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THURSDAY
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the NOVI
NEWS

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Opinion DDA PLAN REQUIRES

LOOK / 14A

TION NEEDED

TIVITIES / 1B

Sports SWIMMERS PICK UP
 EASY WIN OVER HARRISON / 9B



Photo by JOHN HEIDER

A tough job, but someone's got to do it

Volunteer taste tester Hugh Crawford shares his workload with granddaughter Alexis Matteson, 6, during the Chilly Willy Festival Chili Taste-Off at the Novi Ice Arena Saturday.

The festival, which attracted a crowd of 300-500 was moved this year to the Novi Ice Arena and the North Novi Park. More information on the festivities appears on pages 5 and 9.

**Mayor says
 Novi's reached
 adulthood**

By JAN JEFFRES
 Staff Writer

Novi's gotten through its awkward teen-aged years, matured through its 20s and at age 30 is entering "prime time," Mayor Kathleen McLallen said in her sixth annual State Of The City address.

Now that the community's come of age, McLallen challenged members of the Novi Chamber of Commerce to come forward with ideas for what she calls "the missing component," a performing arts center that would offer a showcase for local talent, including the Novi Theatres and a Novi Civic Orchestra.

"We now have hockey teams and a state champion soccer team and facilities to house them, but we have nowhere for the arts. What is missing is a focus on our cultural quality of life," McLallen said at the luncheon at Steve and Rocky's restaurant on Grand River.

"It's time that a community the caliber of Novi begins to plan local support for the arts ... Let's put our heads together, either through philanthropy or a one percent art tax on new construction."

Or, she added, the city could consider "floating a bond" for the performing art center. Novi should also consider installing public art, such as sculpture in the North Novi Park, she added.

If last year was so busy it "should have come with seatbelts and air bags," expect an equal amount of activity in this year, the mayor promised.

"Novi had its foot on the accelerator and set a blistering pace in its race through the last twelve months," McLallen added.

"The city's in fabulous shape. It's been a most amazing run ... This community has truly never had a down time."



Mayor McLallen delivers her 6th State of the City address.

In 1999, coming to a location near you, will be:

- A fountain and park plaza at the old Amoco site on Grand River Avenue and Novi Road.
- The Planning Commission's unveiling of the city's new Master Plan in the spring.
- The Parks and Recreation Commission's completion of an update of the city's parks Master Plan.
- Ramco-Gershenson and the Taubman Company's announcement of a name for their new Twelve Mile Road shopping center, a.k.a. West Oaks Galleria, a.k.a. West Village.
- Possibly a Downtown Development Authority along the Grand River Corridor.
- Decorative hunter green traffic light mast arms at Nine Mile and

Continued on 14

Council wants more DDA data

By JAN JEFFRES
 Staff Writer

The Grand River corridor as the gateway to downtown has not developed to its maximum potential, city planners say.

But still up in the air is whether the Novi City Council will create a 25-year Downtown Development Authority to nudge the avenue in the desired direction or will just wait until the private sector does the job.

"What do we need to turn this around and

make Grand River a showpiece?" Novi Planning and Community Development Director Jim Wahl asked.

"Four hundred and fifty projects happened in Novi over the past ten years. For reasons we are not absolutely clear on, there are a number of areas in the corridor where nothing seems to be happening."

Wahl pointed to Twelve Mile Road in Farmington Hills as an example of what Grand River might become.

A public hearing on the Downtown Development Authority is scheduled for Feb. 22, 7:30 p.m. at the Novi Civic Center.

On Jan. 21, the city council held a study session on the issue.

"I think we're still floating on the issue. I don't think that it's really come to the point that everyone says, 'I get it,'" Mayor Kathleen McLallen said.

Continued on 14

Prices hit roof on senior housing

By JAN JEFFRES
 Staff Writer

If building the proposed senior housing complex in Novi becomes too expensive, will the city be able to keep the rents affordable?

That's the question the Novi City Council will ponder tonight in

a joint special meeting with the Novi Building Authority at 7 p.m. at the Novi Civic Center.

Recent construction projections sought by the city for the 154-unit Meadowbrook Commons have jumped well above the price the city anticipated, Assistant City

Manager Craig Klaver said.

Earlier, the estimated cost of the housing was \$11 million to \$13 million. That figure is now up to \$16 million to \$18 million, not including the cost of interior furnishings.

"We're obviously disappointed

that that it's going to have much higher costs. On the other hand, it may still be viable," Klaver said.

The city was planning to sell no more than \$15 million worth of bonds, and that sum was seen as a financial "cushion."

Continued on 11

**Has county heard
 Novi's complaints?**

By JEREMY MCBAIN
 Staff Writer

While Novi city officials complained about the county's recent snow removal efforts, the Board of Road Commissioners for Oakland County elected a new board chairman, Rudy Lozano, Jan. 7.

In direct disagreement with Novi city officials, Lozano said the county's road operation has been running very smoothly and he has not heard any complaints.

His peers on the board disagreed. They said they have heard the complaints from the city of Novi.

Due to the heavy snowfall and slow response by the Road Commission for Oakland County plowing county roads in Novi after the Jan. 2 winter storm, several complaints from Novi city officials and the county commissioner surfaced.

County commissioner Kay Schmid, R-Novi, personally complained to the road commission when she discovered the road she lives on in Novi, Twelve Mile Road,

was still unplowed two days after the storm.

Road crews were immediately at the road, clearing it of snow.

Along with Schmid, the mayor of Novi, the City Council and the chief of police, all made complaints about removal of snow in Novi.

The mayor even filed a formal complaint.

But the new chairman and an eight year member the road commission said he was only told of Schmid's complaint.

In fact, Lozano said that at the last board meeting, Jan. 7, all he heard were comments about how good of a job the crews did during the storm.

When told of the complaints, Lozano said, "I will never stand up and say our company (Road Commission for Oakland County) is without error or without fault."

He admitted the boards relationship with the city of Novi has not always been smooth, but he

Continued on 11

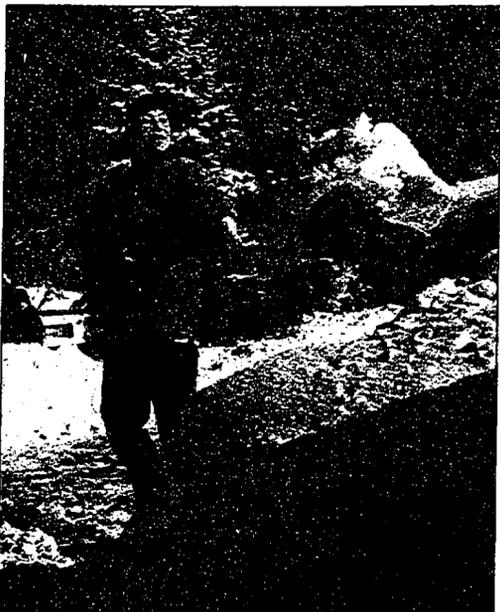


Photo by JOHN HEIDER

Student Connie Shea was still digging out last week. Relief only came when temperatures thawed over the weekend.

NEW IN 1998

Anyone who doubts Novi saw a lot of changes over the last year only needs to read through Mayor Kathleen McLallen's list of the new developments that came to town:

- | | |
|---|-----------------------------------|
| Bosch | OmniPoint |
| Hagopian (corporate headquarters and store) | Fireplace and Spa |
| Old Navy | Beech Tree office center |
| Dick's Sporting Goods | Fifth Avenue Billiards |
| Cherim's Shoes | Corrigan Moving Solutions |
| TasteBuds | Marriott Corporation (two hotels) |
| Local Color Brewing Company | St. Joseph/Mercy Healthcare |
| Steve and Rocky's | Assarian Cancer Center |
| Walsh College | Toll Brothers |
| Red, Hot And Blue | Bellagio |
| Pier One | Brightmoor Tabernacle |
| Sports Club of Novi | Wendy's |
| Lifetime Fitness | Park Place |
| Magna | Walton Wood senior housing |
| Husky Injection Molding Systems | One World Market |
| | Novi Ice Arena |

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- OBITUARIES 4A
- POLICE NEWS 4A
- SPORTS 9B
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Obituaries

ROBERT S. GOODWIN

Robert S. Goodwin, 68, of Plymouth died Jan. 15 at Harper Hospital in Detroit. He was born May 14, 1930, in Amesbury, Mass.

DOROTHY J. HEMINGWAY

Dorothy J. Hemingway of Waterford died Jan. 8 at the age of 72. Her parents were Richard and Emma Bartholomew.

WILLIAM P. NOLAN

William Paul Nolan, 89, died Jan. 17 in Iniquis Nursing Home in Jamesville, N.Y. He was born in Sharsburg, Pa.

Services were held on Monday, Jan. 18 at Schrader-Howell Funeral Home, Plymouth.



Novi Meadows student Thomas Riegel has global understanding.

Sixth grader can really read a map

By JEREMY MCBAIN Staff Writer Thomas Riegel, a sixth grade student at Novi Meadows, took first place in the school-wide competition of the National Geography Bee Dec. 18.

Public Access

- Monday, Jan. 25
10:00 a.m. - Dickerman Showcase: Photographer/Singer
10:30 a.m. - The Cutting Room Floor

Libertarians seek members

Oakland County Libertarians will meet from 6-10 p.m. Wednesday, Jan. 27, in the Eastside Marriott, 29267 Southfield Road, Southfield.

Safwan Kazmouz, M.D. Family & Geriatric Medicine. is pleased to announce the opening of his new office in Livonia. Orangelawn Professional Center, 10533 Farmington Road, Livonia (734) 422-8475.

You've Lived A Life Of Dignity, Independence And Choice. At Botsford Commons' Assisted Living Center You Don't Have To Change A Thing.

Botsford Health Care Continuum. Announcing the opening of Botsford Commons Assisted Living Center. This innovative facility, located in an historic building in Farmington Hills, offers a caring environment for those who need support to maintain daily living routines.

ATTENTION OWNERS OF LIVING TRUSTS!! "ADVANCED" LIVING TRUST SEMINAR. What your attorney DID NOT tell you about your Living Trust... Presented by Paul Leduc, Financial Consultant.

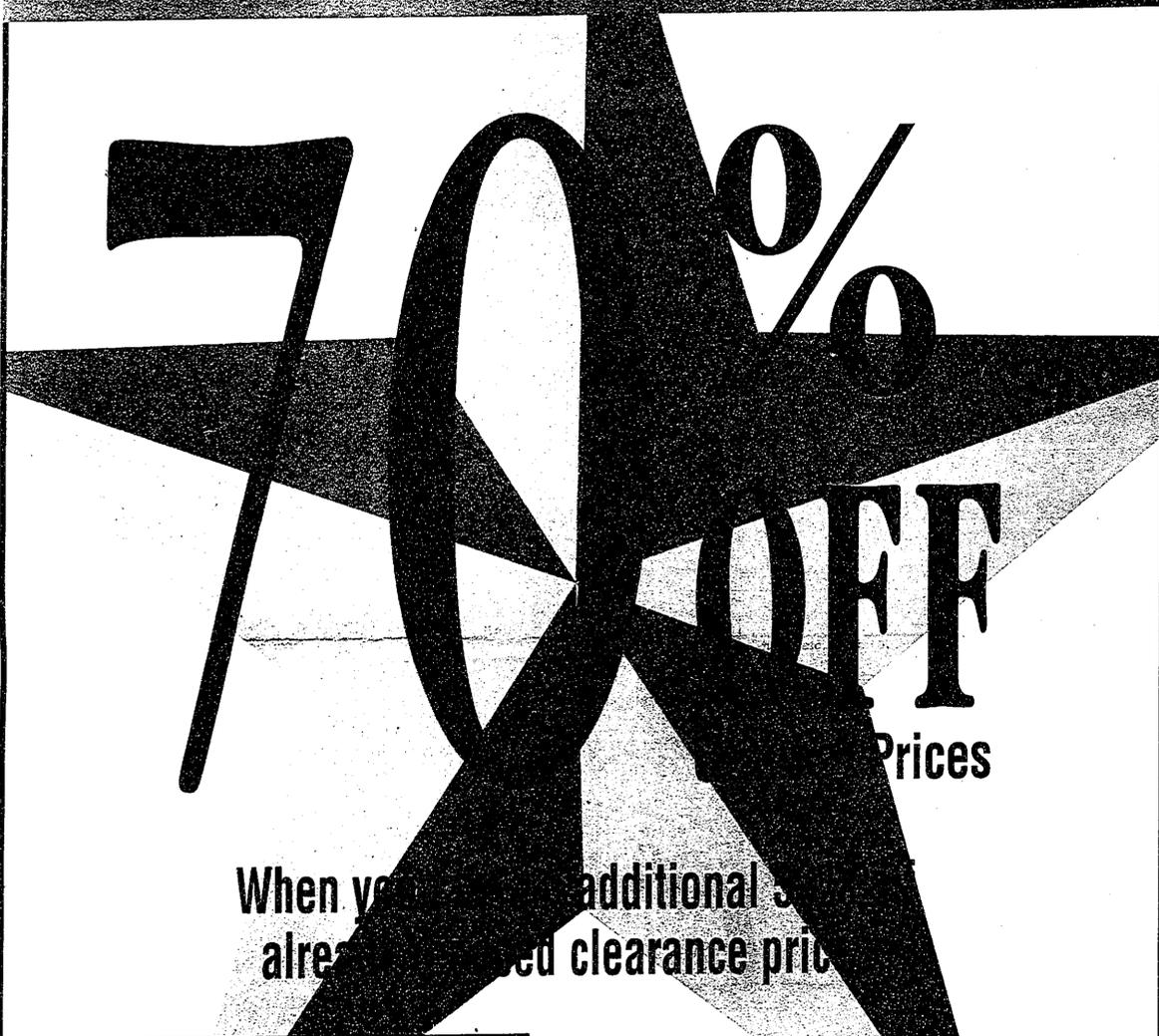
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<hr/>	
=\$12.00	
-\$6.00	50% Additional Clearance Savings
<hr/>	
=\$6.00	FINAL PRICE
for a total savings of \$14 or 70%	

Final prices given at register. Clearance prices represent savings off original prices. Selection varies by store. Interim markdowns may have been taken. Sorry, no price adjustments given on prior purchases. Excludes men's, women's & kids' fall and winter outerwear.

KOHL'S

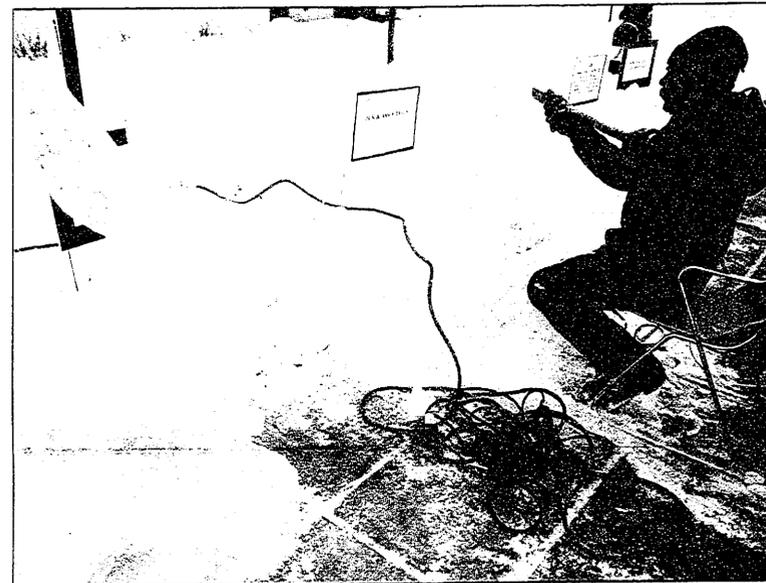
That's more like it.

Chilled out

Festivities bring out the wonder in a winter land



Photos by JOHN HEIDER



Chilly Willies

Novi's annual Chilly Willy Festival on Jan. 16 offered lots of outdoor (and indoor) fun. Above, Christine Mech, 7, follows her father, Ted, as the pair trek through the North Novi Park. Above right, Audrey Oh, 11, takes a break in welcoming snow drift after a bit of hiking in the park. Below right, Oakland Community chef instructor Dan Rowison demonstrates his skill with ice carving by creating cartoon figures in front of the Novi Ice Arena.



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How much is that DDA?

Council wants more information on Grand River plan

Continued from 1

The proposed district would encompass the area running along Grand River south of the freeway, from Beck Road to Meadowbrook Road. The Grand River Corridor Study Committee has recommended that the road take on its own identity, with "designer" street lights, mast arms for traffic lights and brick pavers. Some \$39 million worth of public improvements for the area are suggested, including widening Grand River Avenue to five lanes.

The DDA would need to a bond issue and grant money to finance the extensive improvements.

"We started a seed called Main Street. It's attractive. It's a standard of quality that seems to make sense to spread down Grand River," Council Member Ed Kramer said.

"What I'd like to do is provide the groundwork that provides quality, consistent development that says this is an area we are proud of. We don't have too many districts we can show off."

Currently, the district is valued at \$128 million, said staff planner Khanh Pham. If a DDA is established, city, county and Oakland Community College taxes on all new growth from a base year on would be diverted to the authority. New growth encompasses both assessment increases and post-base year development.

However, taxes destined for local school districts are not touched by a DDA.

Typically, a DDA is put into place in an area that is considered to be deteriorating and needs a bit of a boost. Eighteen properties within Novi's proposed DDA have won reductions in assessed value at the Michigan Tax Tribunal. However, City Assessor Glenn Lemmon said that doesn't mean that the value of the properties is actually declining

CAPTURED REVENUES				
	City	County	O.C.C.	Total
Year One 1999	\$22,521	\$13,180	\$4,502	\$40,203
Year Five 2003	\$118,909	\$69,590	\$23,769	\$212,268
Year 10 2008	\$254,961	\$149,214	\$50,964	\$455,139
Year 25 2023	\$793,407	\$464,335	\$158,595	\$1,416,000

in market value. If a DDA is implemented, in the future the city would have the option of reducing to a lesser figure the proposed 100 percent of the taxes on new growth that would be captured by the authority.

Several council members wondered if the proposed district is too large.

"I seriously question whether that can be legitimately called downtown. Meadowbrook Road to Beck Road," Council Member Laura Lorenzo said.

Others wondered if development in the area is ready to take off on its own, with or without a DDA.

"The zoning of Grand River has not been conducive to development, particularly west of Novi Road. Maybe this area is the next area to go. Other areas have been

easier, other areas might have led the charge," Council Member Bob Schmid said.

"I would have to have it in my mind that his is necessary, that we don't have owners that have been holding up the land and have it priced too high."

Schmid added that before approving a DDA, he'd need to know what type of money would be generated if the district sees three or four major projects built.

"That tax increase would jump dramatically. That would be a very substantial impact," Schmid explained.

Current new development for the area includes two Marriott hotels on Eleven Mile Road, the Main Street project and a small shopping center that will replace Bates Ham-burgers.

Pham said the DDA could be a spur to adjacent development in Novi outside of the district and this could offset the tax loss to the city's general and other millage funds.

A DDA does not include millage levied to retire bond issues, but typically includes dedicated millages, such as those for the library and police and fire.

That concerned Council Member Kathy Mutch, who pointed out that the library's long-range plans did not take into account a possible siphoning off of revenues to a DDA.

Lorenzo seriously questioned if the city should divert its taxes to a downtown authority.

"My concern is we're capturing all that new growth in the DDA, so the city's general fund, library fund and so forth is not benefiting from the OST (office-service-technology zoning)," Lorenzo said.

"The money that would be available for purchasing new parks wouldn't be available, the money for purchasing more snow plows and adding personnel, all the things the public says they want."

If the DDA paid for improvements to downtown Novi, other city money would not then be spent there, McLallen said.

"This is a reallocation of potential revenue that the city would have to spend in some form or fashion, for a special area. Perhaps the DDA would buy the snow plows for that district," she explained.

Council members weren't the only ones who want to know more about the concept. Audience members Michelle Bononi and Lee BeGole said they're still learning about the issue. BeGole lives within the proposed district.

"I would be very hesitant to accept everything they said until I knew what the plan was. It was very interesting," Bononi said.

BY THE NUMBERS

As part of her 1999 State of the City address, Mayor Kathleen McLallen compiled a set of statistics about Novi in 1998:

- In Novi's 32 square miles are:
 - 46,202 residents with a median age of 34
 - 17,803 dwelling units, with 2.58 people per household
 - Two-thirds of the households have no children
 - 30,000 registered voters
 - 1,438 registered businesses
 - 1,200 registered dogs
 - 136 miles of municipal roads
 - 172 miles of municipal water mains
 - 165 miles of municipal sanitary sewers
 - 10 municipal buildings
 - 17 first line fire vehicles
 - 790 acres of publicly-held land
 - 34 police vehicles
 - 119 other city-owned vehicles ranging from staff pool to mowers
- 238 full-time city employees
- Also in 1998:
 - 1,200 trees were planted in Novi
 - 700 trees were trimmed
 - 10,7567 mills were levied by the city
 - 333 building permits were pulled for single homes
 - 76 commercial/industrial permits were pulled
 - 628 permits were issued for home improvements
 - 106 permits were granted for commercial alterations
 - A grand total of 1,429 building permits were issued for property valued at \$123.8 million

No end in sight for Novi growth, mayor says

Continued from 1

Novi roads, a possible prototype for other city intersections

• Two Asian corporations and one from Europe have signed a letter of intent to locate in Office-Service-Technology zoned land here.

• Installation of the Novi Chamber of Commerce's city clock and the Michigan 50s Festival band stand, both on Main Street.

For local voters, one significant move could be a new road bond proposal in 1999.

"The city is exploring a 1999 road bond to maximize our opportunities for matches from the state and federal level to complete our local road programs, as well as our local responsibility for regional improvements such as the Beck Road interchange," McLallen said.

The appearance of Novi will become another issue the city will need to address, the mayor told the lunch crowd. The proposed Downtown Development Authority would

create a visual identity for the Grand River corridor.

"The impact of the architecturally-commanding Ramco-Gershenson project and Main Street have caused both the Twelve Oaks and the Town Center to present new and up-dated looks that will invigorate the city," McLallen said.

As Novi develops, it will begin to face the issue of in-fill development, a challenge now faced by older neighborhoods in communities such as Farmington Hills. In-fill happens when developers buy up vacant land or accumulate a number of homes on large lots to insert new subdivisions in existing neighborhoods.

"Dealing in a balanced fashion with the demand for services and the character of our neighborhoods will require strong doses of realism, cooperation and innovation as we experience the pressures of in-fill development," McLallen predicted.

Library Briefs

Library hours

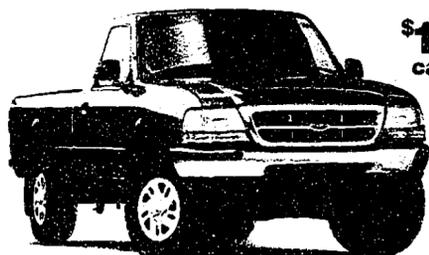
The Novi Public Library is open Monday-Thursday, 10 a.m. to 9 p.m.; Friday and Saturday, 10 a.m. to 5 p.m.; and Sunday, 1 to 5 p.m. The library is located at 45245 W. 10 Mile Road, just east of Taft. For more information, call 349-0720.

Adult book discussion group

The February selection is "The Witchfinder" by Loren Estleman. The group will meet Monday, February 1, at 7 p.m. in the library meeting room. All are welcome.

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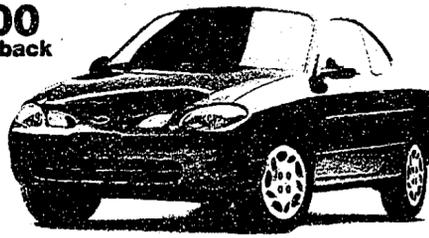
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HINES PARK



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HIGHLIGHTS:
Novi Youth Assistance is seeking nominees-2B

NORTHVILLE LIBRARY:
The Friends group is having a book sale-3B

PHONE DIRECTORY:
Northville Mothers' Club is publishing directory-3B

SCHOOL NEWS:
Cooke Middle School reports on meeting-4B

B
THURSDAY
January 21,
1999



A routine program, including a stretching, strengthening and cardiovascular workout, will make seasonal activities like skiing, biking or golf, much more enjoyable and safe.

Be Prepared

Whether skiing or just shoveling snow, physical fitness will help you avoid injury during strenuous winter activities

CAROL DIPPLE
Feature Editor

Snow shoveling, skiing, even gardening just a few times a year, can cause you to use muscles you didn't know you had.

Regardless of whether you're starting a new sport, or just occasionally taking on a strenuous seasonal activity, preparation makes sense. But it's not something you can, or should, take up just a few days or weeks ahead of time.

Most injuries occur because people are not prepared for the task at hand.

"If a person, overall, is in generally good shape, they will experience fewer problems," said Kristie Kava, physical therapist with Oakland Physical Therapy, P.C.

Being in good shape includes a strengthening, flexibility, and any kind of cardiovascular conditioning program.

"Snow shoveling is very strenuous," said Kava. "One of the main problems is that they don't know how to move correctly. They are not using good body mechanics. They are very inflexible and weak especially in the lower extremities and back."

It is not enough to heed the advice "lift with your legs, don't use your back."

Some people who try to do just that, don't have the strength in their legs.

With that type of person, the emphasis would be on patient education, teaching appropriate proper posture and body mechanics, and a flexibility and strengthening program," Kava said.

Oakland Physical Therapy conducts seminars to do just that. The seminars are free but class size is limited.

"We're teaching them how to do it on an ongoing basis," she said. "We try to keep the (equipment) they need at a



Snow shoveling is a very strenuous activity. A regular fitness program, and an understanding of body mechanics, can minimize injuries.

minimum. There are many safe ways you can do it without buying equipment."

A normal day-to-day activity does not prepare you for snow shoveling.

"Most of us are not prepared to do

those types of things at all," she said.

Oakland's seminars are offered four or five times a year. A seminar on preparing for golf or skiing is offered about 8 to 10 weeks before the season begins, because it takes that long to get into shape. The

two to three hour classes are held in the evening.

Continued on 3

The 1999 Northville Record/Novi News RESTAURANT POLL

This is your last chance!

By CAROL DIPPLE
Feature Editor

This is the last time this century that you will have a chance to vote for the top restaurants in Novi and Northville.

The Northville Record/Novi News' ninth Restaurant Poll begins now. 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. 25. There is no cost to enter. One ballot will be selected 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 located in Northville and Novi 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.

NINTH NORTHVILLE RECORD/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 Feb. 1 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. 25 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 Ethnic Food _____ |
| Best Inexpensive Restaurant _____ | Best Fast Food _____ |
| Best Breakfast Restaurant _____ | Best Soups _____ |
| Best Waitperson _____ | Best Steak _____ |
| Best Chef _____ | Best Gathering Place _____ |
| Best Sandwiches _____ | Comments _____ |
| Best Desserts _____ | _____ |
| Best Coffee _____ | _____ |
| Best Salad _____ | _____ |
| Best Pizza _____ | _____ |
| Best Burgers _____ | _____ |
| Best Seafood _____ | _____ |

Please note: The following name and address information must be filled out. Ballots without this information will be discarded.

Your name _____
Street _____
City _____
Phone _____

Church Notes

The WOMEN'S group at MEADOWBROOK CONGREGATIONAL CHURCH, 21455 Woodward Road in Novi, will hold a message demonstration on Friday, Jan. 22, at 7:30 p.m.

CHRIST OUR SAVIOR LUTHERAN CHURCH, 14175 Farmington Road in Livonia, will host a Modern Management Workshop on Feb. 11, 18 and 25 from 7:30-9 p.m.

The Ladies Bible Study at DETROIT FIRST CHURCH OF THE NAZARENE, 21249 Haggerty Road in Northville, meets on Tuesdays.

Engagement



Charles Yun/Kristine Shuman

Mr. and Mrs. Kenneth R. Shuman of Novi, formerly of Westland, announce the engagement of their daughter, Kristine Marie to Charles A. Yun of White Lake, the son of Gerald O. Yun of Berkley, Mich.

He is employed by the Meijer Corporation and is a substitute teacher in the Clarenceville School District. Her fiancée is a graduate of Madonna University and is a police officer for the city of Westland.

Pet of the Week



A litter of mixed puppies will be at Pet Supplies on Saturday.

Critter Connection will have a litter of German shepherd mix puppies along with other puppies and adult dogs, at the adoption center at Pet Supplies Plus this Saturday, Jan. 23.

School News

COOKE MIDDLE SCHOOL NEWS: Cooke Middle School PTSA met on Jan. 7. Officer Maxey from the Northville Police Department DARE Program, gave a brief overview of that program's curriculum.

The Men's Choir participated in the Martin Luther King Walk with Meads Mill Middle School and the Northville High School Choir. Solo and Ensemble will participate in a festival on March 6.

VOICES IN TIME: The Northville-based mixed repertoire chorus announces open membership for the fall-winter season. The group is looking for first and second sopranos, but welcomes all voice parts.

OCC SYMPHONY BAND: Rehearsals for college students and residents for Bu clarinet, bassoon, trumpet, French horn, trombone and percussion sections are held on Mondays from 7:30 until 9:30 p.m.

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.

AUTHENTIC BRITISH BRASS BAND: The Motor City Brass Band is conducting interviews for percussion and BB lat tuba (treble clef) musicians.

SPECIAL EVENTS: EUCHERE: The Novi Lionsess Club will hold a Euchere Tournament on Saturday, Jan. 23, at the Novi Civic Center.

SEARS WAREHOUSE OUTLET 12001 SEARSA AVE. LIVONIA. 1 MILE WEST OF MIDDLEBELT OFF PLYMOUTH RD. PHONE: 422-5700

Diversions

the NOVI NEWS 5B THURSDAY January 21, 1999

Entertainment listing

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

AUDITIONS: "VELVETEEN RABBIT": Auditions for the Marquis Theatre's production of this spring musical for boys and girls ages 8 to 14 will be held on Sunday, Jan. 24.

ACTORS: Actors are asked to bring their own sheet music and sing a song within their vocal range. An accompanist will be provided.

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SEARS WAREHOUSE OUTLET 12001 SEARSA AVE. LIVONIA. 1 MILE WEST OF MIDDLEBELT OFF PLYMOUTH RD. PHONE: 422-5700

Open 7 Days Mon. & Fri. 9:30 a.m.-9:00 p.m. Tues., Wed., Thurs. & Sat. 9:30 a.m.-6:00 p.m. Sunday 12:00 Noon to 5:00 p.m.

OUTDOOR CLINICS: REI will hold the following free clinics in January - Michigan Ice, a Slide Show, Jan. 27, 7 p.m.

MR. B'S FARM: Mr. B's Farm is located at Novi Road north of Ten Mile. Call 349-7038 for more information.

FRIGATES INN: Frigates offers live music every Wednesday at 9 p.m. featuring the 2XL Band. The Tim Flaherty Open Blues Jam is every Thursday from 9 p.m. to 11 p.m.

TOO CHEZ: Too Chez, located at 27155 Sheraton Drive on the northwest corner of Novi Road and I-96, hosts jazz groups Heidi Hepler and Michele Ramo from 6 until 10 p.m. every Monday.

JAZZ NIGHT: DePalma's Dining and Cocktails, 31735 Plymouth Road in Livonia, offers live entertainment.

RON DEPALMA: Ron DePalma plays jazz piano from 7-11 p.m. every Tuesday featuring a wide variety of guest performers. Guest singers are welcome.

CARVERS RESTAURANT: Nikki Pearce will be appearing on Friday and Saturday evenings from 8:30 p.m. until 12:30 a.m.

BOGEY'S BAR AND GRILL: Bogey's is located at 142 E. Walled Lake Drive in Walled Lake.

THE GRAND CAFE: Singer/songwriter Jack Roush will perform on Feb. 12 at 8:30 p.m. He will perform songs from his upcoming album. Admission is free.

LABOOM: The teen club LABOOM, formerly Modern Rock Cafe, is located at 1172 N. Pontiac Trail in Walled Lake.

LAKEVIEW BAR AND GRILL: The Lakeview Bar and Grill is located at 43393 West Thirteen Mile Road at the corner of Old Novi Road. Ron Coden performs on Saturday.

WAGON WHEEL: The Wagon Wheel Lounge is located at 212 S. Main in Northville.

ATRIUM CENTER GALLERY: Atrium Center Gallery is located at 109 N. Center in downtown Northville.

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Now thru January 31st! Winter Clearance Sale 10%-50% OFF Every Piece of Furniture! Solid Wood, Upholstered, Amish Made... It's ALL on sale!

MICHIGAN DEPARTMENT OF TRANSPORTATION PUBLIC HEARING NOTICE I-96 INTERCHANGES WITH BECK AND WIXOM ROADS IN THE CITIES OF NOVI AND WIXOM, OAKLAND COUNTY

Health

the NOVI
NEWS
10B
THURSDAY
January 21,
1999

Health Column

GERD a common problem

Gastroesophageal reflux disease (GERD) is an extremely common problem. The occurrence of GERD is similar in both men and women. Forty-five percent of adult Americans report intermittent symptoms related to GERD and 10 percent have symptoms on a daily basis. Eighty percent of pregnant women report symptoms due to GERD.

The typical patient with GERD complains of heartburn (an upward moving burning pain behind the breastbone) after eating, when bending over, when lying down, or upon awakening at night.

GERD is not a life-threatening disease and has no connection with heart problems. However, the symptoms of GERD can be a great mimic. GERD symptoms can be confused with ulcer pain, heart problems, gall bladder problems and asthma. It is thought that GERD is responsible for at least 50 percent of non-cardiac chest pain and 80 percent of chronic hoarseness, chronic cough and non-allergic asthma. GERD can also cause vocal cord polyps and dental erosions.

GERD is a chronic disease. It is caused by acidic stomach secretions entering the esophagus and overwhelming its defense mechanisms. This usually takes place over a long period of time.

The esophagus is connected to the stomach by a muscle called the lower esophageal sphincter, which forms a "gateway" into the stomach. When this muscle is weak or relaxes at inappropriate times, acidic stomach contents can "reflux" into the esophagus and cause pain.

The presence of a hiatal hernia is another factor which will contribute to the ease with which stomach contents can go through the lower esophageal sphincter and enter the esophagus. The amount of acid secreted by the stomach is normal in most patients with GERD.

Lifestyle modifications are the cornerstone of effective treatment of all GERD patients. The primary goal of therapy in GERD is to decrease the exposure of the esophagus to acid. Lifestyle changes include:

- Making dietary changes
- Elevating the head of the bed
- Losing excess weight
- Quitting smoking

Dietary modifications are probably the most important. Adherence to these recommendations can often result in a 10 percent improvement in symptoms.

GERD sufferers should avoid overeating and abstain from eating within several hours of going to bed. Similarly, one should avoid lying down after a meal.

Alcohol, coffee, caffeinated products, chocolate, peppermint and spearmint need to be eliminated from the diet, since all of these will decrease lower esophageal sphincter pressure making it easier for acidic stomach contents to enter the esophagus.

Carbonated beverages should be eliminated since the carbonation itself contributes to stomach distention and burping. The diet should be low in fat since food high in fat will slow the stomach's efficiency at emptying. Smoking should be avoided since it also relaxes the lower esophageal sphincter.

When lifestyle modifications fail to eliminate symptoms, drug therapy can be added. Medications directed at decreasing stomach acid, tightening the lower esophageal sphincter and improving stomach emptying are used in GERD. Most patients with GERD can be successfully managed with lifestyle modifications and drug therapy. Less than 5 percent will require antireflux surgery aimed at tightening the lower esophageal sphincter.

Written by D. Kim Turgeon M.D., who is an internist and gastroenterologist practicing at the U-M Northville Health Center. For questions call (810) 344-1777.

Health Notes

Foot and ankle consultations

Experiencing heel pain, bunions, hammer-toes, fungus nails, warts, ankle pain, ingrown nails or other foot ailments? The Foot Health Centers offer an initial consultation free of charge, excluding x-rays, lab tests or treatment. The Foot Health Centers, operated by Dr. Ken Poss and Dr. Randy Bernstein, are affiliated with Botsford, Sinai, Oakwood and Kern hospitals. They have two area locations, at 41431 W. Ten Mile Road in the Novi Plaza at Meadowbrook, and 30931 W. Seven Mile Road in Livonia. Call (248) 349-5559 or (248) 478-1166 for more information or to schedule a consultation.

Menopause Support Group

Providence Medical Center-Providence Park in Novi offers a free monthly support group for women who have concerns about menopause.

The group meets the first Tuesday of each month at 7:30 p.m. in the Providence Park Conference Center, 47601 Grand River Ave., at the corner of Grand River and Beck in Novi. The purpose of the support group is to provide women with educational information on topics relating to menopause.

For information, call (248) 424-3014.

Free Foot Screenings

Free foot screenings are offered every Tuesday and Friday from 8:30 a.m. to 1 p.m. Botsford General Hospital, Suite 200, South Professional Building, 28080 Grand River Ave. in 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 Programs

These risk assessment and reduction programs are designed to help modify risk factors associated with heart disease. The fee is dependent on the level of programming.

Call Botsford General Hospital at (248) 471-8870 for more information.

Health Risk Appraisal

Do you know what your health risks are? Botsford's health risk appraisal includes blood pressure, total cholesterol and hdl readings. There is a \$50 fee and an appointment is required.

For registration and information, call (248) 477-6100.

Intermediate Water Aerobics

This is a 50-minute water exercise class for postnatal and postphysical therapy patients. There is a \$35 fee for the six-week course and registration is required.

For registration and information, call the Botsford Center at (248) 473-5600.

Child Clinic

Oakland County Health Division's Child Health Clinics provide free ongoing well care for children from birth to school entry. Families who do not have an HMO or Medicaid may be eligible. Clinics are held at 14 locations throughout Oakland County.

Services include heights and weights; head to

toe physical examination; immunizations; vision, hearing and lab testing; growth and developmental screening; and counseling as needed.

Appointments are required. For more information, call: north Oakland, Pontiac: (248) 858-1311 or 858-4001; south Oakland, Southfield: (248) 424-7066 or 424-7067; west Oakland, Walled Lake: (248) 926-3000.

ABCs of Weight Loss

A registered dietitian will work with you individually for three months to set up a realistic weight loss plan, organize your appetite and discuss the best strategies for weight loss. A \$95 fee and appointment is required.

The class is sponsored by Botsford's Health Development Network, 39750 Grand River Ave. in Novi.

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

Breastfeeding Basics

This workshop covers the "how to's" of breastfeeding and answers questions and concerns of women who are already breastfeeding.

The fee is \$20, and the classes are held at Botsford's Health Development Network in Novi. For information and registration, call (248) 477-6100.

Circuit Training

This is a multi-stationed exercise and education program designed for the individual with limited experience using fitness equipment. Participants will be instructed on the proper use of weight and cardiovascular machines.

The class meets Mondays and Wednesdays from 7 to 8 p.m.

The fee is \$70 and preregistration is required. For registration and information, call the Botsford Center for Health Improvement at (248) 473-5600.

Martial Arts for Special Children

Conducted by a black-belt martial arts instructor, a physical therapist and an exercise therapist for children ages 5-16 with special needs such as cerebral palsy, add, or sensory integration dysfunction.

This is a continuously revolving eight-week course held on Friday evenings from 6 to 8:30 p.m. at Providence Medical Center-Providence Park in Novi. There is a charge of \$100.

To register, call 1-800-968-5595.

Cancer Support Group

"Focus On Living," a self-help group for cancer patients and their families, meets the first Wednesday of each month at St. Mary Hospital in Livonia.

Co-sponsored by the American Cancer Society, "Focus on Living" provides an opportunity to discuss concerns, obtain answers and gain support from others who share the same experiences.

Registration is not necessary, and there is no charge to attend.

For more information, call (313) 655-2922, or toll free 1-800-494-1650.

Diabetes Education

This comprehensive program includes self-monitoring of blood glucose, diet and meal planning, disease management with exercise, potential complications of the disease, and presentations by a pharmacist and a podiatrist.

This is a continuously revolving six-week program held on Monday evenings from 6 to 8:30 p.m. at Providence Medical Office Center, Ten Mile and Haggerty roads. There is a \$20 fee.

Call (248) 424-3903 to register.

Surgical Preparation

Through the Sally the Surgery Star program, children scheduled for surgery are taken on a tour and familiarized with the surgical experience. A variety of educational materials and supportive teaching tools are used to help children deal positively with the idea of a hospital stay.

Admission to the program is by appointment only. There is no charge.

Call the Providence Medical Center-Providence Park at (248) 380-4170 to register.

Weight on the Run

Conducted by an exercise physiologist and a nutritionist, this 12-week program starts with a fitness assessment and nutritional consultation, followed by three weekly monitored workouts and weekly nutritional support. Day and evening classes are available.

A \$300 fee includes enrollment in the class "ABC of Weight Loss." For more information and to register, call (248) 473-5600.

Child Health Clinics

Oakland County Health Division's Child Health Clinics provide free ongoing well care for children from birth to school entry. Families who do not have an HMO or Medicaid may be eligible. Clinics are held at 12 locations throughout Oakland County.

Services include: Heights and weights; head-to-toe physical examination; immunizations; vision, hearing and lab testing; growth and developmental screening; and counseling with referrals to physicians and area resources as needed.

Appointment is required. For more information, call: North Oakland, Pontiac, (248) 858-1311 or 858-4001; South Oakland, Southfield: (248) 424-7066 or 424-7067; West Oakland, Walled Lake: (248) 926-3300; and Holly residents: 1-888-350-0900, extension 8-1311 or 8-4001.

Healthy Solutions Seminar

Healthy Solutions are offering a seminar series over the next few weeks. On Friday, Dec. 4, Val Wilson describes "Macrobiotic Cooking"; learn the basics of macrobiotics and healthy eating habits. A macrobiotic recipe will also be discussed and the dish available to taste.

Monday, Dec. 7, Cindy Klement, NC, discusses "Medicinal herbs"; learn the historical uses of herbs from relieving headaches to stopping heart attacks.

Monday, Dec. 14, Karen Farrell presents "Aromatherapy"; discover the many uses of essential oils, including beauty, work, physical fitness, home care, pet health and gardening.

All seminars are free. Please call (248) 305-5785 or stop in healthy solutions to reserve a seat (space is limited). You may show up the night of the seminar, however a seat may not be available.

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