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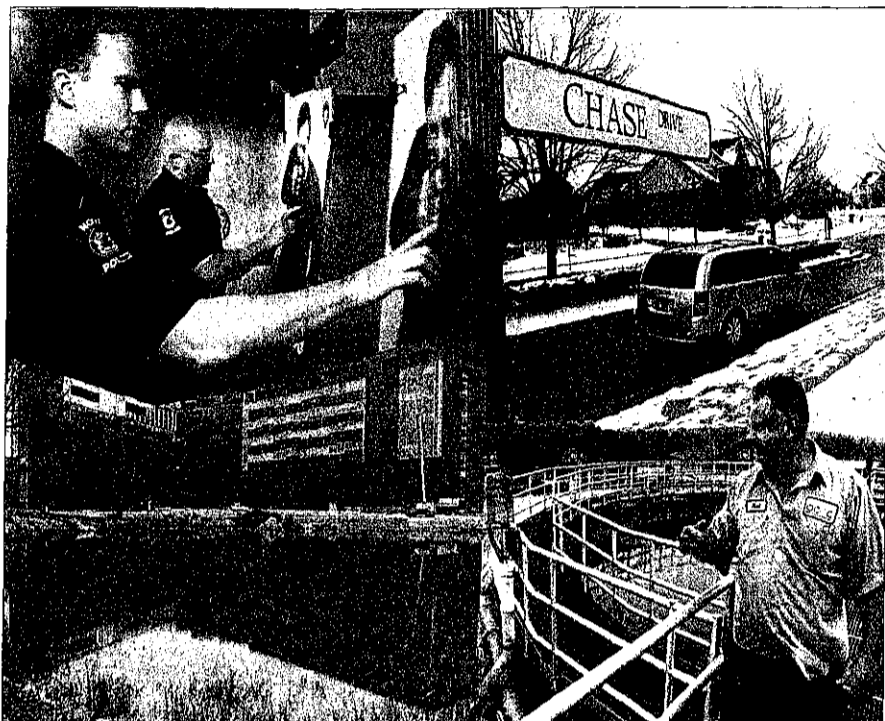
Novi News

THURSDAY, JANUARY 24, 2008

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VOLUME 52 #35 50 CENTS

STATE of the CITY



Photos by JOHN HEIDER/Novi News

Mayor reflects on four key issues today:

- Public safety
- Roads
- Water & Sewer
- Development

By Kelly Murad
STAFF WRITER

With poise, pride and direction, Mayor David Landry will address the Novi community today, at Rock Financial Showplace.

"The State of the City Address is an obligation of every mayor to report on the progress of the city," he said.

As in years past, Landry intends to discuss three main areas he views as the backbone of any city - roads, water and sewer, and public safety. "Every city has an obligation to provide those services," Landry said. "These are certainly not unique to Novi. They are the number one priority of every city."

In order to maintain those services, Landry said the city needs to not only look at what they are doing now, but in looking ahead, what they are doing to assure the money will be there in the future.

Significant developments

Since economic development is

a key factor in maintaining a broad tax base, Landry discusses today significant projects - past, present and future - throughout the City of Novi.

"The most significant developments (of 2008) are the one's near completion," Landry said. "Providence Park Hospital will be the single most significant development Novi has seen in the last 10 years. It's an engine that drives a lot of development."

Not to be confused, Landry applauds developments such as, Rock Financial Showplace, ITC Holdings Corp., Ryder System Inc., Lotus Bank, the Twelve Oaks Mall expansion and others for joining the Novi community during the last decade, but he believes the Providence Park campus is on a completely different level.

"The significance of the Providence Park Hospital is not only the care it will provide, it's going to make Novi a health care center in Michigan."

Landry is also looking forward to the redevelopment of the former

Fountain Walk as Twelve Mile Crossing at Fountain Walk and the Novi Town Center.

"As far as redevelopment, I think the Town Center is looking at attracting some new businesses in there."

With development comes growth

At the State of the City Address last year, Landry may have predicted Novi would reach build out in 2015-20, but with the current decline in the residential market, he now says it's anyone's guess.

"We're still a relatively young city. We're creating jobs, we're continuing to develop," he said. "We have to keep our eye on the basics, keep our eye on how we are doing now. It's giving us time to deal with infrastructure concerns."

"We spent \$2 million on neighborhood roads (last year), which is more than '06."

Another concern the city has been preparing for is sewer capacity.

"For the past four to five years, we've been looking into capacity," said Landry, noting the city purchases capacity from three separate facilities. "So as the city continues to develop, both residentially and commercially, we need to obtain more capacity."

Since Novi, along with numerous other communities, gets its water from The Detroit Water and Sewage Department, increased water rates are forecasted for this year.

"We're like every other city," Landry said. "We're between a rock and a hard place. Oakland County communities are screaming about it, but there is nothing we can do about it."

Landry said Novi's only other option would be to look into the cost of building and maintaining the city's own water facility.

Continuing success in 2008

With significant accomplish-

continued on 4A

Local Busch's set to open

By Chris Jackett
STAFF WRITER

The grand opening of Busch's grocery store at the former Farmer Jack location in Novi is one week away. Finally.

The 10 Mile and Meadowbrook roads located store had hopes of early September 2007 and pre-Thanksgiving openings dashed by the need for renovations, but the long-anticipated revealing will become a reality Jan. 31.

"We're excited to open our doors and begin serving the Novi community," said John Busch, president of Busch's. "Our original plan, when we first took over the store, was to try and open it back up just as soon as we possibly could. However, as a company, Busch's strives to provide our guests with the very best shopping experience possible and we decided the facility wasn't quite ready yet."

TALK ABOUT IT:

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Store hours will be 6 a.m.-midnight seven days a week, but not before a special ceremony kicks things off next week.

"We will be having a short ribbon cutting ceremony at 8 a.m. on Thursday, Jan. 31, and then we'll be open for business," said Randi Waite, creative director for Busch's. "We will be having some amazing Grand Opening sales as well as cake and balloons for the little ones."

The extensive renovations will leave the new grocer with a crispier experience than former Farmer Jack

continued on 4A

Novi lieutenant fires first shot

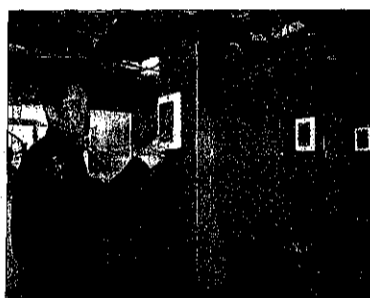


Photo by JOHN HEIDER/Novi News

Novi Police Lt. Victor Lauria has supervised the construction of the city's gun range at the Field Services Complex since August.

Gun range ceremony Monday

By Kelly Murad
STAFF WRITER

Construction of the 5,100-square-foot Firearms Training Center on Delwal Drive is near completion, with a dedication ceremony scheduled for 4 p.m. Monday.

After breaking ground in early September 2007, complications caused by Mother Nature led to the project over-shooting its estimated completion date of Dec. 31.

"We originally anticipated the end of 2007," said Chief David Molloy of the Novi Police Department. "Unfortunately, we had an unseasonable amount of rain in the fall of 2007, which set back the project a couple of weeks."

continued on 4A

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NOVI WEEKEND PLANNER



SCRAP THE NIGHT AWAY
January 25
pizza, snacks, beverages and door prizes as students work with local scrapbooking businesses that will provide supplies to create scrapbooks. The event costs \$25 per person.

FRIDAY

Novi High School seniors should head over to the school, 24062 Taft Road, for Scrap the Night Away, a senior "all night" party fundraiser from 3-11 p.m. The event will feature door prizes as students work with local scrapbooking businesses that will provide supplies to create scrapbooks. The event costs \$25 per person. Visit www.novi.k12.mi.us/parentscomm/orgs/WebPages/SeniorParty.aspx for more information.

SATURDAY

Did you miss Mayor David Landry's State of the City Address at 11:30 a.m. Thursday? He'll be repeating it at 10 a.m. at the Novi Civic Center, 45175 W. 10 Mile Road, following the 8:30 a.m. Homeowner Association Leader's Breakfast. Come by and join community members to hear the mayor's plans for Novi in 2008. Registration is required. Call (248) 347-0456 for more information.

SUNDAY

Getting ready to do some remodeling? Head over to Rock Financial Showplace, 46100 Grand River Ave., from 10 a.m.-6 p.m. for the 16th annual Novi Home

Improvement Show. The Building Industry Association of Southeast Michigan will sponsor the event, bringing more than 300 exhibitors to show off the newest technology, products and services for home improvement. Admission is \$10 for adults, \$9 for seniors and free for ages 12 and younger. Parking costs \$5. The show also runs noon-9 p.m. Friday and 10 a.m.-9 p.m. Saturday. Call (248) 737-4477 or visit www.novi-homeshow.com for more information.



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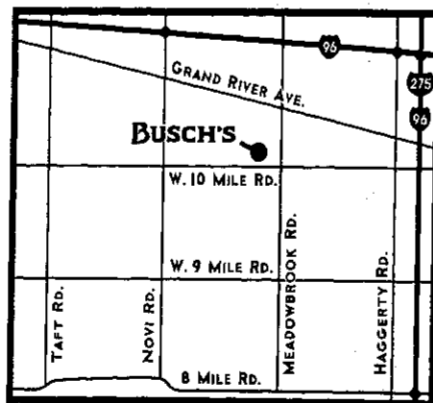
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MY NOVI COMMUNITY

Thursday, January 24, 2008
www.novinews.com
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Local restaurant goes smoke-free in the new year

Diamond Jim Brady's bans smoking

By Kelly Murad
STAFF WRITER

Enjoying food prepared by certified executive chef Mary Brady has never been a difficult task, but enjoying it in a smoke-free environment may prove to be more pleasing to the palate.

"People have said 'I can taste better now,'" Brady said of her decision along with husband Tom Brady to ban smoking at Diamond Jim Brady's Bistro. "To be honest, we're not concerned about losing business. It's just incredible, we are busier."

As of Jan. 1, Tom and Mary Brady committed to creating a healthier environment for employees and guests, along with themselves.

"We've been considering doing it for a few years," Tom said. "It's as much for our employees as it is for everybody else."

"Most of the people that work in this industry end up with some sort of respiratory problems. All the employees were very much in favor of it."

To ban, or not to ban

Currently, Michigan business owner's remain the decision-makers regarding the ban of smoking in their establishments, but numerous other states, and even countries, have passed laws prohibiting smoking in bars and restaurants, among other public locations.

"It should be left up to the indi-

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vidual business to decide what they want to do," Tom said. "There are some (customers) I won't see because of it. It's every-one's choice where they go."

Although Mary said she would much rather allow dogs in a restaurant than smoking, she agrees with Tom that it should be the business owner's decision.

Attempts have been made to pass a state bill prohibiting smoking in public locations such as bars and restaurants, but the ban has never made it through legisla-tion.

"The government, the state, already dictates too much to us already," Mary said. "I'm on the Board of Directors for Michigan Restaurant Association and they are opposed to this bill also."

Past, present and future

The husband and wife duo opened Diamond Jim Brady's Bistro in the Novi Town Center 16 years ago, but the restaurant was originally established in 1954 by Tom's father, James Brady, at Seven Mile and Greenfield roads.

"We're definitely one of the oldest restaurants in the Detroit-area," Mary said. "We have a very regular clientele; we have some people that come in everyday."

"Despite the ghost-town-like feel of the Novi Town Center, Tom and Mary have enjoyed the restaurant's current location. "Our sales increase every year and we have not increased our prices in at least 24 months," Mary said. "We feel very fortunate that we are able to make a



Diamond Jim Brady's owner and chef Mary Brady, center, toasts the smoking ban self-instituted on her Novi Town Center eatery with waitresses Nancy Blenkowski and Karen Kowolski, right. Brady said that she's received overwhelming support from her customers for no longer allowing smoking.

living doing something we both enjoy so much."

With the Town Center under new management, the future of Diamond Jim Brady's, as we know it, remains a mystery.

"If the opportunity arises, we'd like to do a different concept in this area," Mary said. "Something that would allow us, in addition to a restaurant setting, to offer cooking classes and a small retail area."

With Mary as one of the few women certified executive chefs in the state of Michigan, great food will always be coming out of the kitchen, no matter its location.

"I'm very interested in vegetarian, not necessarily vegan. I love seafood," she said. "I think it's a

great medium for different techniques and preparations."

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

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MY CITY COUNCIL

Thursday, January 24, 2008
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Council sets goal to dream big in 2008

Members suggest acquiring property for signature park

By Kelly Murad
STAFF WRITER

As a result of city council's goal setting session last Saturday,

the city might be looking to acquire property in 2008. Every year, council outlines priorities for the upcoming year, which city administration uses to create an overall budget.

Among the many areas to consider, enhancing parks, recreational and cultural services seemed to be a priority among all members of council.

"I'm talking about recreation, not sports recreation," said Mayor David Landry.

With staff recommendations in mind, council formed a goal to



David Landry

center, and active recreation and/or natural areas.

"All of our goals could be accomplished on this piece of property if we choose to dream big."

acquire property and develop a signature park that would include a community recreation center; theater and performing arts center; senior center; and active recreation and/or natural areas.

Kathy Crawford

Novi City Councilwoman



Kathy Crawford

The primary piece of land proposed for such a development is the Links of Novi property on 10 Mile Road, west of Wixom Road.

Other properties mentioned as undeveloped land within the City of Novi are the Bisco Property,

owned by the Novi School District, at 11 Mile and Taft roads; and the property at 10 Mile and Novi roads.

Terry Margolis

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

"If you look at the economic climate, there is probably no better time to buy land," said councilwoman Terry Margolis.

Landry said he would like to explore the notion of going to the public to fund a portion of the project, and then seeing if the Novi Parks Foundation could raise money for the remainder.

Although no concrete information has been obtained, Landry estimated the cost to the public would be in the range of \$15-\$20 million, similar to the library bond.

"I think as a huge overall goal, it makes sense, as opposed to a



Terry Margolis

hundred little goals," Margolis said.

Other goals relating to parks and recreation for the upcoming year are developing and implementing a plan for Fuest Farm; updating the parks and recreation master plan and exploring the valuation of the Walled Lake Landings Property.

"All of our goals could be accomplished on this piece of property if we choose to dream big."

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. 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

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CALLING ALL SENIORS: Check out your section of our community calendar on page 13A

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MY SENIOR LIFE



Thursday, January 24, 2008
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Let the games begin - Fox Run style

By Tracy Estes-Mishler
SPECIAL WRITER

Mary Radlicki is trying to become a master-Wii bowler.

Though she has only played Wii Bowling a handful of times, the 84-year-old Fox Run resident is learning the motions of Wii in order to participate in the community's first Summer Olympics in January, taking place Jan. 28-Feb. 1.

"It's only been the second time I've attempted to play," Radlicki said. "The more you play, I'm sure you can become skillful once you realize the layout of the game. It's a lot of fun."

Radlicki said Wii Bowling is similar to real bowling, as she did quite a bit earlier in life, but the game allows seniors especially the opportunity to continue doing something many love without the league scheduling commitments and high-level of physical exertion.

"I would recommend it for older people," she said. "Having things like this event in the Summer Olympics here brings people out that might not normally come out."

"It's mainly about the camaraderie. You get to meet new people and try something new. It's wonderful."

Alice Hixson, fitness specialist at Fox Run, came up with the idea to host the Summer Olympics in January as a way of kicking off the upcoming Beijing, China, 2008 Summer Olympics, officially known as the Games of the XXIX Olympiad.

"I figured Art Van does Christmas in July, why not have the Olympics in January?" Hixson said. "Just like the real Olympics, ours is a week-long event with a different event on each day with the exception of Wednesday."

Starting Monday, each of the six buildings at Fox Run will host the Olympics. Fox Run residents and staff members to compete in a stationary pedaling challenge in the Wellness Center.

Hixson said each day that follows will consist of events for both the physically fit and non-active residents, including table tennis, billiards and water volleyball.

Wednesday changes the pace with the introduction of crazy events day.

"Wednesday appeals to anyone who is not athletic," Hixson said. "We'll have six different events including Wii Bowling, a putting challenge, ring toss, ladder golf and stationary relay races."

She said there will also be a Chinese checkers tournament.

"The idea is to get everyone involved," she said. "This is a good opportunity to get to know new people in the community, both residents and staff alike."

"It's really all about laughing, meeting new friends and getting out and trying something new."

Introducing technology

Hixson said, since New Year's Eve, the Fox Run staff has been introducing residents to several of the Olympic events, including Wii Bowling.

Kathie Shaffer, public relations manager for Fox Run, said having Wii Bowling as part of the Summer Olympics in January is exciting because of relationship between Japan-based Nintendo and Erickson communities.

"One of our communities in the Chicago area started using (the Wii system) and got a brief mention in their local newspaper," Shaffer said. "Someone from Nintendo's marketing firm saw it and got in contact with our corporate office to get some additional information on the program. One thing led to another and Nintendo partnered with Erickson providing Wii games to all the communities, (including Fox Run)."

many years and, quite frankly, probably couldn't participate in traditional bowling."

Shaffer said aside from introducing Wii Bowling into the Summer Olympics in January, the system alone has brought residents together with those several generations younger to play.

"It is a natural inter-generational activity," she said. "Who knows more about video games than high school students? Many of the residents are now playing with their grandchildren. How cool is that?"

Future Olympics

Hixson said she anticipates residents having a lot of fun during the community's Summer Olympics week and hopes for a good turnout.

"We're not sure if we will do it

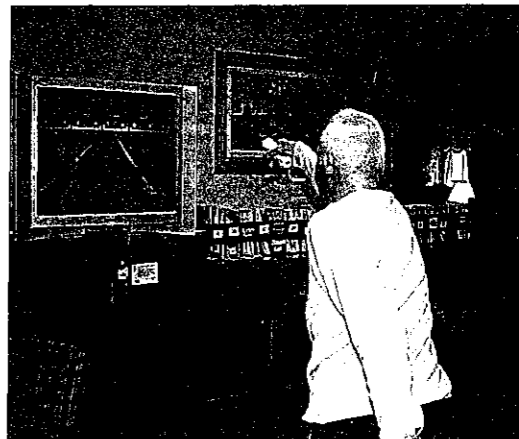
Summer Olympics In January event

The first Summer Olympics in January event will take place Jan. 28-Feb. 1 at Fox Run in Novi.

every year, certain events we wanted to but aren't suitable for winter weather," she said. "If this is popular, then maybe we'll do it in the summer outside."

Hixson said certain events held in the summer games might include basketball and Bocce ball.

"I just want the residents to have this to look forward to and enjoy themselves," she said. "That's my objective, along with having people understand that getting involved and being active can be fun."



Fox Run resident Ralph Reynolds practices his Wii Bowling skills before next week's week-long Summer Olympics in January.

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MY PUBLIC SAFETY

Thursday, January 24, 2008 www.novinews.com fax (248) 349-9832

Novi police activate first amber alert

Eleven-year-old boy returned unharmed

By Kelly Murad STAFF WRITER

The Novi Police Department requested the Michigan State Police activate an Amber Alert Plan after Kahlil Nash, 11, was taken from his residence in the

Westford Townhomes at about 5:30 p.m. Jan. 20. According to Chief David Molloy of the Novi Police Department, prior to this incident, Novi had never activated an Amber Alert. "This is the first time we've had to activate it, and we're very impressed with the results," he said. Nash was returned unharmed to his grandmother, who is his legal guardian, shortly after midnight Jan. 21.

Darius Martin, 19. A press release stated the two suspects forced their way into the grandmother's home, near 13 Mile and Novi roads, demanded money and ordered Nash to get into a black Bronco-type vehicle that was driven by an unidentified third suspect. According to Molloy, Pury contacted the Detroit Police Department after learning there was an Amber Alert out on his son.



Darius Martin

Ursula Pury. Mike Wilson of the Novi Police Department who convinced Pury to turn herself in, Molloy said. Nash, Pury and Martin were found at a residence in Detroit.

Pury and Martin were arraigned Monday at the Oakland County Circuit Court in Pontiac in front of Magistrate Marie Soma. Both suspects were charged with domestic violence, which is a one-year misdemeanor. The suspects were arraigned in Pontiac, due to the holiday, but will return to the 52-1 District Court in Novi for the pre-trial, which the date has yet to be determined.

OBITUARIES



PAULA JANE (ARBAUGH) MUTCH

Of The Colony, Texas, formerly of Harbor Beach, Michigan, peacefully passed away after a long illness on January 12, 2008, surrounded by loving family and friends. She was born in 1928 in St. Peter, Minnesota to Dr. John Arbaugh and Florence (Barkman) Arbaugh and grew up in Harbor Beach, Michigan. Paula was a graduate of Michigan State University. She married Charles A. Mutch of Novi, Michigan in 1955 in Novi, Texas has been her home for thirteen years. Their dog, Max has been a faithful and constant companion throughout Paula's illness.

Local juveniles charged with auto theft

The two juvenile suspects from last Thursday's pursuit of a stolen vehicle were charged the following day at the Probate Court in Pontiac.

The 14-year-old Novi resident, who was the passenger in the vehicle, is charged with unlawful driving away of an automobile (UDAA) and restricting and obstructing arrest. The 16-year-old Novi resident, who was driving the vehicle, is charged with unlawful driving away of an automobile (UDAA), fleeing and eluding, reckless driving, leaving the scene of an accident and restricting and obstructing arrest.

POLICE BRIEFS

According to Chief David Molloy of the Novi Police Department, the maximum time juveniles can be held is until their 19th birthday. The juveniles are detained at Oakland County Children's Village with a pre-trial date set for Feb. 6.

Suspects of nearly 20 armed robberies commit crime in Novi. At about 9:30 p.m. Jan. 14, Vincent Wine, on 10 Mile Road, just west of Meadowbrook Road, was robbed at gunpoint.

Novi Police Chief David Molloy said the suspects demanded money from the register, receiving more than \$1,700, and left on foot. The masked duo were arrested the following morning after hitting up a Livonia gas station and Redford Township 7-Eleven store.

The suspects are responsible for nearly 20 armed robberies throughout the past couple of months in Novi, Ann Arbor, Livonia, Plymouth, Redford Township, Canton and Westland.

One of the suspects is a 40-year-old Detroit resident charged with armed robbery and felony firearm, second offense. He has a criminal history of armed robbery dating back to 1986.

The other suspect is a 42-year-old Detroit resident charged with felony firearm, second offense. He has a criminal history of felony firearm and second degree murder dating back to 1982.

Suspect of stolen vacuums on the loose. According to a recent police report, a man in his late 20s got away with stealing three vacuums from Best, Bath and Beyond just before 4 p.m. Jan. 15.

The man is believed to be about 5-foot, 10-inches, thin-build and was wearing a black sweat-shirt, jeans and a light green knit-cap, reports said. The man entered the store and went directly to the vacuums, located in the northwest area of the store.

According to reports, he selected three vacuums, which were still in boxes, walked into the back employee, stock room-area, and exited via a fire emergency exit.

The manager said he looked suspicious. She was in the stock room when the emergency door alarm activated, reports said. She said she looked in that direction and saw the suspect's foot exit the door. When she looked out the door she saw a gray Pontiac Grand Prix traveling south through the alley, but was unable to obtain the license plate information, reports said.

The stores surveillance footage confirmed that the suspect never exited through the front doors of the building, which are the only doors for customer use, reports said.

According to police, there are no suspects at this time. Marijuana possession. A Novi Police Officer observed suspicious activity of two subjects in a green Saturn station wagon in the parking lot of Lifetime Fitness, near Haggerty Road, reports said.

At 4:30 p.m. Jan. 13, the officer observed the vehicle drive through the parking lot and park behind another vehicle, reports said. About 10 minutes later, the female was seen exiting the fitting room with no merchandise in hand, reports said.

An attendant checked the fitting room and noticed two pairs of underwear and one bra were missing, reports said. According to the report, the woman exited the store through the south entrance, without paying for the merchandise concealed in her purse, reports said.

OBITUARY POLICY. The first seven lines of an obituary are published free of charge. After that, there is a fee of \$3 a line. Pictures may be published for \$25. *Deadline for obituaries is Tuesday at 10:00 a.m. for publication in Thursday's newspaper. For more information, call 888-999-1288, or contact your funeral home. *Holiday deadlines are subject to change.

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

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

MY EDUCATION

Thursday, January 24, 2008 www.novinews.com fax (248) 349-9832

Winter roadway draws parental concern at Village Oaks

By Chris Jackett STAFF WRITER

Before and after the school bell rings, students and parents at Village Oaks Elementary School gather on foot or in a vehicle - have one major concern: each other. Tom Colaluca, whose son Dominic is a fourth-grade student at Village Oaks, recently began discussing on a potentially dangerous stretch of road along the east side of Willowbrook Drive between Oak Tree Drive and Franklin Mill Road near the school.

"I've seen children almost hit by cars driving by within inches of them," Colaluca said. "I've seen buses almost clip the cars who then, in turn, try to avoid the bus and veer right at the kids and parents. I've watched kids, parents and one grandmother fall in the ditch."

The small strip of land is one of the main entrances and exits for Village Oaks students, located directly across from the northern entrance to the arch-driveaway. With no sidewalk on the strip, students must walk in the street, which is most dangerous in the winter as ice and plowed snow piles shorten the width of the walkable ground by as much as one foot, forcing them closer to the median filled with passing vehicles and buses trying to edge by.

"It's pretty bad after school. There are no sidewalks, so they do have to walk in the street," said Lisa McGinn, an 11-year crossing guard at Village Oaks who had three children attend the school in the past. "People park down Franklin Mill (Road) and walk because it gets crazy. It's bad before school for 10-15 minutes. There's been some close accidents."

Laurie Smith, who walks her third-grade daughter, Makayla, home everyday and will have her son attending the school next year, voiced her concern after school last week. "It's bad especially when it snows and they don't plow it all the way," she said. "It's more of a concern. The buses do the best job they can."

Colaluca has brought the issue up to other parents, the homeowners association, school district, mayor, city council and various committees on several occasions in the past month. Since the property is across the street from the school in two residents' side yards, jurisdiction over the matter goes to the city.

"The city assistant manager and the Department of Public Works have been out to observe the site several times in the past few weeks and are working on a plan to rectify the situation. They have been very responsive," said Sue Burnham, Village Oaks principal. "The best solution would be one that creates a safe walkway for students who need to walk between Franklin Mill and Oak Tree."

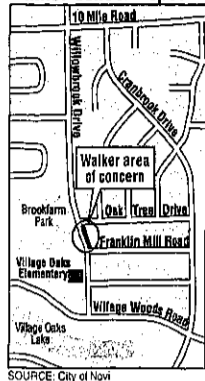
One issue with the strip of land is that it is not flat. The northern portion features a ditch, raised sewage drain and some trees, while the southern portion features a line of trees on a slight hill and a line of 2-foot tall bollards set back a foot or two from the walkable ground by a curb, making it difficult to see.

"The people in the neighborhood have had to deal with this situation since the school first opened," Burnham said. "Parents have always been concerned and have chosen to walk with their children and from school to make sure they safely can walk in this area."

After seven years of walking his two children to school through the hazardous two-lane area, Colaluca is sick of it and said he and other residents are ready for change.

"I thought that this was an issue that people should not be playing politics with and that both the (city) council and the school district should be united in trying to solve the problem," he said. "Our

Village Oaks walker concern spot



SOURCE: City of Novi



Submitted photo

Parents in the Village Oaks Elementary School area are concerned about children

Advertisement for New Century Center for Academic Excellence, featuring SAT/ACT and Math/English Enhancement Classes.

Advertisement for a new furnace by LENNDX, highlighting affordable pricing and financing options.

Advertisement for Gary S. Weinstein, a gemstone appraiser and jeweler, offering appraisal services.

Advertisement for Our Lady of Sorrows Catholic School, featuring an open house on Sunday, February 3, 2008.

Advertisement for America's Best E.R. Doctors, offering a DMC 29 Minute E.R. Guarantee.

Advertisement for DMC Huron Valley-Sinai Hospital at Commerce, highlighting patient satisfaction and services.

Advertisement for DMC Huron Valley-Sinai Hospital, listing services and contact information.

Advertisement for January 26, 2008, Noon - 4:00 pm Town Square Downtown Northville, featuring chili cook-off and ice carving demonstrations.

Advertisement for Salsa Competition, Ice Sculpture Displays, Pancake Breakfast, and Polar Bear Plunge.

Advertisement for DMC Huron Valley-Sinai Hospital at Commerce and Commerce in Commerce, listing participating restaurants and sponsors.

Advertisement for Women's European & American Designer clothing collections, featuring a sale on handbags and shoes.

Advertisement for Jeffrey H. Miller, M.D., offering advanced vein therapies for varicose veins.

Advertisement for DMC Huron Valley-Sinai Hospital, providing contact information for the Commerce location.

Advertisement for Northville Chamber of Commerce, providing contact information and website details.

HOT TICKET: My Hometown Novi Photo Competition reception 3 p.m. Sunday at the Novi Public Library

Victoria Mitchell, editor (248) 349-1700, ext. 102 vemiche@novi.net

MY BULLETIN BOARD

Thursday, January 24, 2008 www.novinews.com fax: (248) 349-9832

EVENTS

Zamar In Concert TIME/DATE: 7 p.m. Friday LOCATION: Brightmoor Christian Church and Franklin Road Christian School, 40800 W. 13 Mile Road, corner of M-5, Novi

Scrap the Night Away TIME/DATE: 3-11 p.m. Friday DETAILS: Novi High School Senior All Night Party Fundraiser, \$25 per person includes pizza, snacks, beverages and door prizes

Meadowbrook Urgent Care Open House TIME/DATE: 5:30-9 p.m. Saturday LOCATION: 25500 Meadowbrook Road, Novi

Silent Hands 3rd Annual Valentine Dinner Dance TIME/DATE: 6 p.m.-12 a.m. Saturday LOCATION: Baker's of Michford

Winter Stonely Search TIME/DATE: 9 a.m.-3 p.m. Saturday LOCATION: Environmental Interpretive Center, University of Michigan-Dearborn, 4901 Evergreen Road, Dearborn

Women in Transition TIME/DATE: 6-9 p.m. Monday, 5:30 p.m. check-in LOCATION: Novi Community Education Instructional Technology Center, ITC Forum Room, 25345 Tait Road, Novi

CERT Meeting Community Emergency Response Team TIME/DATE: 7 p.m. Monday LOCATION: Novi Police Department Training Center

The Importance of Green Currents The City of Novi host these sessions regarding making your business or residence more energy efficient.

Art Van Furniture Store Events LOCATION: 27775 Novi Road, Novi CONTACT: (248) 348-8922 Home Theatre Package Giveaway

Cottage and Lakeland Living Shows DATE: Thursday, Feb. 28-Sunday, March 2 LOCATION: Rock Financial Showplace, 46100 Grand River Ave., Novi

Mardi Gras Cabaret Fundraiser for the Friends of the Novi Theatres TIME/DATE: 6:30 p.m. Friday, Feb. 7 LOCATION: Lyon Oaks, 52221 Pontiac Trail, Wyom

Super 5K Run TIME/DATE: 9 a.m. Sunday, Feb. 3 LOCATION: Novi Town Center DETAILS: Cost for pre-registration is \$24, \$29 on race day

Real Estate One of Novi Blood Drive TIME/DATE: Noon-6 p.m. Tuesday, Feb. 12 LOCATION: Real Estate One, 43155 Main St., 2nd Floor Atrium, Novi

Prolog and Tread Survey Training Workshops TIME/DATE: 7-9 p.m. Tuesday, Feb. 12 LOCATION: Novi Civic Center DETAILS: Help monitor the health of the Rouge River by listening for frogs and toads in your neighborhood

SCI-NOVI Chapter Annual Fundraiser Banquet TIME/DATE: Doors open 4 p.m., dinner 7 p.m. Saturday, Feb. 16 LOCATION: Laurel Manor, 39000 Schoolcraft Road, Livonia

Single Mingle Dance TIME/DATE: 8 p.m.-1 a.m. Friday, Feb. 22 LOCATION: Sheraton Hotel-Novi, 21111 Haggerty Road, near corner of Eight Mile Road, Novi

Novi Rotary Club TIME/DATE: Noon every Thursday LOCATION: Novi Methodist Church, 41671 W. 10 Mile Road

Greater Novi Chamber of Commerce We're about business. We're about networking. We're about creating excitement in business and networking!

Novi State of the City Address TIME/DATE: 11:30 a.m. today LOCATION: Rock Financial Showplace, 46100 Grand River

Novi Chamber of Commerce The chamber is celebrating 40 years of business, representing over 600 members.

Novi Chamber of Commerce The chamber is celebrating 40 years of business, representing over 600 members.

Lakes Area Chamber of Commerce Since 1963, the Lakes Area Chamber of Commerce has proudly served as West Oakland's Regional Chamber, servicing the communities of Commerce Township, Union Lake, Walled Lake, Waterford, Wixom, Wolverine Lake and White Lake.

Novi City Council Meeting* TIME/DATE: 7 p.m. first and third Monday of month (Feb. 4)

Novi Youth Assistance General Citizens Meeting TIME/DATE: 6 p.m. Tuesday, Feb. 5 LOCATION: Novi Civic Center, 45175 W. 10 Mile Road

Novi City Council Meeting* TIME/DATE: 7 p.m. first and third Monday of month (Feb. 4)

Novi City Council Meeting* TIME/DATE: 7 p.m. first and third Monday of month (Feb. 4)

Novi Public Library LOCATION: 45245 W. 10 Mile Road HOURS: 10 a.m.-9 p.m. Monday-Thursday; 10 a.m.-5 p.m. Friday and Saturday; 1-5 p.m. Sunday

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List your event in our calendar! To be included in My Bulletin Board, please send event name, date, time, location, details and contact.

English Conversation Group TIME/DATE: 11 a.m.-noon every Tuesday through Feb. 26

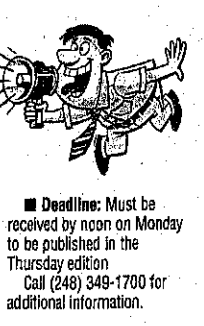
Line Dancing DATE: Monday and Friday TIME: 6:30-7:30 p.m. beginners; 7:30-9:30 p.m. intermediate

Novi Community School District Board of Education Meeting TIME/DATE: 7 p.m. Thursday, Feb. 7 LOCATION: Educational Services Building, 25345 Tait Road

Novi City Council Meeting* TIME/DATE: 7 p.m. first and third Monday of month (Feb. 4)

Novi Youth Assistance General Citizens Meeting TIME/DATE: 6 p.m. Tuesday, Feb. 5 LOCATION: Novi Civic Center, 45175 W. 10 Mile Road

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Deadline: Must be received by noon on Monday to be published in the Thursday edition

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Novi Public Library LOCATION: 45245 W. 10 Mile Road HOURS: 10 a.m.-9 p.m. Monday-Thursday; 10 a.m.-5 p.m. Friday and Saturday; 1-5 p.m. Sunday

music for the independent listener, ages 3-5; drop-in, registration not required

Wixom Public Library LOCATION: 49015 Pontiac Trail, Wixom HOURS: 10 a.m.-8 p.m. Monday-Thursday; 10 a.m.-5 p.m. Friday-Saturday; 1-5 p.m. Sunday

Waltonwood at Twelve Oaks Independent Living Residence, Licensed Assisted Living, Licensed Memory Care

Adoptive Parent Networking Meeting DATE: Last Wednesday of each month

Bereavement Support Group DATE: Third Tuesday of each month TIME: 7:30-9 p.m.

Angela Hospice Groups TIME/DATE: 1 p.m. and 6:30 p.m. second and fourth Tuesday of month

Novi Seniors Center LOCATION: Located in the Meadowbrook Commons Senior Complex, 25075 Meadowbrook

CONTACT: (248) 347-0414 Message by appointment: 12:30-4 p.m. Monday-Friday and 9 a.m.-noon Saturday

CONTACT: (248) 624-2512 ESL Sale TIME/DATE: 3:30 p.m. every Thursday

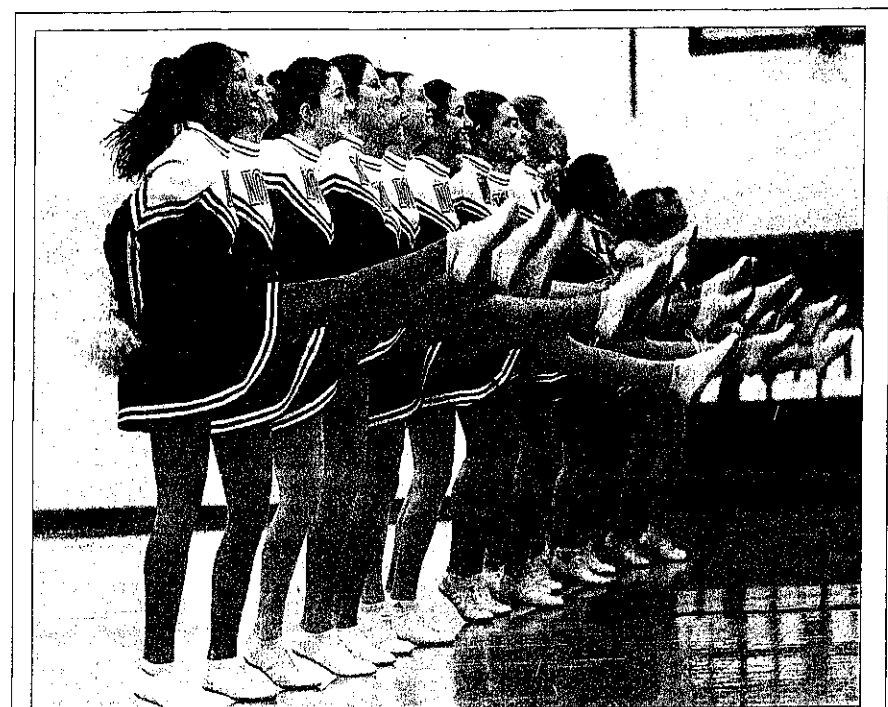
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In Step! The Novi High School varsity pom-pom team is in step during their Friday night performance at a recent girls' basketball game.

CONTACT: (248) 347-0414 Message by appointment: 12:30-4 p.m. Monday-Friday and 9 a.m.-noon Saturday

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CONTACT: (248) 347-0414 Message by appointment: 12:30-4 p.m. Monday-Friday and 9 a.m.-noon Saturday

Neighborhood Baby-sitting Co-op DETAILS: Using the co-op, you and your children can make friends and get what you need accomplished without the little ones in tow.

Friendship Circle TIME/DATE: 1 p.m. second Thursday of each month LOCATION: St. James Catholic Church, 46325 10 Mile Road, between Tait and Beck roads

MOMS Club of Novi TIME/DATE: 10 a.m. first Thursday of each month LOCATION: Novi Civic Center

Kensington Valley Mothers of Multiples TIME/DATE: 7 p.m. second Thursday of each month

Crohn's & Colitis Support Group TIME/DATE: 7-9 p.m. first and third Wednesday of each month

Novi Toastmasters TIME/DATE: 7-8:45 p.m. first and third Tuesday of each month LOCATION: Novi Civic Center

Church of the Holy Family LOCATION: 24605 Meadowbrook Road CONTACT: (248) 349-8847 or visit www.holyfamilynovi.org

Take Off Pounds Sensibly (TOFS) Chapter TIME/DATE: 11 a.m. weigh-in and 11:30 a.m. meeting every Wednesday

Visiting Nurse Association Hospice Volunteers Needed TIME/DATE: 9 a.m.-3 p.m. Saturday, Feb. 9, 16 and 23

Breast Cancer Support Group DATES: Second and fourth Tuesday of each month LOCATION: Huron Valley-Sinai Hospital (Classroom C) Commerce

Study: 10 a.m. Worship Center for ages 3-7; 10 a.m. All ages Youth Worship TIME/DATE: 7 p.m. second and fourth Sunday of every month

Alzheimer's Support Group Saturday of month DETAILS: Support group and open discussion for all those dealing with Alzheimer's disease and related dementia.

Interested in the Catholic Church? CONTACT: Call Maria at (248)349-8847 or spiritwalk-e001@aol.com

Oak Pointe Church LOCATION: 50200 W. 10 Mile Road, Novi CONTACT: (248) 912-0043 or visit www.oakpointe.org

First Baptist Church of Novi LOCATION: 45301 W. 11 Mile CONTACT: (248) 349-3647 or www.firstbaptistchurchofnovi.org

continued on 14A

JOE'S PRODUCE

Gourmet Market

Joe's Weekly SPECIALS!

Come in from the cold and warm up to a Latte or Cappachino at Cuppa Joe's Cafe. 40% off this week. Buy a Latte or Cappachino and enjoy one of our fresh baked pastry items for only 99¢.

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.



Tommy Adkins Mangos 69¢ each

Washington Red and Golden Delicious Apples 99¢ lb Lunch Box Size

California Andy Boy Romaine Hearts 2/\$4.00

Washington Granny Smith and Gala Apples 99¢ lb Lunch Box Size

Farmers Best Roma Tomatoes 99¢ lb

Wolfgang Puck Organic Soups 2/\$6.00 All Varieties

Organic Grape Tomatoes 2/\$4.00

Organic Mango's \$1.29 each

Earthbound Farms Organic Red Potatoes \$2.99 3 lb bag

Amy's Organic Soups 2/\$4.00 All Varieties

Oldtime Mini Colby Mini Co-Jack Cheese \$4.99 lb
Manchego Aged 5 months Cheese \$14.99 lb
Stella Aged Asiago Cheese \$8.99 lb
Joe's Homemade Garlic Bread \$2.99 each

Boarshead Roast Beef \$7.99 lb
Deluxe Ham \$6.49 lb
Honey Smoked Turkey \$5.99 lb
Baby Swiss Cheese \$5.99 lb

Dietz & Watson Oven Classic Turkey \$6.99 lb
Gourmet Chicken \$5.99 lb
Hoffmans Hickory Salami \$4.99 lb

Boarshead Provolone Domestic Cheese \$5.99 lb
Italian Dry Salami \$6.99 lb
Mortadella w/ Pistachio Nuts \$5.99 lb

Dearborn Smoked Turkey, Oven Roasted Turkey, Bavarian Ham, Smoke House Ham, Brown Sugar Ham \$5.99 lb

Check out our specialty cheese counter! Manchego & Mahon cheese would be delicious with these wines.

Codice Tinto 2004 \$8.99

Bodegas Borsao 2006 \$6.99

Protocolo Tinto 2005 \$6.99

Outstanding Value!

Tomato Penne Pasta \$4.99 lb

Rotisserie Chicken \$6.29 each

Joe's Complete Gourmet Meals to Go! \$7.99 each

Joe's Shepherds Pie \$5.79 each

Hearty Beef Stew \$7.99 lb

Come in from the Cold and warm up to Joe's Weekly Specials!

Joe's Bread Pudding \$5.99 each

2 Bite Plain Brownies \$2.99 each

Joe's Pizza Rolls \$3.99 each Pepperoni or Cheese

It's that time of the year! Paczki's have arrived!

Barbara's Cereal Healthy & Tasty 2/\$6.00

Stacy's Pita Chips 2/\$4.00

Land-o-Lakes Hot Cocoa Classics 10 for \$10.00 6 Flavors

Wildly Wicked Louisiana Hot Wing Kit 2/\$5.00

Carotino 1.1 Liter Cooking Oil Hot Price of \$6.99 each

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Lamb - Chicken
Seafood - Deli Items

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Joe's Hours:
Mon-Sat 9-8
Sun 9-4

It may be cold outside but it's summer at Joe's. This time of the year you can get great product that is fresh with great Value, Diversity and High Quality! Stop by our other Departments as well - Prepared Foods, Deli, Cheese, Bulk Foods & Wine. Don't see what you want? Just ask any of our Staff! We'll be glad to assist you!

SPORTS GALLERY: GIRLS HOOPS

PAGE 3B

My Novi Sports

See upcoming games for Novi, CC

SPORTS 2B

THURSDAY, JANUARY 24, 2008 • WWW.NOVINNEWS.COM • SPORTS SUBMISSIONS: JTHEISEN@GANNETT.COM • PAGE 1B

SPORTS SPOTLIGHT: FIGURE SKATING

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

ICE DANCING WITH THE STARS



Photo submitted by David Carmichael

Novi's Emily Samuelson performs a routine with her ice dancing partner Evan Bates in Poland.

Skating takes Novi student around the world

By Jeff Theisen
SPORTS WRITER

It all started when a 5-year old Emily Samuelson saw another little girl skate. "I said, 'Mommy, I want to do that,'" Samuelson said. "She told me when we came back to the United States I could do that. We moved back when I was 5. I started right

away, and I loved it."

Countless practice hours, travel miles galore and a move to ice dancing later, Samuelson is now the one that other little girls want to be.

Samuelson, from Novi, and her ice dancing partner Evan Bates are in St. Paul, Minn., competing at the U.S. Figure Skating Nationals this week against the best of the best.

"It's going to be very, very exciting and very hard," Samuelson said. "We'll be competing against the Olympic silver medalists, Tanith Belbin and Ben Agosto and other great skaters."

"It's going to be competitive, but fun at the same time."

Samuelson and Bates, ranked No. 10 in the

See SKATING, 2A



Photo by JOHN HEIDER/Novi News

Wildcat wrestlers Robbie Yusko, left, and Ryan Thomas spar with each other after a recent practice.

Picking up the pace

Thomas, Yusko, Ridenour gear up for postseason run

By Jeff Theisen
SPORTS WRITER

Robbie Yusko, Ryan Thomas and Ryan Ridenour have proven hard work can pay big dividends.

Each of the wrestlers have racked up more than 20 wins, while keeping losses to a minimum.

Head coach Brad Huss hopes all have a chance to make a deep run into the postseason, but the first goal is the most important — just get there.

"From there, anything can happen," Huss said.

Robbie Yusko

Despite being certified at 119 pounds, Yusko has wrestled up at 125 pounds most of the year. Despite giving up weight in most of the matches, he's still compiled a 22-5 record.

Overcoming weight obviously isn't the biggest issue for him, it was overcoming technical issues on the mat.

"His problem, if he has one, is getting off the bottom," Huss said. "He's so much better now and much improved. It's really changing the matches for him."

"Now that he can get off the bottom, he's got a great take-down and he's really, really tough on top. He's got the abilities to place in the state, but that was what was holding him back."

Things came to a summit for Yusko at the Brighton tournament, where he pinned Northville's Johnny D'Anna in the semifinals and won the title with another pin.

Ryan Thomas

Thomas has been a steady

force at 152 pounds, racking up a 27-4 record.

"He's so fun to watch," Huss said. "He's just got his own style. He does not panic. No matter what his opponent is doing, you never see any fear in him."

"He just finds a way to win."

Thomas is enjoying the benefits of a healthy season. He did not wrestle as a freshman and missed more than half of his junior year because of an injury.

"It should've been so detrimental to him, having missed that time," Huss said. "He just gets it. He just understands the sport. On top of that, he's got good athletic ability and confidence."

Huss doesn't know where Thomas will end up at the end of the year. But he does know his 152-pounder could be dangerous.

"He's a kid that because of his style, he could win a state championship," Huss said. "But because of his style, who knows?"

"I wouldn't want to wrestle him at the state meet. I don't care what your record is. I wouldn't want to wrestle him."

Another factor pushing Thomas is having fellow coach Corey Grant as a drill partner.

"That's a major bonus," Huss said.

Ryan Ridenour

Ridenour might not be the flashiest wrestler, but Huss said he is more the grinding or workmanlike wrestler.

"He's very methodical. He's a strong, strong kid," Huss said. "He probably doesn't have the

See WRESTLE, 2B



Photo by JOHN HEIDER/Novi News

Wildcat Alyesa Armiak makes a pass.

Novi boys, girls hoops victorious

By Jeff Theisen
SPORTS WRITER

The Novi boys basketball team hammered Brighton 70-49 Jan. 15 and picked up another win, 49-46 Friday against South Lyon.

Against Brighton, Chris Bellamy led the scoring with 19 points. Caleb Dean posted another double-double with 16 points and 14 rebounds. Brandon Bradford also scored 15 points. Bellamy again led the charge

against South Lyon with 18 points. The Wildcats rallied from a 39-36 deficit heading into the fourth to pick up their fourth straight victory.

Girls Basketball

The Novi girls improved to 10-2, 5-1 with a 41-39 win Friday against South Lyon and a 52-44 win against Brighton.

Against Brighton, Chantel Hill led the way with 14 points, with

eight of them coming from the free throw line. Caroline Johnson also scored in double digits with 10 points.

Against South Lyon, Johnson's basket with 4.3 seconds left proved to be the game-winning shot.

Hill again led the Wildcats with 14 points.

Swim and Dive

The Novi swim and dive team beat Lakeland 110-75 last

Thursday.

Winning events for the Wildcats were the 200 medley relay team of Dan Meister, Joon Chung, Dan Kiefer and Tyler Vincent (1:48.81), Vincent in the 200 freestyle (1:56.68), Chung in the 50 free (24.75), Kiefer in the 100 butterfly (1:00.68), Chung in the 100 freestyle (53.39), Travis Vincent in the 500 freestyle

See ROUNDUP, 3B

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MY FOOD FOR THOUGHT

Thursday, January 24, 2008
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Slow and Steady

Win the Race With Slow Cooker Meals

After a long day at work or running errands, don't you wish that dinner was cooked and would magically appear on your table? Chances are, you already have a slow cooker collecting dust on a kitchen shelf, just waiting to make supper time a cinch. With family schedules busier than ever, slow cooking is quickly making a comeback.

Commonly, slow-cooker recipes contain few steps and ingredients, which are tenderized by cooking at a low temperature for an extended period of time. By taking just minutes in the morning to get dinner underway with a slow cooker, you can leave for hours and still have a hearty and flavorful dish at the end of the day that you'll feel good about feeding your family. It is truly the meal that cooks itself!

The folks at Campbell's Kitchen understand the need for a warm and satisfying supper -- especially after a busy day. Their must-have slow-cooker recipes will definitely become a regular part of your weeknight repertoire in no time.

Don't you ever prep a home-cooked meal in just 10 minutes? This crowd-pleasing pot roast dish takes only that long to prepare. *Savory Pot Roast* starts with a base of Campbell's Cream of Mushroom Soup, which turns into a savory sauce for the roast. The addition of hearty potatoes and carrots makes this dish a well-rounded main course.

If you're craving a rich and creamy meal, *Slow-Cooker Chicken and Dumplings* will hit the spot. This easy recipe cooks the flavors of a chicken pot pie and promises to become a fast family favorite.

Golden Mushroom Pork and Apples -- another recipe that can be prepared in just 10 minutes -- offers the unmistakable sensations of savory and sweet.

The perfect combination of pork with apples and brown sugar will make your home smell great all day while it simmers away.

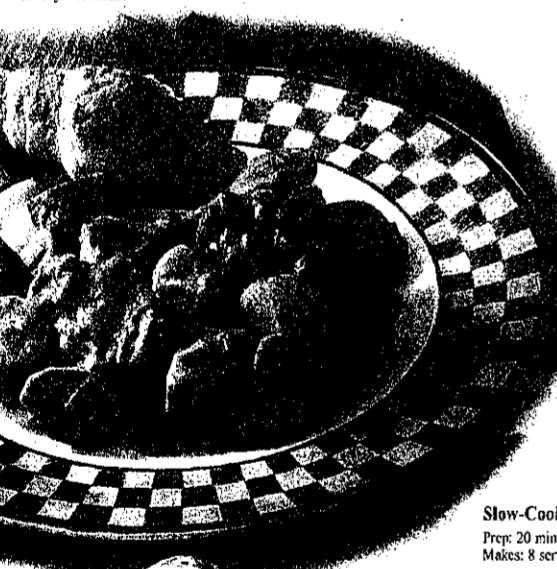
For slow cooking success, take note of these two tips:

- Leave the lid on! This will keep the heat in and ensure proper cooking time.

- Also, while it seems natural to want to stir every now and then, it's not necessary -- so resist the urge!

The next time you have a hectic day ahead and dinner time is likely to be a rush, plan to make one of Campbell's warm and filling slow-cooker recipes. You'll be hooked on slow cooking in no time. For more tasty recipes, visit www.campbellskitchen.com.

Slow-Cooker Savory Pot Roast



Slow-Cooker Savory Pot Roast
Prep: 10 minutes Cook: 8 to 9 hours
Makes: 8 servings

1 can (10 3/4 ounces) Campbell's Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)

1 pot roast (2 ounces) Campbell's Dry Onion Soup Mix

6 medium potatoes, cut into 1-inch pieces

6 medium carrots, thickly sliced

3 1/2 to 4-pound boneless beef bottom round or chuck pot roast

- Stir soup, soup mix, potatoes and carrots in 3 1/2-quart slow cooker. Top with roast and turn to coat.
- Cover and cook on LOW 8 to 9 hours (or on HIGH 4 to 5 hours) or until roast is fork-tender.

Slow-Cooker Chicken and Dumplings
Prep: 20 minutes Cook: 7 to 8 hours
Makes: 8 servings

2 medium Yukon gold potatoes, cut into 1-inch pieces

2 cups fresh or frozen whole baby carrots

2 stalks celery, sliced

1 1/2 pounds skinless, boneless chicken breasts, cut into 1-inch pieces

2 cans (10 3/4 ounces each) Campbell's Cream of Chicken Soup (Regular or 98% Fat Free)

1 cup water

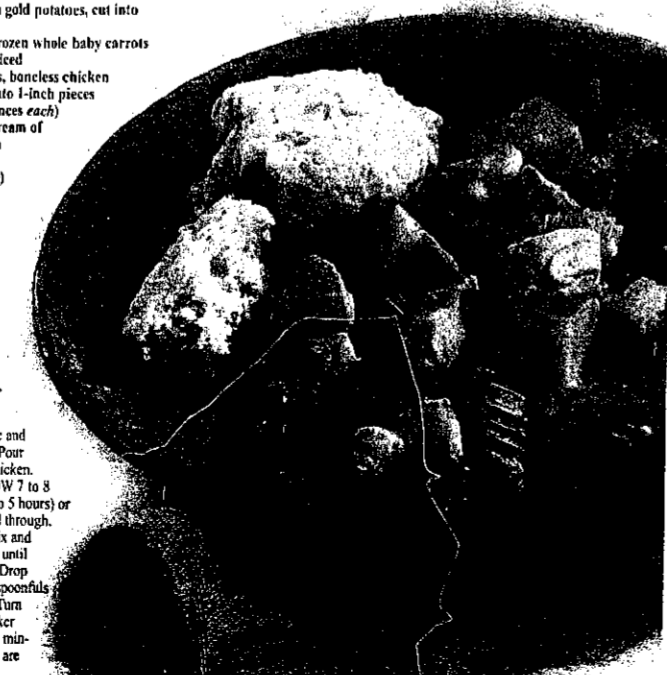
1 teaspoon dried thyme leaves, crushed

1/4 teaspoon ground black pepper

2 cups all-purpose baking mix

2/3 cup milk

- Place potatoes, carrots, celery and chicken in 6-quart slow cooker.
- Stir soup, water, thyme and black pepper in bowl. Pour over vegetables and chicken.
- Cover and cook on LOW 7 to 8 hours (or on HIGH 4 to 5 hours) or until chicken is cooked through.
- Stir together baking mix and milk with fork in bowl until ingredients are mixed. Drop batter by rounded tablespoons over chicken mixture. Turn heat to HIGH. Tilt cooker lid to vent and cook 30 minutes or until dumplings are cooked in center.



Slow-Cooker Chicken and Dumplings

Slow-Cooker Pulled Pork Sandwiches
Prep: 15 minutes Cook: 8 to 10 hours
Stand: 10 minutes
Makes: 12 sandwiches

1 tablespoon vegetable oil

3 1/2 to 4 pounds boneless pork shoulder, netted or tied

1 can (10 1/2 ounces) Campbell's French Onion Soup

1 cup ketchup

1/4 cup cider vinegar

3 tablespoons packed brown sugar

12 Pepperidge Farm Classic Sandwich Buns with Sesame Seeds, split

- Heat oil in 10-inch skillet over medium-high heat. Add roast and cook until well browned on all sides.
- Stir soup, ketchup, vinegar and brown sugar in 5-quart slow cooker. Add roast and turn to coat.
- Cover and cook on LOW 8 to 10 hours (or on HIGH 4 to 5 hours) or until meat is fork-tender.
- Remove roast from cooker to cutting board and let stand 10 minutes. Using 2 forks, shred pork. Return shredded pork to cooker.
- Divide pork and sauce mixture among rolls.

Slow-Cooker Tuscan Beef Stew
Prep: 15 minutes Cook: 8 to 9 hours
Makes: 8 servings

1 can (10 3/4 ounces) Campbell's Tomato Soup

1 can (10 1/2 ounces) Campbell's Beef Broth

1/2 cup Burgundy, other dry red wine or water

1 teaspoon dried Italian seasoning, crushed

1 can (14 1/2 ounces) diced Italian-style tomatoes, undrained

3 large carrots, cut into 1-inch pieces

2 pounds beef for stew, cut into 1-inch pieces

2 cans (about 16 ounces each) white kidney (cannellini) beans, rinsed and drained

- Stir soup, broth, wine, Italian seasoning, garlic powder, tomatoes, carrots and beef in 3 1/2-quart slow cooker.
- Cover and cook on LOW 8 to 9 hours (or on HIGH 4 to 5 hours) or until meat and vegetables are fork-tender.
- Stir in beans. Turn heat to HIGH. Cook 10 minutes more.

Golden Mushroom Pork and Apples
Prep: 10 minutes Cook: 8 to 9 hours
Makes: 8 servings

2 cans (10 3/4 ounces each) Campbell's Golden Mushroom Soup

1/2 cup water

1 tablespoon packed brown sugar

1 1/2 tablespoons Worcestershire sauce

1 teaspoon dried thyme leaves, crushed

8 boneless pork chops, 3/4 inch thick

4 large Granny Smith apples, sliced

2 large onions, sliced

- Stir soup, water, brown sugar, Worcestershire and thyme in 3 1/2-quart slow cooker. Add pork, apples and onions.
- Cover and cook on LOW 8 to 9 hours (or on HIGH 4 to 5 hours) or until pork is cooked through.

Golden Chicken With Noodles
Prep: 5 minutes Cook: 7 to 8 hours
Makes: 8 servings

2 cans (10 3/4 ounces each) Campbell's Cream of Chicken Soup (Regular or 98% Fat Free)

1/2 cup water

1/4 cup lemon juice

1 tablespoon Dijon mustard

1 1/2 teaspoons garlic powder

8 large carrots, thickly sliced

8 skinless, boneless chicken breasts

4 cups medium egg noodles, cooked and drained

3/4 inch thick

4 large Granny Smith apples, sliced

Chopped fresh parsley

- Stir soup, water, lemon juice, mustard, garlic powder and carrots in 3 1/2-quart slow cooker. Add chicken and turn to coat.
- Cover and cook on LOW 7 to 8 hours (or on HIGH 4 to 5 hours) or until chicken is cooked through. Serve with noodles. Sprinkle with parsley.

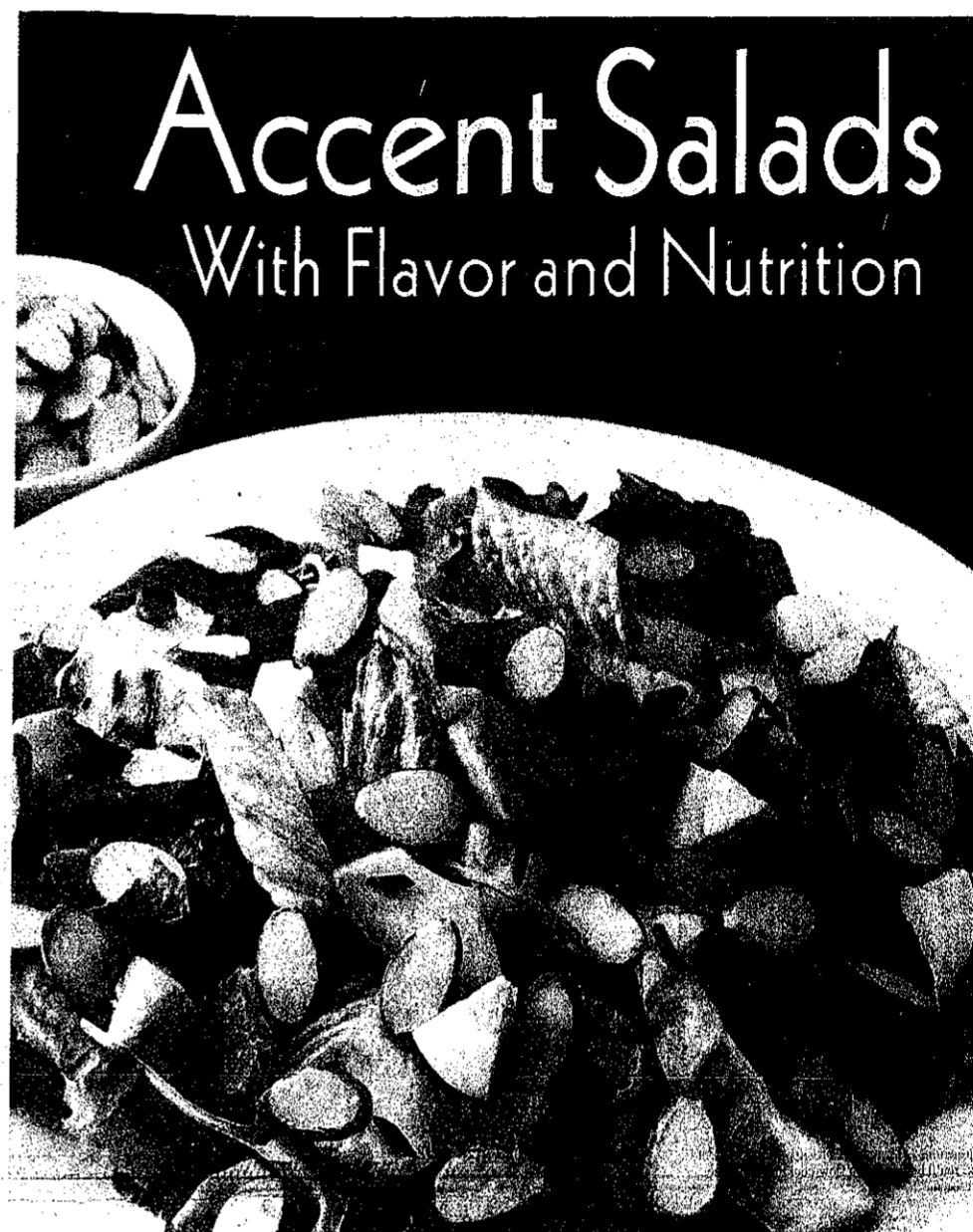
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MY HEALTHY LIVING

Thursday, January 24, 2008
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Accent Salads With Flavor and Nutrition



FAMILY FEATURES

Could you and your family use a salad makeover? Sometimes that's what it takes to keep everyone interested in eating a variety of good-for-you salads each week. How do you elevate a healthy salad from simple to sensational? First things first. A tempting salad starts with the freshest, tastiest and most flavorful ingredients you can find. Then, it's the small but important touches that change everything: the unexpected but delectable crunch, the appealing contrast of colors, the fresh herbs and a great dressing. Master these elements and you're on your way to a super salad.

If you're ready to begin your family's salad makeover, think about putting a new twist on a favorite combination. Even better if that twist is in the form of a nutritious ingredient that goes beyond the ordinary -- like Sunkist® Almond Accents®, sliced almonds that are toasted golden brown and seasoned to perfection. Almond Accents add unique flavor and texture -- that unexpected but delectable crunch you're looking for -- to any salad, and they're good for you. Almonds are heart-healthy and offer important nutrients including protein, vitamin E, magnesium and fiber -- without cholesterol or trans fat.

Go ahead -- sprinkle a generous handful of your favorite Almond Accents on every salad and enjoy nibbling a few on the side. Available in seven flavors: Original Oven Roasted, Honey Roasted, Roasted Garlic Caesar, Oven Roasted No Salt, Butter Toffee Glazed, Italian Parmesan and Ranch Style -- there's a perfect Almond Accent for every salad you can think of. Learn more and find delicious serving suggestions at www.almondaccents.com.

Here are some easy, family-friendly "Salad Makeover" recipes to get you started.

More tips to add appeal and pizzazz to your healthy salads:

Aim for a selection of at least three types of greens in tossed salads. Think about appealing textures and colors, such as a blend of radicchio, arugula and romaine. Buy a packaged blend or select your own.

Experiment with new toppings and ingredients to add a refreshing twist to your favorite salad combinations. Try almonds and pistachios for an appealing and unique crunch.

Stock up on fine ingredients such as premium extra virgin olive oil and a variety of flavored vinegars. Try sherry and champagne vinegars for a change, and keep a good balsamic vinegar on hand.

Condiments, such as mustards and soy sauces, add character to basic vinaigrettes. So do diced shallots or a sprinkling of blue or Parmesan cheese.

If you have fresh herbs, toss them in! You'll be amazed at how their intense flavors can lift a salad. From fresh basil and tarragon to simple flat-leaf Italian parsley, they're a welcome addition. Just remember, a little can go a long way, so don't add more than a handful to a salad for four.

Health Nut Cobb
Prep time: 15 minutes

8 cups romaine lettuce, torn into bite-size pieces

4 cups arugula or watercress leaves

1/4 cup low-fat ranch dressing

1 cup diced chicken breast

1/2 cup diced tomatoes

12 small avocado, cut into 1/2-inch cubes

1/2 cup Almond Accents Original Oven Roasted Flavored Sliced Almonds

1 hard-cooked egg, grated or chopped

1/4 cup blue cheese crumbles

1 tablespoon chopped chives

In large bowl, gently toss lettuce and arugula with ranch dressing until evenly coated. Transfer to serving dish or 4 plates. Top with chicken, tomatoes and avocado; sprinkle with Almond Accents, egg, cheese and chives.

Serves 4
Nutrition Information Per Serving: 315 calories; 22 g fat; 93 mg cholesterol; 445 mg sodium; 14 g carbohydrate; 6 g fiber; 17 g protein

Enlightened Chicken Caesar
Prep time: 10 minutes

1/4 cup fat-free mayonnaise

3 tablespoons water

1 1/2 teaspoons freshly squeezed lemon juice

1 minced garlic clove

1 minced anchovy fillet

1/4 teaspoon Worcestershire sauce

12 cups baby romaine lettuce leaves

8 ounces grilled or roasted chicken breast, cut into strips

1/4 cup grated Parmesan cheese

1/4 cup Almond Accents Italian Parmesan Flavored Sliced Almonds

In large bowl, whisk together mayonnaise, water, lemon juice, garlic, anchovy and Worcestershire sauce. Add lettuce; toss gently until evenly coated with dressing. Divide salad among 4 plates; top with chicken. Sprinkle with Parmesan cheese and Almond Accents.

Serves 4
Nutrition Information Per Serving: 197 calories; 8 g fat; 53 mg cholesterol; 388 mg sodium; 9 g carbohydrate; 4 g fiber; 23 g protein



Enlightened Chicken Caesar

Asian Chicken Salad
Prep time: 15 minutes

2 tablespoons canola or peanut oil

1 tablespoon Asian sesame oil

1 tablespoon rice vinegar

1 teaspoon honey

1 teaspoon soy sauce

4 cups shredded green or napa cabbage

4 cups shredded radicchio

3 cups shredded poached or roasted chicken breast

1 cup cilantro leaves

1/2 cup thinly sliced green onions

1/4 cup Almond Accents Honey Roasted Flavored Sliced Almonds

In large bowl, whisk together oils, vinegar, honey and soy sauce. Add cabbage, radicchio, chicken, cilantro, green onions and ginger; toss gently until evenly coated with dressing. Divide salad among 4 plates. Sprinkle with Almond Accents.

Serves 4
Nutrition Information Per Serving: 331 calories; 17 g fat; 72 mg cholesterol; 295 mg sodium; 14 g carbohydrate; 3 g fiber; 29 g protein



Asian Chicken Salad

Chopped Salad
Prep time: 15 minutes

1/4 cup extra virgin olive oil

1 tablespoon balsamic vinegar

1 teaspoon Dijon mustard

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

4 cups chopped radicchio

4 cups chopped iceberg lettuce

2 cups diced fresh tomatoes

1 cup diced red onions

1/2 cup chopped chives

1/4 cup crumbled blue cheese

1/4 cup Almond Accents Oven Roasted No Salt Toasted Sliced Almonds

In large bowl, whisk together oil, vinegar, mustard, salt and pepper. Add radicchio, lettuce, tomatoes, onions, chives and cheese. Toss gently until evenly coated with dressing. Divide salad among 4 plates. Sprinkle with Almond Accents.

Serves 4
Nutrition Information Per Serving: 252 calories; 4 g fat; 6 mg cholesterol; 239 mg sodium; 13 g carbohydrate; 4 g fiber; 5 g protein

Chopped Salad

REGIONAL MARKETPLACE

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Thursday, January 24, 2008

Home Owners It's The Time Of Year To Check:



NEW YEAR RESOLUTIONS FOR YOUR HOME
Many of us make optimistic resolutions for the New Year. Whether it's deciding to take a class, stick to a budget, or to finally drop those 20 pounds, we're full of ideas on how to make ourselves and our lives better. Because your home is such an important part of your life, why not make some worthwhile resolutions for it as well? Here are some ideas to get you started.

KEEP CURRENT ON ROUTINE MAINTENANCE
One of the most important things you can do as a homeowner is to make sure routine maintenance is part of your plan. Catching problems early can often help you avoid larger issues down the road. What is now a minor plumbing or roof leak can cause major problems if not detected and fixed immediately. Check around the home for cracked or peeling paint, have chimneys and fireplaces inspected and cleaned, and make sure the driveway and walkways are not cracked or lifting.

UPDATE YOUR HOME INVENTORY FOR INSURANCE PURPOSES
If you're like many homeowners, it's probably been a while since you've reviewed your home insurance policy and reassessed the value of your home's contents. An updated home inventory of your possessions can help you determine if you have the proper type and amount of insurance. Your insurance company may make forms available to help you organize and record your inventory, and there are several home inventory software programs available. You also can download a free program from www.knowyourstuff.org. Should you have an insurance claim for property loss or damage, your inventory can help make the process and accurate valuation easier.

AUDIT YOUR HOME FOR ENERGY SAVINGS
There are simple things that every homeowner can do to improve energy efficiency and save on utility bills. Switching from conventional light bulbs to compact fluorescent versions wherever possible saves money and makes things easier for you, too. For example, you will need to replace bulbs in awkward places less often. Make sure windows and doors are caulked and in good repair; this will save energy in both winter and summer. If you're planning to replace any appliances this year, shop for and compare efficient, energy-saving models. Also if there are holes in the wall under sinks, then seal/caulk these holes to help prevent wall drafts and improve overall home heating and cooling efficiency.

CREATE A FIRE SAFETY PLAN FOR YOUR FAMILY
Everyone knows the importance of having a plan in place should a fire occur in your home. But each year, tragedy strikes homes and families who didn't think about it or who promised to make a plan "one of these days". The basics include working and properly installed smoke detectors, fire extinguishers, and an escape plan for every room. Your local fire department is an excellent resource for directions on creating a plan designed to keep you and your loved ones safe. Give yourself some peace of mind by making this the year to put that plan in place.

Call us to give your home a check up for the New Year...
For more information about home inspections and environmental testing services, please contact us at:

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Therapists restore functionality

Plymouth Physical Therapy Specialists expands to serve more patients

By John R. Hall
SPECIAL WRITER

The patient list continues to grow as the locations grow in the Plymouth Physical Therapy Specialists practice, which specializes in orthopedics and sports medicine.

There are no secrets to its growth (now in seven locations), according to owner and founder Jeff Sirabian. It is all about experience, commitment to personal care, and continuing education — all which set his practice apart from others.

"The expertise and training of our physical therapists is very important to our success," Jeff said. "And our one-on-one sessions with every patient shows how much we care."

QUALIFIED SPECIALISTS

All of the physical therapists at Plymouth Physical Therapy Specialists work toward their own specialties and are provided ongoing training to keep them current with all certifications set forward by the American Board of Physical Therapy Specialties and the American Physical Therapy Association. Most physical therapists are board certified or working toward it.

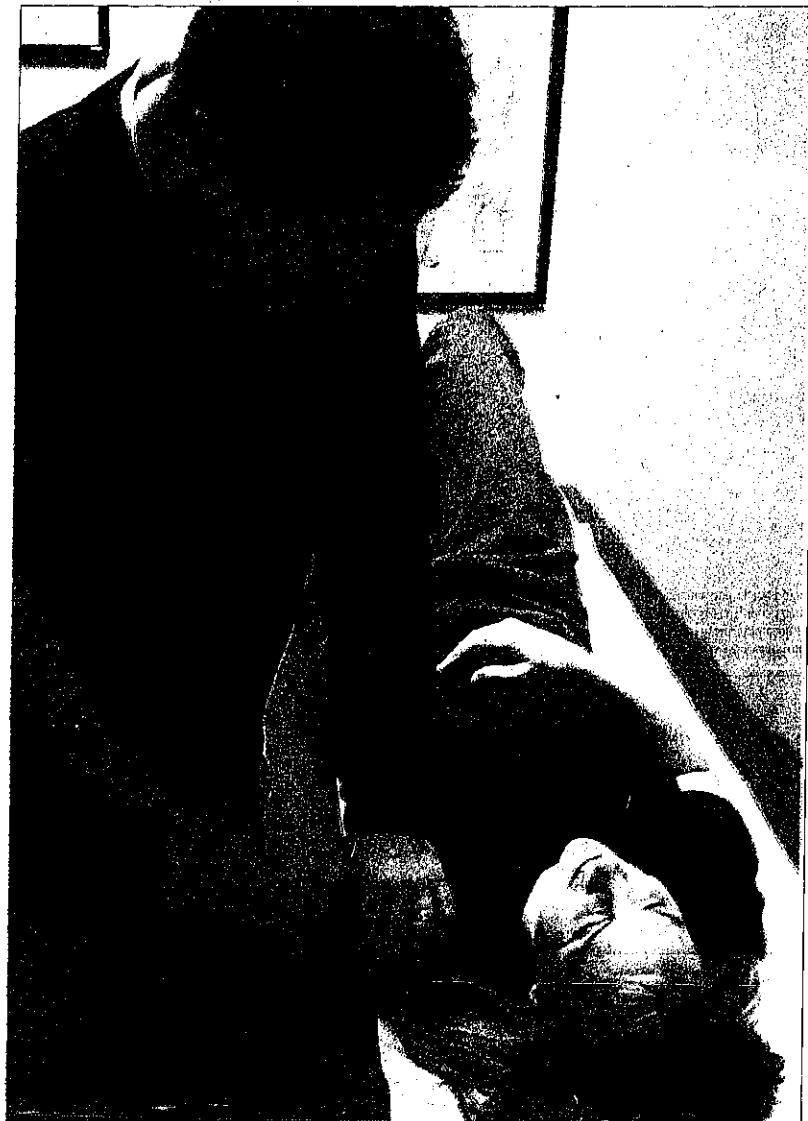
What does this mean to patients? Plenty. For example, therapists utilize a combination of exercise and philosophies which include a lot of functional-based rehabilitation. Visitors to one of the Plymouth Physical Therapy Specialists locations may not be overwhelmed by a glut of machinery or swimming pools — that's because the emphasis is on everyday functionality and rehabilitating the related muscles.

NOT JUST MACHINES

Physical therapist Benjamin Wallis explained, "Machines can only be used one way," he said. "People need to train their muscles in the way they will use them, not by what a machine wants to train them to do. We prepare people to function in the environment they live, work, and play in. "Our therapists are our equipment."

AGGRESSIVE PRACTICE

By their rehabilitation philosophy, the physical therapists at Plymouth Physical Therapy Specialists can help their patients return to their normal routines more quickly than usual, which is a key to any successful rehabilitation.



Photos by JOHN R. HALL

Benjamin Wallis mobilizes a patient's shoulder during physical therapy treatment.

"We are an aggressive practice," added Jeff, "which means we rehab aggressively. We can do this because of our knowledge and knowing what our patients need, which includes understanding soft tissue healing and its parameters."

He added that it is important for patients to understand why they are being treated — and not just for them to be given an exercise routine to follow. And it all comes back to a thorough understanding of what each patient needs.

"It is all about working with people to help them be successful in their everyday activities," said physical therapist Shawn Grant. "This includes activities to alleviate trauma, neck/back pain, and pre- and post-surgery procedures."

SIX-PLUS LOCATIONS

Plymouth Physical Therapy Specialists have locations in Plymouth — which was the original office founded by Jeff in 1994 — Livonia, Northville, Novi, Wixom, and Walled Lake. In addition, the practice also has sports medicine services in a number of area high schools.

Being in close geographic proximity is helpful to patients who prefer to stay close to home. For example, when the Northville office was opened, it attracted patients who had been traveling to the Novi location.

"The demographics were right for the new office," added Benjamin. "Instead of making the Novi office bigger, it made more sense to open up in Northville."

The expansion to several communities was not the first plan for Jeff, who said he originally did not think of growth beyond Plymouth. But emphasis on patient care and continuing education has brought generations of people to each clinic.

PLYMOUTH PHYSICAL THERAPY SPECIALISTS

133 W. Main St.
Northville

Phone
(248) 347-1168

Web
www.plymouthpts.com

"Our youngest patient is two years old and the oldest is 95," Jeff said. And each is helped by an experienced staff, too. There is 100 years of experience among the physical therapists.

WALK-INS WELCOME

All of the offices encourage appointments but there are always time slots set aside for walk-in patients. New patients are always seen within 24-48 hours after contacting the office.

Most of the Plymouth Physical Therapy Specialists are open 6 a.m. to 7 p.m. daily and 7:30 a.m. to noon Saturday.

For more information on treatment and programs in Northville, call (248) 347-1168 or visit www.plymouthpts.com.



Shawn Grant points out how treatment affects various parts of the anatomy.



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