



**THURSDAY**  
March 3, 2011

The Observer & Eccentric  
Newspapers

Volume 124  
Number 57

\$1.00

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**Spring rake**

The Plymouth Community United Way has scheduled the "Spring Rake-N-Go" event for April 30. Applications are now available for residents in Plymouth and Canton.

Any residents living in Plymouth, Plymouth Township or Canton that own their own



The Plymouth Community United Way's 'Spring Rake-N-Go' is scheduled April 30.

home, are elderly (over age 55) or disabled, need repairs to their yard or landscaping and are unable to do these repairs themselves can apply for the program. The deadline for applications is March 18.

For an application, visit the PCUW website at [www.plymouthunitedway.org](http://www.plymouthunitedway.org) or visit the office at 960 W. Ann Arbor Trail, Suite 2. For additional information, contact Krista at [kstrobelt@ameritech.net](mailto:kstrobelt@ameritech.net) or (734) 453-6879, Ext. 6, or Bobbie Pummil at the Plymouth Community Council on Aging at (734) 453-1234, Ext. 236.

**Tribute show**

Rod Stewart tribute artist Danny D along with special guest Cara Lundgren as Stevie Nicks perform the classic hits of two rock icons Thursday, March 10, at 336 Main Piano Bar in downtown Plymouth. Doors open at 8 p.m. and showtime is at 9 p.m.

336 Main Piano Bar is located at 336 Main. For more information, call (734) 454-6524 or visit [www.336main.com](http://www.336main.com).

**Mother knows best**

Local women and girls are invited to send us (in 50 words or less) the best advice you received from your mom.

Include a photo of your mom or better yet you and your mom. E-mail your best submission and photo (jpg format only) to [bkadrich@hometownlife.com](mailto:bkadrich@hometownlife.com).

Include your first and last name and hometown and identify your mother (first and last name, please). Include a daytime phone number or cell phone where you can be reached during business hours. The photos and advice will appear in the Thursday, May 5, Salute To Women edition of Hometown Life Woman. Deadline to submit advice and photo is 5 p.m. Friday, April 15.

**City unanimous on fire despite outcry**

BY MATT JACHMAN  
OBSERVER STAFF WRITER

Plymouth will get firefighting and emergency medical services from the Northville Fire Department, and reopen its closed fire station, beginning in January, under a deal approved Monday by the City Commission.

The unanimous vote for the intergovernmental agreement with the city of Northville, which is expected to save Plymouth \$400,000 or more annually, came despite impassioned pleas from people, including many firefighters, gathered in a packed commission meeting room. Commissioners also approved an agreement formalizing relations with the nonprofit Huron Valley

Ambulance, which will provide paramedics, who have training in advanced life support, during medical emergencies in Plymouth as well as patient transports to hospitals.

Opponents argued the arrangement would put lives and property at risk, and urged commissioners to study the issue further and look for alternatives.

**SAVINGS CALLED 'A PITTANCE'**

"I truly believe you guys do not understand public safety, and that is what you're giving up for a pittance," said resident Kevin Henderson, who identified himself as a paramedic instructor.

"I question not your sincer-

Please see **FIRE, A4**



BILL BRESLER | STAFF PHOTOGRAPHER

The city of Plymouth leadership (from left) Commissioners John Barrett, Ed Hingelberg, David Workman, city attorney Robert Marzano, Mayor Dan Dwyer, City Manager Paul Sincoc, Mayor Pro Tem Michael Wright, Commissioners Gerald Sabatini and Ronald Loisel, presided over a crowded city hall meeting about fire services Monday.



BILL BRESLER | STAFF PHOTOGRAPHER

**Taking the stage**

The Park Players Theatre Company will present Jean Anouilh's "Antigone" on March 3-5, with performances each day at 7 p.m. and a special matinee performance at 2 p.m. March 5. All performances are located at the Allen DuBois Little Theatre at Canton High School and tickets are \$10. Seating is limited so arrive early. Box office opens one hour before show time. More photos and details can be found by turning to page A8.

**Rising gas prices frustrate drivers**

BY BRAD KADRICH  
OBSERVER STAFF WRITER

Cathie Kuchenberg watched as the pump at the Marathon gas station located at the Plymouth Super Center on Ann Arbor Road just kept climbing.

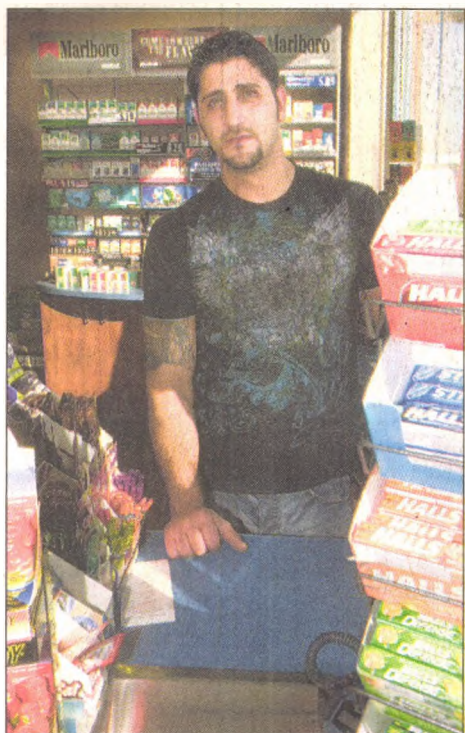
It went past \$20, past \$30 and past \$40, about the point where the tank on her Ford Taurus would have been filled a month or so ago. The pump finally came to rest at \$55.55, at fewer than 17 gallons. She put the nozzle away and shook her head.

"It's very frustrating," said Kuchenberg, a Plymouth resident. "That's a good \$10 more than it would have been a month ago. It affects everything ... the price of groceries, everything is constantly going up. It's going to affect everyone, because the cost of living is just going to keep going up."

While the cost of living may be going up, the cost of gasoline is definitely rising. On Monday, according to AAA's daily fuel gauge, the average price of unleaded regular gas in the metro Detroit area rose to \$3.44 per gallon. That price largely mirrored what prices looked like around Plymouth and Canton, where most prices were in the \$3.99-\$3.45 area (although some stations had it as low as \$3.29).

Unrest in the Middle East was largely perceived, at least locally, as the cause of the spike in gas prices. First it was the protests in Egypt; more recently, it's the unrest in Libya. News reports had leaders in Saudi Arabia pledging to make up for production

Please see **GAS, A2**



BILL BRESLER | STAFF PHOTOGRAPHER

Mazan Rahal manages the Marathon station at Mill and Main. He tries to keep his gas prices 3 cents above wholesale. He counts on other sales to make a living. "The people in the neighborhood know me and I know them," says Rahal.

**Tavern gets OK for patio alcohol sales**

BY MATT JACHMAN  
OBSERVER STAFF WRITER

It's a little chilly yet, but Plymouth Roc, a restaurant and bar at Ann Arbor Road and Harvey, will be expanding its outdoor alcohol service area during the warmer months.

The Roc last week won approval from the Plymouth City Commission to add two new patios to its outdoor alcohol service area. One patio, on the southwest corner of the building, is about 370 square feet, while the second, attached to an established patio where alcohol sales are already permitted, is about 185 square feet.

"We try to get a little more life to the border of our city," said John Mourselas, a partner at The Roc, formerly Boulders. It's different from the al fresco dining opportunities available in downtown Plymouth, but "in the summer, people love to go out there," he added.

The commission's vote had been put on hold for six months after city officials expressed concern in September about three drunken driving arrests, between September and

March of last year, in which the suspects had been drinking at The Roc.

Mourselas said the restaurant instituted stricter controls, and officials report The Roc's record has been clean.

"They say we did an excellent job. We watch our people, how they behave," Mourselas said. "They're very satisfied."

The Roc often features live music on weekend nights, and Mourselas said the menu was changed recently, with prices slashed. The restaurant's three patio areas can now accommodate more than 80 people, he said.

Moviegoers have a chance to see The Roc in a new film *Cedar Rapids*, that opened recently. The R-rated comedy about a naive insurance salesman stars Ed Helms, John C. Reilly, Anne Heche and Sigourney Weaver.

The film was shot mainly in Ann Arbor in 2009, but The Roc is the setting for a bar scene that Mourselas said ended up being about 20 minutes long.

"When they go to the movie, they're going to see our bar," he said.

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# County hosts Hazardous Waste day

The Wayne County Department of Public Service will be holding a Household Hazardous Waste Collection on Saturday, March 26, from 8 a.m. to 2 p.m. at the Wayne County Community College District Western Campus, located at 9555 Haggerty Road in Belleville.

This free event is open to Wayne County residents only and, organizers say, is "an excellent opportunity to make your home and environment safe" by properly

disposing of waste that is considered toxic, flammable or corrosive.

Examples of acceptable waste being collected include; household paints, stains, dyes, floor wax, floor care products, carpet cleaner, furniture polish, bathroom cleaners, stain removers, pharmaceutical waste (non-controlled substances only), solvents, nail polish, glue, fertilizer, lawn and garden chemicals, pesticides, anti-freeze, motor oil, gasoline,

automotive batteries and dry cell batteries, fluorescent bulbs, fire extinguishers, mercury fever thermometers, smoke detectors, computer monitors, printers, scanners, mice, keyboards, cell phones, fax machines, copiers, and televisions.

Only household-generated products from Wayne County residents will be accepted. Items that will not be accepted include; commercial waste, industrial waste, radioactive materials, explosives, ammu-

munition, shock sensitive materials, household trash, 55-gallon drums, refrigerators, microwaves or other appliances, tires, yard waste and concrete. For information on how to dispose of these items, contact the Wayne County Resource Recovery Coordinator at (734) 326-3936.

For more information on the March 26 collection or to obtain a complete list of what will and will not be accepted, call (734) 326-3936 or visit [www.waynecounty.com](http://www.waynecounty.com).



BILL BRESLER | STAFF PHOTOGRAPHER

Canton's Home Improvement Expo takes place Saturday and Sunday at The Summit in Canton.

# Summit hosts Home Improvement Expo

Canton's 10th annual Home Improvement Expo will be held 9 a.m. to 5 p.m. Saturday, March 5, and 11 a.m. to 5 p.m. Sunday, March 6, at Canton's Summit on the Park.

Highlights at the 2011 Home Expo will include free parking and refreshments; live broadcasts from special guest stars Murray Gula, Host of "Your Home with Murray Gula" on 1130 WDFN, and Joe Gagnon, "The Appliance Doctor," from 1600 WAAM; how-to workshops on a variety of topics from landscaping to solar energy; a hands-on children's project center; live woodcarving demonstrations; and multiple raffles throughout the weekend, including wood projects made by Canton Construction along with the Michigan Regional Council of Carpenters.

Rapid Home Improvement will also give away a free 1KW

Solar Energy System worth \$12,000 to one lucky Expo attendee. In order to win the free system, expo-goers must fill out a raffle ticket at Rapid Home Improvement's exhibitor booth before 3 p.m. Sunday, March 6.

Anyone planning on attending this year's Expo can stop by a welcome station and pick up a free Expo Advertisement Booklet. The booklet is filled with vendor coupons, a map of the show, workshop schedules and several home improvement tips.

To view a complete list of the vendors, obtain the Expo layout, and download the workshop schedule visit [www.canton-mi.org/homeexpo.aspx](http://www.canton-mi.org/homeexpo.aspx). The Expo is free of charge and hosted by Canton's Building and Inspection Services Division, the Chamber of Commerce, and the *Observer & Eccentric Newspapers*.



BILL BRESLER | STAFF PHOTOGRAPHER

Kathy Rucinski pumps gas at the Marathon station at Mill and Main Street. She just opened a college savings account for a grandchild. "I wish I could put more in the account and less in here," said Rucinski, a Canton resident.

## GAS

FROM PAGE A1

lost to that unrest to keep oil prices from climbing.

Locally, some drivers wanted someone — mostly the government — to do something.

Richard Mitchell of Canton is facing the loss of his recently purchased Ford Focus

because, he said, he simply can't afford to keep it, with the cost of insurance and rising gas prices. He's thinking about selling it now.

"Nobody is doing anything about this in Washington," said Mitchell, pumping regular unleaded at \$3.45 per gallon at the Mobil station at Cherry Hill and Lilley in Canton. "I don't even drive that much, and it's still too

expensive for me."

Eddie Saad, a cashier at the Valero station at Ford Road and Haggerty, said the higher gas prices don't seem to be changing customers' buying habits, just their frustration level.

"They're buying the average they've always (bought)," said Saad. "They come in, they pay their \$40 and they complain. But they have to have their gas."

Saad said he feels the customers' pain, because his own per-week gas cost has risen from some \$50 to about \$70.

"I've got to buy my gas, too," he said. "It's not like anyone's giving me a free tank of gas."

Lee Feldkamp of Plymouth Township was much more pragmatic about paying \$3.39 per gallon at the Speedway station at Sheldon and Five Mile in Plymouth Township.

"I figured it was going to happen," Feldkamp said. "Sure, I'd like it to be cheaper, but the national prices are higher. There are a lot of things going on in the world right now."

# Museum to host lecture on Lincoln assassination

The Plymouth Historical Museum is known for its extensive collection of memorabilia connected with President Abraham Lincoln.

The museum will add to its Lincoln legacy with a presentation set for 7:30 p.m. Tuesday, March 10.

That's when Lincoln historian Dan Packer presents his free lecture, "The Day Lincoln was Shot," a summary of the people and events associated with Lincoln's assassination.

An overview of the political and military situation will be the backdrop of an almost hour-by-hour series of events on April 14, 1865, of Lincoln's actions and the actions of the conspirators that transpired before the fatal shot that changed America forever.

How the country reacted to the assassination will be discussed and a postmortem for the country and especially the South will conclude the presentation.

"Many questions about the assassination may be answered, but many more questions may arise after learning what really happened on April 14, 1865," promised Liz Kerstens, executive director of the museum.

Packer is a member of the Plymouth Historical Society Board of Directors and is the Plymouth Historical Museum's Lincoln Curator. This is a free lecture, open to the public. The Plymouth Historical Museum is located at 155 S. Main Street, one block north of downtown Plymouth.

For more information, call (734) 455-8940 or visit the museum's newly redesigned website at [www.plymouth-history.org](http://www.plymouth-history.org).

## CORRECTION

The caption beneath a photo in Sunday's *Plymouth Observer* should have said Northville Township firefighters provided mutual aid to the Park Manor apartment complex fire in the city of Plymouth last month. Since the story accompany-

ing the photo was about the city of Plymouth's fire service agreement with the city of Northville, the caption in the photo gave the wrong impression it was city of Northville firefighters who responded, which is erroneous.

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# Chili fest's record fundraising benefits Habitat for Humanity

BY MATT JACHMAN  
OBSERVER STAFF WRITER

Amy Tracy had long thought of home ownership as beyond her reach.

That changed in December, when she and son Kamron, 12, moved into a new house in Westland with the help of Habitat for Humanity of Western Wayne County.

Tracy, who runs a child-care center at a social services agency, pays Habitat a zero-interest mortgage for her house, and also put in hundreds of hours of sweat equity in lieu of a down payment, working on Habitat building projects and volunteering at the Great Lakes Regional Chili Cookoff in Plymouth last October.

"That was a fun day," Tracy told members of the local Habitat board of directors on Monday. "I'll be at the next chili cookoff."

## HELPING HABITAT

The nonprofit Great Lakes Regional Chili Inc. is a major contributor to Habitat, raising \$138,000 for the organization since 1996.

On Monday, the couple behind Great Lakes Regional Chili, Ken and Annette Horn, stopped by the Habitat office to deliver the proceeds from last year's cookoff: \$37,500. It was the most money raised so far through a single Plymouth cookoff, the Horns said.

"Ken and I are thrilled to support such a great charity that in turn attracts the volunteers necessary to enable us to run our event," Annette Horn said.

Habitat was responsible for mobilizing about 170 volunteers, including Tracy, for the last cookoff, said Alice Dent, director at the local Habitat office.

"It's a major contribution.



Habitat for Humanity of Western Wayne County officials and friends celebrate the donation of \$37,500 from Great Lakes Regional Chili Inc. From left are Amy Tracy, a new Habitat homeowner; Larry Carrington, who helps organize the Great Lakes Regional Chili Cookoff's motorcycle exhibition; Alice Dent, director of Habitat for Humanity of Western Wayne County; Bharti Washington, who also helps organize the motorcycle show; local Habitat board members Herb Scott, Marcia Goffney, Andy Emmert (face partially hidden) and Jim Krone; Annette and Ken Horn, who organize Plymouth's annual chili cookoffs; Habitat board president Gil Schuckman; and board member Tom Risi.

This is the largest single fundraiser that we've received," Dent said of the check dropped off by the Horns. "We are blessed and honored to participate in this annual event."

## OFFERING THANKS

For Tracy, who had stopped by the Habitat office with a mortgage payment, Monday's check presentation was an opportunity to thank the Horns and Habitat board members, who had gathered for their monthly meeting.

Tracy, who rented an apartment in Plymouth before buying her house, said the home in Westland has given her and Kamron security, financial

stability and a greater sense of optimism for the future.

If Kamron, who is interested in architecture, wants to attend graduate school after college, for example, she'll be in a position as a homeowner to help him do that, Tracy said.

Dent said praised the chili cookoff, calling it an event that brings people together for a good time and a good cause. Despite the state's recessionary economy, she said, the cookoff's fundraising is above what it was when times were better.

"It shows that the giving spirit of Michiganders is still strong," Dent said.

Habitat for Humanity of

Western Wayne County has seven building projects scheduled for this year, both new construction and home rehabilitations, Dent said. Habitat volunteers will be working in Redford Township, Westland, Taylor and Romulus.

Habitat budgets about \$80,000 for each new home its volunteers build.

Great Lakes Regional Chili Inc. has contributed to several other charitable and service organizations in its 15-year history, including the Salvation Army, the Make-a-Wish Foundation and the Rainbow Connection.

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# Symphony gets brassy with its season finale

The Plymouth Symphony wanted to cap its regular season with a finale that's "big, bold, brassy and breathtaking."

PSO musicians believe they've accomplished just that with their finale, Mussorgsky's masterpiece, "Pictures at an Exhibition," which was composed around themes based on the composer's artist friend, Viktor Hartmann including the beautiful and familiar, the "Great Gates of Kiev" based on his paintings of the facade of the entrance for the City of Kiev.

The regular-season finale takes place 7:30 p.m. Saturday at the Village Theater at Cherry Hill in Canton.

Continuing the artist theme of the concert, the orchestra will perform a World Premier of Katherine Hoover's work, "J.M.W. Turner; Impressions," based on the lush landscapes of English painter, J. M. W. Turner. Katherine Hoover will be attending this world premier of her work and will be a part of the On-Stage Presentation with Conductor Nan Washburn prior to the concert.

Throughout the performances of both pieces the artwork will be illuminated on the scrim as the orchestra performs each piece.

"Katherine Hoover is an extraordinary composer. She has a wide and fascinating vocabulary which she uses with enormous skill.



Hoover

Her music is fresh and individual," said John Corigliano.

Hoover resides in New York, where she maintains

an active career as composer, conductor, and flutist. She is the recipient of a National Endowment Composer's Fellowship and many other awards, including an Academy of Arts and Letters Academy Award in Composition.

Hoover attended the Eastman School of Music and holds a Masters in Music Theory from the Manhattan School, where she taught for years.

Hoover has also attended the Conductors Institute and has led performances in Wisconsin, West Virginia, New York, and Pennsylvania. The commissioning, rehearsing, and premiere of her Dances and Variations at Kennedy Center are the subject of an Emmy-winning documentary, called New Music, by Deborah Novak.

The concert is sponsored by The Partnership for the Arts and Humanities in Canton and the Bank of Ann Arbor. Tickets are \$25 for adults, \$20 for seniors, and \$10 for students.

For tickets and information please call (734) 451-2112 or online [www.plymouthsymphony.com](http://www.plymouthsymphony.com).

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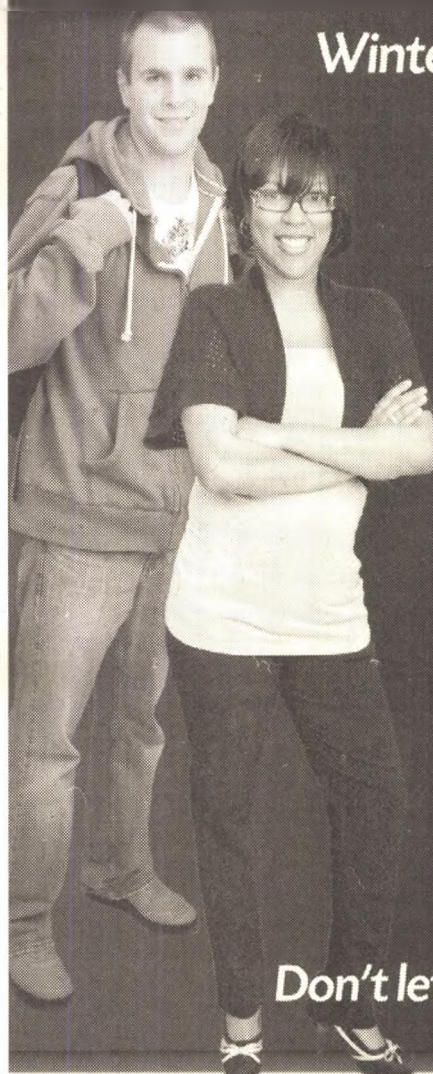


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## FIRE

FROM PAGE A1

ity or your desire to balance the city's budget. I guess I do question ... why residents were not surveyed, polled, allowed to vote, have a voice," said Nancy Sullivan, also of Plymouth. "City residents are not informed right now about the implications of this decision."

"Public safety is one of the reasons a city exists," said Tim Sullivan, also of Plymouth. "If we can't provide for our own public safety, why are we here?"

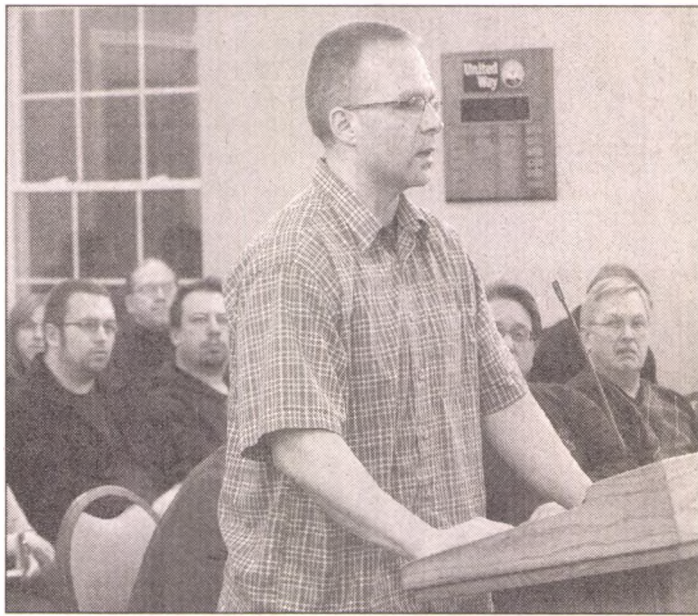
But commission members said they're confident the new model will work — and save the city money.

"I wouldn't vote yes unless I was absolutely certain," Mayor Dan Dwyer, who has long pushed for a less costly approach to public safety services, told the crowd. "This city, like every other city in the state of Michigan, is going to go broke if it does government the way we continue to do government."

The 12-year agreement was approved in Northville last week by a unanimous vote of the city council there. It will expand the 33-member Northville Fire Department by up to 25 firefighters, reopen the fire station next to Plymouth City Hall, and equip it with fire trucks and equipment.

The expanded department will respond to fire and medical emergencies in Plymouth, plus be responsible for fire inspections and fire prevention and safety programs. Dwyer has said many Northville firefighters already live in the Plymouth area, and that some veterans from the department will be reassigned to respond to emergencies from the Plymouth station.

Plymouth will be charged for services on a proportional basis. Startup costs — for hiring, equipment and refurb-



Kevin Henderson questions the proposal to switch to a fire services agreement with the city of Northville.



Nancy Sullivan talks about her family's personal experience with EMS.

bishing the old fire station — are estimated at up to \$1.2 million, and will be borne by Plymouth.

### LEAVING PCFD

Northville firefighters are certified, and most are trained as medical first responders, but almost all work on a part-time, on-call basis and are not union members. The department's current budget is about \$443,000 a year. Chief James Allen is the only full-time employee.

Plymouth's move is an alternative to the unionized Plymouth Community Fire

Department, from which the city will be withdrawing after this year. The PCFD has 21 full-time firefighter paramedics, plus a chief and an inspector, at three fire stations. The department serves Plymouth and Plymouth Township and has a budget of about \$4 million a year, of which Plymouth's share is about \$1 million.

Several PCFD firefighters attended the meeting and spoke against the plan, with some suggesting Plymouth should take regionalization a step further and involve Plymouth and Northville townships as well as the city of Northville.

"We need to put our differences aside, put these communities together, and form one fire department," said Rick Tefend, a lieutenant in the PCFD and the president of International Association of Fire Fighters Local 1496.

Afterward, firefighter Greg Mangan, the treasurer of Local 1496, said firefighters will keep talking to officials to push for more regionalization. The PCFD faces job losses and

a major reorganization once Plymouth leaves the arrangement.

Commissioner Ron Loiselle, however, said a move for a regional fire department had failed in the past.

### 'I TRUST THE PROCESS'

Commissioner Ed Hingelberg said he's worked as a firefighter in the city of Troy, which also has part-time, on-call firefighters, and is comfortable with the system.

"I trust the process here," Hingelberg said. "It's a tough, tough decision, but I trust the process we're going through." City officials have for years been discussing ways to find savings in the delivery of public safety services, and a study last year by the International Association of City Managers suggested several alternatives to the current PCFD. The study's suggestions didn't include a partnership with Northville, but did include providing heart defibrillators for the police, and training officers to use them, something officials said will be done.

Dwyer took issue with the contention that residents haven't had the chance to get information about city officials' study of public safety services.

"This discussion has been going on in public for years on this board, literally for years, and if people don't know, it's because they don't choose to know," he said.

After the meeting, Commissioner Mike Wright sought to reassure a resident who had expressed concern over the arrangement with Northville.

"If we can have the same high-quality service we already provide at less cost, then it only makes sense," Wright told a reporter.

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

# Car vandalized outside salon

A Canton Township man's 2010 Lexus was vandalized as it sat outside the Happy Nails and Spa, on Ann Arbor Road in Plymouth Township, on Sunday.

The car's passenger-side front fender and doors were heavily scratched, according to a Plymouth Township Police Department report, and the right front tire had been slashed.

The victim told police the Lexus had been parked outside the salon between 9:30 a.m. and 8:30 p.m.

— By Matt Jachman

### FIRE RUNS

The Plymouth Community Fire Department responded to the following runs during the period Feb. 23 through March 1:

- Tuesday, March 1 — Residential rescue runs on Northville Road, on Dewey, on Heritage, on Mill, on Haggerty and on Northern; rescue run on Five Mile; investigations on Northville Road and on Ann Arbor Road.

- Monday, Feb. 28 — Commercial rescue runs on Ann Arbor Road and on Plymouth Oaks; residential rescue runs on Heritage, on Northville Road, on Pacific, on Plymouth Road and on Sycamore; vehicle accidents on westbound M-14 at

### CRIME WATCH

Robinwood, at Schoolcraft and at Hines.

- Sunday, Feb. 27 — Residential rescue runs on Westbrook, on Northville Road, on Newport; commercial rescue run on Five Mile; vehicle accident at Ann Arbor Road and Beck.

- Saturday, Feb. 26 — Rescue runs at a public building on Haggerty; residential rescue runs on Clare, on Starkweather and on Mill; commercial rescue run on Ann Arbor Road.

- Friday, Feb. 25 — Rescue runs on Caster, on Main, on Gloucester, on Haggerty, on Meadowhill, on Harding, on Woodberry, on Ann Arbor Road, on Heritage and on Morrison.

- Thursday, Feb. 24 — Vehicle accident on westbound M-14 east of Beck; residential rescue runs on Westbrook, on Newport, on Evergreen, on Lilley and on Briarwood; investigation on Halyard; rescue run at a public building on Haggerty.

- Wednesday, Feb. 23 — Vehicle accident at M-14 and Beck; rescue runs on Main, on Haggerty, at westbound M-14 and Northville Road, on Ricard, on Beck and on Provincetown.

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Saturday, March 26, 2011 • 11:00 am - 3:00 pm  
Wags to Wiskers Pet Supplies • 44707 Five Mile Rd. @ Sheldon Rd., Plymouth

Sunday, March 27, 2011 • 12:00 pm - 4:00 pm  
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AROUND PLYMOUTH

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

**Kumon open house**

Kumon Math and Reading Center of Plymouth hosts an event for parents and children from pre-school to high school to learn about Kumon's enrichment program 10 a.m. to 2 p.m. Saturday, March 5, at their Plymouth location, 580 Forest in downtown Plymouth.

Sign-up for a free-placement test, receive educational information to help your child advance his or her skills in math and reading, and develop a love of learning through the Kumon Method of learning. Participants all receive a complimentary Kumon Reading List that includes hundreds of award-winning authors from around the world and organized by reading ability.

To receive information about the Kumon visit [www.kumon.com](http://www.kumon.com) or call: 1-877-586-6673.

**Coffee with Heise**

State Rep. Kurt Heise is sponsoring coffee hours to give residents a convenient opportunity to meet with him locally.

Heise will talk with residents on Friday, March 18, at the Parthenon Coney Island and Restaurant, located at 39910 Ford Road, in Canton, from 7:30 to 9 a.m. No appointment is necessary.

In addition, Rep. Heise is also available to meet with constituents by appointment either in the district or at his Lansing office. Residents are invited to call toll free 1-855-REPKURT or e-mail [kurt-heise@house.mi.gov](mailto:kurt-heise@house.mi.gov) to schedule an appointment.

**Hip-hop fundraiser**

Metro Dance Company is hosting a hip hop benefit "Dance From the Heart" to raise funds for The Miracle League of Plymouth. The event is open for anyone ages 8 to adult, regardless of experience, and will be held at Metro Dance Company in Plymouth 1-4 p.m. Saturday, March 19.

Registration for the event is underway. Hip hop classes are \$15 per student with 100 percent of the proceeds donated to The Miracle League of Plymouth. Anyone interested in the event can contact Metro Dance Company at (734) 207-8970 or by e-mail at [info@MetroDanceCompany.com](mailto:info@MetroDanceCompany.com).

"We wanted to hold this fundraiser because it directly



**Calvin coming**

The Calvin College Wind Ensemble presents a concert at Plymouth First United Methodist Church 7:30 p.m. Saturday, March 12. The 35-member ensemble, directed by Tiffany Engle, will present a variety of selections as part of their weekend tour to southeast Michigan. Admission is free; an offering will be received. First United Methodist Church is located at 45201 N. Territorial Road, a mile east of Beck Road, and offers ample parking and barrier-free entrance. All are invited and encouraged to attend. For more information, call (734) 453-5280.

benefits some very special children in our community," said Metro Dance director Kristie Wyler. "Our goal is to raise as much money as possible to help these children and their families enjoy good times together."

**Appraisal clinic**

The Plymouth Historical Museum hosts an antique appraisal clinic with Ernie DuMouchelle of DuMouchelle Art Galleries in Detroit on Wednesday, March 30, from noon to 6 p.m. Items to be appraised include antique furniture, art, and small objects. No jewelry please. Appraisals are by appointment only and time slots are filling up quickly. Oral evaluations will be provided for \$10 per item; written evaluations will be provided for \$15 per item.

Call for an appointment, (734) 455-8940. The Plymouth Historical Museum is located at 155 S. Main Street, just north of downtown Plymouth.

**Mom to Mom**

Bentley Elementary School hosts its PTO Mom-2-Mom Sale 10 a.m. to 2 p.m. Saturday, March 5, at the school, located at 1100 S. Sheldon in Canton.

Proceeds from the event will benefit the PTO and Bentley students, with the hope, organizers say, to be used for future

playground equipment and classroom grants at the school. Entry fee is \$1; strollers allowed after 11 a.m. Table fee is \$15, and there are still a few available.

For more information, call Christine Wegrzyn at (734) 331-2160 or e-mail [rcwegrzyn@gmail.com](mailto:rcwegrzyn@gmail.com)

**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/4/2011Application-ScholarRotary.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>

**PLAV recruiting**

PLAV Post #166, located at 39375 Amrhein in Livonia (at the corner of Amrhein and Eckles) is seeking veteran members interested in joining a vibrant post, restructuring itself in the 21st century. The Post goal is to have a significant and meaningful impact within the veteran community.

The post meetings are the second Monday of every month at 7:30 p.m., with the exception of July and August, and a light lunch with refreshments follows. Free beverages are provided throughout the meeting's. Those interested in additional information are welcome to call Roger L. Kehrier at (734) 453-2031 or stop in the night of a scheduled meeting.

**AAUW still taking prom dress donations**

The Plymouth Canton AAUW Prom Dress Sale takes place noon to 4 p.m. Sunday, April 10, and 6-8 p.m. Monday, April 11, at Memorial Elementary School, 3001 Marquette, Garden City (between Henry Ruff and Middlebelt).

The sale is to provide prom dresses for girls who are not able to afford them in this economic climate. AAUW thanks all those who have contributed and will continue

accepting donations through March 31. Accessories such as purses, and jewelry are also welcome.

AAUW volunteers will pick up contributions or donors can bring them to any meeting.

To arrange for pick up, e-mail or call S. Zaetta at [szaetta@wowway.com](mailto:szaetta@wowway.com) (734-455-6366), K. Bellows at [KiggityKate83@aol.com](mailto:KiggityKate83@aol.com) (734-421-8807) or E. Nelson at [genelson1c@att.net](mailto:genelson1c@att.net) (734-981-4938).

**Church hosts benefit concert for 'Maggie' fund**

St. Kenneth Catholic Church in Plymouth hosts "Coffee House Concert" 7-9 p.m. Saturday, March 26, with proceeds to benefit the Central Middle School band and the Maggie Kathleen Furlong Memorial Fund of the Educational Excellence Foundation, supporting Plymouth-Canton Community Schools.

The EEF supports Plymouth-Canton schools. Donations to the Maggie Kathleen Furlong Memorial Fund will be used in accor-

dance with the Furlong family wishes - either for scholarships or classroom grants to support education in Plymouth-Canton Community Schools.

The event will feature beverages and desserts, the concert, a bake sale, handmade pins and items for sale. St. Kenneth's is located at 14951 N. Haggerty in Plymouth Township.

To donate, go to [www.pccs.k12.mi.us/eef](http://www.pccs.k12.mi.us/eef) and follow links to scholarship funds. Donations for Music for Maggie accepted at the door.

**Raffle supports Miracle League, other efforts**

Plymouth A.M. Rotarians are pleased their Jack of Spades 50/50 Raffle total's up to \$1,038, plus 50 percent of what's sold this week.

Tickets cost \$1 each, with the drawing held 9 p.m. each Friday at Station 885 in Plymouth's Old Village. The yearlong fundraiser began Oct. 15 and will run through Oct. 21 of this year.

There are 54 cards, put in envelopes and stored at Station 885. A winner wins a minimum of \$25 for having his or

her ticket drawn. There are also some bonus cards such as jokers.

The Plymouth A.M. Rotarians saw another club have a successful fundraiser and borrowed the idea to support the Foundation functions, "one of which is the Miracle League," said the club's Dick Schmidt. That ballfield will be in central Plymouth for special-needs youth.

The tickets are available from A.M. Rotarians or at Station 885.

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## BUSINESS BRIEFS

### Creative thinking

ArtServe Michigan, Michigan's statewide nonprofit arts-advocacy organization, announced Plymouth resident Dorrie Milan has joined the team as Creative Industries Associate.

Milan will assist in carrying out the policies and programs supporting individual creative practitioners in Michigan. These programs reach statewide to promote, connect and support the many artists, designers and design-makers working at the forefront of their respective disciplines and aim to demonstrate the innovative capacities of individual artists and creative practitioners.

With more than 25 years of experience in the business of arts, Milan most recently served as Membership/Program Coordinator for The Arts Alliance in Ann Arbor, Mich., where she implemented a membership program and coordinated educational and networking events, among other initiatives. Previously a performer and choreographer for various groups in Metro Detroit and an educator in dance for area studios, community outreach programs and community education dance programs, she also has co-owned Curtain Call Dance Studio in Canton, Mich. for the past 11 years.

Milan is a member of the Canton Commission for Arts, Culture and Heritage, but she formerly has served as president of AMPLifying the Arts — a student group at EMU — and as a board member for Spotlight Players in Canton.

Milan earned her master's degree in Arts Administration from Eastern Michigan University, where she also

earned her bachelor's degree in Dance Education.

### Technology chief

Movimento Inc. — a Gothenburg, Sweden-based company known as the "go-to" company for control system diagnostic products and services — announced it has named Justin Schroeder its new Chief Technology Officer.

Schroeder most recently served as Vice President, Global Product Management for Movimento where, among other duties, he led global product development for diagnostic hardware and software interface requirements. Schroeder brings to the



Schroeder

CTO role a detailed technical background in successful management of wide-ranging vehicle diagnostic activities. According to Movimento CEO, Benjamin Hoffman, Schroeder is responsible for research and development activities for Movimento, as well as the oversight of the technical organization globally.

"Justin brings uncommon knowledge, enthusiasm and drive, and, a unique set of interdisciplinary skills which will form the core of technology for our products today and tomorrow," said Hoffman. "He has the exceptional combination of an inquisitive mind, natural leadership, communication, and interpersonal skills."

### Business news

Some things going on in downtown Plymouth, courtesy officials at the Downtown Development Authority:

- Carol Uber and her husband, Bob, of Home Sweet Home on Ann Arbor Trail just came back from an antiquing trip through Ohio, Indiana, Kentucky and Tennessee. Her

new antiques are being displayed in the store.

- The Brass Iron & Bed Shop is moving from Ann Arbor Trail to Forest Place, next to Francis Jewelry Gallery, in April. Look for jewelry discounts and the sale of displays before the move. The 1,400-square-foot space will be available March 30. Anyone interested can call Carol at (734) 719-0667.

- Salon Awesome on Main St. has partnered with the Makeup Loft. Beginning March 1 they will offer on-site makeup services next door at That's Awesome. Makeup Loft's head makeup artist and owner, Janelle Thomason, recently made the "Best of Weddings" by The Knot Magazine. One of her clients is Miss USA Rima Fakhri, and she has also worked with Kim Kardashian's makeup artist. Call the Makeup Loft (734-891-7962) or Salon Awesome at (734) 927-0800 for appointments.

### Streetscape 2011

The 2011 downtown Streetscape project is expected to begin sometime in April. This year's main focus will be to construct a concrete intersection and install traffic light mast arms at the intersection of Main and Penniman, repave Penniman from Harvey to Union, and repave the remainder of the streets throughout downtown.

### Career change?

Out of a job? Changing careers? Become a real estate agent and be ready for the upcoming real estate boom. REMERICA HOMETOWN will be presenting a pre-licensing training class beginning soon by Real Estate Professional Education Group, LLC, at 41025 Ann Arbor Road in Plymouth.

Call today for a reservation or a private interview. Call Judy at (734) 459-6222 or e-mail judy.courtney@remerica.com.



Vogue Tyre has opened a custom center at Don Massey Cadillac in Plymouth.

## Vogue opens Plymouth custom center

Vogue Tyre & Rubber Company announced the opening of its 16th Custom Center location at Don Massey Cadillac in Plymouth.

Vogue officials said Don Massey Cadillac "has long been known as one of the largest and most successful Cadillac dealerships in the country." The opening of a Vogue Custom Center there will provide Don Massey's customers with the ability to personalize their new and pre-owned vehicles with the latest

in custom-made Vogue tyres as well as Vogue wheels and appearance accessories.

Across the United States, Vogue Custom Centers operate as turnkey aftermarket departments for new car dealerships, providing inventory and merchandising services along with the latest in exclusive products, all with the professional support from trained Vogue personnel.

"We're excited to expand our custom centers into the Michigan market with such

a well-respected dealership," said Vogue Tyre President Greg Hathcock. "By making our products easily accessible to Massey's upscale clientele, we look forward to continued success and a prosperous partnership that is ahead of us."

Don Massey Cadillac is located at 40475 Ann Arbor Road.

For more information, contact Greg Hathcock or Blair Littlefield at 800-323-1466 or visit [www.voguetyre.com](http://www.voguetyre.com).

## CHAMBER CHAT

### Dog listeners

Wags to Wiskers will be featuring Beverly Morgan, Certified Dog Listener, speak about canine behavior in a class for dog owners who want to better understand their dogs.

Sessions will be offered Saturday, March 5, and Saturday, March 12, from 11 a.m. to 2 p.m. The cost is \$120 (for both classes) or \$100 for dog owners who donate a 10-pound bag of food to Tail Waggers.

Wags to Wiskers is located at 44707 Five Mile in Plymouth. For more information or to register call (734) 453-3884.

### Snowman photos

Now that more snow has fallen, locals are being encouraged to gather it up and get creative. The City of Plymouth's Recreation Department is sponsoring a photo contest. Build a snowman (or woman), dress him/her up and take a picture. E-mail it to Lauren at [lobsnik@ci.plymouth.mi.us](mailto:lobsnik@ci.plymouth.mi.us) or drop it off at the Recreation Department (525 Farmer) along with your name, address, phone number and e-mail address by Friday, March 4.

Judging will take place the week of March 7 and the winner will be announced March 14.

### Upcoming March Events

- 10-Member Connection — Join the Plymouth Community Chamber of Commerce for its second Ten Member Connection of 2011 8-9 a.m. Thursday, March 10, at the Chamber office, 850 W. Ann Arbor Trail in downtown Plymouth.

Make nine new valuable business contacts in one hour in addition to doing a short 3-4 minute presentation about your business. Afterward everyone can stay to finish off the coffee while getting to know each other better.

Attendees are limited to the first 10 members who respond and who are from different business categories. To sign up for the 10 Member Connection, call (734) 453-1540 or e-mail [wes@plymouthmich.org](mailto:wes@plymouthmich.org).

- Multimedia marketing — Many marketing campaigns hook potential customers with catchy slogans or pictures. While snappy text and design might make a customer take a second look, it does not always convert a customer lead into a sale. Print, radio, TV, direct mail and internet are all parts of a successful marketing campaign, but how you put it together dictates your success. This workshop will show you how to get the biggest impact with your target audience for the money spent.

This Business Development Series workshop is scheduled 8:30-9:30 a.m. March 22 at the Chamber office (850 Ann Arbor Trail). To register for the workshop e-mail [teri@plymouthmich.org](mailto:teri@plymouthmich.org) or call (734) 453-1540.



### New version

The remodeling is completed at the McDonald's at 220 W. Ann Arbor Road in Plymouth. Chamber officials, staff, friends and customers gathered together for a ribbon cutting recently to celebrate the grand reopening.

- Business mixer — Breaking the Boundaries Business Mixer - March 24 — Join 300 other business people from Western Wayne County for one of the best networking events of the year in this region. The annual Western Suburban Area Council of Chamber's "Breaking the Boundaries" Business Mixer will be at Burton Manor on Thursday, March 24, from 5-7 p.m. The event is designed for networking, where business meets business across every border in the western suburbs. This year's event will include a presentation by Carol Kocan, a Dale Carnegie trainer, on "Networking and Working the Room" from 5-5:30 p.m.

The cost to attend is just \$10, which includes food, and there will be a cash bar. Due to the overwhelming popularity of this event there are no walk-ins allowed and everyone must be pre-registered. To register for the event or to reserve exhibit space, e-mail the Chamber at [teri@plymouthmich.org](mailto:teri@plymouthmich.org) or call (734) 453-1540.

### Business show

Laurel Park Place in Livonia hosts a Small Business and Home Based Business Show March 25-27 during regular mall hours. This event is to assist owners with promoting their smaller business and home based business to build customer clientele. It's an opportunity to showcase your business to a larger audience, meet directly with new potential customers and sell your products and services on-site.

The cost is \$200 and includes an 8-foot table with tablecloth, skirting and one chair. Reservations for the event will be accepted through March 1. For more information or to reserve a space, contact the mall office at (734) 462-1100, Ext. 227 or Ext. 260, or e-mail Dan Irvin at [Dan\\_Irvin@cblproperties.com](mailto:Dan_Irvin@cblproperties.com) or Claudia Frederick at [Claudia\\_frederick@cblproperties.com](mailto:Claudia_frederick@cblproperties.com)

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Sunday: 11am - 5pm

# Have a game plan for how to spend your tax refund

It's that time of year when many taxpayers begin to receive tax refunds from the Internal Revenue Service and the State of Michigan. Most people will put the refund in their checking account and before they know it, it will evaporate.

In these difficult economic times it makes sense to have a game plan on what to do with the refund. I look at tax refunds as a bonus because if you're smart with the money, it'll pay dividends down the road.

My advice for most people is to use the refund to pay down charge card debt. On average, Americans are paying 18.5 percent interest on their charge cards and that is not tax deductible. By paying down charge card debt, you're getting at least an 18.5 percent return on the money. I can't think of any investment that



**Money Matters**  
**Rick Bloom**

offers that type of guaranteed return.

In paying down charge card debt, keep in mind that not all cards are the same. The interest rate can differ dramatically. Basically, the right charge card to pay off is the one with the highest interest rate.

Besides paying down the debt, you will also have the benefit of being able to sleep at night. I've always found that people with less debt seem to be more at ease with their financial situation.

For those lucky enough not to have charge card debt, another great alternative for a tax refund is sav-

ing for retirement. If you qualify, you can invest the money in an IRA, Traditional or Roth. If you are maxed out on what you can contribute to IRAs, you can do a Roth conversion. In other words, you can take Traditional IRA money and convert it to the Roth money and use your tax refund to pay the additional taxes.

You can never save too much for retirement. As I've mentioned in the past, retirement is a new concept in the history of mankind and therefore, as you enter retirement you're entering the great unknown. One way to assure yourself of a comfortable retirement is to have sufficient financial resources. That is why I encourage people to use tax refunds to save for their retirement.

A college education for children or grandchildren is another solid

idea for that tax refund. Set up a Michigan Education Savings Plan. After all, with all the budget cutting going on here and around the country, there is no doubt that the cost of a college education will continue to rise.

Anyone who reads this column knows I'm a fan of the Michigan Education Savings Plan (MESP). The beauty of the MESP is it does not take a lot of money to start. In fact, you can start a plan for as low as \$25. Therefore, it doesn't matter what your tax refund is, you can establish an account.

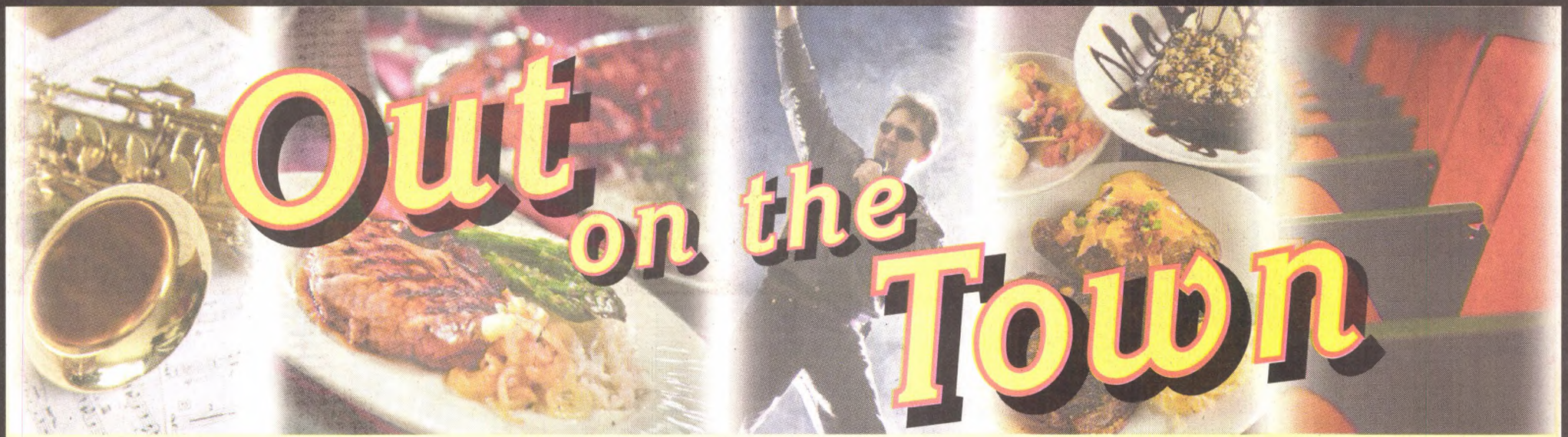
One last consideration for that tax refund is the amount of cash and short-term resources you have available. Every individual needs three to six months of emergency funds — living expenses that you keep liquid

in case of emergency. This is a great time to look at your emergency cash needs and if you do not have enough, tax refund can be used to supplement the fund.

According to the article I read, tax refunds should be very generous this year. In other words, many people are going to get significant refunds. While it is rare, in this economy, for people to receive bonuses from their employers, that is exactly what a tax refund is. Therefore, be smart with it and make sure you have a game plan to use it wisely.

Good luck!

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



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Map showing location at the intersection of Ann Arbor Rd. and Joy Rd. in Plymouth, MI.



Antigone (Lindsay "Zee" Nicholas) is confronted by Creon (Ryan Bardusch). The play is a metaphor for all of the players in World War II. Creon represents the evil of Nazi Germany, Antigone represents the French Resistance.

# It's Greek to them

## Park Players take on first-ever tragedy

BY BRAD KADRICH  
OBSERVER STAFF WRITER

When the Park Players take to the stage this weekend for their presentation of "Antigone," the 12-member cast will be doing something no other Park Players cast has ever done: Perform a Greek tragedy.

And taking center stage for the challenge, which director Paul Bird said is the first performance of its kind for the drama program, will be Lindsay Nicholas and Ryan Bardusch, whom Bird said must carry the load because they're in virtually every scene.

"I looked back over the 40 years of this program and we've never done a Greek tragedy before," Bird said. "It's been quite a challenge. It depends on (Nicholas and Bardusch) because they're the central plot and they're on stage the whole time. They've worked really hard at it; everyone has worked hard."

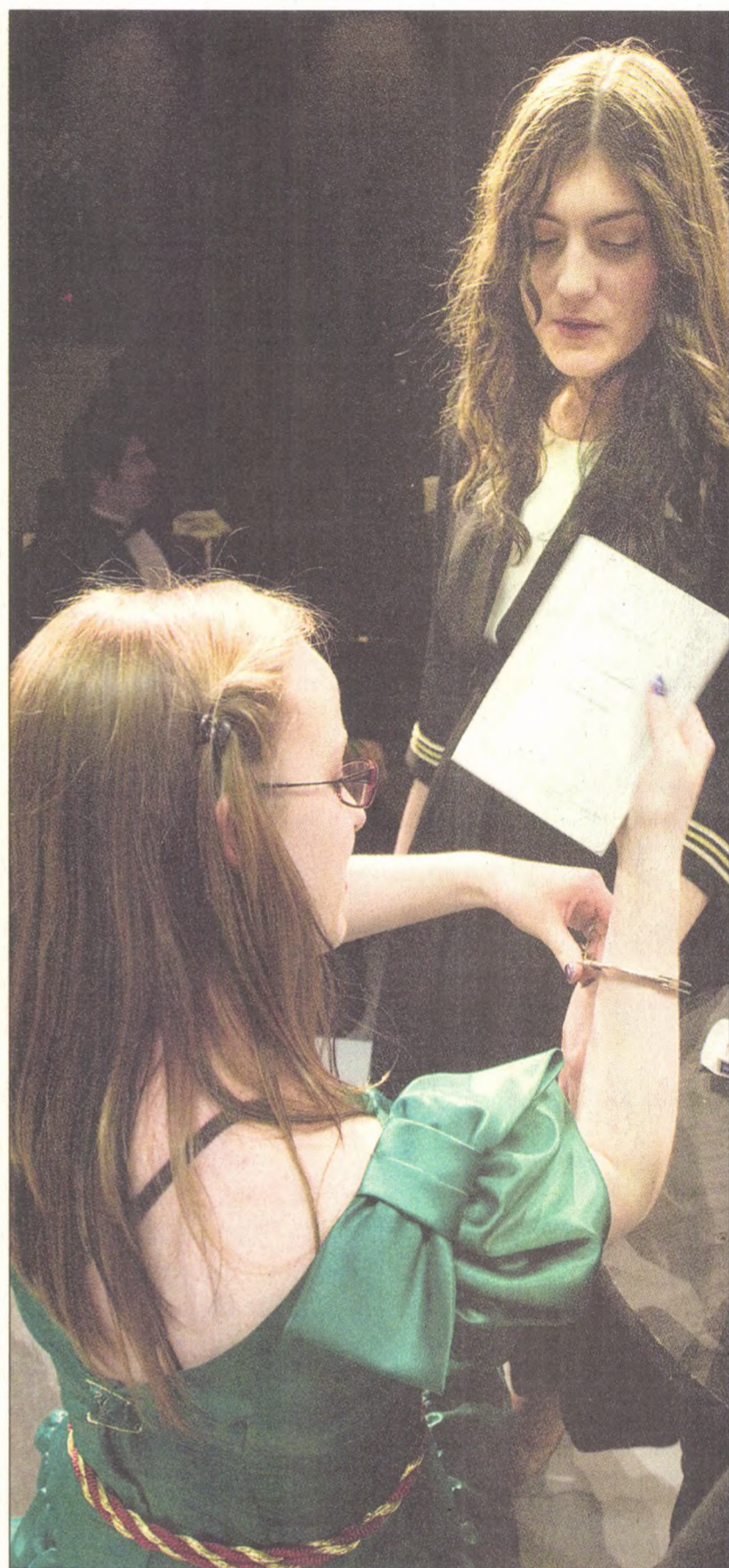
According to Bird, "Antigone" is the story of Antigone's desire to see her brothers, both killed in battle, get a proper burial. However, Creon (Bardusch) has decreed that one brother is to be "left to rot" in the field, and imposes a threat of death on anyone trying to bury him.

"Antigone decides it's her moral duty to bury her brother," Bird said. "That threat of death is the whole crux of the show, Antigone knows she'll be put to death, but she feels it's her moral duty, and she's willing to die for it."

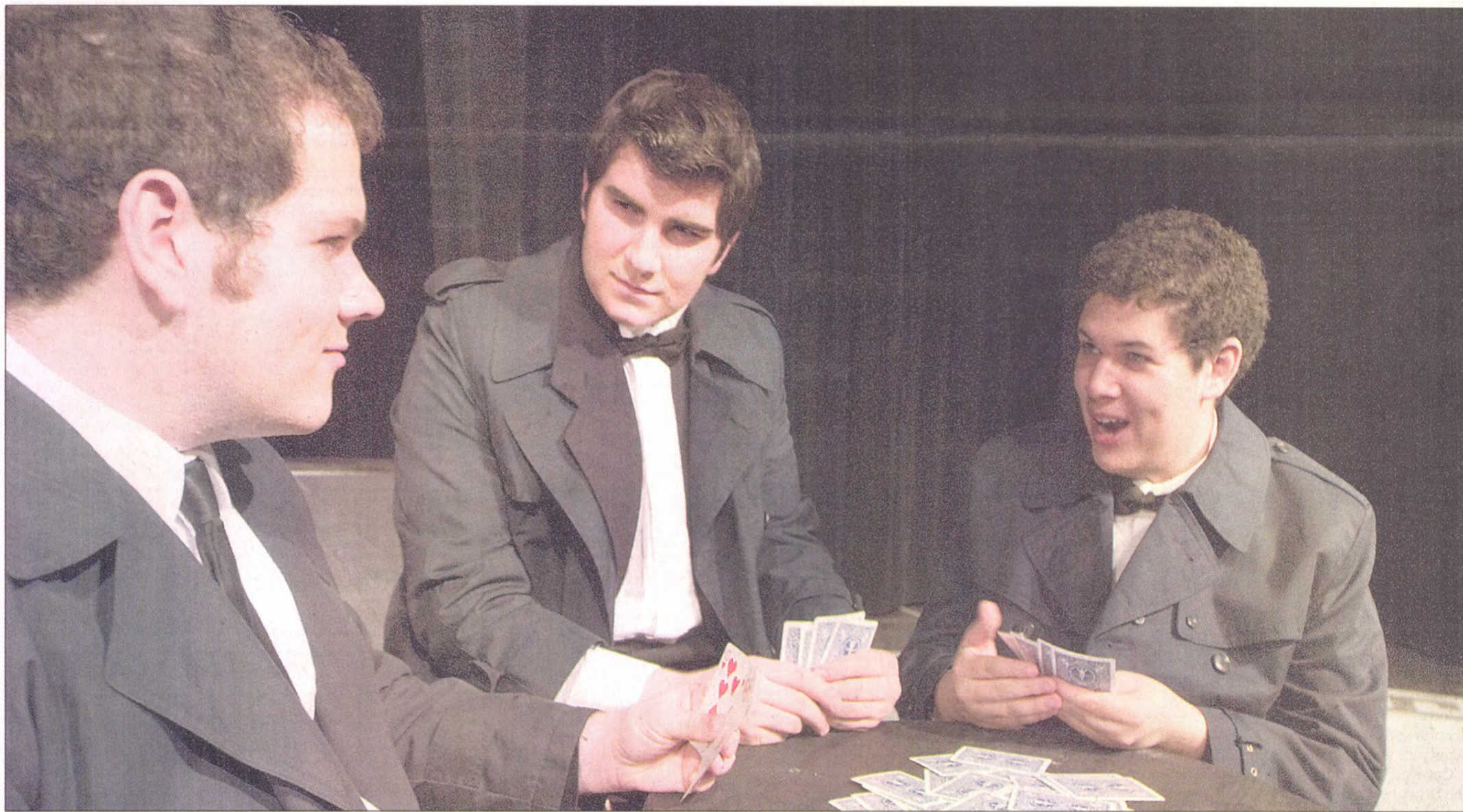
The show plays Thursday, Friday and Saturday (March 3-5) at 7 p.m.; there's also a 2 p.m. matinee Saturday.

All performances are at the DuBois Little Theater in Canton High School. Tickets are \$10.

bkadrich@hometownlife.com | (313) 222-8899



Lindsay "Zee" Nicholas and Meggan Ellis practice their lines for Antigone.



The Guards – Joe Jonas (Stephen Keller), Nick Jonas (Tommy Fafalios) and Kevin Jonas (Christopher Stephens) – while away the time.

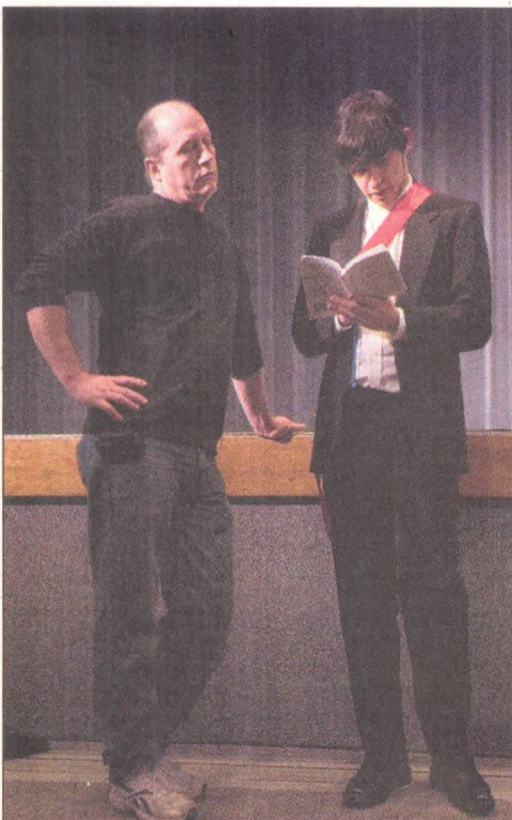
PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER



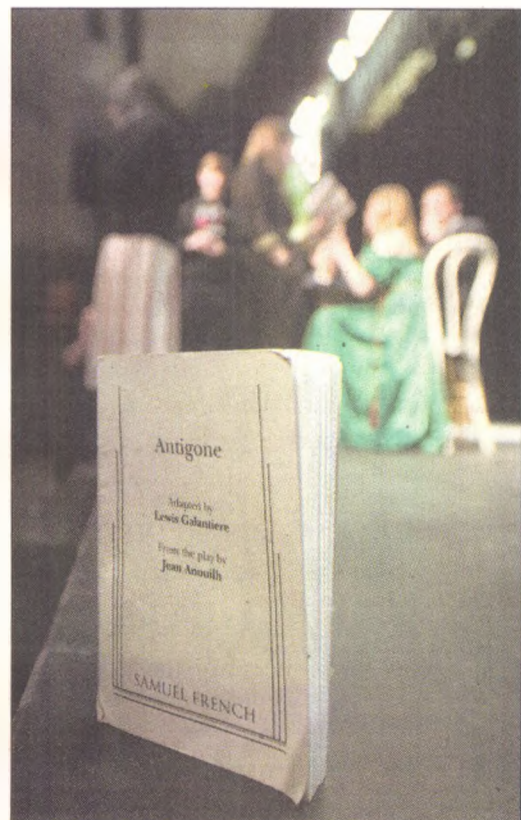
Haemon (Ian Crawford) loves Antigone (Lindsay "Zee" Nicholas). She tries to send him away, for she knows she'll be killed for her deeds.



Andrew Milad is a one-man Greek Chorus, narrating, moving the plot along, and cueing the audience on how to react.



Director Paul Bird and Ryan Bardusch go over lines.



Antigone opens Thursday, March 3, and runs Friday, March 4, and Saturday, March 5, all at 7 p.m., with a 2 p.m. matinee Sunday, March 6.







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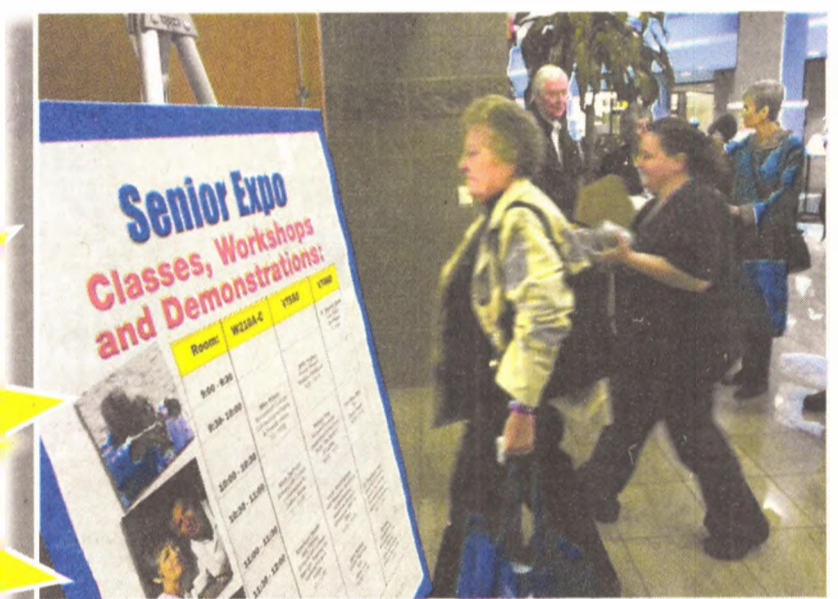
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# ENTERTAINMENT

Thursday, March 3, 2011

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BY SHARON DARGAY  
O&E STAFF WRITER

## Canine time

### Check out breeds in the ring and on that bench at Detroit Kennel Club Dog Shows

Carol Shaltz of Livonia hopes her Soft Coated Wheaten Terriers, Rory, Maggie and Ella, earn a few points at the Detroit Kennel Club Dog shows this weekend.

But more importantly, Shaltz, an owner, breeder and handler, wants to educate the public.

"To me the most important thing is letting the public meet the breeds," said Shaltz, who has owned soft-coated Wheaten terriers for 22 years and bred and shown them for 15. "When someone calls me for a Wheaten, if I don't feel they are the right family for a Wheaten, I'll tell them no and I'll tell them why. Then I'll tell them to go down to the Detroit Kennel Club show and meet the different breeds."

Shaltz says it's the perfect venue to look at a variety of dogs and meet reputable breeders who screen their breeding dogs for potential health problems. Appropriate testing for a Wheaten, for example, includes a hip x-ray, annual eye tests and complete urinalysis and blood profiles.

"I know the health of the parents, the grandparents and the great-grandparents," she said, adding that backyard breeders and pet stores generally don't keep track of dog health histories. "A lot of pet stores get puppies from puppy mills and have no clue of what grandpa died of. I always tell people if I don't have puppies when they call, to buy from a reputable dealer and ask questions. I'm here for the life of the puppy and not question is a silly one."

Shaltz, who breeds soft-coated Wheaten terriers under the name "Lil' Town Wheatons of Ardnacassa, is vice president of the Motor City Soft Coated Wheaten Terrier Club and is involved with the Ann Arbor Kennel Club's obedience programs.

She enjoys the benched portion of the show as much as the judging because it gives her a chance to talk with visitors about her favorite dog breed.



Terry Seraceno of Farmington Hills and Sassy, one of several golden retrievers who volunteers as a therapy dog.



Maggie earns a ribbon under the guidance of owner-handler Carol Shaltz of Livonia.



One of Carol Shaltz' soft-coated Wheaten terrier's eyes a treat at home in Livonia.

#### MEETING THE DOGS

"The Detroit Kennel Club Show is a must do. I think it is real important to educate the public. They can get their hands on the dogs and pet them."

Terry Seraceno of Farmington Hills wouldn't have it any other way. Her Golden Retrievers and other canine volunteers at Dr. Paws Pet Assisted Therapy Dogs, love pets,

Please see **DOG SHOWS, B6**

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ST. PAT'S DAY FUN  
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March 2011

# woman



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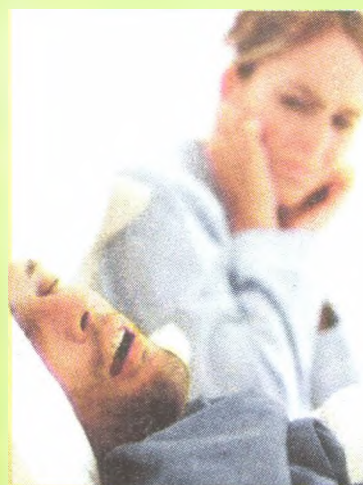
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# Spring: Get here soon, please

Spring arrives at 11:21 p.m. Sunday, March 20, and I am so ready.

Yes, I know it's Michigan and snow and cold weather are common in winter, but I'm ready for some milder, "friendlier" weather. I'm ready to put away boots, gloves, parkas and snow shovels. Aren't you?



**Susan Rosiek**

Today's edition of *Hometown Life Woman* is rushing the seasons (spring and summer) by writing about getting our legs and feet ready for sandal season. Contributing Writer Sally Rummel talks to physicians at the University of Michigan Vein Center in Livonia and area podiatrists about what it takes to have great looking legs and feet. And don't forget a pedicure to give your feet that polished look in open-toed shoes and sandals. We have a list of area places that offer great pedicures. So go ahead and indulge. It's one of the best regimens for feeling relaxed and rejuvenated.

And while summer is a few months away, it's not too early to start planning a camp experience for your kids. Contributing Writer Linda Chomin offers up a list of not-so-usual camps. Horseback riding camps, sailing camps and more — it makes you wish you were

a kid again. I hope this story will help area moms plan an exciting summer for their son or daughter.

Another interesting offering in today's *Woman* includes the "Raw Revolution." Contributing Writer Beth Jachman talks to local women and men who have adopted this lifestyle. The story outlines the benefits of uncooked, unprocessed and often organic foods. Today's story also offers a list of local classes, suggested reading and stores that can help if you decide to adopt the raw food regimen. We've even provided a recipe to try — a smoothie.

But if raw doesn't work for you and/or your family, there's more to read about food and cooking inside today's *Woman*.

Contributing Writer Bill Emerick helps answer the question: What's for dinner? Lots of great ideas and great classes and workshops offered by local markets and schools.

Don't miss the story and photos on local businesswomen. Contributing Writer Julie Brown asked local women where they got the idea to start their own business.

According to a report published by The Center for Women's Business Research, some 10.1 million firms nationwide are owned by women (50 percent or more), employing more than 13 million people and generating \$1.9

trillion in sales as of 2008.

Local women are part of the economic vitality of our communities.

I'm sure you'll find some of your friends, neighbors or the women who own the businesses you patronize featured in this story.

Enjoy today's *Woman* and, as always, I welcome your comments and suggestions for upcoming editions.

**Susan Rosiek**

**Publisher/Executive Editor**  
srosiek@hometownlife.com

## MOTHER KNOWS BEST

Send us (in 50 words or less) the best advice you received from your mom. Include a photo of your mom or, better yet, you and your mom. E-mail your best submission and photo (jpg format only) to srosiek@hometownlife.com. Include your first and last name, your hometown and identify your mother (first and last name, please). Include a daytime phone number or cell phone where you can be reached during business hours. The photos and advice will appear in the Thursday, May 5, Salute To Women edition of *Hometown Life Woman*. Deadline to submit advice and photo is 5 p.m. Friday, April 15.

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#### Editorial

615 W. Lafayette Blvd.  
Detroit, MI 48226

#### Circulation

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Plymouth, MI 48170

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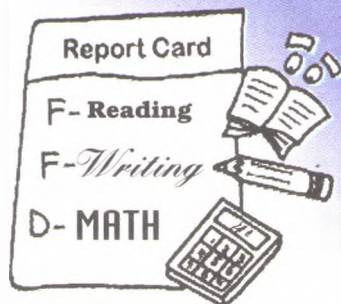
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**SHOP LOCAL**

# Fun up your St. Pat's Day

By Mary Quinley  
Correspondent

Whether you're Irish or like to pretend to have ties to the Emerald Isle, celebrating St. Patrick's Day is a great excuse to wander into a Shop Local retailer. Here are some suggestions where to find Irish-inspired goodies.

Slip on a Kelly green T-shirt from **Colleen's Gaelic Gifts in Livonia**. The fun shirt (\$21), decked with an Olde English "D" in the Irish flag's colors of green, white and orange, and, Detroit's Corktown landmarks, is available in sizes small through double X. Colleen's also carries a varied selection of jewelry (\$19.99 and up) — from wedding rings and pendants to bracelets and watches — engraved with the Claddagh, the Irish symbol representing love, loyalty and friendship.

Invite a couple of friends to **The Bee's Knees in Northville** for an Irish-themed, create-your-own-art party using pottery, clay, mosaics, silver metal clay or glass. The custom-made pieces run approximately \$20 each. Customers who celebrate the "green" holiday like to add shamrocks, leprechauns and family names to their mug, sun catcher, pendant, platter, necklace or other household or personal item.

Sip a soothing cup of tea made from one of the more than 150 international varieties from **TranquilTea Fine Teas and**

**Gifts in Plymouth**. Choose the loose Irish Breakfast Tea (\$2.25 an ounce; \$3.10 an ounce for decaffeinated); or, a box of 10 bags (regular) for \$4.25. While meandering through the shop, take a peek at the white ceramic teapots (\$21.59); and, the teapot-shaped salt and pepper shakers (\$13.99). Delicate painted shamrocks adorn these items.

Create-your-own Irish-themed pottery piece at **The Bee's Knees in Northville**.

Satisfy your Irish sweet tooth with a yummy dark-chocolate Guinness® cupcake topped with butter-cream frosting made with Bailey's® Irish cream. This cupcake, from **Just Baked in Livonia**, will be available March 4-6 and 11-19. Price is \$2.50 each or \$12 for six cupcakes. From March 15-19, try a chocolate or vanilla cupcake covered with butter-cream frosting and decorated with a green shamrock for \$2.25.

How about a shopping break on St. Patrick's Day with a dollop or two of Gaelic flavor? If you

wander into **John Cowley and Sons in Farmington** you'll be treated to traditional Irish chow of corned beef and cabbage accompanied by carrots and red skin potatoes. Thirsty souls might consider a crowd-pleasing favorite, the Irish Car Bomb, made with Guinness® stout, Jameson® Irish whiskey and Bailey's® Irish cream. Prices are

available at the eatery.  
Happy St. Patrick's Day!



Kelly green T-shirts with the Olde English "D" are available at Colleen's Gaelic Gifts in Livonia.



The Claddagh, the Irish symbol representing love, loyalty and friendship, can be found on jewelry at Colleen's Gaelic Gifts in Livonia.

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# Raw food movement

## Local advocates say benefits are life-changing and getting started is easier than you think

By Beth Jachman  
Contributing writer

When it comes to food, some like it raw. The raw food movement has been growing and many local people swear by its benefits.

A vegan, organic, raw foods diet consists of uncooked fruits, vegetables, nuts, seeds and sprouted grains. These foods are eaten whole or chopped, blended, shredded, diced and juiced.

In fact people who go "100 percent raw" don't eat anything heated above a certain temperature, usually 118 F, because they believe cooking food causes chemical changes that create toxins in our diet and destroy many of the nutrients.

While the concepts may seem foreign to many people, the diet is gaining in popularity and its adherents say they have experienced life-changing feelings of well-being and clarity.

Andrea McNinch grew up in Michigan and is a graduate of Schoolcraft College's culinary arts program. She switched to raw foods eight years ago. At that time, when she was looking for information, there wasn't much out there.

To most people, the ideas are so new it takes time for our brains to wrap around them, McNinch said. "Raw food is great. What is so great about raw food is it is literally the best diet in the world," she said.

But she cautions people interested in raw foods to take it slow and find out what works for them. Each person's diet requires a certain ratio of proteins to carbohydrates that she or he needs to feel good, and going completely with a raw foods diet all at once can be a challenge, she said.

Whatever raw foods people eat are going to make them feel better, she said. "Use yourself as your best doctor," she said.

"Take small steps," she said. Several local classes are offered to learn about raw foods and their preparation. She teaches an intense, four-day program that includes information about raw food, liver-cleansing and supplements. "I like people to get a good base," she said.

### RAW FOODISTS

There are different types of raw foodists. Some are vegan but some eat meat and dairy.

One of the most-asked questions she gets is "where do you get your protein?" But people can get protein from grains, she said. "I ask them 'where do you get your antioxidants and your phytonutrients?'" she said.



"We're so programmed. In the beginning, it's hard to swallow that stuff," she said, but "if your body is not feeling right it is telling you something."

One pitfall she sees is that people get so obsessed when starting a program of raw foods. "It stresses them out. 'What do I eat and where do I go?'" she said.

"Every one can take a deep breath," she said. "No matter how you're going to eat, get more raw vegetables in your diet," she said.

But the easiest thing to do is start with smoothies, she said.

### GETTING STARTED

She suggests smoothies that are 60 percent fruit and 40 percent greens to start off. "Put that fruit in there ... and it's delicious," she said. Then once your palate adjusts shift to 40 percent fruit and 60 percent greens, she said. "The kids love it," she said.

To get started, keep it simple, McNinch said. She suggests using a food processor first and then putting the foods in the home blender to save wear and tear. "Make sure you're serious before going out to spend money," she said.

While raw foodists use a dehydrator instead of the oven to make things like breads and pizzas and buy juicers and high-powered blenders, McNinch doesn't recommend that at first.

"I wouldn't get into buying too much," she said. When she first started out, her

grocery bill tripled. But it doesn't have to be that way. Farmers markets are the best in the world, she said. "Cut out the middle man," she said.

What's really sad right now is that the food budget is the first thing people cut in a bad economy, she said. Buying the ingredients for raw foods has to compete with deals on fast-food cheeseburgers, she said.

She thinks spending the money to eat well is worth it. "I want to feel better," she said. "I want to enjoy my life. With raw foods you get the most amazing feeling of well-being. The side effects of raw food are brilliant."

Studies have shown that foods can affect our emotions and the wrong foods can even play into depression. For some people it is hard when all they have is a party store to shop at, she said, but "honestly you can do it anywhere," she said. "Staying healthy is possible anywhere."

The change can be hard for those around you, she cautions, but finding like-minded people at sites like meetup.com can be helpful, she said. "You also get tips and tricks," she said.

Michael Dwyer of Farmington Hills also recommends classes for information about raw foods. He will be teaching a class in Farmington Hills March 6. (See related listing for more information.)

He first took a raw foods class in December 2005. "When I first started I

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### THE FACTS

- The fundamental principle behind raw foodism is that plant foods in their most natural state – uncooked and unprocessed – are also the most wholesome for the body. The raw food diet is a lifestyle choice. It is not necessarily a weight loss plan.
- Start simple: Decide now to add more fruits and raw vegetables to your diet. Add fruits to breakfast and salads to lunch and dinner. Eat the fruits and salads before your meals to make sure you eat them.
- In between meals, eat fresh and dried fruits, raw vegetables and raw nuts and seeds as snacks.
- Introduce some superfoods to your diet, like raw cacao, goji berries, maca, hempseed, flaxseed, spirulina, chlorella, MSM, aged garlic or medicinal mushrooms.
- Buy organic. Organic food eliminates pesticides from foods.
- Sticking to a raw food diet isn't easy. Most raw foodists spend a lot of time in the kitchen peeling, chopping, straining, blending, and dehydrating. That's because the diet is typically made up of 75 percent fruits and vegetables.
- Staples of the raw food diet include: seaweed, sprouts, sprouted seeds, whole grains, beans, dried fruits and nuts.
- Raw foodists do not cook using a traditional stove or oven. They use food dehydrators that lend crunch to vegetables and cookies. Food dehydrators also dry out fruits for fruit leather and other raw food recipes. The dehydrator works with heat, but temperatures cannot be higher than 112 to 118 degrees.
- Juicing fruits and vegetables is an ideal way to jump start a raw food diet.
- Blend some smoothies. Smoothies are a staple in the raw food diet. Blending fruits with raw almond milk or hemp milk can help add protein to any meal. Often, they're filling enough to be a meal by themselves.
- Eat green vegetables. Green leafy vegetables and broccoli have higher levels of zinc, calcium and protein than fruit and are a critical part of a raw diet. About 500 grams per day of green vegetables – lettuce mixtures, broccoli, kale, spinach – are sufficient to bring mineral and protein intakes into line with general recommendations. Choosing a salad as the main part of a meal is an ideal way to accomplish this.

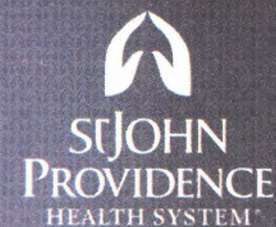




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The result is a new breast that may be similar in density and appearance to a natural breast.

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

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# Today's summer camps not your usual experience

By Linda Ann Chomin  
Correspondent

Imagine spending a week sailing on a tall ship or walking the dusty streets of the Wild West. These destinations aren't fantasies, but real life experiences as camps take unusual twists to accommodate the interests of children. The best part is parents won't have to travel far as the overnight and day camps are right here in Michigan. Children can learn seamanship on Lake Huron, investigate crime scenes in Livonia, explore the Wild West in Webberville, play in ensembles at Interlochen or Blue Lake fine arts camps, or groom and ride horses.

Megan Brandemuehl is returning to Mystic Meadows Farms in South Lyon for the fifth year in a row. Now 11, the Plymouth girl began riding at age 2.

"I like doing lots of stuff with horses — grooming, feed and riding, meeting new friends and the horses are real nice," said Brandemuehl.

Suzu Wyckoff was only 8 when she went to her first horseback riding camp. Today, she is a manager, trainer and instructor at Mystic Meadows, the horse farm owned by her parents Janice and Jim Groat.

Summer camps for kids age 8 and up run Monday to Thursday from June through August. The cost is \$295 and includes instruction from beginner to advance with no more than eight to a camp. Visit [www.mysticmeadows.net](http://www.mysticmeadows.net).

Campers come from Novi, Plymouth, Northville, Milford, Saline and Ann Arbor.

"It's for anybody but we get a lot of girls, 8-10, with horse posters all over their bedrooms," said Wyckoff. "It gives them a wide range of experience with a horse. Lots of time campers turn into once a week students."

Camps provide an overall horse experience with riders learning proper care of the animal. They are in charge of feeding and cleaning the stall and at the end put on a horse show for parents and family.

"They learn anatomy, about tack," said Wyckoff. "Riding is a big part but not the only thing they do."

All of the horses are Tennessee Walkers.

"They're not bouncy, but do basically a power walk," said Wyckoff. "They call it a glide ride. It's a different type of horse than you usually see, a lot less intimidating for somebody just learning."

## TALL SHIPS

Appledore Tall Ships provides a three- to five-day adventure with departures on Lake Huron. Owned and operated by Bay Sail, the nonprofit travel camp is for youth ages 12-13 and 14 and up. Its mission is environmental education and youth development.

Sailors get to choose from Seamanship: learning the art of traditional sailing on 65-foot and 85-foot schooners, includes building sailing skills such as navigation, chart work, pilotage, setting sails, and steering. Freshwater Science studies Great Lakes habitats, aquatic species, shoreline geology, water quality, and combines elements of seamanship with fresh water science curriculum on water testing and invasive species.



The cost is about \$110 a day and includes accommodations on board and food.

For information, call (989) 895-5193, visit [baysailbaycity.org](http://baysailbaycity.org), or e-mail [info@baysailbaycity.org](mailto:info@baysailbaycity.org).

"Windward Bound Tall Ship Voyages appeals to people looking for an experience for their child. It's certainly very unique," said Roger Nugent, executive director. "A full voyage is nine participants and four crew. We visit nonpopulated areas, Georgian Bay. Most people never visit these places because the only way to get there is by boat. The profound part is the development of team spirit amongst the crew. It's a small group come together in a new challenging environment. In a few days, they realize they can actually sail this ship and form a pretty strong bond."

## NORTHFORK FARMS & OUTBACK

Campers explore a village from the 1800s, a Lewis and Clark exhibit, blacksmith shop, and fort at the camp that's a Wild West adventure in Webberville. Another area of the farm recreates Texas with covered wagon rides and a chuck wagon. An Indian village is available as well during the camps held Monday to

Friday for ages 9-17 from the third week in June to the first week in August.

The price for the Horse Camp with two hours of daily riding is \$550. The Adventure Camp set in the Wild West includes one hour of riding at \$475.

"It's teaching about the 1800s," said Christie Showerman, who grew up in Livonia before moving to Fowlerville. She is the activities director and main horse instructor. "I don't think there's a better adventure camp and it's filled with nonstop activities that change everyday. If you want to step back in time and have fun, there's a jail, saloon, and the outskirts is panning for gold. A lot of kids don't care about horses but love the adventure part of it."

Visit [www.northforkoutback.com](http://www.northforkoutback.com) or call (517) 881-9142.

## KIDS ON CAMPUS

Kids on Campus at Schoolcraft College, Livonia is an academic camp where kids, grades 1-12, have fun learning. Call (734) 462-4448 or visit [www.schoolcraft.edu/koc](http://www.schoolcraft.edu/koc).

Weeklong day camps start July 11, 18 and 25, and range in price from \$225 to \$249. An Open House takes place 5:30-7:30 p.m. March 3, in the VisTaTech Center on campus.

Michele Bialow, program manager for continuing education, is especially excited about a new Crime Scene Investigator camp for freshmen through seniors in high school.

"Our science faculty put this together and it's going to have an electron scanning microscope they'll be using. They've set up an elaborate crime scene. At the end, each group will present how the crime happened and by who, then they find out the reality."

This is the first year the program is expanding to include first- and second-graders. A Weather and Nature ClubHouse teaches kids about forecasting and different climates and includes a visit from a local weatherman.

The culinary camps for older children (grades 7-9) are taught in the state-of-the-art kitchens and the American Harvest Restaurant. Robotics for teens captures the imaginations of budding engineers.

"The great thing is academic focus but it's still fun and hands on," said Bialow.

## MUSIC CAMPS

Interlochen Arts Camp is located between two lakes, southwest of Traverse City. Call (231) 276-7472, toll free (800) 681-5912, or visit [www.interlochen.org](http://www.interlochen.org).

Camps run June through August for grades 3-12. Offerings include summer jazz program, music, dance, creative writing, and theater, visual and motion picture arts.

Blue Lake Fine Arts Camp is on 1,300 acres in the Manistee National Forest in the western lower peninsula. Call (800) 221-3796 or visit [www.bluelake.org](http://www.bluelake.org).

Please see CAMPS, 26



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# Delicious possibilities

## Let pros help expand your cooking know-how

By Bill Emerick  
Contributing Writer

For any woman trying to run a household and raise a family, questions are a way of life.

“Have you seen my (fill in the blank)?”

“Can I go to (friend’s) house?”

“Will you buy me (costly gizmo)?”

But the most common question — one that’s likely asked each and every day, by just about every member of the brood — is sometimes the hardest one to answer:

“What’s for dinner?”

Trying to find the time — and, more importantly, the knowledge — to prepare tasty, nutritious meals at home is a challenge for even the most dedicated and organized woman. But it doesn’t have to be that way.

Thanks, in part, to the burgeoning awareness of healthy eating and the rising popularity of television shows featuring food, a variety of culinary classes are available throughout the area, from semester-long courses on specialty cooking to one- or two-hour workshops on decorating treats for a holiday party.

Classes are offered by colleges, local school districts, bakeries and supermarkets. Some are for those who already possess prowess in the kitchen, but many are for those whose skills are closer to Lucy Ricardo than Rachael Ray.

International cuisine, organic foods, baking — for every taste (literally), there is a class offered somewhere that provides instruction and encouragement to get into the kitchen. Here are some of the delicious possibilities:

### COLASANTI’S MARKET & SNOOK’S BUTCHER SHOPPE

This venerable specialty store on Milford Road just south of M-59, owned for the past three years by Ken and Erin Snook, has offered various classes for two years, according to Doris Knight, who helps run the program. Most are one-day courses that focus on a

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PHOTOS BY TODD SAMSON

Guest instructor Kimberly Emmert from Farthinless Farms in Linden recently taught a class in making homemade mozzarella cheese at Colasanti’s Market. She invited the class to come up to the front to see the curds begin to form.

## COOKING UP A STORM

Looking for someplace to hone those kitchen skills? Here’s a sampling of places that offer cooking classes throughout the area:

• Schoolcraft College, Livonia

The Continuing Education program has dozens of classes available throughout the year, everything from Cooking 101 to Managing Diabetes with Delicious Food Choices to classes geared toward teenagers. Some are one-day seminars, others last up to two weeks. Some classes require prerequisites. Call (734) 462-4448 or visit [schoolcraft.cc.mi.us](http://schoolcraft.cc.mi.us) and click on continuing education for more information.

• Plymouth-Canton Community Schools, Plymouth

The district offers several fun one-day sessions on such topics as Gourmet Stuffed Cupcakes and Fresh Fruit Bouquets. Each class is \$30 and lasts 2 1/2 hours. Call (734) 416-2937 or visit [\[education.pccs.k12.mi.us\]\(http://education.pccs.k12.mi.us\) for more information.](http://communitye-</a></p></div><div data-bbox=)

• Colasanti’s Market and Snook’s Butcher Shoppe, Highland  
This popular store has a variety of classes, from Gourmet Mac & Cheese to Traditional German Cooking. Classes are one day and fees vary. For more information, call (248) 887-0012 or visit [colasantis.com](http://colasantis.com) and click on classes and events.

• Busch’s Fresh Food Market, Farmington Hills, Livonia, Novi, Plymouth/Northville and others

Quite possibly the best value in the area at just \$10 per class, Busch’s has two classes each month that rotate among the chain’s 15 locations. The classes last 90 minutes and are principally demonstration types. Topics are seasonal with a healthy foods option usually offered, too. For more information, call (734) 214-8307 or visit [buschs.com](http://buschs.com) and click on community and then

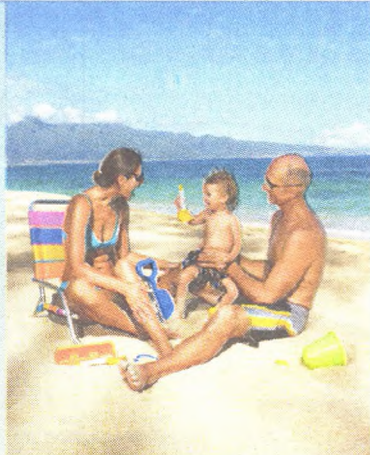
cooking classes.

• Joe’s Produce, Livonia

Only one class per month is held at this local institution with a loyal following. Classes meet Sunday evening after hours. Topics include sauces, grilling and holiday recipes. Most are \$40. Call (248) 477-4333, ext. 226, or visit [joesproduce.com](http://joesproduce.com) and click on special events for more information.

• Zingerman’s Bakehouse, Ann Arbor

The cousin of the famous downtown deli, the focus here is on baking. The BAKE! program features one-day classes such as Pizza: The Other American Pie and We Dig Donuts; many sell out well in advance. Some offerings are geared toward families. Prices start at \$100. Call (734) 761-7255 or visit [bakewithzing.com](http://bakewithzing.com) and click on classes for more information.



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**JW MARRIOTT IHILANI RESORT & SPA**  
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**THE ROYAL HAWAIIAN, A LUXURY COLLECTION RESORT**  
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**SHERATON MAUI RESORT & SPA**  
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**THE WESTIN KA'ANAPALI OCEAN RESORT VILLAS**  
**Condo** property. **2 FREE nights plus daily breakfast** for two. Kids 17/under stay free. Kids 5/under eat free. **From \$1719**

## KONA

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# Fitness venues for moms, kids

By Mary Quinley  
Correspondent

Kiss-the-baby pushups and peek-a-boo situps are favorite exercise moves during Rock & Play — Mom, Baby & Siblings sessions at the Livonia Community Recreation Center.

"The class is a nice way to get moms back into the swing of things. And, having the option to bring older siblings to the class, really opens it up for a wider group of moms," said Cassandra Smith, fitness instructor at LCRC.

Strollers and baby front carriers are an optional part of the mom-and-baby fitness routine. "Moms will push the stroller and then stop to do squats or curls," Smith added.

Other fitness venues, like the Livonia, Farmington Hills and Milford YMCAs, The Sports Club of Novi, Summit on the Park in Canton and Westland's Forum Fitness Center, also feature parent-and-child classes. Another great source for mom-and-kids exercise classes is city/township-run parks and recreation departments.

Deciding whether to bring the kids to class or exercise at a fitness center without the youngsters is a personal preference.

For moms, like Nicole Koptas of Novi, keeping fit is important. Like many parents of young children, she prefers to work out in an adult only environment.

"My goal is to stay healthy for my

## Local spots to exercise with kids

- The Sports Club of Novi: [www.tscnovi.com](http://www.tscnovi.com)
- Jazzercise: Westland, Farmington Hills, Plymouth, Novi and South Lyon, [www.jazzercise.com](http://www.jazzercise.com)
- Family YMCAs: Livonia, Farmington Hills and Milford, [www.ymcadetroit.org](http://www.ymcadetroit.org)
- Guardian Martial Arts & Fitness: Garden City, [www.guardianmartialarts.com](http://www.guardianmartialarts.com)
- Lifetime Fitness: Canton and Novi, [www.lifetimefitness.com](http://www.lifetimefitness.com)
- Livonia Community Recreation Center, [www.ci.livonia.mi.us](http://www.ci.livonia.mi.us)
- Bally Total Fitness: Redford and Plymouth, [www.ballyfitness.com](http://www.ballyfitness.com)
- Forum Fitness Center: Westland, [www.forumfitness-center.com](http://www.forumfitness-center.com)
- Powerhouse: Novi and South Lyon, [www.powerhouse.com](http://www.powerhouse.com)
- Summit on the Park: Canton, [www.cantonfun.org](http://www.cantonfun.org)

## Exercise venues for adults only

- Fitness USA: Westland, [www.fitnessusa.com](http://www.fitnessusa.com)
- Planet Fitness: Northville, Westland, Livonia, Farmington Hills and Novi, [www.planetfitness.com](http://www.planetfitness.com)
- Anytime Fitness: South Lyon, [www.anytimefitness.com](http://www.anytimefitness.com)
- Snap Fitness: South Lyon, [www.snapfitness.com/southlyon](http://www.snapfitness.com/southlyon)
- Bally Total Fitness: Novi, [www.ballyfitness.com](http://www.ballyfitness.com)

Please see FITNESS, 27

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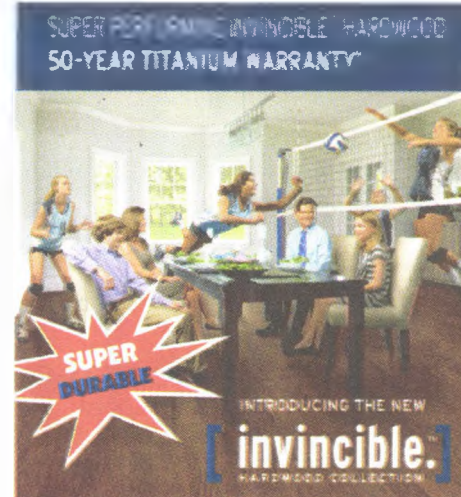
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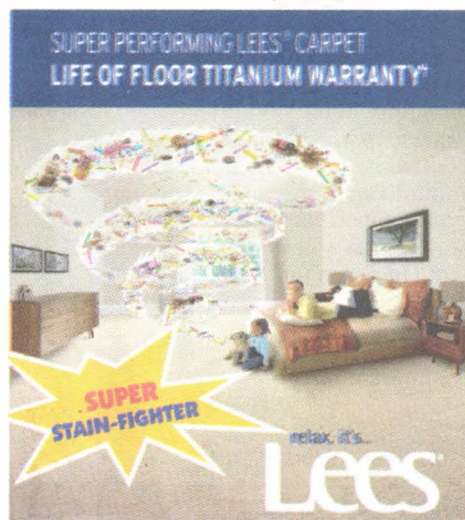
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\*\*See store for details. Subject to credit approval.

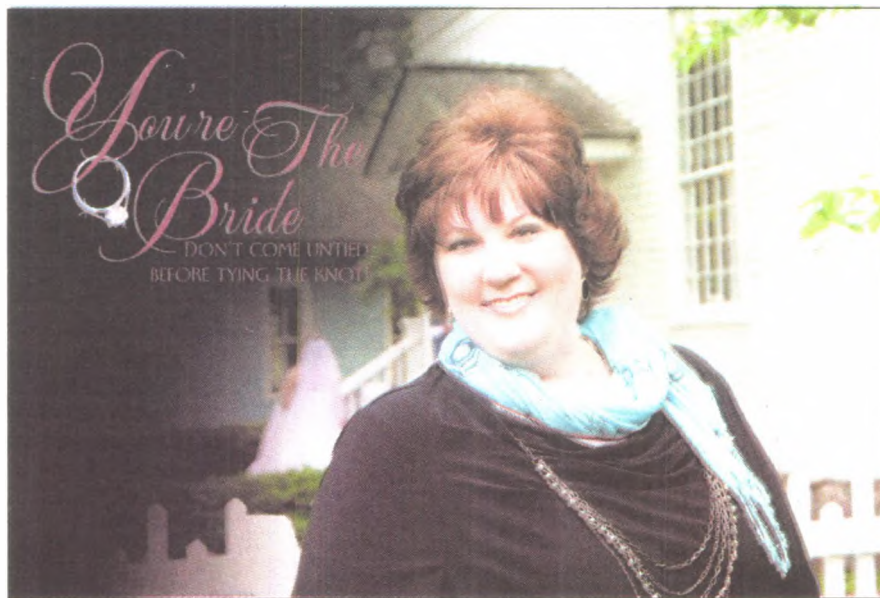
# Women business owners enjoy challenges, rewards

By Julie Brown  
Contributing Writer

Businesses owned by women generated \$1.2 trillion, about 3.9 percent of all business receipts nationwide in 2007, according to the U.S. Census Bureau's Survey of Business Owners

Today, women-owned firms have an economic impact of \$3 trillion annually, and that translates into the creation and/or maintenance of more than 23 million jobs — 16 percent of all U.S. jobs, as reported in the study "The Economic Impact of Women-Owned Businesses in The United States," conducted by The Center for Women's Business Research.

Businesses owned by women and families contribute to the economic vitality of communities in this area. That's why *Hometown Life Woman* asked women business owners when they got the idea to go into business for themselves.



Tracie Morris is a certified wedding planner and owner of Redford-based You're the Bride.

purchased the studio from them in June 2006 and have loved every minute since."

**Business:** Metro Dance Co.

**Location:** 541 S. Mill St., Plymouth, MI 48170

**Product/Service:** Dance lessons for all ages, 2½ to adult

**Website:** [www.MetroDanceCompany.com/](http://www.MetroDanceCompany.com/)(734) 207-8970

**Quote:** "We have a ton of inspirational quotes posted in the studio. Here are two of my favorites: 'Throw your heart over the fence and the rest will follow' — Norman Vincent Peale; 'Become so wrapped up in something that you forget to be afraid' — Lady Bird Johnson."

**TRACIE MORRIS,  
YOU'RE THE BRIDE**

Tracie Morris, a certified wedding planner, owns You're The Bride, a Redford-based full-service wedding planning and management company.

**Business:** You're the Bride

**Product/Service:** Wedding planning/management

**Website:** [www.yourethebride.com/](http://www.yourethebride.com/)(248) 408-4602

"We are the only exclusive wedding planning professionals who will leave your guests talking about it when it's over," owner/wedding planner Tracie Morris said. "We are also featured in

'Bridal Bargains' as being recognized as one of the best online websites to purchase wedding invitations from for superior customer service and affordable invitation pricing."

Morris had always loved attending weddings as a child. She was obsessed by the way the bride looked, table decor, couldn't wait to see the wedding cake and watch the couple do their first dance. She got the bug at a very young age and her passion for weddings hit home even more when she was able to plan her own wedding in 1997 for 200 guests. You're The Bride was born in 1999 and continues to grow each year. The business is working on weddings across metro Detroit and beyond this season, including some places such as Grand Rapids, Saginaw and Lewiston.

She is especially excited about the Lewiston wedding this May, as it's the town where she grew up before moving to the big city and where her parents still live there.

The driving force on why she created You're The Bride was to help brides plan the weddings of their dreams while staying on budget, keeping stress minimized and having a fantastic seamless wedding day so brides can just relax and take in the whole experience.

**Quote:** "Don't come untied before tying the knot!"

**LINDA MACCHIAROLO,  
TOWN PEDDLER CRAFT &  
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"After college, my husband and I moved to Dallas, Texas, and I worked at a craft mall there to make ends meet until I landed a better position, but after working there at that store, I realized there was nothing like it in my home state of Michigan, so I asked my husband, 'Want to move to Michigan and open a craft mall?' A little over a year later, our store opened right here, 18 years ago this November," Linda Macchiarolo said.

"We sell the products of over 350 craft and antique vendors and we also carry a wide range of gift items such as Yankee Candle, Camille Beckman, Amia Glass, Willow Tree and so much more. Every day, there is new merchandise because the dealers bring in new products all day, every day.

"In retail, the key is diversity and change, and that's one reason we've been so successful for 18 great years. I love what I do, and love the relationships we have created with our customers and dealers throughout the years.

"Our customers love that they can always find something unique and different, and that the products are so affordable."

**Business:** Town Peddler Craft & Antique Mall

**Location:** 35323 Plymouth Road (between Wayne and Levan roads), Livonia, MI 48150

**Product/Service:** craft and antique mall

**Website/phone:** [www.townpeddler.com/](http://www.townpeddler.com/)(734) 513-2577

**Quote:** "This one is from my dad: 'Do the right thing.'"



Linda Macchiarolo owns Town Peddler Craft & Antique Mall in Livonia.



Kristie Wyler is owner/director of Metro Dance Co. in Plymouth.

**KRISTIE WYLER,  
METRO DANCE CO.**

"In the summer of 2005, I had been on a two-year break from teaching dance. Missing it, I contacted local studios to see if anyone was looking for an experienced teacher," said Kristie Wyler, owner/director of Metro Dance Co. in Plymouth.

"The then-owners of Metro Dance Company contacted me and I started teaching with them part time that fall. A few months later, the owners requested a meeting with me and told me how they were interested in selling the studio and asked if I would be interested. I

Please see OWNERS, 19

# Pretty feet

## 'Bare your legs' and feet with confidence this spring

By Sally Rummel  
respondent

It's almost time to trade your snuggly UGGs for strappy sandals — and jeans for your favorite capris. If just the thought of baring your legs and feet this spring brings on a bit of anxiety, have no fear — there are plenty of things you can do to get ready for “shorts and sandal” season.

If you hesitate to wear shorts or a bathing suit because of vein-related issues, you've got lots of company — approximately 55 percent of women and 45 percent of men suffer from either varicose veins or spider veins.

What's the difference?

Varicose veins, with their thick, “ropy” appearance, can be both a cosmetic and medical issue, causing leg aches, cramps and restlessness. Red and purple “thready” spider veins, while unsightly, are strictly a cosmetic problem. Treatment for either condition will yield a very positive aesthetic result, according to Dr. Jeffrey H. Miller of Novi Vein.

Treatments today for varicose veins are very user-friendly, performed in-office with the patient up and walking immediately after the procedure. “People leave our office feeling good about themselves,” said Miller, who has been treating vein problems for more than 12 years. “Never have I received so many hugs from grateful patients. I love what I'm able to do for people.”

Miller was one of the first doctors in Michigan to perform Endovenous Thermal Ablation, which today is the main standard of treatment for varicose veins. Spider veins are typically treated with sclero therapy, laser therapy or the new VeinWave and Vein Gogh. “We are the first office in Michigan to get these devices,” said Miller.

Dr. Lisa Pavone and Dr. Emily Cummings, both board-certified doctors in family practice and phlebology at the University of Michigan-Livonia Vein Center, treat vein problems with the latest in technology, including the most minimally-invasive procedures which provide quick recovery time, little pain and less anesthesia.

“We tell our patients that vein treatment will not only make them look better, but they'll feel much better, too,” said Pavone. “You'll leave our office feeling much more able to enjoy walking and other activities. Your leg cramps and aches will be gone and you'll want to be more active. That makes it a self-fulfilling prophecy — you'll be able to lose weight and tone your legs as well.”

It also helps patients to come into this U-M medical group, according to the doctors, “because we can get you into whatever department you need to be in at U-M, to fit your medical situation.”

Whether or not vein treatments are considered “elective procedures” or medical for insurance purposes is usually decided case-by-case, so women seeking these procedures should meet first with a doctor for an initial consultation.

Laser hair removal for your legs may be another beauty treatment to keep in mind when getting ready for warm weather and vacations. At New Face New Body in Canton, laser hair removal, aesthetic treatments and skin care using state-of-the-art equipment and technology helps clients feel their “summer best.”

Once your legs are in shorts-ready shape, your next visit should be to a salon or day spa for a pedicure.

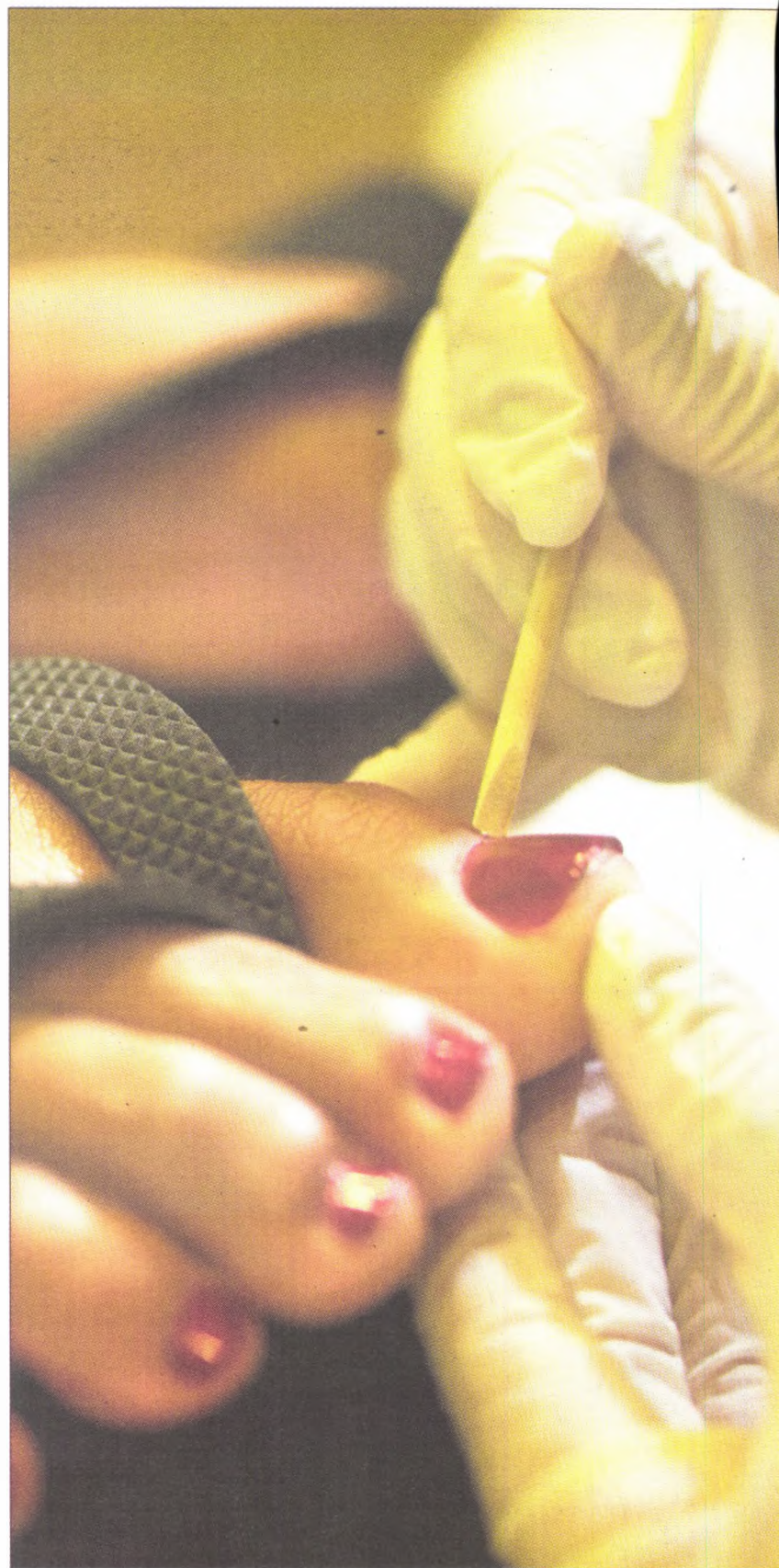
While “the finishing touch” of a pedicure is a pretty shade of nail polish, a well-done pedicure goes much deeper than just the polish. A foot massage that is part of the pedicure process helps to relieve tension and stimulate circulation, according to Sally's Beauty Supply, with locations in Farmington Hills, Livonia, Westland, Dearborn, Novi, Canton, White Lake and more. Regular pedicures also keep nails trimmed, calluses controlled and skin exfoliated and moisturized.

At Simply Sue's Nail Spa in Plymouth, it's all about the pampering, the products and the technique.

“We spend almost an hour with our pedis, using state-of-the-art equipment, including a pipeless jet system that makes it a completely sanitized procedure,” said salon owner Sue Thomas. “Most importantly, it's a totally relaxing spa pedicure experience, with long-lasting results.”

With freshly-painted toenails, you'll want to show off your feet in a pretty new sandal, but make sure you choose your summer footwear with comfort and style in mind.

While flip flops may be the easiest, least expensive footwear to put on your feet in the spring and summer, they also do the most harm, according to Dr. Anthony Mastrogiacomo of South Lyon Foot & Ankle. “You want to look for a shoe or sandal that provides support and fits well,” said Mastrogiacomo. “Flip flops offer no support and leave your feet open to a wide range of injuries.”



He suggests Birkenstocks as a very comfortable summer footwear option, providing a custom fit after your foot shape molds to the sandal.

Tracy Goodnough of For Feet's Sake in Milford offers other stylish options, from Fit-Flops with a thicker arch support, big heel cushion and a “rocker” bottom, to Keen sport sandals and a European line known as “Naot” with a cork heel that takes the foot gradually down with each step.

High heels are especially hard on a woman's foot,

with gravity bringing all the weight into the toe box of the shoe. “Don't heels higher than three inches,” said “but also don't wear shoes that are — wedges or shorter heels are much optimum heel height for shoes is 6 and one inch.”

So put away your boots and get up with a new summer you. By the temperatures are nice and warm, you the sun and fun of summer.

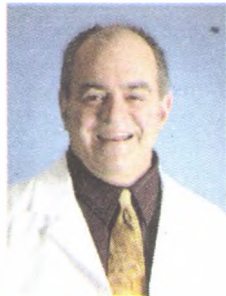
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-C. A. of Plymouth, Mi.

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-M.W. of Livonia, Mi.

"I had dizziness and felt off balance. I had a total of 3 visits with adjustments and FSM (frequency specific micro current). After the second visit I was doing great...no medicine, no tests..."

-L.T. of Canton, Mi.

Dr. Atiyeh will be discussing the latest non-surgical, non drug technology and treatment modalities for all of these neurological conditions.

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Danto Jeffrey D., DPM  
29520 Six Mile, Livonia  
(734) 261-4444

Community Foot Center, PC  
31450 Seven Mile, No. 106, Livonia  
(248) 478-6363

Foot Health Care Associates  
37595 Seven Mile, No. 310, Livonia  
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Livonia Foot Specialists: Dr. Peter F. Gregory, DPM  
17316 Farmington Road, Livonia  
(734) 522-7676 www.livoniapodiatrist.net/

Michigan Foot and Ankle Center  
Dr. Mehler, Dr. Galea & Dr. Kaczander  
14555 Levan, Livonia  
(734) 591-6612 www.michiganfoot.com

Rubin, Robert P., DPM  
15873 Middlebelt, Livonia  
(734) 425-0060 www.oakwood.org



Singer, Lawrence S., DPM  
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Family Footcare, PC  
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Solomon Marshall DPM  
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(248) 478-1150 www.footcareinstitute.com

Salama, Daniel, DPM  
23800 Orchard Lake Road, Ste. 201, Farmington Hills  
(248) 474-0040

Ungar, Dr. David S.  
34435 Grand River Ave., Farmington  
(248) 477-3301

Young, Charles R., DPM  
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Foot & Ankle Associates  
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Kompus, Darryl F.  
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Novi Footcare Associates  
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## South Lyon

South Lyon Foot & Ankle  
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(248) 486-8886

Please see FEET, 27

## Where to get a pedicure

### Canton

Indigo Salon and Day Spa  
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(734) 961-3245 www.indigosalonanddayspa.com

Lifetime Fitness - LifeSpa & Salon  
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Charisma Salon and Day Spa

37680 Six Mile, Livonia  
(734) 464-8686 www.charimasalonanddayspa.com

### Milford

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### Northville

Barbara's Salon Innovations  
201 CadyCenter  
(248) 449-1966 www.saloninnovationsinc.com

Envy Salon & Day Spa  
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### Novi

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Identity Salon & Spa  
25875 Novi Road, No. 120, Novi  
(248) 349-1800 www.identitysalonspanovi.com

Visions Spa Salon  
26800 Beck, Novi  
(248) 344-9944 visionsspasalon.com

### Plymouth

Gerald's Salon  
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(734) 420-0111 www.geraldssalon.com

Robin's Tips-N-Toes  
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(734) 453-9090 www.robinstipsntoes.com

Salon 550  
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# COOKING

FROM PAGE 10

particular style of cooking or a certain ingredient. Knight said while most of the classes are taught by local cooks, the store has in the past brought in famous names like Iron Chef Mario Rosetti and others familiar from the Food Network.

"I tried to look at what people are asking for," Knight said of the class offerings. "One of the areas that always came up is ethnic cooking."

"These are classes for people who are passionate about cooking and don't have a grandmother or other family member at home to teach them. It gives them a chance to try something different and learn something new."

Most classes at Colasanti's are for groups of eight-20, although some can accommodate as many as 80 students. Some are hands-on — "You bring your apron and your rolling pin and get right into it," Knight said — while others are more instructional in nature.

Some topics that will be taught in the near future include Traditional German Cooking, "Meatless" Lasagna and Japanese Sushi.

All classes require pre-registration. Costs vary by class. For more information, call (248) 887-3205 or visit colasantis.com and click on classes and events.

## BUSCH'S FRESH FOOD MARKET

This locally owned chain of supermarkets has brought back its popular cooking classes after discontinuing them for a few years during the height of the recession. Each class is taught by chef Rebecca Wauldron, who has been with Busch's for 10 years and is featured regularly in a cooking segment on WJBK-TV (Channel 2).

"We're excited about offering them again and people said they missed them," she said.

Two classes are offered each month, with accommodations for up to 50 students. These are demonstration classes, in which Wauldron talks about techniques and methods for preparing the featured food.

The next class available will be on soups and stews, as well as one on healthy eating.

"We try to be timely, so obviously it's going to be seasonal," Wauldron said. "We're also going to be doing one healthy cooking class each month, because people are always trying to get in shape."

The classes, which rotate among the chain's 15 locations throughout south-east Michigan, attract a diverse clientele, according to Wauldron.

"We've got young folks, empty-nesters who have time to cook," she said. "Probably more women, but there are



PHOTO BY TODD SAMSON

Kimberly Emmert keeps a watchful eye on the mixture's temperature, which is imperative to produce perfect homemade mozzarella.

men who want to learn how to cook, too."

Busch's classes might be the best bargain out there, as each 90-minute class is only \$10 and comes with a \$10 coupon good at any of the chain's stores.

"It's almost like getting a free class," Wauldron said.

Pre-registration is required for any class. Call (734) 214-8307 or visit buschs.com and click on community and then classes for more information.

## ZINGERMAN'S BAKEHOUSE

An off-shoot of the much-loved deli in downtown Ann Arbor, the Bakehouse is a building on the outskirts of town that houses the BAKE! program, which began some five years ago under the direction of Alejandro Ramon. In that time, BAKE! has offered up to 50 classes each year and has enrolled more than 5,000 students.

The focus here is on baking, although there are courses that delve into other types of cooking. When Zingerman's was able to expand with the new acquisition, it added a slew of new classes.

"We had been offering bread (making) classes on Sundays," Ramon said. "In the fall of 2005, we had the opportunity to create a hands-on baking school. The tradition of baking wasn't being perpetuated at home. We're here to teach home bakers of all ages and teach baking techniques and processes."

The BAKE! classes are typically one four-hour session, with a maximum of

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# OWNERS

FROM PAGE 14



Hemali Desai owns Hemali's Touch of Canton.

## HEMALI DESAI, HEMALI'S TOUCH

"I am involved in the skin care and beauty salon business since last 30 years," Hemali Desai said. "It was giving me pleasure to see people looking good and feeling good and boosting their confidence. I had passion to start my own business from my teen years. I had my beauty parlor in India. With the support of family and friends, I am able to fulfill my dream of starting my business in U.S.A. and use my hands and touch to make people look good."

**Business:** Hemali's Touch

**Location:** 42460 Cherry Hill Road, Canton Township.

**Product/Service:** A beauty studio providing full-service hair, nails and skin care including waxing, threading and facials, Body rejuvenation and relaxation including ancient Indian Ayurvedic Shirodhara, makeup and henna art. The studio services women, men and children — a one-stop spot for the whole family.

**Website:** www.hemalistouch.com/(734) 238-1575

**Quote:** "Our motto is luxury at affordability and we provide good service at affordable pricing, so people can get the services done often and look their best all the time."

"We primarily are focusing on children's books," said Jill Blome, whose mom owns the store. "We carry quite a few of the classics." Also available are coffee-table type books "because you can't Kindle that." Board books for the very young children are in stock as well.

Mother Charlene Wiska has owned the store more than 30 years with Blome "just a helper." Blome does the ordering, including research online on what to order.

**Business:** Lyons Book Den

**Location:** 116 E. Lake St., South Lyon

**Phone:** (248) 437-2500

**Product/Service:** New books sold, along with old-fashioned candy, greeting cards, gifts for children — such as stuffed animals — and adults, such as Christmas ornaments and candles. The store also carries puzzles, jewelry and gift bags.

**Quote:** "There is no such thing as a moral or an immoral book. Books are well-written or badly written"— Oscar Wilde."

## CHRISTINA PAPAZIAN, SWEET & SAVORY BAKERY

In October, Christina Papazian will celebrate two years at the Milford bakery location on Main Street. She had earlier rented kitchen space and sold bread at area farmers market.

"January's always a really slow month for bakeries," she said. "Everybody's dieting." Business is picking up now and visitors will enjoy a five-course "Dinner on the Tracks" starting May 28 and then continuing through the summer.

She and her husband, Aram, own the business and live in Highland.

"I spent a lot of time overseas growing up. My father was in the military," said Papazian, who likes producing European-style pastries like the ones she grew up enjoying. "This is definitely kind of the fruition of that."

Sweet & Savory Bakery has a daily lunch with a sandwich, soup and cookie for \$6.50. She also teaches cooking at Acorn Farm in Milford.

**Business:** Sweet & Savory Bakery

**Location:** 289 N. Main St., Milford, MI 48381

**Online:** On Facebook at sweet&savorybakeryinmilford, (248) 685-9400

**Product/Service:** Artisan breads, fine pastries and cafe offerings (sand-

Please see OWNERS, 22



Christina Papazian and husband Aram own Milford's Sweet & Savory Bakery.

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# Time to take care of your man

By Linda Ann Chomin  
Correspondent

Early detection saves lives and the life you save just might be your man.

It's no secret that women are the primary decision makers when it comes to health care. They usually decide when it's time for family members to see the doctor. Hospitals recognize the fact and frequently build marketing campaigns around the premise that sometimes females need to encourage and nudge the men in their lives.

Ladies, it's time to take the lead in caring for your man. This month, several institutions are reaching out with free screenings for prostate, colorectal and blood pressure. A good place to start in general though is for men and women to schedule a checkup with a primary care physician specializing in family or internal medicine.

## PREVENTION

"Prevention is better than cure," said Dr. Vinay Shah, an internist in the Internal Medicine Department at Henry Ford Hospital. "Four important cancers need to be caught early: colon for men and women, cervical, breast, and prostate if caught early it's almost curable."

Shah recommends a physical starting at adulthood and every three-five years afterward until age 50, then annually. This includes tests for diabetes and cholesterol. Men and women should have a colonoscopy after age 50 unless they have a family history of colon cancer or are African American then they need to start screenings at 40.

Shah said the PSA (Prostate Specific Antigen) test is controversial and isn't necessary early on unless there is a family history. It's best though to talk with your doctor as guidelines vary.

"Men over 65 should be concerned about osteoporosis," said Shah of Farmington Hills. He teaches at Wayne State University School of Medicine. "Women after 65 should get a bone density. If you're white and in sun a lot, get a complete exam from a dermatologist if you find something suspicious."

It's a good idea to have your significant other regularly check for moles and asymmetrical spots. For those who are diabetic or have a family history of diabetes, look for open sores that won't heal on the lower legs and feet.

"Listen to your body if you have symptoms. Clarify that (with your primary care physician) a slight twinge in the chest, pain and cough when you walk," said Shah. "An eye exam is important to check for glaucoma. If diabetic, just going to an optometrist is not enough. You need to see an ophthalmologist."

Like Shah, Dr. Tina Schuster recommends seeing a primary care physician for an overall assessment. If problems are detected with the prostate gland, patients usually are sent to an urologist.

According to American Cancer Society guidelines, men with a family history of prostate cancer and African Americans should



begin screening at age 40, all others at 50.

"The American Urological Association's new statement is any well informed male at age 40 should get a baseline PSA and digital rectal exam," said Schuster, an urologist on staff at DMC Huron Valley-Sinai Hospital in Commerce Township.

"The PSA blood test is the best test so far to screen for cancer but can be up for other reasons besides cancer. Prostate cancer is a slow growing process, usually no signs early on. Later men develop symptoms with urination, blood in urine or semen, pain in the back or hips, and should be checked out."

Schuster encourages significant others to go to the appointment as well.

"They get more out of it. A lot of times guys won't be proactive and it helps them process information and decide on what to do," said Schuster, co-director of robotics and minimally invasive surgery at Huron-Valley Sinai.

## DON'T WAIT

Dr. Bill McLaughlin worries that because prostate cancer in many cases is slow growing men may wait to be properly screened with a PSA blood test and digital rectal exam. McLaughlin is a radiation oncologist with the University of Michigan Cancer Program and works at St. John Providence Park Hospital in Novi. He has been treating prostate cancer patients 20 plus years and has seen the introduction of robotic and minimally invasive surgery and the application of 3D imaging for external beam and radioactive seed implants. These advances have decreased the side effects and complications associated with prostate cancer treatment.

"In the past, the public perception was a diagnosis of cancer meant death," said McLaughlin. "Today, no man should die of colon or prostate cancer because of screenings. We can screen and find aggressive cancers early enough to cure."

More than 200,000 prostate cancers were diagnosed last year in the U.S. While aggressive cancers may call for aggressive treatment, low-grade cancers may not need treatment and a wait and see approach may be an option.

Men shouldn't be afraid to be checked out. Symptoms like frequency of urination, especially at night, probably aren't cancer but an inflammation or enlargement of the prostate

gland. For more information, visit [www.stjohnprovidence.org/prostateimplant/](http://www.stjohnprovidence.org/prostateimplant/)

"Screening is the only way to find these cancers early," said McLaughlin of Northville. "You should discuss screening with your physician. With prostate cancer men usually don't have symptoms. That's why it's a silent disease."

## HEALTH FAIR

St. Marcy Mercy Hospital is having a March 5, men's health fair and prostate screening to detect the cancer early. Marianne Simancek says women can play a significant role in their man's health by encouraging him to attend.

"Nobody likes to go to the doctor, having certain tests and procedures. Nobody likes to talk about prostate disease or cancer," said Simancek, community outreach director.

In addition to prostate screening, cholesterol testing, blood pressure checks, stroke risk assessment, and exams by a dermatologist and podiatrist are part of the services being offered. Education and resource materials will also be available.

"There is lots of information that the guys and wives can have access to and live a little bit longer," said Simancek of Novi.

"Plan on spending 40 to 45 minutes for the screenings. It's all free, St. Mary Mercy's way of giving back to the community."

In recognition of National Colorectal Cancer Awareness Month, Botsford General Hospital is offering screening that includes a digital rectal exam and a test to check for blood in the stool.

Dr. Craig Gordon, a Botsford medical oncologist, recommends screening with a colonoscopy at around age 50, fecal occult blood testing around age 40 for those of average risk, earlier if there is a family history of colorectal polyps or colon cancer. His father developed colon carcinoma in 1981 so Gordon had his first colonoscopy nine years ago.

"It's intelligent to be careful," said Gordon. "It really is a preventable disease. If you start screening early enough and remove polyps you're not going to have the cancer. This is a cancer that is something than can be controlled and cured, a fairly common malignancy with 150,000 to 160,000 cases diagnosed every year. We need to follow the screening guidelines and prevent it."

As with prostate cancer, Gordon says sometimes people delay consideration for screening because they worry about the outcome.

"The idea is to find something before it hurts you," said Gordon. "It takes years for a polyp to develop into a cancer."

Gordon is encouraged by research being done in regards to prevention.

"There's data about vitamin D, aspirin preventing colon cancer, but people should speak with their doctor," said Gordon of West Bloomfield.

It doesn't hurt to follow a healthy, non-Western diet including cruciferous vegetables.

"Eating a high fiber diet can decrease the transit time through the colon."

## SCREENING EVENTS FOR MEN, WOMEN

### Botsford General Hospital

Free colorectal cancer screening event 9 a.m. to noon Saturday, March 26, Botsford Cancer Center, 27900 Grand River, Suite 120, Farmington Hills. Includes a digital rectal exam and a test to check for blood in the stool. Generally this type of cancer screening is relevant for both men and women beginning at age 50. Pre-registration required. Call (248) 471-8120.

### St. Mary Mercy Livonia

Prostate Screening and Men's Health Fair for ages 40-70 takes place 8 a.m. to 1 p.m. Saturday, March 5, at the hospital, 36475 Five Mile. Free event includes prostate exam by a physician, blood test for Prostate Specific Antigen (PSA), total cholesterol and HDL check, eye and foot exams, hearing tests, skin cancer checks by a dermatologist, and information related to healthy living. Registration required. Call (734) 655-8940.

### St. John Providence Health System

In recognition of National Colorectal Cancer Awareness Month, St. John Providence Health System will provide free, at-home colorectal testing kits during the month of March. Stop in at any Providence Cancer Center (Southfield, Novi) or Providence pharmacy location (Southfield, Novi, Livonia, Farmington Hills). Call the St. John Providence Health System physician referral and information service, (866) 501-DOCS (3627) toll free to have a kit mailed to your home.

After completing the three-day testing at home, participants can mail their completed response card of the results in the supplied, postage-paid envelope. St. John Providence Health System oncology staff will follow up with those participating in the screening as needed. If a patient has an abnormal result, health system staff will also notify their primary care physician. If they do not have a primary care physician, St. John staff will provide a referral or make an appointment for you.

### DMC Huron Valley-Sinai Hospital

The Project Healthy Living health fair takes place 9 a.m. to 1 p.m. Friday, April 1, at Huron Valley-Sinai Hospital, 1 William Carlis Drive, Commerce. The Huron Valley-Sinai fair will be on the south side of the hospital in the Charach Cancer Treatment Center. Participants should enter through the South Garden Entrance. Fair includes free height/weight and blood pressure checks. There is a cost for blood tests and other screening. For information, visit <http://projecthealthyliving.web.officelive.com/default.aspx>.

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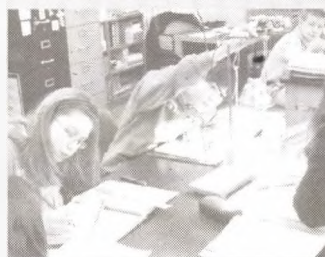
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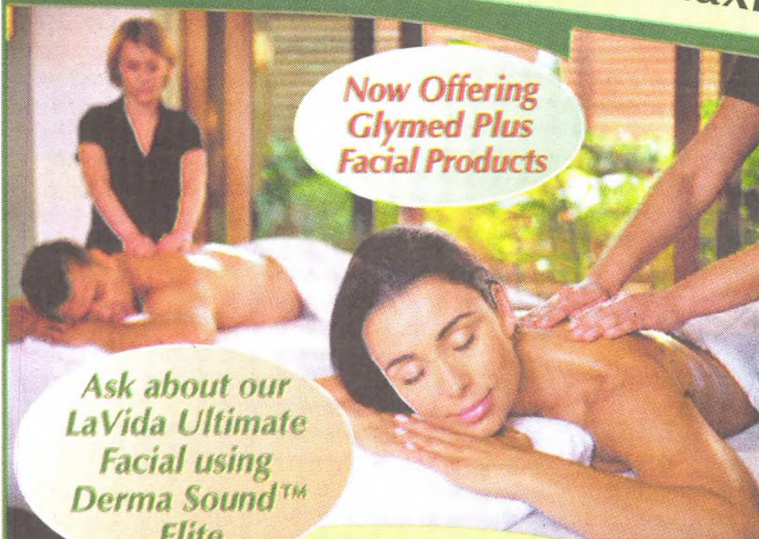
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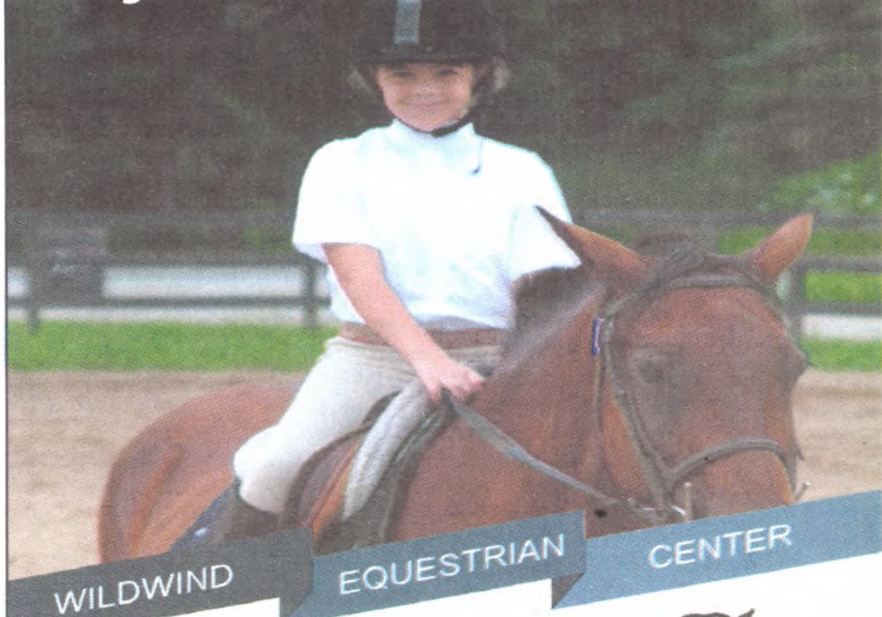
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Dr. Karissa Jagacki, owner of Personalized Hearing Care in Westland and South Lyon (right), checks a patient's hearing.

## OWNERS

FROM PAGE 19

wiches, soup, quiches). Outdoor seating available in the summer. The bakery has coffee and tea you can enjoy in at the tables or carry out.

**Quote:** "There is something so immensely satisfying to see, at the day's end, beautifully shaped by hand, golden loaves of bread lined up on the shelves to cooling," she said.

### **LAURA VAN VLIET, EVA'S BRIDAL & FASHIONS**

"I just kind of fell into it," said Laura Van Vliet, who's owned Eva's Bridal & Fashions in Garden City since 1995. She's worked in the bridal business for 25 years.

It started with her daughter attending Northwestern University near Chicago ("I figured I'd better do something") and mom helping with tuition and other expenses. Her daughter had needed a crinoline for a Polish dancing costume, and Van Vliet saw the help wanted sign at an earlier shop.

She was hired in sales. The seamstress who worked with the owner left. Van Vliet began to do alternations. "It just was a good time to move over here," she said of working for five years before taking over at the store she now owns, which she bought from the previous owner. "I just always felt dedicated to it."

**Business:** Eva's Bridal & Fashions

**Location:** 6227 Middlebelt, between Warren and Ford, Garden City.

**Product/Service:** Bridal, bridesmaid and mother of the bride/groom gowns.

"The dresses have gotten fancier, more

beading. I think the proms have really increased. The girls realize this is the place to come for prom dresses."

**Website:** [evasbridal.net/\(734\)422-5390](http://evasbridal.net/(734)422-5390)

**Quote:** "I like to treat people like I would want to be treated in any situation," the Golden Rule.

### **KARISSA JAGACKI, A.U.D., PERSONALIZED HEARING CARE INC.**

Karissa Jagacki bought the Westland business, which has since expanded to include a South Lyon office, from the late Barb Douglas in 2002. Jagacki earned her doctorate of audiology degree from Central Michigan University following undergraduate studies in audiology and speech sciences at Purdue University.

The South Lyon office opened in 2009. "I felt that there was a need for professional hearing services in this area," said Jagacki, a South Lyon resident. "People need hearing services, and some people don't know where to go. I think it's always important to see a professional audiologist."

She chose her profession while a Purdue undergraduate. "I just loved the idea of helping people hear better," she said, noting hearing and communicating are keys to quality of life.

"We care about our patients," Jagacki said.

Her credentials include certification by the American Speech Language Hearing Association and a state of Michigan audiology license. She is a fellow member of the American Academy of Audiology, a member of the

Please see OWNERS, 23

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Pat Finnegan (right) and Lori Stempien are co-owners of Pear-aphernalia, a home decor and gift shop in downtown Northville.

## OWNERS

FROM PAGE 22

Michigan Academy of Audiology and a regional alumni representative for the Audiology Program at Central Michigan University.

**Business:** Personalized Hearing Care Inc.

**Two locations:** 35337 Warren Road, Westland, and 321 Pettibone Ave., Suite 105, South Lyon.

**Website:** [www.doineedahearingaid.com/](http://www.doineedahearingaid.com/)(734) 467-5100 in Westland, (248) 437-5505 in South Lyon

**Product/Service:** Hearing aids and audiology services

**Quote:** "Hearing is important, and I do think it's important to seek the right person," preferably a doctor of audiology or trained audiologist. "It really does matter who you see." Hearing aids treat 95 percent of hearing loss, she said, and have improved dramatically in recent years.

**REBECCA BARRY,  
THE MOON & ME  
LORI STEMPIEN AND  
PAT FINNEGAN,  
PEAR-APHERNALIA**

Downtown Northville is home to mother and daughter business owners Rebecca Barry, who owns the baby and toddler boutique The Moon & Me, and her mom, Lori Stempien, who with co-owner Pat Finnegan owns and operates Pear-aphernalia home decor and gift shop.

"Shortly after graduating from college, an opportunity arose to open a store in downtown Northville, which



Rebecca Barry owns The Moon & Me, a baby and toddler boutique in downtown Northville. Mom Lori Stempien is co-owner of Pear-aphernalia, a home decor and gift shop in downtown Northville.

has always been a wonderful place to shop," Rebecca Barry said. "My love of children, desire to work with people and interest in fashion inspired me to open a baby and toddler boutique. Opening The Moon & Me has allowed me to fulfill my aspirations of owning my own business while doing something I love and developing relationships with my customers who make up the charming community of Northville."

**Business:** The Moon & Me, baby and toddler boutique

**Location:** 116 E. Main St., Northville, (248) 344-1014

**Product/Service:** Baby and toddler apparel (sizes preemie to 4T) and acces-

Please see OWNERS, 28

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Dr. Masri adult patient

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0E08731098

# 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!

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

Level: Beginner

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

Level: Intermediate

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

Level: Advanced

Answers found on page 28

## Dedicated professionals offer help and explanations for those unwanted aches and pains you experience in your legs

Varicose veins and spider veins (telangiectasia) are the visible surface manifestations of an underlying problem. The blood flow deviates from a normal flow path and flows in an opposite direction so that fluid accumulates, causing a "congested" leg, it can be referred to as venous insufficiency syndrome.

Mild forms of venous insufficiency are merely uncomfortable, annoying, or cosmetically disfiguring, but severe venous disease can produce serious systemic consequences and can lead to loss of life or limb.

Varicose veins and spider veins develop more often in women than in men. They increase in frequency with age. An estimated 30% to 60% of adults have varicose veins or spider veins.

Most patients with venous insufficiency have subjective symptoms that may include pain, soreness, burning, aching, throbbing, cramping, muscle fatigue, and restless legs.

The causes of varicose veins and spider veins depend on a number of factors. A person needs to look at their heredity, and if their occupation involves a lot of standing, such as nurses, hair stylists, teachers, and factory workers. Is the person overweight and by how much.

Hormonal influences during pregnancy, puberty, and menopause, could be part of the problem. The use of birth control pills and postmenopausal hormonal replacement could be factors as well.

A history of blood clots and conditions that cause increased pressure in the abdomen including tumors, constipation, and externally worn garments like girdles. Consulting with professionals is the best way to seek help.

At Novi Vein, Dr. Jeffery H. Miller and his staff specialize in vein disorders. The most advanced diagnosis and treatment of vein disorders such as varicose and spider veins, is what they deal with everyday. They use their talents with one simple goal in mind: Helping patients free themselves from the chronic and often debilitating leg pain that accompanies those conditions.

**Learn more about Jeffery H. Miller M.D. on page 25.**

**Special advertorial themes will be featured each month in Hometown Life Woman and Hometown Life Inspire, reaching 45,000 readers in Oakland and Wayne counties!**

See who we are featuring in up coming editions:

### March

**Inspire, March 17 — Crafts and scrapbooking**  
(Tell our readers about the latest trends and products).

### April

**Woman, April 7 — Health, Body and Mind**  
(Do you own a business that focuses on the whole person. Tell your story here).

**Inspire, April 21 — Spring Home Improvement**  
(Get ready to capture the attention of homeowners motivated to fix-up, spruce-up and renovate. Speak with your account executive about advertorial mentions in this special section).\*

### May

**Woman, May 5 — Women in Service**  
(Be among the many local businesses ready to salute women police officers, fire fighters, EMS personnel and women in local government positions).

**Inspire, May 19 — Spring Home and Garden**  
(Tell readers about your special service or product that will make their home and/or garden the best on the block. Contact an account executive to discuss an advertorial mention in this special section.) \*

*Your business doesn't fit into a theme? We'll create a custom advertorial for you regardless of theme for any edition! Inquire with your sales associate for details. To advertise, call (734) 582-8363 (Plymouth) or (248) 437-2011 (South Lyon).*

\*Advertorial mentions are included in ad packages for these special sections.



# An Easy Cure for Chronic Leg Pain

By Jeffrey H. Miller, M.D.  
NOVI VEIN

Most people don't realize that aching, tired legs are caused by a very common condition known as Venous Insufficiency. It's often associated with varicose veins, but not always. The most amazing thing is that the condition is easy to treat, and it's usually covered by insurance.

## Symptoms of venous insufficiency of the legs:

*Pain*  
*Swelling*  
*Aching/Throbbing*  
*Heaviness/Fatigue*  
*Night cramps*  
*Restless legs*  
*Varicose veins*  
*Itchy veins*  
*Non-healing ulcers*

If you have any of these symptoms, it's very much worth visiting a vein physician. As part

of your evaluation, an ultrasound should be performed while you are standing. This allows the practitioner to look for blood going the wrong direction in some of your veins, which denotes venous insufficiency, or reflux. If you are evaluated while lying down, your diagnosis will often be in error.

As for treatment, it's quick, safe and extremely effective.

No longer do you need

to undergo surgical procedures, such as stripping and ligation, nor do you require surgery within a hospital, which requires an inpatient stay or long recovery. Instead, you can have your procedure at a specialized medical office, be up and walking immediately, and go back to work the next day.

## How the treatment works

The cause of varicose veins and all the symptoms of venous insufficiency are related to



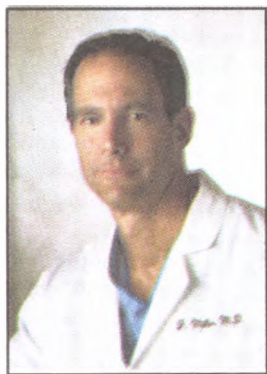
The most amazing thing is that varicose veins are easy to treat and usually covered by insurance.

a "refluxing vein" – a bad vein that allows blood to go the wrong way. Normally, veins carry blood towards the heart. An unhealthy refluxing vein fails to carry blood upward and instead causes pooling of blood in the leg and subsequent symptoms. This unhealthy vein is not needed so treatment is to simply close it down with heat which is known as endovenous thermal ablation (EVTA). There is a large network of veins in the leg such that the normal healthy veins immediately take over and get blood out of the leg thus alleviating the pooling and symptoms. There are two types of heat that can be used for the procedure. Endovenous Laser Ablation uses laser energy (a highly concentrated beam of light) to the targeted tissue with extreme precision, so as not to affect the surrounding tissue. The other form of heat is

electrical energy, known as Radiofrequency Ablation (VNUS ClosureFAST)<sup>TM</sup>. Both treatments consist of inserting either an FDA approved laser fiber or a VNUS ClosureFAST<sup>TM</sup> catheter into the affected vein under ultrasound guidance. Subsequently, heat is delivered to the vein which seals it shut (ablation). Once the diseased vein is closed, other healthy veins take over the task of carrying blood from the leg, thereby reestablishing normal flow and eliminating pain.

The procedure is virtually painless and the results are outstanding.

Written by Jeffrey H. Miller, M.D.  
Dr. Miller can be reached at: (248) 773 4990  
or [jhmiller@novivein.com](mailto:jhmiller@novivein.com).



Submitted Photo

Dr. Jeffrey H. Miller,  
Novi Vein.

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Livonia Vein Center



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Health System

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LEGS**

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The experts at the U of M Livonia Vein Center care about you and your legs. That is why we offer treatments that improve appearance and relieve discomfort. Varicose and Spider Veins are not just a cosmetic problem and most insurance companies provide coverage for medically necessary treatment.

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**734.432.7662**

**LIVONIA VEIN CENTER**

**www.livoniavein.com** 19900 Haggerty Road, Suite 185 • Livonia, MI 48152-1853

## CAMPS

FROM PAGE 8

The camp attracts gifted elementary, middle and high school students (grades 5-12) seeking an intense program in music, art, dance, and drama as well the opportunity to participate in an International Exchange Program. Camps run June 29 to Aug. 21.

### DAYS CAMPS

Day camps offer affordable, fun and educational alternatives to hanging around the house.

Jill Janisse has driven all the way from New Hudson to take her son to Camp Mirage in Plymouth for the last five years. Formerly from the Livonia/Westland area, Janisse knew about the camp when she started to look for a summer activity for son, Ian, after she went back to work.

Camp Mirage at the Oasis Golf Center has specialty camps like CSI Forensics, Hollywood Movie Making, and a trip into the wizardry world of Harry Potter. The magic of Hogwarts has campers divided into Houses just like in the books and movies. Children learn to play ground quidditch, make wands, and eat chocolate frogs. Visit [www.campmirage.com](http://www.campmirage.com) to download a brochure.

Camps for ages 4-13 range from \$115 to \$345.

Sample the various themes at an Open House noon to 5 p.m. Saturday, May 21. For an appointment, call (734) 420-4655.

"I wanted Ian to be able to do something with his friend. He used to go to St. Mike's in Livonia," said Janisse. "He attended two or three camps every year. Ian especially liked the cartooning and playing GAGA (a form of dodge ball from Israel)."

### NATURE CENTER

The Howell Nature Center Camp was another favorite of Ian's. A Day Camp Sampler is scheduled 10 a.m. to 4 p.m. Saturday, May 14. Advance registration required. Visit [www.howellnaturecenter.org](http://www.howellnaturecenter.org) or call (517) 546-0249.

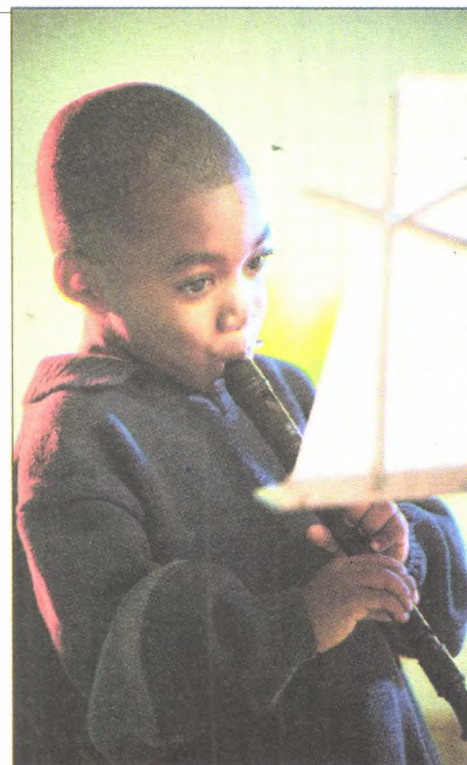
Themes focus on survival in the wild, a fuzzy, furry week to inspect insects, birds and mammals up close, a critter camp that answers questions like how many stomachs does a deer have?

One-day and weeklong camps are available (grades 2-12) to explore the 270-acre wooded countryside. Cost is \$33 a day, \$150 a week.

"He learned survival techniques, how to build a shelter and identify plants," said Janisse.

### MISSION EXPERIENCE

Michigan Missions isn't a camp, but a spiritual experience. The nonprofit



organization connects those in need with volunteers from grades 6 and up. For information, visit [michiganmissions.com](http://michiganmissions.com) or call JoAnne Pooley at (734) 679-6350.

"When I find a need in a community, I contact churches, youth groups or women's groups, and try to pair the size of the job with the volunteers," said JoAnne Pooley of Garden City.

Pooley had gone on several mission trips outside Michigan, before starting the nonprofit. "You don't need to go to Appalachia. The need is here," said Pooley. "It's a learning experience for youth. To see other people have needs gives them a sense of community."

The mission trips are nondenominational and begin with a devotional on the lawn of the homeowner who is also given a Bible.

"We do handyman type fixups, painting, floors, gardening," said Pooley.

So far, volunteers have served in Redford, Westland, Detroit and Essexville.

"Right now it's day trips only, but we want to extend to weekends and week-long trips. This year we're converting a trailer into a shower trailer so we can take longer trips."

In addition to working on the trailer, Michigan Missions is holding a Battle of the Bands, a benefit to raise funds for materials like paint. This year's event is Saturday, May 14, at Community Baptist Church in Garden City.

"We're constantly looking for any volunteer that wants to plug in and homeowners who need assistance," said Pooley. "We go downtown to feed the homeless every third Saturday. You can't even express the feeling you get from helping others."



## FITNESS

FROM PAGE 12

daughter. Exercise gives me the energy to keep up with her," said Koptas, who has an 18-month-old.

Koptas loves her hour of "de-stress time" at Fitness USA in Westland. She plugs in her headphones or watches TV while walking on the treadmill or riding an exercise bike.

As a mom with four daughters, exercise at the LCRC has made Kim Peters more aware of keeping physically active for her children.

"Exercise allows me to keep up with them. And, if they need help, I can help," said Peters of Livonia. Feeling stronger and happier, and, making new friendships are added exercise perks for Peters.

Kelly Kessler's two young boys are "copying everything I do," remarked Kessler, 38. And that's a major reason she

exercises.

"It's important to have a good influence on my kids. I'm taking care of myself so that I can take care of them," said Kessler of Novi, who has used child care services in the past.

Supervised child care services are a big plus for moms with kids who want to participate in adults only classes.

Venues that offer these services include area YMCAs, The Sports Club of Novi, Bally Total Fitness in Redford and Plymouth, Summit on the Park in Canton, and Powerhouse in Novi and South Lyon.

"Moms love the child care. It's utilized quite a lot," said Cathy Glover, club manager of The Sports Club in Novi. Moms enjoy exercising with their peers, and then, after class, they use the shower facilities at the center, without worrying about their children.

The Sports Club also accommodates older kids in the XRkade. Here, kids are supervised in an environment that features interactive activities.

## FEET

FROM PAGE 17

Du Russel, Raymond H., DPM  
13650 10 Mile  
(248) 486-1177

Gentle Foot & Ankle Care  
13650 10 Mile  
(248) 486-1177

**Highland/Milford**  
Highland Milford Foot & Ankle  
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(248) 685-1300 www.michiganfootandankle.com

Gentle Foot Care  
1501 N. Milford Road, No. 200, Milford  
(248) 676-2080 www.gentlefootdoctors.com

**Westland**  
Jason N Choos, DPM  
35210 Nankin Blvd, Ste. 301, Westland  
(734) 525-2555

Kathleen H Duzak, DPM, POD  
7325 N. Middlebelt, Westland  
(734) 421-7400

Leigh Rubin, DPM  
35210 Nankin Blvd, Ste. 301, Westland  
(734) 525-2555

Milton J Stern, DPM, MD  
6149 N Wayne Road, Westland  
(734) 728-2130

**Garden City**  
Watson Steven, DPM  
6255 Inkster Road  
(734) 981-7800

Moss Foot Clinic, PLLC  
27501 W. Warren  
(734) 427-7111

Shapiro Robert S., DPM  
2017 Middlebelt  
(734) 421-2727

Livonia Foot Surgeons  
29055 Ford Road  
(734) 427-6300



Canton Foot Specialists  
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(734) 981-7800 www.cantonfoot.com

**Canton**  
Canton Foot Specialists PC  
43050 Ford Road, No. 150  
(734) 981-7800 www.cantonfoot.com

Lubin, Robert, DPM  
42287 Cherry Hill Rd., Ste. D  
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Fong Hon W., DPM  
2050 N Haggerty, No. 120  
(734) 981-1086

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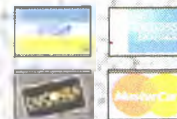
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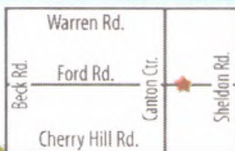
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### Spirituality for the Non-Religious Woman

The American Priestess Training Program is offering a series of 8 workshops designed to awaken the Priestess within.

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- If you love to facilitate holiday, religious or secular gatherings
- If you are drawn to female spiritual leaders, but never thought of yourself as one
- If you're a healer by trade, profession or intention
- If you feel the power generated when women gather
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Participants can also receive Reiki 1 & 2 initiations.

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For more information call 248-788-5798

Pricing, registration and scheduling info is available on

the website: [www.betzking.com/aptp.htm](http://www.betzking.com/aptp.htm)

For more info, call Dr. King at 248-788-5798,

or email [betzking@betzking.com](mailto:betzking@betzking.com)

## OWNERS

FROM PAGE 23

sories. The Moon & Me offers christening outfits (shop from the in-store selection or special order from catalogs) and christening gifts. In an effort to support local artisans, the shop also carries many locally handmade items, such as diaper bags, tutus, hair accessories, burp cloths, bibs, activity bags, birthday hats and more.

**Quote:** "A customer is the most important visitor on our premises, he is not dependent on us. We are dependent on him. He is not an interruption in our work. He is the purpose of it. He is not an outsider in our business. He is part of it. We are not doing him a favor by serving him. He is doing us a favor by giving us an opportunity to do so" —Unknown

"As shoppers in Northville, we felt the town would benefit from a store offering moderately priced products, but in an upscale atmosphere, a place where everyone could feel comfortable and afford to shop," Pear-aphernalia co-owners Lori Stempien and Pat Finnegan said.

"Our business model was to create a shopping experience based on affordable pricing, quality merchandise and great customer service. Pear-aphernalia was started in October 2001 and has strived to incorporate these ideas in our ongoing growth and development."

**Business:** Pear-aphernalia, Inc.

**Location:** 184 E. Main St., Northville, MI 48167/(248) 596-1430

**Product/Service:** Home decor and gift shop.

**Quote:** "Each customer that enters our store is entitled to a smile, our best customer service and a thank you of appreciation, because without them our store would cease to exist."

**KAREN L. GARA, MERLE NORMAN COSMETIC STUDIO**

"It is a life goal of mine to be in control of my own circumstances and not to rely on others to get me there. I have

## WOMEN-OWNED BUSINESSES IN THE UNITED STATES

• 10.1 million firms are owned by women (50 percent or more), employing more than 13 million people, and generating \$1.9 trillion in sales as of 2008.

• Three-quarters of all women-owned businesses are majority owned by women (51 percent or more), for a total of 7.2 million firms, employing 7.3 million people, and generating \$1.1 trillion in sales.

• Women-owned firms (50 percent or more) account for 40 percent of all privately held firms

Source: The Economic Impact of Women-owned Businesses in the United States

The Center for Women's Business Research



Karen Gara owns the Merle Norman in downtown Farmington.

owned my own business for 21 years. I spend most of my life at work and I am very blessed in that I love what I do," franchise owner Karen Gara said.

**Business:** Merle Norman Cosmetics

**Location:** 23348 Farmington Road, Farmington, MI 48336/(248) 477-3033

**Website:** [merlenorman.com](http://merlenorman.com)

**Product/Service:** Cosmetics, skin care, consultations, special occasion makeovers, facials, wigs

**Quote:** "If you are kind to others, you have been kind to yourself."

## Sudoku Answers

### Beginner

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

### Intermediate

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

### Advanced

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



PHOTO BY TODD SAMSON

The sold out class watches intently as Kimberly Emmert teaches them step-by-step how to make home made mozzarella.

## COOKING

FROM PAGE 18

12 students for two or three instructors. In the summer, some BAKE!-cation classes are held that can last up to a week for more intensive instruction.

Ramon said his average student is "somebody who's passionate about baking. It's primarily female, but about 15 percent our of students are men. We do have family classes, too, for parents and their kids."

The program has grown rapidly in the last couple of years, thanks to repeat business and word-of-mouth recommendations to family and friends. "People see what one of our students makes and then say, 'You didn't bake that, you must have bought it.' They end up taking a class. That's how our business has really grown," Ramon said.

Upcoming classes include We Dig Donuts, Mambo Italiano — Italian Breads and Ooh La La Croissants. Pre-registration is required and many classes sell out quickly because of the small size.

For more information, call (734) 761-7255 or visit [bakewithzing.com](http://bakewithzing.com) and click on classes.

### JOE'S PRODUCE

This fruit stand turned specialty

market has been in business on Seven Mile Road in Livonia since 1945. It also offers one culinary class each month, under the direction of executive chef Reva Constantine, who's been teaching them for the past two years.

Joe's doesn't have an extensive list of offerings, usually about 10 per year. But Constantine said they have very loyal students who keep coming back time and again for classes on such subjects as soups and stews, grilling and barbecue and Thanksgiving recipes.

Joe's classes are held Sunday evening after the store has closed and includes only 14-18 students each time.

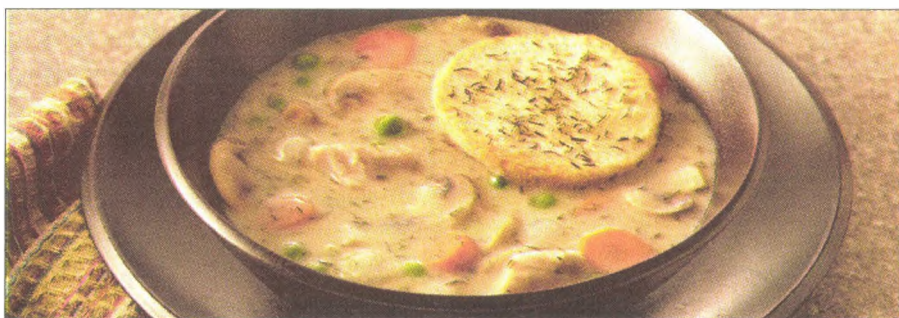
"We don't have a lot of new students because we don't have much room," Constantine said. "We have some very loyal customers who like to come back."

Many of the students enroll in pairs, Constantine said, such as sisters, girlfriends, moms and daughters and even husbands and wives.

"Everyone creates a recipe and then we all sit down and eat afterward," she said. "It's really a fun time."

"I try to make each class unique and gear it to the time of year," she added.

Constantine said the next class on the agenda will cover sauces. Each class is usually \$40 and pre-registration is required. For more information, call (248) 477-4333, ext. 226, or visit [joesproduce.com](http://joesproduce.com) and click on special events.



## Nerve Pain Treatment Program

By: Dr. Michael Krygier D.C.

Tens of Millions suffer with nerve pain and often don't know where to turn...

### Do you have these 7 warning signs?

- |                         |   |
|-------------------------|---|
| 1. Numbness             | 5. Painful walking                            |
| 2. Burning Pain         | 6. Difficulty sleeping from hurting feet/legs |
| 3. Cramping             | 7. Prickling & Tingling sensation             |
| 4. Sharp, electric pain |   |

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## CLASSES

**Event:** Are you intimidated by raw foods? Or maybe going all raw isn't for you. What about adding in one raw meal a day, and it's as simple as a smoothie. Andrea McInch will show you how to take a simple smoothie and turn it into a medicinal meal. You'll learn how to open a Young Thai Coconut.

**Cost:** Free

**When:** Sunday, March 6, 4-4:45 p.m.

**Where:** Cacao Tree Cafe, 204 W. Fourth St., downtown Royal Oak

**Contact:** info@how2eatraw.com or (248) 470-4290

**Event:** Join Andrea McInch from Regeneration Raw for an in store sampling celebrating St. Patrick's Day and all things GREEN. Celebrate St. Patrick's Day this year without the guilt. **Cost:** Free

**When:** Tuesday, March 15, 4-6 p.m.

**Where:** Whole Foods Market, 2880 W. Maple Road, Troy

**More info:** (248) 649-9600

**Event:** A Raw Food Diet For Kids

**When:** 6 p.m. Sunday, April 3

**Location:** Zerbo's Health Foods, 34164 Plymouth Road, Livonia

**Details:** Eliminate childhood illness and allergies. **Call:** (866) 4-ZERBOS

**Event:** 1 Day Raw Food Course

**Event:** Spend the day preparing a variety of raw food dishes, discussing how to shop for raw foods and how to set up your kitchen, all the while discussing the basics the raw and living food diet.

**Where:** Site to be announced

**When:** 11 a.m. to 4 p.m. Sunday, March 6

**Cost:** \$125. Full payment due by March 5

**Contact:** Michael Dwyer at (734) 812-9137 or visit rawteacher.com

Finest Organics in Highland. It is a small food-buying club.

Raw nuts and seeds that raw foodists use are usually available at the market, she said. They also carry beans and grains for sprouting, she said.

Anybody can stop in and shop at the market itself, which features a variety of health foods at the front of the store. There is a selection of foods in the back area that is for members only. It costs \$50 to become a member and that brings a 15-percent discount on about 99 percent of the items in the store. It is \$20 to renew after a year.

The Better Health Markets of Novi and Plymouth, Zerbo's in Livonia, area Whole Foods Markets and Colasanti's in Highland periodically offer raw foods classes in the area.

Websites include: how2eatraw.com, rawteacher.com/michaeldwyer and www.rawwaylife.com

thought her dad was crazy when he started going to holistic health seminars and talking about raw foods. Since she was raised eating healthy foods, she never saw the reasoning behind it. But then her grandfather fell ill and doctors weren't sure he was going to make it until he went on a raw foods juice fast for eight days, she said. He left the hospital and three years later he is still fine, she said.

"It really did show me that foods can be healing," she said.

Then, while breastfeeding, she realized her daughter was sensitive to dairy and gluten. "I started eating more raw at that point," she said. She switched over to eating raw foods and found that for the first time in her life she felt good, she said. The benefits have included more energy, not getting tired during the day and sleeping well at night.

"When I started going raw, I got to the point where I listened to my body," she said. You might also have to eat more often. "You have to be OK with the fact that you might eat seven times a day, like grazing," she said. It's doing what feels good for your body, she said.

As a mother of two small girls with a husband who plays professional basketball in the Philippines, she found she needed some convenience and started making raw vegan health bars. About a year ago, she started making them at Red Pepper Deli in Northville. They were so popular she started selling them to grocery stores. Then a friend submitted her story to the Costco Connection and suddenly she had orders from as far away as California.

She has two partners in Flint, where the bars are now manufactured.

Her husband goes back and forth with his diet, but he is definitely on board with raw foods to get stamina and energy, she said.

Herr-Hatfield also feels the clarity so many people talk about. "It's well worth trying," she said. It's the best decision someone can make for their health, she said.

Many local stores health food stores carry items that can be helpful for raw food diets.

Mary Anne Johnston runs Nature's

Many raw foodists swear by the benefits of the diet. Dwyer says his migraines and back pain disappeared after beginning the diet. But it's not magical, he said, by eating the right foods, your body has what it needs to do the work. "When you give the body the proper nutrients, it can heal," he said.

Another big benefit for many is clarity of thought. Dwyer said he noticed especially in stressful situations that he has a heightened sense of awareness.

"Be realistic about it," he said "Transition is what works best for people," he said.

Going about 50 percent raw will bring benefits and 85 percent brings transformational benefits, he said.

Bethany Herr-Hatfield of South Lyon



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Ann Arbor

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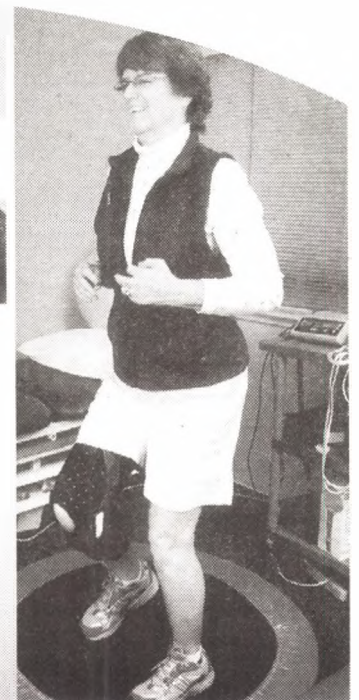
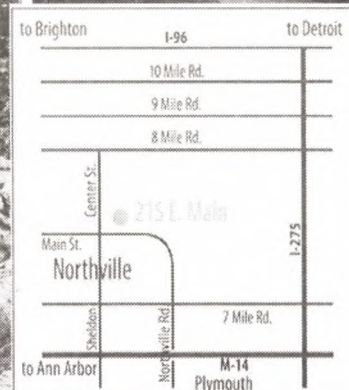
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*Kimmy K., Dearborn Heights, MI*

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