

# Catch up on Novi High School basketball inside

YOUR HOMETOWN NEWSPAPER CELEBRATING ITS 52ND YEAR SERVING NOVI AND THE LAKES AREA



# Novi News

THURSDAY, JANUARY 17, 2008

WWW.NOVINews.COM

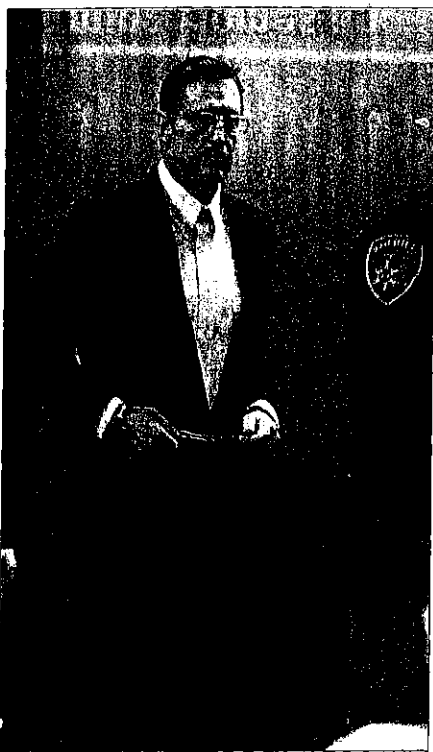
VOLUME 52 #34 50 CENTS

## Is he a killer?

Photos by JOHN HEIDER/Novi News

RIGHT: A handcuffed and shackled Daniel Pittao is led into the Pontiac courtroom of Judge Michael Warren by an Oakland County Sheriff's deputy on Friday, Jan. 11. Pittao has been charged in the 1997 murder of his wife Tamara Pittao, who was found dead in her Novi home.

BELOW: Novi Police Detective Todd Anger sits in the Pontiac courtroom of Judge Michael Warren during a break in testimony of the murder trial for Daniel Pittao.



## Testimony continues in Pittao murder trial

By Chris Jackett  
STAFF WRITER

Daniel Pittao's trial for the 1997 alleged murder of his estranged wife Tamara Pittao nears completion of its second week before judge and jury at the Oakland County Circuit Court in Pontiac.

The jury's verdict is expected as soon as tomorrow, according to assistant prosecutor Gregory Townsend.

Defense attorneys Richard Coventino and Neil Fink said the case is not about whether Pittao, 48, is a good person, but rather if there is evidence he was at Tamara's apartment and committed the murder.

Novi Police Detective Todd Anger testified to the lack of evidence in Tamara's apartment, stating that does not mean Pittao was never there.

"You don't know what you have 'till you've got it. We proceed on numerous cases when there is no scientific evidence.

Just because you can't find it doesn't mean they're not there," Anger said, relating the lack of Pittao's fingerprints and hair in the apartment. "We never found the knife. She didn't commit suicide."

A Highland Township resident,

continued on 4A

## Keeping the dream alive

Martin Luther King, Jr. Day Events

### Unity in the Community

**Time:** 5-7:30 p.m.  
**Location:** Novi High School Fuerst Auditorium  
24062 Taft Road  
**Summary:** Features spoken word, songs, dance, drama and more. Call Corey Nuckolls or Nicole Carter at (248) 449-1500 for more information.

### All Aboard the Freedom Train

**Time:** 5-8 p.m.  
**Location:** Walled Lake Northern High School  
6000 Bogie Lake Road, in Commerce  
**Summary:** 5-6 p.m. multicultural potluck dinner  
5-6:30 p.m. viewing of student projects.  
6:30-8 p.m. program in the Auditorium featuring student choirs, "Friend of Diversity" awards and a storytelling performance by LaRon Williams and students.  
Free admission, bring a dish to share representing your cultural heritage.  
Call (248) 956-3432 for more information.

By Chris Jackett  
STAFF WRITER

Dr. Martin Luther King, Jr. Day is Monday and will provide the perfect backdrop for members of Students Promoting Unity and Diversity to get their message out loud and clear.

Better known as SPUD, a club at Novi High School, the group will host the second annual Unity in the Community event from 5:30-7 p.m. Monday at the high school's Fuerst Auditorium.

"The Unity in the Community event will feature the spoken word, songs, dance, drama and

more. It will be a dynamic celebration of the life and legacy of our American hero," SPUD sponsor and teacher Corey Nuckolls said.

SPUD president and junior Sara Snyder said the event will feature Novi singers, Boy Scouts, the middle school choir and much more. Their goal was to get as many student groups involved in the event as possible.

"Awkward Pause theater group will be doing two pieces addressing diversity," she said. "We really tried to get the word out. I will

continued on 6A

## Will newspapers survive? Local authority sounds off

### Detroit Free Press editor speaks at Novi Library

By Kelly Murad  
STAFF WRITER

Ever wonder what goes into creating a newspaper everyday or what is to come of print media in an Internet-driven world?

Editor Ron Dzwonkowski, of the Detroit Free Press editorial page, will be discussing "Newspapers in the New Millennium" 7 p.m. Tuesday at the Novi Public Library.

The Friends of the Library is

sponsoring an evening lecture series, beginning with Dzwonkowski, with programs scheduled through June. Each monthly program is open to the public at no charge.

The Friends of the Library is a volunteer-based organization whose members support the work of the Novi Public Library through fundraising and programming activities.

"I heard Ron Dzwonkowski speak on a similar topic last year and shared the audience's enthusiasm for his informative and entertaining presentation," said Kathy Mutch, Friends of the Library member and coordinator of this year's series. "In this year of presidential politics, this program may be of special interest to anyone wondering where the newspa-

pers fit into the world of blogs, YouTube and 24/7 cable news."

A Novi resident of more than 20 years, Dzwonkowski will not only be speaking to his neighbors, but to the newspapers' biggest fans.

"Novi and Farmington Hills have the highest number of homes (that) subscribe to our newspaper," he said. "It's our heaviest penetration."

Dzwonkowski is looking forward to bouncing ideas off the readers and getting feedback.

"What people find the most interesting is how it all comes together everyday," he said. "A perception is that newspapers are biased, in the process of explaining how the paper comes together everyday. I hope I can address that."

"Maybe we can do some speculating about some things that will

be changing in the next three to five years. I think you're going to see a Free Press that is more and more local."

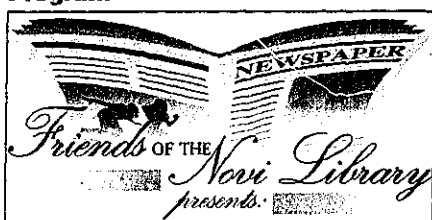
Although the newspaper industry is facing new challenges daily, Dzwonkowski said depth and portability are two things newspapers offer people that other media outlets don't.

"If you have a 1,400 word story, you have to read that ink on paper," he said. "People still like to roll-up a newspaper and throw it in their briefcase."

For more information regarding the topic of discussion, e-mail Ron Dzwonkowski at rdzwonkowski@freepress.com.

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

### Friends of the Novi Library Program



Ron Dzwonkowski, editorial page editor of the Detroit Free Press discussing newspapers in the new millennium  
At the Novi Public Library in the meeting room  
7 p.m. Tuesday, Jan. 22  
~ Free to the public ~

**Novi News**  
4 1/2 x 6 1/2 about mail

02660  
XXXXXXXXXX-RT L01X-022  
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## NOVI WEEKEND PLANNER



**FRIDAY**  
Head into the 5th Avenue Ballroom, 25750 Novi Road, at 10 p.m. for a night of fun and music with The Vox Pop, a pop-rock band. Band members Noreen Novrocki (vocals), Michael Kudrelko (guitar), John Coitos (bass) and Dave Coughlin (drums) have been together since October 2006. Admission is \$5. Visit [www.myspace.com/thevoxpop](http://www.myspace.com/thevoxpop), [www.fifthavenuebilliards.com/Novi\\_v2/NoviGeneral.htm](http://www.fifthavenuebilliards.com/Novi_v2/NoviGeneral.htm) or call (248) 735-4011 for more information.

**SATURDAY**  
Stop in at the Northville Art House, 215 W. Cady Street in Northville, from 1-5 p.m. for the final weekend of the second annual Members Exhibit. Dozens of local artists, including Novi artist Peggy Kerwan, will have work on display. The gallery is open from 1-5 p.m. Thursday through Sunday. Jan. 20 is the final day for this exhibit. Call (248) 344-0497 or e-mail [info@northvillearts.org](mailto:info@northvillearts.org) for more information.

**SUNDAY**  
Engaged couples should head to Rock Financial

Showplace, 46100 Grand River Ave., from noon-5 p.m. for Bridal Expo 2008. As Michigan's largest bridal Expo for five years in a row, the event will feature thousands of dollars in prizes and giveaways, thousands of experts as well as three different fashion shows each day. The event's first day runs from noon-5 p.m. Saturday. Admission is \$8, parking costs \$5. Visit [www.thebridalexpo.com](http://www.thebridalexpo.com) for more information.

**CONTACT US**

- Classifieds: (888) 999-1288
- Newsroom: (248) 349-1700
- Home Delivery: (888) 840-4809

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BREAKING NEWS: Go to the Web at novinews.com for updated news and info

Victoria Mitchell, editor (248) 349-1700, ext. 102

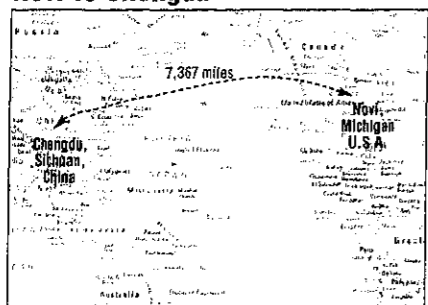
MY FAITH & RELIGION

Thursday, January 17, 2008 www.novinews.com fax: (248) 349-9832

Churchgoers promote business in Chinese mission trip

By Chris Jackett STAFF WRITER

Novi to Chengdu



When Ken Jones volunteered to go to China, he was following up on an idea from 15 years ago...

"I have been to Russia and India on mission trips before. The other four guys have been to Africa, some to the Middle East and one to Australia..."

"China is kind of a natural because there's so many people over there and doing English as a second language training. We're considering helping them with business development and help them generate their own financial support..."

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

Oak Pointe Church members Roy Morro (left) and Ken Pollack, friend Cathy Wu, and members Tom Rivers, Ken Jones and team leader Chris Dunlap get together for a photo during an October trip to China.

Zamar in concert

Brightmoor Christian Church and Franklin Road Christian School presents Zamar in concert 7 p.m. Friday, Jan. 25 at the church, 40800 W. 13 Mile Rd. at the northwest corner of Michigan 5 and 13 Mile Road.

Advertisement for Kineticco water filtration systems, featuring a woman's face and the text 'Keep your bottled water without the bottles.' and '1.5 million barrels of oil are used to make 30 billion plastic bottles that we throw into landfill.' Includes phone number 1-800-342-0405.

Advertisement for BCHI (Botsford Center for Health Improvement) featuring a photo of a person and the text 'My high blood pressure stays under control. Thanks to the fitness experts at BCHI!' and '\$0 ENROLLMENT THROUGH JANUARY 31'.

Advertisement for J. Harrington and Sons Keford Collision & Towing, featuring a car and the text 'Thank You For Voting Us Best Body Shop!' and 'Over 50 Years Experience • Collision Repair Specialists • 24 Hour Towing'.

Advertisement for Botsford Center for Health Improvement, featuring the text 'NEW YEAR, NEW YOU! BOTSFORD CENTER FOR HEALTH IMPROVEMENT THE PLACE FOR ALL YOUR FITNESS NEEDS!' and 'Our friendly facility provides everything you need to maintain a healthy lifestyle...'.

Advertisement for Charter One High Yield Savings Account, featuring the text 'CHARTER ONE HIGH YIELD SAVINGS ACCOUNT 4.60% APY' and 'When's the last time you had this much interest in a savings account?'.

Massage businesses contesting increased fees

New city charges applied

By Kelly Murad STAFF WRITER

Sarah DeMar doesn't know if she can afford to pay the \$540 she owes the City of Novi by Jan. 31. DeMar, owner of Ivy Garden Therapeutic Massage, is contesting the 900 percent increase of the massage business renewal fee...

have a small clientele and the fees are prohibitive to doing business here.

Dumbrigue fears the increase will make it difficult to locate at the Grand River Avenue location. According to documents issued by Novi City Clerk Maryanne Cornelius, the adopted fees were determined by a survey conducted comparing fees in surrounding communities...



Sarah DeMar, owner of Novi's Ivy Garden Therapeutic Massage on Nine Mile Road, was hit with a huge city license fee increase.

Increased Fees

Table with columns: CATEGORY, FORMER FEE, NEW FEE. Categories include Business Registration, Freedom of Information, Liquor License SD/SDM, Lot Split/Land Division, Land Division Appeal, Massage Business Renew, Massage Therapist, Refuse collector, Applicant Background Check, and Late Fee.

Source: City of Novi

Advertisement for Feet & Socks, featuring the text 'BUY ONE PAIR AT REGULAR PRICE AND RECEIVE A 40% DISCOUNT ON EVERY SECOND PAIR' and '440 N. Main Street Milford, MI 48361'.

My Novi, briefly

Firearms training center opening

The City of Novi is proud to announce the opening of the Indoor Firearms Training Center 4 p.m. Monday, Jan. 28, 26350 Delwal Drive. All community members are invited to a dedication ceremony.

Novi Mayor announces run for Oakland County Commission

Former Novi mayor, city official and long-time Novi resident Tom Gordas announced Friday he is running for Oakland County Commissioner. Current Oakland County Commissioner Hugh Crawford (R-Nowi), whose fourth term expires in 2008...

Cassini bill to provide tax information to lawmakers

Under legislation sponsored by State Sen. Norm Cassini (R-Nowi), the Michigan Department of Treasury would be required to disclose the most accurate and up-to-date tax information to help develop and evaluate tax policy. Senate Bill 1015 would require the Michigan Department of Treasury to share confidential tax information with the chair of the Senate Finance Committee...

Representative needed to serve on Commission

The Oakland County Board of Commissioners seeks a citizen to serve on the newly formed Women's Commission for Oakland County. The commission will focus on various issues pertaining to women in Oakland County and specifically on county policy issues relating to women's interests. The 25-member Oakland County Board of Commissioners will each appoint one representative from their respective district.

Large advertisement for Verizon Wireless, featuring the text 'Switch to America's most reliable wireless network.' and 'BUY ONE GET ONE FREE \$79.99'. Includes images of flip phones and a person.

Advertisement for The Novi News, featuring the text 'THE NOVI NEWS Published Each Thursday By The Novi News 104 W. Main Street Northville, Michigan 48167' and 'Subscription Rates: Inside Counties \$9 for 13 weeks...'.

Advertisement for Verizon Wireless Communications Stores, listing various store locations across Michigan with addresses and phone numbers.

### Testimony continues in Pittao murder trial

continued from front

Pittao is charged with murdering Tamara, whose body was found on Thanksgiving Day 1997 inside her Novi apartment.

Tamara, 30 at the time, was found with a slashed throat and evidence of head and neck trauma after she and their then 2-year-old daughter did not arrive at her parents' house in Illinois for Thanksgiving. Her parents called Novi Police to check up on her for them, which is when her body was found.

Oakland County Deputy Chief Medical Examiner Dr. Kanu Virani said Tamara died three days earlier on the afternoon of Nov. 24, 1997, likely between 2-4 p.m. The Pittaos were in the process of getting a divorce and lived separately at the time.

Friend and former co-worker Deborah P'Simer said Pittao was at work after 2 p.m. on Nov. 24, and Pittao could not account for his actions between then and 4:45 p.m. when he picked up his daughter from daycare in Davidsburg before going home.

Pittao, who was a director of quality at an autoparts manufacturer and at the time, left his employer Nov. 26, as was arranged weeks in advance, but kept in contact with P'Simer after Tamara's death in regard to what questions law enforcement had been asking about him.

"I'm upset with the allegations and doing what I can. Let them bring the case to us," Pittao instructed P'Simer in a recorded phone conversation from December 1997. "The only thing I am really concerned about is my daughter."

Upon recorded discussion of Tamara and her daughter, families for both Tamara and Daniel were visibly upset and left the courtroom last Tuesday.

Pittao, the lone suspect in the case, attempted to collect

\$180,000 in his wife's life insurance in May 2006 and made statements that conflicted with prior court testimony while doing so. A law change allowing such post-trial statements to be used in court landed Pittao back in the hands of law enforcement at Detroit Metro Airport upon return from a business trip to Texas.

Pittao has a history of domestic violence from his first marriage. His ex-wife and 23-year-old son both testified against him last week.

"Dan Pittao killed my friend Tammy," Wendy Smither testified. "She was an amazing person. To be her friend, you were privileged."

Smither, who was Tamara's best friend and shared lunch with her just before her death, testified last Thursday in the Pittao murder case.

"Of the last six months, of all the times she called me frantic and upset, this was the worst," Smither said on Nov. 24. "He

threatened to kill her if she ever left him."

Curtis Jurgenson, who shared a six-week, long-distance relationship with Nov. York City and Tamara in March and April before she was killed, also testified last Thursday about the lone occasion he spoke with Daniel Pittao, when Pittao had called him in July or August after seeing Jurgenson's number repeatedly listed on his phone bill.

"Tammy tells me she wants to separate. Are you dating her? Do you have plans to get married? What's going on? I'm trying to figure out why she's leaving me," Jurgenson recalled Pittao saying, to which he responded, "The reason she's leaving you is not me. The reason is you."

Pittao angrily told Jurgenson, if the divorce is finalized and Jurgenson marries Tammy, Jurgenson is going to have a big problem to deal with.



Oakland County Assistant Prosecutor Gregory Townsend talks to his team during a recess of the trial.

### Pittao Timeline and Victimology

Sept. 1983-Aug. 1987 - Christine Hensley punched, pushed, slapped, pushed down stairs, pushed through a glass table and threatened by Daniel Pittao during three separate instances during their engagement and marriage, leading to divorce.

May 11, 1997 - Fraser's 12-year-old son, Christopher Pittao, returned home from visitation with Pittao crying and with a bruise above his right eye after being punched and kicked by Daniel for refusing to take out the garbage at Daniel's Davidsburg home.

May 16, 1997 - Sgt. Steven Stow and Officer Patrick England of Blackman Township Public Safety respond to a domestic dispute on the shoulder of westbound Interstate-94 near the 141-mile marker outside Jackson where they found Pittao knocking on wife Tamara Pittao's driver-side window and yelling at her. She was on her way to her parents' in Chicago with their 2-year-old daughter.

Early June 1997 - Tamara testified against Daniel in a domestic violence trial regarding the May 16 incident. Tamara met Fraser for the first time and the two became friends and spoke twice a week until Tamara's death.

July 8, 1997 - Tamara and her daughter left Daniel and moved to an apartment in Novi, while Daniel was in court for his domes-

tic violence trial against Christopher. Daniel dragged Tamara across the hall by the hair and beat her when she tried to leave the house. Tamara met Officer Craig Stona at a party store at 9:10 a.m. to get help to get back into her home to get her daughter.

July 1997 - Daniel went to Tamara's apartment and banged on her locked door and windows despite a personal protection order against him.

Nov. 24, 1997 - Best friend Wendy Smither met Tamara for lunch from noon-12:45 p.m. at On The Border in Novi following a phone argument with Daniel about taking their daughter to Chicago for Thanksgiving. Daniel did not want to give their daughter to Tamara until 7 p.m. Thanksgiving Eve.

Jan. 25, 1998 - Tamara left a voice mail for Smither about post office hours because she had a major paper to work on.

Feb. 24, 1998 - Medical examiners place this afternoon as the time of Tamara's death from a slashed throat, suffocation and blunt head/neck trauma at three points.

May 27, 1997 - Daniel returned home from nursing post-lunch errands and returned Tamara's phone call, but was not able to get a hold of her then or during any other of the many attempts the next few days.

Nov. 27, 1997 - Dan, then-Novi Police Sgt. David Molloy was called in to work to investigate a murder

scene. Tamara's body was found in her Novi apartment after her parents called Novi Police when their daughter who did not arrive the night before in Chicago for Thanksgiving.

Nov. 29-11:20 a.m. - Molloy interviewed Davidsburg resident Daniel, who was in Novi and gave inconsistent accounts of when he had last seen Tamara and why he was in town.

Nov. 28, 1997 - Tamara's autopsy reveals the cause of death is homicide. It was able to help my dad stay at home with the aid of a wonderful home aide. She prepared meals, took him shopping, trips to the zoo, and on countless lunches. This allowed my father to regain a great deal of independence which would have been lost had I put him in a nursing home. I was constantly amazed on how strong his desire was to return to our front porch and neighbors, and how this drove him to participate in life again.

Never underestimate the power of motivation when you help older people in crisis consider their options. Too often families make hasty and drastic decisions in crisis situations.

If you or a loved one feel the need for extra assistance that would allow you or them to stay at home, I highly recommend this creative approach.

Cory Jacobson

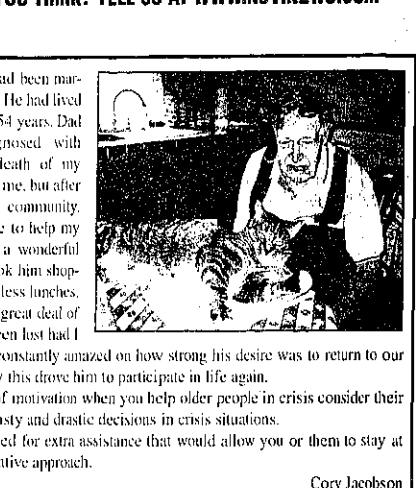
### STORY CHAT: WHAT DO YOU THINK? TELL US AT WWW.NOVINNEWS.COM

My father Melvin was 88 and had been married and independent all of his life. He had lived in the same comfortable house for 54 years. Dad was frail and had been diagnosed with Parkinson's Disease. After the death of my mother, he moved out of state with me, but after 60 days he missed his home and community. With a few small steps, I was able to help my dad stay at home with the aid of a wonderful home aide. She prepared meals, took him shopping, trips to the zoo, and on countless lunches. This allowed my father to regain a great deal of independence which would have been lost had I put him in a nursing home. I was constantly amazed on how strong his desire was to return to our front porch and neighbors, and how this drove him to participate in life again.

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If you or a loved one feel the need for extra assistance that would allow you or them to stay at home, I highly recommend this creative approach.

Cory Jacobson



Cory Jacobson

**For a consultation please contact Toni Barachak at (248) 773-9373**

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- February 13, 2008: Married and FREE Couples

Sessions begin at 7:00 p.m. Refreshments following at 8:30 p.m.

Public Invited. (Married or Contemplating Marriage)

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Greg before at 320 lbs.

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### SCHOOL BOARD MEETING: 7 p.m. Jan. 24 inside the Educational Services Building on Taft Road

# MY EDUCATION

Victoria Mitchell, editor  
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vemitch@novi.net

Thursday, January 17, 2008  
www.novinews.com  
fax: (248) 349-9832

## Board recognized; students talk hockey

### BOARD MEETING NOTEBOOK

Superintendent Peter Dion acknowledged the Novi Board of Education as part of National School Board Recognition Month. The Novi Interscholastic Parent Teacher Organization Council representatives also presented the board members with certificates of gratitude and white windbreaker ponchos from The Cat Rack store at Novi High School.

### Student report

Vidhi Banzai, a student council senior vice president at Novi High School, told the board about the successes of the figure skating and field hockey teams upon returning from winter break. She also said the 2006 world-champion Frog Force 503 robotics team hosted 66 teams for a FIRST Robotics Challenge at the high school's Fuert Auditorium. Banzai said there will also be two, free, one-set "Necessary Targel" theater shows at 7 p.m. on Jan. 23 and 24 at Novi High School, as well as a new student breakfast on Jan. 31. She also noted the current hard work of Students Promoting Unity and Diversity, a club that has collected canned goods for charity all month and is putting on a Martin Luther King, Jr. Day "Unity in the Community" event from 5:30-7 p.m. at the high school's Fuert Auditorium on Jan. 21.

### Board communication

Secretary Katie Racon said she attended an Oakland County Schools meeting Jan. 9.

Peter Dion reminded board members the meeting was the first to be streamable online at [www.novi.k12.mi.us/District/BoardEducation/default.aspx](http://www.novi.k12.mi.us/District/BoardEducation/default.aspx) and could be downloaded for viewing afterward.

He noted Novi High School Principal John Lawrence was named Person of the Year by the Novi Information Network.

The district sent out surveys Jan. 8 and planned to send out



Submitted photo

### Wild About Science!

Parkview Elementary School students Daniel Shao (left) and Freya Morales with parent volunteer Doris Daskalakis perform an experiment called Symphony of Siphons. The point of the task is to move liquid from one cup to another without pouring.

### Wild About Science!

Parkview Elementary School students Daniel Shao (left) and Freya Morales with parent volunteer Doris Daskalakis perform an experiment called Symphony of Siphons. The point of the task is to move liquid from one cup to another without pouring.

# Your Workout Will Never Be The Same

Becoming a fitness member at The Sports Club of Novi just got better with a state-of-the-art yoga studio. This custom constructed space will satisfy even the most discerning yoga student with features like:

- 29 Free Yoga classes per week
- Climate controlled environment
- Heated wood flooring
- Sound proof construction
- Certified instructors
- New class schedule includes Vinyasa, Hatha, Ashtanga and Healthy Back Yoga
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Voled Best Sports and Fitness Club for 2007

Keeping the dream alive

continued from front

most likely end up emceeing the event.

The club is in its second year at the high school after existing as a Diversity Committee for seven years.

"Our group is inclusive not exclusive. Our focus is on raising awareness and appreciation of our similarities and our differences."

Nuckolls said, "SPUD is not about black and white. SPUD is about green and white, the colors of Novi High School. We are dedicated to embracing unity and diversity."

"Diversity is shown through ethnicity, gender, class, orientation, ways of thinking and more. The possibilities for knowledge and application are endless."

Nuckolls said the idea for the Unity in the Community event started brewing six years ago when current Dean of Students Nicole Carter, herself and students attended United We Walk at West Bloomfield High School. After becoming a club last year, the group decided it was a good way to start a new chapter on the right foot.

"Our diversity group just became a club, so we thought it'd be a good way to step it up," Snyder said. "It was a lot more packed than anyone thought it would be for the first time."

Snyder said more than 300 people came out to the show last year. Nuckolls said a winter storm kept some people away, but expects more than 500 people to fill the 800-seat Fuert Auditorium Monday.

"I have high expectations for this program," Snyder said. "The first one is always a trial year. We've done a really good job of getting the word out in the community."

Diverse body

Nuckolls and the students of SPUD agree Novi is becoming more and more diverse.

"I think (diversity) is getting better slowly. I moved to Novi from Orlando and it was an opposite culture shock because it's more diverse there," Snyder said.

"I think the school's doing a great job."

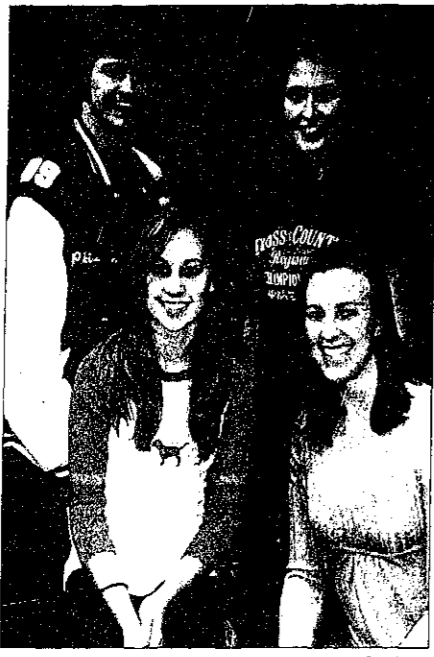
She said the 2007-08 year has brought a positive change to the high school.

SPUD's Speak Out chair Emily Hall said, "Our speakers chair Melissa Ludke said cliques are dissolving."

"I'm really happy how the school's going," Ludke said. "Cliques are kind of melting away, but they're still there."

Hall attributes the groupings to the size of the student body.

"There are boys, just so many different people here. There are



Novi High School students Nate Parkins (top left), Emily Hall, Melissa Ludke (front right) and Sara Snyder represent the group Students Promoting Unity and Diversity.

Novi High School students Nate Parkins (top left), Emily Hall, Melissa Ludke (front right) and Sara Snyder represent the group Students Promoting Unity and Diversity.

Novi Community Schools.

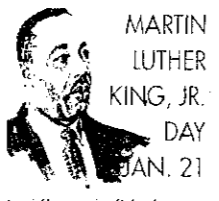
Carter is also an African American, and is the only other adult directly involved with SPUD.

"She has walked the talk of diversity since day one," Nuckolls said. "My dream is that one day our staff will reflect the diversity of our student body. We should have more African American, Hispanic American, Asian American, Middle Eastern American and so forth on our staff."

He said diversity also plays an important part in the classroom.

"Diversity is evident in religious tolerance (and) varying political viewpoints especially in social studies classrooms. Promoting healthy debate and safe forums," Nuckolls said. "Our teachers strive to have open, safe, secure learning environments. Students are encouraged to become independent, critical thinkers."

"It's people like Nate and Sara that make Novi such a great place to live and learn," said Nuckolls, the first and only male African-American teacher in the history of



MARTIN LUTHER KING, JR.

JAN. 21 DAY

Novi Community Schools.

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Martin Luther King Jr. program

Class NOTES

The community is invited to attend the ninth annual Dr. Martin Luther King Jr. Day Celebration from 5-8 p.m. Monday, Jan. 21 at Walled Lake Northern High School, 6000 Bogie Lake Rd. in Commerce Township. The community event celebrates the message of peace, equality and unity that Dr. King advocated for all people. This year's theme is "All Aboard the Freedom Train."

The celebration will include a multicultural potluck dinner from 5-6 p.m., viewing of student projects from 5:45-6 p.m., a program from 6:30-8 p.m. in the school's auditorium featuring performances by student choirs, the Walled Lake Schools "Friend of Diversity" awards and this year's main performance by professional storyteller LaRon Williams and Walled Lake students.

Admission is free and attendees are requested to bring a dish to share representing their cultural heritage. For more information, call Alec Bender at (248) 956-3432.

Song and dance party at Mid American Studio tomorrow

Novi students can enjoy their day off tomorrow by attending a "High School Musical" inspired song and dance party at Mid American Studio in Farmington Hills. The clinic will take place from 2-5 p.m. and registration is currently taking place.

The clinic is for students in first through fifth grades. Mid American certified dance instructors will conduct the two-hour event, which will consist of learning a dance routine to a "High School Musical" song mix, participate in a sing-a-long.

For breaking news on the Web: www.novineews.com

Advertisement for New Century Center for Academic Excellence, featuring SAT/ACT preparatory classes and math/english enhancement classes.

Advertisement for Brighton Gardens Assisted Living, featuring a Winter Open House Celebration on Saturday, January 19, 2008.

Suspect of stolen antenna on the loose

A witness observed a man steal a cellular phone antenna from a vehicle in the parking lot of Twelve Oaks Mall Jan. 8, reports said.

At about 2:45 p.m., the witness was sitting in her car talking on her cell phone when she observed a man with long gray hair, wearing a camouflage shirt, black boots and a black belt walking around the lot, reports said.

The witness saw the man use a screwdriver to remove the cellular phone antenna from the side window of a white Chevy Trailblazer, reports said.

According to the report, the suspect got back in his black pickup truck and exited toward 12 Mile Road, while the witness called 911.

A Novi Police Officer observed a black Ford 350, driven by an older man with long gray hair traveling westbound on 12 Mile Road and attempted to turn around to stop the vehicle, but due to heavy traffic, he was not able to, reports said.

The officer issued a B.O.L. (be-on-the-lookout) for the vehicle and driver.

Police Briefs

Hey! Leggo my Uggo's According to recent police reports, a pair of Uggo boots were stolen from a facility on Arena Drive between 8:45 p.m. Jan. 8.

The Uggo's, which were purchased two months prior, were brown fur-lined, shin-high boots worth \$160, reports said.

The mother of the girl whose boots were stolen, placed the boots in a hallway while her daughter attended dance lessons, reports said.

The hallway is between a main passage and the dance studio, which is on the main floor.

According to police, there are no suspects at this time because there is easy access to the room where the boots were last seen and numerous people carry duffel bags through the area, which could have been used to conceal the boots.

Driving while suspended A man was arrested for driving while suspended at about 10:30 p.m. Jan. 3, reports said.

According to the report, an officer was clearing a traffic stop at 14 Mile Road and Michigan Route 5, when he observed a blue 95 Saturn with only one functioning headlight.

The Saturn was heading westbound on 14 Mile Road and the officer initiated the traffic stop at 14 Mile and Novi roads, reports said.

The driver immediately notified the officer his license was suspended and the officer arrested him and transferred him to the Novi Police Department, reports said.

Light post suspected stolen According to a recent police report, the light post of a residence on Ravello Court, near Beck and Nine Mile roads, was stolen.

The victim last remembers seeing the light post at about 11:30 p.m. Jan. 4, when he let his dog out, reports said.

At about 5 p.m. Jan. 5, he noticed the Christmas lights were not illuminated and went outside to check them.

While outside, the victim found the Christmas lights unplugged and the light post missing, reports said.

Large advertisement for winter fashions with multiple sections: EXTRA 40% TO 50% OFF ALREADY-REDUCED WINTER FASHIONS, EXTRA 40% TO 50% OFF ALREADY-REDUCED SPORTSWEAR, DRESSES, SUITS & SHOES FOR HER, EXTRA 40% TO 50% OFF ALREADY-REDUCED MEN'S SPORTSWEAR, DRESS SHIRTS, TIES & CLOTHING, EXTRA 50% OFF ALREADY-REDUCED KIDS' SPORTSWEAR & DRESSES, PLUS: EXTRA 30% OFF LADIES' ALREADY-REDUCED CASHMERE SWEATERS, 40% TO 50% OFF COATS FOR HER, FOR HIM & FOR KIDS, 50% OFF MEN'S SWEATERS.

Advertisement for LENNOX A NEW FURNACE? featuring affordable pricing, 0% financing, and quality installation.

Advertisement for Jeffrey Jaghab, D.D.S. General - Cosmetic Dentistry, serving the Northville Community since 1949.

Advertisement for Advanced Vein Therapies featuring painless treatment for varicose veins, led by Dr. Jeffrey H. Miller, M.D.

Advertisement for Brighton Gardens Assisted Living featuring a Winter Open House Celebration on Saturday, January 19, 2008.

Small text at the bottom right of the page containing disclaimer and contact information for Lord & Taylor.

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Victoria Mitchell, editor (248) 349-1700, ext. 102

MY BUSINESS

Thursday, January 17, 2008 www.novinews.com

Greater Novi Chamber welcomes new members

Board set for 2008

By Kelly Murad

The main responsibilities as the chair is to run the board of directors meetings and guide the chamber in its direction through the upcoming year.

The four new members are Carolyn Chabon Klingler, principal of Boerema Chabon & Co., Mary Jane Scott, director of sales at Rock Financial Showplace, Keith Tappan, associate at Pre-Paid Legal Services Inc., and Michelle Winn, Michigan sales manager of Hooter's Restaurants.

"I think they (new board members) will give the board a little more diversity," Kuhn said. "I think everybody will have a different opinion, and I think you need a good base of different ideas to be successful."

The Greater Novi Chamber is currently at about 170 members and McClellan Stone is personal and former director Keith Kuhn was elected chair.

Kuhn, who has been a member of the Greater Novi Chamber since its inception, is branch manager of Countrywide Bank, at 14 Mile and Novi roads.

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



GOT A STORY IDEA? Contact the Novi News to spread the word about what's going on in Novi

Victoria Mitchell, editor (248) 349-1700, ext. 102

MY NOVI COMMUNITY

Thursday, January 17, 2008 www.novinews.com

Councilwoman makes Oakland County history

By Kelly Murad

As a volunteer of numerous boards and organizations, councilwoman Terry Margolis recently added another one to her already long list.

Oakland County Board of Commissioners Vice Chairman Hugh Crawford (R-Nowi) appointed Margolis to serve on the Women's Commission for Oakland County.

Each of the county's 25 commissioners appointed a representative from his or her district to serve on the newly formed commission.

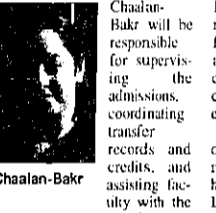


Community Pride! Novi Police Chief David Molloy and Novi Fire Chief Frank Smith join Sam's Club staff and other Novi personnel in accepting checks totaling \$3,500 from the retailer at Grand River Avenue and Wixom Road.

NAMES IN THE NEWS

Chalan-Bakr is named registrar

The Art Institute of Michigan, a Novi school offering academic programs in design, fashion and culinary arts, named Gaby Chalan-Bakr as registrar.



Dixon is named assistant director of financial aid

The Art Institute of Michigan in Novi named Tenisha Dixon as assistant director of financial aid.

Tenisha Dixon is a member of the Michigan Student Financial Aid Association and member of the National Association of Student Financial Aid Administrators.

Town Center under new management

Novi Town Center recently announced it is now managed by General Growth Properties, Inc.

Chicago-based General Growth Properties is the country's second largest shopping center owner, developer and manager.

General Growth Properties, Inc. is the second largest U.S.-based publicly traded Real Estate Investment Trust (REIT).

Battle weight loss with fat-fighting pill previewed in Novi

By Tracy Estes-Mishler

Megan Kilenski wishes she could cut anything she wanted and not gain a pound.

adolescents have a 70 percent chance of becoming overweight adults.

Alpha-Fibe FBCx Seminar Location: Better Health Market, 42875 Grand River Ave.

back to Wayne State's medical school that was doing research on animals for obesity and diabetes.

thing you put in your mouth has to have this status," Jen said.

we've been published in medical journals (Metabolicism), she said.

Join us at Tea J's in Milford for our Psychic Tea on Monday January 28th. 5:30pm - 9:00pm • \$30 Prepaid • Seating is limited!

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LET'S TALK jewelry WITH GARY S. WEINSTEIN GEMOLOGIST. DIAMONDS IN THE ROUGH

GREAT LAKES DERMATOLOGY MICHAEL R. COHEN, D.O. Board Certified Dermatologist

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Edward Jones. Making Sense of Investing. Leaving a 401(k) with a previous employer could mean leaving it alone with no one to watch over it.

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Victoria Mitchell, editor
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Thursday, January 17, 2008
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MY OPINION

Novi News

Victoria Mitchell, EDITOR
Richard Perleberg, EXECUTIVE EDITOR
Grace Perez Perry, GENERAL MANAGER

In our opinion: Keeping the vote alive

In Pakistan, the nation's Election Commission refused to publish a list of polling stations to prevent "ghost stations," so-called locations that produce unexpected votes and cries of election rigging...

Michigan, what could he take? Tonight is a victory of optimism over Washington-style pessimism, he cried out in his victory speech.

Only a week ago a win seemed impossible, he said during his Southfield victory party speech.

In Novi, the champagne bottles remained corked at John McCain's party at the Novi Sheraton. Although he wasn't there, anyway, McCain had already left the state to rally South Carolina voters.

Primary turnout in the state has hovered around 20 percent the last two decades, experts report. It reached nearly 50 percent in the turbulent '70s.

So, actually, the City of Novi did pretty good.

According to unofficial Tuesday results, 27 percent of registered city voters grabbed their gloves and headed to the polls.

A somewhat expected surprise was that a primarily Republican community...

And the overwhelming victor in the City of Novi was Romney, grabbing 49 percent of the vote.

McCain came in second, grabbing 26 percent of the vote.

Clinton came in with the win in the City with 50 percent of the vote. Uncommitted came in second, grabbing 16 percent of the vote.

So what now? Well we'll keep our eyes focused toward Super Tuesday, take bets when and if Rudy Giuliani will throw in the towel and see if a Michigan win for Romney really matters.

We also hope reflection on voting and the importance of casting a ballot in November continues. Yes, 27 percent turnout is good, and to say, but we can do better in November.



PHOTO OF THE WEEK

Primary Decision
Donald McGregor votes Tuesday around noon in Novi's 15th precinct.

Photo by JOHN HEIDEN/Novi News

LETTERS

Why Most Powerful?

In the spirit of non-partisan-ship, I will not refer to presidential candidates by name nor label.

During the debates and various commercials, a few candidates insist that the United States be or remain the "most powerful nation in the world."

What do they mean? What must one conclude? Are they advocating militarily, economically or politically "most powerful"?

But most powerful? Who says so? If I were a foreigner, such a presumption of superiority would appear arrogant and even belittling.

Most prosperous? Why not if we can it.

Most humanitarian? Fantastic. Most democratic? A dream to be cherished.

Most progressive? What a goal!

The realization and acceptance of the fact that mankind's existence is but a speck — less than an iota — in terms of time and space should provoke us toward cooperation of nations rather than rivalry for superiority.

Having recently read Bill Bryson's "A Brief History of Nearly Everything," it must be said, I am convinced more than ever that our national goals and focus should be toward international cooperation and the survival of mankind.

Patrick M. Downey
Novi

Tom Watkins: America - We have a problem

Smack! That is what we need as a state and country, a good solid smack up the head about the fiscal realities we are facing.

Walker is not Don Quixote on a quest to tilt at windmills. For the past two years, he has been visiting American cities with a group of financial colleagues from the left and right, including the liberal-leaning Brookings Institution, the conservative Heritage Foundation, and the nonpartisan Concord Coalition.

According to Walker, Social Security, Medicare and Medicaid face a \$50 trillion funding gap due to a combination of rising health care costs and demographic changes.

Walker is saying at the national level what I pointed out at the state level a few years back. We are spending at an unsustainable rate and our future revenue will not keep pace with the insatiable appetite of out-of-control government spending.

There is an intergenerational transfer of wealth going from the younger generation to the older generation that is not financially sustainable without increasing taxes, limiting benefits, or a combination of both.

The Concord Coalition is a nationwide, nonpartisan, grassroots organization advocating generational, responsible fiscal policy. It succinctly frames the issues this way: "Our government currently borrows hundreds of billions of dollars annually to pay for today's consumption, forcing productive national savings to take a back seat to benefits for middle-income and wealthy citizens; for special interests."

As a nation, we are spending and borrowing away our future.

To simply, as a country, we're borrowing now and creating a debt that our children and grandchildren may not be able to pay off.



About Tom Watkins

Tom Watkins is a business and education consultant. He served as state superintendent of schools from 2001-2005 and state mental health director from 1996-1990. He can be reached at tdwatkins@aol.com.

For more information about the Fiscal Wake Up Tour go to www.gao.gov or www.concordcoalition.org.

The challenges ahead are daunting. Leadership and speaking the truth are essential. With some of the presidential contenders coming to town soon, perhaps they could tell our children what they are going to do to address this looming crisis.

This message of fiscal reality does not sit well with special interests, taxpayers or with pandering politicians seeking

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Thursday, January 17, 2008
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COMMENTARY

PHIL POWER: State's water resources must be protected

The Great Lakes are the largest freshwater system on the globe, and Michigan alone lives almost completely surrounded by them.



About Phil Power

Phil Power is a longtime observer of politics, economics and education issues in Michigan, and was a regent of the University of Michigan from 1987 to 1999.

But there is reason to worry, big-time.

Ponder these disturbing facts about the lakes:
• Water levels everywhere are very low. Experts think lakes Michigan and Huron could beat their all-time record lows, set back in 1964.

Something's going on, big enough to take trillions of gallons out of our lakes. Clearly, global warming is involved in various ways.

A new species of invasive, non-native critters (think Zebra Mussels or the fish-killing virus VHS) invade every six months or so.

Another, possibly even more important source: Growth on the outside of ship's hulls.

Vern Ehlers, a scientist who is also a Republican congressman from Grand Rapids, is circulating a pledge asking presidential candidates to fund a Great Lakes restoration strategy.

A recent Brookings Institution study found restoring the Great Lakes (a \$20 billion effort) would result in \$80 billion in economic benefits.

Barack Obama of Illinois — the two from Great Lakes states — have signed.

The Detroit Free Press asked the top eight presidential candidates about a variety of environmental issues, from diverting Great Lakes water to dry states to supporting a \$20 billion program to restore the lakes.

Last week, I sat in on a sort of summit conference of folks interested in Michigan's environment. It was both fascinating and encouraging.

But there were also folks from the Council of Great Lakes Industries and the Ford Motor Co., as well as from the University of Michigan and Brookings.

Doesn't it seem that somebody oughta sue the bastards.

There were plenty of insights. First, take the idea, very fashionable in economics and business circles, that there should be a price set on water

that reflects the actual costs of the resource.

Those intent on improving our resource policies say establishing a price system would reveal lots of hidden and expensive subsidies (for farmers in California, for instance, or folks with green lawns in Las Vegas.)

The economics surrounding invasive species in the Great Lakes make the shipping industry look silly, if not criminally irresponsible. Best evidence is that the state gets some \$50 million in economic benefit from ocean-going shipping.

Doesn't it seem that somebody oughta sue the bastards.

They constitute an enormous competitive and economic resource in providing a great, and affordable, quality of life for people who live here.

Overall verdict: Not easy.

But for decades well-intentioned people have had a great deal of trouble getting a handle on how to preserve, protect and defend our resources, especially the Great Lakes. Seven states border the Lakes, each with its own parochial interests and political posturings.

Conclusion: "We're not getting much traction." Yet it was equally clear we have to get there.

At the end of the meeting, there was a fair amount of agreement that each of the interests represented at the table — environmentalists, economic developers, business, universities, policy think tanks — might individually have some impact.

The group is going to get together again in a little while. It could be the start of something very, very big.

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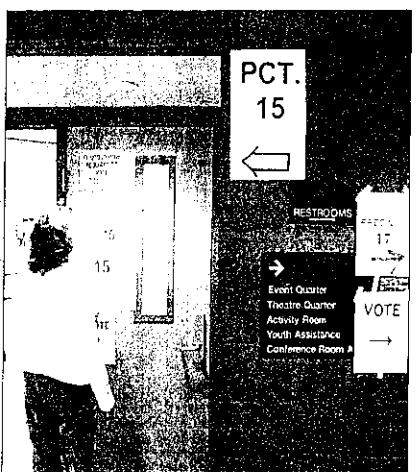
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Decisions
Voters in the 15th and 17th precincts voted in Tuesday's primary at the Novi Civic Center. Voter turnout for the City of Novi was 27 percent.

OK Novi, let your opinion be heard
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What do you think?
We welcome your Letter to the Editor. Please include your name, address and phone number for verification. We ask your letters be 400 words or less. We may edit for clarity, space and content.
Mail: Novi News, Letters to the Editor, 104 W. Main Street, Suite 101, Northville, MI 48167
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E-mail: vemitchell@gannett.com
Deadline: Letters must be received by 5 p.m. Monday to be published in the Thursday edition.

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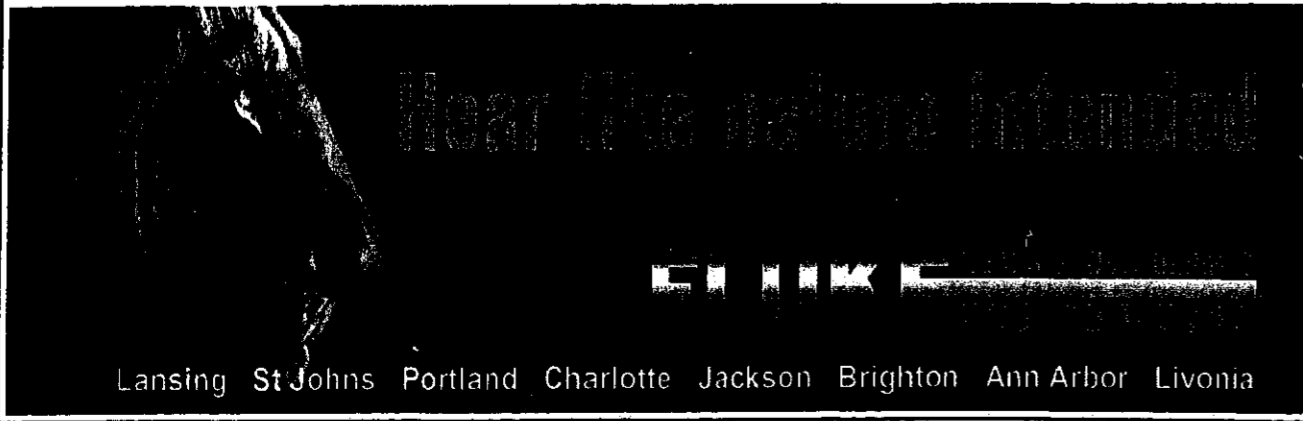
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**LOGOS Youth Club**  
 TIME/DATE: 5:15-8:15 p.m. each Wednesday  
 DETAILS: Program includes recreation, dinner, bible study and music; grades 4-12.  
**Men's Club**  
 TIME/DATE: 8-9 a.m. Saturday  
 DETAILS: People, pancakes and praise in the Fellowship Hall.

**Crosspoints Meadows**  
 LOCATION: Meadowbrook Elementary School, 29200 Meadowbrook Road (south of 13 Mile Road)  
 CONTACT: (248) 427-2700, 9 a.m.-2 p.m. or visit www.crosspointmeadows.org  
**Sunday Worship**  
 TIME: 9 and 10:30 a.m.

**Ward Evangelical Church**  
 LOCATION: 4000 Six Mile Road, Northville  
 CONTACT: (248) 374-6978  
**Sunday Worship**  
 TIME: 9 a.m. and 10:20 a.m.  
**Traditional, 9 a.m. Contemporary Single Point Ministries**  
 For single adults 40 years and older  
 CONTACT: (248) 374-5920  
**Every Sunday, 11:30 a.m.**  
 Fellowship and refreshments, Knox Hall

**St. Paul Lutheran**  
 LOCATION: 201 Elm St., Northville  
 CONTACT: (248) 349-3140  
**Sunday Worship**  
 TIME: 8:30, 11 and 11:30 a.m.

**The Baha' Faith**  
 TIME/DATE: 11 a.m. last Saturday of every month  
 LOCATION: 23803 Ripple Creek St., Novi  
 DETAILS: This Devotional Gathering is focused on prayers for peace. People of all faiths welcome.  
 CONTACT: (248) 473-0355 or visit www.us.baha.org

**First Presbyterian Church of Northville**  
 LOCATION: 200 E. Main St.  
 CONTACT: (248) 349-0911 or visit www.firstpresnville.org  
**Sunday Worship**  
 TIME: 9:30 and 11 a.m.  
**Single Place Ministries**  
 DETAILS: Thursday evenings; 7:30 p.m./social time; 7:45 p.m. opening; 8-9 p.m. informative and entertaining programs of interest to singles; \$5. Check website for details www.single-place.org.  
**Walking in the Park**  
 TIME/DATE: 10-11 a.m. every Saturday  
 LOCATION: Meet at the Visitor's Center of Heritage Park (Farmington Road between 10 and 11 Mile Roads, Farmington Hills)  
 DETAILS: Group meets for lunch afterwards.  
 CONTACT: Sue (734) 459-0016

**GracePointe Presbyterian Church**  
 CONTACT: Rev. Brian C. Sleeth, Pastor (248) 497-3178 or gracepointepc.org  
**Grand Opening**  
 TIME/DATE: Palm Sunday, Mar. 16, 2008  
 DETAILS: More information can be found at the website.

**Orchard Hills Baptist Church**  
 LOCATION: 23455 Novi Road  
 CONTACT: Pastor Jon Hix (248) 349-5665

**Divorce Recovery Workshop**  
 TIME/DATE: 7:30-9 p.m. through Feb. 21  
 LOCATION: Emeritus Room  
 DETAILS: Workshop topics and speakers include: Networking, Mid-Life Crisis presented by Pastor Russell; Stages of Grief presented by J. Harold Ellens, Ph.D.; Putting Your "Ex" in Focus presented Dall Deaton; Pot Luck Dinner and Legal Aspect of Divorce presented by David Jerome; Church & Divorce, Spiritual Help & Forgiveness presented by Pastor Russell; Helping Children Through Divorce presented by Sharon Bergman, MA, LLP and Relationships Old and New presented by Ms. Zoios. Cost is \$35 per person.  
**Pictionary Night & Hors d'oeuvres**  
 DATE: Tonight  
 DETAILS: Men vs. women as we play this interactive game in honor of Louise Towalski, Co-hosted and led by Darleen.  
**Psychology of an Election Year**  
 DATE: Jan. 24  
 DETAILS: Harold Ellens, Ph. D. leads a serious yet fun discussion. Come share your thoughts.  
**Tocco Night, Light & Lively Concert**  
 DATE: 7 p.m. Jan. 31  
 DETAILS: Tocco's, refreshments and Northville's work-famous ice cream and cookies served; \$10 donation requested for those having dinner, \$5 donation for presents only. Enjoy the 60s-80s folk and country performance of John Leabu. Reservations are mandatory.  
**Spiritual Development Opportunity**  
 TIME/DATE: 7-8:30 p.m. Sunday, Jan. 13 - Feb. 24  
 DETAILS: This Adam Hamilton Series "Making Love Last a Lifetime" provides thoughtful and inspiring biblical insights and perspective on love and marriage.

**Preschool/Kids Choir**  
 TIME/DATE: 7-8:15 p.m. every Wednesday  
 DETAILS: For ages three to six; ongoing event, no need to pre-register; all are welcome.

**HEALTH**

**Oakland Physical Therapy**  
 LOCATION: 47601 Grand River Ave., Suite B124, Providence Park Medical Center  
 CONTACT: 248-380-3550

**DMC Huron Valley-Sinai Hospital**  
 LOCATION: 1 William Carls Dr., Commerce  
 CONTACT: (248) 937-3314  
**Alcohol Anonymous Support Group**  
 TIME/DATE: 10 a.m. every Sunday  
 DETAILS: No pre-registration required. For information, call (248) 937-3314.  
**Al-Anon Support Group**  
 TIME/DATE: 10 a.m. every Sunday  
 DETAILS: For family and friends of someone with an alcohol problem. No pre-registration required. For information, call (248) 706-1020.  
**Alateen Support Group**  
 TIME/DATE: 10 a.m. every Sunday  
 DETAILS: Intended for teens dealing with someone with an alcohol problem. No pre-registration required. For information, call (248) 706-1020.

**Dinner with a Doctor**  
 DATE: Last Thursday of month  
 TIME: 6:30-8:30 p.m.  
 LOCATION: St. John Providence Park Hospital, Grand River and Beck roads (use Beck Road entrance), Conference Rooms A, B and C.  
 CONTACT: Free registration for lecture and dinner by calling (888) 440-7325.  
**How to Make the Most of Your Doctor's Visits**  
 DETAILS: Jan. 31; Dr. Robert Brateman.  
**You "Heart" What You Eat**  
 DETAILS: Feb. 28; presentation by cardiologist, Dr. Zarghami followed by strolling dinner featuring heart healthy food; recipes and cookbooks distributed.  
**Total Knee Replacement**  
 DETAILS: March 27; presentation by orthopedic surgeon Dr. David Markel.

**BORDERS BOOKS AND MUSIC**  
 43075 Crescent Blvd., Novi  
 CONTACT: (248) 347-0780  
 Author John Gray  
 TIME/DATE: 7 p.m. Monday, Jan. 28  
 DETAILS: John Gray will be at Borders with his new book "Why Mars and Venus Collide: Improving Relationships by Understanding how Men and

## Mardi Gras Cabaret

Tickets are selling fast for the Feb. 1 Mardi Gras Cabaret, a fund-raising event sponsored by The Friends of the Novi Theatres.  
 Lyon Oaks in Wixom is the site for this festive evening of dinner, drinks and entertainment featuring a Broadway-style revue by guest performers from Michigan Opera Theatre, music and dancing with the Tony Lannen Quartet.  
 "Everyone's excited about the silent and live auctions, especially with WNIC's Lisa Barry as the emcee of the evening," said Friend's treasurer Kelly Adams.  
 Board Member Elaine Mayten is pleased with the wide variety of auction items that have been donated.  
 "My father-in-law really wants to win the weekend in Leelanau with a winery tour," she said.  
 "As for me, I'm going for the deluxe party package at Lucky Strike."  
 Auction items include: Al Kaline autographed baseball bat, a three-month membership at the Sports Club, several spa packages, jewelry, professional photography, University of Michigan Football tickets, Red Wings tickets and an exclusive art piece from a local artist.  
 Individuals or businesses interested in making a tax-deductible donation may contact: Gwen Markham at (248) 921-9336.  
 Tickets for the Mardi Gras Cabaret are available on-line at www.novitheatres.com or from the Novi Civic Center Parks Office, 45175 W. 10 Mile (between Novi and Taft Roads).  
 Tickets are \$40 per person, \$75 per couple and \$375 for a table of 10.  
 Attire for the evening is festive and fun.  
 For information, call (248) 347-0400.  
 The Friends of the Novi Theatres is a non-profit organization that provides volunteer and financial support for The Novi Theatres' shows and educational programs.  
 For more than 16 years, the Novi Theatres has offered performing arts opportunities for residents of Novi and the surrounding communities.

Women Cope Differently with Stress," on sale Monday.

**ROCK FINANCIAL SHOWPLACE**

46100 Grand River Ave. Call (248) 349-5600 or visit www.rockfinancialshowplace.com for more information.  
**Bridal Expo 2008**  
 TIME/DATE: Noon-5 p.m. Saturday-Sunday  
 DETAILS: Largest bridal show with thousands of dollars in prizes, gift coupons and giveaways, three different fashion shows each day, hundreds of experts and plenty of fun. Parking is \$5.  
**Home Improvement Show**  
 TIME/DATE: Noon-9 p.m. Friday, Jan. 25; 10 a.m.-9 p.m. Saturday, Jan. 26; 10 a.m.-6 p.m. Sunday, Jan. 27  
 DETAILS: This show features hundreds of exhibitors including the latest technology, products and services for kitchens, baths, doors, windows, remodeling, heating and cooling. Arts and crafts show inside. Admission is \$10 for adults, \$9 for seniors, kids under 12 are free. Parking is \$5.

**REGIONAL**

**Annual Full Moon Owl Hike**  
 TIME/DATE: 5:30 p.m. Saturday  
 LOCATION: 6277 Cowell Road, Brighton  
 DETAILS: Join the Crossroads Group of the Sierra Club for this free outing; potluck and introduction to owls, then hiking in Brighton State Recreation Area to call for owls; open to members and non-members; bring a dish or snacks to share, a flashlight and warm clothes. For information, call (810) 231-9045.

**City of Wixom**  
 CONTACT: Community Services Programs, 49045 Pontiac Trail, Wixom, (248) 624-2650  
**Moms Day Valentines**  
 TIME/DATE: 9:30-11:30 a.m. Saturday, Feb. 2  
 DETAILS: Moms and kids, come make Valentines for your family and friends; will make 15 unique cards; cost is \$22 per couple; pre-register by 3 p.m. on Jan. 30.  
**Daddy/Daughter Dance**  
 TIME/DATE: 6-8 p.m. Thursday, Feb. 7  
 DETAILS: Enjoy a night of dancing. Includes a pizza dinner; \$25 per couple, \$5 each additional gift; pre-register by 3 p.m. on Feb. 6.  
 Send your calendar items to Novi News, 104 W. Main Street, Suite 101, Northville, MI 48167; fax to (248) 349-9832; or e-mail to venetichell@gannett.com.

**Plymouth Ice Festival**  
 DATE: Friday, Jan. 25-Sunday, Jan. 27  
 LOCATION: Kellogg Park, Downtown Plymouth  
 DETAILS: This fun-filled family event is free and open all weekend; ice carving during daytime hours.  
 CONTACT: For more information, contact (734) 453-1540 or visit www.plymouthice.com

**Texas Hold'em**  
 TIME/DATE: Noon registration, gaming 1:30 p.m. Sunday, Jan. 27

## Oh 2007! Baby

Calling all Proud Parents, Grandparents, Aunts, Uncles, Brothers & Sisters! Don't miss your chance to be a part of 2007 "Oh Baby!"  
 Babies born in 2007 will be presented March 6, 2008. Submit your baby's photo today!



**Gavin Schonfeld**  
 Wyandotte Hospital  
 Bryce & Angela

Send a photo and \$20 for: **Oh Baby!** All entries must be received by Feb. 22, 2008.  
 If you would like your photo returned, please include a return address.  
**beckmi.com**  
 \$20 enclosed. Only Visa/Mastercard/American Express or Discover cards.  
 Sponsoring: **beckmi.com** **CONSUME**

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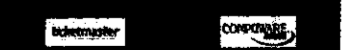


**vs. Milwaukee Wave**  
**Friday, January 18, 2008 7:35 pm**

**Play Where the Pros Play!**  
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Make sure you score a touchdown by bringing a Joe's speciality tray to your playoff parties. Sure to be a winner! Also be sure to order a half time party sub. Call for pricing and information (needs 24 hour notice)



Starting to get those winter time blues? Well, chase them away with a friends and family celebration. Joe's gourmet catering can assemble the feast while you organize the fun. Call to order your perfect party package.



## Joe's Weekly SPECIALS!

California Navel Oranges <b>6/\$2.00</b>	Driscoll's Blueberries <b>2/\$3.00</b>	Washington Bartlett Pears <b>99¢ lb</b>	Farmers Best Red Peppers <b>\$1.49 lb packaged</b>	Fresh California Romaine Lettuce <b>99¢ lb</b>
Frantola Organic Extra Virgin Olive Oil <b>\$19.99 (save \$4.00)</b>	Organic Russet Potatoes <b>\$1.99 5 lb bag</b>	Organic D'anjou and Bosc Pears <b>\$1.49 lb</b>	Organic Yellow or Red Onions <b>\$1.99 3 lb bag</b>	Amy's Organic Soups <b>2/\$4.00 All Varieties</b>
Oldtyme Mini Colby, Mini Co-Jack Cheese <b>\$4.99 lb.</b>	Boarshead Roast Beef <b>\$7.99 lb.</b> Deluxe Ham <b>\$6.49 lb.</b> Honey Smoked Turkey <b>\$5.99 lb.</b> Baby Swiss Cheese <b>\$5.99 lb.</b>	Dietz & Watson Oven Classic Turkey <b>\$6.99 lb</b> Gourmet Chicken <b>\$5.99 lb</b> Hoffmans Hickory Salami <b>\$4.99 lb</b>	Boarshead Provolone Domestic Cheese <b>\$5.99 lb.</b> Italian Dry Salami <b>\$6.99 lb.</b> Mortadella w/ Pistachio Nuts <b>\$5.99 lb.</b>	Sahlen's Oven Roasted Turkey <b>\$6.99 lb.</b> Lemon Pepper Chicken Breast <b>\$5.99 lb.</b> Smokehouse Ham <b>\$5.99 lb.</b>
Check out our specialty cheese counter! Manchego & Mahon cheese would be delicious with these wines.	Codice Tinto 2004 <b>\$8.99</b> <small>100% Tempranillo A juicy red with dark berry flavors, fresh, rich and full bodied</small>	Bodegas Borsao 2006 <b>\$6.99</b> <small>80% Garnacha &amp; 20% Tempranillo. Supple in texture with sweet raspberry flavor and a juicy finish. Incredible quality and value!</small>	Protocolo Tinto 2005 <b>\$6.99</b> <small>A blend of Tempranillo and Bobal. Lively red and dark berry flavors, fresh cherry and blackberry aromas, light tannins and a smooth finish.</small>	Outstanding Value!
Grilled Mediterranean Vegetables <b>\$4.99 lb.</b>	Joe's BBQ Meatballs <b>\$5.99 lb.</b>	Joe's Honey Glazed Salmon <b>\$14.99 lb.</b>	Joe's BBQ Baby Back Ribs <b>\$11.99 lb.</b>	Pecan Encrusted Chicken <b>\$7.99 lb.</b>
Great Anytime!	Joe's Turnovers <b>89¢ each</b> <small>Apple or Cherry</small>	Assorted Cookie Trays <b>\$7.99 each</b> <small>Great for tailgating!</small>	2 Bite Plain Brownies <b>\$2.99 each</b>	Delicious Anytime!
So-Good BBQ Beef Sauce <b>2/\$4.00</b>	Chuck & Dave's Salsas <b>2/\$6.00</b> <small>All Varieties</small>	Brenton Mini-Crackers <b>2/\$6.00</b> <small>All Flavors</small>	Terra Kettles Chips <b>2/\$7.00</b>	Billy Bee Organic Honey <b>2/\$6.00</b>

### Byrds Choice Meats

Fresh Stuffed Items	
Stuffed Pork Chops.....	\$3.69 lb.
Stuffed Fryers.....	\$1.49 lb.
Stuffed Chicken Breast.....	\$1.89 lb.
Stuffed Turkey Tenders.....	\$3.89 lb.

All Stuffed with our own Bread Stuffing  
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 Byrds Hours: Mon-Sat 9a-7pm • Sun 9-5

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Novi boys help U-13 soccer team win winter tourney, P. 2B



**SPORTS GALLERY: CC SPORTS**

PAGE 3B

**My NOVI SPORTS**

**Novi, Catholic Central sport schedules**

SPORTS, 2B

THURSDAY, JANUARY 17, 2008 • WWW.NOVINNEWS.COM • SPORTS SUBMISSIONS: JTHEISEN@GANNETT.COM • PAGE 1B

**SPORTS SPOTLIGHT: BOYS BASKETBALL**

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

**TWIN TOWERS DE-ACTIVATED**



Photo by JOHN HEIDER/Novi News

Tyler Hoover, cut out of the photo, graduated early, leaving Caleb Dean as the lone true post player on the team.

**Hoover graduates early, another dismissed**

By Jeff Theisen  
SPORTS WRITER

When Cory Heitsch took over the Novi basketball program, his first season seemed to have a simple approach — get the ball to one of the big guys.

With 6-9 Caleb Dean and 6-7 Tyler Hoover down low, the Wildcats were going to have a size advantage on just about every team they played against.

But things took a wild left turn during the first half of the year.

Hoover graduated early to take classes at Michigan State so he could be eligible to take part in spring football practices. It's a move commonly used by players that want to get a jump on learning the playbook in an effort for early playing time.

See CHANGES, 2B



ACTUAL PHOTO



Photo by Hal Gould/Gannett News Service

Caleb Dean shoots over a defender Friday against Lakeland.

**Wildcats crawl back over .500**

Two wins to start new year leaves Novi sitting at 5-4

By Jeff Theisen  
SPORTS WRITER

The Novi boys basketball team turned in a pair of strong performances to start the new year 2-0, improving to 5-4, 3-1.

The Wildcats hammered Howell 57-36 Jan. 8 and Lakeland 66-57 Friday for a pair of KVC victories.

**Double trouble**

Against Lakeland, both teams took turns playing follow the leader until Novi left the Eagles in the dust during a 15-7 fourth-quarter run to finish the game.

Novi used an outside-to-inside approach for the win.

Nick Prokop kept the Wildcats in the game early, hitting three

first half 3-pointers on his way to a 5-for-6 night from outside the arc and a team-high 17 points.

"I got hot," Prokop said. "I had a little cold streak going on. Now I'm shooting the ball well like I was in the beginning of the season, and it feels good."

Wildcat center Caleb Dean caught fire in the fourth quarter, scoring 10 of his 14 points and sending the home crowd into a frenzy with a pair of dunks down the stretch.

"I think it was a team effort," Dean said. "I was open and my teammates were hitting me."

"In the first half, I'm starting out really slow. But I think that speaks big because every game

See HOOPS, 2B

**Novi wins 3 titles at tourney**

By Jeff Theisen  
NOVI NEWS

The Wildcats wrestlers placed fifth at the Brighton Invite on Saturday.

Claiming titles were Robbie Yusko at 119 pounds, Ryan Thomas at 152 and Ryan Ridenour at 189. Jon Lichorobiec was second at 112, Aditya Sathi was fourth at 125 and Tom Szczygiel took fourth at 130.

Novi also beat South Lyon 42-21 Jan. 9.

Winning for Novi were Lichorobiec (pin), Sathi (17-2), Yusko (5-1), Szczygiel (pin), Clayton Caldwell (9-4), Thomas (pin) and Ben Farley and Ryan

Ridenour won by void.

**Novi Girls Basketball**

Novi lost its first KVC game, 47-39 to Lakeland on Friday.

Caroline Johnson led the Wildcats (8-2, 3-1) with 10 points, and Melissa Gasiorek pitched in seven points and five rebounds.

**Novi Cheer**

The Novi Varsity Competitive Cheer Team put together three solid rounds outscoring the Pinckney Pirates 679.98 to 520.36 for the Wildcats' first KVC win of the year.

Novi led 201-176.50 at the conclusion of Round 1. In Round 2, Novi put another 201.48 points on the board compared to Pinckney's 142.87. Novi finished the evening with 277.50 points in Round 3, while Pinckney tallied 217.00.

At the home invite, the Wildcats placed third of 11 teams Saturday.

Kentwood won with 725.8, followed by Roosevelt with 674.36 and Novi with 672.38.

**Novi Hockey**

The Wildcat hockey team lost

See ROUNUP, 2B



Photo by JOHN HEIDER/Novi News

Novi's Aditya Sathi in action during a recent meet.

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

Health Use smarts with snow

Our first heavy snow of the season, my first snow-blower. Not quite sure how it works, all I know is it was one of the bigger models at Home Depot...

Hand surgeons typically mark the first snow of the year by the countless finger injuries that whitewash the ER much in the same way back surgeons can mark the beginning of hunting season by the weekend falls that flood area hospitals.

Follow the assembly manual for your snowblower to a tee and then let it be. Avoid removing safety equipment, shields, guards, etc.

Always snowblow sober - avoid the temptation to use up the leftover supply of drinks from your holiday party you're trying to keep cold in the garage.

Lastly, never run the machine inside the garage and always make sure to turn it off when walking away from it, especially when young children are present.

Likewise, the first heavy snow of the year often coincides with increased activity in the chest pain unit of ER's attributed to snow shoveling. Personally, I feel it's done in a safe manner.

Or just save yourself the trouble and go out to Home Depot and buy yourself the biggest snowblower they have.



Photo by JOHN HEIDER/NOVI NEWS

Cruise control

Wildcat Dan Meister swims the backstroke during practice.

HOOPS: Novi starts new year with two victories

continued from front we've played we've been in it during the first half if I'm not an offensive threat in the first half and we're still in the game, it says something.

CHANGES: Wildcats dealing with players gone

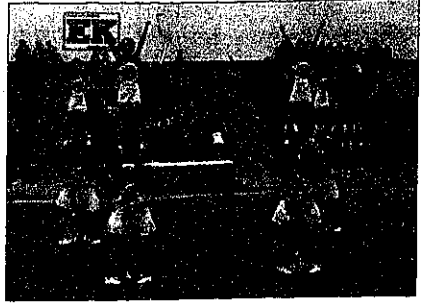
continued from front The move left Heitsch and the Wildcats without one of their starting centers, forcing the offense to go in another direction.

No more twin towers

Now, Novi is forced to rely on its guard play, while making Dean the only true low-post player.

Champs

The Waza FC U13 boys soccer team won the Under 13 Top Division of the Total Soccer Winter Tournament Series held December 8-9.



Submitted photo

The Wildcat cheer team performs at the Novi Invite.

WILDCAT ROUNDUP

continued from front lost 733-972-682.81 to Hartland on Jan. 7, completed at Pinckney despite the Pirates not having a JV team and placed sixth of 12 teams at the home invite.

Sport Shorts

Super 5K Run The Super 5-kilometer Run will take place 9 a.m. Feb. 3 at the Novi Town Center.

Soccer Shootout The University of Michigan mens soccer team is hosting the sixth annual three-on-three Micro-Soccer Shootout Camp on Feb. 9-10 at the Osterbaan Fieldhouse.

Pistons Basketball Clinic

The Detroit Pistons Youth Basketball Clinic is coming to Ward Evangelical Presbyterian Church in Northville on Saturday, Jan. 26.

Cheer Boot Camp

The Northville competitive cheer team is hosting a Cheer Boot Camp for kids entering grades sixth-eighth from 6-9 p.m. Feb. 5 in the high school cafeteria.

Ball Hockey

Mens ball hockey leagues are forming at the TotalSports Complex in Wixom for the winter season.

Novi schedules

Table listing Novi sports schedules: Boys Basketball, Girls Basketball, Hockey, Boys Swim and Dive, Bowling, Cheer, Skiing, Wrestling, and more.

SHAMROCK ATHLETICS

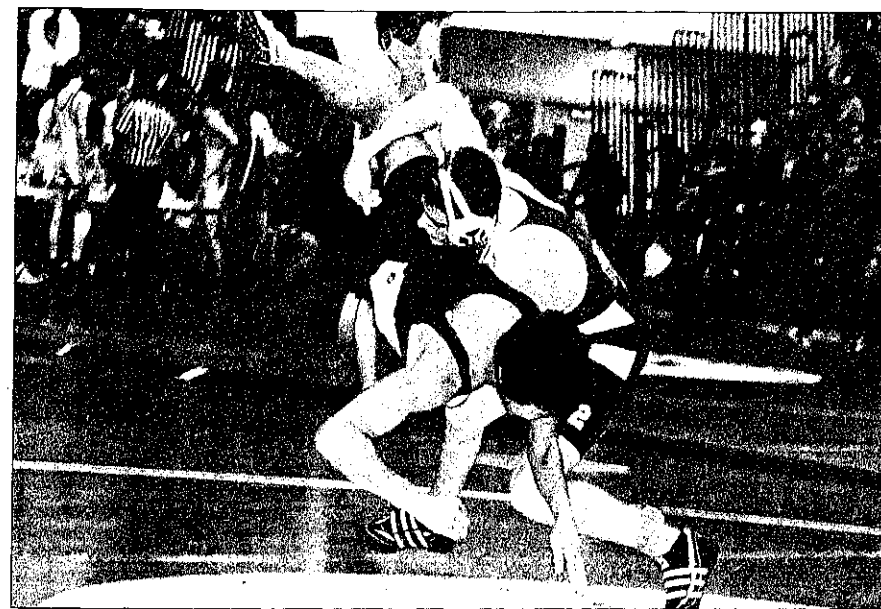


Photo submitted by Dennis Barnes

Doug Eldridge slams his opponent to the mat during the Catholic Central Invite.

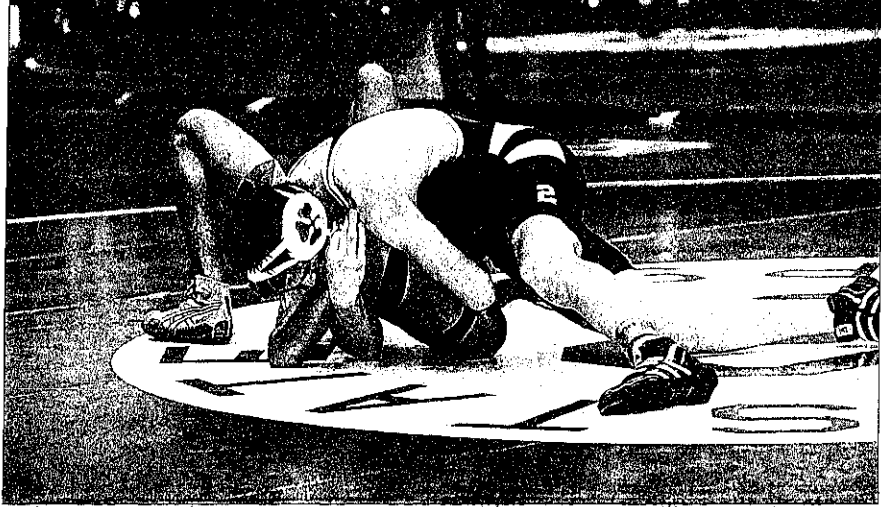


Photo submitted by Dennis Barnes

Doug Eldridge works on securing a pin during the Catholic Central Invite.



Photo submitted by Dennis Barnes

Ryan Houska gets free for a fast break during a recent Shamrock basketball game.



Photo submitted by Dennis Barnes

Niko Palazeti works a headlock during the Catholic Central Invite.

CC basketball splits games

By Jeff Theisen SPORTS WRITER

The Catholic Central basketball team split a pair of games, losing 56-44 to Divine Child and beating U-D 41-34. Against Divine Child, the Shamrocks held a 12-10 lead heading into the second quarter when the wheels fell off the offense.

CC Wrestling

The Catholic Central wrestling team finished 11th of 15 teams at a home invite Saturday. Doug Eldridge led the Shamrocks with a third-place finish at 119 pounds.



Photo submitted by Michael Rossi

Shamrock junior forward Louis Lemak, left, and senior defenseman Michael Bourgon patrol the Trenton net Saturday.

7 GOLDEN GLOBE NOMINATIONS INCLUDING BEST PICTURE. ATONEMENT. JAMES FRANCO, KEIRA KNIGHTLEY. FROM JOE WRIGHT, THE AWARD-WINNING DIRECTOR OF PRIDE AND PREJUDICE.

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

# MY FOOD FOR THOUGHT

Thursday, January 17, 2008  
www.novinews.com  
fax: (248) 349-9832

## Wake Up Your Best Life

### Healthy Breakfast Jump-Starts Your Day

FAMILY FEATURES

"A healthy breakfast is essential for weight management," stresses Bob Greene, the personal trainer best known for helping Oprah achieve her dramatic weight loss. In his book "The Best Life Diet," Greene insists on making this important meal a daily habit. "Breakfast may help control hunger and helps start your day right," says Greene. Luckily, a breakfast habit can be both nutritious and delicious with foods that have been awarded the Best Life seal of approval from Greene and his team of nutritionists. Some of these foods — from soy milk to frozen vegetables to yogurt — are versatile within these Best Life-approved recipes.

For additional Best Life recipes, visit [www.eatbestlife.com/bestlife](http://www.eatbestlife.com/bestlife).

#### Spinach Frittata with Tomato-Basil Salsa

Prep Time: 20 Minutes  
Start to Finish: 20 Minutes

- Salsa**
- 2 plum (Roma) tomatoes, chopped
  - 1/4 cup shredded fresh basil
  - 2 tablespoons sliced ripe olives
  - 1 teaspoon olive oil
- Frittata**
- 2 teaspoons olive oil
  - 1 box (9 oz) Green Giant® frozen spinach, thawed, drained
  - 8 eggs or 1 container (16 oz) fat-free egg product (2 cups)
  - 2 tablespoons shredded Parmesan cheese, if desired
  - 1/8 teaspoon salt
  - 1/8 teaspoon pepper
1. In small bowl, mix salsa ingredients until blended. Set aside.
  2. In 10-inch nonstick skillet, heat 2 teaspoons oil over medium heat. Add spinach; cook 2 to 4 minutes, stirring constantly, until spinach is thoroughly heated.
  3. In medium bowl, beat eggs, cheese, salt and pepper with wire whisk until blended. Pour over spinach. Cover; cook over medium-low heat 5 to 7 minutes or until eggs are set and light golden brown on bottom. Cut into 4 wedges. Top each serving with salsa mixture.

4 servings

High Altitude (3500 to 6500 ft): No change.

1 Serving: Calories 210 (Calories from Fat 130); Total Fat 15g (Saturated Fat 4g); Cholesterol 425mg; Sodium 280mg; Total Carbohydrate 5g (Dietary Fiber 2g); Protein 15g  
% Daily Value: Vitamin A 120%; Vitamin C 4%; Calcium 15%; Iron 15%  
Exchanges: 1 Vegetable, 2 Medium-Fat Meat, 1 Fat  
Carbohydrate Choices: 1/2

#### Tropical Smoothies

Prep Time: 5 Minutes  
Start to Finish: 5 Minutes

- 1 container (6 oz) Yoplait® Original French vanilla yogurt
  - 1 cup mango or peach chunks
  - 1 1/4 cups 8th Continent® original soy milk
  - 1/4 cup pineapple juice
1. In blender or food processor, place all ingredients. Cover; blend on high speed about 30 seconds or until smooth.
  2. Pour into 2 glasses. Serve immediately.

2 servings (1 1/2 cups each)

High Altitude (3500 to 6500 ft): No change.

1 Serving: Calories 210 (Calories from Fat 25); Total Fat 3g (Saturated Fat 1g); Cholesterol 5mg; Sodium 140mg; Total Carbohydrate 39g (Dietary Fiber 1g); Protein 7g  
% Daily Value: Vitamin A 25%; Vitamin C 45%; Calcium 30%; Iron 4%  
Exchanges: 1 Fruit, 1 Other Carbohydrate, 1 Skim Milk  
Carbohydrate Choices: 2 1/2

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Tropical Smoothie

Spinach Frittata with Tomato-Basil Salsa

#### Yogurt-Bran Muffins

Prep Time: 10 Minutes  
Start to Finish: 30 Minutes

- 1 cup Fiber One® original bran cereal
  - 2 egg whites or 1 egg, slightly beaten
  - 1/4 cup vegetable oil
  - 2 containers (6 oz each) Yoplait® Original French vanilla yogurt
  - 3/4 cup all-purpose flour
  - 1/3 cup packed brown sugar
  - 1 1/4 teaspoons baking soda
  - 1/2 teaspoon salt
  - 1/2 cup fresh blueberries or raspberries
1. Heat oven to 400°F. Place paper baking cup in each of 12 regular-size muffin cups, or grease bottom of each muffin cup with shortening. Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
  2. In medium bowl, stir together egg whites, oil and yogurt. Add crushed cereal, flour, brown sugar, baking soda and salt; stir just until dry ingredients are moistened. Gently stir in berries. Divide batter evenly among muffin cups, filling each 3/4 full.
  3. Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.

12 muffins

High Altitude (3500 to 6500 ft): Heat oven to 425°F. Decrease baking soda to 3/4 teaspoon.

1 Muffin: Calories 170 (Calories from Fat 45); Total Fat 5g (Saturated Fat 0.5g); Cholesterol 0mg; Sodium 280mg; Total Carbohydrate 28g (Dietary Fiber 3g); Protein 4g  
% Daily Value: Vitamin A 2%; Vitamin C 2%; Calcium 6%; Iron 10%  
Exchanges: 1 Starch, 1/2 Other Carbohydrate, 1 Fat  
Carbohydrate Choices: 2

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Yogurt-Bran Muffins

#### Short on Time?

That's no reason to miss breakfast. Here are some quick, yet creative, morning meal ideas with Best Life-approved foods:

- Choose a cereal that is an excellent source of whole grain and flavor it with 8th Continent Light vanilla soy milk. Substituting soy milk for cow's milk is a good way to reap soy's heart-health benefits.
- Pair a low-fat yogurt with fruit and nuts. With varieties like Key lime pie and lavender peach, Yoplait yogurt keeps the combination interesting.
- Create your own omelet with low-fat cheese and veggies to get a head start on daily vegetable intake goals. Keeping canned or frozen Green Giant vegetables on hand will ease preparation.

TALK ABOUT IT: Join in discussing our stories online via **Story Chat** at novinews.com

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# MY FOOD FOR THOUGHT

Thursday, January 17, 2008  
www.novinews.com  
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## Nutrition for LIFE

### Eat Smart to Boost Vitality

FAMILY FEATURES

Have you ever tried eating smart? It's not just about making savvy nutrition choices like opting for whole grain over white, steamed over fried, or baked over sautéed. It's about boosting your eating knowledge to reap rewards that go beyond losing weight or reducing health risks. Think of the really big picture... a better overall quality of life and a higher level of vitality.

The good news is, eating right doesn't have to be hard. More and more food companies are creating ever healthier products with reduced levels of trans fats, saturated fats, sodium and added sugars. Unilever — manufacturer of brands such as Lipton, Skippy, Slim-Fast, Bertolli, Ragu, Hellmann's and Promise — has slashed percentages of these four "nutrients of concern" — in addition to cholesterol — in its products as part of a new front-of-pack logo and recipe program called Eat Smart/Drink Smart, which helps consumers make smarter food selections and better decisions in meal preparation.

"With a nutritional stamp, such as Eat Smart/Drink Smart, families benefit from easily being able to make better food choices, which help them shop, cook and eat smart," says Jenna Bell-Wilson, PhD, RD, CSSD, Registered Dietitian in Massachusetts.

Opting for more nutritious products, and preparing simple yet delicious recipes with a focus on proper nutrition will help boost your food intellect — and your vitality.

#### How's Your Vitality?

A recent study conducted by Unilever found vitality to be directly linked to good health, and good eating choices, in particular. Put simply, choosing to eat well and live a healthy lifestyle yields long-term, far-reaching benefits. The research uncovered some interesting facts about America's sense of vitality:

- 63 percent said their level of vitality depends on how well they take care of themselves.
- Four of the top six physical drivers of vitality were food-and-nutrition-related.
- 61 percent of those surveyed found that vitality was extremely important to them, yet 75 percent said they weren't satisfied with their own vitality levels.

To help Americans determine and improve their own levels of vitality, Unilever has created My Vitality Index ([www.myvitalityindex.com](http://www.myvitalityindex.com)), an easy-to-use, online resource that provides valuable information for enhancing health and wellness. The Web site includes a customized vitality quiz, tips and advice for achieving more vitality; better-for-you recipes distinguished by ingredient, nutrient, and recipe category; and more.

Eat Smart/Drink Smart: Recipes meet Unilever-established criteria, which help consumers stay in line with U.S. Dietary Guidelines for trans fats, saturated fats, sugars, sodium (salt), and cholesterol. All of these dishes are Unilever Eat Smart® recipes.



#### Fettuccine With Turkey Bolognese Sauce

6 servings  
Prep Time: 20 minutes  
Cook Time: 20 minutes

- 1 teaspoon Bertolli® Olive Oil
- 2 carrots, chopped
- 1 small onion, chopped
- 1 rib celery, chopped
- 1 to 1-1/2 pounds ground turkey
- 1/4 cup dry red wine or chicken broth
- 1 jar (1 pound 10 ounces) Ragu® Old World Style Pasta Sauce
- 2 tablespoons chopped fresh parsley
- 1 box (16 ounces) fettuccine, cooked and drained

In 12-inch nonstick skillet, heat olive oil over medium heat and cook carrots, onion and celery, stirring frequently, 5 minutes or until tender. Add turkey and cook, breaking up with spoon, until turkey is thoroughly cooked. Stir in wine. Bring to a boil over high heat. Reduce heat to low and simmer uncovered for 3 minutes. Stir in pasta sauce and parsley. Simmer, stirring occasionally, 5 minutes. Season, if desired, with salt and pepper. Serve over hot fettuccine.

Nutrition Information per serving: Calories 490, Calories from Fat 50, Saturated Fat 1g, Trans Fat 0g, Total Fat 6g, Cholesterol 45mg, Sodium 680mg, Total Carbohydrate 70g, Sugars 11g, Dietary Fiber 6g, Protein 41g, Vitamin A 80%, Vitamin C 10%, Calcium 6%, Iron 25%

Preheat oven to 425°F. In food processor, process bread until small crumbs form; remove and set aside. Into processor, add parsley, garlic, lemon peel and pepper; process until blended. Add mayonnaise and process just until blended.

On baking sheets or broiler pan, arrange filets. Evenly sprinkle with lemon juice, then evenly top with mayonnaise mixture, then bread crumbs. Bake 15 minutes or until fish flakes with fork.

\*This recipe is "Best Life" approved. Best Life is a trademark owned by Best Life Corp. Learn more about the Best Life program at [www.thebestlife.com](http://www.thebestlife.com)

Nutrition Information per serving: Calories 150, Calories from Fat 45, Saturated Fat 1g, Trans Fat 0g, Total Fat 5g, Cholesterol 60mg, Sodium 150mg, Total Carbohydrate 3g, Sugars 0g, Dietary Fiber 0g, Protein 24g, Vitamin A 4%, Vitamin C 4%, Calcium 2%, Iron 4%

#### Oven-Baked Harvest Apples

4 servings  
Prep Time: 10 minutes  
Cook Time: 1 hour

- 4 large McIntosh or golden delicious apples, cored
- 3 tablespoons firmly packed light brown sugar
- 1/4 teaspoon ground cinnamon
- 2 tablespoons dried cranberries
- 1 tablespoon finely chopped pecans
- 4 teaspoons Promise® Buttery Spread
- 2/3 cup water

Preheat oven to 350°F. Peel top third of apples. In 8-inch baking dish, arrange apples peeled-side up; set aside.

In small bowl, combine sugar, cinnamon, cranberries, pecans and cinnamon; evenly spoon into center of apples, then evenly top each with spread. Pour water around apples. Bake uncovered, basting occasionally, 1 hour or until tender.

Microwave Directions: Peel apples as above. In microwave-safe plate, arrange apples. Cover with waxed paper. Microwave at HIGH 2 minutes. Meanwhile, combine sugar mixture as above; evenly spoon into apples, then top each with 1 teaspoon Spread. Cover with waxed paper and microwave an additional 2 minutes or until apples are tender. Let stand 5 minutes.

Nutrition Information per serving: Calories 200, Calories from Fat 40, Saturated Fat 0.5g, Trans Fat 0g, Total Fat 4.5g, Cholesterol 0mg, Sodium 15mg, Total Carbohydrate 43g, Sugars 34g, Dietary Fiber 6g, Protein 1g, Vitamin A 6%, Vitamin C 16%, Calcium 2%, Iron 4%

#### Gremolata-Crusted Tilapia\*

6 servings  
Prep Time: 10 minutes  
Cook Time: 15 minutes

- 1 slice whole grain bread
- 1/4 cup loosely packed flat-leaf parsley
- 1 clove garlic, finely chopped
- 1/2 teaspoon finely grated lemon peel
- 1/8 teaspoon ground black pepper
- 1/4 cup Hellmann's® or Best Foods® Real Mayonnaise
- 6 (filapia filets (about 1-1/2 pounds))
- 1 teaspoon lemon juice

Preheat oven to 425°F.

In food processor, process bread until small crumbs form; remove and set aside. Into processor, add parsley, garlic, lemon peel and pepper; process until blended. Add mayonnaise and process just until blended.

On baking sheets or broiler pan, arrange filets. Evenly sprinkle with lemon juice, then evenly top with mayonnaise mixture, then bread crumbs. Bake 15 minutes or until fish flakes with fork.

\*This recipe is "Best Life" approved. Best Life is a trademark owned by Best Life Corp. Learn more about the Best Life program at [www.thebestlife.com](http://www.thebestlife.com)

Nutrition Information per serving: Calories 150, Calories from Fat 45, Saturated Fat 1g, Trans Fat 0g, Total Fat 5g, Cholesterol 60mg, Sodium 150mg, Total Carbohydrate 3g, Sugars 0g, Dietary Fiber 0g, Protein 24g, Vitamin A 4%, Vitamin C 4%, Calcium 2%, Iron 4%

#### Mandarin Chicken Salad

4 servings  
Prep Time: 15 minutes

- 1/2 cup Wish-Bone® Ranch Dressing
- 1/4 cup orange marmalade
- 1-1/4 pounds boneless, skinless chicken breasts, cooked and sliced (about 3 cups)
- 1/4 small red onion, thinly sliced (about 1/4 cup)
- 1 package (10 to 12 ounces) mixed salad greens (about 4 cups)
- 1 can (11 ounces) mandarin oranges, drained
- 1/2 cup seasoned croutons

In large bowl, blend dressing and marmalade. Add chicken, red onion and salad greens; toss to coat. Gently fold in oranges and croutons.

Nutrition Information per serving: Calories 400, Calories from Fat 140, Saturated Fat 2.5g, Trans Fat 0g, Total Fat 15g, Cholesterol 90mg, Sodium 450mg, Total Carbohydrate 30g, Sugars 21g, Dietary Fiber 3g, Protein 36g, Vitamin A 60%, Vitamin C 70%, Calcium 10%, Iron 15%



# REGIONAL MARKETPLACE

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Thursday, January 17, 2008

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## Mandell helps ease emotional, financial stress of divorce

Family law attorney takes a holistic approach to law

By Kate Phillips  
SPECIAL WRITER

Mark Mandell is a well-respected attorney who many in the community trust to handle legal matters that are of the utmost importance. The family-law attorney helps ease clients through divorces with as little financial and emotional stress as possible.

Mandell has spent the last eight years working with clients who have substantial assets that they wish to preserve, even after a divorce.

After spending a number of years at Fausone Bohn, LLP, he has just been made partner. Mandell is now more committed than ever to providing quality legal representation in divorce matters that need careful attention.

### PRESERVING BUSINESS ASSETS

Business owners face a particularly daunting situation during a divorce, because a divorcing spouse is often entitled to half of the value of the business. If the business is not valued fairly, substantial losses can occur.

After providing representation for a number of well-known business owners and CEOs of major corporations, Mandell is familiar with the process of correctly valuing business assets. He is someone who understands the process and can make sure that business assets are dealt with fairly.

Recently Mandell represented Roderick Rickman, CEO of MPS Environmental, the sixth largest minority-owned business in Michigan with gross revenues in excess of \$400 million a year.

Mandell teams up with highly respected professionals who work together to minimize loss of assets during a divorce. He works with CPAs and financial professionals who have experience and credibility in valuing businesses and presenting the information to the court.

"I choose professionals that are credible and are respected by the judges," said Mandell. "That makes a big difference."

"Some attorneys don't understand the difference between the revenue and the value of a business. Or they have a 'smoking gun' witness who provides an expert opinion that is way off base. The judges can tell where the truth lies."

"I know that using credible professionals is going to stand up to the scrutiny of a judge and go further than those who try to stretch the truth."

### GOOD JUDGMENT, SOLID EXPERIENCE

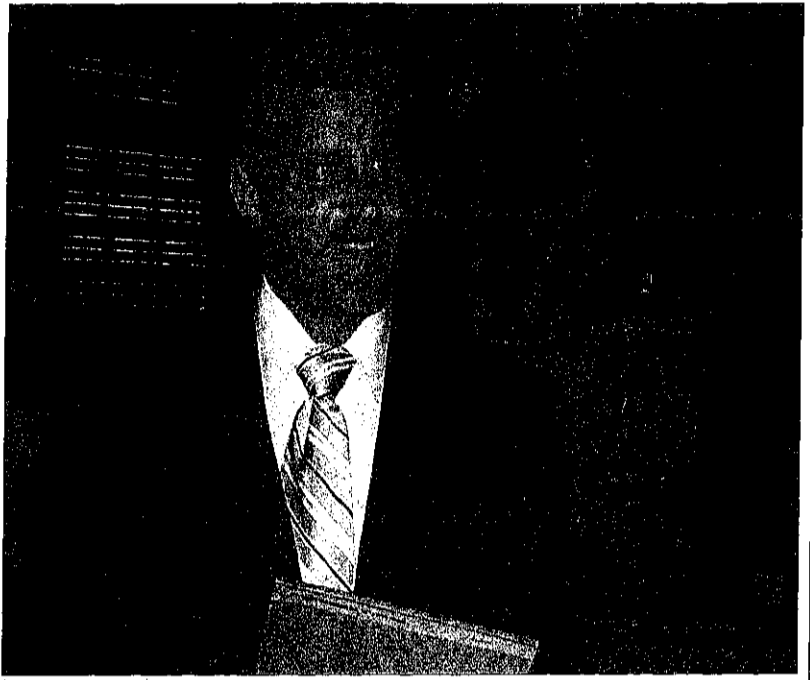
Experience and good judgment make Mark Mandell an asset to all of his clients.

He makes realistic requests of the court that he believes have a good chance of being granted. He's not a show-boat lawyer who makes wild demands on the other party that are sure to be denied by the court.

And he favors resolving differences amicably rather than fighting over small details. It's usually the best thing for both parties, and makes a favorable impression on the court.

"I don't argue, I advocate for my clients," said Mandell. "I use logic and common sense to advocate and to get a good resolution."

But when amicable discussions aren't



Photos by ED FLEMING/NORTHVILLE RECORD

Mandell teams up with highly respected professionals who work together to minimize loss of assets during a divorce. He works with CPAs and financial professionals who have experience and credibility in valuing businesses and presenting the information to the court.

fruitful, Mandell is not afraid to try a case in court.

He's an experienced trial lawyer in both civil and criminal law. Mandell was a township prosecutor in the past. He earned awards for trial advocacy during his time at the Thomas Cooley School of Law and later became an adjunct professor in trial workshop.

In addition, the firm of Fausone Bohn, LLP can help clients with their overall legal needs. Mandell also provides representation for cases of drunk driving. His partners and associates can take care of other types of legal matters such as probate and corporate law, plus business and estate planning.

### RESPECTED COMMUNITY LEADER

Mark Mandell is respected in both the legal field and the community at large.

He grew up in a well-known Northville family who lived just around the corner from where his offices are today.

Mandell spent his childhood on the sidelines of the Northville High School football team with his dad, Dr. Robert Mandell, who was the team physician for 30 years and also served on the school board.

After playing football at Springfield College and graduating from James Madison College at Michigan State University, Mandell has turned around to help support the Northville football program. He is currently a football coach at Northville High School.

Last year Mandell was credited with starting the Steve Judy Coach's Clinic in honor of the legendary Northville High School and MSU player. As a result, Mandell brought MSU head football coach Mark Dantamio to speak at the coach's clinic.

"Going through a divorce is very stressful. I talk to my clients about seeking the help they need from counselors and doctors, plus taking care of themselves by eating well and exercising. It's all an important part of getting through the divorce and piecing your life back together."

-Mark Mandell  
Attorney

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Mark Mandell is respected in both the legal field and the community at large.

### MAKING DIVORCE LESS PAINFUL

Mandell is just as committed to the total welfare of his clients. He operates according to a holistic philosophy, taking care that his clients are served legally and financially, but also that he provides referrals for their physical and mental health.

"Going through a divorce is very stressful," he said. "I talk to my clients about seeking the help they need from counselors and doctors, plus taking care of themselves by eating well and exercising. It's all an important part of getting through the divorce and piecing your life back together."

The experienced attorney tries to make the unpredictable divorce process more predictable. He explains important concepts early on, so that clients can begin to accept the realities of the legal system and not feel disappointed with outcomes. It can help clients work toward healing when they understand and feel satisfied with money and custody judgments.

Mandell has seen that there is nothing worse than couples bickering about every detail or fighting out unrealistic positions, sometimes for the sake of revenge. He helps clients to see the divorce from the perspective of resolving conflicts, not starting conflicts that can make things worse for a family.

"I ask my clients to take the time to think about how their actions affect the lives of their children," said Mandell. "We have a duty to think about what is best for them."

### REDUCING ATTORNEY FEES

During a divorce, high attorney fees can only exacerbate financial stress. Mandell specifically works with clients on keeping his fees low.

He encourages clients to go through personal types of paperwork on their own, if possible, instead of charging to prepare it as other attorneys commonly do. He also gives couples an opportunity to decide what belongings each person will take from the home, instead of accumulating fees by disputing it.

"It's not worth it to spend \$500 in fees arguing about \$25 pots and pans," he explained. "It's best for everyone to resolve things amicably."

Many clients over the last decade have found that Mark Mandell charges reasonable fees as he helps resolve a divorce with the least amount of financial and emotional stress possible.

We turn the legal process into your problem solving tool

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