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THURSDAY, FEBRUARY 1, 2007 • WWW.NOVINNEWS.COM • VOLUME 51 • NUMBER 36 • NOVI, MICHIGAN • 50 CENTS

HEROES!



Novi police officers Steve Balog (left) and Scott Woodley revived a man Saturday at the Sports Club of Novi.

Local Cops Save Novi Resident's Life

Story Chat

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

First reported Saturday on NoviNews.com.

By David Agullar
NOVI NEWS EDITOR

When it comes to big saves, Red Wing goaltender Dominik Hasek has nothing on Steve Balog and Scott Woodley.

The on-duty Novi police officers teamed up Saturday to revive a 43-year-old Novi resident who collapsed while playing tennis at the Sports Club of Novi. For Balog, it was the second time in his professional career that he's revived a victim using a department-issued

Automatic External Defibrillator (AED).

"When we first got there I could tell he wasn't breathing," Balog said, who arrived simultaneously to Woodley, less than 90 seconds after receiving the 7:46 a.m. dispatch call. "He wasn't responsive at all."

Balog said that's when professional training and career experience took over. He and Woodley worked together, immediately cutting off the man's shirt, then utilizing the AED to assess the male victim's condition before delivering a single electric shock

See HEROES, 3A

Deal Looms for Naming Rights to City Parks

Unnamed firm interested in rights for many facilities

Story Chat

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

By Greg Migliore
NEWS STAFF WRITER

Novi's plan to sell naming rights to its parks facilities could pay off soon.

A prominent local company is considering putting its name on many of the city's parks facilities, a move that would rake in significant cash for Novi. Parks

officials won't disclose the company, saying negotiations are ongoing.

Most of the naming rights would be sold "in one fell swoop," Parks Foundation President Dave Staudt said, but

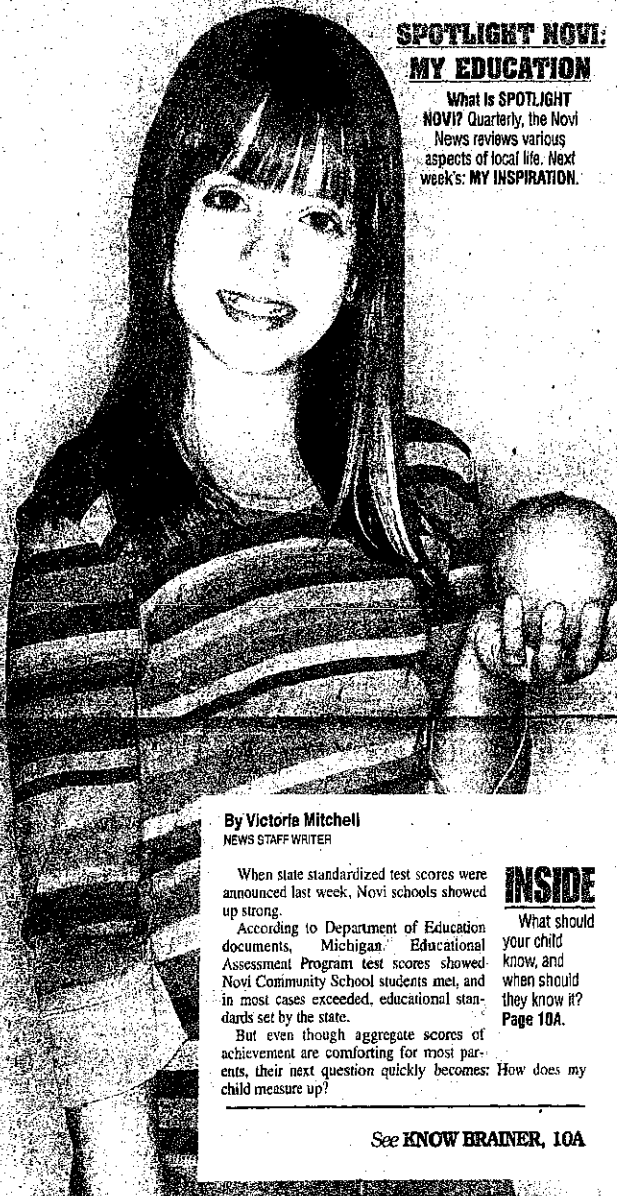
See PARKS, 2A

KNOW BRAINER

MEAP test aside, what should your child know by now?

SPOTLIGHT NOVI: MY EDUCATION

What is SPOTLIGHT NOVI? Quarterly, the Novi News reviews various aspects of local life. Next week's: MY INSPIRATION.



By Victoria Mitchell
NEWS STAFF WRITER

When state standardized test scores were announced last week, Novi schools showed up strong.

According to Department of Education documents, Michigan Educational Assessment Program test scores showed Novi Community School students met, and in most cases exceeded, educational standards set by the state.

But even though aggregate scores of achievement are comforting for most parents, their next question quickly becomes: How does my child measure up?

INSIDE

What should your child know, and when should they know it? Page 10A.

See KNOW BRAINER, 10A

NUMERICAL

- Count orally to 100 by ones
- Form upper and lower case letters

FIRST GRADE

- Add three one-digit numbers
- Use singular and plural nouns and pronouns

SECOND GRADE

- Count, write and order whole numbers
- Use common subject/verb agreement

THIRD GRADE

- Solve simple division problems with remainders
- Write the cursive alphabet

FOURTH GRADE

- Multiply and divide whole numbers
- Retell major ideas heard in messages

FIFTH GRADE

- Understand percentages as parts out of 100
- Go beyond information to draw conclusions

District DVD Promotes High School, Aims For Eighth Graders

By Fenece Gates
NEWS STAFF WRITER

Novi Public Schools Superintendent Peter Dion said the district has local bragging rights when it comes to delivering a quality high school education, and he wants everybody in Michigan to know about it — starting with the district's eighth grade class.

"We think we have one of the finest high schools in Michigan," Dion said. "We think it's important to tell our eighth grade kids and parents about the opportunities and the

DVD

What is the district trying to accomplish — and at what cost? Page 7A



Photo by JOHN HEIDERSHAW/Novi News

Novi High School principal John Lawrence hands a new district-created DVD to freshmen Mary Reid, Dylan Capelo, Sarah Letson and Emily Bank.

See DVD, 7A

NOVI WEEKEND PLANNER

FRIDAY

Come to the Novi Civic Center, 45175 W. 10 Mile Road, tonight and learn how to line dance. No partners are needed for this \$5 pay-as-you-go program. Classes are 6:30-7:30 p.m. for beginners and 7:30-9:30 p.m. for intermediate.

SATURDAY

Tonight the band X-Generation will perform 90s pop favorites at 5th Avenue Billiards, 25750 Novi Road. The band will go on at 10 p.m. and there is a \$5 cover charge. For more info, call (248) 735-4011.

SUNDAY

Attend the Healthy Lifestyle Show from 10 a.m.-4 p.m. today inside the Rock Financial Showplace, 46100 Grand River Ave.

My Novi Bulletin Board!

Novi's official events calendar. Page 16A.

Look inside for your GREEN SHEET Classifieds

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PARKS: Bring a Check, Naming Rights Up For Grabs

continued from 1A

couldn't elaborate. The program has been gathering momentum this winter, and Telcom Credit Union has signed on as the first sponsor, purchasing rights to the playground at Ella Mae Power Park. For \$7,500 spread out over three years, Telcom will get a sign bearing the company's name at the park, which sits behind the Civic Center.

"We thought it was a great way to continue to put our name out there," said Tyler Ross, marketing vice president for Novi-based Telcom. "It makes sense to do something for the community."

The deal is pending city council approval. "We're pleased with Telcom and their participation," Staudt said. "However, city council has final say and that vote will happen Monday as part of the consent agenda."

For sale: 'Everything'

The program is trying to sell naming rights to Novi's sports fields, shelters, playgrounds, rooms at city hall and other facilities to provide another source of revenue for the city's parks amid tough economic times.

"We're going to offer everything," Staudt said. Park officials are keeping the program's potential donors close to the vest, but said it's attracting interest among local businesses. ITC Holdings Corp., which is

At a Glance:

Novi Parks and Recreation

Acreage: 894 Locations: 7
Special event attendance: 9,250
Prominent sites:
Lakeshore Park (383 acres)
Community Sports Park (73 acres)
Ella Mae Power Park (70 acres)



SOURCE: City of Novi

planning to build a new headquarters in Novi, could look to sponsor a facility, spokeswoman Lisa Aragon said.

"We certainly see this as a worthwhile initiative for the community," she said. The goal is to generate \$100,000 per year, said Jay Dooley, a Parks Foundation member who's leading the program. Prices for major items range from \$2,500 for a small playground to \$15,000 for the beach area at Lakeshore Park.

Currently, parks officials are trying to sell rights to big-ticket items, like sports fields, which

have high visibility and could fetch as much as \$10,000 annually, said Parks, Recreation and Forestry Director Randy Auler. "It's certainly more difficult now with the economy what it is, but we're still finding there's a lot of interest," he said.

Auler said the city also looked at similar programs used by San Diego and Wheeling, W. Va., for ideas. Greg Migliore is a staff writer for the Novi News. He can be reached at (248) 349-1700, ext. 103 or gmigliore@gannett.com.



Photo by JOHN HEIDER/Novi News

Telcom Credit Union employees Cindy Tschirhart, left, and Tyler Ross stand at Ella Mae Power Park, for which Telcom recently purchased the naming rights.

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Chevrolet Specials!

2007 CHEVY IMPALA LT STK. #6510X \$9135* mo.	2007 TAHOE LT 4x4 STK. #16663X \$35555* mo.	2007 CHEVY TRAILBLAZER LS STK. #16939 \$15510* mo.	2007 CHEVY SILVERADO EXT CAB 4x4 STK. #16481 \$18425* mo.
2007 CHEVY TRAILBLAZER 4x4 MSRP \$30,220 Champion Rebate -\$5,500 Champion Savings -\$4,000 Now! \$20,720	2006 CHEVY IMPALA LT MSRP \$23,450 Champion Rebate -\$4,500 Champion Savings -\$2,500 Now! \$16,450	2006 CHEVY MALIBU MAXX MSRP \$22,090 Champion Rebate -\$3,850 Champion Savings -\$2,250 Now! \$15,980	2007 CHEVY MALIBU MSRP \$21,790 Champion Rebate -\$3,000 Champion Savings -\$2,270 Now! \$16,520

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A bumpy ride!



Yummy!

Maria's Bakery employee Megan Bumgarner shows off the Novi store's famous "Bumpy Cake." The 10 Mile and Meadowbrook Road bakery and deli is celebrating 20 years of making the famous chocolate and butter cream concoction. Often a holiday favorite, limited cakes are available in store or are available made-to-order.

HEROES: Two Novi Cops Save Local Man's Life

continued from 1A

to restart his failing heart. "Three cycles of CPR later, he had a pulse again," Balog said, adding Novi Fire Department and EMS units then arrived and transported the man to Botsford General Hospital in Farmington. Police officials said Tuesday that the victim remains in stable condition.

For Balog, it was the second time in his career that he's saved a victim's life using the AED unit. In June, 2002, he revived a man following a Novi car accident. "Every year, on June 23rd, he calls me and thanks me," Balog said.

"Those are the things you do in a career that really make a difference," he said. "If my career ended today, it would be a gratifying career."

Deputy Chief of Police Tom Lindberg said Balog and Woodley combined for a textbook save. "I am extremely excited and proud," Lindberg said. "Not only the fact that we were not only able to respond in such a timely manner—in less time than it took employees to retrieve their own AED unit—but that both officers knew exactly what to do."

"If you just look at this call, start to finish, this is how it's supposed to be done."

Deputy Chief of Police Tom Lindberg
City of Novi

ABCs of AEDs

According to City of Novi officials, research indicates that for every minute that passes, the chance for survival of a cardiac incident decreases by 7 to 10 percent. Such statistics, city officials contend, underscore the necessity of portable Automatic External Defibrillators (AED).

"AEDs are proven to save lives and we have an excellent means of rapidly delivering that service to people in need by using police officers on patrol in our neighborhoods," Novi Police Chief David Molloy said in a prepared statement.

"Equipping officers with AEDs and having them respond to calls of potential cardiac arrest gives strength to our commitment to providing the best possible emergency service to the citizens of Novi. This program greatly enhances the chance of survival."

"I commend officers Balog and Woodley for their life-saving efforts and quick response to ensure the health and safety of this gentleman."

Steve Balog
Police Officer, City of Novi

"If you just look at this call, start to finish, this is how it's supposed to be done."

Deputy Chief of Police Tom Lindberg
City of Novi

Be prepared

Lindberg said every on-duty Novi police officer is issued a portable AED prior to beginning an official shift. He said 14 units are available to Novi officers. Two additional units reside within the department and another is deployed at city hall. Lindberg said department preparedness relies the statistical use of the portable units. He said most offi-

cers will never use one during their career. To use one successfully, he said, is a career-defining moment.

"It's one thing to catch a guy who's broken into a house," Lindberg said. "But it doesn't even compare to saving someone's life."

David Aguilar is the Novi News editor. He can be reached at (248) 349-1700, ext. 102, or by e-mail at daguilar@gannett.com.

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ON CAMPUS

Valparaiso University

Karen Janik of Novi will be performing with the premier auditioned symphonic band...

Ferris State University

Charwanda Awazaka of Novi has been named to the Dean's List at Ferris State University...

Central Michigan University

The following students from Novi have been named to the Dean's List for the fall 2006 semester...

Galbe, Ashley Guzdecki, Chelsea Hall, Erin Haynes, Jozset Krupack, April Lacus, Jennifer McKenna, Jessica Rulko, Marie Ruhf, Eric Schuderer, Laura Shavoski, Chad Thurman, Steven Welling and Kara Yodach...

Madonna University

The following students from Novi have been named to the Dean's List: Malgorzata Barbas, Jacqueline Brown, Sally Bean, Kristina Bilowas, Doreen Blazot, Amelia Bukhardt, Lesley Cutwright, Branaa Cummings, Proreavny, Casey Conimus, Christine Diatz, Dina D'Ambrosio, Kristin DeMaratiano, Audrey Edwards, Allan Finney, Tom Gironi, Kimberly Habibi, Jason Hall, Kendall Hubbard, Amy Hurlins, Miami Ito, Brittany Johnson, Kaitoko, Kuntima, Angela Madias, Theresa Mersch, Krystal Mignit, Rebecca Neuman, Amy Pond, Stephanie Robinson, James Scheut, Ami Setzer, Christine Skowberds, Patricia Snaak, Alyssa Warner, Janice Wesley, and Bridget Yanke.

OBITUARIES

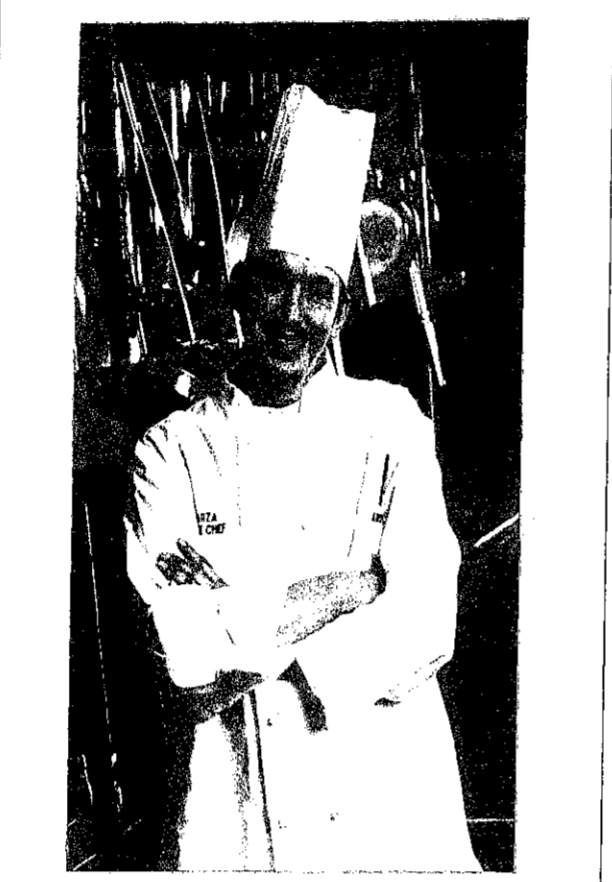
EVELYN G. KLOCKE-WHITE

Age 78 of Northville/Novi, passed away peacefully on January 29, 2007. Visitation will be held Thursday, February 1, 2007 from 10:00-12:00 pm with the funeral service at 12:00 pm at the funeral home...

OBITUARY POLICY: The first section of an obituary is published free of charge. After that, there is a charge of \$15 per line per publication in Thursday's issue only.

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DVD Markets High School

Novi eighth graders targeted for district marketing effort

By Renee Gates NEWS STAFF WRITER

If a picture tells a thousand words, then how many will an eight-minute promotional DVD tell you?

The Novi Public School district hopes their new marketing tool, aimed directly at the district's eighth graders, will not only tell them, but also sell them on all the opportunities available at Novi High School...

"Novi High School — The freshman experience" is divided into four brief segments. The best part of being a student at Novi High School, how Novi High School compares with other high schools...

In each segment high school students, teachers, administrators and alumni respond to the statements.

"It lets freshmen know what they have to look forward to and it also shows the diversity of our school system," Dion said.

"It relieves some of that uncertainty about what high school is like," said Monique Beals, Novi Public Schools assistant superintendent for academics.

"We had to make it exciting and fast paced for the kids. The kids are going to see it and say, 'Man, I want to go there.'"

A letter signed by high school principal John Lawrence and superintendent Dion accompanied the DVD mailed to eighth-grade families last week.

DVD Facts and Figures: Number of Discs Printed: 500. Mailed to: Novi Middle School eighth graders. Cost to the District: \$11,120 (estimate). Where's my DVD? If you are an eighth-grade student and did not receive a copy of Novi High School...

"It lets freshmen know what they have to look forward to and it also shows the diversity of our school system."

Peter Dion Superintendent, Novi Public Schools

"Other school districts do things but I think because of where we are we want to get something up right away with the eighth grade," Dion said.

Renee Gates is a staff writer for the Novi News. She can be reached at (248) 349-1700, ext. 108 or by e-mail at rrgates@gannett.com.

DVD: To Shore Up Student Retention, District Aims for Eighth Grade Recruitment

continued from 1A

education that we offer at our high school.

"Parents have choices on where to send their kids... and we want to make sure they know what our district has to offer."

Novi High School principal John Lawrence said the disc also promotes the district has to offer through its high school curriculum.

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Letting tool, Dion said, for both experience and recruitment, one he believes will give the district an advantage over traditional methods.

"We offer open houses and we'll offer eighth grade parent information right here in the next couple of weeks, but that doesn't guarantee they'll come over to (see) the high school," Dion said.

But (with) this," he said, pointing to the disc, "now it's in their house and whether they are thinking about another school or not, now they'll put it in the TV and check it out."

The whole purpose of our transition program is to ensure student success. We're very concerned about our freshmen transitioning properly to the high school. It's a big jump, lots of anxiety, fear and concern," Lawrence said.

"It's our anticipation that by seeing the DVD, students will be able to view all academic and extra-curricular activities Novi High School has to offer. It will help them see there is a place for them and that can make their high school experience more meaningful," he said.

Parent is no stranger to the special education program at the high school. All of her children have disabilities and all of them went through Novi Public Schools.

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"Even if I change two kids' minds to stay here or (the DVD) got into somebody's hands and they saw it and they moved into Novi, it's well worth (the cost)."

Peter Dion Superintendent, Novi Public Schools

they anticipate one more invoice from the company for as much as \$3,720 which, could place the total DVD cost to \$11,120.

"Whatever the cost, we have to think about revenue. We've got to think about every kid that comes through our doors, about the \$8,695," he said, referring to the per pupil allowance given to the district from the state.

"Even if I change two kids' minds to stay here or (the DVD) got into somebody's hands and they saw it and they moved into Novi, it's well worth (the cost)."

The district's next move is to make an extended version that will showcase the best that Novi Public Schools has to offer from K-12.

That DVD will be marketed to family's relocating to the community from throughout the state and the country. It will also be accessible

from the district's Web site. "This is a very professional, transient area. There are white-collar workers that move in and move out," Dion said.

These kinds of people go shopping for schools through the company they work with or they look at a relocation guide and they have a company help them find a school district.

"I want them to take that disc and say here is the school system in the city, because they are going to be relocating from other parts of Michigan and other parts of the country. If we don't do something like that how are they going to know about Novi?"

Renee Gates is a news writer for the Novi News. She can be reached at (248) 349-1700, ext. 108 or by e-mail at rrgates@gannett.com.

BIRTHS



Charlotte Julianne McGuire: Andy and Christina McGuire of Novi proudly announce the birth of their daughter, Charlotte Julianne McGuire on November 26, 2006. She weighed 8 pounds, 3 ounces and was 20 1/2 inches long.

Joe's Produce advertisement featuring various produce items and prices. Items include Jumbo Ripe and Sweet Cantalopes, Washington Crisp & Sweet Red Delicious Apples, Jumbo Crisp and Sweet Blueberries, Farmer's Best Mild & Sweet Red Peppers, Joe's Mexicali Dip, Brewster Premium Swiss Cheese, Joe's Spinach Dip, Joe's Ranch Dill Dip, Italian Fontina Cheese, Joe's Ham Salad, Super Specials Chuck & Dave's Salsa, Edys Fruit Bars, Kettle Krinkle Chips, and Byrd's Choice Meats.

South Lyon Theater advertisement for the play 'Arthur and the Invisibles' starting Feb 2, 7pm. Features free estimates and live music on Wed-Sat.

Instant Cash Advance advertisement offering up to \$600 cash advance. Includes contact information for www.ic44.com.

Dermatology advertisement for Louis C. Chiara, M.D. with locations in Novi and Millford.

A Gold Mine in Bedroom Drawers advertisement for ScrapGold.com, offering gold buy-back services.

No Wait For Appointments advertisement for a medical service, highlighting friendly atmosphere and clinical instructor background.

Tax Problems? advertisement offering tax resolution services and a free consultation.

Tax Resolution Specialists advertisement for tax resolution services.



The Cancer AnswerLine is for anyone with questions about cancer. Amy needed information on treatment options when her niece, Suzie, was diagnosed with leukemia.

University of Michigan Comprehensive Cancer Center. 1-800-865-1125 mcancer.org

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WINTERGUARD

Sport of the arts restored at Novi High School

By Renee Gales
NEWS STAFF WRITER

Kaitlyn Hinman started in Winterguard her freshman year at Novi High School. Four years later, a freshman at Michigan State University studying journalism, Hinman is still performing in it only now at the college level.

"I loved it so much I didn't want to stop. That's why I'm still doing it," she said. Winterguard is a little difficult to define. It isn't really a sport, though it involves twirling flags, rifles and sabres on a gymnasium floor. It isn't really an art, though it involves dancing, staging, themes and theatrics. It is often referred to as the "Sport of the Arts."

That's what students and parents in Novi High School's Winterguard think, too. Sport. Art. And they credit coach Betsy Richards for the program.

Winterguard Defined

There really is a technical definition for the Winterguard, kind of. It takes Richards to describe it.

"It's a mixture of theatre, dance and the regular old color guard," she said. "It's a winter activity. We perform on the floor in the gym and we go to competitions on the weekend. The Michigan Color Guard Council (MCGC) is our local competitive circuit."



The Novi High School Winterguard runs through a routine last Saturday before a performance in Plymouth.



The Novi High School Winterguard practices.

Post Coach Richards

Novi's team is now 30 girls strong and a Winterguard force. The maximum number of girls MCGC will allow on the gym floor during competition is 30. Richards divided the group into two teams: one by audition only, Novi White; and the other five girls new to the sport art and still learning the routine, Novi Green. Richards brought in two coaches for the Green team, Angi Szalai and Karen Sawaya. Novi Winterguard placed third in the state



The Novi High School Winterguard team.

■ See Novi's Winterguard in action
What: Winterguard Competition
When: Saturday Feb 3
Where: Novi Middle School - 49000 11 Mile Rd
Time: 5:30pm, Cost \$5

"I loved it so much I didn't want to stop. That's why I'm still doing it."

Kaitlyn Hinman
Former Winterguard Member

competition last year, achieving a bronze in the AA classification. "It has really taken off," said Novi High School principal John Lawrence. "I think you can attribute the growth of this group and other similar groups in the high school to meeting the needs of the students."

The parents couldn't be happier of both, the success of their daughters team and their praise of Richards.

"She is a phenomenal coach," said Parent Nancy Ludwick. "What I appreciate about her most is she is not just concerned about winning, but in the girls; who they are, their character, their whole development as young people."

Renee Gales is a staff writer for the Novi News. She can be reached at (248) 349-1700, ext. 108 or by e-mail at rgales@gannett.com.

ONLY IN MY NOVI NEWS! My COMMUNITY

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'THE WORLD PASSES THROUGH NOVI'

State of the City: Poised for Growth

■ Landry touts Michigan's economic might during annual speech

By Greg Migliore
NEWS STAFF WRITER

Novi's emerging status as the capital of suburban growth headlined Mayor David Landry's second State of the City address last Thursday at the Rock Financial Showplace.

Landry focused on the city's burgeoning economic might, but was passionate about basic services he said are crucial to everyday life. The coming years, he said, are watershed moments for Novi to position itself among the area's more vibrant communities.

"The world passes through Novi — this opportunity must be harnessed," the 52-year-old mayor said.

Landry noted the city's accomplishments in the past year in making his case that under his watch Novi has been insulated from the economic pressures that have weighed down much of the rest of Michigan.

He ticked off recent developments, including new headquarters for ITC Holdings Corp. and Ryder System Inc., as well as redevelopment at the city's troubled Fountain Walk shopping center.

"We've created jobs and opportunity," he told a crowded luncheon audience of city leaders, businesses and residents.

Landry also touted the city's financial strength, noting its state equalized value is \$3.8 billion — better than 60 of 83 counties in Michigan. The city's bond ratings also remain investment grade.

"While other cities shrink, there is major development in Novi," Landry said.

Services still top priority

Though he was quick to high-

"Development does not give up on Novi, and Novi does not give up on development."

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

light Novi's economic prowess. Landry said core services remain key to maintaining the quality of life in the city. As expected, he pointed to his "Big Three" issues: roads, public safety and water and sewers.

Landry said the city spent \$1.2 million on road projects last year and said future construction plans such as rebuilding the crumbling Beek Road are in the works.

Public safety was also bolstered last year, Landry said, by the addition of a new fire chief, Frank A. Smith, and the training of 42 new Community Emergency Response Team volunteers. The new program is a pre-project of public safety officials and trainees citizens how to respond in the event of a disaster to supplement police and fire crews.

Water and sewers also got \$7 million in city cash for projects in 2006, Landry noted.

Basic services were the key element of the address for long-time resident Kathy Mutch. "That's really the bottom line," said Mutch, who also was pleased Landry voiced his support for a new library.



Novi Mayor David Landry talks with Tamotsu Shirota, the Consul General of Japan in Detroit, during last week's State of the City address.



State of the City attendees gathered last Thursday at the Rock Financial Showplace.

'STATE' REACTION

"The state of the city was wonderful. It was a beautiful speech."
— Jean Schroeder, Novi Resident

"I think Mayor Landry is making great improvements for the new year. I'm excited because I'm young, and this is the place I'll be living in the future. And for him to address the major issues was extremely informative and exciting."
— Kaitlyn Gardner, Novi High School Senior

"I thought it was a good speech... it accurately reflected the optimism of the residents and businesses. Novi is definitely one of the state's premier communities."
— Cynthia Grubbs, Novi resident and Novi Development Council member

"Overall, very uplifting, considering the state of the Michigan economy... I would have liked to hear more about the library expansion."
— Linda Daly, 10-year Novi resident and Telcom Credit Union Employee

"Residents, employees and businesses define the state of the city."

My CLASS NOTES

2007 Novi Board of Education Election

Three seats will be available for the May 8 board of education election. Potential candidates must file a "School Board Candidate-Affidavit of Identity and Receipt Form" with the Oakland County Election Division located at 1200 N. Telegraph in Pontiac, no later than 4 p.m., Tuesday, Feb. 13. When filing the form, candidates also have the choice of paying a nonrefundable \$100 filing fee in lieu of petitions. Once filed, the deadline for withdrawal is 4 p.m. Friday, Feb. 16.

The seats consist of two four-year terms beginning July 1, 2007 and expiring June 30, 2011; and one 2-year term beginning July 1, 2007 and expiring June 30, 2009.

Nomination petitions and other election materials are available at the Novi City Clerk's office, 45175 W. 10 Mile Rd. If you have any questions regarding the election or procedures, please call Maryanne Cornelius, Novi City Clerk, at (248) 347-0456.

Student Community Service Awards

The Optimist Club of Northville/Novi is offering \$500 awards to area youth through its 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, 2007. The applications and essays should be sent to: OCNV-(CSA), 143 Cady Center No. 76, Northville, MI 48167.

College Night

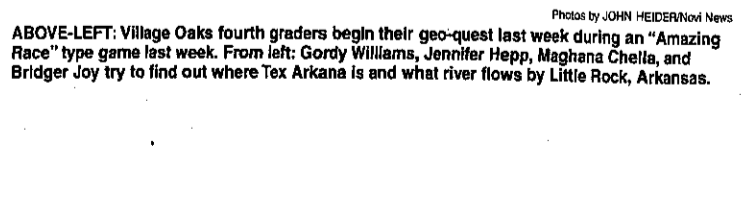
Eight graders and their parents can get prepared for college by attending "Middle School College Night" at Schoolcraft College, 4-7 p.m., Tuesday, Feb 6, in the DiPonio Room of the VisiTech Center. Students and parents can visit the exhibits of Schoolcraft College, Cleary University, College for Creative Studies, Lawrence Technological University, Madonna University, Central Michigan University, Eastern Michigan University, Michigan State University, Saginaw Valley State University, University of Michigan, Wayne State University and Western Michigan University.

For more information contact Schoolcraft Admissions Office at (734) 462-4426 or e-mail admissions@schoolcraft.edu.

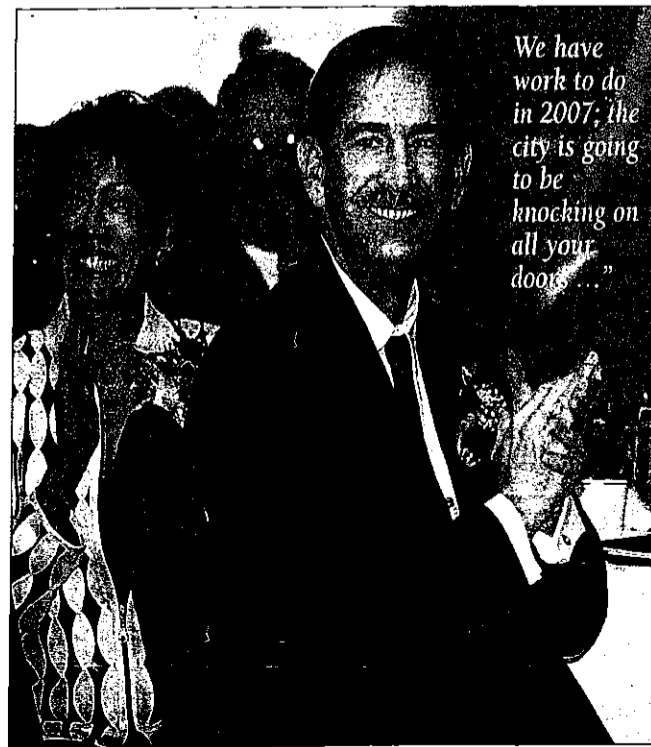
And they're off!



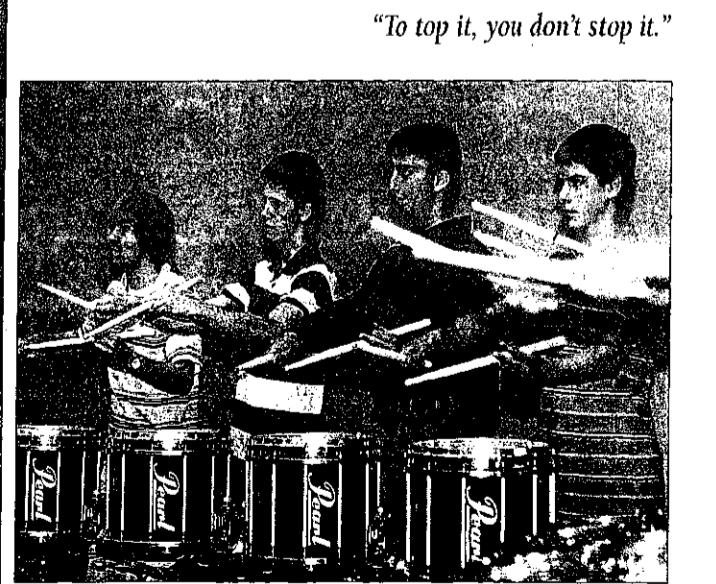
ABOVE-LEFT: Village Oaks fourth graders begin their geo-quest last week during an "Amazing Race" type game last week. From left: Gordy Williams, Jennifer Hepp, Maghana Chella, and Bridger Joy try to find out where Tex Arkansas is and what river flows by Little Rock, Arkansas.



ABOVE-RIGHT: Media specialist Sue Ruddy waves a starter flag last Friday as Village Oaks students begin a geography contest.



Novi Mayor David Landry applauds the efforts of the Novi High School drumline during last week's State of the City address at the Rock Financial Showplace.



The Novi High School drumline performs during last Thursday's State of the City ceremony at the Rock Financial Showplace.

Photos by John Heider/Novi News

SPOTLIGHT NOVI: MY EDUCATION

STORY CHAT: WHAT DO YOU THINK? TELL US AT WWW.NOVI-NEWS.COM

KNOW BRAINER: MEAP aside, what should your child know by now?

continued from 1A

State Superintendent of Public Instruction Mike Mangano answers that question with "Grade Level Content Expectations" benchmarks developed to outline for parents and educators what kindergarten through eighth-grade students should know by the end of the year.

The expectations also referred to by area parents as "What every child should know by grade" offer specific guidelines, such as: By the end of the school year fourth graders should be able to tell, using their own words, information and details from fiction and non-fiction and draw four-digit numbers by one, their number, and 10.

Orchard Hills Elementary School Principal Paul LePae said the expectations play a large role in his school's curriculum.

"They are a basis for our planning as far as what we would use to instruct at grade level," he said.

LePae said the state-defined learning expectations serve as the base for determining students moving ahead on a behind of grade-level schedules.

"That is when we individually alter the instruction as far as we can," he said.

GLCE

Want to see the entire list of Michigan Department of Education Grade Level Content Expectations by grade? Log onto www.michigan.gov/meap and click on the "GLCE" link in the Curriculum and Standards category.

are the reason MEAP scores were higher throughout the state.

He said more rigorous "Grade Level Content Expectations" were adopted by many districts two years ago, resulting in higher standardized test scores.

Marin Akeley, Michigan Department of Education director of communications, said the grade-level expectations provide teachers and students with detail and focus on the skills students should know at the end of each grade.

He said the expectations were designed to bring a more consistent curriculum across the state for each grade, K-8.

LePae supports the guidelines.

"I think it has definitely helped us focus and has helped us with our students," he said.

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

MEAP success

Hannigan said Grade Level Content Expectations



Orchard Hills Elementary students prepare to head out-doors after morning classes.

Charley's Kids Eat Free Thursday & Saturday. 38703 7 Mile Road • 734.838.6601

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CHURCH DIRECTORY. ST. PAUL'S LUTHERAN MISSOURI SYNOD. WARD EVANGELICAL PRESBYTERIAN CHURCH. FIRST CHURCH OF THE NAZARENE.

GREAT LAKES DERMATOLOGY. MICHAEL R. COHEN, D.O. Board Certified Dermatologist. Specializing in Diseases of the Skin, Hair & Nails.

Sciatica? Suburban Detroit - A new free report has recently been released that reveals an amazing new medical breakthrough that has proven 86% successful treating debilitating back pain.

BENZIE COUNTY Northern Michigan Preserved. Join us for a getaway weekend or longer stay in cozy accommodations.

What should my child know? For a complete list, visit novinews.com.

- Kindergarten
Math
• Rotate familiar three-dimensional objects to their geometric name
• Count objects using one number for each item
• Count objects using fingers and or objects

"They are a basis for our planning as far as what we would use for instruction at grade levels."

Paul LePae Principal, Orchard Hills Elementary School

SPOTLIGHT NOVI: MY EDUCATION

STORY CHAT: WHAT DO YOU THINK? TELL US AT WWW.NOVI-NEWS.COM

Educators: How to improve the MEAP

Commitment, follow-through key to ensuring children's education success

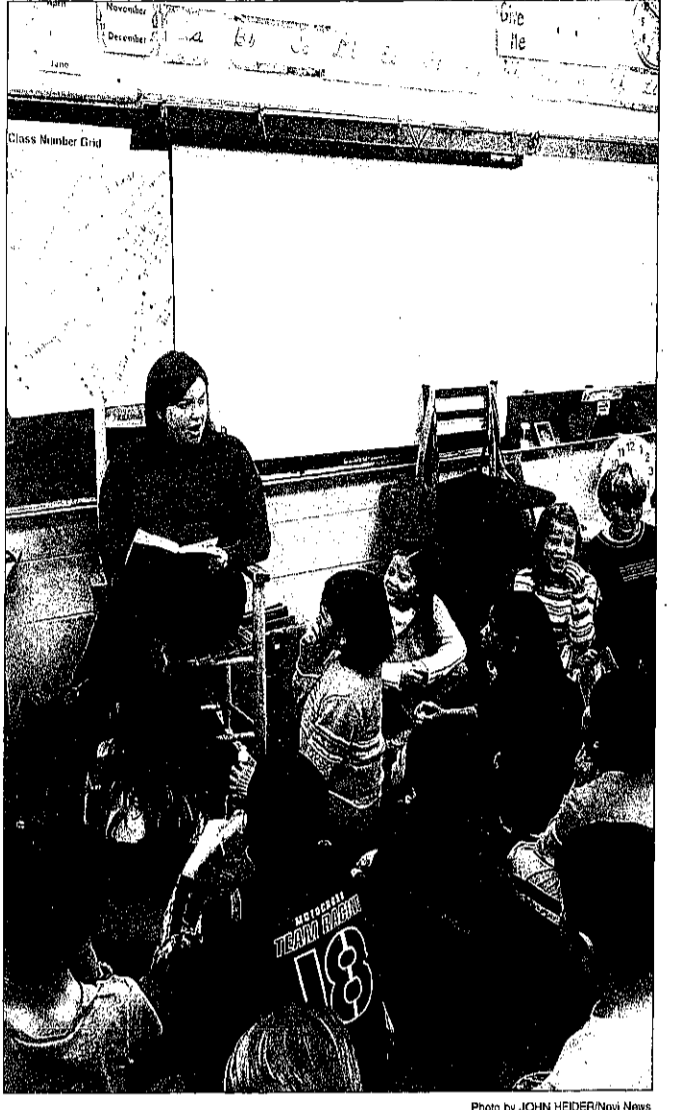
Extra Credit Follow these simple "STUDY" rules: S: Stay on top of your child's study schedule. Be aware of assignments and whether your student is using time effectively to tackle homework.

Monitoring their child's classroom performance, listening to them read every night and giving them learning activities to work on during the summer are a few ways parents can improve or maintain their children's MEAP scores, said local educators.

Team with your child, the teacher, and counselor. Work together to develop a meaningful contract that clearly outlines expectations and sets desired goals.

Test results at the Michigan Education Web site show 10 percent of Novi students in grades 3-5 are not performing to the Michigan level standards.

You are your child's greatest advocate. Be a partner to help your student achieve his or her highest academic potential.



Students listen to Orchard Hills third grade teacher Melissa Israel as she reads a book to them.

For Novi MEAP scores, see PAGE 18A

Richard Njus Principal, Deerfield Elementary School

Hey...Novi It's Time to Pick Your PEOPLE'S CHOICE AWARDS. We Need Your Input On The Best Places To Shop...Best Places To Eat...Best Place For Great Service. This is NOT scientific! It's a fun, readers poll. Join in on the Balloting!

My Web Page — ONLY IN MY NOVI NEWS! —

Welcome, to NoviNews.com

Y ou may have heard the Internet is pretty hot. From Google to WebMD, there are few holdouts. Still, nothing beats a well-managed forum, where people gather and share thoughts, advice, real-time images and a cyber shoulder to cry on.

Blogging, chatting and forums are all Internet terms for coming together. And that's exactly what we're now offering at NoviNews.com.



Victoria Mitchell
NEWS STAFF WRITER

and I hope you will all come along for the ride.

To make things easier, I've developed a Web guide below so you know the theme of the day. To the side, are instructions for sending in photos.

And to chat, don't forget to hit the story chat icon on our Web page.

Try it today. Just look for the "story chat" icon appearing in this column, and part of every NoviNews.com Web story.

Just click, and tell me what you think. Let's get connected. Novi - The way a vibrant, fast-paced community should be. See you online.

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

My Novi News Web Week!

OK, Novi, it's time to show off. We want to see you in action. Send us photos of you at work (or in your Novi workplace), your baby, your home project and your big, or small, Friday night out. Just use the Web address listed under each photo. We will choose the best photos, place them on our Web site, NoviNews.com, then publish them in our paper. Check out the Web guide below to see what day theme-based photos will appear. Let's see how much fun you're having in Novi!



Monday: My Novi Work Week!
Workplace tales. Send workpics to: mywork-week@novinews.com.



Friday: My Friday Night!
Everything from etiquette to entertainment. Send pics from your Friday night to myfridaynight.com

Tuesday: My Novi Baby!
Parenting and children stories. Send one baby picture to mybaby@novinews.com

Hey Novi! Let's Talk About It -- In Story Chat!

Any Web Story, Anytime! Just click novinews.com!

"I completely agree with City Council on this issue, no question. They made the right decision."

"No way! This time our elected public officials really let us down. I won't forget this come election time."



Saturday: My Home Project!
Stories about home projects you can tackle yourself. Send pics to myhome-project@novinews.com

NoviNews.com it's all about me!

MY Novi News Web Updates	MY Novi News Web Week	MY Novi News Web Extras
Monday My Novi Work Week	Monday My Novi News Web Week	Blogs
Tuesday My Novi Baby	Tuesday My Novi News Web Week	Chats
Wednesday My Novi News Preview	Wednesday My Novi News Web Week	Guest Columns
Thursday My Novi News	Thursday My Novi News Web Week	Reviews
Friday My Novi Friday Night	Friday My Novi News Web Week	Photo Galleries
Saturday My Novi Home Project	Saturday My Novi News Web Week	
Sunday My Novi Religion	Sunday My Novi News Web Week	



My Good Health — ONLY IN MY NOVI NEWS! —

Confront your body

Losing weight isn't as easy as you think

By Tracy Mishler
NEWS SPECIAL WRITER

Bita Gabriel didn't recognize her weight problem until realizing she had 115 extra pounds under her belt.

The 65-year-old Novi resident said she's struggled with her weight for years. And she said her biggest struggle is emotional eating.

"I've had my ups and downs, and I don't like being overweight," Gabriel said. "I'm an eater when things upset me. Now I want to be down."

"I like food. We wouldn't be heavy if we didn't enjoy the foods we eat."

Like Gabriel, many people struggle with being overweight. About 64 percent of American adults are overweight or obese according to the American Diabetes Association, and Blue Cross Blue Shield recently reported that being overweight or obese—and the associated health problems—costs Americans more than \$100 billion in health care expenses each year.

The reason: lack of exercise and poor eating habits, said Dr. Michael Montico, of Providence Family and Athletics Medicine of Novi, Milford and Farmington Hills.

Montico said what many people don't know is diet and exercise are the center to living a healthy lifestyle.

"One of the most common misconceptions is that people think if they eat less they'll lose weight," he said. "While that may seem logical, often it can be more complicated."

"We need to think about the number of times we eat, what we eat and especially understand how the things we eat affect our metabolic rate."

Who's at fault?

Deloris Roman said it bolsters her that people are judged by their size.

"It really bothers me that a size 12 or 14 is a large size," said Roman, of Novi. "Let's face it, I think the majority of people are well over a 12 or 14. Too much emphasis is put on being skinny."

Roman said she's had a never-ending battle with weight gain.

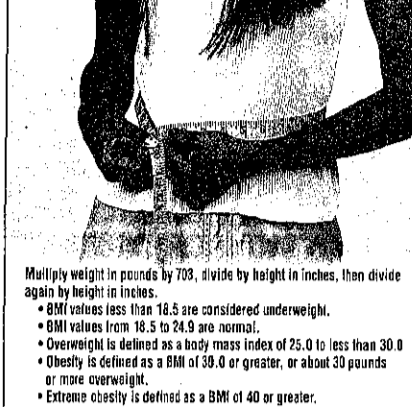
"I loved sweets," she said. "But I had to cut them out. I know that if I have one cookie, I'll have six."

Roman, along with many Novi residents, belongs to TOPS - "Taking Off The Pounds Sensibly" - a group that meets weekly at the Novi Senior Center and acts as a support group for overweight individuals.

As a member for two years, Roman said TOPS is the reason she's been able to lose weight, though she has 30 pounds to go.

"TOPS is a good support group," she said. "I was on Weight Watchers for a number of years. It

Discovering your BMI (Body Mass Index)



Multiply weight in pounds by 703, divide by height in inches, then divide again by height in inches.

- BMI values less than 18.5 are considered underweight.
- BMI values from 18.5 to 24.9 are normal.
- Overweight is defined as a BMI of 25.0 or greater, or about 20 pounds or more overweight.
- Extreme obesity is defined as a BMI of 40 or greater.

SOURCES: American Heart Association, www.americanheart.org

"One of the most common misconceptions is that people think if they eat less they'll lose weight."

Dr. Michael Montico
Providence Family and Athletics Medicine of Novi, Milford and Farmington Hills

wasn't for me.

"With TOPS, we celebrate our successes and commiserate our failures. We offer support to each other."

When dining, whether you're trying to lose a few pounds or a significant amount of weight, Montico said support groups are good, but people should stay away from fad diets.

"I highly encourage people to avoid the fad diet," he said. "They are not successful and more have proven to work on a long-term basis."

"What works is comprehensive nutrition and exercise plans. There are no quick fixes."

Listen up

Rebecca Boyke, president of TOPS in Novi, said her best advice is to join a support group.

"Everyone is an individual. Some need it as a social outlet and some need it to find out what they (should) do."

"For us, TOPS is a place where people come together, all with the same problem, and talk about their weight."

Roman said though she hasn't reached her ideal weight, anyone trying to lose weight should not get discouraged.

"It didn't take three weeks to get the weight on, so don't expect it to come off real quick either," she said. "There will be fluctuations. Don't be down on yourself. Keeping it off is the hardest part."



Novi resident Michelle Kolkler researched weight loss options before deciding on Bariatric surgery at Henry Ford Hospital.

Novi resident Michelle Kolkler lost 140 pounds after having Bariatric weight loss surgery in May 2006.

Life after Bariatric surgery

By Tracy Mishler
NEWS STAFF WRITER

Michelle Kolkler wanted to live a normal life.

And after losing 140 pounds, the 29-year-old Novi resident can finally do many things that she couldn't do before, like heading over to her shoes or sitting comfortably in a booth at a restaurant.

Kolkler said she had tried everything, but losing weight at 358 pounds was almost impossible.

"It wasn't until she researched Bariatric surgery that her life flipped upside-down."

"The deciding factor was that I'm of childbearing age," Kolkler said. "My doctor told me getting pregnant would not be safe or healthy in my condition."

Kolkler had surgery in May 2006 at Henry Ford Hospital and said, "It wasn't an easy solution or choice," she said. "And what I'm afraid of now is the fear of reverting back to bad habits."

"It's that fear that keeps you from going back to your bad habits. Knowing the difference between before and now will keep me from going back to what I was."

Kolkler said she is expected to lose about 70 percent of excess weight.

"I wanted to lose about 200 pounds," she said. "I've lost 140 and I'm about 60 away from where I think I should be."

Though bariatric surgery helped Kolkler, it's not for everyone.

Dr. Michael Montico, of Providence Family and Athletics Medicine of Novi, Milford and Farmington Hills, said there are no quick fixes.

"Bypass is without question an effective procedure," Montico said. "But it should be used only as a last resort."

Kolkler said since surgery she has joined a gym and is learning the proper habits and exercises to stay healthy.

"My advice for anyone thinking about surgery is to consider all of the options," she said. "My recommendation is to look into it and give it serious thought. It's a personal decision and completely life changing."

Heart health

Cardiologists issue guidelines for stent use

By Amanda Gardner
GANNETT NEWS SERVICE

In December, a U.S. Food and Drug Administration advisory panel recommended that drug-eluting stents stay on the market but with updated labeling and additional research.

An estimated 6 million people worldwide have received drug-eluting stents, 3 million of them in the United States.

"One of the harsh realities is that we find ourselves in a moment in time where we have raced ahead with technology and applied it broadly to many patient types in the absence of good data and probably with good intent," said Dr. Kirk Garratt, clinical director of interventional cardiovascular research at Lenox Hill Hospital in New York City and a member of the board of trustees of SCAI. "But we're probably learning that at least in some of the patients, we need to be circumspect before putting in a drug-eluting stent."

The new alert is directed to interventional cardiologists and gives advice on how to evaluate and reduce the risk of late stent thrombosis - blood clots after stent placement.

Among the recommendations:

- Before inserting a stent, doctors should make sure that patients meet the accepted criteria as defined by the American College of Cardiology, the American Heart Association and the SCAI.
- "We need to make sure we're doing everything appropriately, make sure there was a real indication for the stents in the first place," Hodgson said. "Our stent rate is among the highest, if not the highest, in the world. We may be overzealous, so we need to go back

and make sure (about) the criteria and indications.

- Deciding whether a patient receives a drug-eluting stent or a bare metal stent should be made on an individual basis.
- "We need to very carefully consider the pros and cons of different strategies to make sure we're doing whatever is best for the patient," Hodgson said.
- Physicians need to be diligent about implantation techniques, Hodgson emphasized.
- Patients should take dual anti-clotting medication for at least three to six months - and preferably one year - after receiving a stent. Patients with a higher-than-average risk for late stent thrombosis should consider taking anti-clotting agents even longer and perhaps at different dosages.
- Physicians should evaluate each patient individually before discontinuing anti-clotting medication.

Heart specialists pointed out that, despite the problems, the stenting procedure is still relatively safe.

"I don't think the data are as alarming as some have made them out to be," Garratt said. "For the typical patient who's in their 60s, 70s or 80s, for the remaining 20 years of life, we would expect them to have an increased risk of 2 to 3 percent, but that's not very much when you consider the benefits that they're getting."

Amanda Gardner is a Gannett News Service staff writer.

Study: Kidney ailment linked to risk of peripheral artery disease

Robert Preidt
GANNETT NEWS SERVICE

People with chronic kidney disease have an increased risk of peripheral arterial disease, a condition that causes reduced blood flow in the legs and can lead to amputation.

PAD is usually caused by atherosclerosis - hardening of the arteries.

Recognition of this increased risk is important, because early detection of PAD through a simple screening test could identify high-risk patients and prevent PAD-related complications, such as leg revascularization surgery and amputation," Dr. Keattiyot Wattanakit of the University of Minnesota, said in a prepared statement.

Wattanakit was lead author of a study of more than 14,000 middle-aged adults who were followed for an average of 13 years.

The participants were split into three groups: those with normal kidney function; those with mildly decreased kidney function; and those with stage 3 or stage 4 chronic kidney disease, which results in a gradual, irreversible loss of kidney function.

Overall, 7.1 percent of the study volunteers developed PAD.

People with chronic kidney disease had a much higher rate of PAD (2.8 percent) than those with normal kidney function (0.6 percent).

After adjusting for multiple factors (such as age, race and sex), the study authors found that the rate of PAD was nearly two times higher in chronic kidney disease patients than in people

with normal kidney function.

The findings are published in the February issue of the *Journal of the American Society of Nephrology*.

A simple test that compares blood pressure in the arms and legs can be used to screen people for PAD. This type of screening is already recommended for many diabetes patients.

"Our findings similarly highlight and support development of a PAD screening strategy to identify CKD (chronic kidney disease) patients at high risk for PAD," Wattanakit and the other study authors concluded.

Robert Preidt is a Gannett News Service staff writer.

Tomato-broccoli combo may protect against prostate cancer, study says

By Robert Preidt
GANNETT NEWS SERVICE

Broccoli and tomato - two vegetables known to help fight cancer - are more effective against prostate cancer if they're eaten together as part of a daily diet than if they're eaten alone, a new study with rats suggests.

University of Illinois researchers fed a diet containing 10 percent broccoli powder and 10 percent tomato powder to a group of rats that had been implanted with prostate cancer cells.

Other groups of rats received either tomato powder or broccoli powder alone, a supplemental dose of lycopene (the red pigment in tomatoes believed to be an anti-cancer agent), or finasteride, a drug prescribed for men with enlarged prostates. Another group of rats was castrated.

After 22 weeks, the researchers found that the combined tomato/broccoli diet was the most effective at prostate tumor reduction. Of the other treatments, castration was the only one that came close to being as effective.

"When tomatoes and broccoli are eaten together, we see an additive effect. We think it's because different bioactive compounds in each food work on different anti-cancer pathways," study co-author Jehu Erdman, a professor of food science and human nutrition, said in a prepared statement.

"Older men with slow-growing prostate cancer who have chosen watchful waiting over chemotherapy and radiation should seriously consider altering their diets to include more tomatoes and broccoli," added study co-author and doctoral candidate Kirstie Canene-Adams.

"To get these effects, men should consume daily 1.4 cups of raw broccoli and 2.5 cups of fresh tomato, or 1 cup of tomato sauce, or one-half cup of tomato paste. I think it's very doable for a man to eat a cup and a half of broccoli per day or to put broccoli on a pizza with one-half cup of tomato paste," Canene-Adams said.

The study was published in the Jan. 15 issue of the journal *Cancer Research*.

Robert Preidt is a Gannett News Service staff writer.



Hello, Honest Abe!

Jeff Boerger, portraying Abraham Lincoln, talks to Orchard Hill Elementary School students about his life as the nation's Civil War president, including growing up on farms in Kentucky and Illinois and his career as an Illinois lawyer.

Fall 2006 Grades 3-9 MEAP scores

Percentage of students meeting and/or exceeding state standards

School	Grade 3 math	Grade 3 reading	Grade 3 writing	Grade 3 ELA	Grade 4 math	Grade 4 reading	Grade 4 writing	Grade 4 ELA	Grade 5 math	Grade 5 reading	Grade 5 writing	Grade 5 ELA	Grade 6 math	Grade 6 reading	Grade 6 writing	Grade 6 ELA
Deerfield Elementary School	100	100	83	99	99	100	82	99								
Orchard Hills Elementary School	96.8	97.8	74.2	94.4	97.8	96.7	65.6	93.3								
Village Oaks Elementary School	96.9	92.2	64.1	92.2	94.3	92.8	56.5	88.4								
Novi Middle School									92.2	92.2	95.9	84.9	93.4	92.1	92.2	89.3
Novi Woods Elementary School	98.9	98.9	80.9	97.8	97.8	98.8	72.5	100								
Parkview Elementary School	94.9	96.5	61.7	90.4	98.1	96.1	75.5	94.1								
Novi Meadows School	95.2	94.6	92.7	92.8	92.8	93.9	88.5									
Novi High School									89.9							



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My BUSINESS

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ACE next: Slack family swapping Traditions

By Maureen Johnston
RECORD STAFF WRITER

Karen Slack is swapping paint chips for fabric samples, screen doors for framed art and hammers for lamps.

After 18 years of supplying home decor suggestions, the Traditions owner is permanently closing her 145 N. Center St. store Feb. 24. Two months later, she'll reappear behind the counter at ACE Family Hardware, the retail destination she and her husband, Bob, are opening on Novi Road, south of Nine Mile Road.

As the former home of Damon's hardware, the location has great potential, Slack said, adding her excitement for the family's new business is easing her reluctance to leave her long-term commitment to downtown Northville.

"People have missed a local hardware," Slack said. "We've talked to people who have said that. 'It worked out well.'"

Slack, along with her husband and daughter, Kendal, will work full-time in the full-line hardware store, offering tools, paint, plumbing materials, housewares, automotive parts, electrical supplies and some familiar home and garden items.

The store is slated for a May grand opening.

Bob Slack's early retirement from his maintenance supervisor position at Ford's VanDyke plant is a driving force behind the ACE venture. It's a leap of faith for the entire family, Karen Slack said.

"You're investing your soul into this," she said. "The whole thing is over a million dollars to get up and running."

Slack said she would have continued Traditions had it not been the change in her husband's profession. However, she conceded sales have slipped during the past five years of sluggish economic times.

"The first ones to be hit and the last ones to recover are stores like mine," she said. "Until Michigan gets healthy, you're going to see a lot of retail closing and going for whatever reason."

"For a lot of retailers, it's not about the bottom line, it's the community, it's doing what you love to do and being fortunate enough to do that."

But Slack also takes comfort that she'll now be dealing in necessary commodities in contrast to her home decor items. She and Kendal are turning their attention to lessons in how to thread pipe, repair screens and drive a floor-cleaning machine.

"Whether you're employed or not, whether you have a big house or a little house, you need hardware," she said. "I've never been so presumptuous (with Traditions) to think, 'I'm needed.'"

"Whether you're employed or not, whether you have a big house or a little house, you need hardware."

Karen Slack
Owner, Traditions

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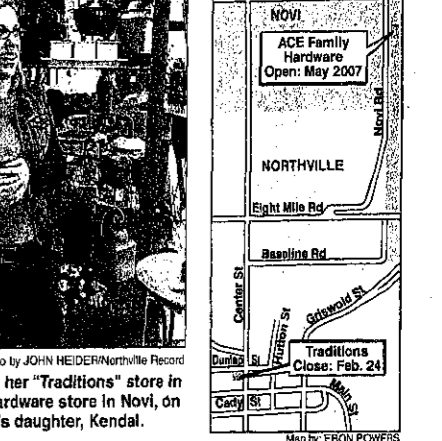
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Slack Ventures



Karen Slack, left, will be closing her "Traditions" store in Northville and open ACE Hardware store in Novi, on Novi Road. Also pictured, Slack's daughter, Kendal.

Slack said she decided against trying to sell the Traditions business.

"You have to have time and keep it up and running," she said. "Our time frame was too short to do that."

Maureen Johnston can be reached at (248) 349-1700, ext. 107, or via e-mail at mjohnston@gannett.com.

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SPORTS GALLERY: BASKETBALL

PAGE 2B

MY NOVI SPORTS

Wildcat volleyball tops two KVC foes SPORTS, 3B

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SPORTS SPOTLIGHT: CHEER

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

CHEER: No longer a sideline show

Novi's Emily Parker: Cheer has made great leaps in such a short time

By Jeff Theisen
 NEWS SPORTS WRITER

Novi head cheerleading coach Emily Parker was on her way to the Michigan Cheerleading Coaches Association state finals 13 years ago.

The routine Parker's team performed at state, she said her current team could probably learn in a day.

Parker said in 1994, her team thought it was cool if they could perform back walkovers. In 1997, the entire team could do back walkovers. In 2004, the whole team could do backhand springs and they could all do backhand walkovers.

Now, the team can perform backhand tucks, springs and walkovers. "It's very quick how it's happening," Parker said. "It's not just our school. The programs all over the state are growing like crazy."



MHSAA takes over

Competitive cheer has exploded with changes since her time at the 1994 state meet. The MCCA is still around, but it no longer hosts a state finals. The Michigan High School Athletic Association has taken over the state meet and brought in a clear set of rules — one of many things that have changed the cheerleading world.

"I was like, 'Yea! We got first place.' But I wasn't sure why," Parker said. "I never understood why we scored what we scored. I don't think the fans understood."

"Now, there are very clear, specific guidelines. I can look at a team and say they got this many deductions. I can on my own figure out the score. It's not based on opinion anymore. It's a lot like gymnastics."

While a clear definition of how meets are scored has changed the sport for the better, the routines are a far cry from Parker's days in Novi green and white.

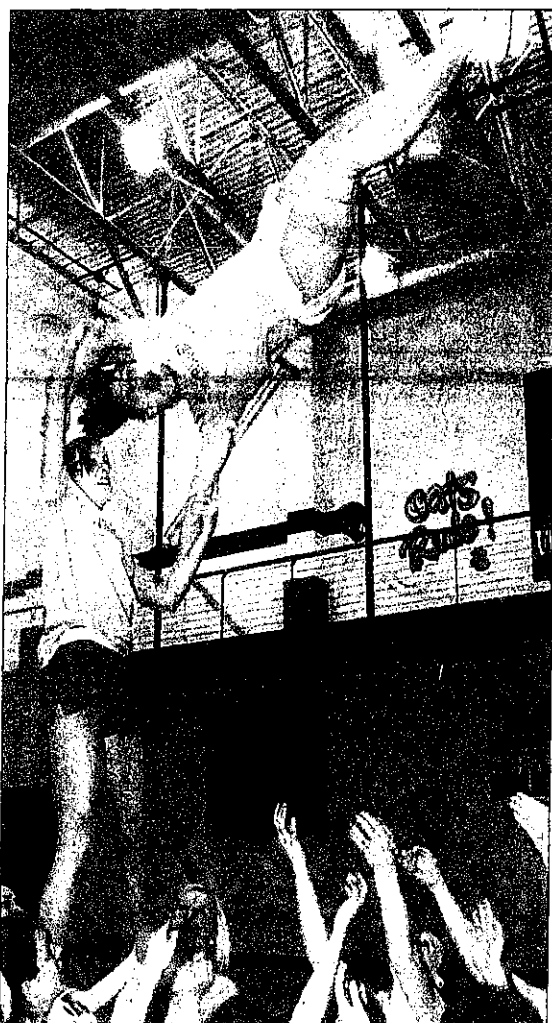


Photo by JOHN HEIDER/Novi News

See CHEER, 4B The Novi cheer team practices a stunt for an upcoming routine.



Photo by JOHN HEIDER/Novi News

Novi's Chris Bellamy tries to inbound a ball as he's being pressured by a South Lyon Lion.

Emotional rollercoaster

Novi beats Brighton by two; loses by same to South Lyon

By Jeff Theisen
 NEWS SPORTS WRITER

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

Novi basketball saw both ends of the emotional gamut last week, winning and losing close games to KVC foes.

The Wildcats started the week with a 35-33 win in the final seconds against Brighton on Jan. 23.

On Friday, Novi (7-4, 3-2) came up two points shy in a 32-30 loss to South Lyon (7-4, 4-1).

The win against Brighton came in the final second. Brighton's Mitch Cieslak hit a 3-pointer to tie the game, but Novi sophomore Chris Bellamy hit a runner in the lane with 0.7 remaining for the win.

Caleb Dean scored 15 points to lead the Wildcats.

South Lyon 32, Novi 30

Friday's game featured a pair of teams atop the KVC standings, but the Lions walked away from the game in the driver's seat.

"They're an experienced team, and we're young," Novi head coach Pat Schluter said. "We've just got to regroup. We're one

game out. "I told the kids I was proud of them. They played their butts off. They played hard."

Both teams struggled from the floor throughout. Novi finished the first quarter, hitting just four of 13 shots, compared to the Lions' 3-for-9 performance, leaving both teams tied at nine.

Novi again scored nine in the second but on 4-for-14 shooting. South Lyon wasn't much better, hitting just four of 11 shots but managed to lead the Wildcats 19-18 at the half.

Dean was held scoreless in the first half and had to sit much of the second quarter after picking up his second foul. Mike Longo and Adam Chandler picked up the scoring slack by hitting for six points each.

Dean scored his first points of the game in the early moments of the third, but the Wildcats would go on a scoreless streak that

See BASKETBALL, 2B

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

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NOVI NEWS Athlete of the Week

Novi junior Paige Janer, Volleyball

Janer produced consecutive double-digit games in kills during wins against KVC foes Brighton and South Lyon. Janer knocked down 12 kills in a five-game win against Brighton and 10 more in a three-game sweep of South Lyon.



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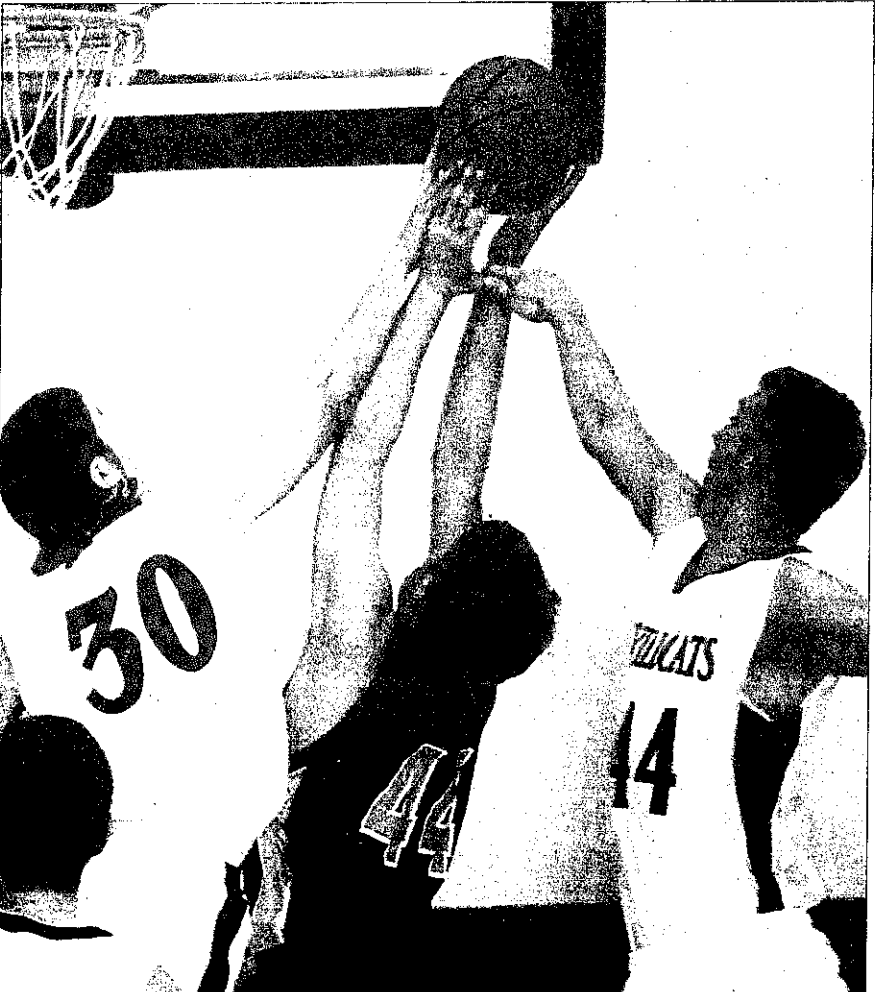
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LIVON
WILD-CAT RIDE



Novi Wildcat Mike Longo dribbles upcourt as he's guarded by South Lyon's Nicholas Oberski.



Novi's Caleb Dean, left, and Tyler Hoover, right, team up for a block on South Lyon's Eric Wedesky.

See more sports photos on novinews.com

Photos by JOHN HEIDER/Novi News

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Wildcat Brandon Bradford bears down on Lion Jonathan Collins during last week's game.



Wildcat sophomore Sarah Robb smashes a shot over the net during a January game hosted by Novi.



Novi's Tyler Hoover, left, goes up for the opening tip-off during the Wildcats' home game against South Lyon.



Pressured by Novi's Adam Chandler, left, South Lyon guard Kurtis Carroll brings the ball upcourt.

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Photo by JOHN HEIDER/Novi News

Novi V-ball tops KVC foes

Wildcat swim and dive wins two, loses to Northville

By Jeff Theisen

The Novi volleyball team picked up a pair of wins against KVC foes Brighton (Jan. 23) and South Lyon (Jan. 25). The Wildcats (18-6-1) were pushed to five games in a home win against Brighton. Leading the Wildcats were Paige Jauer with 12 kills, Shannon Cody with 23 digs, and Natalie Frask with 19 assists. Against South Lyon, Meghan Goldsmith and Paige Jauer each recorded 10 kills, Hayley Miller recorded 25 digs, and Lauren Farley had four aces.

Novi Cheer

The Novi Wildcats won 668-4-594.8 at Lakeland on Jan. 24. Novi scored 179 points in round one, 182.9 in round two and 306.5 in the final round. Lakeland did not have a JV or Freshman team, but the freshman Wildcats scored 502.3 points, and the JV tallied 549.5.

Novi Freshman Basketball

The Novi freshman basketball team defeated Brighton 61-32 Jan. 23. Mitchell Patton led the way with 13 points. Nick Regnier and Justin Hopton were next with 11 and nine points respectively. Tom Symanski also provided a spark off the bench by hitting back to back three-pointers in the third quarter. Dan Egner led the team with six rebounds.

Novi Freshman Volleyball

The Freshmen volleyball team beat South Lyon Jan. 25, taking all three games from South Lyon, 25-23, 25-15, 25-20. Taylor Pyden lead in kills racking up four. Lauren Vance added three aces.

Catholic Central Basketball

The Shamrocks fell to 2-10, 1-7 with a 53-49 loss to U-D Jesuit on Jan. 25. Dustin Hess recorded 12 points for the Shamrocks.

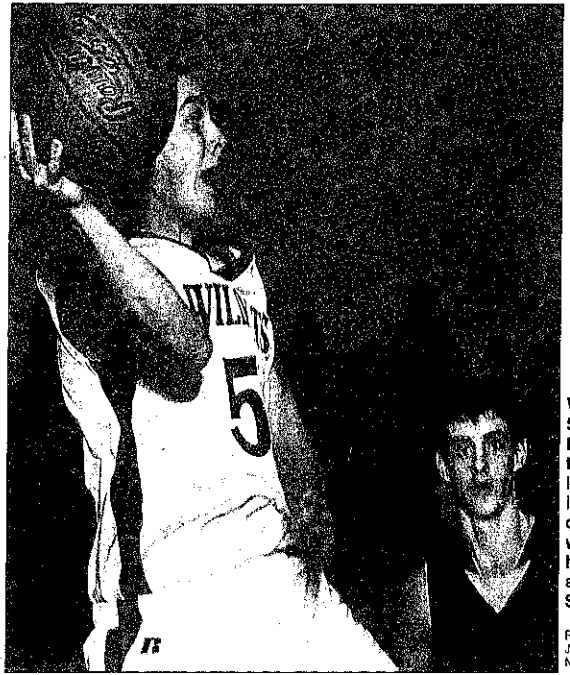
Jeff Theisen can be reached at jtheisen@gannet.com or at (248) 349-1700, ext. 104.

Howell tops Novi hockey

Submitted to the Novi News

The Novi Wildcats faced KVC opponents, the Howell Highlanders, in league action last Wednesday night in Howell. The Highlanders came into this game ranked No. 9 in Division 1 in last week's most recent coaches' poll and tied for second place in the KVC. The game started slow with neither team taking control. The Wildcats had numerous scoring opportunities in the 1st period but couldn't get to the net enough to capitalize on the rebounds given up by the Howell goaltender. The first period ended 0-0. Goals by Howell put the Wildcats down 2-0 early in the second period, but a goal by senior Kyle Potocki got the Cats right back into the game. The Highlanders came back, taking advantage of a defensive

error by the Wildcats, and put the Cats down by two with a period left to play. With a third period goal by the Highlanders, Novi trailed by three with little time left. A long shot from the point by Junior Craig Howell brought Novi right back into the thick of things by making the score 4-2 late in the period. Shortly afterward, it was Craig Howell that was forced to leave the game with what appeared to be a shoulder injury. With Junior Robbie Kurek (tom ACL) and Senior Alex Malott (broken wrist and arm) possibly out for the season, the last thing the Wildcats needed was to have another forward injured and out of the lineup coming down the stretch. Howell's prognosis will be determined sometime this week and it's hoped he'll be right back in the lineup soon. The Wildcats really turned it up a notch and applied pressure to the Highlanders throughout the final period but just couldn't put a puck past the Howell goaltender again, with the final score ending up 4-2 in favor of the Highlanders. Kevin Michaluk was in net for the Wildcats and did a good job of stopping a number of close in shots by the Highlanders throughout the game. "Howell's goaltender really stole this one for them tonight," said head coach Todd Kroyer following the game. "We had our chances and just couldn't put the puck past this kid. "In our last four games, we've faced three teams ranked in the top ten in their respective divisions in the state, and only lost one game. That, to me, indicates how far we've come in the past couple of months with our team."



Wildcat Shaun Ryzdewski tries to keep a ball inbound during last week's home game against South Lyon. Photo by JOHN HEIDER/Novi News

BASKETBALL: Wildcats win, lose close games

Continued from 1

would last six possessions. The Lions capitalized and pushed their lead to 28-22 by the end of the quarter.

For the first time in the game, the Wildcats were able to work the ball inside. Dean hit two straight baskets, and Bellamy hit another basket to tie the game, drawing a timeout from the Lions with just under six minutes to play.

Moments later, Chad McMullen hit the Lions only basket, a 3-pointer, of the fourth quarter. Both teams went scoreless until less than a minute left. Both teams turned the ball over four times during the span.

Chandler was fouled with 42.4 left to play and sunk both freebies to pull within one. McMullen was fouled on the next possession and sunk one free throw with 30.9 left. The Wildcats called a timeout with 12.9 left to play. South Lyon had some fouls to give, and Novi inbounded the ball with 6.8 left. The play went to Dean, but he was unable to get two shots to fall and the buzzer sounded.

Novi finished 13-for-47 from the floor and hit just two of 13 shots from 3-point land, while getting to the charity stripe just twice. The Lions were 13-for-31 from

the floor, 4-for-13 from deep and hit four of six shots from the line. "The refs let us play and that was kind of to our advantage," Schlaier said. "We had a couple of opportunities, we just missed a couple of shots. It's just a tough game, and we didn't get the breaks." Dean led Novi with eight points. Chandler, Longo and Bellamy each tallied six points. McMullen led all scorers with 13 points.

Jeff Theisen can be reached at jtheisen@gannet.com or at (248) 349-1700, ext. 104.

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U-M hosts 3-on-3 soccer tourney

The University of Michigan soccer team presents the fifth annual 3-on-3 Micro-Soccer Shootout Camp on Feb. 10-11 at Oosterbaan Fieldhouse. The \$90 team fee includes four guaranteed games for competitive and recreational divisions for ages seven and older to adult for boys and girls. Registrations can be found on www.usoccercam.com. For more information, call (734) 647-1201 or e-mail lduke@umich.edu. Registrations must be postmarked by Feb. 2 or dropped off by Feb. 5. Proceeds will subsidize the men's and women's soccer teams at U-M.

Baseball talk

The Plymouth Library is hosting the third and final speakers of the Hot Stove League: Professors of Baseball share their love of America's Game. Guests can receive a copy of the last lineup card that Cal Ripken played in a row, the standing record of 2,632 consecutive games. For more information or registration, go to www.plymouthlibrary.com or call (734) 453-0750, ext. 4.

Cash hits for 14 in Inss

Jim Cash (Northville/Detroit Catholic Central) was one of two Alton College players to score 14 points in the Britons' 71-64 loss to Michigan Intercollegiate Athletic Association rival Adrian College Saturday afternoon. He also grabbed seven rebounds and dished out three assists in 26 minutes of action.

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Standings

KVC Basketball

	W	L	W	L
South Lyon	4	1	5	4
Hovell	4	1	5	5
Lakeland	3	2	7	3
Novi	3	2	7	4
Pinckney	3	3	6	5
Hartland	3	3	5	6
Millford	1	5	2	9
Brighton	0	5	1	10

KVC Hockey

	W	L	T	W	L	T
Brighton	7	1	2	11	4	3
Hovell	6	2	1	9	4	3
Hartland	5	2	3	9	6	3
Millford	4	5	1	6	8	3
Lakeland	3	5	2	7	6	3
Novi	3	5	1	5	8	2
South Lyon	3	6	0	3	8	0
Pinckney	2	7	0	7	10	1

KVC Volleyball

	W	L	W	L	T
Lakeland	6	0	11	1	0
Novi	6	1	16	6	1
South Lyon	4	2	15	7	1
Millford	3	3	18	5	2
Hovell	3	3	12	6	0
Pinckney	1	5	9	7	2
Brighton	1	5	2	9	0
Hartland	1	6	10	10	4

KVC Wrestling

	W	L	W	L
Hartland	5	0	35	0
Hovell	5	0	13	1
Novi	4	1	9	2
Brighton	2	3	10	4
Millford	1	3	7	7
South Lyon	1	3	10	13
Pinckney	0	3	2	11
Lakeland	0	5	0	10

CHEER: New School



As part of a warm-up drill, Novi High School competitive cheerleader Laura Tollis does a back-tuck as her teammates cheer her on. Under coach and Novi alum Emily Parker, the Wildcats have included more daring stunts in their routines during the past few years.

Planet Fitness

Helping to delete the energy gap in children

Having over 20 years in the fitness industry, every December I find my e-mail jammed with year-end summary statistics related to health and fitness from a variety of sources. I reviewed them quickly to search for relevant material to share, (the DELETE button firmly in touch with my index finger) adult obesity on the rise — DELETE, adults not exercising enough — DELETE, adult sedentary related disease on the rise — DELETE. Don't get my quick DELETE finger confused with the importance of these messages, but they have basically not changed much in the last 10 years. I compare these messages to how many we have become to the well known dangers of smoking, the evidence is certainly in on the threat of smoking, accounting for approximately 1 out of 5 deaths today and yet over 24% of adults in the U.S. still smoke! Most adults already know they need to eat better and move more, and then one message stopped my DELETE finger in its tracks ... the message titled, "Energy gap with children continues to grow."

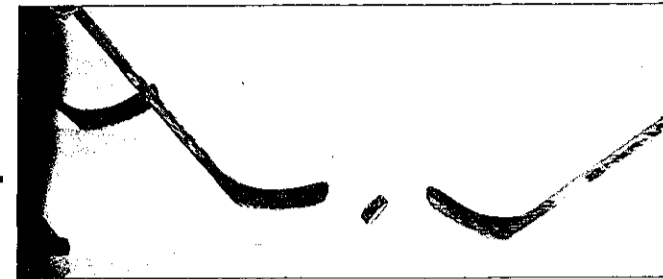
Being a father of three, the "energy gap" among children is something I have been concerned with and tracking for years. It basically means if food eaten is calories, (described here as energy in) and movement is energy out (calories burned) a gap in the wrong direction (more energy in than out) results in weight gain and a host of potential health problems. Many American kids are suffering from this "energy gap," in which they take in more calories than they burn through growth and daily living. A recent study shows over a 10-year period the average child consumed up to 165 calories more than he or she needed each day. And the most overweight teens took in as many as 1,000 calories more each day than they needed — almost as much as two Big Macs. And the trend won't be easy to reverse, said the study's lead author, Dr. V. Claire Wang, a researcher at the Harvard School of Public Health. I found this statistic alarming. Somehow if something is happening that is a risk to us as parents the risk is accepted, but when our kids are facing the same kind of risk the stakes get much higher.

This continuing "gap" among our children becomes even more evident in terms of daily movement when you consider that less than one-fourth of the nation's elementary schools provide daily physical education and then we need to consider the toys and activities of today's children. I quickly scanned our children's recent Christmas presents...Let's see ... I-Pod, Video games, DVD's, toy pets that move on their own. Not a Hula-hoop, jump rope, or pair of skates to be found. An estimated one in three American kids is either obese — a step beyond overweight — or in danger of becoming obese, and one in eight or nine children is actually obese. When I review the year-end statistics, keeping our children moving and eating better not only escapes my DELETE trigger finger but moves to the top of the "COPY" button to every parent, teacher and coach to help do their part to close the "gap" in 2007.

This column was written by fitness expert Chris Klebba. Chris owns and operates Planet Fitness in Northville, and is a regular columnist and public speaker. For more information call 248-449-7634 or go to www.planetfitness.com.

My ACTIVE LIFE

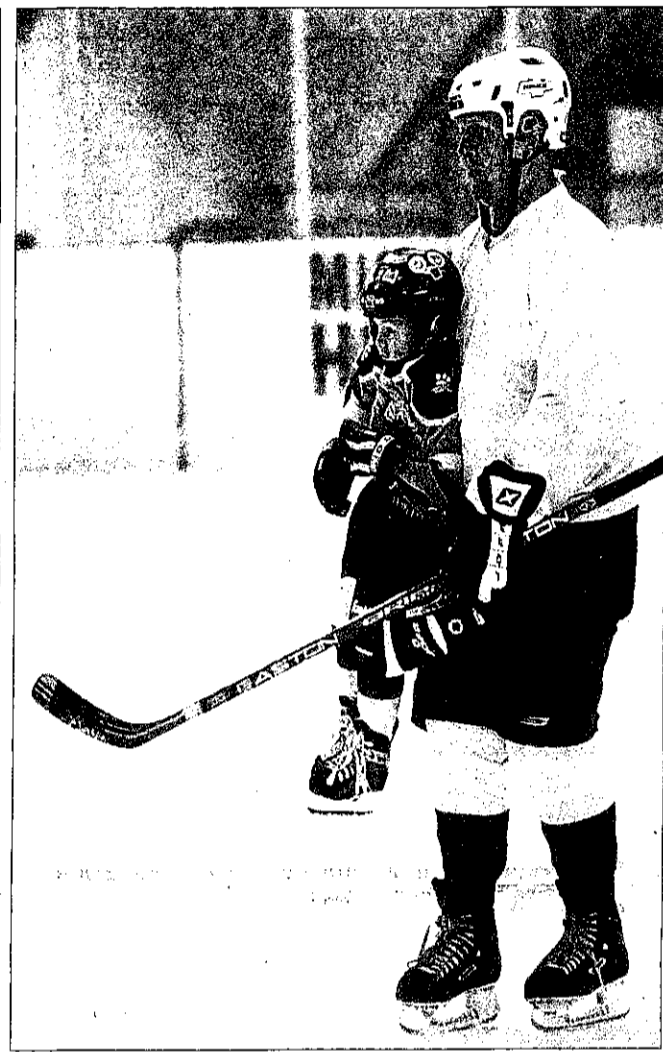
SKATING AWAY



Hockey sticks vie for the puck during a recent open skate at the Novi Ice Arena.



After a tough shift on the ice, Scott Kreutzer talks to his son Jake, left, taking a well-deserved rest. The pair, along with Kreutzer son, Brody, were taking part in an open-skate for hockey players at the Novi Ice Arena.



Phil McShane carries his son Connor, 4, off the ice during a timeout at the Novi Ice Arena. McShane was giving his son hockey pointers during an open skate.



Andy Mizerowski skates toward the goal as he plays some three-on-two hockey at the Novi Ice Arena.



Hockey players enjoy time at the Novi Ice Arena during an open-skate for those looking to sharpen their puck-passing skills.

CHEER: Wildcats looking for first return to state since 2004

Continued from 1

"I went to the state meet twice, and the hardest part we did my freshmen can do now," Parker said. "It's called a cupic, and they're up in the air with their feet together. We thought that was so exciting that we did that at the state meet. Now, any girls can shoot through the air. They can twist. We're allowed to do so much more now than we ever were." Parker said the biggest reason for the girls getting better and better is they come into high school with a lot more skill because of the feeder programs. Novi has cheerleading in the middle schools, and the coaches there are teaching the same basic maneuvers as the high schools. The skill level is much lower, but they know the basics at an early age. This allows Parker and the other high school coaches to teach at a higher level once they arrive as freshmen.

"There was no competitive middle school cheer in 1994," Parker said. "We have worked very hard to be a seventh (grade) through 12th program. This year, our middle school teams competed six times. They have a sideline team for fall (football). They retry out again in November, just like we do. They do the same format, just like we do, only our middle school teams only have two rounds."

Seeking state

Parker became the coach at Novi in 2004 — the last time the Wildcats have been to the MHSAA state meet. The lone holdover from the

2004 team is senior Tori Ronney, who was the freshman. "It was really great," Parker said. "You see a lot of amazing things. I wanted to go back every year." Novi has not made it back since, but Ronney believes her Novi career will end with another trip to the biggest stage. "We're going to make it to states," she said. "We have amazing necks." "I have one (state) patch on my one (varsity coat) arm. The joke is I need another one so I can wear it out. It would be really special."

To qualify, a team has to be one of the top two teams at the regional meet. Novi has already faced several teams from regional and will compete against some others before it really counts. Parker knows her team will have to earn it, but she thinks this team has what it takes to make it. "We have not qualified the past two years," Parker said. "This year, we're going for it again. They are better than they've ever been." The rise of cheerleading as a competitive sport is very exciting for Parker. But she hopes the team stays in Novi hands when she is ready to hand off the program. "I hope that one of these kids that I coach right now will take this program and do things so that when I come back and come to competitions one day with my kids and say "oh my gosh, I can't believe what they can do," Parker said.

Jeff Theisen can be reached at jtheisen@gannett.com or at (248) 349-1700, ext. 104.

CHEER: Old School

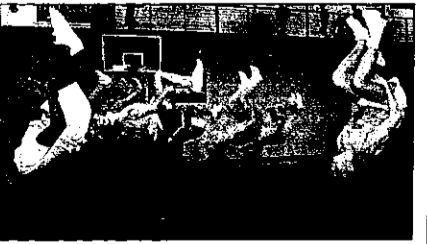


Emily Parker stands in the back row, right, during her cheering days with the Novi Wildcats.



Above and below: Members from the 1997 Novi cheer team that included Emily Parker's sister, Erin, performs a routine.

CHEER: New School



As part of one of their routines, the Wildcat's competitive cheer team performs a back tuck, leaping backwards in the air and landing on their feet.

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Basketball

2/2 at Millford, 7 p.m.

2/6 Pinckney, 7 p.m.

Hockey

2/7 at Brighton, 7 p.m.

Volleyball

2/1 Millford, 7 p.m.

2/3 Novi Invite, 8 a.m.

2/6 at Pinckney, 7 p.m.

Wrestling

2/2 KVC quad at home, 5:30 p.m.

Boys Swim and Dive

2/1 Brighton, 6 p.m.

2/2 Oakland City, at Lake Orion, TBA

2/3 Oakland City, at Lake Orion, TBA

Cheer

2/3 at Ladywood, 9:30 a.m.

Bowling

2/2 at Lakeland, 5 p.m.

2/7 Clarencville at Novi Bowl, 3:30 p.m.

Basketball

2/6 Divine Child, 7:30 p.m.

Hockey

2/3 Grosse Pointe N. at Compuware, 7 p.m.

Wrestling

2/1 Home quad, 5 p.m.

Bowling

2/3 Tri-County at Five Star, TBA

2/5 N. Farmington at Woodland Lanes, 3:30 p.m.

2/6 Northville at Novi Bowl, 3:30 p.m.

Ski Team

2/1 S. Lyon at Mt. Brighton, 4:30 p.m.

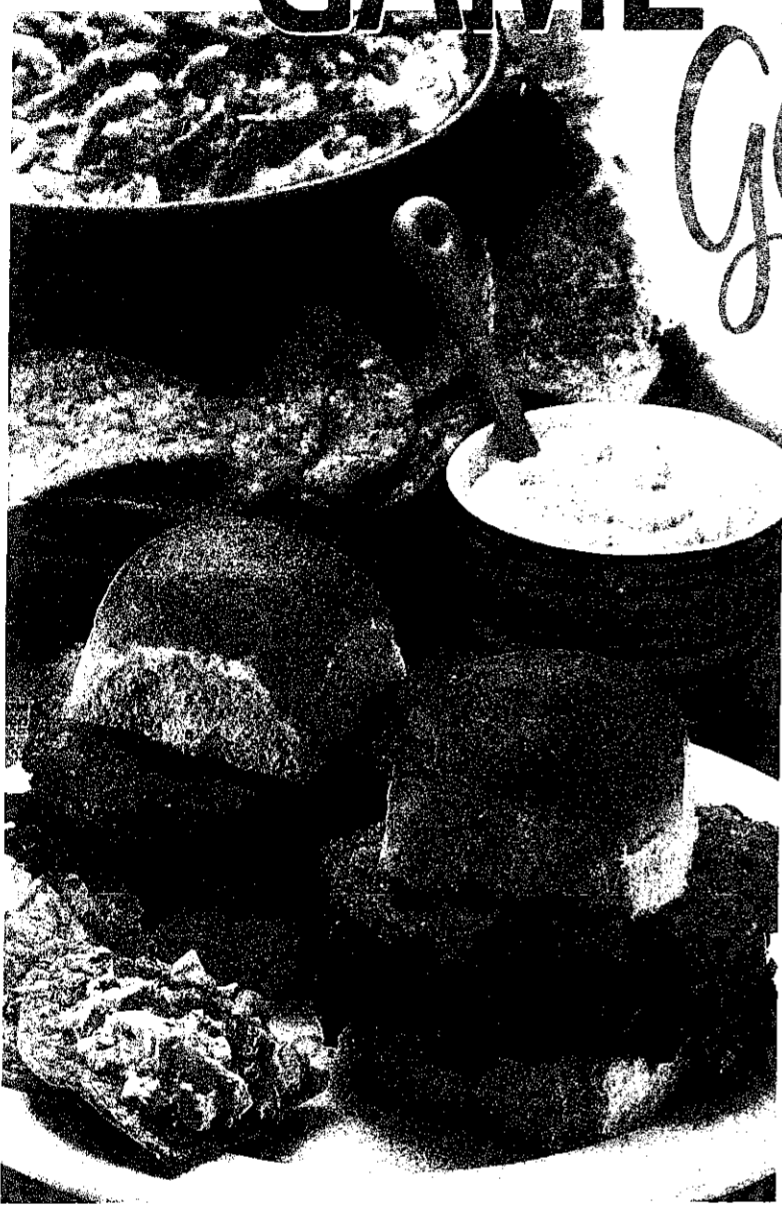
2/6 CHSL at Mt. Holly, 9 a.m.

Photos by JOHN HEIDER/Novi News

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GAME-TIME Gathering No-Sweat Guide to Hosting



Sports fans know that the best game-watch gatherings offer a winning combination of camaraderie and great food. Celebrity chef Sandra Lee says the role of a host is a bit like that of the coach. When strategizing for the big showdown, it's a fine balance of preparation, discipline and spirit that ultimately yields a successful gathering. Start with a play book that's heavy on convenient, make-ahead dishes.

"My secret to winning game-time entertaining is semi-homemade cooking. Take a no-sweat approach by combining convenient store-bought or ready-made ingredients with fresh and creative personal touches. It's my secret for delivering easy, delicious dishes that spectators love," Lee says.

Although the game-time menu may not call for a sit-down meal, the spread should still provide the fuel spectators need to survive into overtime. Smaller, hand-held servings of protein-packed favorites, such as Home on the Ranch Pork Sliders and Show-Stopping Barbecue Shrimp Skewers will help satisfy big appetites. Lee's recipe for Benchwarmer Artichoke Ranch Dip offers a creative twist on a classic baked dip with extra tangy zip thanks to a packet of ranch salad dressing and seasoning mix.

For a game-day gathering that's easy on the host while still delivering all the good food and fun guests expect, Lee suggests a few easy tips:

- **No Interference.** In the heat of the action, spectators need free hands for clapping and high-fiving, so mix any recipes that call for barware and focus on hand-held foods.
- **Defend the Viewing Zone.** Keep die-hard fans in good spirits by setting up multiple viewing and seating areas for guests. Dedicated game watchers will appreciate a conversation-free zone around the TV during regularly scheduled play, while casual spectators may prefer an area where non-sports chatter is welcome.
- **Assemble a Starting Line-Up Near the TV.** For spectators who don't want to miss a moment of the action, be sure to stock essentials — such as extra napkins, condiments and beverage refills — within viewing distance of the game.
- **Pre-Game Warm Up.** Novice fans don't have to feel intimidated. Hosts can provide fodder for game-time banter by providing the day's sports section and printing online game previews so that everyone has access to team trivia and key stats on star players.
- **Show Your Team Spirit.** To help rev up fans, show spirit by decorating with team colors. Lee also suggests creating an unexpected tabletop twist by securing rolled-up napkins with terry cloth sweatbands in team colors.



For more tips, recipes and a downloadable guide to hosting winning game-time gatherings, visit HiddenValley.com and kmsisterpiece.com.

Benchwarmer Artichoke Ranch Dip

- Makes: 10 servings
- 1 cup mayonnaise
 - 1 cup sour cream
 - 1 1-ounce packet Hidden Valley Original Ranch Salad Dressing & Seasoning Mix
 - 1 tablespoon lemon juice, or more if desired
 - 2 15-ounce cans artichoke quarters in water, drained and chopped
 - 1/2 cup chopped roasted red bell peppers
 - 1 1/2 cups shredded Swiss cheese
 - 1 1/2 cups french fried onions, divided
 - 1/2 cup tortilla chips

Preheat oven to 350°F. Spray 1-quart baking dish with olive oil cooking spray; set aside. In medium mixing bowl, whisk together mayonnaise, sour cream, seasoning mix and lemon juice until smooth. Stir in artichokes, peppers, cheese and 1/2 cup french fried onions. Transfer to prepared baking dish and top with remaining french fried onions. Bake 40 to 45 minutes, until set and top is golden brown. Serve with tortilla chips.

Recipe created by Sandra Lee on behalf of the makers of Hidden Valley Original Ranch Dressings.

Home on the Ranch Pork Sliders

- Makes: 4 to 5 servings
- 1/4 cup mayonnaise
 - 2 tablespoons sour cream
 - 2 1-ounce packets Hidden Valley Original Ranch Salad Dressing & Seasoning Mix, divided
 - 1/2 cup cracker meal
 - 2 eggs
 - 1 pound pork tenderloin, trimmed, sliced 1 inch thick
 - 1/4 cup canola oil, for frying
 - 8 to 10 Hawaiian sweet rolls or dinner rolls

In small bowl, whisk together mayonnaise, sour cream and 2 teaspoons seasoning mix. Refrigerate ranch mayonnaise until ready to serve. In shallow bowl, combine cracker meal and 1 tablespoon seasoning mix; set aside. Lightly beat eggs in shallow bowl; set aside.

Between two pieces of plastic wrap, pound pork tenderloin slices to 1/4 inch thick; set aside. Heat canola oil in large frying pan over medium-high heat. Empty remaining seasoning mix packets onto large plate. Dredge each pork patty into seasoning mix to coat both sides. Dip each into egg mixture then press into seasoned cracker meal.

When oil is shiny, place pork patties in frying pan. Cook 3 to 4 minutes per side. Remove and place on a paper towel-lined plate. Serve on dressed rolls with ranch mayonnaise, lettuce, tomato and condiments of your choice. Recipe created by Sandra Lee on behalf of the makers of Hidden Valley Original Ranch Dressings.

Potenta Crostini With Sausage Topping

- Serves: 12
- 1/2 pound Italian sausage, removed from casing
 - 1/2 cup onion, finely chopped
 - 1/2 cup tomatoes, chopped and seeded
 - 1/3 cup KC Masterpiece Original Barbecue Sauce
 - 1 package (1 pound) prepared potenta
 - 3 tablespoons shredded Parmesan cheese

Cook sausage in skillet over medium heat 7 minutes or until nicely browned, stirring often. Remove sausage to a cutting board and coarsely chop. Drain fat and return sausage to skillet; add onions and cook over medium heat 5 minutes, stirring often. Stir in tomatoes and barbecue sauce. Heat until bubbling; set aside.

Preheat oven to 400°F. Slice potenta into 12 1/2-inch-thick rounds and place in single layer on baking sheet. Top each round with 1 tablespoon sausage mixture; sprinkle with cheese and bake 10 minutes or until hot. Serve warm or at room temperature.

Show-Stopping Barbecue Shrimp Skewers

- Serves: 6
- 1/2 pound bacon slices
 - 1 pound large shrimp, peeled and deveined
 - 1/2 cup KC Masterpiece Original Barbecue Sauce
 - 1/4 pound snow peas, optional

Preheat broiler and line broiler pan with foil; set aside. Partially cook bacon in a large skillet over medium heat about 5 minutes, without crisping. Drain on paper towels and cut bacon strips in half.

In small bowl, toss shrimp with barbecue sauce until coated. Wrap bacon strip around shrimp with one snow pea, if desired. Secure with toothpick. Broil wrapped shrimp 3 to 4 minutes turning once or until bacon is crisp and browned.



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Gridiron Greats Super Sandwich and Snacks for the Kickoff

FAMILY FEATURES

It's football's finest hour, and here's the game plan for scoring extra points: serve super delicious food starring MVPs, like beef and cheese.

You can't lose with pre-game nibbles of First Down Fondue and Beef & Cheese Touchdown Toasts. Later, fans can huddle over hearty Football Heroes and Smoky Chili Bowls as they enjoy halftime entertainment.

When the final whistle blows, everyone will cheer these winning recipes.

Sideline Pointers

- **Bold, high quality, natural shredded cheese blends** from Sargento are real time-savers for entertaining — just right for topping Smoky Chili, Football Heroes or Touchdown Toasts. Choose basics like Cheddar Jack or Swiss or try one of the new Bistro Blends such as Mozzarella & Asiago with Roasted Garlic as a great way to add flavor in a flash.
- **Shredded cheeses** make preparation of many favorites much quicker and simpler. Ready to use, they melt evenly and quickly, which is especially important for creamy First Down Fondue.
- **Cooking pieces of beef for stew** in the slow cooker yields a juicy, tender filling for Football Heroes with no fuss. The cooked beef mixture can be held safely for two hours on low so it's easy for serving.
- **To ensure perfectly cooked beef for Touchdown Toasts**, place steaks the correct distance from the broiler (2 to 3 inches). If they're too close, the beef can char on the outside before the inside is cooked.
- **For additional recipes and product information**, visit www.BestOfWhatsForDinner.com and www.sargentocheese.com.



Football Heroes

Total preparation and cooking time: 6-12 to 8-12 hours

- 3 to 4 pounds beef for stew, cut into 1- to 1-1/2-inch pieces
- 2 medium sweet onions, cut into 1/2-inch wedges
- 2 red peppers, cut into 1-inch-wide strips
- 1 can (10.5 ounces) beef consommé
- 1/3 cup soy sauce
- 1/4 cup tomato paste
- 6 cloves garlic, minced
- 8 to 10 French rolls

Toppings:

- 2 cups (8 ounces) Sargento ChefStyle Cheddar Jack Shredded Cheese or Sargento Bistro Blends Cheddar & Monterey Jack with Tomato & Jalapeño Pepper Shredded Cheese
- Pepperoncini, pepper rings, assorted olives

1. Place onions in 4-1/2- to 5-1/2-quart slow cooker; top with beef for stew, then pepper slices. Combine consommé, soy sauce, tomato paste and garlic; add to slow cooker. Cover and cook on HIGH 6 to 7 hours or LOW 8 to 9 hours or until beef is fork-tender. (No stirring necessary during cooking.)
2. Serve in rolls with cheeses and other toppings, as desired.

Makes 8 to 10 servings
Cook's Tip: Beef mixture can be kept hot on LOW for up to 2 hours.

Beef & Cheese Touchdown Toasts

Total preparation and cooking time: 30 to 45 minutes

- 2 boneless beef top sirloin steaks, cut 3/4 inch thick (about 1 pound each)
- 32 slices Italian bread (1/2 inch thick)
- 6 tablespoons butter, melted
- 1-1/4 cups drained giardiniera
- 3-1/2 cups (two 7-ounce packages) Sargento Bistro Blends Mozzarella & Asiago with Roasted Garlic Shredded Cheese

1. Place bread slices on two 15- by 10- by 1-inch jelly roll pans. Brush tops with butter. Toast bread slices in 425°F oven 6 to 8 minutes or until golden brown. Set aside.
2. Place beef steaks on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 9 to 12 minutes for medium rare to medium doneness, turning once.
3. Carve each steak into 32 thin slices. Season with salt and pepper as desired.
4. Top toast slices evenly using 1 package of cheese. Top each toast slice with 2 steak slices and 1 teaspoon giardiniera. Sprinkle remaining package of cheese evenly over toasts.
5. Place 1 jelly roll pan on rack so cheese is 2 to 3 inches from heat. Broil 1-1/2 to 2 minutes or until cheese is melted. Repeat with remaining pan. Serve immediately.

Makes 32 appetizers

Smoky Chili Bowls

Total preparation and cooking time: 35 to 45 minutes

- 2 pounds ground beef
- 1 teaspoon chili
- 1 tablespoon vegetable oil
- 3 cloves garlic, minced
- 2 cans (14.5 ounces each) diced tomatoes with green peppers and onions, undrained
- 1 can (15 ounces) black beans, rinsed, drained
- 1 can (14 ounces) ready-to-serve beef broth
- 1 tablespoon minced chipotle peppers in adobo sauce
- 2 tablespoons adobo sauce
- 3 tablespoons masa harina or cornmeal
- 2 cups (8 ounces) Sargento Taco ChefStyle Chipotle Cheddar Shredded Cheese, divided
- Dairy sour cream

1. Brown ground beef in stock pot over medium heat 8 to 10 minutes or until no longer pink, breaking up in 3/4-inch crumbles. Remove from pot with slotted spoon; pour off drippings. Season with salt. Set aside.
2. Heat oil in same stock pot over medium heat until hot. Add garlic; cook and stir 30 to 60 seconds. Add beef, tomatoes, beans, beef broth, chipotle peppers and adobo sauce. Bring to a boil. Reduce heat and simmer, uncovered, 15 to 20 minutes, stirring occasionally. Stir in masa harina; return to boil. Reduce heat; stir in 1 cup cheese. Simmer 3 to 5 minutes or until slightly thickened, stirring frequently.
3. Serve with remaining cheese and sour cream, as desired.

Makes 6 to 8 servings

First Down Fondue

Total preparation and cooking time: 15 minutes

- 2 cups (8 ounces) Sargento Fancy Sharp Cheddar Shredded Cheese
- 3 cups (12 ounces) Sargento Fancy Colby Jack Shredded Cheese
- 1 tablespoon cornstarch
- 1 bottle (12 ounces) beer
- 1 teaspoon hot pepper sauce
- Dippers: Assorted breadsticks, bell pepper pieces, sugar snap peas and cherry tomatoes

1. Toss cheeses with cornstarch in medium bowl; set aside.
2. Pour beer into fondue pot; bring to boil over high heat. Reduce heat to low; add cheese mixture. Cook 2 minutes or until cheese is melted, stirring constantly. Stir in hot sauce.
3. Keep fondue over low heat. Dip breadsticks and vegetables into fondue.

Makes 8 servings

REGIONAL MARKETPLACE

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As the owner of a small business herself, Brenda W. Smith understands the everyday struggles that business owners go through.

Accountants offer small businesses solutions

Brenda W. Smith & Company offers satellite office and conference room to clients on the go

For small business owners, a visit to a certified public accountant can be a nerve-racking experience. Some proprietors avoid consulting a CPA, or put off the chore until a day that they are better organized.

But delaying the process of getting help can be costly. Knowing how to manage the financial aspects of a business makes a difference in overall success. The staff at Brenda W. Smith & Company, P.C. make it much easier to run a business.

SMALL BUSINESSES AUDITED OFTEN

Small businesses are being audited now more than ever. Messy bookkeeping can lead to mistakes that attract the attention of the Internal Revenue Service and increase the chance of an audit. An IRS audit is time consuming and stressful — certainly something to avoid.

Getting help from the CPAs at Brenda W. Smith & Company will go a long way to preventing unnecessary audits.

CONSULTATION PREVENTS ERRORS

A good accounting strategy is key to a small business. While some may delay in getting help, those who start off right will be a step ahead.

"Mistakes made in the first year cost more than doing things right by setting up an initial consulting arrangement," said Brenda Smith, owner of the accounting firm.

Brenda W. Smith & Company offers a no-cost, no-obligation, hour-long consultation with potential business clients. This is one way Smith puts customers at ease.

"It's a good opportunity for the client to interview us to see if there's a good personality fit," she said. "It's very important that they can communicate comfortably with their advisors."

For start-up businesses Smith and her staff answer questions about what type of business entity will work best in the situation, how to keep records, and what taxes are required. If the business is already in operation, staff will look over prior returns or financial statements and answer questions about management, computerized accounting systems, and planning for the future.

SMALL BUSINESS SPECIALISTS

Smith is the owner of a small business herself and understands the everyday struggles that business owners go through. She can put together a comprehensive plan that includes everyday record keeping and periodic tax payments.

The friendly, personable staff can assist clients with numerous questions. There are many times when a client needs to resolve a problem, but doesn't know where to turn.

"We can usually put them in touch with the right person, even if it's not us," Smith said. "We're a touchstone for all those other services, such as legal, financial services or even computer maintenance."

MAKING TAX FILING EASY

Brenda W. Smith & Company offers complete services for accounting and taxes. This includes bookkeeping, quarterly payroll taxes, financial statement preparation, business and personal-tax return preparation, and IRS problem resolution.

The firm can help keep clients in compliance with all government regulations and obligations for tax returns. It can facilitate various tax filings, such as state, local, sales tax and personal property tax.

"There are many different taxes that a small business should be aware of, keep up with, and pay," Smith said. "That's one area where our experience shows — we excel at keeping people in compliance with taxes."

QUICK DATA ACCESS

In today's world, a business must have quick access to decision making data.

"If someone is still doing books manually, they're spending time writing and adding, and they are not getting the benefit of instant information," said Smith.

Computer-based accounting software alleviates much of the manual work, and, once implemented, can save time and increase accuracy tremendously. Smith recommends that small businesses use some kind of computer software right from the start — while the business is small.

"It's easier to learn when working on a smaller scale," she said.

The selection, set-up and training for computerized accounting systems is another area of expertise for Brenda W. Smith & Company. Mary Nollif, CPA, and Brenda Smith are both Certified Pro Advisors for QuickBooks.

"We deal primarily with QuickBooks and Peachtree accounting software products, but work with other software as well," Smith said. "We can help our clients convert from manual books to a computerized system or help them improve their existing computer system. This will provide the business owner with the right information and reports needed to better manage their business."

EXPERIENCE COUNTS

Brenda W. Smith & Company can handle a variety of accounting situations because of the depth of experienced staff. The firm has over 60 years of experience in bookkeeping, accounting and taxation. Staff can help guide emerging businesses toward planning for future growth and owner retirement planning.

Although small businesses make up a large portion of the practice, Brenda W. Smith & Company also handles nonprofits, estates and trusts, and all types of personal tax issues.

"People tend to match their accounting firm with the size of their business," said Smith. "Our fit is small to medium businesses. We do as much or as little for a client as they need."

BRENDA W. SMITH & COMPANY, P.C.

Certified Public Accountants
56330 Grand River Ave.,
near I-96 and Milford Road
(248) 437-6010
www.bwsmithcpa.com

"One of our goals is to educate business owners to help them better manage their business. I believe that our clients — whether they're signing a tax return or giving a financial statement to a bank — need to understand where the numbers came from and what they mean. We can help business owners improve their bottom line through education."

SATELLITE OFFICE SOLUTIONS

Brenda Smith & Company seeks to help small-business owners contain costs yet project a professional image by offering shared office space. The firm provides telecommuters and small business clients with office and conference room space. Flexible rental plans are available for both facilities.

The suite includes a conference and training room plus a fully equipped office available for public use. The multi-functional conference and training room seats up to 20 people. It is equipped with high-speed Internet access, presentation boards and a kitchenette.

The office space offers a distraction-free setting for business people to meet with customers, check in with a home office, return e-mail or compose correspondence. Copy, fax and notary services are also available.

"It sure beats signing papers in a coffee shop or answering e-mail from the front seat of your car," Smith said.

The office is easy to access from most West Oakland and Livingston County area businesses. Brenda W. Smith & Company P.C. is located in New Hudson at 56330 Grand River Ave., near I-96 and Milford Road.

Brenda W. Smith Company, PC

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