

'Loser' gives tips on working out, eating right

BY NATHAN MUELLER
STAFF WRITER

Novi Catholic Central High School graduate Michael Morelli's stint on "The Biggest Loser: Couples" didn't make him a fitness or nutrition expert.

He just learned how to eat right and workout effectively thanks to the help of the show's trainers.

And the once 388-pound teenager, who now weighs under 200 pounds, wants everyone to know that they don't have to experts either, to take control of their eating and workout habits.

"The key is to start slow and start where you can and build from there," he said. "Set goals for yourself, set a date and always be working toward something. If you are not striving toward something, what are you doing?"

Morelli, who admittedly was a closet fast-food eater, now talks himself out of getting that food because he has started holding himself accountable. He writes down everything he eats, eats every four hours and tries not to eat past 8 p.m. And even when he eats something unhealthy, like pizza, he doesn't eat the whole pie like he used to and instead settles for a couple pieces.



'Biggest Loser' runner-up Michael Morelli works out at The Sports Club of Novi.

"To me, a healthy diet is more important than exercise," he said. "When you write down what you eat, you force yourself to realize what you are putting in your body."

Another crucial part of his lifestyle change was having a support system. On the show he had his father, Ron, at his side, and since he has been home his family and friends have been there to encourage him.

Jim Varner, Morelli's trainer from The Sports Club

of Novi, urges people to find a trainer or workout partner that is willing to work with them where they are at and set specific goals. People with a weight loss goal should change their mind-set from losing weight to gaining energy, he

KEYS TO A HEALTHY LIFE

- Set specific goals
- Write down what you eat
- Avoid processed foods
- Find a support group
- Take small steps
- Don't think about losing weight but gaining energy
- Push yourself to your limits

"Just start somewhere. Get a book, go online. Start somewhere and just dig into it," Varner said.

Morelli's weight loss routine consisted of a Varner-created workout called MetaCardio. The workout is designed to burn a lot of calories by challenging both the aerobic (cardio) and anaerobic (strength) systems. "If weight loss is the goal, you have to show a calorie deficit," Varner said.

The program had Morelli burning between 1,170 and 1,250 calories during a 90-minute workout and helped him get down to 181 pounds by the show's finale. Now while Morelli's workout may be extreme for most, anyone could change the workout to cater to their level, the program simply combines running with light weight workouts for the

upper and lower body without breaks. It can also be done without a gym membership.

If that program doesn't sound good, Morelli has another one that he enjoys — walking. Walking every day was the key to Ron's success on the show and it's something that almost anyone can do.

"Taking small steps adds up to a big difference," Michael said.

Weight loss and getting fit is not something that is going to happen overnight. And it's also not realistic to think it's going to happen in eight months. But Morelli said as long as you stick to a plan, believe in it and push yourself to your limits you will have success.

"For me, if I wasn't going toward something I'd fall back into the bad habits," he said.

Anyone who wants to talk to Michael and Ron in person and hear their story can do so by meeting them from 11 a.m. to 1 p.m. on June 20 at the Better Health Market in Novi, 42876 Grand River. Seating is limited and reservations are strongly suggested. Call (248) 735-8100 to make a reservation.

nmueller@qanet.com
(248) 437-2011 ext. 255

Working out with 'Biggest Loser,' a bad idea turned good

The minute Michael Morelli walked in the door of The Sports Club of Novi, I remember muttering to myself "this isn't going to be good." And boy was I right. I was meeting Morelli that day to get a taste of what he

COLUMN

had to do to lose 207 pounds in eight months by doing a "Biggest Loser" workout with his at-home trainer Jim Varner. I like to think of myself

as a pretty active person, but I was no match for the 18-year-old machine. Yes, I call him a machine because I don't think most humans would be able to endure what we did for one day, let alone months.

Trust me, one day was plenty. The workout started by me putting on a 40-pound weight vest that Morelli wore during every session. At first I didn't think the vest was a good idea, but then my ego kicked in and I had to put it on.

Of course, right before we started, Morelli said we were going to do what he did leading up to the finale, and once again I muttered "this isn't going to be good."

With vest strapped on I got on the treadmill with the incline set at 12 and the speed at 5 miles per hour. I ran for one minute while Michael did an exercise with a medicine ball for the same time period. Varner calls this type of training MetaCardio, a metabolism-raising workout that combines both cardio and weights (I'd like to see another name for it but it would not be appropriate for print).

We switched positions after my minute was up and I did the medicine ball work while he ran. About five minutes into the workout, I realized I had to either suck up my pride



The Sports Club of Novi.

and take the vest off or collapse. I sucked up my pride.

The workout continued for about 40 minutes with no breaks. At that point both of us were covered in sweat and I was glad we were done. But we weren't completely done, just done with part one of the workout. I cannot print a name for it.

Next we moved to another part of the gym where we did another combination of exercises in succession. And that is where it ended for me. I got up from the final exercise and tunnel vision set in. The room

started to spin and I suddenly found a new way to a piece of equipment that I could handle myself. Passing out would have really hurt my pride, and fortunately, thanks to a bottle of orange juice, never happened. I played it off to fatigue and told Varner I was done, but Morelli didn't stop.

The "Biggest Loser" show was over, Morelli didn't have anything to prove, but it was ingrained in his mind now that he had to finish what he started. As he continued to work, Varner told me, and he wasn't just saying it to make a good story, that

he had never trained someone who worked harder and pushed past more thresholds than Morelli (and Varner has trained professional athletes).

Working out, which was once dreadful to Morelli, was now one of his favorite things to do. His workouts with Varner lasted only 90 minutes, while "Biggest Loser" winner Helen Phillips admitted to working out six hours a day prior to the finale. She will struggle to maintain that, while Morelli can easily fit his into his real-life schedule.

Even though I knew the next day I was going to be miserable, I was glad I survived as long as I did. Morelli taught me to hold myself accountable and push it to the limits. I walked out of the club, OK hobbled out, with a new look on my own fitness routines.

And sure enough, after I recovered, I did my own scaled down version of MetaCardio (one of his favorite things to do, I cannot print), even muttering to myself prior to starting that "this isn't going to be good."

But when I finished up, I was completely exhausted, just how everyone should be after a good workout, ... and proud.

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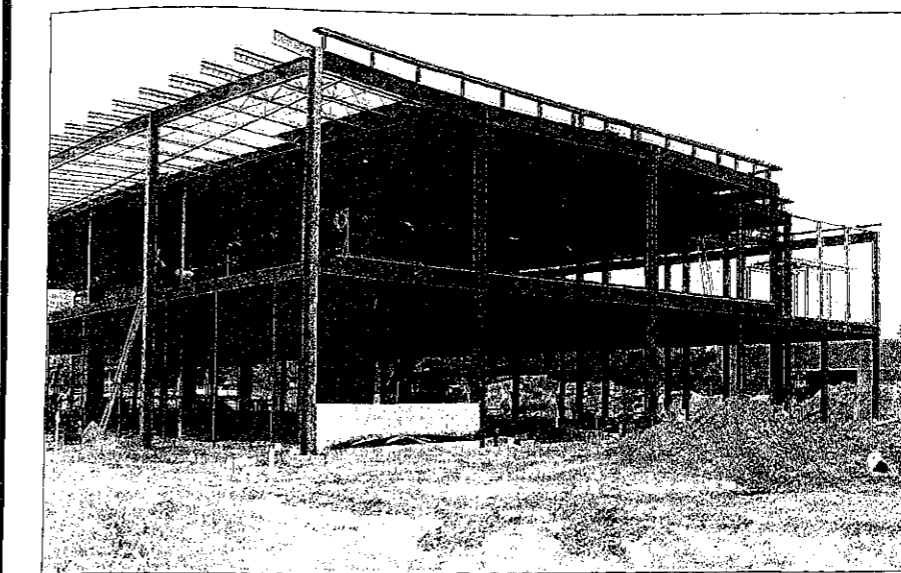
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Construction continues on the new Novi Public Library structure. Almost all of the library's steel exterior is in place and work will continue for another year and the new building is slated to open in spring 2010.

NOVI BULLETIN BOARD

- #### LOCAL EVENTS
- Java and Jazz Jam**
TIME/DATE: 9-11 p.m. June 25, July 30, Aug. 27
LOCATION: Biggby Coffee, 43346 Grand River at the corner of Grand River Avenue and Novi Road
DETAILS: Jazz has found a home once a month at Biggby Coffee. Since the New Year's Eve celebration, the Tony Laneau Jazz Quartet has entertained a growing crowd of jazz lovers on the last Thursday of every month. Owner Mike Waltersdorf has committed to continuing the jazz jam through the summer months. \$5 music donation. Musicians - bring your instruments and join the jam. Sign up sheet at the door.
CONTACT: (248) 596-0100
- Emergency Food Assistance Program Distribution**
TIME/DATE: 12:30-3 p.m. Tuesday, June 9
LOCATION: Novi Senior Center at Meadowbrook Commons, 25075 Meadowbrook Road
DETAILS: Oakland Livingston Human Service Agency (OLHSA) will be distributing free food through the Emergency Food Assistance Program (EFAP) in Oakland County during June. All people who are income eligible may register by bringing proof of current address, proof of family size and photo I.D. For income eligibility requirements or additional information, call OLHSA's Human Services Department in Pontiac at (248) 209-2686 / (248) 209-2655 or 1-800-482-9230. This institution is an equal opportunity provider and employer.
- Senior Book Discussion**
TIME/DATE: Noon to 1:30 p.m. second Thursday of each month
LOCATION: Novi Golf Center, City Council Chambers
DETAILS: General meeting of the entire Library Board. Broadcast live on cable Channel 13
- Hindi Language Story Time**
TIME/DATE: 10:30-11 a.m. Monday, June 8
DETAILS: Hindi volunteer storytellers read picture books in Hindi to preschool aged children. Registration required.

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check out the numbers in today's SPORTS section

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From time to time our agreements with cable channels and television stations come up for renegotiation. While we make every effort to ensure that there will be no loss or interruption in service, we also need to protect our company and our loyal customers from unreasonable demands which would cause the cost of our service to rise excessively. Our agreement with the Lifetime Networks (Lifetime/Lifetime Movies and Lifetime Real Women) expires on June 30, 2009, and we may have to cease carriage if our authority to continue is withheld. We are working diligently at this time to try to come to acceptable and fair terms for these channels.

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Novi News staff changes

The Novi News, which last week started its 54th year of publishing, announces several editorial staff changes.

Cal Stone replaces Victoria Mitchell as editor. Mitchell is now the associate editor at the South Lyon Herald.

Stone served as editor of the Novi News for four and a half years before taking over the editor duties at the Northville Record in October 2006. He will continue to edit that newspaper as well.

Stone was editor of the bi-weekly magazine Insider Business Journal, as well as editor of several community weekly newspapers -- Grand Ledger, Independent, Eaton Rapids Community News and St. Johns Reminder.

The 52-year-old has degrees in journalism and business and is a former sports reporter. He has been a reporter for the Redford and Garden City Observers since 2004.

Smith, 52, previously was sports editor for the West Bloomfield and Southfield Eccentrics as well as education/community reporters in Southfield, West Bloomfield and Farmington from 1986-2001.

During his career, Smith has captured a number of state and national awards for news, features and sports. He also was named Observer & Eccentric 1998 Journalist of the Year and authored the 1999 book, "Miracle Birth Stories -- Very Premature Babies -- Little Thumbs Up!"

Smith grew up in suburban Detroit and earned a bachelor's degree in journalism from Wayne State University. He now lives in Livonia with his wife and daughter.

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NOVI COMMUNITY BRIEFS

Lounge 40-10 opening

Come to the grand opening of Lounge 40-10 at Mezza Mediterranean Grille (42050 Grand River Avenue, Novi) on Saturday.

Enjoy live music at The Gazebo from 8-11 p.m.; DJ Mo Cutz from 11 p.m. to 2 a.m.; two fashion shows by Gina Agosta Salon at 9 p.m. and midnight; and complimentary drinks.

Phone (248) 349-7770 or visit facebook.com/mezza for more information.

Alex's opens in Wixom

Alex's Pizzeria & Bar just opened in Wixom at 49000 Pontiac Trail (across from Wixom City Hall). They offer a full menu including alcohol and they have carry out and delivery as well.

River Day

From 9 a.m.-noon Saturday, community members will join together at various locations throughout the Rouge River watershed and plant flowers, place wood chips, pick-up litter, pull garbage mustards and clear the walking trails. Volunteers will receive a picnic lunch at noon.

Anyone interested in volunteering can register by calling the Novi Parks office at (248) 347-0400.

Voice-Over course

Novi Community Education is hosting a course on the voice-over industry 7-9 p.m. Thursday, June 11 at Novi Middle School.

SaVa accredited voice-over artist and professional producer Heather Costa will teach "You're On The Air... How to Really Make It in Voice-Overs," an introductory course designed to help students gain awareness and knowledge of the growing industry.

Topics covered in the class include basic voice-over technique; how to get started in the industry; differences between commercial and narration work; advantages and disadvantages of joining a union; home studios; creating and marketing a demo.

Every student in the class will also have an opportunity to step up to the microphone to do some practice recording, and hear the results before they leave.

To enroll and for additional information call (248) 449-1717 or visit www.sthvoice.com.

com/detroit. Pre-registration is required.

Ella Mae Power Park grand re-opening

The City of Novi is hosting a grand re-opening event of Ella Mae Power Park at 615 p.m. Thursday, June 11.

The free community event is in honor of the completion of the recent park enhancements including new infield surfacing, field lighting, landscaping, and concession and restroom facilities.

Hotdogs, children's entertainment, and of course, softball will be part of the fun.

For more information, contact the Novi Parks office at (248) 347-0400.

Grads and Dads Sidewalk Sale

The Meadowbrook Art Center, Golf Teah and Lady Jane's will be holding a special Grads and Dads Sidewalk Sale from 10 a.m.-6 p.m. on Friday and 10-5 on Saturday at 41200 & 41300 Ten Mile Road in Novi. Find lots of golf bargains and specials, sports art for kids, college themed framed prints for high school and college grads, coupons for haircuts and loads more.

Class of 2009 party

The parents of the Class of 2009 have been working for months on the Senior All Night Party -- come over and see how the school will be transformed for our graduating seniors at a walk-through event 11:30 a.m.-1 p.m. on Saturday, June 13 at the Novi High School auditorium entrance off Ten Mile Road.

No one under the age of 19 will be allowed in (to keep the element of surprise for future seniors).

View community rec plan

The 2009-2013 Community Recreation Plan (CRP) focuses on City owned and operated recreation facilities, parks and programs. The plan includes a description of the City of Novi's administrative structure, inventory of current and conceptual recreation facilities and parks, as well as goals, objectives, and a five year action plan.

This five-year plan was developed by City staff and adopted by the Parks, Recreation and Cultural Services Commission and City Council to serve as a guide in making future decisions related to recreation facilities

and programs. Additionally, the plan is intended to allow the City to continue to apply for funding assistance from outside agencies, including the Michigan Department of Natural Resources (MDNR), to work towards implementation of the goals and recommendations within the plan.

A draft version of the plan will be available for review and comment on cityofnovi.org, at the Novi Public Library, Novi Ice Arena, and Novi Senior Center through June 21, 2009. For more information, please contact Nancy Cowan, superintendent of Recreation at 248.347.0402 or ncowan@cityofnovi.org.

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New Hope chartered

New Hope, a progressive religious congregation in New Hudson, has been formally chartered by the national Unitarian Universalist Association headquartered in Boston, Mass., according to Brian Tyler, president of the congregation's board of trustees. The church, founded in January, 2006, is located at 57885 Grand River and serves the Milford, South Lyon, Wixom and Novi communities.

Services are conducted each Sunday morning starting at 10:30.

Take the No.VI Dinner Tour

The Novi Chamber of Commerce wants you to get onboard for the No.VI Dinner Tour from 5-10 p.m. on Tuesday, June 16.

Enjoy buffet style meal, cash bar, and networking at local Novi restaurants and pubs. Bring a friend, spouse, or co-worker and enjoy a night out of food and fun on the patio (weather permitting).

The \$35 registration fee includes appetizer style buffets at the restaurants on the tour and an event T-shirt (to be worn the day of the event). There will be staggered starts at all the restaurants, and you will be assigned a start location and given a route.

Event t-shirts will be ready for pick up at the chamber two to three days before the event. If attending as a group, please sign up as a group when you pick up your T-shirt.

Call the chamber at (248) 349-3743 for more information.

For more information about New Hope: www.NewHopeU.org, or call 248.474.9108.

Cancer Care: Resources that can help seniors after a diagnosis

Dear Savvy Senior

My 62-year-old mother was just diagnosed with cancer and is feeling depressed, confused and doesn't know where to turn. What resources can you recommend that can help me help her? Overwhelmed Daughter

Dear Overwhelmed,

Being diagnosed with cancer has got to be one of the most difficult and shocking experiences a person can go through, yet 1.4 million Americans will experience it this year alone. Here are some tips and tools that can help you and your mom get more informed about her condition, and organize a plan for her treatment.

GET INFORMED

If you're like most people you're clueless about cancer. So your first step is to learn about your mom's specific type of cancer along with the treatment options, and thanks to the Internet it's easy to do. To get started go to the National Cancer Institute (NCI) at www.cancer.gov and click on your cancer type in the A to Z list of cancers. Other good and reliable sites to visit are www.cancer.org, www.medicines.gov and www.mayoclinic.com.

CHOOSE A DOCTOR

After you know a bit about your illness, you'll need to choose a good doctor. The American Society of Clinical Oncology (www.asco.org) provides tips on how to choose a cancer doctor (known as an oncologist), along with a searchable database to help you locate one. Also see www.vitals.com, a Web resource that will help you locate, evaluate and choose a doctor based on their training, expertise, consumer ratings and recommendations from other doctors. (Be sure the doctor you choose accepts your mom's health plan.) And to locate one of the 60 plus NCI cancer centers across the country, see CancerCenters.cancer.gov.

SAVVY SENIOR

RESEARCH ALTERNATIVE MEDICINE

If your mother is interested in learning more about herbs, supplements and other alternative approaches to fighting cancer, go to the National Center for Alternative and Complementary Medicine (www.nccam.nih.gov). Also, check-out the complementary and alternative medicine guides from M.D. Anderson Cancer Center at www.mdanderson.org/departments/center.

FIND SUPPORT SERVICES

There are lots of programs and services available today that can help your mom with a wide variety of cancer-related issues.

For example, there are counselors, social workers and cancer support groups that can help with depression, anxiety and other psychological issues; nutritionists and dietitians to help deal with nausea, loss of appetite, fatigue or mouth sores; and physical therapist, pain specialist, acupuncturist and massage therapist that can assist with pain and discomfort.

To find what's available near your mother, start by asking the doctor, clinic, medical center or hospital that will be treating her. Larger health care

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GET FINANCIAL HELP

If your mom's insurance is limited or if she doesn't have insurance at all, there are financial assistance programs that may be able to help her. See www.cancer.org and click on "Get Help" then on "Assistance," or call 800-813-4673 for more. The NCI also offers financial assistance information on their Web site at www.cancer.gov/cancer-topics/support - click on "Financial Assistance and Other Resources for People With Cancer."

SEND YOUR SENIOR QUESTIONS TO: SAVVY SENIOR, P.O. Box 5443, Norman, OK 73070, or visit www.savvysenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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FIND CLINICAL TRIALS

At some point in her cancer treatment, your mom may decide to join a study of a new therapy. The Coalition of Cancer Cooperative Groups

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Northville National Farm and Garden Club volunteer Erika Luthi takes some time to prune the hedges of Mill Race Village's Yerkes House on the afternoon of April 28. The Garden Club was to put in a vegetable garden at Mill Race Village the following week.

Volunteering

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AMERICA'S #1 MOVIE IS THE BEST-REVIEWED MOVIE OF THE YEAR!

Advertisement for the movie 'Up' featuring a large image of the film's title and a description of its success.

Advertisement for 'real estate auctions' by Williams Auction, listing various properties for sale.

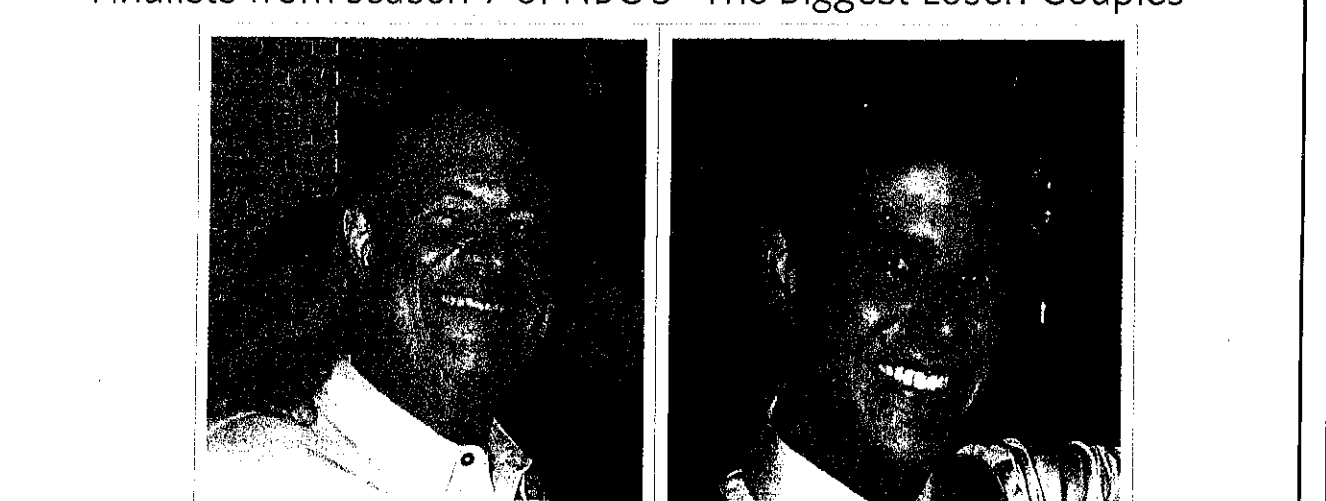
Advertisement for 'AMERICA'S #1 MOVIE' featuring 'Up' and listing theaters where it is playing.

Advertisement for 'Sympathy & Understanding' funeral services, featuring a large image of a person and text about their services.

Advertisement for 'O'Brien & Sullivan' funeral services, listing their address and contact information.

Advertisement for 'Allure Wedding Gowns & Tuxedos' featuring a large image of a wedding gown and text about their summer special.

Meet Ron and Mike Morelli Finalists from season 7 of NBC's "The Biggest Loser: Couples"



10 am to 1 pm Friday, June 5

Not a Member? Use this pass to discover why a Sam's Club® Membership is a smart choice for savings.

Where: Your Local Sam's Club® When: Good through June 14, 2009. How: Bring this pass to your local Club. Present to the Member Services Desk Associate for your one-day Membership.

Sam's Club 27300 Wixom Rd. Novi, MI 248.349.3057

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Passages

Obituaries, Memorials & Remembrances

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email: oeobits@hometownlife.com
View Passages Online: www.hometownlife.com

ROBERT E. BEAUPIED, SR.
Age 92, died May 27, 2009. Visitation was on May 31st at Phillips Funeral Home. A Funeral Mass was held on June 1, at St. Joseph Catholic Church, South Lyon. Online guestbook www.phillipsfuneral.com

MARION CRUMP
Was born in Detroit on Feb. 13, 1920 to Arnot and Lucy Wass. She died of natural causes on April 27 at home in Brevard, NC. She was the first person in her family to attend college, graduating from Wayne State University with a BA in arts education. In 1944, she married William B. Crump, who died in 2002. They had two daughters and a niece, who survives: Alison Crump (David Salomon) of Cambridge, Mass.; Constance Crump (Jay Simrod) of Ann Arbor and Linda Grosscup of Livonia. Marion and Bill were active in the Northville community where they lived for many years. Marion was an important part of the Northville Women's Club, the Northville Historical Society, the Northville Presbyterian Church and the Northville Garden Club. Among other legacies, she was the guiding force behind the creation of the still-popular Troll Fair, inspired by a trip to Copenhagen in the 1950s. Marion was the natural world. She loved gardening and observing all the creatures who inhabited her world. She also had a deep appreciation of excellence in art and design, enjoying the visual arts to her last days. Most of all, she appreciated the benefits of education and never stopped reading and learning. Cremation has taken place. Remembrances may be made in her name to the Transylvania County Library in Brevard, NC.

DIANA JEAN O'NEAL
Age 66, passed away peacefully on June 1, 2009, at home with her family at her side after a long illness. She was born on September 25, 1942, in Toledo, Ohio, to the late Albert and Yvonne (Farrell) Vincent. She was a member of the Red Hat Society, former member of Harland Living Dots Dance Group, and Nové Theatre. Diana is survived by her loving husband of 45 years, Thomas O'Neal; children: Kevin (Maricela) O'Neal, Lisa (Miguel) Pasencia; three grandchildren: Lou, Vince and Ellie Pasencia. She was preceded in death by her siblings Vivian East, and Rudy Vincent. Visitation will be Thursday, June 4th, 2-9 p.m. Funeral services will be held on Friday, June 5th, at 11 a.m. with final visitation at 10:30 a.m. at PHILLIPS FUNERAL HOME, 122 West Lake Street (Ten Mile), South Lyon. Memorial contributions may be made to Highland Hospice, 3340 Parkland, Ste. 260, Ann Arbor, MI 48108 or a charity of your choice. Online guestbook www.phillipsfuneral.com

GORDON W. BUNN
Died 5/31/09 at age 87, born in Detroit 1/23/22. Beloved husband of Milly for 53 years. His mother was the former Dorcas Sprague, his father was W.E. Bunn. He grew up in Flint and moved later to South Lyon near Silver Lake where he resided for the next 72 years. Brother of Barbara Fuller, Preston Bunn (deceased) and Joyce Couches. Gordon was the loving father of William Bunn (Eileen) South Lyon, John H. Bunn (Suzy) Troy, Ohio, Markay A. Bunn (Bob) Chicago, IL, and Scott Bunn (Kristina) Grand Haven, MI. Ten loving grandchildren: Lisa, Jared, Eric, Sarah, David, Justin, Caitie, Emily, Troy and Stacie, as well as seven great grandchildren. Gordon was a graduate of the University of Michigan and was an avid supporter of Michigan athletics. He worked for many years in awards and received a number of medals from the Ford Motor Company. Gordon and his wife Milly were members of the First Presbyterian Church of South Lyon where he volunteered on many different occasions. He was also a volunteer at the senior center for the IRS as well as Active Faith. As a longtime member of the Lions Club he was able to help many individuals with their need for glasses. He was still an active member of the Masonic Lodge #319 of South Lyon, where he was a member for over 50 years and Secretary for 25. His many hobbies included gardening, coin collecting, garage sales and fishing. Services will be held at Phillips Funeral Home, 122 West Lake Street, South Lyon, Michigan on Friday, June 5th from 6:30 to 8:00 with a Masonic Ceremony held Friday at 7:00. Funeral ceremony will be held on Saturday June 6th at 11:00 at PHILLIPS FUNERAL HOME, 122 West Lake Street, South Lyon, Michigan. In lieu of flowers please make donations to Active Faith of South Lyon or Masonic Lodge also of South Lyon. Online guestbook www.phillipsfuneral.com

JANET HELEN GAEDT FREMLIN
Janet Helen Fremlin born Dec. 26, 1928 in Milford, MI, died peacefully in her sleep on May 18, 2009. Dated City, FL. She was predeceased by mother, Margaret Middleton Gaedt-Irvine, and father Ernest L. Gaedt. She is survived and loved by her brother Raymond Ernest Gaedt of Fowlerville, MI, her son and daughter-in-law Michael John Fremlin and Karen J. Johnson of Dade City, FL, daughter Cherie Fremlin Bann Chicago, IL, grandchildren: Lisa Fremlin Weiss of Chicago, IL, Maria Christina Blanco of Los Angeles, CA, and Janet Pavek-Rohley of Dade City, FL, great-grandchildren: A. Lee, Phoenix T. Lee, Adysun Angela Ritchey, and Abigail Stella Ritchey, and 8 great- and great-grand-nieces and nephews. A Memorial Service will be held on Sunday, June 21, 2009 at Hodges Family Funeral Home, Fifth Street Chapel, Dade City at 3 p.m.

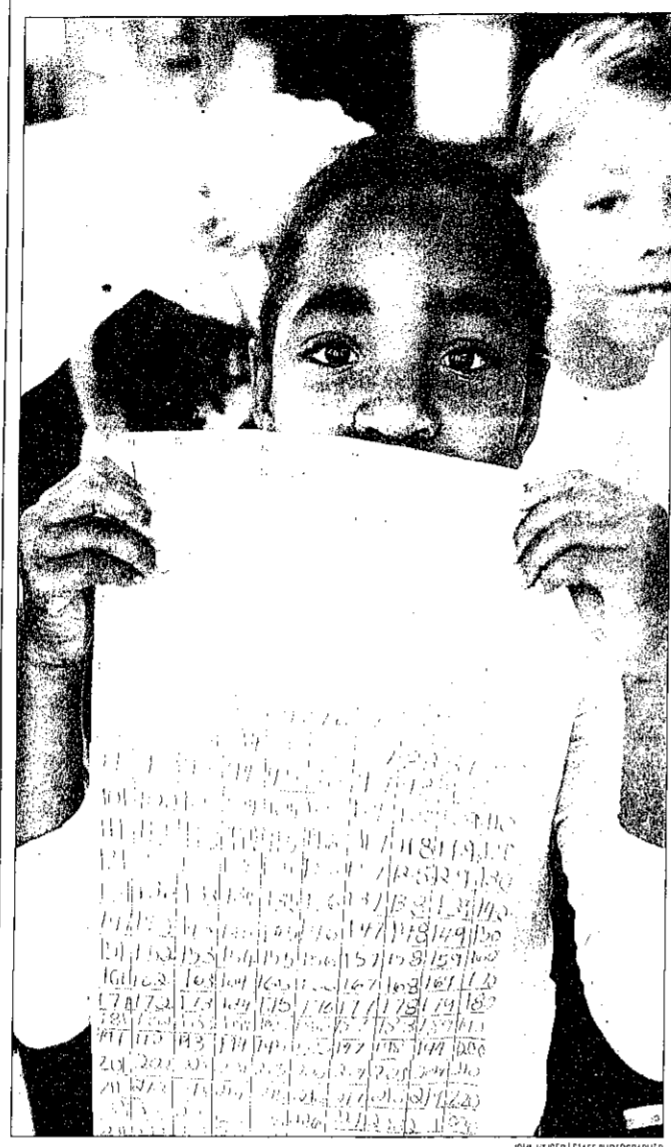
WILLIAM JOSEPH SAVAGE
Age 90, passed away May 29, 2009. Visitation was held June 1 at PHILLIPS FUNERAL HOME, South Lyon. Prayer service June 2 at Holy Sepulchre Cemetery. Online guestbook www.phillipsfuneral.com

HAROLD L. WILLIAMS
Age 84, died May 24, 2009. Visitation was held May 27 at PHILLIPS FUNERAL HOME, South Lyon. Funeral will be held May 28 at Fellowship Baptist Church, Whitnoria Lake. Online guestbook www.phillipsfuneral.com

SHARON K. KNAUSS
Age 45, of Plymouth, formerly of Northville, passed away suddenly on May 27, 2009. She was born March 22, 1964 to John and Karen (Kipodis) Knauss. She spent her childhood in Northville, and has lived in Plymouth for the past 9 years. Sharon, who worked in the Financial Department of Comerica Bank, never missed a day of work. Previous to her job at Comerica, she worked as a travel agent with Silver Jet Travel in Northville, which allowed her many wonderful vacations. She loved truly loved her family, and is described as having a big heart and being very private and simple. Sharon enjoyed nature and being outdoors, especially by the beach. She was also an avid reader. Sharon is survived by her loving father John R. (Jane) Knauss; her siblings David Knauss, Susan (Dennis) Charlette, Sandra (Caryl) Laude, and John (Connie Anne) Knauss. She was loved and will be missed by aunts, uncles, nieces, nephews, and friends. Sharon was preceded in death by her mother Karen Knauss. Private family services will be held, in honor of her mother, memorial contributions to Angela Hospice, 14100 Newburgh Rd., Livonia, MI 48154 would be appreciated. Arrangements entrusted to Casterline Funeral Home, Inc. of Northville.

HELEN KATHARINE WILLIAMS
Was born May 6, 1913 to Francis Reoney and Edith St. Pierre. She passed into Our Father's Heavenly Care on May 24, 2009. She was preceded in death by her husband, Clarence Henry, and her brothers, Earl and Kenneth Roche. She leaves to cherish her memory six children, Clare Lynn, Harry, Edith Ellen, Jeffrey (Trudy), Richard and Mary (Christopher McBride); ten grandchildren: Krista, Angela (Ed Dabney), Sarah (Joseph Michaels), Alicia, Jeffrey Jr., Richard Allen, William, Joseph (Jamie), Douglas and Sean; and eight great-grandchildren: Caleb, Lucas, Gabriella, Olivia, Bridget, Connor, Clodrey, and Abigail. Gatherings for family and friends Lynch and Sons Funeral Home, 404 E. Liberty Street, Milford, Michigan, on June 8, 2009 from 6 until 9 p.m. with the Rosary at 7 p.m. Services will be held at St. Mary's Catholic Church, 1955 E. Commerce Road, Milford, Michigan at 11 a.m. on June 9, 2009. Interment will follow at St. Mary's Cemetery. Memorials may be made in her name to the Capuchin Soup Kitchen, 1830 Mt. Elliott St., Detroit, MI 48207. For further information please phone 248-684-6645 or visit www.LynchFuneralDirectors.com

CAROLYN SUE CHERRY
Age 75, went to her heavenly home, Thursday, May 28, 2009. Born in Kendallville, she worked as a foreperson with Magnavox for 27 years, retiring in 1991. She was a member of Magnavox Management & Foreman's Clubs, long time volunteer at Turnstone and personal friend of Serenity House. She is survived by her children, Christy S. (Paul) Albright Owsen of Northville, MI, Craig S. (Ludj) Cherry of Richardson, TX, and Carl S. (David) Lucas of Fort Wayne; brother, Gene Casabero of Hicksville, Ohio; 9 grandchildren: Canaan, Lily, Lyla, Lola, Lana, Nicole, Mark, Jordan, and Dylan. Carolyn was preceded in death by her parents, Raymond H. and Genevieve E. Casabero; and friend, Harold Farrell. Memorial Service is 6 p.m. Sunday, June 7 at D.O. McComb and Sons Pine Valley Park Funeral Home, 1220 East Dupont Road with calling from 1 to 5 p.m. Memorials may be made to the Turnstone Center or Serenity House-Auburn



Keeping count
Myla Davis holds up her 'number scroll' that she and other students of Novi Village teacher Wendy Fosdick worked on for two months. Students wrote down their numbers in block forms beginning at '1' in rows of 10s and some going up as high as 2,000 and beyond.



And again
Andrew Amidei holds up his 'number scroll' that he and other first-grade students of Novi Village teacher Wendy Fosdick worked on for two months. Students wrote down their numbers in block forms beginning at '1' in rows of 10s and some going up as high as 2,000 and beyond.

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Small your obit to: www.hometownlife.com
Or fax to: 313-496-4968
The first seven "filled" lines of an obituary are published at no cost. All additional lines will be charged at \$25 per line. You may have a photo included, one for an additional cost of \$25. Symbolic emblems may be included at no cost (except for American flags, religious symbols, etc.)
Obituary requests after their death will be placed in the next available issue.

Check us out on the Web every day at hometownlife.com

GOOD SHEPHERD LUTHERAN CHURCH
LOCATION: 4145 New Mile Road, corner of Headbrook Road, Novi
CONTACT: (248) 349-0565
Sunday Schedule
TIME: 8:45 a.m. Sunday School and Bible Study; 10 a.m. Worship
Site for details: singleplace.org.

FIRST PRESBYTERIAN CHURCH OF NORTHVILLE
LOCATION: 201 E. Main St.
CONTACT: (248) 349-0911 or visit: firstpresville.org
Sunday Worship
TIME: 9:30 a.m.
Walking In the Park
TIME/DATE: 10 a.m. every Saturday
LOCATION: Meet at the Visitor's Center of Heritage Park Farmington Road between 10 and 11 Mile roads
DETAILS: Group meets for lunch afterwards
CONTACT: Sue (734) 459-0016
Single Place Ministries
TIME/DATE: 7:30 p.m. social time, 7:45 p.m. opening, 8:15 p.m. program, every Thursday
DETAILS: Informative and entertaining programs of interest to singles; \$5 per person. Check Web

OAK POINTE CHURCH
LOCATION: 50200 W. 10 Mile Road
CONTACT: (248) 912-0043 or visit: oakpointe.org
Worship Services
TIME: 5:15 p.m. Saturday; 9:15 and 10:15 a.m. Sunday
ReNew Life Ministries
TIME/DATE: 7:15-9 p.m. every Monday
DETAILS: Ongoing Life Groups that support and facilitate personal growth, healing, learning and change from a Christian perspective.
CONTACT: For more information or to register call (248) 912-0043 or visit: oakpointe.org
Charmed Influence
TIME/DATE: 9:30 a.m. every Wednesday
DETAILS: Studying the book "Surviving a Spiritual Mishap on Marriage"
CONTACT: Joy Rubay at joyrubay@oakpointe.org or call the church
Chuck Gallica speaks
TIME/DATE: 5:15 p.m., Saturday, June 20, 9:45 and 10:15 a.m., Sunday, June 21
DETAILS: Detroit TV personality Chuck Gallica will be the special guest speaker. His Father's

FIRST UNITED METHODIST CHURCH OF NORTHVILLE
LOCATION: 777 W. Eight Mile Road
CONTACT: (248) 349-1144 or lumcnorthville.org
Sunday Worship
TIME: 8, 9:15 and 10 a.m.
Coffee hour at 10:15 a.m.
Healing Services
TIME/DATE: 4 p.m. first Monday of every month
Redeal Joy
TIME/DATE: 6-8 p.m. first and third Thursday of every month
DETAILS: All women seeking to strengthen their faith and connect with other women are invited to attend, irrespective of church affiliation
Crafters and Vendors are needed
TIME/DATE: 9 a.m.-4 p.m., Saturday, Oct. 24
DETAILS: The annual Community Bizarre Bazaar to

benefit Village Banking at First United Methodist Church Northville. This is a great opportunity to showcase talent or business to hundreds of local customers. As cost is nominal, booth space is filling up fast.
CONTACT: For details and to reserve a space e-mail Pat Breslin at BizarreBazaar@lumc.org. For more information regarding Village Banking: www.villagebanking.org.

NOVI UNITED METHODIST CHURCH
LOCATION: 4167 W. 10 Mile Road
CONTACT: (248) 349-2652 or visit: umcnovi.com
Sunday Worship
TIME: 9:45 a.m.
Healing Service and Holy Communion
TIME/DATE: 9:45 a.m. first Sunday of every month
Peace Vigil
TIME/DATE: Noon, first Sunday of every month
LOCATION: In front of the church
DETAILS: Members of the congregation and the community will stand united in prayer for peace.
Advent Service
TIME/DATE: 9:45 a.m. Sunday
Spring into Summer

TIME/DATE: 10 a.m.-4 p.m., Saturday, June 13
DETAILS: Annual Junied Art/Craft Show. Go to www.umcnovi.com to view some past years' vendor booths. All hand made crafts including but not limited to painting, sculpture, pottery, jewelry, needlework, lawn art, doll clothing, photography, glass, stained glass, wood carving and scrolling, straw items, stone work, candle, wire lamps, children's books, face painting, frames, mud mats and UMW lake safe
CONTACT: For an application to this juried show, e-mail your request to Pam Davis

WIDE EVANGELICAL PRESBYTERIAN CHURCH
LOCATION: 40203 Six Mile Road
CONTACT: (248) 374-7400 or (248) 374-5978
Sunday Worship
TIME: 9 a.m., 9:30 a.m. and 10 a.m. Traditional
9:30 a.m. Contemporary Nursery and Sunday School (during the 9:30 a.m. and 11 a.m. services)
Service Broadcast
DETAILS: If a.m. every Sunday on WJOT-AM 550, The WKU2 Word Station
Please see CHURCH, A9

Your Invitation to Worship

Brighton

LORD OF LIGHT LUTHERAN CHURCH
5051 Pleasant Valley Road • Brighton, MI 48114
810-227-3113
8:30 a.m. Communion Worship
10:45 a.m. Sunday School
Rev. Dale Hebdick, Pastor
www.lordoflight.org

HOLY SPIRIT ROMAN CATHOLIC CHURCH & SCHOOL
at the corner of Warren Lake & Musch Rd.
810-221-9159
Fr. John Rocus, Pastor
Weekend Liturgies Saturday 4:00 p.m.
Sunday 8:00 & 11:00 a.m.
Mass at 8:00 or 10:00 a.m. on Wednesdays & 10:00 a.m. on Thursdays

BRIGHTON ASSEMBLY OF GOD
7770 Whitman Lake Road, Brighton 48115
910-231-2711
Sunday 10 a.m. & 6 p.m. Wednesday 7 p.m.
Classes for all ages Sunday at 9 a.m.
Audience for ages 9-12 Sunday at 9:30 a.m.
Kids' Club ages 3-8 Sunday at 9:30 a.m.
Revolution Youth (7th-12th) 2:00-5:00 p.m. Wednesdays
Dr. Dudley Taylor, Pastor

Milford

CHRIST LUTHERAN CHURCH & H.Q. - MI
622 General Motors Bld., Milford
Church office: (248) 884-0826
Regular Sunday Service: 8:30 & 11:00 a.m.
Sunday School: 9:45 a.m.
Jun-Aug: Sunday Service: 9:30 a.m.
Monday Evening: 7:00 p.m.
The Rev. Richard E. Papp, Pastor
www.christlutheran.org

FIRST BAPTIST OF MILFORD
Pastor Steve Sawyers
123 Detroit St., Milford • 888-8656
Sunday School 10:00 a.m. (ages 4-12)
Sunday Worship: 11 a.m. • Prayer Service: 4:00 p.m.
Wednesday Bible Study 7:00 p.m.
Midweek Bible Study 8:00 p.m.

SOUTH HILL CHURCH, S.B.C.
129 South Hill Rd., just south of Ann Arbor/Milford
(248) 883-3568
Contemporary Worship Service 10:30 a.m.
Worship: 10:30 a.m.
Bible Study for all ages 9:15 a.m.
Sunday 7:30 a.m. (ages 9-12) Sunday 9:30 a.m. (ages 13-18) Sunday 11:00 a.m. (ages 19-25) Sunday 1:00 p.m. (ages 26-35) Sunday 3:00 p.m. (ages 36-50) Sunday 5:00 p.m. (ages 51-65) Sunday 7:00 p.m. (ages 66-99)
Call us at 248-883-3568 for more information

WEST HIGHLAND BAPTIST CHURCH
11166 S. Hickory Ridge Rd., Milford, MI 48360
248-887-1218
Sunday Worship: 8:30 a.m.
Bible Ministries: 1:00 p.m.
Wednesday All Ages: 7:00 p.m.

MILFORD PRESBYTERIAN CHURCH
238 N. Main Street, Milford MI (248) 694-2955
Sunday Worship: 8:00 a.m. & 10:30 a.m.
Sunday School: ages 3-5: 9:30 a.m. 6-8: 10:00 a.m.
Nursery care available @ 10:30 a.m.
Fr. John Harris, Pastor
A heritage of active worship since 1832

Highland

HIGHLAND COMMUNITY CHURCH
2350 Harvey Lake Rd. (248) 987-4550
Contemporary Service
9:30 a.m. & 11 a.m. Sundays
Saturday Night Service 8:00 p.m.
Men's Bible Study & Breakfast
2nd & 4th Sundays at 8:15 a.m.
One-800-Guide Youth Sundays 7:45 p.m.
Pastor Rick Rutter

HIGHLAND CHURCH OF THE MAZARENE
121 W. Livingston St., Highland 248-887-1402
9:30 a.m. Sunday School for all ages
11:00 a.m. Worship Service (Catholic Church)
6:00 p.m. Sunday Evening Fellowship
Worship: 9:30-11:15 a.m. (Catholic Study)
Wednesday: 7 p.m. Adult Bible Study
with children's program. www.hcma.org

NEW LIFE CHRISTIAN FELLOWSHIP
120 Bishop St., Highland
Call and find: 2-70-1265 N. of M-59
Sunday School 9:30 a.m.
Morning Worship 10:00 a.m.
Bible Study Wed. 7:00 p.m.
Pastor: Danny Mullen
248-255-0272 or 887-4655

HIGHLAND UNITED METHODIST CHURCH
598 W. Livingston Rd. • Highland, MI 48135
248-887-1511 • www.ymhc.com
Sunday Worship 8:30, 9:15 & 11:00 a.m.
Kids Church 8:45 & 10:30 a.m.
Youth Night - Wed. 6:45 - 8:00 p.m.
Plus Young Adults, Recovery, Short & Tall, Golf & more

CHURCH OF THE HOLY SPIRIT ROMAN CATHOLIC CHURCH
3700 Harvey Lake Rd., Highland (248) 887-5364
Rev. Leo T. Lupo, Pastor
Mass Schedule: Saturday 5 p.m.
Sunday 8 a.m., 8:15 a.m., 9:30 a.m., 10:30 a.m., 11:30 a.m.
Children's Masses at 8:15 a.m. and 10:30 a.m.
Compline - Saturdays 11 a.m. & 8:15 p.m. or by appointment

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WARD EVANGELICAL PRESBYTERIAN CHURCH
4003 W. 10 Mile Road, Northville
248-374-7403
Traditional: 8 a.m., 9:30 a.m., & 11 a.m.
Contemporary: 10:30 a.m. & 6:00 p.m.
Nursery 9:30 a.m. & 10:30 a.m.
Service: Sunday 10:30 a.m.
www.ward.org

OUR LADY OF VICTORY CATHOLIC CHURCH
133 Orchard Dr., Northville
WEEKEND LITURGIES: Saturday 8:00 p.m.
Sunday 7:30, 8 a.m., 11 a.m., 12:30 p.m.
Church: 349-2821, School: 349-3810
Religious Education: 349-2559
Rev. Donny Theroux, Pastor

Westland

STS. CONSTANTINE & HELEN GREEK ORTHODOX CHURCH
3670 Joy Rd., Westland
Pastor: Fr. George
Parish Office: 734-252-8749
Hellenic Cultural Center (Parish Hall)
734-252-3050

Whitmore Lake

Living Water
North Campus of St. Luke Lutheran Church Ann Arbor
Worship Celebration Sunday 10:15 a.m.
Whitmore Lake High School
7401 Whitmore Lake Rd. • Whitmore Lake, MI 48189
Dan Flynn, Pastor
734-428-0206 • www.livingwater.org

White Lake

WHITE LAKE PRESBYTERIAN CHURCH
400 Reginald Rd. between Regal & Ormsby Rd.
(248) 852-4654
Children's Church: 9:30 a.m.
Worship Service: 10:30 a.m.
Adult Sunday School: 9:00 a.m.
Children's Church School: 10:30 a.m.
Children's Church: Established 1835
The Friendly Church • Established 1835

**LOCAL
OPINION**

online at hometownlife.com



Our fundamental purposes are to enhance the lives of our readers, nurture the hometowns we serve and contribute to the business success of our customers.

OUR VIEWS

The Novi News is still here, but we need you

As many have heard, the *Observer & Eccentric* closed its West Bloomfield, Troy, Rochester, Southfield and *Mirror* newspapers, with their final publication on May 31.

The *Birmingham Eccentric* was also on that list, but was revived to a once-a-week paper, after a groundswell of community support and pledges to boost subscriptions and advertising for that edition. It remains a wait-and-see proposition, but the company is willing to give it a try.

A *South Oakland Eccentric* paper will cover Southfield, Royal Oak, Ferndale and other south central Oakland County communities. The paper will be published on Sunday.

Many people are shocked and dismayed by the loss of the local papers. Many readers of the *Novi News* have expressed relief that the paper remains open.

But, it can only survive with the support of the community. We view the *Novi News'* long-standing relationship with this community as a partnership. We depend on local advertising and home delivery subscriptions to survive.

The community depends on the *Novi News* to inform people about all aspects of Novi, from stories that affect neighborhoods and taxes, to spreading the word about fund-raisers, special events and incredible people who do incredible things.

Last week, the *Novi News* — and the Novi community — celebrated this newspaper's 54th anniversary.

Just as we've promoted the "buy local" concept in an effort to push local consumers to locally owned stores, we're urging folks to invest, to engage, in the *Novi News*. Advertising budgets are tight, we know, and household budgets are also tight, but if we support each other, we'll make it through.

Here's what you can do to help the *Novi News*. Urge merchants to advertise. Patronize local merchants who do advertise. Don't forget to tell merchants that you saw their ad in the *Novi News*.

Purchase an annual subscription to the paper. The newspaper industry is in transition with print and online editions. But that transition is incomplete as newspapers search for a successful business model that will help sustain local information on the web. So if you read us free online that's fine, but it's important to pay for the print subscription — that's the only way we can afford to sustain that hyper-local Web site.

Each and every issue of the *Novi News* contains items that support local causes, local events, local people. We're here to shine the light on the good, to evoke conversations, to support local businesses and to provide a forum for healthy debate on local issues that affect you. We want to be around for many years to come. You can help.

For subscription information, call (866) 887-2737 or for local advertising, call Amy Norton at (248) 349-1700, Ext. 241.

ONLINE VOICES & VIEWS
The following are excerpts from readers participating in our online forum for discussing issues. In *Your Voices*, on the Web at hometownlife.com.

■ Letters to the editor: Capello article confusing, disturbing?
Consensus from my neighbors is that Capello should resign.
24rtardrive

NOVI NEWS
GANNETT

Cal Stone
Community Editor

Grace Perry
Director of Advertising

Susan Resek
Executive Editor

COMMUNITY VOICE

What movie are you most looking forward to this summer?



"Land of the Lost" -- it's going to be funny!
Morgan Grillier
Novi



"Transformers" because the first one was great!
Shannon Watts
Novi



"Transformers" - "Revenge of the Fallen" and "Harry Potter and the Half Blood Prince." And "Public Enemies" with Johnny Depp.
Amy Frazier
Novi



Definitely "Transformers" and "Harry Potter". And "G.I. Joe" - I didn't even know it was coming out, but it looks awesome.
Lindsay Nelson
Oak Park

LETTERS

No Auto Show in Novi

And the "politicizing games" continue. Yes Detroit needs to act quickly to expand Cobo center and keep the Auto Show in the Motor City. But the Brooks Patterson anti-Detroit rhetoric won't do much to help. Perhaps the scarce tactics being spent about will spur Detroit leaders to act, for the statements being made certainly are scaring me.

As a Novi resident, I fear what would happen to our city if The Rock Financial Showplace were expanded to accommodate the Auto Show. They would have to use all their parking lot to make it big enough, and if it were expanded they would want to fill it with big events all the time. Can you imagine after fighting rush hour traffic coming home from work to the traffic nightmare you would find after getting here? And where would they park? Maybe off site at the new municipal parking structure paid for by whom? Or attendees could go by bus or the People mover. Oh wait, we don't have either of those.

As I recall, when the Detroit Tigers wanted to new stadium, Novi was rumored as a possible location. So the city council unanimously passed a resolution stating that it was not wanted here. I don't recall if State Rep. Hugh Crawford was a member of that city council.

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.

Submit via Web: www.hometownlife.com
Mail: Letters to the Editor, Novi News, 101 N Lafayette Street, South Lyon, MI 48183.
Fax: (248) 437-3383.
E-mail: cstone@gannett.com.

Deadline: Letters must be received by 9 a.m. Monday to be published in the Thursday edition.
Blog: You may also let your opinions be heard with your own blog at hometownlife.com.

New '3 Rs': Reinvent, restructure and reform

Michigan needs to reform, restructure and reinvent government at every level.

Is it fair to expect the Presidential "tough love" being shown to the Detroit auto industry would also be applied to Michigan and other units government that have been equally resistant to change?

Two years ago, then presidential wannabe Barack Obama called the Detroit automakers out. He told the Detroit 3 they must mass produce fuel-efficient cars — period!

The auto industry's refusal to act for so long has left it mired in a predicament for which there is no easy way out. The auto industry is on a path that is unacceptable and unsustainable -- for their business, for their workers and for America's candidate Obama lectured the auto industry then.

Now president, Obama recently made good on his threat, announcing automakers would be required to meet much tougher emissions requirements. Given the fact that two of the former Big 3, Chrysler and GM, are now controlled by the federal government because of massive, multi-billion-dollar taxpayer loans, it is no surprise they went along.

Yet, once again, it is the president's words of "change" that need to be analyzed, not just against this long fought auto issue but juxtaposed to how the state of Michigan has operated for decades as well.

Shouldn't we expect government to change at least in proportion to the changes being thrust on the private sector that has historically led the nation into economic recessions?

Take the above quote and, as I do below, replace the word "auto industry" with "state government." You will see

in spite of this reality smacking us in the face, the governor and Legislature have yet to take sufficient action to address the mounting structural deficit or next fiscal year's annual budget shortfall that is predicted to eclipse \$2 billion.

there are some obvious parallels: "the state government's refusal to act for so long has left it mired in a predicament for which there is no easy way out" or "state government is on a path that is unacceptable and unsustainable ..."

How about when President Obama demanded that GM and Chrysler restructure, modernize, and make themselves more competitive. Doesn't this seem like a reasonable request that also be made of our state government?

The president in a recent speech said, "Year after year, decade after decade, we have seen problems papered-over and tough choices kicked down the road, even as foreign competitors outpaced us. Well, we have reached the end of that road."

Does this also sound like how Michigan has been governed for far too long? Michigan's economic woes continue to mount. Our unemployment rate hit 12.9 percent in April, the state's highest monthly rate since hitting 13 percent in November 1983. Further, the state's "economic experts" reached a consensus that Michigan's unemployment could average as much as 14 percent this year and 15.3 percent in 2010.

In spite of this reality smacking us in the face, the governor and Legislature have yet to take sufficient action to address the mounting structural deficit or next fiscal year's annual budget shortfall that is predicted to eclipse \$2 billion. This shortfall comes after using \$1 billion from the federal stimulus money and \$300 million in hard cuts

as a tourniquet to address this fiscal years budget anemia.

Increasing taxes, even closing tax loopholes, without significant restructuring and reform of government at all levels would be the equivalent of thinking that raising the price of domestic cars would "fix" their structural problems!

THE TIME IS NOW FOR REAL CHANGE.

It is time Michigan heeds the repeated call that the president has made of the domestic auto industry and his campaign mantra — "Change!"

We have watched the domestic auto industry shed jobs by the hundreds of thousands and diminish our tax base over the past decade or longer. Today it is no longer eroding. It has imploded.

The tiny particles of sand that our state leaders are attempting to build upon is the obliteration of the once solid automotive foundation upon which our government largess has been built.

Clearly, our units of government at every level must change their behavior in direct proportion to the change taking place in the private sector.

Michigan can not simply cut nor tax its way out of the disruptive, transformational, global change taking place. It will require a new vision, imagination and radical reform -- not just collecting more money to support yesterday's government structure.

President Obama has it right. Michigan, not just the auto industry, must "restructure, modernize, and make themselves more competitive."

Tom Watkins is a business and education consultant in the U.S. and China. He served the citizens of the state of Michigan as state superintendent of schools, 2001-05; state mental health director, 1986-90; and as an elected member of the Wayne County Charter Commission, 1980-82. He can be reached at: twatkins@aol.com.

CHURCH

FROM PAGE A7

Single Point Ministries - 45 and older
TIME/DATE: 11 a.m. Sunday for fellowship and Bible study.

Single Focus Ministries - 35-50 years
TIME/DATE: 9:30 a.m. Sunday to deepen your personal relationship with Christ.

Single Purpose Connections - 20-30 years
TIME/DATE: 11 a.m. Sunday in the Chapel for singing, Bible study, and fellowship.

DETRIT FIRST CHURCH OF THE NazARENE
LOCATION: 21260 Haggerty Road, north of Eight Mile Road.
CONTACT: (248) 348-7600 or visit dfirstchurch.org

Sunday Schedule: 9:15 a.m. Worship service with praise band, children's Sunday School and Adult Bible Fellowship; 10:15 a.m. Fellowship and refreshments; 11 a.m. Traditional worship service, Children's Church, Youth Sunday School and Adult Bible Fellowship; 6 p.m. Evening Service, Children's program, Youth Worship Service.

Tuesday Schedule: Tuesday 9:30 - 10:15 a.m. Women of the Word Bible Study with childcare available for through age 5; 6:45 p.m. Ladies Evening Bible Study; 7 p.m. Men's Evening Bible Study.

Wednesday Schedule: 5:30 p.m. Family Meal, \$4 per person, \$12 per family; 7 p.m. Children's Caravan, Club 56, Bible Study, Outlining, Adult Classes, Youth Blast.

Thursday Schedule: 6 a.m. Men of Purpose Prayer Group; 7 p.m. Tae Kwon Do.

ST. JAMES CATHOLIC
LOCATION: 46325 10 Mile Road, Novi
CONTACT: (248) 347-7778

Mass Schedule
TIME/DAY: 8, 9:30 and 11:30 a.m. Sunday; 9 a.m. Monday-Tuesday; 7 p.m. Wednesday; 5 p.m. Saturday

FIRST BAPTIST CHURCH OF NORTVILLE
LOCATION: 217 N. Wing
CONTACT: (248) 348-0920

Sunday Worship: 10:45 a.m. and 5:45 p.m.
Sunday School: 9:30 a.m.
Ladies Bible Study: 9:30 a.m. and 7 p.m. Tuesdays
Men's Bible Study: 9 a.m. first Saturday of every month

FATH COMMUNITY PRESBYTERIAN
LOCATION: 44400 W. 10 Mile Road
CONTACT: (248) 349-2345 or visit fathcommunity-novi.org

Sunday Worship: 10 a.m.

ST. PAX'S LUTHERAN CHURCH
LOCATION: 201 Elm St., Northville
CONTACT: (248) 349-3140

Sunday Worship: 8:30 a.m. Blended; 11 a.m. Contemporary; 1:30 a.m. Traditional

MEADOWBROOK CONGREGATIONAL
LOCATION: 2155 Meadowbrook Road, between Eight and Nine Mile roads
CONTACT: Rev. Arthur P. Ritter, Senior Minister (248) 348-7151, visit mbccc.org or e-mail office@mbccc.org

Sunday Worship: 10 a.m.
Youth Classes
TIME/DATE: 7:30 p.m. every Monday
DETAILS: 8:30 weeks, \$55 continuous or \$8 per drop in session.

Merry Widens Luncheon
TIME/DATE: 11:30 a.m. fourth Thursday of each month
Spiritual Journeys

Adoptive Parent Networking Meeting
TIME/DATE: 10-11 a.m. last Wednesday of each month

DETAILS: Free, informational meeting open to all adoptive families in Oakland County. Child care is available. Registration is required.

OUR LADY OF VICTORY CATHOLIC CHURCH
LOCATION: 770 Thayer, Northville
CONTACT: (248) 349-2621 or olvnorthville.org

Saturday Worship
TIME: 5 p.m.

Sunday Worship
TIME: 7:30, 9, 11 a.m. and 12:30 p.m.

GRACEPOINT PRESBYTERIAN CHURCH
LOCATION: The Novi Civic Center, Council Chambers
CONTACT: Rev. Brian C. Sheeh, Pastor (248) 497-3178 or gracepoint@mac.com, and gracepoint@pepa.org

Sunday Worship
TIME: 10 a.m.

DETAILS: Nursery staffed by Nancy Poppitz.

OUR SHEPHERD PRESBYTERIAN CHURCH
LOCATION: 140 N. Center, above Tuttle's in Old Church Square, Northville
CONTACT: Pastor Bill Burke at (734) 927-0491

Sunday Worship: 11:30 a.m. with fellowship and food after service.

FIRST BAPTIST CHURCH OF HOPE-FAMILY INTEGRATED CHURCH
LOCATION: 45301 W. 11 Mile Road
CONTACT: (248) 349-3647 or firstbaptistchurchof-novi.org

Family Bible Hour: 9:45 a.m.
Bible Study: 11 a.m.
Family Movie Night: 5:30 p.m. (fourth Sunday of every month).

NORTHVILLE CHRISTIAN ASSEMBLY
LOCATION: 41355 Six Mile Road
CONTACT: (248) 348-9030

RECHARD HILLS BAPTIST CHURCH
LOCATION: 23455 Novi Road
CONTACT: Pastor Jon Hix (248) 349-5665

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

CROSSPOINT MEADOWS CHURCH
LOCATION: 29000 Meadowbrook Road, south of 13 Mile Road
CONTACT: (248) 669-9400, 9 a.m.-3 p.m. Monday-Thursday or visit www.crosspointmeadows.org

Sunday Worship: 11:15 a.m.
Bible study classes: 10 a.m. for all ages

DETAILS: Nursery and older children programs available. Worship blends traditional and contemporary elements resulting in a multi-sensory worship

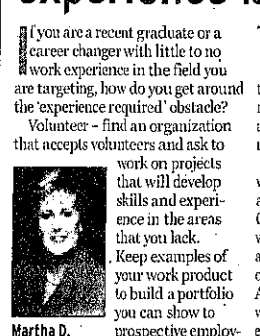
TIME/DATE: 1:30 a.m. every Sunday
Judy Insley and "Almost Perfect"
TIME/DATE: 8 p.m. Saturday, June 6

DETAILS: Judy Insley and "Almost Perfect" features three veteran musicians, multiple stringed instruments, and rich vocal harmonies in a unique blend of original music sprinkled with songs by other select writers. Judy Insley is a guitarist, mandolinist, songwriter and instructor with years of experience. Tickets \$12 at door or presale \$10.

CONTACT: Kalla at (248) 449-1456 or near5@bcglobal.net

Summer Vespers
TIME/DATE: 7:30 p.m., June 21
DETAILS: Casual dress is accepted.

The job search: When experience is necessary



Martha D. Adanson

YOUR NEXT JOB

If you are a recent graduate or a career changer with little to no work experience in the field you are targeting, how do you get around the "experience required" obstacle?

Volunteer — find an organization that accepts volunteers and ask to work on projects that will develop skills and experience in the areas that you lack. Keep examples of your work product to build a portfolio you can show to prospective employers.

Network with other volunteers or staff members as well as those you meet there. Ask what your gaps are and find out if there is a way to fill them with some short term training or practice.

Precede your resume — if your resume does not have the expected experience, try to talk with an employer first, then follow up with your resume. Research employers who have the kinds of jobs you seek and try to get a referral in your field. Be prepared to describe how you will be able to get up to speed quickly to meet their needs. Leave your resume as an extended business card!

Ask for a trial period — propose a tryout period. Take on a limited project for a fixed fee and deliver your best product.

Don't expect employers to hire you and put you through an extended training and education period. It is not going to happen. Seek out the training, experience or knowledge that you need to do the job at least at an entry level. You need to be prepared to solve the employer's problem, not create more problems.

Martha D. Adanson is a consulting professional with a diverse background in Human Resource Management and Career Development. She is a Certified Career Development Facilitator, a Certified Career Job Search Coach, and a Certified Professional Resume Writer. She is the co-author of *Job Search Navigator*, a work-book-style guide to accessing yourself and managing your job search (www.jobsearchnavigator.com) which was first published in 1999 by Prentice-Hall and revised and republished by Success Press in 2005. From 1993 to 1996, she authored a monthly column "Four Job Search" in the Saratoga Springs, N.Y. newspaper — The Saratogian.

Join Professional Organizations — become active in a local chapter of a professional organization related to your job target.

Join a committee that interests you and take an active role. You'll have a chance to learn more about the field, work closely with members who have established careers, and demonstrate your transferable skills. You'll be able to network with your colleagues to find entry level positions that are in your chosen field.

Work as a temp — register with a few temporary agencies and ask to be placed in jobs or with employers related to your target job. Again, you'll be able to demonstrate your

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Beverly Hills: 17682 W. Thirteen Mile Rd. (248) 594-3100

Troy: 340 John R. Rd. (248) 588-4148

Dearborn Hts.: 26424 Ford Rd. (313) 359-2500

Rochester Hills: 2795 S. Rochester Rd. (248) 844-0027

Ann Arbor: 889A W. Eisenhower Pkwy. (734) 669-0700

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248.338.6390

EDUCATION

Novi student makes the most of high school career

Columbia College Chicago

The following former Novi High School students have graduated from Columbia College Chicago with bachelor's degrees.

Commencement ceremonies took place on the weekend of May 16. Kachyn Garcia majored in fashion design; and Carrie Punnett majored in photography.

Loyola University

Jennifer Lee C. Rudolph (Novi High Class of 2005) graduated from Loyola University, New Orleans Honors Program, magna cum laude, with a degree in political science. She was a member of the "Kappa Kappa" and excelled from New Orleans as a freshman the day before the hurricane struck. She spent her first semester at John Carroll University in Cleveland before returning to Loyola the following semester. She was



Rudolph

also commissioned as a 2nd Lt. in the United States Air Force, graduating from the Air Force Reserve Officer training program as a Distinguished Graduate, representing the top five percent of Air Force officers nationwide. She was also recognized as the Outstanding Cadet from Detachment 320, Tulane University, where she attended ROTC training. Her graduation and commissioning was attended by her mother and father, Mr. and Mrs. Harold Rudolph (both USAF, retired) of Novi, and her uncle, Steve Cloutier, CMSGT, USAF (ret), of Van Buren Twp. Her sister, Courtney Cloutier, Novi '09, third year law student at Loyola University College of Law pinned on her gold bars. Jennifer will be assigned as an Air Battle Manager on the USAF AWACS radar planes.

Novi Wildcat Rachel Manela, 17, is making the most of her high school experience by taking advantage of all it has to offer.

"I decided early on that it was going to be MY high school experience and I was going to dictate that according to me," said the Novi junior. "I'm a big advocate for individuality. You have to be yourself." Manela, like most kids her age, enjoys sports, going to the movies and socializing with friends. But unlike most kids, Manela juggles those extracurricular activities while serving as president of Teen Court; secretary of National Honor Society, class of 2010; student representative of the Novi Historical Commission; and maintains an excellent GPA.

"I like to be busy," she said. "I've always been involved with something or another." Manela's general interest in history, combined with the fact that her family is originally from the area, inspired her to join the Historical Commission.

"She is a student actually interested in local history," said Kathy Mutch, chair of the Historical Commission. "She is thoughtful and creative, respectful but not intimidated by power."

Along with being interested in history, Manela also enjoys politics and has aspirations



Novi High School junior Rachel Manela is involved in many activities at the school including volunteering and being part of the school's law review.

of attending James Madison University after high school and becoming a lawyer. Manela was nominated by one of her teachers to attend the National Young Leaders Conference in Washington

D.C. and is currently in the seventh to speak to sixth and seventh graders at the Junior National Young Leaders Conference. "When I got the letter in the mail I cried," Manela said. "I

have a lot of gratitude toward the high school. The teachers are willing to teach you beyond what you learn in the classroom."

Along with her school-related activities, Manela works as a lifeguard, plays the clarinet and spends numerous hours a week volunteering.

"My parents always encouraged me to do whatever I wanted to do," Manela said. "I'm a believer in helping your community and the people around you."

"Volunteering is a way people can share experiences. It's a way to have fun with helping someone else, and the smiles you get back are great."

Through her volunteer efforts, Manela visits with a local girl with special needs once a week, and tutors a fifth grade boy in reading.

"When I was younger I had dyslexia and I've greatly overcome that. Now I can't put a book down," Manela said. "It's been a lot of fun to help someone when I know exactly what they're going through."

Manela said the amount of opportunities to get involved in high school is endless, but warns it can be overwhelming so students should stick to whatever makes them happy.

"I like to do a lot of different things," Manela said. "A lot of different things interest me, so I try everything."

Manela's general interest in history, combined with the fact that her family is originally from the area, inspired her to join the Historical Commission.

NOVI SCHOOL BRIEFS

CC fourth at National Quiz Bowl Championship

Detroit Catholic Central High School won fourth place among the 192 teams at the 2009 High School National Championship Tournament. The tournament is run by National Academic Quiz Tournaments.

Team players were Brett Harrison, Jonathan Vargo, Bryan Berend, Kayton Rashidi, Sean Bridenbaugh, Michael Yurko. Detroit Catholic Central High School also sent a second team of students.

Students are coached by Jason Jones and Joe Polzin. The top 192-team field represented 37 states, plus a top team from Canada. The mar-

athon tournament featured 25 rounds of questions, 64 rounds of simultaneous game play, and over 1,200 players (four at a time per team). Each of the 192 teams played ten games Saturday and those who won at least six Saturday games advanced to Sunday's double-elimination playoff.

This year's High School National Championship Tournament is NAQT's 11th annual competition; the HSNCT has been in Chicago since 2005.

Recent past winners include winner, Thomas Jefferson High School for Science and Technology (Alexandria, Va.) in 2008; the Maggie L. Walker Governor's School for Government and International Studies (Richmond, Va.)

in 2007; and Richard Montgomery High School (Rockville, Md.) in 2006.

NAQT rules are such that each match pits two teams against each other, with four in on tossup questions to earn 10 points for a correct answer, or 15 points for an answer given before the moderator has reached the "power mark" of a tossup. Each correct tossup answer also gives a team a chance to earn up to 30 additional points by conferring on a multi-part bonus question. Each game consists of two timed halves of nine minutes each.

Coach of the Year 2009. The Theatre Coach of the Year is presented annually in conjunction with the Michigan Speech Coaches Incorporated (MSCI) Machine Conference and Tournament. The annual awards ceremony was held this year at the beautiful Grand Hotel on Mackinac Island on Saturday, May 16.

About three hundred people, including board members, parents, students and alumni were on hand to celebrate the award and applaud McKaig for her special accomplishment.

McKaig has been teaching for 10 years at Novi High School. During her 13 years of teaching she has coached and served as the director for several speech and theatre activities. Throughout her career, McKaig has served as the director of theatre for 13 years, debate for one year and forensic for three years.

NEF Golf Outing

The Novi Educational Foundation is sponsoring its 14th Annual Charity Golf Scramble 9:30 a.m. Wednesday, June 24 at Salem Hills Golf Club. Golf and dinner is \$130, or dinner only is \$35. Both contest and hole sponsorships are still available. The NEF is a non-profit organization devoted to expanding educational opportunities by supporting student enrichment programs, staff development, classroom equipment and teacher migrants.

Camp Invention

Invest Now Kids and The Discover Program present Camp Invention coming to Novi Middle School 9 a.m. to 3:30 p.m. July 20-24. The summer camp will include the themes of Viking Treasure Trek; The Quest Begins, Comic Book Science, Flyback and Fill, LandsLect-Treme, I Can Invent: Fantasy Inventions & Complicated Machines II and Recess Remix. The popular program is once again directed by Novi Middle School science teacher Seth Furlow. The base price is \$220, but if you register three or more siblings, receive \$40 off the base price. Daily snacks and a Camp Invention T-shirt will be provided. For more information, call (248) 449-1600 or e-mail sfurlow@novi.k12.mi.us.

NOTICE CITY OF NOVI REQUEST FOR TEMPORARY SPECIAL LAND USE PERMIT TSLUP 09-011

NOTICE IS HEREBY GIVEN that the petitioner for Mid Michigan Curbless & Recycling Inc is requesting a Temporary Special Land Use Permit for placement and operation of a concrete recycling plant located at 26650 Taft Road, north of Grand River Avenue and east of Taft Road from June 19, 2009 through September 30, 2009.

A zoning variance requested by any property owner of a structure located within 300 feet of the boundary of the property being considered for a temporary special land use permit.

This request will be considered at 10:00 a.m. on Friday, June 19, 2009 at the Novi Civic Center, 45175 West Ten Mile Road. All written comments should be directed to Malinda Martin and must be received prior to June 18, 2009.

Malinda Martin
Senior Customer Service Rep.
(248) 347-9459
ext. 203

Published: June 4, 2009

CITY OF NOVI VOLUNTEERS NEEDED TO SERVE ON CITY BOARDS AND COMMISSIONS

Notice is given that the Novi City Council will be meeting to interview applicants for positions on the Beautification Commission, Construction Board of Appeals (Alterate), Parks, Recreation and Cultural Services Commission and the Planning Commission.

If you are a registered voter in the City of Novi and interested in volunteering to serve on a City Board or Commission, applications and information about the various Boards and Commissions are available on the City Web Site at www.novimichigan.org or at the office of the City Clerk, 45175 West Ten Mile Road, Novi, MI 48375. You may contact the City Clerk's office by phone at (248) 347-0456 or email the City Clerk at mcormac@cityofnovi.org to receive an application by mail or fax.

The deadline for filing an application is Tuesday, June 9, 2009 at 4:00 p.m. All applicants will be required to be present at 7:00 p.m. on Monday, June 15, 2009 in the Council Chambers to be interviewed by City Council. All City Council meetings are televised.

Maryanne Corraducci, City Clerk

Published: June 4, 2009

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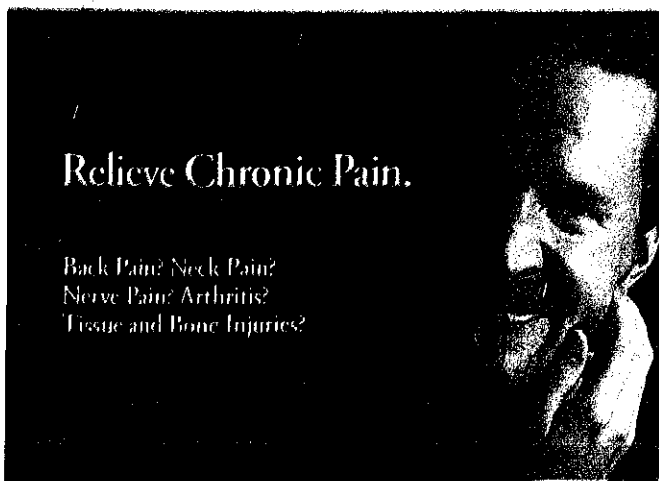
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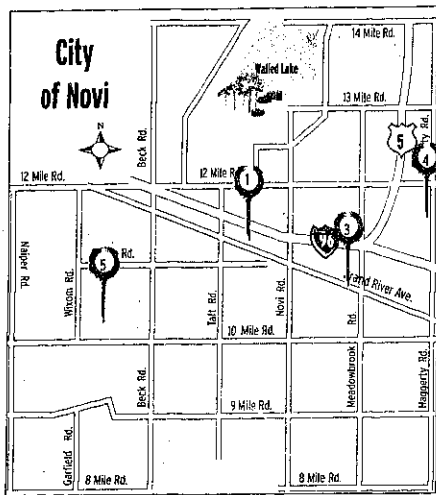
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NOVI POLICE BRIEFS



Electronics stolen from van

More than \$500 worth of electronics were stolen from an unlocked Dodge Caravan between midnight and 7 a.m. on May 25.

According to the report from the Novi Police Department, the van was in the driveway of a home on Oakwood Drive when the Garmin GPS and two digital cameras were taken. Police have no suspects at this time.

Driver arrested for OWI

A Novi police officer arrested a driver for drunk driving after observing the vehicle turn without a signal and swerving in its lane at 2:40 a.m. on May 23 on Grand River Avenue east of Novi Road.

According to the report, when the officer approached the vehicle the driver smelled strongly of intoxicants and admitted to drinking two large beers hours ago. The driver was asked to perform field sobriety tests and was given a preliminary breath test that registered a blood alcohol content of .13 percent. The limit for drunk driving in Michigan is .08 percent.

The driver was arrested for operating while intoxicated and transported to the Novi Police Department.

Man nabbed for drunk driving

A man was arrested at 2:16 a.m. on May 24 for operating while intoxicated after a Novi police officer observed the vehicle driving on the lane lines and swerving on Grand River Avenue and Karim Boulevard.

According to the report,

the driver smelled strongly of intoxicants and had blood shot eyes. He performed field sobriety tests and a preliminary breath test registered a blood alcohol content of .11 percent.

The limit for drunk driving in Michigan is .08 percent. The man was arrested and transported to the Novi Police Department.

Stereo system stolen

The framing around a stereo and the stereo itself were stolen from a Pontiac Grand Am parked down from the owner's apartment on Haggerty.

According to the report, the incident occurred between 6:15 p.m. on May 26 and 4 p.m. on May 27. The owner discovered the situation when he arrived at his car and saw the rear driver side window had been broken. The ignition also appeared to have been tampered with.

Police have no suspects at this time.

Two vehicles found on blocks

Two vehicles, one on Davenport Avenue and the other on Simmons Drive, had their rims and tires stolen between 11 p.m. on May 25 and 6 a.m. on May 26.

According to the report, the vehicle on Davenport was parked in the street and found by the owner on either blocks. The lock nuts were removed by the original lock nut key from the glove box. Also stolen from inside the car was a wallet and credit cards that have been used at numerous locations in Detroit.

Novi police officers found several prints on the on the vehicle and submitted them to the Michigan State Police for possible review.

— Compiled by Nathan Mueller

Cheer for the hometown, read today's SPORTS section

Food for Life cooking and nutrition classes in Novi

Wondering what's for dinner?

Food for Life cooking and nutrition classes, offered by the Providence Center for the Healing Arts, presents a way for anyone to make healthy and simple recipes the whole family will enjoy.

The cooking classes educate students on how to make confident food choices and how to prepare nutritious and delicious meals.

Every Tuesday from 6:30-8 p.m. students and instructors assemble on the second floor of the Assarian Cancer Center to learn how a diet of fruits, vegetables, grains and legumes can lead to a healthier life and prevent numerous diseases. Students learn about food topics such as maintaining a healthy weight, planning healthy meals, replacing meat, discovering dairy alternatives, favoring fiber and immune-boosting foods.

"The foods demonstrated were very tasty and made of ingredients I might not have tried if not for the class," said Novi resident Barb Arne. "The Providence Center for the Healing Arts, in alliance with The Cancer Project in Washington DC, has launched these classes to educate the community on healthy food choices."

Videos produced by The Cancer Project are presented in class to explain the science of how our food choices impact our health. Volunteer instructors demonstrate recipes selected from the class manual, and all are welcome.



Volunteers Deedee Anglum, left, and Lydia Kopeika demonstrate preparation of meals using plant-based recipes from the Food for Life class manual.

FOOD FOR LIFE

6:30-8 p.m. every Tuesday
Second floor of the Assarian Cancer Center
Providence Park Hospital
47601 Grand River Avenue
(248) 465-5455

For more information, visit www.stjohn.org/ProvidenceHealingArts or call Providence Healing Arts at (248) 465-5455. The Providence Center for the Healing Arts provides a variety of programs that promote wholeness, wellness and living life in balance. Programs are open to patients, families, staff and the greater community.

NOVI IN THE SERVICE

Army Pfc. Ian M. Tracey has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map

reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

He is the son of Denise Tracey of Beck Road, Northville. The private graduated in physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map

reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

He is the son of Denise Tracey of Beck Road, Northville. The private graduated in physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map

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Lunch main courses include choice of caesar, black bean soup, or soup of the day, house made bread and butter. Dinner main courses include choice of caesar, black bean soup, soup of the day or house salad, house made bread and butter.

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Chipotle barbecue sauce and black bean salsa

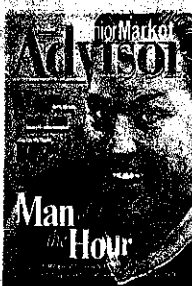
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SUBMITTED

The Catholic Central 4x800 relay team of Brandon Schneider, Austin Zebrowski, Alex Toloff and Spencer Hall ran to a State title Saturday, finishing in 7:47.57 to beat Rochester Adams by 0.1 seconds.

Catholic Central 3rd at track finals

BY JEFF THEISEN
SPORTS WRITER

Only two teams finished better than CC at the Division 1 State track finals Saturday at East Kentwood.

East Kentwood finished with 79 points to run away with the title. Portage Northern was next with 34 points, and CC was just one point back of second.

The highlight came from the State champions' 4x800 relay team of Brandon Schneider, Austin Zebrowski, Alex Toloff and Spencer Hall. The foursome finished in 7:47.57, obliterating the school record by seven seconds and cracking the top 20 nationally for the outdoor season.

Hall finished the race off by nipping the Rochester Adams anchor by 0.1 seconds at the line. Adams was the only team to beat the CC relay this year.

The Shamrocks got five other All-State finishes. The 4x400 relay team of Scott Sansovich, Brendan Curran, Jake Spuller and Hall placed second in 3:21.67. East Kentwood won in 3:21.14.

Sansovich ran to a fourth-place finish in the 110 hurdles (14.53) as did Hall in the 400 (49.73).

The 4x200 team of Spuller, Billy Riga, Joshua Kyles and Curran finished fifth in 1:30.03, and Ricardo Galindo placed eighth in the 3,200 (9:32.43).

NOVI BOYS AND GIRLS UNABLE TO SCORE POINTS AT STATE

The Novi boys and girls were unable to crack the top eight in an event and did not score any points at the State finals.

jtheisen@gannett.com
(248) 349-1700, ext. 228

Wang runner-up; Novi 4th at State

BY JEFF THEISEN
SPORTS WRITER

Novi equaled its best-ever finish at the State finals with a tie for fourth-place finish this past weekend in Midland.

The Wildcats were fittingly tied with Northville with 17 points. The two teams split wins during the year and finished tied at regionals.

"That's the most points we've ever scored (at State)," said Novi head coach Jim Hanson. "We had our moments of highs and lows in terms of emotions, but I thought all the kids played well."

Midland Dow edged Ann Arbor Pioneer 30-29 for the title. Grosse Pointe South finished one point ahead of Novi and Northville for third.

Freshman Abby Wang made the deepest run for Novi, finishing runner-up at No. 3 singles.

Wang received the No. 4 ranking and got a bye. She beat Troy's Ana Maria Nae 6-1, 6-2 to reach the semifinals.

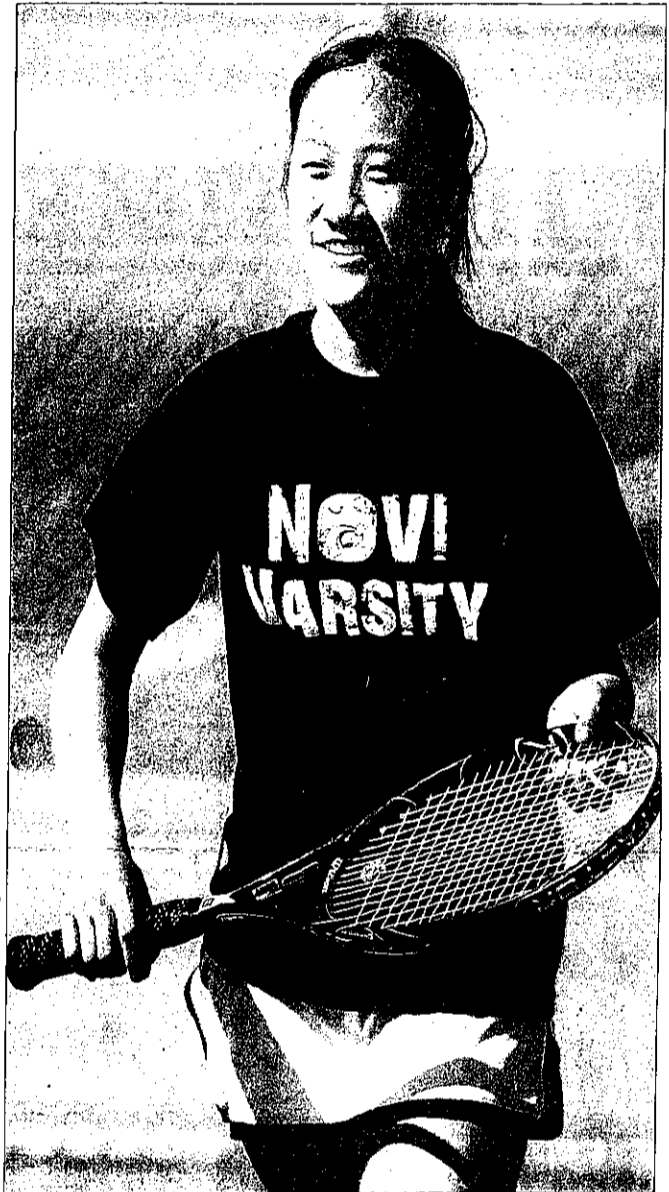
Northville's Joanne Weber waited in the next round. Wang advanced in a three-setter, 6-4, 2-6, 6-4.

Wang faced West Bloomfield's Morgan Taylor in the finals. Taylor won the first set 6-4. Wang rallied for a 6-3 win to force the third before falling 6-4.

"Abby probably played her best tennis of the year," said Hanson. "She was aggressive and determined. She grew up on the tennis court. She beat the No. 1 seed from Pioneer in the semis before going three sets in the finals."

"I was very proud of her performance." Sara Carlson also made a deep run at No. 2 singles. She was ranked No. 4 and earned the bye. She blitzed through the second round in straight sets before facing a much tougher test in the quarterfinals.

Carlson fell down a set to Ann Arbor Pioneer's Katherine Globerson before



JOHN HEIDER | STAFF PHOTOGRAPHER

Novi freshman Abby Wang finished runner-up at No. 3 singles, leading the Wildcats to a tie for fourth place.

Please see TENNIS, B3

Shamrock lacrosse wins regional title

Defenseman John Dwyer and keeper Kevin Lerg stand guard in front of the CC goal.



SUBMITTED

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(248) 349-1700, ext. 228

BY JEFF THEISEN
SPORTS WRITER

CC lacrosse is back. The Shamrocks knocked off Troy Athens 5-3 Friday night at Troy High School to reach the state semifinals.

Chris Nemes started the scoring with an unassisted shot in the second quarter.

Mike Birney added a tally during a man-up situation, and Mike Sullivan added another.

Recent JV call-up Doug Mullen fired in the other two goals to help the Shamrocks advance to the State semifinals.

Goalie Kevin Lerg (10 saves) came up big throughout the game, allowing just three goals for the win. Defenders Alex Moore, Scott Mato, John Dwyer, Scott Byrne and Trevor Kujawski had a big hand in keeping the Red Hawk offense stymied.

CC hosted the semifinals last night against Brother Rice. With a win, the Shamrocks would advance to Saturday's State finals at Troy Athens against the winner of Ann Arbor Pioneer and U-D Jesuit.



SUBMITTED

CC co-captain Chris Nemes fires a shot.

U-D Cubs 'Bearly' escape Wildcats, 11-9

Novi Lacrosse (ranked No. 15) came close to scoring a big upset against the No. 7 ranked U-D Jesuit Cubs last Friday night in the Regional Championship finals.

The Cubs were down 10-6 going into the third quarter when three quick goals by Matt Mandeville, Tom Machisak, and a big crowd pleaser from Spencer Rice brought them within one.

Novi couldn't bring home that final goal but displayed superior sportsmanship and discipline that made the Novi

fans proud to be Wildcats. Coached by Tom Stepanoff, the Wildcats had an extremely successful 13-7 season and played in the regional final for the past two years. Assistant coaches are Eric Hoffman and Yusuf Yankiel.

Mandeville led the scoring with three goals, and Machisak tallied a pair. Sean Murphy had a goal and one assist. Rice, Paul Favorite and Taylor Howell each scored a goal. Nick Gardner and Nathan Haynes notched assists.

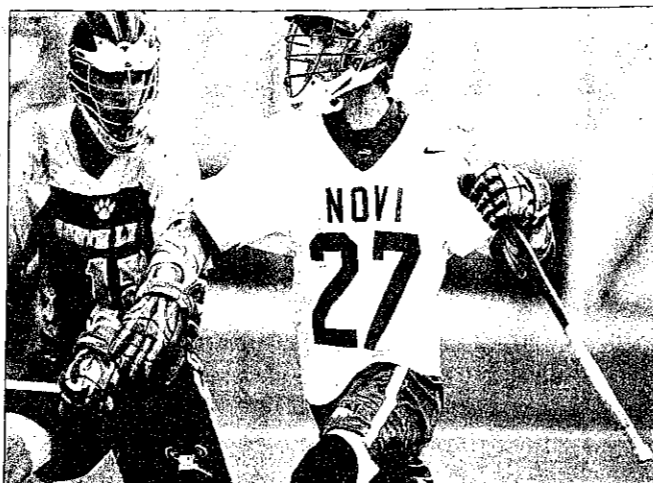
Ground ball leaders include Andrew Donatto (3), Jack Petroskey (3), Zach Mohr (2)

and Favorite (2). The Novi Lacrosse players were honored at the team banquet Sunday evening.

Awards went to Mandeville (Don Still Most Valuable Player), Favorite (Hardest Working), Petroskey (Leadership), Haynes (Sportsmanship), Andrew Donatto (Unsung Hero) and Howell (Most Improved).

The Annual Coach Bill Classic Autumn game will be June 13 (noon) at Novi Middle School.

Come see the legends of Novi lacrosse and support the scholarship fund.



Novi's Taylor Howell fights off a check by South Lyon's Cory Copp.

Novi knocked out of dance by Northville

Novi season came to a close as Northville avenged last year's playoff loss to the Wildcats with a 9-6 victory Saturday in the district semifinals.

The Wildcats actually outlit the Mustangs, but time walks helped Northville to several runs.

After a scoreless tie of the first, Northville took an early lead with a run in the bottom half of the second.

Novi didn't take long to tie things up with a run in the top of the second.

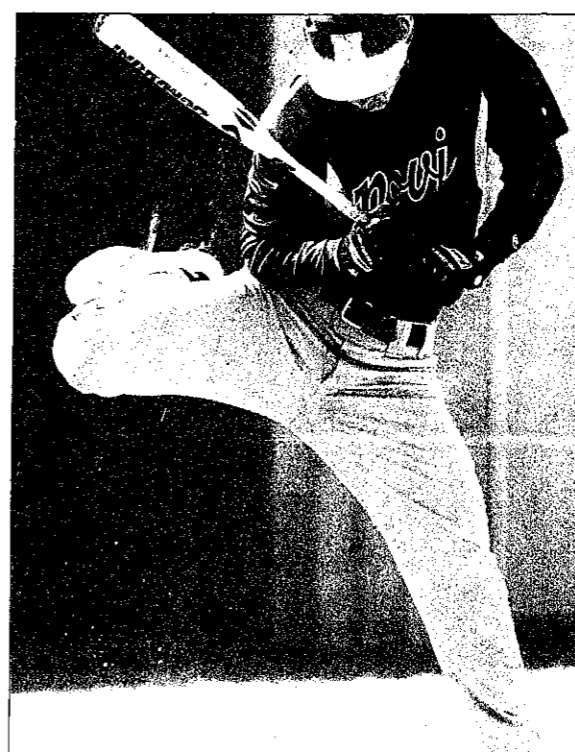
But Northville took the lead for good in the bottom half of the second with a pair of runs.

The lead was trimmed to one when Masaru Nogami singled and scored off a one-out triple by Garrett Green. But he was stranded, and Northville improved to lead to 5-2 with a two-run homer in the third.

Again, the Wildcats battled back within one when Nogami doubled home a pair of runs in the fourth, but the Mustangs put one back on the board for a 6-4 lead after four.

Green doubled and scored on a triple by Jake Walker to pull within one for the third time, but again, the Mustangs pulled away with three runs in the bottom of the fifth.

Novi scored a run to get within 9-6 in the seventh, but the game ended



Wildcat Jake Walker dances out of the way of an inside pitch.

Cats go to OT for district title

Novi captured its fifth soccer district in a row with a heart-pounding 2-1 overtime victory against Brighton on Friday.

After Wildcat keeper made a couple of saves in overtime, Morgan Haffey sent a cross-field pass to Nick Caruso into the Bulldog box.

Brighton's keeper came out, but the ball skipped past her, and Caruso gathered the ball and scored into an empty net for the title-clinching goal.

"We showed a lot of resolve in this game," said Novi coach Brian O'Leary. "We never got down and never lost our composure. We just played hard the whole game and prevailed in the end."

Courtesy Laux started the scoring 20 minutes into the contest. She netted her first goal of the year off a Taylor Pyden free kick.

Brighton carried the play for the rest of the half, but Novi went into the break with a 1-0 lead.

The Bulldogs scored the equalizer 20 minutes into the second half off a scramble in front of Zerio following a free kick from 35 yards out.

Zerio was responsible for 17 saves in collecting the win, despite Novi getting outshot 25-11 and Brighton's keeper only have to make seven saves.

O'Leary wasn't sure, but he thought it was the most saves a Novi keeper ever made in a winning effort.

"We set two goals for ourselves at the beginning of the season, come in first in our division and win our district," said O'Leary. "We accomplished both, even though we were underdogs to do both."

"Now, once in regionals, anything can happen."

Novi opened the district with a pair of shutouts, besting Hartland 2-0 and Pinckney 4-0. Haffey and Nikki Greenhalgh scored two goals each between the two games. Zerio was in goal for both games.

The Wildcats played Okeemos on Tuesday. With a win, Novi would face the winner of Portage Central and Rockford 6 p.m. Friday at East Kentwood. Check www.hometownlife.com for results.

TEE TIME Your local golf guide

The U.S. Open 2009 is June 15-21
Online Poll: Who will win this year? We want your vote!

Go online to www.hometownlife.com/section/sports/25 to take part in our online poll. We'll compare your predictions with the final results on June 21!

The rules of replacing and repairing damaged clubs

By Jennie Myers

Everyone seems to know that a player may not start a round with more than 14 clubs. However, there is some confusion about when a club may be replaced during the round.

Rule 4-3 says that, "If, during a stipulated round, a player's club is damaged in the normal course of play, he may use it in its damaged state for the remainder of the round, without delaying play, repair it or have it repaired, or if the club has become unfit for play, he may replace it."

The replacement may not include delay play and the player may not borrow any club from any other person playing on the course.

This leads us to two definitions. What constitutes "normal course of play"? Obviously it includes making a stroke or practice swing, but also includes removing or replacing a club in the bag, leaning on it while waiting to play and accidentally dropping it. Normal course of play does not include throwing the club in anger, slamming it into the bag or intentionally striking something with the club.

Normal course of play does include using a club as a game while climbing a hill, because that is considered a reasonable act. However, a club that breaks because the player has a habit of hitting the head of the club on the ground while walking to the next tee has not been broken in the normal course of play and may not be replaced.

Notice that the only time you can replace a club is when it has become unfit for play in the normal course of play. It has become "unfit" if it is substantially damaged, e.g., the shaft is dented, bent or broken, or the club head has become loose, detached or deformed, or the grip has become loose. You may not replace clubs just because the grips have become wet. If the shaft of a player's club has become bent in the normal course of play, he has the right to try to repair it. If in the course of bending it back into its original shape, the player snaps the shaft in pieces, he may replace the club. A player may replace a club which has become unfit for play while practicing on the range during a suspension of play. And, in equity, a player may replace clubs that have become unfit because, while lying on the ground, they were damaged by a maintenance vehicle or a golf cart. For those of you who may become involved in a stroke play-off, please notice that the play-off constitutes a new round, and you may replace any club, even if it had been broken in anger.

A lost club may not be replaced because it has not become "unfit for play" during the normal course of play. And a player may not replace a club by borrowing one from another player playing on the course.

If a player does damage a club other than in the normal course of play, so that it is non-conforming or its playing characteristics have changed, it may not be subsequently used or replaced during the round. The penalty for using or replacing it is disqualification. Such is the unhappy fate of a player who misses a short putt, bangs the putter head on his shoe bending the neck of the putter, and then taps in the one inch putt with the damaged club.

Jeanne Myers is currently an Assistant Tournament Director for the Golf Association of Michigan and also served as the Chairman of the USGA Women's Committee and is a past President of the GAAI.

TENNIS
FROM PAGE B1

rallying to win the next two 6-0, 6-0.

Carlson's run came to an end when State champ Andrea Calhoun knocked her off 6-4, 6-2 in the semifinals.

It was the second year in a row for Carlson to reach the semis, with last year's coming at No. 3 singles.

"She's a very good player and has improved each year," said Hanson. "She likes competing and likes playing tennis. She's done an outstanding job for us."

Jennifer Felcher, the lone senior in singles play at No. 4, advanced to the semifinals. She was ranked third and got a bye before winning in straight sets in the next two rounds. In the semis, she fell 6-1, 6-1 to eventual champion Katie Close from Midland Dow.

"It's the third time out of four years that she has reached the semifinals," said Hanson. "She's had an outstanding career for us."

Also scoring points for the Wildcats were Amanda Border with a win to reach the quarterfinals at No. 1 singles, the No. 1 doubles team of Lauren Felcher and Julia Thomas reached the quarterfinals with a win, Jenna Snyder and Megan Wenzl reached the No. 2 quarterfinals with a win, and Andrea Lollo and Meggie Riegel won their first-round matchup at No. 3 doubles.

"We got contributions from everyone and that's why we had such an outstanding season," Hanson said. "Anytime you finish in the top five, that's excellent. We did it again this year."

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(Events subject to change without notice)

CALENDAR OF EVENTS

WEDNESDAY June 17
4:00 p.m. - 10:00 p.m. Amusement Rides
Boogie Bodies
4:00 p.m. Circus
TBD (2 performances)
6:00 p.m. - 8:00 p.m. Matt Concert
10:00 p.m. - 11:30 p.m. Stardust Theatre Rentals Presents H.E.R.O. Movie Night "Twilight"

THURSDAY June 18
2:00 p.m. - 11:00 p.m. Amusement Rides
2:00 p.m. - 10:00 p.m. Petting Zoo
2:00 p.m. - 10:00 p.m. Boogie Bodies
2:00 p.m. - 10:00 p.m. Kid's Day
2:00 p.m. - 7:00 p.m. Arts & Crafts
2:00 p.m. - 7:00 p.m. Business Expo
2:00 p.m. - 3:00 p.m. Hannah Montana
3:00 p.m. - 3:30 p.m. Look-Alike Concert
3:30 p.m. - 4:00 p.m. TLT Performers
TBD (3 performances)
5:00 p.m. - 6:00 p.m. Marilyn Marie Concert
7:30 p.m. - 8:30 p.m. S.O.S. Band Concert
10:00 p.m. Laser Light Show
10:30 p.m. - 12:00 a.m. Stardust Theatre Rentals Presents H.E.R.O. Movie Night "Mail Cop"

FRIDAY June 19
2:00 p.m. - 12:00 a.m. Amusement Rides
2:00 p.m. - 8:00 p.m. Caricatures by Mary Rochelle
2:00 p.m. - 8:00 p.m. Petting Zoo
2:00 p.m. - 8:00 p.m. Boogie Bodies
2:00 p.m. - 10:00 p.m. Arts & Crafts
2:00 p.m. - 7:00 p.m. Business Expo
2:00 p.m. - 5:00 p.m. Buddy Box Flying
TBD (3 performances)
5:00 p.m. - 6:00 p.m. Circus
7:00 p.m. - 8:00 p.m. Fiddlers Restring Performance
8:30 p.m. - 10:30 p.m. Irish Pub Act
8:00 p.m. - 10:00 p.m. Midnight Special Concert (West Park)
10:00 p.m. Fireworks / Laser Light Show

SATURDAY June 20
8:00 a.m. - 3:00 p.m. Classic Car Show
10:00 a.m. - 3:00 p.m. Amusement Rides
11:00 a.m. - Midnight TBO (3 performances)
12:00 p.m. - 6:00 p.m. Arts & Crafts
12:00 p.m. - 7:00 p.m. Business Expo
11:00 a.m. - 10:00 p.m. Petting Zoo
12:30 p.m. - 2:00 p.m. Spotlight Dance
2:00 p.m. - 4:00 p.m. Talent Show
1:00 p.m. - 5:00 p.m. Buddy Box Flying
12:00 p.m. - 3:00 p.m. Oldies Du'Wao
Car Show Entertainment
Boogie Bodies
April Gibson
Country Concert
Midnight Special Concert (West Park)
8:00 p.m. - 10:00 p.m. Karen Newman / Steve Acto Concert
10:00 p.m. Fireworks / Laser Show

SUNDAY June 21
8:00 a.m. - 11:00 a.m. Pancake Breakfast
11:00 a.m. - 11:30 a.m. Mystic Lotus Dancers
12:00 p.m. - 6:00 p.m. Carriage Rides
12:00 p.m. - 8:00 p.m. Amusement Rides
12:00 p.m. - 8:00 p.m. Petting Zoo
12:00 p.m. - 8:00 p.m. Boogie Bodies
12:00 p.m. - 12:30 p.m. Mystic Lotus Dancers
1:00 p.m. - 2:00 p.m. Circus
2:00 p.m. - 3:00 p.m. Veteran's Tribute
2:00 p.m. - 4:00 p.m. Father-of-the-Year Contest
4:00 p.m. - 5:00 p.m. Grandfather-of-the-Year Contest
5:00 p.m. - 5:30 p.m. Mystic Lotus Dancers

Novi golf season ends at regionals

BY JEFF THEISEN
SPORTS WRITER

Novi golfers finished fourth at last week's KLAAs Kensington Conference tournament at Salem Hills. Northville ran away with the title, shooting a 301, followed by Salem (307), Churchill (308) and Novi (312).

Brent Womack led the Wildcats with a 76, followed by Nick Hanson with a 77, and Tyler Manning and Chuck Mallo each shot 80s. Eric Duprey from Salem won medalist with a 72.

The Wildcats finished the KLAAs Central tied with South Lyon for third place (each 5-5). Northville won the division with a 9-1 record, edging Stevenson (8-2).

SEASON ENDS AT REGIONALS

The Novi golf season came to a close at last week's regional tournament in Hartland.

It took a 300 or less to make the top three, and Novi finished with a 318.

Hartland won with a 296, followed by Catholic Central with a 298 and Brighton with 300. The top three advanced to this weekend's tournament at MSU.

Scores for Novi including Womack and Hansen with 76s, Manning with a 79 and Sam Palmer with an 87.



Novi golfer Brent Womack led the Wildcats with a 76 at regionals.

CC makes close calls count for title

BY JEFF THEISEN
SPORTS WRITER

Baseball can come down to a matter of inches between winning and losing, and Saturday's district finals at Walled Lake Central was no exception.

A couple of close calls went Catholic Central's way, and the Shamrocks held off Walled Lake Northern 6-5 for the title.

"You've got to be good and you've got to get some bounces your way. A couple of inches here and there can make a world of difference," said CC head coach Kevin Walters. "We knew it was going to be a really tough district, but our expectations were to come out and win it."

A four-run fifth inning almost never happened for CC.

"The bases were loaded with one out when John Rose hit a tapper back to the mound. Northern's Nick Szyver fired home for the force and Rose was ruled safe at first as the throw arrived right as Rose hit the bag.

The inning moved on and Steve Harding took advantage in the next at bat with a two-run single.

Eric Becker was next up and drew a walk on a very close curve ball that brought a loud round of boos from the Northern fans.

Cory Smith delivered a two-run single in the next at bat for what turned out to be a very couple of important insurance runs.

Northern tacked on a pair of runs in the sixth, but went 1-2-3 in the seventh off winning pitcher Gordy Hao in relief. Hao (4-6) went 5.2 innings, allowing five hits and no earned runs with no walks and three strikeouts.

"Gordy did a heckuva job," said Walters.

He got CC out of an early jam when he came in with one out in the second inning and bases loaded.

A walkoff and a line-out got the Shamrocks out of further damage and just a 1-0 deficit.

"We knew we could play with

them because we beat them earlier in the year," said Hao. "I knew if I held them to one run, we would have a good chance to come back."

"Our team is building a swagger right now. We feel like no one can beat us, and that's how we have to feel to win it all. This is a good start."

CC took the lead with solo runs in the third and fourth. Rose singled home a run and Tim Dezeliski dropped a perfect squeeze bunt in the fourth.

Northern scored a pair of unearned runs in the fifth when what should've been an inning-ending force out at second went wide and into right field, allowing two runners to score.

But the rally in the bottom of the fifth gave the Shamrocks enough room to hang on, improving to 18-16 and giving CC its first district title since 2005.

"Bottom line is these guys know they play in a tough league, they know that they're a good team and they're capable of beating anybody. We need to keep battling and we did that."

CC 9, WALLED LAKE WESTERN 2

In the earlier game, CC crushed Walled Lake Western 9-2.

The Shamrocks tallied four in the first, a run in the third and fourth, two more in the sixth and a run in the seventh for a 9-0 lead. Western scored its only runs in the bottom of the seventh.

Bret Gossett got the win, throwing 5.2 innings of scoreless ball. He allowed two hits and seven walks with four strikeouts.

John Jakubik pounded out four hits in as many at bats with a home run and four runs scored. Harding (3-for-5, HR) knocked in five runs.

The regional is Saturday at Novi High School.

jeff@hometownlife.com | (248) 349-7000, ext. 228

Catholic Central golfers make it to State

BY JEFF THEISEN
SPORTS WRITER

Catholic Central had four golfers shoot in the 70s to place second at Thursday's regional at Farmington Hills Golf Course.

The Shamrocks made the top three teams to make it into the State finals Friday and Saturday at Michigan State University.

Hartland won the regional title with a 296, two better than CC, and Brighton took the final qualifying spot with a 300.

Joe Smadzinski led the Shamrocks with a 72 (1-over par, tied for fourth individually). He was followed by Joe

Fransted with a 73. Mike Panck with a 75 and Steve Lavriere closed out the scoring with a 78.

Even the fifth score, Connor Street, fired a 79.

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Tell us about your business, including types of services and/or products you feature.

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How did you first decide to open your business?

After learning the trade for 21 years, I decided it was time to start my own business and service my customers the way I want to. That means the old fashion way where I know almost everyone's name, treat them with respect and advise them with my 31 years worth of jewelry knowledge.

Why did you choose Novi?



Brian Larson is celebrating Larson Jewelry Design's 10th anniversary at 43155 Main Street this year.

I have lived in Novi for 25 years and I cannot think of any other city I would want to live and do business in. What makes your business unique? The fact that I am the one who does the work and can

share my business expertise with anyone who wants to make a purchase or just wants some advice. How has it changed since you opened? When I first opened the

store gold was at \$270 per ounce. Today it is hovering in the \$950 to \$1,000 per ounce range. We are seeing gold prices that we have never seen before. Last year I bought more gold than I sold. I have

DETAILS

Business Name: Larson Jewelry Design, Inc
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Your Name/Title: Brian J. Larson, G.G. (GIA), president/owner
Your Hometown: Novi
Business Opened When: 1989
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people will bring in to sell. Let your imagination wander. How has the recent economy affected your business?

The customers today are not that different than when I first opened. They are still looking for a great value at a fair price. With that said, we are down slightly from last year. But with all the uncertainty out there, I am very optimistic.

Any advice for business owners? I love what I do. If you have a passion for the business you are in or one that you want to start, you need to follow it through. I do not consider what I do to be work. I try to have fun every day.

What's in store for the future of your business?

With the economic conditions the way they are, I don't think anyone knows. I will keep looking for new products that will appeal to my customers and help them through these times. There will always be an occasion to give a gift and there will always be that perspective bride that really doesn't care what the economy is doing. I plan to be here and do what I can to help them make an informed purchase, whatever that may be.

BUSINESS BRIEFS

Get Clients Now!

Learn to create an endless stream of clients and referrals by doing 10 easy things per day at the ABWA's Get Clients Now seminar at the DoubleTree Hotel in Novi at 6:30 p.m. on June 10.

Elizabeth Garbett is the owner of EFG Consulting. She has been coaching people as a manager for over 20 years, and has been a project manager for 15 years. She is passionate about coaching individuals to excel in their careers and to be responsible, world-class contributors to their companies, industries, and communities.

EFG Consulting works with people throughout their careers, from helping them identify their missions in life to becoming leaders in their personal and professional lives.

Cost is \$16 per person; \$17 online through PayPal; visit www.abwa-novi.org. Pre-registration by June 5 is required. The DoubleTree is located

Business workshops

Business owners and entrepreneurs who need assistance are invited to attend seminars in offered by the Oakland County Business Center.

Business Basics workshops are now offered in the evenings on alternating months at the Oakland County Executive Office Building Conference Center, 2100 Pontiac Lake Road, west of Telegraph, Waterford.

For location specifics and pre-registration, call (248) 858-0783.

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CHAMBER CHAT

Northville Chamber Golf Classic

We are in full swing for our upcoming annual fundraiser, the Northville Chamber Golf Classic, presented by TDS Metrocom.

It is Wednesday, June 10, at Northville Hills with a shotgun start at 9:30 a.m. The outing is a scramble format with lunch and dinner included. We are looking for golf prizes, sponsors, and of course, golfers.

Contact our office at (248) 349-7640 for more information or visit www.northville.org to download a golf brochure.

For Members Only - TGIF

Sign up for our small networking meetings, Trading Great Ideas on Friday, held the second and fourth Fridays of the month. The size is limited to 12 attendees, each having a separate business discipline. Our next TGIFs are June 12 and June 26. Call (248) 349-7640 to register. Pre-registration is required.

For more information, call the Northville Chamber at (248) 349-7640 or visit us at 195 S. Main Street. Hours are 9 a.m. to 4:30 p.m., Monday-Friday.

Strengthening Your Core

As an adult's body continues to mature, it is even more important to stay physically active to keep the body and mind healthy. Personal trainers advise exercising all muscle groups, especially the core.

While I was working out at the gym recently, it occurred to me that businesspeople need to take that same approach to stay professionally fit. Business professionals need to strengthen their core.

In the 2008 book titled "Leadership Communication," author Deborah J. Barrett wrote that as a leader's perspective and control expands, you will need to improve your core skills - the core communication skills of writing, speaking, and strategy development.

In written communication, Barrett notes that leaders need to clarify their purpose, use correct language and format, and write clearly, concisely, and confidently.

No matter your level of professional fitness, working out your writing skills should be an ongoing activity. To improve your writing skills, consider working through practice sets in a grammar or vocabulary book that you can buy at any store or go online to an excellent site sponsored by Purdue University. Visit Purdue's Online Writing Lab (OWL) at http://owl.english.purdue.edu/.

Exercise your oral communication skills by talking more, especially in small groups or by practicing presentations. Several Toastmasters groups meet throughout the Detroit area. For example, Walsh

TAKIN' CARE OF BUSINESS

College Novi campus is starting a new Toastmasters group for professionals. The informational meeting is Tuesday, June 23, from 8:15 a.m. to 9:15 a.m. at Walsh College, located just off Meadowbrook Road, north of Grand River Road in Novi. Email bmeller@walshcollege.edu for more information or visit www.toastmasters.org/ find to locate a club near you.

Linda Haqan, Ph.D., is a professor of business and leadership communication at Walsh College. She teaches courses in the B.B.A., M.S. in Strategic Leadership and Doctoral programs, and consults on management/organizational communication issues.

Dr. Haqan is an accredited member of the Public Relations Society of America and a member of the board of directors of the PRSA Detroit Chapter. She can be reached at lhaqan@walshcollege.edu.



C. Anil Kumar, M.D., has joined the medical staff at Botsford Hospital. Kumar is board certified in Pulmonary Disease and Internal Medicine. He is a member of the Society of Critical Care Medicine and the American Thoracic Society. Kumar is also an affiliate member of the American College of Chest Physicians. Kumar practices at Pulmonary &

Critical Care Specialist located at 39650 Orchard Hill Place, Suite 100 in Novi. The office number is (248) 449-7010. Kumar received his medical education from Andhra Medical College in India. He completed a residency in Internal Medicine at Wayne State University. Kumar also performed a fellowship in Pulmonary and Critical Care at Wayne State University.

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PHOTOS BY ALISON BERGSIKER

Research studies support Dr. Philip Mayer's (right) conclusion that exercised-based rehab can relieve pain over time without operation.

Back to basics

Northville Physical Rehabilitation partners with Philip J. Mayer, M.D. to offer specialized, non-operative treatment

Avoid unnecessary surgery with exercise-based spinal rehabilitation

BY ALISON BERGSIKER
ADVERTORIAL COORDINATOR

The simplest methods for treating back pain may actually be more effective than invasive surgical procedures commonly performed in hospitals.

One Northville surgeon is partnering with a local rehabilitation center to offer patients an alternative option to surgery with a high success rate.

Philip J. Mayer, M.D., a board certified and fellowship-trained orthopaedic spine surgeon with 30 years experience, has joined forces with Northville Physical Rehabilitation to offer a collaborative, non-operative treatment for patients suffering from back and neck pain.

Dr. Mayer has spent decades developing a specialized program that incorporates specific exercise treatments that strengthen and condition the supporting structures. The program is evidence-based and supported by the highest level of science possible.

"Most people with back pain do not require surgery," Dr. Mayer said. "There is strong scientific evidence based on high quality research studies that has shown that exercise-based, intensive spinal rehabilitation offers results superior to other forms of treatment with lasting value and fewer recurrences."



Dennis Engerer, PT and director of rehab at Northville Physical Rehabilitation, demonstrates a resistive neck device that strengthens the neck and all planes of motion.

Collaborative care

Northville Physical Rehabilitation, celebrating more than 24 years of growth in downtown Northville, began implementing Dr. Mayer's techniques in January.

"Dr. Mayer has some well documented and proven treatment protocols for neck and back patients that are all evidence-based," said Dennis Engerer, physical therapist and director of rehab. "To have him on site is great because we can refer some of our patients that haven't responded to the typical treatment regimen directly to him next door."

The staff of 25 at Northville Physical Rehabilitation consists of physical and occupational therapists, physical therapy and occupational therapy assistants, personal trainers and exercise physiologists.

"We have the staff, expertise and experience to treat a broad scope of diagnosis from simple sports-related orthopedic sprains/strains and joint replacements to long-term neurological disorders, such as multiple sclerosis or traumatic brain injury."

The staff implements Dr. Mayer's protocols for back and neck injuries using the appropriate fitness equipment that isolates the muscles that support the spine.

With Dr. Mayer located in the same building, he is easily accessible for patients and to the staff at Northville Physical Rehabilitation.

"It's continual feedback between the patient, the physical therapist and the physician," Dr. Mayer said. "Most physical therapy groups run independently of physicians. My method melds very well with the philosophies at Northville Physical Rehabilitation."

Supported by science

A common risk of surgery in place of non-operative methods is the failure to relieve lower back pain symptoms and the potential for nerve damage. Spine fusions are a common practice among hospitals, and thus generate high revenue for health providers and implant manufacturers.

But many research studies support Dr. Mayer's conclusion that exercise-based rehabilitation can relieve pain over time without the need for operation.

"We try to offer people treatment that is personalized and minimizes their risks while maximizing their success," Dr. Mayer said. "We are both very oriented toward patient outcomes. We really try to stay away from the politics of medicine."

Dr. Mayer brings a diverse amount of experience and credentials to Northville.

Dr. Mayer came to Michigan in 1989 to serve as head of the division of spinal surgery

at Henry Ford Hospital. He later became associate clinical professor of both orthopedics and physical medicine and rehabilitation at Wayne State University. He's previously provided spinal surgery services for the Detroit Lions football team.

After graduating from the University of Louisville School of Medicine in 1971, Dr. Mayer did his internship and general surgery residency at the Medical College of Virginia. He served in the United States

Navy as a lieutenant commander and general medical officer and later completed an orthopedic surgery residency at the University of Rochester School of Medicine and Dentistry.

He then pursued fellowship training at the Children's Hospital Medical Center, Harvard University and at the Duchess of Kent Children's Orthopedic Hospital and Convalescent Home, University of Hong Kong.

Since 2005, Dr. Mayer has directed his exercised-based intensive spinal rehabilitation program and is happy to be a part of the Northville community.

"This exercise-based rehabilitation program progresses slowly over an average course of treatment lasting two months at a frequency of two sessions per week," Dr. Mayer said.

"I use very little in the way of drugs but can provide medications if necessary. I've had excellent results with this program and find that exercise is the answer for most people."

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Philip J. Mayer, M.D. is an Orthopedic Spine Surgeon with over 30 years experience. He is Board certified and Fellowship trained. Dr. Mayer is the former Head of Orthopedic spinal surgery at the Henry Ford Hospital, and Associate Professor of Clinical Orthopedics, and Physical Medicine and Rehabilitation at Wayne State University. Dr. Mayer has personally developed and managed a non-operative rehab program since June 2005. Dr. Mayer offers a no-nonsense, evidence based approach to evaluate and treat back and neck patients. When necessary, surgical intervention is recommended.

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