



READERS' RECIPES FOR THE BIG GAME

FOOD, B8

THURSDAY
February 3, 2011

The Observer & Eccentric
Newspapers

Volume 124
Number 49

\$1.00

PLYMOUTH OBSERVER

hometownlife.com

PIPELINE

Snow photos

Send us your favorite snow day photo! E-mail bkadrich@hometownlife.com or go online and post your photo on our Facebook page or use the Get Published feature on our new website at hometownlife.com.

School reform

During a panel discussion on school reform in Novi, state Sen. Patrick Colbeck called for the need to improve Michigan education. "The status quo is not preparing our children to be successful in the 21st century," said Colbeck, R-Canton. "We need to face this issue with a determination to provide our students with the best education in the world." Colbeck is a member of the Senate Education Committee and former charter school board member. The panel was part of the Board Development Series sponsored by the Center for Charter Schools at Central Michigan University.

Cookie correction

Girl Scouts Heart of Michigan is assuring the public Girl Scouts selling cookies locally will continue to offer all eight varieties of Girl Scout cookies. Loyal customers can expect to find all of their favorite cookies including: Thin Mint, Do-Si-Do, Tagalong, Samoa, Lemon Chalet Creme, Trefoil, Thank U Berry Munch and Dulce de Leche. "News stories that aired last week have created questions for our volunteers, leaders and customers," said Jan Barker, CEO of GSHOM. "GSHOM has been receiving calls and e-mails from leaders and customers alike concerned about their orders due to these misleading media reports. Girl Scouts are counting on our customers to support girls during the cookie sale because every dollar supports girls locally."

In the Ann Arbor Region of Girl Scouts Heart of Michigan (which includes Plymouth and Canton), girls will begin delivering pre-ordered cookies to customers on Friday, Feb. 4. Cookie booths at large retail stores and other popular locales will open Feb. 4 and run until Feb. 27.

'Harvey' on stage

Spotlight Players offer romance, comedy and a fun night out at the theater Feb. 18-27 at the Village Theater at Cherry Hill in Canton. The cast includes many great area actors, including local actors Rebecca Winder (Myrtle Mae Simmons), Marian Busa (Mrs. Chumley) and Pat McKane (Judge Gafney) of Canton and Lindsay Frischmuth (Nurse Kelly) and Steve Sedore (Dr. Sanderson) of Plymouth. The play's producer is Judy Cannizzaro of Canton.

Play dates are 8 p.m. Friday, Feb. 18; 2 and 8 p.m. Saturday, Feb. 19; 2 p.m. Sunday, Feb. 20; 8 p.m. Friday, Feb. 25; 2 and 8 p.m. Saturday, Feb. 26; and 2 p.m. Sunday, Feb. 27.

Tickets are available by phone at (734) 394-5300 or (734) 394-5460, online at www.spotlightplayersmi.org, in person at The Summit on the Park or at the door.

Township wants cap on 40-percent water hike

BY MATT JACHMAN
OBSERVER STAFF WRITER

Plymouth Township could get socked with a wholesale water rate increase of 40 percent if a new pricing proposal is adopted by Detroit officials later this year.

The hike would be the largest-percentage increase among the rate changes the Detroit Water and Sewerage Department proposed Tuesday for Detroit and its more than 100 suburban customers. The proposed hikes for suburban communities averaged about 9 percent; DWSD

is seeking to lower the rates for some communities.

In the city of Plymouth, a 10-percent wholesale increase is proposed.

Plymouth Township Supervisor Richard Reaume said township and Detroit officials have been negotiating in the last two months over the proposed increase. He said Detroit has characterized the increase as a "penalty" levied because water peak usage in the township exceeded the targeted level, for one hour, by about 60,000 gallons last July 7.

The peak usage target, 12.1 million gallons an hour, is part of a contract

agreed to by the city and the township in 2009 that lowered the wholesale water rate at that time by about 24 percent.

Reaume said he wants a more equitable rate and plans to keep talking to the city.

"We still think that we should have the right to negotiate with them, and they need to take the penalty away," he said. "This is an unregulated monopoly, and on their own they increased our rates and told us it was a penalty. What are we going to do, buy water somewhere else?"

The wholesale price of water can be

passed on to township water customers — residents and business owners — through the township's retail price. Township officials in recent years, however, have sometimes passed on only part of Detroit's wholesale increases.

"How much of this is going to pass down to our customers, I don't know," Reaume said.

The township's current retail water price is \$3.10 per thousand gallons; with a sewage fee of \$5.25 per thousand gallons, water customers in the town-

Please see **WATER, A6**

Snow day

Lighter-than-expected storm still means work — and play

BY MATT JACHMAN
OBSERVER STAFF WRITER

The biggest snowstorm of the year meant a holiday for many in the Plymouth area on Wednesday.

For others, it just meant more work.

"I think a lot of people had a little bit of trouble" getting to work, said Chelsey Moodt, the manager at the Jimmy John's sandwich shop in downtown Plymouth. "Had to shovel ourselves out this morning."

"I just helped the neighbor," said Juan Sanchez, who was clearing snow from the driveway and sidewalks at a house on Firwood in Plymouth Township at about 1 p.m. Wednesday. "I'm a nice neighbor, that's all. I have to help."

At Jimmie John's, walk-in traffic was down considerably due to the storm, which dumped four to six inches across the Detroit area, less than expected. But "deliveries have been really busy," Moodt said, though not enough to make up the shortfall.

Moodt had nine people working during the lunch hour Wednesday, and said no thought had been given to closing the shop because of the weather.

In parts of downtown



Plymouth's road crews were hard at work on Tuesday night.

Plymouth, many businesses were closed, including the antique and jewelry shop Haven, Vanity Salon, Kilwin's, the Cupcake Station and the Rock Bar & Grill. Most of the open businesses were restaurants and coffee shops.

Isabella's Copper Pot, a kitchenware store on Main Street, stayed open.

"It's been kind of slow," said employee Emily Scheer. But closing the store hadn't been considered, she said. "We're from Up North, so we're used to it," said Scheer, who hails from Gaylord, home of the original Isabella's Copper Pot, and moved to Plymouth for the opening of the store there last year.

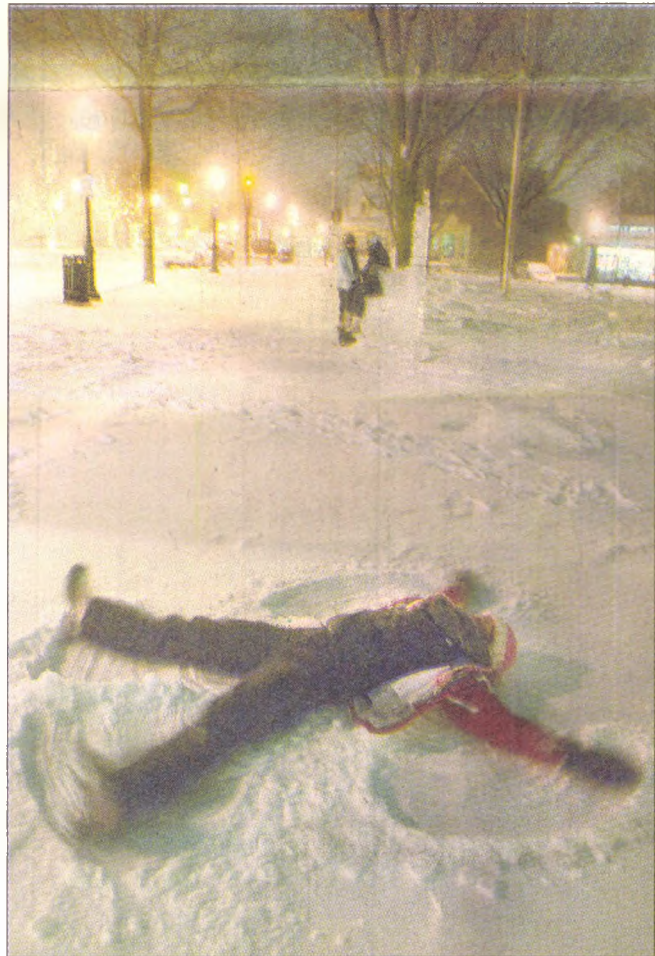
"I don't think it's so bad that it warrants closing," said manager Doug Fopma, who is also originally from Gaylord.

But Andy and Colleen O'Sullivan's bosses thought differently. Both had a snow day from work — he's in insurance, she's in pharmaceuticals — and spent some time at Kellogg Park with sons Austin, 4, and Carson, 3.

"We live in town. We're just walking around" after having hot drinks at Starbucks, Colleen O'Sullivan said.

Andy O'Sullivan and Austin played on a manmade snow mountain, about 10 feet high, at Penniman and Union Street.

Please see **STORM, A3**



PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER

Christina Riga, 15, (above) makes snow angels in Plymouth's Kellogg Park. Christina, her sister Samantha Riga, 13, and friend Elizabeth Rodriguez, 16, attend Ladywood High School in Livonia. Ladywood, like all schools in the region, called a snow day for Wednesday. Few people braved the roads in downtown Plymouth (top) a little after 9 p.m. Tuesday.

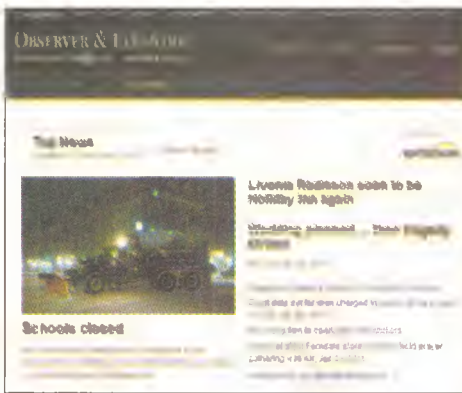
Website to launch new design

Our website, Hometownlife.com, is scheduled to roll out a new design this afternoon.

The site hosts content for print editions of the *Observer & Eccentric Newspapers* and *Hometown Weeklies*.

You'll notice right away that the new design has less clutter and fewer distractions.

The new Hometownlife.com is focused on presenting content that is easy to navigate so readers will see more headlines, photos and videos right on our homepage. Our Top News category features the biggest stories of the day and right below that is a Community News section that displays content according to your reading habits. If you live



The new website has a cleaner design and is faster and easier to navigate.

Please see **WEBSITE, A6**

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Kristen Hennessey, director of Food and Nutrition Services for Plymouth-Canton Community Schools, receives the backpack donation from Kiwanis community service chairperson Dennis Heminger.

Backpacks aid families in need

As the recession continues, more families throughout the area have been impacted to levels never experienced in the past. The Plymouth Canton Community Schools has seen the percentage of families that qualify for food assistance rise from an average of 8 percent to more than 18 percent.

With donations from the community and support from Gleaners Community Food Bank, the food service department in the school district is

putting food into the hands of these families. To assist them, the Kiwanis Club of Canton provided backpacks that are used to provide food for the needy families.

There is an ongoing need for non-perishable foods to support this program. Anyone who would like to help in a food drive or is interested in other methods of supporting families in the community can contact the Kiwanis Club at (734) 981-0460.

"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

Talent show

Band students from the Plymouth-Canton Educational Park have planned a variety talent show for the local community on Friday, Feb. 4, and Saturday, Feb. 5, at Salem High School on Joy Road in Canton. "Variety Is..." begins at 7 p.m. each evening. Tickets are \$7 for adults, \$5 for students and senior citizens. Children five and under are free. Tickets can be purchased at the door.

The "Variety Is..." event is a two-night talent show comprised of musicians, comedians, dancers, singers, and musical groups. Each performance group or soloist must audition for the Variety Is... organizers. The students organize the annual event as part of their concert band curriculum led by director of bands, David Armbruster, with assistance from Sheldon Frazier, associate director of bands. Senior band students have led the student committee volunteers to publicize, audition, and organize the acts as they prepare for the two-night show.

The Music Boosters will kickoff the 2011 fund-raising campaign at "Variety Is..." to help defray the cost of sending over 200 students to New York City in November for the Macy's Thanksgiving Day Parade. The public is encouraged to attend.

New students who wish to participate in the 2011 marching season and travel to New York City to participate in the Macy's Thanksgiving Day Parade in November can receive a free ticket to "Variety Is..." by e-mailing Frazier at Sheldon.frazier@pcemail.net.

New member information meetings for the 2011 marching season are scheduled for Tuesday, Feb. 15; Wednesday, March 16; Tuesday, April 5; or Tuesday, May 17 at 7 p.m. in the band room in Plymouth High School. New members and parents only need to attend one of the four sessions.

For more information, visit www.pcmb.net.

Scrapbook event

All are welcome at the Plymouth District Library on Saturday, Feb. 5, 10 a.m. to 4 p.m., for a paper craft workshop. Experienced "croppers" and novices can attend to learn how fun and easy it is to make cards and scrapbooks.

There will be workshops and materials to make greeting cards, origami boxes, digital scrapbooks, and more. Come for the day or just long enough to make a

AROUND PLYMOUTH

Valentine's Day card for a special someone.

For more information, call the library, (734) 453-0750.

New exhibit

A new exhibit at the Plymouth Community Arts Council features contemporary mixed media by Livonia artist, Barbara Gibson. A graduate of the University of Michigan with a Masters of Fine Art, the artist has enjoyed a career that has spanned more than 35 years.

Experienced in ceramics, printmaking, sculpture and welding, she originally made her living as a clay artist. It was through clay that she came to see herself as a process person. The more steps to the creation, the more passion she has for it. She has many forms of firing and uses her welding knowledge to create dyes for extruders. This led to the formation of large wall pieces.

The current exhibit melds clay, metal and print making. Barbara Gibson has always been entranced by rhythmic patterns in the world. Hence the process pieces in this exhibit are called "Rhythms."

The exhibit can be viewed at the PCAC through Feb. 28. Exhibit hours are Monday through Thursday from 9 a.m. to 5 p.m. A reception for the artist will be held on Thursday, Feb. 24, from 7-9 p.m. The public is most welcome. The PCAC is located at 774 N. Sheldon Rd. in Plymouth. Call (734) 416-4278 for further information.

YMCA camp

The Plymouth Family YMCA is accepting registrations for Mid-Winter Break Camp. The camp will be held from Feb. 21-25 at First United Methodist Church in Plymouth. Hours of camp are 9 a.m. - 4 p.m., and campers can be dropped off any time between 7:30 and 9 a.m. and picked up any time between 4 and 6 p.m.

Activities will include swimming, field trips, character development and fun. Camp for YMCA members costs \$40 per day or \$165 for the week. The cost for community members is \$60 per day or \$195 for the week.

For more information, contact the YMCA office at (734) 453-2904 or go to www.ymcadetroit.org/plymouth.

Open house

Plymouth Christian Preschool and Plymouth Christian Academy will host an open house for prospective families 7 p.m. Thursday, Feb. 10. Parents can meet the teachers, explore the curriculum, and tour the facilities. Check the website at www.plymouthchristian.org for more informa-

tion on academic, athletic and extracurricular opportunities. PCA is located at 43065 Joy Road in Canton, between Lilley and Morton Taylor Roads.

Sagear scholarship

The Rotary Club of Plymouth A.M. is striving to recognize a Plymouth-Canton School District High School Senior who has overcome adversity with its annual Sandra Sagear Rotary Scholarship.

Club officials are looking for students who have displayed courage, perseverance, spirit, and creativity in succeeding in achieving an education, despite a physical, mental or emotional barrier. They have also shown an appreciation of others and a commitment to their community. The recipient of this award will receive a scholarship.

The award is named after Sandra Sagear, a 1969 graduate of the original Plymouth High School who imagined and believed she could succeed as she lived everyday with Polio. To download an application, go to: <http://www.storytellerdesign.com/Portals/4/2011ApplicationScholarRotary.pdf>

Damaris scholarship

The Plymouth Community Arts Council will recognize a Plymouth-Canton School district senior who has displayed outstanding abilities in visual arts and plans to continue his/her education in this field with its annual awarding of the Damaris Fine Arts Scholarship.

To download an application, go to: <http://www.storytellerdesign.com/Portals/4/2011Damarisaward.pdf>

Scholarships available

Community Financial Credit Union, in collaboration with the Community Foundation of Plymouth (CFP) and the Ann Arbor Area Community Foundation (AAACF), will be awarding 11 scholarships worth \$1,000 each in April.

Applications can only be made online by going to <http://scholarships.egrant.org>, creating an account and logging in. Follow the instructions carefully and read the guidelines for the "Community Financial Margaret Dunning and George Lawton Scholarships." Those who qualify can complete just one application to be considered for both scholarships.

One of the eligibility requirements is that the scholarship applicant must have had an account at Community Financial for at least six months. An application, transcripts and two letters of recommendation must be submitted online, and four copies of this information must be mailed to Community Financial, attention: Debbie Dunbar, 500 S. Harvey, Plymouth, MI 48170 and received by March 4.

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Miracle League hits home run with auction

BY MATT JACHMAN
OBSERVER STAFF WRITER

With a Friday auction event that netted about \$17,000, Plymouth's field of dreams is one step closer to reality.

The Miracle League of Plymouth, which is planning to build a baseball field designed for use by children with disabilities and special needs, is now less than \$80,000 from its goal of \$500,000. Another \$50,000 is pledged to a separate endowment fund that will be used to maintain the ballpark.

"Hopefully this last little bit will take us all the way there," said Deb Madonna, one of the co-chairs of the Miracle League, which is sponsored by the Rotary Club of Plymouth A.M.

Friday's Bids, Bats & Buddies event at the Plymouth Cultural Center drew some 200 people, who bid on everything from a watch from Plymouth's Dearborn Jewelers, to food baskets, bottles of wine and fancy dinners at local restaurants, to Detroit Red Wings tickets.

Dave Bergman, first baseman for the 1984 World Champion Detroit Tigers, appeared at the event, which was sponsored by Sigma Investments and the Costanza family, owners of the Station 885 restaurant in Plymouth.

The auction items included



Natalie Zazula, Chris Kordick, Ted Barker and Coach Dale Rumberger celebrate the Miracle League's naming of its home run derby after Rumberger.

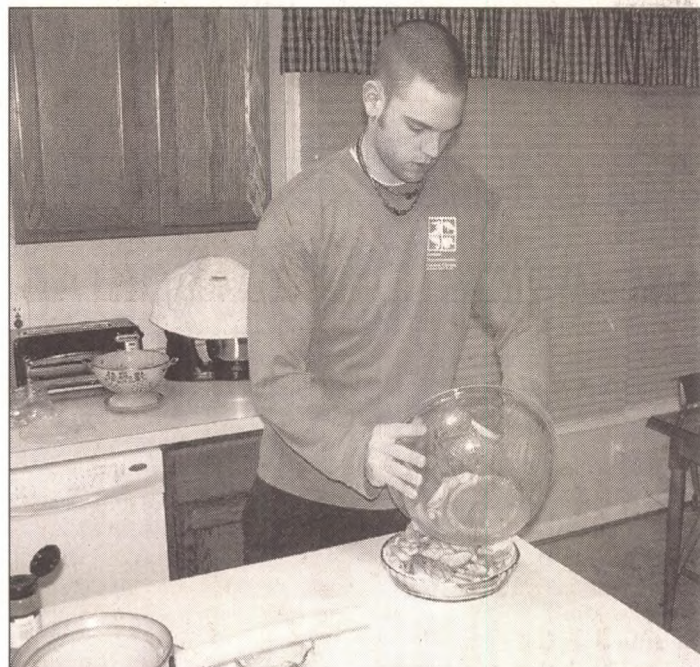
a package with the All-American theme of "baseball, hot dogs, apple pie and Chevrolet," said Madonna: an autographed ball from the near-perfect game pitched by Armando Galarraga, then of the Tigers; a certificate to Leo's Coney Island; an apple

pie baked by Chris Kordick, a Salem High School graduate and baseball standout; and a car cleanup and detailing visit to Lou LaRiche Chevrolet. Thrown in at the last minute, Madonna said, was a lithograph of the 1984 Tigers, signed by Bergman.

"The bidding just took off," Madonna said, and the package brought in \$1,500.

Even outside of the donated auction items, the event raised more than \$2,700 in cash and check donations.

Madonna said many people worked hard to make the event



Chris Kordick mixes the magic ingredients for the apple pie he made for the Miracle League of Plymouth auction.

a success. The Miracle League has drawn support from service groups and individuals across the area.

"We're very grateful and very appreciative of what everybody did, the committee, all the people who worked on it," she said.

The Miracle League field is planned for a lot behind Central Middle School in Plymouth. The Plymouth Canton Community Schools is offering the lot through a no-cost lease.

A ceremonial groundbreak-

ing is planned for Friday, April 29; Madonna said field construction work could get started shortly after winter weather breaks.

The Miracle League's next big fund-raiser is planned for Thursday, Feb. 17, at the McDonald's on Ann Arbor Road. Miracle League volunteers will be working at the restaurant between 4 p.m. and 7 p.m., and McDonald's will donate a portion of the receipts from those three hours.

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STORM

FROM PAGE A1

The snow had been pushed there by city crews clearing nearby streets.

Austin said the best part of playing in the snow was "throwing snowballs."

In the township, Sanchez said he was just out helping neighbors clear the snow. "These people would never be able to do it," he said. Sanchez said he had other stops to

make after the house on Firwood.

City and township officials reported no major problems with snow clearance, although in the township, where streets are generally plowed by Wayne County workers, there was a lag in getting streets clear. "Everything went great," said City Manager Paul Sincock. "It's still a good amount of snow," even though the snowfall was less than forecast, he added.

Downtown streets were cleared by early morning,

Sincock said, and all residential streets by about noon. Later Wednesday, crews were out doing touch-up snow clearance and replotting areas where flurries early Wednesday had left an accumulation.

"Our crews worked throughout the night and they've just done a fantastic job," Sincock said.

Township Supervisor Richard Reaume said workers there worked throughout the night to clear snow on the driveways and parking lots

at fire stations, at township hall, and at the police station. "No real bad emergencies," and no serious car accidents, he said.

"I just drove around the township and things are pretty good," he said. "We're passable."

Reaume said that, by daybreak, workers had cleared driveways and lots at Plymouth Township Park, opening it up for use by sledders.

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BILL BRESLER | STAFF PHOTOGRAPHER

Plymouth Canton School District mechanic Mike Meyer repairs the snow blade on one of the district's front-end loaders.

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Biting attack at Plymouth bar leaves man disfigured

BY MATT JACHMAN
OBSERVER STAFF WRITER

A 48-year-old Canadian man was jailed on a felony assault charge after a drunken Friday night attack that left a Canton Township man disfigured.



Andrews

The attack took place shortly after 11 p.m. at Sean O'Callaghan's, a bar on Penniman in downtown Plymouth, said Plymouth Police Lt. Jamie Grabowski. Suspect John A. Andrews, of Niagara-on-the-Lake, Ontario, admitted he bit the victim's left ear after the two exchanged words, Grabowski said.

Andrews' blood-alcohol content later tested at more than twice the limit at which one cannot legally drive, Grabowski said.

The victim, 54, was taken by ambulance to St. Joseph Mercy Hospital, where he was treated and released. The missing part of his left ear, above the ear canal, was not located, Grabowski said.

Andrews, who was at O'Callaghan's with four male friends, was arrested when police arrived.

Based on a police report, this is how Grabowski described the incident:

The victim was at the bar with several other people when four men arrived and sat nearby. The men reportedly began harassing the other group, throwing items such as napkins, coasters and a lemon peel at them. A complaint was made to bar employees.

Employees were getting ready to eject the four men, but

the harassment continued, and the Canton man got up to confront them. He and the attacker, who was also standing, exchanged words, and the

attacker leaned in and bit the other man's ear. Employees grabbed the attacker and held him for police. Kevin A. Khashan, one of the owners of Sean O'Callaghan's, described the victim as a regular patron who is well-known there. Khashan said he was not present at the bar during the attack and declined Monday to discuss details.

"I'm sure everything will get sorted out. I know it will," Khashan said. "Things like that don't happen around here."

Andrews was arraigned Sunday in weekend court, charged with one count of assault with intent to maim. The charge carries a sentence of up to 10 years in prison, and Andrews was charged as a habitual offender, which could increase any penalties if he is convicted.

A not-guilty plea was entered for him, and a preliminary hearing was scheduled for Friday, Feb. 11, in 35th District Court in Plymouth.

Bond was set at \$150,000, meaning a posting of 10 percent, or \$15,000, was needed in order to be released. A spokesman at the Wayne County Jail said Andrews posted bond on Monday.

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Expired plate leads police to pot paraphernalia

A 17-year-old Canton Township girl was charged with possession of drug paraphernalia after police found a glass "bong," a marijuana pipe and a plastic bag of suspected marijuana in the car she was driving Friday afternoon.

An officer had spotted the car, a Saturn, at about 2:30 p.m. on eastbound Ann Arbor Road near Main Street and stopped the driver because of an expired license plate, according to a Plymouth Township Police Department report.

Upon speaking to the driver, the only occupant, the officer noticed a strong odor of marijuana, and saw that the girl was trying to conceal something with one of her feet, police said. On the floor, the officer found a plastic bag with suspected marijuana in it, police said.

The officer also found two purses in the car: one held a glass "bong," used for smoking marijuana, and the other held a pipe, police said.

The girl was issued a ticket for possession of drug paraphernalia, which carries a mandatory court appearance, and the Saturn was impounded, police said.

Underage drinking

Two teenagers, a 17-year-old female from Chesterfield Township and an 18-year-old male from Novi, were each ticketed for being a minor in possession of alcohol after the car they were in spun off

CRIME WATCH

the freeway in Plymouth Township early Saturday.

The 2001 Acura had spun out on eastbound M-14 near Ridge Road, a police report said; the freeway was snow-covered and slippery at the time.

When an officer approached shortly before 4 a.m., the two people inside were asleep, police said. He woke them up, and they appeared to be unhurt, police said. The girl was in the driver's seat.

The officer smelled a strong odor of alcohol emanating from the car, and both teens admitted they had been drinking, police said. They were each issued a ticket and released to the girl's parents.

The Acura was left on the side of the road; the girl's father told police he would retrieve it the next day.

Vandalism

The rear window on a parked minivan was broken out on Jan. 24 or Jan. 25, police said.

The Ford Windstar had been parked off of Ridge Road, a police report said. Nothing was reported stolen from it; the vandalism was discovered about 11:30 a.m. Jan. 25.

- By Matt Jachman

Fire runs

The Plymouth Community Fire Department responded to the following runs during the period Jan. 25 through

- Feb. 1:
- Tuesday, Feb. 1 — Residential rescue runs on Northville Road, on Haggerty, on Newporte, on General Drive, on Maple, on Postiff and on Greenbriar.
 - Monday, Jan. 31 — Residential rescue runs on Burroughs, on Pinetree, on Evergreen, on Newport and on Fellows Creek; rescue runs on Ross, on Northville, on Harding, on Sheldon and on Fuller.
 - Sunday, Jan. 30 — Residential rescue runs on Wilson, on Timberline, on Hillcrest, on Northview, on Minehart, on Litchfield, on Plymouth Way and on Tyler; rescue runs on Ann Arbor Trail; mutual-aid run on Shadywood; rescue run on Fairground.
 - Saturday, Jan. 29 — Rescue runs on northbound I-275 south of Plymouth Road, on Arboretum, on Church west of Harvey, on Palmer and on Newporte.
 - Friday, Jan. 28 — Residential rescue run on Sheridan, on Northville Road, on Mill, on Oak, on Heritage and on Northville Road; vehicle accident at N. Territorial and Ridge; commercial rescue runs on Sheldon and on Penniman.
 - Thursday, Jan. 27 — Rescue runs on Commerce Center, on Cassidy Place, on Anchor, on Sheridan, on Terry, on Plymouth Ridge, on Plymouth Road, on Beck, on Fox Ridge and at Five Mile and Pilot.
 - Wednesday, Jan. 26 — Residential rescue run on Hillcrest, on Clemons and on Newporte; vehicle fire on Schoolcraft; vehicle accident on northbound I-275.

Fraud suspect waives hearing, heads to trial

BY DARRELL CLEM
OBSERVER STAFF WRITER

Slapped with criminal charges amid allegations of identity theft, a Detroit man accused of using a fraudulent credit card to buy gift cards, clothing and electronics at the Canton Meijer is facing trial in Wayne County Circuit Court.

Kyle Teron Odum, 26, has been ordered to stand trial

after he voluntarily waived his right to a preliminary examination Friday in front of 35th District Judge James Plakas.

His decision averted courtroom testimony Friday and moved the case to circuit court for disposition.

If convicted, Odum could face penalties ranging up to five years in prison on five counts of identity theft and two counts of using a fraudu-

lent financial transaction device, specifically a credit card.

According to the Wayne County Jail, Odum was released from custody Friday. Canton police said he had initially been jailed with a \$25,000 bond.

Canton authorities arrested Odum after an investigation of identity theft and credit card fraud that occurred from Dec.

30 through Jan. 7 at the Meijer at Ford and Canton Center roads.

Detective Sgt. Dave Schreiner has said thousands of dollars in illegal purchases had been made.

Police arrested Odum amid allegations he used a credit card that had his name on it, but police say the magnetic strip contained someone else's personal information.

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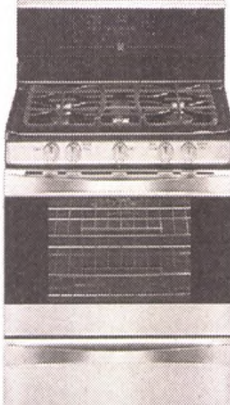
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Benefit raises money, profile for Gleaners

BY BRAD KADRICH
OBSERVER STAFF WRITER

Melanie Jones certainly hoped she and her Sunday evening cohort, Felicia Haggerty, would sell enough jewelry to reach their goal of a \$300 contribution to the Canton Community Foundation at the foundation's annual Magical Night With the Stars fundraiser.

But like most of the 200 or so people there Jones, the marketing whiz for Canton-based Showroom of Elegance, felt like there was something equally important as the money they were all raising to benefit Gleaners Community Food Bank.

"We care about the community," said Jones, who said Showroom of Elegance owner Linda Robin dedicated 15 percent of Sunday's sales to the foundation. "We wanted to contribute to a great cause. It's an honor to be part of events like this."

Canton Community Foundation Director Joan Noricks appreciates the sentiment, and the help. The event, held at Canton's Emagine Theater for the third straight year, sold out, according to Noricks, who hoped to raise \$10,000 or more (totals weren't yet available).

Some 185 tickets were sold for the event, which featured a VIP cocktail reception, a strolling dinner and dessert, and a free first-run movie. The event was designed not only to raise money for Gleaners, but also to raise the profile of the CCF and, just as importantly, of the food bank.

"They provide the majority of the food distribution for food banks," said Noricks, who pointed out Gleaners supports food banks like Canton's Open Door Ministry and the Plymouth Salvation Army. "You give (Gleaners) \$1 and through their network they can bring so much more food than even direct donations to food banks."



Nick Bennett (10) and Sydney (7) and Delanie Sielaff (9) belly up to the candy bar at Sunday's fund-raiser.



Gleaners Community Food Bank President DeWayne Wells thanks theater-goers for their support.



Svetoslav Dimov and wife, Zlatina (of Fidelity Bank) pose with Canton Community Foundation President Joan Noricks at Sunday's Magical Night With the Stars fund-raiser.

do the job. "It's of great benefit ... besides the obvious financial benefit, it's an opportunity to engage the community on issues of hunger," said Gleaners President DeWayne

Wells. "Every dollar (contributed) pays for three meals, but every person we can touch, and impress about the needs of the community ... that's all very beneficial." That's why Paul Glantz has



Emagine Theater owner Paul Glantz and his wife, Mary, applaud the remarks made by DeWayne Wells, president of Gleaners Community Food Bank.



Canton Township Supervisor Phil LaJoy (right) talks with Emagine Theater owner Paul Glantz at the Canton Community Foundation fund-raiser.

offered up the Emagine for the fund-raiser the last three years. He donates the space to the foundation, and ticket-holders get free candy and soft drinks, and they get to see a first-run movie for free.

It's all part of Glantz's desire to give back. More than that, Glantz thinks it's his duty.

"We think there's a responsibility that comes with participating in business in this community ... that's to give back," Glantz said. "It's a privilege to host it. We believe strongly

business has to give back to the community."

"Magical Night with the Stars" did just that, turning into an event that befits — and benefits — the foundation.

"This event does so much for the foundation," said Jim Demmer, a CCF board member. "It furthers the cause of the foundation, and it shows not just that we're collecting money, but it shows what we're doing with it."

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WATER
FROM PAGE A1

ship pay \$8.35 per thousand for water and sewer service.

Reaume said Detroit is also asking the township to make improvements in its water system.

The rate-hike proposal comes as Michigan Rep. Kurt Heise, R-Plymouth Township, advocates for his House Bill 4112, which would put the Detroit water system under the control of a nine-member com-

mittee with representatives from Detroit, Wayne, Oakland and Macomb Counties, and other communities that buy water from the system. Detroit would retain ownership of the infrastructure, but major decisions, including water prices, would be made by the executive committee.

Heise says his plan would lead to more transparent decision-making and require more accountability from those who run the system, and offer Detroit the opportunity to refinance its water system

debts, on a 50-year basis and at lower interest rates, leading to big savings. Mayor Dave Bing, however, last week announced his opposition to Heise's plan.

The proposed wholesale rates must be adopted by Detroit's Board of Water Commissioners, the Detroit City Council and Bing before they take effect.

DWSD officials did not return calls Tuesday or Wednesday.

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WEBSITE
FROM PAGE A1

in Plymouth, select it from the list of communities and stories about Plymouth will appear in the Community News section every day.

That means there is no longer a need to navigate through various communities

to find coverage of the people and places that matter most to you — content from the *Plymouth Observer* will display right on the homepage of Hometownlife.com.

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Plymouth actor brings 'Tuna' to stage

BY MIKE SMITH
CORRESPONDENT

Two guys, one stage, 20 characters.

The Farmington Players presents the third installment of the Tuna series, *Red, White and Tuna*, on the Barn stage from Feb. 11 through March 5.

Written by Jaston Williams, Joe Sears and Ed Howard, the comedy features two men playing 20 different parts — both male and female — and focuses on the people of the third smallest city in Texas as they assemble for their high school reunion and Independence Day festivities.

The cast includes Frank Markus of Royal Oak and Michael Schacherbauer of Plymouth — both veterans at playing the various denizens of Tuna.

Margaret Gilkes of Farmington Hills returns to direct her third Tuna, a production sponsored by Tarnow Doors of Farmington Hills.

"I'm excited to finally have the opportunity to direct this show," says Gilkes. "We contacted the licensing agency, the authors, everyone we could think of — for years — because we wanted to get this show onto the Barn stage. Not only because it's a challenging show for a director, but also for the two actors with so many lines, accents, costumes and situations to deal with."

The Tuna series debuted in Austin, Texas, in 1981 with *Greater Tuna* and was followed by *A Tuna Christmas* and *Red, White and Tuna*.

The plays are an affectionate comment on small-town, southern life and attitudes and are a withering satire of them.



Frank Markus of Royal Oak and Michael Schacherbauer of Plymouth star in 'Red, White and Tuna' for the Farmington Players.

TUNA ON STAGE

What: Farmington Players present "Ted, White and Tuna"
Where: The Farmington Players Barn is located at 32332 W. 12 Mile, north side, between Orchard Lake and Farmington Road.
When: 8 p.m. Feb. 11-12, 2 p.m. Feb. 13; 8 p.m. Feb. 18-19; 2 p.m. Feb. 20; 8 p.m. Feb. 25-26; 2 p.m. Feb. 27; 8 p.m. March 3-5.
Who: The cast features Michael Schacherbauer of Plymouth.
Tickets: available at both www.farmingtonplayers.org and the box office at (248) 553-2955. Adults: \$15; Senior discount: \$2 off only on Senior Sunday, Feb. 13; Students \$2 off any performance; Thrifty Thursday \$2 off of the March 3 performance; Group discounts \$2 off any show with a group of 10 or more people.

Themes of religious intolerance, racism, homophobia and general small-mindedness are deftly skewered by the play's engaging script and its funny characters.

"You'd think that a lot of the themes presented in *Red, White and Tuna* would be dated by now — that we would have moved past them — but just turn on the TV and you'll see that's not the case," says Jason Wilhoite, president of the Farmington Players and

the show's producer. "By using humor and satire, *Red, White and Tuna* confronts these issues and encourages the audience to think — and laugh — about them."

Following the Feb. 11 performance, patrons are invited to a "wedding reception" for Arles and Bertha — two of Tuna's more sympathetic characters — as we celebrate their nuptials. Wedding cake and a punch bowl will be provided.

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Partnership pushes sale of rehabilitated housing

BY LEANNE ROGERS
OBSERVER STAFF WRITER

Blighted and foreclosed homes have been acquired by municipalities and rehabilitated using federal funds, now the push is on to sell the houses.

A home at 1457 Gloria in Westland was one of two homes highlighted as a new partnership of communities, Realtors, lenders and non-profit groups to sell at least 100 renovated foreclosed homes and newly built homes in 15 Metro Detroit communities kicked off.

The home on Gloria is for sale after being renovated using Neighborhood Stabilization Program funds. Along with funding the repairs, the program requires the home be sold for the renovation costs or the assessed value, whichever is less, and down payment assistance is available.

"I absolutely see the importance of it (NSP). It helps the whole neighborhood — for those who get into a home but also for those living nearby," said Michigan Association of Realtors President Claire Williams, a Canton resident and partner at Remerica Hometown in Plymouth.

Aside from the Norwayne area, Westland Mayor William Wild said homes the city acquired and had renovated through NSP are scattered around the city.

"I think the program has been an incredible success for Westland neighborhoods. I think it has had a stabilizing effect. There is a negative effect, if there are vacant homes in the neighborhood," said Wild.

Shirley and George Lawson turned out for the kickoff at the home on Gloria but they don't have a professional connection — they have purchased a different Westland home acquired and renovated through NSP.



Shannon Morgan, vice president of Home Renewal Systems, talks about the Neighborhood Stabilization Program which has funded renovations of foreclosed, blighted homes. A private-public partnership is working to promote the sale of 100 homes in the Metro Detroit area.

"We started looking in Canton but it was pricey and we're on a budget. We looked in Westland, Livonia and Redford," said Shirley Lawson, who has lived for three years in a rented Canton townhouse. "It's really nice in Westland. We have family members here. We were prequalified — they gave us a lot of homes to check out."

The Lawsons were a bit taken aback when they started looking at the NSP homes — they were gutted and were a couple of months from work being completed.

"We had been looking for a house. With the economy, we wanted to make sure we can afford it," said Lawson, a retail manager whose husband is retired. "It's a very good program. They are just about done with the house. We're so excited. We are first-time buyers."

Having lenders participating in this partnership is important. As Westland Community Development Director Joanne Inglis commented, one of the biggest challenges facing would-be homebuyers is getting a mortgage.

Two firms hired by Westland to renovate and sell homes through NSP, Home Renewal Systems and Guy Construction, currently have 13 homes available for sale.

"I'm here to demonstrate the importance of the program and what it means to this community. All of our communities that have been hit by foreclosures," said state Sen. Glenn Anderson, D-Westland. "It's the lack of occupants, the loss of taxes and lower property values. Unoccupied homes don't help anyone. A home is the biggest single investment most people make."

To qualify for an NSP home purchase, a one-person household can make up to \$58,700 with some homes designated for people earning less than \$24,450. A four-person household can make up to \$83,900.

For more information, contact Home Renewal Systems at (866) 996-9754 or Guy Construction, working with National Faith Homebuyers at (313) 255-9500 or (800) 267-6559.

irogers@hometownlife.com | (313) 222-5428

World events influence U.S. economy

Last Friday was one of those days when investors were reminded that markets are volatile.

Many are asking why the market would be spooked over what is happening in Egypt.

After all, Egypt's economy is relatively small and should have minimal effect on our markets. All that is true, however, there are other issues involved which impact the world economy.

There are political implications regarding what is happening in Egypt. Under the Mubarak government, Egypt has been a strategic ally of the United States and the west. If Mubarak is overthrown, who replaces him? What will a new Egypt look like? All of these issues have an impact on the world economy. The obvious impact, and the one that gets the most attention, is the price of oil. Even though Egypt is not a major oil exporter, a disruption in oil delivery via the Suez Canal could cause gas prices to rise. That is coupled with the reality that whenever there is a conflict in the Middle East, oil prices immediately jump.

The world economy and the U.S. economy are struggling to recover and grow again. Higher energy prices

The world economy and the U.S. economy are struggling to recover and grow again. Higher energy prices can stifle that growth. Turmoil and uncertainty in Egypt will cause a spike in oil prices.

can stifle that growth. Turmoil and uncertainty in Egypt will cause a spike in oil prices.

Closer to home, a slowdown in the U.S. and world economy may have severe implications for the recovery of the U.S. auto industry. The auto industry's recovery is fragile and rising energy prices can reverse the gains.

Disruption in shipping along the Suez Canal impact oil as well as other goods. Asian goods are shipped around the world through the Suez Canal. If it is closed to shipping, alternative, more expensive routes would have to be taken. Eventually those costs — higher energy prices — are passed on to consumers around the world. The combination of higher energy prices, plus higher prices for Asian goods, could slow down the worldwide economy. We no longer live in an American economy, we live in a world economy. Disruptions in any part of the world ultimately affect our markets.

Investors can't allow greed or fear to enter into the decision-making process. My advice is to take a wait-and-see attitude. After all, no one knows what direction this crisis will take.

It would be nice if investors could time the market, in other words, get out of the market during the crisis and then get back in as things settle down. Unfortunately, they can't. It is impossible to predict market reaction over the short run. We've seen this over the last two years where the U.S. economy has struggled but the U.S. stock markets have done great.

Because it is impossible to consistently predict the market over the short run, I tell investors not to even try, but instead ride out the crisis. That's one of the benefits of having a well-balanced and diversified portfolio.

Investors must recognize that the world economy is becoming more integrated and it's impossible to insulate themselves. Even though short-term volatility can be painful, markets tend to smooth out over the long run. And it is the long-term, patient investor who ultimately achieves his/her goals and objectives.

Good luck!
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.



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1 UNDER BAR & GRILL
Wine Dinner
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Friday, February 18 6 pm
\$40 plus tax and gratuity
Apertif
Fresh Fruit
Assorted Cheeses & Crackers with Mumm Napa Bruit Prestige
First Course
Jumbo Shrimp Cocktail with Graffigna Pinot Grigio
Second Course
Crisp House Salad with Creamy Parmesan dressing with Graffigna Pinot Grigio
Third Course
Pasta Penna served with our delicious homemade Italian Meat Sauce with Campo Viejo Rioja
Entree
Herb Roasted Australian Lamb chops served with Green Beans and Red Skin Potatoes with Jacob's Creek
Dessert
Fruit Flan with Custard, Raspberries, & Blueberries with Mumm Napa Cuvee M
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BILL BRESLER | STAFF PHOTOGRAPHER

Residents on Harvey Street in Plymouth clear driveways and sidewalks.



BILL BRESLER | STAFF PHOTOGRAPHER

Mike Fisher clears snow from his cars after Tuesday night's storm. He lives on Russell Street in Plymouth Township.



BILL BRESLER | STAFF PHOTOGRAPHER

Charlotte Kim takes her dogs, Simba and Shoony, for a morning walk through Canton's Cherry Hill District.



BILL BRESLER | STAFF PHOTOGRAPHER

Livonia's iconic Bates Hamburgers is still feeding a few hardy souls at 9:30 p.m. Tuesday.



BILL BRESLER | STAFF PHOTOGRAPHER

Cars struggle up the Plymouth Road hill near 35th District Court as Wayne County plows try to keep the road clear of drifting snow.



Westland resident Mary Pat Callahan dug out of her driveway while still in her pajamas.



TOM BEAUDOIN

Jonathan Gillispi (Redford) make some extra money shoveling snow for a homeowner on Hope St.



THOMAS BEAUDOIN

Rod Revels (Redford) purchases three shovels from Township True Value Hardware.

Think it's cold here? Local resident works in Antarctica

BY KAREN SMITH
OBSERVER STAFF WRITER

It may be cold and snowy in Livonia, but the wintry weather here is nothing compared with what Churchill High School grad Eric Sokol endured in Antarctica.

Sokol spent two months on the frozen continent doing research on bacterial communities for Virginia Tech, where he earned his doctorate degree.

On Monday, he shared photos and stories of his experience with students at Hillel Day School in Farmington Hills, where his mother, Joanne, is the assistant head of the school.

Sokol, 30, had blogged with the students during his trip, which ended Dec. 28.

Sokol told the students he enjoyed communicating with them. "It's not fun to go on a trip and not get to talk to people," he said.

While it was summer in Antarctica while he was there, the temperature typically hovered around zero at McMurdo Station, where he stayed part of the time. It would drop from minus-50 to minus-70 in wind storms at the field camps in the Dry Valleys, or cold deserts, where Sokol and his team members collected soil samples.

While working at the field camps, Sokol slept in a tent. He would boil water and put it in two water bottles in his sleeping bag to help him stay warm. The camps had a heated hut with a kitchen and electricity generated from solar and wind power.

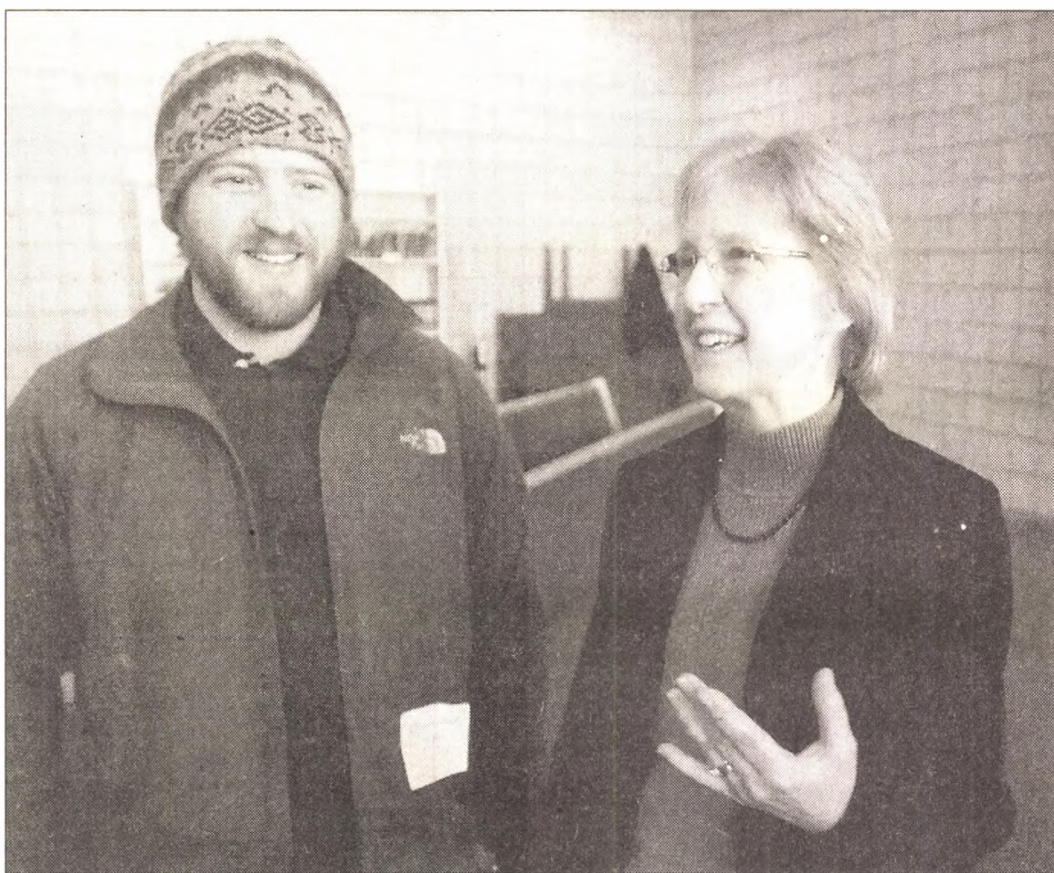
They used outhouses and sealed up their waste in buckets to be transported back to McMurdo Station — a fact that fascinated the students. "You can't add fertilizer or it will change the ecosystem," he said.

MUMMIFIED SEAL CARCASS

He showed the students a photo of a mummified carcass from a seal that had gotten lost and wandered into the Dry Valleys from the sea ice. It is so cold and dry in the desert, the seal carcass was preserved pretty well, he said.

Travel was by helicopter because there are no roads. During the flight to Antarctica, he lost an entire day going over the international dateline.

Sokol was one of the few ecologists doing research at



Eric Sokol just returned from Antarctica. He spoke to students at Hillel Day School in Farmington Hills, where his mother, Joanne, is assistant head of the school.

Antarctica. With 95 percent of the continent covered in snow and ice, the deserts are among the few places where there is soil because it's too dry and windy for snow to stick around.

The sun never set while he was there.

Life at McMurdo Station, where about 1,200 people live during the summer, was easier. "It was kind of like a college town," he said, adding there are restaurants, a coffeehouse and a wine bar. There are no year-round residents and only a skeletal crew in the winter.

He got to hike on glaciers and enjoyed talking with the geologists there and learning about the history of the continent. Antarctica was first discovered in the 1820s and not explored until the early 20th century.

While there, Sokol found an old smoke signal canister from an earlier explorer.

PIONEER WORK

Fourth-grade teacher Sarah Radner compared Sokol's experience with that of American pioneer Laura Ingalls Wilder.

"He's doing pioneer work in the year 2011," she said, adding that there aren't too many

places left that haven't been explored.

Sokol learned how to build a snow dugout for protection in the event he got lost; Wilder lived in an earthen dugout for a time. "The kids were fascinated by that," she said.

Fifth-grader Sam Plotnick, 10, learned something new from Sokol's presentation. "I didn't know there were deserts in Antarctica," he said.

Fifth-grader Rachel Berg, 9, liked hearing about Mount Erebus, the world's southernmost historically active volcano, which overlooks the McMurdo research station and has continuous lava-lake activity. She couldn't believe something so hot could be somewhere so cold.

Sokol's mother said her son has inspired students at her school. "Some children became interested in careers in science and began checking out books from the library to see what

possibilities there were," she said.

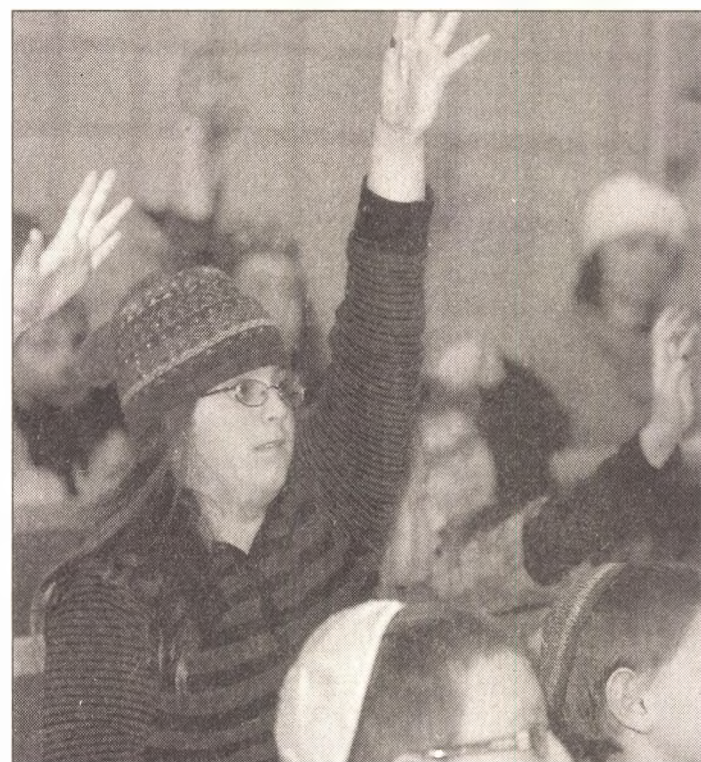
As a child, Eric was always curious, she said. "When he was about 18 months old, someone gave him two books — a book about whales and another book called *Under the Sea*, which he insisted on reading with me at least six or seven times a day."

A third-grade teacher at Kennedy Elementary who had a tarantula, lizard and praying mantis in an aquarium helped further his interest in science.

He graduated in 1998 from the math/science/computer program at Churchill, where he had "a lot of good teachers," including Julie Tafelski, a new teacher at the time.

He earned his undergraduate degree from the University of Michigan.

Sokol became interested in doing research in Antarctica while a student at Virginia Tech. While there, he helped to write the grant proposal for the



Danielle Portal of Oak Park has a question for Eric Sokol.

project.

Now he works as a research scientist for Florida International University, studying aquatic insects in the Everglades, where temperatures soar into the 90s in the summer.

But he wants to go back to Antarctica.

"It was fun," he said. "I like hiking and I like winter."

To read Sokol's blog, go to <http://sokole.blogspot.com/>.

ksmith@hometownlife.com | (313) 222-2098

Achieve Charter Academy

a premier, K-8, public charter school located in Canton, Michigan is seeking applicants for their Board of Education. Candidates should be interested/involved in public education, positive with the ability to provide leadership in the best interest of our students. Board meetings are held every other month. Meetings are held at the school.

Send letters of interest, background information and/or resume to:

Claudia Williamson, Principal
78.cwilliamson@nhmail.com
Achieve Charter Academy
3250 Denton Rd. • Canton, MI 48188
phone: 734-397-0960 • fax: 734-397-0968

Deadline: 2-25-11

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell, to satisfy lien of the owner, at public sale by competitive bidding on February 21st 2011 at 9:00 A.M. at the Extra Space Storage facility located at:

6729 N. Canton Center Rd.
Canton, MI 48187
734-459-4821

The personal goods stored therein by the following may include, but are not limited to general household, furniture, boxes, clothes, and appliances.

C97 Labaron Hunt - General Household, Furniture, Boxes, Clothes & Appliances
E196 Claud Stopchinski - General Household, Furniture, Boxes, Clothes & Appliances

Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Extra Space Storage reserves the right to bid. Sale is subject to adjournment.

Publish: February 3 & 10, 2011

PLYMOUTH CHRISTIAN ACADEMY NOTICE OF NON-DISCRIMINATORY POLICY AS TO STUDENTS

Plymouth Christian Academy admits students of any race, color, sex, height, weight, or national origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school.

It does not discriminate on the basis of race, color, national origin, sex, height, or weight, in administration of its educational policies, admission policies, athletic and other school administered programs.

Publish: February 3, 2011

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PLYMOUTH CANTON COMMUNITY SCHOOLS PLYMOUTH, MI 48170

SECTION 00010 ADVERTISEMENT FOR BIDS

Sealed bids for the Alternative Energy Solutions Projects for Plymouth Canton Community Schools' Bid Package #4 consisting of:

Canton High School ERU & Chiller Replacement

will be received until **10:00 A.M. local time on Tuesday, February 15, 2011** at which time they will be opened and read publicly at Plymouth Canton Community School, E.J. McClendon Educational Center, 454 S. Harvey, Plymouth, Michigan, 48170. Bids received after this time and date will be returned unopened. Faxed proposals will not be accepted. This Bid Package will consist of a separate sealed bid for the following Bid Divisions:

Bid Division Description

BD 105	Concrete Work
BD 107	Steel
BD 109	Roofing
BD 115	Metal Studs & Plaster
BD 120	Painting
BD 142	HVAC
BD 143	Electrical
BD 149	Fencing
BD 183	Scaffolding

Bidding documents prepared by **TMP Associates, Inc.** will be available for public inspection at the office of the Construction Manager, **McCarthy & Smith Inc.**, 24317 Indoplex Circle, Farmington Hills, MI, 48335; FW Dodge Plan Room, Southfield; Construction Association of Michigan Plan Room, Bloomfield Hills; Daily; Builders Exchange, Lansing and Reed Construction Data, Novi, MI.

Bidders may obtain one (1) set of bidding documents by contacting the Construction Manager, **McCarthy & Smith Inc.**, at (248) 427-8400. Bids are to be submitted in a sealed envelope supplied by the Construction Manager, **McCarthy & Smith Inc.** The bid division being bid is to be identified on the outside of the envelope.

All bids should include 2 copies (1 original, 1 copy) of the Proposal Pricing Form (Section 00300) and the Proposal Execution Form (Section 00400). The Proposal Execution Form provides a space for the bidder to disclose any familial relationship as required by the State of Michigan and this form must be signed and notarized in order for the bid to be accepted.

There will be a pre-bid meeting at 2:00 p.m. on Monday, February 7, 2011 in the Salem High School construction trailer, located at 46181 Joy Road, Canton, MI 48187. The purpose of the meeting will be to review the bidding requirements, schedule, project scopes of work, and to answer any question that bidders may have. Bidders are strongly encouraged to attend.

Any and all questions in regards to the bidding or the Bid Package Documents should be addressed in writing to the Construction Manager, **McCarthy & Smith Inc.** Questions or clarifications will be promptly answered and returned to the bidder/bidders.

The Board of Education for the Plymouth Canton Community Schools reserves the right to accept and/or reject all bids, as they judge to be in the best interest of the school district.

The Canton High School ERU project is to be bid and the work performed at the Davis Bacon Wage Rates. The Chiller Replacement project is to be bid and the work performed at the Michigan Prevailing Wage Rates.

Board of Education
Plymouth-Canton Community Schools
Adrienne Davis, Secretary

Publish: January 27 & February 3, 2011

OE08729093 - 2x10

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

Show of faith

Kirpan agreement product of collaborative talks

When the issue of a Sikh student wearing a kirpan to school arose last month, it had all the earmarks of becoming a nasty, protracted battle, as do so many incidents that mix religion and public education.

Credit the teams at Plymouth-Canton Community Schools and the Sahib Singh Sabha, the Sikh place of worship in Canton, for ensuring it never got ugly.

After the incident came to light in early December, representatives from both the school district and the gurdwara met more than half a dozen times, trying to hammer out an agreement that would ensure the safety of the other students in the schools while not infringing on the religious beliefs of a small portion of the school.

You have to credit Tej Kiran Singh, a member of the conflict resolution committee at the Sahib Singh Sabha, who had the patience to teach school officials about his faith, and the willingness to understand the district's position.

The kirpan became an issue last month when a student was found to be wearing the small, knife-like symbol of Sikh faith. The kirpan in question was dull-bladed and, in the minds of school officials, presented no threat to student safety. After initially allowing the boy to wear it, the district decided it violated the policy against "lookalike" weapons and asked the student to remove it.

The student did so, and the sides immediately began talking about a resolution that protected everybody. District administrators felt a need

to educate themselves on the Sikh faith, something they accomplished in a flurry of meetings over some six weeks.

That education was as important to administrators as getting the deal, something by which Sikh leaders were impressed. The talks never became "my way or the highway," though supporters on both sides urged their respective leaders to do just that. But leaders on both sides never gave in to the pressure to "let them sue and let the courts decide," and the result was an agreement that left everyone feeling good.

You have to credit Tej Kiran Singh, a member of the conflict resolution committee at the Sahib Singh Sabha, who had the patience to teach school officials about his faith, and the willingness to understand the district's position.

And credit the district team — Deputy Superintendent Ken Jacobs, administrators Dr. Cindy Swift, George Belvitch and Mike Bender, director of community relations Frank Ruggirello, Bentley Elementary School Principal Jerry Meier, and attorney Lorie Steinhauer of Collins & Blaha — for wanting to understand rather than simply demand.

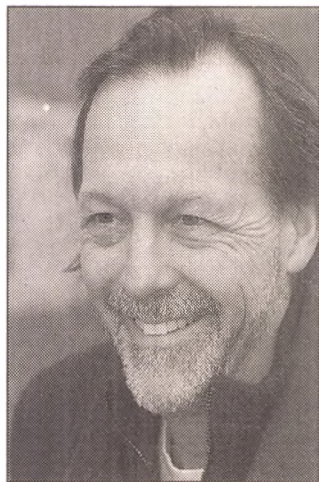
The result allows children baptized in the Sikh faith to wear the kirpan sewn into a sheath and hidden beneath clothing, which makes it little different from other religious symbols children wear, such as crosses. And it lets parents continue to feel safe sending their children to school.

The cooperative nature of the talks, and the urgency to get them done, made it a win-win for everyone.

COMMUNITY VOICE

Groundhog Day is this week. What's your prediction?

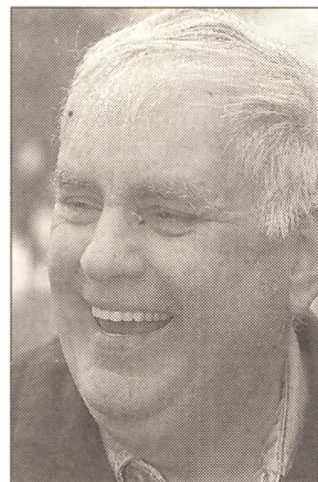
We asked this question outside the U.S. Postal Service station on Penniman in downtown Plymouth.



"I hope not."
Randy Sitzler
Plymouth



"I have no idea. I'd say yes. Usually, it's more winter."
Sandra Allain
Plymouth Township



"Not going to see it."
John Kowalski
Canton Township



"It's going to be a long winter. We haven't seen the worst of it."
Anton Botosan
Canton Township

LETTERS

Bad idea

I believe the possible repeal of the item-pricing plan is wrong-headed. The consumer only has the price on the item to match against the cash register receipt for accuracy. Many times I have been over charged. When this occurs, the store pays a fee to the customer for the overcharge.

If the law is repealed, what happens when the store over charges the customer?

Does anyone honestly believe, if passed, this will result in a savings? If so, contact me as I have an additive for gasoline that will provide 150 miles per gallon!

Roger L. Kehrier
Plymouth

Not so huge

If someone looks carefully at all of the pictures in the Jan. 27 Observer, the "HUGE, HUGE" successful ice festival wasn't so "HUGE, HUGE."

When I was uptown Saturday afternoon, you could have thrown a bowling ball down any of the streets and not have struck anyone.

Someone is grossly exaggerating the head count. Then again, maybe 125,000 attending were in the warming tent!

Has the Festival run its course? Just my observation.

Barbara McIlhargey

Plymouth

Nice compromise

It is really very nice that a compromise have been reached about Kirpan between Sikh Community in Plymouth-Canton, Michigan, U.S.A., and the Schools in that area.

Special credit goes to Ken Jacobs repre-

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.

sending the schools and Tej Kiran Singh of the Sikh Community. It is not an easy thing to do. One side is the safety of all and other side is the religious requirement. Essentially Kirpan will be about 2 inches in length, dull, worn inside the clothing and sewn inside a sheath.

It is a well-discussed compromise. Let us hope all other Sikh Organizations accept this. The easiest thing in life is confrontation. Most difficult is to compromise. Both parties have achieved the most difficult part and thus need congratulations.

Will this be allowed at airports? I have doubts but will be nice if they accept it.

Dr. Jaspal Singh Mayell
Stamford, Ct.

Right To Repair

Members of the 112th Congress have an opportunity to take bipartisan action that would have a positive outcome for every

American who owns and operates a car, truck, motorcycle or other motor vehicle.

Passage of the Motor Vehicle Owners Right To Repair Act would ensure that vehicle owners have a choice of where they bring their vehicle for repairs, ensuring that vehicle repair is affordable and convenient for all Americans.

A wide variety of constituencies have come out in support of the Right To Repair Act, including those representing the military and their families, senior citizens, motorcycle riders, recyclers and organizations representing consumers and rural communities. Consumers benefit from competition and groups like AAA, the American Military Society and National Grange know that their members are at a disadvantage when neighborhood auto repair shops are denied ready access to nonproprietary service information and tools needed to properly maintain today's highly sophisticated motor vehicles.

Enthusiastic grassroots support of Right To Repair continues to gain momentum, sending a strong message to Congress that motoring consumers want this issue heard and passed. Tens of thousands have sent e-mails and letters of support to their elected officials and thousands have joined the rapidly growing social media community to participate in the conversation and follow the legislative developments.

Please join us and take action by visiting www.righttorepair.org to send a letter to your members of Congress urging them to support the Right To Repair Act.

Kathleen Schmatz
president and CEO
Automotive Aftermarket Industry
Association

GUEST COLUMN

Seeing Lansing from a new perspective as new legislator

In just my first few weeks in office as a state senator, I have already absorbed a mountain of information detailing how state government operates and how the budget process works. I have combed through



Sen. Patrick Colbeck

hundreds of charts, graphs, analyses and documents in order to have a broader understanding of how our state provides its citizens with services and pays the bills.

As a management consultant, I look at state government from a different perspective. What I see is an organization that desperately needs the application of sound business principles if we are serious about restructuring our government. We can create a more efficient, effective system that serves the needs of the people without robbing them blind in the process.

Simply shifting dollars from one pot of money to another, as has been the practice in the past, will not keep the doors of the Capitol open, let alone encourage new job creation and economic development. It's time for a new way of thinking about how government operates, how it serves people and how it pays for itself in the process.

The Senate took the first step toward redefining the way government operates by introducing SB 1, a bill to eliminate the Michigan Business Tax (MBT). This legislation, which I co-sponsored, would scrap a business tax that has hurt businesses already here in Michigan and kept others from locating in the state. Elimination of this tax would provide an opportunity to lower the costs on job providers and open the door to restructuring state government spending in order to bring it in line with revenues.

According to the Mackinac Center for Public Policy, elimination of the

MBT without any replacement tax would generate as many as 57,000 new jobs in the first full year of repeal, and 120,900 jobs by 2016.

Currently, the MBT and its attached 22 percent surcharge account for about \$2.2 billion in revenue to the state annually, making up about 15 percent of the General Fund revenues. With the state facing a \$1.8 billion budget gap between spending and expected revenue next year, the state would be looking at an almost \$4 billion shortfall if no replacement tax was put in place. While a seemingly large hurdle, it would be possible to eliminate the MBT and balance the budget through spending cuts and reforms without replacing the tax on job providers.

One suggestion is to adjust the benefits paid to all state, local, school and university government employees to bring them in line with public sector employees. This move alone could save the state up to \$5.7 billion a year.

Clearly, the bill highlights the need to focus on government spending in addition to reforming our tax structure. We can reign in state spending by evaluating the services that government provides and determining areas where we are getting value for our dollars and areas where we can make improvements. Through prioritization and evaluation of services we can construct a tighter, fiscally responsible budget and lower the costs to taxpayers and businesses.

Part of my role as a management consultant has been to work with troubled organizations to reorganize and restructure their operations and put in place systems and procedures that streamline operations and increase desired outcomes. I believe the same types of business practices can be used to realign Michigan's government.

For example, the Michigan Dashboard (www.Michigan.gov/MIDashboard) that Governor

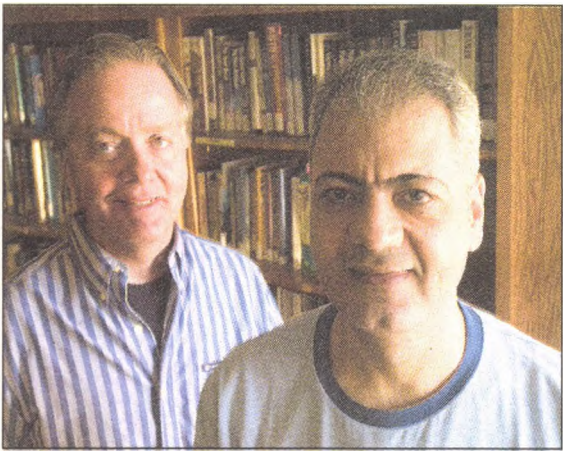
Snyder has created will measure our state's progress toward reaching key results and will help guide policy decisions. The data provided is a valuable tool in determining effectiveness of services and the true cost of government operations.

Each of these factors — changes in how we raise revenue, evaluation and prioritization of services and business management tools that can help reorganize operations — will all contribute to a revitalized economy and streamlined state government operation. It will require a lot of cooperation between the branches of government in order to enact real change but the end result will be a better Michigan for all of its citizens. This is a job I look forward to tackling as

both a management consultant and a state senator.

Patrick Colbeck, R-Canton, is the state Senator from the 7th District, which includes Plymouth and Canton.

Pastor Bryan Smith of Canton's Geneva Presbyterian Church and Ashraf Beshay.



BILL BRESLER | STAFF PHOTOGRAPHER

Egyptian pastor who visited, family safe

BY JULIE BROWN
OBSERVER STAFF WRITER

A Presbyterian pastor from Cairo, Egypt, who visited Canton last fall is safe. The Rev. Ashraf Beshay made contact Wednesday with Aileen Wingblad, *Milford Times* reporter, who had sent a Facebook message to Beshay.

Beshay wrote, "Hi, Aileen. Thanks a lot for you e-mail. We are OK. Thanks God. Please pray for Egypt. Be blessed, Ashraf."

The Rev. Bryan Smith, pastor of Geneva, said "We are very happy to hear that" upon learning of the family's safety amid political unrest.

Smith, a Canton resident, said his church members had worried following an early January church bombing in Alexandria, Egypt.

"He's not too far outside of that," said Smith of concerns about Christians being persecuted. The issue of Egyptian President Hosni Mubarak's ouster has since overshadowed that.

"They've got a lot going on there," said Smith, adding Internet access was just restored, allowing Beshay to communicate.

Beshay, 38 at the time of his visit last fall, grew up in the Christian faith and lets Americans know that some 10 million people in his native Egypt are Christians.

That's out of a population of some 80 million, Beshay said during a September-October 2010 visit to Geneva, which hosted him through its denomination. Beshay is a Presbyterian pastor of a church of about 110 people in Cairo.

"I feel at home," he said then of his Canton welcome, his fourth visit to the U.S. "Your hospitality is wonderful, thank you."

He hadn't been aware of the large number of Arabs and Arab-Americans who call Dearborn home.

Beshay, who's married to Nahla and dad to a toddler daughter, grew up in upper Egypt, where more Christians live. The Coptic Church is the largest Christian body in his country.

Beshay is among four missionaries who visited through the denomination's General Assembly, which chooses a different country each visit.

Smith said Wednesday the Canton church was glad to host Beshay and will continue to pray for him and his country.

"It was a wonderful experience for us," Smith said. "I've never had a Middle Eastern pastor with us. It was very helpful for us to learn how to be more supportive."

jbrown@hometownlife.com | (313) 222-6755

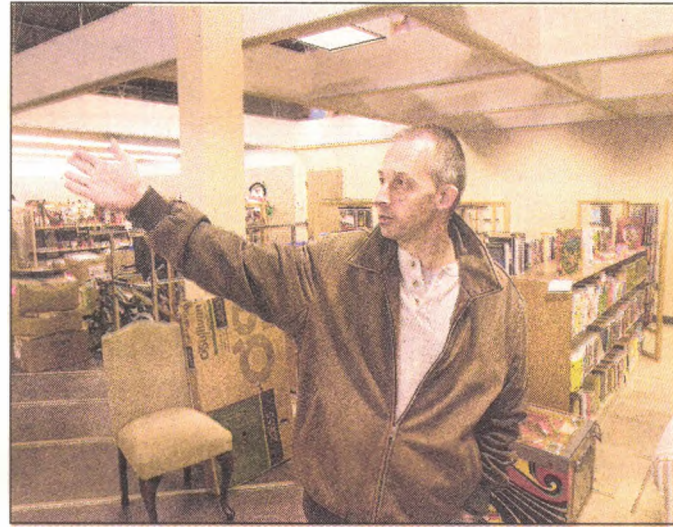
Canton Goodwill gets into 'Super' spirit

BY DARRELL CLEM
OBSERVER STAFF WRITER

Without choosing sides between the Green Bay Packers and Pittsburgh Steelers, Canton's new flagship resale store for Goodwill Industries of Greater Detroit plans to kick off a Super Bowl event to raise money to create jobs.

Football fans looking for bowls and other household items for a Super Bowl party or other occasions can find what Goodwill officials say will be "super" deals — pun intended — noon to 6 p.m. Sunday inside the store at 41937 Ford Road, between Lilley and Haggerty.

The store, with a sole purpose of supporting job creation, will offer 45 cents off bowls in honor of the 45th Super Bowl. Goodwill also plans to put gold tags — honoring a color used by both the Packers and Steelers — on a wide array of gently used and new clothing



BILL BRESLER | STAFF PHOTOGRAPHER

Jeffrey Ukrainec, director of donated goods at the Canton Goodwill store, just wants "to have some fun on Sunday and remind the people of the Detroit area that our new store is here to help our friends and neighbors earn jobs."

marked down to 99 cents.

"We are looking to have some fun on Sunday and remind the people of the Detroit area that our new store is here to help our

friends and neighbors earn jobs," Jeff Ukrainec, Goodwill's director of donated goods, said. "We're offering 'super' deals on bowls and clothing as part of the

sale, but we think customers will be especially pleased with the variety of other high-quality items and with our upscale resale experience."

Goodwill's Super Bowl sale will support the organization's employment education and job-training programs, which help unemployed people across metro Detroit.

Goodwill Industries of Greater Detroit opened the Canton store in December, marking the first time in a decade the organization had returned to the retail business.

The store has 11,000 square feet of retail space, and officials say it was designed more like an upscale department store rather than a typical resale shop. It has been stocked not only with clothing, but hundreds of other items such as jewelry, purses, shoes, linens, furniture and electronics.

dclem@hometownlife.com | (313) 222-2238

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Livonia

February 10, 2011

Doris Biscoe, former TV News Anchor, may personally attend some of these workshops.†

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THURSDAY, February 3, 2011

CC matmen roll at Observerland Invite

BY BRAD EMONS
OBSERVER STAFF WRITER

To nobody's surprise, Novi-Detroit Catholic Central put on the most dominating display in the 20-year history of the Observerland Invitational wrestling tournament Saturday at Livonia Churchill.

The Shamrocks, defending Division 1 state champs and No. 1-ranked this season, scored a record 336.5 points with Farmington High a distant second with 143.5 followed by Belleville in third with 136.

Plymouth and Salem took seventh and 10th, respectively while Canton did not participate.

CC placed finalists in 11 of the 14 individual weight classes and came away with nine titles to earn its third straight Observerland team title and ninth overall.

"We preached this week attack and use an aggressive style of wrestling," CC coach Mitch Hancock said. "I was happy with the way our guys performed. They were very aggressive and I thought we pushed the pace."

The Shamrocks' Ken Bade (125 pounds) and Alec Mooradian (140) both repeated as Observerland champions.

Other CC weight class winners included Evan Toth (103), Malik Amine (119), Logan Marcicki (130), Drew Garcia (152), Andrew Erickson (160), Kevin Beazley (171) and Miles Trealout (189).

BERRY'S BIG DAY

In the best match of the finals, Plymouth's 112-pound sophomore Trey Berry raised his overall record to 38-6 with a 6-4 decision over CC's Zach Colone.

Berry's late two-pointer in the third period broke a 4-all deadlock and it earned him the vote of the coaches for Lower Weights MVP.

He had pinned Colone in a previous meeting this season.

"I knew it was going to be a little bit tougher and he (Colone) was going to come after me and he was going to go crazy," Berry said. "My strategy was pretty much and go out and get a win, and not to wrestle stupid."

"This is one of the best days I've had this year."

Wayne junior Dimitrus Renfroie improved to 37-3 overall and earned the Upper Weights MVP honors with a 12-6 decision over Farmington's Justin Roe.

Please see **WRESTLING, B2**



PHOTOS BY DAVID REED

Tom Colwell, who has been Berkley's parks and recreation manager for nearly five years now, volunteers as head coach of the Canton-based Michigan Rollin' Pistons Junior Division basketball team. In their inaugural season last year, Colwell led the Pistons to the national semifinals.

'Chair'-men of the boards

Berkley administrator coaches wheelchair hoops in Canton

BY MARTY BUDNER
ECCENTRIC STAFF WRITER

Tom Colwell has a passion for basketball. He played in high school and has coached the sport for more than 20 years.

Like most coaches, he stresses the importance of teamwork and fundamentals. Colwell — head coach of the Canton-based Michigan Rollin' Pistons of the National Wheelchair Basketball Association — believes positioning on the court is a major key to success.

"The biggest thing on defense is chair position, and on offense it's setting picks (with the chairs)," said Colwell. "Chair movement is so important. As a coach, you really have to focus a lot of your energy on all those little intricate details of where you push, how you push and where you need your chair position to be."

"Then the principles of basketball apply. You have to teach the correct angles to go to the basket to shoot, you need to teach them how to set a pick and offensive plays and what you need to do in transition offensively and defensively."

"There's all sorts of interesting principles that different coaches apply, but it's all based off of a basketball model," he said. "So outside of a chair, it's really the same game. I like the fact that

Wheelchair players seek support, B2.

it's really the purist form of the game because, to be successful, you need to have the fundamental skills."

Huh? Chairs?

Yep, chairs. As in wheelchairs.

Colwell, the Berkley Parks and Recreation manager for nearly five years now, is a volunteer coach in the world of wheelchair basketball. And a highly regarded one at that.

In addition to the Rollin' Pistons, the 42-year-old Minnesota native is an assistant coach for the U.S. Men's National Wheelchair Paralympic team which qualified for the world championships in 2009.

Colwell's wife, Noelle, also takes a special interest in wheelchair basketball as she helped launch the Rollin' Pistons franchise two years ago. The Pistons are the third NWBA junior team (high school age players) based out of the Detroit area, with the others being the Junior Michigan Thunderbirds from Southfield and the east side's Sterling Heights Challengers.

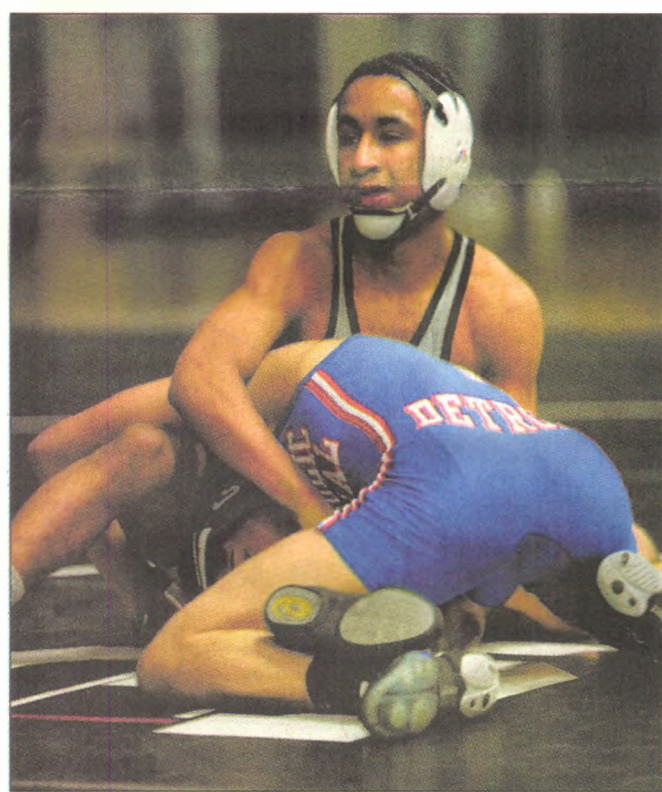
FROM THE HEART

It's a labor of love for Colwell — a task he speaks of with pride and conviction.

Please see **BASKETBALL, B2**



It's tipoff time, and Valentino Paige (14) of Canton's Rollin' Pistons is ready to lead his team to battle in a recent wheelchair tournament junior game against a team from Grand Rapids.



THOMAS BEAUDOIN

Plymouth sophomore Trey Berry (top) captured the Observerland 119-pound title with a 6-4 decision over CC's Zach Colone (bottom).

Bowling teams solid at Town N' Country

BY TIM SMITH
OBSERVER STAFF WRITER

Three members of Plymouth's varsity boys bowling team rolled scores of better than 450 Monday.

But the hot trio of Kyle Webb, Justin Thompson and Rob Korstjens could not lead the Wildcats to victory over Westland John Glenn.

The Rockets came away with a 17-13 victory at Town N' Country Lanes in Westland. All six Plymouth-Canton Educational Park varsity teams were in action at the bowling alley.

"John Glenn always brings it," Plymouth head coach Tammy Thompson said, with a chuckle.

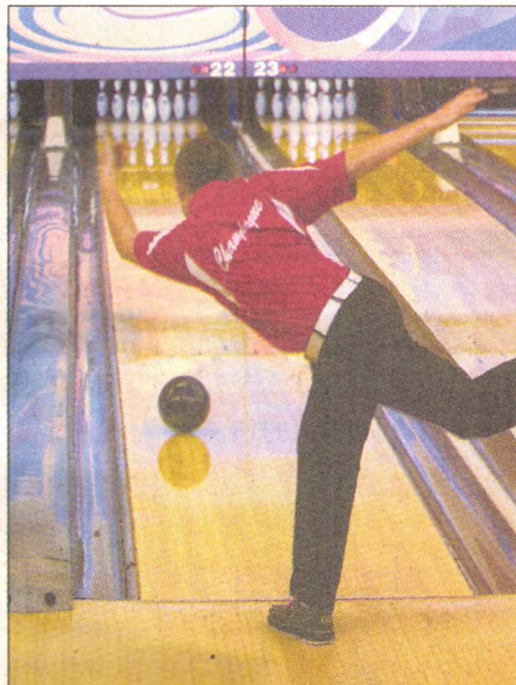
Plymouth got off to a great start, however, winning the baker games and then outscoring John Glenn 1,138-1,060 in the first regular game.

"That's a high for us for the season," Thompson said. "We just couldn't keep it going. If we would have taken totals — and we lost by 39 — we would have won the match."

Plymouth's 954 in Game 2 gave the Wildcats 2,092 pins. But the Rockets totalled 2,121,



Kristin Larkins of Salem's varsity girls bowling team gets set to release the ball Monday. Her shot went for a strike.



Canton's Alex Champagne launches the ball during Monday's dual match against Northville.

led by a 516-series by Jordan Hornes and a 474-series by Thomas Brusseau.

The Wildcats, however, boasted strong performances from Webb (266-193-459), Justin Thompson (243-215-458) and Korstjens (248-208-456).

"I am very proud of them," Thompson said. "They are working very hard to get ready for regionals."

COMING BACK

Meanwhile, Canton's boys team earned a 19-11 triumph

over Northville, riding the wave of a 10-0 score in the baker games.

Top Chiefs included Ryan Washburn (218-199-417), Andrew Klein (181-210-391)

Please see **BOWLING, B3**

PREPS ON HOLD

Plymouth boys hockey coach Paul Fassbinder hoped his team would lace them up for Tuesday's scheduled game against Livonia Stevenson.

But Fassbinder, as did all other prep coaches and athletic directors in the Plymouth-Canton district and Plymouth Christian Academy, will have plenty of makeup games to schedule thanks to this week's massive snowstorm.

All Tuesday and Wednesday prep events were cancelled due to the blizzard, which was expected to dump at least a foot of snow on metro Detroit.

'Cats lose power in Soo

BY TIM SMITH
OBSERVER STAFF WRITER

BOYS HOCKEY

Plymouth's weekend trek to Sault Ste. Marie was a worthwhile experience, even though the results weren't what boys hockey coach Paul Fassbinder hoped for.

Instead, the Wildcats lost 3-1 Friday and 6-3 Saturday to the Soo, dropping to 4-7-6.

Fassbinder said the team "took two on the chin this weekend, but it wasn't for lack of teamwork and effort."

Friday's game boiled down to misfiring on the power play. Plymouth failed to score on all six tries with the extra man.

Scoring the goal was senior defenseman Justin Bauer

(from junior forwards Matt Goertz and Richard Mitchell) while senior Michael Justus took the loss in goal.

On Saturday, Plymouth came out strong with a 14-4 edge in shots during the first period. Unfortunately, all the 'Cats could muster was a single goal and Sault Ste. Marie got going beginning in the second.

Getting the start in net for Plymouth was junior Peyton Wilburn (22 saves). "Peyton played great (but) we gave the Soo too many high-quality scoring opportunities,"

Please see **HOCKEY, B3**



PHOTOS BY DAVID REED

Four members of the Rollin' Pistons, including (in white jerseys from left to right) Valentino Paige from Farmington Hills, John McSween from Plymouth, Correy Rossi from Canton (with ball), and Alcides Postma from Plymouth, help lead the team to victory in last weekend's tournament held at Berkley High School.

BASKETBALL

FROM PAGE B1

"For me, I love basketball and I get to coach basketball," said Colwell, who graduated from college with a degree in therapeutic recreation. "But, I think I learn something new from these guys, and their outlook, just about every time I go out there. Just the daily challenges a lot of these guys have to go through just to get ready for school and get dressed. Just all those little things that they do to get ready, and once they come out on the court they're ready to be a kid and they're ready to play."

"The wheelchair is just a mode of transportation. It's pretty amazing," he said. "I certainly get more out of it than I put in. It's my little way of giving back."

The Rollin' Pistons, Thunderbirds and Challengers participated in the Junior Division of a wheelchair tournament held recently at Berkley High School. The tourney was sponsored by the Detroit Diehards, an adult team which is part of the Men's Division 3 bracket of the NWBA.

The Rollin' Pistons, who are affiliated with the Canton Parks and Recreation Department, had a strong tournament showing with three wins in four games. The Pistons defeated the Southfield team, plus teams from Grand Rapids and Cleveland. They lost to the Challengers.

Last year, the Pistons advanced to the national championships held in Denver where they suffered a disappointing overtime loss, 74-71, to a team out of Los Angeles. But, said Colwell, the team graduated some top players from last year and is in a rebuilding stage this season.

The Pistons' top players are Canton resident Correy Rossi and Farmington Hills native Valentino Paige. The Pistons



Canton resident Correy Rossi (21) has been one of the Michigan Rollin' Pistons' leading scorers this season in National Wheelchair Basketball Association play.

squad also includes Alcides Postma (Plymouth), Wahbeh Nusiebeh (Dearborn), Rick Covert (Romulus) and Dan Beasley (Detroit).

"Correy and Valentino are definitely the backbone of the team," said Colwell. "They have done a great job, not only shouldering the responsibility of the team, but teaching the younger kids what they need to do as members of the team."

PROVIDING A FORUM

But, it's not so much the numbers and statistics that keep him motivated. It's helping to provide a forum where his players can prosper and feel good about themselves.

"The biggest thing for the athletes is, when they are in their schools, they are generally the only one in a wheelchair," said Colwell. "So, when they play basketball it's an opportunity for them to come out and not only get some physical exercise, but it allows them to be part of a team. It gives them some leadership skills, confidence, self-esteem — all those things that come with being part of a team they may not get in school."

"I think that's the best part of this, is that they're part of a team and all the great things

that come from learning about losing a game or winning," he said. "Things like sportsmanship and fair play. All that stuff is huge."

Wheelchair coaching also has allowed Colwell to visit places he otherwise might not have considered. Besides his travels to many corners of the United States, his duties with the U.S. National team has taken him to such places as Brazil, Mexico, Canada, England, Cyprus and Australia.

Colwell plans to be with his national team at the 2010 Paralympic Games in London.

"The biggest difference between wheelchair basketball and ambulatory basketball is obviously the chair," said Colwell. "But, there are the so many other intricate details to the game. Basically, it's played just like NCAA rules. The teams that are successful are the ones that are fundamentally sound and set a good team concept."

"People who haven't seen wheelchair basketball, and are fans of basketball, should really do what they can to check out wheelchair basketball," he says. "It's really something to watch and I think they'll really enjoy it."

Wheelchair players seek support

Wheelchair basketball does not come cheap.

Besides the wheelchair itself, the sport does require a lot of travelling to different tournaments across the country.

For instance, the Canton-based Michigan Rollin' Pistons advanced to the national tournament last year in Denver. The Pistons eventually lost in the semifinals to a team from Los Angeles.

Head coach Tom Colwell, the Berkley Parks and Recreation Manager, also already has taken his team to Grand Rapids and Ft. Wayne. Upcoming destinations include Nashville for the national regional tournament

and hopefully a return trip to Denver.

The Pistons participate in the Junior Division of the Midwest Conference of the National Wheelchair Basketball Association (NWBA). The Detroit Metro area also has two other Junior Division teams, including the Southfield Junior Michigan Thunderbirds and the Sterling Heights Challengers.

Expenses run high. While the Pistons have selected fund raisers during the season, they are always looking for sponsors or donations. Expenses not obtained through fund raising efforts are generally picked up by the

players themselves.

"We're pretty fortunate that we have three teams in a close area so we can play games against them," says Colwell, who also serves as an assistant coach for the U.S. National Paralympic Wheelchair Basketball Team.

"But, when you're talking about travelling a lot, the whole sponsorship thing is huge and every team out there could use the help, including us," he says. "With that comes hotel stays and wheelchairs cost about \$3,000. It's an expensive thing."

People can make donations on the team web site, or call Colwell at (248) 658-3470.

Young Salem grapplers keep fighting

BY TIM SMITH
OBSERVER STAFF WRITER

Whether or not wrestling teams have success at tournaments always isn't as cut-and-dried as looking at the final standings.

Salem head coach Pete Israel's team placed 10th out of 15 at Saturday's annual Observerland Invitational at Livonia Churchill, with 86 points.

For those of you scoring at home, the Rocks came in 250.5 points behind invite champion Novi-Detroit Catholic Central.

But Israel instead looked at some of the intangibles shown by his wrestlers, particularly willingness to never back down or give up.

"The good thing about most my guys is even though they are younger, they have the will to fight it out in matches," Israel said. "As coaches we can tweak the technique. But the willingness to go to battle

and fight for wins is key to a program's success."

A handful of Salem performers scored points at the 26th annual invite and others earned points of a different kind with the coach.

"A couple key individuals were out, but a lot of the younger guys stepped up," Israel said. "I was happy with the performance of Justin Boone at 112. Even though the freshman did not place, he showed a willingness to fight."

Earning third-place points were Alex Arble (103) and Austin Rohn (130).

"Alex has been coming on strong since the Williamston Tournament (Jan. 15)," Israel said. "He is a real fighter and developing his technique nicely."

Rohn showed some potential. "With a little more work in the room he might be able to turn it on at the of the season," the coach added.

Finishing fourth at 160 was

Tyler Gross, a good showing for a sophomore in the upper weights according to Israel.

"A close overtime match was the difference between the finals and the consolations," Israel said. "Tyler is really becoming a younger leader for the team."

"I expect good things from him in the next couple of weeks as we head towards the state tournament."

Salem also had two fifth-place showings, by Josh Mahofer (152) and Jacob McCabe (171).

"Josh had some tough matches," Israel noted. "His placing doesn't reflect his ability." As for McCabe, the coach described him as "a real grinder, pushing opponents until they get in vulnerable situations."

He is seen as another Salem wrestler who could peak at the right time this season.

tsmith@hometownlife.com

WRESTLING

FROM PAGE B1

"He (Renfro) has been working hard, and to be honest, this performance is what we expected out of him," said Wayne coach Dave Vasiloff, who had three finalists. "He went out there and wrestled to form. He went out there and wrestled great."

In the final match of the day, Stevenson junior Jake Range

captured the 285-pound title with a 6-1 decision over North Farmington's Majd Mokbel.

CC's dominating performance was helped by the absence of three of the area's top three teams that elected not to attend for the first time in the history of the tournament. One of those was Canton.

"We have not seen Canton," Hancock said. "I was hoping to see them sometime throughout the year, but you know what? Cory Mancuso (Canton's

coach) does what's best for Canton and you can't disagree with that."

"We'll see those guys in a week-and-a-half or two weeks when the team regionals roll around."

Hancock, however, added that attending Observerland remains a tradition. "We didn't come here to wrestle Canton, we came to the Observerland Tournament because it's a well-run tournament."

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PREP WRESTLING RESULTS

(NF), double forfeit.

125: Ken Bade (CC) won by technical fall over Alejandro Albuerno (Novi), 21-6; 3rd: Said Youssef (Ply.) and Manny Govantes (Farm.), double forfeit; 5th: Ivy Riley (Bell.) dec. Evan Doyle (FHH), 10-3.

130: Logan Marcicki (CC) p. Andre Sanders (FHH), 1-48; 3rd: Austin Rohn (Salem) and Alec Breckenridge (Ply.) double forfeit; 5th: Corey Davis (LS) and Matthew Aoun (Novi), double forfeit.

135: Brendan Papin (Bell.) dec. Riley Hanson (CC), 10-3; 3rd: Josh Hall (RU) won by tech. fall over Travis Compo (N'ville), 23-7; 5th: Zach Schulz (Farm.) and Samer Shebak (LS), double forfeit.

140: Alec Mooradian (CC) won by tech. fall over James Roberts (FHH), 19-4; 3rd: Beau Bielski (Novi) dec. Jonny Bannoura (LC), 5-4; 5th: Kody Roy (LS) and Mike Rankin (Farm.), double forfeit.

145: Nick Tomski (Farm.) won by major dec. over Jalen Jones (WM), 12-4; 3rd: Mike Babicz (CC) dec. Chris Caverly (Novi), 4-0; 5th: Will Herring (Bell.) and Gabe Unick (FHH), double forfeit.

152: Drew Garcia (CC) p. Kevin Newborn (WM), 2-34; 3rd: Kyle Lake (FHH) dec. Johnathan Montgomery (N'ville), 11-8; 5th:

Josh Marhofer (Salem) and Roderick Howard (RU), double forfeit.

160: Andrew Erickson (CC) won by major dec. over John Davis (NF), 13-5; 3rd: Zach Juchartz (Bell.) dec. Tyler Gross (Salem), 5-3; 5th: Martin Kemp (LW) p. Jackson Chalmers (Ply.), 3-18.

171: Kevin Beasley (CC) dec. Kevin Miller (NF), 9-3; 3rd: Shames Delahaye (Bell.) dec. Trevor Maresch (N'ville), 4-3; 5th: Jake McCabe (Salem) and Lucas Hofbauer (WM), double forfeit.

189: Miles Treoutout (CC) p. Mark Tooley (Bell.), 1-56; 3rd: Courtney Drew (NF) dec. Joe Scott (LS), 8-5; 5th: Justin Michael (Novi) and Devin Korzetki (WM), double forfeit.

215: Dimitrus Renfro (WM) dec. Justin Roe (Farm.), 12-6; 3rd: David Sparling (Novi) p. Dylan Morantes (LC), 2-53; 5th: Jay Peterson (CC) won by injury default over Adam Druz (GC).

285: Jake Range (LS) dec. Majd Mokbel (NF), 6-1; 3rd: Robert Coe (CC) p. Manny Haddad (LC), 1-21; 5th: Jacob Chiles (WM) p. Tyler Styrc (Bell.), 1-13.

Lower weights MVP: Trey Berry 112, Plymouth.
Upper weights MVP: Dimitrus Renfro, 215, Wayne.

Whalers' Mahalak blanks Oshawa

BY TIM SMITH
OBSERVER STAFF WRITER

Like a good jolt of caffeine in the morning after an all-nighter, winger Tyler Brown scored for the weary Plymouth Whalers just 28 seconds into Saturday night's game against Oshawa.

And then it was goalie Matt Mahalak's turn to carry the load for the Whalers, playing their third game in three nights.

Mahalak (Monroe) was brilliant throughout the Ontario Hockey League game, stopping all 36 Generals shots to lead Plymouth to a 4-0 victory at Compuware Arena.

Oshawa (25-14-4-4) really tried to crack the goose egg, hammering Mahalak with 18 shots in the third as the Whalers dealt with heavy legs and heavy pressure.

"We were gassed in the third, we really were," Plymouth head coach Mike Vellucci said. "We played in our own end quite a bit, but we were tired because we played three hard games."

LAST-SECOND SCARE

Mahalak had to earn his first OHL shutout, turning aside several prime scoring chances late in the game as Plymouth had to kill off a 5-on-3 Oshawa power play. With seconds to go, Oshawa's Scott Valentine drilled a shot that Mahalak stopped and the 18-year-old goalie then flashed out a pad to deny Josh Graves' bid to score on the rebound.

When the game finally ended, the Whalers — including another star of the game, older brother RJ Mahalak — mobbed the first-year net-



WALT DMOCH

Plymouth Whalers goalie Matt Mahalak (No. 37) makes one of 36 stops Saturday night against Oshawa at Compuware Arena, earning his first OHL shutout. At right for Plymouth is forward Rickard Rakell (No. 24).

minder while the Compuware crowd of 2,310 stood and cheered.

"There was like six seconds left, a faceoff in our zone," Matt said. "... The shot came through (but) I didn't even see it. I just butterflied, it hit me and the rebound came out."

"I knew there was only a second left and I knew if that (Graves' shot) went in I would have just been crushed." Mahalak said he "luckily got the pad out there, the horn went off and the celebration started."

As happy as he was for getting that first shutout, Mahalak made sure to give plenty of credit to his teammates.

"The team came out hard and everyone was battling for me," Mahalak said. "... It just felt great to finally get it done."

BROTHER ACT

There was no disputing the Three-Star Selection, either.

Matt Mahalak was the first star while his older brother RJ earned the second star with an outstanding all-around game.

RJ Mahalak, also from Monroe, not only assisted on Brown's goal, he scored a key power-play marker at 13:28 of the second to give Plymouth a 3-0 edge.

Winger Garrett Meurs, stationed along the left boards deep in Oshawa territory, held the puck a moment until he could send a crisp pass to Mahalak between the circles.

Mahalak buried a high shot over the glove of Generals goalie Peter Di Salvo (18 saves).

Saturday's win extended Plymouth's recent hot streak to 6-0-0-2 and the Whalers caught Windsor in points (58, although Windsor has three games in hand).

"We just got to worry about ourselves right now, just keep getting points," summed up Vellucci.

THE WEEK AHEAD

BOYS BASKETBALL

Friday, Feb. 4
Salem at Stevenson, 7 p.m.
Canton at Plymouth, 7:30 p.m.

Lutheran Westland at Ply. Christian, 8:45 p.m.

GIRLS BASKETBALL

Friday, Feb. 4
Canton at Plymouth, 6 p.m.
Stevenson vs. Novi, 7 p.m.

Lutheran Westland at Ply. Christian, 7:15 p.m.

PREP HOCKEY

Friday, Feb. 4
Livonia Franklin vs. Canton at Arctic Edge, 8:30 p.m.

Saturday, Feb. 5

Churchill vs. Plymouth at Compuware Arena, 2:10 p.m.
Salem at Flint Powers, 3 p.m.

BOYS WRESTLING

Saturday, Feb. 5
KLAATourney at Hartland, 9 a.m.

Summit Academy Tourney, 9:30 a.m.

BOYS SWIMMING & DIVING

Thursday, Feb. 3
Plymouth at Canton, 6:30 p.m.

GIRLS GYMNASTICS

Thursday, Feb. 3
Livonia Red vs. Canton at Plymouth H.S., 6:30 p.m.

Saturday, Feb. 5

Canton Invitational, 9:30 a.m.

PREP BOWLING

Thursday, Feb. 3
Salem vs. Northville, Canton vs. John Glenn, Plymouth vs. Wayne, 3:30 p.m. at Super Bowl (Canton)

Saturday, Feb. 5

Mercy Tournament at Drakeshire, 9 a.m.

MEN'S COLLEGE BASKETBALL

Saturday, Feb. 5
Concordia at Madonna, 3 p.m.
Schoolcraft at Delta College, 3 p.m.

WOMEN'S COLLEGE BASKETBALL

Saturday, Feb. 5
Madonna at Concordia, 1 p.m.
Delta College at Schoolcraft, 1 p.m.

OHL HOCKEY

Thursday, Feb. 3
Plymouth Whalers at Sarnia, 7 p.m.

Friday, Feb. 4

Plymouth Whalers at Kitchener, 7:30 p.m.

Saturday, Feb. 5

Sarnia vs. Plymouth Whalers at Compuware Arena, 7 p.m.

BOWLING

FROM PAGE B1

and Kurt Kowalski (211-174-385).

Co-coach Jim Keppen also noted a 225 game by Alex Champagne and his team's rally in Game 2 to win 981-918.

"Our varsity boys came from behind in the second game, which was good to see," Keppen said.

Canton smoked the Mustangs in baker games with a 205-214-419 series, 52 points better than Northville, to win all 10 of those available points.

In regular team games, both teams won a game although Northville outscored Canton 1,942-1,936 in totals.

Salem cruised over Livonia Clarenceville in both the boys and girls varsity matchups, with each ending 28-2.

For the boys, who trounced the Trojans 413-314 in baker games and 1,935-1,779 in regular games, it was another outstanding showing by senior Ryan Clark.

He opened with a 233 and followed it up with a 212 to roll a 445 series.

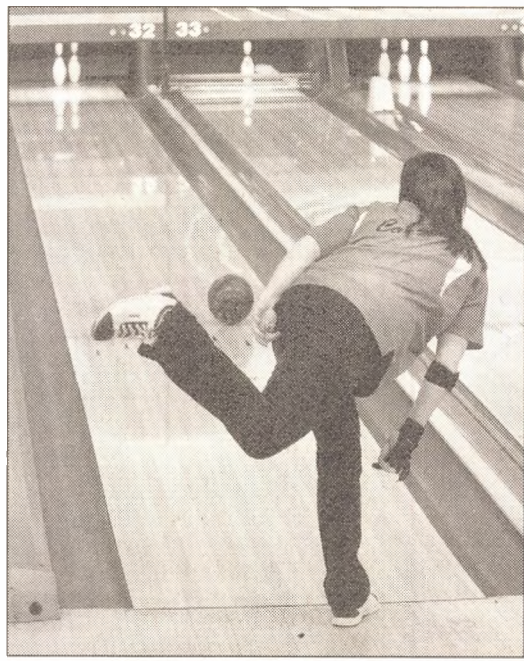
Kevin Williams (185-204-389), Tyler Foley (203-166-369) and David Nikkila (203-140-343) also chipped in, as did Joe Mirsky with a single game of 206.

Clarenceville's top performer was Sean Diaz, with a 206-221-427 series. Tyler Fox also hit the 200 mark.

Girls recap

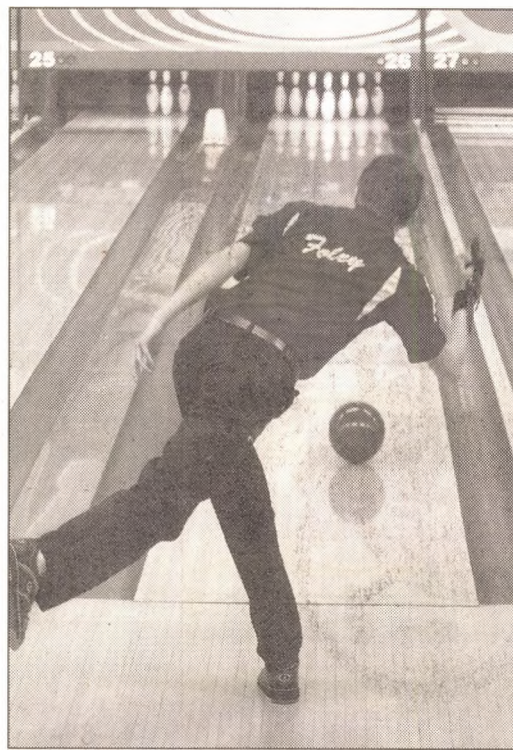
Salem's girls varsity squad enjoyed the same level of success, with a 10-0 sweep in baker games followed by an 18-2 edge in regular games.

The Rocks totalled 1,614 points in the latter category,



PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER

Looking to make a spare Monday at Town N' Country Lanes in Westland is Plymouth's Mackenzie Carlson. The Wildcats' girls varsity team defeated Westland John Glenn, 21-9.



Tyler Foley was one of five members of Salem's varsity boys bowling team to roll 200 games Monday.

surpassing Clarenceville's 1,284.

Individually, Kristin Larkins led Salem with a 386 series, highlighted by a 205 score in Game 2.

"She (Larkins) is coming on strong this year," Salem head coach Kathie Hahn said.

Ashley Kretschmer just missed the 200 mark in her first game (194) and finished with a 359.

Clarenceville's Bridget Moricz had a good outing, with a 170-191-361 series.

Plymouth also had a big day on the girls side, with a 21-9 blitzing of John Glenn. Spearheading the Wildcats was a 177 game posted by Ashley Mikolaiczik, a personal best.

The baker game portion of the match was close, with the Wildcats' 272 tally nipping John Glenn's 261. Plymouth

won six of the available 10 points.

Game 1 between the teams also was a nailbiter, although Plymouth prevailed 806-801.

Thanks to a 775-726 win in the second game, Plymouth's total of 1,581 pins was good for 15 points. John Glenn earned five points on a total of 1,527.

But the Rockets' Rachel Miller was the high scorer in the match with a 223-183-406.

Only Canton took it on the chin among the varsity girls squads, dropping a 22.5-7.5 match to Northville.

"The varsity girls just ran up against a buzzsaw," Keppen said. "Northville was fantastic today."

Indeed, the Mustangs took it to the Chiefs in the regular games with an edge of 1,756-1,367.

Brittany Browers rolled a

pair of 200 games for a 420 series while Kristen Muzzilo's 234 in the opener helped set the tone for Northville.

Positives for Canton included Charlotte Zimmer's team-best 169 game and 325 series. Ashley Cade and Jackie Polaski followed with scores of 260 and 250, respectively.

But Keppen saw some promise in his junior varsity bowlers. He noted a 175 game by Jessica Holowicki (her personal best) and a 165-156-321 series by Beth Stark. "Those were fantastic games by Beth, one of her best series."

And on the boys side, Gary Barnett ruled for the JV with a 252 game. Keppen said Barnett threw nine strikes.

Salem's JV boys team featured freshman Brandon Allison's 224-208-432 series.

tsmith@hometownlife.com

PREP BOWLING RESULTS

BOYS DUAL MATCH RESULTS

CANTON 19 NORTHVILLE 11

Jan. 31 at Town N'Country (Westland)
Canton scorers: Ryan Washburn, 218-199-417; Andrew Klein, 181-210-391; Kurt Kowalski, 211-174-385; Alex Champagne, 225; Ross Terrasi, 163; split game, 181. Team totals: 954-981-1,936 (9 points); Baker games: 205-214-419 (10 points).

Northville scorers: Jon Johnson, 256-184-440; Adam Zimmer, 217-180-397; Daniel Jacobi, 186-192-378; Ryan Benoit, 181-193-374; Colton Ma-Wu, 184; split game, 169. Team totals: 1,024-918-1,942 (11 points); Baker games: 199-168-367 (0 points).

Canton's dual match record: 7-3 overall, 5-2 KLA Central Division; Northville's record: 0-10 overall, 0-7 in Central.

WESTLAND JOHN GLENN 17 PLYMOUTH 13

Jan. 31 at Town N'Country (Westland)
John Glenn scorers: Jordan Hornes, 249-267-516; Thomas Brusseau, 259-215-474; Tommy Ruark, 195-213-408; John Cleavenger, 179-194-363; Steven White, 173. Team totals: 1,060-1,061-2,121 (11 points); Baker games: 181-215-396 (6 points).

Plymouth scorers: Kyle Webb, 266-193-459; Justin Thompson, 243-215-458; Rob Korstjens, 248-208-456; Eric Thompson, 191; Brandon Congdon, 190; Ryan Riva, 177; Evan Grimme, 161. Team totals: 1,138-954-2,092 (9 points); Baker games: 210-180-390 (4 points).

Glenn's dual match record: 11-0 overall, 8-0 KLA Central Division; Plymouth's record: 6-4 overall, 4-3 in Central.

SALEM 28

LIVONIA CLARENCEVILLE 2
Jan. 31 at Town N'Country (Westland)
Salem scorers: Ryan Clark, 233-212-445; Kevin Williams, 185-204-389; Tyler Foley, 203-166-369; David Nikkila, 203-140-343; Joe Mirsky, 206; split game, 183. Team totals: 1,030-905-1,935 (18 points); Baker games: 188-225-413 (10 points).

Clarenceville scorers: Sean Diaz, 206-221-427; Mike Uren, 191-181-372; Tyler Fox, 200-149-349; Brad Martin, 181; Corey Coughlin, 156; split game, 294. Team totals: 902-877-1,779 (2 points); Baker games: 135-179-314 (0 points).

Salem's dual match record: 4-6 overall; Clarenceville's record: 2-7 overall.

GIRLS DUAL MATCH RESULTS

NORTHVILLE 22.5 CANTON 7.5

Jan. 31 at Town N'Country (Westland)
Northville scorers: Brittany Browers, 201-219-420; Kristen Muzzilo, 235-155-390; Haley Ferrario, 143-134-277; Maggie Stewart, 241; Lisa Rice, 150; Rachel Beger, 136.5. Team totals: 875-881-1,756 (18.5 points); Baker games: 165-140-305 (4 points).

Canton scorers: Charlotte Zimmer, 156-169-325; Ashley Cade, 136.5-124-260.5; Jackie Polaski, 136-114-250; Brianna Bailey, 156; Colton Fries, 152; Cheryl Cosby, 133; split game, 91. Team totals: 713-654-1,367 (1.5 points); Baker games: 150-164-314 (6 points).

Northville's dual match record: 5-5 overall, 4-3 KLA Central; Canton's record: 6-4 overall, 4-3 in Central.

PLYMOUTH 21

WESTLAND JOHN GLENN 9
Jan. 31 at Town N'Country (Westland)
Plymouth scorers: Caitlyn Webb, 194-172-366; Tiffani Patterson, 196-150-346; Mackenzie Carlson, 181-135-316; Jessica Cullen, 115-141-256; Ashley Mikolaiczik, 177; Emily Fraser, 120. Team totals: 806-775-1,581 (5 points); Baker games: 154-118-272 (6 points).

John Glenn scorers: Rachel Miller, 223-183-406; Khiry Sparks, 196-165-361; Julianne Ayers, 152-167-319; Yvette Ayers, 118-113-231; Sara Auldige, 112-98-210. Team totals: 801-726-1,527 (5 points); Baker games: 136-125-261 (4 points).

Plymouth's dual match record: 6-4 overall, 6-3 in KLA Central; John Glenn's record: 6-5 overall, 5-3 KLA Central Division.

SALEM 28

LIVONIA CLARENCEVILLE 2
Jan. 31 at Town N'Country (Westland)
Salem scorers: Kristin Larkins, 181-205-386; Ashley Kretschmer, 194-165-359; Bridget Maul, 152-167-319; Meaghan Eldridge, 169-133-302; Micaylin Peltz/Rachel Amodio split game, 125-123-248. Team totals: 821-793-1,614 (18 points); Baker games: 181-145-326 (10 points).

Clarenceville scorers: Bridget Moricz, 170-191-361; Casey O'Rourke, 155-136-291; Nikki Iuliano, 122-114-236; Natalie Kay-Flaherty, 128-99-227; Hunter Iuliano, 87; Katie Rogers, 82. Team totals: 657-627-1,284 (2 points); Baker games: 132-135-267 (0 points).

Salem's dual match record: 6-4 overall; Clarenceville's record: 0-9 overall.

PCA girls cagers come close

Plymouth Christian couldn't quite pull off two wins in two days, but the Eagles came close.

After the PCA girls basketball team defeated Rochester Hills Lutheran Northwest 43-32 on Friday, the Eagles lost 35-33 to Chandler Park on Saturday afternoon.

Emily Gerulis and Karen Windle each pulled down 12 rebounds and combined

GIRLS BASKETBALL

for eight steals as the teams played in a defensive struggle.

But no PCA player hit double-figures, with Brianna Harris tallying nine points. Jenny Malcolm and Bethany Hale each scored seven while Gerulis chipped in with six.

The loss dropped the Eagles' record to 9-3 overall.

HOCKEY

FROM PAGE B1

Fassbinder said.

He noted that Plymouth's goal scorers — sophomore forwards Joe Burke, Jordon Lopetrone and freshman forward Mike

Schultz — each scored for the first time as a Wildcat.

"The line of Burke, (sophomore Ryan) Theisen and Mike Schultz scored two for us plus created a lot of scoring opportunities," Fassbinder said. "The last three games they have really turned it up."

Burke and Schultz each had a

goal and an assist, while Theisen chipped in with two helpers.

Other point-getters in Saturday's contest included senior forward Chase Zebari and sophomore blueliner Cam Nadell, each earning single assists.

But the Wildcats were again hampered by the power play, which went 0-for-5.

Meanwhile, the Soo cashed in on three of six opportunities with the extra man.

"Obviously if our power play was to bury a couple then the weekend would have been a little different," Fassbinder said.

"Something that carried us at the beginning of the season has been a little stale the last month or so."

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Day	Time	Entry Fee	Starting Chips	Blinds	Add-on	Prize Pool (Based on 50 players)
Monday	7:30 pm	\$25	\$25,000	20 min.	None	\$1,000
Tuesday	7:30 pm	\$25	\$25,000	20 min.	None	\$1,000
Wednesday	7:30 pm	\$25	\$25,000	20 min.	None	\$1,000
Thursday	7:30 pm	\$25	\$35,000	20 min.	None	\$1,400
Friday	1:30 pm	\$25	\$25,000	20 min.	None	\$1,000
	4:30 pm	\$25	\$25,000	20 min.	None	\$1,000
	7:30 pm	\$30	\$30,000	20 min.	None	\$1,400
Saturday	1:30 pm	\$25	\$25,000	20 min.	None	\$1,000
	4:30 pm	\$25	\$25,000	20 min.	None	\$1,000
	7:30 pm	\$30	\$30,000	20 min.	None	\$1,400
Sunday	1:30 pm	\$25	\$25,000	20 min.	None	\$1,000
	4:30 pm	\$60	\$40,000	30 min.	None	\$2,400
	7:30 pm	\$30	\$30,000	20 min.	None	\$1,400

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RUTH BAXTER

93, passed away on January 18, 2011 after a prolonged illness. She was the wife of Joseph Baxter (deceased) and loving mother to Michael (Marilyn) of Laurel, Maryland, Jan (Judy) of Charlotte, MI and Mary Fuelling (Dennis) of Canton, MI. She had 11 grandchildren, 20 great-grandchildren and three great, great-grandchildren. She was devoted to her family and they are comforted knowing she is with her Lord and Savior, Jesus Christ. Remembrances can be made in her name to 3for5.org



SUSAN MARIE FOLTZ

Livonia, MI – Susan Marie Foltz, 66, of Livonia, MI, formerly of Lancaster, OH, died Saturday, January 29, 2011, at St. Mary Mercy Hospital in Livonia, MI. She fought a valiant battle with pancreatic cancer for two years before dying peacefully with family by her side. Susan was born November 7, 1944, in East Cleveland, Ohio and was the daughter of the late Walter Milton Smoyer and Marjorie Janet Wing. Susan grew up in the Cleveland area, attended Muskingum University in Ohio in the sixties and had a thirty plus year career in banking, mortgage lending & bookkeeping in both Ohio, beginning with Farmers & Citizens Bank, and in Michigan, last employed by Plastomer in the Detroit area. In retirement, Susan enjoyed time spent with family at Sand Lake, traveling with her husband, and raising her eight grandkids. Susan was loved and respected by all who knew her and to the very end was "the rock" of the family. Lovingly referred to as "Grams", Susan is survived by her husband Larry Kenneth Foltz of Livonia, MI; and brother Robert Smoyer, and his wife Hazel Smoyer of Chesapeake, VA. She is also survived by daughter Brenda Foltz Williamson, her husband John Edward Williamson & grandchildren Nicole, Hanna & Jack; son Daniel Kenneth Foltz, wife Erin Elizabeth Foltz & grandchildren Chloe, Allison, Isabel & Danny, all of Livonia, MI; and son Scott Ogden, wife Lara Berkley, and grandson Calvin of Wilmington, NC, as well as her first husband, Frank Ogden of Leland, NC. A visitation will be held at Harry J. Will Funeral Home at 37000 Six Mile Road, Livonia, MI from 2 pm to 9 pm on Friday February 4, 2011. A memorial service will be held at Harry J. Will Funeral Home from 2 pm to 4 pm, on Saturday, February 5, 2011 with an additional visitation from Noon to 2 pm on Saturday before the memorial. In lieu of flowers, memorials may be made to the American Cancer Society in the name of Susan Foltz. An online guestbook is available at: www.harryjwillfuneralhome.com.



GEORGINA GERRES

Age 98 of Plymouth, died January 29, 2011. Beloved mother of Jeanette Merrill. Loving grandmother of Jonathan (Kathleen) Merrill and Anne Merrill. Dear great grandmother of Celia, Ian, Tess and Evan Merrill. Georgina exhibited a wonderful zest for life, and was proud to be able to care for herself throughout her lifetime. She was especially pleased when she could spend time with her daughter and great-grandchildren. Private cremation services have been held. To share memories please visit vermeulenfuneralhome.com.



THOMAS J. TATTAN

Age 61 of Northville, January 30, 2011. Beloved husband of Cynthia. Loving father of Jason (Megan). Dear son of Dorothy and the late John. Dear brother of Michael (Debbie), Tim, and Leanne (Mark) Clark. Also leaves several nieces and nephews. Visitation Friday 2-8 PM at Vermeulen Funeral Home, 46401 W. Ann Arbor Rd (btwn Sheldon & Beck) Plymouth. In State Sat. 10 AM until the 10:30 AM Funeral Mass at St. Kenneth Catholic Church, 14951 Haggerty Rd (south of 5 Mile) Plymouth. Entombment Michigan Memorial Park. Memorial contributions may be made to U of M Health System, Section of Thoracic Surgery. To leave a message of condolence or share a memory with the family, please visit vermeulenfuneralhome.com



GORDON C. LARZELERE

Age 67. January 30, 2011. Beloved husband of Nancy. Loving father of Matthew (Samantha) and Teresa Larzelere. Dear grandfather of Jake, Cody, Austin, Andrew, and Emily. Brother of Dale, Rick, Jack, Mike, Mary Pierce, and Helen Larzelere. Funeral Service Friday, 12 Noon, at Thayer-Rock Funeral Home, 33603 Grand River Ave. (1 blk. W. of Farmington Rd.), Downtown Farmington. Visitation Thursday 2-8 PM (Knights of Columbus service at 7:30 PM). Memorial contributions may be made to the American Diabetes Association. www.thayer-rock.com



SHIRLEY ANN WOODRUFF

4/26/1934 - 1/26/2011
Loving wife of the late Donald Woodruff. Proud mother of David (Christine), Gary, Steven (Evelyn), Loretta (Patrick), Martin & Arthur. Grandmother of 11: Donald, Michael, Patrick, Marie, Angela, Joshua, Jason, Carrin, David, Kevin & Lil Donald. Great Grandmother to 8: Jaydin, Zander, Makenna, Brittany, Dakota, Brittany, Savannah, Elizabeth & Brian. A kind, loving woman to all she met. Full of smiles, joy and laughter! She is already missed but will live on in our hearts and fondest memories.

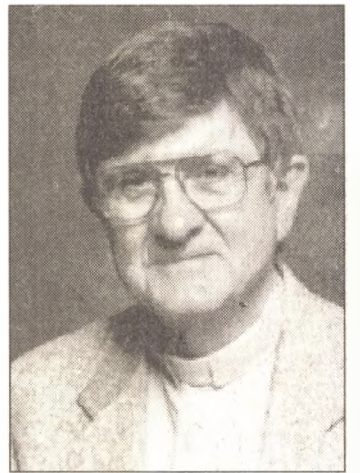
Learn about Lutheran Social Services in Redford

The Rev. Dr. John Siefken, a representative for Lutheran Social Services of Michigan, will speak Sunday, Feb. 6 at St. John's Lutheran Church in Redford. He'll talk about "Christ's Servant" at the 10:30 a.m. worship service.

Siefken served for 37 years at Prince of Glory Lutheran Church in Madison Heights, and four years at Immanuel Lutheran in Detroit. He is retired from full-time ministry.

He earned a bachelor's degree from Augustana College in Rock Island, Ill., and received a Master of Divinity degree from Augustana Theological Seminary, graduating Magna Cum Laude for both institutions. He completed a Doctor of Ministry degree from Lutheran School of Theology at Chicago.

Siefken serves as a volunteer speaker to assist Rev. Dr. Phil Hemke, who is director of church relations for Lutheran Social Services of Michigan and liaison between the organization and the two Lower Michigan synods of the Evangelical Lutheran Church in America (ELCA). The Southeast Michigan Synod, to which St. John's Lutheran in Redford belongs, includes 132 congregations with 62,700 members. The North/West



The Rev. John Siefken will speak Sunday, Feb. 6, at St. John's Lutheran Church, Redford.

Lower Michigan Synod has 130 churches with 52,500 members.

Lutheran Social Services provides a wide variety of services for children and families, senior adults, refugees, and persons with disabilities. It serves individuals, regardless of race, religion or national origin.

St. John's Lutheran Church is located at 13542 Mercedes, Redford.

For more information about the church, call (313) 538-2660 or visit www.sjlcaredford.org. For more about Lutheran Social Services visit www.lssm.org.

Story of Job returns to Westland church

The Michigan Concert Choir will present an encore performance of the musical story of Job Sunday, Feb. 13, at the Church of Jesus Christ of Latter-day Saints, in Westland.

The original show, written by Maureen Miles of Melvindale premiered last spring at the Church of Jesus Christ of Latter-day Saints in Bloomfield Hills and drew audiences at churches in Westland and Grand Rapids.

The group even took the musical to California.

"Someone was at the performance here visiting friends and said, how would you like to come out and perform this in San Diego? They all went out," said Susan Mendenhall, Church of Jesus Christ of Latter-day Saints Westland Stake public affairs

director.

Miles, a Latter-day Saints member and a music teacher in Lincoln Park schools, began working on a song about her favorite book of the Bible about 20 years ago. She put it away for 10 years and then resumed writing, expanding the song into a concert show that tells the story of Job's respect and love of the Lord through lively music, humor and narration.

The performance starts at 7 p.m. at the church, located at 7575 Hix, between Warren and Joy, Newburgh and I-275.

Admission is free and no reservations are needed. For more information e-mail comcentials@aol.com.

- Sharon Dargay

OBITUARY POLICY

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

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<p>CHURCHES OF THE NAZARENE</p> <p>PLYMOUTH CHURCH OF THE NAZARENE 46801 W. Ann Arbor Road • (734) 453-1525 Sunday School - 9:45 A.M. Sunday Worship - 11:00 A.M. Sunday Evening - 6:00 P.M. Family Night - Wed. 7:00 P.M. NEW HORIZONS FOR CHILDREN LEARNING CENTER (734) 455-3196</p>	<p>GREEK ORTHODOX</p> <p>NATIVITY OF THE VIRGIN MARY GREEK ORTHODOX CHURCH 39851 West Five Mile, Plymouth Twp., MI Sunday Services Matins 8:30 am, Divine Liturgy 10:00 am Rev. Fr. Demetrios Sean Govostes. Parish Office 734-420-0131 Office Hours M-F 10:00 am - 2:00 pm www.nativitygreekchurch.org</p>	<p>PRESBYTERIAN</p> <p>Fellowship Presbyterian Church Adult Sunday School: 9:30 - 10:15 a.m. • Worship: 10:30 a.m. Childrens Sunday School: 10:30 a.m. Pastor: Dr. Jimmy McGuire Services held at: Saint Andrews Episcopal Church 16360 Hubbard Road in Livonia • South of Six Mile Road Nursery provided • www.fellowship-presbyterian.org</p>	<p>EVANGELICAL PRESBYTERIAN</p> <p>WARD CHURCH 40000 Six Mile Road Northville, MI 48168 248.374.7400 www.wardchurch.org</p> <p>Traditional Worship 8, 9:30 & 11 a.m. Contemporary Worship 9:30 & 11 a.m.</p> <p>Children's Programs available at 9:30 & 11 a.m.</p> <p>The Traditional Service is broadcast on the radio each week at 11 a.m. on 560 AM</p>
<p>For Information regarding this Directory, please call Donna Hart at 248-437-2011, Ext. 247 or e-mail: dhart@dnps.com</p>	<p>LUTHERAN CHURCH WISCONSIN SYNOD</p> <p>ST. PAUL'S EV. LUTHERAN CHURCH & SCHOOL 17810 FARMINGTON ROAD, LIVONIA (734) 261-1360 WORSHIP SERVICES SUNDAY: 8:30 A.M. & 11:00 A.M. THURSDAY: 6:30 P.M. website: www.stpaulslivonia.org</p>	<p>CONGREGATIONAL</p> <p>North Congregational Church 36520 12 Mile Rd. Farmington Hills (bet. Drake & Halsted) (248) 848-1750 10:30 a.m. Worship & Church School <i>Faith - Freedom-Fellowship</i> Ministers Dr. Mark P. Jensen Rev. Mary E. Biedron</p>	<p>LUTHERAN CHURCH MISSOURI SYNOD</p> <p>Risen Christ Lutheran David W. Martin, Pastor 46250 Ann Arbor Road • Plymouth (1 mile W. of Sheldon) (734) 453-5252 Worship 8:15 & 10:45 am Sunday School 9:30 • Adult Bible Study 9:30 Nursery Care Available. All are welcome. Come as you are. www.risenchrist.info</p>

STRICTLY BUSINESS

Thursday, February 3, 2011

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Contact Editor, Brad Kadrich

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Comment online at hometownlife.com

IT'S YOUR BUSINESS Q&A



After 20 years of corporate life, Darleen Dreeg made the tasty switch to owning Candy Bouquet – making custom arrangements out of candy.

Owner makes tasty career change

Observer: Tell us about your business, including the types of services and/or products you feature?

Candy Bouquet: Candy Bouquets are a delicious alternative to flowers that never fade, die or wilt. Each Candy Bouquet comes in its own designer container filled with delicious candies and gourmet chocolates. I offer arrangements for any occasion: Valentine's Day, Mother's Day, and "Just Because" to name a few. Or you can request your own custom Candy Bouquet. I also can ship to any location.

Observer: How did you first decide to open your business?

Candy Bouquet: After 20 years of working in the corporate world I was undecided on what I wanted to do. So I started thinking of my ideal career. I've always wanted to be my own boss and if I could combine that with my love of desserts I would be in job heaven. I researched many businesses and had numerous late night discussions with my husband until I discovered that I could satisfy both wishes by opening up a Candy Bouquet.

Observer: Why did you choose Canton?

Candy Bouquet: The wonderful part about Canton is that it has both residential homes and businesses. Candy Bouquet can cater to both of these markets. This makes Canton the ideal location to offer a product where the different designs are endless. Candy is something that everyone loves to receive and it doesn't matter if you're giving it to a friend or to a client.

Observer: What makes your

CANDY BOUQUET

Business name and address:

Candy Bouquet #6665, 594

Torrington Dr. W., Canton

Your name and title: Darlene Dreeg, owner/Candy Bouquet designer

Your hometown: Canton

Business opened when?

Oct. 1, 2010

Number of Employees: None at the present time

Hours of operation: 9 a.m. to 7 p.m. Monday-Saturday

Your business specialty: I make arrangements out of candy

Business phone and/or

website: (734) 558-3929

6665.shopcandybouquet.com

business unique?

Candy Bouquet: Candy and flowers have always gone well together. Candy Bouquet offers the best of both desires in one breathtaking arrangement. Every bouquet is created by hand and designed just for you. I have numerous bouquets on the website or I can design a Candy Bouquet to fit your "special occasion." Candy Bouquet offers a wide selection of our own high-quality signature candies and chocolates. I also offer sugar-free candy and chocolate options.

Observer: How has it changed since you opened?

Candy Bouquet: For the short period of time that I've owned Candy Bouquet the different styles of arrangements that I have put together have become too numerous to mention and I plan on creating more!

Observer: Do you have a funny tidbit or story to share with our

readers about your experience so far as a small business owner?

Candy Bouquet: With cupcakes being all the rage Candy Bouquet has created a chocolate ganache cupcake. As a birthday party favor, I put together 20 Candy Bouquet cupcakes with a birthday candle that all the children (and the grown-ups too) were able to take home.

Observer: How has the recent economy affected your business?

Candy Bouquet: Luckily everyone still loves to give a little something to family, friends or a business acquaintance just to say "thank you." Because Candy Bouquet offers arrangements that vary in price I am able to accommodate any budget. I don't want to deprive anyone from giving the gift of candy ... it's just too tasty!

Observer: Any advice for other business owners?

Candy Bouquet: I believe that if you enjoy your job it will show in the product that you produce. I love what I'm doing with my career and have never been happier. Always remember how great it feels to have a pleased customer. Their satisfaction not only leads to more referrals, but also to your own individual fulfillment.

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

Candy Bouquet: More candy! I'm planning on offering more arrangements which in turn gives my customers a greater selection of Candy Bouquet gifts. Also, with prom just around the corner I'm creating a chocolate rose boutonniere. The roses will be offered in a variety of colors to match the girl's dress ... and what boy wouldn't love to receive chocolate.

BUSINESS BRIEFS

Wedding planner

A Moment In Time Wedding and Event Production has received WeddingWire's Bride's Choice Awards 2011.

This award recognizes the top 5 percent of local wedding professionals from the WeddingWire Network who demonstrate quality and service excellence in the wedding industry.

A Moment In Time Wedding and Event Production, a full-service event planning firm owned by Jennifer House, has won this prestigious award for four consecutive years.

"I'm so grateful to have been honored with the Bride's Choice Award again this year," said House, a Certified Bridal Consultant. "A Moment In Time could not have won without the feedback, positive reviews and support from the amazing couples that we work with."

A Moment in Time is located at 1176 S. Main in Plymouth. For more information, call (734) 649-5143.

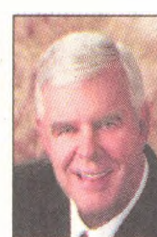
Business news

Here's a taste of what's going on around Plymouth, courtesy the folks at the Plymouth Downtown Development Authority:

• Home Sweet Home on Ann Arbor Trail is having a



House



Lankford

Chamilia Valentine Special Bead Event Feb. 4-5 from 10 a.m. to 6 p.m. Buy three beads, get the fourth free; or buy four beads and get the bracelet free.

• TranquiliTea on Ann Arbor Trail celebrates its five-year anniversary Feb. 26. Look for more details to come.

• The Plymouth Yoga Room on Forest Ave., is celebrating its second anniversary.

• Dr. David Crowl and Dr. Zachary Lemon (internal medicine) at 261 S. Main now have a gynecologist, Dr. Sheryl Parks, on staff one day a week. Dr. Parks has over 20 years of experience. Appointments may be made by calling (734) 414-8040 for any of the doctors. New patients are welcome and most insurance plans, including Medicaid, are accepted.

Top business coach

John D. Lankford, a native of Melvindale who has a home in Plymouth, was named North American Associate Coach of the Year for the third consecutive year by

ActionCOACH, the world's largest business coaching firm.

ActionCOACH Founder and Chairman Brad Sugars presented the award to Lankford during ceremonies at the company's annual conference in Las Vegas. No other coach in the world-wide organization has ever won national honors three year in a row.

"John has distinguished himself in all metrics as achieving the highest levels of measurable growth and market expansion for the executives and companies with whom he works," said Sugars. "Even in this unfavorable economic environment, many of the participants in his programs have achieved double and triple-digit revenue growth. It would be an understatement to say he has earned and deserves this honor."

"Winning this award once was great, but three years in a row is unexpected," said Lankford, 60, a partner at ActionCOACH Pinellas in Florida. "I'm very proud of the work I've done with my clients, and it's the hard work that they put in that really makes the difference. I look forward to getting great results this year, and I know 2011 is going to be the best yet for the entire ActionCOACH organization."

For more information, visit www.actioncoachpinellas.com.

Local CPA gets higher education

Jason R. Loiselle gained enhanced education on investments, insurance, tax, estate, retirement and elder planning from some of the world's experts on those issues at the Advanced Personal Financial Planning Conference held recently in Las Vegas.

The conference is held annually by the American Institute of Certified Public Accountants for CPA personal financial planners to learn new tools and techniques that can help clients achieve their financial goals; gain information on changes by lawmakers and rule makers that could affect clients' finances; and network with a group of financial planners from around the country to share best practices. This conference — which marked the 25th anniversary of the AICPA serving CPAs in personal financial planning — drew 770 attendees, speakers and exhibitors.

Loiselle and other personal financial specialists must demonstrate — and commit to — advanced knowledge to earn



Jason Loiselle (left) with his dad, longtime Plymouth businessman and city commissioner Ron Loiselle.

the PFS designation. The PFS credential is available exclusively to CPAs who specialize in personal financial planning and are members in good standing with the AICPA. Their knowledge and experience encompass disciplines such as investments, estate planning, risk management, retirement planning and personal income tax planning.

"In this challenging environment, it is so important that Financial Planners invest in their clients. It was a privilege to learn from and network with some of the smartest Financial Planning minds in the country. It has given me some fantastic ideas to continue to help our clients grow and protect their wealth," Loiselle said.

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ENTERTAINMENT

Thursday, February 3, 2011

hometownlife.com

HAVE A STORY IDEA?

Contact Editor, Sharon Dargay

Voice Mail: (313) 222-8883

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Comment online at hometownlife.com

Dueling Tribute

Bands play Seger, Rolling Stones tunes at Village Theater in Canton

BY SHARON DARGAY
& STAFF WRITER

Hollywood Nights versus *Brown Sugar*? *Old Time Rock & Roll* and *Miss You*?

You'll hear music of both Bob Seger and The Rolling Stones Friday, Feb. 11, when two tribute bands battle it out on the Village Theater stage in Canton.

The Dueling Tributes stage production starts at 8 p.m. at the theater, located 50400 Cherry Hill. Tickets are \$11, available at the door or in advance at the theater box office or by calling (734) 394-5300.

Todd Stoney, drummer for Lookin' Back, the Bob Seger Tribute Band, created the show, and says the duel has nothing to do with competition between his group and Beggar's Banquet, the other tribute band.

"Dueling Tribute came out of dueling pianos," he said, explaining that the two bands

will alternate songs as they work their way through their play lists.

"There will be some excitement about going back and forth between bands."

He stresses that the show isn't designed to select the best band or most popular songs. It's not a competition.

"What I want to do with the bands is to find fun things to make the bands interact. There's a lot we can do to make it fun."

Stage lighting and video cameras will add to the excitement.

FORD, RAMPS, BANDS

"I found the Canton Village Theater to be the perfect size. I am trying to stay out of the bars and trying to come up with my own production," Stoney said. "There are a whole lot of tribute bands I'd like to help. We're all struggling."

The bands will share the spotlight with the Ford Explorer, and a vehicle display ramp made by Stoney's com-



Lookin' Back, a Bob Seger Tribute Band, will play Feb. 11 at the Village Theater at Cherry Hill in Canton.

pany, RampBoss-USA.

The ramp, which allows vehicles to tilt easily while on display, has been used

everywhere from the Detroit Opera House and the North American International Auto show to the National Corvette Museum and Hollywood for use in films.

The Ford Explorer recently was named the Motor Trend Truck of the Year.

LOCAL SPONSORSHIP

Looking for a way to promote both his band and his ramp, Stoney developed the dueling tribute idea and then sought sponsorship help from

Jack Demmer Ford in Wayne.

Bob Faust, general sales manager, saw it as a creative outreach to the community.

"We wanted to promote the new Explorer and Canton, being one of the larger areas in our market, it was a good fit," Faust said, explaining the auto group's interest in sponsoring the show.

The bands will devote the first hour of the show to the dueling concept. The second half will be all Bob Seger tunes.

Stoney said the audience will notice a contrast between how closely they resemble the original rockers. He said Beggar's Banquet's lead singer resembles Mick Jagger's; Lookin' Back doesn't have a Bob Seger look alike.

"We are so not that and they are so trying to do that," he said, describing the tribute performers. "We're not trying to be Bob. We're just taking care of the music."

"I think it will be a very entertaining show."



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Score big with guests on Super Bowl Sunday

BY SHARON DARGAY
O&E STAFF WRITER

Haven't quite pinned down the menu for your big Super Bowl XLV gathering this Sunday?

Don't worry. Observer & Eccentric readers have you covered.

We put out the call for football-watching fare and received lots of recipes for tasty dips, soups, finger foods and more.

While the Pittsburgh Steelers and the Green Bay Packers battle it out on the field on Feb. 6, you can score big with these wining recipes at home.

Thanks to our kitchen-savvy readers for sharing their Super Bowl food ideas.

Enjoy!

JIMMY DEAN PORK DIP

Cheryle McCormick of Plymouth asked for this pork dip recipe after discovering a small town Iowa bank served complimentary samples to customers.

"I've been making it for parties ever since, especially during fall/winter months," McCormick e-mailed the Observer. "It is a hit at parties, especially with guys. Watch it disappear fast."

2 pounds of Jimmy Dean Sausage (1 pound mild, 1 pound hot), cooked and drained

1 onion and 1 stalk of celery chopped and sauteed in butter

1 can diced tomatoes with chiles

1 15-ounce can refried beans

1 15-ounce can chili with no beans

½ package of taco seasoning

½ teaspoon garlic salt

A few shakes of Worcestershire sauce

2 pounds of Velveeta cheese, cubed

Mix all ingredients in a slow cooker, then heat through, stirring occasionally. When hot, serve with tortilla chips.

THEM QUARTER THINGS

"I have had this appetizer recipe for years from a party that I attended," wrote Jeanette Foxe of Livonia. "It was a huge hit. I begged for the recipe, as I knew it was a keeper. Easy to fix ahead of time, quick to put together when your company arrives, and yummy to eat!"

10 English muffins split in half, and then cut each half in quarters. For larger finger food appetizer use muffin halves. If not using immediately, place in plastic bag to keep fresh

Topping:

1 cup mayo (do not use Miracle Whip)

¼ cup grated Parmesan cheese

1 pound bacon, crisp cooked and crumbled

½ cup canned mushroom slices, finely chopped

½ cup green pepper, finely chopped

¼ cup onion, finely chopped

Mix together all topping ingredients and chill if not using right away. Spread on English muffin pieces and broil on cookie sheet until bubbling and toasty.

HUMMUS

Vickie Dickieson of Northville previously lived in Dearborn where many restaurants feature Hummus. She "experimented" with several recipes and came up with her own.

"It is possible to buy hummus but it is fairly expensive compared to preparing it yourself. Also it is very healthy!" Dickieson said. She serves hummus with mini pitas or pita crackers.

1 can (15 ounces) of chick peas drained and rinsed in hot water

3 tablespoons fresh lemon juice

2 tablespoons minced onion

1 clove garlic

¼ cup olive oil

¼ cup vegetable oil

2 tablespoons sour cream or mayonnaise

¼ cup red sweet pepper to add color and taste appeal

1. Using a blender mix first four ingredients

2. While machine is running add oils

3. Add sour cream or mayonnaise and red pepper

4. Add salt & fresh ground pepper to taste

5. Best if refrigerated at least 4 hours or overnight

BROCCOLI POTATO SOUP

Call it a "souper bowl" party, because that's exactly what Judy and Don Diener of Westland serve during the biggest game of the year.

"At our Super Bowl Party, we make several different types of soup and chili," Judy e-mailed. "We place the soup or chili in small round loaves of assorted breads. These bread boats are a hit."

4 tablespoons butter

1 cup chopped onion

½ cup flour

4 cups low sodium chicken broth

4 cups fat-free milk

16 ounces frozen chopped broccoli

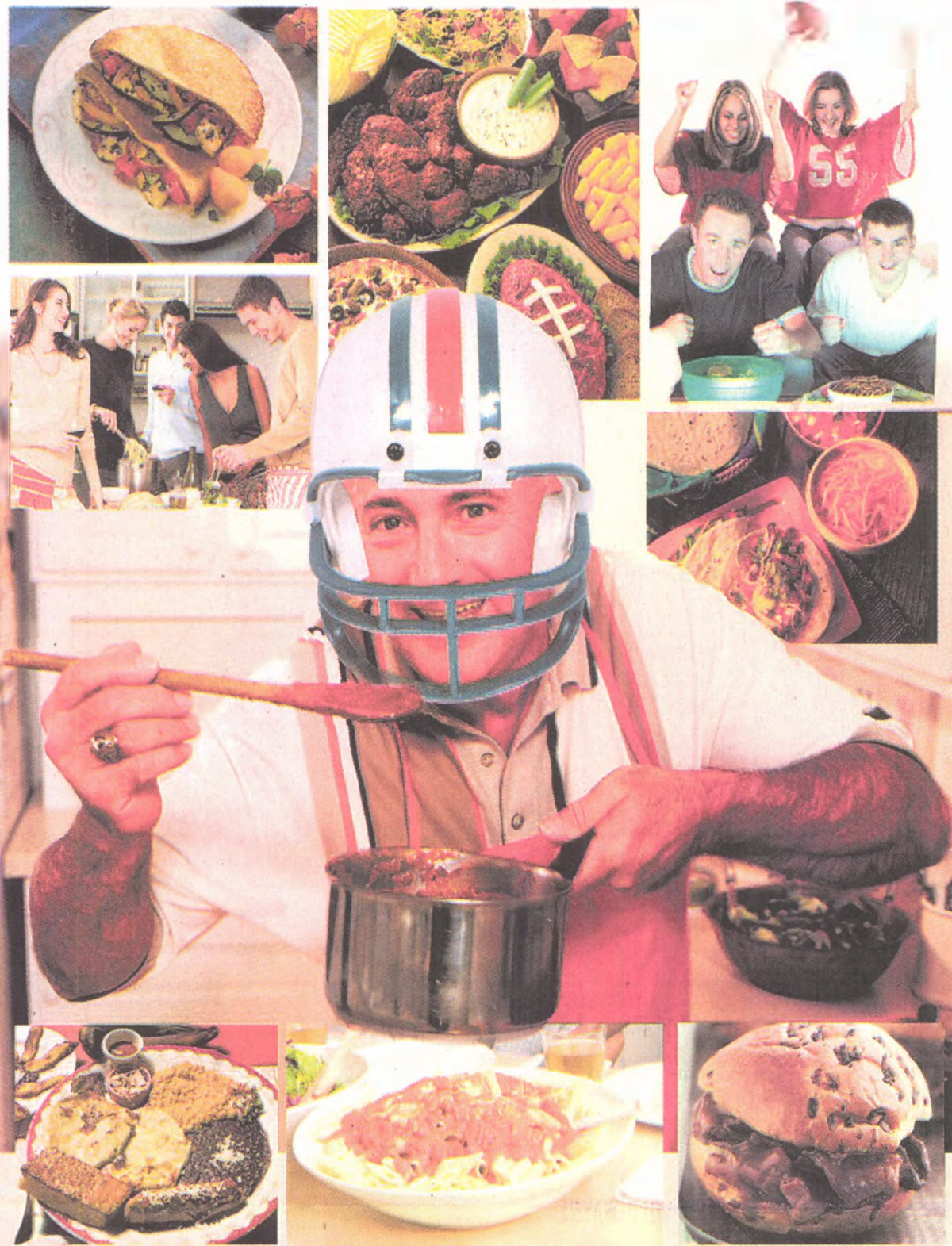
2 cups peeled diced potatoes

½ cups shredded cheddar cheese

1 teaspoon salt

½ teaspoon pepper

Melt butter in large saucepan. Add onion and cook until tender. Add flour, stir until blended. Gradually stir in broth. Heat until slightly thickened. Add milk, broccoli and potatoes. Cook on low heat about 15 minutes or until broccoli and potatoes are tender. Stir in cheese and seasonings.



Celebrating the Pittsburgh Steelers' last Super Bowl victory are Bill Springer, (left) Carolyn Springer, Samantha McGrath, Kay Springer, David and David McGrath. They all live in Canton.

SALSA BEAN SALAD

Linda McNall of Livonia gets rave reviews and many recipe requests for this salad that serves 10-12.

2 15-ounce cans black beans, rinsed and drained

1 15-ounce can red kidney beans, rinsed and drained

1 15-ounce can garbanzo beans, rinsed and drained

½ cup chopped onion

1 large green pepper, sliced into thin bite-size strips

¾ cup medium or hot salsa

½ cup non-fat Italian salad dressing

1 tablespoon sugar

¼ to ½ teaspoon salt

1 large tomato, chopped

Combine all beans, onion, and green pepper in a large bowl. Combine salsa, salad dressing, sugar, and salt. Add to the bean mixture, stir lightly. Chill, covered, 4 to 24 hours, stirring often. Stir in tomato just before serving. Serve with nacho chips.

ITALIAN BEEF SANDWICHES

Deborah Chanulak of Canton says this recipe has worked well for her. "Everything can be done in advance and you can enjoy the party."

1 4-pound beef sirloin tip roast

2 envelopes Italian salad dressing mix

2 cups (16 ounces) beef broth

2 large Spanish onions cut into ½-inch slices

1 16-ounce jar mild yellow pepper rings undrained

3 packages mini sub buns

Shredded provolone cheese

Shredded lettuce

Sliced tomatoes

The night before the game, place the roast and onions in a large slow cooker. Combine salad dressing mix and beef broth. Pour over the roast and onions. Cover and cook on low for 8 hours or until tender. Remove meat, shred with two forks and return to slow cooker. Add jar of pepper rings and heat through. Serve with provolone, lettuce and tomatoes. Serves 20 to 24.

GRANDS! MONKEY BREAD

There are lots of monkey bread recipes available, from orange-flavored to caramel. Amy McGrath of Canton likes this version that uses Pillsbury's Grands! biscuits. She says the tasty bread is "kid-friendly to make and eat." It makes 12 servings

½ cup sugar

1 teaspoon cinnamon

2 cans (16.3 ounces each) Pillsbury® Grands!® Homestyle refrigerated buttermilk biscuits

½ cup chopped walnuts, if desired

½ cup raisins, if desired

1 cup firmly packed brown sugar

¾ cup butter or margarine, melted

1. Heat oven to 350°F. Lightly grease 12-cup fluted tube pan.

2. In large plastic food-storage bag, mix sugar and cinnamon. Separate dough into 16 biscuits; cut each into quarters. Shake in bag to coat. Arrange in pan, adding walnuts and raisins among the biscuit pieces.

3. Mix brown sugar and butter; pour over biscuit pieces.

4. Bake 28 to 32 minutes or until golden brown and no longer doughy in center. Cool in pan 10 minutes. Turn upside down onto serving plate; pull apart to serve. Serve warm.

TURKEY AND WHITE BEAN CHILI

Mary Spencer of Northville, the culinary instructor at Scottie's Kitchen in Northville and ABC Warehouse, says she has made this chili recipe for many years and that "everyone who has had it loves it."

1 ¼ cups great northern beans

6 slices bacon, chopped

½ cup olive oil

1 ½ cups coarsely chopped onion

1 large yellow pepper, finely chopped

2 small jalapeno peppers, finely

chopped

2 cloves garlic, finely chopped

2 ½ pounds ground turkey

3 teaspoons ground cumin

½ teaspoon thyme

1 tablespoon oregano

2 teaspoons basil

6 cups chicken broth

1 ½ teaspoon salt

¼ teaspoon ground nutmeg

¼ teaspoon cayenne

2 cups sour cream

Shredded Monterey Jack cheese

Reserved chopped bacon

Place beans in a medium saucepan. Add enough warm water to cover beans by 2 inches. Over high heat, bring to a boil; boil for 2 minutes and drain. Repeat twice more. Cover by 2 inches with fresh warm water and allow to stand at room temperature for 1-6 hours.

In a 5-quart Dutch oven, sauté the bacon until crisp, remove bacon and reserve. Add olive oil, heat and add onion and saute until softened, add yellow pepper, jalapeno pepper and garlic. Saute briefly. Stir in ground turkey a little at a time. Cook until turkey loses its pink color and turns white. Stir in cumin, thyme, oregano and basil. Stir in chicken broth, salt, nutmeg and cayenne. Add drained beans and simmer for 1-1 ½ hours or until beans are tender. If liquid evaporates too much add more broth or water. When beans are tender, correct seasoning adding cumin, salt, pepper and nutmeg to taste. Remove chili from stove, add ½ cup liquid to 1-2 cups sour cream, then stir this back into the chili. Serve in bowls sprinkled on top with shredded Monterey Jack cheese and reserved chopped bacon. If chili is too thin, stir in 2-3 tablespoons white cornmeal before adding sour cream.

BUFFALO CHICKEN DIP

Lauren Romeo of Northville is thinking about including this dip at her Super Bowl Party Sunday at Lake Street Tavern in South Lyon, which she and her mom own. She says the recipe is fool proof, easy to make and a crowd pleaser.

1 cup shredded cooked chicken

8-ounce bar of cream cheese (softened)

¾ cup ranch dressing

¾ cup Frank's Wing Sauce (or your favorite hot sauce)

½ cup cheddar cheese

1-2 bags of corn chips (I like Tostitos Scoops)

1. Preheat oven to 350.

2. Mix cream cheese, ranch dressing and hot sauce together in mixing bowl.

3. Add shredded chicken and combine.

4. Spray oven-proof baking dish with non-stick spray and add mixture.

5. Bake 15-20 minutes.

6. Remove from oven and sprinkle with cheddar cheese.

7. Put back in oven until dip becomes bubbly and cheese is melted.

8. Serve with tortilla chips and enjoy!

Mike Campbell of Sweet Sass Foods in Livonia, offers these quick snack ideas using Sweet Sass Flavor Sauce:

- Ritz crackers with a spread of cream cheese and a drizzle of Sweet Sass Flavor Sauce. As an option, top with pieces of walnuts

- Cooked shrimp dipped in Sweet Sass Flavor Sauce

- Big bowl of taco salad: Combine lettuce, cooked hamburger with ½ pack of taco seasoning and Sweet Sass Flavor Sauce, shredded taco cheese and Crushed Nacho Cheese Doritos. Drizzle with Sweet Sass Flavor Sauce.

- Baked Beans: 4 15-ounce cans of beans (northern beans, black beans, pinto beans and butter beans), 15 ounces of tomato sauce, 1 cup of Sweet Sass Flavor Sauce, 2

- tablespoons of molasses, 1 tablespoon of Worcestershire sauce, 1 tablespoon of chili powder, ½ teaspoon of hot pepper sauce.

- Rinse and drain beans. Mix all ingredients and bake at 375 for 35 minutes. Optional: Add any cooked meat such as bacon or ham.

- Serve hot or cold.

- Chicken & Apple Wrap: Whole grain flat bread, 2 chicken breasts, 1 Granny Smith apple, 1 red onion, muenster cheese, chopped walnuts, Sweet Sass Flavor Sauce.

- Grill chicken with Sweet Sass Flavor sauce, lay out flat bread, add sliced chicken, sliced apple, sliced red onion, muenster cheese, chopped walnuts and drizzle with Sweet Sass Flavor Sauce.

"As we say at our party. Sass it Up!"

REAL ESTATE

PAGE B9 (*) Thursday, February 3, 2011

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Regional fire grant to make communities safer

The National Fire Protection Association's Fire Safety Educational Memorial Fund Committee has selected the Western Wayne County Hazardous Materials Response Team (HMRT) from Livonia as the recipient of the 2011 Warren E. Isman Educational Grant.

"The Western Wayne County HMRT has demonstrated the leadership, communication and training skills needed to effectively mitigate a wide range of hazmat incidents within their region," said Ken Isman, chair of the Warren E. Isman Task Force, a subcommittee of the Fire Safety Educational Memorial Fund Committee and son of the late Chief Warren Isman. "We are very pleased to support their achievements, and help further their efforts in protecting the public."

Award recipients select a conference where they can attend specialized hazardous materials training and education sessions. The selected team has the opportunity to gain knowledge and enhance their ability to excel in this specialized field. The funds from the 2011 Isman Grant will make it possible for the Western Wayne County HMRT to attend the IAFC International Hazardous Materials Response Teams Conference in Baltimore, Md., May 2011. The Western Wayne County HMRT is comprised of 45 members from Mutual Aid Associations fire departments within the Detroit metropolitan area, collectively protecting more than 2.9 million residents. Since becoming one of Michigan's 18 Regional Response Teams (RRT) in 2005, the Western Wayne County HMRT is also responsible for responding to larger incidents, including those involving weapons of mass destruction, with a response area that incorporates the entire state.

The \$5,000 grant is available to any established incident response team from a fire department, police depart-

ment or other public-funded program. Qualified applicants are evaluated on leadership qualities, communication abilities, and must have been trained in accordance with NFPA 472, Standard for Competence of Responders to Hazardous Materials/Weapons of Mass Destruction Incidents, and NFPA 473, Standard for Competencies for EMS Personnel Responding to Hazardous Materials/Weapons of Mass Destruction Incidents. The closing date for 2012 applications is Sept. 15, 2011.

Established by the International Association of Fire Chiefs (IAFC) following Isman's death in 1991, the grant is named in honor of a man who was known to value training and education. He was the former fire chief in Fairfax County, Virginia, a senior instructor for the University of Maryland Fire Service Extension Program, and author of three fire-related textbooks. Isman served on the IAFC board of directors and was chair of both NFPA's Technical Committee on Hazardous Materials Response Personnel and IAFC's Committee on Hazardous Materials. NFPA's Fire Safety Educational Memorial Fund was established in 1992. Upon request of IAFC, NFPA assumed administrative responsibilities of the Isman Grant in 1993.

To make a contribution to the Fire Safety Educational Memorial Fund or for more information regarding the application process, visit NFPA's website or contact Christine Ellis at (617) 984-7244.

NFPA is a worldwide leader in providing fire, electrical, building, and life safety to the public since 1896. The mission of the international nonprofit organization is to reduce the worldwide burden of fire and other hazards on the quality of life by providing and advocating consensus codes and standards, research, training, and education.



Dog could be aid to disabled

Q: We have a dog in our condominium that we need to assist us in gaining access to certain areas of our condominium which we cannot reach. The association is not willing to allow us to keep the dog on that basis. Do we have any recourse?

A: It all depends on whether your disability is such that it allows you to have a dog perform services

for you that will meet the criteria necessary in order for you to comply with the protection of the Fair Housing Act. It is important

that you document the disability that you have and get a doctor's opinion letter stating the basis by which you believe you must have the dog in your unit; then present it to the association and if they reject your request, see an attorney or otherwise consider contacting the various state and federal agencies who assist persons who claim improper discrimination.

Q: Our management company insists upon us hiring the same lawyer that they have used at other projects claiming that he is close to their office and works well with them. The board is desirous of considering other attorneys but the managing agent who is somewhat brash is insistent upon using this attorney. How can I as a board member dissuade the board otherwise?

A: Show them an article which was written in the Community Association Institute's Common Ground in the September/October 2009 issue wherein we discuss the unholy alliance between many condominium association attorneys and management companies. This management company may desire this attorney for more than just the benefit of the association and I would seriously consider not only looking for a new attorney, but a new management company after you ask whether the lawyer will sue the management company for your association, if necessary, and he or she answers in the negative.

Robert M. Meisner is a lawyer and the author of Condominium Operation: Getting Started & Staying on the Right Track, second edition. It is available for \$9.95 plus \$1 shipping and handling. He also wrote Condo Living: A Survival Guide to Buying, Owning and Selling a Condominium, available for \$24.95 plus \$5 shipping and handling. Call (248) 644-4433 or visit bmeisner@meisner-associates.com. This column shouldn't be construed as legal advice.

HOMES SOLD-WAYNE

These are the area residential real estate closings recorded the week of Oct. 18-22, 2010, at the Wayne County Register of Deeds office. Listed below are cities, addresses, and sales prices.

Address	Price
41673 Bedford Dr	\$60,000
50154 Black Horse Ln	\$290,000
3344 Brooklyn Dr	\$173,000
39894 Cheviot Rd	\$176,000
40421 Glen Eagle Ln	\$110,000
4369 Hunters Cir E	\$83,000
45010 Leslie Ln	\$185,000
1651 McLaine St	\$390,000
3959 Norwich Dr	\$78,000
1601 Nowland Ln	\$175,000
860 Pheasant Woods Dr	\$265,000
6518 Powderhorn Dr	\$170,000

Address	Price
6529 Powderhorn Dr	\$139,000
4068 Sarah Ann Dr	\$145,000
45389 Seabrook Dr	\$240,000
1517 Trinity Rd	\$405,000
Garden City	
30550 Florence St	\$85,000
32428 Florence St	\$64,000
6733 Henry Ruff Rd	\$90,000
30249 Leona St	\$74,000
861 Radcliff St	\$80,000
29029 Sheridan St	\$80,000
Livonia	
19578 Brentwood St	\$50,000
9130 E Bassett Ct	\$157,000
36160 Fairway Dr	\$50,000
17281 Francavilla Dr	\$195,000
17791 Francavilla Dr	\$170,000
28356 Gila Ct	\$110,000
34147 Grove Dr	\$125,000
14451 Inkster Rd	\$80,000
30189 Minton St	\$90,000
1121 Oxbow St	\$85,000
19517 Parker St	\$88,000

Address	Price
14765 Ronnie Ln	\$135,000
19190 Sunset St	\$135,000
32498 Washington St	\$104,000
19628 Weyher St	\$45,000
14447 Yale St	\$129,000
Northville	
48326 Binghamton Dr	\$448,000
521 Dubuar St	\$820,000
16924 Lochmoor Cir E	\$250,000
42084 Queen Anne Ct	\$55,000
19907 Schoolhouse Ct	\$63,000
Plymouth	
11429 Aspen Dr	\$125,000
44851 Deer Run Rd	\$219,000
9019 Mayflower Dr	\$186,000
11464 Mona Ct	\$188,000
1199 S Sheldon Rd	\$45,000
8994 Tavistock Ct	\$153,000
14160 Terrace Ct	\$145,000
Redford	
17335 Delaware Ave	\$58,000
24676 Donald	\$66,000
9655 Fenton	\$58,000

Address	Price
26740 Joy Rd	\$10,000
15817 Kinloch	\$60,000
11754 Marion	\$67,000
17476 Olympia	\$22,000
18257 Poinciana	\$38,000
19435 Poinciana	\$15,000
9902 Rockland	\$42,000
12861 Tecumseh	\$80,000
Westland	
27622 Ann Arbor Trl	\$70,000
37140 Baker Dr	\$30,000
7451 Cavell St	\$43,000
37719 Colonial Dr	\$50,000
8263 Creekside Dr	\$185,000
755 Filbert St	\$60,000
38032 Hixford Pl	\$50,000
30119 Julius Blvd	\$63,000
601 Lansdowne Dr	\$107,000
7567 Lathers St	\$37,000
8439 N Henry Ruff Rd	\$48,000
329 Surrey Hts	\$75,000

HOMES SOLD-OAKLAND

These are the area residential real estate closings recorded the week of Oct. 18-22, 2010, at the Oakland County Register of Deeds office. Listed below are cities, addresses, and sales prices.

Address	Price
17344 Locherbie Ave	\$240,000
32451 Pines Dr	\$300,000
Bingham Farms	
30835 River Crossing St	\$185,000
Birmingham	
1537 Buckingham Ave	\$630,000
1205 Emmons Ave	\$250,000
671 Graefield Ct	\$67,000
1620 Henrietta St	\$239,000
1952 Oak Ave	\$450,000
450 Oak Ave #103	\$275,000
Bloomfield Township	
2581 Alveston Ln	\$99,000
3416 Barlyn Ln	\$100,000
5181 Clarendon Crest St	\$290,000

Address	Price
544 E Fox Hills Dr	\$40,000
767 Great Oaks Dr	\$519,000
95 Manor Rd	\$565,000
1652 Mark Hopkins Rd	\$213,000
1806 S Hill Blvd	\$110,000
950 S Shady Hollow Cir	\$209,000
1744 Saint Johns Ct	\$215,000
5744 Woodwind Dr	\$324,000
Commerce Township	
2024 Alpha St	\$145,000
4032 N Vanstone Dr	\$210,000
5952 Strawberry Cir	\$276,000
3371 Tiquewood	\$200,000
Farmington	
33621 Alta Loma Dr	\$160,000
35467 Heritage Ln	\$85,000
Farmington Hills	
38400 Chessington	\$109,000
38926 Country Cir	\$47,000
28863 Hidden Trl	\$270,000
22122 Lancrest Ct	\$147,000
28838 Lincolnvlew Dr	\$108,000
22270 Ontaga St	\$85,000
25651 Pebble Ct	\$190,000

Address	Price
34600 Quaker Valley Rd	\$500,000
36621 Valley Ridge Dr	\$235,000
Milford	
1605 Rowe Rd	\$65,000
2900 Trilogy Dr	\$43,000
177 Turnberry Ct	\$230,000
1286 Yellowstone Valley Dr	\$226,000
Novi	
43379 Ashbury Dr	\$240,000
41935 Aspen Dr	\$297,000
45137 Barlett Dr	\$346,000
44975 Cobblestone	\$276,000
43176 Emerson Way	\$230,000
42709 Faulkner Dr	\$225,000
22035 Greentree Ln	\$230,000
22801 Heatherbrae Way	\$178,000
41820 Independence Dr	\$122,000
45254 Jacob Dr	\$285,000
40501 Lenox Park Dr	\$218,000
40507 Lenox Park Dr	\$228,000
23935 Lynwood Dr	\$161,000
23651 Maude Lea St	\$113,000
41151 N Mcmanon Cir	\$119,000
28025 Paca	\$156,000

Address	Price
28027 Paca	\$152,000
47231 Sunnybrook Ln	\$440,000
South Lyon	
800 Huntington Dr	\$225,000
840 Knollwood Cir	\$145,000
409 Stryker St	\$40,000
Southfield	
27745 Aberdeen St	\$101,000
30146 Brentwood St	\$70,000
21300 Frazer Ave	\$18,000
23734 Merrill Ave	\$38,000
28325 Ranchwood Dr	\$140,000
30300 Shoreham St	\$104,000
19721 Silver Spring St	\$85,000
19810 W12 Mile Rd	\$25,000
White Lake	
9933 Burgess Ct	\$235,000
8840 Charbone St	\$527,000
780 Lakeview Dr	\$155,000
1235 Oxbow Lake Rd	\$66,000
437 Rosario Ln	\$160,000

REAL ESTATE BRIEFS

Recognition

Gwen Daubenmeyer, associate broker and team leader at RE/MAX in the Hills, received an unexpected early Christmas present recently when she was named Certified Distressed Property Expert (CDPE) of the Year by the Distressed Property Institute. CDPE certification means that the holder really knows what they are talking about when discussing short sales and dealing with banks and other mortgage holders on their clients' behalf. Daubenmeyer achieved her designation in 2008, before the economic downturn truly began to squeeze the property market so she was well-placed to help local people buy and sell homes in unusual market conditions such as these.

She had no idea that she was eligible for any award, let alone the Expert of the Year. "I got a call from their office thanking me for my commitment to helping homeowners in Michigan and they invited me to fly in for their company Christmas party. I assumed that other CDPE holders would also be invited and I had no idea what was happening until they announced my name during their awards presentation. "I was speechless. There are plenty of agents doing short sales out there, some doing more than I but I believe in 'people over things' — every single time. Customers are very savvy today. When you care more about their situation than a commission then they recognize it — it's a quality that you can't imitate or fake."

Daubenmeyer has been a licensed Realtor since 1985 and has traded through recessions previously but is consciously aware of how the situation has affected Michigan directly. lves everywhere we can. If you need more information about buying or selling a home in the Bloomfield Hills area, contact Daubenmeyer or her team at www.gwencan-help.com or www.theintegrityteam.net or visit their office at 36700 N. Woodward Ave., Suite 100, Bloomfield Hills, MI, 48304. **Tax appeals** Kelly Sweeney, CEO of Coldwell Banker Weir Manuel, will be conducting a property tax appeal seminar Wednesday, Feb. 16, 6:30-9:30 p.m. at The Community

House, 380 S. Bates in Birmingham. Sweeney will educate homeowners on the ins and outs of the property tax appeal process. Topics will include: •Differentiating between State Equalized Value, Capped Value and Taxable Value •Explanation of the uncapping process •Breaking down the appeal process at local and state levels •How to read and interpret property assessment notices for 2011 This is the third year the seminar has been held. R.S.V.P. to events@cbweir-manuel.com. **Career Seminar** There will be a Real Estate Career Seminar 6:30-7:30 p.m. Thursday, Feb. 17, at

Keller Williams Realty, 40600 Ann Arbor Road, Suite 100, Plymouth. Learn about a free prelicensing course. For more information, contact Lesley Aiello at (734) 459-4700 or laello@kw.com. **Investors** The Real Estate Investor Association of Wayne County holds monthly meetings the first Tuesday of each month at the Holiday Inn, 17201 Northline Road, Southgate. Entrance fee is \$20 for non-members to be applied to annual membership. For information, call (313) 819-0919 or visit www.reiwaynecounty.org. On Tuesday, Feb. 1, the group will host H&R Block. Learn the tax implications of a short sale, foreclosures, home/office writeoffs and more.

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Candidates must success-
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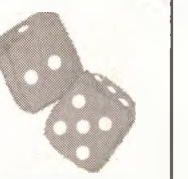
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PAGE 16



February 2011

WOMAN



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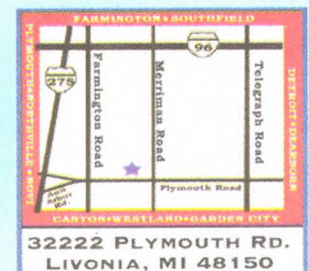
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Go Red is our call to action

Wearing red as a fashion statement is one on which you can bet your life — or those you love.

That's right. Tomorrow is the American Heart Association's National Wear Red Day. The entire month, however, is dedicated to making women aware that heart disease is the No. 1 killer of women in this nation.

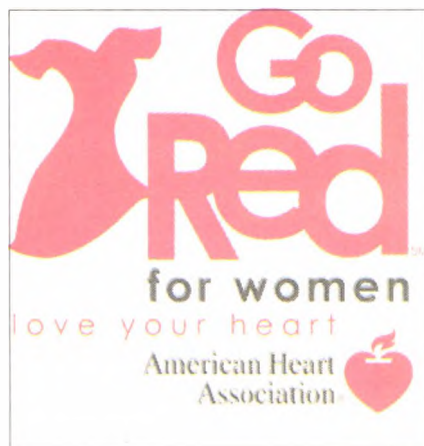
However, with education, awareness and continued advances in medicine and technology, the future is bright.



Susan Rosiek

In today's *Hometown Life Woman*, Contributing Writer Linda Chomin profiles a Plymouth Township cardiologist who lives the healthy lifestyle she advocates for patients at the Ministrelli Women's Heart Center in Beaumont Hospital. Chomin also writes about a Garden City woman who credits the American Heart Association for helping to fund research to develop the five different defibrillators that saved her life nine times over the last 20 years.

We, too, can do our part in taking care of ourselves as well as spreading the message



during this Go Red campaign. Here's how:

- Get involved. A number of local groups at area hospitals and organizations offer health screenings and classes in heart-healthy lifestyles, including diet and exercise.
- Attend the wellness seminars, view the exhibits and the luncheon Feb. 24 at the MGM Grand. (See inside for more information).
- Shop — yes, I said shop. Raising money for the cause is important and has never been

so much fun. Macy's stores are offering a number of special products and will donate up to 10 percent of sale proceeds on selected items to the American Heart Association's Go Red Campaign.

• Wear red to show your support. The red dress is a national symbol for women and heart disease awareness and the American Heart Association adopted the symbol to create synergy among all organizations committed to fighting this cause.

The AHA's National Wear Red Day is more than just wearing something red. It is a call to action. Women have the energy, power and passion to take action against heart disease. So let's get it done, not only this month, but for the years to come.

Next month, *Hometown Life Woman* will celebrate one year of focusing on local woman living and working in our communities. Think of someone you know and admire and send us an e-mail or give us a call, so they can tell their story. As always, I welcome your suggestions for upcoming editions.

Susan Rosiek
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OBSERVER & ECCENTRIC
NEWSPAPERS

HOMETOWN
WEEKLIES

hometownlife.com

Editorial

615 W. Lafayette Blvd.
Detroit, MI 48226

Circulation

41304 Concept Dr.
Plymouth, MI 48170

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SHOP LOCAL

Special gifts for Valentine's Day

By Mary Quinley
Contributing Writer

Looking for ways to express your affection for a favorite heartthrob on Valentine's Day? Need to drop a hint or two to a sometimes-forgetful-but-always-loving-mate? Not to worry. Whether you're the gift-giver or the receiver, Shop Local retailers offer a potpourri of suggestions guaranteed to generate lots of hugs and kisses. Check out this sampling.

Pop open a bubbly Martini and Rossi Asti or Tosti Asti (\$10 to \$14 for either brand) to celebrate the day-made-for-amore. For a tasty, non-alcoholic drink, try a bottle of produced-in-Michigan sparkling apple or raspberry cider from St. Julian Winery (\$4.99). Chocolate lover on your list? ChocoVine, a sweet, smooth combo of Cabernet wine and Dutch chocolate (\$12.49), is a good bet. All beverages are available at **Vintage Market in Westland**



Cherry cordials, with lush liquid centers and melt-in-your-mouth, silky-smooth milk or dark chocolate casings, are a hot seller at **Kennitz Fine Candies in Plymouth**. Choose a traditional one-pound box for \$23.50; or, pick out a heart-shaped box (\$27 to \$45.50). Satisfy a medley of cravings — fruit, nuts, nougats, caramels and other chocolate-covered sweets — with the deluxe assortment box (\$21.50 to \$43 per pound). And just for fun, share a handful of Sweethearts® Conversation Hearts, miniature heart-shaped sugar candies inscribed with Be Mine, Hug Me, I'm Yours and other quirky sayings.

Say "I Love You" with a dozen long-stemmed roses (red, pink, white, yellow, lilac and other colors available) in a clear or colorful vase (\$60-\$75) from **Keller & Stein Florist in Canton**. Or, create

your own wrapped bouquet (\$10 and up). Choose from a selection of carnations, daisies and other simple, yet elegant flowers, to a variety of exotic flowers like amethyst or blue orchids, lilies and Bird of Paradise. These "presentation ready" bouquets are wrapped in a pretty opulent-like paper and tied with a big satin bow — in your Valentine's favorite shade, of course.

Woo your special someone with a Real Rose from **The Jewelers of South Lyon** (also in New Hudson). The stunning preserved roses — in a host of colors from yellow, pink or purple to rainbow, blue or black — have been dipped in a clear, lacquer finish and trimmed with 24-karat yellow gold. The almost-foot-long



roses cost \$60. For \$70, purchase a Real Rose that is fully coated in 24-karat yellow gold. Or, surprise your Valentine with a half-carat, heart-shaped ruby necklace (\$100) set in a 14-karat white gold pendant, hung on a white gold chain. Better hurry. These prices are good through Feb. 15.

Satisfy your beau's sweet craving with a dozen, three-inch heart-shaped cookies (sugar, shortbread or chocolate chip base) topped with butter cream frosting (\$18), or pick out a cupcake (\$1.50 each, various flavors/designs), from **Rumi's Passion Gluten-Free Bakery and More in Northville**. The double-layer, eight-inch heart-shaped cake (choose from almost a dozen different batters) with butter cream frosting and your message on top is available gluten-free (\$25) or regular (\$20).

Want to personalize your valentine's cookie or cake? Bring in an image and the bakery staff will prepare an amazing custom-designed treat (prices vary).

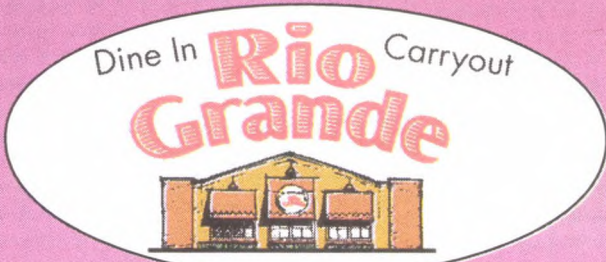


February is Breast Cancer Awareness month at Rio Grande. We will be donating 10% of our proceeds to a local breast cancer treatment facility. In addition we are asking that our patrons help us contribute by purchasing a pink ribbon that will be displayed throughout the restaurant. Buy a Ribbon and join the cause.

JOIN US FOR A VALENTINES DAY CELEBRATION

Starting on Friday, February 11th and continuing thru Valentines Day. We will be offering a **Special Dinner for Two** which includes 2 Red Margaritas (Strawberry, Raspberry or Sangria flavored), Chips and Sauce, 2 House Salads, Steak or Chicken Fajitas for 2 and a Cookie Dough Xango for 2 Dessert. **All this for the very special price of only \$36.95!!**

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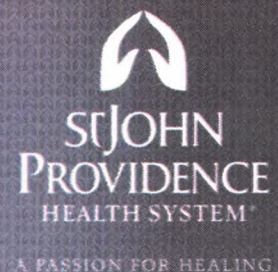


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Many women feel a loss of femininity following mastectomy. Others are self-conscious about their appearance. For these women, breast reconstruction can help them to feel whole again. Seventy-five percent of women who have had mastectomies also have some type of surgical reconstruction. The right type of breast constructive surgery differs for everyone.



Choosing the right procedure and surgeon are important. Some of the most advanced procedures in breast reconstruction in the country are available in Michigan. Rebecca Studinger, MD, is among only a few surgeons in the state who provide these most sought-after reconstructive surgeries.

DIEP Flap Microsurgical Technique

The more advanced procedure, the DIEP (Deep Inferior Epigastric Perforator) Flap uses the patient's own tissue to recreate a natural-feeling breast. This tissue is taken from the abdomen, much like a "tummy tuck," without disturbing the abdominal muscles, preserving abdominal function and resulting in a quicker recovery.

As the reconstruction matures, it becomes part of the patient's body as the surrounding nerves and blood vessels grow back into the area.

The result is a new breast that may be similar in density and appearance to a natural breast.

The DIEP Flap procedure can be performed immediately at the time of mastectomy or three to six months following chemotherapy or radiation therapy. The best candidates for DIEP Flap reconstruction are patients who have sufficient fat tissue on the lower abdomen to reconstruct one or both breasts to the desired volume. Surgical time varies between four to 10 hours with a patient hospital stay of about four days. Patients can usually resume normal activities within six weeks.

Lymphedema and Lymph Node Transplantation

Lymphedema is the swelling of a portion of the body caused by the blockage or absence of lymphatic drainage. Some people are born with this condition and others acquire it from trauma, breast cancer, radiation or other diseases. In the U.S., lymphedema most commonly develops after the removal of the lymph node as part of breast cancer surgery.

Lymph node transplantation moves a small number of lymph nodes from a normal site to the area with lymphedema. This can help relieve symptoms of pain and tightness as well as some of the other problems associated with lymphedema.

Women with breast cancer can resume leading healthy, fulfilling lives after having a mastectomy. Speaking with a surgeon is the first step. For a consultation with Dr. Studinger, call 248-305-8400

Dr. Studinger performs a range of procedures, including:

- DIEP Flap Reconstruction
- Lymph Node Transplantation for Lymphedema
- Breast Implant Reconstruction
- Fat Grafting Breast Reconstruction
- Breast Reduction
- Breast Augmentation
- Breast Lift
- Facelift
- Necklift
- Blepharoplasty
- Browlift
- Otoplasty
- Septoplasty/Rhinoplasty
- Abdominoplasty
- Liposuction
- Body Lift after Weight Loss
- Brachioplasty
- Cosmetic Fillers
- Skin Grafts
- Laceration and Scar Treatment
- Lesion Removal
- Laser Skin Resurfacing
- And Other Procedures

Take time to stop and Go Red for healthy hearts

By Linda Ann Chomin
Contributing Writer

Hundreds of women will be chanting "Go Red. Go American Heart Association," and wearing the color later this month at the annual luncheon to raise money and awareness about heart disease in women.

The event and luncheon is planned from 9:30 a.m. to 1:30 p.m. Thursday, Feb. 24, at the MGM Grand in Detroit. The event is part of the AHA's Go Red for Women campaign that presents a month-long series of lectures, cooking seminar, fund-raisers and zumba and yoga classes (see sidebar).

Born with a heart defect known as tetralogy of fallot (a combination of four "tetra" heart defects), Erika Laszlo underwent bypass surgery at age 2, another surgery to patch a hole between chambers of her heart at age 5, implant of a defibrillator at age 20 and a pulmonary valve replacement nine years ago.

Today, the 41-year-old Garden City woman lives with an arrhythmia caused by adhesions from the patch. She credits the AHA for helping to fund research to develop the five different defibrillators that saved her life nine times over the last 20 years.

Laszlo defied doctors' expectations by giving birth to two heart healthy children. She works full time as a referring physician liaison for the cardiovascular center at the University of Michigan Health System, where she'll wear red Friday, Feb. 4, on National Wear Red Day.

"We, my family and I, always wear red on Wear Red Day," Laszlo said. "Without the help of the American Heart Association, if it wasn't for their funding research for the defibrillator and pulmonary valve, I wouldn't be here. They need to continue to do this so people can live and have longer lives."

Paula Silver joined the Go Red effort because she believes advances in research kept her mother alive after suffering a massive heart attack 22 years ago. This year, Silver, vice president of communications for Quicken Loans, co-chairs the luncheon with Deborah Greenman Arlin, managing counsel at Toyota Motor Engineering and

Manufacturing North America. The event features a heart healthy panel, fashion show, wellness seminars and silent auction, along with the introduction of eight women who went through a 12-week makeover with the help of a nutritionist, cardiologist and exercise physiologist. All initially took the My Life Check Assessment of their heart then learned how to improve their health (mylifecheck.org).

"The luncheon is all about raising awareness and dollars for Go Red so women realize how important their heart health is and start thinking about their lifestyle," said Silver of Huntington Woods.



Dr. Kavitha Chinnaiyan, M.D., is director of Cardiac Imaging Education for Beaumont Hospitals.

"I'm thankful to AHA for advancements they made so mom can take her pills and stay alive. If not for drug therapy and research funded by AHA, she wouldn't be around. I'd like to encourage as many women as possible to come to MGM Feb. 24 and get inspired and decide 2011 is the year they are going to be heart healthy and be aware."

According to the AHA, heart disease and stroke account for 34 percent of female deaths in Michigan. One in three American women die of heart disease.

Dr. Kavitha Chinnaiyan sees the women before they become statistics. Chinnaiyan, a Plymouth resident, is

director of Cardiac Imaging Education for Beaumont Hospitals. She was co-chair of the 2010 Go Red for Women Luncheon.

"First and foremost, the thing for women to know is heart disease is becoming increasingly more common in women," said Chinnaiyan, a cardiologist. "More women die of heart disease than men every year and heart disease, coronary disease, is largely preventable. Family history, race and gender cannot be changed, but lifestyle, everything else, can be modified. The first step is to assess your risk."

Chinnaiyan suggests visiting mylifecheck.org and answering seven questions with respect to blood pressure, body weight and diabetes.

Please see GO RED, 11



Erika Laszlo, 41, of Garden City, credits the American Heart Association for helping to fund research to develop the five different defibrillators that saved her life nine times over the last 20 years. Laszlo defied doctors' expectations by giving birth to two heart healthy children. Laszlo and her children Ethan, 9, and Sophie, 5, hiked the Sleeping Bear Dunes last summer.

Staying heart healthy is easy

BY LINDA ANN CHOMIN
CONTRIBUTING WRITER

Dr. Kavitha Chinnaiyan lives the lifestyle she preaches to patients at the Ministrelli Women's Heart Center in Beaumont Hospital.

A vegetarian most of her life, Chinnaiyan is mostly vegan, meaning she avoids dairy products and eggs. In the summer she enjoys biking down Napier Road with her husband, Arul, and two daughters. The beauty of the dirt road brings peace to her as does yoga and meditation practiced with Anya, 8, and Annika, 6. Chinnaiyan, a Plymouth resident, believes in treating the whole person not just the body.

"I'm very much into yoga, pretty much most days of the week," said Chinnaiyan, a cardiologist. "The biggest part of the fuel for me is meditation and spiritual practices. It helps me relate to patients, family and friends, and made me a joyful and happy person."

Erika Laszlo makes every day a heart healthy one as well. Born with a heart defect, Laszlo has undergone several surgeries and lives with ventricular tachycardia. She ended up in the hospital at age 20 with her heart racing at 300 beats a minute. Today, the 41-year-old Garden City woman enjoys leading an active lifestyle with hus-

Please see HEART, 10

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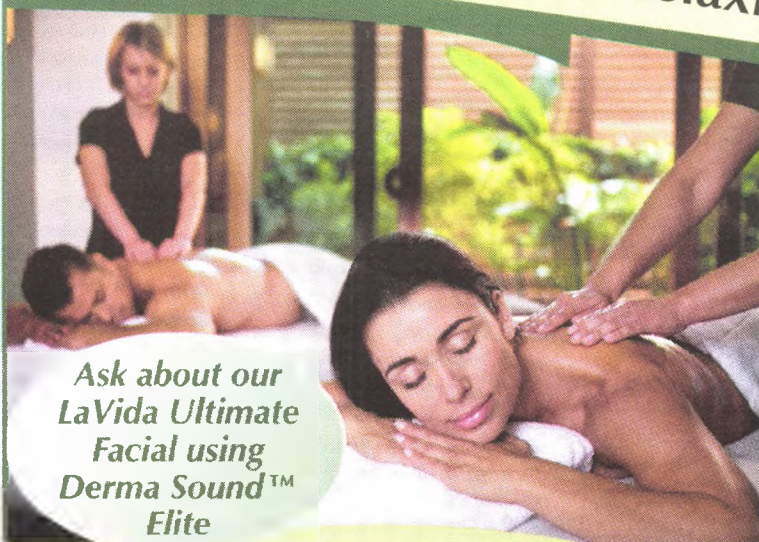
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Go Red events

• **National Wear Red Day Friday, Feb. 4**

Wear red as part of the nationwide movement to raise awareness about heart disease in women. Various landmarks in southeast Michigan go red in honor of American Heart Month. Download materials and information at www.goredforwomen.org/wearredday.

• **Black Finn Happy Hour**

Donate \$5 to the American Heart Association 7-10 p.m. Friday, Feb. 4, at the Black Finn, 530 S. Main, Royal Oak, and receive complimentary hors d'oeuvres, drink features and a chance to win jewelry from Chinn Jewelry. Contact Maria Finateri at Party@BlackFinnRoyalOak.com to book reservations.

• **Living to the Beat (of Your Heart)**

Cooking Healthy Seminar with chef Jesse Gales, Weight Watchers, 6:30 p.m. Tuesday, Feb. 8, at Charles H. Wright Museum of African American History, 315 E. Warren, Detroit. Free to members, \$5 for nonmembers. Call (313) 494-5800.

• **"Living Better with Life's Simple 7"**

Marianne Simancek, R.N., St. Mary Mercy Community Outreach director, will discuss how to improve your cardiovascular health through everyday healthy habits at 1 p.m. Wednesday, Feb. 9, in the Westland Friendship Center. Registration not required. Call (734) 655-8950 for more information. The program is free. Participants can enter to win a free VascularFit (\$49 value) or HeartFit (\$79 value) wellness screening. These health screenings provide vital information for a fit and healthy life.



• **"Diabetes and Your Heart"**

Roy Misirliyan, M.D., director of noninvasive cardiology at St. Mary Mercy Hospital, will discuss how diabetes affects your heart and cardiovascular system at 7 p.m. Wednesday, Feb. 9, in the St. Mary Mercy auditorium. The program is free and registration is not required. Call (734) 655-8950 for more information. Participants can enter to win a free VascularFit (\$49 value) or HeartFit (\$79 value) wellness screening. These screenings provide vital information for a fit and healthy life.

Please see EVENTS, 26

HEART

FROM PAGE 8

band, Bryan, and children Ethan, 9, and Sophie, 5.

"We're campers, like hiking, eat a low fat diet at home," said Laszlo. "I'm very conscious about exercising and being heart healthy. We're walkers and like to ride our bikes."

Laszlo walks five times a week for at least 30 minutes.

"For me I had read something recently," said Laszlo. "This is not a dress rehearsal. You only have one chance. You need to take care of yourself and your family."

Paula Silver had always exercised but her mother's massive heart attack was a wake-

up call.

"I was just married and wanted to have a family," said Silver, co-chair of the Go Red for Women Luncheon Feb. 24, at the MGM Grand. "As a young married woman almost 30 I said I have to be careful. Today my son's a junior at MSU (Michigan State University). My daughter is a freshman at MSU. I exercise. No french fries for me. I need to role model for my own children."

Silver uses a treadmill and elliptical machine every day along with practicing yoga and Pilates. She strengthens muscles by lifting weights twice a week and doing push ups.

"Exercise is important as is watching your diet," said Silver. "I eat a lot of salads, minimize meat intake, eat fruits and vegetables, and exercise is a huge stress reliever."



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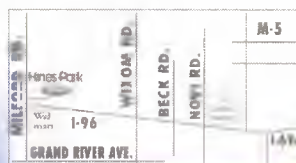
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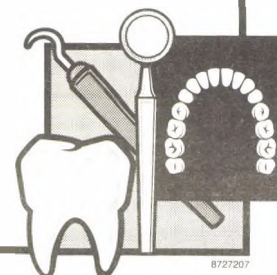
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Dr. Kavitha Chinnaiyan lives the lifestyle she preaches to patients — diet, exercise, relaxation. The Plymouth woman is pictured here with her husband, Arul and two daughters, Anya, 8, and Annika, 6.

GO RED

FROM PAGE 8

“My philosophy about heart disease or any chronic disease is you need to address multiple layers. Stress is a common factor in everybody’s life with anxiety and depression thought to contribute 20 to 25 percent to heart disease. Hostility, anger, constantly being stressed adds up,” said Chinnaiyan, who recommends a holistic approach at Beaumont’s Ministrrelli Women’s Heart Center, where she teaches patients meditation and breathing techniques.

“Keep weight under control, incorporate exercise into daily routine, truly be at peace and joyful,” Chinnaiyan said. “Spiritual practices are very helpful. Relaxation, meditation, yoga, tai chi help incorporate those into our lives. You can actually deal with outside stressors that aren’t going to change. It’s how we react.”

Chinnaiyan is especially concerned about women ages 40s and early 50s.

“Death from heart disease is rising slowly in that population. It has to do with lifestyle changes. More young women smoke than men,” she said. “We’re gradually changing, but we need to continue educating that heart disease can happen in women and women tend to have atypical symptoms than men. They might have crushing chest pain, but more likely women have shortness of breath, pain in back and shoulder and jaw and not in the chest. They come to me not feeling well, tired.”

Chinnaiyan “strongly recommends that women beginning at age 30 get to know their numbers — cholesterol, blood pressure, blood sugar, body mass index (BMI), family history.”

“If symptoms are bothering you, you should be checked out,” said Chinnaiyan, who directs the Advanced Cardiovascular Imaging Constortium for CTs in the state of Michigan. In her position at Beaumont, she teaches the next generation of physicians about imaging techniques that give hope for the future.

“The technological advances in cardiology have been mind-blowing for the last 20 years, drugs. We made huge strides,” Chinnaiyan said. “Overall, deaths have gone down significantly because of technology and innovation and education, but there’s still a lot more work to do. There are millions of Americans



Go Red For Women co-chairwomen (left) Deborah Greenman Arlin, managing counsel at Toyota Motor Engineering and Manufacturing North America, Inc., and Paula Silver, vice president of communications at Quicken Loans, Inc., will lead the American Heart Association’s Go Red For Women half-day event featuring wellness seminars, exhibits and luncheon Thursday, Feb. 24, at the MGM Grand Detroit.

living with heart disease.”

Tickets for the Go Red for Women Luncheon are \$175. For information, call Dana Ozias at (248) 936-5835 or visit www.heart.org/semi.

The 2011 Go Red For Women campaign is locally sponsored by Toyota, Quicken Loans Inc., St. John Providence Health System, Beaumont Hospitals, General Motors, ITC Holdings Corp., Cargill, ArvinMeritor, Inc., Deloitte, Mount Clemens Regional Medical Center, Henry Ford Health System, The Auto Club Group, HealthPlus of Michigan, Federal-Mogul Corp., OnStar, Carlson Marketing, Comerica Bank and Walbridge. Macy’s and Merck & Co., Inc. are national sponsors of the Go Red For Women Movement.

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Women car buyers steer toward safety and affordable payments

By Linda Ann Chomin
Contributing Writer

Safety, reliability and a budget-conscious payment top the list of considerations for women buying a new car. Although choices of models vary, as do their ages, these customers want to know they'll reach their destination unharmed and without the car breaking down.

Martha Foley drove up to 25,000 miles a year as the mother of three children now ages 20, 18 and 16. Foley purchased her last three cars from Laurie Knutson at Bill Brown Ford in Livonia. Among the vehicles were a 2011 Focus and 2007 Fusion.

"I need a salesperson who will listen. I know what I want. When I come in, I'm ready," said Foley of Livonia. "It's important as well to have a relationship in service, that they listen. I'm here every 5,000 miles for maintenance. I need to be safe. I have kids in the car."

Whether buying or leasing, one of the first questions Knutson asks is if customers have a car in mind. Knutson isn't afraid to steer a customer in the right direction if she feels their wants overwhelm their needs.

"I ask are you sure you need this or do you just want it," said Knutson, a Westland resident who's been selling cars since 1998. The Bill Brown dealership has been in Livonia since 1954.

BUDGET CONSCIOUS

"It's all about payment," Knutson said. "As far as gas mileage, if people need a truck, it doesn't matter if gas is 4 or 5 dollars a gallon."

Cheryl Engel's F-150 truck only gets 16 miles to the gallon, but is good for hauling. Her Focus 2011 is economical, with about 34 miles per gallon on the freeway. She buys a new vehicle every two years. She first bought from Knutson after a bad experience buying a car at another dealership.

"Laurie is honest, trustworthy. I was going to get leather seats because of my dogs. Laurie said, 'Are you sure that's in your budget?'" said Engel, who works for Troy Design and Manufacturing in Redford.

Engel recommends women shop interest rates as well as for affordable payments.

"And test drive," she said. "I'm glad I drove the Focus because it has a good six inches more room now. You can put four large people in it."

Debbie Baudino-Dowling agrees with Knutson about the importance of having a payment that fits the budget of a person or family. Baudino-Dowling is salesperson and sales manager at Lou LaRiche Chevrolet. Located in Plymouth Township, Lou LaRiche also serves Canton, Northville, Livonia, Garden City, Westland, Novi and South Lyon.

"At this time, everybody is looking for a certain payment, a best deal," Baudino-Dowling said. "The choice of vehicle depends if they have a family, if there's enough room to fit



BILL BRESLER | STAFF PHOTOGRAPHER

Laurie Knutson is a Westland resident who's been selling cars since 1998.

everybody. They might have two kids, but they always have friends. Family-oriented go for SUVs or sedans, sometimes whatever is the best price. Equinox is a five-passenger SUV. It's great. Everybody's interested in that car, buying and leasing."

Right now, more of her customers are leasing. "Most of the time, you're going to have a lower payment and also get a new vehicle every two or three years," Baudino-Dowling said.

Anita Morrison admits she's "not a car person." She's looking at the Chevrolet Traverse crossover to haul around her daughters, ages 11 and 8.

"I try not to buy cars," said Morrison, a 49-year-old Plymouth resident. "I tend to run the car until it's ready to fall apart. Cars don't excite me, fancy gadgets and technology don't interest

me at all. All I need is heat, air and a nice radio. Color doesn't even matter. I don't like car payments, but when we look for a car, we can't go small."

Morrison doesn't like to shop, period, but is a coupon and loyalty person. Raised by parents who worked at General Motors, Morrison even has a GM credit card. This time she's leasing.

"The numbers crunching makes sense from a math standpoint," said Morrison, a manager at Valassis Communications. "A new car would be double what I pay for a lease. I want to keep that in my pocket and use it for other obligations."

SMALL SPORTY MODELS

Elizabeth Rose will probably end up buying the Chevrolet Cruze because it's in her price range. She currently is driving a 2004 Cavalier

with 228,000 miles. Rose works as a sales rep for a Canton company.

"I need something economical, good gas mileage, economical price-wise because I put so many miles on a car and might not keep a car as long," said Rose, 42. "Service is important. Service has been excellent at Lou LaRiche. Whenever I had an issue, they have taken care of things immediately and made the process easy."

"When you depend on your car to make a living, you want to make it as easy as possible. Color is one of the last things that matter if I'm able to get a good deal. I'm married, but no children. I prefer something a little smaller because they tend to look sportier."

Tom Morris respects the choices his female customers make at Morris Motors in Commerce Township. He has been selling cars for 40 years. Morris Motors sells all brands of used vehicles, including Buick, Oldsmobile, Mercedes Benz, BMW and Lexus.

"They're very professional, very knowledgeable," Morris said. "Forty years ago, women were not buying cars. Today, women walk in and buy a car without no problem at all. Price is the number one thing they're looking for. They normally have a price range they want to be in as far as a monthly payment, and economy. They're not looking for an eight-cylinder, but economical vehicles, four-door sedans. They look to see the warranty. Being newer vehicles, we have about 56 with manufacturer warranties."

According to Linda Quigley, a salesperson at Bob Jeannotte Buick GMC in Plymouth Township, women are responsible for making 70 percent of the car buying decision even when a man is purchasing the vehicle. Her customers come from Canton, Northville, Livonia, Novi, Ann Arbor, South Lyon, Milford and West Bloomfield.

"A lot of them look for safety for their family, the OnStar emergency system, a five-star crash rating, side airbags, ABS (antilock braking system)," Quigley said. "They're budget conscious, looking for payment. We're doing a lot of leasing. We've always done more leasing because they want a new car, at least for this region."

Customers do still look for styling as well.

"They look at comfort and how it's going to fit their lifestyle with families looking for crossovers, empty nesters going for sportier cars now," she said. "They used to drive a minivan so maybe are going to drive a Buick LaCrosse (mid-size sedan). It's more about their comfort, but you can't generalize."

One feature popular with everyone is OnStar.

"It's a crash response. A signal goes off to OnStar that you could possibly be hurt or for women who travel alone, it's an emergency button kind of like a 9-1-1 in your car," Quigley said.



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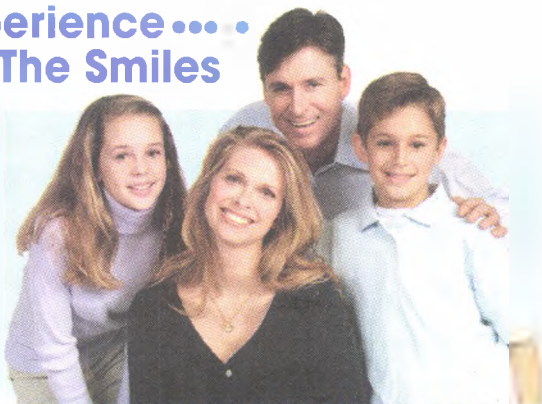
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Glitz, glamour at auto show gala

Women from western Wayne and Oakland counties were well-represented at last month's 35th annual North American International Auto Show Charity Preview black-tie gala.

This year's event raised \$2.6 million — it is one of the top single-night fund-raising events in the country benefiting nine local charities.

PHOTOS BY JULIE YOLLES



Jessica McClintock was the Auto Show Charity Preview dress designer du jour for (left) Margie Lockman of Novi and Anne Rettig of Commerce.



A glamorous accessory to the 2011 Cadillac Escalade ESV Platinum, Kelly Pobur of Milford wore her cocktail dress from Lord & Taylor, borrowed the purse from her mom's closet in Chicago and completed the ensemble with Andrew Vitadini shoes from DSW.

What it takes to have a g

By Sally Rummel
Contributing Writer

At age 37, Julia Raymond hadn't truly smiled since she was about 18 years old.

It's not that this busy, active mother of three didn't have a lot to smile about. It's just that her yellowed teeth from a long stint with braces as a teenager, plus smoking and drinking pop, had taken its toll on her smile and her appearance, plummeting her self-esteem and confidence.

When she met Dr. Tressa Glavin Priehs, DDS, for the first time at Priehs's former dental practice in Trenton, Julia began to believe that her life could be different with a new smile.

"She told me she could help me," said Julia, who credits cosmetic dentistry with totally changing her life. Dr. Priehs put crowns on her top front teeth and four bottom front teeth, working closely with Julia in each step of the process.

"Now I can smile again!" said Julia, who faithfully followed Dr. Priehs when she moved her practice to Novi Family Dental Center last summer. She even credits her new smile with giving her the confidence to go back to college this fall for her bachelor of nursing degree.

"I'm not afraid to talk with people anymore," said Julia, with a smile.

Julia is just one of millions of people who have experienced a positive change in their lives, thanks to cosmetic dentistry.

"Cosmetic dentistry is truly rewarding for me as a dentist," said Dr. Priehs. "It can change the whole outlook of a patient. I've had patients so thrilled with the results, that they have cried tears of joy. When it's an elective procedure like this that will so dramatically improve their appearance, people want to be in the dental chair. We can work together as a team."

Cosmetic dentistry used to be considered a "Hollywood extreme," but today, it has gone mainstream for many patients, with services offered at the majority of dental offices. What one local dentist is noticing is that the age of patients requesting cosmetic services is getting younger.

Dr. Steve Cohen of Parkside Dental Team in Westland said that the core of his cosmetic dental practice used to be women from age 40 to 60, but he's seeing more and more young women in their 20s, as well as men of that age group.

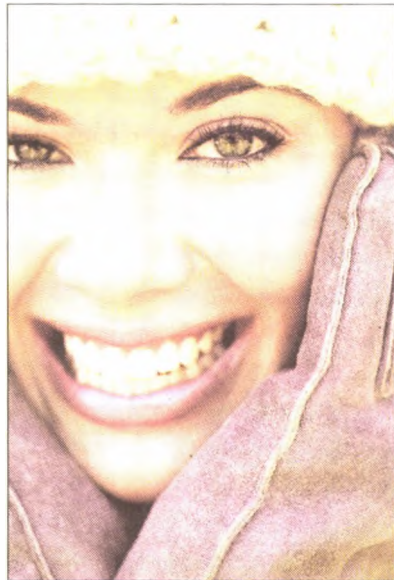
"People today want the faster results of cosmetic dentistry, rather than longer procedures like braces," said Dr. Cohen. "You can get a totally new smile in about two weeks with porcelain veneers, as opposed to at least 18 months with orthodontic work."

But with that timely advantage comes the responsibility to today's dentists to let their younger patients know that they'll have to replace those veneers every 15 to 20 years. "When we're totally changing a person's smile at a young age, there's a whole lifetime ahead of maintaining that smile," said Dr. Cohen.

The entire field of cosmetic dentistry has changed in very recent years, thanks to a huge breakthrough in the advancement of porcelain technology.

"We can now predictably make all-porcelain crowns that are as strong as the old-style crowns, yet virtually indistinguishable from a person's natural teeth," said Dr. Jeffrey Jaghab, who practices general dentistry with his wife, Dr. Stephanie Jaghab, DDS, at their offices in Northville.

"All-porcelain crowns also retain the natural look for years and years. Over time, the old-style crowns usually ended up looking like 'chicklets' with a dark band at the gum line. With these latest tools, it has never been



easier for us to give our patients the perfect smile."

Not only have the materials changed, but also the concept of dentistry as a whole. One of the newest concepts in cosmetic dentistry today is Spa Dentistry, which combines the comfort and relaxation of a spa with dental visits and procedures. Each dental office that calls itself a "dental spa" may choose to feature varying spa amenities, but the common bond among all is the goal of relaxation and pampering in the dental office.

Some of the amenities of a dental spa might include aromatherapy, a massaging dental chair, headphones with soothing music, paraffin wax hand treatments, hand lotion and massage, a heated blanket/scented neck pillow/aromatherapy eye pillow/face cloth, bottled water, coffees, juices or teas.

Taking the spa concept to even the next level might lead some dental spas to include the services of a concierge, cascading fountains, massage therapy, facials, even movies to watch during dental treatment.

At the offices of Dr. Dolores Baran, DDS, Cosmetic & General Dentistry and Dental Spa in Royal Oak, her spa dentistry practices include a number of specialty cosmetic dentistry procedures — noting that botox, facials, body waxing and more can be important "add-ons" in creating a healthy, confidence-building appearance.

If you're thinking about creating a new smile with cosmetic dentistry, here are a few procedures you might want to talk about with your dentist:

- **Teeth whitening** — Also called "teeth bleaching," this can brighten and whiten the teeth from discoloration and/or staining. This procedure can be done in the dental office or at home.
- **Veneers** — Veneers are a thin shell custom-made out of porcelain or composite material, then cemented to the front side of the tooth. A veneer can treat dental conditions such as a slightly crooked tooth, discolored teeth, chipped teeth or even to cover spaces in between the teeth.
- **Implants** — A dental implant is a metal device designed to replace missing teeth. The device is usually made out of titanium and is surgically placed into the jawbone where the tooth is missing. Unlike a dental bridge, an implant is permanent. A dental implant is designed to act as the tooth root and can anchor an artificial tooth or teeth such as a crown, bridge or denture.
- **Crowns** — Also referred to as caps, crowns are custom-made to fit over the whole tooth after the dentist has prepared it. They are usually made out of acrylic or porcelain that has been fused to metal, to withstand biting pressure. Crowns can be used in cosmetic dentistry to treat teeth that are poorly shaped, badly decayed,

broken or chipped, have had large fillings and to cover spaces in between teeth.

- **Bridges** — Bridges are designed to replace missing teeth. Plaster models are taken of the mouth, sent to a lab, along with detailed instructions for the bridge design, paying strict attention to the shape, size and placement of the teeth and their relationship to the gums. Often made of porcelain, a bridge is carefully matched to the tooth color, so it looks and feels just like your own teeth. It is affixed with special adhesive that is a permanent bond.

- **Shaping** — Also referred to as "enamel shaping" is the process in which the dentist can reshape the tooth by filing or removing some of the enamel. This process is usually not painful and can produce immediate effects.

- **Bonding** — Bonding is the process in which tooth-colored materials are adhered to the tooth. This can be used to repair or improve the appearance of a tooth that has been badly stained, broken or chipped.

- **Orthodontic treatment** — More and more adults are seeking treatment from orthodontists for cosmetic purposes.



Today's cosmetic dentistry patients have more say in the being done for them than ever before. Here, Dr. Tressa P Dental Center, displays a diagnostic wax-up that will show the end result of the cosmetic procedure will look like. "process we can work on together," said Dr. Priehs. "That so rewarding."



It was Girls Day Out for Northville residents (from left) Christy Thaxton, Marci Howes and Colleen Maraffino who are wearing gowns they purchased at Von Maur.



(From left) Northville resident Dawn LaRiche looked elegant in a gown she designed. She is joined by friends Suzanne Merucci of Northville in a stunning Vera Wang creation and Sherry Evans of Grosse Ile in a Bob Mackie strapless gown.



They have the same first name and interest in supporting local businesses – Michelle Conrad (left) of South Lyon and Michelle Collins of Milford. Conrad purchased her dress at The Clothing Cove in Milford and Collins visited Grazi Custom Clothier in St. Clair Shores. The two attended the Charity Preview with their husbands, followed by the AutoGlow at the Book Cadillac, and then wrapped the night by walking to Lafayette Coney Island for a midnight snack of fries and chili.

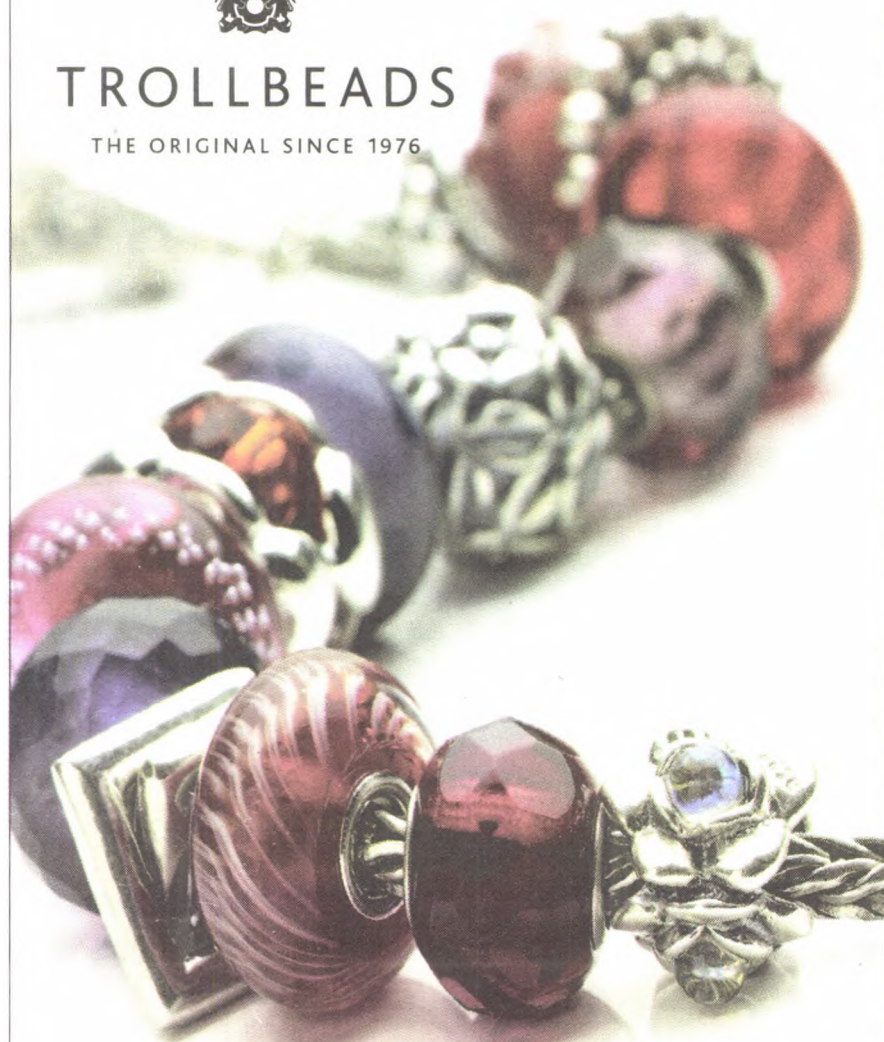


A junior at Milford High School, Kat Slaughter models the dress she bought at Uptown Threads in Milford in front of a 2012 Buick Regal GS at the Auto Show. Her father's Sellers Buick GMC dealership was the No. 1 Buick dealer in the nation for sales in 2010.



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Many adults choose to wear braces because they want a great smile, as well as the health benefits that go along with having straight teeth. Some of these adult patients had braces when they were younger, but their teeth relapsed as an adult, while others weren't able to get treatment as a child, according to Drs. Susie Guest and Patrick Nolan, who have an orthodontics practice in Canton. "Other adult patients have definite functional problems that need to be taken care of with braces," Guest said.

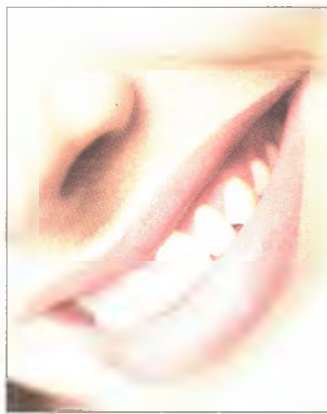
Health benefits to having braces as an adult include the fact that teeth which aren't overly crowded are easier to keep clean, creating healthier gums and diminishing the chances of decay and early tooth loss.

Teeth that do not line up properly can cause abnormal wear of tooth surfaces, as well as cause excess stress on supporting bone and gum tissue, leading to gum disease and the eventual need for dentures. Proper tooth alignment can also ease the suffering from temporomandibular disorders that can cause jaw clicking, headaches, facial pain and a vast array of symptoms.

Today, there are many more options for orthodontic treatment, from braces made with clear plastic or ceramic materials, to traditional steel braces. "About 90 percent of our adult patients inquire about Invisalign treatment, which can correct the misalignment of teeth very easily," Guest said. "But many patients who have bite or jaw problems need to go with actual braces, either ceramic or steel."

New wires are available that move teeth faster and more comfortably than ever before. More retainer-like appliances called "aligners" are able to move teeth in small increments, usually taking about the same amount of time as conventional braces, but without their uncomfortable presence.

Today, it's easier than ever for adults to undergo orthodontic treatment without the stigma they may have felt just a decade ago.



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So much in love:

Couples build memories to make relationships last

By Julie Brown
Staff Writer

Whether it's a kind word on the way out the door to work or a shoulder to cry on when sickness comes, spouses and significant others are there for each other.

Valentine's Day is often a time for flowers and chocolates, but there's more substance as well to the realities of daily life together. *Hometown Life Woman* asked area couples of varying ages what has made their relationships stand the test of time.



Tina England and Mike Zuccarini pause in the snowy back yard of their Plymouth Township home.

Tina England and Mike Zuccarini

Tina England gets flowers weekly from fiance Mike Zuccarini.

Zuccarini, 52, recalled his Northville mom's next-door neighbor, who bought flowers daily for his wife before his passing.

"He comes home with flowers all the time," said England, 43, who works for a home health care agency.

England, who grew up in Garden City, and Zuccarini have been a couple about two years. They purchased a house in Plymouth Township in fall 2009. They've enjoyed working on the home, and she likes being back with Michigan family after career stops in Florida and Tennessee.

"I've known him forever," she said, noting they met at AAA Michigan jobs, where he's worked since his late teens. She knows his five daughters from his first marriage and his granddaughter.

Shanna Gustafson and John Capen

Plymouth residents Shanna Gustafson, 29, and John Capen, 28, plan to marry when established professionally. They've been a couple 7 years and look forward to



CHRISTINA KAFKAKIS | TWO ANGELS PHOTOGRAPHY

Shanna Gustafson and John Capen of Plymouth met as undergraduates at the University of Minnesota.

Valentine's Day.

"I think this one will probably be the most memorable," said Capen, an M.D. and resident anesthesiologist at the University of Michigan.

Gustafson is a genetic counselor at Beaumont Hospital in Royal Oak. They had a long-distance relationship while he was in medical school at Penn State in Hershey, Pa., and she was in graduate school in Pittsburgh.

"I felt the thing that helped was keeping busy because he was busy," she said of the school years. They've been living in Plymouth about seven months and like being closer together.

"It's just too busy right now," she said of getting married. She's new to her job, having started six months ago.

"We're pretty career-oriented, too," she said. They get some "When are you going to get married?" from family and friends.

"All of our friends are married," he said, including some who've been sweethearts since high school. Capen and Gustafson met as undergraduates at the University of Minnesota.



Mary and Graham Martin

Zuccarini and England sat around the kitchen table one recent snowy evening with neighbors Mary and Graham Martin, who reflected on memorable Valentine's Days and what makes marriages and relationships last.

"Learning from older, happily married couples," said homemaker and former elementary teacher Mary Martin, 65.

The Martins had a memorable Valentine's Day earlier in their 41-year marriage. The couple met as students at Wheaton College outside of Chicago.

"We had our first child on Feb. 9," Mary Martin recalled. "I got a nice bouquet."

Their family grew to include four children, all now grown and on their own, and eight grandchildren.

"Never go to bed angry at each other," Graham Martin, also 65, said. "Better yet, never be angry." Graham is recently retired from teaching in Plymouth-Canton schools.

The Martins' faith has also sustained their long marriage. "Our commitment to God comes before our commitment to each other, and that holds us together," he said.

Susan and Darrel Schwandt

Susan and Darrel Schwandt of Canton met while attending Michigan State University. They've been married since 1988, said Susan, 49, director of public relations for Health Alliance

Please see COUPLES, 20

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COUPLES

FROM PAGE 18

Plan. Darrel, 51, is a contractor for TACOM in Warren in satellite communications and teleconferencing.

The Schwandts have a longstanding Valentine's tradition, attending with friends Karen and Paul Spica the Farmington Community Band Valentine Dinner Dance (this year, it's Feb. 11 at Glen Oaks Country Club).

The Schwandts exchange cards each year, sometimes silly and sometimes romantic ones. "We'll cook a romantic dinner for each other," she said. "That's our celebration."

She agreed with others that "a sense of humor, consideration, respect and the ability to complement one another" are what makes a marriage last.

Gina and Lou Toarmina

Gina and Lou Toarmina, both 48, of Westland have been married nearly 25 years and have three children ages 21, 17 and 16. Lou had gotten into the habit of his sister picking Gina's Christmas present.

One year, Gina said she'd rather get nothing from him at Christmas than a gift picked by another. "I didn't get anything from my husband that year," she said with a chuckle.

Shortly after at Valentine's Day, she circled a gold bracelet ad. "I did get that. He took me out to dinner. He one-upped me and made it very nice," including an additional diamond bracelet. That was about 10 years ago, said Gina, who with her husband runs the family business, Toarmina's Pizza.

"I think it takes humor and patience," she said of marriages that last. "I think if you treated them as good as you treat friends, you would have a good marriage."

The Toarminas attended Wayne Memorial High School together. "He says we met at school," she said, although she recalls meeting working at Mickey's Dairy Twist on Wayne Road in Westland as teens.

"Even though it's been 25 years I love him just as much as I did back then," Gina said.

Debbie and Barry Elwell

Debbie and Barry Elwell of South Lyon have been married 20 years and have two boys ages 17 and 14. She's a graphic artist at the *Observer & Eccentric/Hometown Newspapers*. Debbie, 45, and Barry, 56, met at work.

"Communication and laughing," Debbie said about making a marriage strong. "You've got to laugh. If you don't laugh, it gets too serious. And life is too short to be serious."

The Elwells don't make a big fuss over Valentine's Day, but Barry does buy flowers for her birthday and their wedding anniversaries.



Gina Toarmina of Westland said of husband Lou, "Even though it's been 25 years I love him just as much as I did back then."

Michele and Steve Fecht

Michele and Steve Fecht of Northville, both 52, have two children ages 20 and 17. Michele's a Northville city councilwoman, journalist and author. Steve, a photographer, owns and operates his own studio, Steve Fecht Photography. The Fechts met in 1980 just out of college on their first jobs when he was the staff photographer for the *Northville Record*. She was a reporter covering education and writing features for the *Record*.

"I'm sure we did the dinners out pre-kids," Michele Fecht said.

For years, Steve and their daughter went to Daddy-Daughter Dances for Valentine's Day, joined by friends. The moms and remaining kids would get together as well.

"Those are probably the things we remember the most," she said. "Not exactly romantic, but that's what we did."

The Fechts have been married 26 years.

"I think that the wine and roses are the easy part," Michele said. Dealing with issues of sickness, death and aging parents is harder. "I think those are the issues that test any marriage," she said.

Spouses need to be there for each other in challenging times, "which are frequent and everybody has them in their life." She and Steve have done similar work and celebrate each other's career successes.

"And a sense of humor helps a lot, too," Michele said.

Mike and Cindy Pohl

Mike and Cindy Pohl of Canton have been married 15 years and are parents of three children ages 11, 9 and 7.

"We met at a friend's wedding," she said,

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Elaine and Richard Skarritt of Milford have been married almost 58 years. She recalled writing him often when he was in the service in Korea before they were married.

COUPLES

FROM PAGE 20

laughing when asked if it was love at first sight.

"I don't know that it was love at first sight," but they appreciated each other and had a relatively short courtship.

Cindy Pohl, 38, says their common faith helps their marriage.

"And remembering that God put us together for a purpose," she said of her marriage to Mike, 42.

They're busy right now with the kids, but keep their own relationship strong as well.

Cindy homeschools all three kids, so is teaching first, fourth and sixth grades. Her husband works for Bosch as an engineer in Farmington Hills.

Mike's birthday is close to Valentine's Day, so the Pohls often celebrate both together. "A lot of times we'll get to go out," she said. "We don't do a ton on Valentine's Day," other than a low-key card exchange.

Elaine and Richard Skarritt

It'll be 58 years this June since Elaine and Richard Skarritt of Milford exchanged wedding vows.

"We double dated once," she said of their high school years.

Richard, retired chairman of the Road Commission for Oakland County, went into the service during the Korean War. She wrote letters to him nearly daily and they married upon his return home. They have three children, twins age 50 and another 52, as well as six grandchildren.

"You have to give and take," said Elaine Skarritt, who for 25 years was Milford's



Mike and Cindy Pohl of Canton take a break Up North during their 15th anniversary trip last August. Their common faith helps their marriage, she said: "And remembering that God put us together for a purpose."

township clerk and worked at the GM Proving Ground in Milford before that. "You can't always be the leader. You have to take turns. And be fair.

Please see COUPLES, 22

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Dental Trends in Cosmetics

"Dentistry is not just a skill. It is an art", says Dr. Brigidanne Murphy, DDS, a Novi dentist, who has been providing cosmetic and general dentistry for more than 13 years in the Novi area.

What are the trends in cosmetic dentistry? Invisible braces, healthy teeth, instant orthodontics, and teeth whitening. Instant Orthodontics is for those that don't want to be in braces for 2-3 years. Porcelain veneers could be for you. Dr. Murphy's favorite technique is when teeth are shaped differently. She places a veneer, a very thin shell of porcelain on an untouched tooth. One patient even got a new girlfriend from having thin veneers placed on 2 front teeth.

The #1 most requested item from patients is "Help me". "I am scared of the dentist." What can be done? Nitrous oxide, anti-anxiety drugs and computerized anesthesia. "Calming techniques and anti-anxiety medications I find works the best and allow our patients to get their dental work done and they want to come back," says Dr. Murphy.

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- Ashley

You did it again. Perfect! You're such an artist!

- Christine

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- Miss Michigan 2009
Nicole Blaszczyk



Pam and Phil Weipert of South Lyon, married 21 years, "met in a parking lot in downtown Detroit at a David Bowie concert," she said.

COUPLES

FROM PAGE 21

"And never go to bed mad," she added. "I think I still say, 'I love you' every day to him."

Richard, 81, was a particular help recently to Elaine, 77, when she had a brain aneurysm and a rough year. "He was there for me," she said. "He's always been there for me."

Elaine said all of their Valentine's Days together are memorable.

Angie and Tim Stark

Angie and Tim Stark of Canton will exchange cards on Valentine's Day. However, they focus more on doing things for each other all year.

Angie, 44, and Tim, 45, have three children ages 15, 13 and 10.

"We're going to hit our 20th anniversary this year," she said.

Tim planned a special trip to west Michigan for their 15th anniversary, a surprise. "He said, 'Your bag's packed. Let's go.' That was exciting. He planned the whole thing."

Angie Stark says "making time for each other, which is very important when you have kids going in so many directions," is what makes a marriage last.

"The other thing is don't sweat the small stuff."

She'll shop for their children this Valentine's Day. "It's a nice way to show you love them," said Angie, who works in material planning for Ford Motor Co. in Dearborn. Tim is employed at Scholastic Book Warehouse in Belleville.

Pam and Phil Weipert

Pam and Phil Weipert of South Lyon, both 50, have been married 21 years. They met in 1983.

"We met in a parking lot in downtown Detroit at a David Bowie concert," said Pam, a government auditor for Oakland County. Phil, an attorney in South Lyon, is also a new Oakland County commissioner.

Pam's grandmother jokingly called Phil "my parking lot pickup." The Weiperts, who have two dogs, are each the oldest in their families and used to being independent. "I think both of us kind of appreciate that in the other person."

"I think that everyone's marriage is different. Each couple needs to do their own thing," she said, adding what works for one couple may not for another.

As poet Elizabeth Barrett Browning wrote:

"But love me for love's sake, that evermore

Thou may'st love on, through love's eternity."



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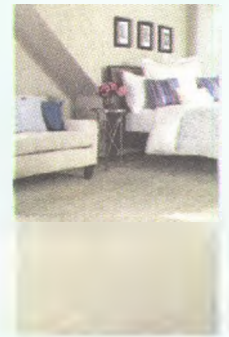
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Sudoku

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!

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

Level: Beginner

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

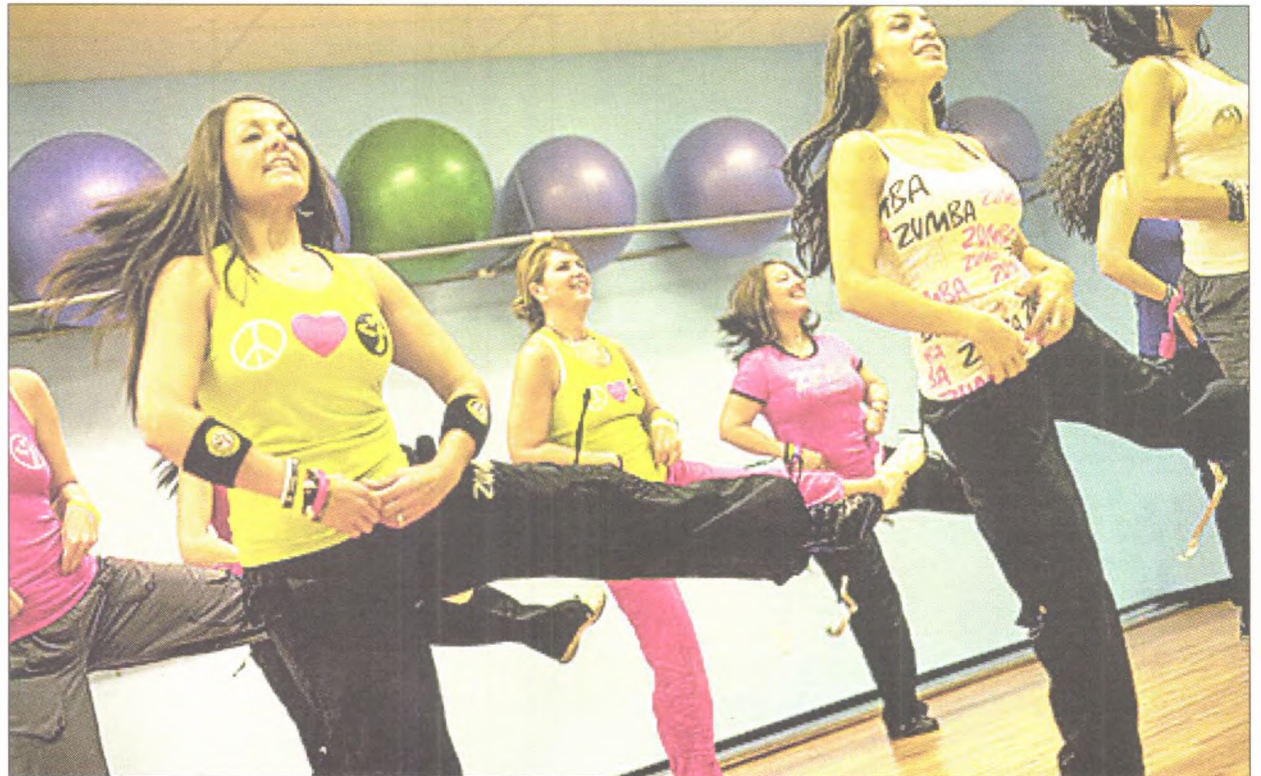
Level: Intermediate

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

Level: Advanced

Answers found on page 30

Fitness fun:



COURTESY OF ELEMENTS OF EXERCISE

Zumba, a high-energy Latin dance routine, is offered at Elements of Exercise in Dearborn and other off-site locations in the area.

Get up and dance

By Mary Quinley
Contributing Writer

Last fall, after years of watching her daughter participate in hip hop classes, Lauren Kelm decided — as did several of her gal pals — that she wanted to try the dance. So she signed up for an adult hip hop class at Central City Dance in Canton. And she loves it.

“The class is fulfilling, rewarding and difficult. But it’s fun! When we’re dancing, we’re laughing!” said Kelm, 43, of Canton.

Active women like Kelm will discover a plethora of local fitness centers, gyms and studios which feature a wide range of dance exercise classes. Options run the gamut from Zumba, pole dancing and ballet to hip hop, belly dancing and Z-box.

According to Kara Torres, co-owner of Elements of Exercise in Dearborn, “Dance exercise is ... the most enjoyable form of exercise.” Weight loss, muscle strengthening and toning, increased stamina and flexibility and improved balance, posture and confidence, are major benefits.

“Dancing leaves your body and soul feeling good in a way that no other exercise can,” Torres said.

Women who crave an hour for themselves “to feel graceful and to stretch tight shoulder and leg muscles,” have that opportunity in a ballet class, said Kristie Wyler, owner/director of Metro Dance in Plymouth. Metro also offers ballroom — no partner necessary — and adult hip hop cardio dance classes.

Brenda Rice of Livonia loves the ballet classes she takes at Metro Dance.

“Ballet gives me a sense of elegance. ... It keeps me mobile and pliable. It’s my favorite form of exercise,” said Rice, 53, who is celebrating a half-century of enjoying ballet.

If upbeat moves are to your liking, Denise Kuehn suggests belly dancing, hip hop and Zumba. These dances are all part of her exercise ritual.

“My favorite is Zumba. I’m so involved in the music that the class is over before I know it!” said Kuehn of Novi.

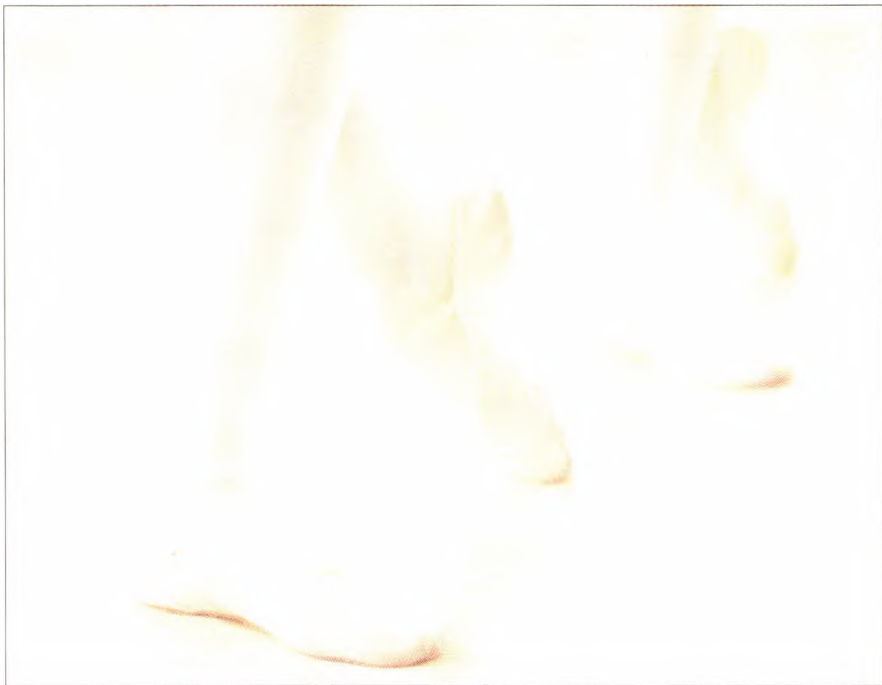
Zumba, a high-energy Latin dance routine, is offered at Elements of Exercise, Synergy Dance, Fitness Motivators, Central City Dance, Uptown Body & Fitness, Karen’s School of Dance, Novi Sports Club, Change Fitness and most local YMCAs.

At classes taught by Fitness Motivators’ instructors throughout the area, Zumba is popular. However, Z-Box ranks as the favorite form of dance exercise.

“Z-Box is a complete workout. It is basic boxing mixed with dance,” said Donna Lim-Truss, co-owner of Fitness Motivators. During the class, participants alternate between boxing and dancing routines. Sessions also include Zen, a relaxation technique, and, depending on the class, an abdominal workout.

Debbie Cutright of Westland is “addicted to Z-Box.” Participating in a Z-Box class, she said, is “more like going to a party” rather than exercising. She’s having fun with all the wonderful benefits of a workout.

So what are you waiting for? Isn’t it time to get up off that couch and join the exercise party?



Where to find a dance exercise class

• Elements of Exercise: Dearborn and multiple off-site locations, www.elementsofexercise.com

• Synergy Dance: Plymouth, www.synergy-dance.com

• Metro Dance: Plymouth, www.metrodancecompany.com

• Fitness Motivators: Novi, Farmington/Farmington Hills, Plymouth, Livonia and Milford, www.fitnessmotivators.com

• Karen's School of Dance: Highland, www.danceatkarens.com

• Central City Dance: Canton, www.centralcitydance.com

• Uptown Body & Fitness: Northville, www.uptownbodyfitness.com

• Snap Fitness: Livonia, Plymouth, Novi, Canton, Farmington Hills and South Lyon, www.snapfitness.com

• The Sports Club of Novi: www.thesportsclubs.com

• Change Fitness: Plymouth, www.changefitnessllc.com

• Vixen Fitness: Ypsilanti and Detroit, www.vixenfitness.com

• Jazzercise: Westland, Farmington Hills, Plymouth, Novi and South Lyon, www.jazzercise.com

• Curves: Plymouth, Farmington, Canton, Livonia, South Lyon and Westland, www.curves.com



COURTESY OF METRO DANCE

At Metro Dance in Plymouth, adult ballet classes are available.

Family YMCAs: Livonia, Farmington Hills and Milford, www.ymcadetroit.org

• Guardian Martial Arts & Fitness: Garden City, www.guardianmartialarts.com

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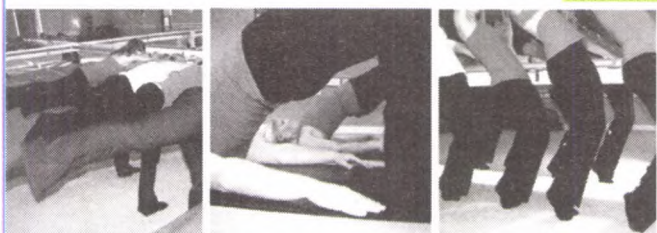
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Macy's supports Go Red campaign

For the second consecutive year, Macy's will show its love for the American Heart Association's Go Red For Women movement with exclusive merchandise designed specially in support of the cause.

Building on the success of last year's exclusive "Little Red Dress" by INC, American Heart Month for 2011 will prove to be more fashionable than ever with exclusive designs that stylishly Go Red.

T-shirts from Tommy Hilfiger and Ellen Tracy, along with INC's Go Red dress, designed by season six Project Runway winner, Irina Shabayeva, are sure to breathe life into a neutral winter color palette.

In addition, Donatella, Kipling, and August Silk are also showing their support by donating a portion of the sale of special Go Red items to the American Heart Association. The entire assortment of Go Red merchandise, available at select Macy's, and on macys.com, will be available for National Wear Red Day on Friday, Feb. 4.

Go Red merchandise will retail from \$29 to \$99, with up to 10 percent of the sale of each item to be donated to the American Heart Association.

Additionally, in honor of American Heart Month and National Wear Red Day, Macy's customers wearing any item of red — anything from lipstick to the signature Red Dress pin to a piece of new Go Red merchandise — will receive a special 20 percent discount on a wide assortment of merchandise (and a 10 percent discount on sale and clearance jewelry and watches) at all nationwide Macy's stores, as part of the Wear Red Sale Event taking place now through Sunday, Feb. 6.

For more on Go Red for Woman product details and Macy's support of the AHA effort, go to macys.com.



INC's Go Red dress, designed by season six Project Runway winner Irina Shabayeva, is a flirty, fitted silhouette in a seductive shade of red. The dress retails for \$99 and is available at select Macy's stores now through March 20.

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EVENTS

FROM PAGE 10

• Ladies' Night Out: "The Heart of a Woman"

at 5:30 p.m. Wednesday, Feb. 16, in St. Mary Mercy Hospital Auditorium. The program is free and features Dr. Barbara Kong, M.D., a St. Joseph Mercy Ann Arbor cardiologist. Kong will discuss how to identify the signs and symptoms of heart disease that are unique to women. Bone density, blood pressure screenings and massages available. Registration is required. Call (734) 655-1182. Participants can enter to win a free VascularFit (\$49 value) or HeartFit (\$79 value) wellness screenings which provide vital information for a fit, healthy life.

• Leap for Heart

Leap into Ford Lake to raise money and awareness for the American Heart Association 10 a.m. to 2 p.m. Saturday, Feb. 12, from The Lake Shore Apartments, 2500 Lake Shore Blvd., Ypsilanti. Anyone can jump. Simply register your team and raise a minimum of \$50 per leaper/team. Visit <http://frozenleap.com> to register. The goal is to raise \$10,000 and present it to the AHA at the Eastern Michigan University Red Out game that night.

• Zumba for Heart

4-7 p.m. Sunday, Feb. 13, at Body Language, 1567 Union

Lake Road, Commerce. 4 p.m. speaker is Andrea von Behren, a registered dietitian on how to make health choices when grocery shopping, 5 p.m. Zumba or Yoga for Heart, and 6 p.m. heart healthy snacks, beverages and social hour. Cost is \$30. \$1 donation receives a heart to post at Body Language.

• 30 Days to Lose It!

Deadline to submit three-five-minute videos via YouTube on why candidates should be accepted as weight-loss contestants during March is 5 p.m. Tuesday, Feb. 15. The challenge by the Charles H. Wright Museum of African American History is in partnership with the American Heart Association. Entrants must be women age 18 and older and 30 pounds or more overweight. Ten contestants will be selected by a panel that includes Dr. Kimberly Dawn Wisdom, vice president, Community Health, Education and Wellness for Henry Ford Institute Health System; Florine Mark, president and CEO, The WW Group; Dr. Cynthia Tauog, vice president of Community Health for St. John Health System; and Dr. Yvonne Anthony, director, Detroit Department of Health and Wellness Promotion. A series of related activities from weekly workouts to cooking demonstrations and seminars is open to museum and nonmuseum members. Call (313) 494-5817 or visit www.chwmuseum.org.

FOOD



Chocolate Chip Cookie Hearts.

PHOTOS COURTESY OF NESTLE

Sharing love for Valentine's Day

It's true – the kitchen is the heart of the home. Ever notice how people always gather there? Whether baking treats, making dinner or spending time with family and friends, the kitchen is my favorite place to be. Since my day job is Consumer Test Kitchen Project Manager for the Nestle Test Kitchens, you can bet I love to stir things up. This column lets me pass along to you some of my best recipes, tips and baking secrets.



Mix it up
Jenny Harper

I love that we have a day designed to celebrate love! And I enjoy finding creative ways to show the people in my life how much I care about them. This year, I'm sharing some ideas from the kitchen and from the heart so that you can put some extra L-O-V-E into your Valentine's Day.

For a love letter you write to someone special. Whether it's a spouse, a child, or a dear friend, take some time to write down the reasons they are so special to you. It will be a gift they treasure for a long time.

For organizing the family photos in a new way. Create a slide show on a DVD, a photo book or calendar, or even a family website where you can share pictures and stories with out-of-town loved ones. You'll preserve old photos and help create new memories.

For Valentine cookies like these Chocolate Chip Cookie Hearts. They're a simple way to share some love. Even the youngest bakers can help make them by

pouring ingredients and using cookie cutters to make the heart shapes. Have fun decorating them with pink, red and white icing and Valentine sprinkles.

For an elegant dessert like this Chocolate Raspberry Mousse Pie. It's easy enough for anyone to make, yet pretty enough to show off at a Valentine's Day party or a romantic dinner.

For more Valentine recipes you can share, visit www.verybestbaking.com.

CHOCOLATE CHIP COOKIE HEARTS

Prep: 20 minutes

Baking: 18 minutes

(Makes about 18 hearts with 2 1/2- to 3-inch heart cutter)

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract

Please see SHARING, 28



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PHOTOS COURTESY OF NESTLE

SHARING

FROM PAGE 27

- 2 large eggs
- 2 cups (12-ounce package) Nestle Toll House Semi-Sweet Chocolate Morsels
- 1 cup chopped nuts
- Metal or heat-safe heart cookie cutter(s) of desired size(s), 1 inch in height
- Various icings, sprinkles, Nestle Toll House Semi-Sweet Chocolate Mini Morsels

Refrigerating: 2 hours
Yield: 8 servings

- 1 can (12 fluid ounces) Nestle Carnation Evaporated Milk
- 2 large egg yolks
- 2 cups (12-ounce package) Nestle Toll House Semi-Sweet Chocolate Morsels
- 1 container (8 ounces) frozen whipped topping, thawed, divided
- 1 container (6 ounces) or 1 1/2 cups fresh raspberries, divided
- 1 prepared 9-inch (6 ounces) chocolate crumb crust

Preheat oven to 375°F. Line 15 x 10-inch jelly-roll pan with foil; lightly grease.

Combine flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Spread dough into prepared pan.

Bake for 18 to 22 minutes or until golden brown. Cool completely in pan on wire rack. Lift from pan with foil handles to cutting board. Cut out hearts with cookie cutter(s). Remove hearts while peeling away foil.

Decorate as desired.

Whisk together evaporated milk and egg yolks in medium saucepan.

Heat over medium-low heat, stirring constantly, until mixture is very hot and thickens slightly; do not boil. Remove from heat; stir in morsels until completely melted and mixture is smooth. Pour into large bowl. Refrigerate for 30 minutes until cool. Gently stir in 2 cups whipped topping.

Refrigerate for 2 hours until thickened. Sprinkle 1 cup raspberries over crust. Spoon chilled chocolate mousse over raspberries. Dollop remaining 1 cup whipped topping on center of pie; top with remaining raspberries.

Jenny Harper is Consumer Test Kitchen Project Manager for the Nestle Test Kitchens and VeryBestBaking.com.



CHOCOLATE RASPBERRY MOUSSE PIE

Prep: 15 minutes
Cooking: 5 minutes

- Courtesy Family Features



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Petite sweet treats for Valentine's Day

Looking for a yummy, unique way to say "Happy Valentine's Day"? Beautiful, bite-sized, heart-shaped cakes offer a delicious solution.

Whether for your sweetheart, friends or family, or perhaps a special dessert for a romantic dinner, these tiny treats from the Wilton Test Kitchen will delight.

Enrobed in pastel icing, decorated with shimmering matching sugar pearls, these little gems are a cinch to make. Use a cake mix for convenience and bake in a petite heart-shaped silicone mold. Cakes pop right out of the mold after cooling (and the silicone is super easy to clean after baking).

Icing the hearts couldn't be simpler, even though it might appear that you need an expert hand. The secret? Ready-to-use decorator icing in a can.

Microwave the icing – in the can (one can at a time) – until it reaches pouring consistency, and tint with pastel icing colors. Pour over the cooled cakes to cover tops and sides, then arrange pearls on top. Perfect, Petite Pastel Hearts look bakery beautiful, but are lovingly homemade. How special is that?

For more sensational ideas for Valentine's Day or other celebrations, visit www.wilton.com.



PETITE PASTEL HEARTS

Each serves 1

1 package (about 18 ounces) white or yellow cake mix

Water, eggs and vegetable oil to prepare mix
4 cans (16 ounces each) White Ready-to-Use Decorator Icing

Royal Blue, Rose, Kelly Green and Lemon Yellow Icing Color

Green, Yellow, Pink and Blue Sugar Pearls

Preheat oven to 350°F. Spray Silicone Petite Heart Mold with vegetable pan spray.

Prepare cake mix following package instructions. Fill silicone mold cavities $\frac{2}{3}$ full.

Bake, supported by cookie sheet, 8 to 12 minutes or until toothpick inserted

in center of cakes comes out clean. Cool in mold on cooling grid 15 minutes; remove cakes from mold and cool completely. Repeat with remaining cake batter.

Remove lid and foil seal from canned icing. Heat each can in microwave at Defrost (30 percent power) 20-30 seconds; stir. Repeat until consistency of icing will pour. Stir in icing color. Place cooled cakes on cooling grid positioned over cookie pan.

Working with 2 to 3 treats at a time, pour icing on center of cake; continue covering top so icing drips down and covers sides. Let set briefly; position Sugar Pearls before icing sets completely.

– Courtesy Family Features



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Swedish immigrant finds joy in author's first novel



Julie Brown

The story of Lisa Lindholm, and her journey from Sweden to the U.S. in the early 1930s and decades beyond, had me hooked from page one.

"Shuttle in Her Hand: A Swedish Immigrant Weaver in America" was published in 2010 by

Marion Tuttle Marzolf, who'd been my professor and undergraduate adviser at the University of Michigan. It's available through the Swedish-American Historical Society in Chicago.

Marzolf, now a professor emerita, taught journalism, American studies and Scandinavian studies at U-M from 1967-95. She'd written in 1977 a book

on women journalists in history we used in class, "Up From the Footnote: A History of Women Journalists," as well as other nonfiction titles on the Danish language press in the U.S., American press criticism and in 2006 with Marie Gile, "Fascination with Fiber: Michigan's Handweaving Heritage."

"Shuttle in Her Hand" is Marzolf's first novel, and I was grateful my former professor sent me a review copy. Lisa Lindholm's journey from central Sweden takes her to a school in North Carolina, where she's first given the opportunity to share her art/craft with people who call the Blue Ridge Mountains home.

Lisa meets Lars in Sweden and they end up married and living in Grand Rapids for a while. Lars is a furniture designer.

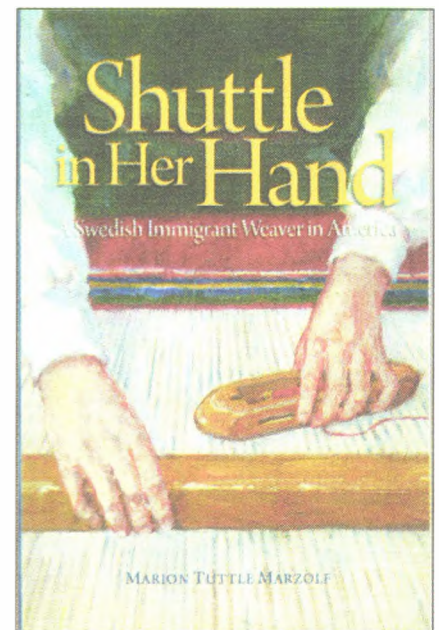
Chicago figures prominently in this

novel, with Lars proposing to Lisa when he travels to the Chicago Century of Progress Fair in the summer of 1933. Lisa demonstrates her weaving skills to fair visitors, and the scenes of Chicago life in the 1930s come alive under Marzolf's skillful writing.

I've kept in touch with Marzolf since graduation and her retirement, and even had the opportunity to visit her weaving studio, which has taken up much of her time since retirement. She notes in the author's note at the end of "Shuttle in Her Hand" that her Swedish-born grandmother helped to inspire the story, although her ancestor's life was quite different from Lisa's.

Michigan is featured in much of the story, including Lisa and Lars spending their early married and her wartime years in Grand Rapids. Later scenes include time spent in the Leelanau Peninsula. The Cranbrook Academy of Art, which was then and remains significant in weaving, gets a number of mentions, with Marzolf helpfully providing at the novel's end a list of what's real, what's realistic and real people from the weaving world.

The author, an Ann Arbor resident, explains that when she was growing up, books she read about immigrant women from Scandinavia often showed them as homesick and dependent on men. Her experience was that many women emigrated from Scandinavia and found their lives fulfilling in the U.S. They were able to work and live independently, often more so than would have been possible in their native land.



There's weaving described in this book, which should appeal to many, and which my sole high school elective in arts, weaving, helped all these years later. It was interesting that Lisa comes to the U.S. during the Great Depression when opportunities here were limited, and yet finds success and happiness after much hard work.

Julie Brown of Plymouth Township is presentation editor for the Observer & Eccentric Newspapers. She can be reached at (313) 222-6755 or via e-mail at jcbrown@hometownlife.com.

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

Intermediate

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

Advanced

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

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"Now I'm doing the job that makes me the best person I can be. Doing my best to make a difference for these nonprofit groups is so fulfilling because it touches the lives of others."

Since 2000, Fladeboe-Duininck has made a difference for charities and their beneficiaries by helping raise more than \$10 million for hundreds of worthy causes from zoo animal visits for hospital-bound children to shelters for abused and battered women.

Some of her most memorable bids include \$10,000 for dinner with the president of St. Olaf College, Northfield, Minn. (pop. 19,859); \$5,000 for a baseball cap signed by home run slugger Harmon Killebrew; and \$1,500 for a 25-pound Pearson's Salted Nut Roll.

While the Hazeltine audience was duly impressed with Fladeboe-Duininck last fall, what they didn't see behind the glitz, the glamour and the inspiration are the hours of preparation she brings to each event.

"She is more than just a body showing up and reading off descriptions," says Kelly McDyre, executive director of

the Scottsdale, Ariz.-based Harmon Killebrew Foundation. "She gives us insight into charitable fundraising trends and connects us with potential donors that we hadn't thought about."

Fladeboe-Duininck also schools herself in each charity's mission. "It is not easy for a lot of people to understand our mission," says Peg McQuillan, development officer for Minnesota-based Memorial Blood Centers. "But she makes it very clear to our audience what we do and how they can help us."

And, following each event, when all is said and done, a lot can be said for how Fladeboe-Duininck benefits charities. "Her feedback is invaluable," McDyre says. "We pay attention to it, and that has helped us raise more and more funds over the years. It's why we keep having her back." ★

Visit fladeboeauctions.com for more information.

Last July, Fladeboe-Duininck was named the top female auctioneer in the nation.



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(Continued from page 20)
foundation's fundraising goal of \$15,000, making it evident why she's the top female auctioneer in the nation.

Last July, the National Auctioneers Association named Fladeboe-Duininck the 2010 International Auctioneer Champion, citing her style, chant, presence and persuasive sales ability as the best in the nation. It wasn't the first time her auctioneering talent was recognized. In 2006, she nabbed the top auctioneer title from the Minnesota Auctioneers Association.

Fladeboe-Duininck is a

second-generation auctioneer in the family business founded by her father, Dale Fladeboe, in 1978. Today, Fladeboe Auctions specializes in charity, real estate and land auctions, and all three of Fladeboe's children are auctioneers.

In 1996, between her junior and senior years in college, Fladeboe-Duininck attended the World Wide College of Auctioneering in Mason City, Iowa (pop. 27,337). She joined the family business in 2000 after a two-year stint in pharmaceutical sales.

"My heart wasn't in it," she says about her corporate job.

Fladeboe-Duininck learned the auctioneering trade from her father, Dale.



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Taking Bids for Charity

Champion auctioneer banters to benefit worthy causes

By Mary Miller • PHOTOS BY JEFF STONE

AUCTIONEER Kristine Fladeboe-Duininck raises her hand into the air and extends a high-energy welcome to more than 300 guests at the Hazeltine National Golf Club in Chaska, Minn. (pop. 17,449), alerting the talkative crowd that bidding is about to begin.

Dinner conversation stops and the clinking of silverware on fine china quiets as the well-heeled guests turn their attention to the animated auctioneer, eager to raise money to expand breast cancer services at St. Francis Regional Medical Center in nearby Shakopee (pop. 20,568).

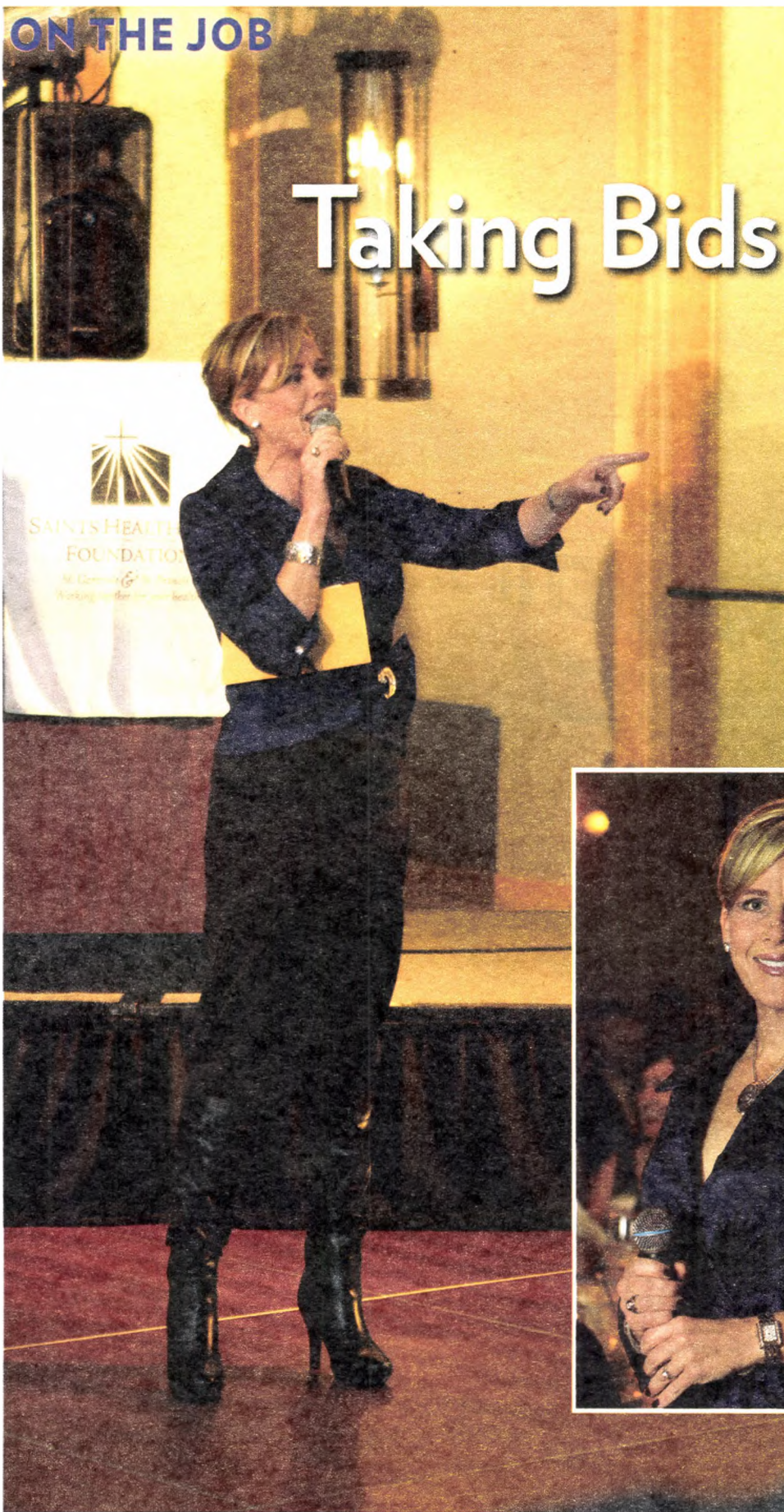
"There are seven items on the auction block tonight," says Fladeboe-Duininck, 36, of Willmar, Minn. (pop. 18,351), who specializes in charity auctions. "Let's work together to get the funds for the Saints Healthcare Foundation and take the care for breast cancer patients to a new level!"

During last October's auction, Fladeboe-Duininck used her dynamic and lighthearted style to solicit bids on four bottles of Italian red wine donated by a private collector. "All right now, what do you want to give? You tell me. Let's start down low. How about \$50?" she shouts, launching into a rapid-fire, rhythmic chant.

By evening's end, Fladeboe-Duininck has sold the wine for \$400, cajoled a bidder into a \$1,000 pair of Minnesota Vikings football tickets, garnered \$8,500 for a Hazeltine chef-prepared dinner for four, and nearly doubled the

(Continued on page 22)

Kristine Fladeboe-Duininck, of Willmar, Minn., specializes in charity auctions, including one she conducted last October for the Saints Healthcare Foundation to expand breast cancer services.





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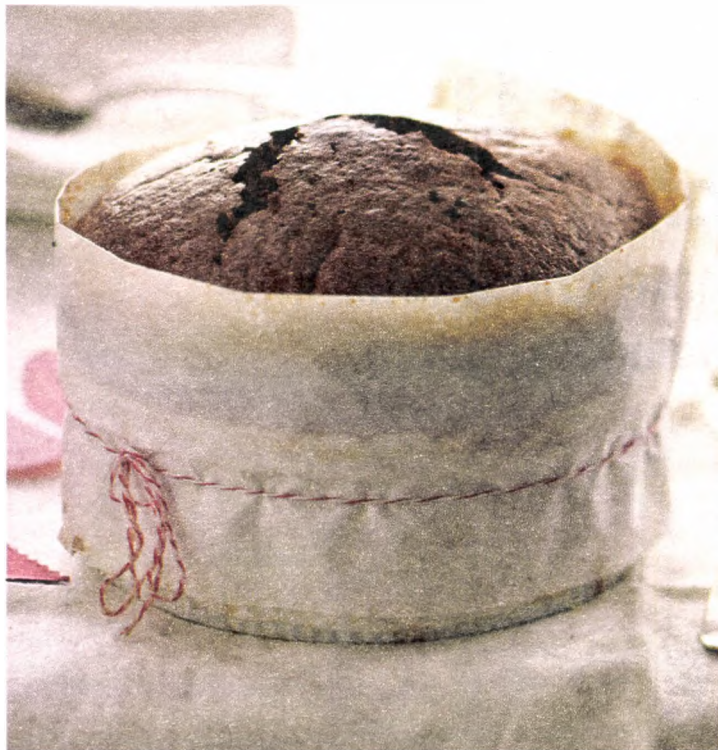
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RECIPE

AmericanProfile



MARK BOUGHTON PHOTOGRAPHY/TERESA BLACKBURN STYLING

Chocolate Espresso Soufflé

If you want your soufflé to rise above the dish, you can make this recipe in a 1-quart soufflé dish. Make a collar by wrapping a strip of buttered parchment paper around the outside of the dish and securing it with a string. Serve this soufflé with vanilla ice cream or frozen yogurt.

- Butter to coat baking dish
- 1/2 cup sugar, divided
- 3 tablespoons espresso or very strong brewed coffee
- 5 ounces bittersweet chocolate, chopped
- 4 egg yolks
- 6 egg whites

1. Preheat oven to 400F. Thoroughly butter a 2-quart soufflé dish or 6 (8-ounce) ramekins and sprinkle with 1/4 cup sugar.
2. Combine espresso and chocolate in a glass bowl. Microwave about 1 minute; stir until chocolate melts.
3. Whisk egg yolks into chocolate mixture.
4. Beat egg whites in a clean, dry bowl with a mixer until frothy. Gradually add remaining 1/4 cup sugar, beating until soft peaks form.
5. Stir about 1 cup egg white mixture into chocolate mixture. Fold remaining egg white mixture into chocolate mixture.
6. Spoon into the prepared dish. Place on a baking sheet and bake 30 to 40 minutes (soufflé dish) or 20 to 25 minutes (ramekins), until soufflé rises. Serve immediately.

Serves 6.

—Recipe by Tracy Ceurvels, New York City

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Watering wisdom

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Creative caulking

Next time you need to apply caulk in a tight space, try this trick from Jamie Schultz, of Brillion, Wis. Use a heat gun to gently warm the caulk tip until the plastic becomes soft; then bend the tip to the required angle and allow it to cool.

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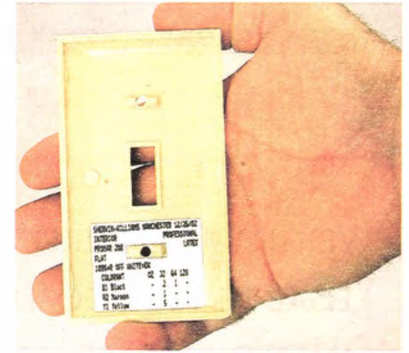
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Asthma

- ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older
- ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT) LABA medicines, such as salmeterol, increase the risk of death from asthma problems.
- ADVAIR DISKUS is not for adults and children with asthma who:
 - are well controlled with another asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine
 - have sudden asthma symptoms.

COPD

- COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

- Do not use ADVAIR DISKUS.
- to treat sudden, severe symptoms of asthma or COPD

- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR[®] (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA[®] (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. Do not use ADVAIR DISKUS more often than prescribed. ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row

- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- ADVAIR DISKUS can cause serious side effects, including:
 - See "What is the most important information I should know about ADVAIR DISKUS?"
 - serious allergic reactions. Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
 - rash
 - hives
 - swelling of the face, mouth, and tongue
 - breathing problems
 - sudden breathing problems immediately after inhaling your medicine
 - effects on heart
 - increased blood pressure
 - a fast and irregular heartbeat
 - chest pain
 - effects on nervous system
 - tremor
 - nervousness
 - reduced adrenal function (may result in loss of energy)
 - changes in blood sugar, potassium, certain types of white blood cells
 - weakened immune system and a higher chance of infections
 - lower bone mineral density. This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
 - eye problems including glaucoma and cataracts. You should have regular eye exams while using ADVAIR DISKUS.
 - slowed growth in children. A child's growth should be checked often.
 - pneumonia. People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
 - increase in mucus (sputum) production
 - change in mucus color
 - fever
 - chills
 - increased cough
 - increased breathing problems

Common side effects of ADVAIR DISKUS include:

- | Asthma: | COPD: |
|-------------------------------------|----------------------------------|
| • upper respiratory tract infection | • thrush in the mouth and throat |
| • throat irritation | • throat irritation |
| • hoarseness and voice changes | • hoarseness and voice changes |
| • thrush in the mouth and throat | • viral respiratory infections |
| • bronchitis | • headache |
| • cough | • muscle and bone pain |
| • headache | |
| • nausea and vomiting | |

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-868-825-5249 or at www.advaair.com.

(Continued from page 13)



KRISTIE SHEPPARD

Stuart's collection includes more than 20,000 items, including clothing, rare photographs, recordings, original letters, musical instruments and other memorabilia.

The old-school feel and hay-strewn set of *The Marty Stuart Show* echoes some of country music's iconic syndicated television programs of the 1960s and '70s, which included programs hosted by Porter Wagoner, the Wilburn Brothers, Ernest Tubb, and Flatt & Scruggs. The RFD show, now taping its third season, also inspired Stuart's latest album, *Ghost Train: The Studio B Sessions*.

"All of a sudden I had a way to play traditional country music again," he says, "so I wrote a hard-hitting traditional country music record. It was a humble attempt at starting a new chapter for a kind of music that we dearly love and believe in, a music that really is on the verge of extinction. It's too precious to let it slip away."

And he has no intention of allowing that to happen, continuing his nearly lifelong crusade to collect and protect the totems of country music's colorful history.

"Until further notice, that is my mission," he says. "This music is a part of us as Americans. It's part of our story." ★



COURTESY OF MARTY STUART

second highest for an exhibit in the history of the museum,” Stuart says. “Genghis Khan beat us by a few tickets!”

The exhibit has crisscrossed the nation for the last three years, helping fans to connect with history in a direct way. “When people stand in front of Hank Williams’ handwritten lyrics for ‘Your Cheatin’ Heart,’ or see the boots Patsy Cline was wearing when she lost her life, I think it touches a chord with people, whether they’re country music fans or not,” he says.

Stuart’s role as a keeper of country music’s history is well recognized among a new generation of artists. “We all seem to turn to him, because he is like a walking history book and he truly appreciates the past,” says singer Carolyn Dawn Johnson, who saw a childhood dream fulfilled when Stuart played mandolin on her first album. “He is the link between the past and the future.”

TV and beyond

Stuart’s love for great American music is also reflected in *The Marty Stuart Show*, the country-themed weekly program that he has hosted since 2008 on the RFD-TV network. “We talked about doing an old-style television show that was totally hip, totally outlaw,” he says. “I completely walked away from any of the rules.”

(Continued on page 14)

COPD?

Find out if ADVAIR® can help you breathe better and take center stage in your own life.



ADVAIR helps improve your lung function so you breathe better.* That way, you may be able to take more of a leading role in your own life. Unlike most COPD medications, ADVAIR contains both an anti-inflammatory¹ and a long-acting bronchodilator working together. ADVAIR is not for, and should not be used to treat, sudden, severe symptoms of COPD. It won’t replace a rescue inhaler. Ask your doctor about ADVAIR.

To get your first full prescription free and to save on refills,² visit ADVAIR.com or call 1-800-520-4197.

ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both.

You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits.

IMPORTANT SAFETY INFORMATION ABOUT ADVAIR DISKUS 250/50 FOR COPD:

- Do not use ADVAIR to treat sudden, severe symptoms of COPD. Always have a rescue inhaler medicine with you to treat sudden symptoms.
- Do not use ADVAIR DISKUS if you have severe allergy to milk proteins. Ask your doctor if you are not sure.
- Do not use ADVAIR more often than prescribed. Do not take ADVAIR with other medicines that contain long-acting beta₂-agonists for any reason. Tell your doctor about medicines you take and about all of your medical conditions.
- ADVAIR can cause serious side effects, including:
 - serious allergic reactions. Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction: rash; hives; swelling of the face, mouth, and tongue; or breathing problems
 - sudden breathing problems immediately after inhaling your medicine
 - effects on heart: increased blood pressure, a fast and irregular heartbeat, chest pain
 - effects on nervous system: tremor, nervousness
 - reduced adrenal function (may result in loss of energy)
 - changes in blood (sugar, potassium, certain types of white blood cells)
 - weakened immune system and a higher chance of infections. You should avoid exposure to chickenpox and measles, and, if exposed, consult your healthcare provider without delay. Worsening of existing tuberculosis, fungal, bacterial, viral, or parasitic infections, or ocular herpes simplex may occur
- lower bone mineral density. This may be a problem for people who already have a higher chance of low bone density (osteoporosis)
- eye problems including glaucoma and cataracts. You should have regular eye exams while using ADVAIR
- pneumonia. People with COPD have a higher chance of getting pneumonia. ADVAIR may increase the chance of getting pneumonia. Call your doctor if you notice any of the following symptoms: increase in mucus (sputum) production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Common side effects of ADVAIR DISKUS 250/50 for COPD include thrush in the mouth and throat, throat irritation, hoarseness and voice changes, viral respiratory infections, headache, and muscle and bone pain.

*Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary.

¹It is not known how anti-inflammatories work in COPD.

²Restrictions apply. See advaircopd.com for eligibility rules.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary of Important Safety Information about ADVAIR DISKUS on adjacent page.



ADVAIR DISKUS 250/50

GSK for you. If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOUR.U. 1-866-475-2672

gsk GlaxoSmithKline

(Continued from page 11)

Stuart and Smith married in 1997, and each still lights up at the mention of the other's name. "We know the cost of not keeping it together," Smith says of their relationship's longevity. "We do a lot of praying, and we make sure we see each other. When he's not around, I'm not quite all here—so I like it when he's around."

Sparkle & Twang

Stuart was approached a few years ago by the Tennessee State Museum about sharing his collection with the world. He agreed and helped the museum assemble *Sparkle & Twang: Marty Stuart's American Musical Odyssey*, an exhibit showcasing more than 500 of his precious music history items.

"There were some things that had never been seen by anybody except Marty and people he knew," says exhibit curator Renee White. "It was a joy to look through all the stuff."

Sparkle & Twang was an immediate success after opening in Nashville in 2007. "The attendance still stands as the

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at americanprofile.com/martystuart



// ABOVE: A friendly face-off with Johnny Cash in the 1970s

// LEFT: Behind the mixing board at the studio where his latest CD, *Ghost Train: The Studio B Sessions*, was recorded

// BELOW LEFT: Part of Stuart's roundup of cowboy boots, many of which he's worn onstage or in music videos

// BELOW: Sharing a tender moment with Connie Smith, his wife since 1997



Stuart, 52, gestures around the Hendersonville, Tenn., warehouse where many items from his collection of more than 20,000 pieces are stored.

The collection fills a climate-controlled room the size of a six-car garage from floor to ceiling. It includes hundreds of unpublished photographs, original letters, musical instruments, stage props, rare recordings, long-ago bric-a-brac, and clothing from Elvis Presley, Johnny Cash, Jerry Lee Lewis, George Jones, Merle Haggard, Dolly Parton, Porter Wagoner, Bob Dylan and dozens of other iconic performers.

"It became a mission," he says, "as you can see."

Treasuring artifacts

Stuart's love for country music began during his youth in Philadelphia, Miss. (pop. 6,676), where he learned to play guitar and mandolin as a boy. By the time he was 13, he had moved to Nashville and was playing in the band of bluegrass titan Lester Flatt.

"When those guys would get through with their neckties or their picks, they'd just throw them aside," Stuart remembers. "When Lester would write out a set list, he'd wad it up and throw it in the trash can after the show. I'd ask for them, or just get them out of the trash and put 'em up. As time has gone on, I'm more and more glad I did that."

He is the link
between the past
and the future.

— Carolyn Dawn Johnson
country singer

Even after he shot to solo fame in the late 1980s and early '90s with the hits "Hillbilly Rock" and "Tempted," Stuart continued to seek out country memorabilia with the fervor of a true-blue fan. When his collection outgrew his house, he moved it to a small storage space—then a bigger one, and a bigger one than that.

Soon after he began working with Grand Ole Opry singer Connie Smith in the mid-1990s, he took her to his warehouse. "We walked in and he said, 'Hold out your arm,'" she remembers. "So I did, and he slipped this jacket around my shoulders. I put it on, and he said, 'That was Hank Williams' jacket.' I got chills all over."

(Continued on page 12)



DAVID MUDD

// A customized shirt (above) bearing the monogram of its original owner, Hank Williams, is one of the gems of Stuart's extensive collection of music-related memorabilia.



COURTESY OF MARTY STUART



COURTESY OF MARTY STUART

// Young Marty with his first guitar (left) and hamming it up, at age 13, with his first employer, bluegrass legend Lester Flatt

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BY CHRIS NEAL

Keeping the Flame

Marty Stuart is on a mission to protect the treasures of country music

MARTY STUART was in an antique store in Nashville, Tenn., in the early 1980s when he spotted a makeup case with the words “Patsy Cline” stamped on it.

He opened the case and found an address inside: “Patsy Cline, 3024 Hillhurst Drive, Madison, Tenn.” Could this really have belonged, he wondered, to the country music legend who died in a plane crash in 1963?

Stuart ducked outside to call Cline’s widower, Charlie Dick, to confirm. “The store did not know what they had,” Stuart recalls. “I said, ‘How much?’ ‘Seventy-five dollars.’ ‘Can you do any better?’ ‘Nah.’ So I gave ‘em 75 dollars.”

His fortunate discovery sparked a passion for preserving the artifacts of country music. “I kept seeing things like that case, and suits and guitars, that were just getting thrown away in the junk shops and thrift stores and yard sales,” he says. “Country music’s treasures were disappearing.”

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Feb. 7-27

HAPPENINGS

ILLINOIS—Rockford Symphony Orchestra Concert—Rockford, Feb. 12. The orchestra performs works by Prokofiev and Beethoven and is joined by Karl Rzasa for Mozart's bassoon concerto at the Coronado Theatre. (815) 965-0049.

INDIANA—Theta Antique and Decorative Arts Sale—Bloomington, Feb. 26-27. Browse and buy antique furniture, china, jewelry, linens, rugs and artwork offered by Midwest dealers at Bloomington Convention Center. (812) 336-3569.

IOWA—Cuarteto Casals in Concert—Cedar Falls, Feb. 13. The Spanish string quartet teams up with pianist Andreas Klein for a performance at Gallagher Bluedorn Performing Arts Center. (319) 273-7469.

KANSAS—Boat & Outdoor Show—Topeka, Feb. 11-13. Shop for the latest boats and outdoor equipment, plus attend hunting and fishing seminars at the Kansas Expocentre's Exhibition Hall. (800) 756-4788, ext. 37.

MICHIGAN—Flint Symphony Orchestra Concert—Flint, Feb. 19. The orchestra, Flint Festival Chorus, and vocalists Indra Thomas, Krysty Swann, Issachah Savage and Ben Polite perform Verdi's *Requiem* at The Whiting. (810) 237-7333.

MINNESOTA—Sleigh & Cutter Festival—Waseca, Feb. 4-20. A dinner-dance, a parade, a youth hockey tournament, youth ice fishing, an ice harvest, snowmobile races, ice kickball and golf, a family movie night and a polar ice plunge highlight this event. (507) 461-3727.

MISSOURI—A Wild Goose Chase—Independence, Feb. 26. Puppeteer Matt Sandbank performs two shows featuring lovesick witches, mischievous spaceships and other whimsical images at the Puppetry Arts Institute. For reservations, call (816) 833-9777.

NEBRASKA—Happy Days: A New Musical—Lincoln, Feb. 10-13 and 17-20. Based on the hit television series from the 1970s and '80s, this musical revives 1959 Milwaukee, complete with jukebox sock-hoppin' and hula hoops. The Lied Center's Johnny Carson Theater. (402) 472-4747.

NORTH DAKOTA—ShiverFest—Devils Lake, Feb. 18-20. Enjoy the outdoors with ice golf, kite flying, sleigh rides, a snow sculpture contest, a pond hockey tournament, a youth ice fishing tournament and band music. (800) 233-8048.

OHIO—Chocolate Fare—Delaware, Feb. 12. Savor all things chocolate, including cakes, trifles, pies, brownies, fudge and buckeyes, at Asbury United Methodist Church. (740) 369-4108.

SOUTH DAKOTA—Farm and Home Show—Wessington Springs, Feb. 21. More than 60 booths offering homemade food, handmade candles and jewelry, ranch and farm supplies, educational programs and kids games are featured at Wessington Springs Elementary School gymnasium. (605) 539-1929.

WISCONSIN—Book Across the Bay—Ashland to Washburn, Feb. 19. A ski race and snowshoe trek follow a lighted route over frozen Lake Superior, beginning at Chequamegon Bay in Ashland and ending in Washburn. (800) 284-9484.

Submit Happenings to: americanprofile.com/happenings or Happenings, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067

Submissions must be received four months prior to the event.

Information is subject to change. Please call before attending.

*Requires new service activation on approved credit and \$35 activation fee. Retail buyers pay \$35 activation fee upon purchase of phone. Phone price after instant rebate applied at time of purchase. Certain models are free beyond activation fee. Cellular service is not available in all areas and is subject to system limitations. Phones are limited to stock on hand. Terms and Conditions subject to change. †If you're not satisfied within 30 days or 30 minutes of usage, whichever comes first, cancel and pay nothing, no questions asked. †† Double the number of minutes included in any plan for the same price with any new service activated before 12/31/2010.

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IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta₂-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer™). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long-term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant. It is not known if SYMBICORT may harm your unborn baby

- are breast-feeding. Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. Do not use SYMBICORT more often than prescribed. SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed.
- While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason, such as:

- Serevent® Diskus™ (salmeterol xinafoate inhalation powder)
- Advair Diskus™ or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil AEROLIZER, Brovana™, or Perforomist®

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue, and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms

- Immune system effects and a higher chance for infections
- Adrenal insufficiency—a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

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Talk to your doctor and get one month of SYMBICORT FREE!*

This is a limited-time offer, so take this voucher to your doctor today. If your doctor decides SYMBICORT is right for you, take your prescription along with this voucher to your pharmacist. It's that easy! SYMBICORT is an asthma control medicine that has been proven to help

FOR THE PHARMACIST:

For reimbursement, please submit to Patient Choice. The information to the right should be used when submitting for reimbursement. For questions, please call the Help Desk at 1-800-422-5604.

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improve lung function, helping patients breathe better all day and night.* Once your asthma is well controlled, your doctor will decide if you can stop taking SYMBICORT without loss of control and may prescribe a long-term asthma control medicine such as an inhaled corticosteroid.

*When taken twice daily.

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OFFER EXPIRES: 04/30/2011.

For new SYMBICORT patients only. Not valid on refills.

* Subject to eligibility rules. Restrictions apply.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta₂-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your healthcare provider if your asthma does not improve or gets worse. It is important that your healthcare provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

SYMBICORT does not replace rescue inhalers for sudden asthma symptoms.

Be sure to tell your healthcare provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

Patients taking SYMBICORT

- may experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.
- may have a higher chance of infection. Tell your healthcare provider immediately if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection.
- may experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels, decrease in blood potassium and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your healthcare provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

Common side effects include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

Approved Uses for SYMBICORT for Asthma

SYMBICORT is used to control and prevent symptoms of asthma in adults and children ages 12 and older. SYMBICORT is not for patients who have sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

**For more information, call 1-800-687-3755
or go to MySymbicort.com/info**

*If you're without prescription coverage and can't afford
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Avoiding Injuries as We Age

By Anne Gillem

AT AGE 96, Lorraine Barnes is happy to be living in her own home in Heber Springs, Ark. (pop. 6,432), baking cherry pies, reading and enjoying visits with her two children, five grandchildren and six great-grandchildren. With help from her family, and by literally watching her step, Barnes is one of the lucky older Americans who are “aging in place.”

“I live in my own home; it’s very comfortable,” she says. “I don’t use a cane or walker. I do my own housework. I still cook and make pies for the kids.”

“She made me a cherry pie for Christmas, and she cooked a turkey,” says her son, John E. Barnes, 62, of Little Rock, Ark.

Barnes has made some changes in her household to make life easier, however. She rearranged her furniture, for example, so that she can hold on to one piece at a time to steady herself as she walks through her home. “I’m not a complainer—I just take my difficulties in stride and go right on,” she says. “But I watch now where I go.”

As we get older, changes in our bodies as well as illnesses and mishaps can force us to make lifestyle changes—sometimes dramatic ones. While we can’t stop Father Time, understanding—and acknowledging—the aging process, and taking preventive steps, can help us avoid injuries at home, in the workplace and while pursuing fitness and sports activities. And it literally can add years to our lives.

“In the last 100 or so years, we’ve doubled our life expectancy,” says Dr. Nicholas DiNubile, an orthopedic surgeon in Havertown, Pa. But the body’s frame hasn’t caught up, he adds. “There’s a mismatch between longevity and durability, and durability is the issue we’ve ignored for the most part.”

Americans are living longer, but many are living longer with chronic medical conditions, points out Elinor Ginzler, director of livable communities at AARP in Washington, D.C. “We have the benefit of modern medicine that keeps us alive longer with these chronic conditions. [So] we do have an issue about making sure we’re safe and comfortable in our homes as we’re living longer.”

Here are some of AARP’s suggestions for making a home safer for older adults:

- Make sure there are handrails on both sides of steps.

Lorraine Barnes, 96, maintains her home in Heber Springs, Ark., with a little help from family members, including son John and daughter Lisa.



COURTESY OF JOHN E. BARNES

- Secure area rugs with double-sided tape.
- Review lighting throughout the home and upgrade wattage and amount of lighting if needed.
- Replace doorknobs with easier-to-operate lever handles.
- Attach reflective, no-slip tape to uncarpeted stairs.
- Place a bench near home entrances.

Mid-life matters

It’s not only senior citizens who are dealing with “aging issues,” DiNubile says. “Around the age of 40, we start getting some internal changes in the musculoskeletal system,” he says. “A lot of this is subtle and under the radar.”

DiNubile, a baby boomer himself, coined the term *boomeritis* to refer to the wear and tear, weaknesses and injuries many experience with their frame as they grow older. “Baby boomers are active people trying to stay active, but doing so on a frame that’s not so cooperative,” says DiNubile, who wrote the book *FrameWork – Your 7-Step Program for Healthy Muscles, Bones and Joints* to help adults deal with their aging bodies.

Here are some of his suggestions for helping to keep the body fit and injury-free:

- Stay active for life. “Being sedentary is not an option. You’ve got to be active.”
- Spend adequate time warming up and

stretching before exercising. “You want to warm up first, which means to break a sweat, and that can be done with any simple aerobic or cardiovascular activity, whether it’s jumping jacks, running in place or riding a stationary bike,” he says. “Then do your stretching.”

- Make sure exercise routines include equal amounts of cardiovascular activity, strength training, flexibility exercises and core work, which strengthens the front abdominal area, lower back and muscles around the upper pelvis. “By having a strong core—a strong center—you really make yourself much less vulnerable to injuries,” DiNubile says.

- Practice good nutrition.
- Give your body a chance to adjust to changes in your exercise routine. Older bodies don’t adapt as quickly as younger bodies, so allow plenty of time for rest and recovery. “You can’t treat your body at 40 or 50 the way you did at 20,” he says.

- If you sit all day at work, be sure to get up, move around, take breaks and stretch your wrists and forearms several times daily. If you do physical work, maintain a healthy weight and stay strong.

“Watch how you do what you do,” DiNubile advises. “Watch how you bend and lift, do preventive exercises, and you’ll be more resilient, durable and less vulnerable,” he says.

“You just have to be smarter. You have to listen to your body.” ★

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ASK AMERICAN PROFILE

Q Paget Brewster plays FBI profiler Emily Prentiss on TV's *Criminal Minds*. Can you tell me more about her acting career?

—Frank Peppers, Galax, Va.

Brewster, 41, will not appear in every episode of *Criminal Minds* this season. Her role was cut back at the same time co-star A.J. Cook, who played “J.J.” Jareau, was released from the series last year. Before coming to Hollywood, the native of Concord, Mass., attended a New England boarding school where both her parents were teachers. She first caught the public's eye as Joey's girlfriend Kathy in *Friends*. Her other TV credits include roles on *Huff*, *Love & Money* and *Two and a Half Men*. She's provided voices for the animated series *American Dad* and *Harvey Birdman, Attorney at Law*.



Q I remember watching *Perry Mason* as a child with my grandfather. How many seasons were there of the TV series?

—Patty Howe, Haines, Ore.



The legal drama, starring **Raymond Burr** as author-creator Erle Stanley Gardner's famous defense attorney, ran for nine seasons and 271 episodes from 1957 to 1966. Also starring were Barbara



Hale, William Hopper and William Talman. Between 1985 and 1993, Burr also starred as Mason in 26 made-for-TV movies.

Raymond Burr played defense attorney Perry Mason almost 300 times on TV.

Q Who sings the song “Another Day, Another Dollar” in the Volkswagen Jetta commercial?

—Mary Allen, Elkton, Md.

That's **Wynn Stewart**, who died in 1985 at 51 of a heart attack. The Morrisville, Mo., native is best known for his No. 1 hit from 1967, “It's Such a Pretty World Today.” An acknowledged inspiration to Merle Haggard, Buck Owens and other country stars of the era, Stewart wrote Haggard's first hit single, “Sing a Sad Song.”



Q What can you tell me about Dr. Lisa Masterson on *The Doctors*?

—Cassandra DiLauro, Casper, Wyo.

A specialist in obstetrics, gynecology, infertility and family planning, Masterson practices in Los Angeles and Santa Monica, Calif., where she's the founder and medical director of the Ocean Oasis Medical Spa. She founded the first OB/GYN residency program in sub-Saharan Africa and also started birthing clinics in Kenya and India. Masterson has a teenage son, enjoys learning French and surfing, and will be releasing her memoir, *Paper Dollhouse*, this spring.



*COVER PHOTO BY DAVID MUDD

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Working Class, the first sitcom created by CMT,

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American Profile is published by: Publishing Group of America, 341

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