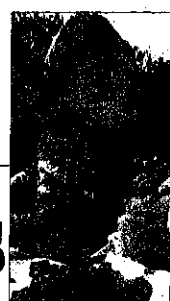




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THURSDAY **Novi News**

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**Aiming High**  
Under a beautiful first-day-of-summer sky, Brett Pfler shoots some hoops at Novi's ITC Community Sports Park on Eight Mile Road last Friday.

Photo by JOHN HEIDER/Novi News

**Waiting game**

**District budget set, awaits state decision**

By Chris Jackett  
STAFF WRITER

The board of education approved the Novi Community School District's 2008-09 budget last Thursday with little fanfare of major changes.

The district budgeted an increase of \$71 per pupil to be received through the State Foundation Allowance. The projected increase would bring each student's revenue source to \$8,776.

"That's not even three-quarters of a 1 percent increase," said Bob Schram, assistant superintendent of human resources. "Rate of inflation is 3 percent, which would be about \$250. The cost of benefits are more than the rate of inflation."

The budgeted \$71 per pupil increase is based on the number passed by the Senate. The House is discussing a \$51-55 increase instead.

The district had to meet a June 30 deadline for setting its budget despite the fact the state has until Oct. 1 to approve its budget. If the state doesn't set a \$71-per-pupil increase, the district would amend its budget to match the state's number.

The 2007-08 budget projected a fund growth of \$50 per pupil. The \$48 growth awarded by the state in October, brought each student's State Foundation

**2008-09 budget comparison**

	2007-08	2008-09	Difference
State Foundation Allowance per pupil	\$8,695	Due Oct. 1	TBD
Per pupil increases			
• District Budgeted (June)	\$50	\$71	+\$21
• State Awarded (Oct.)	\$48	\$51-71 (Due Oct. 1)	+\$3-23
District taxable value	\$2,372,679,920	\$2,385,144,310	+0.325 percent
District's total millage levy	10.0181 mills	9.9724 mills	-0.0457 mills
• Operating millage	2.8849 mills	2.6392 mills	-0.2457 mills
• Debt millage	5.8600 mills	5.8600 mills	+0.2000 mills

Note: The district's per pupil budget from June is amended to match the state's per pupil budget from October. Millage rates will be dispersed 50 percent in July 2008 and 50 percent in December 2008.

Source: Novi Community Schools

Allowance to \$8,695 each. "They need to decide whether they want to fund education adequately and then do so," Schram said of the state legislators. "We'd have to make budget cuts or take it out of our fund equity. The board would probably take as much out of fund equity to avoid cutting programs. They'll do all the cutting we can to keep it away from the classroom."

The district has budgeted nearly \$2.4 million to be drawn from the unappropriated fund balance this year. Last year, the district cut \$3.3 million in costs and has been working to cut further through energy conservation methods.

With the district projecting a decline in enrollment of 54 students, the second straight decline in district history, additional funds are not expected to be gained through increasing enrollment. More than \$469,000 in state funds received last year will

be lost as a result of the decline in enrollment.

"The state has to step up to the plate and fund school districts," said Gail Credit, assistant superintendent of business operations and finance. "The state is not coming through with keeping up with the rate of inflation."

**Taxable value increases, millage decrease**

The district's taxable value increased 0.525 percent to almost \$2.4 billion. The increase is minimal compared to last year's 4.37 percent increase.

Although the debt millage followed suit by increasing by 0.2 mills to 5.86, the operating millage decreased by just enough to offset the change. The district's total millage levy decreased from

Please see BUDGET, 4A

**Neuroscience Institute joins Novi's Providence Park campus**

This is the sixth installment in a series featuring the St. John Health Providence Park campus in Novi.

By Kelly Murad  
STAFF WRITER

In sticking with the theme of becoming a "world-class health care" destination, Novi's Providence Park welcomes the Neuroscience Institute to its 200-acre campus.

Joining the medical offices in a 210,000-square-foot building, the facility, located southwest of the hospital, will include neurosurgeons, neurologists, spine special-

ists, craniofacial and reconstructive surgeons, specialists in pain management, rehabilitation and pediatric neurologists.

"We have a very strong neurological program," said Ben Miles, director of neurosciences. "I'm excited about the investment Providence is making in this area."

With numerous physicians already functioning out of the Neuroscience Institute, Miles anticipates being fully operational by the end of September, with the exception of the teaching auditorium and surgical teaching skills lab, which will be used as the pri-

mary training center for the hospital in upcoming months.

"We're not just building for 2008, we're trying to build for 2028," Miles said. "It's being built with the future in mind."

Although a future endeavor, the cadaverless surgical skills lab will provide residents, physicians and surgeons the opportunity to practice advanced procedures using cutting-edge technology.

"We do a lot of physician training and educating and plan on bringing that to the Novi facility as well," said Dr. Bruce Silverman, neurologist and clinical director of neurosciences.

"Our hope is we'll be a source of education to other physicians."

Silverman, a physician of the Associates in Neurology group, works out of Providence in Southfield as well as Providence Park in Novi.

"The Neuroscience Institute is a group of practices that function as a unit, it's kind of like one-stop shopping," he said. "I believe the flavor of what we have going on here is unique. We're trying to have a multi-disciplinary approach to patient management



Dr. Mark Silverman, of the Associates of Neurology, checks a multiple sclerosis patient in the newly-opened offices of the Neuroscience Institute.

Photo by JOHN HEIDER/Novi News

Please see NEURO, 4A

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Have a 1- or 2-year-old toddler who loves listening to stories? Stop in from 10:30-11 a.m. at the Novi Public Library, 45245 W. 10 Mile Road, for Drop-In Story Time. Siblings are also welcome to attend. Library hours are 10 a.m.-9 p.m. Monday-Thursday and 10 a.m.-5 p.m. Friday-Saturday. The library is closed Sundays until Sept. 7. For more information, call (248) 349-0720 or visit www.novilibrary.org.

**SATURDAY**  
Wash away the dirt from 10 a.m.-2 p.m. with a free car wash at Orchard Hills Baptist Church, 23455 Novi Road. The free wash, held in the church parking lot, will not accept donations of any kind. Call Jon Hix at (248) 349-5665 or visit www.orchardhillsnovi.com for more information.

**SUNDAY**  
Get a good workout at the 8:15 a.m. Kensington Triathlon at Kensington Metropark, 22440 W. Buno Road in Milford. This USAT-sanctioned event will include a half-mile swim, 15-mile bike ride and four-mile run. Visit www.theelementevents.com for more information or to register by the 11:59 p.m. Thursday deadline. Cost of registration is \$69 for USAT members, \$79 for non-members and \$120 for relay USAT members. Registration includes Zorrel Dri-Balance event T-shirt, aid station Hammer products & Busch's water, goodie bag, swim caps; ChampionChip timing and a USAT sanctioned venue. Finish line food provided by Salsarita's includes burritos with steak, chicken and vegetarian options. Chips and salsa will also be provided.

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6/26/08

# Novi increases cost of shared dispatch for South Lyon and Lyon Township

By Kelly Murad  
STAFF WRITER

Negotiations have been settled between the City of Novi, Lyon Township and the City of South Lyon regarding the increased cost of shared dispatch services.

According to Novi Police Chief David Molloy, the city has provided dispatch services for South Lyon Police and Fire departments for the past 25 years, and fire dispatch services for Lyon Township for about 20 years.



File photo by JOHN HEIDER/Novi News

**Kellie Marzoff communicates with Novi Police Department vehicles inside its communication center along 10 Mile Road. The department also coordinates emergency services with communities like South Lyon and Lyon Township.**

After weeks of negotiations, the City of South Lyon settled on a three-year contract with the Novi Police Department, increasing their annual fee by \$15,000 for the 2008-09 fiscal year, \$65,000 less than what was anticipated.

A study conducted by Reimann Robson, the accounting firm contracted by the City of Novi to investigate shared dispatch services, recommended the city increase South Lyon's annual fee from \$56,724 to \$137,069 for the 2008-09 fiscal year.

"That is what the full cost recovery is for the City of Novi," said Molloy, noting the city did not anticipate receiving full cost recovery in the 2008-09 budget.

In March, Novi's City Council recommended the city negotiate higher fees with South Lyon and Lyon Township to more accurately reflect cost recovery after the 2008-09 budget.

Novi's City Council recommended the city negotiate higher fees with South Lyon and Lyon Township to more accurately reflect cost recovery after the 2008-09 budget.

South Lyon accounts for 9 percent of Novi's dispatch calls, with Lyon Township responsible for 1 percent of the call volume.

"We do provide an excellent service to the (South Lyon) community, but I believe (\$71,724) is a fair amount," Molloy said.

South Lyon City Councilman Glenn Kivell said when the contract is up again in three years, he hopes that it will be looked at closely again.

"We want to pay what we're supposed to pay but we want everything working in reality," he said.

In addition to the dispatch and lock-up services, the City of Novi will provide Reverse 911 service at no extra charge.

Reverse 911 actually will dial hundreds of publicly listed telephone numbers in a defined geographical area and alerts residents

and business people on a dangerous situation or an emergency event," Molloy said.

Collins said that, in case of a hazard spill or a missing child, Reverse 911 allows thousands of residents with listed telephone numbers to be called in a single hour.

The amount recommended for Lyon Township, who previously paid \$12,600, is \$14,740 for the 2008-09 fiscal year.

kmurad@gannett.com | (248) 349-1700, ext. 103



Photo by JOHN HEIDER/Novi News

## Summer Beauty

Jim Gagliardi photographs some of the rose bushes at Novi's Tollgate Farms. Gagliardi, visiting from Southfield, said, according to his calendar, the roses should be at their early summer peak at this time. Tollgate Farms, located at the northwest corner of 12 Mile and Meadowbrook roads is open seven days a week to the public.

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  
venitchell@gannett.com

# MY NOVI COMMUNITY

Thursday, June 26, 2008  
www.hometownlife.com  
fax: (248) 349-9832

## Library encourages Novi's youth, teens and adults to stimulate their minds

By Kelly Murad  
STAFF WRITER

### Novi Public Library

The Novi Public Library is encouraging reading for all ages this summer with its annual reading program, which began last Monday and ends Aug. 4.

"We have four levels of readers," said Novi Public Services Librarian Mary Storch, explaining the program titled, "Read To Me" is for pre-kindergarten kids; "Catch the Reading Bug" is for grades kindergarten-four; "Metamorphosis" is for grades five-12 and the adult reading program "Pollinate Your Mind" is for ages 18 and older.

Storch said the youth and teen programs depend on what grade the kids will be in the fall.

"This is the first time we've offered a program for the pre-readers," said Kelly Kolchuk, assistant head of the youth and teen department. "We wanted to recognize this age group and encourage reading during the summer."

As of last Thursday, Kolchuk felt confident in the number of youth and teens registered in the summer programs, especially with participants continuing to sign-up throughout the course of the summer.

"When I checked at noon, we had about 450 kids registered in the two younger programs and we had 262 kids registered in the Metamorphosis program," she said last Thursday. "I was pretty impressed by the numbers because we're well over 700 people, which is more than half of what we had registered last summer."

Regardless of the reading level, all participants of the summer reading program are required to



Source: City of Novi

keep an online reading log on the library's Web site.

"We have ways we can guide them, but we don't dictate what they read," Kolchuk said. "But I definitely think kids have more free time to spend on reading over the summer."

Kids in the Read To Me and Catch the Reading Bug programs are awarded prizes for every four hours of reading, up to 20 hours, whereas the Metamorphosis program is every five hours of reading, up to 25 hours.

"Everyone who reaches a prize level in the program earns one entry into the raffle," Kolchuk said, noting at the end of the program there will be a grand prize drawing for items such as digital cameras and iPod shuffles for the older kids, and tote bags filled with summer toys for the younger kids.

"For the most part, kids are really excited about the grand prizes. It's definitely a strong motivator."

Although the adult reading program is similar, participants log

the number of books they read, as opposed to the hours.

"You read whatever you want to read, and after you've read four books, you win an insulated lunch cooler," Storch said. "And once a week I draw eight lucky people's names and they win a free book."

"It just reinforces reading," Storch said, noting participants of the adult program are asked to write at least one book review over the course of the summer.

"Patrons like reading other people's reviews because it gives them ideas of what to read," she said.

Library patrons can sign-up at www.novipubliclibrary.org or at the reference desks at the Novi Public Library, 45245 W. 10 Mile Road.

kmurad@gannett.com | (248) 349-1700, ext. 103



Photo by JOHN HEIDER/Novi News

Kids sign up at the Novi Library last Monday during the first day of its summer reading program. The Novi Library will be hosting special visitors and events for the reading program throughout the summer.

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## Trees and Power Lines Don't Mix

ITC is working to keep Michigan's lights on

Trees and high voltage power lines are a hazardous combination. The recent storms that swept through our area provide timely testimony to the importance of maintaining our electric grid and tower corridors. More than 700,000 people in Michigan - largely in the tri-county region of metro Detroit - lost power when trees and branches interfered with electric distribution lines during the heavy rain and wind.

Trees that come into contact with transmission lines can cause serious system outages and pose a significant safety threat to residents and the public. Even when there is no direct contact, electricity can arc from transmission lines to nearby tree branches, posing personal safety and fire issues.

ITC Holdings Corp., through its subsidiaries ITC Transmission and Michigan Electric Transmission Company, LLC (METC), owns, operates and maintains more than 8,100 miles of high voltage transmission lines in Michigan's Lower Peninsula. ITC is federally required to maintain its utility corridors to prevent all vegetation-related electrical outages.

ITC has begun vegetation management in its corridors. Where permissible, the following will occur:

- In areas directly under the transmission line or 10 feet outside of the line, trees will be removed.
- Outside of this area, trees that threaten safety or reliability will be targeted for removal.
- If ITC lacks tree removal rights or permission for removal is not obtained, trees will be pruned to the extent easements permit.

If you have questions about ITC's vegetation management practices, please call 1-877-ITC-ITC9 (1-877-482-4829).

To learn more about ITC, please visit www.itc.com

### The Blackout of 2003

Nothing brings a halt to daily life faster than the loss of power. Outages and blackouts are inconvenient, costly and potentially dangerous. The Blackout of 2003 left 50 million people in the Northeast, Midwest and Canada without power for days. Hospitals, nursing homes, police and fire departments and schools were just a few of the critical services heavily impacted by the Blackout. The underlying cause of the Blackout, tree contact with power lines in northern Ohio, is well documented. ITC is responsible for protecting communities and residents from outages and safety threats like the Blackout of 2003.

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# NEURO

continued from front

of neurological care. It will take the care of the patient to a different level."

Aside from Associates in Neurology, other practices invested in the \$40 million project are the Michigan Ear Institute, Michigan Head and Spine Institute, Michigan Spine and Brain Surgeons, Craniofacial Institute, Tri-County Pain Clinic and University Neurosurgical Associates.

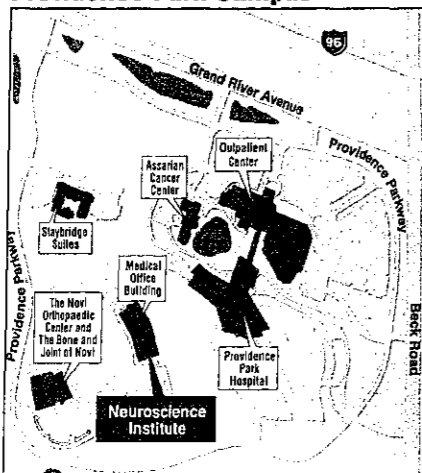
Other sub-specialties present in the Neuroscience Institute include neurology, which focuses on the neurology and neurosurgery of the ear and skull base surgery.

"It's (skull base surgery) a minimally-invasive technique," Miles said. "We try to reduce the amount of trauma to the patient."

The Novi Institute is also a certified Primary Stroke Center and will be home of the second epilepsy monitoring center in southeast Michigan, with Henry Ford Hospital as the other, Miles said.

"Even though the southeast population is shrinking as a whole, it's an aging population. The demand for neurosciences is going to increase," he said. "I think what this will do is help the general community to understand there are world-class physicians literally in their back yard."

## Providence Park Campus



SOURCE: St. John Health Map by ERON POWERS

"It's not just access to quality care, it's access to cutting edge care."

There will be a two-way connector linking the Neuroscience Institute to the new Providence Park Hospital, which will be the first hospital in Michigan to have an intra-operative Magnetic Resonance Imaging (MRI), allowing surgeons to get a better view of the brain during surgery, as opposed to pre- or post-operative.

"We have two OR's that have been earmarked for neuro services," Miles said, adding aside from neurosciences, Providence also has strong cardiovascular, orthopedic and oncology programs. "We're trying to draw together a very comprehensive path of care for the patient."

For more information, please call the Novi location at (248) 344-0800.



Dr. Peter Bono examines patient Paul Desana in his Neurosciences Institute suite at Novi's Providence Park Hospital campus last Thursday morning. Desana had recently undergone a laminectomy -- or fusing of the spine.

# BUDGET

continued from front

10.0181 to 9.9724 mills, potentially saving residents money on millage taxes. Fifty percent of the taxes will be collected this

summer and the other half in the winter. For a resident whose home has a taxable value of \$250,000, the millage tax could cost about \$2,493.10, split between two pay periods, about \$1,246.55 each. However, after any changes to the millage tax, Credit said the \$391 Supplemental (Hold Harmless) Tax and a six-mill State Education Tax are also a factor.

"There's lots of different values you have to look at," Credit said. "The taxable value increased at a rate lower than last year's."

For more information, please call the Novi location at (248) 344-0800.

## My Novi, briefly

### Henry Ford Medical Center Novi offers walk-in service

Walk-in services are now available for all ages at Henry Ford Medical Center - Novi's a.m.-6 p.m. Monday-Friday. Board-certified Henry Ford primary care physicians will be available to see patients without an appointment during these times. The new service can handle:

- Sprains and strains
- Cuts
- Cold or flu symptoms
- Rash or skin infections
- Strep Throat or Pharyngitis
- Simple lacerations and fractures
- Bronchitis and asthma

### Drexel Heritage at Gorman's

Drexel Heritage Furniture has returned to all four metro Detroit Gorman's Home Furnishings and Interior Design Showrooms. Gorman's is the exclusive retailer in southeastern Michigan. One of the largest residential furniture manufacturers in the country, Drexel Heritage produces six distinctive collections: the comfortable, versatile and chic;

sophisticated and elegant Drexel; and the refined Heritage, as well as Postabella Home, the Lillian August Collection, and Walt Disney Signature. Gorman's will offer a variety of Drexel Heritage bedroom, living room and dining room pieces and sets.

Based in High Point, N.C., Drexel Heritage has been manufacturing stylish and high-quality furniture for more than a century. More than 50 years ago, Drexel acquired Heritage Furniture Company and in 1974, the company officially became Drexel Heritage. Gorman's has locations in Southfield, Novi, Lakeside and Troy.

For more information, please call the Novi location at (248) 344-0800.

### Citizens needed for County Community Mental Health Authority

The Oakland County Board of Commissioners is seeking interested citizens to volunteer to serve the community through appointment to the Oakland County Community Mental Health Authority. The Authority is responsible for assuring provisions for services and support to those individuals in our county

with mental, emotional and developmental disabilities. The individual selected by the Oakland County Board of Commissioners will serve a remainder of a three-year term expiring March 31, 2010.

One citizen representative is sought to serve as a General Public Representative. To apply to receive more information about this position, submit an application no later than Monday, June 30. To obtain an application, go to [www.oakgov.com/hoc/news/05pr\\_mentalhealth.html](http://www.oakgov.com/hoc/news/05pr_mentalhealth.html). Click on application form and print out.

# Be a 'Smart Chick' while shopping

By Tracy Estes  
SPECIAL WRITER

Denise Katajaniemi knows the best way to save money while losing weight: consignment shopping.

The 54-year-old Novi resident underwent gastric bypass surgery in 2004 and has since lost more than 150 pounds.

During her weight loss period, Katajaniemi said while going down clothing sizes so quickly, it was easier on her pocketbook to shop consignment.

"You wouldn't believe the sizes I went through," Katajaniemi said. "Consignment just makes sense. Most people don't have the money to go out and blow on clothes you're only going to wear for a short period of time."

Katajaniemi shops at Smart Chicks Consignment, in Novi, where she said is one of the best places locally to shop consignment.

In business since November 2007, Smart Chicks owner Nancy Solomon said a quarter of her sales are to women in the transition stages of being weight.

"Consignment is a great source for weight transitional clothing," Solomon said. "Most women can't justify spending a ton of money on clothes they will only wear a handful of times."

"The prices at my store are about 70 percent on average off what you'd pay at a retail store. Women can shop consignment, get good quality clothes and not feel guilty about spending an arm and a leg."

With brands like Talbots, Chico's, Tommy Hilfinger and Liz Claiborne, Solomon said Smart Chicks offers quality clothes for all sizes, from zero to 3X.

Consignment allows women to buy the current fashions to complement their shrinking silhouettes," she said. "Consignment also allows women to recycle their larger size clothing and make a few bucks while they're at it."

### Why consignment?

Solomon said aside from those losing weight, women shop consignment because it is more economical.

"My customers can purchase new and like-new clothing and accessories at a fraction of their original price, plus they can consign their unwanted items," she said. "Whether out of necessity or desire, consignment is a growing trend."

"However, many people still equate consignment with the second-hand stores of the past. Most consignment stores today offer quality merchandise in a boutique style atmosphere where shoppers feel like they're shopping retail, but for a lot less money."

Katajaniemi said she's been shopping consignment for years and at Smart Chicks for quite some time.

"I always bought really nice clothes when I was big," Katajaniemi said. "When I had my surgery, I didn't lose because I was able to sell her bigger clothes and buy new ones. I think



Smart Chicks Consignment employee Debbie Camarata looks at a \$40 Borgofiori linen suit offered at the Grand River Avenue shop in Novi. The Borgofiori would cost more than \$130 now. Camarata said women making their way to smaller dress sizes can save more than 60 percent by purchasing pre-owned clothes.

over half my wardrobe is from consignment. I can't justify going to the mall and spending tons of money on an outfit she can't buy for half the price at a consignment store."

"Everyone wants a larger wardrobe, and I think consignment is the way to go."

# Business Recognition Awards deadline nears

By Chris Jackett  
STAFF WRITER

Local businesses have just a few days before the June 30 nomination deadline for the Novi Business Recognition Awards.

The new program was created by Novi Economic Development Manager Ana Topouzian to give local businesses the attention they deserve.

"I just think we want to be able to show the community the types of businesses that are here. We try to give back whenever and wherever we can," he said.

Anyone can nominate a Novi business, regardless of the nominator's connection as an employee, customer or a resident.

"Some of them seem to be employees nominating these businesses," Topouzian said, noting that customers have also filled out a few nomination forms, but no owners had yet. "We don't want to drive it. We don't want to get to the point where they say 'Ana called and said to turn our thing in.'"

Nominees for the Business Recognition Awards need to be submitted by June 30. Nomination forms are available at [www.investnovi.org](http://www.investnovi.org) or by contacting Topouzian at [atopouzian@cityofnovi.org](mailto:atopouzian@cityofnovi.org).

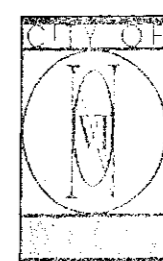
Businesses nominated for the awards) - the number of awards will depend on the number and type of applicants - will have a questionnaire sent to them. The questionnaire, due back to Topouzian by July 31, will address questions involving workforce development, community involvement, sustainability, multicultural or multi-racial, longevity (more than 10 years) and other areas.

Topouzian said the program is looking for the most well-rounded businesses in the city that are also

involved with helping the community grow. Two weeks before the nomination deadline, he said a handful of nominees had applied, but the program was looking for more.

"They seem to be namely retail, a couple service oriented. I'd like to see more of that and see some larger ones," Topouzian said, noting that businesses of any size are encouraged to apply.

For more information, contact [cjackett@gannett.com](mailto:cjackett@gannett.com) (248) 349-1700, ext. 122.



### Business Recognition Awards nominations

- Download the form at [www.investnovi.org](http://www.investnovi.org) or e-mail [atopouzian@cityofnovi.org](mailto:atopouzian@cityofnovi.org).
- To submit nomination forms, e-mail, mail or drop off the form with attention to Topouzian at the Novi Civic Center, 45175 W. 10 Mile Road, Novi, MI 48375.
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Victoria Mitchell, editor  
(248) 349-1700, ext. 102  
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# MY BUSINESS

Thursday, June 26, 2008  
[www.hometownlife.com](http://www.hometownlife.com)  
fax: (248) 349-9832

## Linens 'n Things closing, center's future changes

**By Chris Jackett**  
STAFF WRITER

The Linens 'n Things store in Novi Town Center is closing while other tenants wait for a restructuring of the development that hasn't been officially released, although some details have been known to the tenants for months.

New Jersey-based Linens 'n Things filed for Chapter 11 bankruptcy May 2 and will also close stores in Livonia, West Bloomfield, Iron, Rochester Hills, Grosse Pointe Woods, Grandville, Kentwood and Walker. About 120 of the company's 589 stores are closing nationally.

Only two Michigan stores will remain open, at Waters Place in Ann Arbor, Franklin Mall in

Lansing, West Valley Shopping Center in Saginaw and the Sterling Heights location.

The Novi store closing could be a few months away, but liquidators have put much of the store's merchandise on sale already.

Music Go Round, Salon Nadwa, Pure Weight Loss, and Flowers and More have also left the Town Center in recent months, adding to vacant lots left by the larger Mervyn's and CompUSA venues in past years.

Higby Coffee and InkStop have made the center their home recently, however, adding to the openings of Parkside Sweets, Pei Wei Asian Diner and Otherwise Dairy in recent months. These five tenants are all in two new buildings along the north side of Grand River Avenue, detached



The Linens 'n Things store will soon be closing its doors at the Novi Town Center.

Rack and second Crate and Barrel are businesses that might move in after a demolition project removes the former Mervyn's store and those soon-to-be-relocated lots on its southern edge.

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### NAMES IN THE NEWS

**Citizens Bank names Warah assistant vice president and branch manager**

Citizens Bank announces the appointment of Terese Warah to assistant vice president-branch manager of the Washton and Grand River Avenue office. She is located at 4925 Grand River Avenue in Novi.

As branch manager, Warah is responsible for efficient and effective consumer banking sales as well as service delivery and relationship management. She is also responsible for leading both the internal and external sales effort in the branch.

Warah's banking career began in 1983 at Home Savings of America in Washington. Mutual Bank. Most recently, Warah was a branch manager at Flagstar Bank. She has a bachelor's degree in business management from La Salle University in Chicago.

**ITC Holdings appoints Welch to chairman**

ITC Holdings Corp. recently announced that its board of directors appointed ITC president and CEO Joseph L. Welch to chairman of the board.

Welch has been a director and the president, chief executive officer and treasurer of ITC since its inception in 2003. Welch has overall responsibility for the company's vision, foundation and transformation into the first independent owned and operated electricity transmission company in the United States. He worked for Detroit Edison and subsidiaries of DTE Energy from 1971 to 2003.

During that time, he held positions of increasing responsibility in the electricity transmission, distribution, rates, load research, marketing and pricing areas, as well as regulatory affairs including the development and implementation of regulatory strategies.

Welch has a bachelor of science

**MAPO endorses Coardas**

The Michigan Association of Police Organizations (MAPO) endorsed Lou Coardas in the upcoming election for Oakland County Commissioner. Taken collectively, the eight organizations that comprise the MAPO represent three-fourths of the state's 19,500 certified police officers. The MAPO consists of: The Detroit Police Officers Association; The Detroit Lieutenants and Sergeants Association; The Michigan State Police Troopers Association; The Michigan State Police Command Officers Association; The Police Officers Labor Council; The Michigan Association of Police; The Warren Police Officers Association; and The Flint Police Officers Association.

**Karen Zyczynski kicks off campaign**

On Monday, June 16, Karen Zyczynski kicked off her campaign for Oakland County Commissioner at the home of her friend and supporter Nancy Shaw. Zyczynski is running because she believes "there needs to be more diversity in the political arena," and she will provide a fresh perspective. Currently, there are 25 commissioners, seven are women. As a classroom teacher for 35 years and president of the Livonia

**Education Association for the last eight of those years, Zyczynski has been an advocate for children, educators and public education. She has worked collaboratively with her colleagues, parents, school board members, superintendents and politicians to find solutions to problems facing public education.**

TALK ABOUT IT: Join in discussing our stories online via **Voices & Views** at [hometownlife.com](http://hometownlife.com)

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# MY NEIGHBORS

Thursday, June 26, 2008  
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## District administrator runs 13 miles in Alaska



Monique Beels, Novi Community Schools assistant superintendent of academics, is going to Alaska this week to compete in the Mayor's Marathon in Anchorage, and tour the state until July 2.

**"Every time I go on a run, I make a new friend."**  
Monique Beels  
Novi Community Schools Assistant Superintendent of Academics

**By Chris Jackett**  
STAFF WRITER

Every morning, Monique Beels leaves her Grosse Pointe Farms home with a goal she intends to accomplish throughout the course of the next 30 minutes, to complete her morning run.

"I used to be a bike rider. I just got too dangerous. (With running,) all you need is a half hour and a pair of shoes," she said. "It's a great way to clear my mind, thinking. I love to eat, so I don't gain a lot of weight (by running)," she said.

A survivor of breast cancer herself, Beels said the Race for the Cure is the one race she has made a point to attend and compete in throughout the past three years since recovering.

She is also registered to participate in her second Detroit Free Press-Flagstar Bank International Marathon this fall. Currently signed up for the half-marathon, she hopes to have time to train this summer for the full, 26.2-mile marathon.

Of all the races she's run in, her best race time is the 29:27 5K she ran at her first Race for the Cure in 2006. On May 31, 2008, she was only 1:09 off her best time, running the 3.1 miles in 30:36. The two times earned her top 20 finishes in her second Detroit Free Press-Flagstar Bank International Marathon this fall. She'll be hitting the streets of Anchorage, Alaska, for the 21-mile half-marathon.

"It sounded like a neat thing to do. I always wanted to go to Alaska," Beels said. "Every time I go on a run, I make a new friend. I like to travel with a run in mind."

Beels, 52, began running about 10 years ago and signed up for her first race, the "Chris Zorich 5K Run" in July 1999, as an excuse to visit Chicago. Since then, she's participated in about 30-40 races, including the Detroit Free Press-Flagstar Bank International Marathon and Annual Susan G.

Komen Detroit Race for the Cure. "It's just a great way to clear my mind, thinking. I love to eat, so I don't gain a lot of weight (by running)," she said.

While in Alaska, Beels is scheduled to go on a helicopter ride, white-water rafting, hiking and spend time reading and writing. She said, the Alaska railroad will help get her everywhere from Anchorage to Denali and Talkeetna, where she'll spend about five days each during her two-week trip.

When she leaves Alaska July 2, she won't be heading back to Michigan, but rather visiting her friend, Kari Erickson, in Denver for the July 4 weekend. Erickson is a teacher and staff developer for Denver Public Schools. The two were roommates during an Educators for Japan trip in June 2007.

Beels hopes to make the move from Grosse Pointe Farms to Novi this summer. Before coming to Novi, she was an assistant superintendent for Warren Woods Public Schools for five years.

"I lived close enough I could go home for lunch, run and shower and get back to work in an hour," she said, adding she hopes to be able to do the same after moving to Novi. "I was waiting for the economy to get better (before I tried to sell my home and move). Now I'm just doing it."

alone. "No one else could go (because of the cost of their lack of availability)."

Beels hopes to make the move from Grosse Pointe Farms to Novi this summer. Before coming to Novi, she was an assistant superintendent for Warren Woods Public Schools for five years.

"I lived close enough I could go home for lunch, run and shower and get back to work in an hour," she said, adding she hopes to be able to do the same after moving to Novi. "I was waiting for the economy to get better (before I tried to sell my home and move). Now I'm just doing it."

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## Glamour lures exchange students, but Michigan captures them

**Foundation brings over 3,000 students every year**

**By Alecia Hibben**  
SPECIAL WRITER

Disneyland, Hollywood, hot sports, and an obsession with sports are the bait that lures high school foreign exchange students to the Land of Opportunity. Most of these youngsters yearn to live with a family in California, hoping to catch a glimpse of the latest box-office movie star, though many wind up in Michigan. And when they do, they experience a taste of Americana that surpasses their initial starry-eyed dreams.

The Great Lakes state is right behind Texas for the highest number of families willing to open their homes to foreign exchange students.

"Michigan is a very philanthropic state," said Trish Dewald, a fundraiser for College for Creative Studies who grew up having many foreign exchange "siblings." "People are generous with their time and money—and if they don't have the money, they give their time."

This rings true for Al Vardya, the owner of a technology solutions firm. Soon to become employees, Vardya and his wife, J.T., were recently looking for an opportunity to give back to their community when they stumbled upon EF Foundation for Foreign Study, an organization that brings

in over 3,000 foreign exchange students from 40 different countries each year.

The 25-year-old foundation, overseen by the U.S. Department of State, seeks to break down social, language and geographical barriers. The exchange students come into the program seeking a cultural adventure. And thinking ahead, they know they need to be fluent in English in order to compete in the international job market. All are learning multiple languages, but when they leave the country after a school year or even a single semester, they indeed return home fluent in English.

Vardya, now a volunteer exchange coordinator for the organization, networks within the tri-county area to find loving families willing to open their homes to students eager to learn about American culture. Vardya said some people become hosts because they want a "sibling" for their own children. Others find hosting a way to ease the transition of a bustling household into empty nest-hood.

"I'm trying to build awareness with neighbors and schools," he said. "My focus now is also helping families begin the hosting process."

The Novi resident said he has a soft spot in his heart for foreign exchange students because his kids, who attended Northville High School, have had friendships with several. In fact, many exchange students from the EF program have attended both Novi and Northville high schools, especially in recent years.

"For many countries, it's a cultural thing to want to go abroad,

and America has a mystique," Vardya said.

"It must be the Hollywood thing," responded Peter Almqvist, the only field recruit manager for the organization. Almqvist and his wife began hosting over 12 years ago when one of his daughters came home with a friend from Italy who was having a bad experience with her host family. Six months later, that exchange student left the Almqvist household in St. Clair Shores and returned home with joyful stories about her new American family.

Having had a rewarding experience himself, Almqvist hosted two exchange students, one male and one female, the following year.

"There's nothing like bringing a boy into a house filled with girls," said the father of two daughters.

The fascination for cultural awareness doesn't just end with the exchange student. Host families find themselves riveted by stories of life in other countries, sold right in their own kitchens. From her own experience, Dewald said the little ones are enamored with their new big brother or big sister.

"The students coming from Australia and New Zealand, though they speak English, their culture and the school systems are so different," Almqvist said. "There are a lot of stereotypes about Americans. They get to see the real America through us, not through newspapers. Hopefully, these kids will be in positions of power and make decisions based on their experiences here."

And part of these experiences are things Americans take for



Novi resident Al Vardya, coordinator for EF Foundation for Foreign Study, with his wife, J.T. (second from left), and daughters Tasha and Nikita.

granted, like a simple taco restaurant."

EF Foundation hosts need not resemble the traditional American family. In fact, gays, lesbians, singles and grandparents can become hosts as long as they are at least 25.

"They just need the space, the time and ability," Almqvist said.

he took her on a tour of American restaurants."

EF Foundation hosts need not resemble the traditional American family. In fact, gays, lesbians, singles and grandparents can become hosts as long as they are at least 25.

"They just need the space, the time and ability," Almqvist said.

While hosts don't receive money from the foundation, the students do pay for their own entertainment, clothes and even textbooks. The cost for an exchange student to enter the program is between \$7,000 and \$13,000, depending on the country of origin.

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MY PUBLIC SAFETY

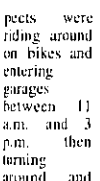
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Novi suspects sell stolen golf clubs to buy heroin

By Kelly Murad STAFF WRITER Three Novi men arrested last week for first degree home invasion...



Daniel Young



Jonathan Sayre



Justin Griesemer

Molly said the suspects told police they would get \$100-\$150 for a set of golf clubs... The subjects were arrested...

2007 and police had contact with Griesemer as a juvenile... Many crimes occur due to an opportunity...

Wixom teen jailed for involvement in Michigan State riot

According to WWJ Newsradio (95.9-AM) Shane Patrick Raus, 18, of Wixom was sentenced to 30 days in jail for throwing an empty beer bottle during an April riot at Michigan State University...

possession system was stolen from a vehicle while parked in the lot of a local restaurant...

The woman also noticed several "Realize Your Sale" signs were knocked over on her street during the night...

The wallet is being held at the Novi Police Department, 45125 W. 10 Mile Road...

12 Mile and Dixon roads, noticed the damage, which appeared to be done in order to gain access to the locked pool, reports said...

The day began like any other winter day in snowy Michigan... The Novi Police Department is asking anybody with information...

Navigation system stolen from vehicle A Magellan RoadMate global positioning system was stolen from a vehicle while parked in the lot of a local restaurant...

According to the report, the driver-side wheel had something driven into it, to break the lock...

When the boy returned to the building where he left his bike, it was missing...

A Novi police officer attempted to contact the owner through a possible phone number, but no one answered the phone...

She and her "best friend" toured 90 disc golf courses from Detroit to the west end of the Upper Peninsula...

A career of passion "There was a lot of growth there. Being independent and taking the risk that I did, gave me the confidence to do something..."

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

MY RECREATION

Thursday, June 26, 2008 www.novionline.com

A game of disc golf sets the course for area grad

Stephanie Myers compiles a guide book, 'Disc Golf Michigan!'

By Alea Hibben SPECIAL WRITER

The day began like any other winter day in snowy Michigan. But when a friend brought Stephanie Myers...

Detroit to the west end of the Upper Peninsula, averaging one every two days. Myers combed the courses for information...

"I would go way out of my way to play a course, and it would be unkempt and it wasn't what I expected," she said.

"I took over 5,000 photos for a book because the photos can help someone get a feel for the course," she said.

"My dog is a really good guard dog," she said.

A career of passion

"There was a lot of growth there. Being independent and taking the risk that I did, gave me the confidence to do something..."

Field research

After graduating with a degree in environmental studies and communications from Western Michigan University in 2005, Myers converted a 1997 Dodge Ram diesel to run on vegetable oil...



Kyle Anderson, right, and Jeff Greer, both 16, finish up a round of disc golf at Northville Township's Cass Benton Park last year on a hot and steamy afternoon.

The Livingston Sunrise Rotary Club presents: 2nd Annual Hungry Duck Run Half Marathon & 5K Benefiting Gleaners Community Food Bank

whether or not dogs are permitted, and the kinds of tee pads, maps and signs that are available. She also gives a shot but thorough description of each course.

"I'm pleased to find a large disc golf community here (in Kalamazoo)," she said, noting that Michigan is rated as one of the top disc golf states.

"It's kind of coming full circle for me," Myers said. "I started watching this event in Northville and I've established a new hometown in Kalamazoo, and now it's happening here."

The book

In addition to playing the courses herself, Myers developed an online survey to see what other players wanted to know...



Disc golf, also called Frisbee golf, is played much like ball golf but replaces the ball with a Frisbee-like disc.

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LOU CSORDAS for Oakland County Commissioner District 9: Novi - Northville

PROVEN LEADERSHIP Mayor, City of Novi Councilmember, City of Novi Chairman - Novi Planning Commission

AS OAKLAND COUNTY COMMISSIONER Will utilize my 35 years of private sector Executive Management experience and 9 years of public sector experience to:

Endorsed by the Michigan Association of Police Organizations The Detroit Police Officers Association The Michigan State Police Officers Association

Lou Csordas is exactly the type of person I need at the county. His excellent work as the Mayor of Novi and his employee benefits expertise will be a valuable asset.



TALK ABOUT IT: Join in discussing our stories online via **Voices & Views** at [hometownlife.com](http://hometownlife.com)

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

Thursday, June 26, 2008  
[www.hometownlife.com](http://www.hometownlife.com)  
fax: (248) 349-9832

# MY OPINION

## Novi News

Victoria Mitchell  
Editor  
Susan Rosiek  
Executive Editor  
Peter Nell  
VICE PRESIDENT/GENERAL MANAGER

### In Our Opinion: Prepare to give your child a boost

Beginning July 1, a new Michigan law will be enforced requiring that all children be in a booster seat until they are 8 years old or 4-feet-9-inches tall. Traffic crashes are the leading cause of death for children. And, according to the Michigan Office of Highway Safety Planning, when used correctly, child safety seats are 71 percent effective in reducing fatalities and 50 percent effective in preventing minor injuries. Don't take a chance with your child's safety and don't break the law. This is a primary enforcement law so a police officer can stop a vehicle if the officer sees an improperly restrained child and issue a citation that could end up costing parents \$65 to \$165 in fines and fees.

Mile Road and Target on Grand River Avenue, east of Wilson Road. The legislation, which was introduced by Sen. Michelle McManus (R-Lake Leelanau) was signed by Gov. Jennifer M. Granholm on March 27. The law states children must be in a booster seat until they reach the age requirement or the height requirement, whichever comes first. We encourage all parents and guardians in the community to go out this weekend and purchase a booster seat if your child fits into this category. Seats may be found at local stores like Toys R Us on Novi Road, south of 12



**Leisurely Novi Summer**  
A lamb hangs out in the vicinity of an ewe at Novi's Tollgate Farms last week. The educational farm, with its critters and gardens, is open to the public seven days a week and is located at the northwest corner of 12 Mile and Meadowbrook roads.

Photo by JOHN HEDBERG/Novi News

### LETTERS

#### Let voters decide

Large Mayor David Landry and the City Council to reconsider plans to destroy the buildings at Forest Farm. Since this summer is a noticeable part of Novi, I believe this decision should be made by the voters. I am confident that all of City Council wants their legacy to be known for sound, fair, smart decisions. I believe the outpouring of opposition for the proposed demolition should be addressed. A leadership that listens to all its citizens is a leadership that is a role model for the future of our City. Please reconsider your original plan and ask for the voters to decide. You hold the history of Novi in your hands... are you sure you don't want to know what the majority think?

Sue Flanagan  
Novi

#### Where are the men?

Each year, Oakland Community College commencement ceremonies fill The Palace of Auburn Hills. Graduates, family members, friends, faculty (even

Sandra Thornton  
Livonia

#### Hey, Novi: What's Your Story?

We're looking for you! The Novi News is currently looking to interview local residents regarding the following topics:

- Are you a Novi resident interested in sharing a story about how your religious faith has carried you through tough times?
- Do you spend more than \$200 per week on gasoline?
- Do you have an unusual or interesting hobby?

E-mail: [Victoria.Mitchell@vrmitchellgannett.com](mailto:Victoria.Mitchell@vrmitchellgannett.com).

#### 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
- Fax: (248) 349-9832
- E-mail: [vrmitchell@gannett.com](mailto:vrmitchell@gannett.com)
- Deadline: Letters must be received by 5 p.m. on Monday to be published in the Thursday edition.

## Sen. Cassis Lansing Connection: Michigan Public Service Commission to hold hearings on recent power outages

Earlier this month, a series of thunderstorms crossed the lower peninsula. In addition to causing hundreds of thousands of dollars in property damage, the storms caused an estimated 720,000 customers of Detroit Edison and Consumers Energy to lose electric power for several days, including tens of thousands of residents of Oakland County.

Anyone who has been without power for any length of time knows what a distressing problem it can be. When your electricity goes out, your life becomes a bit harder for a time. It is in these times that we take comfort in our relationships with friends and family as we share meals, refrigerators and laundry service.

Thanks to our sophisticated, modern power system, we can also rest assured that while our power may go out unexpectedly, it is usually restored in short order.



Sen. Nancy Cassis

Unfortunately, this recent spate of outages was accompanied by additional difficulties. According to an announcement by the Michigan Public Service Commission, many residents were unable to notify their utility company of power outages and downed power lines via the company's toll-free number. This may have played a role in extending the time some residents were without power.

Fortunately, the MPSC is taking action. In a statement, the commission said, "The Michigan Public Service Commission has an obligation to ensure that utilities are providing customers with reasonably reliable service, to protect the public from hazardous downed power lines, and to promptly respond and restore power to customers suffering from outages." The MPSC has decided to conduct an investigation over the next 60 days to determine what exactly happened with the utilities' distribution systems after the power outages, why it happened, and whether anything can be done to prevent similar problems in the future.

In Oakland County, the MPSC is holding a public hearing in Pontiac on Monday, June 30, from 2-4 p.m. in the Board of Commissioners' Auditorium in the County Courthouse. The courthouse is located at 1200 N. Telegraph Road.

I am glad the commission is taking this step. I encourage anyone affected by these outages to attend the hearing. Let your voice be heard.

Your feedback is always welcome. You can contact me by e-mail at [senncassis@senate.michigan.gov](mailto:senncassis@senate.michigan.gov), or toll free at (888) 38-NANCY.

State Sen. Nancy Cassis (R-Nowi) represents the 15th Senate District, which includes the townships of Commerce, Highland, Holly, Lyon, Milford, Novi, Rose, West Bloomfield and White Lake, as well as the villages of Holly, Milford and Wolverine Lake and the cities of Novi, Northville (the Oakland County portion), Orchard Lake, South Lyon, Walled Lake and Wixom.

As our Independence Day rolls around, we should pause and give thanks to the freedoms we take for granted. We are free to worship or not, free to choose where to work or where we live, and peacefully assemble or petition our government. We have a free press that stands guard against tyranny. We have great educational opportunities available to all while providing many second chances in life, especially our system of community colleges that give a chance to recover from missed opportunities or create new ones.

We have much to give thanks for because we live in a country that provides the foundation for life, liberty, justice and the pursuit of happiness - the USA.

These thoughts enter my mind each time I travel to China and are especially prevalent as I will be in China during our July 4th celebration.

China has changed mightily since my first visit. Many of the changes are positive, such as moving hundreds of millions of people out of abject poverty, a

Let your opinions be heard! Blog via **Voices & Views** at [www.hometownlife.com](http://www.hometownlife.com)

JOIN IN: Discuss stories online via **Voices & Views** at [hometownlife.com](http://hometownlife.com)

Victoria Mitchell, editor  
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vrmitchell@gannett.com

# COMMENTARY

Thursday, June 26, 2008  
[www.nownews.com](http://www.nownews.com)  
fax: (248) 349-9832

## PHIL POWER: Results of new Michigan poll surprising

The Midwest Democracy Institute has taken a new poll of 400 Michiganders, and it predictably strikes a dismal note - but one that contains some surprising grounds for optimism.



About Phil Power

First, the grim news: Only about one out of six of us (16 percent) think the state is "on the right track."

Distrust in state government has risen over the last two years; Nearly three out of four of us (73 percent) say they only trust state government some of the time... or almost never.

Barely one in five (21 percent) think Gov. Jennifer Granholm is doing a good job, while a mere tenth of us (11 percent) think the legislature is doing well.

None of this will surprise anyone who has been following state affairs for the last few years, and is familiar with the usual drumbeat of doubt and depression from all sides.

But embedded in the survey is this remarkable finding: At the same time, many continue to have an abiding faith in the ability to change state government to be less influenced by moneyed interests and more responsive and accountable to constituents.

A large majority (77 percent) expresses personal interest in an organization that works toward making state government work better by being more honest and accountable, and over half of Michigan residents (54 percent) say they're "extremely interested."

That fits well with what

the Michigan's Defining Moment campaign has discovered over the last six months. In that time, it has held nearly 200 community conversations, small group "deliberative democracy" gatherings all over the state. (Full disclosure here: I founded the non-profit, non-partisan sponsoring organization, The Center for Michigan, and I'm a co-chair of the campaign.)

Attitudes expressed in these meetings are decidedly not a scientific poll. Nor are they top-down ideological statements of revealed truth (if any such things exist). Instead, they're the thoughtful reflections of nearly 2,000 Michiganders, who attempted to define their hopeful vision for the state, as well, as share their thoughts about how best to achieve that vision.

The results have just been released in a report, "Michigan's Defining Moment: A Common Ground Vision for Michigan's Transformation." In the main, the findings are pretty straightforward: People want a talented and globally competitive work force; a thriving economy and a great quality of life attracting talented people to Michigan; and a state government that is effective, efficient and

accountable. (You can find the full report on the Center's Web site, [www.thecenterformichigan.org](http://www.thecenterformichigan.org).)

Incidentally, the Midwest Democracy Network is an outfit advocating campaign finance reform and transparency in government. Among the proposals that got top marks in their poll:

- Requiring judges to publicly disclose campaign contributions as well as requiring them to step aside when cases before them involve parties who contributed to their campaigns. (This will likely be a big issue this fall, when Chief Justice Clifford Taylor of the Michigan Supreme Court - recently rated as among the worst in the country - is up for election. Democrats have vowed to try to defeat him.)
- Establish non-partisan commissions to draw new district boundaries when needed, normally following the U.S. Census every decade. (Along with lengthening or abolishing term limits, fixing our redistricting system comes out high in MDM community conversations. The vast majority of Michigan legislative districts are gerrymandered to favor one party or the other.)
- Six out of 10 Michiganders felt a pack-

age of reforms will make a "big difference" in how their government works. Interestingly, many legislators feel the same way. Over the past few months, I've had six small, confidential, off the record dinners with lawmakers from both parties. To a person, they are hard-working, interested in doing the right things, frustrated with a political system that tends to push them into scoring partisan political points rather than governing wisely.

True enough, this poll, like many others, looks grim on the surface. But if you look a bit below the surface, lots of folks are interested in reforming the system and willing to work hard to do it.

Correcting The Record: My column last week chastised Gov. Granholm for not adopting Oakland County Executive L. Brooks Patterson's idea for a four-day, 10-hour work week to save gas. Turns out she released a letter urging state departments to do exactly that, one day before my column was published.

I'm pleased she did the sensible thing to help preserve a "little fuel," while helping state employees save a lot of gas money.

## Tom Watkins: China bound - United States proud

I am off, once again going to China. I have traveled to China and crossed its east coast many times since my first trip in 1989. In May of that fateful year I stood with the student protesters in Tiananmen Square. The students were calling for greater freedom, democracy and an end to official government corruption. A chill still runs down my spine when I recall a student imploring me, "Describe freedom, describe democracy!"

As our Independence Day rolls around, we should pause and give thanks to the freedoms we take for granted. We are free to worship or not, free to choose where to work or where we live, and peacefully assemble or petition our government. We have a free press that stands guard against tyranny. We have great educational opportunities available to all while providing many second chances in life, especially our system of community colleges that give a chance to recover from missed opportunities or create new ones.

We have much to give thanks for because we live in a country that provides the foundation for life, liberty, justice and the pursuit of happiness - the USA.

These thoughts enter my mind each time I travel to China and are especially prevalent as I will be in China during our July 4th celebration.

China has changed mightily since my first visit. Many of the changes are positive, such as moving hundreds of millions of people out of abject poverty, a



About Tom Watkins

great human rights accomplishment. The Chinese economy has expanded at or above 10 percent for two decades, creating jobs in China and around the globe. It was recently announced that GM and Ford will be selling hundreds of millions of dollars worth of cars and parts to the Chinese, which will create jobs here at home.

Yet, with a little more than a month to go before the opening ceremony of the 8-8-08 Olympics in Beijing, the pollution hangs over the city as a dark shroud of a reminder of what the rapid industrialization of China has done to the Chinese and world environment. The damage is evident in the health of its citizens as well.

How we manage relations with the Chinese will have an impact on Americans and citizens of the world. We should maintain our ideals and resolve while realizing the Middle Kingdom and America's economies, along with the respective peaceful rise, both are inextricably linked and demand mutual respect from the East and West. Given these realities, it is likely that presidential political posturing about punishing China will fade with whoever becomes our next President.

China and the United States recently wrapped up the fourth Strategic Economic Dialogue. These meetings are important bridge-building exercises that can and do produce tangible results. The most recent produced agreements are in food quality monitoring, energy, security

and environmental issues.

I concur with Vice Premier Wang Qishan, the special representative of China's President Hu Jintao, who said, "Regardless of what happens in the future, it is necessary to continue this important platform... Both sides should avoid complicating and politicizing economic issues." Secretary of the Treasury Henry Paulson hoped the talks would produce enough results that the next administration would continue the SED.

It is in our state's and national interest that we build bridges (see at [www.wjty.com](http://www.wjty.com) the CBS-Detroit, Emmy award-winning documentary "Building Bridges - from the Great Lakes to the Great Wall" that I proudly helped produce as the China education and business consultant) with the people of China. People-to-people connections in science, education, economics, business and other pursuits will be mutually beneficial to both of our countries.

Many in Michigan have been building bridges to China. Educators at our top universities, pioneering K-12 school districts, Robert Picano and L. Brooks Patterson of Wayne and

Oakland Counties, respectively, and more recently, the Michigan Economic Development Corporation, have been building bridges that promise to serve our citizens well. They have demonstrated that the Chinese rise does not have to be our demise.

While many in the West only focus on China's growth, it remains a developing nation where an overwhelming number of citizens struggle and live on less than two dollars a day. The recent earthquake in Sichuan has killed 70,000, injured countless others and left five million people homeless. The needs of the Chinese people are brought to our TV screens nightly.

You can help, give to [www.Give2Asia.com](http://www.Give2Asia.com) and help rebuild the 7,000 schools that crumbled and the lives that have been shattered.

China will play a large part in the future of the world. By building human connections and greater mutual understanding we can do our part to make that future positive for us all.

I look forward to returning to China. And I will count my blessings upon my return to the good of USA.

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BEXAR COUNTY: Tom W. applied Thera-Gest® on his aching back, then built a record-size tree house on his fringed beach while his friend was on vacation. When asked why he built the tree house, especially knowing his friend had no kids, he painlessly replied: "None of your dang business!"

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**Physical Therapy Rehabilitation Update**  
by Dennis Engerer, P.T.

THAT'S STRETCHING IT A BIT!

Basically, there are four types of stretching. Static stretching is a sustained stretch which is held and leveraged with another limb or against gravity to deepen the stretch. Ballistic stretching involves placing the body in a stretched position, followed with small bounces (intended to deepen the stretch). An active stretch is one in which the opposing muscle group contracts and pulls the body into a stretch. Finally, a dynamic stretch involves moving the body or a limb through a range of motion. While it was once thought that static stretching before exercise would prevent injury, it is now known that performing a static stretch prior to any type of muscle contraction slows down and weakens the muscles.

Involved, worsening performance. A physical therapist can help you determine which exercise are right for your body and your needs. Specializing in orthopedic and sports rehab, we are dedicated to traditional patient centered care coupled with cutting edge physical therapy technology. For appointment and referral information, call NORTHVILLE PHYSICAL REHABILITATION, P.C. at 248.349.9339. We are conveniently located at 215 East Main, Suite B. We are presently accepting new patients.

P.S. Active and dynamic stretching are better techniques for warming up than static stretches because they prepare the body for exercise.

[www.northvillephysicalrehab.com](http://www.northvillephysicalrehab.com)

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June 23-26 Ford Field - Detroit  
June 28-July 3 Traverse City West Y. High - Traverse City  
July 7-10 Central Middle School - Farmington Hills  
July 14-17 Uline Cross Middle School - Chesterfield  
July 21-24 Howell High School - Howell  
July 28-31 Lake Orion High School - Lake Orion  
August 4-7 Waverly High School - Lansing

For more information call (313) 263-2244 or visit [detroitlions.com/youthfootball](http://detroitlions.com/youthfootball)

BOYS GIRLS AGES 6-14

Guest Appearance from a Current or Former Lions Player!





continued from 16A

accomplished without the little ones in tow. Also enjoy a mom's night out and other social events.  
CONTACT: Sue Tracz (248) 380-0998.

**Friendship Circle**  
TIME/DATE: 1 p.m. second Thursday of each month  
LOCATION: St. James Catholic Church, 46325 10 Mile Road, between Taft and Beck roads  
DETAILS: Social group for all widows and widowers.  
CONTACT: Norbert Monson (248) 851-6730, Florence Voight (248) 477-3032, Joy Iovardi (248) 348-9138 or joyiovaldi@earthlink.net

**Kensington Valley Mothers of Multiples**  
TIME/DATE: 7 p.m. second Thursday of each month  
LOCATION: Witch's Hat Depot, 300 Dorothy St., South Lyon  
DETAILS: This group provides information, support and social activities for mothers of multiple birth children and their families. Mothers of multiples living in and around the Kensington Valley school conference are all welcome.  
CONTACT: (248) 437-5496 for more information

**MOMS Club of Novi East**  
TIME/DATE: 10 a.m. first

Monday of every month  
LOCATION: Novi Civic Center  
DETAILS: Moms Offering Moms Support (MOMS) is a non-profit support group for mothers who choose to stay at home with their children or work out of their homes.  
CONTACT: Stacy at (248) 504-7826 or stacey@myevents.com

**Breast Cancer Support Group**  
TIME/DATE: 10-11:30 a.m. second and fourth Tuesday of each month  
LOCATION: Huron Valley-Sinai Hospital (Classroom C) Commerce  
DETAILS: No registration needed.  
CONTACT: (248) 937-5017

**Crohn's & Colitis Support Group**  
TIME/DATE: 7-9 p.m. first and third Wednesday of each month  
LOCATION: Providence Park Hospital and Medical Center  
DETAILS: Enter facility through southeast entrance. Meeting in Conference Room A; immediately to the left.  
CONTACT: Al Biggs (313) 805-7605 or Crohn's & Colitis Foundation of America (888) 737-2322.

**Heartland Hospice Volunteers Needed**  
TIME/DATE: Day and evening classes

LOCATION: 28588 Northwestern Hwy., Suite 475, Southfield  
DETAILS: Caring and compassionate individuals needed to register for Heartland Hospice Volunteer Training. We serve individuals and their families during their end of life journey in the Tri-County area. Office support is also needed.  
CONTACT: Mary at (800) 770-9859

**Novi Toastmasters**  
TIME/DATE: 7-8:45 p.m. first and third Tuesday of each month  
LOCATION: Novi Civic Center Activities Room, 45175 W. 10 Mile Road  
DETAILS: Toastmasters will help you improve your communication skills; voice your opinion; polish your presentations and practice leadership.  
CONTACT: Amy (248) 752-2800

**Take Off Pounds Sensibly (TOPS) Chapter**  
TIME/DATE: 11 a.m. weigh-in and 11:30 a.m. meeting every Wednesday  
LOCATION: Meadowbrook Commons, 25075 Meadowbrook Road  
DETAILS: \$24 per annual membership; includes handbook, \$1 per meeting. New members welcome.  
CONTACT: Rebecca Boyke (248) 305-8646

**Visiting Nurse Association Hospice Volunteers Needed**  
LOCATION: Visiting Nurse Association of Southeast Michigan, 25900 Greenfield Road, Suite 600, Southfield  
DETAILS: Looking for kind, compassionate hospice volunteers two to four hours per week in the tri-county area; volunteers needed Monday through Friday during day time hours; there is a great need for male volunteers to support male hospice patients; an interview and attendance at three training sessions is required. Call (800) 882-5720; ext. 8361, (248) 967-8361 or visit vna.org.

**Widowed Friends Support Group**  
DETAILS: Widowed Friends of the Archdiocese of Detroit is a peer support group.  
CONTACT: For more information, call Marilyn at (866) 739-9406

**Miss**  
TIME/DATE: 2:30 p.m. Sunday  
LOCATION: Guardian Angels Parish, 581 East 14 Mile Road, between Rochester and Liverios roads, Clawson  
DETAILS: Refreshments and fellowship after mass.  
CONTACT: Justine (734) 455-6939

**HEALTH**

St. John Providence Hospital

LOCATION: 47601 Grand River Ave., corner of Beck Road, near Beck Road entrance  
Dinner with a Doctor  
TIME/DATE: 6:30-8:30 p.m., last Thursday of month (tonight)  
LOCATION: Conference Rooms A, B and C  
DETAILS: "Hearig Loss" with Dr. Seish Babu.  
CONTACT: Free registration for lecture and dinner by calling (888) 440-7325

**Cancer Prevention and Survival Cooking Course**  
TIME/DATE: 6:30-8:30 p.m. every Thursday, June 26-July 24 (no class July 3)  
LOCATION: Assarian Cancer Center  
DETAILS: Learn how proper diet can help prevent and survive cancer. Sponsored by The Cancer Project. Class is free but a suggested donation is \$10 per class. To register, call James Tester at (248) 465-6455.  
CONTACT: For information about cancer prevention and sur-

vival cooking, visit CancerProject.org or call (202) 244-5038.

**ONGOING**

**SWOCC Studio Tours**  
LOCATION: 33300 Nine Mile Road, Farmington  
DETAILS: Come in for an up-close look at the Southwest Oakland Cable Commission Studios local community television studio.  
CONTACT: Melissa Cohn (248) 473-2840

**Gardeners of Northville and Now**  
TIME/DATE: 6:30 p.m. second Monday of month through May  
LOCATION: Rotates between Novi Civic Center and the Northville Library.  
DETAILS: Visitors welcome.  
CONTACT: (248) 231-2334 or visit gardenersnorthville-novi.org

**ROCK FINANCIAL SHOWPLACE**

46100 Grand River Ave., Novi  
CONTACT: Call (248) 348-5600 or visit <http://rockfinancialshowplace.com/> for more information.  
International Gem and Jewelry Show  
TIME/DATE: Noon-6 p.m. Friday, 10 a.m.-6 p.m. Saturday and 11 a.m.-5 p.m. Sunday  
DETAILS: Tickets are \$7. No strollers. Parking \$5.

**Golf Outings**

**Novi Parks Foundation Annual Golf Outing**  
DATE: Thursday, Aug. 7  
LOCATION: Links of Novi  
DETAILS: Price includes 18 holes of golf with a cart, lunch, gourmet steak dinner and awards. Cost is \$125 per person, \$500 for a foursome or \$50 for

dinner only. Proceeds benefit park enhancements, recreation opportunities and scholarship programs for local children in need. Mail registration and a check payable to Novi Parks Foundation, P. O. Box 1169, Novi, MI 48376.

**REGIONAL**

**Crohn's & Colitis Foundation Half Marathon**  
TIME/DATE/LOCATION: 7 p.m. Tonight - REI, 970 West Eisenhower Pkwy, Ann Arbor; 10 a.m. Saturday - West Bloomfield Recreation Activities Center, 4640 Walnut Lake Road, Rm. 102, West Bloomfield; 7 p.m. Thursday, July 10 - REI, 17559 Haggerty Road (at Six Mile), Northville.  
DETAILS: Local team being recruited to participate in the Rock'n'Roll San Antonio Half Marathon on Nov. 16. Four informational meetings held locally. This program trains you to run or walk a half marathon, while help-

ing the Foundation's Michigan Chapter raise funds to find a cure for Crohn's disease and ulcerative colitis. A kickoff party will be held on July 17 at Meisen's Fitness Center in Southfield. Training begins July 19-20.  
CONTACT: Ellen Sherwood, CCA Team Challenge Endurance Manager, (248) 737-0900

**Pianist Aki Takahashi Concert**  
TIME/DATE: 8:30 p.m. Friday  
LOCATION: Detroit Institute of Arts, 5200 Woodward Ave., Detroit  
DETAILS: This internationally known pianist's concert is part of the Friday Night Live activities which take place from 6-10 p.m. and include art-making workshops, drawing in the galleries, guided tours and more. Free with museum admission.

Send your calendar items to [NoviNews@104WMainStreet.com](mailto:NoviNews@104WMainStreet.com), Suite 101, Northville, MI 48167; fax to (248) 349-9832; or e-mail to [varriehell@gannett.com](mailto:varriehell@gannett.com)



**Hands-on Fun!**  
Novi Public Library employee Margi Karp-Opperer helps Shannon Stork, 11, make a tie-dye T-shirt during last Monday's library-sponsored activity for kids.

Photo by JOHN HEIDER  
Novi News

**We're Having A GOLD BUYING PARTY!**

**Saturday, June 28 & Sunday, June 29 11am-5pm**

**at the Hampton Inn**  
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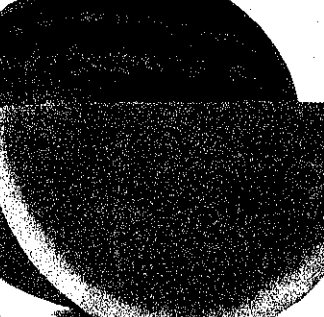
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# My Novi Sports

## Novi youth teams capture titles SPORTS 2B

THURSDAY, JUNE 26, 2008 • WWW.HOMETOWNLIFE.COM • SPORTS SUBMISSIONS: JTHEISEN@GANNETT.COM • PAGE 1B

# DIAMOND KINGS

### Anderson leads All-Area, Novi places 2 on First Team

By Jeff Theisen  
 SPORTS WRITER

Northville's Steve Anderson came through big time in two big positions for the Mustangs — shortstop and batting No. 3.

Anderson's offensive statistics speak for themselves. He hit at a .505 clip (50-99) with 13 doubles (team high), two triples and three home runs, a .768 slugging percentage, was on base just less than 60 percent of the time, led in RBIs with 45 and was third in runs scored with 44.

"He was by far our most consistent offensive player," Northville head coach John Kostorzewa said. "He never went through any slumps. He hit the ball extremely well."

"He started on a good note and finished on a good note."

Just as important to Kostorzewa, Anderson was just as good in the field. He made seven errors at short in 33 games.

"He's got good arm strength ... and he's very athletic," Kostorzewa said. "He takes good routes to ball. He made plays that were pretty difficult look easy."

Anderson might not be the rah-rah type of leader, but he didn't have to be. His numbers on offense and defense spoke volumes about his play for the 31-3 Mustangs who claimed divisional and conference titles.

"He brought a kind of calmness," Kostorzewa said. "I think our team looked to him to do things to lead us. He would come up with big hits time and time again."

Grand Valley State now gets the services of Anderson, and Kostorzewa thinks he will continue to get better.

"At the collegiate level, he's going to generate more and more power," Kostorzewa said. "He's made unbelievable progression from his sophomore year to his senior year. He's going to keep making that progression when he goes on to the next level."



Photos by JOHN HEIDER/Novi News

A Mustang shortstop hustles to scoop up a ground ball during their home game against Wayne.

#### First Team

Novi lands two and Catholic Central one on the First Team All-Area.

Tyler Scott and Phil Celeski represent the Wildcats, and Tony Thomas is honored for the Shamrocks.

Scott took the ball for all the big games for Novi, finishing 7-5 with a 3.05 ERA with 66 strikeouts in 62 innings pitched. His biggest win came in a complete-game victory against Northville in the district final.

Hitting was no problem for

Scott either. He finished with a team-high .423 average (41-97) and was tied for second in home runs with five.

Scott is headed to Toledo, where he will continue to play baseball.

Celeski brought the big bat to each game for the Wildcats. He

finished with a .398 average (43-108). He led the team in home runs (8), doubles (13), runs (43), RBIs (38) and slugging percentage (.759).

See BASEBALL, 2B

#### All-Area Baseball

Player of Year — Steve Anderson, Northville senior

#### First Team

Tyler Scott, Novi senior  
 Phil Celeski, Novi senior  
 Tony Thomas, CC junior  
 Matt Deacon, Northville junior  
 Joe Mitchell, Northville senior  
 Darnell Sanderson, Northville senior  
 Michael Collins, Northville sr.  
 Steve Buglone, Milford jr.  
 Ricky Samuel, Lakeland jr.  
 Brett Burmeister, Lakeland jr.  
 Garrett Roche, Lakeland jr.  
 Austin Darter, St. Lyon senior

#### Second Team

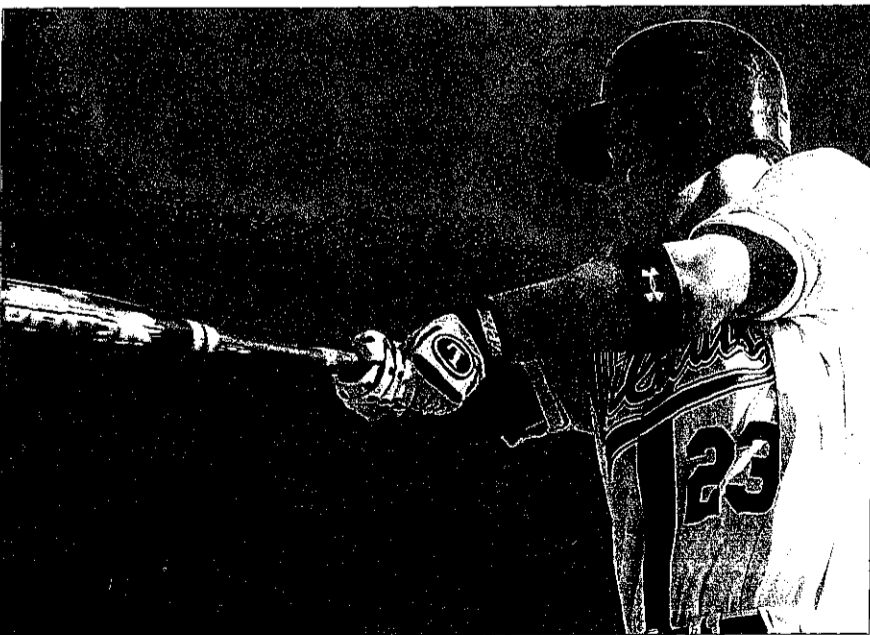
Garrett Green, Novi junior  
 Pat Schlenke, Novi senior  
 Dan Kiger, Novi junior  
 Steve Harding, CC junior  
 Gordy Hao, CC junior  
 Kevin Uetz, Northville senior  
 David Uberti, Northville senior  
 Kyle Asher, Northville senior  
 Donny Holland, Lakeland jr.  
 Aaron Beaulieu, Lakeland jr.  
 David Karamidas, Grand Jr.  
 Jake Smith, South Lyon senior  
 Max Kondrath, South Lyon jr.

#### Honorable Mention

Mark Beard, Novi senior  
 Dan Enright, Novi sophomore  
 Jake Walker, Novi junior  
 Mike Place, Novi senior  
 Keenan Hart, CC junior  
 Jake Hanson, CC senior  
 Jack Nelson, CC junior  
 Dan Mills, Northville sophomore  
 Anthony Sery, Northville jr.  
 Bryan Miller, Milford sophomore  
 David Hanch, Lakeland junior  
 Dan Vess, South Lyon senior  
 Chris Eckler, South Lyon junior



Tyler Scott swings at a pitch near his knees.



Wildcat Phillip Celeski takes a cut at pitch during a Novi home game.

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# Lyon's Kaminsky tops All-Area

By Patrick Plinter and Jeff Theisen  
SPORTS WRITERS

Playing lacrosse at the college level was not even on the radar for South Lyon junior Kelsey Kaminsky three years ago. Having the ability to play for a state championship in high school was not either.

Because of her dedication to the game of lacrosse Kaminsky will have the experience of doing both. This year, Kaminsky led the Lions to a 22-1-2 record, with their only loss coming to Birmingham United in the state final.

"Winning a state championship was a big thing for us. Even though we didn't do that and we lost one game when we look back on it we still think of all the good things we accomplished," Kaminsky said. "We played much better as a team this year, and we were very close on and off the field."

Kaminsky is the 2008 All-Area girls lacrosse Player of the Year. She finished the season with 63 goals and 11 assists for a team-high 73 points. She was also selected the All-State First Team.

The South Lyon midfielder was a steady force for the Lions this year and provided the team with a consistent scoring threat. Midway through the season, Kaminsky verbally committed to continue playing lacrosse at the University of Delaware.

Four years ago, South Lyon was barely an after thought in the game of lacrosse, but now, with

**Girls lacrosse All-Area**  
**Player of the Year** — Kelsey Kaminsky, South Lyon junior

**First Team**  
Tarah DeBord, South Lyon sr  
Shannon Kennedy, S. Lyon jr  
Rachel Curmi, South Lyon sr  
Samantha Szegedi, S. Lyon sr  
Ashley Glenn, South Lyon so  
Alison Modafferi, Hur. Valley sr  
Brianna Smotherman,

Huron Valley sophomore  
Danielle Smith, Huron Valley, so  
Liz Souther, Northville senior  
Sarah Bielskis - Northville junior  
Danielle Brace - Northville senior

**Second Team**  
Kim Fix, South Lyon senior  
Rachel Nuralde, South Lyon sr  
Hannah Gorman, South Lyon sr  
Sarah Green, South Lyon junior  
Sarah Kibourn, Huron Valley, jr  
Ashley Mecum, Huron Valley, sr  
Sarah Connolly, Huron Valley, jr

Emily Michelin, Huron Valley, so  
Hannah Deacon - Northville jr

**Honorable Mention**  
Valerie Pesonen, South Lyon sr  
Melissa DiRado, South Lyon sr  
Ashley Mushna, South Lyon jr  
Brit Shand, Huron Valley, junior  
Carrie Pitzer, Huron Valley, jr  
Farah Haraji - Northville junior  
Annie Laurie Medonis, Northville senior  
Maria Schneider - Northville sr

the emergence of the team throughout the past two seasons, Kaminsky looks back on the development of the team as something special.

"Right now, I am really focused on improving different parts of my game," Kaminsky said. "It has really been an honor to be a part of something special here at South Lyon. This was a team that helped build up a program and has opened lacrosse up to a lot more people in South Lyon. When people thought about South Lyon lacrosse, they used to think of it as a joke. Only our friends, family and coaches believed in us, and now we have kind of shows that we belong."

**First Team**  
Three Northville girls make the First Team All-Area — Liz Souther, Sarah Bielskis and Danielle Smith.

All three were the top scorers on the team, with Souther leading with 36 goals, followed by Bielskis with 27 and Brace with 21.

"(Souther) is a great stick handler with a powerful shot," Northville head coach Lindsay Hoyt said. "(Bielskis) was an aggressive player with good knowledge of the game."

"(Brace) was just an overall type of player you would want on your team. She can play any position and play it well."

**Second Team**  
Mustang Hannah Deacon

makes the Second Team All-Area. The junior was next on the scoring list with 12 goals.

Filling out the rest of the Second Team are South Lyon's Kim Fix, Rachel Nuralde, Hannah Gorman, and Sarah Green; and Huron Valley's Sarah Kibourn, Ashley Mecum, Sarah Connolly and Emily Michelin.

**HONORABLE MENTION**  
Players receiving All-Area Honorable Mention are Northville's Annie Laurie Medonis and Maria Schneider; South Lyon's Valerie Pesonen, Melissa DiRado and Ashley Mushna; and Huron Valley's Brit Shand, Carrie Pitzer and Farah Haraji.

The All-Area teams are submitted by coaches from Northville, Novi, Catholic Central, South Lyon, Milford and Lakeland and compiled by Jeff Theisen and Patrick Plinter.

## BASEBALL

continued from front

"It's been a while since we won a district," Novi head coach Rick Green said. "It was great to see this group of seniors, that has worked so hard, win a championship before they left."

"It's a good thing for them to carry on to college."

Thomas was the offensive leader and scored eight MVPs at Catholic Central. He hit .385, knocked in 18, scored 22 runs, swiped 10 bases and batted .414 with runners in scoring position. On the defensive side, he was perfect in 56 chances in the outfield.

The rest of the First Teamers include Northville's Matt Deacon, Joe Mitchell, Damon Sanderson and Michael Collins; Milford's Steve Buglione; Lakeland's Ricky Sannaf, Brett Burnmeister and Garrett Rechle; and South Lyon's Austin Daker.

**Second Team**  
Novi places three more Wildcats on the All-Area Second Team with Garrett Green, Pat Schlenke and Dan Kilger. Catholic Central's Steve Harding and Gordy Hais also make the Second Team.

Green was third in total bases with 65 and hit for a .356 average. His on-base percentage of .508 was second on the Wildcats, thanks in part to a team-high 23 walks.

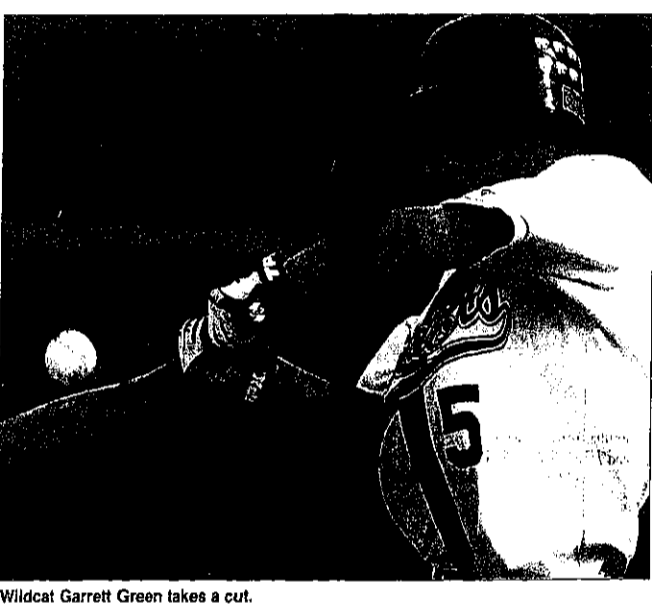
Schlenke was another main cog



Third baseman Pat Schlenke whips the ball to first.

in the offense, hitting .381 and leading the team with an on-base percentage of .522. He was second in runs with 38 and in walks with 22.

Kilger produced all year long at the plate, putting up a .394 average, scoring 26 runs and knocking



Wildcat Garrett Green takes a cut.

pitched in many big games for the Shamrocks. But his ERA of 3.12 and 45 strikeouts in less than 44 innings proves he brought good stuff against whomever he faced.

The rest of the All-Area Second Team includes Lakeland's Donny Holland, Aaron Saarella and David Kasperman; South Lyon's Jake Smith, and Max Kondath; and Northville's Kevin Uetz,

David Uberti and Kyle Asher.

**Honorable Mention**  
Receiving All-Area Honorable Mention are Northville's Dan Mills and Anthony Sergi; Milford's Bryan Saarella; South Lyon's David Hench; South Lyon's Dan Vess and Chris Eckler; Novi's Mark Heard, Dan

Erighit, Jake Walker and Mike Place; and Catholic Central's Keenan Hart, Jake Hanson and Jack Nelson.

The All-Area teams are submitted by coaches from Northville, Novi, Catholic Central, South Lyon, Milford and Lakeland and compiled by Jeff Theisen and Patrick Plinter.

## Sports Shorts

### Cripps on All-Star Team

Novi volleyball star Stephanie Cripps will compete in the All-State Senior Volleyball Classic July 12 at Eastern Michigan University. An awards luncheon will start the day from 1-2:15 p.m. with play to begin at 3 p.m.

All seniors receiving All-State honors at all levels are invited to play.

### Novi Fastpitch Camp

Novi coach Bob Lulek is running a fastpitch camp for kids entering grades sixth-ninth, 9 a.m.-1 p.m. July 8-10 at the high school field.

The fee is \$96 or \$32 per day. July 8 will focus on offense and Thursday will be a combination.

Campers should bring their own equipment and lunch. Call (248) 449-1206 to register.

### Novi Volleyball Camp

The Novi volleyball coaching staff is hosting a summer volleyball camp at the high school.

All Skills Camps: Grades third-sixth - 9-11:30 a.m. July 21-24. Grades seventh-ninth - 11:30 a.m.-2 p.m. July 21-25. Those interested can register through Community Education.

### CC Basketball Camp

The Catholic Central Basketball Camp is set for 9 a.m.-



Novi Green U12 girls soccer team finished second in the Canton Cup to the RYSL Revolution from Rochester over the Memorial Day weekend.

**Greener pastures**  
The Novi Green U12 girls soccer team finished second in the Canton Cup to the RYSL Revolution from Rochester over the Memorial Day weekend. Novi won its division, going undefeated, allowing only two goals in three games with decisive victories over the Canton Shamrocks (3-0), the Hot Spurs (2-1) and the RYSL Revolution (4-1). In a rematch with the Revolution in the championship game, the girls came up short, losing 2-0. The team is coached by Pat Backus. The Novi Green team members are Claire Backus, Libby Dale, Samantha DeLise, Victoria Glese, Alexandra Iacobelli, Emily Jennings, Jessica Jiang, Sabrina Pace, Zoe Piskalis, Megha Ramappan, Nicole Spackman and Sally Wicks.

several basketball camps this summer at the St. James Catholic Church.

A boys and girls basketball camp for boys and girls from grades K-ninth will take place July 21-25. The fee is \$65.

A shooting camp for kids in second-fifth grades runs 12:30-2 p.m. and for grades sixth-ninth, the camp runs 2:15-3:45 p.m. A basics camp for grades K-one



Inferno too hot

The 14U Novi Inferno Baseball Team took it all this past weekend in the 2008 Frankenmuth Annual Baseball Tournament. The team went undefeated all weekend, beating the Okemos Chiefs, Great Lakes Lightning, and Frankenmuth. The team was led by Coaches Tim Rush and Rob Reilly. Players taking part in the Tournament were Alex Davis, Justin Rush, Masahiro Mizuno, Alex Robert, Matthew Stefan, Matthew Brasili, Derek Dippinger, Austin Wertheimer, Derek Mully and Austin Dixon. Players absent were: Zachary Masseran, Kiefer Haffey and Chris Nally.

ent-ninth will be from 1-4:30 p.m. at South Lyon High School.

For the girls, grades fifth-sixth is 8:30 a.m.-noon and grades seventh-ninth will be 1-4:30 p.m. at St. James Catholic Church.

Go to www.allareabasketballcamp.com for more information. Checks for all camps should be made payable to All Area 4 Star Basketball Camp and mailed to Daren Clayton. This camp is for the more experienced basketball player. Cost for all camps is \$165.

The boys camp runs July 7-11, and the girls will be July 14-18. For the boys, grades fourth-sixth is 8:30 a.m.-noon, and grades sev-

Send Sports Shorts to sports writer Jeff Theisen at jtheisen@gannett.com.

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Victoria Mitchell, editor  
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# FOOD FOR THOUGHT

Thursday, June 26, 2008  
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# Celebrations That Sizzle

FAMILY FEATURES

Make all your celebrations sizzle this year with salsa! Let your taste buds dance with easy to make, flavorful dishes that add zing to any party. Carry the bold, fun theme through by using bright, colorful tablecloths and centerpieces of paper flowers, or add a sprinkling of confetti for fun. Turn up your favorite Latin music for some salsa dancing — maybe even a tango or two. After all that dancing, you'll want to cool off with some refreshing sangrias or icy, fruit-flavored sodas.

## Spice Up Your Celebrations With Salsa

When you're looking to add sizzle to your party, salsas can make entertaining deliciously easy:

- **Grilled Steak Salad:** Marinate your favorite steak in Salsa Verde. Broil or grill. Slice steak and serve over mixed greens, with additional salsa and crumbled tortilla chips.
- **Micho Queso Pizza:** Spread Mexican Four Cheese Salsa con Queso over a pre-baked pizza crust. Sprinkle with your favorite pizza toppings and bake!
- **Tequila Lime Vinaigrette Dressing:** Combine Tequila Lime Salsa with olive oil and cider vinegar. Use on your favorite combination of salad greens or cooked shrimp!
- **Fiesta Corn and Bean Salad:** Add corn, black beans, diced red peppers and mangos to Tequila Lime Salsa for a colorful side dish.
- **Bulgur Salad:** Add Pico de Gallo to cooked bulgur, black beans and corn. Toss and chill. Sprinkle with cilantro.
- **Shrimp & Avocado Salad:** Toss Pico de Gallo with cooked shrimp and sliced avocado; serve on a bed of mixed greens.
- **Shrimp Diablo:** Sauté shrimp with sliced peppers. Toss with Triple Pepper Salsa and serve with rice.

Visit [www.pacefoods.com](http://www.pacefoods.com) for information on Pace's new line of specialty salsas, made with authentic ingredients like real tequila and distinctive Asadero & Queso Blanco cheeses, and discover even more ways to spice up your entertaining!

### Tequila Lime Chicken Wraps

Prep: 15 minutes  
Makes: 4 wraps

- 1 cup Pace Tequila Lime Salsa, divided
- 2 cups diced, cooked chicken
- 1 large red pepper, diced (about 1 cup)
- 1 large ripe avocado, diced (about 1 cup)
- 1/2 cup sour cream
- 4 flour tortillas (10-inch), warmed
- 2 cups shredded lettuce

1. Stir 1/2 cup salsa, chicken, pepper and avocado in large bowl. Stir remaining salsa and sour cream in small bowl.
2. Spread 1/4 cup sour cream mixture onto each tortilla. Top each with 1/2 cup chicken mixture and 1/2 cup lettuce. Fold tortillas to enclose filling and then fold up ends to enclose filling. Cut each wrap in half before serving.

### Triple Pepper Papaya Shrimp Salad

Prep: 15 minutes  
Makes: 4 servings

- 1 pound peeled, cooked large shrimp
- 1 papaya, peeled, seeded and diced
- 1 cup whole kernel corn
- 4 green onions, chopped (about 1/2 cup)
- 1 cup Pace Triple Pepper Salsa
- 1 tablespoon lemon or lime juice

1. Mix salsa, lemon or lime juice and onions in large bowl. Add shrimp, papaya, corn and onions in large bowl. Add salsa and lemon juice and toss to coat.
2. Serve over salad greens.

### Tequila Lime Chicken Wraps

Prep: 15 minutes  
Makes: 4 servings

- 1 pound peeled, cooked large shrimp
- 1 papaya, peeled, seeded and diced
- 1 cup whole kernel corn
- 4 green onions, chopped (about 1/2 cup)
- 1 cup Pace Triple Pepper Salsa
- 1 tablespoon lemon or lime juice

1. Mix salsa, lemon or lime juice and onions in large bowl. Add shrimp, papaya, corn and onions in large bowl. Add salsa and lemon juice and toss to coat.
2. Serve over salad greens.



Triple Pepper Papaya Shrimp Salad



Pico De Gallo Tortilla Soup

### Pico De Gallo Tortilla Soup

Prep: 15 minutes  
Cook: 15 minutes  
Makes: 4 servings

- 1 jar (16 ounces) Pace Pico De Gallo Salsa
- 2 cups Swanson Chicken Broth (regular, Natural Goodness or Certified Organic)
- 1 large zucchini, diced (about 2 cups)
- 1 cup diced, cooked chicken
- 2 tablespoons chopped fresh cilantro leaves
- 3 corn or flour tortillas (6-inch), cut into thin strips

1. Heat salsa, broth, zucchini and chicken in 4-quart saucepan over medium-high heat to a boil. Reduce heat to low. Cover and cook 10 minutes or until zucchini is tender.
2. Stir cilantro and tortilla strips into saucepan.

**Tip:** To cut tortillas into thin strips more easily, roll them up first, then cut them crosswise into strips.

### Salsa Verde Pork & Pepper Stew

Prep: 15 minutes  
Cook: 5 hours  
Makes: 6 servings

- 2 pounds boneless pork shoulder, cut into 1 1/2-inch pieces
- 1/2 cup all-purpose flour
- 2 tablespoons vegetable oil
- 1 jar (16 ounces) Pace Salsa Verde
- 2 large red and/or green peppers, diced (about 2 cups)
- 3 large carrots, thickly sliced (about 1 1/2 cups)
- Chopped fresh cilantro leaves
- Hot cooked rice

1. Place pork in large bowl. Add flour and toss to coat.
2. Heat oil in 12-inch skillet over medium-high heat. Add pork and cook in 2 batches until well browned.
3. Stir pork, salsa, peppers and carrots in 6-quart slow cooker.
4. Cover and cook on HIGH 4 to 5 hours or until pork is fork-tender. Sprinkle with cilantro and serve with rice.



Salsa Verde Pork & Pepper Stew



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## HEALTHY LIVING

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# Take it to heart

Make smart, tasty choices for healthy eating

### FAMILY FEATURES

It's important to understand what to look for when making choices for a heart-healthy eating plan.

Learning about fat and cholesterol can help you make smart choices and let you enjoy a diet abundant in flavorful foods while reducing your fat and cholesterol intake.

#### Fat and Cholesterol Facts From the American Heart Association

- There are four major fats in the foods we eat: saturated fats, *trans* fats, monounsaturated fats and polyunsaturated fats.
- The "bad fats" are saturated and *trans*. They raise bad cholesterol (LDL) in your blood.
- The "better fats" are monounsaturated and polyunsaturated. They may help raise good cholesterol (HDL) when consumed in moderation.
- We definitely need some fat in our diets — for energy, cell growth, making important hormones and absorbing some nutrients — but not as much as most of us eat. The fats in the foods you eat should not total more than 25 to 35 percent of the calories you eat in a given day. For good health, the majority of those fats should be monounsaturated or polyunsaturated.
- Cholesterol comes from two sources: your body and food. Your liver and other cells in your body make about 75 percent of blood cholesterol. The other 25 percent comes from the foods you eat.
- Dietary cholesterol is found in some foods — foods of animal origin, particularly meat, egg yolks and high-fat dairy products. Limit your intake of cholesterol from food to less than 300 mg per day.



**American Heart Association**

Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

[www.heartcheckmark.org](http://www.heartcheckmark.org)

It's the overall pattern of choices you make that count when building a heart-healthy diet. It's easy to select heart-healthy foods — look for vegetables, fruits, whole-grain, high-fiber foods, fat-free or low-fat dairy products, lean meat, poultry and fish to include in your sensible eating plan.

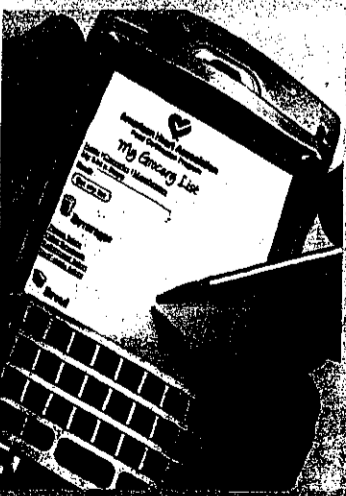
To quickly locate foods in the grocery store that can help you reduce your intake of saturated and *trans* fat as well as cholesterol, look for the American Heart Association heart-check mark. Foods that carry the mark are low in total fat, saturated fat, cholesterol and are limited in *trans* fat. Build your free, heart-healthy grocery shopping list at [heartcheckmark.org](http://heartcheckmark.org).

## Heart-healthy grocery shopping just got easier

It's now easier than ever to shop for heart-healthy foods. The American Heart Association's online grocery list builder has advanced. No more worrying about forgetting your list at home or work. Now you can save your grocery list and access it from your Web-enabled mobile phone or PDA.

Start by building your free, heart-healthy grocery list at [heartcheckmark.org](http://heartcheckmark.org). Click "My Grocery List" to choose from hundreds of foods certified by the American Heart Association. Add household necessities in the "My Items" category, and enter your e-mail address to save your list for future use. The result is an organized, easy-to-use grocery list sorted by category, such as breads, dairy case, meats, snacks and more.

Visit [mylist.heartcheckmark.org](http://mylist.heartcheckmark.org) from your Web-enabled mobile phone or PDA, and enter your e-mail address to access your saved grocery list any time you need it. It's sure to make your next trip to the grocery store quick and efficient.



### Vanilla Flans With Berry Coulis

Serves 4; 1 flan and 3 tablespoons coulis per serving

- Vegetable oil spray
- 2 cups water
- 1 cup fat-free evaporated milk
- 1/2 cup egg substitute
- 1 large egg
- 1/4 cup sugar
- 1 teaspoon vanilla extract
- 8 ounces frozen unsweetened mixed berries, thawed and juice reserved
- 1 tablespoon sugar
- 1/2 teaspoon vanilla extract
- 1/2 cup frozen unsweetened mixed berries (optional)

Put oven rack in center of oven. Pre-heat oven to 325°F. Lightly spray four 6-ounce ramekins or custard cups with vegetable oil spray.

Pour water into small saucepan. Bring to a rolling boil over high heat. Turn off heat, cover pan and leave on burner.

In food processor or blender, process evaporated milk, egg substitute, egg, 1/4 cup sugar and 1 teaspoon vanilla until smooth. Pour equal amounts (about 1/2 cup) of mixture into each ramekin.

Place 13- by 9- by 2-inch glass baking dish in oven. Pour boiling water into dish, then carefully place ramekins in dish. Bake 40 minutes, or until knife inserted in center of flan comes out clean. Carefully remove baking dish from oven and place it, with ramekins still in water, on cooling rack. Let cool slightly, about 10 minutes.

Meanwhile, in small bowl, gently stir together 8 ounces mixed berries, 1 tablespoon sugar and 1/2 teaspoon vanilla. Pour into fine sieve over medium bowl. Using back of a spoon, press berries firmly until all liquid is strained into bowl and only a thin coating of berry skins remains in sieve. Set coulis aside.

About 30 minutes before serving flans, set remaining frozen berries out to thaw slightly.

When flans are slightly cooled, remove ramekins from baking dish. Run knife around edge of each ramekin to release flans. Place dessert plate over each ramekin and invert. Serve warm or refrigerate and serve chilled, covering with plastic wrap once flans are cooled.

To serve, spoon coulis around each flan. Top with 1/2 cup mixed berries, if desired.

**Nutrient information per serving:** 186 calories, 10 g protein, 32 g carbohydrates (29 g sugars), 55 mg cholesterol, 1.5 g total fat (0.5 g saturated, 0.0 polyunsaturated, 0.5 g monounsaturated), 2 g fiber, 156 mg sodium

**Dietary Exchanges:** 1/2 fruit, 1/2 skim milk, 1 other carbohydrate, 1 very lean meat

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## Shop smart! Live well! Look for the heart-check mark!

All products bearing the heart-check mark meet the American Heart Association's nutrition criteria per standard serving size to be:

- Low in fat (3 grams or less)
- Low in saturated fat (1 gram or less)
- Limited in *trans* fat (less than .5 grams)
- Low in cholesterol (20 milligrams or less)
- Moderate in sodium, with 480 milligrams or less for individual foods and
- Contain at least 10 percent of the Daily Value of one or more of these naturally occurring nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber

#### Additionally:

- Seafood, game meat, meat and poultry, as well as whole-grain products, main dishes and meals must meet additional nutritional requirements.