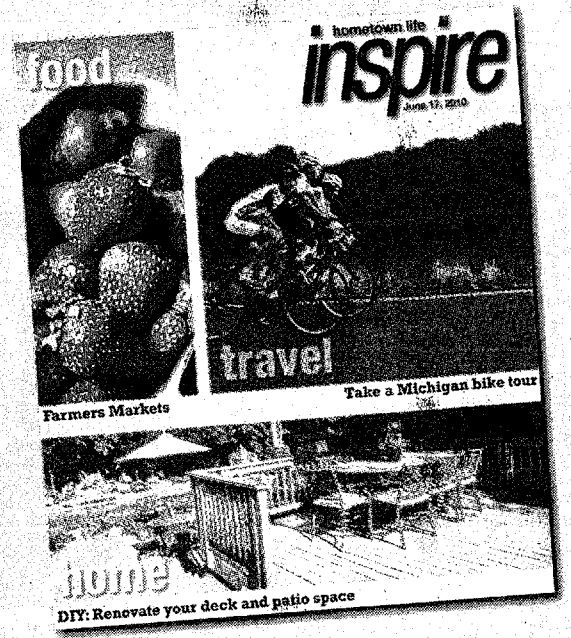


SPECIAL LIBERTY FEST GUIDE

INSERTED INSIDE TODAY'S NEWSPAPER

- Markets
- Bike Tours
- DIY Outdoor Spaces

... and much more in this month's Inspire



THURSDAY
June 17, 2010

The Observer & Eccentric Newspapers

Volume 124
Number 87

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PLYMOUTH OBSERVER

hometownlife com

PLYMOUTH PIPELINE

Get 'Scoop'ed

Scoop the Newshound, the Observer Newspapers mascot, will be on hand as Canton Liberty Fest opens with its preview night tonight (Thursday). Starting around 5 p.m., Scoop will be greeting people, shaking hands and handing out free pizza coupons. Look for Scoop near the Heritage Park Amphitheater.

Sunrise sale

Downtown Plymouth's annual Sunrise Sale takes place 7-10 a.m. Saturday, June 19. Bargains will be available ranging from 20 percent to 50 percent off selected merchandise with some restrictions applying. Shoppers should look for the yellow balloons outside each of the participating shops.

Participating shops include: Avenue Market, Bella Mia, Bella Mia Dressed Up, Candy Trail, Creatopia, GiGi's Mode, Hands On Leather, Haven, Jill Andra Young Photography, Magnolia Fresh Flower Market, Penniman Gallery, R.S.V.P., Sun & Snow, Sweet Peas & Little Sprouts, Sweets 21, That's Awesome, The Glassworks and Wilcox Consignment.

For more information, contact the Plymouth Community Chamber of Commerce, (734) 453-1540.

Pottery painting

New Hope Center for Grief Support, in cooperation with the Plymouth Community United Way, is offering an evening at Creatopia in downtown Plymouth.

This event is for parents with children who are interested in painting a pottery piece in memory of someone who has died. Dinner will be at Subway (next to Creatopia) starting at 6:15 p.m. After some brief instructions, painting will begin at 7 p.m. and will conclude at 8:30.

The event is free, but space is limited. Call New Hope at (248) 348-0115 to register.

Father's Day run

The Plymouth YMCA Fathers Day Run will be Sunday, June 20. Events will start at 7:30 am in downtown Plymouth, and the YMCA is looking for volunteers.

For race information or to register visit www.ymcamedetroit.org/plymouth. To volunteer, contact Cindy Morency at cmorency@ymcamedetroit.org or call (734) 453-2904.

Dem meeting

The Plymouth Democratic Club meets 7-8:45 p.m. Thursday, June 24, at the Plymouth District Library, 223 S. Main in Plymouth.

The group has invited Repower America to join the meeting, the topic of which will be is energy. The discussion will include the recent BP disaster in the Gulf region, alternative energy developments in Michigan, and the current Kerry-Lieberman proposal in the Senate, also known as the "American Power Act."

Pomp and circumstance



PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER

Graduation assistance

Arrielle Gholston adjusts Michelle Chang's cap as the graduating seniors take part in the Plymouth High School commencement exercise Sunday at Eastern Michigan University. For the list of the Class of 2010 and more photos from the ceremony, please see page A5.



We did it

Maggie Carlson and Megan Baumgart spot someone special in the crowd during the 2010 Canton High School commencement ceremony Sunday at Eastern Michigan University. For the list of the Class of 2010 and more photos, please see page A6.



Flower children

Jonathan Van Wicklin passes carnations to Eric Villanueva. The carnations were purchased by the senior class for Sunday's commencement ceremony at Eastern Michigan University. For a list of the Class of 2010 and more photos from the ceremony, please see page B6.

Growing Relay passes fund-raising goal

BY BRAD KADRICH
OBSERVER STAFF WRITER

Grace Strelecki and Lauren Loper used to take part in a cancer awareness fund-raiser at Hermann's Old Towne Grill in Old Village to support friend Dylan Lindgren.

After Lindgren, a Southfield resident who stayed often at Strelecki's Plymouth home during the latter stages of his battle with lymphoma, died from

the disease in March 2008, it got hard. But the women wanted to do something to honor him this year, so they set up shop at Saturday's Plymouth Relay for Life.

"We spent a lot of time in downtown Plymouth ... I lived there and Dylan was there a lot," said Strelecki, who now makes her home in Novi. "That makes (Plymouth) a special place to honor (Lindgren). He was

Please see **RELAY, A3**



ANN ESPINOZA

Karen Halfield (left) of Plymouth and Robin Porroca string beads to count the laps they've completed at Saturday's Plymouth Relay for Life.

State plan fosters district changes

BY BRAD KADRICH
OBSERVER STAFF WRITER

When the Plymouth-Canton Community Schools rings the bell for the start of the 2011-12 school year, the district's leadership team is going to look vastly different than it looks today thanks to the incentive-based retirement plan the Michigan Legislature passed recently.

Ten Plymouth-Canton administrators, including five members of the administration's leadership team, are among nearly two dozen teachers and administrators who put in for retirement under the state's new plan, which allows them to factor their retirement with a 1.6-percent multiplier rather than 1.5 percent.

Among the administrators retiring are Deputy Supt. Ken Jacobs, who has been with the district more than 40 years; human resources chief Ray Bihun; Director of Student Services Bob Hayes; Assistant Supt. for Instructional Services Cindy Swift; and Director of Elementary Education George Belvitch.

The district will also

lose four principals: Allen Elementary School's Marcia Moore; Sue Kely of Bird Elementary; Amy Potts of East Middle School; and Lynn Haire of Miller Elementary.

All 10 administrators requested the one-year extension allowed under the plan, which means all must retire by Sept. 1, 2011.

The district is also losing another 17 teachers under the state plan, according to Bihun. Combined with the teachers who took advantage of the early retirement incentive plan the district offered earlier this year, that's nearly 100 teachers the district will lose. Nine of the teachers have asked for the one-year extension.

"There will be significant changes in the district office," said Dr. Craig Fiegel, the district's superintendent. "But this gives us a year to plan for it."

The bill, signed by Gov. Jennifer Granholm, boosts monthly pension benefits for eligible teachers and other school employees who retire between July 1 and Sept. 1. The

Please see **RETIREMENT, A2**

Pilot lands in median after helicopter's engine fails

BY MATT JACHMAN
OBSERVER STAFF WRITER

A pilot was understandably panicked when the helicopter he was flying stalled out at about 500 feet in the air Sunday afternoon.

But Hugh Robert Pierce kept enough cool to make an emergency landing on the median along I-275 near Ann Arbor Trail in Plymouth Township.

He had taken off from Mettetal Airport about five minutes earlier.

"I didn't have any warnings," said Pierce, who was alone on what was supposed to be a leisure flight. "I was cruising along and then everything went silent, and obviously I knew something was wrong."

Pierce put his 1959-model Bell 47 into autorotation, using the air currents rushing

past the falling craft to keep the main rotor blades spinning, thus creating a drag that slowed the descent. Near the ground, he slowed the helicopter even more by flying horizontally until it was safe to put down.

It all took eight to 10 seconds, he estimated. He walked away with a few scratches — the Plexiglas cockpit "bubble" shattered when the copter struck a highway sign.

"I was actually very lucky. Very lucky," Pierce said.

The emergency landing occurred just before 4 p.m., said Michigan State Police Sgt. Michael Green. No vehicles on the freeway were struck.

Pierce said several motorists stopped to take pictures, and that police had to tell them to

Please see **LANDING, A2**



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Body of evidence: Sheriff holds onto stolen Lover's Lane goods

BY MATT JACHMAN
OBSERVER STAFF WRITER

Police continue to investigate the theft of a truckload of intimacy items — lingerie, lotions, massage oils and the like — from a Plymouth Township retailer more than a month after some of the goods were recovered during a raid in Detroit.

The loaded truck was taken May 10 from outside the Lover's Lane & Co. headquarters on Port Street. The company has 30 stores in Michigan, Indiana and Illinois.

The truck, which had been hot-wired, was recovered later that day in Detroit, and three days later, eight boxes of merchandise believed to have been stolen from it were found during a Wayne County Sheriff's Department raid on a house in southwest Detroit.

The items are still in the possession



Items recovered from a theft at Lover's Lane are still in the possession of the sheriff's department, being held as evidence.

of the sheriff's department, being held as evidence, said Plymouth Township Officer Marcy Linton, the detective in charge of the case. Not all of the mer-

chandise reported stolen was recovered, she said. The value of the items stolen, initially reported at \$250,000, totaled about \$90,000, Linton said.

The sheriff's department had raided the house, said department spokeswoman Paula Bridges, based on evidence that electricity was being stolen there, and based on tips that it housed a marijuana-growing operation.

Upon entering the house with a warrant, Bridges said, deputies smelled marijuana and found 15 starter plants, cocaine and prescription medicine, drug paraphernalia and nine loaded guns: three AK-47 assault rifles, three pistols and three other rifles.

The street value of the cocaine found was estimated at \$7,000, and the value of the marijuana operation put at \$100,000, Bridges said.

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RETIREMENT

FROM PAGE A1

bill allows school employees ages 55 and over with at least 30 years of service to calculate their pension benefits with a multiplier of 1.6 percent instead of 1.5 percent. For a teacher with a final average annual salary of \$80,000, that would mean an extra \$200 a month.

Also, those whose age and years of service add up to 80 or more would use a 1.55-percent multiplier. Those who don't retire — and all other school employees — would pay an additional 3 percent of their wages toward retiree health care. New hires could pay up to 11.4 percent of their pay toward a revised retirement

system with less generous terms.

In addition to being able to use the 1.6-percent multiplier to figure retirement costs, the 88 teachers who took advantage of the district's own incentive plan earlier this year get a \$30,000 bonus. Neither the 17 teachers, the 10 administrators nor other district employees who filed for retirement this week are eligible for that bonus, Bihun said.

All teachers and administrators who requested the extension are likely to get it, which Bihun said was an advantage to the district.

"You keep the experience, and it gives you a year to plan" how to replace them, he said.

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LANDING

FROM PAGE A1

move on. "It was quite a traffic jam," he said.

The incident is under investigation by the Federal Aviation Administration, and that could take several weeks, said FAA spokeswoman Elizabeth Cory.

The Bell 47 was towed back to Mettetal, where Pierce keeps it. He said he's owned the helicopter for about three years.

Pierce, an attorney who lives

in Huntington Woods, said he doesn't yet know what caused the helicopter engine to stop. He said the craft is repairable — though he wasn't sure of the extent of the damage — and that he plans to fly again.

The emergency landing maneuver was something he had been taught and had practiced many times, he said, but having to use it in a real emergency was still jarring.

"You always plan for an engine failure, but you never think it's going to happen," he said.

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7pm Fridays... Plymouth Music in the Air ...Thru Sept. 3rd in Plymouth's Kellogg Park

Paisley Fog

Friday, June 18 in Kellogg Park... Paisley Fog (classic rock/pop)

The Paisley Fog features three brothers — David, Keith and Tom Birchler — who don't hunt, fish or watch football but who collectively own more than 20 guitars and love 60's music.

Start with the brothers' three-guitar front line, add the solid rhythm section of Tommy Anderson on drums and Ronny Graham on bass, toss in a little "Janis and Grace" from Dawn and what you get is Paisley Fog.

Their burgeoning career has taken Paisley Fog from a basement in Bay City to the Dream Cruise, via fund-raising for needy children and touring small town Michigan summer festivals.

Save the Date For These Future Friday Performances of Plymouth Music in the Air:

June 25	Steve Moakler/Parker Weiling (country/pop)
July 2	Steve King & the Dittlies (rock & roll)
July 16	The Cruiches (alternative)
July 23	Gia Warner (pop/rock/R&B)
July 30	Trilogy (variety)
Aug. 6	Shawn Riley Band (Irish/Celtic)
Aug. 13	Randy Brock (country)
Aug. 20	Bluescasters (blues)
Aug. 27	Mass Transit Band (country)
Sept. 3	Lady Sunshine & the X Band (R&B)

A little bit of British Invasion, with a dose of American Psychedelia and a whole lot of folk rock's three-part harmony is what has kept it interesting for these six best friends.

Formed as a "just for fun" diversion from real life, The Paisley Fog's first performance at a charity fund-raiser was so well received it led to numerous job offers. Sporting the triple guitar lineup, a rock-solid rhythm section, five vocalists and a passion for 60's rock music, The Paisley Fog puts on a show from the heart.

Built on a large base of British invasion and American tracks of that golden, late 60's era, their tasteful menu of tunes also includes many lesser-known yet instantly recognizable songs.

"If you like guitars, you're gonna love our show," adds rhythm guitarist and avid collector Dave Birchler.

The Paisley Fog finds so much good music to mine from the 60's that we just can't seem to venture beyond 1969.

"We're still grounded in peace, love, and a much less volatile time for the stock market," band members say. "At our shows you will hear many of your favorite tunes along with a few rarely played yet still familiar gems."

Be sure to look for this article in the Observer every Thursday to find more information about each week's "Plymouth Music in the Air" performance.

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Grace Perry (from left), John Parkey and Julia Parkey from Bird Elementary make their way around the Central Middle School track during Saturday's Plymouth Relay for Life.

RELAY
FROM PAGE A1

a best friend to a lot of us. You could tell him any problem, and he would just listen and not judge. We want to honor him every year."

The women struck up a friendship with Lindgren when all were private school students, Strelecki and Loper at Plymouth Christian Academy, Lindgren at Southfield's Franklin Road Academy.

"He had an electric personality," Loper recalled. "No one could say a bad word about him."

Strelecki and Loper were among hundreds of people who took part in the Plymouth Relay for Life, circling the track at Central Middle School in honor of friends, relatives and loved ones who've been affected by cancer.

According to American Cancer Society spokeswoman Katie Brennan, more than 200 people registered online for the annual walk, and more were turning out on-site Saturday.

Organizers had hoped to raise at least \$60,000; final figures weren't yet available, but as of Sunday afternoon, organizers said the event had already counted more than \$67,000.

Laura Compton, co-chair of the event's leadership committee, said fund raising in Plymouth is a little different than other communities, because business support has to come from smaller businesses.

"Plymouth's business community continues to support us, (but) in Plymouth we don't have all the big chains," Compton said. "It's a lot of family businesses, and they are very generous."

Compton is a 6 1/2-year survivor whose breast cancer was caught early through a mammo-



Clair West of Plymouth (right) celebrates a hole in one with her sister Audrey West (left) at the Bird school booth. Both are from Bird Elementary School.

gram. She was gratified to see so many survivors turn out for the Plymouth walk.

"I lost my dad to colon cancer more than three years ago," Compton said, fighting back tears. "I was so upset, and I needed to channel that. That's why I do this. If we can help even one person, it's worth all the effort."

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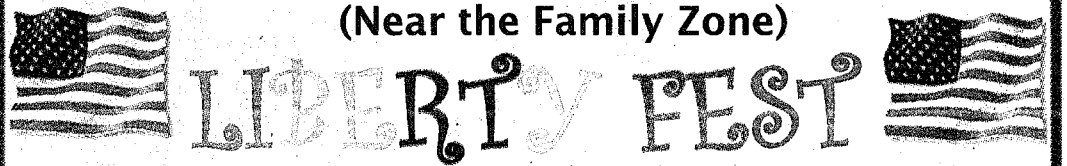
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PUBLIC SAFETY

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No-contest plea in crash; victim's husband: 'She'll never be herself'

BY MATT JACHMAN
OBSERVER STAFF WRITER

A podiatrist accused of causing a crash in Plymouth Township that left the other driver, a Canton Township woman, partially paralyzed, will spend 2½ years behind bars under a plea agreement reached Monday in Wayne County Circuit Court.

Jason Choos, 46, also of Canton, pleaded no contest before Judge Daniel P. Ryan to six charges related to the Jan. 29 accident that injured Dawn Hengesbaugh, 41, the mother of two. Hengesbaugh was in a coma for several weeks, is paralyzed from the waist down and remains hospitalized in long-term care, said her husband, Larry Hengesbaugh.

The plea agreement calls for a sentence of two years in prison, seven months in the Wayne County Jail and five years on probation, with random drug and alcohol testing. Choos will be formally sentenced Monday, July 12, by Ryan.

Larry Hengesbaugh said he would have preferred a harsher penalty — and for Choos to confront, in person, what he did to his wife.

"It's out of my hands. I realized that months ago," he said after the hearing.

Choos, who practiced in Westland, stood next to defense attorney John Dakmak during the hearing, dressed in a dark suit. He pleaded guilty to two counts of causing a serious injury accident while driving drunk and to one count each of driving drunk, carrying a pistol for which he did not have the proper permit, possessing a firearm during a felony and possessing marijuana.

The accident occurred at Ann Arbor Road and I-275 at



Jaclyn, Dawn, Larry and Zachary Hengesbaugh.

about 8 p.m. on a Friday as the Hengesbaughs were returning home from a Livonia restaurant. Reading from a police report, assistant prosecutor Robert Moran said Choos was speeding when he plowed his Lincoln into the Hengesbaugh's Chevrolet (a Trailblazer). The Chevrolet was stopped for a red light, he said.

Police found a loaded pistol in the Lincoln, along with a film container that had marijuana in it, Moran said. Choos' blood-alcohol level was

tested at 0.15, he said.

Dawn and Larry Hengesbaugh's son, Zachary, 11, was also injured in the crash, suffering two broken ribs, Moran said.

Larry Hengesbaugh was also injured and took some time off from work, but expects to return toward the end of July, he said.

Outside the Frank Murphy Hall of Justice in Detroit, Larry Hengesbaugh said that despite major improvements in his wife's condition, the long-term outlook is

bleak.

"Statistically speaking, she'll never be herself," he said. "In my opinion, she died that night and somebody else was reborn."

His wife's memory is affected, he said, and she's had to relearn who he and their children are. He said he sees few traces of the old Dawn.

"There's something about the kids, that she recognizes they're special to her," he said.

Dawn Hengesbaugh is undergoing physical, occupational and speech therapy, her husband said, and has been relearning how to feed herself, though she in part still relies on a feeding tube.

He said it could be years before his wife is able to come home. "She'll be a presence there, but that's about it," he said. No one has been able to give him a definite time frame as to when she might be released from the hospital, he said.

Helping the children understand the situation has been the most difficult part of the ordeal for him, Larry Hengesbaugh said. In addition to Zachary, the Hengesbaughs have a daughter, Jaclyn, 6.

"How do you explain to your kids everything that's going on?" he said.

Defense attorney Dakmak said Choos is deeply regretful and that he expects his client will make a statement at his sentencing.

"I would anticipate he has a lot of remorse to express in this case," Dakmak said.

Hengesbaugh, however, said he doesn't really want to hear from Choos.

"Unless he can bring my wife the way she was, there's nothing to forgive," he said.

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CRIME WATCH

Burglar uses unlocked window to raid home

Cash was reported stolen from a home on Sheldon Road in Plymouth Township after a burglary there Sunday on Monday.

The victim told police she arrived home about 10 a.m. Monday morning and found the bedroom in disarray, and cash missing. The home had apparently been entered through a bedroom window that had been left unlocked, police said.

The burglary had occurred some time since 10 p.m. Sunday, police said.

Vehicle break-ins

A laptop computer and three watches were reported stolen from a car that was broken into Sunday afternoon outside of the Bally's Fitness center on Ann Arbor Road in the township.

The victim, of Livonia, told police he had left the car shortly after 5 p.m. and returned about 40 minutes later to find a window smashed out and the items missing.

A Swartz Creek man attending a wedding reception at the Inn at St. John's on Five Mile reported that his truck was broken into in the lot there Saturday evening.

A window on the GMC pickup had been smashed, police said, and a satellite navigation device, an iPod and a purse were reported stolen.

The break-in occurred between about 6 p.m. and 10:30 p.m., police said.

Vandalism

Eggs were tossed at a house on Ivywood Lane in Plymouth Township on Saturday night, police said. The extent of damage to the house was not reported.


The victim told police that her house had been egged several times recently, possibly by three teenaged males in a Jeep Cherokee. She asked police to keep a special watch on the house.

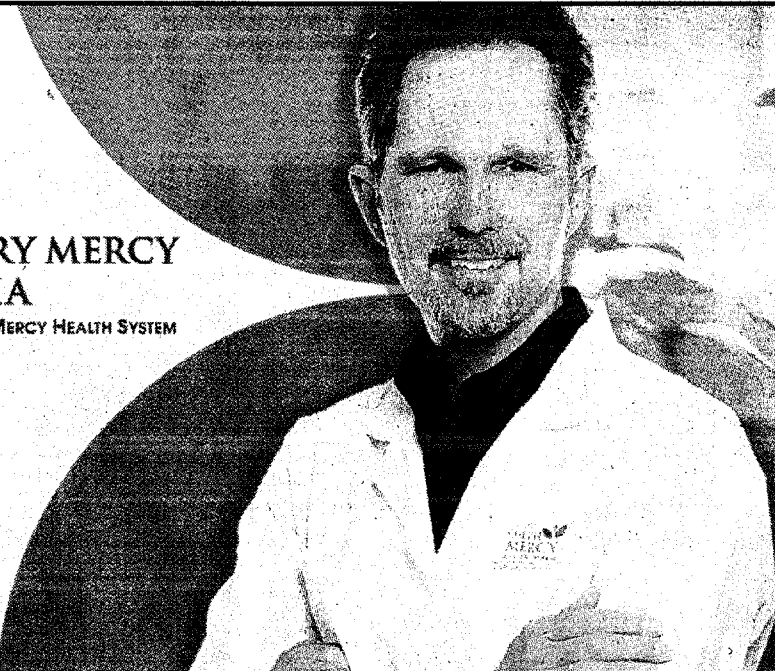
Saturday's incident occurred between 9:30 p.m. and 10:30 p.m., she told police.

The driver's side exterior mirror was torn from a Ford Taurus as it sat in the parking lot at Zack's Restaurant, on Main Street and Ann Arbor Road, early Sunday morning.


An unsigned note left on the car told the owner the vandal had left in a Ford Escape, police said.

- By Matt Jachman





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SALE HOURS: MON, TUE, THURS, FRI: 10-7, SAT: 10-6, SUN: 12-5, CLOSED WED

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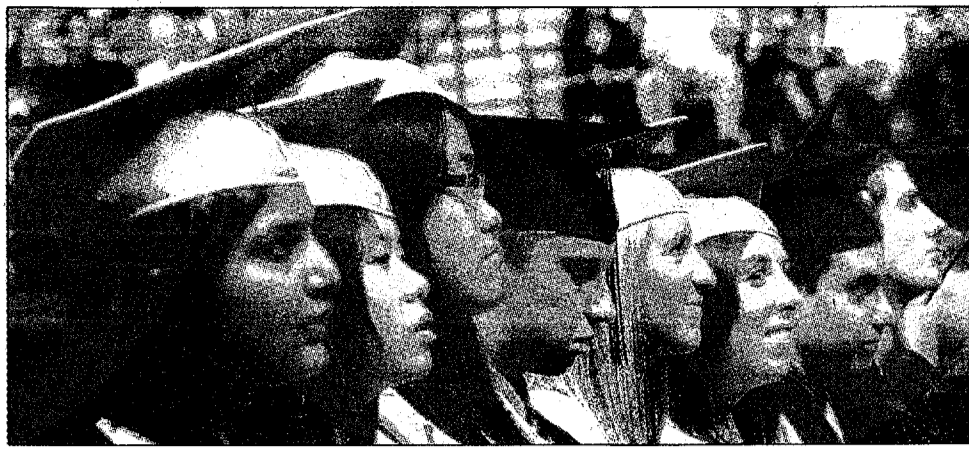
No more books!

Here are the members of the Plymouth High School Class of 2010:

- David Michael Afetian, Jr.
- Antonio John Aguirre IV
- Damon James Ahlgren
- Elliott George Aho
- Sayf Walid Al-Ani
- Mirissa Nicole Alfera
- Faisal Amjad
- Stacie Lynne Anastasia
- DeVaron Martez Anderson
- Sheharyar Anjum
- Hailey Elizabeth Appie
- Alana Alexis McNeese Arcenal
- Michelle Nicole Armer
- Sarah Ann Armitage
- Chonea R. Jon Arnett
- Jacob Allen Arunachalam
- Amanda Jamie Atallah
- Abdullah Nadib Ayad
- Nour Aia Bacha
- Patrick Joseph Bailey
- Nathan Ryan Baines
- Cameron Mackenzie Baker
- Scott Anthony Ballelli
- Sourodeep Bandyopadhyay
- Kenzie Linzell Banka
- Kelsey Elaine Baptist
- Robert Gerald Barackman
- Christopher Stephen Barile
- Ryan Anthony Barrera
- Marissa Lynn Basty
- Amanda Leigh Batt
- Ryan Zachery Bauer
- Hannah Beth Beaudoin
- Christopher Joseph Belanger
- Elizabeth Ann Bell
- Alexander Steven Bergmans
- Tokugiro Anthony Bird
- Trevor Ashton Birdwell
- Jordan Alan Birman
- Jonathan Alexander Blair
- Ashley Lynn Blasko
- Blake Foster Blaylock
- Chekodtah Lee Bobee
- Joseph Brent Bockstanz
- Kyle Timothy Bondy
- Taos Sarah Boudjemai
- Lee Robert Bracken
- Calla Frances Bradley
- Britany M. Brasseur
- Navilla Casquejo Britt
- Crystal Marie Broadbent
- James Michael Bryans
- Courtney Monique Bryant
- Sukhray Singh Bual
- Megan Elizabeth Bugajski
- Jackson David Burdette
- Amanda Leigh Burnard
- Warren Clay Buzzard
- Jake Lawrence Cadeau
- Alyse Adelaide Calcaterra
- Abigail Layne Cannon
- Rocio Del Pilar Cardona
- Lauren Marie Carnevale
- Stephen Vincent Carney
- Elizabeth Noel Carr
- Melissa Ashlen Carter
- Timothy William Castle
- Claudia Elizabeth Cerda
- Elise Ying Chagas
- Michelle Chang
- Benoit F. Charette
- Keith Alan Choma
- Laura Allison Choos
- Matthew Bandali Christo
- Daniel Brock Chrypinski
- Ryan James Cigile
- Elizabeth Ann Noel Cizek
- Valerie Marie Clanton
- Miles Chancellor Clifton
- Trevor Robert Coates
- Darrell Andrew Cohn
- Marquel Daitlin Coleman
- Spencer Reed Collins-Webb
- Eileen Marie Colwell
- Daniel Joseph Conklin
- Dominique James Connor
- Ariel Lashae Cook
- Benjamin Robert Corona
- Chantel Jean Cote
- Nathan John Cova
- Jillian Renee Covault
- Chelsea Katherine Craig
- Ashley Kathleen Crespo
- Tempestt Fentressa Crockett-Martin
- Curtis Julian Crosier
- Brandon Donald Crowther
- Taylor John Currier
- Troi Antoinette Davis
- Karen Susana De La Rosa
- Tyler Alexander Deal
- Thomas Michael Dean, Jr.
- Gina Marie DeBiasi
- Julia Kathryn DeGripp
- Danielle Renee Desilets
- Pawan Singh Dhalwal
- Prince Singh Dhalwal
- Dean Dimovski
- Andrew Stewart Dodge
- Katrina Marguerite Donoghue
- Connor Scott Dresser
- Kevin Matthew Drysdale
- Priya Dunganani
- Allison Maria Durak
- Chelsea Lauren Early
- Donald Henry Eckardt III
- James Robert Eiben, Jr.
- William Robert Eisiminger
- Dyanna Ramzy El-Kawa
- Mackenzie Lynne Elliott
- James Edward Emminger
- Kirsten Grace Engstrom
- Walter Charles Eppler
- Danielle Lynn Esper
- Jamie Ann Essex
- Mary Margaret Fessler
- Caitlin Elizabeth Finan
- Nichole Corinne Finch
- Brittney Lynn Forrester
- Julia Rose Forster
- Brittney Elizabeth Fracassa
- Bernadette Therese Franklin
- Andrew Bryce Fraser
- Cody Glenn Frederick
- Devin Cole Frederick
- Matthew John Freeman
- Robert Mackean Fuller III
- Roxana Leigh Gamble
- Travis James Gambin
- Ibrahim Mohammed Ghaleb
- Arrielle K'omonique Gholston
- Julianne Terese Giles
- Himat Singh Gill
- Derek Alan Giudici
- Joshua Carl Goertz
- Danielle Marie Gomrick
- Ariana Victoria Gonzalez
- David Isaac Goodman
- Paula Marie Green
- Laura Jeannine Grenfell
- Tyler Russell Kemp Grosh

- Jack Angelo Gruszczynski
- Brett Michael Gustafson
- Jesse Elias Haddad
- Katherine J. Hagen
- Megan Christine Haggerty
- Kelly Marie Hahn
- Michael James Haling
- Sijia Hao
- Cassandra Elizabeth Hardin
- Adam David Harrison
- Trevor William Hastings
- Austin Joel Hays
- Jessica Renee Heck
- Tessa Marie Heldmeyer
- Christian Lewis Heo
- Joshua Randall Hill
- Joseph Alexander Himmelspach
- Chonea R. Jon Arnett
- Rebecca Tammy Hodder
- Matthew Robert Hoenschheid
- Alexa M. Hoffman
- Jamie Lynn Hogan
- Joshua Winston Hohner
- Jonathan Michael Holden
- Bernecia Jeanea Holly
- Laurence Nicolin Hubert
- Meeghan Bridget Hughes
- Cody Joseph Hunt
- Alexandra Julia Jagger
- Daniel Allen Jasewicz
- Taylor McKain Jeffers
- Troy Kasey Jensen
- Lauren Jinhee Jeong
- Sonia-Sangeeta Kaur Johal
- Dion Jamel Johnson, Jr.
- Jonathon Robert Johnson
- Allison Nicole Joppich
- Priya Bhavesh Joshi
- Rayyan Nabil Kadi
- Rama Karolin Kadri
- Pooja J. Kamani
- Brandon Michael Karst
- Chelsea Lynn Kaump
- Steven Charles Kays
- Brianna Vilayat Kazi
- Shenere A'neise Keith
- Shane Thomas Kennedy
- Brett Scott Keys, Jr.
- Saima Kafel Khan
- Sophia Khan
- Jacob Daniel Kidd
- Rebecca Lynne Kiefer
- Ji Hyun Kim
- Alexandra Gabrielle Kish
- Slacey Marie Klonowski
- Andrew Ronald Kne
- Steven Raymond Knoeri
- Drew Scot Knoc
- Steven Vincent Alex Koelzer
- Nathan Morris Kolin
- Nashwant Kondapalli
- Naseeb Kooner
- Maria Suzanne Koppelberger
- Erica Jane Kosmalki
- Shan Amar Nikhil Kothari
- Stephanie Marie Koumariotis
- Laura Lynn Kraheal
- Katie Lynn Krajewski
- Jessica Marie Kramer
- Joshua William Krueger
- Joshua Edward Krug
- Lejla Kulagic
- Samantha Marie LaBelle
- Nicole Marie Lamoureux
- Kyle Michael Lang
- Stephanie Marie Langell
- Dylan Yates Larrabee
- Samantha Kay Larsen
- Megan Elizabeth Larson
- William Mark Layton
- Steven Daniel Lebioda
- Deanna Manche Lee
- Erik Richard Lee
- Kaitlin Rose Lehr
- Julie Ann Leshkevich
- Robert Edward Lesperance
- Austin Edward Levi
- Brittany Lara Lewis
- Brittany Lynette Lewis
- Joseph Rivers Grant Lewis
- Nicole Lewis
- Ashley Marie Liakos
- Joseph Michael Lindbauer
- Zachary Miles Lizzio
- Shelby Janae Locklear
- Alex David Lombard
- Samantha Genevieve Lombardo
- Nicholas James Lopus
- Kevin Michael Lozer
- Jacob Michael Lubig
- Mark David Lubin
- Molly Patricia Lutz
- Samuel Joseph Maccani
- Anne Caitlin Mackenzie
- Yamini Mada
- Trevor Joseph Madin
- Ralph Joseph Mahalak III
- Marcus Juca Malabanon
- Joel Erle Mallare II
- Stephen Michael Maludy
- Alec Joseph Maly
- Alexandra Zepelis Manolis
- Anastasi Manushi
- Maxim Alexandrovich Markov
- Amanda Marie Martin
- LaVonna Grace Martin
- Lindsey Anne Martin
- Cortland Lenette Mason
- Amy Bridgit Mathew
- Jackson Mathew
- Steven Michael Matulionis
- Michael Leroy McGarry
- Sean Patrick McGinn
- Jessica Renee McGregor
- Patricia Marie McGuire
- Troy Matthew McParlane
- Carley Christine McQuiston
- Sara Medley
- James Douglas Meiers, Jr.
- Laura Marlena Mendoza
- Mariene Suzann Mester
- Samuel Scott Miller
- Andrew James Mitchell
- Avni Bhushan Modi
- Toony Lee Monk
- Luis A. Montenegro
- Justin David Morley
- Christian Scott Mosier
- Shawn Douglas Mueller
- James Russell Mumaw
- William Joseph Mundy
- Jon Michael Murphy
- Tripti Nagar
- George Franklin Nash, Jr.
- Matthew Davis Neumann
- Ly Phuong Nguyen Le
- Vinh Huy Nguyen
- Christopher Matthew Niles
- Courtney P. Noonchester
- Nicholas Allen Norman
- Lauren Alyssa Noyes
- Erin Maureen O'Connor
- Le Ann O'Shaughnessy
- Katherine Amanda Obrizak

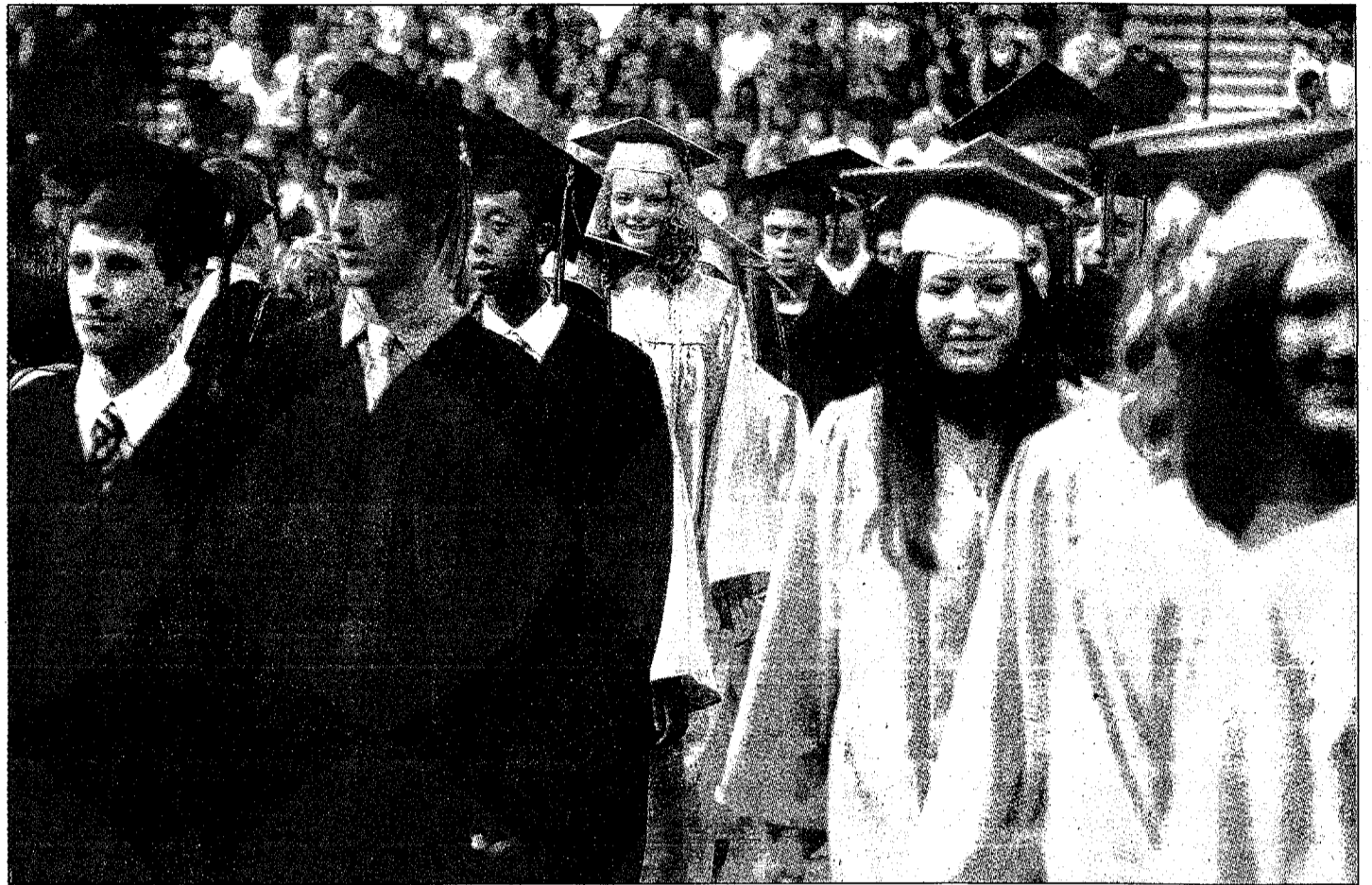
- Patrick Raul Onoro
- Sarah Pakray
- Rachel Elizabeth Palgut
- Jake Kendall Panek
- Maxwell Steven Pardikes
- Soham Biren Parikh
- Matthew James Pastor
- Jahvi Bharat Patel
- Nidhi Kanaiyalal Patel
- Zohaib Pervez
- Brandon David Piligian
- Emily Elizabeth Pitcher
- Samantha Talyn Poque
- Diane Marie Postel
- Andrew Ryan Potesta
- Lindsay Marie Potter
- Nicholas Michael Potter
- Kaitlyn Marie Preston
- Matthew Allan Priebe
- Wesley Carl Pringle III
- Andrew Russell Putter
- Christine Marie Purdy
- Michelle Lin Radke
- Maryann G. Rafka
- Nicholaus Ravon-Darrell Rainey
- Dixy Rajkumar
- Melissa Ourania Rakovitis
- Alexander Matthew Rasmussen
- Kelsey Jane Reiner
- Ryan Joseph Renault
- Megan Elizabeth Carolyn Rener
- Andrea Michelle Revels
- Emma Jane Robinson
- Brooke Ella Rodwell
- Alexis Marie Rogers
- Justin Robert Rosinski
- Luca Andrea Rosselli
- Andrew Thomas Roth
- Alyse Marie Ruark
- Alexander Kristofer Ruffin-Johnson
- Chelsea Nichole Ryan
- Khadije Imad Saad
- Mirvatt Imad Saad
- Anthony Sinoy Sagarat
- Kaitlyn Nicole Salo
- Anna Elizabeth Salvaggio
- Andrew Charles Sample
- Erica Lauren Sands
- Allison Marie Santori
- Carley Lynn Scherbarth
- Chelsea Ann Schroeder
- Ryan Jude Schultz
- Stephanie Lynn Schwartz
- Kimberly Ann Schwein
- Hilary Anne Scott
- Matthew Joseph Scott
- Tyler Paul Sequin
- Gretchen Claire Seibel
- Grant Connor Senkbeil
- John Michael Shaffer
- Justin Michael Shannon
- Douglas Benjamin Shepherd
- Matthew Jonathon Sheridan
- Scott Andrew Sherrit
- Nathan Joseph Shoemake
- Brooke Taylor Siepierski
- Kanwaljit Singh
- Palwindervir Singh
- Ravi Sher Singh
- Ryan Michael Sisteck
- Tianna Shantelle Skinner
- Jannel Nicole Skiver
- Adam Michael Skubik
- Patrick David Smiatacz
- Billy Earl Smith III
- Mary Anne Smith
- Kelly Christine Smoltz
- Kimberly Michelle Snyder
- Ryan Richard Sochocki
- Nicholas James Sofios
- Emily Sojung Sohn
- Matthew Nicholas Solomon
- Cali Lauren Sommerville
- Daniel James Sova
- Sarah Elizabeth Spencer
- Vertika Prakash Srivastava
- Valerie Anne Stacey
- Jonathan Michael Stahl
- Kelsey Nicole Stamm
- Samantha Rose Stanley
- Igor Stojkovic
- Anthony Marcel Stone
- Zachary Miles Storm
- Jaclyn Michele Stothers
- Kishan P. Sutariva
- Reema Ishvar Sutariva
- Evan Francis Swieczkowski
- Joshua Caleb Sykes
- Anne Tam
- Erik Taneja
- Joshua Bertram Taylor
- Alicia Lee Teasdale
- Emily Anne Telega
- Alaa Adel Abbas Thabata
- Alexander Edward Theodorakakos
- Richard Matthew Thiele
- Aaron Desean Thompson
- Dennis Ono Tjandra
- Lynn-Marie Toffi
- Juan L. Torres
- Angela Paige Tritten
- Jennifer Lauren Turner
- Madison Elizabeth Tustian
- Jilliam Rose Unis
- Brandon James Uren
- Mary Catherine Urquhart
- Megan Marie Valentini
- Andrew James VanBoven
- Brenden Brock Varner
- Taavi Matias Vint
- Sarah Elizabeth Vladu
- Zachary Michael Vojeck
- Molly Belknap Wallace
- Brandon Scott Watson
- Peter David Watts
- Scott Daniel Wedgewood
- Ethan Avery Weiner
- Chandler Joseph Welling
- Anne Marie West
- James Michael White
- Kyle Scott-James Wilkinson
- Caroline James Williams
- Emma Jo Williams
- Jalal Rashad Williams
- Joshua Dennis Williams
- Sophia Elizabeth Williams
- Emily Teresa Willis
- Christopher Thomas Wilson
- Adam Michael Wing
- Bradley Joseph Winowiecki
- Alex John Wolski
- Chance Peyton Wood
- Lucas Wayne Woodruff
- Jacob Douglas Worth
- Colin Andrew Wright
- Joshua Thomas Wright
- Zhuo Wu
- Amanda Joy Youschuk
- Alison Michele Zacharias
- Kevin Mitchell Zarate
- Jacob Daniel Zawaski
- Jaclyn Rae Zimmerman
- Suzette Lynn Zoia



Soon-to-be Plymouth High School graduates listen to speakers.



Trevor Birdwell's nickname is, what else? 8-Ball.



The procession for the 2010 graduating class of Plymouth High School.

PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER



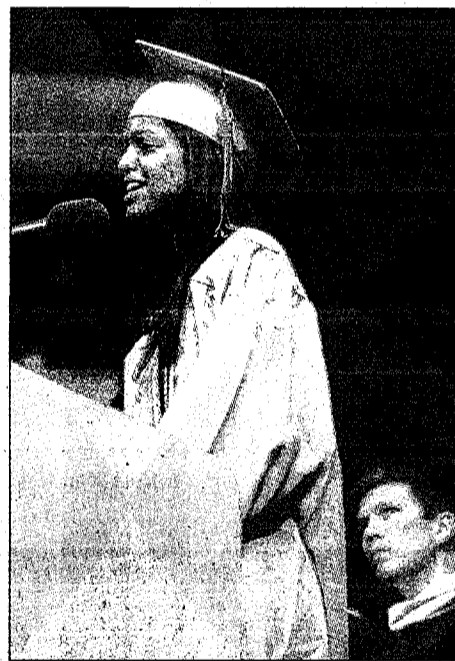
Julia DeGripp accepts her diploma from Board of Education Vice President Barry Simescu.



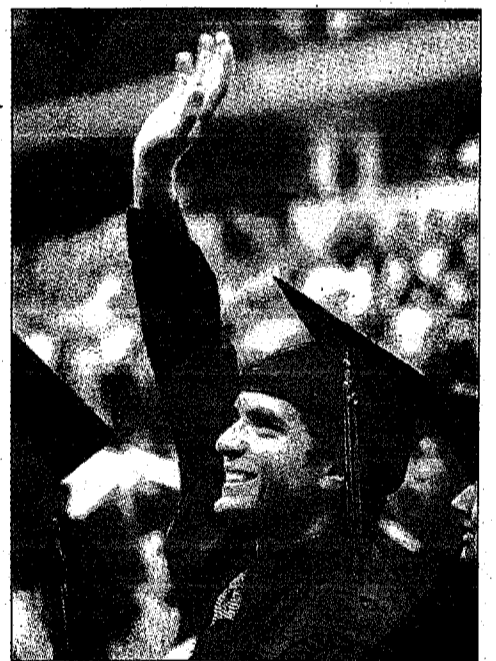
Stephanie Lynn Schwartz receives her diploma from school board member Steven Sneiderman.



Mary Margaret Fessler is the senior class speaker.



Senior Class President Vertika Prakash Srivastava speaks to her classmates.



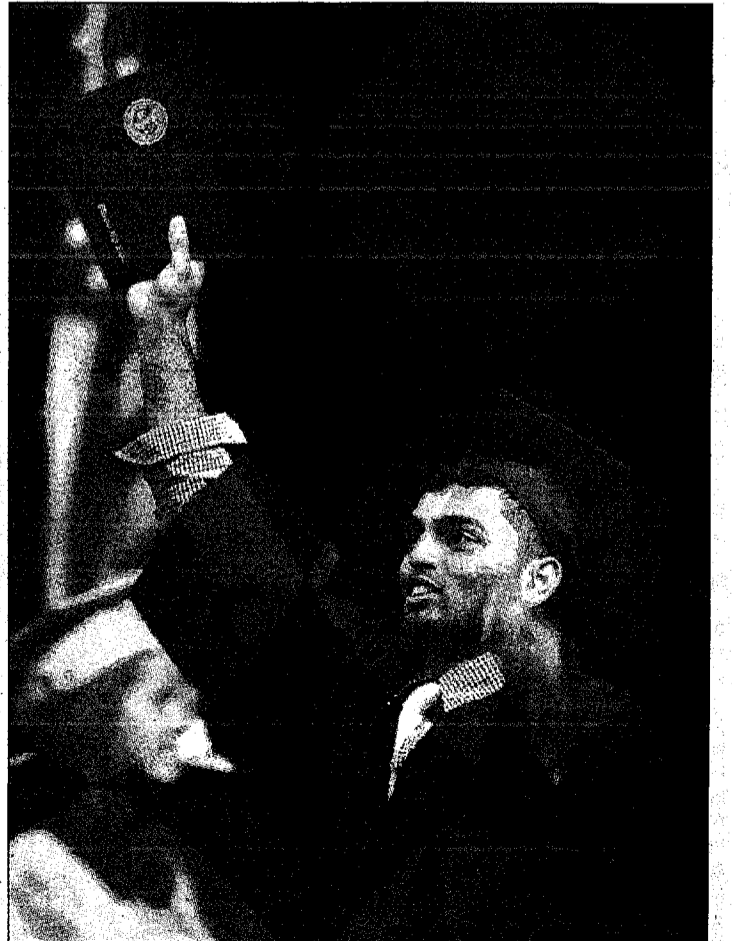
Joseph Himmelspach spots someone in the crowd during his graduation ceremony Sunday.



Amanda Atallah, Ashley Blasko and Tessa Heldmeyer spot families in the stands.



The PCEP band plays the recessional for the class of 2010 of Plymouth High.



It's time to move on for the Class of 2010 at Plymouth High School.

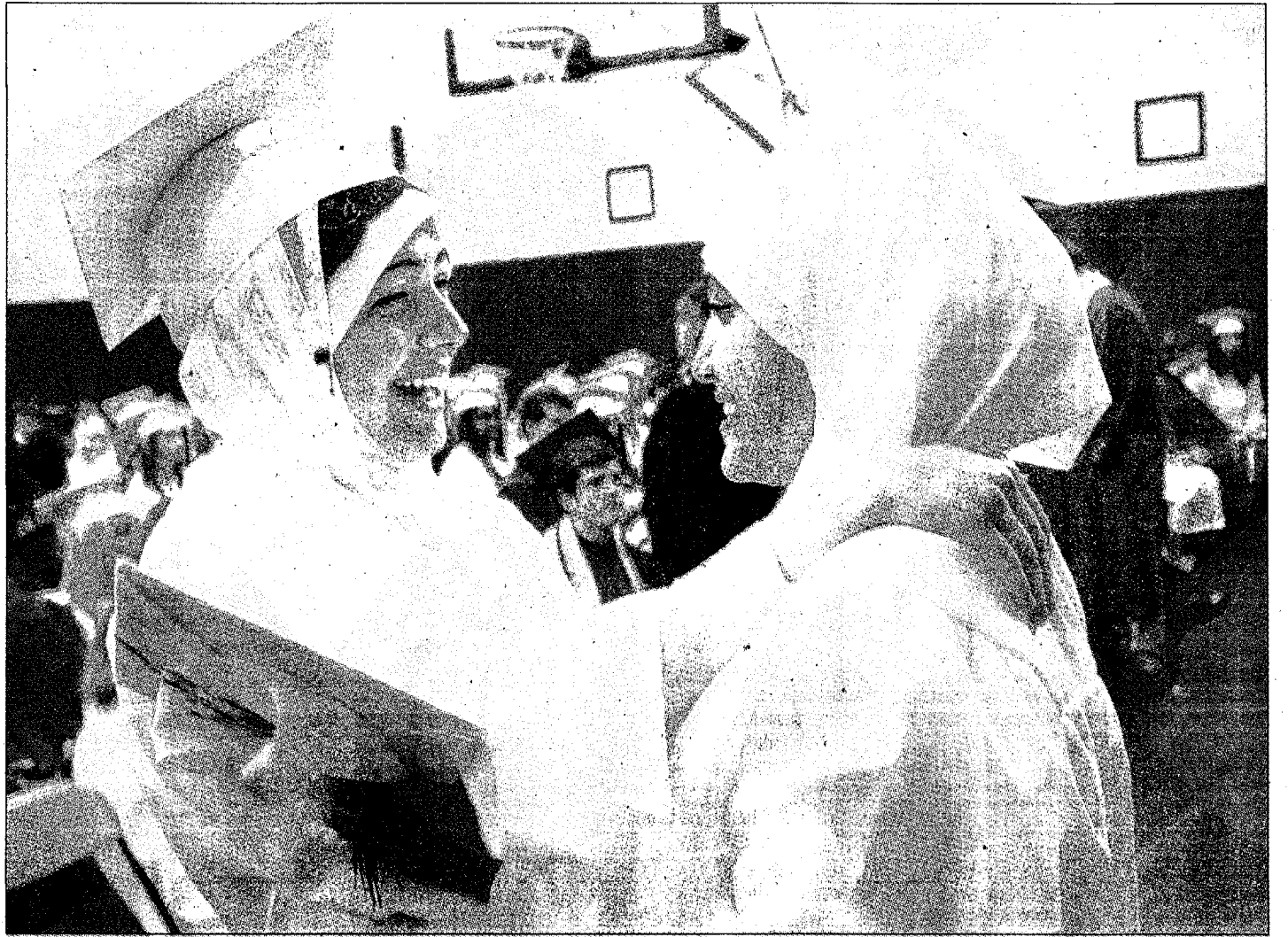
Next step in journey of life

Here are the members of the Canton High School Class of 2010:

Aziza Abdeldayem
Malik Abdolkarim
Ponnu Abraham
Cody Adams
Christine Aitken
Darlene Aitken
Alyssa Albers
Hayatt Ali
Jonathan Allen
Della Altman
Karla Alvarez
Keith Ameyaw
Jamaal Anderson
Sherri Anderson
Fatima Ansari
Heba Ansari
David Arrasmith
Jairaj Arya
Avery Ash
David Austin
Jason Avedesian
Hailee Azizi
Ryan Babik
Omar Bakkar
Christy Balewski
Sean Balaha
Ashley Banks
Ryan Barrie
Charles Barylski
Megan Baumgart
Tori Baxter
Kalthoum Bayz
Yusef Bazzy
McKayla Beam
Joseph Beard
Darius Beasley
Shannon Benjamin
Zachary Benjamin
Kristen Benner
Justin Bennett
Lisa Berg
Mathew Berry
Samantha Berry
Issam Beydoun
Kartik Bhatt
Ashley Bica
Nicholas Bil
Dakota Bird
Cody Blakita
Paul Blaschke
Ryan Boes
Jacquelyn Bogdanski
Frank Bohanon
Kara Bongiovanni
Emily Bouse
Colin Bower
Kyle Brandon
Traci Breitmeier
Alexandra Brekke
Jordan Brooks
Anthony Brown
Alexis Brubaker
Rachael Brunk
Aaron Burack
Cassandra Caballero
Marguerite Carlson
Andrew Carson
Sarah Caruso
Kayla Channell
Chelsea Chavez
Arashdeep Cheema
Lillian Chen
Chynna Christian
Samantha Chupa
Kristen Clawson
Zachary Conrad
Michael Constantine
Callahan Coplai
Seanique Coston-Maddox
Alyssa Cottrell
Rachel Countegan
Andrew Courter
Mercedes Cowger
Breanna Cremen
Brian Crosby
Joshua Cullen
Trevor Cummins
Abigail Davidson
Kayla Davis
Eva DeBeliso
Brittany Decker
Ryan DeFrain
Kevin Delapaz
Marina DeLuca
Enisha Dempsey
Madison Derian-Toth
Sarah Dix
Alexander Dixon
Taran Dobbins
Shelly Donaldson
Nikoli Dryden
Brandon Duffey
Jonathon Dugan
Amy Dunleavy
Ryan Dunleavy
Ashley Dupuis
Sarah Duxter
John Dykstra
Nicole Eadeh
Matthew Edwards
Lisa Esper
Joshua Evans
Katarina Evans
Waleed Faraj
Meghan Fenech
Kelly Filios
Danielle Findsen
Nacey Flaishans
Amanda Forbear
Pamie Fortson
Janay Fox
Danielle Frysinger
Victoria Galanos
Joseph Galanty
Samuel Galizia
Nicolas Galli
August Garrett
Elizabeth Getzek
Rohn Gaudi
Hillary Genrich
Allysen Geoffrey
Kristian Georgiev
Alec Gilo
Paulette Giove
Justin Gohl
Robert Goodwin
Timothy Gordinier
Andrew Graziosi
Joshua Greenhalge
Shehnaaz Grewal
Katelyn Guoin
Zachary Guy
Matthew Haack
Fatme Hadwan
Isra Haider
Kylie Hakala
Travis Hall
Anthony Hamati
Andrew Hanagan
Alexandra Handley
Bisma Haque
Rodney Harris

Kristi Heintzelman
Aquilah Henderson
Emily Henderson
Justin Henker
Stephen Hepp
Shantee Heron
Benjamin Hibbard
Breanna Hicks
Christopher Hilton
Ashley Hoerner
Riley Hoerschemeyer
Lauren Hoffman
Rose Hogan
Jacob Hogan
Joseph Hohl
Kirsten Holland
Jaclyn Hollingsworth
Kathryn Hoseney
Destiny Houghton
Haidar Houmani
Mallory Hudak
Dallas Huggins
Tyler Hult
Kathryn Hurley
Chelsie Husband
Mark Iafraite
Ahmad Ibrahim
Jessica Jackson
Hiba Jawadi
Patrick Jenner
Jon Jimenez
Connor Johnson
Kristen Johnson
Amber Johnson-Harper
Alexis Jones
Sabuella Jones
Darniecia Jordan
Max Julien
Alafia Kanpurwala
Matthew Kafafiasz
Ravinder Kaur-Singh
Abdallah Kazbour
James Keena
Kirstyn Kelley
Joshua Kempfer
Kamber Kennedy
Kelly Kennedy
William Keppen
Amanda Kerlesz
Jordan Kielty
Deven King
Spencer Kitchen
Kaitlyn Knurek
Megan Knurek
Patrick Korona
Kyle Korte
Chelsea Kowalski
Michael Kozerski
Joseph Kraus
Ashwani Krishana
Kleopatra Krista
Yukiko Krollicki
Melissa Krug
Rebecca Krul
Phillip Krupp
Melanie Kulczycki
Laura Kushner
Joshua Kuley
Kelly Larimore
Anna Larner
Lauren Larsen
Robert Lee
Steven Lee
Giffin Leitling
Michael Lentz
Michael Leslie
Megan Leung
Joshua Liabonow
Jacob Lincoln
Kelsey Lindberg
Emily Lipie
John Loewen
Elizabeth Loiselle
Matthew Lopez
Matthew Lopez
Chelsea Lorick
Alex Lukko
Patrick Lytle
Alexandra MacDiarmid
Lauren Macuge
Mariah Madden
Julius Maddox
Miranda Madias
Jacob Magnusson
Laura Maloney
Hargreet Mann
Peter Marek
Alec Martin
Kelsey Mason
Anne Mattarella
Dominique Mayo
Jessica McClendon
Julius McCoy
Joshua McGuire
Samantha McPartlin
Andrea Meador
Ashley Meadows
Jingzhe Mi
Troy Michalak
Kylie Miller
Gregory Mogos
John Montroy
Semaj Morgan-Collier
Brendan Muir
Meghan Mund
Lindsay Munro
Margaret Murphy
Sean Murphy
Brandon Murray
Tyler Nguyen
Han Nguyen-Tran
Shelby Nolen
Jordan Norton
Mohamed Novadir
Amanda Nshewat
Chelsea Nuss
Lauren O'Bradovich
Christine O'Keefe
Jacob Ogundu
Joshua Ogundu
Steven Oleszkowicz
Shelby Olsen
Abeer Omar
Hamzeh Omar
Joshua Osinski
Justin Ouanian
Amy Paladino
DeMarcyon Palmer
Rujal Parikh
Anjali Patel
Kyle Patel
Priya Patel
Purvik Patel
Ronak Patel
Shivani Patel
Veda Patel
Yaksh Patel
Yeetesh Patel
Michael Pawlowski
Adam Payler
Jonathan Peck
Joshua Pepper
Estrellita Perez
Brooke Perry

Stephanie Peterhans
Lina Petryczkowszc
Lauren Pettovello
Katherine Plannes
Abigail Phillips
Shannon Picking
Jessica Pietryga
Jennifer Piper
Joshua Piper
Wynter Pitts
Andrew Plogans
Leah Powers
Kelsey Price
Matthew Przybylski
Alexander Rahill II
Rameet Rai
Paul Rakovitis
Nicole Rathburn
Areeba Raza
Lidiya Reese
Victoria Reese
Jason Reich
Jessica Repp
Ashley Ricciuti
Chelsea Rice
Tyler Rice
Cody Richardson
Donovan Richardson
Victoria Riley
Steven Rizzo
Sarah Roan
Lauren Roberts
Winston Roberts
John Robinson
Steven Robinson
Jonathan Rocheleau
Tareina Rogers
Stephen Rokash
William Romanowski
Matthew Rose
Nicholas Rudelic
Steven Rudelic
Lydia Rund
Katelyn Rutherford
Joseph Ryan
Scott Rzepka
Lana Sache
Catherine Sanctorem
Gurvinder Sandhu
Mohamed Saneh
Ashley Saunders
Matthew Sauter
Paul Savoie
Adam Sawle
Amber Sawyer
Janay Schaffer
Lauren Schendel
Matthew Scheppele
Michael Schmelter
Lindsey Schmidt
Galenn Sekulich
Samantha Sensky
Paul Shanks
Shirley Shue
Courtney Simpson
Whitney Slotke
Alexander Smith
Gillian Smith
Carlos Soto
Lauren Spaw
Kevin Spencer
Sierra Spencer
Kara Spooner
Zachary Spreitzer
Jayesh Srivastava
Devin Stackhouse
Benjamin Staley
Jacob Staniak
Robert Stepanovich
Alexander Stewart
Cady Struble
Carly Sultana
Bethany Swamberg
Faizan Syed
Jarred Sylvester
Aneeta Takhtar
June Tang
Ryan Terrel
Sophia Tessema
Jessica Thoe
Cory Thomas
Tohmi Thomas
Eric Tian
Andrew Tidwell
Britney Tillman
Brandon Tolinski
Mia Topalian
Kelsey Topper
Jillian Tower
Allison Trapp
Sajdah Uddin
Jacob Underwood
Jayne Underwood
Ordeon Underwood
Brieanne Valleau
Paige Valleau
Miranda VanAuker
Brittany Vance
Nicholas Vander Laan
Brittani VanLoon-Bazzy
Ashley Vinci
Joshua Virzi
Daniel Vukevich
Britney Wagner
Kayla Wagner
Zainab Wahab
Sean Walsh
Kai Walther
Nicholas Wasylshyn
Donald Watkins
Hillary Watson
Alexander Watts
Steven Watts
Nicholas Weir
Kevin Weiss
Catherine Wells
Matthew Western
Kevin Wheelock
Keyanna White
Stephanie Wiley
Joseph Wilhelm
Joshua Wilkins
Alexander Williams
Ciara Williams
David Williams Jr.
Madison Williams
Destiny Williamson
Brenton Winekoff
Sarah Winkoff
Lindsay Winters
Lindsey Wisniewski
Mitchell Wolksi
Matthew Wright
Cynthia Xu
Linda Yang
Rachel Youssef
Brendan Zarem
Keith Zech
Maysa Zeidan
Kevin Zemanski
Kelsey Zimmerman
Stephanie Zourub



Fatme Hadwan and Kathoum Bayz are ready for graduation.

PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER



Jen Piper and Victoria Reese get ready for commencement.



Senior Class speaker Kartik Bhatt addresses classmates during the commencement ceremony.



Sherri Elise Anderson receives her diploma from board trustee John Jackson.



Amanda Forbear receives her diploma from school board trustee Dianne Gonzalez.



Fatima Ansari is co-president with Isra Haider, in background.



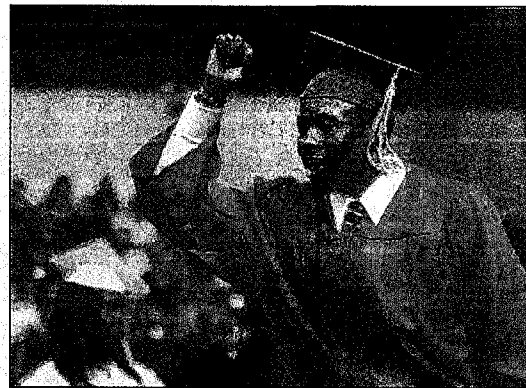
Joshua Stephen Kempfer accepts his diploma from board member Dianne Gonzalez.



Canton High School graduate Matthew David Sauter is ready to take off like a superhero.



Andrew Staniak had big hugs for his whole family, especially for his mom, Ellen Staniak.



Darius Beasley is happy to have made it.



The ceremony ends and Canton High School graduates are on their way.

"Around Plymouth" is designed to announce upcoming events taking place in the community. Items will run on a space-available basis. Send details to bkadrich@hometownlife.com

Goin' golfing

The Plymouth-Canton Community Schools Educational Excellence Foundation is looking for duffers of all levels to take part in its annual golf outing.

The outing is scheduled to be played Wednesday, June 23, on the Golden Fox course at Fox Hills Golf & Country Club in Plymouth. Registration starts at 6 a.m., with a shotgun scramble at 7:30 a.m. Players get hot dogs, chips and a drink at the turn; lunch and the EEF program starts around 1 p.m. Cost is \$165 per person and \$660 for a foursome.

Tickets can be purchased on the district's website at www.pccs.k12.mi.us or ticket information can be obtained by e-mailing Carole Kody at Carole.Kody@pccs.k12.mi.us or calling her at (734) 416-2718.

Gallery reception

Art & Ideas Gallery hosts "Inner Worlds & Animals" art exhibition 7-11 p.m. Saturday, June 19, at its location at 15095 Northville Road in Plymouth.

It features paintings by Northville's Charles Aimone and sculptures by Joan Painter Jones. The reception will include talks by the artists at 7:30 p.m. The exhibition will be on display through July 31. Admission is free.

For more information, visit www.artandideasingallery.com or call (734) 420-0775.

Pancake breakfast

The 47th annual Father's Day Pancake Breakfast sponsored by the Experimental Aircraft Association Chapter 113 takes place 7-11 a.m. on Father's Day, June 20, at Mettetal Airport on the southeast corner of Joy and Lilley roads in Canton.

In addition to a pancake and sausage breakfast, there will be static aircraft displays and helicopter rides. Proceeds from this event are used to sponsor Aviation Scholarships for young people pursuing



Retirement ceremony

The Veterans of Foreign Wars Post 6695 in Plymouth, with the help from a variety of Boy Scouts from around the Plymouth-Canton area, retired some 300 American flags at its recent flag retirement ceremony. Gromets were prepared and given to the audience by the scout troop as a remembrance of the ceremony. The members of BSA Troop 743 Plymouth included Master of Ceremonies Eagle Scout Adam Aaron, Steven Walega and Jarret Swales (the buglers who played taps), while Shane Campan, Austin Murphy, Conor Nailos, Mark Zdan, Cody Murphy and Jimmy DiMila were the speakers and help cut up the flags. VFW members taking part included Bob Lamoureux, Forest Manley, Ron King and Bill Browning. Flags can be turned in at the VFW POST 6695, 1426 S. Mill in Plymouth any time. The post plans another flag retirement ceremony in the fall.

various careers in the aviation field.

Chiefette fund-raiser

Buffalo Wild Wings of Canton sponsors a fund raiser for the Canton High School Chiefettes Pompon team 5-9 p.m. June 23. During this time, 20 percent of qualifying purchases will be donated to the squad by BW3 by presenting an event sponsor form. Forms are available at www.cantonchiefettes.com (no forms will be available at the restaurant). Buffalo Wild Wings is located at 41980 Ford Road in the Willow Creek Shopping Center.

Grief workshop

Ward Presbyterian Church is sponsoring a one-day grief seminar, "From Grief to New Hope," Saturday, July 17, from 9 a.m. to noon.

The workshop will be presented by Cathy Clough, Director of New Hope Center for Grief Support. All adults who are learning to cope after the death of a loved one are encouraged to attend. There

is no charge for the seminar. Ward Church is located in Northville at 6 Mile and Haggerty Roads. Registration is not necessary, but if further information is needed call Barb Brace at Ward Church at (248) 374-5943.

For information about New Hope Center for Grief Support's other age and loss specific groups call (248) 348-0115.

Cheer clinic

The Canton High School Cheerleading "Summer Kids Cheer Clinic" takes place Monday, June 21, 9 a.m. to 4 p.m. (check-in at 8:30 a.m.) at Phase III-Canton Gym.

The clinic is open to kids ages kindergarten through eighth grade. Participants should wear comfortable shorts, gym shoes and sun screen.

Cost is \$50 (\$90 for two family members, \$120 for three), which includes the clinic, lunch, afternoon drink/snack and a Canton Cheer sports bag. Registration deadline is June 11.

For more information, e-

mail alikl62@gmail.com or visit the website at www.cantoncheerleading.com

Class reunion

The Plymouth Canton/Plymouth Salem Class of 1990 hosts its 20-year reunion Saturday, July 17.

For more information, e-mail pccsclassof1990reunion@gmail.com

Backyard decathlon

Sun and Snow Sports sponsors a Backyard Decathlon to benefit the Miracle League of Plymouth 11 a.m. to 4 p.m. Saturday, June 26 in Kellogg Park.

Games will include Bocce Ball, Corn Hole, Badminton, Washers, Ladder Ball, Disc Golf Putt Challenge, Lawn Darts, Putting Green Challenge and Horseshoes. Prizes will be awarded. Check in at Sun & Snow Sports, 388 S. Main, to obtain a wristband. Proceeds from the events, as well as 5 percent of the in-store sales that day, will go to Miracle League of Plymouth.

Cost is \$10 for adults, \$5 for children (donations for MLP will also be accepted).

For more information, contact Debra Madonna, Miracle League of Plymouth, (734) 377-0914 or debra@miracleleagueplymouth.org or Alex Parent at Sun & Snow Sports, (734) 927-0007.

Cruise raffle

The Plymouth Symphony is conducting a raffle for a cruise on the Celebrity Cruise Lines of the Great Cities of the Western Mediterranean Oct. 30 to Nov. 6.

The raffle includes the cruise for two from Barcelona, Spain to Nice, France, and Genoa, Florence, Rome and Naples/Capri Italy including airfare for two roundtrip from Detroit to Barcelona.

Raffle tickets are \$50 each and only 300 tickets will be sold. Drawing will be June 30 at the Plymouth Arts Council.

Travel arrangements have been made through Travel Leaders in Plymouth. This cruise package is also available to anyone interested in cruising the Western Mediterranean. Contact Travel

Leaders for details, (734) 455-5810.

Contact the Plymouth Symphony office - 734 451-2112 or online at www.plymouthsymphony.org for more information and to purchase tickets.

Summer of Service

The YMCA Youth Volunteer Corps Program will once again be supported by the Wilcox Foundation. The YVC Summer of Service program is made possible through the support of the Wilcox Foundation.

The Summer of Service program includes eight one-week sessions that provide participants with an extensive service-learning experience as well as having some fun. "Our goal is to help every participant understand and believe in the difference their service can make in their community, and the difference it can make within them," explained Plymouth YMCA Community Program Director Jenny Paffi. "In addition to gaining community service hours, participants interact with a diverse group of individuals as well as learn more about themselves and their community."

"Jack Wilcox supported the Plymouth YMCA and its objective of teaching young people the importance of their leadership and involvement in guaranteeing a successful future for the Plymouth community," explained Wilcox Foundation committee member Dan Herriman.

For more information about how to become involved with the program as a participant or an agency, please contact Heather Jones at the YMCA office, 734-453-2904 or hjones@ymcamedetroit.org.

DAR meets

The Daughters of the American Revolution-Sarah Anne Cochrane Chapter meet for their annual potluck picnic and auction Thursday, June 21, at noon at Greenmead's

Alexander Blue House in Livonia.

The program features plant and craft auction and silent auction (bring white elephant item).

For more information, call (734) 459-4764.

Sports sale

The City of Plymouth Recreation Department hosts a buy-or-sell All Sports Equipment Sale 9 a.m. to 3 p.m. Saturday, June 26, at the Plymouth Cultural Center Ice Arena, 525 Farmer, in Plymouth.

Anyone with new or gently used sporting equipment they'd like to get rid of is welcome to participate. Admission is free. Rental fee for a 10-by-10 space is \$20.

To reserve your space or for more information contact Michelle or Kim at (734) 455-6620.

Preschool Summer Camp

Plymouth-Canton Community Schools Early Childhood Department will have Preschool Summer Camp for four weeks beginning on Monday, July 12, and running through Thursday, Aug. 5. Camp will meet in the mornings from 8:30 to 11:30. Two-day and four-day options are available, depending on your preschooler's age.

In the three-year-old and young four's class, the weekly themes will be: I am Special/a Super Hero, Treasure Island and Exploring Nature, Science Spectacular and Water Works, and Transportation and Space. In the older four's class and five-year-old class, the weekly themes will be: Digging in the Dirt, Treasure Island, Exploring Nature, and Playing it Safe.

All classes are taught by certified teachers and experienced paraprofessionals. Call the Early Childhood Office now for more information at (734) 416-6190 or visit the department's website at web.pccs.k12.mi.us/earlychildhood for a Summer Camp Application.

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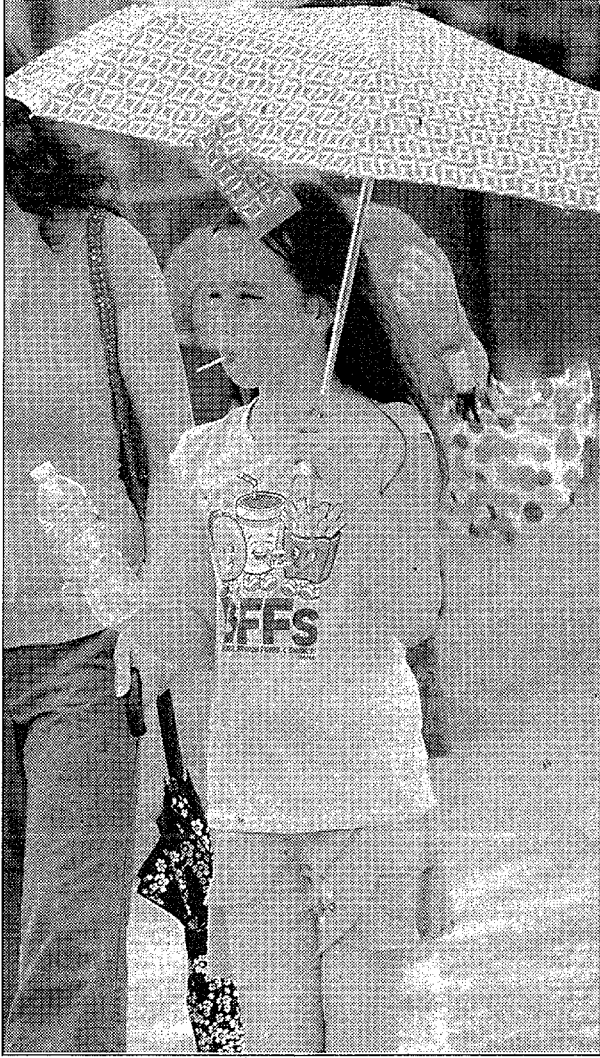
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Our fundamental purposes are to enhance the lives of our readers, nurture the hometowns we serve and contribute to the business success of our customers.

Brad Kadrich,
Community Editor
Susan Rosiek,
Executive Editor
Grace Perry,
Director of Advertising

OUR VIEWS

Good cause



ANN ESPINOZA

Clair West, a student at Bird Elementary School in Plymouth, got some shade during Saturday's Plymouth Relay for Life. Clair was among the growing number of people turning out for the expanding Plymouth event.

Growing Relay helps raise hope

The American Cancer Society sponsors a few more than 50 Relay for Life events around the metro area, raising money and — perhaps more importantly — awareness of the cause.

After Saturday's event drew hundreds of walkers — including a bride and her wedding party — the ACS must be pretty happy two of those events are in Plymouth and Canton.

In Canton two weeks ago, some 1,200 walkers from 76 teams helped the Relay for Life raise more than \$251,000, some \$11,000 above their goal and five times — think about that — more than the first Canton walk raised in 1999.

The Plymouth event had raised more than \$54,000 of its \$60,000 goal before anyone touched the track Saturday at Central Middle School in downtown Plymouth.

Sometimes it's tough to tell which is more impressive. The events are unique, hardly carbon copies of each other. Canton, which has had 12 years to develop its annual Relay into a destination event, holds it along the picturesque walkways around the lakes of Heritage Park. Teams line the route, erecting tents and painting faces, selling baked goods and other goodies.

Plymouth's Relay event is only a few years old and is only just expanding to the point where it might have outgrown the track that runs around the overgrown football field out back of Central Middle School. The venue surely has its strong points; it's well-known, easy to find, pretty easy to access.

Organizers have done a great job with it, and they'll likely consider moving it in the near future, perhaps to Plymouth Township Park, as the event continues to grow and attract more and more supporters.

It's interesting to see who turns out and why. The event draws an increasing number of survivors, which seems to be the impetus behind the success of the events. Laura Compton, who co-chaired the leadership committee that organized the Plymouth event, had no problem voicing the obvious:

"This community is very generous," she said. "Our survivors all come out, and the community just seems to rally around them."

The level of participation in the Relay for Life is also evidence of why it's needed. There were 1,500 or more walkers in the two events combined, and you couldn't talk to a single one who didn't have a story about a relative, friend or loved one who'd been stricken with some form of the disease.

How far has the Plymouth event come in popularity and importance? Jessica Dow wanted so badly to walk in it — in honor of her mother, an eight-year survivor of ovarian cancer — she brought her brand-new husband and their entire wedding party to Central Middle School and did a lap in full wedding regalia.

For 24 hours, the community came together in an effort to help wipe out the dreaded disease. They came together as one, to help and to hold, to walk and to support, to fight back against a disease that has stricken so many.

Thousands of people in Michigan alone will face the fear of a cancer diagnosis this year. After events like Plymouth's growing Relay for Life, though, at least they can face it with a little hope.

COMMUNITY VOICE

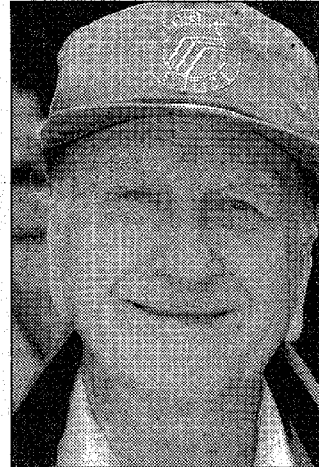
What are you looking forward to the most about the summer, and what are you looking forward to the least?

We asked this question outside the U.S. Postal Service station on Penniman in downtown Plymouth.



"This is my first year retired, so I'm looking forward to not having to do anything special. ... Least? There's nothing bad about summer. Construction? Orange barrels?"

Nancy Truan
Canton Township



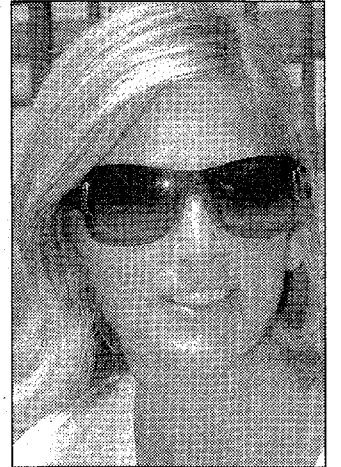
"Most about summer? Well, I hope we have good weather and I hope we don't get anymore global warming. ... At my age, I'm at the stage where I get fed up with cutting grass."

John Carmichael
Plymouth Township



"Play most of the summer. ... I don't want to have to go shopping for school supplies."

Leland McHugh
Plymouth Township



"Most about summer is the kids getting out of school, but least is, my oldest is moving to D.C. She's starting school."

Laura McHugh
Plymouth Township

LETTERS

Thank you

New Hope Center for Grief Support is celebrating 10 years of serving grieving adults and children in Northville, Plymouth and much of southeastern Michigan. The support we've gotten has allowed us to provide free services to over 9,000 people who have lost a child, a spouse or other loved one.

When we moved into our Griswold Street home in Northville last year, volunteers donated over 2,000 hours renovating the house. The bathroom was completely refurbished, a ramp was built, rooms were painted, window treatments were made and much more. Some of the businesses that donated their time included Ed Doody Wallpapering and Painting, Windows by Design, Karla DeClue, Interior Design and Michael Weiss from MPM Company.

Dana Mulder from Mulder Design Group provided us with a landscape design and has been instrumental in helping implement it with the help of many people who have donated their time, services and supplies. We owe a huge "thanks" to the agents and staff of Keller Williams Realty of Plymouth who have provided several people on three occasions to plant, dig, mulch, etc. They also provided funds to furnish landscape materials.

Thanks also go out to Bill Withers for his delivery service and for redoing our paver walkway, Brian Ginnard for rebuilding our steps, Tommy Tree for removing a large tree and stump, Christensen's Plant Center of Northville for donating flagstone for a new walkway and Adam DeLamielleure of Unilock Michigan for donating pavers. Highland Landscaping, ABL/Imperial Landscaping and Gordon's Landscaping donated mulch and topsoil. Preen was donated by the Howard Buettner Group (Keller Williams), Wendy's donated chili, McDonald's donated beverages and Solid Grounds Coffee House donated coffee for the workers!

And, finally, on May 22, our fourth annual "Run for Hope" walk/run sponsored by Health for Life Chiropractic was held at Maybury State Park with the help of the Northville Road Runners. Trinity Health Systems and Monroe Bank & Trust provided volunteers. Mary Ericson from Tonic Massage & Myofascial release, LLC, Nancy Cassel, Absopure Water, Dick's Sporting Goods, Running Fit, Biggby Coffee, Trader Joe's, Detroit Bagel Factory and Busch's Markets all provided goods or services.

I wish I could publicly thank each and every individual who has helped New Hope in some way. Because of all of our wonderful supporters, we plan to be offering grieving adults and children support for 10 years and more.

Cathy Clough
executive director
New Hope Center for Grief Support

Lights on

The driver of the Gray Cooper in front of me last Sunday may have wondered who was that idiot behind him, flashing his lights. It was me.

It was just past sundown, and I know you did not need your headlights on to see; many

WHAT DO YOU THINK?

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

E-mail: bkadrich@hometownlife.com.

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Deadline: Letters must be received by 10 a.m. Monday to be published in the Thursday edition.

Blog: You may also let your opinions be heard with your own blog at www.hometownlife.com.

cars did not have their lights on. I had troubling things on my mind that night, having just learned of the death of a dear friend. And so, I came within a small itch of turning right into the side of your Cooper, there on Ann Arbor Trail in Plymouth, and you were not aware of how close you came to disaster. Your small gray Cooper, on that quiet gray street, in the early gray dusk — which I noticed only at the very last moment.

My mind was on death, and suddenly being aware how close I came to perhaps causing death, I flashed my lights at you in warning. With the color and size of your car, my neighbor, you need to turn your lights on at early dusk, not to see others, but to BE seen by them.

I wish you well.

Tom Salapatek
Canton

Protect students' rights

Memorial Day weekend honored our young men and women who served our country by protecting our freedoms.

Our freedoms are not only being continually challenged throughout the world, but also in our country and even local communities. Once rights and freedoms are revoked, it is much harder to get them back.

The *Observer* has diligently reported on a NEOLA policy that our school board is contemplating instituting that would limit freedom of speech for our students. This policy is being fought by groups of parents, students and teachers throughout the country and state. This incredibly far-reaching policy affects student opinions and writings on: banners, fliers, posters, pamphlets, notices, newspapers, playbills, yearbooks, literary journals, books, schools sponsored clothing, websites, blogs, videos, e-mails, vocal performances, theatrical performances, radio programs, television programs, podcasts.

PCCS currently has had teachers oversee writings and opinions of students and plays, etc., on the above listed items. The teachers confer with each other and have extensive experience in what they do. This policy takes the decisions out of the staff teachers hands and places the decision making power on the

administrators. This not only places more undue burden on the administrators, but it also allows for one single administrator to be able to shut down a play, the yearbook, the student newsletters, radio broadcasts and, basically, opinions, if he or she does not like or agree with them.

This proposed policy poses a real threat to these still-protected constitutional rights. The NEOLA policy also limits student exchange of political candidate opinions and any discussion on why a student may or may not support a candidates' issues. These are exactly the kinds of discussions that we as parents, community members and educators would want our students to have. The policy is therefore not only unconstitutional, but also counter-productive to our educational mission. Again, one administrator can shut this down if he or she does not like a particular candidate or their issues.

Those in administration who are pushing for this policy believe that they are protecting the school district from lawsuits. However, by placing a more restrictive policy into effect, PCCS opens itself up to more lawsuits as it increases liability for every word written and published or spoken in plays or on radio broadcasts.

As a parent in PCCS, this is unacceptable — we need a policy tailored to our individual district — one that is already working! I encourage parents to voice your opposition to this unacceptable policy that will harm our children's constitutional right of exchanging thought and words — freedom of speech.

Anne Marie Graham-Hudak
Canton

Protect school dollars

I was appalled when Gov. Granholm and House Speaker Dillon joined with Senate Majority Leader Bishop in calling for the use of School Aid dollars to offset funds in the state's general fund. Anyone who values Michigan's future cannot allow this to happen!

Despite the rhetoric coming out of Lansing, Michigan's schools do not have any surplus revenue. The past few years have been devastating for schools; massive cuts, record layoffs and school closures have been commonplace. In the past year, school funding has been slashed \$165 per pupil.

The "extra revenue" projected as part of the most recent fiscal estimate is not even enough to restore that cut, let alone cover the \$150 per pupil cost of the retirement rate increase or the over 20 percent health care cost increase coming next year. Even with an improved economic forecast, schools will still be forced to lay off staff and cut programs.

As parents, grandparents and public servants, we need to ensure that every child has access to the same quality education that our parents afforded us. Please join me in expressing your commitment to protecting School Aid dollars for their intended purpose. Tell Lansing to keep their hands off of our children's future!

William H. Mayes, executive director
Michigan Association of School Administrators

Local woman takes to the skies for air race

BY PAT HOBAR
CORRESPONDENT

When historians describe the Baby Boom generation (those born immediately after WWII), as a special group with a vital impact on the nation, they may well be speaking of people like Rosemary Sieracki, a Canton resident with long ties to her church, St. John Neumann parish, also in Canton.

Sieracki is married to a successful engineer, who recently retired from GM, and the couple has three grown children and five grand-children.

Since 1984, Sieracki has been a dedicated volunteer at her church. At the same time she was successfully employed at the University of Michigan Hospital, where she was an administrator responsible for all inpatient clerical training. She recently retired after nearly a quarter-century. She and her husband celebrated their golden anniversary in the past year.

Somewhere along the way, after she turned 50, Sieracki took up flying. She is a classic example of the "doer capacity" of most baby boomers which historians describe.

Sieracki joined the St. John Neumann parish in 1984, shortly after the inception of the church, and continues to serve. Donna Franke, director of Religious Formation at the parish, described Sieracki as a woman whose "strength lies in her capacity to teach."

"There are many such opportunities at St. John,



Rosemary Sieracki of Canton will navigate, while Rebecca Duggan of St. Clair Shores is the pilot and Pam Palmieri of Milan the co-pilot for the upcoming Air Race Classic.

where there is a strong emphasis on broadening the Catholic faith for the whole family," Franke said.

Sieracki has been very effective in these programs, according to Franke, which reflects her professional background. It was during the wrap-up of one of these programs that Sieracki was overheard discussing an air race that she will be participating in during June.

"Flying has been a dream of mine since I was a child," she said.

Sieracki will be flying in the Air Race Classic, which this year will be celebrating the 100th anniversary of licensed women pilots. The race cov-

ers 2,157.7 nautical miles from Ft. Meyers, Fla., to Frederick, Md., between June 22-25.

Sieracki will be one of three pilots on a Cherokee 180.

The plane will be piloted by Rebecca Duggan of St. Clair Shores, who works in Strategic Planning for the Defense Department. Co-pilot is

Pam Palmieri of Milan. She and her husband own their own marketing company, Promotions, etc.

The plane's navigator is Sieracki, who will be responsible for monitoring the weather and the nightly blogs along with uploading photos of the flight. The plane's website (www.teammi.org) also will carry information about team sponsorship. The cost to team members will run approximately \$7,500 to \$10,000, principally for fuel.

There will be a total of 54 teams of women pilots in the race this year, with only two teams from Michigan. All of the Michigan pilots belong to the Ninety-Nines, an International organization of women pilots started in 1929 by Amelia Earhart and 98 other women pilots. Earhart was its first president.

According to Rosemary, the aim of the Ninety-Nines is to "promote world fellowship through flight, and offers networking and scholarship opportunities for women

in local communities." A primary goal, she said, is to "preserve the unique history of women in aviation."

Women's air racing began in 1929, with the first Women's Air Derby. Twenty women pilots raced from Santa Monica, Calif., to Cleveland, the site of the National Air Races. Racing continued through the 1930s and was renewed after World War II, when it became popularly known as the Powder Puff Derby. The term completely overlooked the pioneering flights of women like Earhart, and the work of the WASPs, the women who ferried planes into the war zones during World War II.

In 1977, the Air Race Classic had a purse of \$8,550 for the first 10 crews, plus additional leg prizes for those finishing out of the top 10.

The 2010 race features some \$15,000 in prize money, with \$5,000 going to the winning team, and the other \$10,000 will be spread over the next nine finishers, on a diminishing scale.

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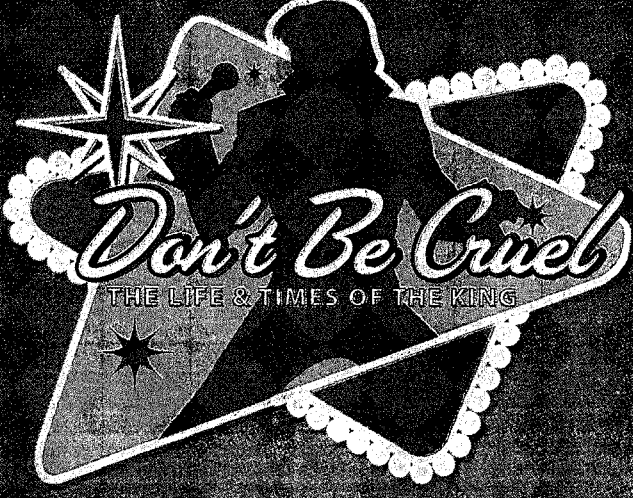
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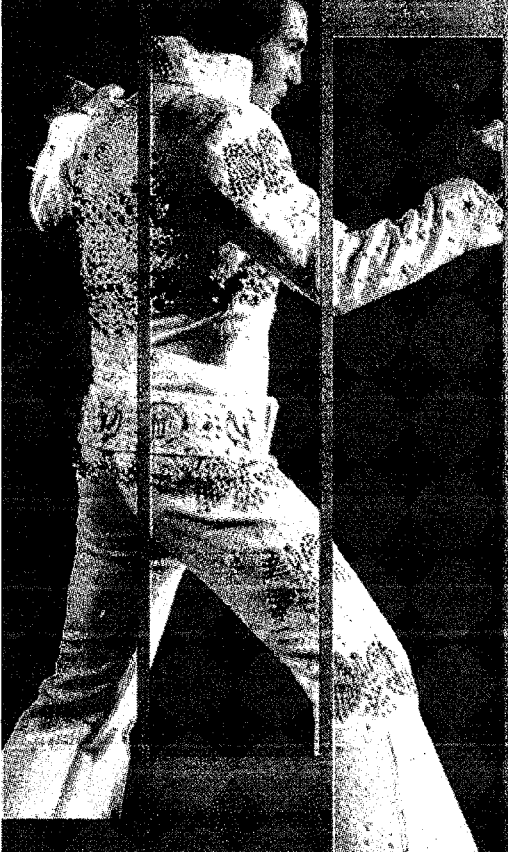
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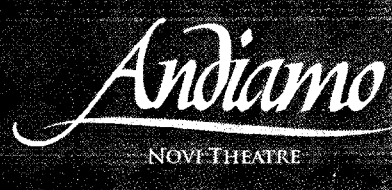
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Contact Editor Sharon Dargay

Voice Mail: (313) 222-8883

E-mail: sdargay@hometownlife.com

Comment online at hometownlife.com

Antique recreational vehicle show offers fun on the go

BY SHARON DARGAY
O&E STAFF WRITER

Daniel Hershberger found an antique camping kitchenette at a swap meet and spent the next 18 years building an entire collection of gear and vehicles to go with it.

"It bolts onto the side of a running board. I bought it from the grandson of the original purchaser. I knew I had something," he said.

"For the next 10 years I kept thinking 'I've got to do something with this.' That was the start of it. For 18 years I've been buying one thing at a time. I tell people I'm a consumer from 1920."

The Plymouth man loves to look through old *Field and Stream* magazines and find motor camping items featured in the advertisements. He enjoys identifying and hunting for his acquisitions, buying them and sharing them with the public through lectures, exhibits and vintage camping vehicle gatherings. His collection includes a camping bathtub made of rubberized canvas on a folding frame, a folding gramophone and Coleman gasoline stove.

"If it's packed in box in my garage, it's not doing any good for anyone. The purpose is to get the stuff on the road and to talk to people."

The deluxe Auto-Kamp was one of the more luxurious units at \$345. Made by a Saginaw-based company, the trailer featured two metal spring beds with wool felted mattresses, an electric light fixture and two pull out storage drawers — one for dry goods and the other a galvanized ice box.

"It's comfortable," said Hershberger, who camps in the unit on the road or at vintage vehicle shows. "It's like sleeping on steel spring beds off the ground. Your head is by a screen window. It's water proof. It's cozy."

Hershberger said his trailer is one of five remaining Auto-Kamp fold-out tent units in the world.

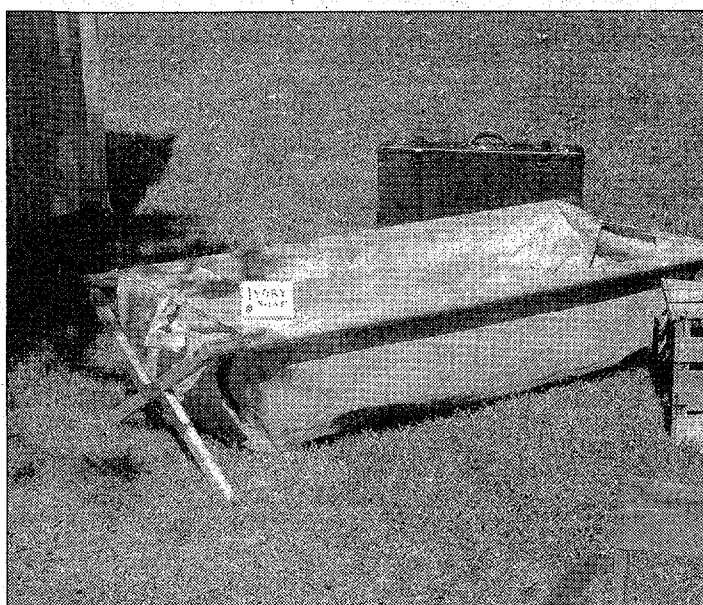
"I was looking for a trailer and when it became available, it was the chance of a lifetime to get it," he said.

Hershberger, who works for the Transportation Research Institute at the University of Michigan, taught classes in "roadside history" and graphic communication at College for Creative Studies for several years. His interest in the auto segued into auto advertising, then led him to study about early gas stations, roadside restaurants, lodging and finally, motor camping.

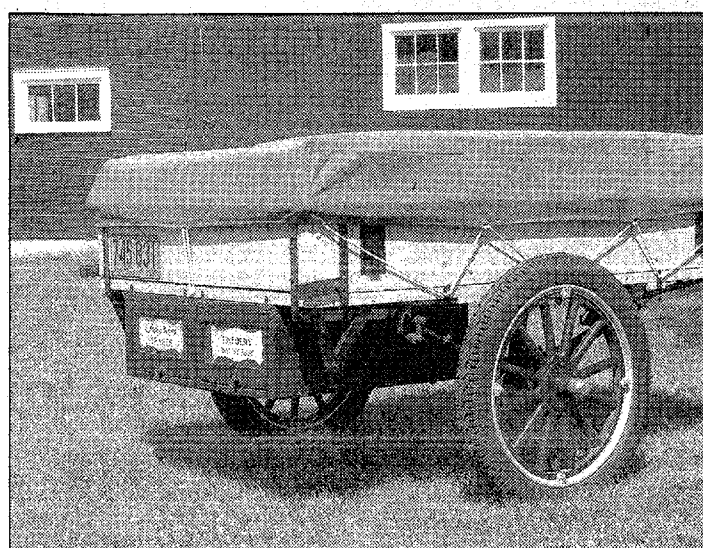
Other vehicles in the Life on the Road show range from a 1936 Curtiss Aerocar, — the first fifth wheel travel trailer — to a 1968 VW Westfalia camper to a bus-sized 1978 Newell coach, and everything in between.

Visitors can browse the exhibit on their own or take a guided tour at 11 a.m., 1 p.m. or 3 p.m.

"You can go to a million car shows, but we're trying to create an experience for folks. This will be new and different."



Motor campers in the 1920s could bathe while on the road, by taking along a folding bath tub. The canvass liner is rubberized.



This 1927 forerunner of contemporary pop-up trailers, included bunk beds and drawers for stowing dry food and ice.



A camping kitchenette rests on a car running board.



PHOTOS BY DANIEL HERSHBERGER

Daniel Hershberger's 1927 Auto-Kamp fold-out tent trailer will be on display at the EyesOn Design Automobile Design Show June 20.



Motor camping enthusiasts in the 1920s could spend a few hundred dollars on a luxury trailer or just \$7 on this lean-to tent that attached to a car.

EYESON DESIGN

What: Automobile design show and benefit for the Detroit Institute of Ophthalmology

When: 10 a.m. to 4:30 p.m., Sunday, June 20

Where: The Edsel and Eleanor Ford House, 1100 Lake Shore, Grosse Pointe Shores

Details: Includes special exhibit, Life on the Road, of antique motor camping vehicles and gear

Admission: \$20 per adult; children 12 and under free when accompanied by an adult

Contact: (313) 824-4710

FATHERS DAY SHOW

He'll do just that on Sunday, June 20, at the annual EyesOn Design Automotive Design Show at the Edsel and Eleanor Ford House in Grosse Pointe Shores. The automotive display benefits the Detroit Institute of Ophthalmology and will include a first-time exhibit of antique motor camping vehicles and equipment within the car show.

Hershberger is co-chairing the "Life on the Road" exhibit, which traces the history and evolution of recreational vehicles in America. It will include his own 1927 Auto-Kamp fold-out tent trailer and 1920s camping artifacts that he has collected for nearly two decades.

"When cars became affordable, people hit the road. There was no infrastructure, so they had to camp along the way and cook their own meals. By 1920 motor camping was in full bloom. Millions of people were on the road."

Life on the Road's 20 displays show vehicles and camp gear from the 1920s-1960s. Some are vintage trailers and tow vehicles, some are travel trailers and some are self-contained. Hershberger's will be the oldest on display.

COMFORTABLE QUARTERS

Motor camping enthusiasts of the 1920s could travel on a budget, staying in a \$7 lean-to tent that attached to their car or splurge on a trailer.

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Local band opens for TESLA

There's been no slowing down for Fifth Way since the local band's sold out album release show in late January.

Since then the group has opened for Bret Michaels and the Sick Puppies and also headlined the Bay City State Theater along with other smaller venues in the Detroit area.

Members signed a contract with a Los Angeles-based publishing company for music placement in television shows and movie sound tracks and are in the process of making a music video for the single, *Stomping Ground*.

They're planning a show at the Hard Rock Café in Detroit later this summer and they'll open for the multi-platinum recording group, TESLA, Saturday, June 26, at Dream Makers Theater in Sault Ste. Marie.

"It's going to be a great show,

bringing the band 'home' to northern Michigan is something I have been wanting to do for a while. This show is the perfect opportunity to give all my friends and family up there a chance to see the band live without having to travel," said Zak Stelmaszek Fifth Way guitarist and a Canton resident.

The band will perform a 45-minute set, including songs from their debut album *No Boundaries* along with 2 new songs slated for their next release expected in early 2011.

"I'm very excited to play in the UP and open for TESLA which was one of my favorite bands from my youth. I listened to TESLA's first studio album *Mechanical Resonance* non-stop, I don't think it left my tape player for over a year," said Dave Reingardt, Fifth Way drummer, of Fenton. Fifth Way may add a few

European gigs to its schedule. It's in talks with a promoter for shows in Germany and France.

"European promotion and distribution is definitely a top priority for us. The first CD ordered from our Web site was from Germany. We are discussing the possibility of playing some dates across the pond. We most likely will not make any money, but the promoter over there thinks she can book us at high-enough paying venues to cover our travel expenses," Stelmaszek said.

Plans are underway for appearances in Los Angeles, Calif., as well as New York City, N.Y. The group also will participate in the South by Southwest music festival in Austin, Texas next year.

No *Boundaries* is available at Dearborn Music, Rock of Ages Records in Garden



Fifth Way plans a show this summer at the Hard Rock Cafe in Detroit.

City, Blues Airmen Guitars in Garden City and Brandon's School of Rock in Brighton. It

can be ordered directly from www.fifth-way.com or at Amazon.com

- By Sharon Dargay

SOCIAL SECURITY

Many people are wrongly rejected when they apply for Social Security Disability benefits. Money was taken out of their paychecks for Social Security taxes to ensure that they would receive disability benefits if they could no longer work full-time. Sadly, the government denies approximately 60% of those who apply for disability benefits.



Attorney Bieske welcomes you to call him to determine if you may be eligible for these benefits. He offers free phone or office consultations. If Bieske represents you, there will be no fee charged until after the case is won. The fee is a percentage of retroactive benefits.

In a recent radio interview attorney Bieske explained that many people are not even aware that they are eligible for Social Security Disability benefits. These are not the same as Workers' Compensation benefits. It is possible to receive both benefits at the same time. If you have an illness or injury (whether or not related to your work), are under 65 and unable to work full-time you may be eligible. Social Security Disability benefits are based on your work record or your deceased spouse's work record (Widow's/Widower's benefits).

Bieske represents clients from all over the state of Michigan. Call him at 1-800-331-3530 for a FREE consultation if you have been denied. Or if you are thinking of possibly applying for Social Security benefits call him for FREE advice. www.ssdfighter.com

The tragedy is that less than half of those persons who are denied benefits file an appeal. Thus, many thousands of people who deserve benefits never receive them.

with all clients and appears himself at all court hearings. Many large firms assign clients to young associate attorneys with much less experience.

Those denied can appeal on their own, but statistics for many years reveal that those represented by attorneys win a much higher percentage of appeals. And attorneys who specialize in Social Security Disability cases win a much higher percentage yet.

In addition to practicing only Social Security Disability law Bieske has written a book for attorneys about the subject. He also has been interviewed on various radio and television programs and has given speeches to many groups.

Bieske's office staff consists of paralegals and secretaries who are also highly experienced in assisting him with Social Security Disability cases. And they are extremely helpful in answering questions with regard to the status of clients' cases and administrative procedure.

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Summer retreats give busy moms time to reflect

BY SHARON DARGAY
OGE STAFF WRITER

Madlein Kobrossi takes time out to pamper her soul every summer. "As a mom with five kids, you want to get away from the busyness of life and concentrate on something that gives you peace," said the Livonia woman, whose children range in age from 8-year-old twins to a 19-year-old.

"People like to go out and spend time with friends and vacation. I like to do that, too. But this is different. This is being selfish without being self-indulgent. It's about being selfish for the right reason. It's about me and God."

Kobrossi hasn't missed a "Mom's Summer Retreat" at St. Michael the Archangel Parish in Livonia since Sharon Williams, pastoral associate, began offering the program four years ago.

She says an occasional summer morning is a more convenient meeting time than weekdays during the school year. The church also runs a children's ministry during each session to keep little ones busy while mom is involved in

Mass, a continental breakfast, and spiritual discussion.

"I hate to say it forces me to take time for myself. But moms don't do that unless we're forced to. We're always giving to others. When these retreats are given it's like I committed to take myself out of the hustle and bustle to meditate and pray and just give meaning to my life."

Williams said the series draws about two dozen women. Its target audience is women who are too busy to take a retreat during the school year, but it's open to women of any faith, with or without children.

"The nice thing is you don't have to go to the whole series. You can go to just one or two sessions," Williams said. "They do progress from one to another but each can stand alone."

The theme of the four-part series this year is "the call."

The first session on Wednesday, June 30, is about "living the baptismal call." Williams said the meeting will focus on prayer and being a "soldier of Christ."

"The second session is about

blocks to the call, the things that keep us away from answering the call."

Subsequent meetings will focus on living a personal vocational call and on charisms.

"Most Catholic women don't know what a charism is. It's what God has called them to do for the church. Maybe they have the charism of empathy or service. We'll help them to identify that."

The sessions run from 8:30-11 a.m. June 30, July 7 and 21 and Aug. 11 at the church, located at Hubbard and Plymouth Roads, in Livonia. Each session costs \$8 for participants and \$2 per child involved in day care.

Kobrossi said she feels "more patient, appreciative and grateful" after attending each retreat session.

"I've liked all of them," she added. "I really enjoy it."

Call (734) 261-1455, Ext. 207, or e-mail to swilliams@livoniastmichael.org for more information or to register. Registration forms are available at www.livoniastmichael.org.



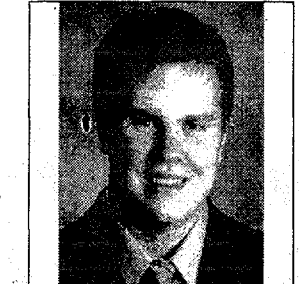
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LAWRENCE CARDINAL
Memorial for Lawrence Cardinal. Location: St. Priscilla's Catholic Church, Livonia, MI, Time: 10:00am Monday, June 21st. Larry passed away May 8, 2010.



ERNESTINE W. (NEE DRAKE) DURHAM
Age 91. June 12, 2010. Beloved wife of the late Walter, Jr. Loving mother of Cheryl (Phillip) Beuckelaere. Cherished grandmother of Amanda and Matthew. Funeral services were held Wednesday at THAYER-ROCK FUNERAL HOME, Farmington. Memorial contributions may be made to Angela Hospice. www.thayer-rock.com

WILMA LEE (HARDESTY) GELINAS
June 13, 2010, Age 49, of Garden City. Beloved daughter of the late Claude (Cotton) and Deloris (Dee) Hardesty. Loving sister of Roger (Fran) Lundell, the late Lonnie (Mary) Lundell and the late Jimmy (Stacy) Hardesty. Also survived by two nephews, four nieces and many loving friends. A service was held on Wednesday June 16 at the R.G. & G.R. Harris Funeral Home in Garden City. Please sign the on-line guestbook at: www.rggharris.com.



JORDAN ROBERT HILL
Age 20, June 14, 2010 of Westland. Beloved son of Shawn and Kimberly. Loving brother of Sarah. Grandson of James and Helen Joslin, and the late Evelyn Joslin., the late Brian and June Hill. Great nephew of Carolyn Norton and numerous aunts, uncles, cousins and friends who dearly loved him. Visitation Thursday 2-9 pm at R.G. & G.R. Harris Funeral Home, 31551 Ford Rd., Garden City. Scripture service Thursday 7 pm. In-state Friday from 10:30 am until Funeral Mass at 11:00 am at St. Raphael Catholic Church, 31530 Beechwood, Garden City. Please sign the on-line guestbook at: www.rggharris.com

EDGAR JANES
June 14, 2010. Loving husband of the late Marion. Dear father of Diane (Bob) Hobbs, Bill (Kathy) Janes, Linda (Larry) Behringer, Susan (Gary) Dunning and Colleen (Gordie) Rowe. Grandfather of 13 and great-grandfather of 25. Brother of Harry and Bert and brother-in-law of Gracie. Edgar was a long time resident of Livonia, served in the Army in WWII from 1941-1945. His legacy is preserved in the many buildings that display his masonry skills. Later in life, he fulfilled his lifelong passions of golfing and ballroom dancing. Visitation Thursday 4-8 pm and funeral service 10 am Friday at the Harry J. Will Funeral Home, 37000 Six Mile, Livonia. Burial at Holy Sepulchre.

MAUREEN L. MADISH
Age 67, June 14, 2010 of Westland. Loving mother of Jon (Autumn) Madish, Melissa Blanchard and Christopher (Tiffany) Madish. Proud grandmother of 8 grandchildren. Dear sister of William Cronin. Visitation Thurs 5-9PM at Vermeulen Funeral Home, 980 N. Newburgh Rd. (btwn Ford & Cherry Hill) Westland. Funeral Service Friday 12 Noon at the Funeral Home. Memorial contributions to the Michigan Humane Society would be appreciated. To share a memory please visit www.vermeulenfuneralhome.com

FREDRICK CLARK PYLE
Age 60, of Pahrump, Nevada, formerly of Livonia MI, passed away May 17, 2010. Beloved husband to Melodie, Dear father of Matthew (Theresa) and Scott (Renee). Grandfather to Jacob, Lauren, Payton and Cooper. A small memorial will be held in Michigan this July.

MAGDALENA WARNER
Age 93. Died June 13, 2010. Beloved wife of the late James. Loving mother of Mary (Robert) Connelly and Kathleen (James) Connelly. Dear grandmother of Kristin (Jeff) Denman, Laura (Bryan) Byerly, Steven Connelly, Kathryn (Tom) Hogg, Megan (Adam) Clous and Susan (Brandon) MacShara. Also survived by ten great-grandchildren. Dear sister of Theresa Smith. Lifetime Farmington resident and Trinity Episcopal Church organist for over 45 years. Memorial service Friday 11 a.m. at Trinity Episcopal Church, 26880 La Muera Street, Farmington Hills, MI 48334. Visitation Friday 10 a.m. until time of service at 11 a.m. Arrangements entrusted to THAYER-ROCK FUNERAL HOME, downtown Farmington. Memorial contributions may be made to the church. www.thayer-rock.com

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The first five "billed" lines of an obituary are published at no cost. All additional lines will be charged at \$4 per line. You may place a picture of your loved one for an additional cost of only \$6. Symbolic emblems may be included at no cost (example: American Flags, religious symbols, etc.)

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FOOD

Thursday, June 17, 2010

hometownlife.com

HAVE A STORY IDEA?

Contact Editor Sharon Dargay

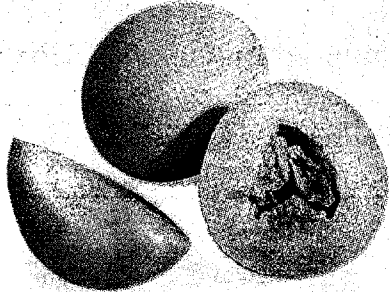
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Add exotic melon to your summer menu

Nothing beats a chilled bowl full of cool, sweet and juicy melon balls on a hot summer's day. But sometimes the standard run-of-the-mill cantaloupes and honeydews can be disappointingly bland. This summer, look beyond those massive conventional melon displays to a lesser-known gourmet varieties: The Hami Gold melon. This Chinese-style oblong melon features a golden rind with light netting and beautiful salmon-colored flesh. The flavor



Hami Gold melon

is crisp, refreshing and positively addictive.

Frieda's Specialty Produce is distributing this specialty melon to Kroger stores.

"They are crisp like a watermelon and light and refreshingly sweet with just a hint of cantaloupe flavor. A nice change from the common cantaloupe or honeydew melon - and perfect for summer," stated Hazel Kelly, public relations specialist for Frieda's.

Local Kroger stores include 1905 N. Canton Center Road, Canton; 45540 Michigan Ave., Canton; 25780 Middlebelt, Farmington; 37550 W. 12 Mile, Farmington Hills; 5866 Middlebelt, Garden City; 30935 5 Mile, Livonia; 44525 Ann Arbor Road, Plymouth; 9369 Telegraph, Redford; 7350 N. Middlebelt, Westland; and 36430 Ford Road, Westland.

Try these simple recipe ideas from Frieda's Specialty Produce for enjoying Hami Gold melons:

SUMMER MELON A LA MODE

Serve sweet melon chunks over ice cream, pound cake, or alone in a long-stemmed chilled goblet.

- 1 Hami Gold melon
- 1/3 cup triple sec or orange liqueur
- 1 tablespoon finely chopped Frieda's Crystallized Ginger
- Toasted slivered almonds

Chop the melon into bite-sized chunks. Place in a non-metal bowl. Sprinkle the triple sec over the melon. Stir in the crystallized ginger. Refrigerate, covered, for 30 minutes to 6 hours to blend flavors. Serve as is, topped with slivered almonds, or over pound cake or ice cream. Makes 4 to 6 servings.

SWEET AND CRUNCHY MELON SALAD

- 1/2 cup Frieda's Coquito Nuts, crushed (or slivered toasted almonds)
- 3 cups Hami Gold Melon, cut into chunks
- 1 cup fresh strawberries (or raspberries), sliced



Summer Melon a la Mode

COCONUT-LEMON DRESSING

- 1 8-ounce container lemon-flavored low-fat yogurt
- 1/4 cup sour cream
- 2 tablespoons shredded coconut
- 1/8 teaspoon ground nutmeg

In a large bowl, combine Coquito Nuts, melon and berries, set aside. For dressing, stir together all ingredients until well mixed. Add dressing, as desired, to fruit mixture and toss to coat. Serve immediately in small bowls. Makes 6 servings.

Founded in 1962 by Frieda Caplan, Frieda's Inc. was the first wholesale produce company in the U.S. to be founded, owned and operated by a woman, and is recognized as the first to market kiwifruit in North America. Frieda's offers more than 600 specialty items to grocery stores and food service distributors throughout the U.S. and Canada. Learn more at www.friedas.com.



Sweet and crunchy melon salad

CITY BITES

Golf and dine

Canton - The Pheasant Run Golf Club has a special Father's Day gift idea that Mom can enjoy too - its popular "9, Wine & Dine" golf and dinner package on Friday, July 30.

The package features a nine-hole golf scramble followed by a gourmet strolling dinner with unique wine pairings at the Summit on the Park. A wine sommelier will be on-site to provide insights on the wine offerings.

The cost is \$70 per couple for Pheasant Run Golf Club members or \$90 per couple for non-members.

"This is a great opportunity for couples to get out on the golf course together and then enjoy a relaxing gourmet dinner and delicious wines following their round," stated Emily Lee, sales manager at Summit on the Park. "The '9, Wine & Dine' promotion is one of our most popular and successful events of the season."

Golf begins with a 5:30 p.m. shotgun start. For reservations, call the Pheasant Run pro shop at (734) 397-6460.

Pheasant Run is located at 46500 Summit Parkway. The Summit on the Park Banquet and Conference Center is located at 46000 Summit Parkway.

Barbecue time

Farmington Hills - The Longacre House will serve an all-American backyard barbecue from 6-9 p.m., Friday, June 18. Families may drop in anytime during the three-hour event for grilled summertime favorites, along with family games including sack races, a watermelon seed-spitting contest, three-legged races, horse-shoes, and more. Cost is \$8 per person, with children 3 and under admitted at no charge. The Longacre House is located at 24705 Farmington Road, north of Ten Mile. For more information, call (248) 477-8404 or visit www.longacrehouse.org.

Taste America

Farmington Hills - Pine Tree Grill, located in the Clubhouse at the Farmington Hills Golf Club, will serve regional dinners on Monday nights throughout the summer, beginning Monday, June 21 with "Michigan Made Specialties."

The buffet dinners begin at 6 p.m. and are \$15.95 per person. The price includes the buffet, dessert, and entertainment. Tax, drinks, and tip are excluded.

Other regional dinners are: Memphis BBQ, June 28; New Orleans Cajun and Creole, July 12; Fisherman's Wharf, San Francisco, July 19; Southern Down Home, July 26; Clambake Finale, Aug. 2.

The Pine Tree Grill is located at the Farmington Hills Golf Club, 37777 11 Mile Court. For reservations, call (248) 476-5193.



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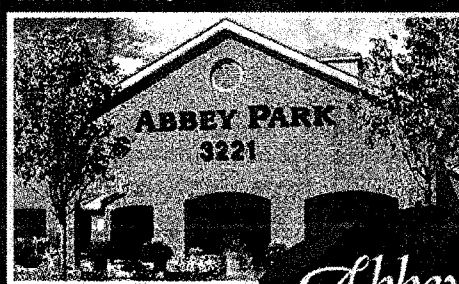
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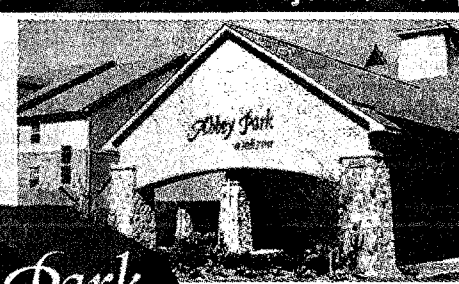
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food



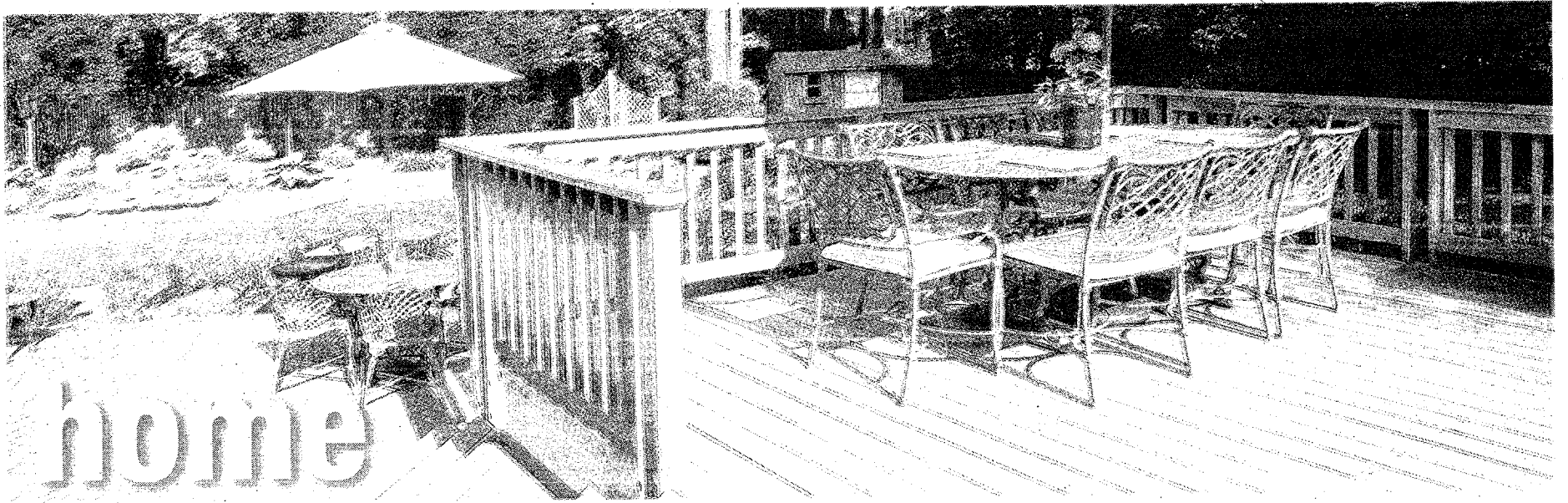
Farmers Markets

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travel

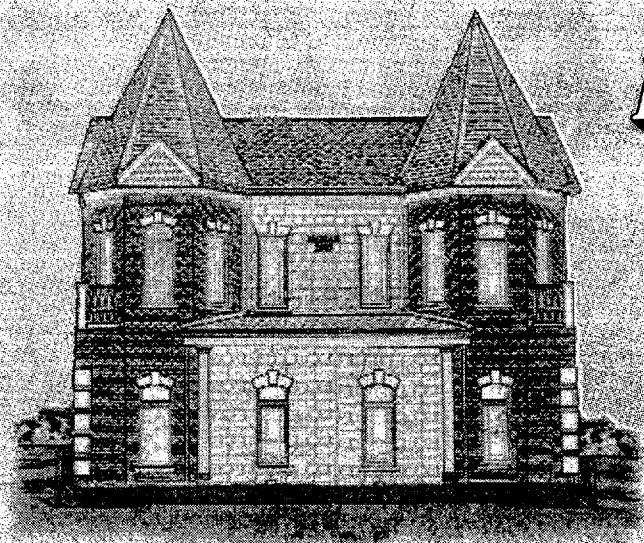
Take a Michigan bike tour



home

DIY: Renovate your deck and patio space

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Farmers markets
*Get cookin' with locally
produced goods*

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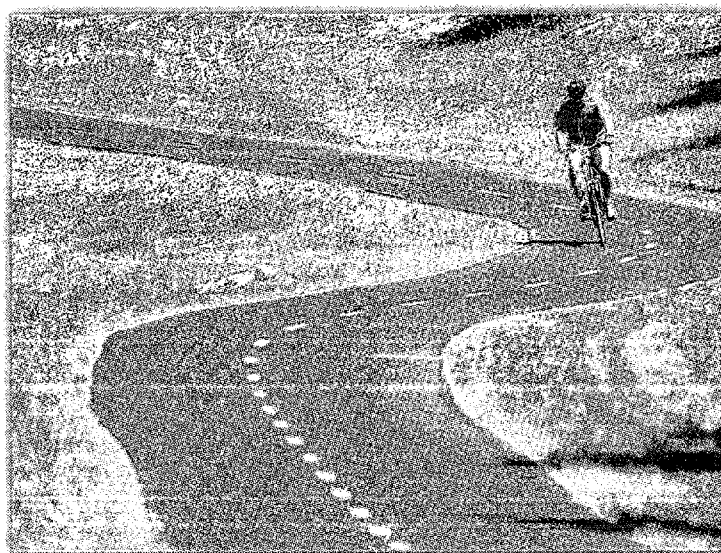
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Three tips for a greener garage

You may be one of the millions of people making eco-friendly changes around your home, but have you thought about going green in the garage?

Garages store more than just cars. They store paint and cleaning supplies, tools and lawn care equipment — all of which can pose environmental hazards. These tips from the experts at Black & Decker will help you green your garage.

GAS-FREE

This spring, millions of Americans will be working hard to improve their backyards, but what does that mean for the environment?

According to the EPA, did you know that:

- Gas-powered lawn equipment produces as much as one-tenth of the smog-forming pollutants from all mobile sources?

- It is estimated that the few ounces spilled during refueling lawn and garden equipment alone total about 17 million gallons of gasoline, most of which evaporates into the air to contribute to the air pollution problem?

- The average gas mower produces as much air pollution in one year as 43 new cars driving 12,000 miles each?

Keep your garage and the area surrounding clean without the mess of gas-powered products. Gas-free products — like the Black & Decker 36V Cordless Mower, 24V String Trimmer and full line of 18V outdoor products — mean no fumes, no unnecessary trips to the gas station and no gas to potentially store or spill. And when you use them — zero emissions in your yard.

EASIER RECYCLING

The garage is the perfect place to set up your own home recycling center. It's also a high-traffic location, reminding your family to make



Gas powered lawn equipment produces as much as one-tenth of the smog-forming pollutants from all mobile sources.

recycling a habit. Avoid clutter by investing in stackable recycling bins, and reach out to your local recycling center for sorting requirements and regulations.

ENERGY-EFFICIENT

Make sure your garage is well insulated. The Environmental Protection Agency says that sealing and insulating garage walls and ceilings can be a cost effective way to improve energy

efficiency and save money on your utility bills. This can include weather stripping, installing energy-efficient windows and installing an energy-efficient door from the garage to your house.

Going green in the garage is easy — on you and on the environment. For additional information on how to “go green,” visit: blackanddecker.com/convertamerica.

— Courtesy of Family Features

CUT COSTS TO GREEN YOUR HOME

With the arrival of warmer weather, it can be a challenge to keep your home cool and comfortable, yet keep your energy bills in check. By taking steps now to make your home more environmentally friendly, you'll not only help save natural resources, but you'll save money, too.

To help you get started in “greening” your home, American Standard Heating & Air Conditioning offers these tips.

Pre-set indoor temperatures. One of the easiest and simplest things you can do is install a programmable thermostat.

Reduce energy, increase home comfort. For efficient air conditioning, make sure your system meets the newest government energy standards. For example, you can save up to 47 percent on heating and air conditioning with the American Standard Allegiance (R) 15 Air Conditioner. It surpasses current government efficiency standards when installed as part of a complete system, and cools with an environmentally friendly ozone-safe refrigerant to help keep costs to a minimum.

Lights out, costs down. Turn lights off when you leave the room or add in a dimmer to see instant energy savings. For example, you can save up to 50 percent energy when replacing a standard light switch with a Maestro Occupancy Sensor with eco-dim Dimmer from Lutron Electronics.

— Courtesy of ARAcontent

Welcome

This month's edition will inspire you to work and have fun

Summer is just days away and this month's *Inspire* is full of information to fill your days and weekends. Whether it's a do-it-yourself project to expand your outdoor living space or a bike ride for fitness or charity, this month's *Inspire* has it all.

As Michiganians, we cherish the relatively short warm weather season. It's not uncommon to see everyday activities — parties, barbecues and more — move outside around the pool, deck and/or patio.

Contributing Writer Linda Ann Chomin interviews local business owners who can help you expand and enhance your outdoor living space. There's lots of information and some expert recommendations about decks, brick pavers and patios.



Don't forget, if you have a DIY project that you are proud of — share it with *Inspire* readers. Email information about your project and a photo (jpg format please) to inspire@hometownlife.com. Your DIY could be featured in an upcoming edition.

Another offering in this month's edition is a story on bicycling in Michigan by Contributing Writer Alison Bergsieker.

Bicycling is fun, relatively inexpensive (once you have the bike you like) and a great way to stay in shape. You don't have to ride like Lance Armstrong to enjoy bicycling — anyone can ride a bike.

Don't forget a helmet and brush up on rules of the road before heading out.

Many charity bike rides have already begun.

My personal favorites are the MS rides in Michigan. Over the years, I've completed the West Michigan route (challenging at times but the beautiful scenery made up for some of the unexpected hills) and what was previously known as the metro-Detroit ride.

I started doing the rides more than 20 years ago because of good friends who were coping with MS. I could ride so I did and it was fun! Great cause and one of the best organized charity rides around. Great rest stop snacks and cheerful volunteers. Believe me, it makes a difference.

The 2010 rides for MS mark the 25th anniversary of the Bike MS Ride in Michigan and the Michigan Chapter plans to host more than 1,500 cyclists over a series of rides.

The Mid-Michigan Ride is set for July 17-18. A one-day event at Island Lake State Recreation area is planned in September along with a two-day ride which starts and ends at Frankenmuth. I can't help but think the end of ride celebration will be great in Frankenmuth.

The Mid-Michigan two-day event — which starts and ends at Lake Fenton High School in Linden — takes riders along country roads through Gaines, Byron, Oak Grove and Williamston. Riders spend the night at Michigan State University and then head back the next morning.

A celebration barbecue is held at the end of the ride. It's great fun and so satisfying. You will forget about any aches and pains.

The MS ride is just one of many summer and fall rides that showcase the winding roads, small towns and yes challenging hills in Michigan. Check out the list inside then fill up your tires, strap on a helmet and perhaps I'll see you on the road.

Let this month's *Inspire* help you enjoy everything our state and local communities have to offer in summer!

Susan Rosiek

Publisher

srosiek@hometownlife.com

Kudos to the Starbucks Team who rode in the June 5 American Diabetes Association Southeast Michigan Tour de Cure in Brighton. Great fun for a great cause. Team Starbucks was captained by Laura Caruso, shift manager of the downtown Plymouth Starbucks.

Team Starbucks was second in corporate team fund-raising bested only by TRW Automotive. Congratulations to all the bikers — a great local effort!

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Sundaes 101: Make ice cream parlor treats at home

When a trip to the ice cream parlor isn't in the cards, bring the ice cream parlor home with DIY sundaes! Making the perfect sundae might look like a hefty task, yet with a little creativity this all-American dessert is one of the easiest to make.

There is no wrong way to craft this ice cream dessert, but read on for tips that will help you recreate the ice cream parlor in your kitchen.

- **Dishes.** Glass bowls are traditional favorites, but be imaginative and rummage through your forgotten dishes to find something special. Chill the dishes for 30 minutes in the freezer to keep the ice cream from melting while creating your sundae.

- **Ice cream.** Pick ice cream flavors that go well together or use vanilla, which tastes great with everything. Scoop the ice cream with a slightly warmed metal scoop to make it easier.

- **Mix-ins.** From crushed cookies to gummy bears, there is no limit to what can go in a sundae. Fruit and chocolate chips are popular toppings and toasted nuts provide a crunchier texture. Create a mix-in buffet by placing all the goodies on the kitchen counter with a bowl and a spoon for each.

- **Toppings.** Once dishes are filled with ice



Caribbean Sundae

cream and mix-ins, drizzle syrup over top. Caramel, chocolate, strawberry, peppermint and English toffee are popular choices. Don't forget the whipped cream and cherry, if desired. Sprinkles, malt powder and mint leaves make good finishing touches as well.

- **Dig in!** Long-handled spoons are great

— they are ideal for scooping out everything, right down to the bottom. And remember kids love colorful spoons with funny characters or motifs on them.

Try these sundae recipes for creative combinations. For more summer sundae ideas, visit www.BlueBunny.com.

Caribbean Sundae

Makes 4 servings

- ½ cup canned crushed pineapple in juice, drained
- ½ cup chopped mango, thawed if frozen
- 2 cups Blue Bunny Premium Vanilla Ice Cream
- 8 teaspoons unsweetened shredded coconut, toasted
- 1 teaspoon grated lime peel
- 4 slices fresh lime

Place one tablespoon crushed pineapple and one tablespoon chopped mango into each of four small parfait glasses. Top with quarter cup ice cream. Sprinkle with one teaspoon of toasted coconut. Repeat layering. Top each parfait with one-fourth teaspoon grated lime peel. Garnish rim of each parfait glass with a slice of lime. Serve immediately.

Cinnamon Bun Hot Apple Sundae

Makes 8 servings

- 1 4-inch frosted cinnamon roll
- ¾ cups Blue Bunny Premium Vanilla Ice Cream, softened
- ½ cup glazed walnuts
- 1 can (21 ounces) apple pie filling
- ½ cup butterscotch-caramel topping
- Glazed walnuts, optional

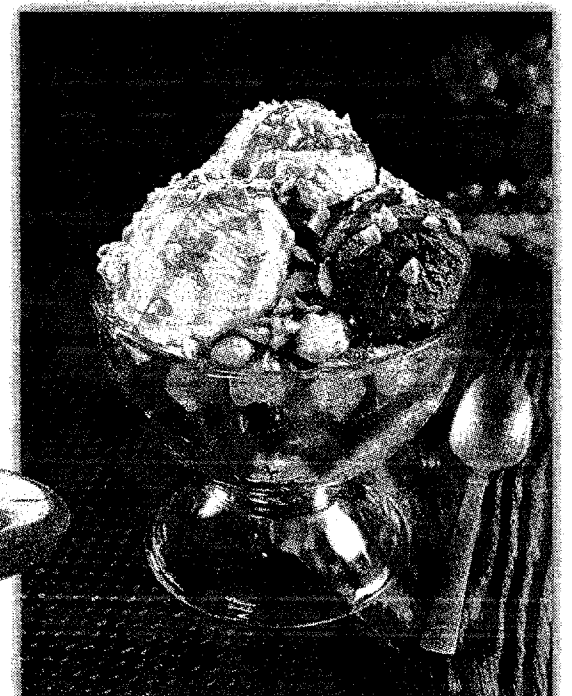
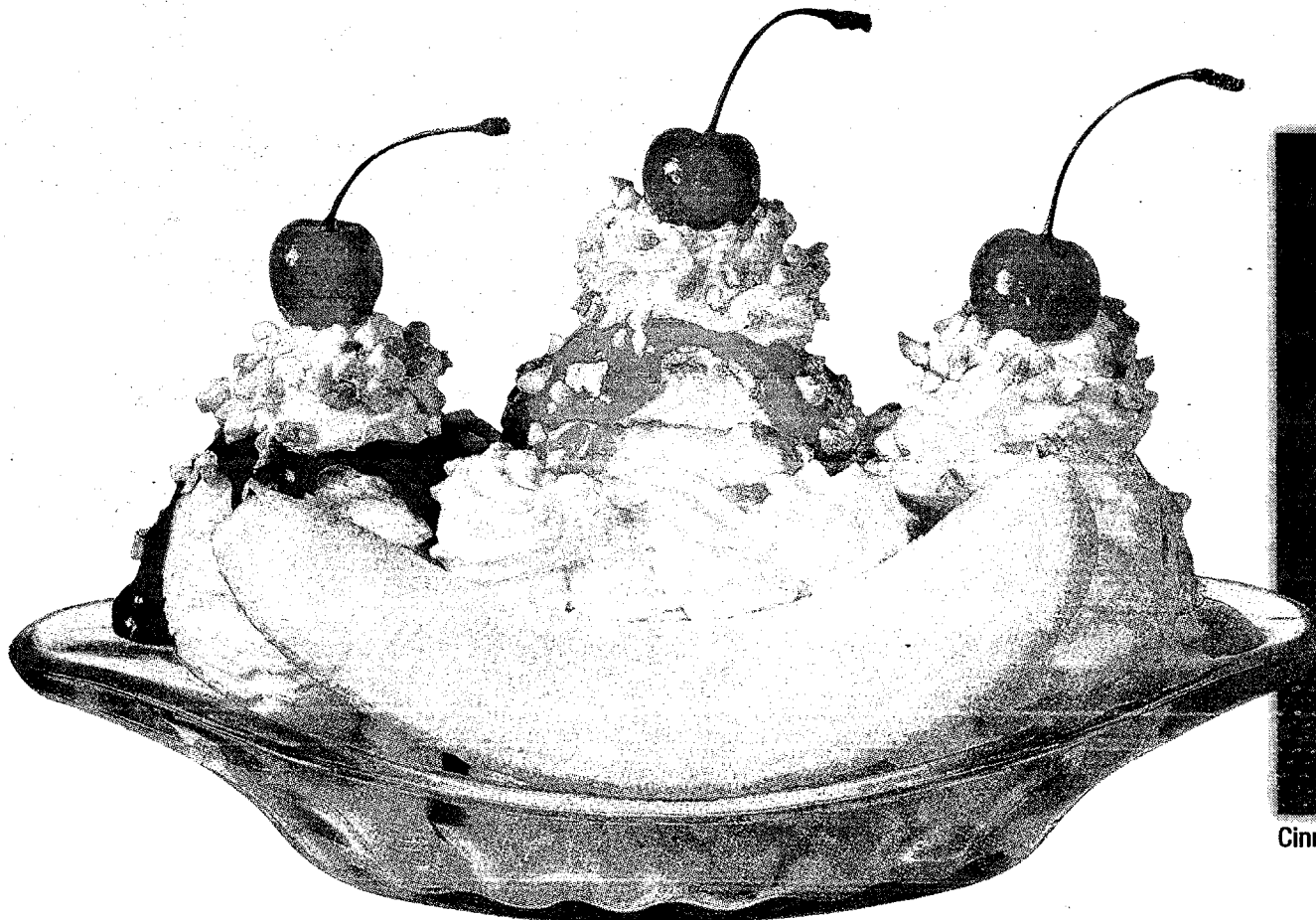
Cut cinnamon roll into half-inch pieces; set aside quarter cup for topping.

Combine three cups of ice cream, cinnamon roll pieces (not reserved amount) and half cup glazed walnuts in large bowl; gently mix to combine. Freeze at least two hours.

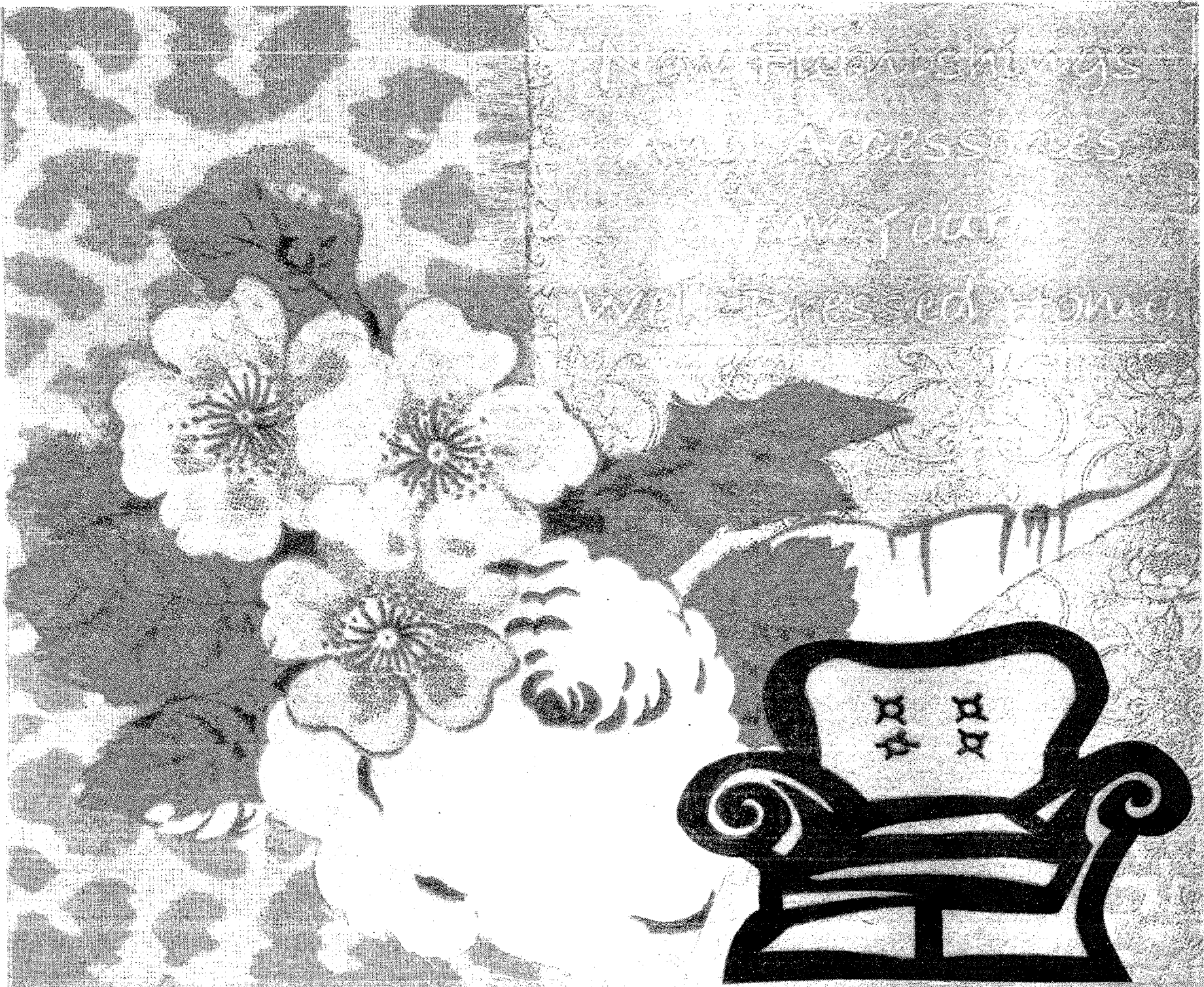
Warm apple pie filling in microwave-safe container or in small saucepan over medium-low heat. Spoon about one-third cup apple pie filling into eight serving bowls.

Top each bowl with one scoop (scant half cup) of the ice cream. Drizzle each with one tablespoon butterscotch-caramel topping, several pieces of reserved cinnamon roll and glazed walnuts, if desired. Serve immediately. *

— Courtesy of Family Features



Cinnamon Bun Hot Apple Sundae



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Make over that backyard living space

By LINDA ANN CHOMIN
CONTRIBUTING WRITER

A deteriorating deck or cement patio can take the fun out of being outdoors. With summer-like weather finally here, it's time to think about reclaiming this living and entertaining space.

Makeovers can be easy and affordable especially for do-it-yourselfers. Newer materials like composite decking and brick pavers not only update that extra "room" but add a comfort factor.

Doug Mans is tired of getting splinters in his feet from his old deck so he's taking on a new project. This summer, he's planning to resurface the area where his five children play. Many of his customers at Mans Lumber & Millwork in Canton and Trenton are doing the same. Some 60 to 70 percent of the material Mans ships these days is for redecking.

"It's affordable because the current structure is good," said Mans of Canton. "They're tearing up the surface and putting down a new surface using composite decking, a new generation of decking that's mostly maintenance free."

Homeowners are expanding these living areas as well by rethinking uses for the space.

"They're creating backyard kitchens, family rooms, adding flat screen TVs, firepits to extend their season into October, spas, gazebos, screened porches. It's almost like another room without being heated," said Mans.

Mans is adding a screened porch so he and his family can sit outside even after the sun goes down and the mosquitoes come out. It's easy to do with a little help from experts.

"We have great people at the counter to walk you through your project, ask you the right questions, make sure decking is going to be safe," said Mans. "We work to their budget."

MATERIALS

Composite decking materials cost about 50 to 100-percent more than treated lumber or



Newer materials like composite decking and brick pavers not only update that extra "room" but add a comfort factor.

cedar and look like wood without the maintenance.

This "green" option is made from reclaimed or recycled wood and plastic fibers, resists fading and does not require staining, only an occasional power wash. Treated lumber is less expensive and allows homeowners to replace or build decks on a budget.

Mike McCoy encourages homeowners to do their homework if they're considering redecking. He specializes in designing and building decks and home remodeling. McCoy has a screened porch on the deck of his Farmington home that he "virtually lives in six months a year."

"Get on the Internet, look on manufacturers' websites, get information on different materials available," said McCoy, owner of Coy Construction in Walled Lake. "Should I go wood or non-wood? What color of railings? There are lots of different issues. They should think about what their objectives are."

If you're planning on living in the home 10 or 20 years McCoy recommends composites to eliminate maintenance. For someone who will be selling a home soon, redecking adds resale value. McCoy suggests treated pine or cedar to keep costs down.

The majority of the time,

regardless of condition of the deck surface or railing, the substructure is constructed with wolmanized lumber and need not be replaced.

"If they like the size, shape and design there's no need to tear out structure," said McCoy. "If the deck is too small or poorly designed, it can be enlarged. For people who have lived there for years, they might want to consider building a screened in porch on top of deck, shingled to match the house, trim painted to match the exterior of the house."

The color of the deck floor need not match the railing. For those tired of sealing and staining

wood, plastic or composite is a good choice.

McCoy recommends homeowners go to a lumberyard to see the multitude of options available.

"The color of the railing should match trim of the house not the brick," said McCoy. "You can make a mistake on the railing color but not on the floor color. They shouldn't be concerned with the color of the floor because standing outside the deck or in the house you can't see the floor. Why a lot of people go with cedar railing is to paint. You can come up with a 100 different colors." ❁

SPICE UP YOUR PATIO WITH BRICKS, FOUNTAINS, POOLS

By LINDA ANN CHOMIN
CONTRIBUTING WRITER

Brick pavers and retaining walls are another option for reclaiming outdoor living space.

Gone are the cement patios homeowners have grown bored with for a number of reasons.

Brick pavers and flagstones, unlike cement, last for years. Marco Scappaticci poured many of these patios as a licensed builder. He notes that brick pavers rank as the oldest type of installation pavement and were used in ancient Rome.

Scappaticci's customers at the Rock Shoppe in Plymouth are buying a lot of flagstone for walkways and patios and the pavers.

The Rock Shoppe offers acres of brick pavers, fountains and landscape supplies along with seminars for do-it-yourselfers every other Saturday at 10 a.m. These tips for using brick pavers, retaining walls, water and container gardens allow homeowners to enhance outdoor living spaces.

"Brick pavers, retaining walls and natural stone are basically maintenance free," said Scappaticci, Rock Shoppe president and owner.

Scappaticci's back yard incorporates a natural pond with retaining walls, brick patio and flagstone sidewalk.

"They're putting ponds in patio or deck, near the deck, under and outside the deck," said Scappaticci. "People are coming up with new ideas all the time. We work one on one with them so they can complete a project without making problems and mistakes."

Angelo's supplies in Farmington Hills offers seminars for installing brick pavers June 29, July 27, Aug. 31 and Sept. 28 at its location in Farmington Hills. Call (800) 264-3562 for information.

"It's easy to do. It's a physical thing to do but homeowners can do it," said manager Earl Quinn.

All do-it-yourselfers need is a battery-operated screwdriver to build a gazebo onto a deck or grassy area in the back yard. These structures not only accent the landscape but add valuable living space.

Earl Poplars can attest to gazebos continuing popularity. He and his brother, Joe, have been manufacturing and selling kits through their Gazebos LTD business in Milford since 1981. Costs vary depending on size of the gazebo. Add extra for screening or double tier.

"Some people put a light and fan in the middle of them, bring in toasters and cable TV. The closer you put to the house the more you're going to use them," said Earl Poplars. "You can mount on concrete, brick pavers, incorporate in or next to a deck. We've sold a lot to people taking it up north to a cottage. You're looking at 3 to 4 hours to put up. It's all pre-drilled and made from western red cedar," added Poplars.

Accent pieces such as fountains are popular this year as well for jazzing up outdoor living spaces.

"Fountains are nice in the back yard around the patio so you can watch and listen, and make an impressive statement in the front yard too," said Scappaticci. ☺

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Post-Workout Protocol

EXPERTS SAY POST-WORKOUT ROUTINES ARE CRITICAL FOR SUMMER EXERCISE



Write down what you did during your workout to better target fitness goals.

As summertime workouts heat up, proper post-exercise cool-downs become even more important. Whether you are a weekend warrior playing in local summer leagues or a serious runner getting ready for fall marathon season, warmer weather activities increase sweat, break down muscles and deplete the body of electrolytes and other essential nutrients.

While most people know what to do before and during a workout to keep their bodies fit during the warmer summer months, many fall short when it comes to following a proper post-exercise routine.

Fitness expert Lorrie Henry says, "What you do after your workout is just as important as a pre-workout routine, especially during the summer when people tend to be more active." Henry has shared some of her post-workout tips to help everyone have a fun and healthy summer season:

• **Cool It:** Take the time to cool-down after an intense workout. Spend the last five to seven minutes of the workout on a lower speed or intensity to return your heart rate to normal, and consider walking the last two minutes on a treadmill.

• **Stretch Out:** Avoid next-day soreness and stretch your muscles immediately after exercise. Do the basic arm and leg stretches

and move your joints by rotating your wrists, ankles and neck a few times.

• **Keep Track:** Write down what you did during the workout (i.e. miles ran, fitness classes attended, etc.) to help keep you on target with your fitness goals.

• **Refuel Smart:** After a tough workout, grab a nutrient-rich drink for maximum benefits. Henry shared, "It's essential to get protein back into your body to help rebuild and repair muscles. Ice-cold chocolate milk, such as protein fortified low-fat Rockin' Refuel from Shamrock Farms, tastes delicious and helps your body recover after exercise with 20 grams of protein and nine essential nutrients — making it a great on-the-go choice after a game or workout."

• **Take A Breath:** Take a few minutes to relax and reflect on what you have accomplished. Whether you are focused on fun, fitness or both, keeping an eye on and acknowledging where you have been and where you want to go can be a great motivator.

Remembering simple tips can help maximize your summer workout. For more information on the healthy benefits of refueling with chocolate milk, visit www.rockinrefuel.com.

— Courtesy of Family Features

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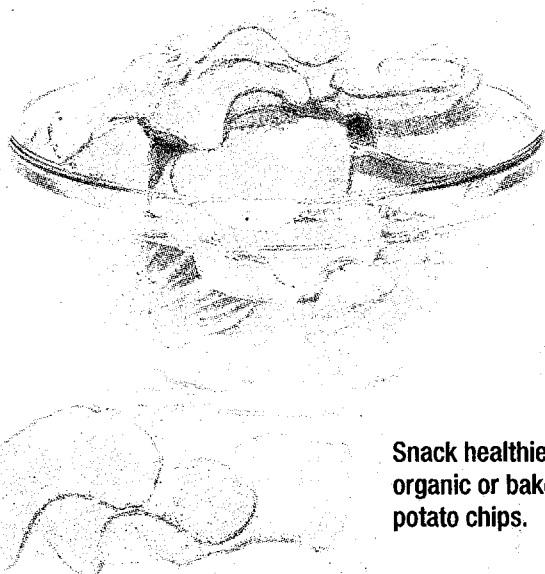


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Shape up your summer snacking



Snack healthier on organic or baked potato chips.

Summer is here, and that means barbecues, get-togethers and outdoor parties with friends and family. With so many tempting treats, it can be hard to snack smartly, but some easy substitutions here and there can keep the whole family on track all summer long.

"The secret to healthy eating is to eat real foods, and ditch anything artificial," says Ashley Koff, registered dietician and founder of Ashley Koff Approved (AKA). Ashley founded AKA as an easy resource of foods that help empower everyone to make healthier choices. All AKA foods have been reviewed by Ashley and approved as a healthy and quality food choice.

Ashley says you can enjoy your favorite foods; just watch those portion sizes. Don't give up that daily latte, but order a small instead of a large. And yes, you can have the quintessential summer snack — potato chips — but look for a bag of baked chips made from real, whole slices of potatoes (not potato bits molded back into the shape of a chip), like Kettle Brand Baked Potato Chips(R). They're delicious, crunchy and lower in fat so you don't feel like you're missing out.

If you're faced with a buffet table of delicious food at a family get-together, look for real, recognizable foods and load up your plate with fruits and vegetables. Ashley recommends to "always choose high-quality ingredients — for example, swap soda for water or coconut water and cream-based dips for guacamole."

When trying to incorporate food changes, get the family involved. If the whole family is on board, it will be much easier to stay on

track and achieve healthy living goals. Here are some summer snacks that are Ashley Koff Approved (and yes, they taste good):

1. Real potato chips: Choose organic or baked (with the skins still on) and re-pack into portion-controlled containers, or look for 100 calorie packs, perfect for on-the-go munching. For a nutritionally balanced snack, pack string cheese and salsa along with your chips for some extra protein and veggies.

2. Peanut butter and fruit: Take an organic, whole grain waffle and spread on nut butter (almond, peanut, hazelnut or even sunflower seeds if you're skipping nuts) and top with fresh, sliced strawberries.

3. Quick sundae: Use plain, organic yogurt and add toppings like organic berries, granola or whole grain cereal for flavor and crunch as well as additional nutrients.

4. Dip it: Dips are a perfect way to upgrade nutrition and even squeeze in some veggies. Skip the cheese or ranch dressing and use Greek yogurt for a protein punch. Salsa is a fresh, flavorful addition to any summer spread. Instead of eating a chip with every bite of salsa, crumble a few organic corn tortilla chips into a salad to make a satisfyingly crunchy taco salad with zesty salsa, beans, avocado and chicken.

No matter what happens this summer - barbecues, family get-togethers or pool-side parties - keep these tips in mind to snack smartly all season long.

For more information visit www.ashleykoffapproved.com and www.kettlefoods.com.

— Courtesy of ARAcotent

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Avoid 'lost' signs by tagging your cat

You've seen the posters decorating mailboxes, telephone poles and trees in your neighborhood. The picture of a cat — usually curled up in the sun or giving a curious look to the camera — with "LOST" in bold, capital letters and a contact number underneath. Sadly, less than 5 percent of lost cats make it home.

Many of these lost cats end up in animal shelters, some are adopted by new families and others, unfortunately, aren't so lucky. An estimated 70 percent of all animals euthanized each year are cats who enter shelters without identification tags, according to the North Shore Animal League America (NSALA), the world's largest no-kill animal rescue and adoption organization. Many shelters are full, and can only hold cats for a few days or less, giving grieving owners limited time to locate their lost pet.

Cat owner and author of "Oh My Dog," Beth Ostrosky Stern is passionate about saving the lives of animals and providing them to loving families. "Through my work with North Shore Animal League America, I have seen firsthand how many cats enter the shelters. I'm a firm supporter of cat tagging to help ensure a safe return home. I would be completely devastated if my cat, Apple, were lost. Having her wear an identification tag is a simple step, but gives me peace of mind that if she were to be lost she can be identified and returned home."

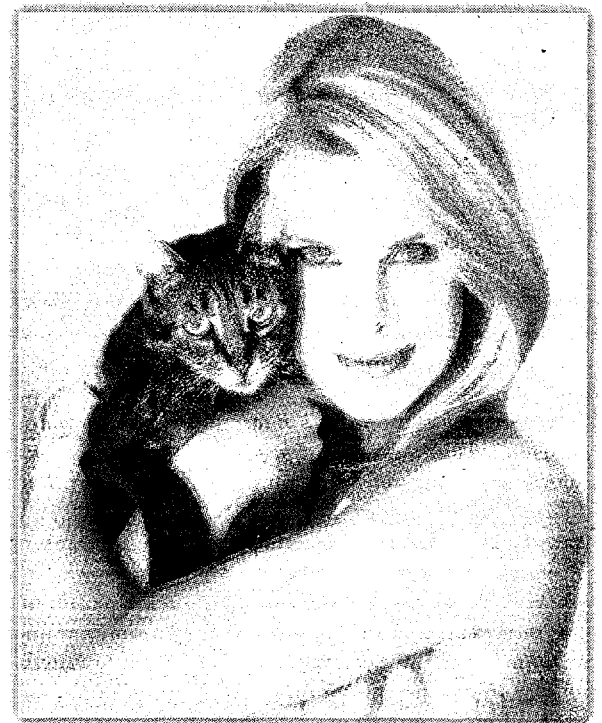
Whether your cat stays inside or roams the outdoors, tagging is the best way to keep him safe. Even indoor cats may sometimes slip through an open door or window for some fresh air, so it's important to remember they need identification tags as well. Special cat collars are available also, so that your cat won't get caught on any objects when he's playing inside the home or exploring the great outdoors.

Many cat owners may not know how simple it is to get a tag for their cat. The

maker of ARM & HAMMER Super Scoop and Multi-Cat litter products is even offering cat owners the opportunity to receive customized identification tags via mail with the purchase of two ARM & HAMMER cat litters. Visit www.pettagoffer.com for more information.

Tagging cats is just one safety tip. Other tips from NSALA to keep cats healthy, especially during the summer months include:

- Never leave a cat in a car — cats can quickly overheat and die from heatstroke.



An estimated 70 percent of all animals euthanized each year are cats who enter shelters without identification tags.

- Keep cats inside during a thunderstorm — cats are easily frightened by loud noises and are more at risk of being struck by lightning.

- Check cats daily for fleas and ticks, and talk with a veterinarian about prevention products to keep cats safe.

- Change litter regularly to maintain a fresh and healthy litter box for cats.

- Watch for signs of heat stress, including glazed eyes, a rapid heartbeat, excessive thirst, restlessness, lack of coordination, unconsciousness, deep red or purple tongue and vomiting.

— Courtesy of ARAcotent

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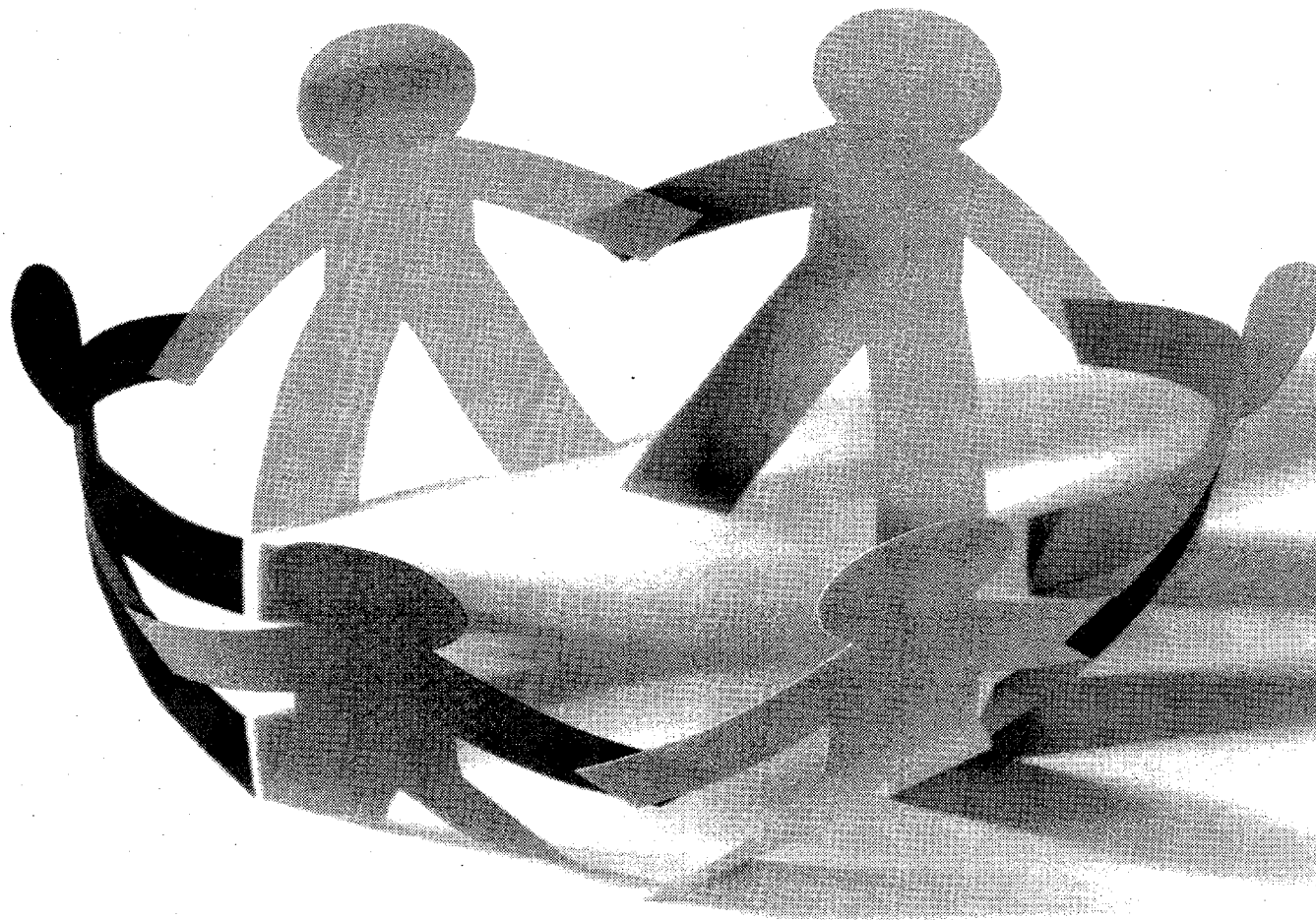
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Get fresh, local goods at area farmers mar

Farmers markets are sprouting up all over Oakland and Wayne counties this summer, offering fresh and locally produced goods, community support and a gathering place for local neighbors.

The Michigan Farmers Market Association recommends a few shopping tips to make your weekly trip to the market a success. Always bring cash, as it helps vendors if you have small bills and change. Bring a large cloth or net shopping bag to consolidate purchases. Try not to carry a purse — fanny packs and pockets are the best way to carry money and keys. Expand your cooking horizons and try the new and unusual fruits and vegetables at the market. If you aren't sure how to prepare them, ask for tips. Farmers may even have recipes to help you out.

Visit www.michigan.org for a statewide list of markets and farm stands.

ANN ARBOR

May-December on Saturdays in the Kerrytown District, the Ann Arbor Farmers Market features locally grown produce, flowers, shrubs, plants, jams, honey, maple syrup, jellies, baked goods, grains, fruits, eggs, dairy products, homemade apparel, toys, jewelry, home decorations, furniture, dried flowers, pottery and candles, all in an open-air atmosphere. info@annarbor.org

BIRMINGHAM

Open Sundays through Oct. 24, 9 a.m. to 2 p.m. at the Birmingham Farmers Market City Parking Lot 6. Seasonal fresh flowers and produce are the main attraction all locally grown on family farms in southern Michigan. Honey syrup and handmade goods available. Each week the Birmingham Farmers Market offers a variety of live entertainment from blues to bluegrass.

BRIGHTON

Open 8 a.m. to 1 p.m. every

Saturday through October. The market is located at 200 First St. at the Mill Pond and features nearly 100 vendors offering produce, crafts, farm-raised meat and baked goods. Visit the market's Harvest Festival Sept. 25 from 8 a.m. to 3 p.m. Call (810) 955-1471 for more information.

CANTON

Every Sunday, 10 a.m. to 2 p.m. through Oct. 17 (rain or shine) in Preservation Park, located at 500 N. Ridge. Market offers a variety of home grown foods and hand-made goods. The local growers, producers and farmers offer vegetable, fruits, herbs, bulbs, grains, meats, plants and more. New vendors this season with Michigan-made products include The Plymouth Popcorn Co., offering a variety of gourmet flavored popcorn; Farmington Soap Works, with natural hand-made cold process soaps; and Prochaska Farms from Tecumseh, offering annuals, vegetable and herb plants, seasonal produce and organic cheese from the Four Corners Creamery. For more about the market, visit cantonfun.org and click on farmers market under the community events tab.

DETROIT

Eastern Market offers everything from luscious and colorful farm fresh fruits and vegetables to meat products (beef, pork, lamb, poultry, geese, duck and rabbit) to herbs and spices, nuts, candies and a variety of condiments and all are supplied by the retailers and wholesalers spread over this 43-acre area. The public farmers market is open Saturdays only, but most of the businesses in the area are open six days a week, Monday through Saturday. Closed Sunday.

FARMINGTON

The Farmington Farmers & Artisans Market is open 9 a.m. to 2 p.m. every Saturday through Nov. 20 at Sundquist



Submitted photo

A resident browses goods at the Novi Farmer's Market & International Street Fair, open Sundays 10 a.m. to 2 p.m.

Pavilion in Riley Park, located on Grand River Avenue, east of Farmington Road, in downtown Farmington. Features a wide selection of flowers and plants, seasonal fruits, vegetables and bakery goods. Crafts from selected local artisans also will be on display. For more information, visit www.downtownfarmington.org and click on farmers market.

GARDEN CITY

The market runs 9 a.m. to 2 p.m. every Wednesday, rain or shine, through Oct. 27 at the northeast corner of Ford Road and Middlebelt in the Garden City Town Center Plaza. For a list of special activities at the market, go to www.gardencity.org.

LIVONIA

Livonia Farmers Market is open 9 a.m. to 2 p.m. Saturdays beginning June 19

through Oct. 9 at the Wilson Barn, Middlebelt and West Chicago, Livonia. Call (734) 261-3602.

MILFORD

The Milford Farmers Market is held 3-8 p.m. Thursdays afternoons ending Oct. 21. The market is located at East Liberty Street between south Main and Union streets. Children's activities, cooking demos and special events will be hosted throughout the summer. The market offers reusable shopping bags — a great way to show support and carry purchases. Visit www.milfordfarmersmarket.org.

NORTHVILLE

The Northville Farmers Market is open 8 a.m. to 3 p.m. Thursdays through Oct. 28 and features more than 100 stalls of fresh produce, plants and flowers. Other finds are

honey, bakery goods, fine juried crafters, garden art, soaps, jewelry, furniture, woodworking and home accessories. The market is located in the Northville Downs parking lot at the corner of Seven Mile and Sheldon roads.

NOVI

Novi Farmers Market & International Street Fair put on by the Novi Chamber of Commerce is open 10 a.m. to 2 p.m. every Sunday through Oct. 31. The market is located on Main Street between Grand River and Novi Road. Featuring in-season produce, plants and flowers, baked goods, honey and jam, arts and crafts and family fun events, including face painting, local music and dance groups and more. Lunch will be grilled by The Toasted Oak Grill & Market each week. Major sponsors include Bright House Networks, Toasted

Oak Grill & Market, Cadillac of Novi and The Atrium of Novi. For vendors, event information and market coordination, contact market master Sandy McClure at sandy@novichamber.com. Visit www.novifarmersmarket.com or call (248) 504-8102.

REDFORD

Open 10 a.m. to 2 p.m. every Sunday, June 13 through Oct. 24, at the Marquee, located within the Town Hall complex, 15145 Beech Daly, a block south of the Five Mile and Beech Daly intersection, in the heart of downtown Redford Township. For more information, call Downtown Development Authority at (313) 387-2771.

PLYMOUTH

Plymouth Farmers Market is open 7:30 a.m. to 12:30 p.m. Saturdays through Oct.

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SOUTH LYON

The South Lyon Farm-
rs Market is open 2-7 p.m.
Wednesday through Sept. 29.
Located at the Veteran's Me-
morial Parking lot on Liberty
Street at Pontiac Trail. There
s ample on-street parking
surrounding the area, as well
as a municipal lot across
Liberty Street and another on
Well Street. Market features
a variety of produce, plants,
flowers and some handmade
crafts from local artisans. Call
(248) 437-1735 for more
information.

WAYNE

Market is open 3-7 p.m.
Wednesdays through Septem-
ber then 3-6 p.m. in October
next to the State Wayne
Theater, 35310 Michigan Ave.
For more information, go to
www.ci.wayne.mi.us.

WESTLAND

The city of Westland and
the Westland Shopping
Center are taking applica-
tions from vendors for its new
Farmers Market. The market
is open 9 a.m. to 3 p.m. every
Tuesday starting through Oct.
26. ☼

From the White House to the
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CAN-DO CANNING

People everywhere are rediscover-
ing home canning as a practical and
enjoyable way to preserve garden
produce at its finest. Almost every
vegetable and fruit can be canned and
enjoyed throughout the year.

Here are some tips on picking pro-
duce — either from your garden or
the farmers market — for canning.

Snap Beans: Harvest when so
crisp that they snap readily.

Corn: Try to complete canning
within four hours of picking, before
sugar is converted to starch. Kernels
should be plump, milky and bright.
If immature, corn will be watery and
tasteless. If too mature, corn will be
starchy and tasteless.

Greens: Use young, tender leaves
of mustard, spinach, kale and collard
greens. Kale is better if harvested
after a frost.

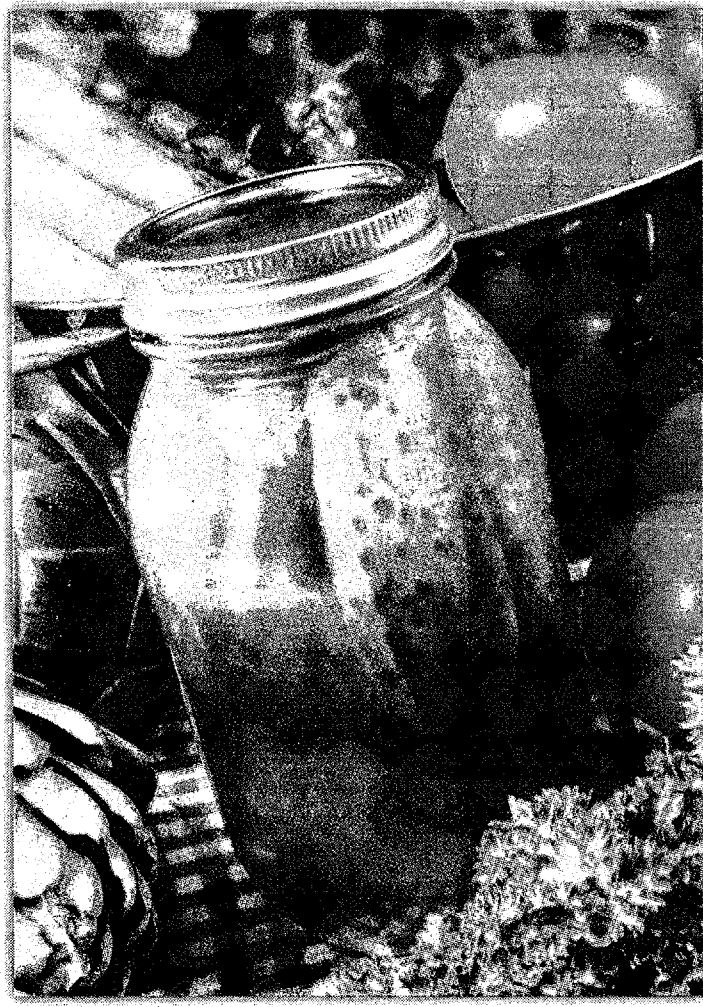
Tomatoes: Select tomatoes that are
firm and ripe but not overripe. They
should be free of bruises, spots, decay,
molds, cracks and growths. Other-
wise, tomatoes may be low in acid
— too low for safe canning.

Plums: They should be tree-rip-
ened for best flavor, with deep color
and a powdery bloom. Can quickly,
if possible, since they become mushy
very rapidly.

For canning tips, recipes and a vari-
ety of tomato sauces, salsa and pickle
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Dilled Green Beans

- Makes 5 pints
- 2½ pounds fresh whole green beans
- 2½ cups white vinegar
(5 percent acidity)
- 2½ cups water
- ¾ to 1 cup granulated sugar
- 1 packet (1.66 ounces) Mrs. Wages
Dilled Green Beans Mix



Kosher Dill Refrigerator Pickles

Prepare and process home canning
jars and lids according to manufactur-
er's instructions for sterilized jars.

Wash beans and trim tips; drain.
Place green beans in a large,
nonreactive pot. Do not use alumi-
num. Cover with water and bring to
boil. Reduce heat and simmer for 5
minutes; drain.

Combine mix, vinegar, water,
sugar (adjust for sweetness) and
green beans into pot. Simmer 5 to 7
minutes.

Pack green beans into sterilized
jars, leaving ½ inch of headspace.
Evenly divide hot pickling liquid
among packed jars, leaving ½ inch
of headspace. Remove air bubbles
and cap each jar as it is filled. If more
liquid is needed for proper headspace,
add a mix of one part vinegar and one
part water. If shelf-stable dilled green
beans are preferred, use the hot water

bath method, processing pints 20
minutes and quarts 30 minutes.

Cool to room temperature, label
and store in refrigerator. Product is
ready to eat after 24 hours. When
properly processed and sealed,
unopened refrigerator product can be
stored up to 6 months, and shelf-
stable product up to 18 months.

Pickled Peppers

- Makes 8 pints
- 4 quarts long red, green,
or yellow peppers
- 1½ cups Mrs. Wages Canning
and Pickling Salt
- 2 garlic cloves
- 2 tablespoons prepared horseradish
- 10 cups vinegar
- 2 cups water
- ¼ cup sugar

Wash and drain peppers. Cut 2
small slits in each pepper. Dissolve
salt in 1 gallon water. Pour over pep-
pers and let stand 12 to 18 hours in
a cool place. Drain, rinse again and
drain thoroughly.

Combine remaining ingredients.
Simmer 15 minutes. Remove garlic.

Pack peppers into jars, leaving ½
inch headspace. Bring liquid to a boil.
Fill jar to within ½ inch of top with
boiling liquid. Remove air bubbles.
Adjust lids. Process 10 minutes in a
boiling water bath.

Kosher Dill Refrigerator Pickles

- Makes 4 pints
 - 2 pounds pickling cucumbers
(about 10, 3 to 4 inches long)
 - ¾ cup white vinegar
(5 percent acidity)
 - 2 cups water
 - 1 packet (1.94 ounces) Mrs. Wages
Kosher Dill Refrigerator Pickle Mix
- Prepare and process home can-
ning jars and lids according to
manufacturer's instructions for
sterilized jars.

Wash cucumbers and remove
blossoms; drain. Leave whole, cut
into spears, or slice.

Combine Kosher Dill Mix, vin-
egar and water into a large, nonre-
active pot. Do not use aluminum.
Bring mixture just to boil over
medium heat, stirring constantly
until mixture dissolves.

Pack cucumbers into sterilized
jars, leaving ½ inch headspace. Even-
ly divide hot pickling liquid among
the packed jars, leaving ½ inch head-
space. Remove air bubbles and cap
each jar as it is filled. If more liquid
is needed for proper headspace, add
a mix of 1 part vinegar and 2 parts
water. If shelf-stable pickles are
preferred, use the hot water bath
method, processing pints 20 minutes
and quarts 30 minutes.

Cool to room temperature, label
and store in refrigerator. Product is
ready to eat after 24 hours. When
properly processed and sealed,
unopened refrigerator product can
be stored up to 6 months, and shelf-
stable product up to 18 months. ☼

Stay connected from far away with tech tools close to home

By **MIKE HOGAN**
CONTRIBUTING WRITER

Figuratively, our planet has never felt so small. Even the most remote destinations can be reached physically within a few weeks. But if you're travelling electronically, there's no place you can't go.

Colleen Kelly is a prime example of a modern young professional. She's counted Plymouth, Canton and Livonia among her lived-in Michigan cities, as well as Nashville, TN and Vancouver, BC. Now living in Novi, Kelly uses websites like Facebook to stay in contact with her widespread friends and family.

"My family was the reason I joined Facebook," Kelly said. "They're spread out over the U.S., Canada, the U.K. and China. It's hard enough to figure out where they are, and what time it is where they are located to even think about calling. E-mail and Facebook messaging is just more efficient."

INSTANT COMMUNICATION

Kelly uses a program called Trillian to talk to friends, instead of using the phone. Trillian is an instant-messaging program that combines multiple IM clients like AOL Instant Messenger, Yahoo! Chat, Google Talk and Facebook Chat into one program. Kelly says it simplifies her contacts and makes it easier for others to contact her.

"I have Trillian on my home and work computers for instant messaging," Kelly said. "They usually just use that when they need to get a hold of me instead of calling. They usually just chat or if they need to talk, they'll IM me to call them."

Social networks defy a lot of the problems associated with distance. They can also be used to combat time, in a way. While some people might lose contact after a few decades, even a few years, it's become more common for people to have longer-lasting friendships because of the Internet.

In Redford, Kathleen Neary uses Facebook to keep track of friends from high school. Although she graduated from



Stay connected with friends and family using Skype and Trillian.

high school in 1987, Neary has been able to recently catch up with many of her old friends.

"One person is in Seattle now, and another person who I went to grade school with is in Nevada," Neary said of her old classmates. Without access to a social network, Neary may never have reached these people.

Neary's father, now in his 70s, uses Skype to keep in touch with family members in California and Florida. Skype is a program that lets computer users make voice and video calls over the Internet. Recently, Skype has been adapted as a phone application for smartphones.

Joseph Novak's job keeps him away

TECH SAVVY

Stay connected with family and friends with these applications:

Trillian — an instant-messaging program that combines multiple IM clients like AOL Instant Messenger, Yahoo! Chat, Google Talk and Facebook Chat into one program. Visit www.trillian.im.

Skype — a program that lets computer users make voice and video calls over the Internet. The program has recently been adapted for use on smartphones. Visit www.skype.com.

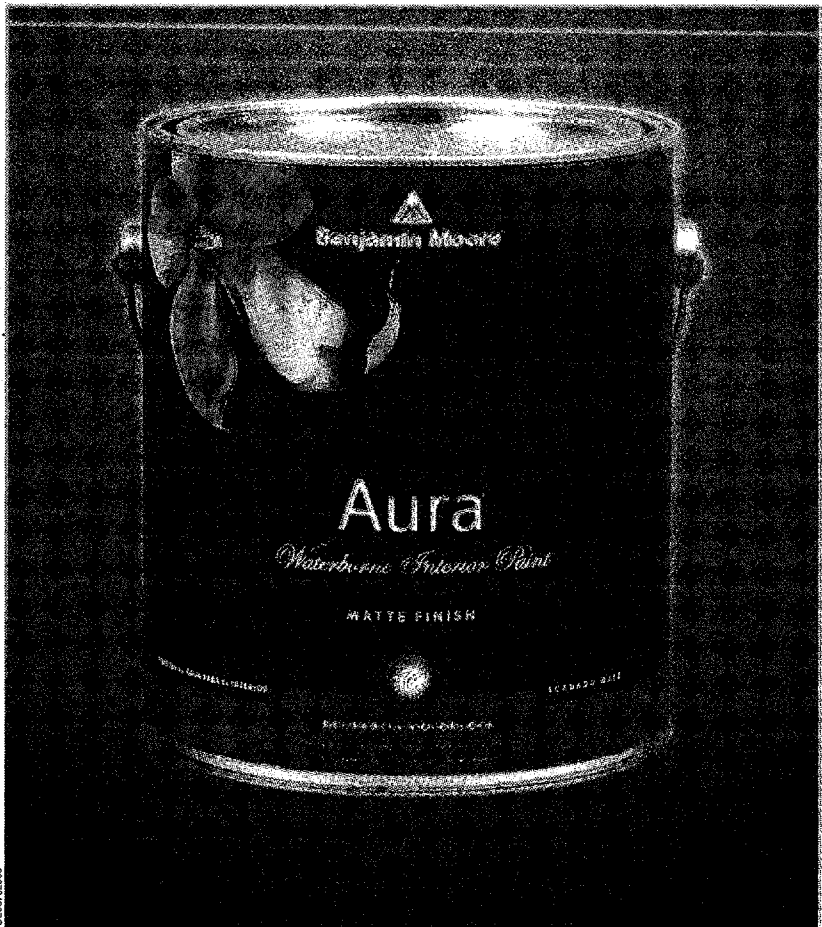
from home on a frequent basis. Although he may not be home much, he's committed to calling his wife in Canton on a daily basis. To keep this obligation, Novak uses Skype on his BlackBerry.

"My wife is a technophobe, so we use the good old-fashioned cell phones," Novak said. "I bought her a smartphone so I could send her e-mails, but she hated it. So, when I'm out of the country, I use Skype to call her cell phone."

Novak purchases minutes through Skype, then makes a call either through the application on his BlackBerry or his laptop. He says this method is vastly cheaper than making a typical phone call.

"[Buying minutes] is far cheaper than the ridiculous international calling rates," Novak said. "But it can get dicey when the hotel wireless isn't any good."

Novak says the data charges can be "outrageous" through his smartphone, so he mainly uses Skype on his laptop.



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Couples Twilight Fridays

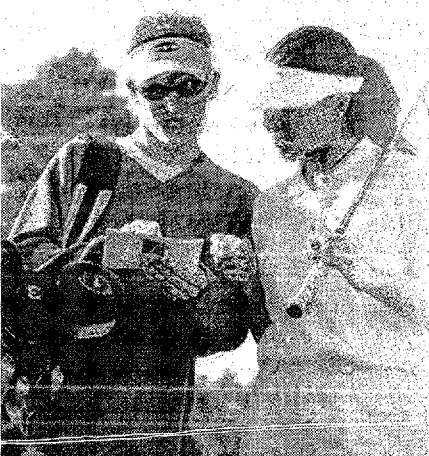
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- Week 2 - Mulligans & Martinis
- Week 3 - Nine, Wine & Dine
- Week 4 - Slices & Sliders

* Includes food selection & one drink per person.
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Festivals, fireworks and fun on the Fourth

By ALISON BERGSIEKER
CONTRIBUTING WRITER

Picnic blankets, lawn chairs, sparklers, parades, fireworks and sunshine — local residents are getting ready for Fourth of July festivities. Check out festivals, parades and firework shows planned across Metro Detroit in the coming weeks.

JUNE 17-19

Canton Liberty Fest

The 19th annual Canton Liberty Fest features live entertainment on multiple stages, a full array of carnival rides and games, activities for all ages, local restaurants, artisans, a marketplace and green zone and more. The festival plays host to the Firefighters Spaghetti Dinner, America's Most Wanted Car Show and the Hog Wild for Kids Pulled Pork Meal provided by the Plymouth-

Canton Kiwanis. A Movie Under the Stars event takes place Friday at dusk. Check back on Saturday for a morning parade, annual Canton Lions Club Pancake Breakfast and evening firework display. Visit www.cantonfun.org.

JUNE 18-21

Detroit River Days & Target Fireworks

Presented by the Detroit RiverFront Conservancy, the fourth annual River Days is a one-of-a-kind festival taking place along the Detroit RiverFront from the Renaissance Center to the new Milliken State Park. River Days is a celebration of Detroit's river, history and culture with activities on land and water, including tall ships, live music, sand sculptures, river tours, carnival rides, jet-ski demos, kids activities, delicious eats and much more.



Light up your Fourth of July at-home party with sparklers.



The Sunday night Livonia Spree fireworks display alone attracts an estimated 40,000 to 50,000 spectators.

Admission is \$3 to support the nonprofit Conservancy. The River Days 5K Run takes place Saturday. Registration is \$20 in advance; \$25 day of event. The 51st annual Target Fireworks take place June 21. Visit www.detroitriverdays.org or www.theparade.org.

JUNE 22-27

Livonia Spree '60

Livonia celebrates the anniversary of the city's founding with a weeklong birthday. Held at Ford Field at the corner of the Farmington Road and Lyndon, Livonia Spree has something for everyone: food,

music ranging from country to jazz, carnival, classic car show and a grand finale fireworks show (Sunday, June 27, at 10:20 p.m.). Art from the Heart is Livonia's family friendly annual arts and crafts festival featuring local and national artists. This event has joined with Livonia Spree and will be held Friday and Saturday. Visit www.livoniaspree.com

JUNE 26

Sparks in the Park

Highland Township's annual firework show, Sparks in the Park, takes place at Highland Golf Center and Milford High School. Food

vendors and an art show at 4 p.m. Music acts perform from 5-10 p.m., and children's activities are held 5-9 p.m. Fireworks start at 10 p.m. New this year is an art show. Guests are invited to attend the Great Campout. For \$35 per campsite, guests receive VIP firework seating and parking, smores and a campfire, a free hot dog meal, access to games and breakfast. Camping registration ends June 18; tent camping only. Rain date is June 27. Visit www.sparksinthepark.info.

JUNE 30-JULY 4

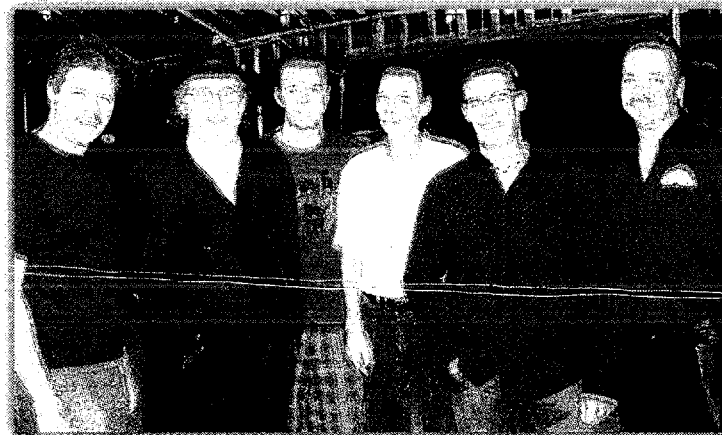
Westland Summer Festival

The 2010 Westland Summer Festival will be held on the grounds of Westland City Hall (south side of Ford Road, east of Newburgh). The 40th annual event includes musical entertainment, children's activities, arts and crafts, a beer tent and more. The annual fireworks are scheduled as a finale on July 4. Visit www.westlandfestival.org.

JULY 1-4

Greenfield Village Salute to America

Walnut Grove historic district is transformed into a sea of red, white and blue as the Detroit Symphony Orchestra presents an evening of



Submitted photo

"Lookin Back," a Bob Seger tribute band, will headline at this year's Sparks in the Park in Highland.

music under the stars. Come early and bring a picnic or dine on midsummer favorites from The Henry Ford's award-winning chefs. An entire Fourth of July program of musical Americana topped off with Tchaikovsky's awe-inspiring 1812 Overture and a lavish fireworks display. Kids activities include 19-century lawn games and a special visit from members of Greenfield Village's historic baseball teams. Gates open at 6 p.m. Visit www.thehenryford.org.

JULY 3

Birmingham Fireworks

The Birmingham fireworks display will be held at Lincoln Hills Golf Course, 2666 W. 14 Mile. Enter through the gates at the corner of Lincoln and Cranbrook. Gates open at 7 p.m.; fireworks begin at dusk, approximately 10 p.m.

Parking will be available at Seaholm High School across from the golf course. Admission is free. Rain date is July 5.

Camp Dearborn Beach Bash

Camp Dearborn's annual summer tradition, the Beach Bash, is held in celebration of Independence Day in Milford at 1700 General Motors Road. The event features an open-air concert by Fifty Amp Fuse from 6-10 p.m. followed by a fireworks display over the lake. The camp features picnic sites equipped with tables and grills, a half-mile swimming beach, paddleboat rent-



Fourth of July festivities and fireworks shows are planned locally June 17 through July 5.

als, fishing and mini golf. Visit www.campdearborn.com.

Wolverine Lake Tiki Night & Fireworks

Fireworks are launched from the center of Wolverine Lake, located between Benstein and Commerce Roads in Walled Lake. Admission is free. Visit www.wolverinelake.com.

JULY 4

Plymouth Fourth of July Parade

The Good Morning USA Fourth of July Parade is sponsored by the Kiwanis Club of Colonial Plymouth. Parade begins at 7:30 a.m. on Main Street from Theodore to Harsough. Visit www.ci.plymouth.mi.us.

Whitmore Lake Fireworks

Whitmore Lake hosts its annual Thunder Road Car Show & Cruise through downtown, followed by an Independence Day parade. A ski show starts at 7 p.m. followed by the Parade of Lights, where thousands gather on the lakefront to see boats float in their glory. Visit www.twp.northfield.mi.us.

JULY 5

Clawson Parade & Fireworks

The Clawson Fourth of July Parade has been a community tradition since 1932. An Arts & Crafts show will be held in Clawson City Park (picnic area on West Elmwood) from 10 a.m. to 6 p.m. The day includes a Firecracker Mile Race, concessions and evening fireworks. Visit www.clawson4thofjuly.org.



Fireworks shows will light up the skies this month in several local communities.

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Sudoku

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

	5			6		3	4	
	2			9	5			8
6		1				5		
	6	7		8		1		3
	4	3	6					2
	9	5		3		4		
		6	5	1		3	2	
			4	2				
			8					1

Level: Beginner

			2	6				
			8	4				1
9	8			1				
	7					8	4	
4							9	3
			6					
			4					
3	9	2						6
6			7				3	1

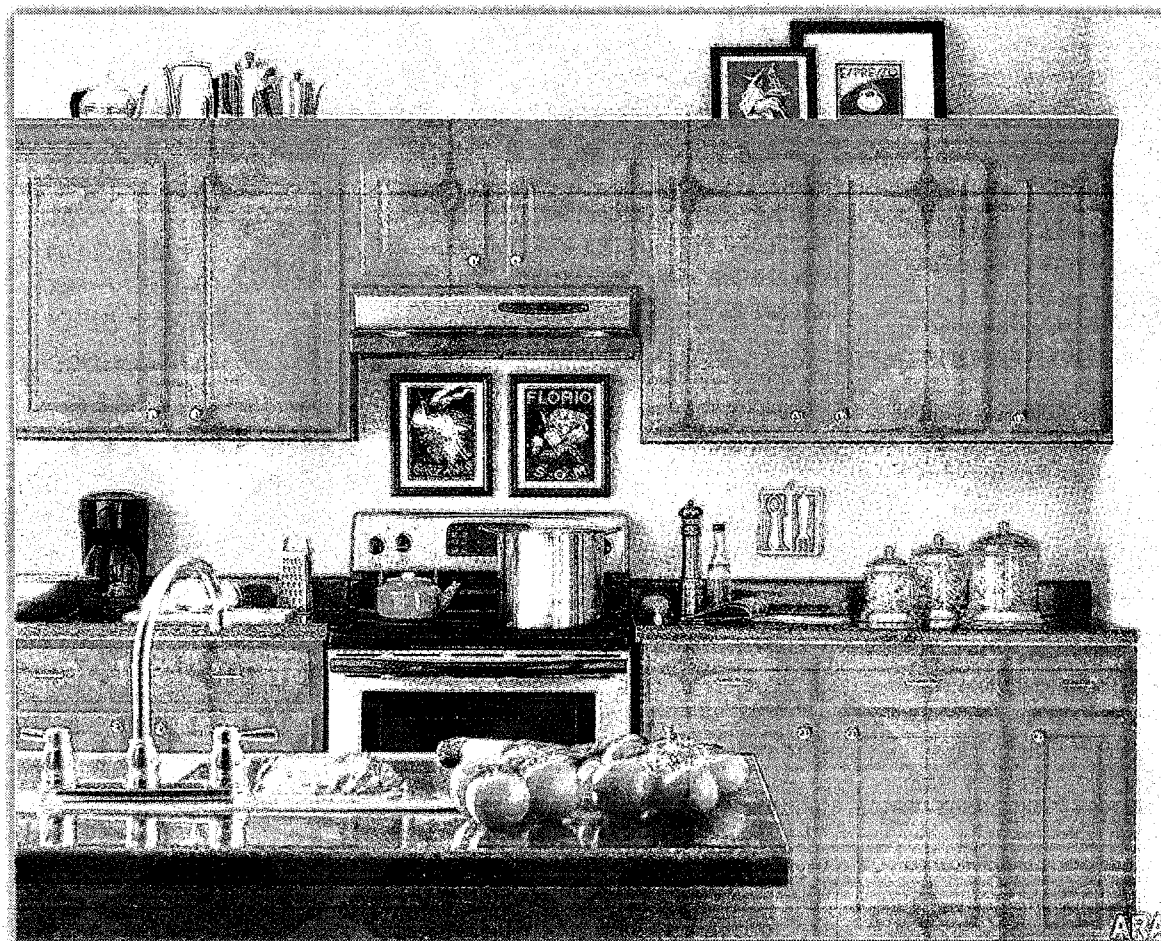
Level: Intermediate

			1	6				7
	1				3			5
	4						8	
	5		2		8			3
						9		
1	2		3					
			5					1
6	7			4				
4								5

Level: Advanced

Answers found on page 24

Summer: the perfect season to design an eye-catching and comfortable kitchen



In high-traffic rooms where food is stored, prepared and served, most design experts recommend using a semi-gloss paint finish for easy clean-up and maintenance.

In the summer, most activity moves to the great outdoors. Porches, patios and decks are the official "heart center" of most homes during the warm weather months, especially at mealtimes. Instead of congregating in the kitchen as they do in the colder season, families tend to gather on the patio to enjoy dinner and recap the day's events.

This leaves the kitchen, with the exception of basic food preparation, vacant and, quite possibly, looking even a bit forlorn and outdated now that it's temporarily unused. So why not take advantage of this seasonal vacancy and turn this space into something more modern and family

friendly before the cold winter months return?

Because it plays such a prominent role in any home, an outdated kitchen can lessen the impact of the well-thought-out style you've worked hard to infuse into the rooms that surround it. Sure, it might be a functional cooking workspace, but it's also the one room where people tend to gravitate. Why not make it a place where you can work sensibly and have family and friends gather comfortably to share a meal or lively game night?

Taking a tired kitchen from drab to fab is an easy goal to achieve on any budget. All you need is a little paint, a few decorating

elements and some creativity.

First, think color. Chances are you haven't changed the palette in that room in years, and with paint, it's the quickest, easiest and most cost-effective change you can make. In high-traffic rooms where food is stored, prepared and served, most design experts recommend using a semi-gloss paint finish for easy clean-up and maintenance. Because of its shiny finish, it also tends to brighten a room because it reflects more light than other finishes.

What's more, you now can find a high-quality semi-gloss finish in zero-VOC paints, such as Dutch Boy's odor-eliminating Refresh paint with exclusive Arm



When repainting your kitchen, don't forget to think beyond walls and trim. You can also update aging chairs, the table and even old cabinets with fresh new paint colors.

& Hammer technology that reduces household odors — another great feature for busy kitchens.

"Because it delivers exceptional low-odor application, durability and washability, Refresh semi-gloss sheen is a smart choice for any room of the house," says Mary Ward, Dutch Boy Paints senior product manager. "Add its odor-reducing technology, and it's really the ideal coating solution for kitchens where pungent food odors can linger in the air."

When deciding what colors to include in your updated space, think appetizing. Color experts and Feng Shui practitioners caution against using blue, saying it's an unnatural color for food and also an appetite suppressant. Soothing greens are said to aid in digestion. Golds boost vibrancy in poorly lit rooms. Earth tones provide a formal, yet calming, feel to a room. Reds and oranges have long been associated with stimulating appetite.

When repainting your kitchen, don't forget to think beyond walls and trim. You can also update aging chairs, the table and even old cabinets with fresh new paint colors. Add in some new fabric for chair cushions, and you've easily transformed stale, old furniture without much expense.

If you're looking to upgrade to new furniture, remember that a round kitchen table instead of a traditional, long rectangular one also can add new intimacy,

making this favorite gathering space even more inviting. To further update the room, ditch the 1970s lighting and go for something more modern and fun, such as decorative, funky glass pendant lights. Another new trend to try is on the opposite end of the decorating spectrum - 1950s retro-inspired fixtures. Whatever you choose, don't forget to also install some functional, yet attractive, task lighting for the work areas.

Overall, think "mix and match" to add a little more casual feel to the space. Steer away from the kind of fussy curtains your grandmother might choose and update off-the-rack window treatments with tassels, cording, beads or contrasting fabrics for more visual appeal. Or, for even more punch, consider covering windows in fashionable fabric Roman shades. Instead of a dated oilcloth tablecloth, cover your tabletop with funky, unexpected placemats to offer a more contemporary edge. Don't have money to update that old linoleum floor? An inexpensive patterned rug hides scuffs and wear and instantly brightens the space.

Break the rules and have fun in decorating. When you're ready to gather together back inside after a summer season of dining on the deck, your creativity will give you a space where you'll want to spend time during the cold months. ☺

— Courtesy of ARAcontent



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Hit up a local cycling trail for a low impact, scenic workout

By ALISON BERGSIEKER
CONTRIBUTING WRITER

Take a bike ride in Michigan, and you may find yourself pedaling along an expansive waterway, between sandstone cliffs, through a scenic beach town or through untouched wilderness.

Michigan is home to more than 1,300 miles of bike trails that cater to on-road, off-road, bike commutes and country riding.

With several public parks, trails and bike paths in the Oakland and Wayne county areas, local residents are taking to cycling as a hobby, competitive sport or means of exercise.

Milford resident Brian Walsh, 27, frequently rides his bike to work in Ann Arbor — 30 miles each way — for exercise. He and his mother, Sheryl Walsh of Novi, cycle and run with several local groups, including Sunrise Runners and Tri Club, based out of the Farmington YMCA.

"Cycling for me has been a gateway to a new lifestyle Walsh said. "Without mountain biking, I never would have started road biking. Not long after that, I started running. Now I'm an avid triathlete."

Walsh said compared to running, cycling is an easy low impact workout once the rider adjusts to the saddle.

"I burn around 1,000 calories an hour on the bike, whereas the average person

burns about 100 calories per mile while running," he said. "An hour of running is very challenging for a lot of people."

Lakeshore Park in Novi and Island Lake Recreation Area in South Lyon are popular among local cyclists.

"Lakeshore Park has probably the most technically demanding trails," Walsh said. "It tends to be a slower ride because there's so much challenge to it."

Farmington Hills resident Tom Neal, social director of the Sunrise Runners and Tri Club, said Island Lake Recreation Area is an ideal venue for riders of all levels.

"For bike training, Island Lake is the safest place," Neal said. "You have a six-mile road with loops on each end, and there is no traffic on the road. We have a number of people in our group that train for Iron Man there."

Sunrise Runners and Tri Club hosts about 30 members, many whom are Farmington YMCA members or residents from surrounding communities.

"As a group, we've been doing more biking," Neal said. "What I would like to see is a strong advocacy about really improving all construction of highways to include bike shoulders because the communities need to be more biker and walker friendly."

The group trains every Monday, Wednesday and Friday at 5:45 a.m. and meets in the Farmington YMCA lobby. Residents who would like to join the group need not be YMCA members.

To learn more about the Sunrise Runners and Tri Club, contact Pam Horetzki at (248) 556-4020 or email Tom Neal at ttneal@sbcglobal.net for more information.

LOCAL TRAILS

- Hickory Glen Trail on Glengary Road in Commerce Township, 6.5 miles
- Highland Trail on Highland Road (M-59) in White Lake Township, 16 miles
- Island Lake Trail on Grand River Avenue in Brighton, 13 miles (two trails)
- Lakeshore Park Trail on South Lake Drive in Novi, 10 miles
- Maybury Trail on Beck Road in Northville, 7 miles
- Milford Trail on North Peters Street in Milford, 5 miles
- Morton-Taylor Trail on Michigan Avenue and Morton Taylor Road in Canton, 8 miles
- Olson Park Trail on Dhu Varren Road in Ann Arbor, 5 miles
- Proud Lake Trail on Wixom Road in Commerce Township, 10 miles
- Rouge Park Trail on Outer Drive in Detroit, 1.5 miles
- Seven Lakes Trail on Tinsman Road in Fenton, 5 miles

Source: The Michigan Mountain Biking Association, www.mmba.org.



Submitted photo

The Sunrise Runners and Tri Club meets at the Farmington YMCA Monday, Wednesday and Friday at 5:45 a.m. to train.

TAKE A MICHIGAN BIKE TOUR THIS SUMMER

June 18-20
Sunrise Adventure
Distance: 40-60 miles per day
Rogers City, MI

— A three-day bicycle adventure showcasing the pristine natural beauty of northeast Michigan along the sun-kissed shores of Lake Huron. Each day will feature a different loop tour from Rogers City. Don't miss Presque Isle Wooden Boat Show,

Ocqueoc Falls, Black Mountain and 40-Mile Point Lighthouse. Visit www.lmb.org.

June 19
Charlevoix/Emmet County Pink Ribbon Ride
Distance: 7, 20, 42 and 55 miles
Boyer City — The Pink Ribbon Ride begins at Veterans Park in Boyer City. The park is in walking distance from downtown shops and

restaurants and a site offering scenic vistas including "million dollar sunsets." The park offers a playground for children, a city harbor of boats and a pavilion for special events. Visit www.bike4breastcancer.org.

June 19
West Branch Hills and Thrills Spring Ride
Distance: 35, 47, 62 and 100 miles
West Branch — Hosted

by the Tri-City Cyclists of Bay City, Saginaw and Midland, proceeds of this event are used to support the club's activities and charitable endeavors. The ride starts at Irons Park off Valley Street in West Branch. Visit <http://tricitycyclists.org>.

June 19-25
29th Annual Pedal Across Lower Michigan (PALM)
Distance: 35-55 miles per day

South Haven — PALM is an exciting six-day bicycle ride across Michigan that travels scenic, paved back roads geared to the novice and intermediate rider. The trip is well suited for family bicycling. There are longer optional routes for more experienced riders. The emphasis is on the social and recreational aspects of bicycling. One third of PALM riders are new every year, but another

third have ridden PALM from five to 25 times. The ride travels through South Haven, Otsego, Hastings, Eaton Rapids, Grass Lake, Milan and Gibraltar. Visit www.lmb.org/palm.

July 11
Kalamazoo Scenic Bicycle Tour (KalTour)
Distance: 12, 15, 31, 62 and 100 miles
Kalamazoo — KalTour was designed by members of the Kalamazoo Bicycle Club as a ride to be enjoyed by every one of all cycling abilities. The shorter

routes contain a pleasant mix of flat and gently rolling terrain. The family ride is a good choice for those who are riding with younger children. Both the 62-mile and 100-mile routes visit the hilly landscape of northern Kalamazoo and Van Buren counties before tackling the Sixth Street Hill. Visit www.kalamazoobicycleclub.com.

16th Annual Covered Bridge Bike Tour
Distance: 12, 28, 40, 05, 62, 78 and 100 miles

Lowell — This tour is hosted by the Fallasburg Historical Society and features beautiful scenery and a no-frills ride. All roads begin and end in Fallasburg Village. Proceeds help with the continued preservation of the National Historic District. Visit www.fallasburg.org.

July 17
36th Annual Holland 100
Distance: 18, 36, 67 and 100 miles
Holland — The Holland 100 cycling tour attracts around 1,500 cyclists



Photo by Hal Gould | Staff Photographer

Dave Kopf of Milford maneuvers around a curve on the Milford Trail.



Photo by Bill Bresler | Staff Photographer

Plymouth Township resident John Kahler is pictured riding his ultra-light racing bike through Hines Park last fall. Kahler, an emergency room doctor at the University of Michigan Hospital in Ann Arbor, competed in four sprint triathlons in 2009.

and travels along country roads, small towns and includes a pancake breakfast. Scenic highlights include rolling farmlands and orchards, the winery in Fennville, beautiful lakeshores, majestic overlooks and the quaint shops and restaurants of Saugatuck. Visit www.macatawacyclingclub.org/hollandhundred.

July 17-18
Bike MS Mid Michigan Great Lakes Breakaway
Distance: 60, 75 or 100 miles on Saturday; 30

and 50 miles on Sunday Linden — Bike MS is for cyclists and all those seeking a personal challenge and a world free of multiple sclerosis. The 25th annual ride has raised more than \$15 million annually by thousands of people from across the state. The event's goal is to raise \$1 million during a series of four bike tours in support of more than 18,000 people living in Michigan with MS. Visit www.bikeMSmi.org.

July 17-24
Michigan's Upper Peninsula (MUP) Distance: 334 miles St. Ignace, MI — The MUP Tour will explore the eastern tip of the Upper Peninsula. The tour begins and ends at St. Ignace. A mid-tour layover day in Sault Ste. Marie will offer plenty of time to discover its treasures. Riders can also ferry from St. Ignace to Mackinac Island for further site seeing. Visit www.umb.org.

July 18
Ride Around Torch Tour Distance: 26, 63 and 100 miles Elk Rapids — The Ride Around Torch tour is hosted by the Cherry Capital Cycling Club. The tour rides on lightly trafficked rural roads primarily along the scenic shores of Torch Lake. Several villages and hamlets lie along the lake's shore including Alden, Eastport, Clam River and Torch River. Visit www.ridearoundtorch.org.

continued on page 24

STOP ATTENDING THE "TYPICAL GYM"

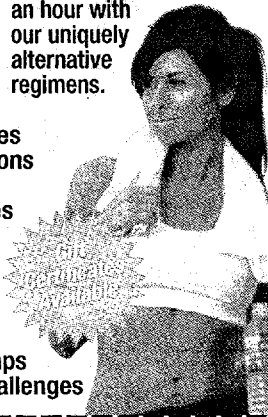
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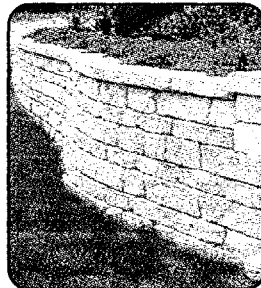
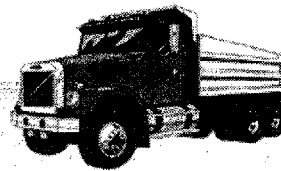
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Sudoku Answers

Beginner	Intermediate	Advanced
9 5 8 1 7 6 2 3 4	5 1 4 2 7 6 3 8 9	5 8 3 1 6 4 2 9 7
7 2 4 3 9 5 6 1 8	2 6 3 8 4 9 7 1 5	7 1 9 8 2 3 6 4 5
6 3 1 2 4 8 5 7 9	9 8 7 3 5 1 2 6 4	2 4 6 7 5 9 3 8 1
2 6 7 9 8 4 1 5 3	1 7 6 9 3 5 8 4 2	9 5 4 2 7 8 1 6 3
8 4 3 6 5 1 7 9 2	4 2 5 1 8 7 6 9 3	3 6 7 4 1 5 9 2 8
1 9 5 7 3 2 4 8 6	8 3 9 6 2 4 1 5 7	1 2 8 3 9 6 5 7 4
4 8 6 5 1 9 3 2 7	7 5 1 4 6 3 9 2 8	8 9 2 5 3 7 4 1 6
3 1 9 4 2 7 8 6 5	3 9 2 5 1 8 4 7 6	6 7 5 9 4 1 8 3 2
5 7 2 8 6 3 9 4 1	6 4 8 7 9 2 5 3 1	4 3 1 6 8 2 7 5 9

continued from page 23

July 23-25
3 Trails in 3 Days
Distance: Up to 70 miles
Midland — Experience three trails in three days. Riders will take on the Saginaw Valley Rail Trail on Friday, Midland's Pere Marquette Rail Trail on Saturday and Bay County's Riverwalk/Rail Trail on Sunday. Visit www.tricitycyclists.org.

July 24
Rural of a Pearl Ride
Distance: 15, 30 and 48 miles
Oxford — A one-day, rail trail and back-roads bike tour through northeastern Oakland County using the Polly Ann, Paint Creek, Macomb Orchard and Clinton River trails as well as Stony Creek Metropark. Visit www.oxfordride.net.

July 24
Ability Tour
Distance: 8, 30 and 50 miles
Lansing — The tour rides along paved roads through scenic, residential areas around Lansing and surrounding cities. Routes have some rolling hills and a little incline on the return. The Ability Tour is a ride

dedicated to raising awareness for people of all abilities. Visit www.abilitytour.org.

July 25
Avita Water Black Bear Bicycle Tour
Distance: 100 miles or two riders at 50 miles each
Grayling — For 60 years, canoeists have raced through the night from Grayling paddling 60 to 90 strokes a minute for more than 14 hours to reach Oscoda the following day. Sunday morning, 11 hours after the racing canoes are on the river, the Avita Water Black Bear Bicycle Tour will depart for Oscoda to catch the paddlers at the end of their overnight adventure. Visit www.grayling-area.com/blackbear2010.

July 27
4th Annual Day and Night for Miles Ride
Distance: 15, 30 and 45 miles plus optional 20-mile night ride
Birmingham — Riders will take to the streets in memory of Miles Levin, who passed away at age 19 on Aug. 19, 2007. The cause of death was a soft tissue cancer, rhabdomyosarcoma.

Beneficiaries include the Lance Armstrong Foundation and the Liddy Shriver Sarcoma Initiative. Visit www.livestrong.org/donate and search "Miles Levin" to support this event.

August 1-5
Tour da U.P.
Distance: Average 60 miles per day
The Tour da U.P. is a true Yooper adventure by bike. This on-road event allows riders to set their own pace, take in the scenery of Michigan's Upper Peninsula and discover historical sites along each day's ride. Sites along the route include Mackinac Island, Soo Locks, Taquamenon Falls, Whitefish Point and lighthouses. Organized camping and meals included. Proceeds benefit abused and neglected youth in northern Michigan. Visit www.teachingfamilyhomes.com/tourdaup.htm.

August 7
8th Annual Tour des Lacs
Distance: 15K, 50K, 100K and 100 miles
Fenton — Hosted by the CycleFit Sports Club, this casual ride is for riders of all fitness levels. All

proceeds are donated to support babies born with heart defects. Visit www.cyclefitmultisport.com

August 7-14
24th Shoreline West
Distance: 384 miles
Montague — Experience the Lake Michigan Shoreline for seven glorious days of riding (three-day option also available). Riders will explore the coastline of Lake Michigan, swim in the lake, climb the sand dunes, visit the cherry lady, enjoy the sights and sounds of Traverse City, ride through the Tunnel of Trees and finish with a spectacular view of the Mackinac Bridge.

August 21
Paul Baker Memorial Charity Bicycle Event
Distance: 9, 16 and 30 miles
Milford and South Lyon — Riders pay tribute to Paul Baker by traveling through Kensington Metropark and Island Lake. Proceeds will benefit The Children's Hospital of Michigan, Ronald McDonald House and the Michigan Arthritis Foundation. *



Photo by Hal Gould | Staff Photographer
Mountain biker Mark Schroll flies through a wooded area in Hickory Glen Park in Commerce Township.

Work out your credit to get financially fit

Running shoes — check. Sunscreen — check. Snazzy shades — check. Diet plan that emphasizes fresh veggies and lean meats — check. You have everything you need to stay healthy this summer.

But what about your financial fitness? The arrival of summer not only means more active time outdoors, it often also means more opportunities to spend. Will you be taking a summer vacation? Maybe you're looking to move into a new house while the kids are out of school for the summer. And don't forget those energy bills you'll need to pay to keep your house cool and comfortable.

Just as you take care of your physical health in preparation for summer fun, you need to pay attention to your financial well-being as well - and not just when the weather's warm, but all year round. And just as the key to losing weight is to eat fewer calories than you burn, financial health depends on your ability to earn and save more money than you spend.

Here are three important steps to take toward financial fitness this summer:

BUILD A BUDGET

A balanced, nutritious diet is the foundation of good physical health and a balanced, smart budget is the cornerstone of financial health. If you've never had a budget before, it's time to create one. If your budgeting efforts have been sketchy in the past, it's time to knuckle down.

Creating a budget is simple but detail oriented. Start by writing down on a sheet of paper every source of income you have in a month (your job, your spouse's salary, your eBay auctions, etc.). Next, list all your fixed expenses - ones that you can't skip paying, like rent or mortgage costs, insurance and so on. Then, list expenses that are flexible and could be trimmed, like entertainment, dining out, cable subscriptions, and so forth.

If your total expenses exceed your income in a month, you need to put your spending on a diet.

SAVINGS SKILLS

Eating well and exercising daily are your investment in your future health - ones you rely on to ensure you've banked the nutrients and strength you need to stay well as you age or to help you fight off illness now. You also need to set cash aside in case of emergencies. Treat your monthly payment



A good score tells potential lenders that you know how to manage money and are likely to be a good credit risk.

to your savings account like any other debt you can't shirk - pay yourself that money before you spend it on flexible expenses or fun. In fact, think of it as the most fun money you'll spend in a month - watching the bank account total grow can give you a very positive, empowered feeling.

CREDIT CHECKUP

No financial fitness plan would be complete without a credit checkup. Unwise use and poor understanding of credit contributed to the real estate crash and the overall poor health of the economy, many money experts say. A credit checkup can help you better understand your overall financial health.

Your first step is to check your credit score and report online. Think of a credit score as an indicator of your overall financial health. A good score tells potential lenders that you know how to manage money and are likely to be a good credit risk. A lower score may be a symptom of poor financial health. Web sites like freecreditscore.com provide valuable credit monitoring tools to help you assess your credit health and how your financial health habits affect your credit.

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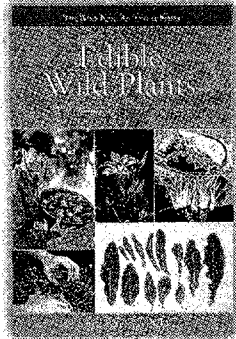
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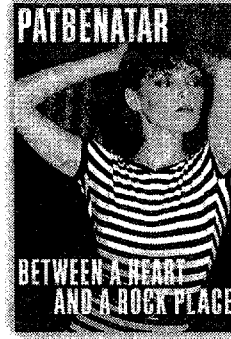
« NEW READS »



JUNE NEW RELEASE »
THE PERFECT FINISH: SPECIAL DESSERTS FOR EVERY OCCASION
 Bill Yosses and Melissa Clark | W.W. Norton & Co.
 Release Date: June 7
 The acclaimed pastry chef's long-awaited collection of stunning-to-behold yet simple-to-make desserts for every occasion.



JUNE NEW RELEASE »
EDIBLE WILD PLANTS: WILD FOODS FROM DIRT TO PLATE
 John Kallas | Gibbs Smith
 Release Date: June 11
 Edible wild plants have one or more plants that can be used for food if gathered at the appropriate stage of growth and are properly prepared. This book includes extensive information and recipes on plants from four categories: foundation greens, tart greens, pungent greens and bitter greens.



JUNE NEW RELEASE »
BETWEEN A HEART AND A ROCK PLACE: A MEMOIR
 Pat Benatar | William Morrow
 Release Date: June 15
 For more than 30 years, Pat Benatar has been one of the most iconic women in rock music, with songs like "Heartbreaker," "Hit Me with Your Best Shot," and "Love Is a Battlefield" becoming anthems for multiple generations of fans. Now, in this intimate and uncompromising memoir, one of the bestselling female rock artists of all time shares the story of her extraordinary career, telling the truth about her life, her struggles, and how she won things — her way.

« LOCAL MUSIC EVENTS »

THURSDAY • JUNE 17
Chuck Bradley Band »
 Mediterranean Bistro, Livonia

Livonia Youth Symphony Orchestra »
 Westland Public Library, Westland

Stars in the Park Free Concert Series
 » Heritage Park, Farmington Hills

FRIDAY • JUNE 18
Backstreet Boys w/ special guest Mindless Behavior »
 DTE Energy Music Theatre, Clarkston

Concerts in the Park: One for the Road »
 McHattie Park, South Lyon

Daniel Harrison & the \$2 Highway »
 Bullfrog Bar & Grill, Redford

Dendura »
 Token Lounge, Westland

Friday Night Concert Series »
 Town Square, Downtown Northville

Live Flamenco Show »
 Tasca de Plata Tapas Bar & Restaurant, Canton

The Moody Blues »
 The Fox Theater, Detroit

Rhythms in Riley Park »
 Walter Sundquist Pavilion & Riley Park, Farmington

Paisley Fogg (classic rock/pop) Plymouth Music in the Air »
 Kellogg Park, downtown Plymouth

SATURDAY • JUNE 19
Brand New Sin »
 Token Lounge, Westland

Live Flamenco Show »
 Tasca de Plata Tapas Bar & Restaurant, Canton

Nothing for Now »
 Bullfrog Bar & Grill, Redford

Sheryl Crow w/special guest Colbie Calliat »
 DTE Energy Music Theatre, Clarkston

Wally Gibson & Denny Cox »
 Station 885, Plymouth

SUNDAY • JUNE 20
Blake Shelton w/special guests Joe Nichols and Chris Young »
 DTE Energy Music Theatre, Clarkston

Extreme Air Band Karaoke »
 Rock Starz Bar, Garden City

Killer Kon »
 Bullfrog Bar & Grill, Redford

Smoke House Curse Listening Party »
 Token Lounge, Westland

MONDAY • JUNE 21
Movement Mondays »
 Bullfrog Bar & Grill, Redford

TUESDAY • JUNE 22
Benny and the Jets »
 Wayne Road Pub, Westland

Chris B Acoustic Show »
 Uptown Grill, Commerce Township

Jimmy Buffet's "Under the Big Top" Tour 2010 »
 DTE Energy Music Theatre, Clarkston

Live Band Karaoke »
 Bullfrog Bar & Grill, Redford

Open Mic »
 Boulders, Plymouth

Spirit of Detroit Chorus »
 Bethlehem Evangelical Lutheran Church, Farmington Hills

Tuesdays are Terrific »
 Heritage Park Amphitheater, Canton

Tunes on Tuesday »
 Town Square, Downtown Northville

WEDNESDAY • JUNE 23
Backyard Beats Concerts »
 Heritage Park Amphitheater, Canton

Dave Matthews Band w/special guest Martin Sexton »
 DTE Energy Music Theatre, Clarkston

Double Take »
 JB Bamboozies, Farmington Hills

No Lookin' Back Open Jam Session »
 Uptown Grill, Commerce Township

THURSDAY • JUNE 24
Chuck Bradley Band »
 Mediterranean Bistro, Livonia

Family Concert in the Park »
 Fuerst Park, Novi

Jake Reichbart »
 Westland Public Library, Westland

Lynyrd Skynyrd/Bret Michaels with special guest .38 Special »
 DTE Energy Music Theatre, Clarkston

Stars in the Park Free Concert Series »
 Farmington Hills

Street Justice »
 Bullfrog Bar & Grill, Redford

Thursday Night Concerts »
 Heritage Park Amphitheater, Canton

FRIDAY • JUNE 25
Art and Acts concert »
 Downtown Northville

Concerts in the Park: Toppermost »
 McHattie Park, South Lyon

Daniel Harrison & the \$2 Highway »
 Bullfrog Bar & Grill, Redford

Dread Zeppelin »
 Token Lounge, Westland

Drew Nelson »
 Trinity House Theatre, Livonia

Friday Night Concert Series »
 Town Square, Northville

Live Flamenco Show »
 Tasca de Plata Tapas Bar & Restaurant, Canton

Rhythms in Riley Park »
 Walter Sundquist Pavilion & Riley Park, Farmington

Target Harmony in the Parks »
 Kensington Metropark, Milford

TobyMac/Chris Tomlin, Hello Tonight Tour »
 DTE Energy Music Theatre, Clarkston

Steve Moakler/Parker Welling (country/pop) »
 Plymouth Music in the Air, Kellogg Park, downtown Plymouth

SATURDAY • JUNE 26
Burn the Hearse »
 Token Lounge, Westland

Fallout »
 Chatter's Pub, Westland

Live Flamenco Show »
 Tasca de Plata Tapas Bar & Restaurant, Canton

Mark Duval & Two Track Mind »
 Comfy Couch Concerts, Wixom

Wally Gibson & Denny Cox »
 Station 885, Plymouth

« DVD RELEASES »

JUNE 1
 Alice in Wonderland
 The Red Baron
 Small Town
 Saturday Night
 The Stranger
 The Wolfman

JUNE 8
 Coach
 From Paris With Love
 Kenny Chesney:
 Summer in 3D
 Shutter Island

StarStruck
 Toe to Toe

JUNE 15
 The Book of Eli
 When in Rome
 Youth in Revolt

JUNE 22
 Green Zone
 Percy Jackson
 & The Olympians:
 The Lightning Thief
 Remember Me

« NOW PLAYING »

IN THEATERS
JUNE 4
 Get Him to the Greek
 Killers
 Marmaduke
 Splice

IN THEATERS
JUNE 11
 The A-Team
 The Karate Kid

IN THEATERS
JUNE 18
 Jonah Hex
 Toy Story 3



IN THEATERS
JUNE 25
 Grown Ups
 Knight and Day





IN THEATERS
JUNE 30
 The Twilight Saga:
 Eclipse


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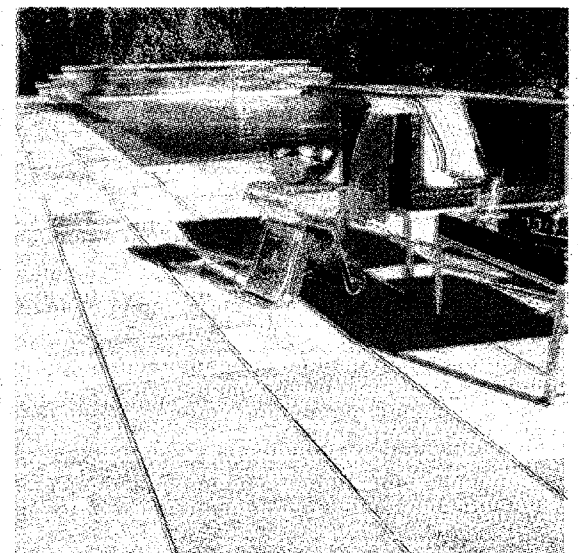
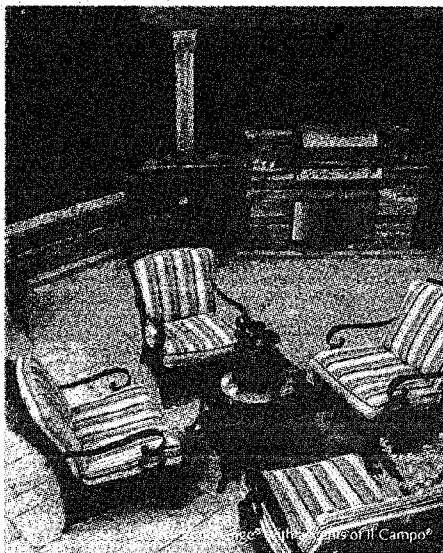
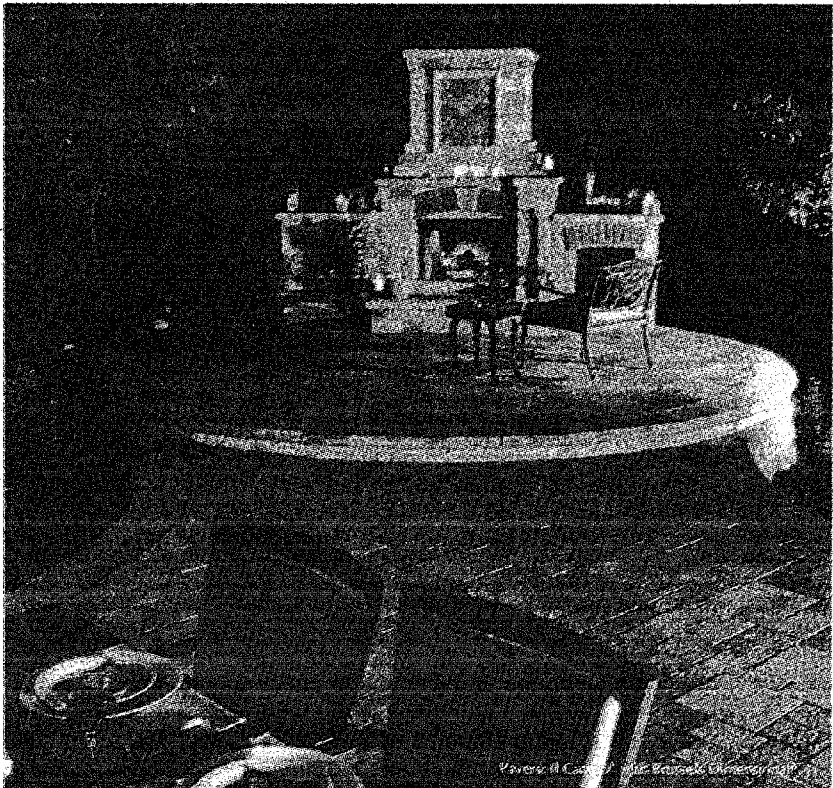
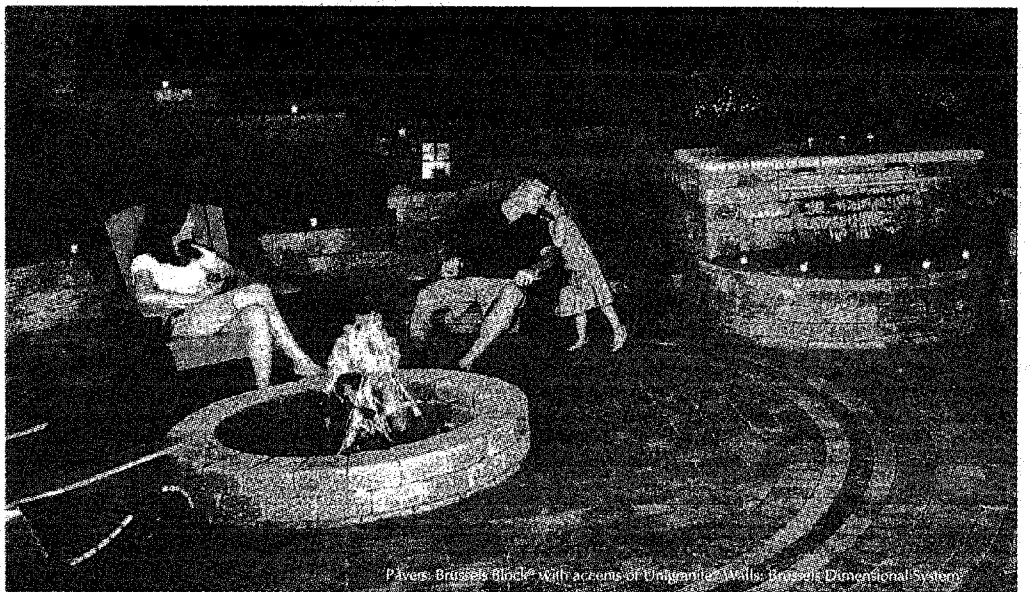
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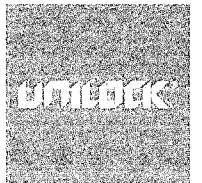
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