent silt washing into the water course.

Sever outlets in Novi already have a filtration system and this leads to a slower flow of storm water into the system, Nowicki said. He estimates that 95 percent of the complaints the city receives about storm flooding is due to the filters.

Oakland County Road Commission launches web site

Need some instant information on Grand River Avenue or another county road?

This week, the Oakland County Road Commission launched itself into the World Wide Web.

The new site address is www.rocweb.org.

Available at the click of a mouse is data on the Beverly Hills-based commission, plus a searchable "Road Projects" section. This section allows motorists to monitor construction projects on county roads that may interfere with daily travels.

It also allows webheads to book-

mark a particular route, such as their daily commute, so they can quickly and easily see if there are any county road projects that could delay them.

"The ROC web site is part of our effort to provide the public with as much information as possible about the road commission, county roads and work being done on those roads," said ROC Managing Director Brent Blair.

"The members of the public are our customers and this is another way that we can better serve our customers."

In addition to the road projects section, the site includes general information about the commission, the Board of Road Commissioners, ROC's FAST-TRAC intelligent transportation system, a schedule of upcoming Road Commission meetings, recent press releases and an archive of past releases, as well as the Department of Citizen Services, the department that motorists may contact with concerns.

Currently under construction is a section on the commission's Permits and Environmental Concerns Department. In the near future, this service will allow the public to

the NOVI NEWS

SAVE 30%

Subscribe now for only \$18⁰⁰*

What a great deal! Rush me one year (52 issues) of The NOVI NEWS for only \$18.00. I save 30% off the street sale price of \$26.00.

*Offer good for new subscribers only.
*Offer good until December 31, 1998.

Name _____
Address _____
City/State/Zip _____
Phone _____

Mail to: THE NOVI NEWS, Circulation, P.O. Box 470, Howell, MI 48844

"Living at Brighton Independence Village is just heaven!"

Caring is an integral part of our success. We adhere to providing luxurious amenities and quality service - exactly what we would expect for our own parent or grandparent.

INDEPENDENCE LIVING:

- Dinner Served Daily
- Bi-Weekly housekeeping
- Weekly flat linen service
- Planned social activities
- Scheduled van transportation
- Heat, electric and water
- Apartment maintenance
- No buy-in fees

INDEPENDENCE PLUS:

- Three meals served daily
- Medication reminders
- Daily housekeeping
- Assistance with bathing
- 24 hour staffing
- Planned social activities
- Heat, electric and water
- No buy-in fees

(810) 229-9190
833 E. Grand River
Brighton, MI 48116

Quote from Winnie Bennett, Independence Village resident.

Dine In Style

Nichols & Stone craftsmanship is the product of over 50 years of building fine furniture. Time-tested construction is painstakingly executed by experienced craftsmen. And hand-rubbed paint or stain finishes allow mix-and-match decorating. Nichols & Stone... Tomorrow's heirlooms.

Now Save 40% During Our Factory Authorized Sale!
6 Months No Payments, No Interest*

Since 1933
Walker/Buzenberg
fine furniture

240 NORTH MAIN STREET • PLYMOUTH • (734) 459-1300
Mon., Thurs., Fri. 10-9 • Tues., Wed., Sat. 10-6 • Sun. 1-5
*With credit approval. Sale ends 11-15-98

2ND ANNIVERSARY & PHASE II GRAND OPENING CELEBRATION!

FRIDAY • SATURDAY • SUNDAY
NOVEMBER 6-7-8

More stores! More fun!
And more savings of UP TO 75% OFF at your favorite brand name factory outlet stores!

And on November 13-14, SUPPORT UNITED PARENTS AGAINST LEAD OF MICHIGAN

CELEBRITY AUCTION
FRIDAY, NOVEMBER 13, 7 PM TO 10 PM
in the Kensington Valley Factory Shops Food Pavilion
Advance Tickets \$10—call 517-545-0560 for details!

UNITED PARENTS AGAINST LEAD DISPLAY
SATURDAY, NOVEMBER 14, 11 AM TO 2 PM
in the Kensington Valley Factory Shops Food Pavilion
Great fun for kids and adults! Become a lead detective and receive your lead badge!

ENTER TO WIN a BOSE Wave Radio!
No purchase necessary to enter, November 6-30! Entry blanks available at all stores!

RECEIVE A FREE Kensington Valley Factory Shops Coupon Savings Guide if you are one of the first 600 shoppers to visit the information table in the Food Pavilion, 10 am to Noon on Fri. and Sat.!

SEE OUR HOLIDAY FASHION SHOW featuring the best looks of the season, by Success Modeling of Brighton. 1 pm and 3 pm in the Food Pavilion.

ENJOY A FREE slice of Anniversary Cake in the Food Pavilion, 2 pm Saturday and Sunday.

OPEN HOUSE

CATHOLIC CENTRAL HIGH SCHOOL

14200 Breakfast Drive, Redford
Sunday, NOVEMBER 15th
1:00 to 5:00 p.m.
All 7th and 8th GRADE BOYS AND PARENTS WELCOME
EXHIBITS • DISPLAYS • BAND ENTERTAINMENT • REFRESHMENTS

High School Placement Test is Saturday, November 21st 8:00 to 12:00

Location: Exit 177, Inkster Road, off I-96; North on Inkster to Lyndon; Right on Lyndon to Breakfast Drive; Right on Breakfast Drive.

PHONE: (313) 534-0660

KENSINGTON VALLEY FACTORY SHOPS

1-96 AT M-59 EXIT 133 IN HOWELL. TURN LEFT AT NORTH BURKHART ROAD
CALL TOLL FREE 1-888-545-0565

Time Warner announces the addition of several new channels and changes to our channel line up as of December 1, 1998.

CHANNEL	NAME	TYPE OF PROGRAMMING
New Location to Oakland County Customers	16 CTND/EWTN	Religious Programming
New Channel	22 WFUM	PBS from Flint
New Channel to Livonia and Oakland County	58 FOOD NETWORK	Cooking and related Information and Entertainment
New Channel	59 FOX NEWS	Financial, Politics, Sports, Business News
New Location in Redford	61 THE INTERNATIONAL CHANNEL	Programming from around the World
New Location	98 QVC	Shopping Network
New Location	99 HSN	Shopping Network

TIME WARNER CABLE

REDFORD 313-538-1313 OAKLAND COUNTY 248-553-7300 LIVONIA 734-422-3200

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:

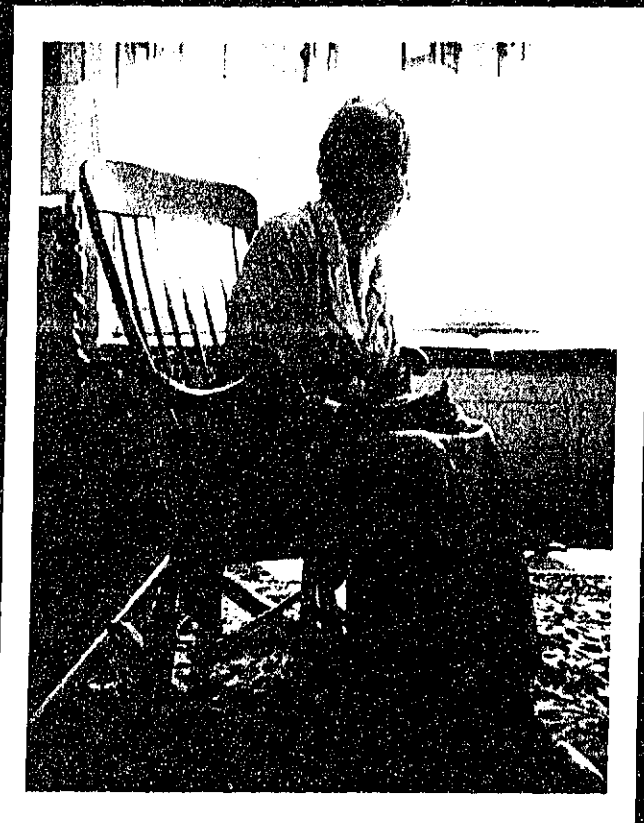
- be noticed - **twice!** We run on the back page of the Country Living Real Estate section of your Sunday Brighton Argus and Livingston County editions; as well as the back page of the Creative Living Real Estate section of the South Lyon Herald, Milford Times, Northville Record and the Novi News.
- **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

THEY SAY THE MEMORY'S THE FIRST TO GO.



WHICH MAY EXPLAIN WHY SHE'S BEEN FORGOTTEN BY HER FAMILY.

The elderly have so much to offer. Their wisdom and knowledge are treasures that shouldn't be forgotten. And with your help they won't be.

The United Way supports 25 agencies in southeast Michigan that encourage the elderly to become more independent. Centers like Adult social activities that can be very rewarding.

Last year, you helped fund those agencies with \$2.2 million. This year, the need for help is even greater. For every dollar donated, 90 cents goes directly to people in need. So your gift not only offers help to the elderly, it's a reminder that someone somewhere out there cares. You.



Give Help. Give Hope. Give Now.

HOME TOWN
Newspapers

In sponsoring this message in the interest of the Greater Detroit Community United Way Torch Drive contributions are not used to pay for this ad.



At left is Bob Stewart today. Above, he's the Lollipop Guild member on the left.

'I didn't realize this was going to be a classic movie

Continued from 1

Read," he was pulling down good money during the Depression to sing the non-classic score.

Still, Stewart questions if all this is interesting enough to merit a newspaper article.

"Why do you want to do a story about it? That was 60 years ago," he said.

"I've done so many things, but they were such little things, nobody will ever remember what you did," Stewart said.

"The director said I looked like a little doll," Stewart said.

MGM spent the most the studio had ever budgeted for a movie until then, \$3 million, creating a dream world that would captivate generations of kids. But Stewart was one of the first children to fall under the spell of Oz.

"I remember when I first went to the set, I was in awe of everybody. All these little people wandering around, I'd never seen little people like this. I didn't know they existed," Stewart said.

"I would see them eyeball-to-eyeball and they were 18, 20, 25 years old."

"I said, 'wow, this is great.' In the movie, he was the last Munchkin to wave goodbye to Dorothy as she headed toward Oz. But the yellow brick road proved to be a dead end for Stewart.

More roles for the young actor didn't come, so at age 16 he enlisted in the Army's 11th Division Airborne Paratroopers.

"After the 'Wizard,' I couldn't get any work. People figure if you did a movie as a kid, you have it made for life, but you don't," Stewart said.

"Only a few made it from young kids in the movies to adults... I looked older than I was, that was one of the reasons that they turned me down."

Out of the army and living in Brooklyn, the city boy tackled another job, the rodeo. After apprenticing at a ranch in upstate New York, he completed as a bull rider and barrel racer in rodeos at Madison Square Garden.

However, he always had a foot in a play at the Northland Playhouse in Southfield, in the days when Hollywood stars came by for summer stock. He met Sammy Davis, Jr., who doing a show at the Fisher Theater.

The two attended a polo match at a local farm when Stewart was impressed by a young woman doing exhibition riding between chukkas.

"I said to Sammy, that's a fine looking little girl. I kind of like her. He said, 'would you like me to introduce you to her?' He said, 'I could get the owner to talk to her, maybe we can arrange something,' Stewart said.

A few months later and Stewart married his wife, Kathleen.

He continued working with the Northland Playhouse and was on the boards with actors such as James Garner and Ann Sutherland. Stewart also appeared in commercials for Faygo Pop and Stro's Beer. For the 20-year limit, he collected residuals for "The Wizard of Oz."

Today, he's a retired Seven-Up truck driver who remains active with the Grosse Pointe Theater. But he still pays his \$42 annual membership dues to the Screen Actor's Guild.

Appearing in "The Wizard of Oz" may have been an over-the-rainbow kind of job, but Stewart said his whole life hasn't revolved around it. For many years, he kept his Munchkin costume and other souvenirs of the movie in a trunk, but it was later all destroyed in a fire.

In the 1960s, the "Wizard" became a cult classic and Stewart and other actors would meet for reunions. Many of his memories of the movie come from these later discussions, because he was so young in 1938.

"I remember Burt Lahr saying that was a terrible thing to have to do. They made his costume out of real lion skins and that was so heavy, he had to sit down all the time because it was so taxing on him," Stewart said.

In later years, he also met Garland's daughter, Liza Minelli. But when the movie was being shot, Garland seemed like a grown-up to him, because she was twice his age.

Stewart is likely the only Novi resident to be featured in a figurine.

While he may not have handed the role of his dream, Stewart will forever be a part of movie history. "I didn't realize this was going to be a classic movie," he said.

"People tell you what to do, they tell you what things to say. Later in years, you realize it was something big."

THINKING ABOUT A NEW FURNACE?

LENNOX

FREE ESTIMATES (734) 525-1930

UNITED TEMPERATURE

8919 MIDDLEBELT • LIVONIA

Insulation Special

6" R-14 Fiberglass Blown in Attic Insulation

1,000 Sq. Ft. - \$395

JONES INSULATION

348-9880

WANTED Dead or Alive

If you're considering turning in your used car, truck or boat, please donate it to Volunteers of America.

Donating is simple, fast and easy. Your gift qualifies as a tax deductible contribution if you receive a receipt from us.

Volunteers of America serves southeast Michigan's needy. The REWARD is knowing your vehicle's funds help care for needy families, mothers with children and disadvantaged elderly.

FREE Towing Available, Call (800) 552-1515 (248) 373-9000

Volunteers of America

SOUTHEAST MICHIGAN Since 1896

THINKING ABOUT A NEW FURNACE?

LENNOX

FREE ESTIMATES (734) 525-1930

UNITED TEMPERATURE

8919 MIDDLEBELT • LIVONIA

Insulation Special

6" R-14 Fiberglass Blown in Attic Insulation

1,000 Sq. Ft. - \$395

JONES INSULATION

348-9880

Dancin' at a discount... no way!

Attention Dancers!!!!!!

Are you interested in dancing for 1/2 PRICE???? Our goal at DANCE ELECTRIC is to expose dance and the performing arts to as many young people as possible. To give you the chance to experience DANCE ELECTRIC, we are pleased to make this unprecedented offer. Join DANCE ELECTRIC now and receive two months FREE LESSONS for every two months paid tuition.

Jazz, Tap, Ballet, Hip Hop, Lyrical, Musical Theatre, Voice, Gymnastics

DANCE ELECTRIC

...quality performing arts instruction in an atmosphere that is friendly and promotes a sense of well-being...

Call TODAY 248-477-3830

Offer expires November 30, 1998

Life is short... dance is cool!!!!!!

Classes subject to availability. Mention this ad for discount. New Dance Electric students eligible only. Family discount plans available. Multiple class and family discounts ineligible with this offer. Registration fee required.

"Holiday Happening" CRAFT SHOW

SATURDAY NOVEMBER 7TH

10:00 A.M. TO 4:30 P.M.

\$1.00 ADMISSION

Sponsored by the Livonia Stevenson High School Booster Club

"Over 150 Crafters"

LIVONIA STEVENSON HIGH SCHOOL

33500 West Six Mile Road

(One block West of Farmington Road, two miles North of I-96, approx. ten miles East of I-75)

Grand Opening!

The Yankee Candle Company is coming to **NOVI & DEARBORN, MICHIGAN**

November 4, 1998

Discover New England's finest scented candles, crafted in hundreds of styles, colors and scents

We're Famous for Fragrance!

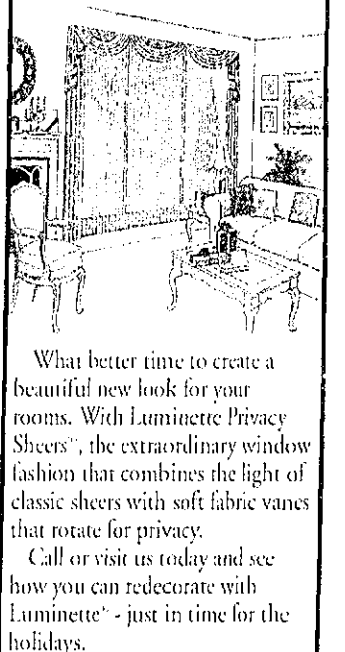
Yankee Candle Co.

Fairlane Town Center • Dearborn, MI • 313-271-1131

Twelve Oaks Mall • Novi, MI • 248-735-0700

BOTH STORES OPEN DAILY!

'Tis the season to redecorate.



What better time to create a beautiful new look for your rooms. With Luminette Privacy Sheers™, the extraordinary window fashion that combines the light of classic sheers with soft fabric vanes that rotate for privacy.

Call or visit us today and see how you can redecorate with Luminette - just in time for the holidays.

HunterDouglas

WINDOW TREATMENTS

Paint n' Paper Plus

Finishing Touches

117 N. Lafayette (Pontiac Trail) In Downtown South Lyon

248-486-4910

Grand Opening!

The Yankee Candle Company is coming to **NOVI & DEARBORN, MICHIGAN**

November 4, 1998

Discover New England's finest scented candles, crafted in hundreds of styles, colors and scents

We're Famous for Fragrance!

Yankee Candle Co.

Fairlane Town Center • Dearborn, MI • 313-271-1131

Twelve Oaks Mall • Novi, MI • 248-735-0700

BOTH STORES OPEN DAILY!



THE NEW GEAR IS HERE

Beautiful Skiwear... Perfect Anywhere



Race Gear, Cutting Edge Fashion, Functional Snowboard Wear and Head to Toe Coordinated Outerwear... A Selection You Just Won't Find Anywhere Else

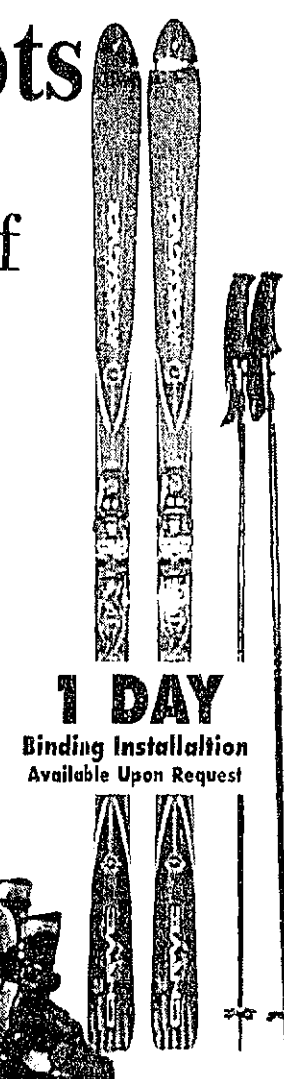
A Terrific **20%** off selection!



Michigans Largest Selection of Top Brands, Top Quality

Skis & Boots
10 to 30% off

- \$425 Salomon Axendo 6 \$299.99
- \$240 Salomon Propeller \$219.99
- \$275 Salomon Sport 4.0 M/L . . \$159.99
- \$589 Rossi Bandit M/L \$499.99
- \$409 Rossi Cut 9.6 M/L \$299.99
- \$600 K2 Four Classic \$499.99
- \$560 K2 Reflex I \$279.99
- \$280 Nordica Trend CX M/L . . \$149.99
- \$275 Nordica GP 05 M/L \$139.99
- \$595 Nordica GPC S2 \$199.99
- \$465 Tecnica Explosion X M/L \$599.99
- \$295 Lange Max 4/Anthea 4 . . \$159.99
- \$500 Olin DSL Power Frame \$599.99
- \$550 Olin Discovery \$259.99
- \$585 Atomic Beta 9.29 M/L . . \$469.99
- \$600 Volkl Carver Escape . . . \$599.99
- \$550 Dynastar Max Ride \$259.99



1 DAY
Binding Installation
Available Upon Request

Skis - Rossignol cut 10.4 Carver
Boots - Salomon Symbio 4.0 M/L
Bindings - Marker M-28 V Tech
Poles - Scott Classi

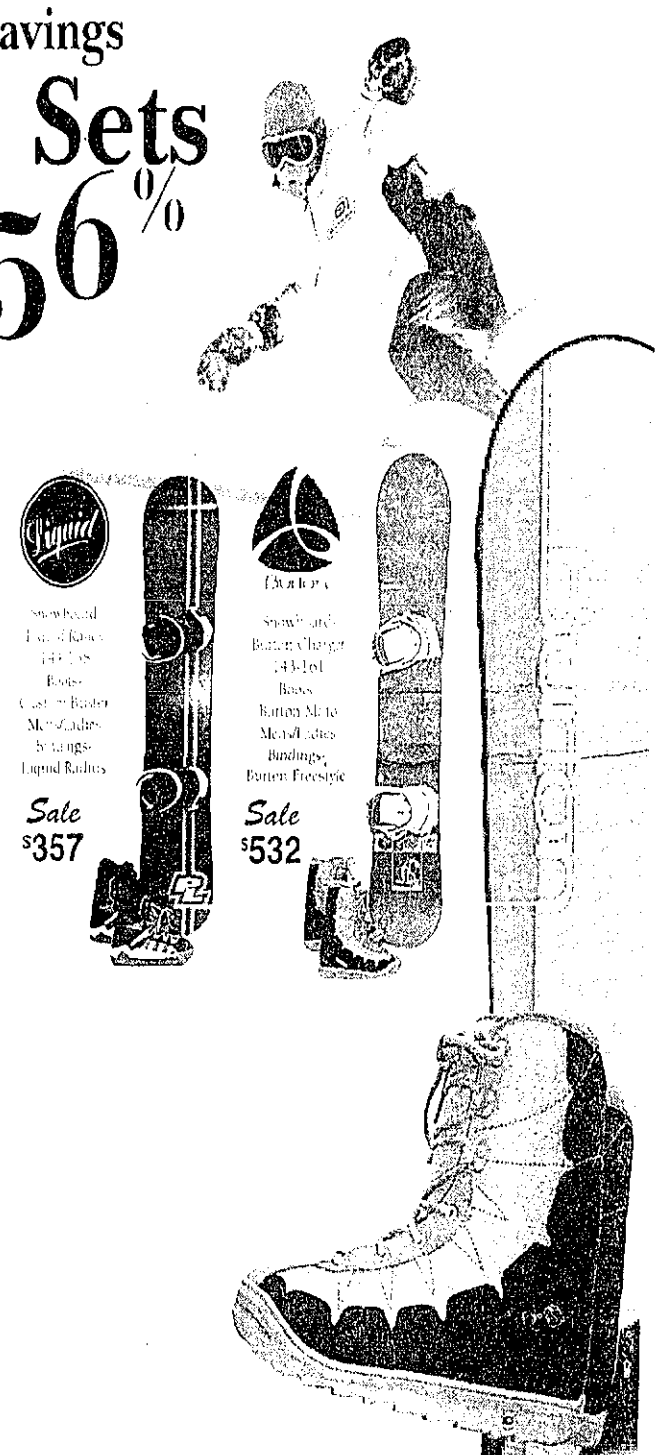
FREE
November Mt. Brighton
Lift Ticket
With any purchase of
\$15 or more.

Sale \$423
Total Retail \$659

**Special Pre-Season
Ski Tune \$19.99**
Precision Stone Grind.
Get your skis tuned now
for the coming season.

Pre Season Savings
Package Sets
Save 30-56%

- ELAN** Sale \$305
Total Retail \$634
Skis - Elan SX
Boots - Marker M-28 V Tech
Poles - Scott Classi
- DYNASTAR** Sale \$335
Total Retail \$589
Skis - Dynastar Big Max 8th
Boots - Look NR-7 Slider
Poles - Scott Classi
- K2** Sale \$335
Total Retail \$634
Skis - K2 Reflex Two L
Boots - Marker M-29 V FPS
Poles - Scott Classi
- OLIN** Sale \$355
Total Retail \$589
Skis - Olin Discovery
Boots - Salomon Quad 600
Poles - Scott Classi
- SALOMON** Sale \$405
Total Retail \$644
Skis - Salomon X-Free 08
Boots - Salomon Quad 600
Poles - Scott Classi
- DYNASTAR** Sale \$192
Total Retail \$299
Skis - Dynastar Speed Team II
Boots - Salomon Quad 600
Poles - Scott Classi
- ROSSIGNOL** Sale \$262
Total Retail \$378
Skis - Rossignol Bandit II
Boots - Salomon Quad 600
Poles - Scott Classi



SALOMON
SNOWBLADES
The Latest in Race
For Snowy Days!
Salomon Propeller
Only \$219.99



WARREN MILLER'S
FREERIDER

Bavarian Village

BOOK YOUR
SKI TRAVEL
TODAY!

A Full Service Travel Agency
Specializing in Ski & Golf.
Novi 1-800-797-8552
Bloomfield 1-800-778-9965



Travel

- Store Hours: Daily 10-9, Saturday 10-6, Sunday 12-5
- BLOOMFIELD HILLS 2540 WOODWARD at Square Lake Rd 248-338-0803
 - BIRMINGHAM 101 TOWNSEND corner of Pierce 248-644-5950
 - GROSSE POINTE 19435 MACK AVE. just North of Moross 313-885-0300
 - ANN ARBOR 3336 WASHTEAW West of U.S. 23 313-973-9340
 - GRAND RAPIDS 2035 28th Street S.E. bet. Breton & Kalamazoo 616-452-1199
 - NOVI Open Sat. 'til 9 NOVI TOWN CENTER S. OF 196 on Novi Rd 248-347-3323
 - MT. CLEMENS 1216 S. GRATIOT 1/2 mile North of 16 Mile Rd 810-463-3620
 - DEARBORN HEIGHTS 26312 FORD RD. 1 1/2 miles W. of Telegraph 313-562-5560
 - EAST LANSING 246 E. SAGINAW at Abbott 517-337-9696
 - TRAVERSE CITY 107 E. FRONT ST. (Bayside Entrance) 616-941-1999
 - FLINT 4261 MILLER RD. 810-732-5560

SUNDAY NOVEMBER 22ND R.O. MUSIC THEATRE
4PM SHOW: \$10 AT THE DOOR OR \$6.50 IN ADVANCE
7PM SHOW: \$10 AT THE DOOR OR \$8.50 IN ADVANCE
TICKETS ON SALE NOW AT BAVARIAN VILLAGE

Discover the Best of Both Worlds • www.skigolf.com • Internet Giveaway Banff/Lake Louise!

HIGHLIGHTS:

Novi senior calendar is hot of the press-2B

CHORALAIRES:

Christmas wreaths are on sale now-5B

HORSE SHOW:

Equestrian to recruit riders for parade-3B

DIVERSIONS:

Trio performs at Local Color, theater group has show-6B

B
THURSDAY
November 5,
1998



Proceeds from Show and Tell for Women will benefit Safety Town, a Novi Community Education program which teaches children safety in a mini town setting. Photo by JOHN HEIDER



Left: Tony Volpe demonstrates a massage technique on his wife Colleen. The couple are scheduled to present a morning session on massage therapy for Show and Tell for Women. Photo by TOM HIBBELN

Below: June McCarthy, who teaches yoga through the Novi Community Education Program, will put attendees through a one-hour session at the end of the day. Photo by JOHN HEIDER



Show and Tell

Proceeds from event for and about women to benefit Safety Town

By CAROL DIPPLE
Feature Editor

Want to be taken more seriously? Become better at managing your finances? Or how about just relaxing with yoga and line dancing.

The second annual Show & Tell for Women, which will be held on Saturday, Nov. 7, from 8:30 a.m. to 3 p.m. at the Novi Civic Center, 45175 West Ten Mile Road in Novi, has a variety of one-hour seminars just for women.

The all-day event was the brainchild of the late Helen Stabler who died earlier this year in January, just three months after last year's event.

"It was something we definitely wanted to keep going in her memory since it was her idea in the first place," said Joyce Robb, event chairperson.

Rather than raise the cost to attend Safety Town, Stabler decided to hold a fund raiser to help replace big wheels which wear out, paint buildings, purchase stop signs and traffic lights, and paint the "streets."

Novi Community Education's Safety Town program teaches 4- to 6-year-old children safety in a mini-town setting.

"I think it will turn out to be a great day for women to come out and have fun, meet other people, and make a couple of new friends," said Robb.

Last year 59 women attended. This year's goal is 100.

"We are very pleased with the response and with the response with the businesses in the area to help us out," said Robb.



State Representative Nancy Cassis, left, and Novi Mayor Kathleen McLallen will be the featured speakers at lunch.

Santino's Place for Pasta in Novi is providing the lunch.

Maria's Italian Bakery, also in Novi, is donating a fruit and vegetable tray.

Glenda's Garden Center in Novi has donated one of the door prizes and will also help with the table arrangements.

Other door prizes will include gift certificates from restaurants, Meryn's, and Starbucks. Evola Music Center will provide entertainment during registration and lunch.

State Rep. Nancy Cassis and Novi Mayor Kathleen McLallen will be the featured speakers at lunch.

Robb drew from her experience working with the Novi Community Education program for session topics.

"We wanted to touch base with everything," Robb said.

Attendees can choose three or four topics from finance to interior design and from aromatherapy to wedding planning which will be presented in one-hour sessions.

All of the presenters have volunteered their time.

"Our response has been really good this year," Robb said. "We have people signed up for every one."

The second annual Show & Tell for Women is sponsored by the Novi Community Education Advisory Board as a fund raiser for the Safety Town program, which just completed its eighth year.

"Everyone has been very, very helpful and very positive," Robb said. "Everything is falling together nicely."

The Novi Community Education Advisory Council has 10 members, but they are always looking for new participants, according to Robb. The main purpose of the advisory council is to gather education ideas from the community. They meet the second Monday of every month at 7 p.m. in the Novi High School conference room connected to the main office. Meetings are open to those in the community interested in the community education program.

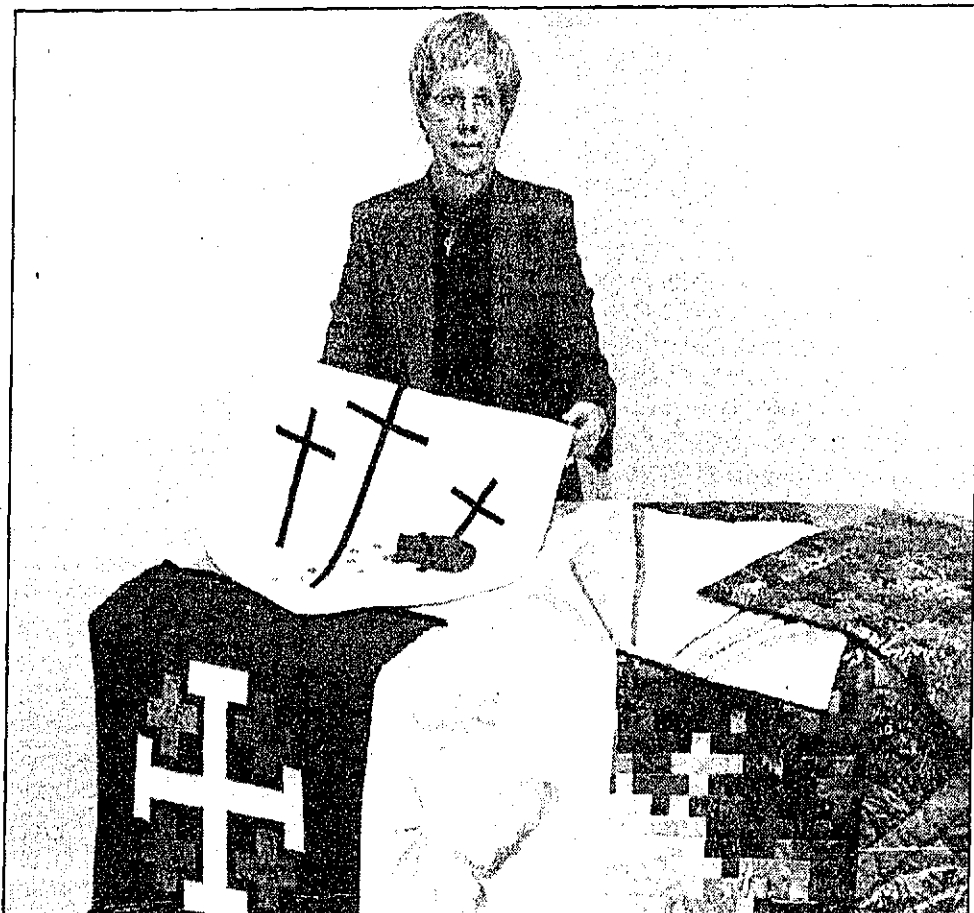
"Helen Stabler was a senior member and it was her idea," Robb said. "She felt that Safety Town was an important program to offer."

For more information or to make a reservation, call Novi Community Education (248) 449-1206.

Take your pick . . .

Attendees can choose from the following topics which will be presented in four, one-hour sessions.

- Topic - Instructor
- Massage Therapy - Tony Volpe
- Career Transition - Carol Moore
- Look Your Best - Maria Mazza
- Floral Design - Mary Jo Cagle
- Yoga - June McCarthy
- Financial Success - Celia Magro
- The Psychic World - Mike Best
- Wedding Planning - Tracy Kohls
- Nutrition - Lynn Bedigian
- Stress Management - Elaine Horowitz
- Tai Chi - Georgiana Schimpf
- Becoming More Effective - Judi Ballo
- Interior Designs - Carole Litzelman
- Creating a Photo
- Memory Album - Brenda Motzell
- Travel Bargains - Anton Anderssen
- Aromatherapy - Anton Anderssen
- Self Defense - Barb White
- Line Dancing - Instructors from Denim & Lace Dance Company



Sandra McDonald, who is the chairperson of the Liturgical Art portion of the Autumn Quilt Show, has been making altar and pulpit cloths, pastor stoles, banners and wall hangings for 15 years, eight of which at the Northville United Methodist Church.

Photo by JOHN HEIDER

Show has quilts, lots of them

The Fifth Annual Autumn Quilt Show, which will be held at the Northville United Methodist Church on Friday and Saturday, Nov. 6 and 7, may be a quilter's fantasy come true.

Sponsored by the Northville United Methodist Women, the show will display 200 quilts in the sanctuary and the lounge. There is a \$3 donation to view the quilts.

New to the show this year is an exhibit of liturgical pieces from the church as well as other churches in the area.

Sandra McDonald, chairperson of the Liturgical Art portion of the show, has been making liturgical pieces for 15 years, the last eight at Northville United Methodist Church where she is a member.

McDonald has brought together a variety of pieces including quilted, appliqued, and hand-colored silk for the show from churches in Birmingham, Livonia, Novi, Texas, and Brighton.

"The purpose of the altar cloths is to have liturgical symbols, most have a meaning that relates to the church season or symbol," McDonald said. "They are not decorative as such, they

are part of the worship setting, they do have meaning in the worship."

The original and hand made altar cloths and wall hangings will include several pieces of framed calligraphy by teacher/calligraphist Millie Janka.

"It looks like an excellent show," said Nanci Olgren who is co-chairing the show.

On the upper level there will be a special exhibit this year of quilts made by the American Quilter's Society's 1998 "Best of Show" winner and Ann Arbor resident Sue Nickels for "The Beales Quilt."

Nickels began making quilts 20 years ago and has been teaching for the past eight years. Along with her sister, Pat Holly, she has written two books "60 Machine Quilting Patterns" and "Amish Patterns for Machine Quilting." Her quilts have also appeared in many publications.

The silent auction will be held in the lower level of the church as will the Market Place with quilt-related vendors. Luncheon will be served from 11:30 a.m. to 1:30 p.m. The cost for the luncheon is \$5.



Sue Nickels

Verbal quilt appraisals will be available but a prior appointment must be made by calling (248) 348-1325. The appraisals will identify the quilt design, approximate date it was made and care and repair of the quilt, among other things.

There will be free demonstrations on Friday 10:30 a.m. and 1:30 p.m. and on Saturday at 1:30 p.m. The cost for the luncheon is \$5.

Continued on 3

Health

the NOVI
NEWS
12B
THURSDAY
November 5,
1998

Creative Priority
♥
Craft & Collectible Show
BAKERS OF MILFORD
2025 S. MILFORD RD., MILFORD
SUNDAY
NOVEMBER 8TH
10 a.m. - 4 p.m.
\$1 off
with this ad
Admission \$2 - FOR INFO CALL (734) 281-1036

Health Column

Substitutes create healthy alternative

With the holidays just around the corner, most of us will be faced with an overflow of invitations to celebrate the season. Many holiday treats are laden with fat calories that, when consumed, readily convert into unwanted pounds.

It is sobering to see how these numbers look when compared with an M-Fit menu of similar recipes that are every bit as delicious (see comparison).

In accordance with the dietary guidelines, as recommended by the USDA, our recipes are designed to be lower in fat, saturated fat and cholesterol and higher in fiber.

Trimming the fat from holiday meals may sound like a torturous task, but here are some simple, painless changes that can keep you from sabotaging your healthy lifestyle.

Traditional Meal - Fat Grams

- 1/2 cup egg nog, 9
- 1 ounce each cheese/crackers, 17
- 1 ounce dry roasted nuts, 15
- 3.5 ounces roasted turkey-light and dark meat with skin, 10
- 1/4 cup gravy, 4
- 1/2 cup sausage stuffing, 16
- 1/2 cup sweet potato casserole, 12

- 1/2 cup green bean casserole, 12
- 1 slice pecan pie a la mode, 31
- 2 chocolate covered cherries, 4.5
- Total Fat Grams: 130.5
- M-Fit Low Fat Meal - Fat Grams**
- Sparkling Cran-Raspberry punch, 0
- Warm artichoke dip with pita triangles, 3
- 1 ounce fat free crackers, 0
- Stuffed boneless turkey with exotic mushroom gravy, 7.5
- 3/4 cup potato carrot medley, 0
- 1/2 cup steamed fresh green bean with Juli-enne of red peppers, trace
- Fresh fruit fondue with chocolate dipping sauce, 0.5
- 2 apricot-almond delights, 1.5
- Total Fat Grams: 12.5

To get you started on that healthy holiday meal try this recipe for warm artichoke dip:

- 1 teaspoon olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 9 ounces artichoke hearts frozen package*
- 8 ounces fat-free cream cheese
- 1/3 cup Parmesan cheese, freshly grated
- dash hot sauce
- 1/4 teaspoon salt, or to taste
- 1/4 cup fresh basil, chopped

• dash paprika
Method
• Heat oil in skillet. Add onions and garlic and saute over medium heat until soft (about three minutes).

- Add artichoke hearts and cover. Reduce heat to low and cook five minutes. Transfer mixture to food processor.
- Add cream cheese, Parmesan and pulse to combine ingredients.
- Add hot sauce, salt and basil. Pulse to combine ingredients. Serve warm, sprinkled lightly with paprika, accompanied by wedges of crisp toasted pita or your favorite fat-free cracker.
- Makes 10 servings. Yield: 2 1/2 cups.

Notes

*If frozen artichoke hearts are unavailable, use two 15 ounce cans (low sodium if possible), drained, lightly rinsed and squeezed dry. Omit the salt in the recipe.

The University of Michigan M-Fit Community Nutrition Education is a department that provides nutrition education to the community. For more information or for a copy of this year's holiday recipes call Nicole Goyarts at (313) 998-6736 or e-mail her at ngoyarts@umich.edu.

MIDWEST CARPET BROKERS

- Wholesale Prices
 - Quality Service
 - Commercial & Residential
 - Free Estimates
- Philadelphia • Sutton • Cabin Craft • Evans & Black • Salem
- 55536 Five Mile • Livonia (734) 515-9167
(West of Farmington Road)
OPEN: Tues.-Fri. 11-6 • Sat. 12-5 • Sun. & Mon. By appt. only

Bleaching can put sparkle back in your smile

Do you wish you had that perfect smile with brighter, lighter teeth? Do you find yourself aware of your teeth being less than a perfect color? Do you cover your mouth with your hand when you talk? Do you laugh with your mouth closed so people will not see your teeth? If so, please know that there is help for your teeth with the simple process of teeth bleaching.

Teeth bleaching will improve the appearance of teeth that are discolored due to certain foods, coffee and tea drinking or smoking. Whatever the cause, stains or tooth discoloration can be changed by tooth bleaching. Today's dental technology offers us a variety of tooth-whitening methods.

The most popular method of tooth whitening or bleaching today is the "night bleaching method." Using this method, the patient does the bleaching at night while sleeping.

We need to first take a mold of your teeth to make the clear, thin, plastic bleaching trays that hold the whitening material against your teeth while you sleep.

It takes just two weeks to complete the whitening process. We have been using the "night white" system in our office for several years and have been getting great results. We take an initial color or shade of your teeth before you start the whitening. Once you complete the bleaching we invite you back to our

office to see just how much your teeth have whitened.

Most people are amazed at the initial shade or color they started with and how much their teeth have brightened.

So, if your teeth are discolored, they can be brightened through the simple process of tooth bleaching. The rewards of greater self-esteem and improved appearance will be yours.

The practice of Kathryn A. Hoppe, D.D.S., is located at the Novi Professional Village, 23985 Novi Road, Suite B103, Novi. For more information about this topic call (810) 348-5151.

Health Notes

Laurel Park Walking Club

"Walk the mall" for enjoyable, low-impact, climate-controlled exercise - and then have your blood pressure checked (available the fourth Monday of every month, 8-10 a.m.). Free. Laurel Park is opened to walkers 8 a.m.-9 p.m., Monday-Saturday; 11 a.m.-5 p.m., Sunday. Located on Six Mile Road in Livonia (at the corner of Six Mile and Newburgh roads). For information, call (248) 477-6100.

Aerobic Weight Training

A 55-minute workout with emphasis on both cardiovascular fitness and muscle strengthening. Meets for seven weeks. Mondays and Wednesdays 5-6 p.m. \$55. Preregistration required. Botsford Center for Health Improvement-TRACC, 39750 Grand River Ave., Novi. For more information and to register, call (248) 473-5600.

Asthma Education

Individual sessions with a registered nurse provide the tools to better understand and manage asthma. Day and evening sessions available. Families are welcomed. \$30 fee and appointment required. Botsford's Health Development on Grand River., Novi. For more information and to register, call (248) 477-6100.

Breastfeeding Basics

Workshop covers the "how to's" of breastfeeding: How to start and maintain successful breastfeeding as well as the answers to questions and concerns of women who are already breastfeeding. \$20. Classes are held at Botsford's Health Development Network in Novi. For information and registration, call (248) 477-6100.

Circuit Training

Wildcats get third win in last four meetings

Continued from 9

Three possessions later Northville regained the lead on a Scappaticci one-yard touchdown run. The drive started on the Novi 15 after a fumble recovery by Ryan Giles.

The game would stay that way until Novi struck back with a nine-play, 56 yard drive capped off by a Jon Cervi touchdown run with 6:57 left in the half. The Wildcats converted on another fourth down play, to keep this drive alive as well.

Faced with a 4th and 8 on Northville's 33-yard line, Maier hit Muston to his left and the junior cut back across the field on a handful of defenders to pick up 28 yards and a first down.

After a relatively bare third quarter, the Mustangs took their

last lead of the game after a long, time-consuming drive.

Scappaticci scored his second touchdown of the game, this one coming from four-yards out to give Northville a 17-14 lead with 5:32 remaining in the game. Both Reel and junior Eric Cooley played key roles in the drive, which started at the Northville 41.

"I think Eric showed a tremendous amount of maturity, choosing to sit down and let Rob start," Schumacher said. "Both players have their unique strengths. Rob can throw the ball and Eric can run the ball."

"I just think the two of them complimented each other well. You've got to use the strengths of your players."

Reel finish the night 14 of 28 passing for 141 yards and an

interception. Cooley was 2 of 6 for six yards and also ran the ball seven times for 19 yards.

Keelte caught seven passes for 64 yards, extending his season and career records in both categories. The senior finished the season with 56 catches for 767 yards (both school records). He also has 90 career grabs for 1,234 yards (also school records). Aaron Redden added four receptions for 58 yards.

Sophomore Brandon Langston had 64 yards on the ground and Scappaticci had 25 and the two touchdowns.

Maier led Novi on the ground and through the air. The junior had 83 yards rushing and completed 3 of 11 passes for 92 yards. Cervi added 59 yards rushing and Cas Werda had 30.

River Ave., Farmington Hills. For more information or to make an appointment, call (248) 473-1320, weekdays 9 a.m.-5 p.m.

Heart Disease Risk Reduction

Risk assessment and reduction programs to help modify risk factors associated with heart disease. Fee is dependent on level of programming. Botsford General Hospital's Botsford Cardiovascular Health Center, 28050 Grand River Ave., Farmington Hills. Call (248) 471-8870 for more information.

Health Education Library

Books, pamphlets, videos and more on a wide variety of disease and wellness topics. Providence Medical Center-Providence Park in Novi: Monday-Thursday from 9 a.m.-5 p.m., and Friday, 9 a.m.-4:30 p.m. Call (248) 380-4110 for more information.

Speakers Bureau

Interested in a speaker to present a health care topic to your club or community organization? We would be happy to arrange one for you through Providence Hospital and Medical Center's professional speakers bureau. Just call us at (248) 424-3279.

Cancer Support Group

Providence Medical Center-Providence Park in Novi every Tuesday from 6:30-8 p.m. Call (248) 424-3543 for more information.

Post Partum Depression

Sessions are held on the third Monday of each month at 7 p.m. in Southfield. For more information, call (248) 424-3209.

DRS
MICHAEL H. FREEDLAND, M.D.
PLASTIC & RECONSTRUCTIVE SURGEON

Complimentary Cosmetic Consultation
Financing Available
In-Office Surgery Suites

► FACIAL COSMETIC SURGERY
► BREAST ENLARGEMENT
► TUMMY TUCKS
► LASER RESURFACING
► LIPOSUCTION
► RECONSTRUCTIVE SURGERY

(800) 728-6618
MARIAN PROFESSIONAL BUILDING • 14555 LEVAN, LIVONIA
DOWNRIVER SURGERY CENTER • 1823 FORT STREET, WYANDOTTE
SOMERSET MEDICAL GROUP • 3290 W. BIG BEAVER, TROY
www.surgery.com/mfreed

1/2 OFF
OUR GOLF & DINING CLUB CARDS
ONLY \$10.00
(while supplies last)
Take advantage of the Buy One, Get One Free Specials at the area's finest Golf & Dining Establishments. Stop in any of our regional offices and pick up your cards today!!

HOME TOWN
Newspapers