



OUR TOWN



Domino's Pizza

It's a quintessential American success story: the pizza delivery guy grows up and buys the franchise.

Dave Pavlik has owned and operated Domino's in Holt for the past 18 of its 40 years. A driver for the Holt Domino's franchise when he was in high school, Dave saw its potential even then. When Domino's decided to sell some of their corporate stores, he jumped at the opportunity.

Though the parent company has been around for 50 years, it recently revamped the entire pizza—with new dough, new crust, new sauce, new cheese and a garlic butter topping—in response to panel discussions with customers. "It's been unbelievable," Dave said. Not only did the "new and inspired pizza" make an impression on Domino's loyal customers, they are consistently gaining new ones. In fact, *Pizza Today* magazine recently named

Domino's the 2010 pizza chain of the year. Since coming out with the new product, Dave said, "We don't have a slow day anymore. There are days we can't make them fast enough."

That's pretty impressive, considering that his two large ovens can bake just over 80 pizzas an hour. Being able to produce a quality product and get it to customers fast is Domino's niche—and Dave is proud that the Holt store is ranked first or second in the state in service. "We are in the 95th percentile for the year for pizzas being delivered on time."

Dave has 15 employees, most of them Holt residents. His employees tend to stick around, too—one has worked there for 18 years. "We've had a lot of [Holt] high school students come through our system and some of them actually became managers."

"There are days we can't make them fast enough."

Like many in our local business community, Dave believes in giving back. He provides school lunches once a month to each school (which can mean upwards of 110 pizzas at the junior high alone), and donates to the school carnivals, the Holt Hometown Festival and Kids Day at Valhalla Park.

"We appreciate Holt's support for the last 18 years," Dave said. He added that if you haven't tried the new pizza, you should. "Don't be a holdout. Give us a call."

Domino's in Holt is at 2068 Cedar Street, 694-8115.



Bargain Books: Volumes of Savings

It's a little like heaven for a frugal reader: brand new books at steep discounts, usually at least half off the normal retail price.

Based in Grand Rapids, Bargain Books purchases books by the truckload and distributes them to its stores in Michigan, Indiana and Illinois. The stores carry books in nearly every category, including children's books, fiction, biography, inspirational, how-to's and much more. Laura Spanburg-Murphy has been the manager of Bargain Books in Holt for five years, and said she never knows what's coming in each weekly book shipment. "It's like Christmas every week," she said. "I really enjoy it."

Each month the store features three sale categories (for July, it's sports, history, and the \$1 wall) at an additional 50% off the discounted price. And all books are an additional half off on January 1st and July 4th. "Those are very fun days," Laura said.

Bargain Books is faring well in these economic times when people are cautious about spending money. "I think we do very well here," Laura said.

"At Bargain Books, encouraging children to read is much more affordable."

She's pleased to see so many Holt patrons and says the store enjoys strong local support. Parents often come in with their children, who may end up wanting several books. She noted that, at full price, that might be unreasonable.

The sign outside the store expresses the philosophy, "Smart Kids Read Books." Laura said the store offers an additional 10% discount for teachers, and often donates books to the schools and to township activities as raffle prizes.



Laura's husband, Michael, is from Holt, and they moved back here in 1986 to be closer to his parents. "The people in Holt are so friendly," she said. "The jobs that I've had in life have never compared to this." Laura said that when the owner first opened Bargain Books here, he wasn't sure how well it would do. Now, however, he uses the Holt store as an example of a well-run, profitable store. "Holt is a wonderful town."

Bargain Books is at 2495 Cedar Street, Suite 25C, Holt, 694-3329.

Midwest Center for Sleep Disorders

“We are a very, very sleep-deprived nation.”

Judy Jones, a sleep educator at the Midwest Center for Sleep Disorders, said that many of us don't realize how disrupted our sleep is and how that affects the quality of our lives.

“The statistics out there are phenomenal,” she said. “It's becoming very serious,” with more and more people being affected by sleep deprivation every day. In fact, one in 20 Americans suffers from sleep apnea, which, left untreated, can be a serious, life-threatening condition.

The Center, founded in 2005, is a sleep lab accredited by the American Academy of Sleep Medicine and operated under the direction of four physicians: Arshad Abbasi, M.D.; Chandra Gera, M.D.; Ashok Gupta, M.D. and Gauresh Kashyap, M.D. All are board certified by the American Board of Sleep Medicine, as well as being active members and fellows of the American Academy of Sleep Medicine.

Patients being tested for sleep disorders spend the night at the lab in a comfortable private bedroom. A registered sleep technician places electrodes on the patient and monitors the testing, which records brain waves during the different stages of sleep. The process is painless and the electrodes do not interfere with normal movements during sleep. The process usually starts between 8 and 9 p.m. and is completed by 5 or 6 a.m.

In the test for sleep apnea—one of the most common sleep disorders—a graph indicates each time the patient stops breathing for 10 seconds or more. Some people have as many as 100 of those indications in an hour,

Judy said. “That person is really having a heck of a time getting sleep. People just don't understand how fragmented their sleep can be until they get tested.”

The good news is that there are several tools available to help patients who have sleep apnea or other sleep disorders. “There are some real options out there now,” Judy said. Most patients are referred by their physicians, but the Center also accepts self-referrals. Judy noted that while local hospitals also have accredited sleep labs, “A lot of people are apprehensive about going into a hospital.” She likened the overnight testing to checking into a nice hotel. “Not quite the Hilton, but we have really nice rooms and it's quiet.”

The Center has 20 staff members, including registered sleep technicians who monitor the overnight studies, “sleep scorers” who convert study data into reports, and office staff. The Center's work is very interesting, Judy said, and they encourage people to stop in and take a tour.

The 5,000 square foot Center was developed in Delhi Township to be a part of the growing number of medical offices enjoying easy access off Jolly Road and the expressway. People come to the Center from throughout Michigan, Judy said. “They know it's a good, accredited lab.”

Midwest Center for Sleep Disorders is at 3937 Patient Care Way #102, Lansing, 887-6733. To learn more visit www.mwcsd.com.



FOOD, MUSIC, MOVIES & FUN

FAMILY-FRIENDLY SUMMER FUN IS RIGHT HERE IN YOUR OWN BACK YARD!

HOLT FARMERS' MARKET

The Holt Farmers' Market is back, with old favorite vendors, new soon-to-be favorites, and special new offerings (see below for BBQ at the Market). The Market is open rain or shine.

Saturday Markets: through November 20th, 9:00 a.m.- 2:00 p.m.

Thursday Markets: July 8th through August 26th, 4:00 -7:00 p.m.

Newly available on Thursdays only: delicious Bob & Sam's Bone-A-Fied BBQ at the Market! It's available from noon-7 p.m.—perfect for lunch or to pick up for a light meal before the Music in the Garden summer concerts.

For more information about what's happening at the Market, visit holtfarmersmarket.org.

MOONLIGHT MOVIES

Friday night Moonlight Movies are also returning to Veterans Memorial Gardens in August. All will be family-friendly—and, yes, free! Movies will be shown August 6, 13 and 20 and begin at the onset of darkness, approximately 9 p.m.

For more information, visit delhitownship.com.

HOMETOWN FESTIVAL IS AUGUST 27-28

HOLT HOMETOWN FESTIVAL 2010

Holt's Hometown Festival warms up on Friday, August 27 with Family Night activities and the kickoff of the softball tournament. Then things really get going on Saturday, starting at 10 a.m. The big parade steps off at 11:00 a.m., and there are vendors, kids' activities and events all day and evening. And of course it all wraps up with the big fireworks finale at dusk.

Don't miss out on a weekend of family fun and celebrating our hometown. And if you want to be a vendor or part of the parade, there's still time! To find out more about participating, or to check out the activities planned, visit www.holtfestival.com.

For more information, visit delhitownship.com.





MUSIC IN THE GARDENS

The popular Music in the Garden concert series is back for the third year. Presented by the Holt Community Arts Council with the support of local sponsors and donors, including the Delhi DDA, the free family-friendly concerts are held at the Veterans Memorial Gardens Amphitheater. All concerts are on Thursday evenings from 7-9 p.m. This summer's strong lineup features first-rate bands from mid-Michigan.

Following are the concerts scheduled as we go to press:

July 22 - Blue Coyote Band

These talented Lansing musicians will entertain you with Top 40 country and new original songs. They have opened for recording stars including Tim McGraw, Travis Tritt and LeAnn Rimes.

July 29 - Sunny Wilkinson and Ron Newman Jazz Band

Sunny Wilkinson and Ron Newman are local jazz legends. Vocalist Sunny Wilkinson performs regularly at jazz festivals and clubs across the country. She has sung with the Count Basie Band, Rob McConnell, and the Boss Brass.

August 5 - Sea Cruisers

For more than 25 years, the Sea Cruisers have been performing music from the 1950s, 1960s, and 1970s. Their unique take on rock 'n' roll makes them a local favorite.

August 12 - Those Delta Rhythm Kings

Focusing on jump blues and the little big band sound of the 1940s and beyond, the Kings play the music of legends like T-Bone Walker, Roy Brown, and B.B. King, as well as original compositions and modern classics.

For more information, or to volunteer or donate to Music in the Garden, visit holtarts.org



Frank's Auto Body



“We run our business on three key points,” says Frank Malcangi III, owner of Frank’s Auto Body. “Communication, customer satisfaction and flexibility.”

Those three things add up to the customer loyalty that’s kept the business going strong for 25 years.

Communication begins as soon as a customer walks in, Frank says. He inspects the vehicle and explains step by step—in layman’s terms—the work that needs to be done. As Frank puts it, “People know what it takes to get an oil change or a tune-up, but an accident is different. People go for years and years without having to come into a body shop.”

Customer satisfaction comes from a job well done, and Frank’s Auto Body is known for the quality of their work. Frank works on no more than three cars at any given time. This allows him to devote the proper attention to each car. As a result, most of Frank’s business comes from referrals and repeat customers.

And then there’s flexibility. As Frank explained, sometimes a customer can’t afford to have all

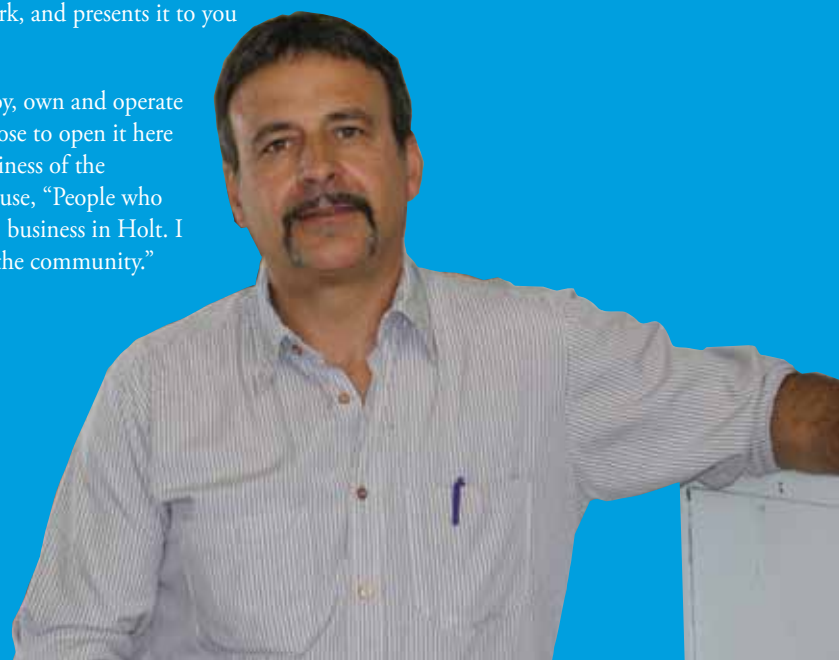
the work they need done at once. Frank will work with them to get the car up and running so they can get safely down the road. “Every customer has specific needs and situations and that’s where I think we really shine,” Frank said. “We work with them on that.”

Frank is proud that he handles every job from start to finish. “When you come into Frank’s Auto Body, you’re going to talk to the guy that explains to you what it needs, writes the estimate, does the work, and presents it to you when it’s finished.”

Frank and his wife, Joy, own and operate the business. They chose to open it here because of the friendliness of the community, and because, “People who live in Holt like to do business in Holt. I wanted to be part of the community.”

Now, 25 years later, Frank still feels it was a good decision. He is proud not only of his shop’s reputation but of their facility. “Your building is a reflection of, I think, what type of work you do. Your grounds and your office need to be clean and well-kept.”

Frank’s Auto Body is at 4170 Keller Road, 694-9191.



Curves for Women: A complete workout



The largest fitness franchise in the world, Curves takes pride in having “made exercise available to more than 4 million women worldwide.”

At the Holt location, the numbers are somewhat smaller but the concept is the same—to provide a complete workout for busy women.

“The workout takes just 30 minutes and works every major muscle group in the body,” said Holt Curves manager Susan Skromme. “It’s a really good program.” She added that the average member works out there three times a week.

The Curves workout includes all five necessary components: warmup, aerobic exercise, strength training, cool down, and stretching. Curves’ strength training uses easy-to-learn hydraulic resistance machines specially designed for women. There are no cumbersome weight stacks to change or manage, and the women push and pull against resistance, rather than lift and lower weights. This reduces the potential for soreness and injury. It’s also adaptable to women of all ages and levels of ability. “Our oldest member is 83,” Susan said.



Susan believes that one of the program’s biggest assets is that it is for women only, without the competitive atmosphere that might be found in other fitness facilities. “When it’s woman to woman, they’re really supportive of each other,” said Susan. “They really step up for one another if anyone needs help.”

Curves for Women has been in Holt for 10 years, and Susan has been there for six. “People stay with us for a long time,” she said.

Curves is at 2040 Aurelius Road, Suite 6, in Holt Plaza, 699-4399.

OURTOWN

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THE DDA – WHO WE ARE AND WHAT WE DO

The Downtown Development Authority (DDA) promotes economic development through business attraction/retention programs and works to foster investment within the DDA district. It strives to increase the Township's tax base and strengthen the local economy while maintaining those qualities that make Delhi Township a desirable place to live and work. For more information, visit us at www.DelhiDDA.com.

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