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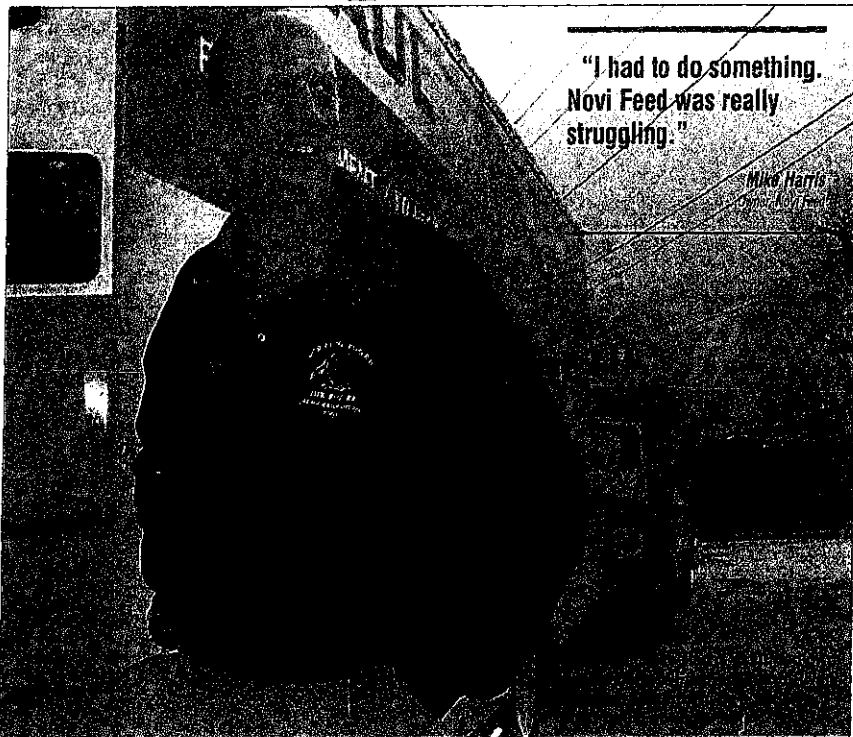
SPORTS, 1B

THURSDAY, JANUARY 18, 2007 • WWW.NOVINNEWS.COM • VOLUME 51 • NUMBER 34 • NOVI, MICHIGAN • 50 CENTS

SPOTLIGHT NOVI: MY BUSINESS

STORY CHAT: WHAT DO YOU THINK? TELL US AT WWW.NOVINNEWS.COM

Staying Alive: One-stop at a Time



"I had to do something. Novi Feed was really struggling."

Mike Harris
Owner, Novi Feed

Amid tough economic times, Novi businesses diversify

By Victoria Mitchell
NEWS STAFF WRITER

When Mike Harris took over Novi Feed & Supply last year, he knew the business needed more.

So along with selling animal feed, water softener and Carhart clothing, he added U-Haul moving services to his repertoire.

Harris, like other small business owners, are turning to diversification to make it through tough economic times.

"I had to do something," he said. "Novi

My Novi News
it's all about me!

Feed was really struggling."

Now when customers step into the quaint store, purchasing dog food and pavement salt, packing supplies are within an arm's reach. And along with renting a U-Haul truck, the store owner also provides names of reliable movers.

"As a small retail establishment like Novi

Feed in order to survive and compete with the big box stores you have to have something to set yourself apart," Harris said.

Into the mix

Small business experts said diversifying is an excellent growth strategy allowing for multiple streams of income and often a way to fill seasonal voids.

See **ONE-STOP, 8A**

What is SPOTLIGHT NOVI? Quarterly, the Novi News reviews different aspects of local life. Visit www.novinews.com for our week's preview: **MY GOVERNMENT**

AT NOVINNEWS.COM: MY NOVI FRIDAY NIGHT & MY SATURDAY HOME PROJECT!

Inside City Hall: Change

■ Building and Planning departments merge; positions added

Changes at City Hall

- Combining building, planning and code enforcement services
- Adding a director to lead the new department
- Hiring an economic development manager



Source: City Of Novi

By Greg Migliore
NEWS STAFF WRITER

The pending retirement of veteran Novi Building Official Don Saven has set in motion a slew of changes inside City Hall.

Building and planning services will be combined into a Community Development Department, which will also absorb code enforcement duties. City Manager Clay Pearson said he wants to hire a new director to lead the group, but did not reveal candidates.

He said the plan, unveiled in a memo to council members earlier this month, would streamline operations.

"It's a natural progression of what we've been doing," Pearson said.

My Impact

■ Your building and planning matters will be handled by one department at City Hall, Community Development.

■ **STORY CHAT**
What do you think? Tell us at WWW.NOVINNEWS.COM

This means new roles for some longtime staffers. John Hines, Novi's deputy building official, will take over for Saven, and the deputy position will be eliminated. Planning Director Barb McBeth will be

See **CHANGE, 5A**

MY EDUCATION:

Fresh Start Time

■ Monday marks beginning of high school semester

■ **STORY CHAT**
What do you think? Tell us at WWW.NOVINNEWS.COM

By Victoria Mitchell
NEWS STAFF WRITER

Counselor Elizabeth Talbot has a handbook she refers to when kids come looking for academic advice.

Flipping through the pages of "How to Get Good Grades in 10 Easy Steps," she effortlessly

refers to page six, tips for being successful in the classroom.

Talbot's advice for Novi High School students will come in handy as they start the new semester Monday.

The how-to guide is one resource for a new academic beginning.

See **START, 17A**



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NOVI WEEKEND PLANNER

■ **FRIDAY**
Is your life going to the dogs? Attend the United Kennel Club All Breed Dog Show 10 a.m.-5 p.m. today through Sunday at the Rock Financial Showplace, 46100 Grand River Ave. For more information, call (269) 343-9020.

■ **SATURDAY**
Be a part of Novi's first preschool open house 10 a.m.-1 p.m. in the Novi Civic Center atrium, 45175 W. 10 Mile Road. Meet teachers and learn more about area programs. Admission is free.

■ **SUNDAY**
Did you know Novi has two movie theaters. Imagine Novi (888) 319-3456 and SR Movies Novi Town Center (248) 465-7469.

■ **My Novi Bulletin Board!**
Novi's official events calendar. Page 10A.

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Novi News:
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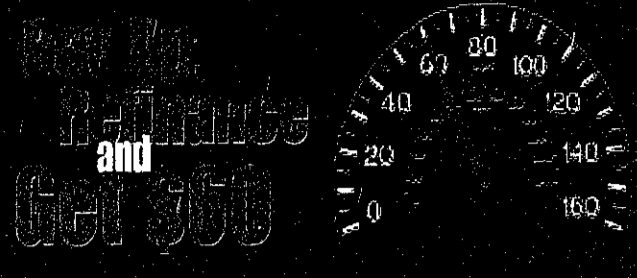
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My COMMUNITY

JOIN STORY CHAT TODAY AND SEE WHAT YOUR NEIGHBORS ARE SAYING ABOUT THIS STORY AT WWW.NOVINNEWS.COM

Dramatic Rise: Performing Arts Poised for Growth

■ New manager has ambitious goals

By Greg Migliore
NEWS STAFF WRITER

It took Debbie Lannen a few hours to put her mark on Novi's performing arts programs.

On her first day, the city's new performing arts manager added an extra set of shows to the spring play and doubled the cast.

Bold moves for Day 1. But Lannen said her first steps at the helm offer a glimpse her vision for Novi's performing arts programs, which draw positive reviews, but often fly under the public radar.

"It's going to be raising the bar," Lannen said. "It's going to be closer to the professional level — which groups can do."

Known as the Novi Theatres, the city's performing arts programs have grown considerably in recent years. They were founded in 1991 and originally offered a few small children's productions. Now they put on

"This place, in my opinion, is the best-kept secret in the world."

Debbie Lannen
Performing Arts Manager, Novi

seven productions annually and have classes and camps. They're part of the city's Parks, Recreation and Forestry Department and have two part-time staffers, although during productions the headcount swells to about 20.

"This place, in my opinion, is the best-kept secret in the world," Lannen said. "They don't have to drive 35 miles to see a quality production. That's my goal: To let people know we're here."

New ideas

Lannen, a 51-year-old Detroit native, brings a new slant to the performing arts programs. She's had ranking positions at the Detroit Music Hall Center for the Performing Arts, Michigan Opera Theatre and is directing Novi's spring show, "You're a Good Man, Charlie Brown," in March at the Civic Center. She's also an accomplished performer and is playing the evil queen in "Snow White and the Seven Dwarfs" at Northville's Marquis Theatre.

Still, she has some big shoes to fill, following Novi's previous performing arts manager, Sheri Sanson, who shepherded the program through a period of transitional growth. Sanson is moving to southern Ohio because her husband, Fred, is changing jobs.

"I've seen a lot of changes over the years as our theatre has grown," she said.

STORY CHAT

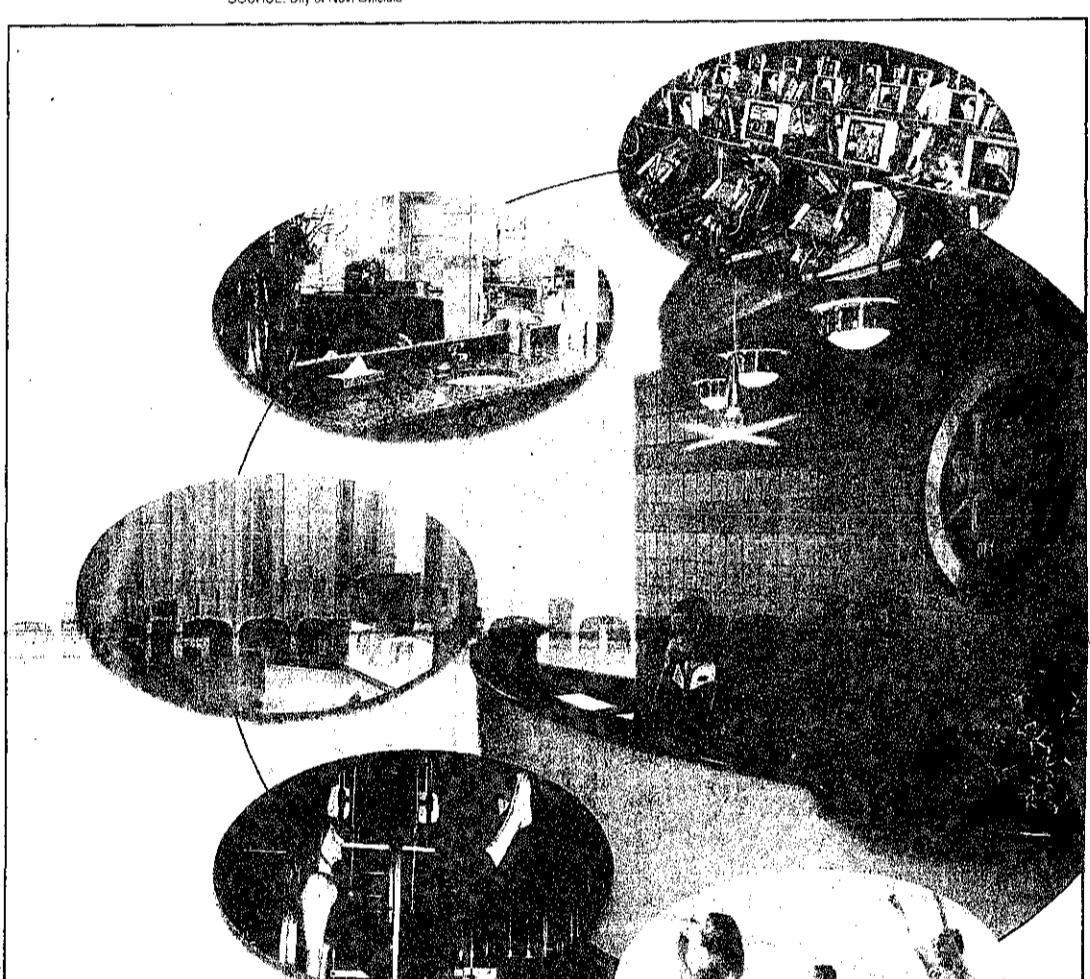
What do you think? Tell us at WWW.NOVINNEWS.COM

Spotlight on: The Novi Theatres

- Most recent production: "You're a Good Man, Charlie Brown" (December) 2006
- Next production: "Annie Get Your Gun" (March) 2007
- Does seven shows a year
- Also offers camps & classes
- Founded in 1991



Sheri Sanson, right, will be exiting stage-right as Novi's performing arts director, while Debbie Lannen will be entering stage-left to replace her.



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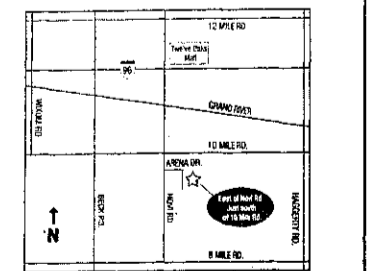
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SPOTLIGHT NOVI: MY BUSINESS

STORY CHAT: WHAT DO YOU THINK? TELL US AT WWW.NOVINW.COM

One-Stop: Novi Business Diversifies as Economy Wavers

continued from 1A

Ten ways to grow your business

- Diversify
Open another location
Offer your business as a franchise
License your product
Form an alliance
Target other markets
Win a government contract
Merge with or acquire another business
Expand globally
Expand to the Internet

Experts said the most common forms of diversification include:
selling complementary products or services;
teaching, adult education or other types of classes;
importing or exporting yours or others' products; and
becoming a paid speaker or columnist.

Harris said in his case, filling seasonal voids was at the forefront of his decision to add more products and services.

Although moving and feed is a year-round endeavor, selling Carolina clothing and pavement deicers appeal only to the winter, he said.

Come one, come all

Michael Rogers, vice president of communications for the Small Business Association of Michigan, said he has a list on the diversification topic from organization members.

Rogers said along with diversifying product lines, organization members are also dedicating resources toward varying the types of customers coming into their stores.

"Many of them saw the handwriting on the wall..." he said. "Particularly if they felt they had an over-reliance of work related to the auto industry."

Rogers said handling a slowed southern Michigan economy is often an easier task for small business owners.

"Small businesses manage to hang on and change on a dime," he said.

In the black

For Harris and other Novi small business owners, changing on a dime often means keeping their businesses in the black.

National associations providing help for small businesses

- Small Business Association of Michigan
National Federation of Independent Business
National Association of Women Business Owners

Business five out of the six months we've been a dealer," he said. "But Harris said he would like to attribute the Grand River Avenue business' success to his dedicated family and tremendous support from the municipal and business communities."

"Our focus is taking care of our customers," he said. "And I love every minute of it."



Brothers Mike, left, and Ken Harris offer a wide variety of goods at Novi Feed & Supply.

Novi Feed & Supply: All in the Family Operation

According to local folklore, Novi Feed & Supply is one of the community's oldest businesses.

Owner Mike Harris said the Grand River Avenue business began 118 years ago and is attributed for giving the city its name.

"It (Novi Feed & Supply) was the No. 1 stop on the freeway," he said.

The store, owned and operated by Harris, his wife Sabrina, brother Kenny, son Mikey and long-time employees Glenn Johnson, Patty Weir and Frank Meyer, is known by those who've found the gem as a regular destination for feed, water softener, de-icing supplies, Carhart clothing and moving supplies and services.

Wiser has been a friendly face to customers since 1968, standing behind the counter of Wilkins Parks and Equipment, which sells hydraulic hoses and track and trailer parts.

Wilkins and Harris Oil, which sells oil and industrial lubricants, are two additional businesses owned by Harris in the same Novi location.

For the Harris family, their business success is described as competitive products, a diverse inventory and a steady pace of good customers.

"We have one regular customer we have to make hot chocolate for when he comes in," Harris said.

The business owner said whether you come in for a bag of deer, dog or bird feed, they will carry the purchase to the car or deliver it to your house if they're passing by.

Location, location

Novi Feed & Supply is located at 43863 Grand River Ave. west of Novi Road. The store is open Monday through Friday 7 a.m.-6 p.m.; Saturday 8 a.m.-1 p.m.; and Sunday for U-Haul only. For more information, call (248) 349-3133.

customers," he said. With the family dog Bonnie and Harris family clan found milling about the store, its more than a business to Mike, it's his home.

And all about the customer, he said.

A Gold Mine in Bedroom Drawers

News: People are selling their old scrap gold that is gathering dust for its cash value because gold prices are so high. With the price of gold at a 25 year high, it makes sense to recycle unwanted items for cash.

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SPOTLIGHT NOVI: MY BUSINESS

STORY CHAT: WHAT DO YOU THINK? TELL US AT WWW.NOVINW.COM

Local Couple Hopes to Uncork Novi's Wine Market

Car salesman, turned grapes guru, targets mature Novi crowd

By Greg Migliore

The young and hot-blooded look to Novi for its pulsing nightlife.

But there are fewer options for the more mature crowd, and long-time resident Brian Burke sees an uncorked market.

The new bar, called The Grapevine, will feature two walk-in wine cellars. It will seat about 75 people and have room for another 20 outside during warmer months.

Opening The Grapevine is a seismic career shift for Burke, a veteran salesperson for Tom Holzer Ford in Farmington Hills.

Set against a backdrop of low-key jazz and blues tunes, the idea is to create a place where 30-and-40-somethings can unwind after work.

Denographically, there's not a place for us to go," said Burke, 49.

Novi leaders, who believe diversifying the city's investment base is critical in Michigan's sluggish economy, are putting out a welcome mat for specialized investments like the Grapevine.

"I think there's all kinds of opportunities for niche developments." Community Relations Manager Sheryl Walsh said.

Details

The Grapevine will have a 1,000-bottle cavern for red wine, and a 350-bottle space for white wine.

draft beers. The menu will be mostly light fare, including soups, salads and other appetizers.

In December, Burke cleared one of his initial hurdles by securing a liquor license from the Novi City Council.

"It's a wonderful idea," council member Bob Gatt said. "It's a unique idea."

Shifting gears Opening The Grapevine is a seismic career shift for Burke, a veteran salesperson for Tom Holzer Ford in Farmington Hills.

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Greg Migliore is a staff writer for the Novi News. He can be reached at (248) 349-1700, ext. 103 or gmigliore@gannett.com.



Brian and Lori Burke review a Californian red wine at their Grapevine wine bar location in Novi's Main Street development.

Future growth could hearken to the past

City officials: Novi has room to grow in niche markets

By Greg Migliore

Commerce Executive Director Whitney McCallan said.

But attracting such developments can be dicey, as many are already clustered in historical, centralized downtowns like Northville and Plymouth.

"Art galleries that sell unique pieces are something that I would say would definitely be of interest," Greater Novi Chamber of

hope to capitalize on the recent wine craze when it opens in May.

Specialty developments, like The Grapevine, are usually influenced by outside factors, Community Relations Manager Sheryl Walsh said.

"I think that is driven by trends in the economy," she said.

Novi has had some success in attracting niche businesses, including a new wine bar called The Grapevine. The bar's owners

Ways Novi is trying to attract new businesses

- Revitalizing its Economic Development Corp.
Adding a paid, full time economic development manager
Tweaking ordinances to be more business friendly

SOURCE: City of Novi

Hours: Mon thru Sat, 10am-5pm Last Day: February 24, 2007

ONLY IN MY NOVI NEWS! MY NEIGHBORHOOD

JOIN STORY CHAT TODAY AND SEE WHAT YOUR NEIGHBORS ARE SAYING ABOUT THIS STORY AT WWW.NOVINNEWS.COM!

Rolling Out the Welcome Mat

Novi group links residents with opportunities

By Victoria Mitchell
NEWS STAFF WRITER

STORY CHAT

What do you think? Tell us at WWW.NOVINNEWS.COM.

Alice Elkin wasn't new to Novi when she decided to find out what her community had to offer.

She already lived here for years before attending a Novi Neighbors and Newcomers meeting, looking for play groups and other friendship-building opportunities. "I wasn't new, so I guess I was a neighbor," she said. "For me it was getting to know a lot of different people."

The group, catering to those new and old to the community, provides residents with opportunities to gather and meet new people. Organizers said the social and civic organization was founded in 1973 as a welcome wagon.

Elkin, who serves as the Novi Neighbors and Newcomers' president, said members have the opportunity to participate in group gatherings and philanthropic opportunities.

Past charitable endeavors include raising donations for Novi Youth Assistance, Feasibility of the Cancer Community, and the St. Vincent-Sarah Fisher Center.

The organization also annually offers scholarships to Novi High School students.

Getting in groups

Lately, Elkin isn't the only one participating in the organization's offered groups. She recently recruited her husband for the men's poker night.

Elkin said other Novi Neighbors and Newcomers' clubs include a baby-sitting co-op, book club, bowling, ladies night at the movies, Euchre, Hunko, the lunch bunch and a Detroit excursion group.

"We're always open to new groups and new ideas," she said. "We try to do exciting things."

Elkin said when she joined, she was looking for kids play groups.

"Now it's grown into where I can do adult-oriented outings," she said.

Novi Neighbors and Newcomers also offers large events like an annual holiday party and summer ice-cream social.

"One thing I heard members want the community to know, the organization isn't just for those new to Novi, but rather for anyone looking to explore and make new friends."

Victoria Mitchell can be reached at (248) 349-1700, ext. 122 or vmitchell@gannett.com.



Photo by JOHN HEIDER/Novi News
Tara Nalepka, 8 months, joins her mom Kim at a recent Novi Neighbors and Newcomers meeting.



Photo by JOHN HEIDER/Novi News
A meeting of the Novi Neighbors board of directors and newcomers held at the home of Alice Elkin, far left. From left: Diane Schulhof, Lisa Molloy, Joanne Pritchard and Kathryn Altholz.

Want to join?

The first Monday of every month, members at Novi Neighbors and Newcomers may be spotted at the Starbucks coffee kiosk at Twelve Oaks Mall.

Group members place a sign identifying themselves on their table to welcome those interested from 9:30-11:30 a.m.

Existing members also solicit new recruits by leaving notices at coffee houses, delivering welcome baskets to residents they learn have just moved in and by word-of-mouth.

"It's a great group of people with a lot of different talent," Elkin said.

Victoria Mitchell can be reached at (248) 349-1700, ext. 122 or vmitchell@gannett.com.

Looking to join?

Novi residents interested in becoming a member of Novi Neighbors and Newcomers can contact vice president of Membership Diane Schulhof at schulhofm@ameritech.net.

The cost of joining is \$20 annually and includes the organization's newsletter along with access to participate in all groups and activities. More information along with the organization's newsletter may be found at www.novineighbors.com.

START: Semester brings challenges

continued from 1A

And Lang Syne

Novi High School counselor Donna Roemer said the first day of the second semester is like New Year's Day for students.

"Absolutely," she said. "Most kids will have four new classes."

Most classes, Roemer said, will start fresh with the new semester, with the exception of Advanced Placement courses.

School administrators said Semester II schedules will be distributed today, during third block final exams. A piece of paper representing tremendous possibility.

Pulling up the grades

Being an advocate for yourself, including increased confidence, is a tip Roemer said students can benefit from when looking to boost their second semester performance.

"That is a big one, and that is a life skill, too," she said. "Have confidence in yourself, as a student, and seek out support systems that are available to you."

Another academic boosting recommendation Novi High School administrators suggest: Take advantage of seminar.

Seminar, a function of the school's block schedule serving as a planning type period, is offered twice a week and gives students the opportunity to meet with teachers and other students for assistance, study time and enrichment activities.

Roemer stresses asking for assistance is an important part of making a second semester bang.

"I wish I had a penny for every student I said, 'Don't be afraid to ask for help,'" she said.

Ace in the hole

"Good organization is very important right from the get-go," Roemer said. "That is something I talk to kids about all the time."

Organizational tools she recommends include using a different binder and notebook for each class. Getting organized is step three in Talbot's well-worn handbook.

Other tips in Talbot's manual include: Believe in yourself, manage your time, be successful in the classroom, take good notes, know how to use a textbook, study smart, use test taking strategies, reduce test anxiety and get help when you need it.

"Use it all the time for my small groups," she said.

Victoria Mitchell can be reached at (248) 349-1700, ext. 122, or vmitchell@gannett.com.

FIVE STEPS FOR GETTING ORGANIZED IN HIGH SCHOOL



SOURCE: eHow.com

Step One: Think about how you tend to organize yourself outside of school. Do charts help you to keep things organized? Do charts help you to keep things organized? Do charts help you to keep things organized?

Step Two: Buy a miniature logo recorder to bring to class, especially if you are an audio learner. You can study your notes from each class by replaying the tape.

Step Three: Devise a simple plan for doing homework. Will you study right after school, or wait until dinner? Finding a comfortable study time will ensure more balanced and successful sessions.

Step Four: Get your books ahead of time and read the first chapter to familiarize yourself with the topics you'll be learning.

Step Five: Dedicate one full notebook to each subject or class. Choose different colors for each class so you can find the right notebook easily.

Donna Roemer

Counselor, Novi High School

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Wyandotte Hospital
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Attn: Leslie
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All entries must be received by Feb. 19, 2007.
Include a SASE if you would like your photo returned.

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Considering A Career In Physical Therapy?

Left - Right: physical therapy student Derek Ormelian, Lisa Ragusa, MPT/OMPT, physical therapy student Julie Wright, Beth Urli, DPT looks at a stretching exercise on physical therapy student Michelle Poulton.

For many years, Physical Therapists have been in the top ten profession in most demands in the United States. Many high school and college students are interested in pursuing a physical therapy career, but are unsure about the profession itself or the education required to become a physical therapist.

OAKLAND PHYSICAL THERAPY, P.C. is offering an opportunity for students and their parents to meet and speak with practicing physical therapists, learn about the work they do and observe firsthand the environment that physical therapists typically work in. The physical therapy profession and educational requirements have changed dramatically in recent years. Physical therapists are healthcare professionals who diagnose and treat individuals of all ages who have medical problems or other health-related conditions that limit their ability to move and perform the activities of daily living. Physical therapists examine the patient and develop a plan on running injuries and prevention, stress management, exercise and low back pain, arthritis and osteoporosis, and getting conditioned for skiing. Pilates mat classes are offered with the goal of increasing musculoskeletal performance without risking injury. The classes focus on core stability, balance and shoulder, girdle and pelvic placement, postural alignment and breathing.

To learn more about this rewarding career, attend a seminar on Wednesday, February 28, 2007 at 7 p.m.

Ashley Wint demonstrates a Pilates pose.

Oakland Physical Therapy, P.C. is committed to serving the physical therapy needs of the Novi area and offers the following programs:

Performing Arts Physical Therapy addresses the needs of the performing artist and musician through a dynamic, integrated approach to rehabilitation.

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MY CLASS NOTES

Local student wins

Novi High School junior Jackie Gendloff won \$500 and took a first place finish in the "11th-Grade Award" category during the 19th Annual North American International Auto Show poster contest. The Novi student attends and submitted her entry through Oakland Schools Technical Campus. Poster entries had an automotive theme and acknowledged the show's 100 year anniversary. Entries were judged by an independent panel made up of recognized members of the Detroit art community. Winning entries are posted on the official NAIAS Web site, www.naias.com, and displayed during the Detroit Auto Show.

Student service awards

The Optimist Club of Northville-Novi is offering \$500 awards to area youth through their Student Community Service Award Program. High school students that are residents of Northville, Northville Township and Novi are eligible, and must meet the following criteria: full time student in good standing; passing grades in classes for the current school year; provide two letters of recommendation; write a 250 word or less essay on what they have learned through their experience in community service and why being involved in community service is important to them and society. Applications may be picked up in the counseling offices of the Northville or Novi high schools. The deadline for submission is March 16 and the applications and essays should be sent to: OCNN-(CSA), 143 CadyCentre #76, Northville, MI 48167. For more information, call Lori Dow, (248) 505-4055.

Board Recognition Month

The Michigan Association of School Boards and Gov. Jennifer Granholm designate January as School Board Recognition Month. School board members face challenges every day in making tough decisions regarding budgets, personnel, curriculum and other matters to help students achieve. Proclaiming January as School Board Recognition Month is to acknowledge and recognize their dedication and countless hours of their personal time that school board members give to our schools.

Novi Woods Elementary

Candid photos for the Novi Woods Elementary yearbook are wanted. Photographs for possible inclusion in the 2006-07 book may be submitted by sending high quality prints, labeled with student's name, teacher's name, grade and activity, in an envelope marked "Yearbook" to the school office. You may also send a high resolution file on compact disc or e-mail photos as a high resolution file attachment to noviwoodsyearbook@yahoo.com. Please include your name, phone number and e-mail address for all submissions. All photo submissions will be accepted through mid-January. Call Marie Malecki, (248) 348-1460, or e-mail noviwoodsyearbook@yahoo.com, with questions.

Early Childhood curriculum night

The Northville Public Schools Early Childhood Center will hold its first Curriculum Night, 6:30 p.m. Tuesday, Feb. 6, at the Northville Senior Community Center. The evening is planned to provide parents with information on the Early Childhood Center's programs, curriculum, and enrollment procedures. Childcare will be available at the licensed 501 W. Main St., Room 207, location. Children must be at least 2 1/2 and be toilet trained. Please call (248) 344-8465 to register by Feb. 1. For more information on the programs offered for the 2007-08 school year, or 2007 summer programs, visit www.northville.k12.mi.us/early-childhood.

Jewish Youth award applications

The National Council of Jewish Women, Greater Detroit will be honoring exceptional high school juniors and seniors through its Jewish Youth Awards. The program recognizes students that demonstrate academic success and leadership in the Jewish

community.

To be eligible for the award, a student must be a junior or senior; have a formal Jewish education; be actively involved in the Jewish community; have a signed letter of recommendation from a person in authority at the sponsoring organization, temple or synagogue; and be available to be interviewed by a panel of judges Sunday, March 25. A completed application form must be submitted including a one-page typed essay on the following topic: Anti-Semitism is

on the rise worldwide. As a Jewish teenager, how has this affected you personally? As a Jewish community, what actions can we take to diminish this trend?

Applications must be submitted no later than Feb. 1. Ten finalists will be selected to be interviewed on March 25, and the final awards will be made at a ceremony on Sunday, April 22. To obtain an application, call (248) 355-3300, ext. 0.

Health care learning

Oakland Schools and Beaumont Hospitals are partnering to offer high school students unique opportunities to learn about emerging health care technologies. Saturday sessions are offered January-March for 10th-12th grade students, who have successfully completed Algebra I and Biology, and attend high school in Oakland County.

Sessions run from 10 a.m.-2 p.m. A fee of \$25 for each session applies. For more information and to register,

go to www.oakland.k12.mi.us/efc.

Early education program

Local business and community leaders are invited to attend a free, three-hour program about the benefits of supporting early learning for children from 9 a.m.-noon Tuesday, Feb. 6. The program is titled, "Quality Early Education - A Competitive Necessity in a Global Economy," and is a collaborative project of Oakland Schools, Wayne

RESA, Great Start Collaborative-Wayne, Great Start Collaborative-Oakland, United Way of Southeastern Michigan and the Early Childhood Investment Corporation. The program will be held at Glen Oaks Golf Course, 30500 West Thirteen Mile Road, Farmington Hills. Pre-registration is required. For more information or to register, please contact Jean Jocque, Early Childhood, Oakland Hills via e-mail at jean.jocque@oakland.k12.mi.us.

Q: Who can save any business up to 30% on health care?



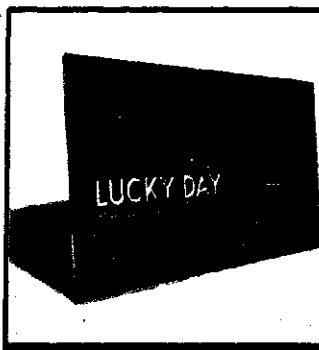
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CC's Gatt wins 160-lb. title at home invite. Page 2B



High school schedules and standings, P. B3



Wildcats leave Pinckney in the dust. Page 3B

SPORTS GALLERY: VOLLEYBALL

PAGE 4B

MY NOVI SPORTS

Shamrocks fields smartest football team

SPORTS 2B

THURSDAY, JANUARY 18, 2007 • WWW.NOVINNEWS.COM • SPORTS SUBMISSIONS: JTHEISEN@GANNETT.COM • PAGE 1B

SPORTS SPOTLIGHT: BOYS' HOOP

STORY CHAT: WHAT DO YOU THINK? TELL US AT WWW.NOVINNEWS.COM

Novi's Dean of the hardcourt



Photo by JOHN HEIDER/Novi News

Caleb Dean stands head-and-shoulders above the crowd at Novi High.

'Super Wildcat' paces team on, off the court

By Jeff Theisen
NEWS SPORTS WRITER

Novi's Caleb Dean says, "The little things that make a huge difference" on the basketball court.

Obviously, he wasn't talking about himself, because that is the only way "little" and Dean could be in the same sentence.

The 6-foot, 9-inch, 225-pound junior forward is anything but small, and he's putting up some huge numbers through the first eight games (6-2), including a career-high 27 points Friday in a win at Pinckney.

"He's got good skills," Novi head coach Pat Schtuter said. "He can shoot from the perimeter, he can score inside and he can

make his free throws."

"He's having a good year. It proves that if you work hard at something and you play a lot, you're going to be successful."

The hard work came during the summer. When not playing AAU basketball, Dean said he shot every day he could.

"This summer I shot 300 to 1,000 shots a day in the gym," Dean said. "My outside game has improved dramatically."

Can't teach height

One of Dean's biggest advantages is his athletic ability, especially for a big man. It's one thing to be tall. It's another to be athletic and tall.

Dean knows he gets his height and ath-

letic abilities a strong family tree. His father, Mike, is 6-4, his mother, Heidi, is close to 6-0. Dean also has an uncle who is 6-11, a grandfather who is 6-6 and an aunt who is 6-3.

"I've been tall all my life. I hit a major (growth spurt) in the eighth grade," Caleb Dean said. "I'm really used to being taller than everybody."

But playing basketball wasn't instantly in the cards for Dean. Traditionally, his family has been a force on the football field. His father was an All-American at Michigan State, and his uncle was an All-American at New Mexico State. But the pigskin got traded in for round leather.

"Basketball became my thing the summer

See DEAN, 2B

Novi shines in tri-meet



Photo by JOHN HEIDER/Novi News

The Novi High School varsity competitive cheer team performs at a recent invitational they hosted.

Wildcats outperform Northville in home meet

By Jeff Theisen
NEWS SPORTS WRITER

STORY CHAT: What do you think? Tell us at WWW.NOVINNEWS.COM

Novi always looks forward to competing against Northville.

The Wildcat competitive cheer team delivered a strong performance in a win against the rival Mustangs and Pinckney at home Jan. 10. Novi also beat Milford on Monday in a match that was moved to Novi because of a power failure at Milford.

At Saturday's home invite, the Wildcats placed fourth and just missed out on moving up two places against a couple of the top teams in the state.

The Wildcats continued their strong performance with a fourth-place finish at the Novi Invite on Saturday.

The competitions are based on three rounds of scoring. The first round has two jumps that must be performed in unison. Other scoring comes from floor mobility, voices, team coordination and difficulty of cheer.

The second round is the required round. Teams must perform five skills in unison — one must be a gymnastic skill, one a flexibility skill and one a jump. The other two can come from any of the three categories.

The third round is the stunt round. The teams perform stunts and tumbles. Each stunt or gymnastic skill receives difficulty points.

In the tri-meet, Novi scored 172.5 points in round one. Northville scored 148.5, and

Pinckney scored 147. Novi again scored the highest in round two with 187.3. Pinckney was next with 154.7, and Northville was third with 145.2.

The Wildcats swept the meet with 282.5 points in round three for a 642.3 total. Pinckney took second with 223.5 points and 525.2 overall, and Northville was third with 205 and 498.7.

The Novi JV team also swept all three rounds for a total of 484.40. Pinckney was second with 430 points. Northville was third with 240.5.

The Novi freshman team competed only against Northville and won 402.70-351.2.

During Saturday's invite, the Wildcats placed fourth out of 10 teams with 635 points. Rochester finished first with 691.4, followed by Southgate Anderson with 642.8 and Kentwood with 636.3. Novi finished 1.3 points out of third and 7.8 points out of second place.

"It was a very exciting meet for the team because Rochester, East Kentwood and Southgate Anderson are some of the best teams in the state," Novi head coach Emily Parker said. "They

See CHEER, 3B

What is SPORTS SPOTLIGHT? Each week, the Novi News takes a closer look at Novi athletes. Have a suggestion? E-mail jtheisen@gannett.com.

AT NOVINNEWS.COM: NOVI WILDCATS SPORTS SCHEDULE. CHECK IT OUT!

WEB EXTRA! GAME UPDATES AT WWW.NOVINNEWS.COM
PHOTOS • SCORES • STANDINGS • SPORTS SCHEDULES • STORY CHAT



NOVI NEWS Athlete of the Week

Novi senior Lauren Purdy, Volleyball

Purdy had back-to-back nine solo block efforts against Hartland and Howell. She also had four assists in a three-game sweep against Hartland and five kills in a four-game win against Howell.



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ABOVE THE NET



Wildcat varsity volleyball players high- and low-five each other prior to a home match against Hartland.

Photos by JOHN HEIDER
Novi News

Go to <http://www.hometownlife.com/apps/pbcs.dll/section?Category=NEWS13> to see sports photos online.



Novi Wildcats Amanda Diacono, left, and Lauren Purdy team up for a block against Hartland.



Novi's Jacque Longe rises for a smash during the Wildcats' home game against the Hartland Eagles.

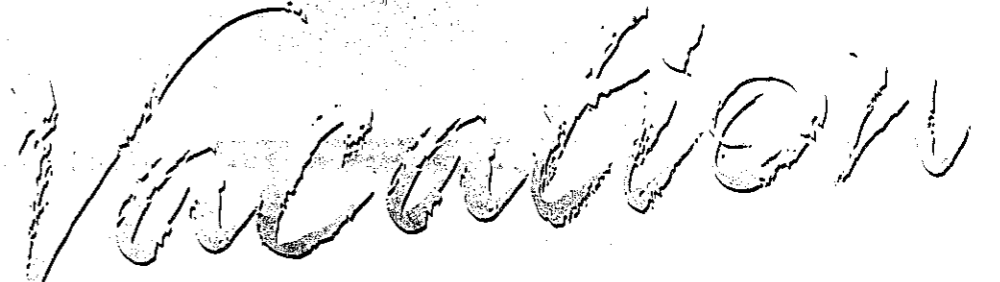


Wildcat Sarah Hobbs hits a return during warmups.

— ONLY IN MY NOVI NEWS! — My VACATION

JOIN STORY CHAT TODAY AND SEE WHAT YOUR NEIGHBORS ARE SAYING ABOUT THIS STORY AT WWW.NOVINNEWS.COM

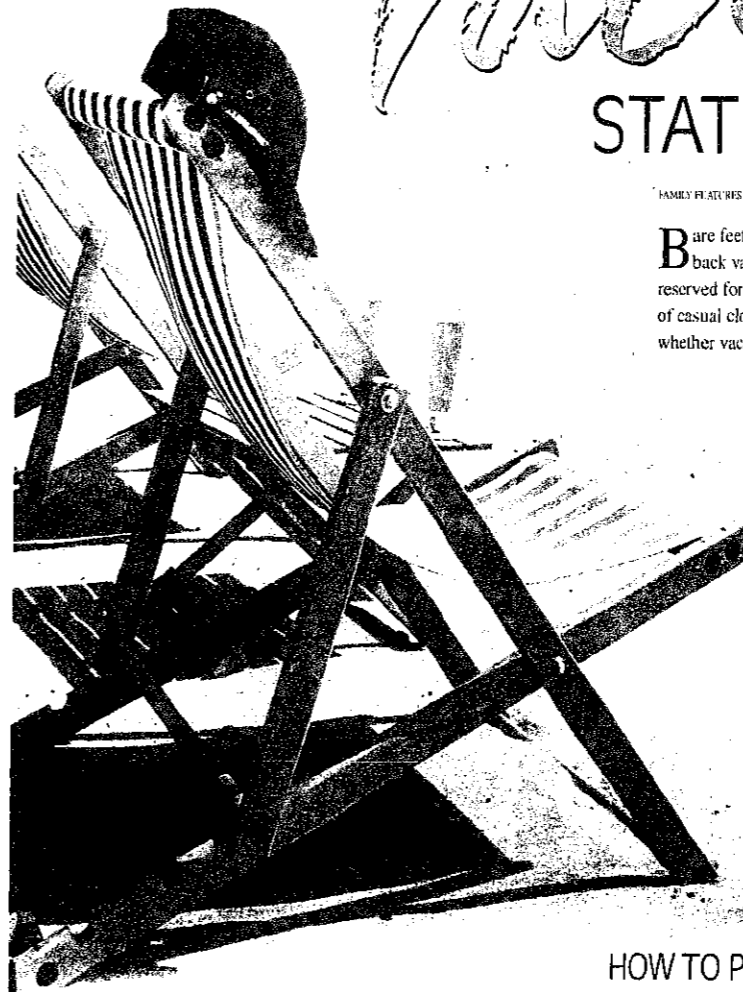
GREAT LOOKS FOR A



STATE OF MIND

FAMILY FEATURES

Bare feet in the sand, wind-blown hair and soft, easy-to-wear clothes evoke a kicked-back vacation state of mind. Most people believe that this way of thinking is reserved for escapes to a tropical island. Not so say the folks at Caribbean Joe, creators of casual clothing for men and women. It's possible to adopt this attitude every day, whether vacationing at a beach, relaxing at home or heading out for a night on the town.



HOW TO PACK

Tom Westman, winner of CBS's "Survivor: Palau"

- Use a great pair of khaki-colored, tri-clo-fiber golf or drawstring linen pants to dress up a camp shirt in a silky material or dress down a collared polo shirt.
- Layer lighter-weight pieces with vests and sweaters. A solid polo adds a splash of color when it peeks out from under a crew-neck top.
- Pair whites with darker shades such as browns and grays for a toned-down, civilized feeling.
- Most people pack too much. Avoid checking a bag if you can — that removes a lot of variables from your trip. If you need to check baggage, make sure you bring essential items for each family member in a carry-on. If your bags get lost, you don't want to be without a change of clothes, medicines, bathing suits, etc.
- Take less than you think you need. Lay out everything you plan to pack on a bed, then eliminate redundancies. Take only one pair of jeans. Make sure they're nice enough to go with a jacket, yet comfortable enough to dress down. Have a blazer or sport coat that you can wear on the plane. If you usually end up buying a T-shirt from the dive shop, or a polo from the golf shop, pack two fewer items in your bag.
- Do your research. Dress like the locals. In most countries, shorts are only worn by boys under 10 or men on a soccer field. Try to blend in.
- Leave the beret, sombrero, kafia and fez in the country in which you found them. There is always one piece of foreign clothing that you think will transition well into your everyday wardrobe. Resist the urge.

HOW TO WEAR IT BACK

There is nothing like that feeling you have during your first few days back from vacation — your mind is clear and your mood is elevated. One way to keep the vacation attitude going, advises Caribbean Joe, is by mixing vacation wear with everyday clothes.

- Use a great pair of khaki-colored, tri-clo-fiber golf or drawstring linen pants to dress up a camp shirt in a silky material or dress down a collared polo shirt.
- Layer lighter-weight pieces with vests and sweaters. A solid polo adds a splash of color when it peeks out from under a crew-neck top.
- Pair whites with darker shades such as browns and grays for a toned-down, civilized feeling.



Whether lounging together on a beach chair or relaxing at home on a comfortable leather couch, clothes can help keep that vacation spirit alive. Here a white flounce skirt and some white linen drawstring pants are paired with the darker, earthier tones of grey and brown to provide a civilized look that still offers all the comfort and style Caribbean Joe is known for.

A camp shirt is a look that works 12 months a year. These roomy shirts offer style and comfort for a range of venues whether on an island getaway, at the office or for an afternoon wedding.



A roomy patterned flounce skirt worn with a dark tank and matching chunky jewelry turns a summer skirt into a glamorous evening look.

For more information, visit www.caribbean-joe.com.

WHAT TO WEAR

Whether lounging at the shore, sipping drinks at a barbecue or stepping up your style while maintaining comfort at home, the key to looking great is in the details:

- Opt for timeless, classic shapes and the relaxed, roomy cut of camp shirts, drawstring pants, full skirts and tank tops.
- Pick soft, sensual fabrics in all linen or cotton or in one of the easy-care blends that are soft and maintain color over time. These fabrics usually improve their look and feel with wearing and washing.
- Select deeply saturated, natural colors that are easy on the eyes or clean, bright whites.
- Look for great details such as etched, authentic shell buttons and finely finished seaming.
- Choose clothes that can be laundered — not dry cleaned — such as Caribbean Joe fashions for both men and women.



REGIONAL MARKETPLACE

Page 88

Thursday, January 18, 2007

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Fitness Together takes personal training to a new level

By Kate Phillips
SPECIAL WRITER

Right now 76 million Americans are trying to lose 35 pounds to 50 pounds or more. Something like \$33 million will be spent on diet books, foods and other fitness aids.

Don't jump into one of those unrealistic programs, or send for that magic pill. After decades of dieting, the majority of Americans are still overweight.

WHAT IS GOING WRONG?

"Most people get frustrated when they don't see results," said certified personal trainer Boo Sadikot who owns Fitness Together in Novi and West Bloomfield.

"I've met people who have worked out for years in gyms and at home and have not been able to achieve the results they'd like. It's most likely because they didn't have a fitness plan that addressed their specific needs."

But whatever the drawbacks of going to the gym — long lines, lack of personal attention — Sadikot has the cure.

ONE CLIENT, ONE TRAINER, ONE GOAL

At Sadikot's two Fitness Together training studios, certified personal trainers of the highest credentials are helping clients from 8 to 80 years old get into the best shape of their lives by designing proactive, targeted, client-specific workout programs that minimize time and excuses and maximize commitment on the part of the trainer and the client.

And the results? That can be summed up in Fitness Together's motto: One client — one trainer — one goal.

With private rooms in every studio, each client can work directly with one trainer to guide them in terms of the most effective exercises to blast away trouble spots, teach proper techniques to avoid injury and motivate clients to keep working toward their goals.

BIG CHANGES

For most clients, Sadikot said, physical changes and a sense of renewed healthfulness come faster than they expected.

"It's essential to get the most effective workout without wasting time," he said. "The difference at Fitness Together is that we practice personal training in the method that it is intended — through building a rapport with clients and constantly challenging them to work harder and smarter when it comes to their appearance, not to mention their overall health."

At Fitness Together a workout plan is typically made up of four key elements.

The first element is resistance training, which helps build lean muscle tissue to help burn calories, maintain a high metabolic rate and create the firm look we all want.

The second element of a workout plan is cardiovascular training, to burn calories and get the heart pumping.

The plan is also made up of flexibility training to prevent injury and nutritional training to help clients learn to eat properly and maintain results.

COMMITMENT

Getting started has one caveat, Sadikot



Personal trainers work one-on-one with clients in private rooms at Fitness Together.

said. Each client must be completely committed to their own health and their desire for a better body.

"Personal training is not for everyone," he explained. "We work with people who are very serious about their goals."

"There is accountability here. We try very hard to keep clients on track. It's not that we don't have fun, we do. But we take health very seriously and we know that achieving a high level of fitness can be life changing for our clients."

"We want to see each person succeed."

START NOW

Fitness Together offers one free session so anyone can see what it's like and decide if it's the right option for them.

The center is open at convenient hours — Monday through Friday 6 a.m. to

9 p.m. and Saturday 6 a.m. to 2 p.m.

Getting started with Fitness Together includes an initial evaluation and a recommendation in terms of what package would be most appropriate for a potential client. Often times, the cost of training at Fitness Together is less than a gym.

But the expense, Sadikot said, is minuscule compared to the cost of poor health.

"Everything is better when you're fit and healthy," he said. "Your blood pressure is low and decreased, stress is all but eliminated, colors are brighter, food is richer."

FITNESS TOGETHER

- 47210 W. Ten Mile Road, Novi (248) 348-9230 www.ftnovi.com
- 6279 Haggerty Road, West Bloomfield (248) 668-9884 www.ftwestbloomfield.com

"When you are healthy — and proud of your appearance — life is an adventure you can't wait to start."

MAKING EXERCISE ADDICTIVE

One of the hardest things about exercising is sticking with it. If you can keep up your motivation for a couple of weeks, it will become a habit — and you'll really see and feel results. Here are six simple steps to make fitness as natural as waking in the morning and falling asleep at night:

- **Timing is everything:** Workout at a time that fits your schedule. If you plan to hit the gym after work, but often stay late at the office or have social engagements, it's going to be hard to make your workout a regular part of your week. For most people, mornings are the most realistic time. If you can get up an hour earlier for one week, you might find that exercise wakes you up and energizes you for the rest of the day.
- **Seek convenience:** Pick a place that's close to the office, so swinging by in the morning or on the way home is super easy. Before you know it, your car will practically be steering itself there.
- **Make it a "given":** If you do work out in the evenings, make sure your friends and family know that other engagements will have to wait until after your exercise time. The more you and everyone else in your life become accustomed to scheduling around your workout, the less likely you'll be to blow it off for other activities.
- **Think ahead:** Half the battle is being organized. It doesn't take much. While you're packing your lunch or laying out your clothes for work the next day, be sure to pick out clean exercise clothes, pack your gym bag, and fill up your water bottle so you can get up and go in a jiffy.
- **Talk it up:** Decide that you're going to be that person in the office or around the neighborhood who is awe-inspiring for motivation. When co-workers start noticing your weight loss, tell them that you now exercise four to five times a week. Make it a character trait, a fact of life — not just something you've been dabbling in lately. Hearing yourself describe your life in this way makes it real — and will inspire you to keep it up.
- **Become an addict:** The truth is, the feel-good chemicals released during high-intensity workouts can leave you craving exercise. If you can reach the point where you yearn for that fitness high the way someone might desire coffee, motivation will no longer be an issue.



Photos by JOHN HEIDER/Novi News

Novi's Fitness Together owner Boo Sadikot, left, and his training staff, are ready to assist clients at their Ten Mile Road location.

Our clients look good in public because they train in private.



Before workout
 200 lbs. 25% body fat
 Discomfort 10/10
 Recovered 10/10

Call today about our complimentary session!

FT
FITNESS TOGETHER
 1 Client 1 Trainer 1 Goal



Arlene lost 30 lbs!

Julie lost 20 lbs!

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