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Novi News

THURSDAY, JANUARY 24, 2008

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VOLUME 52 #35 50 CENTS

STATE of the CITY



Photos by JOHN HEIDER/Novi News

Mayor reflects on four key issues today:

- Public safety
- Roads
- Water & Sewer
- Development

By Kelly Murad
STAFF WRITER

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

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

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

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

Significant developments

Since economic development is

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

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

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

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

Landry is also looking forward to the redevelopment of the former

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

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

With development comes growth

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

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

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

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

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

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

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

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

Continuing success in 2008

With significant accomplish-

continued on 4A

Local Busch's set to open

By Chris Jackett
STAFF WRITER

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

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

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

TALK ABOUT IT:

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

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

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

continued on 4A

Novi lieutenant fires first shot

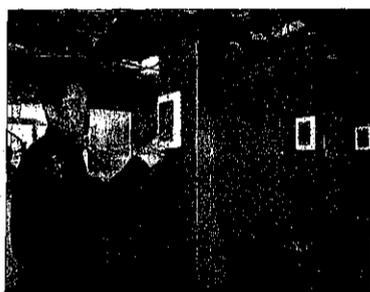


Photo by JOHN HEIDER/Novi News

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

Gun range ceremony Monday

By Kelly Murad
STAFF WRITER

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

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

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

continued on 4A

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NOVI WEEKEND PLANNER



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

FRIDAY

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

SATURDAY

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

SUNDAY

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

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



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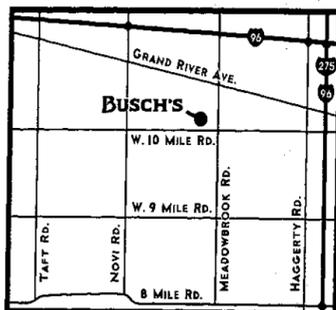
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Victoria Mitchell, editor
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MY NOVI COMMUNITY

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

Diamond Jim Brady's bans smoking

By Kelly Murad
STAFF WRITER

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

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

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

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

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

To ban, or not to ban

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

"It should be left up to the indi-

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

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

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

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

Past, present and future

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

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

"Despite the ghost-town-like feel of the Novi Town Center, Tom and Mary have enjoyed the restaurant's current location.

"Our sales increase every year and we have not increased our prices in at least 24 months," Mary said. "We feel very fortunate that we are able to make a



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

living doing something we both enjoy so much."

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

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

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

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

great medium for different techniques and preparations."

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

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MY CITY COUNCIL

Thursday, January 24, 2008
www.novinews.com
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Council sets goal to dream big in 2008

Members suggest acquiring property for signature park

By Kelly Murad
STAFF WRITER

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

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

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

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

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

With staff recommendations in mind, council formed a goal to



David Landry

center, and active recreation and/or natural areas.

"All of our goals could be accomplished on this piece of



Kathy Crawford

property if we choose to dream big," said councilwoman Kathy Crawford.

"I think it's what we're lacking in our community to enrich the lives of our residents."

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

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

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

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

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

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

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



Terry Margolis

hundred little goals," Margolis said.

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

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

Kathy Crawford
Novi City Councilwoman

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

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

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

Cory Jacobson



Cory Jacobson

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

MY SENIOR LIFE

Let the games begin - Fox Run style

By Tracy Estes-Mishler
SPECIAL WRITER

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

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

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

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

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

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

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

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

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

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

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

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

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

She said there will also be a Chinese checkers tournament.

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

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

Introducing technology

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

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

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

Shaffer said Fox Run has been part of the Wii craze for about a year and Nintendo is using Erickson communities as a way to promote the system to older generations who might not be on the game system bandwagon.

Each community has embraced Wii in their own way and slightly different, Shaffer said.

"Many, as Fox Run has, have offered the Wii through their Wellness Centers," she said.

"Playing the game is a good cardio workout, but it's something that isn't overly strenuous."

"There are residents that have revisited old hobbies like bowling. Some haven't bowled in

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

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

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

Future Olympics

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

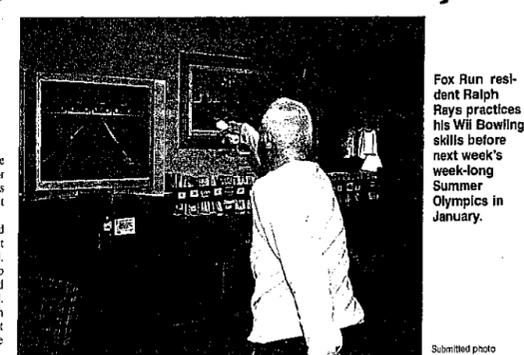
"We're not sure if we will do it

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

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

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

Submitted photo



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

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MY OPINION

Thursday, January 24, 2008
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Novi News

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EXECUTIVE EDITOR
Grace Perez Perry
GENERAL MANAGER

LETTERS

In our opinion: Novi State of the City

Today, the City of Novi Mayor David Landry is giving his annual State of the City Address at the Rock Financial Showplace.

As the city's highest-elected official, Landry will reflect on the successes of 2007 and give a snapshot of what is ahead for the community in 2008.

Some of the topics discussed today will overlap, as both past and future markers for the city.

The passing of the \$16 million library bond means a new library for Novi, and possible changes to the neighboring Forest Farm historical property.

The St. John Health Providence Park campus will continue developing into a state-of-the-art medical destination, while small business owners will see their dreams fulfilled this year as well.

Monday's opening ceremony for the Novi Police Department firearms training center marks yet another past goal realized in 2008.

Water and Sewer, fire safety and enhancing the community's schools and parks and recreation facilities are other highlights in the past, which will again serve as goal-setting items for 2008.

In the article Mr. Berenson presents outdated opinions and refuted old myths and additionally painful wounds within the fibromyalgia community.

Mr. Berenson failed to discuss the research and advances of the last decade by institutions such as the University of Michigan and the extraordinary work performed by researcher Dr. Daniel Clauw and his team. And the dedication of physicians devoted to helping and educating fibromyalgia patients, like Dr. Martin Tamler, of William Beaumont Hospital.

The article instead focused in on pharmaceutical companies' business practices and these concerns are fair, valid and quite important. But they do not warrant the way he presented it, in an article based on an old unscientific myth about whether fibromyalgia is a real illness/condition.

The fact that western medicine does not yet understand a condition does not make it any less "real." The pain of fibromyalgia is real, even if a percentage of physicians don't believe it exists. Yes, there is no single test to identify fibromyalgia, but this does not take away the pain and

**Fibromyalgia:
The pain is very real. Is the disease real?**

fatigue we experience nor make the disorder fiction in the minds of patients and families.

Mr. Berenson, in writing this article, stated his opinion ignoring the medical literature and the studies from Dr. Daniel Clauw showing brain abnormalities in the patients with fibromyalgia.

I speak for all the patients and families of those with fibromyalgia because the days of misperception and patient ridicule are validated through scientific research such as other diseases. We hoped the days of doubt were issues of the past, but this article proves the need for support groups, patient advocates and dedicated physicians. We applaud Pfizer for introducing a medication that will offer hope and an improved quality of life to those living with fibromyalgia.

Sharon Ostalecki, PhD
Director/Helping Our Pain and Exhaustion

Commentary on Legislative Decision

Our Governor has spoken of the devastating effects of a brain drain after retirement of employees. Retirement benefits for services. This brain drain condition will result when the (130) least senior employees at Maxcy Training School are given notice their positions are eliminated.

The remaining (130) must seek other employment. In an average age of about 56.9 years of age, in earnest the brain drain will begin late in 2009.

In addition to the brain drain

of the release of least senior employees will eliminate competition and help create a monopoly for private providers. In private providers are driven by profit and monetary incentives they will be elated to discover their advantageous positions.

Lastly, the State of Michigan is and has been in the top 5 percent nationally of state pioneering rehabilitation services for young offenders. Throughout the last 65 plus years, thousands upon thousands of doctorate degrees from Michigan universities have helped form our current and national rehabilitation strategies. We can thank legislatures from eight decades ago and their past administrations and their past advocates and dedicated physicians. We applaud Pfizer for introducing a medication that will offer hope and an improved quality of life to those living with fibromyalgia.

• Stop the brain drain
• Continue competition
• Limit monopoly creation
• Limit the wealth of knowledge and experience and continue the rehabilitation progress (in smaller form) our state legislature funded decades ago
• Practical research for university study.

Thomas G. Carroll
Bighorn

Struggling for Conservative Opinions

For a newspaper serving a Republican-leaning community, the Novi News seems to struggle to generate conservative opinion columns. I was particularly disappointed in Tom Watkins' "America - We have a problem" column from the Jan. 17 paper.

Watkins shot his credibility by repeating the unsubstantiated and just plain wrong argument of the left that our government is in a hook because of "benefits for middle-income and wealthy citizens." I would have expected more from our former state school superintendent. It is too bad because he also made some appropriate observations about our rising liability for Social Security and Medicare.

Meanwhile, Michigan's unemployment rate for December inched up to 7.6 percent, easily the highest in the nation, nearly a full point above floundering Mississippi. And prospects of a national recession grew already in trouble.

With all this grim news in mind, I went over a late last week to moderate a panel at the 2008 Annual Collaboration for Entrepreneurship meeting in Ann Arbor. It's the area's big gathering of entrepreneurs. I was told there were twice as many people there this year as last, and certainly the hall at the local community college was a beehive of Type A personalities buzzing around wearing intense expressions and brandishing business projections.

Higher on the income ladder, someone in the top 20 percent (income of around \$84,000) received a 56 percent tax cut. A person earning \$1 million per year saw a 20 percent tax cut.

Why is it that the left cannot accept that upper-middle and high-income taxpayers are left paying all the freight, and that many in the middle and lower income brackets pay nothing in federal income taxes? What is the benefit to upper middle-income and wealthy taxpayers that Watkins was referring to? What benefits do these taxpayers receive from their government besides a bill?

Scott Horschburg, CFA
Novi

What do you think?

We welcome your Letter to the Editor. Please include your name, address and phone number for verification. We ask your letters be 400 words or less. We may edit for clarity, space and content.

Mail: Novi News, Letters to the Editor, 104 W. Main Street, Suite 101, Northville, MI 48167
Fax: (248) 349-9832
Email: vmitchell@gannett.com
Deadline: Letters must be received by 5 p.m. Monday to be published in the Thursday edition.

Tom Watkins: As The World Turns

Like the trick card game three-card Monte, while the world has kept its eye on China, India has grown up and may be the economy to watch as the 21st century unfolds.

India is the most populous democracy in the world with more than 1.2 billion people. This is only slightly fewer people than the communist Peoples Republic of China. India is growing economically along with many Asian nations and becoming a global player in the 21st century. India has a long and rich cultural and entrepreneurial history. Today it is the world's 12th largest economy due to economic reforms put into place in the early 90s.

After the fall of the Berlin Wall, many Asian countries opened up their economies and brain power to the world. With the end of a quasi-socialist government, with tight controls over foreign trade and investment and private sector business activities, India's economy began to take off. Today its economy is among the fastest-growing in the world with a GDP growth of nearly 10 percent in 2006-07.

India's growth has been in the shadows of China's ascending economy, which grew by a blistering double-digit rate during the past 20 years. Being in the shadow of China, whose economy seems to be on steroids, makes India's growth seem anemic in comparison.

Yet India has two advantages over China. It has many English speakers and a democratic government.

While they have made great strides since gaining independence from British rule in 1947, many Indian people still suffer from poverty, illiteracy, hunger, religious strife, environmental degradation and the hang-over from a harsh and discriminatory caste system.

It seemed not that long ago that the only time you heard of India was when you were seeking help with a computer problem. Today the country is bursting with knowledge workers that are seeking their equivalent of the "American Dream." As Thomas Friedman points out in his often-quoted book "The World Is Flat," India has capitalized on its educated, English-speaking people and technologically-prepared professionals to become the English speaking world's "outsourcing" capitol and a ripe destination that is bearing fruit for global corporations.

Michigan to cash in on India

The Detroit Regional Chamber and Automation Alley have led trade missions to India to continue attracting new businesses

to Michigan as well as to continue giving Detroit businesses an opportunity to expand into India's fast-growing market. Another trade mission will be in taking place this month.

"The vision of both, Indian companies doing business here and Detroit companies doing business there, is the basis for the Partnership's trip," said Detroit Regional Chamber Partnership Executive Director John Carroll. "We are looking to build on the successes of the Partnership's 2006 mission



About Tom Watkins

Tom Watkins is a business and education consultant. He served as state superintendent of schools from 2001-2005 and state mental health director from 1986-1990. He can be reached at twatkins@aol.com.

An Indian car company that many here in the Motor City have never heard of, Tata Motors, is about to break onto the world scene. Ford Motor Co. could complete the sale of its Jaguar and Land Rover units to Tata early in 2008, giving them a global brand and dealer network.

India continues to gain momentum as it struggles to educate more of its rural population and increase the standard of living that is mere subsistence for hundreds of millions of its people. They have come far, but have a long way to go.

Like the con game three-card Monte, while the world watches China, India could drive away with the economic consolation prize of the century unfolds. It would behoove us to make sure Michigan finds ways to cash in as well.

Lansing Connection: Consensus Revenue Estimating Conference meets

On Jan. 11, the Senate Fiscal Agency, House Fiscal Agency and the Dept. of Treasury met for the constitutionally mandated Revenue Estimating Conference. They agreed to updated revenue projections for the current fiscal year as well as revenue projections for FY 2008-09.

The positive news is that Michigan finished Fiscal Year (FY) 2006-07 with \$533.1 million in the black. Of that number, \$259.1 million is General Fund money that is the result of higher than expected revenue collections and unspent or lapsed funds from several departments. The School Aid Fund had a surplus of \$82.4 million because of higher than expected revenue collections and spending that was lower than appropriated levels.

For FY 2007-08 the conference projected that most of the FY 2006-07 budget surplus will be needed to avoid making mid-year



Nancy Cassis

with major policy reforms in the coming budget year.

Cassis sponsors bill to permanently place SAVE into law

As an educator, with 19 years of experience in public education, and throughout my term as a State

Senator it has been a lifelong goal to promote programs that offer early intervention and prevention of learning failure to Michigan children.

Working with the former Northville Schools Director of Special Education, Dr. Robert Somson, in 2005, I sponsored legislation called "SAVE the Children," an initiative to intervene early and prevent learning failure. This package of bills helps students master the Skills needed to excel, build Alliances between home and school, provide valuable training for teachers, and foster the Early Learning success that lays the foundation for later life success.

The program encouraged teachers to recognize early learning difficulties facing some of our youngest learners, those in kindergarten through third grade. Bringing together teachers, parents, educational specialists and

administrators, promotes a team effort to analyze problems, develop and apply effective solutions.

Currently for the 2007-08 year intermediate school districts (ISD) are allowed to develop and make available a model program using operational funds. I and educators across Michigan think this initiative should become a permanent part of the School Code. Therefore, I recently introduced a bill that would amend the School Code to permanently allow ISD's to create a model program and make it available to their constituent districts.

SAVE is modeled after a successful program already being used in the Northville Public Schools. In the 2004-05 school year, Northville was able to save \$7.3 million in special education costs that could be redirected into the classroom for other uses.

Given the overwhelming cost savings and efficiency it is imper-

ative that we make this part of the school code. This program keeps savings at the local level where they can be directed back into the classroom.

For further details on the SAVE program, please visit the "SAVE" link on my Web site at www.senatornancycassis.com

As always, I look forward to your comments. You can contact me by e-mail at senncassis@senate.michigan.gov, or toll free at (888) 38-NANCY.

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

JOIN IN: Discuss our stories online via **Story Chat** at novineews.com

Victoria Mitchell, editor
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COMMENTARY

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

PHIL POWER:

New technologies must be the focus



About Phil Power

Phil Power is a longtime observer of politics, economics and education issues in Michigan, and was a regent of the University of Michigan from 1987 to 1999. He is also president and founder of The Center for Michigan, a moderate think-and-do tank. These opinions and others expressed in his columns are his own and do not in any way represent official policy positions of The Center for Michigan. Phil would be pleased to hear from readers at power@cnnet.com.

General Motors is now going to offer buyouts to another 46,000 employees, while it's beginning to look like the smart guys at Cerebus Capital Management missed stuff like the recession and high oil prices when they did their due diligence before buying Chrysler.

Meanwhile, Michigan's unemployment rate for December inched up to 7.6 percent, easily the highest in the nation, nearly a full point above floundering Mississippi. And prospects of a national recession grew already in trouble.

With all this grim news in mind, I went over a late last week to moderate a panel at the 2008 Annual Collaboration for Entrepreneurship meeting in Ann Arbor. It's the area's big gathering of entrepreneurs. I was told there were twice as many people there this year as last, and certainly the hall at the local community college was a beehive of Type A personalities buzzing around wearing intense expressions and brandishing business projections.

The panel I ran wound up talking about why some start-up businesses locate in Michigan and, conversely, why others don't. My fellow panelists made up a pretty good cross section of Michigan's emerging entrepreneurial economy.

They included: Neal Clinthorne, Co-Founder of Xoran Technologies, which makes CT scanners for ear, nose and throat physicians; Michelle Crumm, Co-Founder of Adaptive Technologies, which is in the alternative energy business; and Andrew Wykes, at IDV solutions, an artificial intelligence software company.

We had an audience of around 50 hard-driving types who brought added dimension to the conversation. Reasons people gave for

locating in Michigan varied all over the lot. Some said it was simply because their founders lived in Michigan. Others, manufacturing-based and therefore interested in knocking pennies per unit off the cost of making stuff, spoke about taking advantage of the existing manufacturing infrastructure that could get jobs done cheaply and quickly.

Some spoke about the quality of the work force, whether skilled blue collar workers or university grads. "Oddly, even though this appears to be not a very competitive market for very highly qualified engineers and technicians, we bite and scratch to find every one. We're especially interested in finding people who are imaginative and fearless and who can help us innovate," Crumm said.

Clinthorne's Xoran is a spin-off from the University of Michigan, and a number of people in the room spoke about how technology transfers from university laboratories seed new business start-ups.

They included: Neal Clinthorne, Co-Founder of Xoran Technologies, which makes CT scanners for ear, nose and throat physicians; Michelle Crumm, Co-Founder of Adaptive Technologies, which is in the alternative energy business; and Andrew Wykes, at IDV solutions, an artificial intelligence software company.

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in Lansing suggested, "Lansing is not a well known center for high tech," while another participant pointed out that the resources in biology and life sciences at nearby Michigan State University were as strong as any place else in the country.

Many complained about the state's efforts to help entrepreneurial companies. "They're well intentioned," one audience member said, "but they are very bureaucratic and really don't understand what we're all about." Others warned that investing public dollars in private enterprises is intrinsically conflict-laden. This was, however, distinctly a minority view.

The showcase presentation at the conference was given by Dave Morin, founder and CEO of Cleo MedSolutions. Started in 2005 and now with nine employees, Cleo makes electronic medical records software that automatically reminds physicians to remind patients to get their flu or pneumonia shots or screen for lead in the blood of younger kids. "There is so much to remember about health care and there's so little time to deliver these services in the typical brief office encounter, so automatic patient-specific prompts are a huge time-saver," said Dr. Jean Malouin, assistant professor at the University of Michigan Department of Family Medicine.

I asked Morin how he feels about having his company located in Michigan. "Great," he says. "I live in South Lyon, so it's close to

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Presented by Michael S. Rowe, M.D., F.A.C.P., C.P.I.
KEEPING YOUR HEAD DURING ALLERGY FLARE-UPS
Many of us think of cold and asthma as conditions that we would simply rather live without. However, the reality is that the interrupted sleep, side effects of many medications, and impaired hearing as a result of congested ear tubes can all have an impact on people's daily mental functioning. While avoiding allergy triggers is your best defense, it's not always possible. There are several non-sedating and safe nasal sprays available over the counter specifically for allergy sufferers. Talk to your allergist about the various prescription medications available that may work for you. You may also be a candidate for allergy shots, which are called "immunotherapy." Keeping your allergy symptoms at bay will help you during the day and night.
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HOT TICKET: My Hometown Novi Photo Competition reception 3 p.m. Sunday at the Novi Public Library

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MY BULLETIN BOARD

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

EVENTS

Zamar in Concert
TIME/DATE: 7 p.m. Friday
LOCATION: Brightmore Christian Church and Franklin Road Christian School, 40800 W. 13 Mile Road, corner of M-5, Novi
DETAILS: Professional jazz band, Zamar will perform a concert to benefit the athletic fields at Franklin Road school; tickets are \$20 now and \$25 at the door; call (248) 668-7100 or order tickets.

CONTACT: For more information, visit www.zamarjazz.com

Scrap the Night Away
TIME/DATE: 3-11 p.m. Friday
LOCATION: Novi High School
DETAILS: Novi High School Senior All Night Party Fundraiser; \$25 per person includes pizza, snacks, beverages and door prizes; registration required; visit www.novi.k12.mi.us/parents/comm/scrapsWebPages/SeniorParty.aspx for information or to register.

Meadowbrook Urgent Care Open House
TIME/DATE: 5:30-9 p.m. Saturday
LOCATION: 2550 Meadowbrook Road, Novi
DETAILS: Come to the grand opening of this new facility for ribbing dinner, drinks and a free flu package for the first 500 visitors; ribbon cutting at 6:30 p.m.
CONTACT: (248) 476-8500 or visit www.meadowbrookurgentcare.com

Silent Hands 3rd Annual Valentine Dinner Dance
TIME/DATE: 6 p.m.-12 a.m. Saturday
LOCATION: Baker's of Michigan
DETAILS: Silent Hands charity provides short-term assistance to those affected by adversity; advanced tickets are \$50 or \$60 at the door; raffle tickets are \$20 each for a chance to win a trip for two to Las Vegas including seven nights, air fare and \$1,000 cash.
CONTACT: For information, contact (248) 684-3338

Winter Stonely Search
TIME/DATE: 9 a.m.-3 p.m. Saturday
LOCATION: Environmental Interpretive Center, University of Michigan-Dearborn, 4901 Evergreen Road, Dearborn
DETAILS: Friends of the Rouge is looking for volunteers to search for winter Stonelies; their presence in the creek indicates good water quality and good fishing. Volunteers are assigned to teams, led by a trained volunteer, and travel to the headwaters of the Rouge River Watershed to sort through samples collected from the stream by team leaders; no experience necessary, children welcome when accompanied by one adult per child. Dress for the weather.

Women in Transition
TIME/DATE: 6-9 p.m. Monday, 5:30 p.m. check-in
LOCATION: Novi Community Education Instructional Technology Center, ITC Forum Room, 25345 Tait Road, Novi
DETAILS: Donna Marie and Jill Jordan present this workshop for women in transition facing career changes, retirement, life style changes or thinking about creating a business; cost is \$65; to register, call (248) 449-1206.

CERT Meeting
Community Emergency Response Team
TIME/DATE: 7 p.m. Monday
LOCATION: Novi Police Department Training Center
DETAILS: CERT members complete a 24-hour training program that provides critical skills necessary for emergency preparedness and response. The City of Novi will begin an 8-week training session in May. Novi residents 18 years of age and older with a valid driver's license may apply.
CONTACT: For more information or to register for the informational meeting call Novi Police Sergeant Kevin Rhea (248) 349-7100 or e-mail krea@city-novi.org

The Importance of Green Currents
The City of Novi host these sessions regarding making your business or residence more energy efficient.
Neighborhood Academy
TIME/DATE: 6:30 p.m. Thursday, Jan. 31
LOCATION: Novi Civic Center
DETAILS: This is for residential members of the Novi community.
CONTACT: (248) 347-0437

Art Van Furniture Store Events
LOCATION: 27775 Novi Road, Novi
CONTACT: (248) 348-8922
Home Theatre Package Giveaway
DETAILS: Register to win a Home Theatre Package that includes: home theatre seating for three by Berkshire, a 42" flat screen TV and TV console; contest continues through Feb. 4.

Kids Castle Craft
DATE: Saturday, Feb. 9
LOCATION: Children visiting the store can participate in a special Valentine's project while parents shop; Kids Castles are supervised play areas for children.
Celebrate Italian Style with Andiamo's
TIME/DATE: Noon-2 p.m. Saturday, Feb. 16
DETAILS: Leather furniture collections are featured as guests enjoy samples of specialty dishes prepared by chefs from Andiamo Restaurants; chefs will share recipes and tips on Italian cuisine.

Cottage and Lakeland Living Shows
DATE: Thursday, Feb. 28-Sunday, March 2
LOCATION: Rock Financial Showplace, 46100 Grand River Ave., Novi
DETAILS: Copper Harbor and Grand Shores Collections from their Michigan H. O. N. E. S. series are featured during the 2008 Home Shows; stop by the Art Van booths.

Mardi Gras Cabaret Fundraiser for the Friends of the Novi Theatres
TIME/DATE: 6:30 p.m. Friday, Feb. 7
LOCATION: Lyon Oaks, 52221 Pontiac Trail, Wyom
DETAILS: Cabaret includes buffet dinner, beer, wine, specialty cocktails and entertainment featuring a Broadway-style revue by guest performers from the Michigan Opera Theatre, music and dancing with the Tony Lannen Quartet and silent and live auctions with WINN's Lisa Barry as the Emcee; auction items include sports tickets, vacation getaways, spa packages, jewelry, restaurant gift cards and other exclusive items; tickets are \$40 per person, \$75 per couple and \$375 for a table of ten and are available on-line at www.novtheatres.com or from the Novi Civic Center Parks Office; attire for this adult evening is festive and fun.
CONTACT: (248) 347-0400

Super 5K Run
TIME/DATE: 9 a.m. Sunday, Feb. 3
LOCATION: Novi Town Center
DETAILS: Cost for pre-registration is \$24, \$29 on race day; for more information or to pre-register, go to www.runsuper5k.com or call (734) 929-9027

Real Estate One of Novi Blood Drive
TIME/DATE: Noon-6 p.m. Tuesday, Feb. 12
LOCATION: Real Estate One, 43155 Main St., 2nd Floor Atrium, Novi
CONTACT: (248) 348-6430

Prolog and Tread Survey Training Workshops
TIME/DATE: 7-9 p.m. Tuesday, Feb. 12
LOCATION: Novi Civic Center
DETAILS: Help monitor the health of the Rouge River by listening for frogs and toads in your neighborhood. Attend one training workshop where you will get everything that you need to sur-

vey. Pre-registration is required for this free workshop.
CONTACT: Call (313) 792-9621 or e-mail picoordinator@therouge.org

SCI-NOVI Chapter Annual Fundraiser Banquet
TIME/DATE: Doors open 4 p.m., dinner 7 p.m. Saturday, Feb. 16
LOCATION: Laurel Manor, 39000 Schoolcraft Road, Livonia
DETAILS: Featured items include hunting and fishing adventures all over the world, jewelry, artwork, home decorating goods, vacations and sport memorabilia; also numerous raffles. Tickets are \$65 each, including \$25 in free raffle tickets, when purchased by Jan. 31, and \$75 each after Jan. 31 with no free raffle tickets. Special table purchase programs also available. Purchase tickets by visiting www.sci-novi.org or calling Wendy at (248) 620-0161. Seating is limited to the first 1000 tickets sold.

Single Mingle Dance
TIME/DATE: 8 p.m.-1 a.m. Friday, Feb. 22
LOCATION: Sheraton Hotel-NOVI, 21111 Haggerty Road, near corner of Eight Mile Road, Novi
DETAILS: Meet new friends, dance and socialize; top 40 DJ, cash bar, Hors d'oeuvres and door prizes; admission is \$5 for members, \$10 for non members; attire is dressy casual (no blue-jeans, blue-jean skirts or tennis shoes); hosted by The Metropolitan Single Professionals.
CONTACT: (248) 544-6445 or visit www.mspsc.com

Novi Rotary Club
TIME/DATE: Noon every Thursday
LOCATION: Novi Methodist Church, 41671 W. 10 Mile Road
DETAILS: Lunch is \$10 at meeting; visitors welcome; check website for speaker information, www.novrotary.org.

CHAMBERS OF COMMERCE

Greater Novi Chamber of Commerce
We're about business. We're about networking. We're about creating excitement in business and networking! Everyone is welcome to attend any of our events. For more information call Whitney, executive director at (248) 347-4622 or whitney@greater-novichamber.com. Also visit www.greaternovichamber.com.

Novi State of the City Address
TIME/DATE: 11:30 a.m. today
LOCATION: Rock Financial Showplace, 46100 Grand River Ave., Novi
DETAILS: \$25 per person, please RSVP by Jan. 18 will response card to the city.

Artini
TIME/DATE: 5:30-9 p.m. Friday
LOCATION: Dirty Martini (inside Andiamo, 42705 Grand River Ave.)
DETAILS: Admission is \$20. Become an ArtNovi member for \$30 and get in free. Includes 1 Artini Martini, door prize entry, hors d'oeuvres, live entertainment, and view the work of local artists.

Business Accelerator Luncheon
TIME/DATE: 11:30 a.m. Wednesday, Feb. 6
LOCATION: Crown Plaza Hotel
DETAILS: Speaker is John Kelley of Google in Ann Arbor; cost is \$25 for members and \$30 for non-members; RSVP by Jan. 31.

Novi Chamber of Commerce
The chamber is celebrating 40 years of business, representing over 600 members. Our mission is to be a responsible, proactive advocate of business interests in the greater Novi area. We are business and professional people working together to enhance the life of our community and the businesses in it. For more information, visit www.novichamber.com or contact the chamber office at (248) 349-3743.

Lakes Area Chamber of Commerce
Since 1963, the Lakes Area Chamber of Commerce has proudly served as West Oakland's Regional Chamber, servicing the communities of Commerce Township, Union Lake, Walled Lake, Waterford, Wixom, Wolverine Lake and White Lake. Our purpose is to improve the quality of life for businesses and residents in the Lakes area. We act as a unified voice on behalf of the business community, provide a forum to discuss and review topics of interest, serve as a source of information and develop programs that are responsive to the needs of the communities we serve.

Spotlight Lunch
TIME/DATE: 11:30 a.m.-1 p.m. Tuesday, Feb. 5
LOCATION: Senate Coney Island, 36950 W. 14 Mile at Haggerty Road
Heart of the Lakes Gala Meeting
TIME/DATE: 8:30 a.m. Tuesday, Feb. 12
LOCATION: Chamber office

Novi Rotary Club
TIME/DATE: Noon every Thursday
LOCATION: Novi Methodist Church, 41671 W. 10 Mile Road
DETAILS: Lunch is \$10 at meeting; visitors welcome; check website for speaker information, www.novrotary.org.

Females in the Family Business Affinity Group
TIME/DATE: 9-9:30 a.m. Third Thursday of every month
LOCATION: Walsh College Troy Campus
DETAILS: Walsh Business Leadership Institute invites women who own, are partners in, or work for family businesses. Items discussed will be common issues, and women can share solutions in a nonthreatening, noncompetitive, non-sales roundtable. Registration is required.
CONTACT: Jan Hubbard, jhubbard@walshcollege.edu

Novi City Council Meeting*
TIME/DATE: 7 p.m. first and third Monday of month (Feb. 4)
*Next meeting Tuesday
LOCATION: Novi Civic Center, 45175 W. 10 Mile Road
CONTACT: (248) 347-0470

Novi Youth Assistance General Citizens Meeting
TIME/DATE: 6 p.m. Tuesday, Feb. 5
LOCATION: Novi Civic Center, 45175 W. 10 Mile Road
CONTACT: (248) 347-0410

Novi Public Library
LOCATION: 45245 W. 10 Mile Road
HOURS: 10 a.m.-9 p.m. Monday-Thursday; 10 a.m.-5 p.m. Friday and Saturday; 1-5 p.m. Sunday
CONTACT: (248) 349-0720
Unless noted below, all programs take place at the library.

Story Time
DETAILS: Please visit library website or Story Time brochure.
Reading Buddies
TIME/DATE: 5-5:30 p.m. Wednesday
DETAILS: Join us as we pair Little Buddies (grades K-3) with Big Buddies (grades 5-12) for 30 minutes of reading, word games and sharing.
Knitters and Knotters
TIME/DATE: Noon-1:30 p.m. second Thursday of each month
DETAILS: Drop in for informal needlework group in Youth Area; all levels welcome.
Senior Book Discussion
TIME/DATE: Noon-1:30 p.m. second Thursday of each month
DETAILS: Book discussion group for older adults facilitat-

List your event in our calendar!

To be included in My Bulletin Board, please send event name, date, time, location, details and contact.
Mail: Novi News, My Bulletin Board, 104 W. Main Street, Suite 101, Northville, MI 48167.
Fax: (248) 349-9832
E-mail: vemitchell@gannett.com

English Conversation Group
TIME/DATE: 11 a.m.-noon every Tuesday through Feb.
DETAILS: For ages 18 and older; practice your English while you make friends.
Acne/Diabetes Training
TIME/DATE: 7-8:45 p.m. today
DETAILS: Discover how to navigate this genealogy database, learning how to find family trees, indices, marriage/death records and view actual census records. Please register.
Movie for High Schoolers
TIME/DATE: 2:30-4 p.m. today
DETAILS: Movie and snacks high schoolers will love.
Novi Writers' Group
10 a.m.-noon Saturday
DETAILS: This group, facilitated by local writer Kathy Kuhl, provides environment for writers to collaborate, critique and create with other writers; ages 18 and over; please register.

Line Dancing
DATE: Monday and Friday
TIME: 6:30-7:30 p.m. beginners; 7:30-9:30 p.m. intermediate
LOCATION: Novi Civic Center, 45175 W. 10 Mile Road
DETAILS: No partner needed; pay-as-you-go; Novi residents \$5, non-residents \$6.
Reading Maniacs
TIME/DATE: 5-5:45 p.m. Wednesday
DETAILS: 80-minute book club for grades 3-4; book discussion, games and snacks.
Scarf Making for the Clothes Closet
TIME/DATE: 5:30-6:30 p.m. Thursday, Jan. 31
DETAILS: Make fleece scarves for the Clothes Closet at Holy Family Church; please register.
Kiddie Crafts
TIME/DATE: 19:30-11 a.m. Saturday, Feb. 2
DETAILS: Children 18 months to 4 years can create a work of art; child must be accompanied by an adult; registration required.
Starlight Storytime
TIME/DATE: 7-7:30 p.m. Tuesday, Feb. 5
DETAILS: Stories, music and fun for preschoolers.
Is It Hot In Here or Is It Not? Perimenopause and Menopause
TIME/DATE: 7-8:30 p.m. Wednesday, Feb. 6
DETAILS: A physician from St. John Health will discuss signs, symptoms and hormone replacement therapy; optional opportunity to weight in on a Body Fat Composition Scale; please register.
Heritage Quest Genealogy Database Training
TIME/DATE: 7-8 p.m. Thursday, Feb. 7
DETAILS: During this lecture, learn how to use this online database and look in the U.S. Census images from 1790-1930 and the Revolutionary era; please register.

Walled Lake City Library
LOCATION: 1459 E. West Maple Road, Walled Lake
HOURS: 10 a.m.-8 p.m. Monday, Tuesday, Thursday, 10 a.m.-5 p.m. Friday and Saturday; 1-5 p.m. Sunday
CONTACT: (248) 349-0720
Unless noted below, all programs take place at the library.

Novi Community School District Board of Education Meeting
TIME/DATE: 7 p.m. Thursday, Feb. 7
LOCATION: Educational Services Building, 25345 Tait Road
CONTACT: (248) 449-1204

Novi Youth Assistance General Citizens Meeting
TIME/DATE: 6 p.m. Tuesday, Feb. 5
LOCATION: Novi Civic Center, 45175 W. 10 Mile Road
CONTACT: (248) 347-0410

Novi Public Library
LOCATION: 45245 W. 10 Mile Road
HOURS: 10 a.m.-9 p.m. Monday-Thursday; 10 a.m.-5 p.m. Friday and Saturday; 1-5 p.m. Sunday
CONTACT: (248) 349-0720
Unless noted below, all programs take place at the library.

Novi Public Library
LOCATION: 45245 W. 10 Mile Road
HOURS: 10 a.m.-9 p.m. Monday-Thursday; 10 a.m.-5 p.m. Friday and Saturday; 1-5 p.m. Sunday
CONTACT: (248) 349-0720
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Novi Public Library
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CONTACT: (248) 349-0720
Unless noted below, all programs take place at the library.



Deadline: Must be received by noon on Monday to be published in the Thursday edition
Call (248) 349-1700 for additional information.

Novi Public Library
LOCATION: 49015 Pontiac Trail, Wixom
HOURS: 10 a.m.-8 p.m. Monday-Thursday; 10 a.m.-5 p.m. Friday-Saturday; 1-5 p.m. Sunday
CONTACT: (248) 624-2512
ESL Sale
TIME/DATE: 3:30 p.m. every Thursday
DETAILS: Coffee and conversation-improve your English speaking skills by speaking with people from other countries trying to improve their English; no tests; instructor help; free.
CONTACT: Karin at the Information Desk.
Friends Mini Used Book Sale
TIME/DATE: 10 a.m.-8 p.m. today
LOCATION: Library Meeting Room
DETAILS: Hardcover sold for \$1 and paperbacks 50 cents.
Book Discussion Groups
TIME/DATE: 2-3 p.m. Wednesday
DETAILS: "Killing Floor" by Lee Child
Mother/Daughter Book Club
TIME/DATE: 6:30 p.m. Wednesday, Feb. 6
DETAILS: Discussion and crafts about "Each Little Bird That Sings" by Deborah Wiles; for girls in grades 4-6 and their female relatives; registration on-going.
Fantastic Fridays "Spice Up Your Life"
TIME/DATE: 10:30 a.m. Friday, Feb. 8
DETAILS: For children ages 2-6 with a parent; registration required.
Baby Days
TIME/DATE: 10 a.m. Monday through Feb. 4
DETAILS: Playtime and informal story time for children up to 24 months with parent.
Mommy and Me
TIME/DATE: 10:30 a.m. Thursday through Feb. 28
DETAILS: Stories, songs and crafts for two year olds and parent.
Preschool Story-Time
TIME/DATE: 10:30 a.m. Tuesday or 1:30 p.m. Wednesday, through Feb. 27
DETAILS: Story-times for the independent listener; parent must remain in building.
Moonlight Story-Time "Numbers"
TIME/DATE: 7 p.m. Monday, Feb. 25
DETAILS: Stories, songs and crafts for children ages 2-6 with an adult.
The Heidelberg Project A Street of Dreams
TIME/DATE: 10:30 a.m. Saturday, Feb. 9
DETAILS: For grades K-5 with a parent; registration required.
Cool Cooking
TIME/DATE: 10:30 a.m. Tuesday, Feb. 12
DETAILS: For ages 2-10; registration required.
Valentine's Day Romance
TIME/DATE: 10 a.m.-8 p.m. Thursday, Feb. 14
DETAILS: Harlequin romances are ten cents each or ten for a dollar; other paperback romances are fifty cents each.
Chocolate Fest
TIME/DATE: 2 p.m. Thursday, Feb. 14
DETAILS: For middle and high school students who love chocolate.
Countdown to Oscar
TIME/DATE: 6:30 p.m. Tuesday, Feb. 19
DETAILS: Film expert Lawrence Jazak presents an entertaining look at the Academy Awards; space limited; registration required.

Novi Public Library
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Novi Public Library
LOCATION: 49015 Pontiac Trail, Wixom
HOURS: 10 a.m.-8 p.m. Monday-Thursday; 10 a.m.-5 p.m. Friday-Saturday; 1-5 p.m. Sunday
CONTACT: (248) 624-2512
ESL Sale
TIME/DATE: 3:30 p.m. every Thursday
DETAILS: Coffee and conversation-improve your English speaking skills by speaking with people from other countries trying to improve their English; no tests; instructor help; free.
CONTACT: Karin at the Information Desk.
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Book Discussion Groups
TIME/DATE: 2-3 p.m. Wednesday
DETAILS: "Killing Floor" by Lee Child
Mother/Daughter Book Club
TIME/DATE: 6:30 p.m. Wednesday, Feb. 6
DETAILS: Discussion and crafts about "Each Little Bird That Sings" by Deborah Wiles; for girls in grades 4-6 and their female relatives; registration on-going.
Fantastic Fridays "Spice Up Your Life"
TIME/DATE: 10:30 a.m. Friday, Feb. 8
DETAILS: For children ages 2-6 with a parent; registration required.
Baby Days
TIME/DATE: 10 a.m. Monday through Feb. 4
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Mommy and Me
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TIME/DATE: 10:30 a.m. Tuesday

continued from 13A

St. James Catholic
LOCATION: 46325 10 Mile Road
CONTACT: (248) 347-7778
Mass Schedule
TIME/DATE: 8, 9:30 and 11:30 a.m. Sunday; 9 a.m. Monday-Tuesday; 7 p.m. Wednesday; 5 p.m. Saturday

Novi United Methodist
LOCATION: 41671 W. 10 Mile Road
CONTACT: (248) 349-2652 or visit www.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; not anti anything, pro peace.

Artists and Crafters Wanted
DETAILS: The church is hosting an arts and craft show Saturday, June 21. Vendor space will be available indoors and out.
CONTACT: Pam Davis, edleecc@yahoo.com

First United Methodist of Northville
LOCATION: 777 W. Eight Mile Road, Northville
CONTACT: (248) 349-1144 or visit www.fumcnorthville.org
Sunday Worship
DETAILS: 8, 9:15 and 11 a.m.

Healing Service
TIME/DATE: 4 p.m. first Monday of every month
Men's Bible Study
TIME/DATE: 6:30-7:30 a.m. every Wednesday
LOCATION: Hearts Women's Bible Study
TIME/DATE: 12:45-2:30 p.m. every Tuesday

LOCATION: Chapel upstairs
DETAILS: Child care available; cost is \$11 for materials.
Disciple One Bible Study
TIME/DATE: 6-8 p.m. every Sunday; or 9:30-11:30 a.m. every Wednesday

DETAILS: Course lasts 34 weeks; covers 70 percent of the Bible.
Disciple Three Bible Study: Remember Who You Are
TIME/DATE: 9:30-11:30 a.m. every Wednesday

Disciple Bible Study: Jesus and the Gospels
TIME/DATE: 3-5 p.m. every Sunday
The Faith Club
TIME/DATE: 9:30 a.m. every other Thursday

DETAILS: This interfaith group will be reading "The Faith Club"; register at (248) 344-4248.
Radical Joy
TIME/DATE: 6-8 p.m. first and third Thursday of each month
LOCATION: Chapel Lounge
DETAILS: For women looking to connect more closely with their faith, community and other women. Registration required.

Suicide Loss Support Group
TIME/DATE: 7 p.m. second Thursday and fourth Monday of each month
DETAILS: New Hope Center for Grief Support is offering this support group to those who have lost a loved one to suicide.
CONTACT: New Hope Center for Grief Support (248) 348-0115 or www.newhopecenter.net
LOGOS Youth Club
TIME/DATE: 5:15-8:15 p.m.

each Wednesday
DETAILS: Program includes recreation, dinner, bible study and music, grades 4-12.
M.O.M.S. First Aid Instruction
TIME/DATE: 9:30 a.m. Monday, Feb. 4
LOCATION: Lounge
DETAILS: First aid instruction from a registered nurse; child care provided for small fee.

Men's Club
TIME/DATE: 8-9 a.m. Saturday, Feb. 9
DETAILS: People, pancakes and praise in the Fellowship Hall.
Memory Mania Scrapbook Event
TIME/DATE: 9 a.m.-5 p.m. Saturday, Feb. 9
LOCATION: Fellowship Hall
DETAILS: Event supports the Appalachia Service Project; registration fee of \$35 includes reserved work space, morning and afternoon snack, lunch buffet, gifts, beginner instruction, ideas and more; registration required by calling church or a contact below.

CONTACT: Julia at (248) 380-3137 or Mary at (248) 348-1184

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

Ward Evangelical Church
LOCATION: 40000 Six Mile Road, Northville
CONTACT: (248) 374-5978
Sunday Worship
TIME: 9 a.m. and 10:20 a.m.
Traditional, 9 a.m. Contemporary
Single Point Ministries
For single adults 40 years and older
CONTACT: (248) 374-5920
Every Sunday: 11:30 a.m.
Fellowship and refreshments, Knox Hall

Every Monday: 7 p.m.
Learner's Bible Study, Room A101
Second and Fourth Monday: 7 p.m.
Study of Ephesians, Room C309
Every Tuesday: 7 p.m.
Praying Together, Sanctuary
Every Wednesday: 6:30 a.m.
Men's Bible Study, Single Adult Ministries office; 7 p.m. Single Men's Bible Study; 7 p.m. Single Parents, Single Adult Ministries Office; 8:30-10 p.m. Co-ed Volleyball, Knox Hall

Every Saturday: 10 a.m.
Bicycling Group starts from various locations; geared towards tourist level riders; all levels welcome; helmets required; lunch half-way through ride at your own expense.
Every Sunday: 1-3 p.m.
Sunday Tennis for beginners, Stevenson High School, Six Mile Road west of Farmington Road.
SPM Bridge: 5:30-9:30 p.m.
Saturday; beginners welcome, refreshments.

Lighthouse Cafe
TIME/DATE: 7-10 p.m. Friday
DETAILS: Music, games and refreshments in Knox Hall; \$5 at door; free childcare.
Divorce Recovery Workshop
TIME/DATE: 7 p.m. Thursday, Jan. 31 through March 14
DETAILS: \$30 pre-paid or \$35 at door; includes materials and refreshments; free childcare.

Shewasee
TIME/DATE: 7 p.m. Friday, Feb. 1
DETAILS: Kim Hill is featured performer; tickets are \$5; free childcare.

Woman to Woman
TIME/DATE: 9 a.m.-noon Saturday, Feb. 2
DETAILS: Kim Hill is featured speaker; tickets are \$5 and includes continental breakfast; meet in Room C317.
Relationships 101
TIME/DATE: 7 p.m. Friday, Feb. 8
DETAILS: Dick Bont is speaker; light refreshments.

"The Fortune Teller" Arts and Culture Event
TIME/DATE: 8 p.m. Saturday, Feb. 9
LOCATION: Cherry Hill Village Theatre
DETAILS: Cost is \$15; purchase tickets at Ward Church, Knox Hall following Sunday 11:30 a.m. single's class; provide own transportation.

Vacation Bible School Summer Ministries Preview
TIME/DATE: 8 a.m.-4 p.m. Saturday, March 1
DETAILS: Get a headstart on your church's summer program by viewing exhibits and demonstrations from national publishers; upgrade and enhance your skills by attending workshops; morning refreshments and lunch included in registration fee; sponsored by The International Christian Education Association; event in non-denominational and open to public.
CONTACT: www.icceaonline.org or call (248) 557-5526

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

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

First Presbyterian Church of Northville
LOCATION: 200 E. Main St.
CONTACT: (248) 349-9911 or visit www.fpcnorthville.org
Sunday Worship
TIME: 9:30 and 11 a.m.
Single Place Ministries
DETAILS: Thursday evenings; 7:30 p.m. social time; 7:45 p.m. opening; 8-9 p.m. informative and entertaining programs of interest to singles; \$5. Check website for details www.single-place.org.

Super Bowl House Party
TIME/DATE: 6 p.m. Sunday Feb. 3
DETAILS: Maps to party in Hamburg available at Single Place; bring a dish to pass and \$4 or \$10 if coming empty handed; call (810) 389-6197 to RSVP.

Cards and Games Night
TIME/DATE: 6 p.m. Saturday, Feb. 9
DETAILS: Pizza, cards and games at Pastor Russell's house; bring \$5 and a small snack to share; sign up if you wish to attend.

Dining Out Group
TIME/DATE: 7 p.m. Wednesday, Feb. 13
LOCATION: Doc's Sports Retreat, 19265 Victor Parkway, east of I-275 at Seven Mile Road exit.
DETAILS: Cost on your own, reservations mandatory, call (734) 464-4029 to reserve your spot.

Buffet Dinner
TIME/DATE: 6 p.m. Saturday, Feb. 16
LOCATION: Northville Downs
DETAILS: Cost is \$33 and includes buffet dinner, tax, tip and entertainment; drinks on your own; advanced paid reservations by Feb. 9 to (734) 459-7235.

"Almost Maine" at the Tipping Point Theater
TIME/DATE: Saturday, Feb. 23
DETAILS: Cost is \$27; limited tickets available.
Dinner and Movie
TIME/DATE: 5:30 p.m. Saturday, March 8
LOCATION: Grape Expectations Wine and Tapas Bar, downtown Plymouth
DETAILS: Meet at the restaurant for a light dinner and then walk to the Pan Theater to see an Allied Hitchcock movie at 7 p.m. Cost on your own. Call (734) 459-7235 for more information.

Walking in the Park
TIME/DATE: 10-11 a.m. every Saturday
LOCATION: Meet at the Visitor's Center of Heritage Park (Farmington Road between 10 and 11 Mile Roads, Farmington Hills)
DETAILS: Group meets for lunch afterwards.
CONTACT: Sue (734) 459-0016

Divorce Recovery Workshop
TIME/DATE: 7:30-9 p.m. through Feb. 21
LOCATION: Emeritus Room
DETAILS: Workshop topics and speakers include: Networking, Mid-life Crisis presented by Pastor Russell; Stages of Grief presented by J. Harold Ellens, Ph.D.; Putting Your "Ex" in Focus presented by Delt Deaton; Pot Luck Dinner and Legal Aspect of Divorce presented by David Jerome, Church & Divorce, Spiritual Help & Forgiveness presented by Pastor Russell; Helping Children Through Divorce presented by Sharon Bergman, MA, LLP; and Relationships Old and New presented by Ms. Bolos. Cost is \$35 per person.
Psychology of an Election Year
DATE: Today
DETAILS: Harold Ellens, Ph. D. leads a serious yet fun discussion. Come share your thoughts.
Tocco Night, Light & Lively Concert
DATE: 7 p.m. Thursday, Jan. 31
DETAILS: Tocco's, refresh-

ments and Northville's world-famous ice cream and cookies served; \$10 donation requested for those having dinner; \$5 donation for presents only. Enjoy the 60s-80s folk and country performance of John Leabu.
Spiritual Development Opportunity
TIME/DATE: 7-8:30 p.m. Sunday, through Feb. 24
DETAILS: This Adam Hamilton Series "Making Love Last a Lifetime" provides thoughtful and inspiring biblical insights and perspective on love and marriage.

St. John Lutheran
LOCATION: 23225 Gil Road, Farmington Hills
CONTACT: (248) 474-0584 or visit www.stjohnlutheran.com
Saturday Worship
TIME: 5:30 p.m.
Sunday Worship
TIME: 9, 11:15 a.m.
Sunday School
TIME: 10:15 a.m.

Universalist Unitarian Church of Farmington
LOCATION: 25301 Halsted Road, Farmington Hills
CONTACT: (248) 318-9044 or www.uufarmington.org

Faith Community Presbyterian
LOCATION: 44400 W. 10 Mile Road
CONTACT: (248) 349-2345 or visit www.faithcommunity-novi.org
Sunday Worship
TIME: 9, 10:30 a.m.
"Discovering The Bible" Kerygma class
TIME/DATE: 7 p.m. every Tuesday

GracePointe Presbyterian Church
CONTACT: Rev. Brian C. Sleeth, Pastor (248) 497-3178 or gracepointe@mac.com; and www.gracepointe.org
Monthly Worship Service "The Art of Worship"
DATE: Sunday
TIME: 8:30 p.m.
LOCATION: Novi Civic Center, Council Chambers
DETAILS: Nursery provided.
Grand Opening
TIME/DATE: Palm Sunday, Mar. 16
DETAILS: More information can be found at the website.

Orchard Hills Baptist Church
LOCATION: 23455 Novi Road
CONTACT: Pastor Jon Hix (248) 349-5655
Preschool/Kids Choir
TIME/DATE: 7-8:15 p.m. every Wednesday
DETAILS: For ages three to six; ongoing event, no need to pre-register; all are welcome.

St. John's Episcopal Church
LOCATION: 574 S. Shelton Road, Plymouth
CONTACT: (734) 453-0190
Reinventing Your Life-God is Calling You to a Song
TIME/DATE: 7:30-9 p.m. Wednesday evenings
DETAILS: Minimum of 10 people required to attend every session.
CONTACT: Elizabeth Wilhelm (734) 953-0190 ext. 10

Overview of how Pilates may actually help your golf game; class is for both male and female golfers; given by Kristie Kava, PT, DAPT, MS and Linda Erickson, MS, PT.

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

Alateen Support Group
TIME/DATE: 10 a.m. every Sunday
DETAILS: Intended for teens dealing with someone with an alcohol problem. No pre-registration required. For information, call (248) 706-1020.
Breast Cancer Support Group
TIME/DATE: 10-11:30 a.m. second and fourth Thursday of every month
LOCATION: Sinai Center for Women, next to hospital's South Garden entrance.

DETAILS: This support group is for any woman diagnosed with breast cancer.
CONTACT: (248) 937-5163
Journeys Cancer Support Group
TIME/DATE: 7-9:30 p.m. first and third Monday of every month
LOCATION: Lobby of the Charach Cancer Treatment Center
DETAILS: Support group for those with cancer or who are related to or know someone living with cancer.
CONTACT: (248) 937-5163
Support for Smokers
DATE: First and third Tuesday of each month
DETAILS: Provides education and support to quit smoking, no charge, no pre-registration.
CONTACT: Call (248) 937-3314 for more information.
H.U.B.S. Group for Parents
TIME/DATE: 7-9 p.m. third Thursday of each month
DETAILS: Support and counseling to parents who have suffered a pregnancy or newborn loss, no pre-registration required.
CONTACT: (248) 937-4347 for more information.

Dinner with a Doctor
DATE: Last Thursday of month
TIME: 6:30-8:30 p.m.
LOCATION: St. John Providence Park Hospital, Grand River and Beck roads (use Beck Road entrance), Conference Rooms A, B and C.

Oakland Physical Therapy
LOCATION: 47601 Grand River Ave., Suite B124, Providence Park Medical Center
DETAILS: Classes are held at 7 p.m. and are free of charge, however, registration is required as space is limited. Participants should wear loose, comfortable clothing and appropriate footwear. For more information or to register, call the number below.
CONTACT: 248-380-3550
Exercise for Low Back Pain/Tips for Shoveling Snow
DATE: Wednesday
TIME: 6:30-8:00 p.m.
DETAILS: This is a lecture/demonstration/participation class for those interested in preventing low back pain; speakers are Frank Kava, MS, PT and Julie Wright, DPT.
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continued from 15A

CONTACT: Free registration for lecture and dinner by calling (888) 440-7325

How to Make the Most of Your Doctor's Visits

DETAILS: Jan. 31; Dr. Robert Brateman.

You "Heart" What You Eat

DETAILS: Feb. 28; presentation by cardiologist, Dr. Zarghami followed by strolling dinner featuring heart healthy food, recipes and cookbooks distributed.

Total Knee Replacement

DETAILS: March 27; presentation by orthopedic surgeon Dr. David Markel.

Saturday, Feb. 16: 11 a.m.-6 p.m. Sunday, Feb. 17

REGIONAL

Plymouth Ice Festival

DATE: Friday-Sunday
LOCATION: Kellogg Park, Downtown Plymouth
DETAILS: This fun-filled family event is free and open all weekend; ice carving during daytime hours.

CONTACT: For more information, contact (734) 453-1540 or visit www.plymouthice.com

Texas Hold'em

TIME/DATE: Noon registration, gaming 1:30 p.m. Sunday
LOCATION: 700 Bowl, 700 N. Lafayette, South Lyon
DETAILS: Entrance fee is \$60. Last player standing receives a \$777 prize. Forty participants will initiate a 2nd (300) and 3rd (\$150) place pay off.

New Hope Church Special Service

TIME/DATE: 3 p.m. Sunday
LOCATION: New building, 57885 Grand River, Lyon Twp.
DETAILS: This service is to celebrate the affirmation of minister Rev. Suzanne Paul and the dedication of the new building; musical talents of Kenlaro Roy and Matt Justice are featured at the reception at 4:30 p.m.
CONTACT: Deb Tyler (810) 229-3228 or deborah.tyler@sbcglobal.net

8th Annual Winter Bridal Show

TIME/DATE: 11 a.m.-4 p.m. Sunday
LOCATION: Genoa Woods Conference and Banquet Center, 7707 Conference Center Dr., Brighton
DETAILS: Plan your entire wedding in one location by meeting and greeting over 40 area wedding professionals and seeing the latest bridal fashions; seminars at noon and 1 p.m.; fashion show at 3 p.m.; door prizes, give-aways and food tasting during the day; admission is \$5 but free for brides with a paying guest; pre-register at www.genaowoods.com.

Builder's Pre-License Class

TIME/DATE: 6-10 p.m. Tuesday and Thursday, Jan. 29, 30, Feb. 5 and 7
LOCATION: Farmington Community School, 30415 Shawassee Road, Farmington

DETAILS: Get the help you need to pass the Michigan State Builder's License Examination with this 16 hour seminar offered by Farmington Community Education and the Oakland Builders Education Seminars; cost is \$199 plus \$25 for materials; pre-registration with payment is required no later than Friday, Jan. 25 to Farmington Community Education; call (248) 469-3333 to register.

City of Wixom

CONTACT: Community Services Programs, 49045 Pontiac Trail, Wixom, (248) 624-2850

Senior Ongoing Programs

Some of these activities have a fee
Monday: 10-11 a.m. Exercise Class
Tuesday: 10 a.m.-noon Knit/Crochet and Sew Group; noon-2:30 p.m. Line Dancing
Wednesday: 10-11 a.m. Exercise Class
Second Monday: 11:30 a.m. Lunch Bunch
Second Tuesday: 10 a.m. Senior Commission
Second Thursday: 11:30 a.m. Bingo
Fourth Thursday: 10-11:30 a.m. Blood Pressure
Moms Day Valentines
TIME/DATE: 9:30-11:30 a.m. Saturday, Feb. 2

DETAILS: Moms and kids, come make Valentines for your family and friends; will make 15 unique cards; cost is \$22 per couple; pre-register by 3 p.m. on Jan. 30.
Daddy/Daughter Dance
TIME/DATE: 6-8 p.m. Thursday, Feb. 7
DETAILS: Enjoy a night of dancing, includes a pizza dinner; \$25 per couple, \$5 each additional girl; pre-register by 3 p.m. on Feb. 6.

Kensington Metro Park

LOCATION: 2240 West Bruno Road, Millard, (248) 685-1561 or (800) 477-3178

Nature Center Programs

(Please pre-register.)
SCHEDULE: 7-4 p.m. Saturday - Ice Fishing for Beginners; 2 p.m. Sunday - Fireside Stories and Hot Chocolate; 1 p.m. Saturday, Feb. 2 - Ice Fishing for Scouts; 2 p.m. Sunday, Feb. 3 - Winter Nature Detectives; 1 p.m. Saturday, Feb. 9 - Ice Fishing for Beginners; 2 p.m. Sunday, Feb. 10 - Bugs in Winter.
Ice Harvesting
DATE: Saturday and Sunday, Feb. 2-3
LOCATION: Farm Learning Center
DETAILS: See ice harvesting demonstrations and learn about importance of ice in times past.

Sleigh Rides or Hayrides
TIME/DATE: Noon-4 p.m. every weekend at the Learning Center, weather permitting.



Sunday, February 3, 2008, 9:00 AM
Novi Town Center, Novi, Michigan
\$24 early - \$29 Race Day
Pre-registration: Online at www.runningsuper5k.com
Stop by Running FIT: Saturday, February 2, between Noon and 5 PM
Awards: Age Groups 5 deep in each 5 year age group. Overall Male and Female and Masters Male and Female receive a free pair of shoes.
Pint Glass for all finishers. A t-shirt and plenty of junk food at the finish!
For more information, call Andrea Allen, Market Development Director at 734-923-9027 or email events@runningsuper5k.com

2100 Pontiac Lake Road, Waterford
DETAILS: Each session focuses on a different horticultural topic that will prepare you to fulfill a 40-hour community service commitment to earn Master Gardener Certification. First-come, first-served; \$25 application fee, class fee \$300.
CONTACT: (248) 858-0867 or visit www.msue.msu.edu/academics. Look under horticulture and gardening.



BORDERS BOOKS AND MUSIC

43075 Crescent Blvd., Novi
CONTACT: (248) 247-0780
Author John Gray
TIME/DATE: 7 p.m. Monday
DETAILS: John Gray will be at Borders with his new book "Why Mars and Venus Collide: Improving Relationships by Understanding how Men and Women Cope Differently with Stress," on sale Monday.

ROCK FINANCIAL SHOWPLACE

46100 Grand River Ave. Call (248) 348-5600 or visit www.rockfinancialshowplace.com for more information.

Home Improvement Show
TIME/DATE: Noon-9 p.m. Friday, 10 a.m.-9 p.m. Saturday, 10 a.m.-6 p.m. Sunday

DETAILS: This show features hundreds of exhibitors including the latest technology, products and services for kitchens, baths, doors, windows, remodeling, heating, and cooling. Arts and crafts show inside. Admission is \$10 for adults, \$9 for seniors, kids under 12 are free. Parking is \$5.

2008 Great Lakes Aviation Conference and Expo
TIME/DATE: 7 a.m.-10 p.m. Friday, Feb. 1 and 7 a.m.-4 p.m. Saturday, Feb. 2

DETAILS: The most comprehensive aviation event of its kind; registration required.

Antique Arms Show
TIME/DATE: 9 a.m.-5 p.m. Saturday, Feb. 9 and 9 a.m.-3 p.m. Sunday, Feb. 10

DETAILS: Buy, sell and trade antique arms; \$6 admission, 12 and younger are free; \$5 parking.

42nd Annual Detroit Camper and RV Show
TIME/DATE: 2-9 p.m. weekdays, Feb. 13-15; 10 a.m.-9 p.m.

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AUTHORIZED RETAILERS Equipment prices, models & return policy may vary. *After 1000 activations. See store for details.

IMPORTANT CONSUMER INFORMATION: Subject to Consumer Agency, Calling Plan, Activation time and credit approval. Up to \$175 early termination fee. Fees & charges vary by service, not available everywhere. Return takes up to 2 weeks. Limited-time offer. While supplies last. Shipping charges may apply. Device capabilities. Add'l charges & conditions apply. ©2008 Verizon Wireless

Local art work featured in ArtINI

ArtsNovi premiere event

By Kelly Murad
STAFF WRITER

Novi resident Alecia Hibbeln, is one of six artists whose work will be featured at ArtINI, the premiere event of ArtsNovi, tomorrow at the Dirty Martini.

ArtsNovi is a recently formed organization, made up of a board of directors, dedicated to promoting and supporting arts in the community. "The people on the board and the members and the people who attend these events are so passionate about art," Hibbeln said. "They're not necessarily artists themselves, but they love to look at it and support art because that's what Michigan needs."

Admission is \$20 for the event, which will be from 5:30-9 p.m. Prior to painting on canvas, Hibbeln hand-painted glassware, which she sold to Jacobson's department stores. "Painting on canvas is a little bit more sophisticated than painting on glass," she said. "You get to do so much more. I've introduced texture to some of my paintings and you can't do that on glassware."

Schoolcraft College Women's Resource Center
LOCATION: Schoolcraft College, 18000 Haggerty Road
CONTACT: For more information and to register call (734) 462-4443
Divorce Support Group
TIME/DATE: 7-9 p.m. second and fourth Tuesday of month
LOCATION: Women's Resource Center, Room 225 McJannet Center
DETAILS: Open to anyone contemplating, in the process of, or having difficulty adjusting to divorce; first meeting group discussion with facilitator Cynthia Kippin, MA, LPD, LL.P.; second meeting features a speaker; no fee or registration required.

University Musical Society, University of Michigan
PERFORMANCE LOCATIONS: Hill Auditorium, 825 North University Ave.; Rackham Auditorium; 915 East Washington St.; Power Center, 121 Fletcher St.; Michigan Theater, 603 East Liberty St.
CONTACT: (734) 764-2536, (800) 221-1129 or visit www.ums.org
Moiseyev Dance Company
TIME/DATE: 6 p.m. Sunday
DETAILS: Tickets \$10-\$40; Hill Auditorium.
Assad Brothers' Brazilian Gular Summit
TIME/DATE: 8 p.m. Friday, Feb. 1

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Alecia Hibbeln looks at a couple of her paintings that will be on display in the upcoming ArtINI event Friday at Novi's Dirty Martini bar.

Feb. 16
DETAILS: Tickets \$10-\$42; Hill Auditorium

Winter KinderConcerts
Sponsored by the Ann Arbor Symphony Orchestra
TIME/DATE: 10-11 a.m. Friday, Feb. 1
LOCATION: Ypsilanti Library, 5577 Whitaker Road
TIME/DATE: 9:30-10:30 a.m. Friday, Feb. 8
LOCATION: Multi-purpose Room of the Ann Arbor Library, downtown branch.
DETAILS: Children enjoy learning about the sound of woodwind instruments in this creative demonstration, with Ann Arbor

Symphony Society Youth Artist Competition
TIME/DATE: Sunday, Feb. 3
LOCATION: Evola Music, 7170 N. Haggerty Road, Canton
DETAILS: The three divisions of the competition are Senior Instrumental, Senior Piano (grades 10-12) and Junior Combined (grades 7-9). Applicants must be

Symphony Orchestra principal flute player, Penny Fischer, and are led through dance by Gari Stein to songs played by Fischer accompanied by pianist Kathryn Goodson.
CONTACT: Call Rebecca at (734) 994-4801 or e-mail Rebecca@2so.com.

Symphony Society Youth Artist Competition
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LOCATION: Evola Music, 7170 N. Haggerty Road, Canton
DETAILS: The three divisions of the competition are Senior Instrumental, Senior Piano (grades 10-12) and Junior Combined (grades 7-9). Applicants must be

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Boarshead Provolone Domestic Cheese \$5.99 lb
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SPORTS GALLERY: GIRLS HOOPS

PAGE 3B

My Novi Sports

See upcoming games for Novi, CC

SPORTS 2B

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

SPORTS SPOTLIGHT: FIGURE SKATING

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

ICE DANCING WITH THE STARS



Photo submitted by David Carmichael

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

Skating takes Novi student around the world

By Jeff Theisen
SPORTS WRITER

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

away, and I loved it."

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

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

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

Samuelson and Bates, ranked No. 10 in the

See SKATING, 2A



Photo by JOHN HEIDER/Novi News

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

Picking up the pace

Thomas, Yusko, Ridenour gear up for postseason run

By Jeff Theisen
SPORTS WRITER

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

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

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

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

Robbie Yusko

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

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

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

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

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

Ryan Thomas

Thomas has been a steady

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

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

"He just finds a way to win."

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

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

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

"He's a kid that because of his style, he could win a state championship," Huss said. "But because of his style, who knows? "I wouldn't want to wrestle him at the state meet. I don't care what your record is. I wouldn't want to wrestle him."

Another factor pushing Thomas is having fellow coach Corey Grant as a drill partner. "That's a major bonus," Huss said.

Ryan Ridenour

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

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

See WRESTLE, 2B



Photo by JOHN HEIDER/Novi News

Wildcat Alyesa Armiak makes a pass.

Novi boys, girls hoops victorious

By Jeff Theisen
SPORTS WRITER

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

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

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

Girls Basketball

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

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

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

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

Hill again led the Wildcats with 14 points.

Swim and Dive

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

Thursday.

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

See ROUNDUP, 3B

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MY FOOD FOR THOUGHT

Thursday, January 24, 2008
www.novinews.com
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Slow and Steady

Win the Race With Slow Cooker Meals

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

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

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

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

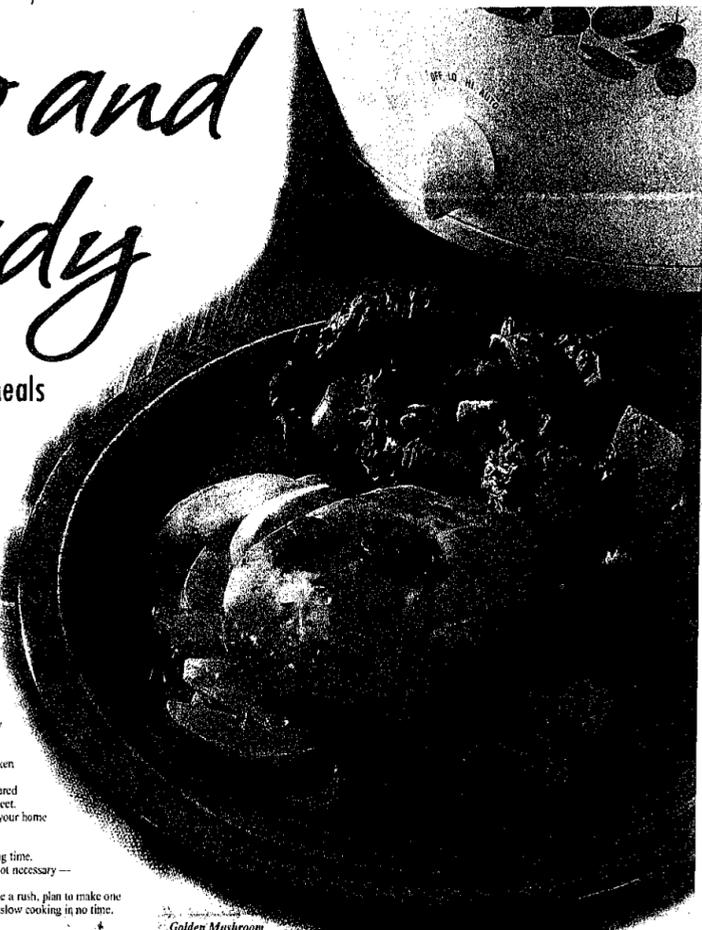
If you're craving a rich and creamy meal, Slow Cooker Chicken and Dumplings will hit the spot. This easy recipe cooks the flavors of a chicken pot pie and promises to become a fast family favorite.

Golden Mushroom Pork and Apples -- another recipe that can be prepared in just 10 minutes -- offers the unmistakable sensations of savory and sweet. The perfect combination of pork with apples and brown sugar will make your home smell great all day while it simmers away.

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

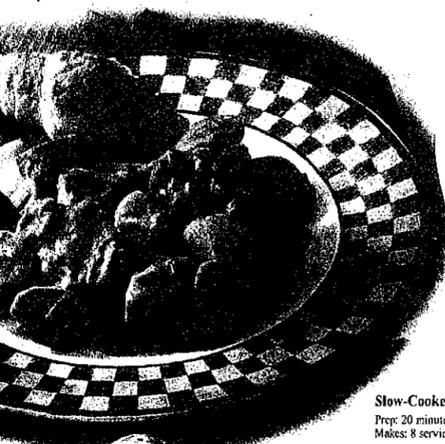
- Leave the lid on! This will keep the heat in and ensure proper cooking time.
- Also, while it seems natural to want to stir every now and then, it's not necessary -- so resist the urge!

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



Golden Mushroom Pork and Apples

Slow-Cooker Savory Pot Roast



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

1 can (10 3/4 ounces) Campbell's Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
1 pouch (2 ounces) Campbell's Dry Onion Soup Mix
6 medium potatoes, cut into 1-inch pieces
6 medium carrots, thickly sliced
3 1/2 to 4-pound boneless beef bottom round or chuck pot roast

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

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

2 cans (10 3/4 ounces each) Campbell's Golden Mushroom Soup
1/2 cup water
1 tablespoon packed brown sugar
1 tablespoon Worcestershire sauce
1 teaspoon dried thyme leaves, crushed
8 boneless pork chops, 3/4 inch thick
4 large Granny Smith apples, sliced
2 large onions, sliced

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

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

2 cans (10 3/4 ounces each) Campbell's Cream of Chicken Soup (Regular or 98% Fat Free)
1/2 cup water
1/4 cup lemon juice
1 tablespoon Dijon mustard
1/2 teaspoon garlic powder
8 large carrots, thickly sliced
8 skinless, boneless chicken breasts
4 cups medium egg noodles, cooked and drained
3/4 inch thick
4 large Granny Smith apples, sliced
Chopped fresh parsley

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

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

2 medium Yukon gold potatoes, cut into 1-inch pieces
2 cups fresh or frozen whole baby carrots
2 stalks celery, sliced
1 1/2 pounds skinless, boneless chicken breasts, cut into 1-inch pieces
2 cans (10 3/4 ounces each) Campbell's Cream of Chicken Soup (Regular or 98% Fat Free)

1 cup water
1 teaspoon dried thyme leaves, crushed
1/4 teaspoon ground black pepper
2 cups all-purpose baking mix
2/3 cup milk

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

Slow-Cooker Chicken and Dumplings



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

1 tablespoon vegetable oil
3 1/2 to 4 pounds boneless pork shoulder, netted or tied
1 can (10 1/2 ounces) Campbell's French Onion Soup
1 cup ketchup
1/4 cup cider vinegar
3 tablespoons packed brown sugar
12 Pepperidge Farm Classic Sandwich Buns with Sesame Seeds, split

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

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

1 can (10 3/4 ounces) Campbell's Tomato Soup
1 can (10 1/2 ounces) Campbell's Beef Broth
1/2 cup Burgundy, other dry red wine or water
1 teaspoon dried Italian seasoning, crushed
1 can (14 1/2 ounces) dried Italian-style tomatoes, undrained
3 large carrots, cut into 1-inch pieces
2 pounds beef for stew, cut into 1-inch pieces
2 cans (about 16 ounces each) white kidney (cannellini) beans, rinsed and drained

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

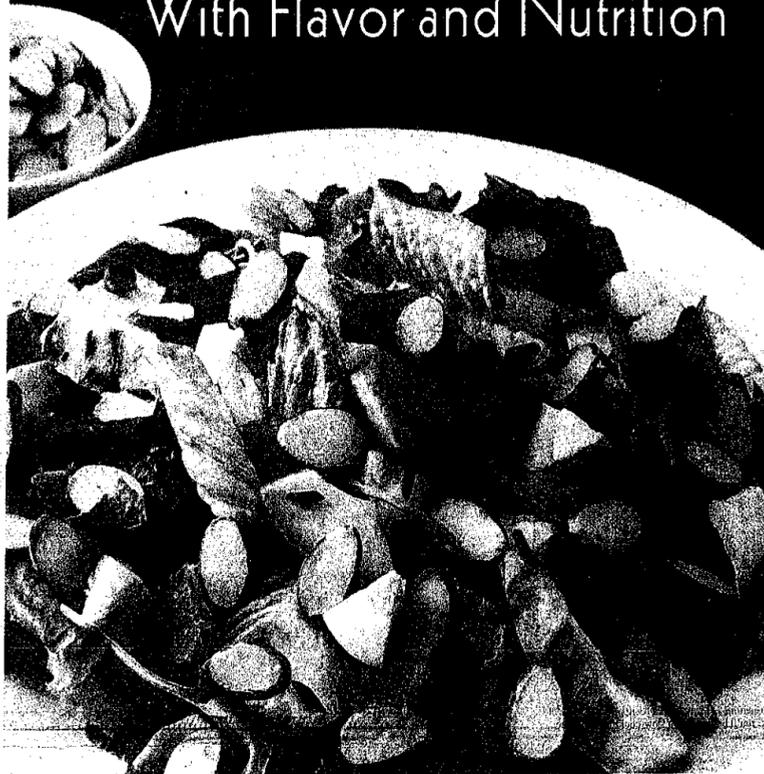
BREAKING NEWS: Go to the Web at novinews.com for updated news and information

Victoria Mitchell, editor
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vmitchell@gannett.com

MY HEALTHY LIVING

Thursday, January 24, 2008
www.novinews.com
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Accent Salads With Flavor and Nutrition



FAMILY FEATURES

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

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

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

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

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

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

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

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

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

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

Health Nut Cobb

Health Nut Cobb
Prep time: 15 minutes

8 cups romaine lettuce, torn into bite-size pieces
4 cups arugula or watercress leaves
1/4 cup low-fat ranch dressing
1 cup diced chicken breast
1/2 cup diced tomatoes
12 small avocado, cut into 1/2-inch cubes
1/2 cup Almond Accents Original Oven Roasted Flavored Sliced Almonds
1 hard-cooked egg, grated or chopped
1/4 cup blue cheese crumbles
1 tablespoon chopped chives

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

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

Enlightened Chicken Caesar

Enlightened Chicken Caesar
Prep time: 10 minutes

1/4 cup fat-free mayonnaise
3 tablespoons water
1 1/2 teaspoons freshly squeezed lemon juice
1 minced garlic clove
1 minced anchovy fillet
1/4 teaspoon Worcestershire sauce
12 cups baby romaine lettuce leaves
8 ounces grilled or roasted chicken breast, cut into strips
1/4 cup grated Parmesan cheese
1/4 cup Almond Accents Italian Parmesan Flavored Sliced Almonds

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

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



Enlightened Chicken Caesar

Asian Chicken Salad

Asian Chicken Salad
Prep time: 15 minutes

2 tablespoons canola or peanut oil
1 tablespoon Asian sesame oil
1 tablespoon rice vinegar
1 teaspoon honey
1 teaspoon soy sauce
4 cups shredded green or napa cabbage
4 cups shredded radicchio
3 cups shredded poached or roasted chicken breast
1 cup cilantro leaves
1/2 cup thinly sliced green onions
1/4 cup Almond Accents Honey Roasted Flavored Sliced Almonds

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

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



Asian Chicken Salad

Chopped Salad

Chopped Salad
Prep time: 15 minutes

1/4 cup extra virgin olive oil
1 tablespoon balsamic vinegar
1 teaspoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
4 cups chopped radicchio
4 cups chopped iceberg lettuce
2 cups diced fresh tomatoes
1 cup diced red onions
1/2 cup chopped chives
1/4 cup crumbled blue cheese
1/4 cup Almond Accents Oven Roasted No Salt Toasted Sliced Almonds

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

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

REGIONAL MARKETPLACE

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Thursday, January 24, 2008

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



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

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

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

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

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

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

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Therapists restore functionality

Plymouth Physical Therapy Specialists expands to serve more patients

By John R. Hall
SPECIAL WRITER

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

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

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

QUALIFIED SPECIALISTS

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

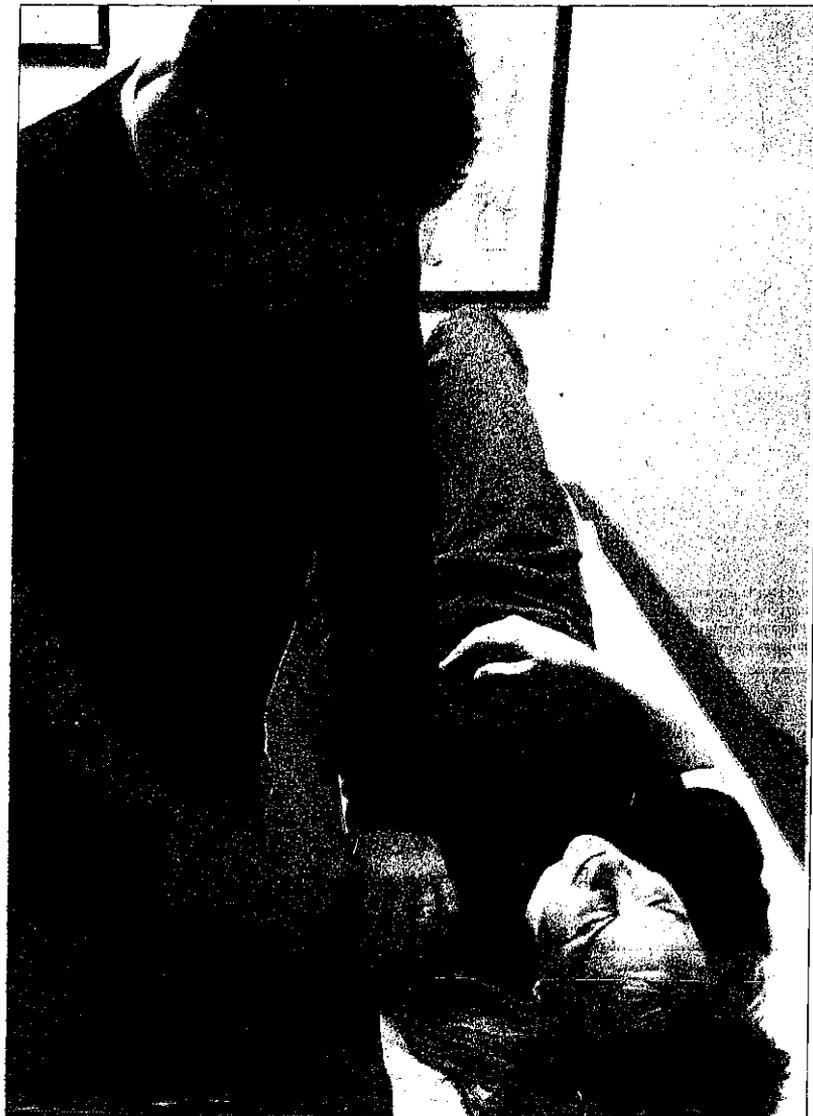
What does this mean to patients? Plenty. For example, therapists utilize a combination of exercise and philosophies which include a lot of functional-based rehabilitation. Visitors to one of the Plymouth Physical Therapy Specialists locations may not be overwhelmed by a glut of machinery or swimming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

NOT JUST MACHINES

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

AGGRESSIVE PRACTICE

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



Photos by JOHN R. HALL

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

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

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

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

SIX-PLUS LOCATIONS

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

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

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

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

PLYMOUTH PHYSICAL THERAPY SPECIALISTS

133 W. Main St.
Northville

Phone
(248) 347-1168

Web
www.plymouthpts.com

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

WALK-INS WELCOME

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

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

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



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



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