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Novi News

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THURSDAY, AUGUST 30, 2007

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VOLUME 52 #14 50 CENTS



Photo by JOHN HEIDER/Novi News

Novi Police officers Nicole Musney and Larry Lemerand and the rest of the department will be involved in the state-wide crackdown on drunk driving from Aug. 17-Sept. 3.

Over the limit, under arrest
■ **Drunk driving crackdown during Labor Day weekend**

By Kelly Murad
STAFF WRITER

Originally, Labor Day was designed to honor the workers in this country.

Today, the traditional holiday is more often known as an end of summer celebration.

However, too much celebrating this Labor Day weekend could result in consequences.

As part of the "Drunk Driving, Over the Limit, Under Arrest" statewide crackdown Aug. 17 - Sept. 3, the Novi Police Department will be adding extra officers to its patrol division.

"It just boosts the number of patrols we have on the street," said Chief David Molloy of the Novi Police Department. "We believe it contributes to our low fatality rates due to drunk driving."

The Michigan Office of Highway Safety Planning is coordinating the enforcement effort by providing 55 counties across the state with federal traffic safety funds for overtime enforcement.

Funding will also be provided to agencies participating in paid advertising to ensure widespread awareness of the crackdown.

"We are continuously putting the message out to slow down and don't drink and drive," Molloy said.

It is no coincidence that the drunk driving crackdown is being enforced over Labor Day weekend.

"Typically you do see the enforcement stepped up around those times," Molloy said.

The crackdown in 2006 was enforced at the same time of year, with Novi conducting 432 drunk driving arrests.

"Almost 40 percent of our traffic deaths are due to alcohol (statewide)," Molloy said.

Statistics show, in 2006, about 440 people were killed and 7,678 were injured in alcohol or drug related crashes in Michigan.

According to Molloy, in most drunk driving cases, the driver commits a traffic violation, which is probable cause for an officer to make a traffic stop.

At that point, if the use of alcohol is suspected the officer will conduct a series of tests to determine if the driver is over the legal limit.

"There is a series of psycho-physical evaluations we put them

Continued on 3A

BUILDING BONDS



Photo by JOHN HEIDER/Novi News

Former Wildcat teammates Kevin Cislo, left, and Ryan Pritchard, have both won championships for their colleges: Michigan and Princeton, respectively.

Novi Wildcat athletics creates friendships, provides opportunity

By Kelly Murad
STAFF WRITER

They began as Colts and grew into Wildcats. Even though one went on to be a Tiger, and the other a Wolverine, they still remain friends.

Former Novi athletes Ryan Pritchard and Kevin Cislo graduated from Novi High School in 2005 with offers to fulfill their dreams, academically and athletically.

With two years under their belts, they each prepare for their third year of college, Pritchard playing football for Princeton University and Cislo playing baseball for the University of Michigan.



Looking back

When Cislo moved from South Lyon to Novi in eighth grade, he and Pritchard already knew one another as Novi Colts in fifth grade.

"We knew each other through football but stayed in

touch throughout the years," Cislo said.

Aside from their history, both on and off the field, Cislo and Pritchard share an understanding for the demands of being a college athlete.

"We can relate really well," he said. "Ryan and I are both going to good universities. The academics are hard enough as it is."

Even with their busy schedules and great distance, the two have managed to keep in touch.

"He's one of those guys that when we go home, we're never apart," Pritchard said. "Plus,

Continued on 3A

Credit Union robbery probe persists

By Kelly Murad
STAFF WRITER

The investigation continues as the Novi Police Department and local FBI officials search for the suspect in the Friday robbery of the Family Service Credit Union.



Surveillance photo

According to Lt. Victor Lauria of the Novi Police Department, officials are still analyzing evidence from the incident at the northwest corner of Meadowbrook and 10 Mile roads.

At about 12:30 p.m., a man between 25 and 40 approached a credit union teller and handed her a note demanding money. After handing the suspect the money, the teller gave notification of the robbery and the police were on the scene in less than two minutes, reports said.

No one was injured. According to reports, the suspect may have driven off in a black four-door sedan with tinted rear windows. At the present time, police do not believe there was anyone else with the suspect, who is described as a thin white male about 5 feet 7 inches tall.

At the time of the robbery, he was wearing a white nylon jacket with orange accents, dark shorts, flip-flop sandals and a dark baseball cap with green lettering, reports said.

According to police, there was no implication or use of a weapon and witnesses were not injured or threatened in any way.

Although there were several

Continued on 3A

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NOVI WEEKEND PLANNER



FRIDAY
Cheer on your Novi Wildcats at the 6:55 p.m. kickoff as they take on Milford High School in the second week of the high school football season. Stop by Novi High School for a night of tossing and running the pigskin under the lights. The marching band will perform at half-time. Individual admission prices are paid at the gate or year-long all-sport passes can be purchased from the Athletic Boosters for \$40 each.

SATURDAY
The first week of school is done. What better way to get your youngsters excited about the rest of the school year than a special Back to School storytime noon at Borders Book Store, 43075 Crescent Blvd. Call (248) 347-0780 for more information.

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Enjoy beads of all sizes, shapes, colors and textures? Want to workshop with Wendy Simpson Conner, author of "The Best Little Beading"? Visit the My Favorite! Bead Show from 11 a.m. - 5 p.m. at Rock Financial Showplace, 46100 Grand River Ave.

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Victoria Mitchell, editor
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SECOND FRONT PAGE

Thursday, August 30, 2007
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Arena repairs continue

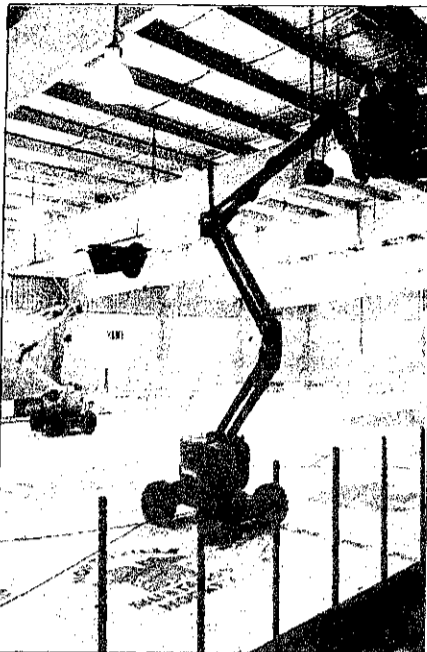


Photo by JOHN HEIDER/Novi News

A couple of maintenance lifts and crews repaint the interior of the south rink at the Novi Ice Arena on Aug. 23. On Aug. 8 a Zamboni caught fire in the rink and caused about \$200,000 in damage to the arena.

By Kelly Murad
STAFF WRITER

The severe storm through southeast Michigan Friday created complications for the reopening of the Novi Ice Arena.

Restoration efforts from the fire Aug. 8 were expected to be complete Monday for the arena to reopen with full operations.

But the arena, located at 43000 Arena Dr., lost power at about 6 p.m. Friday and did not regain power until Sunday.

According to Sheryl Wash, community relations manager for the City of Novi, the arena did have a small generator assisting with lights and power, but by the time they received a larger one, it was five hours too late and the ice in both rinks melted.

Two rinks need to be rebuilt and the city hopes to have one of them open tomorrow and full operations restored by Tuesday, Sept. 4.

The fire, more than three weeks ago, was a result of a hydraulic leak of the ice resurfacing machine igniting while clearing the ice.

Although players of the Novi High School hockey team were practicing, the team was on break and notified the machine driver of the fire.

About 150 people, including players, coaches, parents and staff, were in the ice arena at the time of the inci-



Photo by JOHN HEIDER/Novi News

Figure skating teacher Tracie Nussbaum, right, works with pupil Kate Gatz, 13, at the Novi Ice Arena last Thursday afternoon. The arena is almost fully operational again after a fire and power outage.

The building was evacuated with no injuries reported.

The assessed damages to the ice arena from the fire were more than \$200,000 and were covered by the city's insurance policy.

For more information, contact the Novi Ice Arena at (248) 347-1010.



Photo by Hans Nyberg

Timber

Police and fire responded to a house on Chattman Street, near Nine Mile and Meadowbrook roads, after a large tree fell during damaging storms last Friday.



Photo by Hans Nyberg

Fast Flooding

Driving became hazardous last Friday after storms, including torrential downfalls, hit the Novi. Here a driver attempts the flooded roadway at Heslip and Nine Mile.



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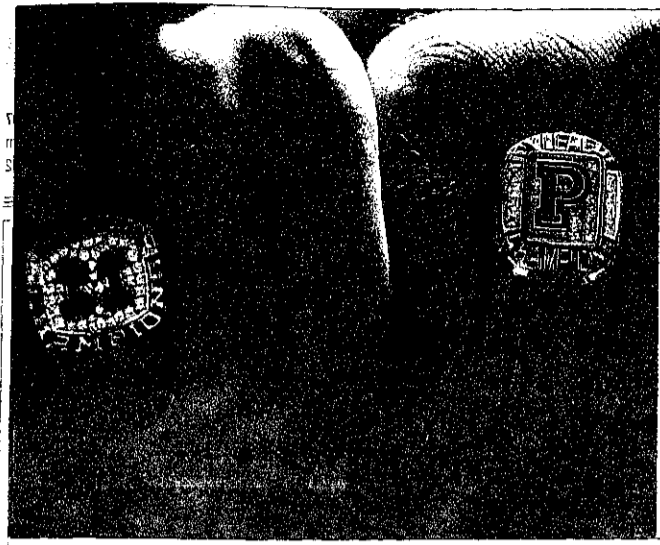


Photo by JOHN HEIDER/Novi News

Novi High alum Kevin Cislo, left hand, and Ryan Pritchard, right, show off the championship hardware they won for Michigan and Princeton - where they're studying and playing baseball and football respectively.

Novi Wildcat athletics creates friendships, provides opportunity

Continued from front

both our parents are friends."

Honorary athletes

Aside from being esteemed athletes in high school, Pritchard and Cislo have both become honorary college athletes.

As long snapper for Princeton, Pritchard won the Donald B. Lourie award for freshman offensive player of the year.

In 2006, he received a championship ring for the Ivy League Football Championship. It was

also the first time in about nine years that Princeton beat Harvard and Yale in the same season.

Cislo, who plays second base for the University of Michigan, is geared up to receive his second championship ring of their triumphant season.

The Wolverines were not only Big Ten Conference champions, they also won the NCAA Regional Championship against top-ranked Vanderbilt.

"It was one of the biggest upsets in college history," Cislo said. "After beating Vanderbilt, I think we set the bar really high for ourselves."

Michigan vs. Princeton

One of the most difficult decisions in life is choosing which school to attend after high school.

Although Pritchard did look into Yale and Michigan, he had been talking to the coaches at Princeton since his sophomore year in high school.

"The coaches understand that when you choose to go there for football, you're primarily choosing it for the academics," he said. "I wouldn't have gone to play if it wasn't a good school. It had to be a good match."

Even though Cislo enjoyed playing football, baseball was his primary sport.

"I talked to a few schools (about football), but mostly focused on more baseball than football," he said. "I talked to other schools, but Michigan was the only school I really looked at."

Cislo is majoring in history for secondary education and hopes to one day coach high school football and baseball.

Pritchard, on the other hand, is not sure what he wants to do in the future but remains focused on graduating with a degree in economics.

"I have such good friends," he said. "All the other stuff I don't really care about."

Novi News staff writer Kelly Murad can be reached at (248) 349-1700, ext. 103.

Credit Union robbery probe persists

Continued from front

witnesses in the bank at the time, police said business was unusually light for a Friday afternoon.

The Novi Police Department, in conjunction with the FBI, is investigating other bank robberies in the metro Detroit-area to determine if the suspect is also involved with those crimes, reports said.

If anyone has information regarding this incident, please contact Detective Kevin Gilmore or Detective Scott Baetens of the Novi Police Department at (248) 348-7100.

Surveillance photo

Drunk driving crackdown during Labor Day weekend

Continued from front

through to determine what level or if any alcohol is in their system," Molloy said.

Aside from the dangers involved in driving drunk, the consequences can be severe and

On the Web

For a complete list of the 55 counties statewide involved in "Drunk Driving, Over the Limit, Under Arrest," visit our Web Site at: www.novnews.com.

"We are continuously putting the message out to slow down and don't drink and drive."

Chief David Molloy
Novi Police Department

My Novi, briefly

Summer property taxes

All 2007 summer property taxes are due Friday. Payments must be received by the Treasurer's Office on or before the due date to avoid a 4 percent penalty.

For convenience, a drop box is located at the curb behind the Civic Center for tax, water and sewer payments. Payments will be accepted in the drop box until midnight on the due date or until early because postmarks are not accepted.

Contact the Treasurer's Office at (248) 347-0440 with questions.

Passport Sunday hours at Post Office

The Post Office will be accepting passport applications on Sunday, Sept. 9, to make it easier for travelers to comply with new State Department requirements in effect Jan. 23. The Passport Fair is being held on a Sunday to help people whose hectic schedules make it difficult to fit the errand in during the week.

Postmaster Richard Neal said customers often put off applying for their passport because they are afraid the process will be time consuming and difficult.

"Having a day set aside exclusively for passport applicants makes the process much quicker," he said. "Also, our clerks have extensive training and take refresher sessions to stay current on the most recent rules and regulations for passport acceptance."

Neal emphasized the importance of bringing the appropriate documentation. A complete list of documents needed can be found at www.usps.com/passport.

New federal regulations require all travelers (including U.S. citizens) and from the Americas, the Caribbean and Bermuda to have a passport to enter or re-enter the United States when traveling by air. This requirement may be extended to include land and sea travel as well, by January 2008.

Because of the heavy demand for passports, processing times

could be as long as 10-12 weeks for routine service. However, if you need your passport sooner, the application can be expedited for an additional fee.

Older adults survey available online

This summer, 1,200 older adult Novi households were asked to rate several community characteristics and city services through a survey conducted by the National Research Center.

Although results of the statistically valid survey will be available in September, the City of Novi would additionally like to hear from all senior community members. The same survey sent to randomly selected households is now available online for community members 55 and older at

www.cityofnovi.org.

The survey serves as a strategic planning and evaluation tool that may be used to develop older adult service plans, determine how future resources will be allocated and evaluate current service provisions.

The online survey takes about 20 minutes to finish and only fully completed surveys will be tallied in the final report.

Residents who have questions about the survey can contact the Novi Senior Center at (248) 347-0414.

Senate moves Presidential primary

In a move to bolster Michigan's relevance in presidential politics, the state Senate passed legislation that would establish a joint presi-

dential primary on Jan. 15, 2008. Current law holds Michigan to a primary on Feb. 26, 2008, weeks after "super duper" Tuesday and after the parties' nominees would have presumably been decided.

Sen. Michelle McManus, chair of the Campaign and Election Oversight Committee and sponsor of the bill, said the measure is needed to raise Michigan's profile on the national stage.

"Michigan is a large representative state, and it has the perfect mix of age, given the issues of the economy, manufacturing, energy and natural resources," said McManus (R-Lake Leelanau).

By moving its primary to Jan. 15, Michigan would become the third state in line behind Iowa and New Hampshire, whose state laws require them to be first and second, respectively.

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MY PARKS & RECREATION

Thursday, August 30, 2007
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Local bands fire up guitar strings and drum sticks

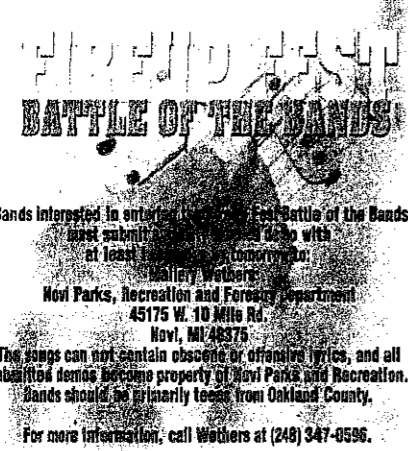
By Chris Jackett
STAFF WRITER

Mallory Wetters envisions high school bands playing a show to a crowd full of classmates next to the football field following a home game while students eat, socialize and enjoy a Friday night.

Her idea will become reality with Fireup Fest, an event that embodies all of these qualities. Wetters, a recreation intern from Central Michigan University, is spearheading the event with this vision and opportunity for teens in Novi and surrounding communities.

"There's not a whole lot of opportunity for teens in the area so we got a group of teens together to think of some ideas," Wetters said. "The Youth Recreation Committee is helping come up with ideas and the Novi Youth Council is helping make the event."

The committee came up with three ideas: a trip to Cedar Point, a flag football outing and Fireup Fest.



SOURCE: City of Novi and Department of Parks, Recreation and Forestry

Parks, Recreation and Forestry Department are co-sponsoring the all ages event with the two teen groups, which will give away a \$500 Music Go Round gift certificate to the winning band.



Photo by JOHN HEIDER/Novi News

Boys of Summer!

Thomas Lowe enjoys a splash at Novi's Lakeshore Park during the last week of August. Even though there will be plenty of warm days ahead, the beach will be closed after Labor Day until next year.

Rock on

A Battle of the Bands will be the centerpiece of Fireup Fest, which runs from 9:30 p.m. - 12 a.m. in the Novi Civic Center Parking Lot following the 6:55 p.m. Novi Wildcats football game against Lakeland High School on Sept. 21. Wetters expects more than 200 teens to attend.

Bands interested in playing a 20-minute set at the Battle of the Bands must sign up no later than Friday, Aug. 31, by submitting clearly labeled demos to Wetters at the Novi Parks, Recreation and Forestry Department.

"We want to hit a bunch of different genres," Wetters said. "We also want to have bands that have a following."

For the cost of a \$5 wristband, onlookers will be able to watch the five bands perform, gain access to an inflatable obstacle course, food from Taco Bell, Pizza Marcellino and others, giveaways for places like Dick's Sporting Goods and, for an additional \$2 fee, a chance to scale a rock climbing wall.

Vendors interested in donating food or prizes can still contact Wetters to sign up.

"We're looking to get a bonfire for it," Wetters added. "The first band should start right after the game ends."

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MY NEIGHBORS

Thursday, August 30, 2007
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Residents grow from reality sales challenge

By Chris Jackett
STAFF WRITER

Novi and Northville are both represented in a sales and leadership competition featuring 12 finalists out of the metro Detroit area.

The Ultimate Sales and Leadership Challenge, developed by Livonia-based international sales and leadership company Envision U, focuses on developing the contestants to "actualize their potential." "Our philosophy is simple," said Rod Hairston, chief executive officer of Envision U. "Training builds confidence. Confidence creates influence, and the ability to influence leads to success and prosperity. We want to capitalize on our region's extraordinarily qualified workforce to create better, smarter and more marketable professionals, helping them to build bright futures right here in metro Detroit."

Sarah Davies of Novi and Bob Dorigo Jones of Northville beat out hundreds of metro Detroiters to become two of the final 12 candidates in the reality-based competition. Other contestants hail from Dearborn, Okemos, Oak Park, Bloomfield Township, Ann Arbor, Rochester, Trenton, Bingham Farms and Detroit.

"The training helps people to look at themselves objectively to see if they can use their ability as best they can," said Dorigo Jones, 43, president of M-Law, author of bestselling political humor book, "Remove Child Before Folding," and former Michigan House of Representatives staff member. "Every day you thought about an area of your life and you thought about how to do things more effectively."

Hairston described the program as the "American Idol" for sales and leadership professionals, and contestants even had to sing and be judged in front of a live audience at Grace and Studios in Farmington Hills as



Photo by JOHN HEIDER/Novi News

One of the obstacles Northville resident Bob Dorigo Jones overcame was breaking his board with his hand during the Sales and Leadership Challenge.

Watch the excitement

Webcasts of the The Ultimate Sales and Leadership Challenge are posted on <http://www.wxyz.com> Sundays from Aug. 19 until the finale on Sept. 20, which will be broadcast on WXYZ (Channel 7) at 8 p.m.

of their activities.

Other activities included getting a professional makeover at Somerset Mall, trying to sell a car at a dealership, trying to get onto the field at Comerica Park, traveling to Auburn Hills to negotiate a simulated hostage crisis during a bank robbery, rappelling from a 5-story building and putting out a car fire at the county's emergency medical technician and fire department training grounds.

"We had to try and get our picture taken on the field at Comerica Park and see how persuasive you could be. We basically politely didn't take 'no' for an answer. We'd get through to one person and then think of reasons why they can't let you on," Dorigo Jones said.

"Nobody got in. We learned we will not always be successful and how to deal with that."

Both Davies and Dorigo Jones said one of the most rewarding experiences was working with Hollywood voice coach Roger Love, who has trained the likes of Reese Witherspoon for her role in "Walk the Line," as well as Eminem, Matchbox 20, Mandy Moore, Papa Roach, Motley Crue and others.

"I took everything he had to say and absorbed it like a sponge," said Davies, 25, a former mortgage banker and aspiring broadcast journalist. "He said when I opened my mouth, I was like an atomic bomb and he wasn't expecting that out of me."

Working with Roger was absolutely incredible. He has a two-year celebrity waiting list to work with him and he came here to work with me, some girl he doesn't know from metro Detroit."

Despite being labeled a reality show, it was nothing like any of the contestants had expected.

"Everyone was looking to see who would be the mole or the jerk because we were used to other reality shows on television," Davies said. "Because we've been through so much change together, we've gotten



Photo by JOHN HEIDER/Novi News

Sarah Davies has been involved in the online reality video show Sales and Leadership Challenge where contestants are given multiple group activities to sharpen their salesmanship.

close, almost like a second family. Bob's like the dad for everybody. Everybody brings something to me that I didn't know before."

Webcasts of the program are posted on <http://www.wxyz.com> each Sunday from Aug. 19 until the finale on Sept. 20, which will be broadcast on WXYZ (Channel 7) at 8 p.m.

"They're coming back within the year. We broke boards with our bare hands. It's been so rewarding. I wish everyone else could do this because there's so

much to gain," Davies said. "I couldn't ask for anything better in my life at this point. The biggest thing I gained was true self-esteem and confidence. I was loud, obnoxious and didn't feel like a winner. I always had a negative thought. Now I wake up every morning and feel better than yesterday, which surprised me, because yesterday was the best day ever."

Novi News staff writer Chris Jackett can be reached at (248) 349-1700, ext. 122 or cjackett@gannett.com.

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Victoria Mitchell, editor
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MY BUSINESS

Thursday, August 30, 2007
www.novinews.com
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Learning Care Group connects through AT&T contract

By Chris Jackett
STAFF WRITER

Novi-based Learning Care Group announced a new contract with AT&T that will provide the early education and child service provider an additional 700 wide area network sites.

"AT&T has been a partner for four years. Thirteen national vendors applied. AT&T manned right up and put together a great proposal," said Khris Hruska, director of technical services for Learning Care Group.

Learning Care Group, which operates preschool subsidiaries La Petite Academy, Montessori Unlimited, Children's Courtyard and others, will now have a network of 1,200 total sites across the United States.

"We'll continue to make an investment in technology. We want technology to be there and good centers to be in place,"

Hruska said. "We want to tie kids, center directors and parents together. Through technology, we hope to tie those people together."

The new connections will allow the national company to manage and process the records and resources at their 470 previous and 700 new locations faster than ever before. While connecting Learning Care Group's 10,000 employees with long-distance and local voice services, AT&T will consolidate the company's voice services into a single network, which will provide discounts across all services, according to a release from AT&T.

"Our goal is to leverage AT&T's networking expertise to deliver a common set of Web-based applications across all of our locations to make them the most technologically advanced in the child care industry," Hruska said. "AT&T's ability to quickly scale capabilities to meet our

growing needs make this a great fit."

With the improved routes of communication between branches based out of Novi, Chicago, Texas and even Australia, Learning Care Group hopes to extend these services to the families they service so parents have a better idea what their children are learning. Learning Care Group takes children from six weeks to 13 years of age, but is primarily focused on preschool.

"We prepare kids to go into kindergarten. A lot of programs do after school programs where they can do things like tutoring," Hruska said. "The idea of a straight up child care facility has dropped off. There's a focus on learning ABCs and learning to read. We get them involved with computers early."

History lesson

Learning Care Group was formed in 2003 when Novi-based Child Time wanted to go national. The 40-year-old Child Time acquired Chicago-based La Petite Academy, Arlington, Texas-based Children's Courtyard, Montessori Unlimited and other branches to form Learning Care Group. In 2006, Learning Care Group was acquired by Australia-based A.B.C. Learning Centres Limited.



Photo by JOHN HEIDER/Novi News

Child Time worker Amanda Klank sits with Kennedy Culver, 4, left, and Gabriela Koons, 4, and looks at the computer-based lesson planner "Galileo." Child Time, located on Eight Mile Road, uses Galileo to plan its lessons.

349-1700, ext. 122 or cjackett@gannett.com

Novi News staff writer Chris Jackett can be reached at (248)

NAMES IN THE NEWS

Lotus Bank announces promotions and appointments

Lotus Bank, Novi is pleased to announce the promotion of Michele DeJaegher to Vice President, Commercial Lending. DeJaegher was formerly Assistant Vice President, Business Banking at Lotus. Prior to joining Lotus Bank, she was Assistant Vice President of Commercial Loans with LaSalle Bank Midwest N.A.

Also promoted was Luis Cely, appointed Credit Analyst. Prior to joining the Lotus Bank team, he was a Credit Analyst with LaSalle Bank Midwest N.A., Troy.

Lotus Bank is a recently chartered community bank based in Novi, offering a full array of banking services to individuals, professionals, families and small businesses in the northwestern Detroit suburbs.

The Bank is currently building its new headquarters in Novi, which is expected to open in the spring of 2008. Lotus Bancorp, Inc. is the holding company for Lotus Bank, located at 45650 Grand River Avenue and can be reached at (248) 735-1000 or at www.lotusbank.net.

Outstanding professional planner

Phillip C. McKenna, AICP, PCP, President, and CEO of McKenna Associates, Inc. has been honored with the Michigan Association of Planning's highest award: 2007 Outstanding Professional Planner.

In announcing the unanimous decision, the Michigan Association of Planning Awards Committee cited McKenna's decades of work shaping Michigan communities into vital, interesting and attractive places to live, work and do business.

The committee noted McKenna's exceptional work in the areas of redeveloping blighted communities, creating well-defined downtowns and championing New Urbanism. McKenna Associates, Inc. provides community planning, urban design, zoning, landscape architecture, economic development, and public communication and participation services to hundreds of Midwest townships, cities, counties and villages. Headquartered in Northville, McKenna maintains branch offices in Detroit and Kalamazoo and in Ohio. For more information about McKenna Associates, Inc. call (888) 226-4326 or visit www.mckenna.com.

<p>HARVEST MINISTRIES CHURCH OF GOD 2030 Delta Rd. between Grand River and Freedom roads, Farmington Sunday Worship 10:30 a.m. Wednesday 8:30 a.m. & 7 p.m. Chicago Ave. Service 9:30 a.m. & 7 p.m. (Chicago Ave. Church Hours: 10 a.m. - 4 p.m. Monday, Tuesday)</p>	<p>WARD EVANGELICAL PRESBYTERIAN CHURCH 4000 3rd Mall Road - Northville MI - 48164-2920 Worship Services 9:00 and 10:30 a.m. Contemporary Service 9:00 a.m. Sunday School & Nursery Provided Evening Worship 7:00 p.m. www.wardpc.org Pastor: Braden Hill - Sunday 1:00-5:00 PM</p>
<p>FIRST CHURCH OF THE NAZARENE On Haggerty Rd. North of 8 Mile Rd. Sunday School 9:30 a.m. Sunday Celebration 10:30 a.m. & 8 p.m. (248) 349-1700 Dr. Rob Blake, Pastor</p>	<p>FIRST PRESBYTERIAN CHURCH OF NORTHVILLE 201 E. Main St. - Northville, MI 48161 Worship & Church School - 9:30 am & 11 am Children Available for All Services Youth Groups: Boys 4:15-5:15 & 5:15-6:15 pm Girls 4:15-5:15 pm Singles Pastor Ministry - Thurs 7:30 pm Rev. W. Kent Cise, Senior Pastor Rev. James Pihlax, Associate Pastor</p>
<p>MEADOWBROOK CONGREGATIONAL CHURCH 21355 Meadowbrook Rd. in Nov of 6 1/2 Mile 248-348-7787 • www.meadowbrookcongregational.org www.mccccc.org • Sunday Worship 10 a.m. For further information, ask for Denise Poirier, Chairperson, The Board of Directors Ed Willingham, Interim Minister</p>	<p>OUR LADY OF VICTORY CATHOLIC CHURCH 1710 Joyway, Northville WEEKEND LITURGIES - Saturday 5:00 p.m. Sunday 7:30 9 AM, 11 AM, 12:30 PM Church 349-2621, School 349-3610 Religious Education 349-2659 Rev. Denis Theroux, Pastor</p>
<p>HOLY CROSS EPISCOPAL 10 Mile between Meadowbrook & Haggerty Phone: 248-427-1175 Sat. 5 pm, Sun. 7:45 & 10 am Holy Eucharist Sunday School & Nursery 10 am Rev. Karen Henry, Pastor www.holycrossofnovi.org</p>	<p>GOOD SHEPHERD LUTHERAN CHURCH 9 Mile & Meadowbrook Wisconsin Ev Lutheran Synod Sunday School and Adult Bible Class 8:45am Worship 10:00am Thomas E. Schroeder, Pastor - 349-0565</p>
<p>FAITH COMMUNITY PRESBYTERIAN CHURCH 44400 W. 10 Mile, Novi, 248-349-2345 1/2 mile west of Novi Rd. Sunday 9:00 a.m. & 10:30 a.m. Service Dr. Richard J. Henderson, Pastor</p>	<p>FIRST UNITED METHODIST CHURCH OF NORTHVILLE 349-1144 8 Mile & Ten Roads Sunday Worship Services, 8:30 am, 10:00 am Rev. John Hee Rev. Lisa Cook www.fumchnorthville.org</p>
<p>ST. JAMES ROMAN CATHOLIC CHURCH NOVI 46325 10 Mile Rd. Novi, MI 48174 Saturday 5:00 p.m. Sunday 8:30 a.m. & 11:30 a.m. Reverend George Chambliss, Pastor Pastor Office: 347-7175</p>	<p>OAK POINT CHURCH 50200 W. Ten Mile Novi Sunday 9:15 a.m. and 11:15 a.m. Casual contemporary live band (248) 912-0043 www.oakpointe.org</p>
<p>CHURCH OF THE HOLY FAMILY 24505 Meadowbrook Rd., Novi, MI 48175 Masses: Sat. 5 pm, Sun 7:30 a.m. 8:45 am, 10:30 am, 12:15 pm Holy Days: 9 am, 5:30 pm, 7:30 pm Fr. Timothy Hogan, Pastor Rev. Mr. William Wadsworth, Deacon Rev. Mr. Timothy J. Pilon, Deacon Pastor Office: 349-8547</p>	<p>ST. JOHN LUTHERAN, ELCA Farmington Hills • 23225 Oak Rd • 248-474-0284 Between Grand River & Redwood Saturday 5:30 am Sunday 8:30 am & 10:30 am 9:00 am (contemporary) 11:15 am (contemporary) Sunday School 10:15 am Nursery Available</p>
<p>NATIVITY OF THE VIRGIN MARY ORTHODOX CHURCH 39651 Five Mile Rd (S & Haggerty) Rymouth, MI 48170 Phone: 734-420-0131 Sunday Services Mothers (Orthodox) 9:00 a.m., Liturgy 10:00 a.m. Rev. Fr. George M. Vassios, Pastor www.nativitychurch.org</p>	

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Consultants contracted for review of Master Plan

A joint meeting with Planning Commission and City Council was held prior to the regular Council meeting, Monday.

The purpose of the meeting was to discuss and provide initial questions and thoughts regarding review of the Master Plan for Land Use of three particular areas of interest within the City of Novi, which are:

- Southwest residential corners;
- Novi Road/Interstate 96 interchange; and
- Southwest corner of 12 Mile and Wixom roads.

During the regular meeting, Council approved the appropriation of \$69,800 for the contract proposal for the consulting firm of Birchler Arroyo Associates, Inc. Planning Team to review the Master Plan for Land Use.

CITY COUNCIL NOTEBOOK

Fire stations need remodeling

CDPA Architects presented the findings of its architectural studies conducted on Novi Fire Stations 1, 2 and 3 to Council at Monday's meeting.

The City budgeted \$1.3 million for the Fire Department in the 2007-08 fiscal year.

According to the findings, Fire Station 2, at 13 Mile Road and Paramount Street, is the highest priority of all the Fire Stations and in need of immediate renovations.

The estimated cost for remodeling Station 2 is \$761,310.

In the future, the City will decide

if Fire Station 1, on Grand River Avenue east of Novi Road, should be remodeled or just rebuilt in a different location.

CDPA recommends that the city look for new sites for Fire Station 3, on 9 Mile Road between Novi and Meadowbrook roads, because they do not believe it will fulfill projected needs of the Fire Department in its current location.

Local heroes recognized

Novi Police Chief David Molloy and Mayor David Landry recognized Novi resident Greg Snider and Novi Police Officer Paul Stulgross for their timely response

to a medical emergency.

On Aug. 1, the Novi Police Department received a 911 call from the Novi Oaks Golf and Sports facility on 12 Mile Road, regarding a cardiac emergency.

Due to the CPR efforts performed by Snider and Stulgross administering the portable automatic external defibrillator, the victim survived.

The victim has since returned to his home in New Haven, Conn., but his son spoke on behalf of his family to express gratitude to Snider and Stulgross for saving his father's life.

Council not ready to make decision regarding logo

Community Relations Manager Sheryl Walsh and Howard English of Ford and Earl Associates presented Council with proposed

logos, brand statements and a vision statement for the future of Novi at Monday's meeting.

In terms of the logo, Mayor Pro Tem Kim Capello felt it should be bold, strong and clear and he did not think any of the proposed logos were representative of that.

However, most councilmembers felt that the vision statement captured the essence of Novi.

Overall, Council felt the concept of the project is good, but requested Ford and Earl to use the feedback to make necessary adjustments.

Council Meeting Notes were taken from the Monday, Aug. 27, 2007 joint meeting of the Planning Commission and Novi City Council and the regular meeting of the Novi City Council. All councilmembers were in attendance. Next meeting: 7 p.m. September 10 at the Novi Civic Center, 45175 W. 10 Mile Rd.



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MY SENIOR LIFE

Thursday, August 30, 2007
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Ensuring a home for a lifetime

By Tracy Mishler
SPECIAL WRITER

Lee McCord knows if something should ever happen to her, she has a home for life.

The 81-year-old Fox Run resident attended the fourth annual Gala celebration last Saturday, at Fox Run, to help raise funds for the community's Benevolent Care Fund.

According to Fox Run officials, in the event residents suffer an unexpected, prolonged illness depleting their savings, the Benevolent Care Fund takes over the financial obligations of their care.

Funded solely by donations, the community's annual Gala is the biggest fundraiser, with more than 700 people in attendance this year.

"It's insurance to us because when you move in here, you know you have a home forever," McCord said. "That's a big fear for a lot of people, especially in this day-in-age."

This year's event, titled "An Evening at the Belmont," not only offered residents and their guests a fun evening at the new 5.3-acre square-foot Belmont Clubhouse, but also an evening of food, entertainment by the Johnny Trudell

Band and a chance to experience all the excitement of the Belmont, which officially opened Monday following the Gala.

The Gala was the Belmont's first public event for Fox Run residents, staff and community benefactors.

A VIP Pre-Gala Party was held for the sponsors who have supported this year's Gala.

"We are so excited to share the Gala with our extended Fox Run family," said Mike McCormick, Fox Run executive director. "The timing (was) perfect and a great way to showcase our amazing new clubhouse."

McCormick said the Gala creates a wonderful party, not just a fund-raiser. He said this year's Gala was expected to net more than \$120,000.

"The Benevolent Care Fund ensures a home for life, and people sleep better knowing that," he said. "For older people, that's their biggest concern."

Getting a glimpse of the Belmont

During the night filled with glamour and excitement, guests found the time-honored tradition and sophisticated hospitality of well-known horseshoeing events throughout the clubhouse. Activities included simulated

horseshoeing and betting, a casino and enough food and beverage stations to get a true taste of what Fox Run has to offer.

The opening of the Belmont Clubhouse presents many new services and amenities to the already extensive list shared by the Fox Run community.

Among the new opportunities offered at the Belmont are a 240-seat performing arts center, a seasonal spa, the Signatures Restaurant, the Jockey Pub, special events rooms and an expanded library.

Jean Fitzpatrick, resident, said she enjoys going to the Galas held at Fox Run because it's a great reason to get dressed up.

"This year's Gala (was) wonderful, especially having it here in the Belmont," Fitzpatrick said. "It's lovely ... very tasteful. It's a nice way to kick off the opening and we're all really excited!"

Fitzpatrick said she has attended all four Galas hosted by Fox Run, and she enjoys every minute of each one.

"It's a good cause and well worth it," she said. At \$100 per ticket, a percentage of the proceeds go toward the fund, along with donations made by residents, friends, family members and members of the community.



Left, Shirley Euwer and Larry Rosenthal got dressed to the nines for "An Evening at the Belmont" during last Saturday's Gala Fund-raiser.

WANT TO BE FEATURED? Let us know about your event or send us photos to be published

Victoria Mitchell
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BE SCENE IN NOVI



Thursday, August 30, 2007
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An Evening at the Belmont



Francis Prior and Bill Reid, who both live at Fox Run, danced to the music of the locally renowned Johnny Trudell Band. Fox Run's Home Health Administrator, Linda Premo (left), and Amy Cockfield, Renaissance Gardens office manager, wore spectacular hats for the evening.

Savvy Senior: Over-the-Counter Drug Safety

Dear Savvy Senior,

Is mixing over-the-counter medicines with prescription drugs dangerous? My 70-year-old husband is currently taking six different prescription medications and two over-the-counter drugs. I'm worried he's taking too much medicine. Any suggestions?

Doped Up

Dear Doped

Most people, when they think about drug interactions or other problems concerning medicine, they think about prescription drugs. But each year, more than 500,000 Americans end up in hospital because of unintentional over-the-counter (OTC) drug overdoses, or due to OTC remedies interacting with prescription medication. Here's what you should know.

OTC Dangers

Just because OTC medications are available without a doctor's prescription doesn't mean they're safe

for everyone. OTC medicines (drugs that can help with coughs, colds, aches, pains, fever, allergies, heartburn and many other ailments) are over-the-counter drugs that offer real benefits when used correctly and used in moderation. Those most vulnerable to these risks are seniors because they typically take more medication (OTC and prescription) than any other age group, and the fact is, the more drugs you take, the greater your risk for potential problems.

OTC Safety Tips

With more than 100,000 OTC medicines on the market today you need to be very aware of what you're taking, and as always talk to your doctor or pharmacist if you have questions or concerns. Here are some tips to help you avoid potential OTC and prescription medication problems:

- Always read the "Drug Facts" label on the OTC product and follow directions. It tells you what the medicine is for, how and when (and when not) to take the medication, the product's active and inactive ingredients, possible interactions, side effects, warnings and more.
- Choose OTC products that treat only the symptoms you have.
- Use extra caution when taking

more than one OTC drug at a time. Many OTC medicines contain the same active ingredients, which means you may be getting more than the recommended dose without even knowing it. Always compare active ingredients on the label and never take more than one drug with the same active ingredient unless specifically instructed by your doctor.

• Don't combine prescription medicines and OTC drugs without first talking to your doctor. Combining drugs can cause adverse reactions or one drug can interfere with the other drug's effectiveness.

• If taking an OTC medicine becomes more than temporary, or if your symptoms don't go away, talk to your doctor. Most OTC medicines are only intended for short-term use.

• Make a medicine chart (see www.fda.gov/medwatch/safety/tym) y, medicine, record(s) of all the prescription and OTC medicines, vitamins and herbal supplements you take and share it with your doctor. Also make sure your doctor is aware of your health history, if you are being treated by another doctor for something else, and if you have any allergies or side effects from any particular medicines.

• Don't use OTC medicines after

their expiration date.

New Warning Labels

To help ensure safety and ingredient awareness, the Food and Drug Administration will soon be requiring bolder new warning labels on hundreds of OTC products that contain acetaminophen, aspirin and NSAIDs (non-steroidal anti-inflammatory drugs). Here's what to look for in the coming months:

• Products containing acetaminophen: (Sold under the brand name Tylenol and in multiple generic

versions too. Other products that contain acetaminophen are Excedrin, Dayquil, Nyquil, Aika-Saltzer Plus Cold & Sinus, Sulfadiazine & Cold and many others.) The new warning labels will alert consumers of the risk of severe liver damage if taken in high doses or when consuming moderate amounts of alcohol. Labels will also warn patients not to take multiple medicines that contain acetaminophen.

• Products containing NSAIDs: (Aspirin, ibuprofen, which is sold as Advil and Motrin and in generic form, naproxen, best known as

Alleve also sold generically, and ketoprofen.) New labels will warn of the risk of stomach bleeding in people over age 60, or in those who have stomach ulcers, take blood-thinning drugs or steroids, use other drugs that contain an NSAID or remain on the medications for an extended period.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit www.savvysenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" books.

- Back pain?
- Headaches?
- Numbness in hands or feet?



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Before After



Melissa Pena, left, and Heather Krason, who are human resources managers at Fox Run, enjoy the evening's festivities.

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20% OFF ENTIRE STORE
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Visit us during our sale or present this ad Monday, August 27th through Saturday, September 22nd to receive sale price

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SALE HOURS: Monday - Friday 11:00 a.m. - 8:00 p.m.; Saturday 10:00 a.m. - 4:00 p.m. (September 9th only). CLOSED MONDAY, SEPT. 3RD.



Marianne Mikkelsen, philanthropy coordinator, and Marla Miller, executive assistant, were co-chairs for "An Evening at the Belmont" that raised \$120,000 for Fox Run's Benevolent Care Fund.



Helen Weingarden, who lives at Fox Run, sampled the array of seafood treats.

The Milford Historical Society Presents:

Milford Home Tour 2007

September 15
Saturday: 11 am-5 pm

September 16,
Sunday: 11 am-5 pm

Historic Homes...Modern Living
Bring the family. Spend a day "in town!"

- 5 Beautiful Homes
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- "Life in a Log Cabin"
- "Views & Visions" art show
- Tractor Show (Sunday)
- Car Show (Sunday)

Milford Historical Society 248-685-7308 milfordhistory.org

Tickets are \$15 for adults, \$13 for Seniors
Pre-event sales at St. George's Café, Main Street Art, Tea & Tea Room on Main Street

Sponsored by Milford Times



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 London Broil Turkey \$5.99 lb.
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99¢ lb.

California Crisp & Sweet Red and Green Seedless Grapes
99¢ lb.

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8/\$2.00

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 12 Pack

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Joe's Vegetable Rotini Salad
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Joe's Ham Salad
\$4.99 lb.
 Save \$1 per lb.

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 A soft, fruity Red wine with hints of berries and a TOUCH of spice.

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Joe's Grilled Chicken Kabobs
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Great for your Labor Day picnics!

Great Dessert!

Joe's Chocolate Bumpy Cake
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Novi Bobcat football stories and photos, P. 3B

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SPORTS GALLERY: CC FOOTBALL

PAGE 2B

MY NOVI SPORTS

Novi Roundup: Volleyball starts 7-0

SPORTS, 3B

THURSDAY, AUGUST 30, 2007 • WWW.NOVINNEWS.COM • SPORTS SUBMISSIONS: JTHEISEN@GANNETT.COM • PAGE 1B

SPORTS SPOTLIGHT: NOVI FOOTBALL

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

SOAKED



Photo submitted by Angie Hoover

The Novi defense lines up against Ann Arbor Pioneer last Friday. The game was delayed an hour and a half because of storms rolling through before the game.

Comeback falls short on wild-weather Friday

By Jeff Thelsen
 NEWS SPORTS WRITER

The Novi football team came up on the short end of a game that featured mammoth swings of momentum — and some crazy weather.

Ann Arbor Pioneer spoiled the Wildcats home opener, 19-17.

"I've got pride in these kids," said Novi head coach Tab Kellepourey of his team. "They fought all night. It's a loss for us, but it's a first-game loss."

"It's not the end of the world in terms of playoffs." After a wild storm delayed the game for about an hour and a half, things got underway.

Both offenses took control of the game at one point. The Pioneers struck first — on the first offensive play of the game.

Brandis Yarrington scored on an 80-yard play, just 21 seconds into the game. The Wildcat special teams blocked the point after, leaving the score at 6-0.

Pioneer pushed the lead to 13-0 when Mohammed Furrha connected with Jonathon Wade for a 25-yard scoring pass with 9:16 left in the first half.

Momentum switch

The momentum that was clearly on the Pioneer sideline, quickly gravitated to the Wildcat sideline.

Brandon Bradford scored on a 40-yard pass play from Mark Heard with 3:44 left in the half, trimming the lead to 13-7.

After a defensive stand, Novi took over at the Pioneer 41 with 1:27 left.

Heard hit Brandon Bryant for 20 yards to keep the drive going. On second-and-15,

Heard hit Bradford with a 31-yard scoring pass to claim the first lead for the Wildcats, 14-13.

Garrett Green picked off a pass, setting the Wildcats up at the Pioneer 11. Novi's offense only gained a yard, but Masserant booted a 29-yard field goal for a 17-13 lead that stood just moments into the fourth quarter.

The final score came on a 36-yard pass from Furrha to Shane Kunselman with 10:20 left in the game. A failed kick attempt left the Wildcats trailing by only two.

A potential winning drive appeared on the way with the ensuing drive, but the Pioneers stripped the ball from Paul Favorite around the 35-yard line while he was fighting for extra yards and recovered it with 6:51 remaining.

See WILDCATS, 3B



Photos submitted by Dennis Barnes

Catholic Central's Joe Kinville finds a hole against Detroit Southeastern.

CC runs over Southeastern

Shamrocks don't need to pass in 24-12 victory

By Jeff Thelsen
 NEWS SPORTS WRITER

Team	1	2	3	4	Tot
SE	0	0	0	12	12
CC	6	0	12	6	24

Catholic Central football is off and running — literally.

The Shamrocks ran, ran some more and ran again to finish off Detroit Southeastern, 24-12, on a rain-soaked Friday night.

"We put a tremendous amount of emphasis this year on our first game," Shamrock head coach Tom Mach said. "We've been working for nine months, going four days a week, running and lifting since December to the beginning of the season, and we needed every one of those days in this game."

"I think our kids played a complete game, and I was real happy with the way they responded to it."

The plan was simple for the Shamrocks — use the ground game to control the clock, keeping the Jungaleers spread offense on the sideline.

Joe Kinville jogged 142 yards on 24 carries with two scores to lead the offense.

"This is CC football, smash-mouth football," said Kinville with a big smile. "It's easy when the line is opening up holes like they did tonight."

Cory Amble was next with 15 carries for 71 yards and a pair of scores, and Shane Morris provided 40 yards on four carries.

Quarterback Ryan Houska did drop back for one pass, but he wound up running the ball and ended with three yards on three carries.

In all, the Shamrocks tallied 251 yards on 37 carries.

"We felt that our guys up front were doing a real good job," Mach said. "They were making holes, and we wanted to control the ball — our No. 1 goal this week — to keep it away from their potent offense, and we were able to do that."

Defense stands tall

The Shamrock defense was the star of the first half. The first

First quarter

CC — 4:02 Cory Amble 3 run, kick failed

Third quarter

CC — 10:02 Amble 2 run, pass failed

CC — 1:31 Joe Kinville 1 run, kick failed

Fourth quarter

SE — 9:18 William Sturgess 16 pass from Charles Burrell, pass failed

SE — 4:42 Burrell 1 run, run failed

CC — 2:20 Kinville 48 run, kick failed

Shamrock drive ended in a fumble deep in Jungaleer territory, but the defense had the ball back just four plays later at the Southeastern 18-yard line.

Three plays later, Amble mumbled into the endzone from 2 yards out with 4:02 left in the first quarter — the only points of the first half.

Catholic Central took little time scoring again in the third quarter. On its first drive, Amble, on the right end of a three-back set, went in untouched from 3 yards out for a 12-0 lead with 10:02 left in the third.

The Shamrocks appeared to put the game away with a long offensive drive that was capped off by a 1 yard run by Kinville with 1:31 left in the third for an 18-0 lead.

Quarterback Charles Burrell and the rest of the Jungaleers offense woke up in a big way. They drove 75 yards in 10 plays to pull within 18-6 with 9:18 left to play. Burrell hit William Sturgess with a short pass that, after a broken tackle, resulted in a 16-yard score.

After a defensive stand,

See CC, 2B

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

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

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MY FOOD FOR THOUGHT

Thursday, August 30, 2007
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Bring the Big Game Home!



World champion quarterback **Joe Theismann** and champion pitmaster **Chris Lilly** share tips for the ultimate backyard tailgate

LARRY FLAHERTY

Just because you don't have tickets to this week's most talked about football match-up doesn't mean you can't enjoy yourself on game day. Why not use the opportunity to fire up the barbecue, gather friends and family, and bring the tailgating party home? Chris Lilly, champion pitmaster and owner of Big Bob Gibson Bar-B-Q in Decatur, Ala., says the key to a successful backyard tailgate is a winning game plan. "I like to do as much as I can prior to game day so that when my guests arrive, I am free to enjoy myself," said Lilly. "Easy steps such as prearranging meat the night before, preparing a checklist of necessary items to avoid last-minute trips

to the market, and choosing simple recipes make all the difference when you are trying to catch the first quarter."

World champion quarterback and restaurateur, Joe Theismann, says he has spent some of his favorite game days in his own backyard. "Tailgating at home gives you the ultimate home field advantage," said Theismann. "The grill is always going, the glasses are always topped off, and there is always room for a quick game of pickup football between family and friends."

For an even more authentic game day experience, create a menu featuring recipes that incorporate the flavors and ingredients of each

team's hometown. When the University of Notre Dame takes the field this year, Theismann will be firing up Luck O' the Irish Lamb Chops in honor of his alma mater. Meanwhile, Alabama native Lilly will grill Smoked Chicken With Alabama White Sauce over a bed of Kingsford Charcoal while cheering on the University of Auburn.

For more ways to bring the tailgate home, including additional tips and game day recipe match-ups, visit www.MealsTogether.com. While there, share your go-to plays, including charcoal grilling recipe secrets and strategies, for a chance to win great prizes during college football season.

Winning Game Plan

For a successful backyard tailgate, execute the following key plays:

- **Score an Early First Down.** Marinate meat the night prior to game day, using a Glad Storage Bag for even and easy coating.
- **Create a Burger Blitz.** For a better game day burger, poke a small hole in the center of the patty. This will stop the meat from rising in the center, allowing for a delicious, evenly-cooked burger. For extra flavor, try adding a bit of KC Masterpiece Barbecue Sauce.
- **Avoid Pass Interference.** Make sure there is a radio or small television by the grill and in the kitchen so you don't miss any of the action.
- **Pack the Stands.** To really draw a crowd, add a bit of Kingsford Charcoal with Mesquite to your grill — neighbors won't be able to resist the rich, earthy smell of the charcoal fire. Before you know it, your yard will feel a bit like a stadium parking lot.
- **Take It Into Overtime.** To really regulate cooking temperature, use two grills: on the larger grill, create hot and cool zones to rotate your meat from searing to indirect cooking; on the smaller grill, create a normal fire and cook hors d'oeuvres and desserts.

Luck O' the Irish Lamb Chops With Minty Ranch Dipping Sauce

Created by football analyst, world champion quarterback and restaurateur Joe Theismann on behalf of Kingsford Charcoal

Lamb Chops are one of the easiest and quickest meats to grill and one of the tastiest. A quick spice rub and you are ready to grill. Pick up a second rack for a better serving.

Makes: 4 servings
Prep time: 5 minutes
Cook time: 8 minutes

1 tablespoon cumin
1 tablespoon coriander
1 tablespoon salt
1 rack of lamb, cut into 8 chops
Juice of half a lime

Dipping Sauce
2 cups plain yogurt, drained
1 tablespoon fresh mint, chopped
1 package Hidden Valley The Original Ranch Dips mix
Chopped fresh mint

Combine spices in small bowl and rub half over lamb chops. Turn over lamb chops and rub in other half of spice mix.

Prepare charcoal grill and place each chop directly over hot charcoal. Grill 4 minutes; turn each over and grill another 3 minutes. Remove from heat and allow to rest. Squeeze lime juice over chops and serve with dipping sauce.

To make dipping sauce, combine yogurt, mint and dip mix and keep in refrigerator until ready to serve. Place a dollop of dip on each plate of lamb chops. Garnish with chopped fresh mint.



Smoked Chicken With Alabama White Sauce

Created by champion pitmaster Chris Lilly on behalf of Kingsford Charcoal

Southerners like their food with a little (or a lot) of spice, and Alabama is no exception. Chicken breasts are brined, smoked and dunked into a tangy, peppery Alabama white sauce. This multi-step process insures moistness of the meat and a complex, layered flavor.

Makes: 8 servings
Prep time: 15 minutes plus 1 hour for marinade
Cook time: 12 minutes

8 chicken breasts, boneless and skinless

Brine
1 cup water
1 cup apple juice
1 tablespoon salt
1/4 tablespoon garlic powder
1 tablespoon honey
1/2 tablespoon dark brown sugar
1/2 tablespoon soy sauce
1/2 tablespoon lemon juice

Alabama White Sauce
1 cup mayonnaise
1/4 cup vinegar
1/4 cup apple juice
1 teaspoon prepared horseradish
1/2 teaspoon salt
1 teaspoon black pepper

1 teaspoon lemon juice
1/4 teaspoon cayenne pepper
In medium bowl add brine ingredients and mix well. Place chicken breasts in brine and refrigerate 1 hour. Remove chicken breasts from brine and wipe off excess salt.

In small bowl add Alabama White Sauce ingredients and mix well. Preheat charcoal grill to 400°F. Place chicken breasts on hot grate over direct heat 5 to 6 minutes on each side. Remove chicken breasts from grill when golden brown and firm to the touch. The internal temperature of chicken breasts should be 160°F.

Submerge each chicken breast into bowl of Alabama White Sauce. Remove from sauce and serve.

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MY FOOD FOR THOUGHT

Thursday, August 30, 2007
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GRIDIRON GRILLING

It's football season! Each year Americans ceremoniously gather at pre-game tailgate parties, grilling out as they cheer on their favorite teams. This fall, hand off traditional grill grub and tackle some new, mouth-watering ideas for a guaranteed victory! Mix up the play-book by introducing new options such as ham — a perfect warm-up for the hard-hitting, action-packed battles on the gridiron.

Score points with your guests by using a variety of cuts, from hickory-smoked ham steaks to quarter cut spiral sliced ham, a smaller version of the traditional spiral sliced half ham. These conveniently packaged portions of ham, easy to place in a cooler, are perfect for any tailgate party. Tossed on the grill or incorporated into a classic dish, you can serve them in so many ways — from salads to casseroles, to mini sandwiches and kabobs.

Winning recipes, including Ham Steak Kabobs and Ham, Spinach and Pepper Appetizer Rolls are sure to please even the most discerning tailgating connoisseur. Versatile and flavorful, Cook's Ham (both boneless and bone-in) offers heat and eat options that are quick and easy to prepare so you can spend more time celebrating victories and less time prepping food.

What's the difference between a boneless ham product and a bone-in ham product? Boneless ham products, above all, are convenient, while bone-in ham is known for its taste and texture. Both are consistently great performers on and off the grill!

Be the MVP of your next game-day gathering. Check out tailgating recipes, grilling tips and tricks, and more information online at www.CooksHam.com.

Ham Steak Grilling Tips

- Bone-in ham steaks serve approximately three to four people.
- Remove ham from wrapper.
- Preheat grill.
- Set grill rack three inches from heat.
- Heat approximately three minutes on each side for ham steaks, or approximately five minutes on each side for thick-cut steaks.
- Heat until product center reaches 160°F (use meat thermometer to be sure). Remove immediately.
- Apply your favorite glaze, if desired. Check out www.CooksHam.com for ideas.

Handling Ham

If serving within seven to 10 days of purchase, keep ham refrigerated. For longer storage, freeze the ham. For best results, use within three months after freezing.

Ham Steak Kabobs

Serves 4 to 6

1 Cook's Bone-in Ham Steak (about 1 pound) or 1 Cook's Bone-in Thick-cut Ham Steak (about 2 pounds), cut into 1-inch pieces
1 medium red bell pepper, cut into 8 chunks
1 medium green bell pepper, cut into 8 chunks
8 cherry tomatoes
8 small mushroom caps
8 chunks fresh pineapple
1 medium sweet onion, such as Vidalia, cut into 8 wedges
1/2 cup Italian dressing, divided

1. Prepare grill for medium heat.
2. Thread ham onto 8 metal or wooden* skewers alternately with bell peppers, tomatoes, mushrooms, pineapple and onion. Brush with half the dressing.
3. Grill kabobs 8 minutes, or until ham reaches internal temperature of 160°F when tested in center with meat thermometer and vegetables are crisp-tender, turning and brushing occasionally with remaining dressing.

*If using wooden skewers, soak in water at least 30 minutes before using to prevent them from burning.

Ham, Spinach and Pepper Appetizer Rolls

Serves 10 to 12

1 Cook's Bone-in Ham (quarter-cut spiral or Ham Steak, approximately 1 pound)
1 package (8 ounces) cream cheese, softened
2 tablespoons Dijon mustard
3 green onions, chopped
6 flour tortillas (8-inch)
18 large spinach leaves, stems removed
1 jar (12 ounces) roasted red peppers, drained, patted dry and cut into thin strips

1. Cook ham according to package directions and dice approximately 2 1/2 cups.
2. Mix cream cheese, mustard and onions in small bowl until well blended.
3. Spread evenly onto tortillas, to within 1/4 inch of edges. Cover each tortilla with 3 spinach leaves; pressing lightly into cream cheese mixture to secure. Top with roasted peppers and ham. Roll up tightly; wrap individually in plastic wrap. Refrigerate at least 1 hour, or until chilled.
4. Remove plastic wrap. Trim ends from roll-ups; discard. Cut each roll-up into 6 pinwheels to serve.



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(248) 349-1700, ext. 102
vmitchell@gannett.com

MY FOOD FOR THOUGHT

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Big-Flavor GRILLING

"Dripping and "dollop" are the buzz words in grilling this year. Backyard chefs across the country are dripping big flavor over grilled food with a dollop of finishing sauces, salsas, vinegrettes and relishes. And one of the biggest flavored and healthiest dollops combines olives (whether black or green) with canola oil. There's taste, texture and no cholesterol in olives and omega-3s, high monounsaturated and low saturated fats in canola oil.

For more information and recipes, visit www.canolainfo.org and www.lindsayolives.com.

Spanish Olive Drizzle

For a perky, zesty finish to grilled vegetables, chicken, fish, pork or beef, add a spoonful of this big flavor vinaigrette.

- Prep time: 5 minutes
Makes: about 1 cup
- 2/3 cup canola oil
 - 3 tablespoons fresh lemon juice
 - 1/4 cup Lindsay Spanish Olives
 - Stuffed with Pimiento, drained
 - 1 tablespoon grated lemon zest
 - 1 clove garlic, minced

Place all ingredients in food processor or blender and process until olives are finely chopped. Use immediately or refrigerate up to 2 weeks.

Nutrients per 1 tablespoon: 116 calories, 116 calories from fat, 13g total fat, 8g monounsaturated fat, 0mg cholesterol, 65mg sodium, 1g total carbohydrates, 0g dietary fiber, 0g protein

Couscous Salad With Ripe Olives and Roasted Vegetables

- Prep time: 20 minutes
Cook time: 40 minutes
Chill time: 30 minutes
Serves: 8
- 2 cups halved Lindsay Black Ripe Pitted Olives
 - 8 cups prepared couscous, chilled
 - 2 teaspoons chopped fresh thyme
 - 1 teaspoon fresh, chopped rosemary
 - 1 cup Spanish Olive Drizzle*

- 1/4 cup capers
- 2 large zucchini, 1/2-inch lengthwise sliced
- 3 large leeks, white part only, sliced lengthwise
- 2 red bell peppers, seeded, quartered
- 10 garlic cloves, peeled
- 1/4 cup canola oil
- Salt and pepper to taste (optional)

Prepare medium-hot fire on your grill. Combine first six ingredients in large bowl. Cover and reserve. Arrange zucchini, leeks, bell peppers

- and garlic on grill pan. Brush with canola oil and sprinkle as desired with salt and pepper. Cook until tender. Cool vegetables and cut into 1/2-inch dice; chop garlic. Add vegetables and garlic to reserved couscous mixture. Toss gently but well. Chill completely. Remove from refrigerator 30 minutes before serving.

Nutrients per serving: 464 calories, 242 calories from fat, 27g total fat, 16g monounsaturated fat, 0mg cholesterol, 431mg sodium, 50g total carbohydrates, 6g dietary fiber, 8g protein

Grilled Flatbread With Olive, Orange and Fennel Relish

(Adapted from a recipe in "The BBQ Queens' Big Book of Barbecue" by Karen Adler and Judith Fertig) Fresh-tasting and fabulous, this relish goes well with grilled flatbread, chicken, fish or pork.

- Prep time: 5 minutes
Cook time: 5 minutes
Serves: 4

- 4 pita or small flatbreads
- 1 tablespoon canola oil for brushing
- Olive, Orange and Fennel Relish
- 4 small oranges, peeled and sectioned
- 1 fennel bulb, trimmed, quartered, cored and thinly sliced
- 1 medium red onion, peeled and thinly sliced
- 1/2 cup Lindsay Black Ripe Sliced Olives
- 1/2 cup Lindsay Spanish Olives Stuffed with Pimiento
- 1 tablespoon canola oil
- Fine kosher or sea salt and freshly ground black pepper to taste (optional)

Prepare medium-hot fire in your grill. Brush flatbreads on both sides, with canola oil. In bowl, combine orange sections, fennel, onion, olives and remaining canola oil. Season to taste with salt and pepper, if desired, and stir to blend. Grill flatbreads 1 to 2 minutes per side, turning once, or until good grill marks form. Add a dollop of Spanish Olive Drizzle to enhance the flavors of the relish.

Nutrients per serving: 284 calories, 111 calories from fat, 12g total fat, 7g monounsaturated fat, 0g cholesterol, 664mg sodium, 41g total carbohydrates, 7g dietary fiber, 5g protein

Southwestern Steak Salad

- Prep time: 20 minutes
Cook time: 8 minutes
Serves: 4

- 1/3 cup plus 2 tablespoons canola oil, divided
- 2 tablespoons balsamic vinegar or lemon juice
- 1 teaspoon salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 1/3 cup Lindsay Spanish Sliced Salad Olives, drained
- 1/3 cup Lindsay Black Ripe Sliced Olives, drained
- 1/3 cup finely chopped red bell pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 2 well-trimmed beef strip steaks, (10 to 12 ounces each) cut about 3/4 inch thick
- 1 (5-ounce) package mixed gourmet salad greens or 4 cups packed torn mixed greens
- 2 medium tomatoes, cut into wedges
- 2 tablespoons chopped cilantro

Preheat grill to high. In small bowl, whisk together 1/3 cup canola oil, vinegar, 1/2 teaspoon each of salt and pepper. Add both olives and red bell pepper; mix well. Let stand while preparing steaks.

In another small bowl, combine remaining 1/2 teaspoon each salt and pepper, onion powder, garlic powder, thyme, oregano, paprika and cayenne pepper; mix well. Brush steaks with remaining 2 tablespoons canola oil. Sprinkle mixture over both sides of steaks.

Grill steaks 2 to 3 minutes per side or until medium rare. Transfer to a carving board; tent with foil and let stand 5 minutes.

Arrange salad greens and tomatoes on four serving plates. Carve steaks crosswise into 1/4-inch-thick slices; arrange over greens. Spoon olive mixture over steak and greens; garnish with cilantro.

Nutrients per serving: 647 calories, 455 calories from fat, 51g total fat, 25g monounsaturated fat, 138mg cholesterol, 922 mg sodium, 8g total carbohydrates, 3g dietary fiber, 39g protein

Grill Safety

"It's easy to grill safely," say BBQ Queens Karen Adler and Judith Fertig. Consider these tips before you fire up the grill.

- Do:**
1. Keep the lid open when lighting your grill.
 2. Spray a 50/50 mixture of water and liquid soap on the connection when you hook up a new propane cylinder to your gas grill. Look for bubbles. If you see them, tighten the connections.
 3. Turn off the controls and close the cylinder valve when you finish grilling.

- Don't:**
1. Use matches or lighters to check for leaks.
 2. Let kids play near the grill.
 3. Use, store or transport cylinders near high temperatures. Don't store spare cylinders near the grill.

For more information and safety tips, visit www.usepropane.com.

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Fitness Together's personal trainer, Lisa, works with Frank in a private, one-on-one session. Fitness Together's personal trainer, Ben, monitors Lori's exercise routine during a private, one-on-one session.

Train to win the bulge battle

Fitness Together creates personal plans of attack

By John R. Hall
SPECIAL WRITER

Being the largest personal trainer in the world also means being the smallest personal trainer in the world. How can that be? One visit to Fitness Together in Novi and the answer is obvious.

Being large gives it the resources to offer the latest diet and exercise products and services to help people achieve a healthy lifestyle. Being small means that every client gets one-on-one attention from experienced personal trainers.

A WINNING PHILOSOPHY

In fact, the Fitness Together motto is "One Client, One Trainer, One Goal." Boo Sadikot, owner of Novi's Fitness Together, put his own philosophy into perspective.

"Each trainer is a qualified fitness professional whose sole focus is to have a genuine interest in each client and help them achieve their health and fitness goals."

Unfortunately, many people have trouble understanding their need for setting healthy goals, due in large part to the obesity epidemic facing states like Michigan. And there are no quick fixes.

"Life does not have to be a yo-yo diet and the loss of self-esteem that accompanies it," said Boo. In order to achieve weight loss, health, and fitness, there are four secrets that Boo describes.

FITNESS SECRETS

"First, make a simple commitment to your exercise program," he said. "The real deal is to eat four to five small healthy meals per day and perform a combination of aerobic and resistance training 40-60 minutes three times a week."

FITNESS TOGETHER

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"Third, keep progressing. You must learn how to progressively improve and fine tune your efforts for maximum weight loss and fitness results."

CUSTOMIZED PROGRAMS

Achieving these goals is no secret, thanks to individual programs established by Fitness Together, customized for each client. The first step in the program is to set up a fitness assessment, a nine page report on the current physical condition of the client.

"Once the report is done, I will put a complete program together for each client," Boo added. "Then we will set up a schedule with our personal trainers and clients that includes two to three visits to



Fitness Together owner Boo Sadikot.

BOO SADIKOT'S FIVE TIPS TO BURN FAT

1. Tone your muscles with weight training three days per week. Toned muscles send your metabolism through the roof. Do it!
2. Do some type of aerobic exercise (walking, jogging, swimming, stationary cycling, aerobic dancing, etc.) on a DAILY basis. Try to do it in the morning — and for 30 to 60 minutes at a time! Forgetting this twice a week means your body was designed to be active on a daily basis! When you are successful, your metabolism soars!
3. Always eat breakfast! Skipping breakfast sends the message to your body that you're starving because you haven't had food for a while. As a protective mechanism, your metabolism slows down. Food, especially complex carbohydrates, fuels your metabolism.
4. Never eat less than 1,200 calories per day! Less than 1,200 is usually not enough to support your basal metabolism and thus will slow your body's calorie-burning ability.
5. In addition to your regular aerobic exercise, take a 10- to 30-minute walk at lunch or in the evening. This serves to rev your metabolism even more!

our facility each week." After eight weeks, Boo and his trainers assess the progress of each program.

"We are looking for consistent progress throughout the process," he said.

"The programs are not necessarily structured with a beginning or ending date — what matters most is that clients are able to achieve their short- and long-term fitness goals."

"Having the right information is critical," he said. "But intellectually understanding what should be done and actually doing it are two different things."

Get more information by visiting www.ftnovi.com.

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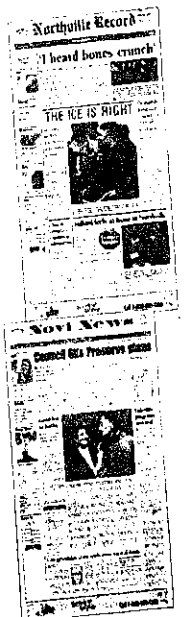
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Photos by JOHN R. HALL

Dr. Craig Swanson uses the digital Wave topographer camera to take an image of a patient's cornea, which will be used in the design of custom Wave lenses.

Keep an eye on healthy sight

New technology offers better contact lens comfort

By John R. Hall
SPECIAL WRITER

There are many choices that people can make about their eye care, including their choice of glasses or contact lenses — and they have many choices of eyecare specialists, too.

One team of professionals sets themselves apart from the rest, not only because of their high quality of customer service, but also because of new technology that is taking contact lens wearers to a newer level of comfort.

WAVE CONTACT LENSES

Swanson Family Eyecare, P.C. of Novi is proud to announce their office is one of five in Michigan to offer Wave contact lenses to patients and, more importantly, the only office in metro Detroit to have this latest technology available.

What are Wave contact lenses? Dr. Craig Swanson owner of Swanson Family Eyecare, P.C. along with wife Sue, explained this new contact lens system. "This is the first and only system to design custom lenses to match the surface of the eye," he said.

Using a special digital camera called a topographer, and special software, the Wave system maps the surface of the eye's cornea using thousands of measurements. Dr. Swanson and his staff input that data into the software in order to create a custom lens that follows almost every tiny shape of the cornea.

GOODBYE BIFOCALS

This new technology is useful for correcting near or distance vision, astigmatism, combined reading and distance vision (bifocals), keratoconus, and post-

SWANSON FAMILY EYECARE, P.C.

Phone (248) 427-9620

Web site www.eyefinity.com/swanson



The experienced staff of Swanson Family Eyecare, P.C., includes, seated, Dr. Craig Swanson.

surgical corrections. "The Wave system is useful for people with complicated prescriptions," Dr. Swanson added. "In the past, people have been very frustrated with products like bifocal contacts because they couldn't get the clarity they wanted. This is new and exciting technology."

The Wave system was installed at Swanson Family Eyecare, P.C. in January 2007. Dr. Swanson has been extremely happy with the response from his patients, many who are now enjoying the most comfortable and clear vision they have ever experienced.

RESIDENCY TRAINING

In addition to the Wave contact lens system, Dr. Swanson and his staff offer many other products and services, beginning with one key factor: experience. Dr. Swanson received his Bachelor's Degree from the University of Michigan and his Doctorate of Optometry Degree from the University of Houston College of Optometry. He is one of the few optometrists who completed advanced residency training in ocular diseases.

"Only about five percent of Michigan optometrists are residency trained," he added. Dr. Swanson is also an Associate Professor at the Michigan

College of Optometry at Ferris State University and is on staff at the John Dingell VA Medical Center in Detroit where he teaches optometry interns and residents.

His staff of opticians are all certified through the American Board of Optometry and have over 30 years of experience in the optical business.

Swanson Family Eyecare, P.C. is a full service eyecare office, offering comprehensive eye exams, glasses, contact lenses, surgical evaluations for laser or cataract surgery, and management of

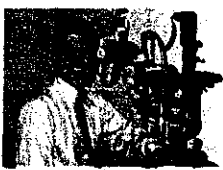
eye infections and ocular diseases. The office has a large selection of the newest fashion eyewear from the industry's leading designers and manufacturers.

Swanson Family Eyecare, P.C. is located at 39915 Grand River Ave., just west of Haggerty Road, in the Grand Oaks Centre. Office hours are from 8 a.m. to 7 p.m. Monday and Wednesday; 8 a.m. to 5 p.m. Tuesday and Friday, and 8 a.m. to 1 p.m. Saturday (except in summer).

For more information or to make an appointment, call (248) 427-9620.

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Visit us @ www.eyefinity.com/swanson



To schedule an appointment, please call (248) 427-9620
39915 Grand River Avenue, Suite 550 (one block west of Haggerty in Grand Oaks Centre in Novi)



PHOTOGRAPH