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Volume 50 Number 39

Novi, Michigan

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### INSIDE



#### Pet overpopulation

Petland Twelve Oaks employee Krista Manz talks to customers about the importance of adopting pets.

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#### Playing games

Marion Cowan, left, and Margret Maher begin a game of brain-stimulating Scrabble at the Novi Senior Center on a recent Friday afternoon.

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## Focusing on troops' value

### Wixom couple assists in effort

By Pam Fleming  
STAFF WRITER

Justin Ellsworth's parents will tell you that their late son was a Michigan cowboy.

"He'd rather work outdoors all day than go to the mall," said his father, John Ellsworth, of Wixom.

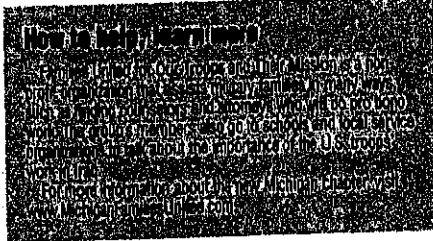
Now, John and Debbie Ellsworth are joining other family members of fallen soldiers and veterans in spreading a message. The message is that U.S. troops in Iraq are doing something

worthwhile and that soldiers like the Ellsworths' son, Justin, are not dying in vain.

The couple was part of a contingency at the Rock Financial Showplace in Novi on Monday. The group marked the launch of the Michigan chapter of a nationwide support group, Families United for Our Troops and Their Mission.

Maj. Chuck Larson started Families United last summer through the efforts of veterans and other supporters as an offshoot of another organization he founded, Operation Iraqi Hope.

"The main focus of Michigan Families United is to give support to the families and soldiers who



depend on us in order to complete their mission abroad," Larson said.

Larson was in combat with the U.S. Army Reserves, 372nd Engineer Group out of Des

Moines, Iowa.

"Having served in the combat zone, I know it is paramount that our troops know that Americans support them and their mission," he said.

### Couple chairs state chapter

The Ellsworths are serving as chairmen of the Michigan chapter of Families United.

John Ellsworth, a command sergeant for the Wolverine Lake Police Department, said his late son joined the Marines right out of high school.

Lance Corporal Justin Ellsworth was killed on Nov. 13, 2004, by a roadside bomb in Fallujah, Iraq.

Justin Ellsworth received the Bronze Star with valor for helping save the lives of 11 of his fellow soldiers. His platoon did construc-

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## Woman of the Year '06

### It's a whole new world out there for the ABWA's Hopton

By Pam Fleming  
STAFF WRITER

As a retired state trooper and former surgical nurse, Herta Hopton knew a lot about law enforcement and the world of medicine.

But, she fell a bit out of her element when she took a job at Perma-Bond Waterproofing in Novi two



years ago. Her answer? Join the American Business Women's Association.

This month, the Novi resident was named 2006 Woman of the Year by members of the Novi Oaks Charter Chapter.

She received a gold pin, plaque and a name tag that says Woman of the Year 2006. A luncheon is planned in March for all of the Woman of Year recipients across the state.

Hopton was pleasantly surprised when she won the award.

"They had to get my attention, because I didn't hear them announce my name," she said. "I was totally not expecting it. There

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Photo by JOHN HEIDER/Novi News

Boo Sadikot is the owner of Novi's Fitness Together, located on Ten Mile Road.

## He's building a fitness empire

### Sadikot owns two Fitness Together locations; looking to expand in Windsor

By Ramez Khuri  
STAFF WRITER

Boo Sadikot knew he wanted something different in his life.

After four years of frustrations working as the director of fitness in a health club, he came to the conclusion he wanted to go into business for himself.

"I wasn't too sure in which direction to go," he said. "Then I came across an opportunity to look into franchising and personal training. I found it was exactly what I was looking for. It was great."

Sadikot currently owns Fitness Together locations in West Bloomfield and the newest one in Novi at the corner of Beck and Ten Mile roads in the Briarpointe Plaza.

A native of Croydon, England, Sadikot has been in the United States for about eight years. Prior, he worked for Carnival Cruise Lines in the retail department. He was in charge of making sure merchandise was up to date in gift shops from ship to ship. His background in England was in retail management for about 10 years.

Though he eventually became burned out

### YOUR NOVI Neighbors

on all the travel, there was one thing about the job Sadikot will never regret: It's where he met his wife, Lisa.

"She worked as an accountant on board one of the ships," he said. "She is originally from Garden City."

The couple married eight years ago and have recently moved to a new home in Commerce Township. She's a teacher at Northville High School.

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## Two new restaurants opening in Novi's downtown district

### Owner promises unique, different eateries

By Pam Fleming  
STAFF WRITER

Jal Park, owner of Bi Bim Bab Korean restaurant at Main Street Novi, will open two new restaurants in the near future in the same building.

One restaurant will be in the space formerly occupied by New Peking Restaurant next to bd's Mongolian Barbecue. The other will be located in the former Coffee Traders' spot — both on the east side of the Main Market building on the northwest corner

of Main and Market streets.

The new restaurant to be located next to bd's Mongolian Barbecue will be called Oishi, which means "delicious" in Japanese. The restaurant will be open for lunch and dinner and offer casual dining, serving lighter fare, such dishes as noodle and rice bowls. Entrees will range from \$5 to \$8. Outdoor dining to be offered, too. Plans are to open the restaurant around the middle of April.

A restaurant called Zuma will open where Coffee Traders used to be. This casual dining spot will offer seafood and sushi and include a sake bar. It will be open for lunch and dinner as well and will open in July or August.

"We will have the same prices for lunch and dinner, with sushi

available for as little as \$10," Park said. "People are looking for quality at a reasonable price."

Both restaurants will be able to seat about 75, not including outdoor seating.

### Had two New York restaurants

Park, who was born in Korea, moved to New York City about 24 years ago. He came to Michigan in 1988 and opened Bi Bim Bab at Main Street Novi in December 2000.

Now a resident of Novi, Bi Bim Bab was voted best Korean restaurant by Hour Magazine in 2005 and the four-fork restaurant rating from the Detroit News.

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Photo by JOHN HEIDER/Novi News

Jal Park, owner of Novi Main Street's Bi Bim Bab restaurant, plans on opening a Japanese noodle and a Chinese restaurant in the same complex.

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### Sadikot owns two Fitness Together locations, looking to expand in Windsor

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The Fitness Together difference  
From a work perspective, one of the nicest things about Sadikot's job is seeing the changes his clients are able to achieve in their lives.

"We have many clients come to us who are very out of shape, have very low energy levels, low self-esteem and confidence levels," said Sadikot. "Through engaging in a structured exercise program and going through the various workouts we've put together, they really do see dramatic changes. That, for me, is a very positive feeling."

Sadikot said in a lot of cases people's lives improve, their confidence levels improve, their outlook on life improves, clothing fits better and they feel much better about themselves after working out.

Fitness Together has been around 15 years, and is now the largest personal training organization in the world. Internationally, Sadikot owns the franchise rights in Ontario and is developing studios there. Two locations are already open in Windsor, with a third going up in Nova Scotia. Studios are also set to open in Spain and Israel.

Sadikot and his staff do their best to appeal to individuals who don't want to be a part of a large public gym and who are serious about making a commitment to change. They work with clients from all different fitness levels.

"Our concept is pretty unique in the sense that we're not just a health club or a gym," said Sadikot. "Each of our studios are fully equipped."

Clients work with fitness professionals in complete privacy. There are never any distractions or lines to wait in. It's not intimidating, and the entire focus is strictly on the client. "We're able to help our clients reach their goals a lot more efficiently and effectively that way," said Sadikot. In addition, Fitness Together

conducts contests periodically to make it a little more interesting for clients. Currently, the company is running one called "the biggest winner," which started in January.

"We're giving away \$300 to the client who loses the most weight by the end of March," said Sadikot. "About 60 clients at both studios are competing against each other."

**Sadikot's drive**  
Sadikot describes himself as a self-motivated individual with a very positive attitude. With two studios here and his drive to

develop the Ontario locations, he needed to learn how to manage his time efficiently and effectively.

"I've basically alternated my two studios by training and developing a couple of my staff to help me run them," he said. "That way I'm not tied down as much."

For more information, visit www.fitnesswithtogether.com, or call (248) 348-9230.

**Boo Sadikot**  
Age: 43  
Occupation: owner of Fitness Together  
Family: wife, Lisa; son, Adam  
Hobbies and/or interests: He enjoys traveling and being with close friends and family.  
Advice: "You have to have a passion for the industry and be willing to work hard in the time and effort that you need to build a business and the infrastructure and be focused."  
Schools: He graduated from Crofton College and Technical Studies in Crofton, England.  
Years in business: four years  
Grow up in: Crofton, England

**Ramez Khuri is a staff writer for the Novi News. He can be reached at (248) 349-1700, ext. 110 or by e-mail at rkhuri@gannett.com.**



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"... he would get mad at what was being reported to the public. He would say, 'Dad, we are making a difference to these people.'"

**John Ellsworth**  
on his late son, Lance Corporal Justin Ellsworth, killed in combat in Iraq

### Focusing on troops' value

continued from front page

At Monday's news conference, he said that his son, who was 20 when he died, loved his four-wheel-drive truck, water sports and horses and planned to own his own excavation business someday.

"He was a good kid and believed in what he was doing," he said. Ellsworth talked to his son about the possibility of losing his life overseas while the two were on a camping trip together in Traverse City.

"He told me, 'I'm ready to give my life to my country.' He was proud of the job he had to do," Ellsworth said.

**Pam Fleming is a staff writer for the Novi News. She can be reached at (248) 349-1700, ext. 105, or by e-mail at pfleming@gannett.com.**

### It's a whole new world out there for Hopton

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were three other girls nominated, and I thought they were more qualified than me."

**Native of Austria**  
A native of Austria, she's a world traveler and just got back from Munich, Germany, and Linz, Austria.

Before she was a Michigan State Trooper, she was a hospital operating room nurse for the U.S. Army. She had 11 different assignments while in the military, so she's lived all over the world. She even caught a piranha in the Amazon jungle.

Now she works for a company that waterproofs basements in both new and existing homes. "It's a fun job," she said. "No two days are alike. It's a mix-and-pop show, but they're so professional." She started as a clerk and is now the officer manager and has been an ABWA member since October 2004.

"I joined ABWA to learn more about the business world," Hopton said.

### Two new restaurants to open in Novi's downtown area

continued from front page

"My father enjoying going out to restaurants when I was growing up and took me with him," Park said. He noted that his father passed away around the time he opened his first restaurant in New York.

Park had a restaurant in Soho in New York, as well as one on 7th Avenue near the city's Fashion District. He noted that such celebrities as actor Richard Gere were often spotted at his New York restaurants.

Since then, he has had restaurants in Sterling Heights, Southfield and Rochester Hills.

The restaurant is excited about opening his two new restaurants and having a strong presence at Main Street Novi.

"The two new restaurants are going to be unique," he said. "I want to participate in making the Main Street area the spot to go for dining. We welcome even more restaurants coming to the Main Street project."

Park said Novi's new downtown area is growing, and he wants to add to the ethnic nature of the project.

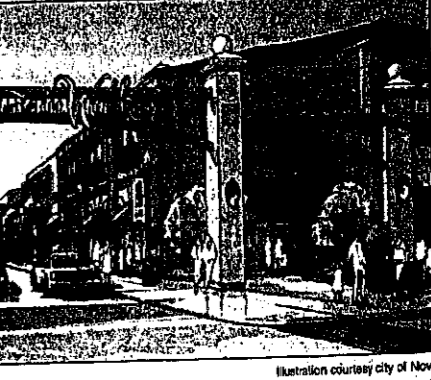
"It's very unusual to have three restaurants in one center," he said. "But each restaurant will have a different character."

**Pam Fleming is a staff writer for the Novi News. She can be reached at (248) 349-1700, ext. 105, or by e-mail at pfleming@gannett.com.**

## New owners of Fountain Walk propose major design changes

### Driveway to allow north-south travel

**By Pam Fleming**  
STAFF WRITER



Big changes are on the horizon at Fountain Walk, with the owners planning a new look at the shopping center at Twelve Mile and Novi roads.

The property was acquired by HMT Devo, LLC, last June. HMT Devo, LLC, includes Transwestern Investment Company, a Chicago-based real estate investment firm; Arthur Hill & Co., LLC, a development and investment company in Evanston, Ill.; and the Hopkins Real Estate Group of Newport Beach, Calif.

Local development advisors from Chuck Miller Development Company in Michigan are also involved in the project.

Clay Pearson, interim city manager, said in a Feb. 16 memo to the mayor and city council members that the new owners have been looking at what they consider to be deficiencies in the current design.

"They feel these deficiencies may be contributing to vacancies at the center," Pearson said, and they are proposing improvements.

Plans are to build a north-south street through the center of the complex, including sidewalks and landscaping.

"We are delighted to be the new owners at Fountain Walk," said Bruce Reid, executive vice president with Arthur Hill & Co. "It's a very desirable retail trading area, and we think that with some revitalization and some sprucing up, we can make Fountain Walk an even more desirable area."

The new owners plan to make Fountain Walk more pedestrian-friendly.

"We want to create a drive where people can see storefronts," Reid said.

"We're looking forward to working with the city officials in Novi to complete this revitalization."

The new owners say the current design lacks architectural excitement and flair and that it's difficult for vehicles to navigate through the site, especially north and south.

They are ready to seek approval of the first phase of changes on the south side of the site between Godaiko and the Bamboo Club restaurants and along the east side of Lucky's.

**On-street parking planned**  
Plans show the removal of a portion of the large pedestrian

area and the installation of a driveway with seven-foot wide sidewalks on each side of the new drive. New landscaping would also be included.

On-street parking is shown in one area plus a traffic circle for added design interest and to insure that traffic will move slowly through the center.

Other proposed improvements include a drop-off area next to the Imagine Theater and possible relocation of the theater's valet parking.

A pre-application meeting took place last Thursday with members of the planning department. Barb McBeth, director of planning, was not available for comment.

Plans are to submit design proposals for review by members of the planning commission and then city council.

Reid said the new owners want to not only make the center more accessible but also to offer a better array of shops that are more appealing to customers.

"There's too much hardscape and not enough landscape," Reid said. "We want to soften the color palette, too."

Reid said the new owners are looking forward to seeing more traffic at the center in the near future.

"We're very excited about it," he said. "It's an important job for our firm. We think we're off to a very positive start. We know it's going to take a sizable investment, and we're going to do it in phases."

The owners expect to have some interesting new tenants announcing they'll be coming to Fountain Walk in the coming months, according to Reid.

**Pam Fleming is a staff writer for the Novi News. She can be reached at (248) 349-1700, ext. 105, or by e-mail at pfleming@gannett.com.**

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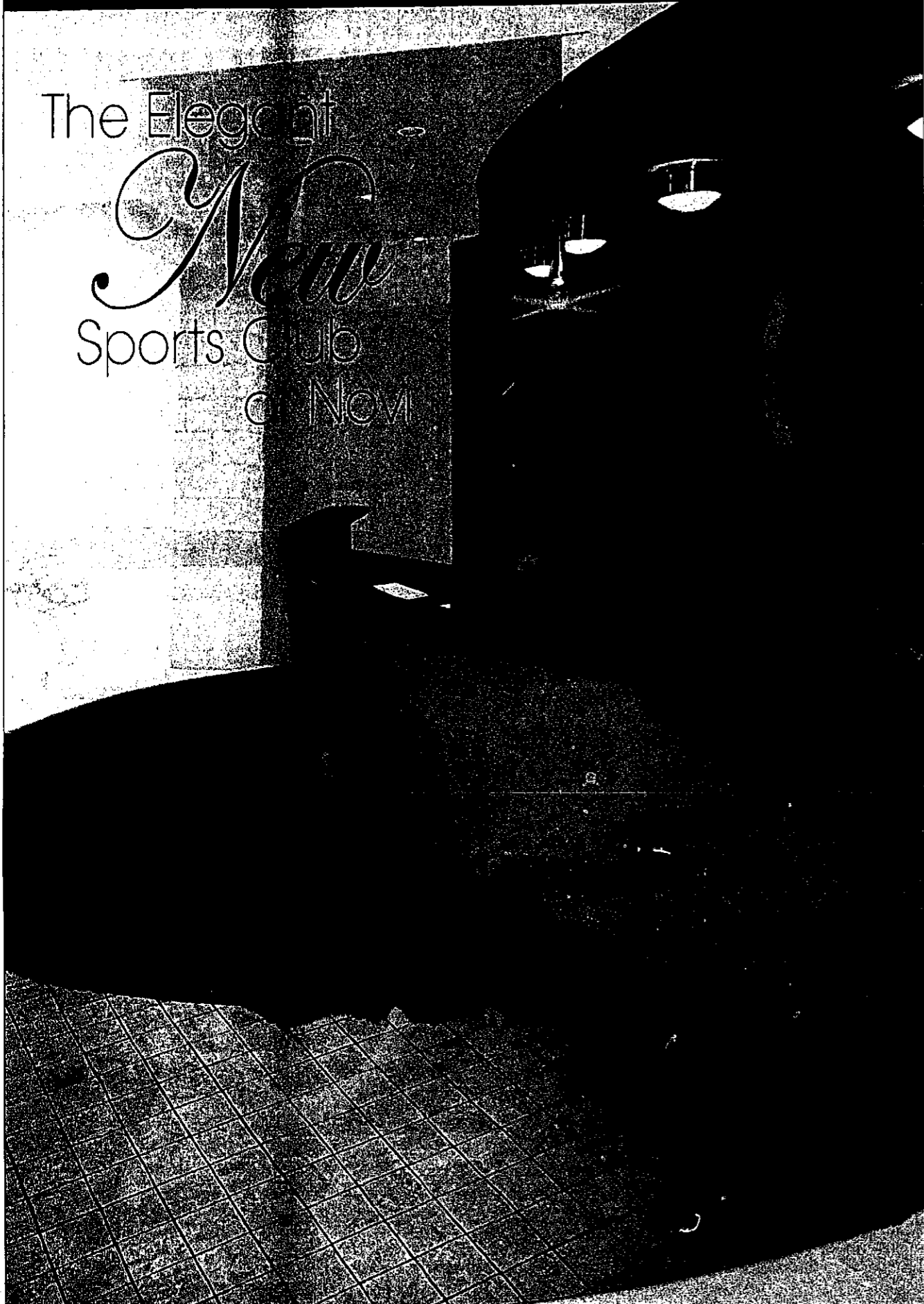
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## Novi Library taps into technology age

**■ New wireless Internet and self-checkout improve patron experience**

By Ramez Khuri  
STAFF WRITER

After many requests for wireless Internet access, Barbara Rutkowski has granted the public's wishes.

In addition, the Novi Public Library also hosts a new self-checkout machine to help make patron experiences more smooth and enjoyable.

"Wireless Internet access went live at the library in November, but we didn't want to advertise it until we had all of the kinks worked out," said Rutkowski, library head of systems and technology. "I think that's where we're at right now."

Rutkowski knows some library patrons have already discovered the service. After looking at the records in February, the library had almost 250 people log in.

"People love it," she said. "We've had a lot of positive feedback." Rutkowski said the library's limited space only allows for so many public work stations. The idea was, a wireless system would allow people to bring in their laptops and personal devices so more could use the library at once. No fee is required to use the Internet.

Folks can connect to the library's public network two different ways. If they have a laptop that has a wireless enabled device they can go anywhere in the library and access all of the library's resources. But if they don't have a wireless enabled network card, they can bring an ethernet connection in and use it that way.

In order to use the service, folks need to have a library card and a pin. If they don't, the

library can issue a one-day visitor pass.

"We have 35 public ports in the library," said Rutkowski. "The adult Internet work stations are in the east wing and the children's area is in the west wing. That way parents can work on their laptops, do their research and still keep an eye on their kids."

On the wireless system, unlike using the library's work stations, there are no time limits. Also, no personally identifiable information is kept.

"We just count people who log in, but we're not keeping their names," said Rutkowski. "All we know is how many people logged in and how long they were on. By determining when people are logging in, allows us to decide what other services we need to provide."

"We're always trying to serve patrons by giving them more new technology," she added. "That's the way all businesses are going. I would like to allow wireless printing in the future."

Like the self-checkout lanes at a grocery store, the library's machine is just another indication of the facility leaping into the world of high-technology.

### Self-check

Novi is at the top of the charts of having the most circulation. The library needed some help so patrons wouldn't have to be standing in line for a long time.

"Being open seven days a week, it makes it a little hard to serve the people when many come in at the same times of the day," said Betty Frost, head of circulation services.

Frost did a study on the self-checkout. In the year it's been at the library, about 1,300 items per day have been checked out.

"The machine took about eight-and-a-half percent of the daily tally," said Frost. "That helped quite a bit. People are using it. They really enjoy it, and I think the children appreciate the library more because it's easy for them to use."

Anything that has a bar code, other than DVDs, new CDs and



Photo by JOHN HEIDER/Novi News  
Moi Stern uses the self-checkout scanner at the Novi Public Library.

magazines, can be checked out on the self-checkout machine, and any card from the library network system will work. The machine has a touch-screen, and receipts give the titles and due dates of all items checked out.

"We're giving the patrons a little more knowledge about the library and their cards," said Frost. "People can also call in and renew their books over the phone or online. Education brings us to all aspects of life. Your library is a place to get that education."

Ramez Khuri is a staff writer for the Novi News. He can be reached at (248) 349-1700, ext. 110 or by e-mail at rkhuri@gannett.com.

## Youth Assistance Bowl-A-Thon next Saturday

**■ Teams, prizes and lane sponsors still sought**

By Ramez Khuri  
STAFF WRITER

Anyone looking for a fun way to spend next Saturday afternoon should look no further than Novi Bowl.

The establishment will be the location of the annual Novi Youth Assistance Bowl-A-Thon from 1-5 p.m. All proceeds raised will be used to fund programming for kids and families in Novi.

"The bowling is free, the shoes are free, and there will be pizza and beverages," said Claudia Walter, Novi Youth Assistance caseworker. "Everyone who participates will get a prize. We've got some very nice prizes donated from the community."

Some of the prizes include 10 bracelets donated by Larson's Jewelry, \$50 gift certificates from Hagopian Rugs, and a local hotel is even donating a weekend stay. And there's plenty more where that came from.

Walter said the Novi Youth Assistance is looking for teams, prizes and lane sponsors. Folks can either sponsor a lane at \$100, or they can bring teams to bowl. Each school in the Novi Community School District already has a team, as do the police and fire departments.

"Teams need to get pledges," said Walter. "You can either get flat pledges, or they could be per pin."

For more information, call Kim at (248) 347-0410.

Ramez Khuri is a staff writer for the Novi News. He can be reached at (248) 349-1700, ext. 110 or by e-mail at rkhuri@gannett.com.

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# OPINION

## Novi News

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Our fundamental purpose is to enhance the lives of our readers, nurture the home towns we serve and contribute to the business success of our customers.

### WHERE WE STAND

### March is Reading Month

The fact that you're reading this is good. You could be listening to the radio or watching TV to gather information about your community - but we encourage reading.

This is the month that is dedicated to generating awareness of books and literacy and the vast world they open up to young and old alike.

Think back to the stories you read as a child. Remember what an impact they had on your life? Maybe it was a sports story that inspired you to take up athletics, or an adventure novel that let you explore a totally different world.

We read because we want to know and learn, but we also read just for the sheer joy of experiencing something new. We're read in, hopefully, as babies and it develops, hopefully, into a lifelong passion.

Take a break from the remote this month and grab a book. Call your local elementary school and ask if you can be a guest reader for a class. Put your son or daughter on the couch beside you and read to them each night. Go to the library and check out a book that you've never read.

In short, discover (or rediscover) the power of the written word.

## Two who make Novi special

Last Friday's Threads of Power event at Wyndham Garden was a great success once again. The annual breakfast generated racks full of gently-used business clothing for folks getting back into the workforce, and it's just one of the ways the Novi Chamber of Commerce is involved in this community.

I'm on the chamber's board of directors, and we meet the last Tuesday of each month. At the recent meeting, we had a post-Threads discussion, and it was mentioned that Nancy Cassis was at the breakfast.

Someone remarked, "It wouldn't be because it's election year, eh?" Well, knowing Nancy, it wouldn't.

She's our state senator representing the 15th District, but I think she's a Novi resident committed to this community first and foremost.

Yes, Nancy is up for re-election this November, but I highly doubt that she'll be defeated. You'd be hard pressed to find a politician, here or elsewhere, who goes to bat for constituents like Nancy does.

And you see her everywhere - election year or not. The Providence Hospital groundbreaking; the grand opening of Rock Financial Showplace; city manager Rick Helwig's retirement party ... but it's not just the high profile events.

And you see her everywhere - election year or not. The Providence Hospital groundbreaking; the grand opening of Rock Financial Showplace; city manager Rick Helwig's retirement party ... but it's not just the high profile events. either. You're just as likely to

catch her talking to a group of school kids or a local service organization.

I'm not a political junkie, and so I'm not a big fan of politicians. Too much ... well, politics, for lack of a better word.

But I like Nancy. And it's not just for the powerful position she holds. I think she's down-to-earth, knows how to get things done, and truly cares about Novi.

Another person whom I admire is Lee Begole, Novi's first police chief and one of the most knowledgeable gentlemen you'll ever meet.

Last night I received an e-mail from Novi Rotary (which Lee and I both belong to), indicating Lee was taken by the Detroit Fire Department EMS to St. Johns Riverside Hospital for a serious breathing problem. He spent two and half days in the emergency room with bronchitis.

If you've never met or spoken to Lee, you have missed out on someone who can honestly be called a "pillar" of Novi. He's probably forgotten more about this community (although highly doubtful) than most of us know.

You can mail get-well cards to: Lee Begole, Room 3106, Bld 1, St. Johns Riverside Hospital, 7733 East Jefferson, Detroit, MI 48219. Or, you can direct phone to his bed at (313) 642-8311.

Cal Stone is the editor of the Novi News. He can be reached at (248) 349-1700, ext. 113 or by e-mail at cstone@gannett.com.

## First-time buyers should get educated and start looking

Being a first time homebuyer can be very scary.

Aside from signing on the dotted lines, most people believe buying a home consists of choosing the perfect palace and figuring out whether or not to replace the vintage purple and green carpet lining the floors.

Certainly, the best advice is to ask people who've bought three or four homes where to start. Good questions to ask are: How

much can I afford? Will I make a profit if I sell in 10 years? What are the demographics of where the home is located? What schools will my kids go to?

But other issues weigh heavier, including how old the home is, how much property taxes are, how old the roof is, have the windows and doors been replaced, what are the neighbors like and can you be approved for the mortgage.

Talking to a real estate agent about typical home buying scenarios is good place to start. Every area is different, prices are different, property taxes are different, but no one has all the answers when it comes to buying a home.

### PHOTO OF THE WEEK



Courtesy photo

### Twin Day

Novi Meadows hosted a Spirit Day recently, but this time it was "Twin Day." Students could dress like another friend or several friends. Fifth graders Abigail and Rachael Swain had a head start on everyone else since they are actually twins. Their shirts say it all.

## LETTERS

### Stop the Deerfield negativity

The Detroit Free Press has printed two recent articles prompted by Deerfield families who are unhappy with the Novi Board of Education's decision to redistrict Deerfield as a neighborhood school. In these articles, Deerfield advocates bash Orchard Hills Elementary, saying it would be a "bad thing" to have to send their children there and that the school is "inferior" and the building is "not as nice" as Deerfield's.

This destructive commentary, echoed by many Deerfield representatives against their fellow elementary schools, has completely overshadowed any arguments they attempt to make in their favor. They have cited the necessity of maintaining "choice" in this community or families will no longer flock to Novi schools. Certainly, the continuing negative representation of our schools by this group will do greater harm in deterring families from joining our community than the Board's decision to redistrict ever could.

Sue and Doug Harrington  
Novi

### Reality check, Laura

"I believe that it is important that we all stay connected to reality." Ironic words coming from former Novi City Council member Laura Lorenzo in response to a commentary that I wrote recently in my blog ([www.novitalk.org](http://www.novitalk.org)) regarding a Special Meeting of Novi City Council to discuss the millage and other fiscal issues. Ms. Lorenzo's comments that the community expressed few concerns during her term for an improved library, senior services and parks and recreation services is in sharp contrast to what I heard during my recent City Council campaign. Perhaps our city is

changing and she just didn't stay connected to that reality.

The intent of my blog comments was not to attack past City Councils, but rather to encourage discussion and thought about future fiscal policy and planning decisions. Our city leaders suffer under powerful pressures to constantly seek to avoid "fiscal stress" by expanding our property tax base in hopes of maintaining low tax rates. This has resulted in opening our city to a continuous stream of commercial establishments, offices, houses and other development. This so-called "ratable base" has resulted in unwise planning and land-use decisions, primarily guided by the need to expand the revenue base instead of to preserve quality of life.

What are our options to change this downward spiral? An excerpt from a recent abstract by the Lincoln Institute specifically addresses this question and the fiscal policy issues facing our city and many others:

"Unless there is complete satisfaction of all goods and services provided by local government, citizens will have unsatisfied demands. Local government will attempt to satisfy these wants since elected officials want to be reelected and bureaucrats want to increase their scope of activity. In order to do so, local governments will have to do one or more of the following activities: raise more money through the tax system, raise additional fees and charges, obtain additional revenues from other governments, fund and eliminate "waste" in a current service provision activity thereby freeing up resources, cut back other service levels, or become innovative and entrepreneurial in providing, financing, or distributing the good or service."

As this excerpt suggests, we have quite a number options other than raising taxes. It is time to consider all of them now. For City Council past, present and future to ignore any opinion when deciding fiscal policy for our city means that they are not serving the taxpayers and residents adequately. We

should expect that our elected officials will continually perform reality checks on their own actions and decisions.

Dave Sluoff  
Novi

### Letters are a duty

A recent writer to the Opinion Page states that I'm a "left leaner" and that "folks on the left continue to believe that the best course of action is no action at all." If Willy Mena is referring to Iraq, no action at all would have been preferable to the way our presence has aggravated the situation in that part of the world.

It is evident that we went into Iraq without just cause since we were there because of weapons of mass destruction and there were none found. Our mistakes at Abu Ghraib have also hurt our image. These mistakes have taken away our credibility. This "left leaner," as Mr. Mena refers to me, believes that before a President or country acts we should have a well thought out plan of action.

We expect our leaders to be wise. We expect them to be honest. We expect them to have the best interests of our country and all its citizens in mind when they make momentous decisions.

Mr. Mena finds my letters amusing? He finds my writing negative? I would consider myself devoted in my duties as a citizen to let the state of affairs in this country continue without writing letters to the editor and to my elected officials about my concerns. I am an American. I want to say that proudly. I don't want to feel compelled to apologize for my country's actions. I will continue to write letters to the editor of newspapers, to the President, and to my government representatives. It is my duty as a citizen.

Doreen Lawton  
Novi

**Share your opinions:** We welcome your letters to the editor. Please include your name, address and phone number for verification. We ask that your letters be 400 words or less. We may edit for clarity, space and content.

Generally, no more than one letter per month by the same author will be published. Letters must be received by noon Tuesday to be printed in the Thursday edition. **Mail:** Letters to the Editor, Cal Stone, Novi News, 104 W. Main St., Northville, MI 48167 **E-mail:** cstone@gannett.com **Fax to:** (248) 349-9832

# THE GREAT



Joe Berta holds the tail of his excited German wirehaired pointer "Misty" during a Michigan Hunting Retriever Club sponsored trial at the Outdoorama. Misty was trying to "honor" the point, or find, of another hunting dog who'd located a bird scent nearby.



Lenawee County Conservation League's Kermit Pickell looks over Allison May, 11, as she tries out some archery at last week's MUCC Outdoorama at the Rock Financial Showplace in Novi. The event, which ran from Wednesday through Sunday, featured wild animal exhibits, catchable fish, seminars on hunting and survival skills, gun safety booths, hunting dog trials, fly fishing demonstrations and a genuine lumberjack competition including a log-rolling trial.



Outdoor enthusiasts had nearly a hundred lodges and guide services booths to look over at last week's MUCC Outdoorama. Guides had info on hunts ranging from Michigan and Quebec to Alaska and Africa.



Photos by  
**JOHN HEIDER**

LEFT: Both Tim Schultz, left, and Phillip Mitchell, 10, seem happy to land a trout at a fishing pond at last week's Outdoorama.

RIGHT: Art Mikkola, a volunteer with the Michigan Fly Fishing Club, ties a streamer fly during last week's MUCC Outdoorama at the Rock Financial Showplace.

# OUTDOORS



Tracy Mishler is a staff writer for the Novi News. She can be reached at (248) 349-1700, ext. 107 or at tmishler@gannett.com.





# SENIORS

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Photo by JOHN HEIDER/Novi News

Marlon Cowan, left, and Margret Maher begin a game of brain-stimulating Scrabble at the Novi Senior Center on a recent Friday afternoon.

## Mind games

Local seniors exercise their brains with board games

By Tracy Mishler  
STAFF WRITER

Ann Risto remembers waiting to challenge her dad to a game of checkers as a kid.

The 77-year-old Meadowbrook Commons resident continues to play games to exercise her brain and keep active.

"We use to make up a lot of games, street games mainly," Risto said. "Now, I play a lot of card games ... games that help the mind, keep you active and socializing."

Risto is among several seniors taking part in the Novi Senior Center's monthly Game Day.

"We all know keeping your brain stimulated helps," said Rachel Zagaroli, senior services manager for the Novi Senior Center. "We try and offer games people have played for a long time, like Yaltzee, Scrabble, Skip Bo, Rack-O and Checkers."

Zagaroli said playing games allows seniors to think and have constant brain stimulation.

"It's a time for laughing, thinking and being together," she said.

"(In some games) you're thinking, using math and creative skills all at the same time ... So why not have fun stimulating your brain?"

### Exercising the brain

According to the New England Journal of Medicine, a recent survey showed a reduction in dementia rates among people over age 75 who regularly exercise their brain through activities like reading, playing board games, playing musical instruments and dancing.

"The mind isn't as swift as it was," said Meadowbrook Commons resident Lil Greka. "I love playing Scrabble ... We use to stay up until 2 or 3 a.m. playing with friends."

Dora Cook, 75, said anything she can do to exercise her brain she finds.

"(Games) help you get away from the television," she said. "Scrabble is my favorite because you really have to think of the words and concentrate."

Helen Brady said she plays games because she enjoys meeting new people.

"They help build up confidence," said the 80-year-old Plymouth resident. "You think

### Novi Senior Center

Game dates: 1 p.m. Wednesdays, March 15 and April 5

Location: 25075 Meadowbrook Road  
Contact: (248) 347-0414  
Price: free

you can't do things, but you find out you can ... shows your mind is still working."

Dora Cook said she'd never stop playing games.

"When I was young, I was at the school playing football, basketball and baseball with the boys," said the 89-year-old. "Pinochle is my favorite game now."

The Novi Senior Center offers Game Day once a month and several brain-stimulating activities at other times.

"If I have a group who wants to play (a game)," Zagaroli said, "then we'll pull the games out."

Risto said despite her age, she'd try anything once.

"It gives you something to do," she said. "I try to play as much as I can."

Tracy Mishler is a staff writer for the Novi News. She can be reached at (248) 349-1700, ext. 107, or at tmishler@gannett.com.

## SENIOR CENTER CALENDAR

### Friday 3/3

8:45 a.m. Panera Bread  
9 a.m. Stretch and Strength  
10 a.m. Body Recall  
noon Lunch  
12:30 p.m. Dupl. Bridge cancelled  
12:30 p.m. Bingo  
2:230 p.m. Massage

### Monday 3/6

9 a.m. Stretch and Strength  
10 a.m. Body Recall  
11:30 a.m. Goodie Lady

noon Lunch  
12:30 p.m. Pinochle\*  
2:230 p.m. Massage by appointment  
6:30 p.m. Clogging\*

### Tuesday 3/7

8:30 a.m. Panera Bread  
8:30 a.m. Coffee and Conversation-free  
9 a.m. Line Dance\*  
10 a.m. Asian Pacific  
11 a.m. Learn about and receive visual devices for the visually impaired  
noon Lunch  
12:45 p.m. Bingo

2:230 p.m. Massage

### Wednesday 3/8

9 a.m. Stretch and Strength  
10 a.m. Body Recall  
10:30 a.m. Quilting  
11 a.m. Blood Pressure  
11 a.m. Taking Off Pounds Sensibly class  
11:30 p.m. Clogging\*  
noon Lunch  
1:30-2:30 p.m. Sing-A-Long with George and Caroline  
2:230 p.m. Massage

### Thursday 3/9

9 a.m. Line Dance\*  
9 a.m. Medicare Assistance by appointment  
10 a.m.-2 p.m. Income Taxes by appointment  
11 a.m.-1 p.m. Computer Lab open  
noon Lunch  
12:15 Contract Bridge\*  
12:30 p.m. Spelling Bee, Northville Senior Center  
1-3 p.m. Computer Lab open  
1-2 p.m. Line Dance  
2:2-30 p.m. Massage

\*Activities will be held at the Novi Civic Center, 45175 W. 10 Mile Road. Phone (248) 347-0414.

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When the going gets tough, the tough get going. The White brothers are known for sticking together through thick and thin. That's why it's always nice to have family near by.  
— Page 2B



The district basketball tournament doesn't get much tougher than this. The Northville Mustangs and the Catholic Central Shamrocks will square off in the first game, eliminating one of the tourney's two best teams.  
— Page 3B



# SPORTS

www.novinews.com

Thursday March 2, 2006

NOVI NEWS B1

## Preparing for the

# PLAYOFFS



Photos by JOHN HEIDER and BILL BRASLER

Novi's Steve Hart

Canton's Andre Bridges

Northville's Alvin Storrs

Plymouth's DJ Coleman

Salem's Grant Stone

By Sam Eggleston  
SPORTS WRITER

A conference champion. Two conference runner-ups — welcome to the district basketball tournament.

The Northville Mustangs, Western Lakes Activities Association champions, join the Catholic Central Shamrocks and the Novi Wildcats, who were second in their respective leagues. With them will be the Plymouth Wildcats, the Canton Chiefs, and the Salem Rocks, all coming together at Novi High School next week for the first round of the state playoffs.

"There are a lot of good teams in this district," Novi coach Pat Schluter said. "The addition of Catholic Central is a tough one. They're a quality team that is going to be tough to beat."

The tournament begins Monday at 5 p.m. with the two top-touted teams squaring off. Northville (19-0) takes on Catholic Central (14-4). Following that game, Novi (8-11) plays Canton (13-5) at 7 p.m.

The winner of the first game will advance to the district semifinal Wednesday at 5 p.m. against Salem (5-12) and the winner of the second game plays Plymouth (7-11) at 7 p.m. The championship game will be March 10 at 7 p.m.

### The Mustangs

Carrying an undefeated record into the playoffs gives the Northville Mustangs a large target to hang on their backs, but coach Darrel Schumacher said his team doesn't mind.

"We don't care if we're first, second or last when it comes to the district (ranking)," he said. "We have to go in and play our best game and, at that level, everyone is playing to win."

The Mustangs will rely on the play of their leading scorers as they take on one of the few teams that match up with their height and speed.

Leading the way for the Mustangs will be top scorers Alvin Storrs and Chris Lorente, the team captains. They are also the leading players in blocks, assists, steals and rebounds.

Northville's coaches aren't letting

their season record speak for them. They know better. "It doesn't matter if you're undefeated or winless in the district," Schumacher said. "Everyone starts over again. We're all 0-0."

### The Wildcats

The Novi Wildcats basketball team hasn't had the season people thought they'd have. An 8-11 mark is well below the expectations of many.

"Right now we have to regain our

confidence," Schluter said. "The district is a fresh start and that's always good."

The Wildcats will look to a trio of seniors to step up and take control. A.W. Stanek is the squad's leading scorer, netting 6.2 points per game while Todd Janer and Steve Hart have put in nearly six per contest. Also expected to have an impact are the three interior players: Caleb Dean, Wiley Moss and Tyler Hoover.

The Wildcats record is deceiving though. They finished second in the

Kensington Valley Conference behind state-ranked Brighton.

The biggest thing the Wildcats need, is to get back on track.

"I think we're going to be hungry," Schluter said. "There's going to be a fun crowd and a great atmosphere. These guys are going to want to play and that's what we need."

### The Shamrocks

Finishing second in the Catholic League is a lot like finishing first in

most other leagues.

The Catholic Central Shamrocks have height, speed and the ability to play multiple defenses to combat their opponents' strategies. Coming into the tournament, they have the second-best record but some coaches are eyeing them as a favorite.

"I think they're the best team in the district," Schluter said. "They play outstanding basketball and they're very well coached."

Leading the Shamrocks is coach Rick Coratti, who has helped his team to a 14-4 record and a second-place finish behind Orchard Lake St. Mary's in the Catholic League.

Expected to be key players for the 'Rocks are Aras Bukunas, Anisrio Raimar and Rob Forte.

"They're a very talented team," Schumacher said. "We'll be focusing on them. That's the game we want to win and then we'll worry about the next one after that one is done."

### The rest

The Plymouth Wildcats, the Canton Chiefs and the Salem Rocks are mixed into the district tournament and are looking to get some big wins.

Schluter said Canton is the third-toughest team in the district behind Catholic Central and Northville.

"It's not going to be an easy game," he said. "They're good. We have to be ready for them and get more confidence."

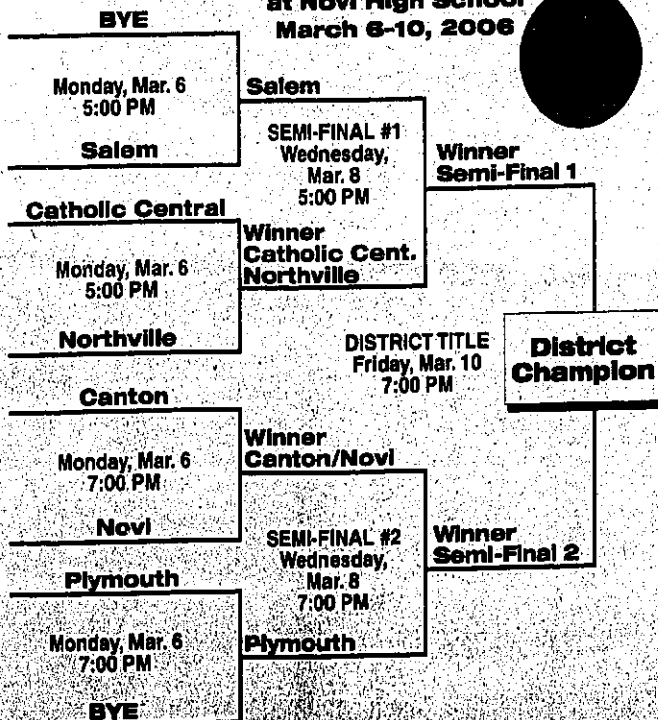
The Chiefs are 13-5 and are coached by Charlie Payne. Leading the way for them will be Andre Bridges, Ryan Waidmann and Steve Payne.

The Plymouth Wildcats boast a 7-11 record and are coached by Tom Van Wagonec. They have a bye in the first round and are led by Josh LeDuc, D.J. Coleman and Jim Wilbur.

Salem has the most battered schedule in the tournament with a 5-12 mark, but team leader Grant Stone and his team have an extra round to relax with an opening-game bye. They will play the winner of the Northville-Catholic Central game.

Sam Eggleston can be reached at (248) 349-1700, ext. 104 or at reggleston@gannett.com.

## MHSAA Basketball District 25A at Novi High School March 6-10, 2006



Sam Eggleston can be reached at (248) 349-1700, ext. 104 or at reggleston@gannett.com.

## Wildcats have tough first-round game

# Novi v. Canton

By Sam Eggleston  
SPORTS WRITER

Pat Schluter needs his team to find themselves and the confidence it takes to win.

The Wildcats have compiled a disappointing 8-11 record this season after losing some very tight games. The tide turned part way through the season.

"We were winning all the close games early on, but lately we haven't," Schluter said. "It's been different. We just haven't had guys step up and score." But they have had the defense necessary to win contests. The Wildcats have been able to keep most games close, but in the waning minutes they haven't been able to control the ball well enough to win.

It's a weakness Schluter said his team needs to correct before taking on Canton at 7 p.m. Monday at Novi High School.

"We've been playing hard defensively, but we've been having a hard time scoring and that's our biggest disappointment," said Schluter. "It's been a disappointing year for these guys and they want to start over. The district lets them do that."

### The keys to winning

The Canton Chiefs are no slouches, finishing in the upper tier of the Western Lakes Activities Association with a 13-5 record. They gave undefeated Northville a run for their money when they two teams played earlier this year.

Schluter said he's looking for one of his top seniors — A.W. Stanek, Steve Hard and Todd Janer — to step up and lead his team. They are averaging just about six points each.

If the seniors don't showcase their leadership ability, even the inside game of 6-foot-7-inch Calch Dean won't be enough to halt Canton's advance.

"We just have to regain confidence and get our guys back in the game," Schluter said. "I think it will be one of our seniors who step up to score. We need them to do that if we want to win."

Schluter said there's no denying Canton is a tough team, but he said his



The Novi Wildcats basketball team will host Canton in the first round of the district tournament Monday.

team has what it takes to beat them, especially on their home court.

He said his team is looking forward to seeing what they can do against the Chiefs.

"Yeah, it's going to be tough, but it's going to be fun," he said. "Right now all the teams are 0-0 and that's how we have to think."

"We're going to be ready for Canton. We'll be watching tape and we'll be preparing for them."

### Stopping Canton

Offense gets the glory, but defense wins championships. The old cliché is something the Wildcats hope to prove

true when they play host to the Chiefs.

With their strong defense that led them to a second-place finish in the Kensington Valley Conference this year, the Wildcats will be focusing their defense on Canton in hopes of keeping it a close game.

The key to keeping the Chiefs off the board is stopping Andre Bridges, their leading scorer.

"Bridges is one heck of a player," Schluter said. "He's a very capable player and we're going to have to watch out for him. He can really score and is the key to their team."

Other players on the floor to watch will be Ryan Waidmann and Steve Payne. "Defensively, I think we can stop

them," Schluter said. "I believe we can stop anyone, but we have to put the ball in the basket. We have to pump up the tempo, hit our shots and we can't turn over the ball."

Schluter said, most importantly, the Wildcats have to stay positive. "That's what we're working hard at," he said.

The winner of the Novi-Canton game will advance to play Plymouth (7-11) in the quarterfinals at 5 p.m. Wednesday. The finals will be played at 7 p.m. March 10. All games are at Novi High School.

Sam Eggleston can be reached at (248) 349-1700, ext. 104 or at seggleston@gannett.com.

## Who doesn't like a to see a good dunk?

By Mike Cherry  
GANNETT NEWS SERVICE

When it comes to dunking, either you can or you can't. It's as high a percentage shot as comes in basketball.

The three-inch tap-in on a golf course does not elicit the same awe and joy as a rim-rattling dunk. Near-net overheads in tennis are not shown repeatedly on television highlights.

"Here's the thing about dunking, especially at the high school level," Rockledge (Fla.) Senior High School boys' coach David McGreal said. "One, you don't see it that often. It gets the kid excited, the team excited, the fans excited. Then there is the intimidation factor."

"If I dunk in a game, it just gets me going," said Melbourne (Fla.) High School junior Anthony Jackson, a 6-foot-4 dunk machine. "If a player dunks, it shows you've broken down the other team's defense."

Reliable dunkers in Jackson's area average perhaps two dunks every three games. But despite — and because of — the rarity, the crowds still respond. Three-pointers are more common in high school basketball than dunks, but the dunk elicits coos and aahs.

"I think the dunk comes into play when you have a large crowd," said Merritt Island (Fla.) coach Coleman Flaskamp. "With smaller crowds, it doesn't have the same impact as a 3-pointer. A 3 is like a dagger to the heart."

In the average high school game, no dunks is a possibility and three would be a virtual dunkfest.

"Being able to palm the ball and get high enough is the issue," Flaskamp said. "I think being able to palm is the biggest."

Said Adam Grimm, at 6 feet, 7 inches and a skilled dunker from Titusville (Fla.) High School, "Everyone wishes they could do it."

Turving down a dunk and gaining some momentum is a good thing for a team, but it doesn't always lead to success.

When Eau Gallie High School in Melbourne, Fla., hosted Melbourne High in a game earlier this season, the game's only dunk came from Eau Gallie center Anthony Drake — and Eau Gallie still lost by 25.

"Ask 10 kids what they would rather do, dunk in a game or make a free throw to win a game," McGreal said. "I guarantee 80 percent say they'd rather dunk in a game."

Yet players and coaches think a successful dunk can boost a team's chances and the gym's environment — or deflate it if the dunk is registered by an opponent.

"No one wants to get posterized," said McGreal, referring to the phrase for when a player has an opponent dunk over him, thus making it a perfect poster shot for the dunker.

Like it or not, scholastic coaches today must live with the reality of the dunk.

"We had a player who was dunked on earlier this year in a game we won," Melbourne coach Michael Soliven said. "All anybody could speak about was that our player got dunked on. It was a focal point. That's unfortunate."

### Build a better dunk

Mark Davis, assistant strength and conditioning coordinator at Vanderbilt University, has a simple explanation of a dunk:

"A dunk is nothing more than a shot, minus the touch," he said.

And like a shot, a dunk requires many of the same muscle groups. In Davis' opinion, all sports are played from the waist down, so the focus should be on the legs.

He points out that the primary muscles used in the dunk are the quadriceps; hamstrings, and gluteal muscles, as well as the gastrocnemius and soleus of the foreleg.

Here are some exercises Davis recommends to improve those groups:

• Some good free weight exercises that will develop general basic strength in these muscle groups are back squats, front squats, walking lunges, deadlifts and Romanian deadlifts (which focus on gluteal and hamstring development).

• Because coordination and balance is vital to the move, Olympic-style lifts like power cleans, snatches, jens and other derivations of these lifts would be helpful.

• These lifts should only be attempted under the supervision of a qualified strength coach, Davis said. • The upper body should not be ignored. Davis suggests a dose of exercises like the bench press, shoulder press, and pull-ups and bent rows to bolster the upper body.

# Brothers ready for new start

## White trio happy teams begin at 0-0 in district tourney

By Courtney Ratkowiak  
SPORTS INTERN

For the first time since elementary school, Sean, Sherrick, and Cortlan White are playing for the same team.

The three brothers, once childhood soccer teammates, are members of the Novi High School varsity basketball team. Cortlan, a junior, made the team this season, joining Sean, a senior and two-year varsity athlete. Sherrick, as a senior, is in his first year of high school basketball.

"Last year, when I tried out, the coach told me that there was a good possibility that I could make it this year," he said. "There were just a few things that I needed to work on, and if I came back and worked with him during the summer and fall, more than likely, I'd be in the right position to make the team. I just decided to do everything I could to be a part of the team this year."

At the beginning of the season, after learning that 15 of 16 athletes on the team would dress for each game, Sherrick said that he felt pressure to compete for playing time.

"For me, the biggest challenge was going into the season, making the team, and then staying motivated as the 16th person," he said. "Sean was injured, so I got to dress for the first game of the year, right after the first real scrimmage. I already had a jersey, but it was just a matter of if I was in the top 15 or the 16th man."

The White brothers agreed that the highlight of their season was Senior Night, February 24, when all three had the opportunity to dress in the same game for the first time.

"Even though the outcome of

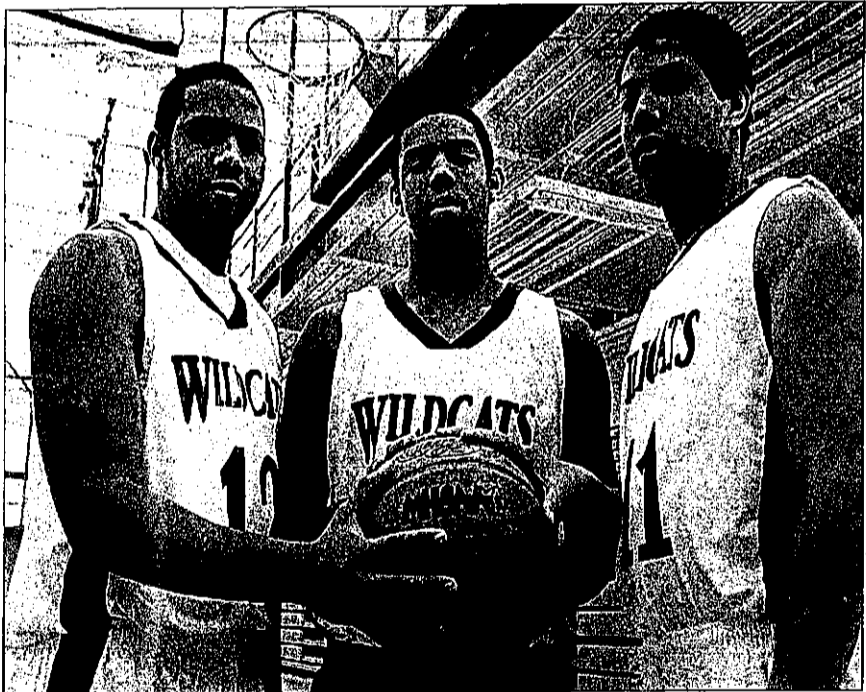


Photo by JOHN HEIDER

(Top) White twins Sean, left, and Sherrick, right, with their brother Cortlan, are hoping to get a fresh start on their season with the start of the playoffs Monday. (Bottom) Sean and Sherrick (#12 and #11) and Cortlan go up for a rebound at Novi High's gym.

Senior Night wasn't what we planned (Novi lost to Milford, 44-38), it was still a good experience for all of us to dress and warm up together," Sean said. "We sat together and cheered the team on."

By becoming basketball teammates, the brothers achieved a goal that they had set at the beginning of high school.

"For four years, we were looking forward to playing together," Sean said. "If one of us isn't feeling good, then the others help pick him up. We get each other going, we give each other advice."

"It's great knowing you have two of your brothers on the team because you always have someone to go to," Cortlan added. "When we're playing together, we always know where each other (is)."

As the White brothers prepare for Monday's district playoff vs. Canton, they feel that past challenges mean little in the postseason.

"Records don't matter, so we're all 0-0 once it comes to district time," Sherrick said. "I think that, especially with the win this past Tuesday, we're all feeling good about ourselves, starting to get our confidence

back. I think that a team that's starting to get hot right when the playoffs start can be the most dangerous team."

"Knowing that I made the team and that I'd be playing with my brothers as a senior was the best part of the year. I got to experience what it was like to be on a varsity team, and I had the chance to play with my brothers again."

Courtney Ratkowiak is a sports intern for the Novi News. Comments can be directed to the sports department at (248) 349-1700, ext. 104.



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# The biggest game at the district tournament Northville v. Catholic Central

# Beyond the arc

By Scott Brown  
GANNETT NEWS SERVICE

By Sam Eggleston  
SPORTS WRITER

It's cliché, but it's the Northville Mustangs basketball team's motto: one game at a time.

Like a meditative chant repeated again and again, the members of Northville's basketball team continuously chime in about the importance of taking on their next opponent and not looking ahead. Now, their next opponent is indeed the most important on the schedule.

"They like to shoot, they have size and they can run," Northville coach Darrel Schumacher said of their first-round district tournament opponent, Catholic Central. "Their past history indicates they know how to play many different defenses. They do a lot of things and they do them well."

Northville is known for doing a lot of good things, too. The Mustangs are 19-0 prior to their conference tournament championship yesterday. They have scoring ability across the board, a strong defense and good size.

Because of their depth, Schumacher

said there's really no one player to look for.

"I can't say because I honestly don't know who it's going to be," he said. "It could be one of our starters or one of the guys off the bench. We have some very talented players and we wait and see who is going to be hot that night."

### The keys to victory

Schumacher said his team is just going to keep doing what they do best: play defense and find a way to win.

"I think our kids accept challenge and meet challenges," Schumacher said. "I'm glad we have Catholic Central right away. It's a lot nicer playing a team we haven't played before."

The remainder of the district are teams Northville has come against and beaten already this year. They topped Novi for the first time in seven years and added big wins over Plymouth, Salem and Canton on their way to a conference championship.

But Catholic Central is no slouch. Even with a 14-4 record, they are as dangerous as they get. Leading the way

is Ara Butkunas, Anyriq Raimor and Rob Forte.

This season, the Shamrocks finished second in the Catholic League behind Orchard Lake St. Mary's.

"They're tough," Novi coach Pat Schluter said. "When I rank the teams in this district, Catholic Central is first, then Northville and then Canton."

The Mustangs will look to the scoring abilities of Alvin Storrs, Chris Lorente and Doug Hasse to lead them.

### The show down

The Otrux district championship game could be considered the first game of the tournament.

With Catholic Central and Northville squaring off at 5 p.m. Monday at Novi High School, the two powerhouses of the tourney will be narrowed to one.

But it's just one more step toward the Mustangs' next goal.

"The way we look at it, we want to win the first one and then we move on to the Christmas Tournament, then our division, then our conference and then the district," Schumacher said. "It's way

down the line as far as goals for the team."

It's been a surprising season for the Mustangs, who were just one win away from becoming only the second team in school history to finish their regular season undefeated. It will tie the best-ever start of 20-0.

But records are the furthest thing from the minds of the Mustangs with Catholic Central looming on the horizon.

The Mustangs are going to worry about the Shamrocks first and foremost. "You focus on the team you're going to play, and that's Catholic Central," Schumacher said. "After that, we'll start thinking about the next one."

The winner of the game between the Shamrocks and the Mustangs will play Salem at 5 p.m. Wednesday. Canton and Novi play at 7 p.m. Monday and the winner of that game will play Plymouth at 7 p.m. Wednesday. The tournament championship is March 10 at 7 p.m.

Sam Eggleston can be reached at (248) 349-1700, ext. 104 or at [seggleston@gannett.com](mailto:seggleston@gannett.com).



Chris Lorente takes a shot at Northville High School's gym. Photos by JOHN HEIDER



Doug Hasse snags a rebound Monday.



Brandon Barkowski shows off a pass Monday afternoon.



Mustang Bret Spencer has been a key member of Northville's basketball success this year.

# Northville's own 'Hustle'

One name kept floating to the surface, fighting through the torrent of cheers of loyal fans. "Hustle!"

Northville senior Nick Kaldis doesn't step out very often when the starting lineups for the undefeated basketball team

are announced. But he plays as well as any of the five who hit the hardwood for the tip-off.

His nickname, Hustle, has been hard earned. He's a workhorse who never quits.

"On any team, Nick would be a starter," Northville coach

Darrel Schumacher said of the valuable sixth man. "On our team, he is a starter. It just happens we have eight starters on this team. We can put any of them on the floor and we know they're going to perform."

Kaldis is no exception. He's

simply exceptional. From steals to blocks, to rebounds and shots, Kaldis does it all.

He's not one to brag. In fact, he's almost too quiet.

Even as he was being interviewed by major media following a career-high 14-point performance against Walled Lake

Central, he had to be reminded to take a little more credit.

"Now tell the truth," Schumacher said, flashing a smile as he interrupted Kaldis' comment about how his teammates did all the work.

But as President Theodore Roosevelt once said: Speak softly, but carry a big stick.

Kaldis may be a player of few words, but his actions are a painful reminder to Northville's opponents. They have to find a way to stop everyone on the floor, especially the guy who comes off the bench and makes things happen.

Kaldis' style isn't one that can be imitated easily. He's everywhere at once. From one of the court he gets in the face of a point guard, only to follow the pass to the forward and then slaps it out of the hand of the other guard. When a shot goes up, he's the first one to the boards. When there's a fast break, he's the player dishing the assist or making the basket.

"Hustle!"

And shooting! There's no text book with his style listed on the pages. It's flashy, unique and colorful—a Kaldiscope of basketball offense. Arms spin

like a windmill, legs kick out. The ball is tossed awkwardly in the air. Typically, it goes in, but sometimes there's a whistle instead.

"I'm usually just looking for the foul," Kaldis said. "I practice those shots, so it's not always luck when I make them."

There's more to Kaldis than meets the eye. A quick glance at him doesn't tell the story of the player who lives inside him. He's skinny, average height and has a frequent and wide smile splashed across his face.

"Hustle!" Inside, he's the definition of what has made Northville's basketball team work this year. He plays big, draws on hidden reserves of energy and a heart as big as it gets.

"It's all about character," Schumacher said. "These kids have it. They find ways to win."

And leading the charge will be Northville's Nick Hustle.

"If we come together as a team, I think we can play with anyone," he said. "I'm just glad I'm out there playing. I'm proud to be a part of this team."

Sam Eggleston can be reached at (248) 349-1700, ext. 104 or at [seggleston@gannett.com](mailto:seggleston@gannett.com).



Nick Kaldis practices one of his unique shots during warm-ups. Photo by SAM EGGLESTON

The three-point line traces an arc from one side of the basketball court to the other, drawing in high school shooters who enjoy the thrill of catching, squaring and flicking the wrist from long range.

"Something about that line makes you stop and want to shoot from behind (it)," said Mike Gaudy, a former basketball coach and now athletic director at Cocoa Beach (Fla.) High School.

Gaudy has enjoyed an illustrious career. He won more than 600 games coaching Cocoa Beach's boys and girls teams before 1987, when the 3-point shot was allowed in area high school games.

A 3-point shot can alter a team's fortunes on the court - for better or worse, Gaudy points out. "It's a momentum-gainer and a momentum-killer," he said. "It's like a dunk. It gets a team cranked up."

Evaldas Baniulis' ability to drain 3-point shots is perhaps the biggest reason why the Florida Air Academy senior will play at the major-college level.

Baniulis, who accepted a scholarship to the University of South Carolina during the early-signing period in November, averaged just more than four 3-pointers in his first 12 games of the season. FAA coach Aubin Goporo actually yells at him when he doesn't shoot, a reflection not only on Baniulis' skills, but also the way the 3-point shot can help change a game's final score.

"By shooting the 3," Goporo said, "you open up the game. Now you can pass it to the big man instead of everybody packing it in to protect the lane."

There is also the psychological value of the 3-point shot. Some of Baniulis' hot streaks have been most eloquently explained by body language - specifically opposing players looking at their coach with their palms turned toward the sky as if to say, "What can I do?"

Hoisting a 3-pointer doesn't require any different technique than, say, shooting a 12- or 15-foot jumper. Ideally, a player's shoulders are square to the target and his or her feet are parallel and even with the shoulders when attempting a shot.

But moving into good shooting position is a constant challenge. Word about deadeye shooters spreads at the warp speed of gossip, and opponents find them like paparazzi from the start of a game to its finish.

That is not surprising to someone like Gaudy, who has seen the importance of the 3-point shot in high school grow, though sometimes at the cost of the game.

Cocoa Beach High hosts games from Amateur Athletic Union basketball tournaments every summer and it never ceases to amaze Gaudy how many 3-pointers are attempted in those contests.

"These 11- and 12-year-olds really throw them up," said Gaudy, who retired from coaching in 2004 after leading the Cocoa Beach's boys' team to a state title. "It's either a layup or 3-point shot. There's nothing in between - nothing."

Yet, one thing that great shooters seem to bristle about is being labeled as just a shooter.

"I try to rebound more, get the ball in the lane and score on layups," Baniulis said. "I don't want to just be considered a 3-point shooter. I want to be an all-around good player."

### Conditioning key in three-point shooting

Sam Lunt, head basketball trainer at Florida State University, said the key to being a successful long-range shooter is total body conditioning.

"There has to be a balance between strength and power, cardiovascular conditioning and flexibility, which is the most overlooked area," Lunt said.

Lunt said the 3-pointer, like the dunk, requires power created in the legs and the body's core.

To strengthen the calf muscles, quadriceps, hamstrings, hip flexors and abdominals, Lunt suggests calf raises, hamstring curls, leg extensions, leg presses or supervised squats and abdominal strengthening exercises.

For upper body strength, he recommends military press, bench press, lat pulls, deltoid raises, rotator cuff strengthening, bicep curls and tricep extensions.

Cardiovascular conditioning is key, since as the level of fatigue increases, performance decreases, Lunt points out.

"If you are tired, you can't jump as high or your shots will begin to fall short because you aren't getting the lift from your legs and core."

SPORTS SHORTS

2006 pre-season baseball training camp

Rick Green, head coach of the Novi High School baseball team and winner of six consecutive KVC Championships (2000-05) is offering this fundamental camp for players ranging from 7-14 years old.

- Hitting
• Fielding
• Throwing fundamentals
• Pitching mechanics
• Base running
• Stretching/conditioning
• Video station and hand-outs included

The cost for each session is \$50 in advance/\$55 at the door. \$5 discount for registration of five or more players from the same team.

Each player should be prepared to workout indoors and will need to bring their own glove, bat, and batting helmet.

For more information, contact Jim Celecki at (248) 735-8741 or Doug Scott at (248) 374-6122.

3-on-3 basketball youth tournament

Northville Parks & Recreation will be hosting the first March Madness 3-on-3 Basketball Tournament March 25-26 at the Recreation Center located at Hillside Middle School.

The cost is \$85 per team with three or four players on each team. T-shirts will be given to all participants and awards will be given to the first-place team.

For more information, call (248) 349-0203 for more information.

Ten Star All Star Basketball Camp

Applications are now being evaluated for The Ten Star All Star Summer Basketball Camp.

This camp is by invitation only. Boys and girls, ages 10-19, are eligible to apply. Past participants include: Michael Jordan, Tim Duncan, Vince Carter, Jerry Stackhouse, Grant Hill and Antwan Jamison.

College basketball scholarships are possible for players selected to the All-American Team. Camp locations include: Lebanon, Tenn.,

Preccott, Ariz., Thousand Oaks, Calif., Sterling, Colo., Bridgeport, Conn., Biscay, Park, Fla., Gainesville, Ga., Champaign, Ill., North Manchester, Ind., Towson, Md., Ypsilanti, Glassboro, N.J., Schenectady, N.Y., Hickory, N.C., Commerce, Texas, Blacksburg, Va., Lyndonville, Va., and Beloit, Wis. For more information and a free brochure, call (704) 373-0873.

Teams and individuals encouraged to sign up for Suburban Showdown

Team and individual registration is underway for the Suburban Showdown Youth Spring Hockey League. All West League games will take place at Suburban Ice-Farmington Hills and Novi Ice Arena, while all East League games will take place at Suburban Ice-Macomb and the Onyx-Rochester Ice Arena.

Two divisions will be offered for team registration this year - the Gold division permits up to three players who competed at the A, AA, Junior Varsity or Varsity level during the 2005-06 season, while the Silver division does not allow players from those levels to compete.

Individual registrations are being accepted at the mite, squirt, pee wee and bantam age classifications. Players who competed at the A, AA, AAA, Junior Varsity or Varsity levels are not eligible to compete.

The Suburban Showdown will begin in April and end in mid-June, with no games during Spring Break, Mother's Day or Memorial Day weekend. All players in the Showdown will be eligible for a discount towards a Suburban Hockey Schools summer program if they register by April 30!

For more information, contact the Novi Ice Arena at (248) 347-1010 or visit www.novicearena.com.

Compiled by Sam Eggleston

CC hockey team earns title

The showdown between Division I No. 1 ranked Catholic Central and Division I No. 2 Orchard Lake St. Mary's went all the Shamrocks way.

Catholic Central Shamrocks goalie Ross Tashjian pitched his fifth shutout of the year and the Shamrocks won, 3-0, in front of a crowd of approximately 1,200 people at Orchard Lake's SMAC Ice Arena.

The Shamrocks scored early when freshman Dave

Swierszyk took a cross-ice pass from sophomore Alex Kolpacke on a two-on-one breakaway and slide it past Orchard Lake St. Mary's goalie Nick Dries.

Senior Mike Maviglia was also on the assist. There would be no other scoring throughout the first and second period.

In the third period Orchard Lake St. Mary's got a power-play chance midway thru the period. The Shamrock's Steve

Jankowski pounced on a loose puck and scored a short-handed goal to take a 2-0 lead.

The Shamrocks scored another short-handed goal when Nick Kroll took a pass from Wade LaFever and Tim Buttery to make the final 3-0.

The Shamrocks put 26 shots against Orchard Lake St. Mary's goalie while their opponents were able to muster just 12 against the Catholic Central defensive pressure.

The Shamrocks got good news before the game when seven seniors received honors from the Catholic League Coaches' Association.

The next Catholic Central game will be against Grosse Ile at Compuware Arena, Saturday 7 p.m.

Catholic Central's record stands at 18-3-2.

SCHEDULES

Novi

Table with columns: Varsity, JV, Freshman, Away, Home, Opponent, Time.

Volleyball

Table with columns: Varsity, Away, Opponent, Time.

Figure Skating

Table with columns: Varsity, Home, Opponent, Time.

Hockey

Table with columns: Varsity, Away, Opponent, Time.

Catholic Central

Table with columns: Varsity, Away, Opponent, Time.

Bowling

Table with columns: Varsity, Away, Opponent, Time.

Swimming

Table with columns: Varsity, Away, Opponent, Time.



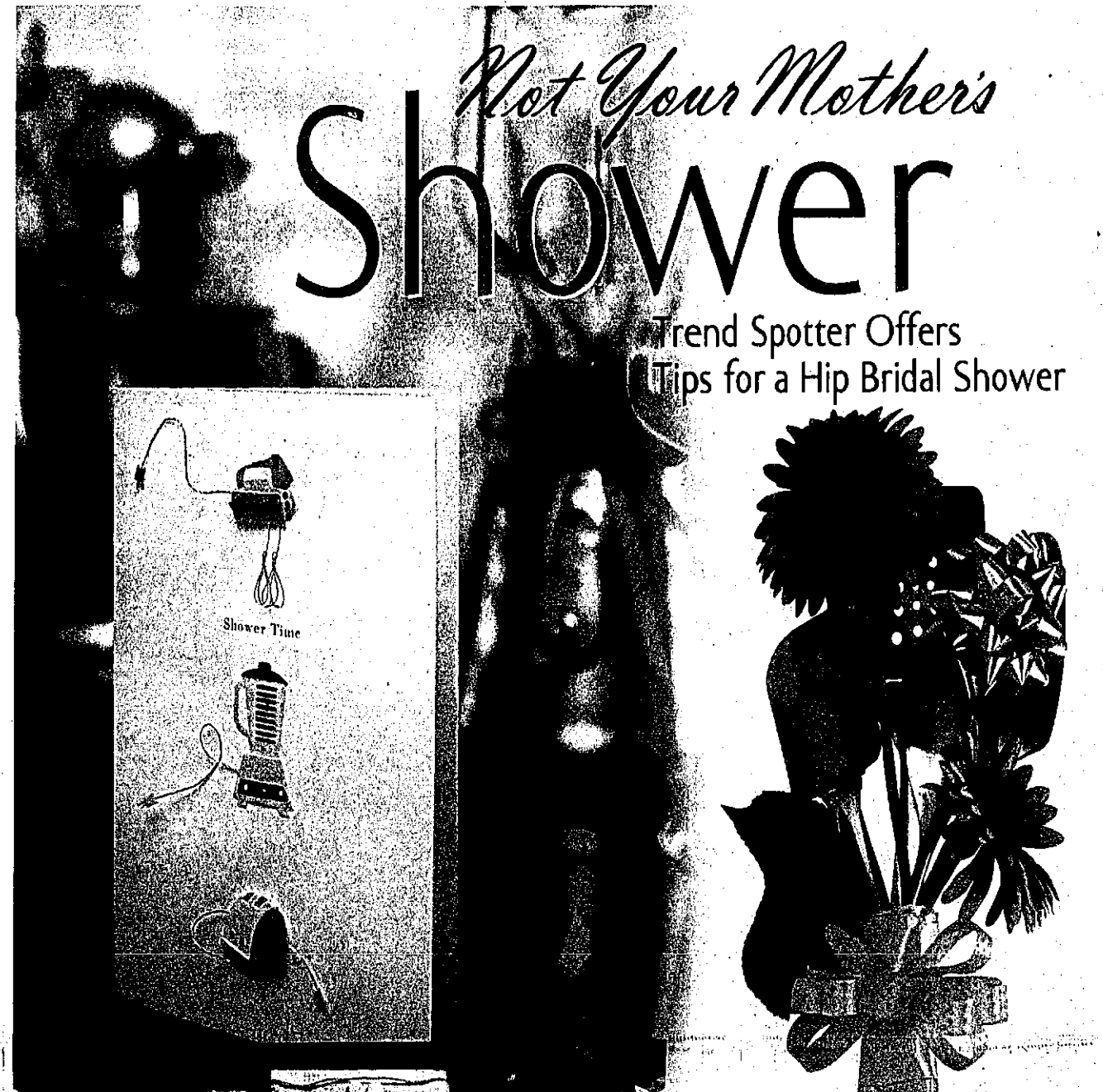
Capture the moment

Photo reprints available

See a familiar face? Have a particular moment you want framed for a lifetime? The Novi News is your source for capturing all those special moments.



LIFESTYLES



Not Your Mother's Shower

Trend Spotter Offers Tips for a Hip Bridal Shower



Wrap Like a Pro

When it comes to gifts, presentation is everything. Wrapping that incorporates details and added touches can magnify the perceived value of what's inside.

For soft goods or items that don't easily fit in a box, use gift bags. They combine convenience and style in all shapes and sizes.

New gift wrap designs reflect today's elegant wedding fashions. Wrap featuring photos of trendy wedding flowers, like white roses and hydrangeas, and embellished with clear sparkling crystalline glitter are recommended for the well-dressed gift.

Flauto suggests even ordinary household items can make a wrapped gift the star of the gift table. The key is to pick a few accent colors to complement your wrapping paper.

Brides treasure the thoughtful messages in beautiful keepsake cards, and they find creative ways to display them like this French memo board.

Make Lasting Impressions

Every bride treasures her shower and wedding cards. Many lovingly store them in a special box or binder.

Keepsake cards today shine with satin, lace, ribbons, rhinestones, sequins and even embroidery - these rhinestone 'bubbles' hover over a line drawing of two champagne glasses, or the price may

Creative bridal shower gift ideas include a 'bouquet' of cooking utensils and silk flowers banded with ribbon and accented with bows.

FAMILY FEATURES EDITORIAL STYLISTS

If you've been to a wedding shower recently, you've probably noticed the time-honored tradition is changing.

We monitor trends in both weddings and showers so we can incorporate the freshest and most modern themes in our cards.

Couples showers are a great way to include both the bride's and the groom's friends, and they tend to be cocktail, dinner or summer barbecue parties.

Kitchen showers have moved away from providing basic necessities and become more sophisticated, reflecting already-established brides and gourmet cooking trends.

Personal gifts, indulgences the bride would never buy for herself or honeymoon trip items are also a fashionable shower theme option.

Shower themes are changing, but they are still an important part of the wedding tradition.

Advertisement for '16 Blocks' movie, featuring a PG-13 rating and a list of theaters.

Advertisement for the movie 'Ultraviolet', featuring a 'Hard-to-beat Thriller' tagline and a list of theaters.

Advertisement for 'Dave Chappelle's Block Party' movie, featuring a 'This Friday You're Invited' tagline and a list of theaters.

Advertisement for sunglasses, featuring a pair of dark sunglasses and the text 'Friends Don't Let Friends Drive Drunk.'

# HEALTH



## POWER TOOLS

**TO SAVE TIME,  
EAT BETTER**

FAMILY FEATURES EDITORIAL SYNDICATE

You want it all — good nutrition and more time with your family. You can have both when you use two simple tools from the American Heart Association.

First, while grocery shopping, look for the association's distinctive red heart with a white check mark. This familiar tool makes it easy to quickly and reliably find healthy foods that can be part of a sensible eating plan.

"With all the messages in grocery stores — from sales fliers to promotions on food packages — consumers are bombarded with information," says Penny Kris-Etherton, R.D., Ph.D., and Distinguished Professor of Nutrition at Pennsylvania State University. "The heart-check mark from the American Heart Association makes it easy to cut through the clutter and reliably find the nutritious foods consumers are looking for. And, because it's backed by science, it's trustworthy."

Developed more than 10 years ago by the American Heart Association's Food Certification Program, the heart-check mark on food packaging is your assurance the product meets association criteria for being low in saturated fat and cholesterol for healthy people over age 2. It takes the guesswork out of heart-healthy shopping.

To be certified, a single serving of the food must:

- Be low in fat (less than or equal to 3 grams),
- Be low in saturated fat (less than or equal to 1 gram),
- Be low in cholesterol (less than or equal to 20 milligrams),
- Have a sodium value of less than or equal to 480 milligrams for individual foods and
- Contain at least 10 percent of the Daily Value of one or more of these naturally occurring nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber.

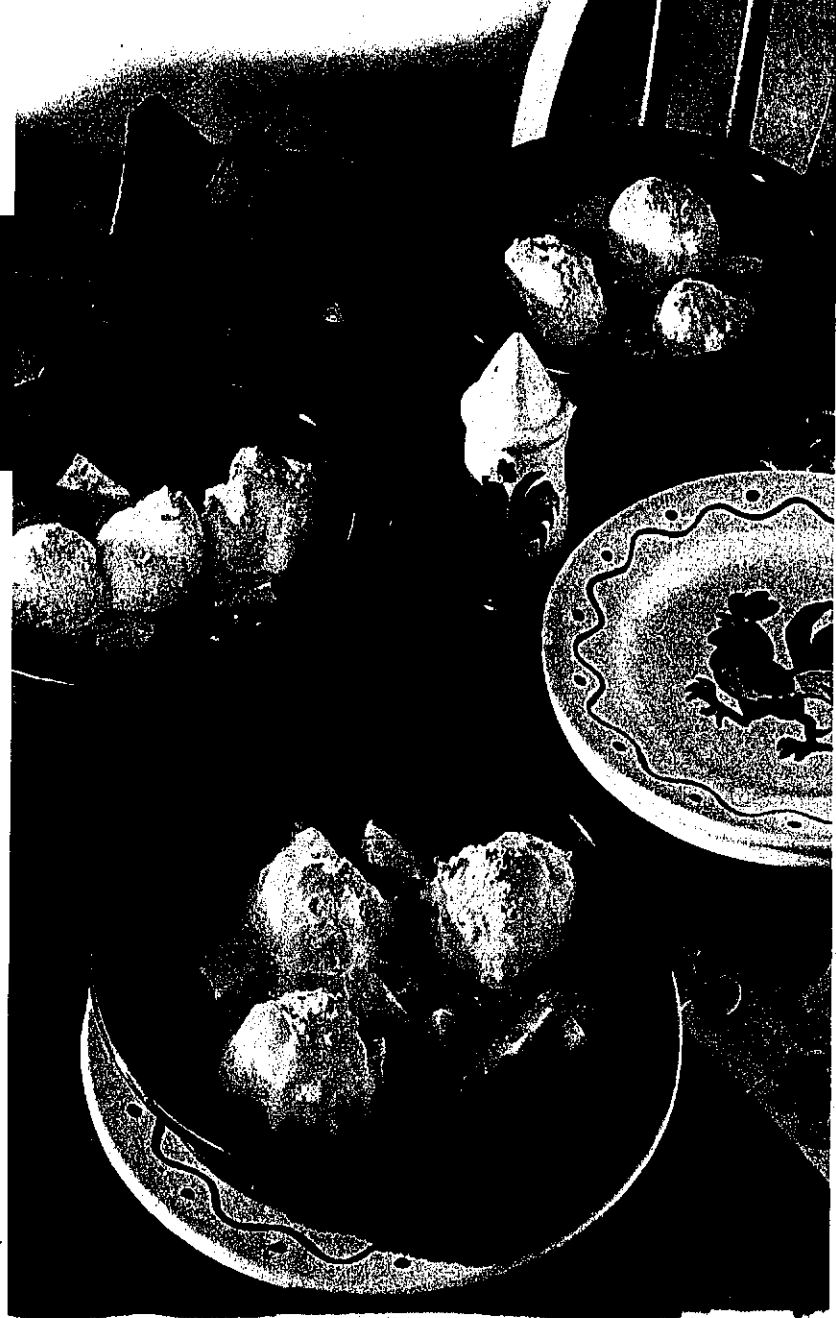
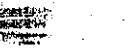
Additionally:  
 ■ Seafood, game meat, meat and poultry, as well as whole grain products, main dishes and meals, must meet additional nutritional requirements.



**American Heart Association**

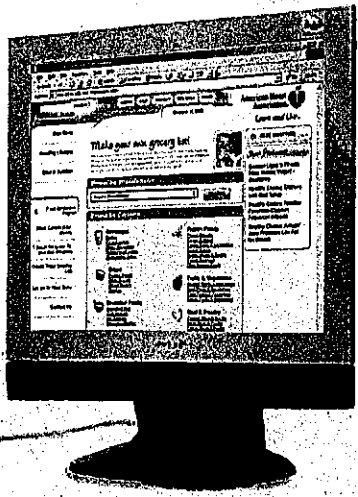
Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

www.heartcheckmark.org



**Save more time.  
Go online.**

Point. Click. Print. Shop. Healthy grocery shopping has never been easier! Visit [heartcheckmark.org](http://heartcheckmark.org).



For even more convenience, the American Heart Association now offers you a second tool — its innovative, online Grocery List Builder.

Before you go to the store, log on to [heartcheckmark.org](http://heartcheckmark.org). Click on the "Grocery List" link and create your personal list from the more than 850 certified products. Items are listed by manufacturer and by category, such as breakfast foods, dairy, meat and snacks.

With just a click of a mouse, you can select the nutritious foods you love, add other needed items such as bottled water and pet food, print a list... and got it's a great way to shop smart — and fast.

This free, interactive Web tool is so easy, your kids may enjoy making their own healthy-shopping lists.

"Building a healthy lifestyle starts with eating the right foods like those found in the American Heart Association's Food Certification Program," says Dr. Kris-Etherton. "This, along with regular physical activity and checkups with your doctor, can help reduce your risk of heart disease and stroke — the No. 1 and 3 killers of Americans."

To learn more about reducing the risk of heart disease and stroke through good nutrition, visit [americanheart.org](http://americanheart.org) or call 1-800-AHA-USA1 for your free copy of the "Shop Smart with Heart" brochure.

### Poultry Pot Pies

The little ones at your house will dig right in with the hungry adults when you serve this updated, home-style, one-dish meal.

Serves 6, 1 cup per serving  
 Preparation time: 10 minutes  
 Cooking time: 28 minutes  
 Standing time: 5 minutes

- Vegetable oil spray
- 1 small onion, chopped
- 1/2 teaspoon bottled minced garlic
- 1 pound boneless, skinless chicken breasts or turkey breast tenderloins, all visible fat removed
- 1 (12-ounce) bottle low-fat chicken or turkey gravy
- 1 (10-ounce) package frozen non-salt-added peas and carrots
- 2 cups reduced-fat buttermilk baking and pancake mix
- 2/3 cup skim milk
- Black pepper (optional)

Preheat oven to 450°F. Spray large sautépan with vegetable oil. Place over medium heat. Cook onion and garlic in hot sautépan about 5 minutes or until tender.

Meanwhile, rinse chicken, pat dry and cut into bite-size pieces. Add to skillet with onion mixture. Cook and stir 2 to 3 minutes or until chicken is just tender. Stir in gravy and vegetables. Heat through, about 5 minutes.

Meanwhile, in medium bowl, stir together baking and pancake mix and milk until soft dough forms. Set aside.

Transfer hot chicken or turkey filling to three 15-ounce casseroles or one 2-quart casserole. Drop dough by spoonfuls onto hot filling. Bake 15-ounce casseroles, uncovered, 10 to 15 minutes. Bake 2-quart casserole, uncovered, 15 to 20 minutes. Topping should be golden brown and filling should be hot. Let stand 5 minutes and season with pepper if desired.

This recipe is reprinted with permission from the American Heart Association *Quick & Easy Cookbook*. Copyright © 2001 by the American Heart Association. Published by Clarkson Potter/Publishers, a division of Random House, Inc. Available from booksellers everywhere.

### Ask the Expert

#### Are artificial sweeteners such as splenda healthy?

Depends on how you look at it! Artificial sweeteners are absolutely fine for the vast majority of the population because they have no DIRECT health effect good or bad (no matter what you read on layman internet sites). In the big picture, artificial sweeteners help people satisfy their eating urges without calories. The US population is already extremely overweight. Who knows where we'd be without artificial sweeteners!

Here is what's happening: 300,000 people die each year from weight related diseases caused by eating too many calories over their lifetime. The number one source of calories in the American diet is from sugared beverages, number two is from cakes and sweet rolls, all in which sugars supply huge amounts of calories.



**Chris Klebba**

There are no calories in artificial sweeteners so they do not contribute to weight related or any other health risks. Those are the facts as you can make-up your mind. But in our opinion, if it wasn't for artificial sweeteners (keep in mind: artificial sweeteners undergo more scientific scrutiny than any food or drug before it can enter the marketplace), our society would be significantly fatter and unhealthy.

This column was written by Chris Klebba, Chris owns and operates the Water Wheel Health Club in Northville, and is a certified fitness trainer, regular columnist and public speaker. For more information call 248-449-7634 or go to [www.waterwheel.com](http://www.waterwheel.com).

## Community fitness initiative Saturday

A new community fitness initiative titled "Northville's 30 days to healthy lifestyles" will kick off Saturday, March 4, 2006 at the Water Wheel Health Club from 10am to 12:00 noon. The event objective is to address the worldwide situation of obesity and lack of overall activity at a community level. This initiative will combine focus, education, health screenings, fun and food for the entire family.

The kick off is a free event that will be open to the public and includes free cholesterol and blood pressure screening, posture assessments, personal lifestyle assessments, chair massages, healthy snacks, kids activities and more! The event kicks off 30 days of a variety of physical activities and educational seminars such as smoking cessation and truths and myths for true weight loss, available throughout Northville including at the Senior Center, Hillside Recreation Center, and the Water Wheel Health Club.

"We think this event is an excellent way to get the community doing something to enhance their health," said Traci Sincoc, Director of Parks and Recreation. "The activities are for all ages and abilities and take advantage of many ongoing programs." It also offers people a wide range of times and programs to attend. We hope everyone will take advantage of these activities. The 30 day calendar of events is available at all the sponsor locations or send your e-mail to [waterwheel@tds.net](mailto:waterwheel@tds.net) to have the calendar of events e-mailed directly to you. For more information call Traci Sincoc at (248) 349-0203 or Chris Klebba at (248) 449-7634.



**BISTRO** 127 E Lake (Ten Mile Rd.) South Lyon, MI 248-437-9000

**Thursday Seafood Buffet 5:30-9pm**  
**RAW BAR: Oysters, Clams, Shrimp**  
 Buffet \$15.95 Adults • Seniors 10% Off • Kids \$8.95  
 For an additional \$7 Beer & Wine included. Ask server for details.  
**All-You-Can-Eat Crab Legs**  
 Seafood Gumbo  
 Crab Stuffed Whitefish  
 Broiled Atlantic Salmon  
 Steamed Mussels Marinara  
 Battered Fried Shrimp

Spicy Cajun Tilapia • Vegetable • Red Skin Potatoes  
 Assorted Salads • Flambe' Bananas Foster Dessert

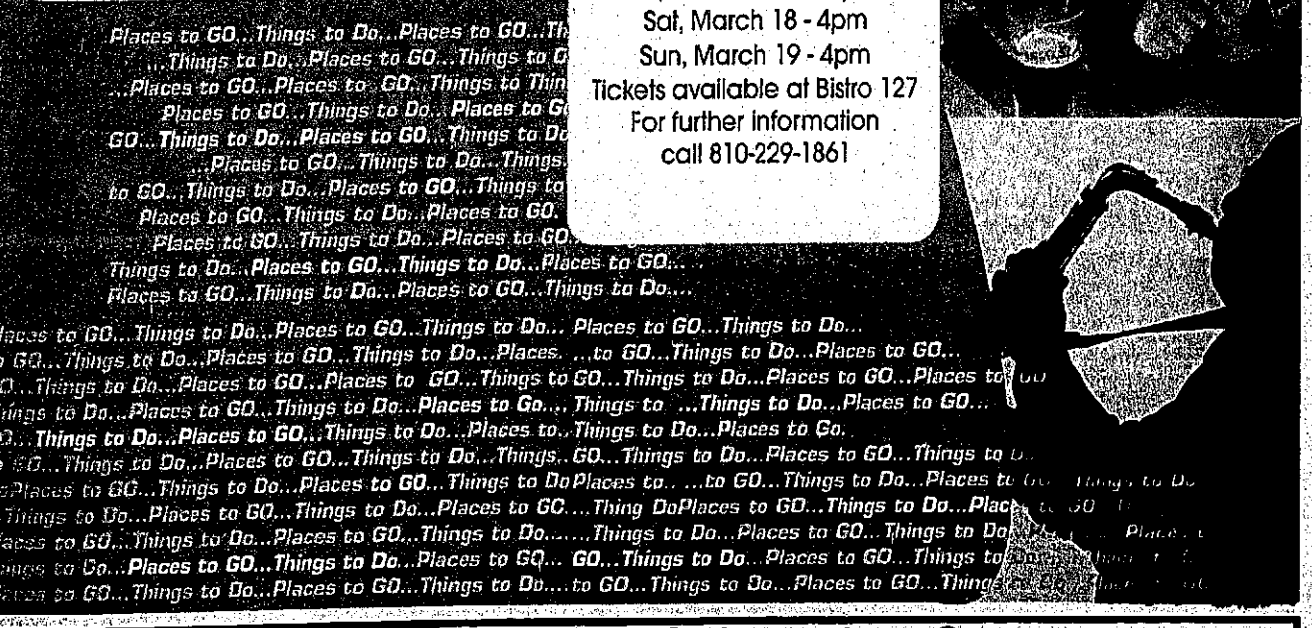
**Sunday Brunch 9am-2pm**  
 Omelet Station, Sausage, Ham, Corned Beef  
 Hash, Eggs Benedict, Homestyle Potatoes, Fresh Baked Goods, Assorted Fruit, Hot Oatmeal, Biscuits and Cream, Banana Bread French Toast, Cold Cereals, Smoothies & Orange Juice

\$7.95 Adults, \$6.95 Seniors, \$4.95 Kids under 10

**CALENDAR OF EVENTS**

The Phoenix Players present  
 Neil Simon's Comedy Classic  
**"Plaza Suite"**  
 Fri, March 10 - 8:30pm  
 Sat, March 11 - 4pm  
 Sun, March 12 - 4pm  
 Fri, March 17 - 8:30pm  
 Sat, March 18 - 4pm  
 Sun, March 19 - 4pm

Tickets available at Bistro 127  
 For further information  
 call 810-229-1861



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# REGIONAL MARKETPLACE

Page 4B

North News

Thursday, March 2, 2006

## ADVERTISEMENT

### Diamonds are Forever? Maybe Not! Allstate Reveals Top Reasons Why Diamonds May Not Last Forever

Wixom, Mich. March 2, 2006 - Now that you've given that special someone the perfect Valentine's Day gift, you should be aware that Allstate has exposed a major myth surrounding every woman's best friend. Allstate claim adjusters, who handle thousands of claims each year, have revealed The Most Common Reasons Diamonds May Not Last Forever.

According to Allstate Agent Louis Kirby, here are some of the top reasons diamonds are often lost forever.

- **Flushed Away** - Left on a counter near a sink or toilet. Just add running water or a flush of the toilet and you can almost hear the sound of pennies and thousands of dollars swirling down the drain.

- **Tossed to the Curb** - Hiding valuables in your very own secret place. It's just too bad that your other family members didn't know they were throwing away trash that doubles as your secret hiding place.

- **Opportunity Knocks** - Leaving your rings out on display. Whether you are at a hotel or at home, leaving valuables out in the open is a risky proposition, particularly when others have access.

- **Poor Stitching** - Rings go on fingers, not in pockets. Who knew it could be so expensive to stitch up a hole in your pocket?

- **Slippery Peruvian** - Revising a ring can be a hassle. It's just a little loose. It can wait until tomorrow...or perhaps it can't.

#### Preventing Your Investment from Going Down the Drain

To avoid losing thousands of dollars through a hole in a pocket or a flush of the toilet, consumers should consider insuring their valuables through Scheduled Personal Property coverage. Depending on the value of the jewelry, it may or may not be covered under their current property insurance policy.

"If you own expensive or rare items, Scheduled Personal Property coverage is a practical way to protect your investment and achieve peace of mind," said Kirby. "The best part about this type of coverage is that it offers all-risk protection, which means customers are insured for all different types of perils, including loss of the stone, a chip in the diamond, misplacing the item and so on. Unless the peril is specifically mentioned in the policy as being excluded, then the item is covered."

Perhaps you weren't quite at the diamond giving stage this Valentine's Day. Kirby said you still might consider insuring other big-ticket gift items. Valuables such as pearls, watches, cameras, musical instruments, fine art, sports equipment, stamp or coin collections, tools, furs and more are just some of the items that people insure through the Scheduled Personal Property coverage option, which covers valuables on an actual cash value basis. A current appraisal or bill of sale is required to insure personal items with Scheduled Personal Property coverage. Some other restrictions also may apply depending on the item being covered.

When it comes to insuring newly acquired valuables, there are some important things to consider. Property policies, including renters', condo, cop and homeowners', include coverage of personal property. However, there is often a \$1,000 coverage limit for jewelry, watches and furs.

If the \$1,000 coverage limit is not enough, consumers generally have the option of extending the coverage and purchasing a policy endorsement. Normally, there is a per-item coverage limit and an overall limit (customers select the limit of coverage and can purchase coverage in increments). For those customers who own jewelry, watches and furs whose individual value exceeds the per-item optional coverage or whose overall value exceeds the overall limit, many policies have the option of scheduling these valuable personal property items. Scheduled Personal Property coverage typically offers all-risk coverage, which protects against all perils (with the limited exception of those specifically excluded).

"The idea of losing a diamond or other valuables is certainly devastating," said Kirby. "But by properly insuring your valuables, you can rest a little easier knowing your investment won't go down the drain."

For more information on this and other insurance topics, contact Allstate Agent Louis Kirby at 248-669-0755.

...A HOUSE AND TWO CARS.  
IS THERE SUCH A THING AS  
...S UP INSURANCE SHOPPING?"

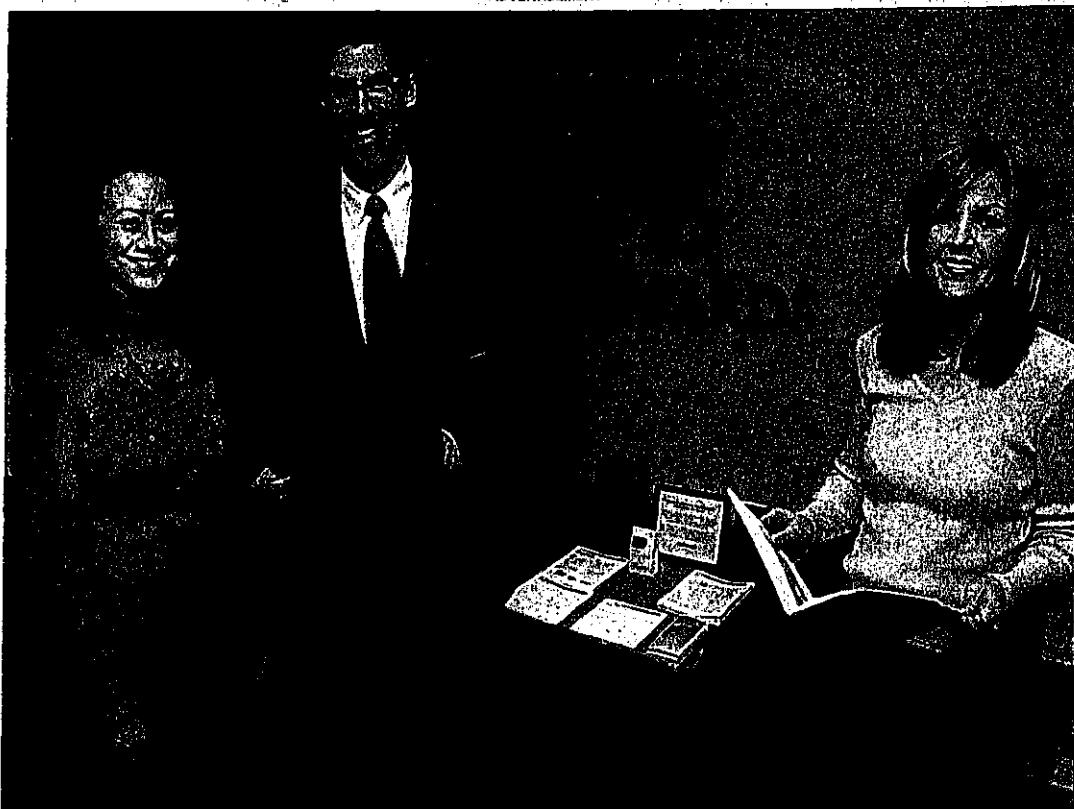
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## ADVERTISEMENT



Photos by JOHN HEIDER/NORTHVILLE RECORD

A.G. Edwards and Sons staff Heather Agnew, left, Thomas Kerns and Karin Peters help clients make smart investment choices.

## Have a diversified portfolio in today's market

### Tom Kerns of A.G. Edwards advises clients

By Duane Ramsey  
SPECIAL WRITER

"Diversify your portfolio of investments in today's market" is the primary advice offered to clients by Tom Kerns, Financial Consultant with A.G. Edwards & Sons, Inc. in Northville.

Whatever amount clients may have to invest, Kerns recommends his clients diversify their portfolio where they have control of their own direct investments. In addition to any real estate, pension, 401K or other investments through employers, Kerns encourages clients to invest their personally directed funds elsewhere.

"New investment tools are constantly being developed to provide people with the ability to diversify even with small investments," said Kerns. "Some clients don't realize the many options available to them today."

For example, exchange traded funds (ETF) provide the small investor with the ability to invest in numerous market segments. Starting with a few thousand dollars, one can invest in several asset classes such as large or small stocks, bonds, and international investments.

"The amount of the investment determines the way to invest in a diversified portfolio," Kerns said. "Invest wisely and don't put all of your eggs in one basket as we like to say."

Kerns maintains a flexible schedule to meet with potential clients to assess each one's time frame, risk tolerance, and financial goals. In an initial meeting, he follows an interview process to determine how their personal and family life affect their financial



Thomas Kerns, A.G. Edwards & Sons financial consultant, located in Northville.

situation and long-term goals.

"I take a consultative approach to understanding the long-term financial goals of clients and helping individuals and small companies to invest appropriately to reach those goals," said Kerns. "I get to know my clients and help them plan for the future. It's very rewarding."

Kerns will share his approach in a series of free seminars open to the public at the Northville District Library, starting at 7 p.m. The dates and programs are:

- March 9 - Building Your Child's Education Fund
- March 21 - Demystifying Annuities - Planning Your Financial Future
- April 13 - Fundamentals of Investing
- May 9 - Nine Big Mistakes When Saving for Retirement

Call Tom at (248) 380-0331 to reserve space for each seminar. Investors unable to attend the seminars can call for alternate times/locations for the seminar of interest.

"Pay yourself first by investing. Don't just invest with what's left over," Kerns advises his clients.

The earlier people start investing, the better off they will be in the future. Kerns recommends making monthly investments by using automatic deductions from their bank account for people who need that structure to develop discipline.

"People in higher income brackets are concerned about taxes on their investment earn-

ings," said Kerns.

One option available to those investors is the 529 College Savings Plan that allows investments of \$12,000 per child and per parent each year. The plan grows income without taxes on capital gains if used for qualified academic expenses.

"Some people want to chase the latest hot trend in the market," Kerns said. He admits the U.S. market was lackluster overall in 2005 but other markets did well, including gold, natural resources and some overseas markets.

Kerns works with business owners and small businesses to plan and implement retirement savings plans for them and their employees. Owners can reward employees by offering retirement plans with contributions by both parties.

A company 529 savings plan or employee elected plans make it more accessible for employees to save and invest. The only cost for the employers with those plans is the cost of payroll administration required for them.

As a consultant with A.G. Edwards & Sons, Kerns is not limited to proprietary products but has access to any financial product. A.G. Edwards is a national company based in St. Louis with a conservative Midwestern culture, unlike many of the large Wall Street firms in New York.

"A.G. Edwards is a firm that understands the importance of putting clients first," said Kerns. "I don't have any sales quotas and

can focus solely on your unique financial needs and on establishing strategies for meeting them."

Kerns uses his financial knowledge to offer his clients a wide range of financial services from selecting individual investments to developing retirement plans. Anyone seeking help with their financial or investment needs is invited to call Tom and make an initial appointment.

After a 15-year career as a corporate finance executive, Kerns chose to use his financial experience in helping individual investors and companies to invest appropriately to achieve their long-term financial goals. He has led or participated in more than \$2 billion of corporate bank, bond, and equity financings.

Most recently, Kerns served as corporate treasurer of Tower Automotive, Inc. He previously chaired or served on the management pension committees for Federal-Mogul Corporation, Lear Corporation, and Oxford Automotive, Inc.

With a bachelor's degree in finance and an MBA, Kerns is certified as an Accredited Asset Management Specialist (AAMS). He is a licensed broker for securities with the National Association of Securities Dealers and holds Series 7 and 66, and Michigan Life, Health and Accident Insurance licenses.

Tom and his wife Michelle have resided in Northville for more than 12 years and are restoring an 1888 farmhouse. They have two active sons enrolled in Northville Schools.

*Mutual funds, ETF's and Variable Annuities are sold only by prospectus. You should carefully consider the fund's investment objectives, risks, charges and expenses. Kerns would be happy to provide you with a prospectus that contains this and other information. Please read the prospectus carefully before you invest or*

### A.G. EDWARDS & SONS

Thomas S. Kerns, MBA, AAMS, Financial Consultant, A.G. Edwards & Sons, Inc. Member SIPC.

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Phone: (248) 380-0331  
Web: www.agedwards.com/  
tc/thomas.kerns

*send money. (This paragraph must appear in Italian per A.G. Edwards Corporate Compliance requirements.)*

\*Dollar cost averaging does not guarantee a profit or protect against a loss in a declining market. Because dollar cost averaging involves continuous investment in securities regardless of fluctuating prices, you should consider your financial and emotional ability to continue the program through periods of both rising and declining markets.

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## Is it time to roll over your nest egg?

It can be confusing to deal with 401(k) issues, but here's what clears things up: good, dependable, objective financial advice. I have access to virtually every investment solution, and my motivation is to do what's right for you.



A.G. EDWARDS  
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