

HOT CAMP WORKOUTS

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PLYMOUTH
OBSERVER

hometownlife .com

PIPELINE

Backstage pass

Liberty Street Brewing Co. hosts a "Backstage Pass" to meet and greet musicians of the Plymouth Canton Symphony Orchestra at 7 p.m. Thursday, Sept. 9.

The fun, free event is designed to allow visitors to get to know the people behind the music, including conductor/music director Nan Washburn and assistant concertmaster Hektor Oyteti.

Liberty Street Brewing Co. is located at 148 Liberty in Plymouth's Old Village.

For more information, call (734) 451-2112 or visit www.plymouthsymphony.com

Election forums

The League of Women Voters of Northwest Wayne County will provide an opportunity for voters to hear from candidates for elected offices in the local area prior to the Nov. 2 general election.

The league will sponsor a candidates forum for the 11th District seat in the U.S. House of Representatives, featuring incumbent Thaddeus McCotter of Livonia and Democratic challenger Natalie Mosher of Canton.

That forum takes place 8-9 p.m. Thursday, Sept. 9, at the Livonia City Hall, 33000 Civic Center Drive in Livonia.

The LWV also hosts a candidates forum for candidates in the 20th (Plymouth-Northville) and 21st (Canton) state House districts and the 7th (Plymouth-Canton-Northville and Downriver) state Senate district Monday, Oct. 4.

The Senate forum takes place 7-8 p.m., with Republican Patrick Colbeck and Democrat Kathleen Law invited; the race also includes independents John Stewart and Michael Kheibari. There is no incumbent in that race.

The House forum takes place 8-9 p.m. Republican Kurt Heise and Democrat Joan Wadsworth face off in the race for that seat, being vacated by Democrat Marc Corriveau, who decided not to seek re-election.

The forums take place at the Village Theater at Cherry Hill, on Cherry Hill near Denton, in Canton.

Chicks4Charities

The Chicks4Charities are hosting another fun, challenging and opportunity-filled event to benefit the National Ovarian Cancer Coalition and The Wellness Community, two nonprofit groups dedicated to the fight against cancer.

This year, the Chicks are bringing back the bowling event, "The Ovary Bowl," at 1 p.m. Saturday, Sept. 25, at Superbowl, located at 45100 Ford Road in Canton. The ticket - \$145 per team, \$29 per individual - will include three games of bowling, food, entertainment and a chance to win prizes, including a flat-screen TV or a ride on a historic World War II-era bomber. A free massage goes to each participant.

To donate, sponsor a team, enter as an individual and for more information, call (248) 719-4687.

Firefighters blast city's safety study

BY MATT JACHMAN
OBSERVER STAFF WRITER

Plymouth's new \$68,000 study of its public safety services — police protection, firefighting and emergency medical service — is having a ripple effect in Plymouth Township.

The study, released late last month by the consulting arm of the International City/County Management Association, was to be formally presented to the Plymouth City Commission during a public meeting Wednesday evening.

It was aimed at finding savings in the way public safety services are delivered, and suggests five options for cutting costs that would affect the Plymouth Community Fire Department. The 23-member fire department now provides firefighting and emergency medical services to the city and the township, and Plymouth is responsible for about 25 percent — roughly \$1 million a year — of the department's budget.

Township Supervisor Richard Reaume said that while change that brings savings to the city and the

township is needed in the event of revenue shortfalls, the report contains a lot of data to digest and the township's future course will likely trigger changes in the fire department that the township will have to address.

Fire Lt. Rick Tefend, president of the firefighters union, blasted the plan's proposed changes to the fire department, saying none of the options would provide the level of fire protection and emergency medical service Plymouth residents now enjoy.

"You're cheating the citizens by going to any one of these options,

Tefend said. "I don't understand why they would want to take the township and the city back 30 years."

CHANGE COMING?

But unless officials keep the status quo, which seems unlikely given the falling revenue of recent years and what the City Commission said was the need to look for savings, Plymouth's decisions regarding the fire department will affect the township.

For Reaume, that's not all bad.

Please see **FIREFIGHTERS, A3**



Luke Noble Jr. of Plymouth 'popped the question' to girlfriend Laura Edmonds, also of Plymouth, the evening of Aug. 27 during a horsedrawn carriage ride.

Popping the question
Carriage ride perfect vehicle for proposal

BY PAM FLEMING
STAFF WRITER

Love was in the air last week when Plymouth resident Luke Noble Jr. proposed to his girlfriend, Laura Edmonds, also of Plymouth, in downtown Northville Aug. 27.

Noble decided that a horse-drawn carriage and a family dinner at Table 5 restaurant on East Main Street made the perfect combination.

The couple pulled up to family

members and friends waiting on Hutton Street outside the First Presbyterian Church after Noble had proposed earlier in the evening.

Her answer? "Yes." The bride-to-be's parents, Ken and Debbie Edmonds, drove all the way from Baltimore, Md., for the surprise proposal. Noble had informed his future in-laws of the proposal plan earlier in the week.

His father, Luke, and step-mother, Debbie, were also present. Luke Jr.'s mother is Denise.

MET AT TIGERS GAME

"We met at a Tigers baseball game in downtown Detroit," Noble said. "That was our first date. We had a mutual friend who encouraged us both to go to the game. So, it was kind of set up blindly. Now the rest is history."

Edmonds just turned 28 on Aug. 29, Noble is 32, and they both live in Plymouth. Edmonds works at Honey Creek

Please see **PROPOSAL, A3**

District eyes plan to hike fund-raising

BY BRAD KADRICH
OBSERVER STAFF WRITER

A fund development hired to help the Plymouth-Canton Community Schools come up with a plan to raise money outside the general fund budget thinks there is money out there to be had.

The district's administrators and Board of Education, he said, just need to find the right way to tap into it. And the key, the consultant said, may very well lie with the board's ability to work with the exiting Plymouth-Canton Educational Excellence Foundation.

Rich Howard of The McCormick Group said eight months worth of dialogue with the district's fund development committee determined this: There's a campaign out there that people will identify with and get behind; the district has to find it. "The school districts that have collaborative relationships with their (EEF) are really the most successful," Howard told the board. "In order to have a successful fund-development strategy, there has to be accountability. We recommend you give that responsibility to a committee."

Under recommendations made by the fund-development committee in dialogue with The McCormick Group, the district would put a development coordinator in place to work with the EEF, which would then collect information from a trio of committees:

- Annual fund-raising, which would handle annual giving campaigns, planned and corporate giving.
- Special events, such as employee drives, events fund-raisers and special programs, and
- An Alumni Committee, which would be charged with finding giving opportunities, special programs such as reunions and awareness building.

The board and the EEF would work together to find that one idea the community could rally behind.

"The board would work with the EEF in identifying a particular campaign, a concept that would

Please see **DISTRICT, A2**

Firefighters raise \$4,800 to help Jerry's Kids

BY MATT JACHMAN
OBSERVER STAFF WRITER

Donors filled the boot -- and then some -- during local firefighters' campaign last weekend to fight muscular dystrophy.

About \$4,800, more than four times the amount raised just two years ago, was raised for Jerry's Kids during the two-day "Fill the Boot" campaign by Plymouth Community Fire Department firefighters, according to the local Muscular Dystrophy Association office.

Firefighters were asking for donations Friday and Saturday outside of the Busch's and Kroger supermarkets in Plymouth Township. In 2008, they had raised \$1,081.

Jerry's Kids is a Muscular Dystrophy Association organization named for Jerry Lewis, the entertainer who has long led MDA fund-raising efforts.



BILL BRESLER | STAFF PHOTOGRAPHER

Travis Harned holds a boot for 'Jerry's Kids.' His dad, Terry Harned, is a firefighter. Behind Travis is his mom, Rachel, and firefighter Christine Perez.

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AROUND PLYMOUTH

"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

Good Grief golf

The 12th annual "Good Grief" golf outing to benefit New Hope Center for Grief Support is presented by this year's Green Jacket Sponsor, Wynwood of Northville, Saturday, Sept. 12, at Tanglewood Golf Club in South Lyon, with a 10 a.m. shotgun start.

The proceeds from this outing will benefit New Hope Center for Grief Support, a bereavement outreach center located in Northville. New Hope provides free grief support services and resources to men, women, teens, and children throughout southeastern Michigan. The cost for this four-person scramble, which includes 18 holes of golf with a cart, lunch, dinner, contests, and prizes, is \$125 per golfer. Dinner only is \$35 per person.

For information about sponsorship opportunities or for registration information, contact Pattie Bingham at (248) 348.0115 and visit our website at www.newhopecenter.net.

Hog roast

Plymouth First United Methodist Church, 45201 N. Territorial in Plymouth, sponsors the third annual free Hog Roast Friday, Sept. 10 at 6 p.m. Participants are invited to stop on the way to the Fall Festival in downtown Plymouth. Enjoy pork BBQ, turkey, live performance, bonfire, music and games.

For more information, call (734) 658-8373.

Fall Fest cars

The Plymouth Fall Festival car show will feature antique and classic cars from 1980 and older Sept. 11-12, with a Cruz Night Sept. 10, in downtown Plymouth.

Cost for pre-registration (before Sept. 10) is \$10 for one day, \$15 for both. Registration at the show costs 415 for one day, \$20 for two. Registration forms can be found online at www.plymouthfallfestival.com. Mailed forms must be received by Sept. 8.

For more information call Chris Gurriere (734) 756-7781.



Flight plan

The Flying Pilgrims Radio Col Club hosts the 27th annual air show 10 a.m. to 5 p.m. Sept. 11-12 at the northwest corner of Geddes and Ridge ds, on the east side of Superior Township. This event has a universal appeal to young and old alike. Attends of approximately 2000 spectators a day is normal. The show is designed to generate new interest in hobby, as well as providing entertainment for the casual visitor. The airplanes to be displayed and flown are 'Giakale,' or at least one-quarter the size of the real aircraft. Wingspans over 100 inches are common. Most of models weigh between 15 and 50 lbs. Engine power ranges from 3 to 12 Hp. The models will fly all day during show, and perform many aerobatic maneuvers during their flights. Admission is a \$5 vehicle fee. For more infoation, call John Lane, (248) 348-1156.

Chiefettes variety

The Canton Chiefettes/Pon teams present "Farr-A Variety Show" 1:30 and 7:30 p.m. Saturday, Sept. 11 in the Gloria Logan Auditorium at Salem High School.

Tickets are on sale now for \$6 and are available from Chiefette team members and parents or can be purchased for \$8 at the door on show day. For more informaton visit our website www.cantnchiefettes.com

Christmas auditions

Central City Dance in Canton is holding open auditions for its annual Christmas Spectacular Broadway Show on Sunday, Sept. 12.

Performers from all over southeast Michigan are welcome to try out. Auditions will be:

- Dancers: 11-11:45 a.m. ages 6-8; noon-12:45 p.m. ages 9-12; 1:30-2:30 p.m. ages 13 to adult.
- Singers: 2:45-3:30 p.m. for all ages.
- Gymnasts: 1-1:30 p.m. all ages.

Sponsored by Central City Dance in Canton for the last five years, the show includes more than 300 costumes in eight scenes and 100 performers showcasing some of the most talented dancers, singers, and gymnasts from area dance studios, community theaters, and colleges throughout southeast Michigan.

This year there are five shows, Dec. 16th-19th at Village Theater at Cherry Hill in Canton.

Additional information regarding the audition process can be found on the studio's website: www.CentralCityDance.com

Garden club meets

The Plymouth Garden Club meets Monday, Sept. 13 at 12:30 p.m. at the Garden Club Park, located at the corner of Forest and Sutherland.

This is a potluck luncheon. Please bring a dish to pass, your own place setting and a lawn chair. Beverages and dessert will be provided. In case of inclement

weather, the meeting will be held at the Plymouth District Library. All are welcome.

For more information, visit the website at www.sites.google.com/site/plymouthgardclub

AAUW meeting

The Plymouth/Canton branch of the American Association of University Women will host its monthly meeting on Sept. 16, at 6 p.m., at the Plymouth Community Arts Council, 774 N. Sheldon (just north of N. Territorial) in Plymouth.

The meeting will feature Lisa Noel, the branch's college delegate to this years' NCCWSL Leadership Conference. Noel will share information about the conference and describe its effects upon her life and future plans. AAUW is dedicated to advancing equity for women and girls through advocacy, education, philanthropy and research. AAUW membership is open to all.

For more information,

contact Esther Nelson at enelson1c@att.net or (734) 981-4938.

Quilt art

Contemporary quilt art begins the fall season of exhibitions at the Plymouth Community Arts Council. "Confluence" is the aptly named title of Marilyn Prucka's September exhibit. The artist uses the Raisin River in Monroe for her inspiration. Her quilt work expresses the texture, light and color of the river and its immediate surroundings.

A luncheon and fiberart presentation by Marilyn Prucka will be held at the PCAC on Wednesday, Sept. 15 at 11:45 a.m. Tickets are \$15 and can be purchased by contacting the Arts Council at (734) 416-4278. "Not Afraid to Dye" is the theme of the presentation about fiberart, creativity and process.

Marilyn Prucka holds an MFA in Textiles from Eastern Michigan University and a BA in printmaking. She has been a guest lecturer at Wayne State University and teaches fiber and printmaking workshops.

An artist reception will also be held on Friday, Sept. 24 from 6-8 p.m. The public is invited. The exhibit continues through Sept. 30 and can be viewed Monday through Thursday from 9-5. The Arts Council is located at 774 N. Sheldon Rd. in Plymouth. Call (734) 416-4278 for additional information.

Ensemble auditions

The Vocal Arts Ensemble of Michigan announces auditions for new members, all voices: Soprano, Mezzo Soprano, Alto, Tenor, Baritone or Bass. All must have the ability to read music and embrace music of the a capella choral tradition both sacred and secular. Musical periods include the Renaissance to current musical experiences both costumed and in traditional concert attire.

Auditions will be held at Orchard United Methodist Church, 30450 Farmington Road, 3-5 p.m. Sunday, Sept. 12. Weekly rehearsals are on Sunday from 3-5 p.m. at Orchard United Methodist Church.

For more information, contact Charles Whitmore, Director, at (313) 254-1821 or e-mail chuckwhitmore1@live.com.

DISTRICT

FROM PAGE A1

resonate with the community," Howard said.

Howard pointed out some 100 groups, primarily sports boosters and other clubs, are already doing between \$800,000 and \$1.2 million in fund-raising in the district (the largest of those being the marching band boosters). The district itself is using fund-raisers such as door-to-door, special events, and government and corporate grants, to do the bulk of their fund-raising.

"This wasn't a surprising number to me, given the size of your district," Howard said. "You have an awful lot of things going on."

Opportunities exist, Howard pointed out, in planned giving, corporate giving, naming opportunities and among the alumni to raise money.

"We are coming up, thanks to the baby boomers, on the biggest transfer of wealth in our nation's history," Howard said. "There are opportunities for fund development there."

Howard's research showed districts similar to Plymouth-Canton throughout the Midwest generally raise between \$50,000 and \$100,000 a year, primarily through individual giving, which Howard said brings in "the big dollars."

"Philanthropy is trending down, really for the first time in our nation's history, for a number of different reasons," he said. "The good news is, people are still willing to support what's important to them."

That's where the EEF and the other committees would come in handy.

"The collaboration between the EEF and the board is a positive thing," said Carole Cody, the EEF's executive director. "We can accomplish so much more together. We're here working for the same things as the board."

Whatever the final fund-development committee structure looks like, board members said it's up to them to make sure the district comes up with something the public wants.

"Some of these are exciting things," school board President Steven Sneiderman said. "We need something the community can get around. We haven't communicated well to figure out what would resonate. It's important to have a structure that will help us do that."

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**Last Concert is This Friday...
Plymouth Music in the Air**

...7pm Sept. 3rd
in Plymouth's Kellogg Park

Friday, Sept. 3 in Kellogg Park...Lady Sunshine & the X Band (R&B)

Lady Sunshine was born to sing the blues. Born on a plantation near the Mississippi Delta in West Helena, Ark., Lady Sunshine grew up singing gospel music as a little girl. She is the consummate entertainer and that deep soulful southern hunger that drives her is apparent both on and off the stage through her heartfelt originals and down-to-earth demeanor. She moved to Ann Arbor in 1975 and began performing professionally in genres such as Blues, R&B, Gospel, Soul and Jazz. Although Sunshine lives in the heartland of the University of Michigan Wolverines, the chants of 'Let's Go Blue' take on a whole different meaning for her.

The Rhythm Section, comprised of "Slick" Rick Humesky on guitar, Kito Pardo on drums, Larry Baulden on bass, and Tom (Fosdog) Fosselman on keyboards, is a rock steady groove machine with such a deep pocket that no matter what style is called for, they produce a groove that is authentic and precise.

The 'Xsatiable Horns' are comprised of Patricio Padilla, David Maki II and Ken Ferry, powerful, air-tight horn phenoms accustomed to playing as a compact and symbiotic unit in addition to being virtuosic soloists in their own right. Their 'Phat' sound has been described as a fusion of the Memphis Horns, James Brown Horns, and Tower of Power Horns rolled into one unique and Xsatiable package.

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BILL BRESLER | STAFF PHOTOGRAPHER

The old Kmart distribution center, Canton's largest industrial vacancy, will be the new home for longtime Romulus-based W.F. Whelan Co.

Canton fills largest industrial vacancy

BY DARRELL CLEM
OBSERVER STAFF WRITER

Canton's largest industrial vacancy, a 1.1-million-square-foot building that once housed a Kmart distribution center, will be the new home for longtime Romulus-based W.F. Whelan Co., a global third-party logistics firm that stores and distributes goods exported and imported by air and sea.

W.F. Whelan, also licensed as a foreign trade zone where companies can avoid duties and taxes until products are shipped, plans a gradual move that Dennis Webb, chief business development officer, said should be completed by February.

"We're very excited," he said. "This is an evolution for us."

Amid plans to invest as much as \$4 million in the Canton building, W.F. Whelan confirmed it will consolidate operations from two separate Romulus facilities into the former Kmart warehouse southwest of Joy and Haggerty.

"We're kind of like a big family," Webb said. "This gets us all back under one roof."

W.F. Whelan has 50 full-time employees and a similar number of contract employees. Moreover, Webb predicted

the still-growing, 36-year-old company will likely add five to 15 workers a year after it settles into its new international warehouse, distribution center and headquarters.

"We are very excited they are coming to Canton," township Economic Development Manager Debra Bilbrey-Honsowetz said.

Canton Municipal Services Director Tim Faas said the former Kmart distribution center has been vacant for several years, though it was most recently used by Absopure Water Co.

"This is the largest industrial vacancy in Canton and one of the largest in western Wayne County," Faas said, calling W.F. Whelan's move "awesome" for a township that has strived to lure companies to combat an economic downturn.

W.F. Whelan Co. began in 1974 in the Detroit Metro Airport international terminal as a small customs brokerage company for the automotive industry and its parts suppliers. The company later moved to a larger facility in Romulus, adjacent to the airport.

Webb said the firm now finds itself in need of an even larger facility where it can continue to grow.

FIREFIIGHTERS

FROM PAGE A1

"We cannot continue to do business as usual," he said. "There are not enough public dollars."

The township has already expressed interest in a plan for a shared emergency dispatch system now being studied by Livonia and Canton Township officials (Plymouth and Plymouth Township already combine dispatch), Reaume said, and last year discussed greater regionalization of the fire department, an idea that could be revived.

Two options in the study would sever the city's ties with the fire department and have the city move instead to a public safety department, in which police officers would be cross-trained and also act as firefighters and medical first responders. Private ambulance service, as it does now, would also play a role in providing medical care. Under one of those scenarios, "we'd have to look at what it meant for the communities" before deciding the future of the fire department, Reaume said. The township Board of Trustees, in its agreement with the city, is charged with managing the department. The city can back out of the agreement with a year's notice, with the dissolution coming at the end of a calendar year.

OPTIONS CONSIDERED

Under three other options in the study, the city would continue to be served by the fire department, but would seek personnel cuts, and the introduction of some part-time and on-call firefighters, in order to trim costs.

"Our board would have to take a hard look at that," said Reaume, acknowledging that getting the firefighters union to agree to personnel cuts and the introduction of a class of part-time and on-call employees would be difficult.

On that, Reaume and Tefend agree.

"It would be a tough fight for them, absolutely," said Tefend, president of Local 1496 of the International Association of Fire Fighters, which represents 21 active firefighters (three are also on layoff).

Tefend argues that the extensive training required would make it difficult to recruit part-time and on-call firefighters who would earn lower wages

or be volunteers, and that the report glosses over some issues raised by a public safety department, such as the cost of having a private paramedic stationed in the city, something the report suggests.

Having cross-trained public safety officers, or auxiliary or part-time firefighters instead of a full-time force, Tefend said, would raise insurance rates for homeowners and businesses.

Tefend also argues with some of the study's findings, including one that says firefighters are busy at fires and medical runs, in the city and the township combined, for a total of just 90 minutes a day.

"Two-point-three runs a day (the average in the city alone) could average out to be 90 minutes — if we didn't transport, if there was nothing major going on," Tefend said.

OTHER WAYS

The study said the department averaged nearly eight fire and medical runs a day in the

city and township combined. The overwhelming majority of the department's calls are for medical assistance.

Tefend said the study should have looked at having the fire department transport more patients to hospitals during medical emergencies, which would allow it to collect revenue from insurers and patients, rather than handing that service to Huron Valley Ambulance, which does a majority of transports. Township officials have said that approach would not be cost-effective.

Tefend said firefighters are willing to handle more patient transports, at least on a temporary basis, with no increase in personnel to see how that model works.

"The city wants to save a hundred and eighty thousand," he said, referring to one proposed option and its estimated savings. "I can probably bring them a quarter of a million in transport (fees)."

PROPOSAL

FROM PAGE A1

Community School, a charter school in Ann Arbor, and will teach fourth- and fifth-graders this school year. Noble works at a family business in Detroit.

"I was trying to come up with a creative idea for the proposal," he said. "We both love the outdoors and are big Michigan fans, so I came up with the University of Michigan wine glasses, and then the horse and carriage came to mind."

The two will marry on Sept. 17, 2011, in Las Vegas.

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Contact Editor, Brad Kadrich

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CRIME WATCH

Computer equipment targeted in thefts from vehicles

1 Computer equipment was reported stolen in two recent vehicle burglaries in Plymouth Township. Both vehicles had been left unlocked, according to Plymouth Township Police Department reports.

In the first theft, reported Aug. 26 on Fox Drive in the western part of the township, a laptop computer, a leather bag and books were stolen from a Saturn Aurora parked in a driveway.

In the second, reported Aug. 30 on Dorian Drive, west of Sheldon in the center of the township, a computer flash drive and the vehicle owners manual were stolen from a Ford Taurus parked outside a home.

Scrapper strikes

2 The catalytic converter was reported stolen Aug. 26 from a 2001 Chevrolet Cavalier that had been parked at an apartment complex on Shadywood Lane in northeastern Plymouth Township.

The theft occurred between Aug. 22 and Aug. 26. Catalytic converters are sometimes stolen for the precious metals inside.

Tent gone

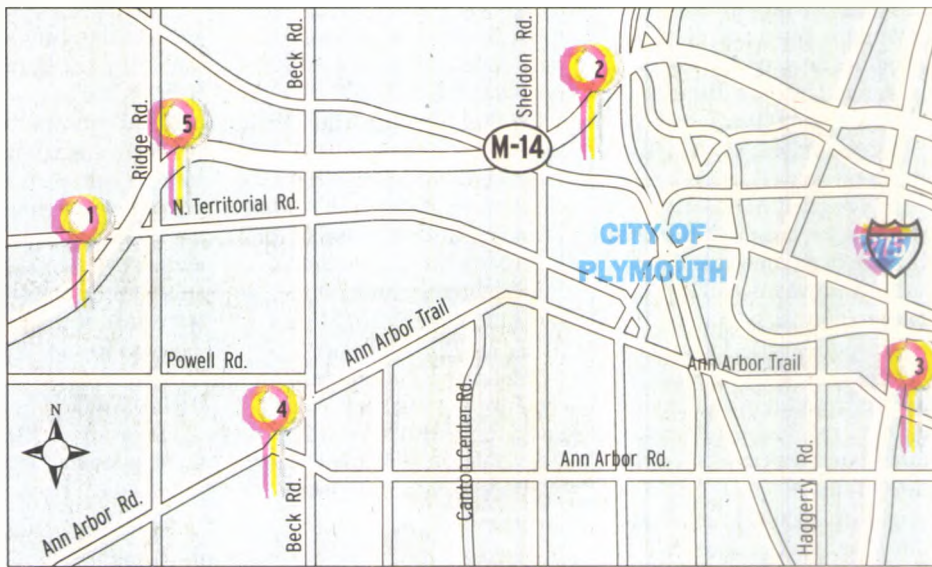
3 A commercial tent was reported stolen from outside a building on Greenview Place, in eastern Plymouth Township, last week.

The white tent, 10 feet by 10 feet, had been left alongside the building, the complainant told police. It had last been seen about 3 a.m. on Aug. 22, and it was first noticed that it was missing about noon the same day, a police report said.

Purse theft

4 A township woman reported the theft of her purse, with bank cards and cash in it, from outside the Picnic Basket, a delicatessen and party store on Ann Arbor Road in the western part of the township.

The woman told police she had been sitting at a table outside the store on Aug. 19, and realized when she arrived home later that she had left her purse there.



She returned but was unable to find the purse. Police said the victim canceled her bank cards.

Van stolen

5 A Chrysler van was reported stolen from outside a house on Oakland Court, in the northwestern part of the township, on Aug. 19.

The van, which had been left unlocked and parked in the driveway, was stolen between about 9 p.m. Aug. 18 and shortly before 7 a.m. the next day, a police report said.

- By Matt Jachman

FIRE RUNS

The Plymouth Community Fire Department responded to the following runs during the period Aug. 25-31:

- Tuesday, Aug. 31 — Rescue runs on Ann Arbor Road and on Ann Arbor Trail; residential rescue runs on Westbury, on Northville Road, on Six Mile, on Evergreen and on Adams; special runs on Hunters Park and on Northville Road.

- Monday, Aug. 30 — Residential rescue runs on St. Andrews, on Waverly, on Lilley, on Carol, on Sheldon and on Harvey; commercial rescue runs on Ann Arbor Road and on Plymouth Road; vehicle accident at Burning Tree and Beck.

- Sunday, Aug. 29 — Vehicle accident on

westbound M-14 at Robinwood; residential rescue runs on Joy, on Franklin, on Harvey and on Deer Court.

- Saturday, Aug. 28 — Mutual-aid run on Warren; commercial rescue run on Five Mile; special, mutual-aid-received run at Northville Road and Hammil; special run on Northville Road; residential rescue runs on Southworth and on Van Buren.

- Friday, Aug. 27 — Special runs on Northville Road and on Haggerty; carbon monoxide detector run on Hilltop; industrial rescue run on Five Mile; residential rescue runs on Hilltop, on Penniman, on Waverly, on Terry, on Burger and on Washington; fire run on Brownell; commercial rescue run on Ann Arbor Road; mutual-aid-given run on Lilley; open burning run on Ann Arbor Road.

- Thursday, Aug. 26 — Vehicle accident with wash-down on Ann Arbor Road; vehicle fire on Sheldon; grass/brush fire on N. Territorial; residential rescue runs on Pacific and on Penniman.

- Wednesday, Aug. 25 — Residential rescue runs on Woodlore, on N. Territorial, on Northville Road, on Cambridge and on Amesbury; vehicle accident with extrication at Ann Arbor Road and Napier; commercial rescue run on Lilley; single-family fire on Gregory Lane; vehicle accident at Ann Arbor Road and Ridge.

Program will safely dispose of unneeded prescriptions

BY MATT JACHMAN
OBSERVER STAFF WRITER

Plymouth Township will participate in a nationwide effort to help people safely dispose of unneeded and expired prescription medicine.

The township Police Department will be a drop-off site, between 10 a.m. and 2 p.m. Saturday, Sept. 25, for the U.S. Drug Enforcement Administration's nationwide controlled substances take-back program. Expired, unused and unwanted prescriptions can be dropped off at the station, anonymously and with no questions asked.

The purpose, according to the DEA, is to keep hazardous medicine out of the waste stream and away from people for whom it was not prescribed. Prescription "diversion" — the use of drugs by people for whom they were not intended — poses safety and overdose hazards, and merely throwing such medicine out in the trash or flushing it down the toilet could have environmental impacts, the DEA said in a press release.

Even curious children need to be protected, said township Police Chief Tom Tiderington.

"We hope that parents are looking through their medicine cabinets and are going to discard drugs they no longer use — that their kids could easily abuse," the chief said.

The majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet, the DEA said.

"We will eliminate a major

source of abused prescription drugs, and reduce the hazard they pose to our families and communities in a safe, legal, and environmentally sound way," said Michele Leonhart, the DEA's acting administrator, in a press release.

Tiderington said police in Plymouth Township have seen evidence of the abuse of prescription drugs.

"I think the abuse is everywhere," he said. "I don't think it's limited to one area or another, or one economic class."

The 2008 National Survey on Drug Use and Health, by the U.S. Department of Health and Human Services, estimated there were 6.2 million people in the country using psychotherapeutic drugs — drugs that alter a person's mood or state of mind — that were not prescribed for them. The study indicated there were more Americans abusing psychotherapeutics than were abusing heroin, cocaine and hallucinogens combined.

Tiderington said the drugs collected Sept. 25 will be securely stored and properly disposed of in coordination with the DEA and a company that specializes in hazardous waste.

The prescription collection at the police department — at 9599 Haggerty, north of Ann Arbor Road — is not limited to township residents.

For more on the program, and a search engine to find other nearby collection sites, visit the Website www.dea.gov.

mjachman@hometownlife.com | (313) 222-2405

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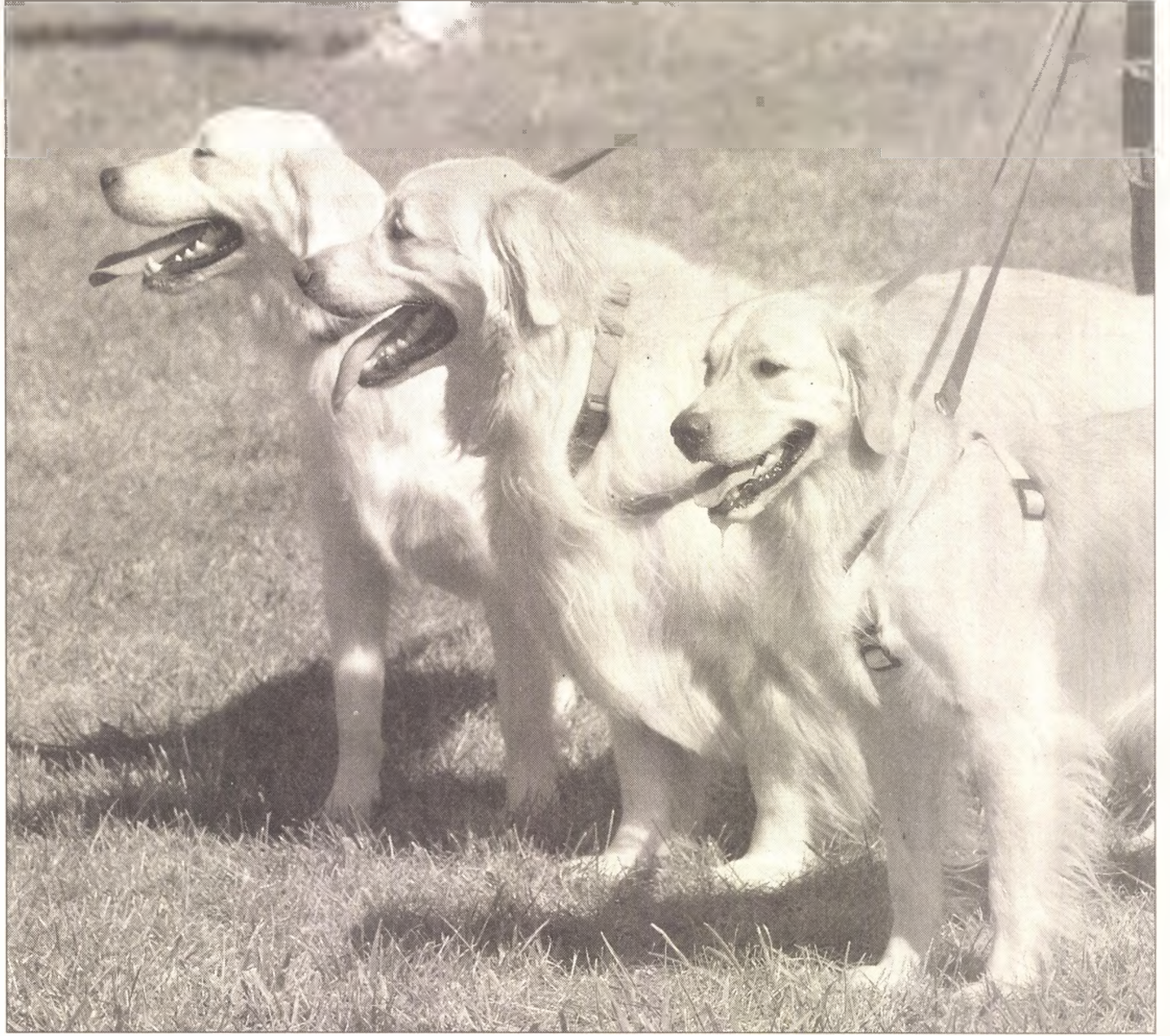




Meeka, a border collie and a star member of Rock and Roll K-9s, zips in and out of a row of humans.

Dog days

Robbin Ensor of Plymouth pushes Sophie, a pretty privileged pet.



PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER

Lyla, Brady and Remi are a fine trio of golden retrievers. They belong to Jill and Dale Millins of Farmington Hills.

Pets the focus of 2nd Paws park event

BY BRAD KADRICH
OBSERVER STAFF WRITER

Brian Howell had planned to get his wife, Melissa, a kitten for the couple's anniversary, though he hadn't done it yet.

So when the couple and their 12-year-old daughter, Samantha, saw a pair of kittens up for adoption underneath the Huron Valley Human Society tent at last weekend's Paws in the Park event in Heritage Park in Canton, the time seemed right.

The Howells, about to celebrate their 15th anniversary, adopted both kittens on the spot.

"It was a pretty spontaneous decision," Melissa Howell said. "We already have two cats, and we lost a third one last year (to cancer). We saw the two together and I said, 'We can't break up siblings.'"

The adoptions, which took place Saturday, were the first of the weekend for the Humane Society, one of the primary beneficiaries of the second annual Paws in the Park, which drew thousands of dogs and their humans to Heritage Park for the two-day festival.

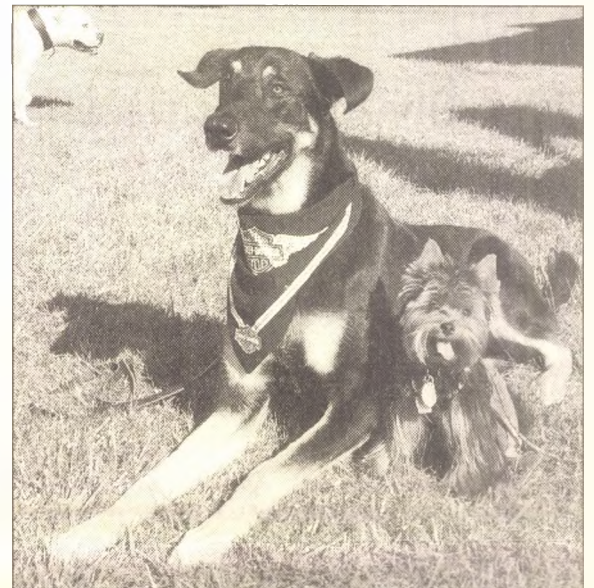
Paws in the Park featured entertainment, adoptions, education, food, contests and shopping for pet owners and their pets. Entertainment came in the form of acts such as the Pawsitive Vybe Frisbee Team and a high-energy performance by Rock 'n' Roll K-9s.

All proceeds (totals weren't available at press time) went to HVHS.

"Events like this are extremely important" to the Humane Society's mission, said Jaci Nicols, HVHS' development director. "A lot of people don't realize we're the Humane Society for the Plymouth-Canton area. Getting out here is an important part of our outreach."

Lisa Kline of Grosse Pointe Park saw Paws in the Park advertised on-line and brought her collies, Shosti and Casso, to Heritage Park.

"We do a lot of activities with our dogs," Kline said. "This was a great chance to see other dogs, and hang out with our dogs. There's a lot of things the dogs can actually participate in."



Max and Trig are BFF's. Max is a rescue dog owned by Jean Reitmyer of Wyandotte. Trig, a yorkshire terrier belongs to Sylvia Shimkus, of Flat Rock.



Duke, a german shorthaired pointer leaps for the toy thrown by his owner Jeff Ward in the Ultimate Air Dog Competition. They are from Linden.



Debbie Anderson, of Canton, and her husky mix Jack.

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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



BILL BRESLER | STAFF PHOTOGRAPHER

Students are back to school next week.

Back to school

Help your child succeed, have a brighter future

More than New Year's Eve, the back-to-school season is when many families resolve to make changes for the better.

And why not?

The start of school is the best time to establish good habits that will help kids succeed in class.

After a summer of staying up late, spending too much time in front of the TV and computer, and eating too much junk food, children are ready for a little more structure in their lives.

School resumes Tuesday, Sept. 7, for Plymouth-Canton public school students.

Here are several common-sense tips from the American Academy of Pediatrics and other child-advocacy organizations to help your child get off to a good start.

• Start the day off right by getting your children up in enough time to get ready without rushing and to eat a healthy breakfast.

• Develop a homework routine. Find a quiet spot — where the TV is off — for children to do their work. Younger kids may want to sit at the kitchen table while older kids may prefer their bedrooms for better concentration.

• Answer questions and offer assistance but never do your child's homework for him.

• Communicate with your child about his day. Ask specific questions.

• Check younger students' backpacks for notes, missed assignments, book orders, etc.

• Limit the time your child spends in front of the TV and computer. Send children outside to play so they can get fresh air and exercise.

• Communicate with your child's teacher. Attend parent/teacher conferences.

• Spend time at your child's school. Attend your child's school musicals, plays and sporting events but also volunteer in the classroom or in your child's building. There are many opportunities outside of the classroom.

• Set a bedtime and stick to it. A well-rested child is able to concentrate better in class.

• Read with and to your child. Get your child a library card — it's the most useful school supply he or she will ever have. Besides checking out books for pleasure reading, students can get help with homework at the library and check out resources for projects. Librarians at the Plymouth District Library, 223 S. Main in downtown Plymouth, will be glad to sign your child up for a library card and share the wonder of books.

• Be supportive of your child's teachers and the school system.

• Be a positive role model for your children. Let them see you reading, eating healthy and limiting TV and computer time. If you need to complete your education or get an advanced degree, go back to school yourself. Or, take a community education class in a topic you've always been interested in to show your kids that learning never stops.

COMMUNITY VOICE

Who are you leaning toward at this point in Michigan's gubernatorial race, and why?

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



"Virg Bernero. I like what he's for and I like that he is a mayor and knows how to run a city."

Julie Barr
Ann Arbor



"I haven't decided yet, 'cause I haven't read up."

Ellen Hiltz
Plymouth Township



"Bernero. Because he has a social conscience."

Marjorie Banner
Northville Township



"I really need to look that up. ... I usually go independent."

Margaret Harris
Plymouth Township

LETTERS

Integrity gone

Joe Bridgman gave in to temptation.

He had an opportunity to embarrass someone at his work and he seized on it, in a big way. When he learned that a co-worker had been offered a job outside of the township, he wanted so badly to publicize this that he threw his integrity out the window and went for it.

This behavior is cringe-worthy. It violates an unwritten code of co-worker ethics. It is something that you just do not do to someone else in your workplace.

Joe is entrusted with an enormous storehouse of information on every taxpayer and voter in this township and it is alarming that he was willing to compromise his ethics in order to discredit someone he doesn't like.

Nancy Conzelman
Plymouth

Supports Edwards

We are writing this letter to show our support for Plymouth Township Treasurer Ron Edwards.

Ron has worked tirelessly to help make the township a place we can all be proud to say we live. In addition to the hard work he devotes to his job, he has volunteered countless hours over the years securing donations and organizing the July 4th Picnic and the July 3rd fireworks. He takes great pride in Plymouth Township and is always striving to make it better.

We also know Ron works on our behalf to maintain a balanced budget and yet maintain the level of services that make this a great community, not an easy task in these difficult economic times. We appreciate the great job Ron Edwards is doing for Plymouth Township.

Ken and Judy Selasky
Plymouth

Edwards an asset

Intense or focused? Stubborn or deter-

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.

Read or comment online:
www.hometownlife.com

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.

In 2010, the treasurer's office was again recognized for excellence in financial reporting by the Government Finance Officers Association — for the sixth time since 2002.

Ron Edwards lives and breathes Plymouth Township. No matter what you think about him, he has been and continues to be one of our best assets.

Dan Herriman
Plymouth Township

Religious freedom?

Newt Gingrich and Sarah Palin have joined with the Tea Party types to express opposition to the so-called "Mosque at Ground Zero." Their only purpose in spreading this propagandist nonsense is to engender fear and hatred of Muslims.

Here are some facts you will not hear from the Tea Party. A few blocks from Ground Zero is a closed Burlington Coat Factory. This was purchased for a proposed Islamic Cultural Center which all are welcome to visit. This urban renewal project has the blessing of New York Republican Mayor Bloomberg. The Cultural Center is not a mosque and has no minarets. A few blocks from this proposed site exists a mosque that has been in Manhattan for over 30 years.

Gingrich is quoted as saying, "the mosque at Ground Zero is akin to putting a Nazi sign next to the Holocaust museum."

How silly. Does this mean that no religious church can be built by the federal building in Oklahoma City? Timothy McVeigh, a devout Christian, blew up the federal building in Oklahoma City because he was angry with our government.

We either have constitutional guarantees of freedom of religion, or we do not.

According to Gingrich, Palin and their Tea followers, we do not.

Gerald and Dolores Maxey
Farmington Hills

Costume party 'Plum' day for author's fans

I've never been a "fan" in the sense that I'd wait in line to get tickets to see an act, or track their movements on the Internet, or write a fan letter.

Close as I've come was a couple of years ago, when I essentially hijacked a telephone interview with Barry Manilow another writer was setting up. OK, so it wasn't exactly "hijacked"; she wasn't all that interested and she knew I was a huge fan, so she willingly gave it over.

Brad Kadrich

It was supposed to be 10-15 minutes, turned into roughly a half-hour, and I still have the tape.

I do have an autographed copy of one of Robert B. Parker's *Spenser* books, given to me as a present in honor of my fondness both for the books and the TV show (which starred Robert Urich. And I have occasionally had the opportunity to interview people I've admired (Alan Trammell, Richard Dreyfuss).

So my ears definitely perked up a

little when freelance writer Maggie Wunderlich told me about an upcoming appearance of one of my new favorite writers, Janet Evanovich. None of the men I know read Evanovich's "Stephanie Plum" novels, so I may be risking my Man-Card (although no one has stripped me of it yet in the wake of my fondness for Manilow). But I will likely be there when Evanovich, who has thus far penned 16 Plum stories, signs books at the Barnes & Noble on Haggerty in Northville Sept. 16. She's introducing a new series based on a character named Diesel introduced in the Plum "Between the Numbers" books she's written.

It's gonna be crowded, and Evanovich will only sign new copies of her books, including the Plum novels, but it should be a fun event.

However, it may not be as much fun as what the Canton Library has in store a few days earlier. From 2-3 p.m. on Saturday, Sept. 11, the library hosts "Evanovich Fan Fun," a party to mark the author's foray into the local community (e-mail magwunderlich@gmail.com for details).

The kicker here is the library event is a costume party, with party goers being encouraged to attend dressed as their favorite Plum character.

The only other book-related event where I've seen people dress up was for the release of several of the Harry Potter books, so it'll be interesting to see whether this draws costumed fans. The most fun character to dress up as may very well be Vinnie, Plum's sleazy cousin who runs the bail bonds office for which she went to work when she lost her job as a lingerie buyer.

I've had my head shaved, been knocked off the ledge in a dunk-tank, offered to work in a variety of jobs around the various towns in which I've worked. I've never yet agreed to appear in a costume.

Maybe it's time.

Brad Kadrich is community editor of the Plymouth and Canton Observers, and an avowed Janet Evanovich fan. He can be reached via e-mail at bkadrich@hometownlife.com or by phone at (313) 222-8899.

Temple opens in Canton with celebration

BY DARRELL CLEM
OBSERVER STAFF WRITER

Esteemed spiritual leaders from as far away as India joined thousands of metro Detroiters in song, prayer and upbeat ceremonies that ended Sunday as the new Hindu Temple of Canton formally opened amid a three-day celebration of what many lauded as one of the nation's premier Hindu places of worship.

Temple chairman Manoj Sachdeva estimated that 8,000 to 10,000 people passed through the doors over the weekend. A huge crowd packed a vast prayer hall Sunday for what he hailed as "a history-making event" inside the \$8.3-million, 37,517-square-foot building on Cherry Hill east of Canton Center.

Outside, Hindus watched as priests and temple officials gathered atop the temple's roof and blessed the building by sprinkling holy water, some of it brought from India's revered Ganges River, onto two domes — one graced by the Hindu symbol of peace.

"This is very exciting," said Jesal Shah, a temple trustee. "This makes me feel so satisfied and proud."

Colorful balloons and flower petals adorned the entrance area as Hindus and other visitors marveled at a new temple that replaced a much smaller, now-demolished facility, culminating a long journey for devotees who first gathered nearly 25 years ago in their own homes.

"This is everything to me," Canton resident Subrahmanyam Jayakumar said. "We have strived for this. This was our dream. This is a proud moment for us to have this beautiful place where we can worship in Canton."

Jayakumar and others also said the new temple is expected to attract visitors from far away — visitors they said will spend money in the local economy. A crew from TV Asia captured Sunday's celebration.

Inside the two-level temple, hundreds of Hindus sat on a

carpeted prayer hall floor and applauded as curtains lining one wall opened to reveal decorated altars and statues of religious deities. Priests, temple officials and dignitaries from local government to Washington, D.C., lined up to light candles on a brass diya — a large ornament used to usher in special occasions.

Acclaimed singer Alka Bhatnagar came from California and performed devotional Indian songs as some Hindus sang along.

"I call that a grand opening, for sure," Sachdeva said during a pause in the celebration. "It gives me immense pleasure to say that our temple construction project is now 100 percent complete."

Sachdeva, too, mentioned the potential economic impact the temple can have on Canton — home to many Indian people — and he nodded to local officials and said, "We hope that we have made you proud of us."

Religious leaders have hailed the temple as a place where Hindus and visitors can worship, dance, share laughs, practice yoga, nurture families, celebrate milestones and offer community events such as free health fairs.

"I'm proud to be part of this memorable journey," said Anurag Bajaj, temple president.

He alluded to Dr. Martin Luther King Jr. as he described how local Hindus had a dream to build the temple, and he paraphrased a famous quote from former President John F. Kennedy as he said, "Ask not what your temple can do for you. Ask what you can do for your temple."

Famed leader Param Pujya Shri Sudhanshu Ji Maharaj, followed by Hindus around the world and known for leading the Vishwa Jagriti Mission, came to Canton for the temple's grand opening, and he spoke in Hindi to those who attended Sunday's ceremonies.

"People from Toronto and Chicago are here to try to woo him to visit their communi-

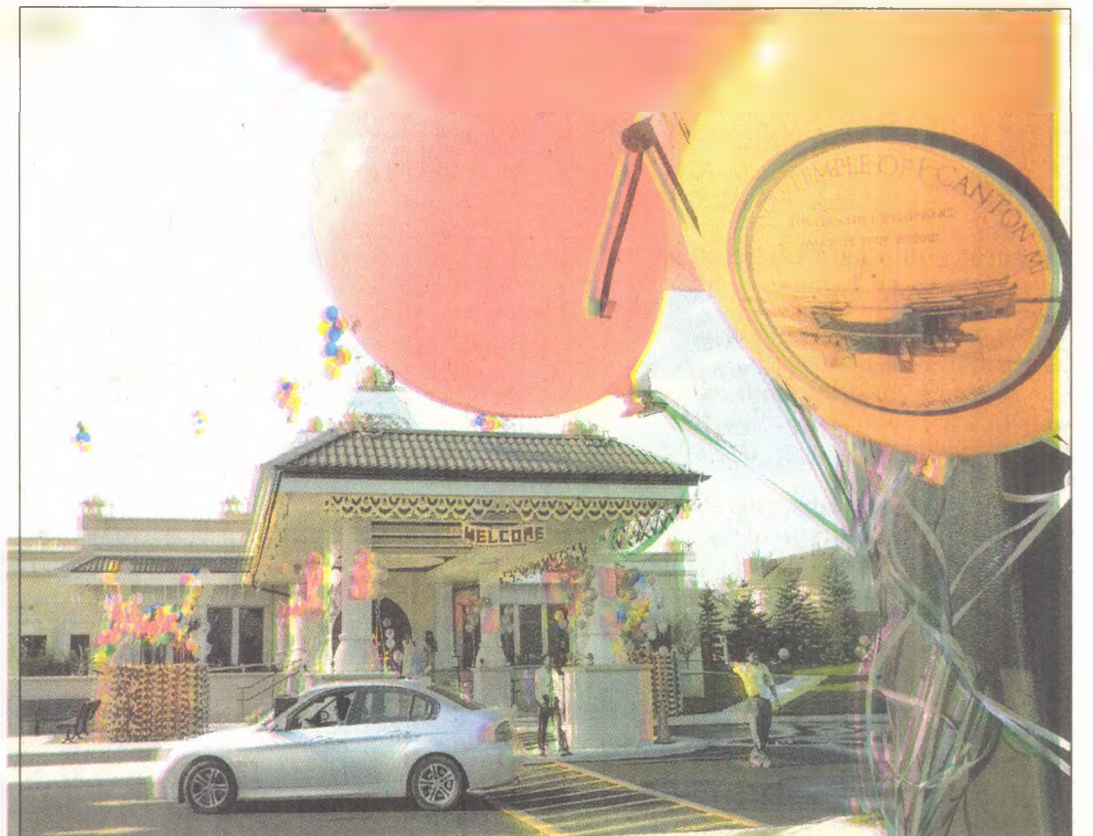
ties," said Jatin Desai, temple board secretary, underscoring the significance of the visit to Canton.

Other renowned leaders also joined the celebration, such as Swami Shri Atma Yogi Anandji, founder of the Bhagwat Gita Parivar Trust that helps train teachers and provide poor children with education, food and clothing.

Canton Township Supervisor Phil LaJoy, joined Sunday by other township leaders, described Canton as "very proud" of the new temple, which he said reflects an increasingly rich tradition of diversity in the community.

U.S. Rep. Mark Schauer, D-Michigan, among others, hailed the Hindu Temple of Canton as an important addition not just to Canton, but far beyond.

"I do believe this is a landmark of national significance right here in Canton, Michigan," he said.



PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER

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The Hindu Temple of Canton marks a significant development for the metro Detroit Hindu population.



Water from the Ganges River in India, mixed with local water, is poured on one of the domes of the temple.

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Library aims programs at senior citizens

The Plymouth District Library has put together a series of programs designed for the senior citizens the library serves.

Upcoming programs include:
 • **MEDICARE 101**, Tuesday, Sept. 7, 10 a.m. — Bettie Hughes of the Area Agency on Aging 1-C and the Senior Alliance is back after a very successful program several months ago. She will answer questions about eligibility, coverage and enrollment under each part of Medicare. Upcoming changes in Medigap will be explained. Register for this free program by contacting the Library at (734) 453-0750, ext. 4.

• **WRITING MY LIFE STORY: A SENIOR WRITING GROUP**, Tuesday, Sept. 7, 1 p.m. and Tuesday, Sept. 21, 4 p.m. — Seniors can share and preserve their life stories with the guidance of Plymouth author, Jane Saylor. No previous writing experience or advance registration is required. Attend either meeting or both.

• **CAREGIVER SUPPORT GROUP**, Monday, Sept. 13, 7 p.m. and Tuesday, Sept. 14, 1 p.m. (spouses only on Sept. 14) — Social worker Chris Goldberg of Adult Well-Being Services will answer a wide variety of concerns for individuals caring for ill or aging family members. No registration required.

• **TO-DO LIST FOR CHILDREN OF AGING PARENTS**, Thursday, Sept. 23, 7 p.m. — Ken Bloom, of Bloom Asset Management will help attendees prepare the financial and medical affairs of their parents. Discussion topics will include estate planning, man-

NEWS BRIEFS

ing required minimum distributions from investments, document and asset inventory, financial and medical arrangements. Sign up is requested, (734) 453-0750, Ext. 4 or plymouthlibrary.org

• **DROP IN COMPUTER TUTORING**, Saturday, Sept. 25, 10 a.m.-12:30 p.m. — High school students will teach class participants to use a mouse, Windows, the Library catalog, the Internet and how to set up a free e-mail account using Hotmail or Yahoo! Sorry, we do not offer training in Microsoft Office products (such as Word or Excel), Windows Vista or Windows 7, or other software programs.

• **LOW VISION INFO SESSION**, Thursday, Oct. 7, 1-3 p.m. — This group is for individuals for whom glasses are no longer sufficient.

It is facilitated by a professional and is intended to be social as well as informative. Caregivers or friends are invited to attend. No advance registration is required — for more information contact Ellen Stross at (734) 453-0750, Ext. 232.

Camp Quality

Tech Tool Supply, LLC, announced Camp Quality Night with the Plymouth Whalers.

On Friday, Oct. 1, at 7:05 p.m., the Plymouth Whalers will play the Saginaw Spirit. But before that night arrives, the goal is to sell 3,000 tickets to the game. For each \$11 ticket sold, \$4 will go directly to Camp Quality

Michigan. In addition to selling 3,000 tickets, Tech Tool Supply would like to raise an additional \$3,000 through donations and the 50/50 raffle. By achieving this goal, a total of \$15,000 will be raised for Camp Quality.

On Oct. 4, Tech Tool Supply will celebrate its sixth anniversary and, as a way of giving back, Tech Tool Supply has decided to throw its first charity event for a great cause.

"Over the 12 years that I have been involved with Camp Quality, I've seen first-hand all of the amazing things they do for children with cancer and their families," owner Brent Hagood said. "I volunteered at their summer camp in northern Michigan for seven years when I was younger, and the atmosphere they create for the kids is wonderful. Camp Quality is a wonderful organization that is very close to my heart."

Tickets for this event can ONLY be purchased from Tech Tool Supply via:

- Phone by calling (877) 208-6657.
- Visiting the local showroom
- Mailing check to Tech Tool Supply, Attn: Rebecca Gillespie, 9060 General Dr, Plymouth, MI 48170
- Online at www.TechToolSupply.com

Donations are also being accepted by sending checks to Tech Tool Supply, Attn: Donations, 9060 General Drive, Plymouth, MI 48170. At the conclusion of the event, TTS will present Camp Quality Michigan with a check from all ticket proceeds and donations.

Walk away from investments you don't understand

I just got back from celebrating my parents' 60th wedding anniversary. When you think about it, 60 years of marriage is an incredible accomplishment. When my parents got married, the average car in America cost \$1,750, gas was 20 cents a gallon, and the average family earned about \$3,200 a year.

A lot has changed. One of the major changes over the last 60 years has been the explosion of investment alternatives available to consumers. It's sort of like TV channels. Back in 1950, if you were lucky enough to have a TV, you only had three channels available to choose from. Fast forward 60 years and there's an endless supply of TV channels.

Sixty years ago, investment options were few and far between. Choices included stocks (and there weren't many) or a savings account in the bank.

Today, investment choices are many.

As most people have learned, the fact that there are more TV shows and stations available doesn't mean that there is better quality. The same thing has happened in the investment world. Although there are substantially more investment options available, it doesn't mean that all these options are worthwhile.

I avoid over half the channels on my cable system and I believe that most investments available to people today should be avoided.

When it comes to choosing an investment, an investor must understand what he/she is purchasing. Understanding the investment means knowing the basics as to how one can make money, lose money and get money out.

If an investor does not understand these three elements, he/she ought to walk away from the investment. Too many investments are so complex that most are unable to answer the aforementioned three questions.

Understanding the basics doesn't mean one has to be an expert on the mechanics of the investment. The more you understand an investment, the better investor you will be.

The key for any investor is to make sure he/she selects investment vehicles in his/her comfort zone. There is nothing wrong with walking away from an investment because you do not understand it. I assume most Bernie Madoff investors wish they had followed that advice.

In today's world, there are literally tens of thousands of different investments. Obviously, no one person can be an expert in all of them. I've always followed the KISS method — which means "keep it simple stupid." Some people are under the mistaken belief that if something is complex and difficult to understand, it must be worthwhile. I believe the opposite. If something is too complex for me to understand, then it's a sure sign that I should be looking elsewhere.

What is the right investment vehicle for you? It's hard to say, but my general view is that for most investors, mutual funds, bank products such as CDs, and certain types of fixed annuities are vehicles investors can understand and ones that offer the best opportunity for success.

A lot has changed over the last 60 years but one thing that hasn't is my parents' love for each other. Congratulations, mom and dad, on 60 great years and I look forward to many, many more years.

Rick Bloom is a fee-only financial adviser. Observer & Eccentric readers can submit questions at moneymatters@hometownlife.com. For more information, visit his Web site at www.bloomassetmanagement.com.



Money Matters

Rick Bloom

No Labor Day holiday trash pickup

Because of the Labor Day holiday, there will be no pickup of household trash, recyclables or yard waste on Monday in Plymouth or Plymouth Township.

Collections in both communities will be delayed by one day for the week; residents should have their trash, recyclables and yard

waste set at the curb on the day following their normal collection day.

In Plymouth Township, which has a five-day-a-week collection schedule, that means a Saturday, Sept. 11, pickup for households that normally have Friday pickup. In the city of Plymouth, in

which trash is normally picked up Monday through Wednesday, those with a normal Wednesday pickup will have their garbage, recyclables and yard waste picked up on Thursday, Sept. 9.

The regular collection schedules will resume for the week beginning Monday, Sept. 13.

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- Kids' Crafts

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- Music by the Sunset Boulevard Band
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- Detroit Tigers Mascot PAWS
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For more information, visit stmarymercy.org and click on Community Open House, or call 734-655-1590.

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Leaders 'cautiously optimistic' on home sales

BY JULIE BROWN
OBSERVER STAFF WRITER



Home sales dropped sharply nationwide in July, but local experts are somewhat more optimistic.

Home sales dropped sharply nationwide in July, but local experts are somewhat more optimistic.

Single-family home sales were at their lowest level since 1995 in July as the lift provided earlier in 2010 by tax credits disappeared, according to the National Association of Realtors.

Sales of existing homes in July fell 27 percent from June levels and were off by 25.5 percent from July 2009, NAR reported. Sales of single-family homes, townhouses and condominiums were at a seasonally adjusted annual rate of 3.83 million units in July from a revised 5.26 million in June.

Pam King, associate broker, Coldwell Banker Preferred, Plymouth, said, "I think that we saw a slight difference due to that. It was expected. However, business is going on. There's actually more activity than I've seen in a while."

School starting has an impact, King said, with some families wanting a new home before Labor Day.

As far as people putting homes up for sale, "I think that's more attributed to the fall, people being done with summer. We are probably more stable I think than we have been in a while," said King, Realtor of the Year in 2006 for the Farmington-based Western Wayne Oakland County Association of Realtors.

King added that "prices are maintaining."

"I'm a little more optimistic. We're on our way back. I think the stabilization is the most important thing."

King and many colleagues in the real estate field would like to see another incentive program from the federal government. "Everybody derives a benefit from that," she said.

Local government leaders are feeling the pain of the economy, but also hold out some hope.

Plymouth City Manager Paul Sincock said his community is holding its own in home sales, and national surveys and figures don't always apply.

"I think we're certainly seeing homes turn over here in the city. Property values, while they have declined from several years ago, are certainly stabilizing. We're hopeful for the future," Sincock said.

Downtown Plymouth is hanging in there with few vacancies. A key "in these very tough economic times is a very vital downtown and Old Village community. They offer the walkability that is so important. I

think that's a key element to our success," Sincock said. "We have a very active and vital downtown."

Sincock believes the key to a brighter economic future "is the vitality of our overall community."

Schools in Plymouth-Canton having success is a critical element, as people look for that when relocating, Sincock said. "You have to have the schools to match it and clearly here we have the school system to match it." Municipal finance continues to be a challenge, he acknowledged.

Nationally, the soft sales pace is likely to continue for a few months, according to the NAR's chief economist Lawrence Yun. Overall sales for 2010 are still on track to register around five million because the first half was strong, he said.

"To place in perspective, annual sales averaged 4.9 million in the past 20 years and 4.4 million over the past 30 years," Yun said.

As mortgage rates remain at historic lows of 4.56 percent in July, and home prices are low across the country, addition of jobs could spur increased home sales.

The national median existing home price in July was \$182,600, up 0.7 percent from July 2009.

Housing supply at the end of July rose 2.5 percent to 3.98 million existing homes

for sale, or a 12.5-month supply at the current sales pace. That's up from an 8.9-month supply in June.

"What I'm hearing is that real estate agents are staying busy," said Dan West, president of the Livonia Chamber of Commerce, adding "prices, however, are at the level of the early to mid-1990s."

"Things are not butterflies and roses, but they're definitely better than they were last year," West said. "A slight decline from five or six years ago. It's definitely better than last year."

Quicken Loans recently moved from Livonia to downtown Detroit, but West noted that announcement came in the fall of 2007, allowing for planning. Other businesses are coming in, West said, and "We have seven colleges in Livonia which serve 43,000 students." Higher education is a hook for continued economic growth in Livonia, he said.

West sees a pent-up economic demand from the last few years. "People weren't sure about their jobs last year. People feel better about their lot at work." There are lot more home improvement projects this year, West said.

As of June 30, Livonia's unemployment rate was 6.1 percent. "Livonia's typically lower because we have a generally diversified economy," he said.

Holiday show brings Broadway style home

With a ticket to the Central City Christmas Spectacular, local residents don't have to leave their own back yards for a taste of the Big Apple's Broadway.

Sponsored by Central City Dance in Canton for the last five years, the show includes more than 300 costumes in eight scenes and 100 performers showcasing some of the most talented dancers, singers, and gymnasts from area dance studios, community theaters, and colleges throughout southeast Michigan.

This year there are five shows, Dec. 16-19 at Village Theater at Cherry Hill in Canton.

The directors of the Christmas Spectacular, Tim and Tamara Smola, along with Erin Kearney, collaborated with Marcy Pocklington, who at one time taught at the dance studio, to write the production that takes Santa Claus around the world starting in the North Pole and ending in Canton.

"We wanted something that would be an alternative to the 'Nutcracker,'" Tim Smola said. "We wanted to produce more of a Broadway-oriented show. There was no real outlet for people who were doing Jazz and Tap. It brings the community a whole other genre of dance."

Actually, Central City Christmas Spectacular incorporates ballet, jazz, tap, hip-hop, Irish dancing, gymnastics and singing featuring longtime favorites, that promise to evoke the holiday spirit, such as "Up On The Housetop," "It's Beginning to Look A Lot Like Christmas" and "Jingle Bells."

"It brought back childhood memories for me," Smola said. "I've heard a lot of people say it reminds them of Christmas's growing up and decorating their Christmas tree. There's something for the whole family. There's action and there's time where it is very serious and it takes on sentimental tones and times when you're rolling off your seat laughing."

This year there's an entirely new cast and changes have been made to the choreography to hold the interest of loyal patrons who attend the show every year.

Wayne Kurtycz, community care pastor of Northridge Church in Plymouth, has two of his three daughters involved in the Central City Christmas Spectacular. Kate, 12 and Claire, 7, will both perform in the production. Their sister, Hannah, 14, has been involved in the past.

"It builds their confidence being in a production like that," Kurtycz said. "And they keep progressing with their dancing ability. It helps them in other areas of life. When they see success they think if I can excel here, I can do the same with my math homework and it goes into the academics just like sports does."

Showtimes are 6 p.m. Dec. 16-17, 2 and 6 p.m. Dec. 18, and 2 p.m. Dec. 19. Tickets will be sold at the Central City Dance, 8004 Sheldon Center, through Dec. 13. Call (734) 459-0400 for more information.

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'Heads-up' play lifts 'Cats

BY TIM SMITH
OBSERVER STAFF WRITER

On a night with plenty of collisions and physical play going after 50-50 balls, it was a very creative and savvy play that gave Plymouth a 2-2 tie with Salem in a Monday night matchup of Plymouth-Canton Educational Park boys soccer rivals.

Plymouth senior Andrew Yoder's nifty header of a Caleb Divens corner kick, with 15:08 left in Monday's second half, enabled the Wildcats to earn the draw. The goal came just 3:18 after the Rocks took a 2-1 edge.

"On the corner, we try to bend it into the goal," said Yoder, who also scored Plymouth's first goal. "Get a bunch of guys in there and try to get a head on it."

"That's what happened, I just finished it."

According to Salem head coach Ed McCarthy, that there even was a corner kick to begin with was a bit unfortunate.

A long ball skipped through sophomore goalkeeper Erick Beas and he couldn't retrieve it before it reached the back line.

"Certainly that's one we would like Erick to pick up so not have the corner," McCarthy said. "They were very dangerous on that corner, getting into the box with lots of bodies."

"Erick got his hand on the corner to punch it, but the Plymouth player was right there to re-direct it into the goal."

McCarthy, however, credited some outstanding stops by Beas earlier

in the KLAA crossover for helping keep the Rocks in the game.

"They (Wildcats) probably should have had another goal or two tonight," he said. "He (Beas) took a sure goal away from them."

BACK AND FORTH

The Yoder header capped off a second half where the teams (both now 2-1-2) traded markers.

In the first half, Salem senior Brandon Barfuss scored on a penalty kick, and that's how the match stayed entering the second half.

Then, with about 33 minutes to go, Plymouth co-captains Yoder and Nick Russ combined for the equalizer. Russ took a shot that Beas got in front of, but Yoder was there to chip in the rebound.

"That was a nice bang-bang play with them, putting pressure on the defense and making a turnover happen," Plymouth head coach Jeff Neschich said. "And then finishing well, it was a good play."

That's how the physical game remained until speedy Salem junior forward Jake Pascarella made it a 2-1 Rocks lead with 18:26 left.

Senior Andrew Roth started the play with a through ball up the middle. Pascarella corralled the pass, deked the Plymouth defenders out of position and ripped a low shot inside the left post behind Wildcats senior goalkeeper Kyle Brindza.

"He's one of the best players in the conference," McCarthy said about



BILL BRESLER | STAFF PHOTOGRAPHER

Battling for a 50-50 ball Monday night are Salem's Jake Pascarella (No. 2) and Plymouth's Andrew Yoder. Both players scored for their respective teams.

Please see **SOCCER, B3**

SIDELINES

Alumni soccer Sept. 11

Salem and Canton boys soccer alumni are all invited to play in the annual Alumni Game at 8:30 p.m. Saturday, Sept. 11, at the varsity soccer field at Plymouth-Canton Educational Park.

The alums will compete immediately following the varsity match between the 2010 Rocks and Chiefs slated for 6:30 p.m. Interested alumni can call Salem coach Ed McCarthy (248) 561-2846 or Canton coach George Tomasso (734) 481-2290.

Meeting: Salem girls lacrosse

There will be a pre-registration and information meeting to determine if there is enough interest in having the first Salem girls varsity lacrosse team held at 7 p.m. Wednesday, Sept. 15, in the library at Salem High School. Parents and students are encouraged to attend.

Salem returned the least amount of players from the now-defunct Plymouth-Canton-Salem team, which was composed of players from the three schools at PCEP. There are about 70 returning players from the United squad, with only a dozen or so from Salem.

Former United head coach Dave Medley (who coached the team from 2006-09) said "this is a wonderful opportunity to be a part of Salem's rich athletic history, and for girls to experience the fastest growing sport in the country."

Lacrosse also provides girls with a chance to play at the collegiate level. Nicole Rotell (Plymouth) and Chelsea Olson (Canton) are currently playing at Indiana Tech University, for example.

"The outstate universities have discovered the lacrosse talent in Michigan and have turned many of their recruitment efforts to focus on the Michigan kids," Medley said.

Tough debut for PCA

Plymouth Christian began its varsity football life with a thud, dropping a 56-0 contest to Rochester Hills Lutheran Northwester. The independent Eagles will try for a better result in Week 2, when they travel to face Grosse Pointe Woods University-Liggett.

Could have been worse

When an ambulance drove away Friday night from Plymouth-Canton Educational Park, with Salem senior defensive back Davon Mullins inside, it looked as if he had suffered a serious, season-ending injury.

Mullins was injured trying to make a touchdown-saving tackle against Plymouth's Donte Fox, during the fourth quarter of the Wildcats' season-opening 48-0 victory. He reportedly sustained a grade two concussion.

It still is possible that Mullins won't be back. But Salem head coach Kurt Britnell said Mullins, who is wearing a neck brace, might be cleared to return in a couple of weeks if he progresses.

Good luck in recovering, Davon.



BILL BRESLER | STAFF PHOTOGRAPHER

Plymouth All-Stater Joe Porcari will pick up where he left off, at the front of the pack.

Plymouth harriers eyeing next step

BY TIM SMITH
OBSERVER STAFF WRITER

The big boys are back, which means Plymouth should pose a major threat on the cross country courses this autumn.

Wildcats head coach Jon Mikosz actually doesn't have everybody back from last year's KLAA South Division championships, with the graduation of

standouts Warren Buzzard and Matt Neumann. But Mikosz has enough to go for a repeat, not to mention give it a go for the Kensington Conference

Please see **PLYMOUTH, B2**

Talented trio is back for Salem

BY TIM SMITH
OBSERVER STAFF WRITER

All signs point to up for Salem's volleyball team in 2009, looking to rise to the top of the KLAA Central standings and make a postseason impact.

The Rocks finished 21-5-1 last season, but still have Nicole Merget, Kerry MacDonald and Jillian Sommerville to spearhead a strong unit.

Merget (6-4), who again will be tri-captain, brings firepower to the front row — something she will take with her to Division 1 Jacksonville State in 2011. She can get the job done whether at middle blocker or outside hitter, however her coach wants to use her.

"Nicole is an explosive player and one of the best attackers in the conference," said newly married Salem head coach Amanda (Suder) Nies about Merget. "I expect big things from her." But wait, there's more.

Another four-year starter and tri-captain is MacDonald, a setter who will be Salem's offensive quarterback. "She shows great leadership and overall knowledge of the game."

Middle blocker Sommerville enters her third season with the Rocks, and is the team's third captain.

According to Nies, "she is a very good blocker and her attacking has really improved. She is ready to go and has worked hard all off-season to improve her game."

OTHER WEAPONS

Other weapons aren't just a triple-threat team, however, with sophomore outside hitter Abigail Dworzanin.



One of the KLAA's major forces last season was Salem's Nicole Merget (facing camera), who is back to lead the Rocks during her senior year.

VOLLEYBALL PREVIEW – PART 1

"She will be playing somewhere in our starting lineup," said Nies, adding that Dworzanin "brings a lot of experience and consistency" for only being a sophomore.

Also expected to slam the ball over the net for points is senior outside hitter Kerstin Johnson, a returning starter.

"I am excited to see her as a senior really step up into the role

as a lead player," Nies said.

Stellar returning defenders Lauren Aschermann, Alli Morrison and Madeleine Vala (all seniors) are in the mix to shut down KLAA opponents.

Their coach has plenty of confidence in all three players to do just that.

"She (Aschermann) should be the anchor to our defense ... Alli (Morrison) has improved so

Please see **VOLLEYBALL, B3**

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Say goodbye to summer at annual art, music festival

From music to wine tasting, art to a kiddie carnival, Arts, Beats & Eats will offer something for everyone Labor Day weekend, Sept. 3-6, in downtown Royal Oak. Hours are 11 a.m. to 11 p.m. Friday-Sunday, Sept. 3-5 and 11 a.m. to 9 p.m., Monday, Sept. 6. Admission is \$3, with children under 3 admitted free. Admission is free until 5 p.m., Sept. 3.

Parking at 10 downtown lots and structures and three nearby lots will be \$15. Parking also will be available for \$10 at Royal Oak High School, located on Lexington Boulevard, off Crooks, north of 13 Mile, and Hazel Park Raceway, located off Ten Mile, east of Dequindre and will include a shuttle. On-street parking meters will not be available during the festival.

The festival, with its 10 stages featuring national and local music bands, 130 renown artists from across the country and food from local restaurants, is moving to Royal Oak after a successful 12-year run in Pontiac. Organizers hope for a turnout of approximately 450,000.

The "arts" portion of the festival will feature fine artists and their ceramics, drawings, fabric, leather, glass, graphics, jewelry, painting, metal, photography, and other media. The music line-up will include country, alternative, rock, classical, soul, R&B, jazz, blues, folk and more, from such musicians as Sponge, WAR, Kansas, Clint Black, Howling Diablos, Candy Band, The Twistin Tarantulas, The Mydols, American Mars, The Polish Muslims, Blackthorn and Thornetta Davis. For a full music line up visit www.artsbeatsseats.com.

THEATER STAGE

Not all of the stage entertainment at the Arts, Beats & Eats will be held outdoors.

Stagecrafters at the Baldwin Theatre, on Lafayette between Fourth and Fifth streets, will open its doors for "a taste of a lot of different performing arts," for the first three days



Carolyn Striho, a Farmington Hills resident and leader of the Carolyn Striho Band, will perform at Arts, Beats & Eats in Royal Oak.

of the Sept. 3-6 festival, according to Linda Zublick, president of the Stagecrafters board of directors.

The 372-seat main auditorium will be open 11 a.m. -7 p.m. Sept. 3-4, and 11 a.m. to 5 p.m. Sept. 5, for live performances. The festival's \$3 daily admission covers the indoor performances, Zublick said.

"Our building is right inside the festival boundaries," Zublick said. "We look at it as an opportunity to expose ourselves to new audiences. Stagecrafters is excited to offer a chance to come inside and see some great entertainment."

Performers from the Royal Oak-based Detroit School of Rock and Pop will take the stage for performances, 1-5 p.m. each of the three days at Stagecrafters. The first two days of performances at Stagecrafters will conclude with actors from Stagecrafters' fall play, *A Midsummer Night's Dream*, performing a scene at 6:30 p.m.

"We'll offer a sneak peek," Zublick said, referring to the fall Shakespeare play.

The rest of Stagecrafters' cultural programming will be held outdoors on stages at the southern end of the

festival, according to Lisa Konikow, AB & E art director.

Acts from a diverse range of groups will perform day and night throughout the four-day festival, including the Detroit-based Mosaic Youth Singers, InsideOut Literary Arts Project and the Matrix Theatre, which will perform a celebration of the 20th anniversary of the Americans With Disabilities Act.

WINE, FOOD

Fifty-three restaurants will offer food and tastes, with no item costing more than \$5. The Robert Mondavi



Karen O'Daniel of Plymouth will be among the artists exhibiting their works at Arts, Beats & Eats in downtown Royal Oak. This is O'Daniel's piece, "After Atkins."

Discover Wine Tour will be on hand, giving tastings of California wines. The tour will include the Essence Station, designed to help novice wine-drinkers recognize the subtle aromas and flavors of wine. The tour will include cooking demonstrations with local chefs and wine experts.

Ford Motor Company will exhibit its latest vehicles, offer contests and give festival patrons, age 21 and older, a chance to test drive a Ford Fiesta.

Arts, Beats & Eats expanded its children's activities this year. Kids will explore their talents with hands-on art projects at the Creative Arts Studio of Royal Oak Arts & Crafts tent. The Kids Stage will feature dozens of performances geared to youth and a kiddie carnival will offer ten rides.

Compiled by Sharon Dargay and Steve Kowalski

Show mixes Shakespeare with Cole Porter tunes

Spotlight Players will kick off its new season Sept. 17 with Cole Porter's *Kiss Me Kate*.

Memorable songs by this classic American composer include *Wunderbar*, *So in Love*, *Always True to You in My Fashion*, *Too Darn Hot*, and *Brush Up Your Shakespeare*.

Kiss Me, Kate, which won Tony awards when it debuted in 1948 and when it was revived in 2000, tells the story of Fred and Lilli, a once married pair of actors now rehearsing Shakespeare's *The Taming of the Shrew*. When flowers from Fred are sent to the wrong amour - fireworks abound.

Barbara Bloom of Novi is directing the show, which features husband and wife team, Scott and Susan Behrehs of Northville in the lead roles.

"Cole Porter is one of those songwriters whose work you know without realizing it. He's just everywhere, and his magnificent lyrical powers are in full command for this, his most successful musical," Bloom stated. "Whether quipping on the Bard or, fittingly, commenting on the heat, Porter manages to be sophisticated, affectionate and biting all at once."

Kiss Me Kate is a family show that offers a show within a show - dual love stories and a taste of Shakespeare's *Taming of the Shrew*.

The cast includes Olivia Rhoads from Plymouth as Lois/Bianca; Jerry Carney as Harrison Howell, Tim Chanko as Gremio, Jacob Eliett as Nathaniel/Ensemble, Michele Fraser as Bar Maid/Ensemble, Ray Fraser as Gangster 2, Dee Morrison in the Ensemble, Tracey Neil as Haberdasher/Ensemble, and Linda Pohl in the Ensemble, all from Canton; Linda Trygg as Cab Driver/Ensemble, Jan

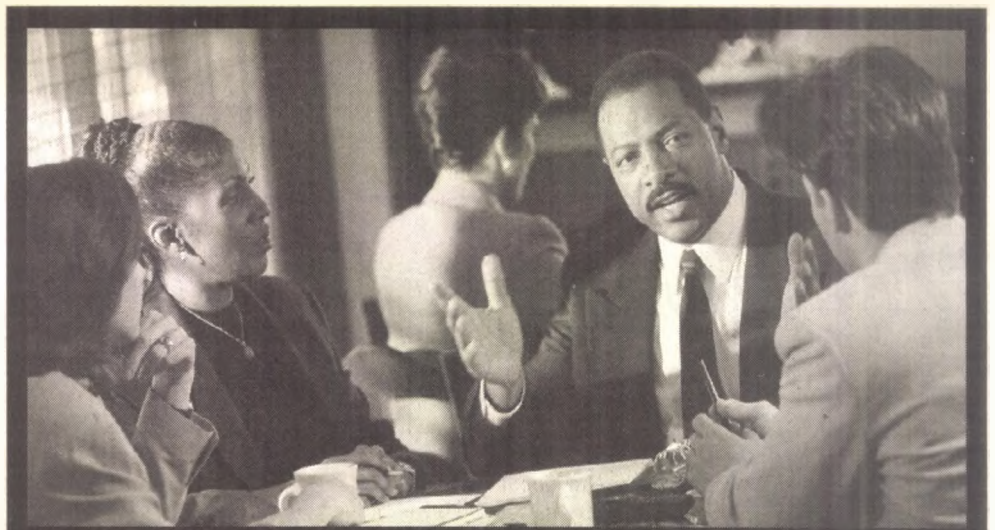


Scott and Susan Behrehs of Northville rehearse for Spotlight Players' production of 'Kiss Me Kate.'

Larente as Soloist/Ensemble, and David Zolotarchuk as Paul, all from Westland; Austin Tranchida of Garden City as Horenio; and Jesse Brandel as Bill/Lucentio and Kyle Coykendall as Gregory/Ensemble, both from Farmington Hills.

Performances are at 8 p.m., Sept. 17-18, and 24-25 and at 2 p.m. Sept. 18-19 and 25-26 at The Village Theater at Cherry Hill, 50400 Cherry Hill, corner of Ridge and Cherry Hill, Canton.

Buy tickets by calling (734) 394-5300 or (734) 394-5460 or visit online at www.spotlightplayersmi.org. Tickets also are available at the door. Cost is \$18.00 for adults and \$16.00 for seniors and students under 19.



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ART

Art & Ideas
Time/Date: Through Sept. 18
Location: 15095 Northville Road, south of Five Mile, Plymouth
Details: "Social Realism" photography by Thomas McMillen-Oakley, Shaqe Kalaj, and Julia DeClerck
Contact: (734) 420-0775

City Gallery
Time/Date: Through Sept. 9
Location: Costick Center, 28600 W. 11 Mile, Farmington Hills
Details: Photography by Jennifer Berkemeier
Contact: (248) 473-1856

COMEDY

Go Comedy!
Time/Date: Various show times
 Wednesdays thru Sundays
Location: 261 E. Nine Mile, Ferndale
Details: Improv most nights. Open mic/jam session show for improvisers is 10 p.m. Wednesdays
Contact: (248) 327-0575; www.gocomedy.net

JD's House of Comedy
Time/Date: Various show times

Wednesday-Saturday evenings
Location: 25333 W. 12 Mile, inside Star Theatre complex, Southfield
Details: Stand-up shows, 8 p.m. Thursday and 8 p.m., 10:30 p.m. Friday-Saturday; Apollo amateur night, 8 p.m. Wednesday
Contact: (248) 348-2420 or www.ticketmaster.com

Joey's Comedy Club of Livonia
Time/Date: 8 p.m. Mondays, Open Mic; 8 p.m. Tuesdays, Local Legends; 8 p.m. shows Wednesdays, Thursdays; 8 p.m. & 10:30 p.m. Fridays, Saturdays
Location: 36071 Plymouth Road, Livonia
Details: Cowboy Bill Martin, Sept. 1-4; Chad Daniels, Sept. 8-11; Marc Ryan, Sept. 15-18; Doug Williams, Sept. 22-25; Ira Proctor, Sept. 29-Oct. 2
Contact: (734) 261-0555, www.kickerscomplex.com

Mark Ridley's Comedy Castle
Time/Date: Dave Landau, Sept. 2-4; Mike Green, Sept. 9-11; Brian McKim, Sept. 16-18; Jackie Flynn, Sept. 23-25; David Alan Grier, Sept. 30-Oct. 2
Location: 269 E. Fourth, Royal Oak



The Romeros perform Sept. 11 at Seligman Performing Arts Center in Beverly Hills.

Contact: (248) 542-9900, www.comedycastle.com

CONCERTS
 The Ark
Time/Date: Chris Knight, Sept. 7; The Strawbs, Sept. 9; The Spring Standards, Sept. 10; Billy Bragg, Sept. 11; Ramblin' Jack Elliott, Sept. 14; Toad The Wet Sprocket, Sept. 15-16; Vishten, Sept. 19; Aimee Mann, Sept. 21; The RFD Boys, Sept. 24; The

Chenille Sisters, Sept. 25
Location: 316 South Main, Ann Arbor
Contact: (734) 763-8587; www.theark.org

Detroit Institute of Arts
Time/Date: Friday Night Live concerts, 7 and 8:30 p.m.
Location: 5200 Woodward Ave
Contact: (313) 833-7900, www.dia.org

Magic Bag
Time/Dates: The Ultimate

Retro Party with The Mega 80's, Sept. 10, 18 and 25; Lewd Society & Lucky Brown, Sept. 11; Robert Bradley's Blackwater Surprise with Jamie McCarthy and Alyssa Simmons, Sept. 17; Stan Ridgeway, Sept. 21; Michelle Shocked, Sept. 24; Rick Emmett, Sept. 26; Bettie Serveert, Sept. 30
Location: 22920 Woodward, Ferndale
Contact: (248) 544-3030, www.themagicbag.com

Music Hall
Time/Date: 8 p.m. Oct. 7-9
Location: 350 Madison, Detroit
Details: "The Merchants of Bollywood," a dance and music spectacular based on the real-life story of the Merchant family dynasty, whose members have been prominent choreographers and filmmakers since the beginning of the Hindi film industry in the 1920s; tickets are \$25-\$65
Contact: Tickmaster.com, Ticketmaster Outlets or charge by phone at (800) 745-3000

Seligman Performing Arts Center
Time/Date: 8 p.m., Sept. 11
Location: On the campus of Detroit Country Day School, 22305 W. 13 Mile, Beverly Hills
Details: The Romeros, the "Royal Family of Guitar;" tickets \$75
Contact: (248) 855-6070 or www.ComeHearCMSD.org

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J346- Rene Kurtycz - Household goods, furniture, appliances, etc

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Publish: September 2, 2010

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FROM PREVIOUS PAGE

Trinity House Theatre

Time/Date: Cairn to Cairn, Sept. 10; Stewart Francke, Sept. 11; Matt The Electrician, Sept. 16; Pat Terry and John Austin, Sept. 18; Martyn Joseph, Sept. 23; Nobody's Darlin', Sept. 24; Kevin Meisel, Oct. 1; Jason Dennie and John Latini, Oct. 2; Madcat and Kane and Maxwell Street, Oct. 8; Rob Lute with Jo Serrapere, Oct. 9; Dana Cooper with Daphne Willis, Oct. 15; Daniel Martin Moore and Ric Hordinski, Oct. 21; David Nefesh with Delta Twins, Oct. 23; Roy Bookbinder, Oct. 29; Gaslight Square with Joel Palmer, Annie and Rod Capps, Jim Bizer and others, Oct. 30
Location: 38840 West Six Mile, Livonia
Contact: (734) 464-6302, www.trinityhouse.org

FAMILY

Bakers Keyboard Lounge

Time/Dates: 2-5 p.m. Sundays
Details: Jazz for Kids Program
Location: 20510 Livernois Ave., Detroit
Contact: (313) 345-6300, www.bakerskeyboard-lounge.com

Detroit Institute of Arts

Time/Dates: 2 p.m. Sundays
Details: Target Family Sundays, storytelling, performances, free with admission
Location: 5200 Woodward, Detroit
Contact: (313) 833-7900, www.dia.org

Detroit Zoo

Time/Date: 9 a.m. to 5 p.m. through Labor Day
Location: I-696 service drive and Woodward, Royal Oak
Details: Admission is \$11 for adults 15 to 61, \$9 for senior citizens 62 and older, and \$7 for children



Cairn to Cairn plays Sept. 10 at Trinity House Theatre in Livonia.

ages 2 to 14; children under 2 are free
Coming up: Senior Day, 10 a.m.-3 p.m., Wednesday, Sept. 8 will feature live music, tractor train tours, bingo and a senior resource area. Seniors 62 and older and a caregiver will receive free admission, parking and rides on the Tauber Family Railroad.
Contact: (248) 541-5717

FILM
Penn Theatre

Time/Date: 1 p.m. and 7 p.m., Sept. 2
Location: 760 Penniman Ave., Plymouth
Details: "Toy Story 3," \$3 admission
Coming up: "Knight and Day," 7 p.m. and 9:05 p.m. Friday-Saturday, Sept. 3-4, 5 p.m. and 7:05 p.m., Sunday, Sept. 5, 7 p.m., Thursday, Sept. 9; and "The Sorcerer's Apprentice," 7 p.m. and 9:05 p.m., Friday-Saturday, Sept. 10-11, 5 p.m. and 7:05 p.m., Sunday, Sept. 12 and 7 p.m. Thursday, Sept. 16
Contact: (734) 453-0870, www.penntheatre.com

Redford Theatre

Time/Date: Sept. 10-11
Location: 17360 Lahser, Detroit
Details: "African Queen"
Coming up: "The Godfather," Sept. 24-25; \$4
Contact: www.redfordtheatre.com

MUSEUMS

Cranbrook
Time/Date: 2 p.m., Thursday through Sunday

Location: 39221 Woodward, Bloomfield Hills
Details: Docent-guided public tours of Saarinen House, a rare integration of art, architecture, design and nature, depart from Cranbrook Institute of Science front desk. The tours are about 90 minutes long and take place rain or shine.
Contact: (248) 645-3200 for house tours; (248) 645-3232 for bat festival information; http://science.cranbrook.edu
Plymouth Historical Museum
Time/Dates: Through Oct. 24
Location: 155 S. Main, Plymouth
Coming up: "Margaret's 1910" honors philanthropist Margaret Dunning's 100th birthday with a look at life in 1910
Contact: (734) 455-8940, www.plymouth-history.org

THEATER

Motor City Youth Theatre
Time/Date: 1-2 p.m., grades K-2; 2-3 p.m., grades 3-5; 4-5:30 p.m., grades 6-12; 3-4 p.m.; Sundays, Sept. 12-Nov. 14
Location: Grantland Playhouse, 27555 Grantland, Livonia
Details: Series of classes that lead to performances of one-act plays, 7 p.m. Nov. 19-20 and 2 p.m., Sunday, Nov. 21. Classes are \$80. The theater also runs Broadway/Motown Kids class for grades 3-12 at 3 p.m., Sundays, from Sept. 12-Nov. 14. Students learn songs and dances for public performance. The cost is \$75 or \$50 if also taken along with one of the one-act classes.
Contact: (313) 535-8962 or download an application from www.mcyt.org

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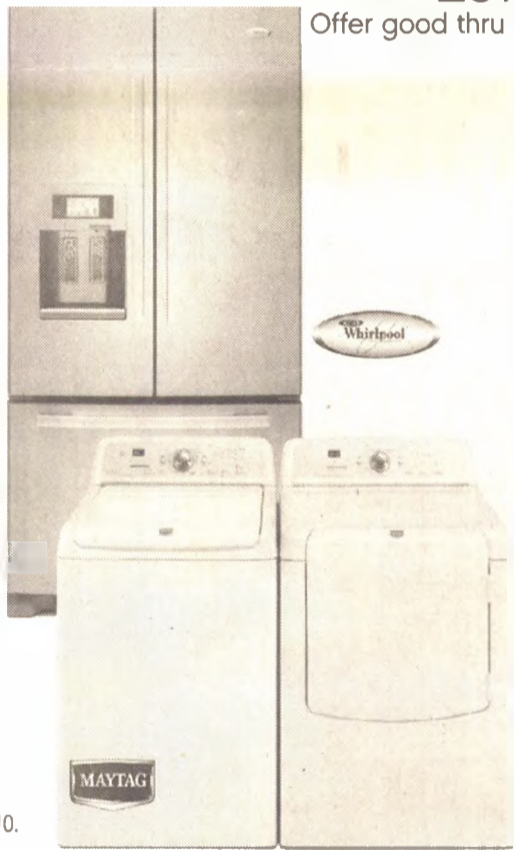
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Congregation appoints new school director

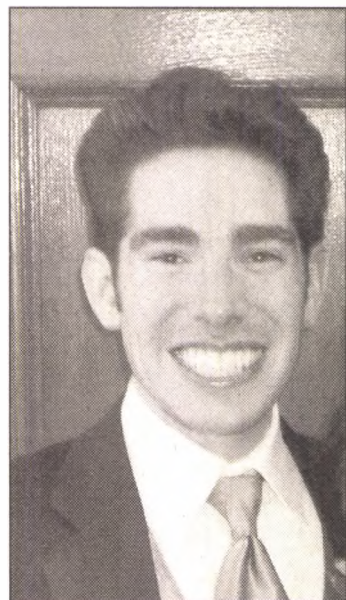
Joshua Goldberg is the new director of the Manny and Natalie Charach Religious School at Congregation Beth Ahm.

He holds a bachelor of arts degree from Wayne State University in speech communication, with a minor in Near Eastern Studies. He is taking courses toward a master's degree in Judaic Studies at the University of Michigan in Ann Arbor.

Goldberg's background in Jewish education includes 11 years of experience teaching religious school, focusing on such topics as Hebrew language, Jewish history, Torah, Kashrut, and the Holocaust.

He has served as a vice president of the young adult B'nai B'rith Impact Michigan Group and is currently a trustee of the B'nai B'rith Great Lakes Region.

Beth Ahm is a Conservative shul located



Goldberg

at 5075 West Maple, just west of Inkster, in West Bloomfield.

For more information about religious school, call Goldberg at (248) 851-6880 or e-mail jgoldberg@cbahm.org



Picnic fun

Newburg United Methodist Church plans a church and neighborhood picnic at 11:30 a.m., following the 10 a.m. worship service, on Sept. 12. Participants will find food, fun, fellowship and games for children on the church lawn. The church is located at 36500 Ann Arbor Trail, Livonia. For more information call (734) 422-0149.

RELIGION CALENDAR

Religion calendar items appear on Thursdays on a space available basis. To submit an item, e-mail sdargay@hometownlife.com or write: Religion Calendar, Observer Newspapers, 615 W. Lafayette-2nd Level, Detroit, MI 48226, Attn: Sharon Dargay. Item must include the venue address and phone number and any admission costs for events. Items must be submitted at least a week in advance of publication. Feel free to send a related photo in jpg form.

SEPT. 2-15

Detroit Lutheran Singers
Time/Date: Auditions by appointment only; rehearsals 7:30-9:30 p.m., Mondays, beginning Sept. 13
Location: Westminster Church, on west Outer Drive, east of Greenfield in Detroit
Details: The group plans auditions and will begin preparing for its fall concerts
Contact: To schedule an audition,

call (248) 644-1091 or e-mail to rightlady@comcast.net
Grief Share
Time/Date: 6-8 p.m., Sundays, beginning Sept. 12
Location: Faith Community Church, 14560 Merriman, Livonia
Details: This 13-week seminar features practical suggestions and reassurance through video interviews with counselors, grief experts and others who have experienced the loss of a loved one. "The Effects of Grief," "Your Family and Grief," and "Stuck in Grief" are just three of the topics that will be discussed. Workbooks will be provided. There is no charge for the program, but a \$15 donation is suggested to help cover costs.
Picnic
Time/Date: 10 a.m. Bible class, 11 a.m. worship, followed by picnic, Sunday, Sept. 12
Location: Livonia Church of Christ,

15431 Merriman, Livonia
Details: Bounce House for the kids and other children's activities as well as lots of food
Contact: (734) 427-8743
Prayer service
Time/Date: 10 a.m. to 6:45 p.m. Thursday, Sept. 9
Location: 28660 Five Mile, Livonia
Details: Unity World Day of Prayer involves people of all faiths joining in prayer for the health and well-being of the world, as well as for one another.
Contact: (734) 421-1760; www.unityoflivonia.org
Rediscovering Catholicism
Time/Date: 9:30-11:30 a.m., Mondays, Sept. 13 Oct. 18
Location: St. Aidan, 17500 Farmington Road, Livonia
Details: Discussion of Matthew Kelly's book, "Rediscovering Catholicism." Participants will follow the author's study guide of

questions for reflection, as the group reads selected passages of the book. A limited number of free books are available. Participants can pick one up from the church office when they register for the discussion group.
Contact: Register by calling Nancy at (734) 591-9164, or e-mail to nnaujokas@hotmail.com
Schedule change
Time/Date: Sunday morning Eucharist is at 8:30 a.m. (non-singing) and 10:30 a.m. (singing). Sunday School for adults and children is 9:30 a.m.
Location: Episcopal Church of the Holy Spirit, 9083 Newburgh, Livonia
Details: The church resumes its regular worship schedule on Sept. 13. A new priest, the Rev. Wayne Knockel, will start the regular service schedule.
Contact: (734) 591-0211

Please see RELIGION, NEXT PG.

Capuchins celebrate peace at prayer service

The Capuchin community will hold an interfaith prayer service to celebrate International Peace Day, 7 p.m. Tuesday, Sept. 21, at St. Bonaventure Monastery Chapel, 1780 Mount Elliott, Detroit. Security and lighted parking will be available.

"We invite everyone to come and celebrate peace," stated Brother Larry Webber, a Capuchin friar and director of the Solanus Casey Center. "We will be using prayer, song, and dance to energize our spirits. We want a world for our children without war, violence, greed, genocide and famine. This is a step towards that hope. Everyone will be invited to light a candle for victims of violence."

Peace flags will be available to churches or community centers that RSVP before Sept. 10. The flags can serve as a constant reminder to visualize and pray for world peace. To reserve a flag, call Brother Larry at (313) 579-2100, Ext. 130.

The Capuchins are an international community of friars modeling themselves after St. Francis of Assisi. The brothers of the Capuchin Province of St. Joseph, headquartered in Detroit, serve in a variety of ministries including social service, schools, chaplaincy, retreat houses and parishes. www.thecapuchins.org

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MASS: Tues. 7 p., Wed., Thurs. 9 a.,
 Sat. 4 p., Sun 11a

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FOOD

Thursday, September 2, 2010

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Contact Editor Sharon Dargay

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BY SHARON DARGAY
O&E STAFF WRITER

SUMMER HARVEST

Readers share their vegetable garden recipes, photos

Sometimes the simplest things in life are the most satisfying.

Take the humble cucumber, for example. It's easy to grow and can be a cinch to prepare. Just ask Tim Sayers.

"This is my second year of growing cucumbers in my back yard. My neighbor, Lou, taught me how to do it the best way. He used to live on a farm and has grown vegetables all his life," said Tim, whose mom, Rachel, e-mailed his comments to the *Observer* after we asked readers to share their vegetable garden photos and recipes.

The Roosevelt Elementary School third-grader and Livonia resident has a tasty — and easy — recipe for preparing cucumbers straight out of the garden.

"I like a fresh-picked cucumber with just a shake of garlic salt on thick, peeled slices. It makes a fast snack that I can quickly prepare myself."

Valerie and George Schultheis of Garden City kept it simple this year, too. They grew tomatoes, peppers, cucumbers and lettuce with the help of their German shepherd, Ghost.

"My husband, George, marks the hole for planting and Ghost digs the hole to the right depth. He's quite the little helper if you exercise a little patience," Valerie wrote in an e-mail. "We're working with him on weeding — wish us luck."

Tom Przebinda's green thumb touches both flower and vegetable gardens on his property in Livonia. He doesn't have any advice on using canine muscle to dig the soil, but he does suggest putting the trowel aside if it's a sunny, hot day.

"You do much better on a cool or cloudy day," he noted. Don't be too hasty to



Tim Sayers of Livonia shows off the cucumbers he grew.

store the gardening implements as summer wanes and cool weather arrives. Vera Lucksted, a member of the Beautification Committee for Farmington, said there's still time to plant a fall harvest of veggies, including radish, turnip, beet, cabbage and lettuce.

"Use a row cover to keep moisture and temperature even," she suggested.

If you're hungry for more than Tim Sayer's cucumber snack, try one of these recipes:



Cherry tomatoes grow in Vera Lucksted's garden in Farmington.



George Schultheis of Garden City watches as his dog, Ghost, gets ready to dig in the garden earlier this year.



Terry Smith shows his 13 1/2-foot tall tomato plant in Livonia.

SLOW ROASTED TOMATOES

Vera Lucksted suggests using cherry, grape and pear varieties

Rinse tomatoes and remove stems

Toss tomatoes with olive oil to coat lightly

Spread tomatoes on cookie sheet (with an edge) sprinkle liberally with kosher or sea salt and fresh cracked pepper. Roast in a pre-heated oven at 225 degrees for 3-5 hours, stirring every 45 minutes. Twenty minutes before you remove from the oven, turn the heat to 375 and finish the tomatoes at the high temperature. Toss with your choice of cooked pasta and sprinkle with cheese. Serve hot or cold.

TOMATO, ONION, AVOCADO SALAD RECIPE

Valerie Schultheis offers this recipe and says if you are making it for a potluck, slice the onions ahead, but plan on cutting and assembling on site, right before serving. Do not refrigerate the tomatoes or you will destroy their flavor and make their texture mealy.

- 3-4 fresh large tomatoes, sliced
- 1/2 red onion, sliced
- 2 avocados, peeled and cut into bite-sized chunks
- 1/4 cup chopped fresh parsley
- 1 garlic clove, minced
- 2 teaspoons dried oregano
- Red wine vinegar (a good, strong red wine vinegar)
- Extra virgin olive oil (the best quality)
- Salt
- Freshly ground black pepper

Place a layer of sliced tomatoes on a large serving platter. Arrange the slivers of red onions and the chunks of avocado over the tomatoes. Sprinkle with parsley, garlic, and oregano. Drizzle red wine vinegar and olive oil over the platter. Sprinkle with salt and freshly ground black pepper.

Serve immediately. Do not refrigerate.

TOM'S DILL PICKLES

This is one of Tom Przebinda's favorite recipes

- 25 pickling cucumbers
- 1 gallon of water
- 1/2 cup of vinegar
- 1/2 cup of kosher salt
- 1/2 teaspoon allspice
- 1 bunch fresh dill
- 2 heads of garlic

Bring the first five ingredients to a boil, allow to boil 5 minutes and let cool.

Use a 2-gallon crock. Place a layer of dill and garlic in the crock, followed by a layer of cucumbers. Continue layering in that manner until the crock is full. Pour the liquid that was used to boil the cucumbers into the crock. Cover with a plate to hold the cucumbers down. Wrap with plastic wrap. Check in about a week. They should be ready to eat.

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FINDING A TUTOR

PAGE 4

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September signals new beginnings

September is the start of the new year for Virgos. Known for their outstanding work ethic, those under this sign fit right into September, the very important transition month that sees us turning our attention from summer vacation to school, work and other personal pursuits.



Susan Rosiek

It's the start of the school year for students, start of a new direction for clubs and organizations, start of new fitness and recreation classes. It's a new beginning for many people. Although vacations happen year-round, September ushers in a sort

of settling in for a new round of experiences. This edition of *Hometown Life Woman* has lots to offer when it comes to fresh starts.

Contributing writer Sally Rummel writes about fitness boot camps and other trends. The popularity of boot camps has increased over the last couple of years as baby boomers challenge themselves physically and

mentally to step up and stay fit. Anyone who participates in any form of exercise will enjoy today's boot camp/fitness features.

A group of women from Farmington and Farmington Hills and one lone male — a Southfield attorney — returned victorious from a boot camp challenge near Alpena last month. It's an inspiring story about how teamwork, determination and old-fashioned hard work and training can and does make a difference. If you're motivated — and I am certain some of you will be — there's a partial list of area boot camps to check out.

And since it's back to school for many families, *Hometown Life Woman* offers up features on Morning Meals and Tutoring — food for the tummy and nourishment for the mind. A great combination inside today.

This month's section also features a personal column by one of our local editors, Sandra Armbruster. It is featured on a page that includes a short story and reminder about National Grandparents Day, Sunday, Sept. 12.

Sandra is a grandmother who writes with the enthusiasm and a sense of love that touches us all. A single mom back in the late '70s and '80s, Sandra always made sure that she and son Peter enjoyed an annual vacation. They went up north, down south, east and west — to Yellowstone and Alaska. Peter, now a regional vice president for sales (Midwestern U.S./Canada) for Novatec, is married with two daughters. He wanted to show his family the same good time that he and mom enjoyed many years ago. Our grandmom, Sandra, was able to stay in touch with cell phone calls and text messages. She enjoyed the photos and readers will also enjoy her look back and how things have changed.

And, and by the way, Happy New Year, to all of the Virgos out there.

As always, I welcome your comments and your suggestions for upcoming editions of *Hometown Life Woman*.

Susan Rosiek, publisher
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woman

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Jump start your workouts with these great styles from local shops.



10 Easy al fresco

Simple solutions for the perfect get together.



BILL BRESLER | STAFF PHOTOGRAPHER

Instructor Mona Contardi leads her 6 p.m. boot camp class at Shiawassee Park in Farmington. Denise Craver does step-ups while hoisting a weight over her head.

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Getting fit the Bootcamp way is popular and easily accessible and affordable.



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Must have apps

6 apps to help track healthy living.

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SHOP LOCAL

Activewear to jump start your workout



Be Present chakra tanks, \$35 each at South Lyon's Divine Yoga & Massage.

By Wensdy Von Buskirk
Contributing Writer

Back to school means more me-time for many local women. If you're one of them, here are some ideas to jump-start your workout and look fabulous doing it.

If yoga is your bag, check out the offerings at **Divine Yoga and Massage in South Lyon**. Whether you stop in the brick and mortar store in downtown South Lyon for a limited selection, or browse the more extensive online boutique, you'll find all the gear you need to perform Sun Salutations in style. Clothing lines include Third Eye Threads, Hyde and TranquilT. Don't miss the ever-stylish and functional Be Present line. The practice pants, tees and halters are made from breathe weave fabric, in colors inspired by the seven chakras. Best of all, the internationally-known company was founded by Birmingham native Amy Lopatin Dobrin.

Divine Yoga Co.
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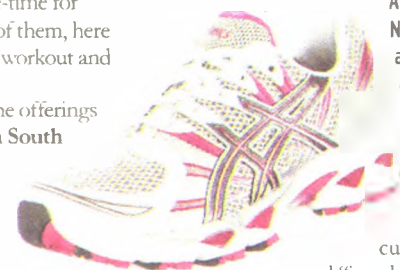
Even if you aren't a yogini, you might want to pick up a couple of pairs of yoga pants for working out or weekend lounging. They're also a pulled-together alternative for women who get their exercise chasing around small children. Stop by Target locations in Farmington Hills or Livonia to shop the Merona line, which offers everything from cropped to straight leg yoga pants, or our favorite wide legs (\$14.99). Stick with basic black, then layer your tops to fit any situation.

www.target.com

If you're looking for a new routine, why not get centered and work out from there? **Core Sport Pilates Fitness Studio** in downtown Plymouth uses a combination of Authentic Pilates, free weights, resistance bands, medicine balls and the Keiser Pneumatic Resistance System to whip clients into shape. Show you're a fan by wearing the studio's logo tees (\$25), or tank tops in black, white and orange (\$20, or \$54 for all three).

Core Sport Pilates Fitness
829 Pezerman Avenue
Plymouth, MI 48170
(734) 499-1547
www.coresportstudio.com

Asics women's Gel Numbus 12, \$124.99 at Running Fit in Novi and Northville.



For a fun alternative to getting in shape, take a cue from Lady Gaga and "just dance." Local studios offer everything from ballet to hip-

hop, and while many women associate dance classes with schoolchildren, you're never too old to cut a rug. New sessions start in the fall, and if you get inspired to sign up you'll find everything you need at **Dancewear Gallery in Canton**. The shop offers an extensive selection of dance apparel and shoes for all ages by trusted names like Capezio and Bloch. Where else can you wear leg warmers to work out?

Dancewear Gallery
44926 Ford Road
Canton, MI 48187
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www.dancewearegallery.biz

If you prefer a straightforward path to fitness, you don't need any special gear to get your jog on — except some great shoes. There's no better place to shop for the perfect pair than Running Fit, which has been serving southeast Michigan for 20 years. Stop by locations in Novi or Northville and choose from 200 pairs of shoes carefully edited by Running Fit's experienced staff. Whether you want to walk or run your way to better health, you'll find your foundation here.

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Finally, if you're into team spirit (or have a teen who's gearing up for a varsity letter), program **AllStar Corner** into your iPhone. This bustling Milford shop can screen print any logo on T-shirts, hats and ever-popular hoodies in batches large or small. Girls are loving burnout tees (\$14), and opting for varsity sweaters instead of jackets. Bring in the sweater of your choice and AllStar Corner will add your letter and chain stitching for a personalized look.

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Morning meal makeovers

What does breakfast look like at your house? A quick toaster pastry or fast-food sandwich? Or, perhaps, there's no breakfast at all. If so, your family is part of a growing trend that could have negative consequences. A new study published in the Journal of the American Dietetic Association reports that breakfast is often a non-meal — 20 percent of children and 32 percent of adolescents were found to be breakfast skippers.

Children and teenagers are increasingly leaving the house in the morning without eating a nutritious breakfast, and less than 20 percent of breakfast meals eaten at home include milk, according to the NPD Group's National Eating Trends. That's why the national Milk Mustache "got milk?" Campaign is putting the spotlight on breakfast — and reinforcing the importance of adding low-fat or fat-free milk to the morning meal.

"If your kids don't make the most of this opportunity in the morning, then they'll likely not make up for it later in the day," said registered dietitian and blogger Liz Weiss, who is one of The Meal Makeover Moms, along with Janice Newell Bissex. "One of the best ways to be sure you've got all their bases covered is to pour a bowl of cereal with low-fat milk. It's not only easy, quick and affordable, but it's one of the most nutrient-rich choices you can make. If kids don't have milk in the morning, it's unlikely they'll get the three servings they need each day."

The new study, conducted by researchers at the Agricultural Research Service Children's Nutrition Research Center at Baylor College of Medicine, found that children and teens who consumed ready-to-eat cereal for breakfast were more likely to have better quality diets and healthier weights.

Using national data from the National Health and Nutrition Examination Survey, the researchers found:

- Compared to breakfast skippers, children and teens who ate cereal in the morning had higher intakes of almost all vitamins and minerals, including B vitamins along with calcium, potassium and magnesium — three shortfall nutrients that are found in milk.

- The cereal eaters also consumed more essential nutrients and less sodium, compared to those who selected other foods for breakfast.

"Breakfast should provide about one-third of the day's nutrients, but it serves an additional role that's vitally important for kids," Weiss said. "The nourishment and energy that a good breakfast provides helps to unlock your child's potential as they head back to school. They simply cannot perform as well in the classroom — or the playing field — without a nutritious morning meal."

The Meal Makeover Moms have a couple of tips for starting each day off on the right foot and building a strong family:

- Think ahead: After dinner, have one child clear the table and help with dishes as you (or another child) prep the table for the morning. Have him set the table with placemats, napkins, bowls, spoons and cereal boxes as part of your dinner wrapup routine. When the alarm sounds in the morning, add low-fat milk to have a nutritious start to the day.

- Establish a "morning zone." What does each family member need the next morning — and is it gathered up? Putting all critical items into an established "morning zone" can eliminate a lot of headaches during the morning rush. When the "zone" is clear in the morning, your family is cleared for takeoff.

For more tips and information on making the most of your morning meals, visit www.whymilk.com.

- Courtesy Family Features

Tailgate treats

Coolers and camp chairs and portable grills — it's time to cheer on the home team with a tailgate party. In my hometown, football fans love to hit the stadium early to cook out, enjoy each other's company and celebrate their love of the game.

Whether you're tailgating at a high school, college or pro game, here are a couple of tips to make your party a winner.

• Share and share alike. Make it easy on everyone by making the tailgate party a potluck. Bring your own meat to grill, but take turns bringing side dishes, drinks, plates, cups, utensils and desserts. This lowers the cost for everyone and it's a great way to try some new foods.

BLONDE BROWNIES

Makes three dozen brownies

2¼ cups all-purpose flour
2½ teaspoons baking powder
½ teaspoon salt
1¾ cups packed brown sugar
¾ cup (1½ sticks) butter or margarine, softened
3 large eggs
1 teaspoon vanilla extract
2 cups (12-ounce package) Nestlé Toll House Semi-Sweet Chocolate Morsels

PREHEAT oven to 350° F. Grease 15- x 10-inch jelly-roll pan.

COMBINE flour, baking powder and salt in small bowl. Beat sugar and butter in large mixer bowl until creamy. Beat in eggs and vanilla extract; gradually beat in flour mixture. Stir in morsels. Spread into prepared pan.

BAKE for 20 to 25 minutes or until top is golden brown. Cool in pan on wire rack. Cut into bars.

Nutrition information per brownie: 160 calories; 60 calories from fat; 7g total fat; 4g saturated fat; 30mg cholesterol; 100mg sodium; 23g carbohydrate; 1g fiber; 16g sugars; 2g protein

Jenny Harper is Consumer Test Kitchen project manager for the Nestlé Test Kitchens and VeryBestBaking.com.

- Courtesy Family Features



Mix It Up with Jenny

Jenny Harper

• Sweet and simple.

When it's my turn to bring the desserts, I like keeping things simple. These Blonde Brownies are a terrific blend of that caramely/butterscotchy flavor you get from brown sugar and yummy chocolate morsels. And they're a snap to make! For peanut butter and chocolate fans, Buckeye Candy is a sweet solution. This recipe

makes about six dozen candies, so there should be plenty to go around.

BUCKEYE CANDY

Makes six dozen candies

2 cups creamy peanut butter (not all-natural)
¼ cup (½ stick) butter or margarine, softened
3¾ cups (16-ounce box) powdered sugar
2 cups (12-ounce package) Nestlé Toll House Semi-Sweet Chocolate Morsels
2 tablespoons vegetable shortening
LINE baking sheets with wax paper.

BEAT peanut butter and butter in large mixer bowl until creamy. Beat in powdered sugar until mixture holds together and is moistened. Shape into 1-inch balls; place on prepared baking sheets. Freeze for one hour.

MELT morsels and shortening in medium, uncovered, microwave-safe bowl on HIGH (100 percent) power for one minute; STIR. Morsels may retain some of their shape. If necessary, microwave at additional 10- to 15-second intervals, stirring just until melted.

DIP peanut butter centers into melted chocolate using a toothpick, leaving a small portion of the center uncovered. Shake off excess chocolate and scrape bottom of candy on side of bowl. Return to baking sheets; refrigerate until chocolate is set. Store in covered container in refrigerator. Keep chilled on the way to the game.

Nutrition Information per two-piece serving: 200 calories; 110 calories from fat; 12g total fat; 4g saturated fat; 5mg cholesterol; 75mg sodium; 21g carbohydrate; 2g fiber; 19g sugars; 4g protein



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3 who made a rewarding midlife career change ... and are happy to tell about it

By Diane Gale Andreassi
Correspondent

At a time when some women are planning their retirements, others are reinventing themselves, embarking on new careers.

They're opting for midlife adventures.

The Transition Center at Schoolcraft College is one place to go for those who don't know where to start.

"We've seen a lot of students, men and women, who are coming back to retrain and retool skills, because of the economy," said Stacey Stover, director at the Schoolcraft Transition Center.

One of the programs is an adaptation of Chips, From Chocolate Chips to Microchips to Blue Chips.

The original program was offered to everyone, but the primary audience was displaced homemakers. A pilot program this fall is called College with Confidence and about 25 women have expressed interest in the program. College with Confidence offers financial, academic, social and emotional support outside classrooms.

"It provides another outlet to students who are interested in returning to school who may have reluctance," she added. "It provides the support for them to be successful."

Other people, like Linda Densmore decided on a new career with help from Madonna University. JobCheer (www.jobcheer.org), an office and online job assistance program, is for people between jobs who are thinking about a making change.

You don't have to be a Madonna student to use the program and if you don't have a computer you can visit Madonna's continuing education office and use their equipment.

Karen Sanborn, Madonna marketing director, says people were recently waiting in line at 7:30 a.m. for registration that began at 9 a.m. to enroll in 10-week classes in pharmacy tech and another for medical billing and coding.

"They were so popular that we had to add sections," she said. "I attribute that to the fact that the automotive industry kind of dried up and people said we are going to always need health care. This was a quick fix."

Students who study medical billing and pharmacy technology "are finding jobs quickly," Sanborn said.

Women have recently dominated the student population at Oakland Community College. In 1965, most OCC students were male and just out of high school, according to George Cartsonis, OCC director of college communications.

Today, the student population is 57 percent female and the average age is 27.

"Particularly in these times of layoffs, some people come to community college and start on some new and promising careers," Cartsonis said, adding that the two most popular areas of study are information technology and medical fields.

Before you cut ties from your current job, evaluate your finances and ensure you have enough in reserve if the transition takes longer than you expected, according to www.career-tests-guide.com. Make contacts with people in your target industry and consider taking a part-time job in that field to see if you really like the field, according to the website.

Here are success stories of women who took a road less travelled and reinvented themselves midlife.

Real estate to EMT

Name: Linda Densmore
Age: 60
Hometown: Milford Township



Linda Densmore

Linda Densmore has been passionate about a lot of different careers and earning certification as a paramedic doesn't seem unusual for this high energy 60-year-old.

She was excited to learn about IVs, machine monitoring and the mysteries of anatomy.

"There are some simple amazing things, that you say, 'Oh, my, I never knew that.'"

She started taking paramedic classes 18 months ago leaving a career in mortgage banking.

"I'm a licensed real estate broker and loan officer and in mortgage banking, I managed branch offices

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CAREERS

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for large companies and acted most recently as a loan officer," she explained. "Necessity changed my course, because mortgage banking wasn't feeding the spirit or paying the bills. It became frustrating. I analyzed the big picture and started looking in the want ads and knew it was time for a change. The universe has a way of pointing you in directions that originally you didn't think of."

Densmore started her working career in the medical field in the 1970s when her parents ran a nursing home. At that time, she worked as a dietary aide, nurse's aide and finally she landed a job as a medical assistant for a doctor.

Her next career change came when she "fell" into real estate, because her father-in-law had a real estate office.

She started seeing a pattern and realized that the economy has dictated her initiation into all of her jobs. And the fact that she was open to change.

She used resources at Madonna College

where she took interest and aptitude tests. Densmore realized that she likes helping people and as a paramedic she could not only help people physically, but emotionally.

"Even if you're just transporting a patient, you have moments to share with all different ages of people in your care," she said, recalling a case of a deeply depressed elderly man. "By the end of that 15 minute ride he was ready to go back home and see his daffodils bloom in spring."

Looking for a job as a paramedic, Densmore said, she often runs into age discrimination.

"I'm in class with 20-year-old fit firemen," she said. "There is no one my age. Part of the training is doing clinical work on ambulances and in the ER room. I've been grandma riding with the firemen. It's a great merger between the generations."

If she can't find work as a paramedic she is considering turning to another passion — the use of plants and herbs for medicinal purposes, a field she has studied for 30 years.

"It's all with how you look at yourself," she said. "I love healing herbs and I love teaching people about healing herbs."



Mary Novrocki

"I took the bar, and passed it the first time and it was the biggest relief of my life."

People kept asking her legal questions and in 2007 she opened a law practice in downtown Plymouth where she stayed for nearly three years.

Currently she is working for Legal Aid and Defender Association Inc. in Detroit as an Equal Justice Works AmeriCorps Legal Fellow.

The Fellowship is a federal grant focusing on domestic relations cases with domestic violence issues.

"Going from teacher, back to raising a family was an easy transition for me, because it was something I wanted to do so much," she said, explaining that she regretted that her oldest son, Jason, spent a lot of time at the University of Michigan-Dearborn's early childhood center while she attended classes.

"The biggest transition was going back

Teacher, mom and lawyer

Mary Novrocki

Age: 60

Hometown: A former 30-year resident of Plymouth, she now lives in Brighton.

Mary Novrocki started her professional working career as an early childhood education teacher for the Head Start program in the Redford Union school district.

Three years later when she became pregnant with her son, David, she quit. She also stopped working on her master's degree.

"I made my focus my family (she eventually had three sons, Jason, David and Ben)," Novrocki says adding that she took jobs, in retail at J.C. Penney and as a teacher's aide in the Plymouth-Canton Schools, that allowed her to work while her children were in school.

"I devoted myself to volunteering in middle schools and high schools until the youngest graduated from high school," she said. When Ben graduated high school in 2003 she considered what would be next.

"I watched Jason go through law school and I was interested in law and I thought I would like to defend people I thought were being unjustly oppressed," she said.

Novrocki attended Wayne State University Law School and graduated in 2006.

"You get a lot of energy from 20 somethings," she said.

Her first law-related job was at the Washtenaw County office of public defender for a year. She worked as an intern for the juvenile court involving abuse and neglect.

"I graduated, started the job search and was having a difficult time," Novrocki said.

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Here are some more ideas for making your next gathering a little more special — and a little more nutritious.

— Craving something sweet? Try adding toasted sliced almonds and crumbled biscotti to your favorite gelato.

— Nancy K. of Port Charlotte, Fla. suggests buying a small gumball machine from a toy store and filling it with whole almonds. Displaying it at parties or get-togethers is a fun way to share a delicious treat.

— In a nonstick skillet over medium-low heat, toss whole natural or slivered almonds in a small amount of vegetable oil until golden. Add your choice of dried herbs and then sprinkle over salads, vegetables, or pasta for the perfect accent. And — if you don't have time to make your own, grab your favorite flavored almonds from your local grocer.

ROSEMARY ALMOND CRACKERS

Created by Elana Amsterdam author of "The Gluten-Free Almond Flour Cookbook"

Makes 24 crackers

- 1¼ cups blanched almond flour
- ½ teaspoon sea salt
- 2 tablespoons finely chopped fresh rosemary
- 1 tablespoon extra virgin olive oil
- 1 egg

In large bowl, combine almond flour, salt and rosemary. In medium bowl, whisk together olive oil and egg. Stir wet ingredients into almond flour mixture until thoroughly combined. Roll dough into a ball and press between 2 sheets of parchment paper to ¼-inch thickness. Remove top piece of parchment paper. Transfer the bottom piece with rolled out dough onto baking sheet. Cut dough into 2-inch squares with a knife or pizza cutter. Bake at 350°F for 12 to 15 minutes, until lightly golden. Let crackers cool on baking sheet for 30 minutes, then serve.



ALMOND CRUSTED SHRIMP

Created by Almond Board of California
Makes 4 servings

- ½ cup ground almonds
- 3 tablespoons all-purpose flour
- 1 teaspoon minced fresh parsley, or ½ teaspoon dried
- ½ teaspoon seafood seasoning
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 pound (61- to 70-count) shrimp, with tails and veins removed
- 1 egg white
- 2 tablespoons almond or corn oil, divided

1 lemon, cut into wedges

Stir together almonds, flour, parsley, seafood seasoning, salt and pepper. Dip each shrimp in egg white, then in almond mixture; lay on a baking sheet or platter until ready to cook. Heat 1 tablespoon oil in a large skillet; grill shrimp in batches on medium heat, cooking 3 to 4 minutes, turning once, until pink and golden. Use remaining 1 tablespoon oil as necessary. Serve shrimp immediately, accompanied by lemon wedges.

SPICED ALMONDS

Created by Ellie Krieger author of "So Easy: Luscious Healthy Recipes for Every Meal of the Week"
Makes 8 servings

- 1 large egg white
- 2 teaspoons sweet paprika
- 2 teaspoons dark brown sugar
- ¾ teaspoon salt
- ½ teaspoon Worcestershire sauce
- ¼ teaspoon cayenne pepper
- 2 cups natural almonds

Preheat the oven to 350°F. Line a baking sheet with parchment paper.

In large bowl whisk together egg white, paprika, sugar, salt, Worcestershire sauce, and cayenne pepper until well combined. Add almonds and toss until evenly coated. Transfer almonds to parchment lined baking tray; spread out to form a single layer. Bake for 20 minutes, until the coating is crisp. Almonds will continue to crisp as they cool. Allow to cool completely then break up any nuts that are stuck together. Nuts will keep up to 5 days in an airtight container.

BANANA ALMOND KAHLUA FRAPPE

Created by Almond Board of California

Makes 4 servings

- 1 cup crushed ice or 1½ cups ice cubes
- 2 medium bananas, cut into chunks
- 4 ounces almond milk
- 2 ounces Kahlua or other coffee liqueur
- ½ ounce Irish cream liqueur
- 4 whole natural or blanched almonds

Combine ice, bananas, almond milk and liqueurs in a blender; blend until smooth. Divide among 4 old-fashioned glasses and garnish each with an almond; serve immediately.

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Distance can't cut family ties

The day had lasted far too long, and I was shutting down my laptop when my cell phone signaled that I had a message.

It was 10:30 p.m. and I was annoyed — both at the lateness of the message and with life, at that particular moment. My son and his family had left late that afternoon for a two-week trek to Yellowstone. They were to retrace some of the same steps Peter and



Sandra Armbruster

I had taken decades earlier on a nearly five-week trip through the Northwest and up to Alaska's Inside Passage.

Two weeks! They had only been gone a matter of hours and I was already going through withdrawal — two weeks without seeing or talking with my two grandgirls.

Ali and Megan are blessed with three grandmas, and two of us had been engaged throughout their young lives in what we called “power baby-sitting.” Hey! Two girls, two grandmas — that’s balanced. As they grew older, we made pretzels and baked cookies, decorated eggs and shopped for Easter outfits. And then there was a trip to the emergency room, with their mom, Sharon, when the younger one split her head open on an icicle.

The girls have come to expect “grammy’s” involvement. Mentioning a previous birthday outing for the younger one, she confidently remarked, “Of course you were there. You’re a grandma!”

So it was going to be a tough two weeks, that much I knew as I picked up the cell phone, which indicated that I had a multimedia message. Huh? I thought, never having had one of those before. I tapped “open” and caught my breath. There was a picture of my two grandgirls in the back of their SUV. Clearly, it was going to be a different kind of absence than I had anticipated.

We had collaborated on their trip preparations during the previous two months, and I was delighted to realize how much Peter remembered of our trip together. What he



Peter Armbruster headed west this summer to show his wife, Sharon, and their daughters, Megan and Ali the sites at Yellowstone National Park where he vacationed with his mom more than 25 years ago.

may not have remembered is that I mailed a postcard home during that trip that took two weeks to reach its destination. Now in a matter of minutes, a message had traversed hundreds of miles.

A flurry of text messages followed, and the next Monday, I headed to the phone store to have a texting package added to my service — and made it retroactive.

In the next two weeks, there would be dozens more pictures of the girls — both happy and ignoring the camera. I had asked them to bring me back a rock, and in one e-mail, Peter said the girls had found two rocks, but couldn’t fit them in the car. The attached photo showed the girls, each sprawled out on a boulder.

There also were questions: Which falls at Yellowstone were the pictures taken at all those years ago? They never found the same spot, to Peter’s disappointment, but he said that he enjoyed sharing the park with the girls.

Their trip ended the way it had begun, with a flurry of text messages from Sharon letting me know of their progress. But

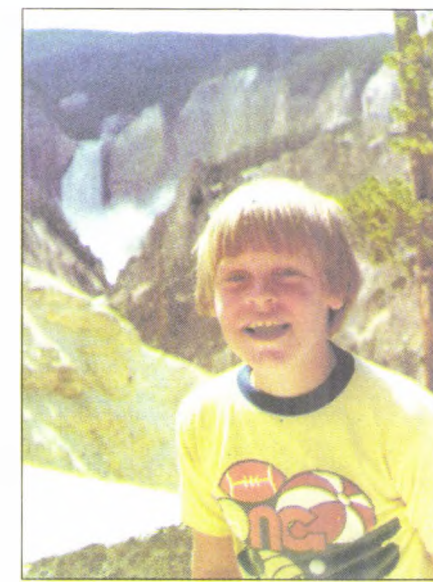


Sandra Armbruster and son, Peter, (far forward) on a white water rafting trip on the Youghiogheny River in Pennsylvania. The photo was taken more than 25 years ago.

sometimes, there just is no substitute for old-fashioned ways of communicating.

It was again 10:30 p.m., two weeks later, and I had just wrapped up Dream Cruise coverage when the house phone rang. “Sorry for the late call,” I heard Peter’s voice say.

Sandra Armbruster is editor of the South Oakland



Peter Armbruster on vacation in Yellowstone 1980s.

Eccentric. She is a former editor of the Westland Observer. It was during that time she and son, Peter, explored the western half of the United States. Peter is now regional vice president (Midwestern U.S./Canada) of sales for Novatec Inc. Sharon is a CPA and Girl Scout leader. Peter and Sharon have two girls ages 12 and 9. Sandy welcomes e-mail comments at sarbruster@hometownlife.com.

Sunday, Sept. 12, marks National Grandparents Day

President Jimmy Carter signed the proclamation creating a National Grandparents Day in 1979. Back then, Carter said the holiday would recognize “the importance and worth of the 17 million grandparents in the nation.” Today, there are now more than 70 million grandparents in the United States.

Sunday, Sept. 12, marks the 31th anniversary of Grandparents Day and a time to honor the important role grandparents play in children’s lives.

In his proclamation, Carter wrote that “Grandparents are our continuing tie to the near-past, to the events and beliefs and experiences that so strongly affect our lives and the world

around us.”

Other facts on National Grandparents Day:

Marian Lucille Herndon McQuade, a West Virginia homemaker, founded the holiday in 1970. She worked with senior citizens for many years and her original idea for the holiday was to recognize grandparents and bring attention to the needs of people living in nursing homes.

In 1978, Congress passed legislation declaring the first Sunday after Labor Day as National Grandparents Day. Carter signed his proclamation on Sept. 6, 1979, and the first Grandparents Day was celebrated three days later.

In 1989, the U.S. Postal Service honored McQuade with a commemorative envelope bearing her likeness to acknowledge the 10th anniversary of the holiday. McQuade died in 2009 at age 91. She was the mother of 15, the grandmother of 43.

The Grandparents Day statute cites the day’s purpose as: “... to honor grandparents, to give grandparents an opportunity to show love for their children’s children, and to help children become aware of strength, information, and guidance older people can offer.”

Source: U.S. Census Bureau

Mona Contardi directs the class through a workout that begins at 5:45 a.m.



Boot camps lead the way in fitness trends

Today's exercise is fun, functional and affordable

By Sally Rummel
Contributing Writer

Gone are the days when exercise meant plodding through a series of intimidating machines in an uninspiring setting.

Today's fitness is all about having fun while doing it — whether you're challenging yourself to a "boot camp experience" or taking a pole dance class to strengthen and tone your muscles.

Some of the new trends today involve specialty exercise classes, like pole aerobics, Zumba, and trapeze classes, taking fitness to a whole new level of "fun." Other trends include group training and fitness classes, which nudge an exerciser to work a little harder than he or she normally would — and are more affordable than one-on-one personal training.

"It's the camaraderie, the group of people you are with," said Carol-Lyn McKelvey, 44, principal at Walnut Lake Middle School in Walled Lake. "You know that other people are counting on you to be there. It's motivating."

She works out on a regular schedule with the same "boot camp" group at Mona Contardi's Platoon 5

Extreme Training Fitness Boot Camp, which offers outdoor classes at 5:45 a.m. Mondays, Wednesdays and Fridays at Shiawassee Park in Farmington Hills and at 6 p.m. Mondays, Tuesdays and Thursdays in the parking lot at Grand River and School roads. During the winter months, they "boot camp" indoors.

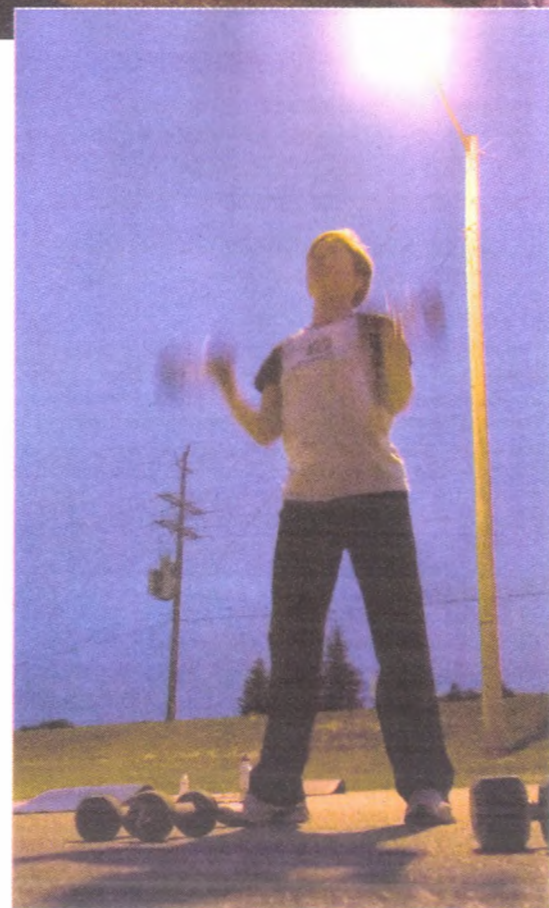
McKelvey and her group recently participated in a Julian Loredo Boot Camp Challenge Weekend (see related story), and lived to tell about it.

A fitness boot camp like the one mentioned above is usually an outdoor group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training.

While there are a variety of styles of fitness boot camps, the common denominator between them is that they are designed to push the participants harder than they'd push themselves — resembling a military boot camp.

Even the "lingo" is motivating. An exercise instructor is called a drill sergeant, although Platoon 5's Mona Contardi prefers the title "drill instructor." But you get

Please see **BOOT CAMP**, Page 26



PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER

Jacquie Lahiff lifts weights in the early morning.

Boot camps

Here's a sampling primarily of boot camps throughout the area. Boot camps vary in degree of difficulty and price but providers promise a challenging, versatile and fun experience. Visit these websites and/or call for the camp that may fit your workout needs.

CANTON

Fitness 19 in Canton

1717 Canton Center North
(734) 844-2519
www.fitness19.com
Currently classes have an extra fee, but beginning in October all boot camp classes will be included in the membership.

Canton Recreation Center

46000 Summit Parkway
(734) 394-5460
www.ci.canton.mi.us
Boot camp classes at the Summit on at 9:15 a.m. Thursdays. Outdoor boot camps are also conducted at area parks.

Lifetime Fitness

1700 N. Haggerty Rd
(734) 394-2800
www.mylt.com
Boot camp is held three times a week for 12-week class. It mixes strength, cardiovascular, speed and endurance training.

Velocity Sports Performance

46615 Michigan Avenue
(734) 485-2561
www.velocitysp.com/canton

FARMINGTON

FARMINGTON HILLS

Snap Fitness
33322 W. 12 Mile Road
Farmington Hills (248) 994-1444
Trainer: Justin Herrmiz

Health & Motion

(248) 987-8840
www.healthandmotion.net
Trainers: Eric and Jolene Appiah
Classes at Founders Park, Farmington Hills
Locations also available in Northville

Platoon 5 Fitness Training

Boot camp
Continuing four-week group fitness program. Camps are held at Shiawassee Park in Farmington.
Call Mona Contardi (248) 890-6702.
Website: www.p5xt.com

GARDEN CITY

Santiago's Urban Survival & Fitness
6543 Middlebelt Road
(734) 634-3032
www.urbansurvivaldetroit.com
Classes offered at 6-7 p.m. Tuesdays and Thursdays.

LIVONIA

Livonia Family YMCA
14255 Stark Road
Livonia, 48154
(734) 261-2161, ext. 208
www.ymcametrotetroit.org
Personal trainers provide the program offered at 8:30 a.m. Saturday.

Livonia Community

Recreation Center
15100 Hubbard
Livonia (734) 466-2912
www.ci.livonia.mi.us
Boot camps are available throughout the year. Call Scott Spahr, fitness and wellness coordinator, for more info.

Fit Zone for Women

16112 Middlebelt Road
Livonia (734) 525-4636
www.fitzoneforwomen.com
Boot camp registration begins Friday, Sept. 17 and the start date is Oct. 4. It's offered twice a week for six weeks. Walk-ins are welcome.

MILFORD

FlexSexy Personal Training

(Spring & Fall Boot Camps)
(313) 819-8998
www.flexsexy.com
Houston Fitness Consultants
(Boot camp programs offered)
624 S. Milford Rd., Highland
(248) 676-2882
www.houstonfc.com

Huron Valley Pools & Fitness

Milford: (248) 676-2346
Lakeland: (248) 676-2341
www.huronvalleyrec.com
(Zumba, Z-Boxing, no boot camp program)

NORTHVILLE

Michigan's Adventure Boot Camp

143 Cady Centre
Ste. 241
Northville
(866) 861-5423
(313) 247-8533
www.mibootcamps.com

Uptown Body Fitness Studio

170 E. Main Street
Ste. 301
Northville, MI 48167
(248) 924-2705

Forever Fit Trainer

215 E. Main Street
Northville, MI 48167
(248) 747-3037
www.foreverfittrainer.com
Trainer: Jeremy Daum
Jeremy@foreverfittrainer.com

NOVI

Women's Fit Club

30328 Pennington Lane
Novi, 48377
(248) 787-1009
www.womensfitclub.com
Trainer/Owner: Jami Brown
jami@womensfitclub.com

Jennifer Gray Body

Beautiful Boot Camps
44075 W. 12 Mile
Ste. E123
(248) 761-2321
www.bodybyjenn.com
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jenn@bodybyjenn.com



Tired but all smiles after their win last month at Julian Loredo's Boot Camp Challenge Weekend at Hubbard Lake are (from left) Denise Craver, Kevin Gleeson, Carol Sutherland, Susie Ellwood, and Carol-Lyn McKelvey.

Competitive boot camp puts local team in winning spot

By Sally Rummel
Contributing Writer

What do a newspaper CEO, an attorney, school principal, title company owner and administrative school secretary have in common?

They not only survived their first-ever weekend boot camp competition at Hubbard Lake near Alpena last month, but they also came home victorious — with enough bruises, scrapes and sunburn to prove that this was the most grueling, physically and mentally challenging experience of a lifetime.

Carrying each other "piggy back" up hills, pushing a 6,000-pound Hummer up a quarter-mile hill and transporting 20 bags of sand up a hill, each weighing about 30 pounds, are just a few of the 31 challenges that awaited each team during this local team's first-ever Julian Loredo's Boot Camp Challenge Weekend (Aug. 7-8).

Two seven-person teams competed for 14 hours on Saturday and eight hours on Sunday, before (literally) falling into their cars for the trek home.

Two of the team members, Denise Craver, 50, and Carol-Lyn McKelvey, 44, both of Farmington Hills were bruised from head to toe, causing McKelvey to comment that "we looked like we were on a field trip for domestic abuse victims! But we each pushed ourselves to the limit, refusing to let each other down."

"How we worked together as a team is what gave us the edge," said Susie Ellwood, CEO, Detroit Media Partnership, an experienced boot camper and avid runner.

"None of us had ever done this Challenge before, so we were scared, excited and anxious in the days leading up to it. Yet we won because we strategized

together — it was as much mental exercise as it was physical," added Ellwood of Farmington Hills.

This local team notched over 150 points, compared to 80-some points garnered by a more experienced team that had participated in this boot camp before.

Kevin Gleeson, 59, of Troy, an attorney in Southfield, enjoyed his role as one of the Platoon 5 members who participated in the Boot Camp Weekend Challenge.

"I found just how hard I could push myself, both mentally and physically, and with very little sleep," said Gleeson. "We were able to 'beat the competition' through our teamwork in strategizing and planning each event, using each other's strengths in each Challenge. We 'out-thought' them," he said, with a smile.

The "common denominator" for this local team's five members (two were added to this team to make a seven-person team for competition) is Mona Contardi, boot camp instructor for Platoon 5 Xtreme Training in Farmington Hills. All five — four women and one lone male (Southfield attorney Kevin Gleeson) — have been training with Contardi for several years at her daily boot camps at Shiawassee Park in Farmington from April through November, then indoors during the cold winter months.

These loyal boot campers meet at 5:45 a.m. most days, although there are evening sessions as well, with about 20 total participants.

"It's just easier early in the morning, to get it behind you before the work day starts," said Ellwood, who has been training with Contardi for 3½ years. A

Please see **CHALLENGE**, Page 16

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Sherri Morsel counts the number of push-ups by bootcamp challenger Susie Ellwood.

CHALLENGE

From Page 15

runner for over 30 years, Ellwood came to the realization that running alone was not going to keep her in shape — so she added weights and yoga to her fitness routine, and most recently, boot camp.

Other team members are relatively new to exercise, including McKelvey, who had never been an exerciser until she read about Contardi's program in the *Farmington Observer* two years ago.

"I rail against my DNA on a regular basis — I hate to exercise!" McKelvey admitted. "But it has been very empowering, rewarding and satisfying, and now I'm a size 6!"

Contardi mentioned the Challenge Weekend during a boot camp session last spring, and there was enough interest within their group to make it a training goal.

"Since Mona had done it before, we 'thought' we knew what to expect," said Carol Sutherland, 44, of Farmington Hills.

"I've never done anything like this in my life," added Sutherland, an administrative school secretary at Our Lady of Sorrows Catholic School in Farmington.

"We trained really hard six days a week for this event, so I would only want to do it once a year. But I love regular boot camp. It's great to enjoy the fresh air and have Mona tell us what to do. Then you just do it — you push it as far as you can!"

Others, like Denise Craver, 50, of Farmington Hills, are stopping at this one Challenge, knowing that the next one would be a totally different experience.

"I don't think it could ever be repeated again," said Craver, who has been working out with Contardi for two years, losing 30 pounds in the process. Her motivation? "To not gain weight when I quit smoking," she added.



Julian Loreda, the 'drill sergeant'/creator of the Boot Camp Challenge Weekend, times bootcamp challenger Carol Sutherland's hanging pull-up.

As owner of a title company, Craver also loves the stress-relief that comes with this early morning commitment. "It's great being outdoors and in the park," said Craver. "But this Challenge event was really intense. The hardest part for me was the endurance required and keeping up the motivation."

But the boot camp experience is a powerful draw. McKelvey admitted to being very sore on Monday after the Challenge, but was right back at her morning boot camp session on Tuesday. "I'm so glad I did it," said McKelvey, "but no, I won't do it again!"

Spinal Stenosis? Back Pain? Sciatica? Herniated and/or Bulging Discs?

No back surgery. No neck surgery. Just Relief.

By Shane L. Stanley, D.C.

Imagine how your life would instantly change if you discovered the solution to your back pain. Well there's good news. Through the combination of proven scientific principles and the latest technological developments, if you are a candidate, you now have a non-surgical option for your herniated discs or back pain. Finally, forget about struggling through exercise programs or undergoing a potentially risky surgery, because with this technology — for most people — there is a better option.

You are about to discover the most powerful technology available for: back pain, sciatica, bulging discs (single or multiple), degenerative disc disease, a relapse or failure following surgery or facet syndromes.

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After being fitted with an automatic shoulder support system, the DRX 9000 slowly lowers you to a horizontal position. You are lying face up. The automatic shoulder support system helps to stabilize your upper body.

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The distractive forces utilize a logarithmic curve to avoid proprioceptor response, which would create a muscle spasm. The split table design decreases friction and allows separation of the vertebra, minimizing the effect of gravity.

Basically, you lay face up and the amazing DRX 9000 computer simulates an antigravity effect on your back that helps herniated material return to its normal position and stop the pain.

Patients describe the experience as a gentle, painless, intermittent pulling or gentle stretching of your back...

Many patients actually fall asleep during the treatment!

Here's what people who have experienced what you are now going through want you to know...

"My story begins as a 24-year-old woman having my first child. The pressure that a woman has carrying a child is indescribable. All that weight can do a lot of damage. After 13 years and three kids, my body, discs and sciatic nerve were shot! I had an MRI and discovered that I had a herniated disc. The pain came and went for years but this time it lasted for seven months of pure agony. Going to Dr. Stanley's office has helped me incredibly. The staff is wonderful and they make you feel so welcome. I've done my research on the cost of the treatment and literally have saved thousands on the cost of the treatment by choosing his office. Today, I feel great! Before, I couldn't move and I was always in pain — ALL the time. My family is so happy to have the real me back. To sum it all up, it really works!"

~ Y. K., Northville, MI

"...my back was so bad that I could not even sleep. I was not for Dr. Stanley and the DRX 9000, I would have undergone surgery." ~ T. J., Roseville, MI



"I am 57 years old and I have been having back pain since I was 29 years old. Thus far, I have had three surgeries and was on my way to a fusion. I was in a lot of pain and I was taking a lot of medication. Getting spinal decompression from Dr. Stanley was the best thing that ever happened to me. I can now work everyday. I am an electrician and also work in construction. Dr. Stanley made it possible for me to continue my trade and work in construction."

~ G. D., Rochester Hills, MI

"I was not able to stand for more than five minutes and when I stood up after sitting, my back would lock. As a last resort, I was ready to go in for back surgery, and then my husband saw the ad in the Free Press by Dr. Stanley. I thought it could not hurt to try it. (The best thing I ever did). I am very agile again, back to my old energetic self. I can not recommend this procedure enough to those who qualify and need it. Thank you very much Dr. Stanley!"

~ I. S., Northville, MI

"I have suffered with neck and back pain for years that started dramatically decreasing the quality of my life. In addition, the radicular pain and numbness that went into my arms and legs prevented me from having a good night's sleep for over a year. I first heard of the DRX 9000 over six months ago and decided to check it out. I visited another clinic and was astounded by the price. I then consulted with Dr. Stanley. He performed an exam and reviewed my MRI. I was very impressed with how thorough he was without pressuring me to become a patient. To make a long story short, I decided to undergo treatment. I am now pain free and I saved thousands of dollars in the process. I could not give this procedure and his office a higher grade of approval."

~ P. C., Canton, MI

"My back started to feel sore when I was 23. At that time, I came in to see Dr. Stanley. After he shot an X-ray, he informed me that my 5th lumbar disc had a very advanced degree of degeneration for someone my age. After a series of adjustments, I was back to feeling good

for a couple of years. Less than two years ago, while performing yoga, I felt a terrible pain in my back unlike anything I have ever experienced. I was informed that I had a disc herniation. The pain was bringing me to tears. I went back to Dr. Stanley and he informed me that I was a good candidate for the DRX9000. After the 10th treatment, the pain was 60-70% better and by the completion of the 20 sessions, I was pain free. I highly recommend this treatment to anyone suffering back pain. It is by far the best thing I've ever done."

~ L. D., Northville, MI

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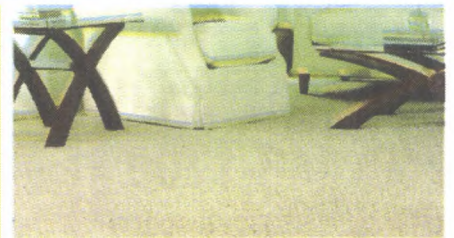
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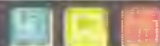
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CAREERS

From Page 9

to school full time," she said. "It had been 20 years since I'd been in school. I used to think I would have a hard time working full time and leaving the house when I started the job. I was surprised how much I loved being in an office, being around co-workers and doing the law stuff and I never got bored. I love being a lawyer and going to an office. It's so interesting and so full and I'm helping people who wouldn't have access to it."

College lured her from corporate life

Name: Susan Ontko
Age: 51
Hometown: She lived most of her life, with a few short breaks, in Livonia.

Susan Ontko climbed the corporate ladder and didn't like the view when she decided to switch careers altogether.

After graduating with a bachelor of

arts degree in industrial administration from General Motors Institute, she began her professional career at General Motors, went on to work at Parke-Davis and finally landed a job in industrial engineering at United Technologies.

She moved into marketing and strategic planning at UT and earned a master's of business administration in 1987 from the University of Michigan.

Ontko was fully immersed in the high-paced corporate world for 15 years at UT, which was acquired by

Lear in 1999 before she decided to change career directions.

Part of her decision focused on the time she had to spend away from her daughter, Emily, who was 6.

"I wanted to be the room mom, the Girl Scout leader and go on field trips and I just couldn't do it," she said.

Ontko quit her job at Lear and started her own business as a small business coach and consultant. She also found time to teach her first class in business math at Schoolcraft College

in 2001. Again, she rose through the ranks and is currently assistant professor of business at Schoolcraft. She made teaching at Schoolcraft her full-time job.

"I would never have imagined this is where I would end up," Ontko said. "But, it's the best job I ever had. When I was at Lear, when we were acquired, it was an environment I didn't want."

Ontko reinvented herself as a teacher by accident after a conversation with another mom outside Emily's first grade classroom door. The other mom taught at Schoolcraft, but Ontko wasn't sure it was for her.

"So, basically I started teaching on a dare," Ontko said. "That became my passion. That's what I tell my students. You have to be open to things, because you never know where it will lead."

Many students in her classes at Schoolcraft are involved in the No Worker Left Behind program and she sees a lot of those women excited about changing their careers, too.

"It's exhilarating to see them getting new confidence," she said. "I can't tell you how many times I hear from middle-aged women who lost jobs and they're seeing how they can be really successful in college."

"I get so any e-mails from students saying I feel good about my future and that makes me feel good," she added. "Some of the students are really inspiring."



Susan Ontko



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Six apps for healthy living

When fingers get pointed in debates over the obesity epidemic in the United States, technology sometimes shoulders some of the blame. Time in front of computer screens or television is often listed as part of the reason why Americans aren't as healthy as they have been in the past. But the truth is there are also technological advances that have the potential to guide you in your quest for a healthier lifestyle, whether that is eating right, exercising or keeping tabs on vital numbers that are important to your health.

Take smart phone applications for example. Nowadays, you can find applications for just about anything in life that might capture your interest, and healthy living is no exception. So if you're looking to stay fit and healthy, here are six mobile apps that give you and your family a little extra help:

Lose It!: Counting calories is perhaps the simplest and most effective way to keep track of your health goals, especially if it involves weight loss. But it's difficult to do all the adding and subtracting in your head, which is where the free app Lose It! comes in. The app allows you to enter what you eat each day and calculates not only calories, but fat, protein, cholesterol and carbohydrates based on portion size. It also allows you to enter different types of workouts, from walking to yoga, to see how many calories you will burn while you are exercising.

Carb Counting with Lenny:

This app is designed to help children with diabetes count carbohydrates to help manage their diabetes, but can be of use to anyone. Using their mascot Lenny the Lion, who also uses insulin pump therapy, Medtronic Diabetes introduced this app, which allows children with type 1 diabetes to learn about carbohydrate levels in basic foods. The application also allows users to create a customizable food guide using their own photos or ones they find on the Internet, as well as play games to test their



carb-counting knowledge. Periodic contests and giveaways (www.medtronicdiabetes.com/carb-counting-contest) are announced to reward registered users who get highest game scores. Medtronic Diabetes, which

makes such products as continuous glucose monitoring devices, designed the app to be useful and educational for both children with diabetes and others who are interested in monitoring carb intake.

Size Me Up:

Another application for kids. This one allows children to enter their current height and receive estimates for how tall they might be in the future, at any given age. This can be used to help keep your child motivated

to eat right, so they can grow up to be tall and healthy.

BP Buddy: This application allows people who are monitoring their blood pressure to input their blood pressure numbers and heart rate numbers and log them for up to 60 days. An e-mail feature allows users to send their numbers to their doctor for analysis.

The Carrot: As an interactive journal, this application allows you to track multiple items related to health. In addition to entering information on meals, workouts, and even medication, you can also enter your assessment of your moods or the level of job satisfaction you are feeling at the moment to see if you can pinpoint what healthy habits work best for you.

FitReach: This training and diet application allows you to enter information on your meals, as well as workouts. It also encourages you to do regular weigh-ins so you can compare your weight loss with your goals on graphs that are a part of the app.

Applications are available on iTunes and can also be downloaded through your iPhone, smart phone or other compatible mobile device.

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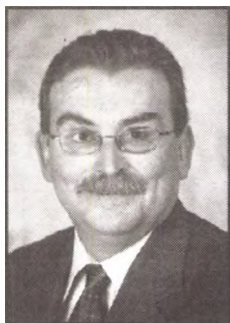


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(Sept. Observer Woman Magazine)

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The next few pages feature two local tutoring professionals available to Metro Detroit students.

Club Z!

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www.clubztutoring.com

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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!

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

Level: Beginner

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

Level: Intermediate

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

Level: Advanced

Answers found on page 24

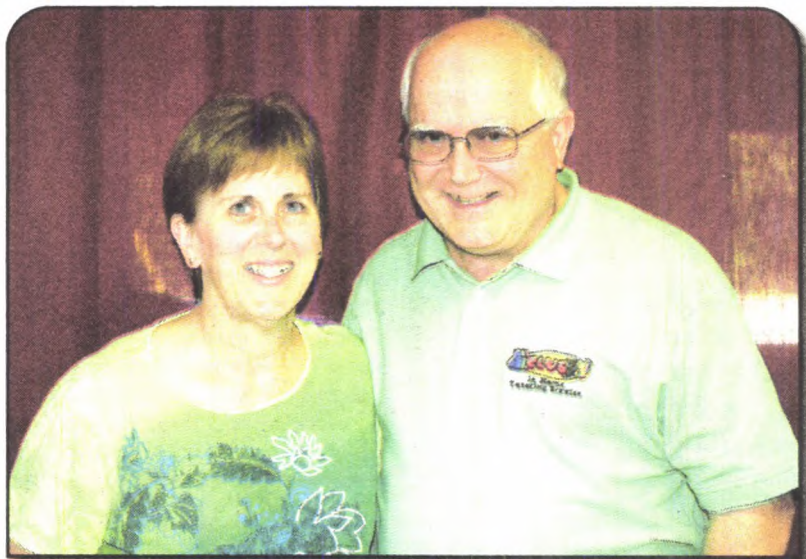


Photo by Alison Bergsieker

Kathryn Thompson, a 30-year educator, and Dean Thompson, a 30-year business professional, are the owners of Club Z! in-home tutoring services in Novi.

Join the club that gets results

Help your children reach their full potential with tutoring services that are affordable and proven effective.

Club Z! of Novi has provided one-on-one and group tutoring services to thousands of students in the Metro Detroit area. Tutoring is offered to all grade levels, pre-K-adult, for all core subjects, reading, writing, math, study skills, foreign languages, computers and standardized test preparation for ACT/SAT and other examinations.

Club Z! Franchise Owners Dean and Kathryn Thompson provide students with flexible options and hours year-round and offer month-to-month contracts so students are only paying for the help they need.

"What makes us different is we come in the home and work with the student one-on-one," said Dean, also a Club Z! Regional Director. "Tutoring sessions may also be scheduled at schools, after school facilities, libraries or community centers. We also offer tutoring at our center location on Novi Road just south of Main Street."

Club Z!'s philosophy is to help students develop confidence in themselves and promote life-long learning.

"I think some students come in and think that learning just happens," said Kathryn, a 30-year educator and learning consultant for Northville Public Schools. "We build students' desire to learn and their belief in themselves that they can learn. As soon as they start thinking, 'I can do this,' they're learning turns around."

Club Z! offers 45-50 tutors that are experienced degreed professionals and state certified educators with impeccable credentials and a heartfelt enthusiasm for teaching. All tutors undergo complete

criminal background checks from both the state of Michigan and the FBI and are interviewed by at least two staff members.

"We have tutored close to 4,000 students, and our track record is a sound one," Dean said. "We do our best to match the needs of a student with a tutor who has the skills to work effectively with him. Parents are encouraged to let us know how the tutoring is going."

With parental consent, Club Z! tutors will work directly with a student's classroom teacher to follow currently assigned homework, scheduled examinations, student progress, curriculum needs and IEP goals.

ACT-prep group sessions are available year-round, where 6-8 students prepare together. Students see an average increase in their ACT scores of 4-5 points.

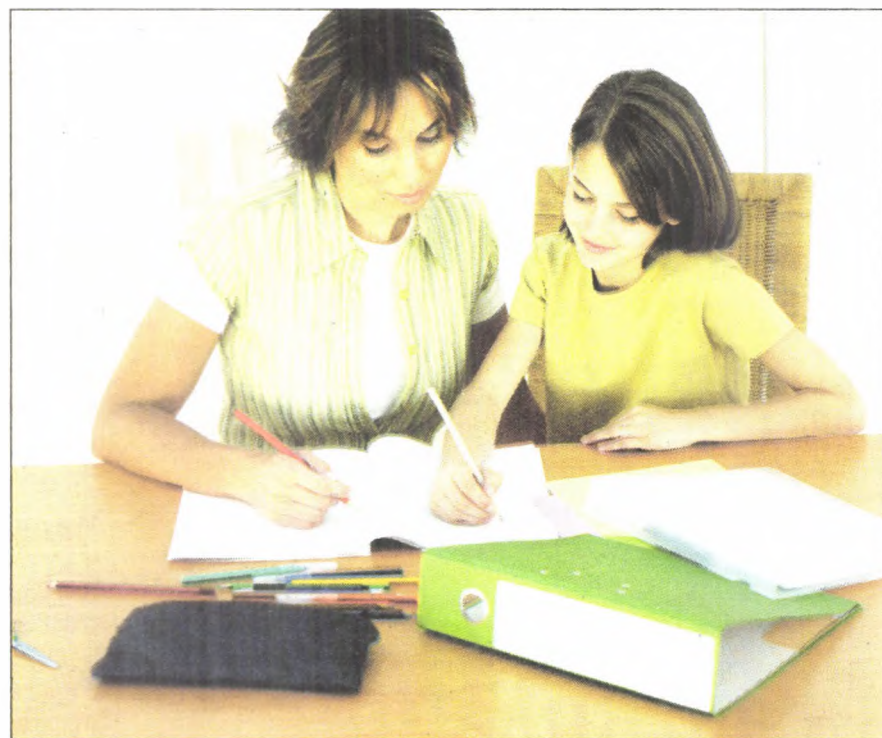
"Being flexible is powerful in today's ACT market," Dean said. "Some students don't do well in a group setting, so they will work with a group part of the time and do the rest of their tutoring at home in a one-on-one setting."

With countless success stories, Club Z! is highly referred by local parents and students.

"We hear great things from parents," Kathryn said. "Overall, we have a really great batting average, and we stand behind what we do. We say what we mean, and we mean what we say."

— By Alison Bergsieker

Club Z!
In-Home Tutoring
25800 Novi Road
248-344-2200
www.clubztutoring.com



How to find a tutor

With back-to-school activities in full swing, many parents are searching for ways to help their children with their studies — whether they are gifted or need remedial assistance.

Maybe they need help with math or reading, or want to pursue art or music lessons. Some high school students may be looking for guidance to score well on PSAT/SAT and ACT college entrance exams.

Whatever learning is desired, hundreds of experienced tutors — people with special skills in specific subjects — are available in dozens of disciplines for pre-kindergartners through adults, and every age and interest in between.

"Most of our tutors are substitute, part-time or full-time certified teachers in local school districts and have real classroom experience," said Tracy Andrzejewski, director at Huntington Learning Center in Canton.

Persons seeking tutors will find multiple listings in phone books and online, from art to zoology lessons, and from piano instruction to voice lessons.

Hundreds of local experts with special training work as tutors in the metro area, eager to spend a few hours a week sharing their knowledge with others interested in those subjects. There is no standard or official government certification for tutors — and lessons often cost between \$30 and \$50 per hour, for single sessions or group learning.

Specialized tutoring is offered in reading, math, preparing for college entrance tests and foreign languages. Assistance is also offered in art, writing, music lessons, horseback riding and gymnastics.

Tutoring can be done in a school or

Check out these tutoring websites

Dozens of tutors offer their skills in various manners. Here is a partial list of area tutoring organizations, which offer free consultation and evaluation of potential students. Check with teachers, local school districts, community colleges and universities for more advice on tutoring services.

www.wyzant.com provides a home tutoring service nationwide, with private tutoring, homework help, test preparation or studying "just for fun" offered.

www.huntingtoncanton-mi.com for math, reading, writing, as part of a national learning company.

(See Huntington Learning Center/Canton Advertising Feature on Page 23)

Please see **TUTORS**, Page 24

studio, or a tutor will come to your home (Club Z! of Novi offers in-home tutoring. See the Club Z! Advertising feature on this page). Classes are offered individually for one-on-one instruction, or group lessons are often more affordable.

Even online learning is possible, as assignments are given via e-mail, allowing the student to send back finished work for the tutor to grade or evaluate.

—By Sally Rummel



Photo by Alison Bergsieker

Huntington Learning Center features individual classrooms and desks for direct one-on-one interaction between student and tutor in a pleasant environment.



Submitted photo

A student interacts with a tutor during a summer session.

A valuable skill — learning to learn

Huntington Learning Center in Canton offers customized, accredited tutoring programs to Metro Detroit students of all ages

Self-confidence, opportunity, scholarships and other financial incentives are just some of the benefits to students who obtain good grades in school.

Academic skills are the stepping stones to success for students of all grade levels.

Every year, Huntington Learning Center helps thousands of students improve their grades and raise their test scores, in addition to teaching them valuable study skills and improving their academic outlook.

In June 2009, Executive Director and Franchise Owner Wie Pan opened a Huntington Learning Center in Canton on Ford Road after extensively researching a variety of tutoring services. Dr. Pan, a 30-year corporate business professional with a doctorate in Chemistry, attributes a good education to the successes he's achieved and is now focused on helping kids succeed in their education to secure brighter futures.

"A lot of people ask, how do we compare to others?" Dr. Pan said. "I can't say much about the others, but I can say I did extensive research before getting into this franchise. My conclusion is that this is the best tutoring service of all those that I evaluated."

Dr. Pan's conclusion is well supported by results. A Solomon & Associates Inc. survey reported 93 percent of Huntington families recommend the tutoring service to others.

Huntington Learning Center offers one-on-one tutoring for students pre-K through adult for Reading, Writing, Math, Study Skills, Spelling, Phonics, State Testing Prep, ACT/SAT/PSAT Test Prep.

"THANK YOU VERY MUCH FOR EVERYTHING YOU DID FOR ME! WITH YOUR GUIDANCE AND YOUR TUTORS' TRAINING, I SURPASSED WHAT I THOUGHT I COULD ACHIEVE."

— Plymouth High School student
ACT score improved from 29 to 34

"Each program that we offer is individualized for each student," said Tracy Andrzejewski, Center Director. "Most of our tutors are substitute, part- or full-time certified teachers in local school districts and have real classroom experience."
Tutors undergo a criminal background

check from the state of Michigan and the FBI before being hired.

Customized, accredited programs

Because each student is different, Huntington always does a thorough academic evaluation to pinpoint weak areas. The staff then meets with each family privately to review the results and to recommend a personalized program of instruction.

"Most students that come here are behind," Andrzejewski said. "As they continue to fall behind in their grade level, they create gaps in their basic foundation that get larger the further they progress. We bring them back down to the level they're at and fill in the gaps so we can catch them up to where they are in school."

Most students attend just a few hours a week after school. Individualized instruction takes place in a caring, nurturing environment.

Tutors also work directly with teachers and counselors on behalf of parents to keep up on student achievement. Tutors with backgrounds in learning disabilities are available.

"These kinds of students need one-on-one attention because the tutor is always there to bring them back to task if they get distracted," Dr. Pan said.

Huntington Learning Center's 33-year history has made it one of the most respected supplemental education providers in the nation, with more than 300 franchise locations across the country.

Founded in 1977, professional educators and Huntington co-founders Dr. Raymond and Eileen Huntington identified that students did not reach their potential because they lacked basic skills.

Huntington Learning Center in Canton supports and sponsors community events and school programs, is highly referred by students and parents alike, and has tutored students in Ann Arbor, Belleville, Canton, Dearborn, Farmington, Northville, Novi, West Bloomfield and other neighboring communities.

Get started today by calling 1-800-CAN LEARN or visiting canton.huntingtonlearning.com.

— By Alison Bergsieker

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TUTORS

From Page 22

www.getyourkidsoffthecouch.com for gymnastics, martial arts, dance, mostly aimed at elementary students

www.tutoring.sylvanlearning.com has three local learning centers in Canton, Livonia and Novi, plus six more in the metro area specializing in math, reading, writing, study skills, homework and college prep.

www.clubztutoring.com for one-on-one in-home tutoring for all ages in reading, math, science, history, study skills. (See Club Z! Advertising Feature on Page 22)

www.mathnasium.com primarily aimed at pre-K to 12th-grade students to boost math skills after school in learning centers

www.kumon.com calls itself the world's largest after-school math and reading enrichment program, for students of all ages and abilities.

www.scoremorepoints.com offers test preparation workshops for PSAT, SAT and ACT college entrance exam tests, primarily for 10th- through 12th-graders.

www.tutorbrainiac.com offers in-home tutors for all academic subjects grades K-12 in Oakland, Wayne and Macomb counties

www.merctutoring.com is McCully's Educational Resource Center (MERC), with local center in Canton for language arts, math, skill classes, test preparation and specialized assistance.

www.tutorz.com offers individual in-home sessions in a variety of subjects, depending on person's needs

www.jimgilmoreinc.com/Tutor.htm offers home-based academic tutoring in Farmington Hills with on-site tutoring throughout metro area and city of Detroit.

www.farmington.aim4a.com offers math and English subjects in small group or private sessions for ages K-12, choosing from one to four classes weekly



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(N. of 12 Mile, on the East side of Farmington Rd.)

Sudoku Answers

Beginner

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

Intermediate

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

Advanced

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

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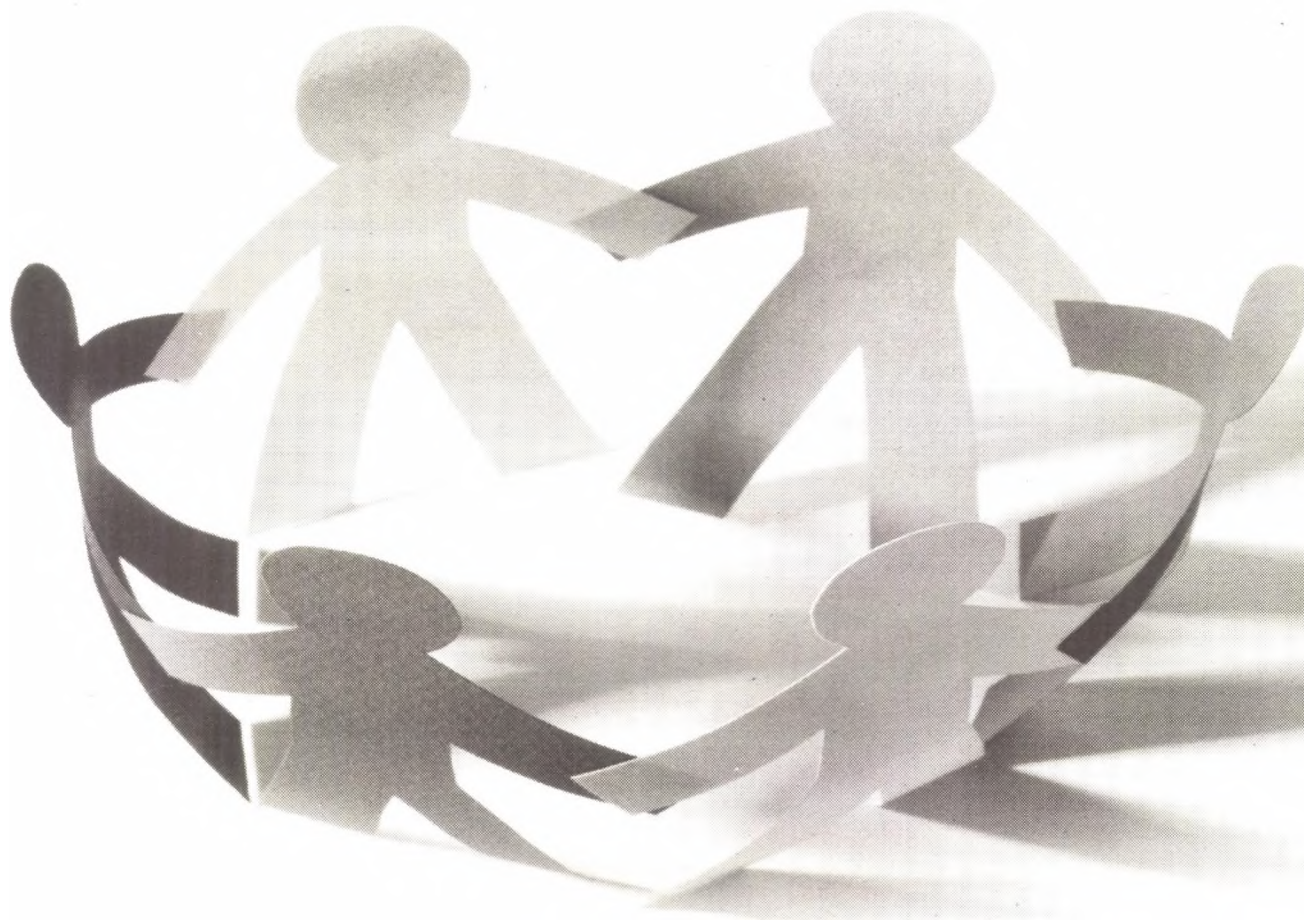
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FlexSexy women at a spring boot camp at Kensington Metropark.

BOOT CAMP

From Page 14

the idea. Drill leaders expect the best effort of each participant and, most of all, they motivate, encourage and push exercises to the next level.

At Julian Loredó's "It's Boot Camp, Baby" class at the Powerhouse Gym in West Bloomfield, boot camp participants work out in the parking lot during warm weather months and move indoors during the winter. Loredó is the head drill sergeant, while Diane Tome is a drill sergeant/nutritionist on staff. "We have boot campers ranging in age from 17 to 60," Tome said. "You can come in at any fitness level, and we'll pair you with someone at a similar level. As your fitness improves, you'll move up to a higher level."

Another common trait of boot camp fitness is the outdoor aspect, and the use of outdoor equipment in a park or school setting. "We love that it's outdoors, we can breathe fresh air," said Carol Sutherland, 44, of Farmington Hills, a regular boot camper with Platoon 5 in Farmington Hills. "Mona uses the park as part of our exercise, even the playground equipment becomes part of our routine."

Being outdoors and enjoying the camaraderie of fellow exercisers were several reasons that Denise Craver of Farmington Hills was able to quit smoking without gaining weight when she joined Platoon 5 two years ago. "I actually lost 30 pounds!" said Craver, a title insurance company owner who admitted that stress-relief is one of the best benefits of boot camp.

Taking the boot camp concept to a whole different level is certified personal trainer Susan Edson, owner of FlexSexy Personal Training in Milford. "I'm trying to make women feel good about themselves inside, so that they'll feel sexy on the outside," Edson said. "Sexy is just about being fit in your own skin — it has nothing to do with your body composition. If you're confident, you're sexy."

The name of her private studio and the boot camp she conducts outdoors in the spring and fall does attract attention. "The 'sexy' name is a huge part of it," Edson said. "But it doesn't seem to alienate people at all — it draws them in." She'll be offering a late September Boot Camp for people whose children are going back to school and those who are

'Women have the wrong view of what personal training is. I train "like a man," with heavy weights. That's why I ask boot camp participants to bring along five- and 10-pound weights.'

Susan Edson, owner of FlexSexy Personal Training

getting "back to business" after a leisurely summer.

Edson also has a second location in Novi, which can be accessed through her website, www.flexsexy.com, and will also provide personal one-on-one training, semi-private personal training and small group circuit training.

"Women have the wrong view of what personal training is," Edson said. "I train 'like a man,' with heavy weights. That's why I ask boot camp participants to bring along five- and 10-pound weights."

A popular new alternative form of exercise conditioning may be found at the "World of Pole Fitness & Dance," which just celebrated its first anniversary in Garden City. Owned by Patty Peltó, 48, this studio offers exclusive pole dance classes, Zumba, Polga, Hooping and other unique fitness regimes.

"My thousands of students have found that from the moment you do the first two moves on the pole, you are addicted to the possibilities and the workout that the pole gives you," Peltó said. "It's a great strength training and overall toning workout, especially for your upper body and abdomen."

New this fall will be Z-Boxing, which alternates kick-boxing with dance moves. "I'm just starting to offer a trapeze class this fall," added Peltó, who has had more than 3,000 students in the past five years, from pole parties to studio classes. "We're not your 'typical gym,'" she said. "Every class is like a party!"

More boot camps

The Sports Club of Novi

42500 Arena Dr.
Novi (248) 735-8850
www.thesportsclubs.com

Life Time Fitness

40000 High Pointe Blvd.
Novi (248) 735-0100

Botsford Center for Health Improvement

39750 Grand River Avenue Novi, (248) 473-3100
BCHI@botsford.org

Bally Total Fitness

Novi Town Center, Novi
(248) 349-7410
<http://east.ballyfitness.com>

Fusion Health and Fitness

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www.fusionhealthclubs.com
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www.ballytotalfitness.com

NeuroMuscular Junction

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www.bodyworkbootcamp.com

Core Sport Pilates Fitness Studio

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(734) 459-1547

www.coresportstudio.com

Plymouth Recreation Center

525 Farmer (734) 455-6620

www.ci.plymouth.mi.us

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301 S. Lafayette
(248) 486-1110

www.healthstylesrehab.com

Powerhouse Gym

(Boot Camp Fridays 6 a.m.)

22185 Pontiac Trail

(248) 446-1010

www.powerhousegym.com

Snap Fitness Center

(September Boot Camp)

23200 Pontiac Trail

(248) 446-3200

www.snapfitness.com

WESTLAND

Forum Fitness Center

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Westland (734) 729-7000

www.forumfitnesscenter.com

Boot camps Monday evenings at 7:35 p.m. First class is free.

Anytime Fitness

761 South Wayne Road

Westland (734) 326-1550

www.anytimefitness.com




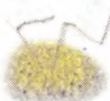
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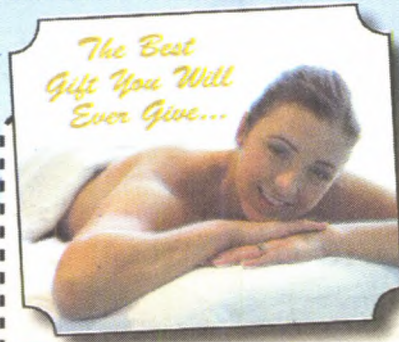
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\$335.00 Value

Includes Synergie Slimming Treatment,
Detox Treatment, Infrared Sauna,
Silk Face Facial, 1/2 hour Massage/
Reflexology, Bikini or Brazilian Wax,
Eye Brow Wax, Make-Up, Brunch

(Provided by Shish Kabob Cafe)
Not valid with any other offer.
With this ad. Expires 9-30-10



LOSE YOUR CELLULITE
CELLULITE SYNERGIE
TREATMENT

\$99

Each Treatment. Not valid with any other offer.
With this ad. Expires 9-30-10

Brazilian Wax

\$25
Bikini Wax

\$15

Each Treatment. Not valid with any other offer.
With this ad. Expires 9-30-10

Free Lip and Chin
Wax with Purchase
of Eyebrow Wax

only \$9

THE CELLULITE SOLUTION SYNERGIE

Aesthetic Massage System

The cellulite solution. Synergie, the ultimate solution for reducing cellulite, uses revolutionary vacuum massage technology proven to smooth and tighten the skin while improving circulation. Synergie finally provides the solution millions of women have been seeking.

"I wanted some skin toning and smoothing that I haven't been able to get from diet and exercise. With Synergie, I saw a very noticeable improvement in the smoothness of my skin, the cellulite practically disappeared! In fact, I was excited to lose a full pant size as a result of the Synergie treatment. Synergie was just what I needed!"

-K.D. Synergie Client

LOOK GOOD • FEEL GOOD • LIVE BETTER • WWW.NEWFACEANDBODY.COM

Shish Kabob Cafe

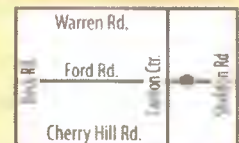


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Vegan
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CATERING
15% OFF

Cannot be combined with other offers.
Expires September 30, 2010

DINNER FOR TWO SPECIAL
TWO ENTREES, SOUP OR SALAD AND A FREE APPETIZER
ONLY \$19.99

With purchase of 2 drinks. Cannot be combined with other offers.
Expires September 30, 2010

10% OFF
TOTAL BILL

One coupon per visit. Cannot be combined with other offers.
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