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MUSLIM GROUP MARKS 9/11 ANNIVERSARY LOCAL NEWS, A3

GLUTEN-FREE COOKING FOOD, B8



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Remembering 9/11

With the 10-year anniversary of the terrorist attacks of 9/11 approaching, the Plymouth Observer is looking for remembrances of that day. Do you remember where you were or what you were doing that day? Did you have a connection to someone lost in the attacks? Do you have a story (with a picture) to share?

We'd like to hear it. E-mail editor Brad Kadrich at bkadrich@hometownlife.com, and please include a contact phone number.

Embracing life

There is still time to sign up for St. Mary Mercy Hospital's fifth Annual "Embrace Life" 5K run/walk for Cancer, set for 9 a.m. Sunday, Sept. 11.

Registration is \$22 until Sept. 2, \$27 after that. "This is a healthy community event that brings all levels of participants, from those who are avid runners to those who are walking to support a loved one," said Jennifer Kennedy, race director, and director of Marketing and Public Relations at St. Mary Mercy Hospital. "For avid runners, it is a great race because it is a USAATF-sanctioned route and we have B-tag chip timing for accurate results. For those who want to walk for the cause, it provides them an opportunity to recognize and celebrate someone special to them."

Nearly 600 people helped raise more than \$20,000 last year. Proceeds support Cancer Services at St. Mary Mercy Hospital for patients in need.

For more information, call 734-655-1590. To register for the 5K for Cancer, visit www.stmarymercy.org/5Kforcancer.



BILL BRESLER | STAFF PHOTOGRAPHER

Beverly Meyer, "The Music Lady," closed out the 27th annual Music in the Park series last week. The series is hosted by the Plymouth Community Arts Council, with The Wilcox Foundation as the major sponsor.

Music dies down after successful season

By Brad Kadrich
Observer Staff Writer

It started back in June with the opening-day appearance by Josh White Jr. It included a pair of performances from perennial crowd favorite Guy Louis & Chautauqua Express.

And it ended last week with Beverly Meyer, "The Music Lady."

And through the two-month schedule, the Plymouth Community Arts Council's 27th annual "Music in the Park" concert series entertained thousands of children and their families adorning the grass of downtown Plymouth's Kellogg Park.

"It's a simple formula ... a place where people can gather and hear good music," said Deb Madonna, who organiz-

es the concerts every year. "Musicians love the reception they get and are eager to come back. Having a park like Kellogg Park in the middle of town provides a place where people love to gather."

Madonna estimates the concerts draw as many as 25,000 people a year over the three-month schedule. And, while the concerts are geared toward children, the age range of the audience always tickles Madonna.

"The wide range of audience members makes you smile," she said. "You get young babies, families, day care groups, senior citizens. What other program can you think of has that wide of a range in ages?"

Despite all of those attri-

butes, Madonna knows the series would be tough to present without the sponsors. Once again, The Wilcox Foundation is the series' major sponsor. Other sponsors include Huron Valley Ambulance, Monroe Bank & Trust, Rotary Club of Plymouth A.M., the Miracle League of Plymouth, The Cupcake Station, Genuine Toy, Plymouth-Canton Montessori School, Chair-iot of Canton, Kilwin's and Kona Ice.

"What amazes me is that, even though we have experienced very tough times and Michigan's economy has been very hard hit, business owners and individuals kindly pitched in to provide this program for our community," Madonna said.

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Group renews petition drive for fire service

By Matt Jachman
Observer Staff Writer

Supporters of a special assessment in Plymouth Township that would help fund the Plymouth Community Fire Department say they'll continue a petition drive in hopes of bringing the tax question to voters early next year.

The Citizens Action Group of Plymouth Township, which last week fell short in its bid to put a special assessment district proposal on the November ballot, is now aiming for a February election, and intends to put to good use the three months it has to gather petition signatures.

"This gives us an opportunity to go out and get a stronger hold on what people really want and show the Board (of Trustees) they really need to listen to the residents," said Jennifer Mann, one of the group's leaders and the wife of a PCFD firefighter.

The group's proposal, if approved by voters, would turn the entire township into a special assessment district with a 1-mill (\$1 for every \$1,000 of a property's taxable value) levy. The money raised, estimated at \$1.7 million a year, would be dedicated to the fire department, which is facing the loss of near-

ly \$1 million annually from the city of Plymouth, which is leaving the shared department after this year, as a cost-cutting move, in order to partner with the city of Northville.

"It would be more than enough," Mann said, to keep the PCFD at its current staffing level. The department has 22 unionized firefighters, plus Chief Mark Wendel.

Supporters say they want to maintain the level of firefighting and emergency medical services the department provides, while township officials have talked of job cuts and a move to 12-hour shifts instead of the current 24-hour shifts. The current PCFD budget is nearly \$4 million annually.

Township officials warn that the way state law on special assessment districts reads, such a levy could be up to 10 mills. "They can't guarantee that it will only be one mill," said township Supervisor Richard Reaume.

Mann dismissed that as a "scare tactic by the board" and said her group has consulted with an election law lawyer who says that's not the case.

The group, Mann said, is aiming to submit its petitions just before Thanksgiving. In order

Please see PETITION, A2

New gym offers elite training to general public

By Matt Jachman
Observer Staff Writer

A Plymouth Township gym that opened in June gives new meaning to the term "sweat equity."

At the Barwis Methods Training Center, located in a business park on Plymouth Oaks Boulevard just east of Sheldon, professional football and hockey players work out alongside high school athletes, members of the general public and people trying to lose substantial amounts of weight or recover from serious injuries.

"When you come through this door, it doesn't matter your status," said Victoria Weldon after a 90-minute workout on Monday. "It's real-



BILL BRESLER | STAFF PHOTOGRAPHER

Mike Barwis watches Steve Kampfer's lift.

ly encouraging." "We want to get to know you," said trainer Dan Mozes, a former college and professional football player who puts

Weldon and several others through their paces five mornings a week. "We want to see results, because they're a testament to what we do."

Barwis, which opened June 1, is run by Mike Barwis, formerly the director of strength and conditioning at the University of Michigan. Partners in the business include National Hockey League players Jack Johnson (Los Angeles Kings) and Matt Hunwick (Colorado Avalanche), both of whom played at U-M.

"We have the education and the science to really train everybody," said Barwis.

Barwis, originally from Philadelphia, has a background in science and physiology and was the strength coach at West Virginia University (he coached Mozes there) for 14 years before coming to U-M.

His exercise method is

a multifaceted — he calls it holistic — approach that trains muscle groups in a variety of ways. The program includes conventional and Olympic weight training, drills to improve balance and function, core-strengthening exercises, injury prevention and "prehab," plyometrics (a focus on muscle speed and power) and conditioning.

It isn't your old-time high school weight room: To become a Barwis trainer, Barwis said, one must go through a nine-level certification process, and the second level alone involves learning 1,250 different exercises. Barwis says he has trained hundreds of col-

Please see GYM, A4

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PETITION

Continued from page A1

to put a special assessment district question on the ballot, supporters need to gather the signatures of property owners representing a total of at least 10 percent of the property that would be included in the district.

Township Clerk Joe Bridgman certified last week that more than 8 percent of the proposed district was represented in valid petition signatures turned in Aug. 16, but that other signatures, for some business properties, had to be disqualified because it was unclear whether signers represented the legal owners of the properties.

About 3,500 total signatures were gathered. Reaume said he expects the board to act if the 10-percent threshold is reached.

"If they say there's that much support there, we

expect that they'll bring back their petitions" after a successful effort, he said.

Valid signatures already collected can be used by the group in its renewed petition drive.

Meanwhile, job cuts in the fire department may be proposed as the township goes through its budget-making process this fall, Reaume said. The township's new fiscal year starts in January, coinciding with the loss of the city of Plymouth as a partner in the PCFD.

With Plymouth out of the department's service area in January, Reaume said, between 25 and 30 percent of its work is going to go away.

"We don't see this as a revenue problem, we see this as a lack of work now, and the lack of a partner, and that maybe this department needs to be right-sized," he said.

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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

AAUW MEETING

Date/Time: 6:30 p.m., Thursday, Sept. 22

Location: Hoben Elementary School (Salz Road between Sheldon and Canton Center).

Details: The Plymouth/Canton branch of the American Association of University Women hosts its monthly meeting. The meeting, titled "Not Your Mother's Tie-dye," will feature Emily Sharpe who will share her experiences joining a start-up company that specializes in a new form of tie-dyeing. Appetizers and desserts will be served.

Contact: For more information contact Becky Copenhaver at bgcopen-

haver@yahoo.com or (734) 981-6023.

CHEER CLINIC

Date/Time: Saturday, Sept. 10, 11 a.m. to 2 p.m.

Location: Plymouth High School, Beck Road south of Joy

Details: The Plymouth High School cheer teams host a kids cheer clinic for first-through eighth-graders. The cost is \$30 per student and includes a PHS cheer T-shirt, drinks and snacks. All kid clinic participants are invited to cheer in the Friday, Sept. 16 Plymouth vs. Livonia Churchill 7 p.m. varsity football game. The deadline to register is Aug. 30.

Contact: The registration form can be found on the Plymouth cheer website or by contacting Julie Jones at jonesing05@gmail.com

SALEM CHEER

Date/Time: Saturday, Sept. 24, 9 a.m. to 1 p.m.

Location: Salem High School gym, 46191 Joy in Canton

Details: The Salem High School cheer team presents "Kid Camp 2011." The \$50 cost includes clinic, snack, a T-shirt and backpack. Campers are invited to cheer with the team for the first half of the Salme vs. Stevenson football game Friday, Oct. 7. Campers should wear comfortable shirt, shorts and gym shoes.

Contact: Dee Bryan, (734) 673-4329, or Kelissa Nordstrom, (734) 397-4562, or e-mail salemcoaches@gmail.com

CRAFTERS WANTED

Date/Time: Oct. 15

Location: West Middle School in Plymouth

Details: Organizers of the Delta Kappa Gamma Craft Fair at West Middle School are looking for crafters. Proceeds go for scholarships for future educators from the Plymouth/Canton high

schools. The fair general draws some 1,500 customers and features food and drawings.

Contact: Judy, (734) 347-1001 or Alice (248) 348-5561 or dachrenko@hotmail.com.

PERENNIAL EXCHANGE

Date/Time: Saturday, Sept. 10, 9-11 a.m.

Location: East end of Kellogg Park (opposite the Wilcox House)

Details: The Trailwood Garden Club sponsors a perennial exchange at the Plymouth Fall Festival, open to the community without charge; bring something (healthy plants only)-take something. Those unable to bring plants to the exchange should stop by anyway, as there could be extras. Trailwood Garden Club is a member of the Woman's National Farm & Garden Association.

Contact: For further information call (734) 459-7146.

GRIEF WORKSHOP

Date/Time: Eight-week workshop beginning Sept. 12, Mondays from 7-8:45 p.m.

Location: Ward Presbyterian Church, 6 Mile and Haggerty

Details: Ward Presbyterian Church sponsors an eight-week grief workshop, "From Grief to New Hope," a free workshop open to anyone who is grieving after the death of a loved one and presented by Cathy Clough, Founder/Executive Director of New Hope Center for Grief Support. Each session will begin with a presentation about one aspect of grief followed by small group participation led by trained facilitators.

Contact: For registration information call Barb at Ward Presbyterian Church, (248) 374-5943.

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Muslim group marks 9/11 anniversary

By Darrell Clem
Observer Staff Writer

In an effort to promote understanding and dispel misconceptions, the Muslim Community of Western Suburbs will host a 9/11 observance and welcome visitors to the Canton Mosque, a landmark on the northwest corner of Palmer and Lotz roads.

The local Muslim community has reached out amid hopes of drawing together a wide range of people from diverse religions as Canton marks the 10th anniversary of terrorist attacks that scarred a nation and fueled discrimination against groups such as Muslims and Sikhs.

The observance begins at 2:30 p.m. Sunday, Sept. 11, in the mosque gymnasium. In an effort to help the community, organizers have asked those attending to bring non-perishable food that youth groups, such as those from Our Lady of Good Counsel of Plymouth and MCWS' Young Muslims for Faith and Action, plan to distribute to local food banks.

"This event is about building community, healing and building bridges," said Aamina Ahmed, a Canton Mosque member and one of the organizers.

Several events

The mosque's observance occurs between two other events. Mar-

cia Barker, a Canton Public Library adult program specialist, said the library will host a 9 a.m. flag-raising ceremony by Vietnam Veterans of America Chapter 528 and a 7 p.m. patriotic performance by some members of the Michigan Philharmonic.

Ten years after the 9/11 terrorist attacks, some Muslim Americans and others have continued to face discrimination due to misconceptions, though Ahmed said Canton — known for its diverse community — has fared better than many places. She said she hopes events such as the 9/11 observance can help Canton "embrace its diversity" and work toward a common good, while respecting differences.

"9/11 was a significant day in American history," Ahmed said, "and it played a big role in how American Muslims came to be perceived afterward."

She said research has shown that the best way to overcome the unfounded fears is to get to know others. She said the American Muslim community has largely strived to become highly educated, successful and charitable. The 9/11 observance follows Ramadan, a month of fasting, prayer and community service.

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Summer of sharing

Community Financial recently awarded a check in the amount of \$1,060 to the Village Theater at Cherry Hill as part of the credit union's Summer of Sharing Campaign. Sharing the moment are (from left) Gary Bigos, Community Financial's Canton branch manager; Jill Engel, executive director of the Partnership for the Arts and Humanities; Jennifer Tobin, Arts coordinator for Canton Township and Village Theater manager; and Jennifer Provenzano, Recreation specialist for Canton Township.

Museum hosts historical lecture

Keeping up with changing fashion trends is not a 21st century predicament — women of all means have juggled family purse strings for centuries in order to dress to impress.

According to Liz Kerstens, executive director of the Plymouth Historical Museum, it was Madame Demorest and her husband, William Jennings Demorest, to whom women looked for fashion ideas during the Civil War.

That's why Kerstens is excited about the lecture by Pam Yockey that will discuss "Madame Demorest: Fashion Entrepreneur and Innovator" 7:30 p.m. Thursday, Sept. 8, at the Plymouth Historical Museum.

Yockey, a retired history teacher and Friends of the Plymouth Historical Museum board member, has been lecturing for more than 20 years. She has a master's degree in historic preservation from Eastern Michigan University. Fashion and history are of particular

interest to Yockey, who works in the costume studio at The Henry Ford, and also designs historical costumes ranging from Regency to Edwardian styles for her business, Kalcko Kitten.

Yockey's lecture will highlight how the career of the Demorests took off when they began printing dress patterns on tissue paper, making French fashions easily accessible. Along with this, the couple edited five magazines and were the first to sell magazines door-to-door. They also were the first in creating a successful home product sales scheme, paving the way for companies like Avon and Mary Kay.

The lecture is free and open to the public and follows a brief meeting of the Friends of the Plymouth Historical Museum. The Museum is located at 155 South Main, one block north of downtown Plymouth. For more information call (734) 455-8940 or visit www.plymouthhistory.org.

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New gym helps members with weight-loss goals

By Matt Jachman
Observer Staff Writer

Victoria Weldon is an enthusiastic, if unlikely, spokeswoman for Plymouth Township's new Barwis Methods Training Center.

At about 320 pounds, she nevertheless attacks her five-days-a-week exercise program, a class led by former Minnesota Vikings center Dan Mozes, with an intensity that matches that of the trim but muscular hockey players training nearby.

Weldon has been working out at Barwis since shortly after the center opened in June.

"I came in here to present a challenge to them," said Weldon, who lives in the township and owns her own business.

When she first visited, Weldon said, she compared her weight-loss goal to those seen on television's *The Biggest Loser*. The staff accepted the challenge, she said, but also corrected her, telling her there were no losers at Barwis.

In a little more than two months, Weldon said, she's lost 32 pounds and several inches on her



BILL BRESLER | STAFF PHOTOGRAPHER

Victoria Weldon drags a weight across the gym floor.

thighs. She sleeps better, her clothes fit differently and her stamina is up — she can climb the stairs at home without getting winded. At one time, she said, she felt "paralyzed" by her weight.

When she started, Weldon said, she figured she might last three to five minutes on the treadmill, maximum. Now, she can walk two miles without a problem, or hit the treadmill for 45 minutes and then go on to complete the rest of the class.

"People have noticed the change in me," she said.

Weldon had actually lost more than 100

pounds, just by improving her diet, over about a year and a half before joining Barwis. "Exercise was the part I was missing," she said.

The variety in her classes at Barwis helps keep her going.

"I've done the YMCA. I've gone to aerobics classes and swimnastics classes," but those routines didn't work for her, she said.

For Dusty Rutledge, Barwis has been "a lifestyle change," reaffirming a commitment to exercise and motivating him to improve his diet.

"Hardest thing I've

ever done, so it's been really good," Rutledge said after a workout Monday.

Rutledge played center his college football team in the 1980s, but gave up weightlifting after his playing days. He met Mike Barwis, the center's director, when they were both on the University of Michigan football staff.

Rutledge, says he's lost four inches from his waist and 65 to 70 pounds since his first workout at Barwis on June 20, including 10 pounds last week alone.

Now, he says, he makes "the extra trip up the stairs, because I can," and is motivated, say on a Saturday, to get out of bed and get active. "You feel better when you do it," he said. Stepdaughters Elizabeth and Maegan Burns, who are in high school, also work out at Barwis, with Maegan losing weight and Elizabeth, a cross-country runner, increasing her speed.

Rutledge expects to lose 50 more pounds in the next seven weeks.

"I'm a believer," he said.

mjachman@hometownlife.com
(313) 222-2405

CRIME WATCH

Vehicles targeted

Police took three reports late last month of thefts from vehicles parked in different parts of Plymouth Township.

In one incident, a laptop computer was reported stolen Monday morning from a Chevy Astro van that had been parked in the driveway of a house on Five Mile east of Northville Road.

The van had been locked, the complainant told police, and police said it appeared that a sliding window on it had been pried open. The burglary had occurred some time since about 11:30 p.m. Sunday.

In an earlier incident, in the parking lot outside the strip mall on Five Mile west of Sheldon, two iPods and a purse with personal checks and a cellular phone in it were reported stolen Aug. 20 from a Dodge Avenger. The car had been left unlocked for about half an hour, a police report said.

In another theft, reported early on Aug. 18, a catalytic converter was cut from a 2004 Chevrolet Monte Carlo as the car sat in a lot at Tavistock and Ann Arbor Road, east of I-275. The theft occurred between about 8 p.m. Aug. 17 and just after midnight Aug. 18, a police report said.

Car vandalized

A new Ford Fusion was vandalized, its left side scratched and a passenger-side window broken, on the night of Aug. 23 or early the next morning.

The incident occurred as the Fusion sat parked outside a house on Eastside Drive in the township, south of Ann Arbor Trail and east of Mill Street, a police report said.

The complainant told police she found a golfball-sized hole in the window, and that the window later shattered completely. Police could find nothing on the scene that could have been used to break the window.

Broiler stolen

The "shell" of a commercial-size double broiler, left outside a restaurant on Five Mile because it was too heavy for the owner to move in right away, was stolen on the night of Aug. 17, possibly because it had been mistaken for scrap, a police report said.

The appliance's housing had been left behind the building, west of Sheldon, at about 8 p.m. Aug. 17 after he had moved the "guts" of the piece into the restaurant, the victim told police. When he returned at 8 a.m. the next day, the shell was gone, he said.

— By Matt Jachman

GYM

Continued from page A1

lege, Olympic and professional athletes, and has been involved in training people for 42 different kinds of sporting events, from baseball to swimming to track and field.

The morning class, which Weldon has been attending since June, on Monday included squats, running the length of the gym while dragging a weighted sled, pulling the legs against heavy rubber bands anchored to

the wall, and several minutes swinging the "battling ropes," heavy ropes that work out the arms and shoulders. The workout is frequently changing, Weldon said, which helps keep her motivated and makes it more effective than other exercise programs she's tried.

"Haven't missed a day. Haven't wanted to miss a day," Weldon said.

The Barwis Methods Training Center is at 44191 Plymouth Oaks Blvd., Suite 600. The phone number is (734) 259-7100.



BILL BRESLER | STAFF PHOTOGRAPHER

Anita Weldon and Wendy Weldon (no relation) pull trainers Dan Mozes and Parker Whiteman. Victoria Weldon takes a break.

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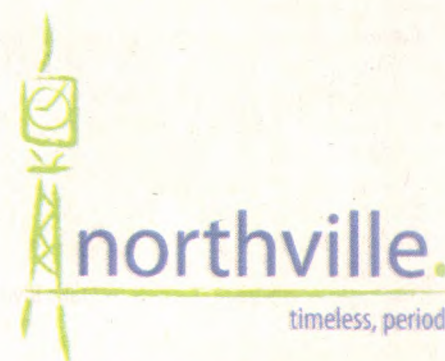
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The sounds of summer

They come from all over, musicians and fans alike.

The Plymouth Community Arts Council's Music in the Park series, which just finished its 27th run, attracts its share of returning musicians and fans to its noontime concerts in downtown Plymouth's Kellogg Park.

This year's series featured a range of such movement. Josh White, Jr., who hadn't played the series in several years, got the 10-week party started back in June. Perennial favorite Guy Louis & Chautauqua Express made a couple of different appearances.

And the series added a fresh twist this year, with "Musica Batteria," a percussion duo featuring Lynn Koch and Kristen Tait, who have played the series before, but with a different group.

Deb Madonna, president of the PCAC board,

has been attending the concerts faithfully for years.

"There's no more fun in the world than being out there on Wednesdays and being a part of something where kids are having so much fun," Madonna said.

From toddlers to teens and parents to grandparents, the concerts draw a variety of people. Summer babysitters and grandparents watching their grandchildren for the day often make the shows a Wednesday destination for themselves and their charges, Madonna said.

People who attended the concerts as children now bring their own children to them.

"I hear that all the time," she said. "Sometimes kids who are in high school or college will walk by" and tell her how much they enjoyed the shows as kids, she added.



Marci Miller and her 23-month-old son Eli, listen to the music of Beverly Meyer, "The Music Lady," during the finale of the 27th annual Music in the Park concert series in Kellogg Park.



Patty Kjolhede leads a conga line of kids through Kellogg Park at last week's finale of the Music in the Park series.



Beverly Meyer opens her set with a rollicking version of "Happy Birthday" in honor of Deb Madonna.



Two-year-old Ryan Henderson-Begg plays maracas during kid band time, performing "The Cat Came Back."



Emory Jendretcke prefers reading "The Last Olympian" to dancing around Kellogg Park.

Photos by Bill Bresler | staff photographer

Online seller helps boost library sales

By LeAnne Rogers
Observer Staff Writer

On an average week, there are about 500 books donated to the Friends of Westland's William Faust Library and most of those books are sold through the Friends bookstore where the top price is \$1.

Now the Friends are getting a better return on donated books thanks to a partnership with Mission Based Books, a Canton-based firm that helps fund nonprofits by selling books online.

"We try to take books that will sell in 90-120 days. Our clients all have physical book sales. We guarantee that we will meet what price they need what price they meet get at their book sale," said Johnathan Oswald, who partners with his wife, Julie, in Mission Based Books.

Each week, a Mission Based Books employee scans titles of books donated to the library to check the Amazon website to what the demand and sale price. And it's usually not some rare first edition given away by someone who didn't know what they had.

"Nonfiction sells the best. Last week, we sold a text book for \$369. We'd sell it for \$1 at our store," said Friends Vice President Nan Borders, who estimated Mission Based Books sells an average 10 percent of the donated books.

Mission Based Books sells books for prices from a couple of dollars to more than \$1,000 although Johnathan Oswald said the average price was about \$5.50.



Johnathan and Julie Oswald of Mission Based Books pose outside the Friends of the Westland Library bookstore with Friends Vice President Nan Borders.

With some of the more expensive nonfiction books, such as textbooks or reference materials, often it's a matter of using the Internet to connect those niche nonfiction books with the select number of people who need them. The odds of matching the books with the potential buyer are low, if the books were simply offered for sale at the Friends bookstore.

"We had a zoologist in Africa who bought a set of books from the Detroit Public Library for \$500-600," said Johnathan Oswald. "We had to find the books. We meet some cool people."

Mission Based Books president Julie Oswald came up with the idea of selling books online as she and her husband were looking for a way to work with nonprofit organizations. Mission Based Books

started in Ann Arbor in 2006. The Detroit Public Library was among the firm's first customers — they have about 30 clients now, mainly libraries but also one university, a college and a museum.

"The Detroit Public Library was very positive about (the company), it funds their summer reading program," said Julie Oswald. "They would not have summer reading without it. That's very powerful."

Along with assisting nonprofits in fundraising, Mission Based Books' mission statement is also to help eradicate illiteracy — the company recently allowed teachers to obtain children's books at no costs — and also keep unwanted books from landfills.

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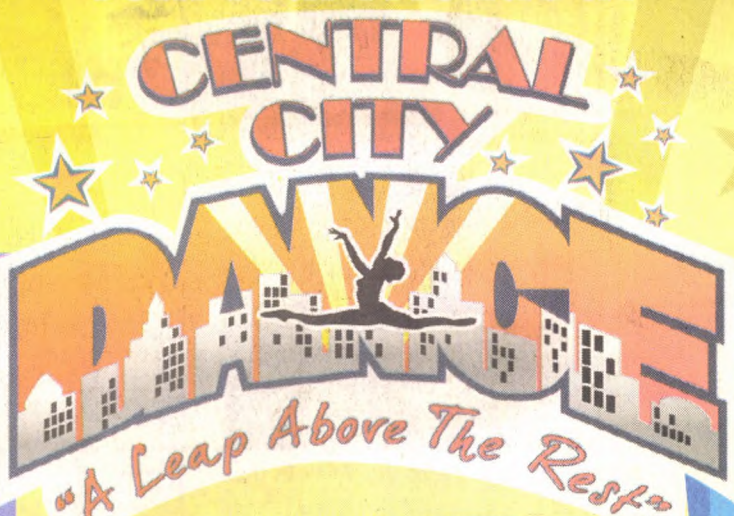
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Plymouth club spruces up DTE garden

Plymouth Garden Club volunteers met recently to work in the DTE gardens located on Powell, at the Baltic substation, in Plymouth Township.

DTE partners with Gleaners to provide fresh produce for those in need. Plymouth Garden Club members have been working at this DTE garden for the past three years.

The energy company provides seeds, plants and materials but relies on volunteers to prepare the land, sow the seeds, weed, water, and harvest the crops. Each week, members bring their shovels, pruning clippers, and weeding buckets to maintain the vegetable gardens.

Plymouth Garden Club, in conjunction with other volunteer



Plymouth Garden club volunteers have worked in this DTE garden on Powell for the last three years.

groups in the area, have made a difference in the community by providing more than 2,000 pounds of produce for Gleaners from this garden location. DTE has a total of eight gardens within

southeast Michigan.

For more information contact zupmore@dteenergy.com, or visit the Plymouth Garden Club website at sites.google.com/site/plymouthgardenclub.



Matt Peckham and Sarah Faix prepare for their turn on stage as Professor Harold Hill and Marian in Spotlight Players latest production, "The Music Man."

Players put spotlight on 'Music Man'

Spotlight Players presents the energetic and dynamic *The Music Man*, by Meredith Willson, this month at The Village Theater at Cherry Hill in Canton.

The Music Man tells the story of fast-talking traveling salesman Harold Hill, whose con is to persuade towns to invest in a boy's brass band that never materializes. But Hill gets more than he bargained for in River City when his love for the town librarian provokes a dormant conscience.

Matt Peckham plays Harold Hill and Sarah

Faix plays Marian. Many local theater favorites, including Canton Township Supervisor Phil LaJoy, can be seen in this production, which is co-directed and choreographed by Lia De Biasi and Olivia Rhoades.

Show dates for this Tony award-winning musical comedy are Sept. 16-25.

"*The Music Man* is a classic show that is fun for anyone who has played an instrument, those who enjoy a good love story, and anyone who gets a kick out of quaint and funny characters whose intentions are good but somewhat misguided," said Rebecca Biber, the production's musical director. "Audience members will recognize songs such as '76 Trombones,' 'Til There Was You' and, of course, 'Ya Got Trouble.'

"I have been delighted to work with a cast of adults, teens, and kids who are all very committed to the show, from

learning difficult harmonies to memorizing lines and dance steps," Biber added. "The palpable enthusiasm of the group, from the first day onward, has really kept me excited about doing this show."

First brought to the stage in 1957 and later made into a 1962 movie starring Robert Preston as well as a made-for-TV remake in 2003 featuring Matthew Broderick and Kristen Chenoweth, it now appears courtesy of the Spotlight Players at the state-of-the-art Village Theater in Canton.

The Village Theater at Cherry Hill is located at 50400 Cherry Hill in Canton. Tickets are \$18 for adults, \$16 for seniors and students under 19. They're available by phone at the Village Theater Box Office at (734) 394-5300 or (734) 394-5460 or online at www.spotlightplayersmi.org or in person at The Summit on the Park or at the door.

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PLYMOUTH CHAMBER CHAT



BILL BRESLER | STAFF PHOTOGRAPHER

Scary stuff

Reservations are now taken for the 2011 Scarecrows in the Park and the scarecrows will be constructed Sept. 23-25. The cost is \$35 and includes a bale of straw and a metal rod that is sunk into the ground to secure your Scarecrow. Call (734) 453-1540 or e-mail teri@plymouthmich.org to reserve. Reservations are only confirmed with payment.

Purtan emcees auction

The Plymouth Community Chamber of Commerce announced this year's annual auction gala, the "Groovy '70s Funky Disco Ball," will feature Dick Purtan as the emcee.

Purtan, who emceed last year, is a legend in Detroit radio as one of the great voices in the '70s and for many subsequent decades. It should be an outta-sight night with that cool cat Dick Purtan making everyone laugh all night long.

Chamber officials are rounding up auction items and looking for sponsors for the event that attracts over 400 attendees. If you are interested in donating items or sponsoring please contact Wes Graff at (734) 453-1540 or wes@plymouthmich.org.

The auction takes place Friday, Nov. 4 from 6-11 p.m. at Laurel Manor in Livonia.

Upcoming events

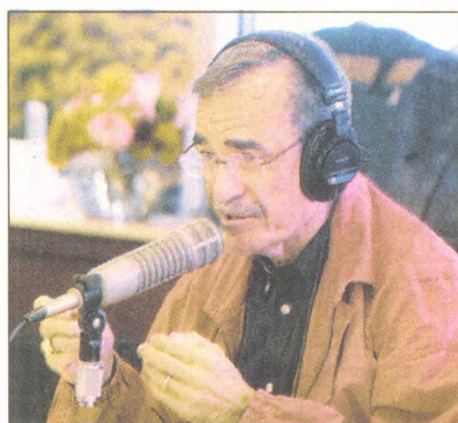
• Sept. 8, 8-9 a.m., 10 Member Connection — 10 members from different types of businesses meet for one hour to present their business and create new referral partners. If you are interested in participating please contact the Chamber at (734) 453-1540 or wes@plymouthmich.org. The event is at the chamber office (850 W. Ann Arbor Trail).

• Sept. 27, 8:30-9:30 a.m. Workshop-The Future of Websites — In today's world you can be a small business, but online have a presence as big as any business in your market. Learn what you need to know to make your web site grab people's attention and be useful to your customers in the future. This session is designed to keep you ahead of the curve and plan for the future, so your site will stand out above your competition. The workshop will be presented by veteran web designer Brett Wilson, owner of CREATIVIBE.

There is no charge to attend this event, but we can only seat 25 people. The workshop will be at the Chamber office (850 W. Ann Arbor Trail). To RSVP for this event contact the Chamber at teri@plymouthmich.org.

• Sept. 28, 7:30-9 a.m., Chamber Breakfast at the Court House Grill— Cost is \$12. The speaker is still being finalized for this event that attracts between 60-80 members.

• Sept. 28, 5:30-8:30 p.m. Penn-Tastic Downtown Restaurant Crawl — You can sample cuisine from many of your favorite local restaurants as you stroll



Retired radio legend Dick Purtan will emcee the Plymouth Community Chamber of Commerce auction Nov. 4.

around Downtown Plymouth. Cost to participate is \$20 per ticket and can be purchased at the Chamber of Commerce or Sun & Snow at Main and Ann Arbor Trail. The proceeds from this event benefit the Chamber of Commerce and the Penn Theatre.

Ladies Night Out

Ladies Night Out, sponsored by the Plymouth Community Chamber of Commerce, is a night for ladies to enjoy an evening on the town with friends. Visit the participating stores and enjoy shopping, gifts, samples, prizes and refreshments.

Back by popular demand, Mr. 48170 will again be handing out roses to the first 500 ladies, courtesy of Ribar Floral.

The event takes place Sept. 22 from 5-9 p.m.

Tuition discount

Lawrence Technological University has consolidated its military tuition discounts into a single 15-percent discount for all servicemen and women who are on active or inactive military status, in the Reserve, Guard or retired from military service and are not receiving another tuition discount from the university.

To receive the tuition discount, applicants need to provide a copy of their DD-214 form when applying online at www.ltu.edu/futurestudents/transfer/military.asp.

Car show

You can pre-register for the Plymouth Fall Festival's antique and classic car show which takes place September 9-11. Pre-registration is \$10 for one day and \$15 for two days. Registration forms can be found at www.fallfestival.com. Mailed forms must be received by Sept. 2.

PLYMOUTH BUSINESS BRIEFS

Ladies night out

Clearly You of Canton hosts its annual Ladies Night Out 5-8 p.m. Friday, Sept. 23.

Participants can kick off fall with a new adventure. Plymouth Segway Rental will be in the parking lot demonstrating the Segways. Then, inside, participants can enjoy a variety of mini-services such as chair massage, facials, express manicures, palm readings and more.

Additional vendors include jewelry, clothing and home goods. Refreshments will be provided; bring a friend or daughter.

There is no charge for the event, but raffle prizes and donations will greatly benefit Great Lakes Rabbit Sanctuary.

Clearly You is located at 44633 Joy, just west of Sheldon, in Canton. Visit www.clearlyyouonline.com or call (734) 453-7475 for more information.

Business news

From the desk of the Plymouth Downtown Development Authority:

• There will be a ribbon cutting for the opening of Agio - Italian for "At Your Leisure," a brand new spa in the Mayflower Centre Tuesday, Sept. 13, at 5 p.m. The owners are Pauline and Larry Lester of Plymouth Township. Their daughter, Kerri Pollard, is the spa director.

• There will also be a ribbon cutting for another new business: Music Plus on Harvey, across from the Board of Education office. It will be held on Friday, Sept. 9, at noon.

• Look for Panache to become Plymouth's newest upscale restaurant. The owner, Robert and Blake Kolo, received Planning and City Commission approval to open at 447 Forest, formerly 1999 Tavern. The Kolos are having a complete remake of the restaurant, so look for a great addition to downtown soon.

Legal writer

Attorney and Plymouth resident Daniel P. Dalton of Bloomfield Hills-based Dalton & Tomich, was selected to author the introductory chapter on the history of eminent domain for a new book released by the American Bar Association, Section of State and Local Law. Titled "Eminent Domain: A Handbook of Condemnation Law," the book is edited by William Scneiderlich, Cynthia Fraser & David Callies.

Dalton concentrates his practice in



BILL BRESLER | STAFF PHOTOGRAPHER

There will be a ribbon cutting for the opening of Agio in the Mayflower Centre Tuesday, Sept. 13, at 5 p.m.

land use and zoning, banking, and business law. He frequently lectures and writes on issues related to the Religious Land Use and Institutionalized Persons Act (RLUIPA) and other land use and zoning matters. He serves on the American Bar Association's State and Local Government Law Council and assists as co-chair of the Religious Land Use Committee and vice chair of the Land Use Committee. He has been named one of the top 25 lawyers in Michigan in 2010 and has achieved the highest legal skill and ethical rating by Martindale-Hubbell and AVVO.

Primary care

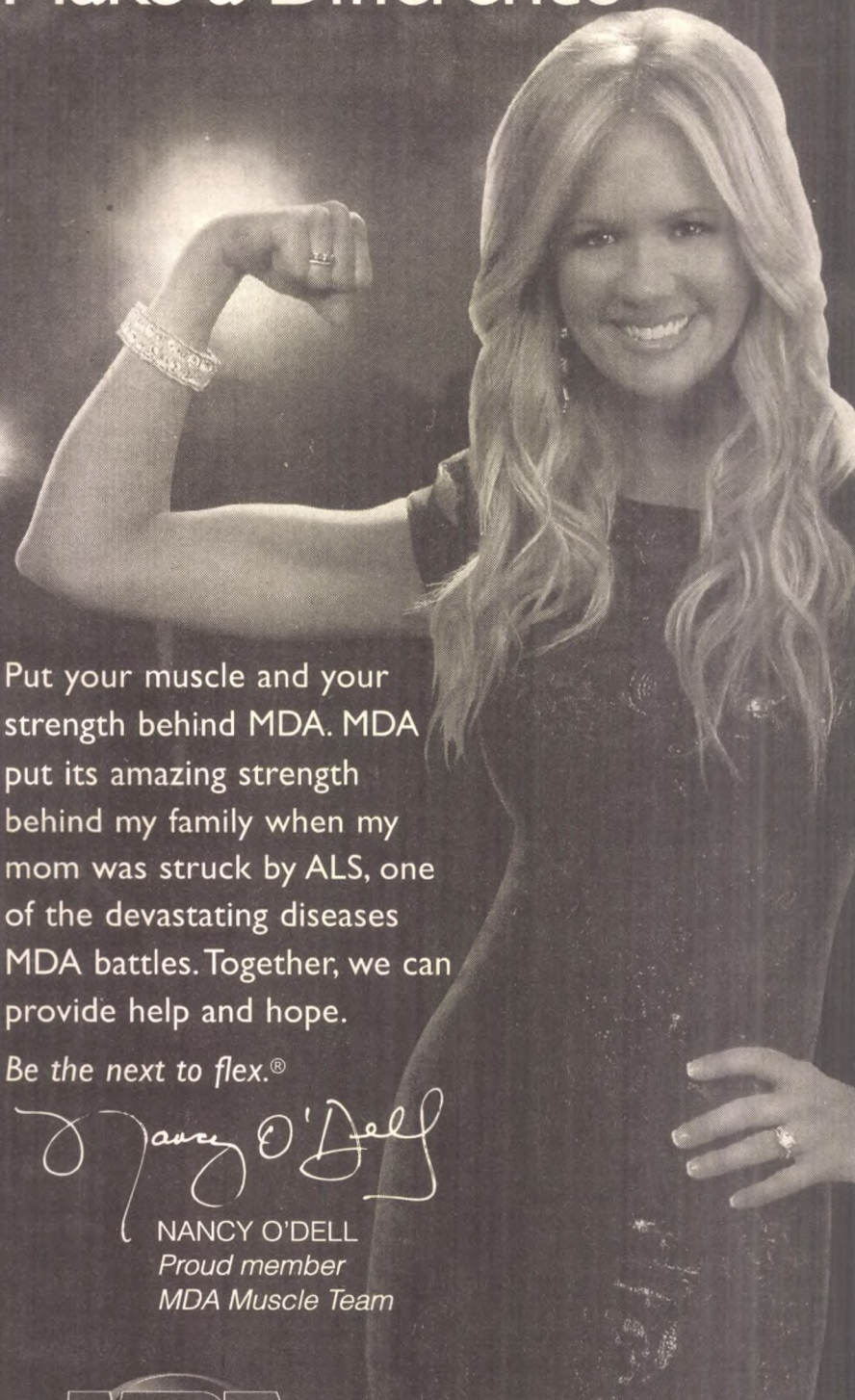
Blue Cross Blue Shield of Michigan has designated 414 Wayne County doctors as patient-centered medical home physicians — placing them among a select number of primary care physicians in Michigan who are improving health care quality and lowering costs through a more intensive focus on their patients' wellness.

Among them are 10 doctors from Canton:

• Jennifer Becker, Cynthia Culler-Johnson, Tarin Gitlin, Kimberly Meisenholder, Praveen Modi, James Sansone, Adrian Sheremeta, Nancy Spangler, Lorri Vanderroest, Robert Vartabedian.

"Partnering with Blue Cross, many dedicated health care professionals are greatly improving access for patients, achieving better outcomes of care and more effectively managing costs," said Thomas L. Simmer, M.D., BCBSM senior vice president and chief medical officer for BCBSM. "This program gives Michigan residents closer relationships with their doctors, not only when they are sick, but when they need advice and guidance to keep them healthy."

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OUR VIEWS

Making the grade

It's time to change NCLB's 'flaws'

Education has always been a priority when it comes to our children. We want them to have the best education possible. We are quick to celebrate achievement and even quicker to point fingers when that doesn't happen.

Over the years, we have been told our children don't measure up educationally to students in other countries. Reports by the National Assessment of Educational Progress and the Program for International Assessment have us wringing our hands because our kids just aren't cutting it. How can that happen in a country that outspends the world when it comes to education — some \$809 billion or \$7,743 per child?

During the Bush administration, the federal government decided there needed to be accountability, something that measured the progress students make in school. It set a threshold — 100 percent proficiency — that all students had to achieve by 2014. Now, we no longer have to compare ourselves to other countries, just the neighboring school district, to see what we are or are not doing right. Do it right and you make Adequate Yearly Progress. Miss the target and you don't make AYP.

School officials have been saying for years the law is flawed and, as the 100 proficiency rate deadline quickly approaches, the cacophony about it is reaching a crescendo that includes the U.S. Secretary of Education Arne Duncan. In a recent interview, Duncan called NCLB "fundamentally flawed."

"It is far too punitive, it is far too prescriptive, top down from Washington," he said. "It led to a dumbing down of standards in states around the country, and it led to a narrowing of the curriculum. At a time when we have to get better, faster educationally than ever before, when many other countries are out-educating us, we can't afford to have the federal law, the law of the land, have so many perverse incentives and disincentives."

The Obama administration 18 months ago asked Congress to revamp NCLB, to no avail. And now Duncan is allowing states to ask for waivers of the 100-percent proficiency. Michigan is one of them. State Superintendent Mike Flanagan is seeking a 10-year extension based on a change in the cut scores for the state's standardized testing. Flanagan and local school officials are already warning that the MEAP scores will be down — some have used the word dramatic — next year. That means even more schools will not make AYP.

Duncan hit the nail on the head when he pointed out that with AYP, if one child in one subgroup doesn't show progress, the entire school is treated as a failure like a school that has 1,000 students not making it. Schools that have outstanding education programs can be labeled failures because of it.

Americans are driven to be the best in the world, and we have a hard time accepting the fact that in education we are average. We see the educational systems in China and Japan as better than ours, overlooking the fact that all levels of education in America — from K-12 up to a university doctorate — are available to all students, not a select few.

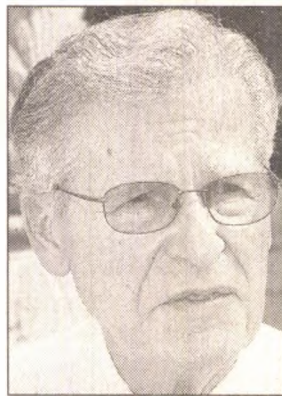
It is apparent NCLB needs fine-tuning. Holding the educational system accountable is good idea, but the law needs to be applied equally. If one district must include subgroups in looking at AYP, all districts must. We also need to celebrate the successes along with acknowledging the failures.

We urge Congress to set aside politics and do what's right for our children. Our educational system may not be perfect, but it allows our students to be what they want to be. There has been progress with NCLB, but the focus has shifted to meeting a mandated threshold. Students will continue to learn, but everyone has to be on the same page with how they learn. Yes, failure is not acceptable, but do we really want to continue to label our children failures? We don't. Do you?

COMMUNITY VOICE

Do you feel better or worse about the economy now than you did two years ago, and why?

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



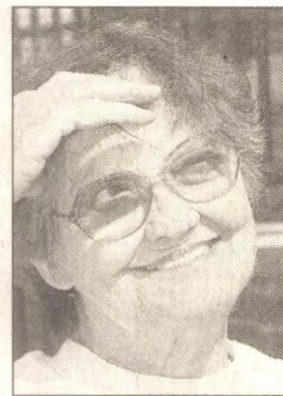
"Worse. Because of the problems with the mortgage companies and how they sort of went ahead and bamboozled these people."

Lou LaRiche
Northville Township



"I feel the same. I don't think much has changed."

Eric Holcomb
Garden City



"Worse. Why? Because they have a Democrat in there."

Carole Knapp
Livonia



"Worse. I just don't like the way things are going. I don't like all the money the Fed is printing. ... I don't like the job Obama is doing. I'm not happy with the Republicans either."

James Beuselink
Livonia

LETTERS

Running for board

I recently made the decision to run for a seat on the school board. For the last six years, I have been involved in the district in many ways, from advocating for our district in testimony before a House subcommittee in Lansing to presenting portfolios of famous artists in elementary school classrooms; from actively monitoring the school board's monthly finance committee meetings to serving as PTO president.

Our district has served our students well to date, but we must do more to prepare for the future. I see the potential for positive change, and I want to be directly involved in shaping the discussion and implementing the solutions. Working cooperatively with concerned citizens and the other board members, I want to help shape the vision.

My focus is on the students. Simply stated, I want to make certain we provide the best possible education for our students.

We are approaching a critical time in our district. Soon we will be selecting a new superintendent. We have many new administrators who are excited about all of the possibilities before us. Academic choice is all around us, and we need to respond by creating more choice within our district, whether it be expanding our vocational opportunities, establishing an International Baccalaureate Program, creating magnet academies at the Park, or instituting a language immersion program.

These are just some of the opportunities that could enhance our district and provide the learning environment our students want and need.

I recognize and fully appreciate the financial challenges our district faces. We need to continue to find creative funding sources and opportunities to ensure that we maximize the amount of funds going into the classroom. We can do it — if our focus remains squarely on what is best for our students.

I believe I can add genuine value as a member of the school board. I hope you agree. I would appreciate your vote on Nov. 8.

Sheila Paton
Plymouth

Effective communication

Dear Congressman McCotter, I had the opportunity to be at the rally at your Plymouth office on Friday, Aug. 26, 2011. Participants were picketing for "Jobs," as well as "Good Jobs." These citizens were upset and loud because of the government's inability to effectively address this issue.

When I attempted to contact you, my elected leader, through your staff, they locked the door. When I knocked on the door they just looked at me. Regretfully, your staff showed no interest in making contact with us about our issue.

WHAT DO YOU THINK?

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

E-mail: bkadrich@hometownlife.com.

Read or comment online: www.hometownlife.com

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

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

You are someone who wishes to be President of the United States yet you have difficulty in appointing a local staff that knows how to effectively communicate with the people you serve. Your staff is a reflection of you and how you choose to represent your constituents.

Your staff's actions reflected the mindset of many in Washington who lock themselves away from the problem without looking for a solution. I was appalled that all they could think of was to barricade the door and seek no citizen input.

I remind you and your staff that the office you barred us from is not yours. It belongs to your constituents. The people. You and your staff must be open to divergent opinions. How else can you make up your mind about the issues facing our nation? You work for the people of the 11th Congressional District, not a certain political party or a leader of the House of Representatives.

I was saddened by the display of disrespect shown to Michigan citizens by your employees. You need to explain how, as an elected leader, you can sanction this type of behavior.

Ted Peters
Northville

Hines extravaganza

I love cars. The Cruisin' Hines sounded so cool that it needed to be checked out.

Without my own "classic car" or "hot rod," I chose to bike into Edward Hines to enjoy the day. As a spectator I was met with terrible conditions.

First, the rules of cars not allowed on the grass was broken from one end to the other. Cars were parked all over the place, well behind the protective barriers. People sat behind their cars with tents and chairs on the bike path, in most cases forcing us to swing into the wet grass going around them. I asked a police officer and he said he was told by the promoter, Mr. Nicholson, it was allowable because of so many cars. Secondly, when we tried to ride

on the shoulder we were told that was not permissible.

Thirdly, does the taxpayer foot the bill for all the additional costs of Wayne County workers, police? Or does the promoter who stands to make money off the event? Seems only fair if someone is closing down the park, setting up new rules, rerouting family routines that the taxpayer should not be paying for a private (noncharitable) profit endeavor.

If this event is to continue, and I hope it does, it is kept in better perspective of what Hines Park can handle, the rules obeyed just like on any other day, taxpayers are not liable for the additional protection required.

Lori Harris
Garden City

Support president

This current Republican focus on debt and deficit reduction under Tea Party influence is certain to have a negative effect on the more urgent problem of a 9 percent national unemployment level. Common sense tells us that cutting state and federal workers can only increase job loss.

President Obama understands the need for action and will soon propose increased expenditures on infrastructure projects to stimulate short-term employment. Since an uphill battle in this Republican Congress is to be expected, all of us in Michigan should support the president with letters or e-mails to our senators and congressmen, and vote Democratic in 2012.

Dr. Robert Katz
West Bloomfield

Levin should retire

Just once I wish I could find something I agree with Sen. Carl Levin on. After reading his legislative update he still doesn't get it. The wealthiest (he may be one, but I'm not) already pay the majority of the taxes so don't tell me they need "shared sacrifice." With nearly 50 percent of all tax filers paying zero taxes, they are the ones that need the shared sacrifice. Everyone needs some skin in the game. Only in Washington do you think a household income of \$100k-plus needs a tax break. They don't and I'm tired of paying more taxes to give others tax credits they don't need. Most of these so-called programs that Levin claims benefit the middle class need to be slashed because we are over \$14 trillion in debt. The typical Democratic rhetoric of draconian cuts on American families is nothing but B.S. My only hope is that more Americans who actually pay taxes, will get out and boot out the current administration before this country is totally destroyed by the likes of Levin.

Levin needs to do the citizens of Michigan a huge favor and retire. He has been there way too long.

Linda Sroka
South Lyon



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First game, first step

For the first time in memory, Salem didn't face campus rival Plymouth to open the football season.

There wasn't the annual "Black and Blue" game and some traditionalists might have been seeing red about the Rocks scrapping the Wildcats in order to start the schedule against Ann Arbor Huron.

Guess what, now you can color them convinced as to why Salem head coach Kurt Britnell went for the new look schedule.

The Rocks won their opener in overtime, 21-20, and Britnell could barely talk because he was so overcome with a flood of emotions as his young squad — led by gutsy junior quarterback Jacob Deprez — showed it indeed might be made of different stuff from this point on.

After the win, Deprez and the rest of the team raced over to greet the Salem boosters who filled the road team bleachers.

In fact, it looked a lot like last year's state playoffs, when Plymouth rallied in the final minutes to knock off Rockford on a Shaun Austin-to-Brennan Beyer touchdown pass.

For Salem, the post-game hoopla provided a glimpse of what it could be like if the team keeps building, improving, believing.

Even Deprez made that call when he discussed the way Salem didn't let a late missed field goal (that would have won the game in regulation) or Huron's



Tim Smith

score on the first possession of overtime get the Rocks down. "We're definitely over

the hump," Deprez said. "Last year this team could not win these kind of games and this year we definitely can."

Of course, it remains to be seen whether the 2011 Rocks can put together a winning season and challenge for a playoff spot. But the point is they probably wouldn't have even gotten out of the gate without Britnell's push for a different opening day dance partner.

New attitude

The Rocks would have been staring at another loss to open the season had they faced the Wildcats, the powerhouse team that reached last year's Division 1 state finals. Add to that, the mounting worry of carrying the likelihood of another losing season on their collective shoulder pads.

That very culture of negative thought did creep in in 2009 and 2010, Britnell's first two years as Salem coach after coming over from Plymouth. The Rocks went a combined 3-15 during those seasons.

Even Britnell considered the 2011 squad might have started moving down the wrong path had Friday's game turned out differently.

Please see SMITH, B4



BILL BRESLER | STAFF PHOTOGRAPHER

Plymouth goalkeeper Rene Mejia aggressive slides out to stop Salem's Max Nolte (No. 4) during Monday night's varsity boys soccer match.

Rocks score late for win

By Tim Smith
Observer Staff Writer

It's not even Labor Day. But Monday night's second half at Plymouth-Canton Educational Park provided a worthy spectacle.

The KLAA varsity boys soccer tilt between Plymouth and Salem featured great individual plays that resulted in goals and spectacular goalkeeping.

For a while, both teams appeared headed for a 2-2 deadlock.

Salem senior forward Jake Pascarella had other ideas, scoring his second goal of the night with just 1:21 remaining as the Rocks won 3-2 for their first victory of the season.

"It was great to see us have that fight, and not be willing to settle for a tie," Salem head coach Ed McCarthy said. "To come back twice, especially to get the game winner with little over a minute, that's a good result for us."

"The key for us tonight was Jake Pascarella. He really played outstanding and had a hand in all three goals."

On the winner, sophomore midfielder Blake Townes threaded a slick pass to the left side of the box and Pascarella hammered a low, 12-yard shot past onrushing Plymouth senior goalie Rene Mejia — who was brilliant.

"We went to two up top, so it was both (junior forward Chris) Dierker

and Pascarella up top and Blake got the ball underneath," McCarthy said. "He was able to slide it in to Pascarella and as the keeper came out he was able to get a great finish in there."

Quick response

The loss spoiled a two-goal night by Plymouth, who kept the Wildcats by Plymouth, junior forward Deby Kim, who forced the Rocks (1-3-2) in the game after Salem (1-1-2) grabbed a 1-0 halftime lead (on a marker by sophomore midfielder Brady Cole, from Pascarella).

"He (Kim) connected real well with (junior midfielder) Chandler Olah on the first one," Plymouth

Please see SOCCER, B2

Second-half barrage sparks Canton kickers

At the Plymouth-Canton Educational Park turf football field Monday night, Canton rolled to a 6-0 KLAA crossover boys soccer win behind a three-goal hat trick by Mitch Pepper and four markers in the second half.

Dividing the shutout for the host Chiefs (4-1-1) were senior Steven Murphy and junior Ian Wingate.

Canton took a 2-0 lead

into halftime on goals from seniors Nathan Bergeson (from senior Brian Berinti) and Connor Furgason.

On the latter, Furgason got on the business end of a corner kick from senior Tyler Winningham and headed it into the Warriors' goal for his team-leading fourth goal of the year.

That's how the score stayed until midway through the second half.

Senior Ryan Kilgore played a long pass to sophomore Griffin Parks, who carried it into the Western box and drove it past the keeper.

From that point it was mostly all Pepper.

He intercepted a deflected clearing pass and chipped it into an open net for Canton's fourth marker.

Pepper added two more markers, the first on the rebound of a Furgason

shot that clanked off the crossbar.

Then with about one minute left, Pepper took a feed from Parks and buried the ball into the cage.

Western fell to 1-1-2 with the defeat.

The Chiefs are idle until Tuesday, Sept. 6, when they visit Livonia Churchill in a contest slated to begin at 7 p.m. Canton then hosts Plymouth at 7 p.m. Wednesday, Sept. 7.



BRIAN ABBEY

Salem quarterback Jacob Deprez (No. 11) shows plenty of savvy during Friday's season opener at Ann Arbor Huron.

'Cats new coach a familiar face

By Tim Smith
Observer Staff Writer

Sarah Marody won't need time to get into the comfort zone as Plymouth's new varsity girls volleyball coach.

The one-time Lutheran Westland volleyball star, who has coached Plymouth JV teams the past

seven years, is moving up to the big team along with players she already knows and coached.

"That's made the transition so much easier," said Marody, about already being familiar with most of the 2011 varsity players. "I'm trying to make this as easy as possible for the girls, the school, the other families involved."

Marody is taking over the Plymouth from Kelly McCausland, who left to concentrate on teaching duties in the Monroe district.



JOHN KEMSKI

Even though Sarah Marody (standing) is the new varsity volleyball coach at Plymouth, she's coached virtually the entire squad at the junior varsity level.

The players who are moving with Marody already have a good idea of the style of volleyball she likes to see on her teams — mainly, fast-paced, aggressive play up front and defensive savvy in the back court.

"They'll pack a punch. I'm very offensive-minded," she said, during a recent team workout. "The big hits, the quick hits. Of course, the old saying is defense wins games and we're working on it. But our offense is

very strong this year." Another plus for the coach in already knowing most of the girls is she can talk to them about what to expect as varsity players. It also helps

Please see 'CATS, B4

Opportunity

Kavulich injury opens doors

By Tim Smith
Observer Staff Writer

When a girls cross country team loses its All-Stater, the rest of the squad needs to stick together — literally.

That's exactly the case at Salem, which lost

standout Kayla Kavulich for the season due to a knee injury sustained over the summer playing basketball.

"Obviously, we had very high hopes for her (Kavulich)," Salem head coach Dave Gerlach said. "She's a talented individual and obviously she was going to be our number one runner."

Kavulich, during her freshman year, set new Salem records in the 5,000-meter (18 minutes, 25.4 seconds) and 1,600-meter (5:07) runs,



Kavulich

leading the Rocks to the KLAA Division championship and a

10th-place finish at the Division 1 state finals.

But Gerlach, whose team is opening the season Thursday at the Lutheran Westland

Time Trial (at Nankin Mills), said the team has already turned the page.

He cited a scene in the movie *Hoosiers*, where actor Gene Hackman said to his basketball team that "my team is here."

Similarly, Gerlach is stressing that point to his runners.

"We have the team that's here and looking forward,"

Please see GIRLS, B4

VOLLEYBALL PREVIEW

STAFF GRID PICKS

Week 2 Thursday, Sept. 1	Wright	Smith	O'Meara	Emons
Livonia Clarenceville (1-0) at B.H. Cranbrook (1-0), 4 p.m.	Cranbrook	Clarenceville	Cranbrook	Clarenceville
Farmington Harrison (1-0) at Southfield (1-0), 4 p.m.	Harrison	Harrison	Harrison	Harrison
Lutheran Northwest (0-1) at Lutheran Westland (0-1), 5 p.m.	Lutheran Northwest	Lutheran Westland	Lutheran Northwest	Lutheran Northwest
Garden City (1-0) at Belleville (0-1), 7 p.m.	Garden City	Garden City	Belleville	Belleville
Redford Thurston (1-0) at Dearborn (1-0), 7 p.m.	Thurston	Thurston	Thurston	Dearborn
Tecumseh (0-1) at Redford Union (0-1), 7 p.m.	Tecumseh	Redford Union	Tecumseh	Tecumseh
Canton (1-0) at Grand Blanc (1-0), 7 p.m.	Canton	Canton	Canton	Canton
Salem (1-0) at Walled Lake Central (0-1), 7 p.m.	W.L. Central	Salem	W.L. Central	W.L. Central
Plymouth (1-0) at Howell (0-1), 7 p.m.	Plymouth	Plymouth	Plymouth	Plymouth
Livonia Franklin (1-0) at Hartland (0-1), 7 p.m.	Franklin	Franklin	Franklin	Franklin
Waterford Mott (0-1) at Livonia Stevenson (0-1), 7 p.m.	Stevenson	Stevenson	Stevenson	Stevenson
Wayne (0-1) at Milford (1-0), 7 p.m.	Milford	Milford	Milford	Milford
John Glenn (1-0) at Brighton (1-0), 7 p.m.	Brighton	Brighton	Brighton	Brighton
Friday, Sept. 2				
Rochester Adams (0-1) at Farmington (1-0), 7 p.m.	Adams	Farmington	Farmington	Adams
North Farmington (0-1) at Birmingham Groves (0-1), 7 p.m.	Groves	Groves	Groves	Groves
Livonia Churchill (1-0) at Pinckney (0-1), 7 p.m.	Churchill	Churchill	Churchill	Churchill
Last week	11-4	10-5	14-1	14-1

Wildcats cruise 47-13 in season opener

By Tim Smith
Observer Staff Writer

Plymouth senior running back Donte Fox couldn't sleep much Friday night, tossing, turning and thinking about Saturday's season opener during the Big Day Prep Showdown at Eastern Michigan University.

"I dreamed of getting a touchdown on the first run all night last night," said Fox, following the Wildcats' 47-13 victory over Monroe St. Mary Catholic Central at Rynearson Stadium.

Fox made it a reality, scoring on a 49-yard run on the Wildcats' first offensive play of the 2011 season. He took the hand-off from senior quarterback Shaun Austin and dashed around right end, outrunning the Falcons' defense.

"It was a great way to get the season off," Fox said. "I was so proud of my line. We have some big expectations for our line and they really showed up today, and I was really proud."

He wound up scoring on later touchdown runs of 12 and 56 yards and amassed an estimated 160 yards on just eight carries to pace the 'Cats attack. Fox was named Plymouth's player of the game for his efforts.

But Fox was just one of several big playmakers for the defending Division 1 state finalists, who are getting used to playing big games in big venues.

Austin picked apart the Falcons defense, completing 11 of 14 passes for 207 yards and two touchdowns.

Speedy junior Nate Emminger caught a 39-yard TD pass and capped Plymouth's scoring with a 76-yard kickoff return midway through the fourth quarter. He also tallied an interception.

And junior Jamarl Eiland reeled in three passes for 76 yards, including a 47-yard TD. He had 80-yard kickoff return called back due to a penalty.

Also scoring, on a 12-yard carry, was senior tailback Freddie Dunbar.

"I tell you what. I believe our offensive coaching staff is one of the best in the state, if not the best," Plymouth head coach Mike Sawchuk said. "They do a great job of preparing our kids and in trying to spread the ball around into a lot of people's hands."

Sawchuk tipped his cap to the starting defense, too, particularly senior standout linebackers Tyler Goble and Faris

Abraham. They swarmed all game, making life tough for Catholic Central quarterback Mitchell Lehmann.

How you draw it up

The 10th-year coach liked how his team came out strong, stopping the Falcons in three plays and then scoring on Fox' long run to open the scoring.

"That's usually the plan, to score on every play, right?" he noted with a nod.

However, Sawchuk added there remains plenty room for improvement, such as getting sharper and more consistent for 48 minutes.

He wasn't thrilled about some of the penalties and said "our 2's (second stringers) got to be a little tougher too. So we got some coaching to do."

That said, Plymouth pretty much owned the opener from start to finish.

Catholic Central trailed 26-0 at halftime (following Plymouth TDs by Fox, Eiland and Dunbar), and the Wildcats found the end zone again on their first drive of the second half for a 33-0 advantage.

Austin's 15-yard pass over the middle was picked off the shoetops by Abraham to take the ball down to the Falcons' 12-yard line. Fox burst through the line on the next play for the score.

With about two minutes remaining in the frame, Fox scored his most-spectacular touchdown of the contest.

The tough-as-nails Fox zig-zagged his way for a 56-yard TD, breaking right and then left before leaving Catholic Central defenders in his tracks.

Plymouth's shutout bid ended with 7:30 to play in the game, when running back Jordan Regalado scored from the one-yard line. That gave the Falcons an 80-yard scoring drive in 11 plays.

Immediately answering that TD was Emminger, who fielded a bouncing kickoff at Plymouth's 24 and shot down the field in a flash for the 76-yard return.

Catholic Central finished the scoring when Michael Wilson broke down the right sidelines for a 68-yard touchdown run, with 1:42 remaining.

Next up for Plymouth (1-0) is a 7 p.m. Thursday road game against Howell, a team Sawchuk said will be a challenge.

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BILL BRESLER | STAFF PHOTOGRAPHER

Both Michael Ambrose of Plymouth (No. 20) and Salem's Jake Pascarella (No. 2) had the same idea, simultaneously going up to head the ball during Monday's contest.

SOCCER

Continued from page B1

head coach Jeff Neschich said. "And we know he can do that. It's nice when he puts on a show like that and has a couple real dominating plays."

The Wildcats needed just 63 seconds of the second half to net the equalizer.

Olah found Kim with a through-ball and the elusive forward accelerated past the Salem defense before putting a shot past sophomore goalkeeper Collin Hewett.

But a good sign for Salem was how they answered quickly.

Just over one minute after the Kim goal, the Rocks made it 2-1 on Pascarella's first tally of the evening.

As Cole moved toward the box on the left side of the pitch, he lofted a pass all the way to Pascarella on the opposite side. Pascarella headed the ball into the right corner.

"It was a long ball and it just got over the defender's head and I got a head on it," Pascarella recalled. Salem came close to going up 3-1 when Dierker ripped a one-timer about 18 yards in front of the Plymouth goal. But Mejia aggressively met him and slid to block the bid.

Kim finally evened the score at 2-2 with 19:15 remaining on a beautiful solo play.

He spun through defenders and put a hefty foot into the ball even while falling to the turf. It sailed past Hewett.

Getting rewarded

"They (Wildcats) really were dangerous on the counterattack all night and got us back on our heels," McCarthy said. "We had good possession, but their counterattacks were very dangerous and he (Kim) was the key to that for them."

"And he scored a brilliant goal against us, that was a great finish."

However, the Rocks had a pretty good finisher, too.

"He (Pascarella) had a super night," McCarthy said. "It's always nice when you have that good of an evening to get the game winner. I was proud of his performance."

Neschich said his team can build off the final 40 minutes of the match.

"We played a much stronger second half," Neschich said. "We were giving them a little too much space, especially in the midfield in the first half. It was a good game, we were right there with them."

He added that "we've got to keep improving. Each game we've improved a little bit. We got to find the positives in what we did tonight."

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Outta sight: He aces it

By Tim Smith
Observer Staff Writer



"When I got up on the green and looked all over I didn't see it. Then I went up to the hole and there it was."

BOB ANDERSON
Plymouth resident

Plymouth's Bob Anderson had just extracted a new golf ball from the package and eyed the flag of the 140-yard No. 8 hole at Northville's Bushwood Golf Course.

He smacked the ball using his 25-degree hybrid golf club, knowing he struck it well. But he promptly lost sight of it.

Perhaps that out-of-the-box ball might not get much use, he wondered, particularly because the No. 8 green isn't far from a small pond and a sand trap.

"I hit the ball and I knew it was going up on the green," Anderson recalled. "When I got up on the green and looked all over I didn't see it. Then I went up to the hole and there it was."

Proudly displaying the ball he sank for a hole-in-one at Northville's Bushwood Golf Course is Plymouth's Bob Anderson.

Yep, a hole-in-one, the third he's achieved in 50 years of golfing experience.

The Aug. 19 ace provided Anderson with the icing on the cake of a very sweet nine-hole round. He tallied an impressive score of 26 strokes for the day.

Longball ace

One day after Anderson's hole-in-one, Salem senior (and varsity golf-

er) Michael "Brandon" Lesinski scored the first ace in his five years of golfing. It was quite a shot, too.

Lesinski, a Canton resident, drained his tee shot on the No. 7, par-4 hole at Thorne Hills Golf Course in Carleton, Mich. The blast was from 253 yards out.

Enjoying the big-shot moment were Lesinski's grandfather, dad (Mike Lesinski) and a cousin.

"Pretty special moment for all of us," noted Mike Lesinski.

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'CATS

Continued from page B1

that she played the game at a high level herself, as a first-team all-conference middle hitter for the Warriors before her 2000 graduation.

"I know varsity is a much faster-paced game," Marody said. "I have to keep in mind that it's not the JV level anymore. We're here to win, we're here to compete."

So far, the Wildcats are doing just that with a solid 3-2 effort at Saturday's Jim Orwin Invitational (hosted by Carleton Airport). They will look to get a good start on KLAA play when they visit Livonia Churchill on Thursday, Sept. 8.

Last year, Plymouth finished 19-11-2 overall and 6-4-0 in the KLAA South Division, good for third place.

While Marody takes over the Wildcats' varsity, the new JV coach is former Madonna University player Anna Gatt while 2007 Plymouth grad Courtney Buttermore is the coach of the freshman squad.

Marody can't wait to get started, partly because she loves to teach — and that's a lot of what a coach does, she

explained.

Meanwhile, it's like comparing apples and oranges for Marody to discuss preferring working with prep athletes or teaching second graders during her "day job" at Christ the King Lutheran in Southgate.

"I could never be a high school teacher, but I love working with high school kids when it's a situation where they want to be there, like this," she emphasized. "These girls choose to play volleyball."

"... Where the little ones, they love school, they love being there and love learning."

Breaking it down

According to Marody, the Wildcats should be a pretty formidable team up front.

Starters include 5-10 junior Emilee Beyer and 5-7 senior co-captain Lindsay Stemberger on the outsides and 6-0 freshman Olivia Beyer and 5-10 junior Madelyn Betts at the middle blocker positions.

"Our outsides and our middles are very quick, can react and adjust to anything the setter throws up there," Marody said.

Emilee Beyer is one of the players returning from the 2010 varsity

squad and the coach describes her as a "very powerful hitter, she hits her marks very well."

As for Stemberger, she could bring a take-charge demeanor plus the ability to defend as well as she attacks.

"She initially was going to be our libero," Marody said. "But her hitting has really caught my attention."

An intriguing performer will be Olivia Beyer, stepping out of middle school right into the starting lineup.

"Sometimes freshmen don't know the terminology or understand the pace of the varsity game," the coach said. "None that had to be taught to Olivia. She was able to step on that court and pick right up where the seniors had left off."

It will help those players having consistency from the serving position. Plymouth should have that, with senior co-captain Jessica Scott and sophomore Shayla Smalls. "She (Scott) is our No. 1 setter, she's very calm," Marody said. "She can keep the play moving and she doesn't seem rushed or frustrated."

With Stemberger in the front row, Marody needed to find a libero and four players from last year's JV are compet-

ing for that as well as other positions as defensive specialists.

At the top of the list are sophomore Haylee Weber and junior Zoe Irvin, followed by juniors Jess Bihn and Kyra Neumann.

"Those two (Weber, Irvin) are standing out right now," Marody said. "The big thing is how do they react to the ball off a block, being a faster-paced game than JV."

"... They are all adjusting to it. Speed and agility are the big things."

One of the returning varsity players is 5-10 senior outside hitter and co-captain Rachel Hille. "She's a hard worker and she's dedicated and she's an excellent leader," the coach added.

Rounding out the roster are junior outside hitter Taylor Rieckhoff and left-handed sophomore right-side hitter Emily Burkman.

Marody said Rieckhoff's game is improving plus "she'll play whatever I ask of her."

The 5-9 Burkman, meanwhile, is a power hitter who could push for starting time before all is said and done. "She's very strong at the net and a smart player."

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GIRLS GOLF RESULTS

BIRMINGHAM SEAHOLM INVITATIONAL RESULTS
Aug. 22 at Forest Lake C.C.
TEAM STANDINGS: 1. Rochester Stoney Creek, 333 strokes; 2. Birmingham Seaholm, 342; 3. Plymouth, 346; 4. Battle Creek Lakeview, 359; 5. Troy, 360; 6. Utica, 362; 7. Bloomfield Hills Marian, 366; 8. Walled Lake Central, 369; 9. Northville, 378; 10. Milford, 379; 11. Novi, 380; 12. Flint Powers Catholic, 381; 13. DeWitt, 391; 14. Beverly Hills Detroit Country Day, 393; 15. Bloomfield Hills Cranbrook, 394; 16. Bloomfield Hills Academy of Sacred Heart, 397; 17. Clarkston, 401; 18. Warren Regina, 405; 19. Livonia Churchill, 412; 20. Birmingham Groves, 422; 21. Lake Orion, 427; 22. Troy Athens, 433; 23. Dearborn, 444; 24. Dearborn Divine Child, 452.
Individual medalist: Gabby Yurik (Stoney Creek), 75.

AREA TEAM-BY-TEAM SCORING

Plymouth (346): 3. Kelsey Murphy, 77; 6. Sarah Thompson, 82; 8. Sydney Murphy, 83; 75. Danielle Allen, 104; 95. Kayla Whatley, 113.
Northville (378): 31. Camilla Zhao, 90; 38. Lindsey Matych, 93; 45. Emily Foland, 95; 63. Chloe Page, 100; 64. Megan Ye, 101.
Novi (380): 31. Lauren Cojei, 90; 48. Kathleen Koomen and Ally Krick, 98 each; 55. Hannah Wagenberg, 98; 88. Apama Vedhoor, 109.
Churchill (412): 62. Jordyn Shepler, 99; 69. Maggie McGowan, 102; 75. Nicole Kruse, 104; 85. Jackie Burdette, 107; 125. Taylor Cutting, 125.
Groves (422): 8. Jessica Turner, 83; 91. Katie Quasariano, 112; 95. Kelly Greer, 113; 98. Courtney Graham, 114; 120. Anna Butkovich, 120.

SPORTS BRIEF

Canton to host Russian hockey squad

The Canton Victory Honda '98 Bantam A travel hockey team will be hosting the visiting St. Petersburg Lokomotiv team from Russia 7 p.m. Friday at Arctic Edge Arena, located at 46615 Michigan Ave in Canton (just west of Wal-Mart). The public is welcome and there is no charge for admission.

The Canton team is made up of 18 dedicated 12 and 13 year olds from Canton and the surrounding area. Lokomotiv has toured Metro Detroit and western Michigan several times over the past few years; this will be the first time these two teams have met.

If you have never seen hockey at this age level come out to the Edge this Friday for some exciting action.

SMITH

Continued from page B1

"I'm afraid if we would have lost it (the game), our kids may have lost it, and said, 'Here we go again,'" he said following the victory over Huron.

Fortunately for the Rocks, Deprez and company wouldn't let that happen. And the team has a bit of momentum from which to possibly morph into the third playoff team at the Park.

Indeed, Britnell's scheduling stance could be the one thing that gets Salem's grid program headed in a direction that

eventually might rival Canton's and Plymouth's — two of the best in all of Observerland and perhaps southeast Michigan.

When that happens, Britnell perhaps will look back at his 2011 decision to change things up on the schedule as one of the best coaching moves he could have done.

And the Rocks won't think twice about playing the Chiefs, Wildcats or anybody else.

Tim Smith is sports editor of the Plymouth and Canton Observers. He can be reached at (734) 753-2106 or via e-mail at tsmith@hometownlife.com.

GIRLS

Continued from page B1

Gerlach said. "It (Kavulich's absence) is going to open the door for somebody else to step up on varsity."

He said there are several girls who could be impact runners, including returning senior Adrianna Beltran and juniors Shannon Flynn, Emily Bizon and Madison Goodpasture.

Add to the mix returning seniors Autumn Burin, Kelly Kerwin (both co-captains) and Amanda Beyer, juniors

Alejandra Beltran and Alexis Foley, sophomore Natasha Stevenson and freshman Anya Cho.

Other freshmen include Rebecca Lopez, Kristen Willmer, Hannah Stoliker and Lauren Arquette.

Gerlach said he has high hopes for the freshmen and that some of them "are going to be fighting for a spot on varsity."

The third co-captain is senior Maddy Verklan.

"What we're counting on is pack running," Gerlach said. "If we get five or seven kids that can all step up, we're going to be OK."

Canton outlook

After a 3-2 record last fall, good for third place in the KLAA South Division, the Chiefs return a nucleus of runners who are motivated to finish their prep careers strong.

Senior captains Emily Southern, Katie Grimes and Meg Riley lead the way.

Southern registered a personal best of 20:15 last season, while the bests turned in by Grimes and Riley were 20:35 and 22:51, respectively.

Anna Gorzalski, who sparked as a freshman

and tallied a best mark of 20:25, is back, as are juniors Ellen Grimes (22:13), Laura Murphy (22:20) and Hannah Ferree (21:04) and sophomore Jessica Siegler (20:21).

Newcomers are freshman Paige Calvert and sophomore Olivia McIntee.

"We should be a pretty good team with better depth than last year," Canton head coach Eric Pahl said. "With good senior leadership, the girls put in plenty of miles over the summer."

"With some good hard work, we should be all right this year."

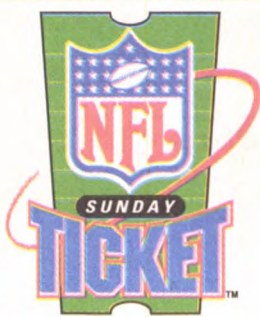
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Marriage ministry kicks off series at Livonia parish

The Covenant of Love, a new program at St. Michael the Archangel Parish in Livonia, is designed to enrich and strengthen marriages — no matter if they're on solid footing or shaky ground.

The monthly program, based on the marriage ministry of Greg and Julie Alexander, founders of the Alexander House marriage apostolate in San Antonio, Texas, will include a lesson on DVD, discussion time, refreshments and socializing.

"This is a great program," said Rose Wingfield, of Northville, who will co-lead the series with her husband, Dennis. "We have been involved in other marriage programs. This is different in that it teaches about the sacrament of matrimony from the church standpoint."

The Alexanders will be on hand to kick off the first session at 7 p.m. Friday, Sept. 9, in the school cafeteria, 11441 Hubbard, Livonia.

The couple founded the ministry after struggling to save their own union from a divorce.

"A priest challenged them to look at the teachings of the church. After reading about what the church teaches, their marriage was saved," Wingfield said. The couple dedicated their lives to helping others find the "beauty, goodness and truth of God's plan for marriage." Married for 24 years and the parents of seven children, the Alexanders detailed their experiences in their new book,

Marriage 911: How God Saved Our Marriage (And He Can Save Yours too). They also present *Marriage Works in Christ*, a television series on EWTN.

In addition to kicking off the series at St. Michael's, the Alexanders also will speak from 6-9 p.m. Saturday, Sept. 10 at Our Lady of Good Counsel, 47650 N. Territorial, Plymouth.

"Saving their own marriage is pretty amazing," Wingfield said. "They've also created a really exciting program to coach couples. They have saved thousands of marriages."

Wingfield and her husband plan to train in the Alexander House marriage coaching method. In the meantime, they'll lead the Covenant of Love program the second Friday of the month at St. Michael's. The program is open to engaged and married couples, regardless of religious denominations.

The couple met and married after their former spouses died. "We feel committed to helping people learn about marriage and understand the joy it can bring," Wingfield said. She plans to run the monthly Covenant of Love program year-round. A second session will start in September 2012.

No registration is required. For more information call the Wingfields at (248) 305-5941 or e-mail them at jeremiah2911@comcast.net.

— By Sharon Dargay

RELIGION CALENDAR

Send calendar items to Sharon Dargay at sdargay@hometownlife.com. Feel free to include relevant photos as attached jpgs. Or mail items to Dargay, Observer, 615 Lafayette, Level 2, Detroit, MI 48226.

Sept. 1-14

9-11 SERVICE

Time/Date: 10:30 a.m. Sunday, Sept. 11

Location: Good Hope Lutheran Church, 28680 Cherry Hill Road, Garden City

Details: The congregation will recognize the sacrifice and commitment made by men and women in uniform. They will welcome all emergency

personnel and military, along with their families to share in this special service

Contact: (734) 427-3660

BIBLE STUDY

Time/Date: 10-11:30 a.m. Tuesday, beginning Sept. 13 and 7-8:30 p.m. Thursday, beginning Sept. 8

Location: St. Priscilla Catholic Church, 19120 Purlingbrook, Livonia

Details: Tuesday focus is Samuel; Thursday study is Gospel of Mark. Open to all

Contact: (248) 476-4700

CLOTHING BANK

Time/Date: 5-6:30 p.m. Sept. 14 and 10 a.m. to 1 p.m. Saturday, Sept. 24

Location: Canton Christian Fellowship Clothing Bank,

41920 Joy, between Lilley and Haggerty, in Canton
Details: Free clothing and shoes are given to anyone in need

Contact: (734) 927-6686 or (734) 404-2480

CRAFTERS NEEDED

Time/Date: Accepting applications now

Location: Riverside Park Church of God, 11771 Newburgh, Livonia

Details: Crafters sought for fall craft show, 10 a.m. to 4 p.m., Oct. 15. Space rental is \$25. \$5 per table or bring your own table. Spots are limited to three crafters per category and one vendor per product

Contact: (734) 464-0990 or e-mail rpooffice@arounddetroit.biz

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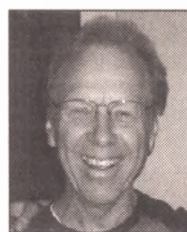
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BORKES, RUTH MARIE

Age 55, passed away on August 27, 2011. www.langenew-bros.com.



HOWLAND, FRANK T.

Age 63, of Northville, died unexpectedly August 23, 2011. Most cherished and loving husband of the late Cynthia (Benes). Beloved dad of Jennifer (George) Linart, Sarah Anne (Wm. Jason) Lowe, and Emily (Steve) Morneault. Dear son of Helen Howland Andrews and the late Robert Howland. Proud grandpa of Luke and Kelly Linart, Wm. Henry and Charles Lowe, and Stella Morneault. Caring brother of John (Kris) Howland and Paul (Karen) Howland. Visitation Friday 3:30pm-7pm at Vermeulen Funeral Home, 46401 W. Ann Arbor Rd. (btwn Sheldon & Beck), Plymouth. Funeral service Monday 11am at First Presbyterian Church of Northville, 200 East Main Street, (east of Center St.), Northville, MI 48167. Memorial contributions may be made to The Henry Ford. To share memories, please visit: vermeulenfuneralhome.com

LAMPI, RAY

Age 83 beloved husband of Dorothy, father of Kathy Yuchasz, Kirsten Rattai & Ben Lampi. Blest by 6 grandchildren & 12 great grandchildren. He loved his Savior, his family and his career as an educator. He retired from Farmington Schools and continued to sub teach for many years after.



MERTA, JOYCE ELAINE

Age 73 passed away gracefully and peacefully on August 25, 2011 at Dominican Hospital in Santa Cruz, California. She was born July 20, 1938 to Sophia (Dluski) and Clement Lotowski. She was a 1956 graduate of Saint Alphonsus High School, Dearborn, Michigan. She married Ron Merta on November 14, 1959 and enjoyed 52 years of happiness with her family, friends, children and grandchildren. She is survived by her husband Ron Merta, children Denise Hayes (Forrest); Douglas Merta (Monika); Deborah Merta (Mark Walters). Sister of Corinne Stempien (Marvin). She is also survived by eight grandchildren; Lauren Hayes, Danielle Hayes, Lily Mae Hayes, Rosco Hayes, Zosia Hayes, Gavin Walters, Owen Walters and Drake Walters. Joyce truly lived life to the fullest through simple pleasures like spending time with her family and friends, and cherished children and grandchildren. She loved to relax and enjoy her homes in Traverse City and Naples, Florida. We will always carry her memory in our hearts. Now is the time to move from grieving to remembrance. Remembrance is a chain death tries to break...but all in vain. To have to love, and then to part, is the greatest sorrow of one's heart. The years may wipe out many things, but some they never will. Like memories of those happy times when we were all together. Rest In Peace Darling. In lieu of flowers, the family is asking for donations to: The American Lung Association or The Foundation For A Smokefree America. A "Celebration of Life" will be held Friday Evening, September 2, 4:00pm - 9:00pm at the Courthouse Grille, 41661 Plymouth Road, Plymouth MI. (734) 453-2002. A funeral Mass Saturday Morning, September 3, at 9:30am at St. Aidan's in Livonia, 17500 Farmington Road, Livonia, MI. (734) 425-9333. A luncheon will immediately follow at the banquet hall adjacent to St. Aidan's. Online guestbook www.phillipsfuneral.com

SCHICK, THOMAS

87, of Livonia passed away August 12th. Husband of the late Virginia. Father of Dennis Schick, wife Paula, Tommy Schick (deceased), Gary Schick (deceased) and MaryBeth Hickey (deceased). Has 7 grandchildren and 6 great grandchildren. Thomas was a proud World War II Veteran. He will be missed by all. Service held at St. Aidan Catholic Church on Thursday, September 1st, 2011 at 9:30am.



SYVERSEN, ARNE R.

Passed away 8/23/2011. He was 87 years old. Beloved husband of 65 years to the late Charlotte Syversen. Survived by daughters Kristine (Gary Harla) Broderick and Wendy (Tom) Sinkus. Grandfather to Ryan Broderick, Jason (Nicole) Broderick and Adam (Sarah) Sinkus. Great Grandfather of Lukas and Dylan Broderick, Jackson and Bailey Sinkus. Also survived by his brother Roy (Virginia) Syversen and sister Erma Baker and families. Predeceased by older brother Harry (Ardis) Syversen. He was a strong minded man, but built not only a wonderful and supporting family, but was a pillar in the community volunteering in leadership roles for over 40 years with the Lamplighters Lions Club. He was an accomplished electrician, and a long time member of the IBEW Electrical Union, Local 58 for over 45 years. Arne enjoyed life with his wife, family and friends, participating in all types of sports including softball, hockey, archery, hunting, fishing, boating, golfing, bowling and skiing. Arne was always there for his family and friends and especially enjoyed the gatherings at the family cabin, holidays and birthdays. He was an avid sports fan - always watching his grandchildren and great-grandchildren play soccer and/or baseball as well as the Tigers and Red Wings. He will be deeply missed by all that loved him. Please join the family for a memorial gathering September 10th, 2011 from 1:00pm-5:00pm at Lakelands Golf & Country Club, 8760 Chilson Rd., Brighton MI 48116. Memorial contributions can be sent to Leader Dog for the Blind.

May peace be with you in this time of sorrow.

Your Invitation to Worship

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<p>CHURCHES OF THE NAZARENE</p> <p>PLYMOUTH CHURCH OF THE NAZARENE 46901 W. Ann Arbor Road • (734) 453-1525 Sunday School - 9:45 A.M. Sunday Worship - 11:00 A.M. Sunday Evening - 6:00 P.M. Family Night - Wed. 7:00 P.M. NEW HORIZONS FOR CHILDREN LEARNING CENTER (734) 455-3196</p>	<p>PRESBYTERIAN</p> <p>Fellowship Presbyterian Church Adult Sunday School: 9:30 - 10:15 a.m. • Worship: 10:30 a.m. Childrens Sunday School: 10:30 a.m. Pastor: Dr. Jimmy McGuire Services held at: Saint Andrews Episcopal Church 16360 Hubbard Road in Livonia • South of Six Mile Road Nursery provided • www.fellowship-presbyterian.org OE08747562</p>	<p>EVANGELICAL PRESBYTERIAN</p> <p>WARD CHURCH 40000 Six Mile Road Northville, MI 48168 248.374.7400 www.wardchurch.org Traditional Worship at 8, 9:30 & 11 a.m. Contemporary Worship at 9:30 & 11 a.m. Children's Programs available at 9:30 & 11 a.m. The Traditional Service is broadcast on the radio each week at 11 a.m. on 560 AM OE08747563</p>	<p>LUTHERAN CHURCH WISCONSIN SYNOD</p> <p>ST. PAUL'S EV. LUTHERAN CHURCH & SCHOOL 17810 FARMINGTON ROAD, LIVONIA (734) 261-1360 WORSHIP SERVICES SUNDAY: 8:30 A.M. & 11:00 A.M. THURSDAY: 6:30 P.M. website: www.stpaulslivonia.org</p>
<p>ASSEMBLIES OF GOD</p> <p>OPEN ARMS CHURCH Worship: Sunday 10:30 am Children's Programs Available Kid's Stop Preschool Now Enrolling 248.474.0001 Meet our New Pastor Grady Jensen & Assoc. Pastor Abe Fassini 33015 W. 7 Mile Rd. • Livonia 48152 Between Farmington & Merriman Across from Joe's Produce 248.471.5282</p>	<p>CONGREGATIONAL</p> <p>North Congregational Church 36520 12 Mile Rd. Farmington Hills (bet. Drake & Halsted) (248) 848-1750 10:30 a.m. Worship & Church School Faith - Freedom - Fellowship Ministers Dr. Mark P. Jensen Rev. Mary E. Biedron OE08747545</p>	<p>For Information regarding this Directory, please call Donna Hart at 248-437-2011, Ext. 247 or e-mail: dhart@dnps.com</p>	<p>CONGREGATIONAL</p> <p>North Congregational Church 36520 12 Mile Rd. Farmington Hills (bet. Drake & Halsted) (248) 848-1750 10:30 a.m. Worship & Church School Faith - Freedom - Fellowship Ministers Dr. Mark P. Jensen Rev. Mary E. Biedron OE08747545</p>

Artist dresses her dolls in vibrant colors, beads, shells

by Sharon Dargay
 O&E staff writer

Michele Sapp says she felt the urge to create art one day about 10 years ago.

The Farmington Hills resident — and at that time a stay-at-home mom caring for her blind son — found a few objects around the house and fashioned a doll.

Three days later she had three more dolls. And by the end of the week she had booked her first craft fair.

Within a few years the self-taught artist and former florist started supplying her one-of-a-kind, African-inspired dolls to galleries. She began showing at art fairs and festivals, including Arts, Beats & Eats, which is where she'll be Labor Day weekend. Fans can find her in booth #90, Friday-Monday, Sept. 2-5, at the art fair portion of the downtown Royal Oak festival.

"I do about seven or eight fairs a year. This is my sixth or seventh time at Arts, Beats & Eats. All in all, it has grown rather quickly," she said, referring to her doll business, Annie's Girls. "It's really just kind of weird because this was not in my plans. This was God's plan for me. I was feeling the need to be a little creative and literally sat down one day and made a doll."

Sapp, an Immaculata High School graduate with a sociology degree from Wayne State University, is self-taught in the art of turning bottles into embellished and dressed dolls. She sews their clothing — sometimes painting the fabric first — makes their jewelry, accessories and hair. Heads are either fiber-filled or made of clay. All of the figures stand and some are suitable for hanging. None of them have faces.

Inner beauty

"I don't put facial features on them because I want people to see their inner beauty. I have this thing about people looking at physical features and making judgements," Sapp explained. "Their personalities come through in the shape of the head, their hair, their poses. It's about representing inner beauty, inner spirit and connecting with people that



African-inspired dolls by Michele Sapp of Farmington Hills, will be on display Friday-Monday, Sept. 2-5, at Arts, Beats & Eats in Royal Oak.

way. I think that's the sociologist in me."

Sapp said she owned dolls as a child, but didn't play with them much. She often stood by her paternal grandmother's easel to watch her paint. Her grandmother also worked in clay and metal.

Like her maternal grandmother, who quilted and repurposed thrift shop items "long before it was trendy," Sapp finds doll-making ingredients everywhere from garage sales to resale shops to nature.

Making smiles

"I try to use strong, vibrant colors. I find people are attracted to the colors. People say the dolls make them smile," she said. "When I did the exhibit at U of M Hospital in the Taubman Gallery last year, the dolls were on display for 45 days. People who were waiting for treat-

ment, who weren't feeling well, said they'd sit there and look at the dolls and they would forget that they were there for treatment.

"The fact that they can bring joy is why I do what I do."

Her husband, a systems engineer at Wayne State University, and her 24-year-old son, help her set up and take down her booth when she attends art fairs like the one at Arts, Beats & Eats. She generally staffs it herself and enjoys meeting other artists and shoppers.

"I thought there was a new vitality at Arts, Beats & Eats last year. There was a great energy. I hope everyone comes out and enjoys the music, the food and the art."

Her dolls range from \$30-\$500. They're also available from the gift



PHOTO BY STEVE VACHON

Farmington Hills artist Michele Sapp shows her dolls in the Orchard Gallery of Fine Art in Fort Wayne, Ind., in addition to galleries in Michigan and South Carolina.

ARTS, BEATS & EATS

What: Downtown Royal Oak festival includes art show, musical entertainment, food from area restaurants, displays, hands-on activities

When: Art Fair hours are 11 a.m.-9 p.m. Friday-Sunday, Sept. 2-4 and 11 a.m.-5 p.m., Monday, Sept. 5

Festival admission: \$3

Details: Michele Sapp of Farmington Hills is among more than 153 artists showing and selling their works at the festival. The juried fair includes ceramics, pastels, fiber and leather works, glass, jewelry, mixed media, digital art, metal, wood, sculpture, painting, photography and 3D mixed media. Look for Sapp at booth #90.

Contact: www.artsbeatseats.com

store at the Detroit Institute of Arts and the Art-Is-In-Market gallery at Twelve Oaks Mall, Novi. Look for Sapp at the Funky Ferndale Art Fair, Sept. 16-18 in downtown Ferndale and Common Ground's annual Birmingham Street Art Fair, Sept. 24-25, in downtown Birmingham.

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Art

NORTHVILLE ART HOUSE

Time/Date: Through Sept. 24; gallery hours are 1-5 p.m. Wednesday-Saturday; reception and artist's talk 6-9 p.m. Friday, Sept. 2

Location: 215 W. Cady, Northville

Details: Works by the late Russell Keeter, a teacher at the Center for Creative Studies for 27 years, and several of his former students

Contact: (248) 344-0497

PLYMOUTH COMMUNITY ARTS COUNCIL

Time/Date: 9 a.m.-5 p.m., Monday-Thursdays

Location: 744 N. Sheldon Road, Plymouth

Details: Works by internationally acclaimed photographer, Allen Brooks, are on display

Contact: (734) 416-4278

VILLAGE THEATER

Time/Date: 10 a.m.-2 p.m., Monday-Friday, Sept. 1-25

Location: 50400 Cherry Hill Road, Canton

Details: Art by Michael Griffin

Contact: (734) 394-5300

Comedy

THE ARK

Time/Date: 8 p.m. Friday-Saturday, Sept. 16-17

Location: 316 South Main, Ann Arbor

Details: The Second City with sketches and improvisation; \$25

Contact: (734) 763-8587; www.theark.org

Go Comedy!

Time/Date: Various show times

Wednesdays thru Sundays

Location: 261 E. Nine Mile, Ferndale

Details: Improv most nights. Open

Keeter art



"Anatomy Students" and other works by Russell Keeter are on display this month at Northville Art House.

mic/jam session show for improvisers is 10 p.m. Wednesdays

Contact: (248) 327-0575; gocomedy.net

JD'S HOUSE OF COMEDY

Time/Date: Various show times

Wednesday-Saturday evenings

Location: 25333 W. 12 Mile, inside Star Theatre complex, Southfield

Details: Stand-up shows, 8 p.m. Thursday and 8 p.m., 10:30 p.m. Friday-Saturday; Apollo amateur night, 8 p.m. Wednesday

Contact: (248) 348-2420 or www.ticketmaster.com

JOEY'S COMEDY CLUB OF LIVONIA

Time/Date: 8 p.m. Mondays, open Mic; 8 p.m. Tuesdays, Local Legends; 8 p.m. shows Wednesdays, Thursdays; 8 p.m. & 10:30 p.m. Fridays, Saturdays

Location: 36071 Plymouth Road, Livonia

Details: Dave Landau with Cory Latarski, through Aug. 27; Collin Moulton with Nate Fridson, Aug. 31-Sept. 3; Sheila Kay with Darnell

Anderson, Sept. 7-10; Nick DiPaolo, Sept. 16-17; Mike Malone with Riccardo Flanagan and Jeff Scheen, Sept. 21-24; Justin Leon with Joe Zimmerman and Bill Bushart, Sept. 28-Oct. 1
Contact: (734) 261-0555, www.kickerscomplex.com

MARK RIDLEY'S COMEDY CASTLE

Time/Date: Nathan Macintosh, Aug. 25-27; Michael Kosta, Sept. 8-10; James P. Connolly, Sept. 15-17, Auggie Smith, Sept. 22-24; Gary Gulman, Sept. 29-Oct. 1; The Amazing Johnathan, Oct. 3; Reno Collier, Oct. 6-8; John Heffron, Oct. 13-15; Bobby Collins, Oct. 20-22; Tim Giather, Oct. 27-29

Location: 269 E. Fourth, Royal Oak

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

Concerts

Contact: (734) 455-1453

THE ARK

Time/Date: The Fishtank Ensemble, Sept. 1; Orpheum Bell & The Red Sea Pedestrians, Sept. 2; Chris Thile & Michael Daves, Sept. 8; The David Wax Museum, Sept. 9; John McCutcheon, Sept. 10; Carbon Leaf & Chamberlin, Sept. 11; Bernard Allison, Sept. 13; Ben Sollee & John Whitaker, Sept. 14; Ember Swift, Sept. 15; Willy Porter with Seth Glier, Sept. 18; Joy Kills Sorrow, Sept. 19; Maria Muldaur & Her Red Hot Bluesiana Band, Sept. 20; Eilen Jewell, Sept. 21; Mavis Staples, Sept. 23; Red Horse, Sept. 24; Patrizio, Sept. 26; Match by Match & Hannah Winkler, Sept. 27; Asleep at the Wheel, Sept. 28; Fleet Foxes with The Walkmen, Sept. 29; The RFD Boys, Sept. 30

Location: 316 South Main, Ann Arbor

Contact: (734) 763-8587; www.theark.org



Youngsters in a previous Plymouth Uptown Players (PUPS) cast are costumed and ready to rehearse. The program gives youngsters a chance to learn about theater and to perform.

Everyone will earn a role at auditions

Drop in auditions for the Plymouth Uptown Players (PUPS) will be held 5-9 p.m., Thursday, Sept. 8, at the Plymouth Community Arts Council, 774 N. Sheldon Road, Plymouth. Katelyn Sigworth directs PUPS, with help from assistants Cara Bosco and Kimmy Elliot.

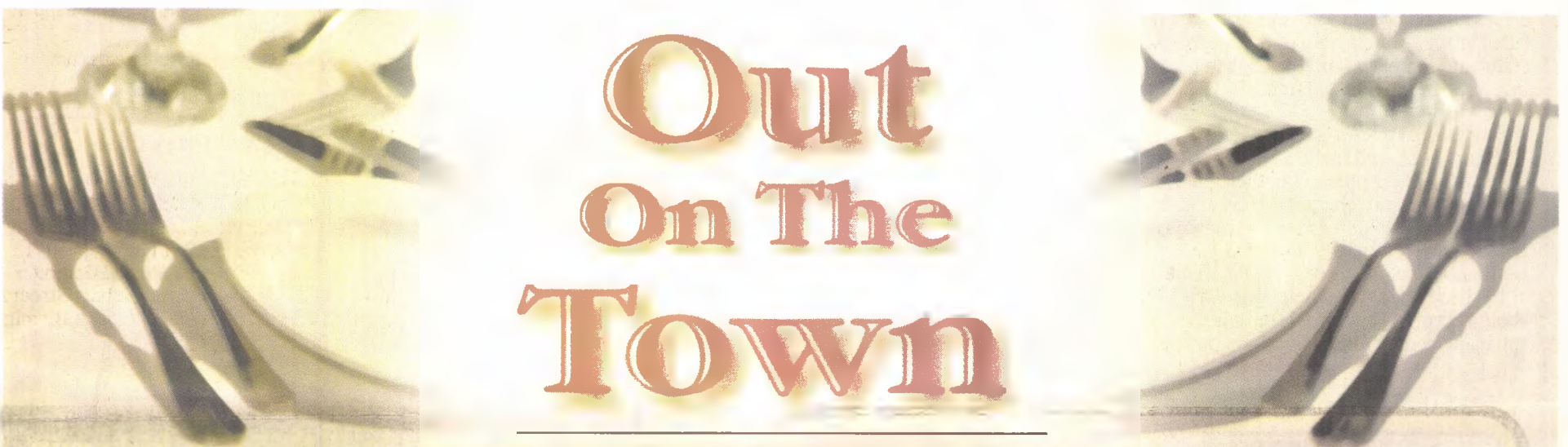
The PUPS program, designed for students in middle school and elementary school, aims to make the participants feel comfortable and confident in front of a live audience. Children will learn stage direction, cues, blocking, voice projection,

role play, characterization and improvisation. Youngsters who join PUPS can expect to participate in games and exercises that will stimulate their inner performer.

Everyone who auditions will get a part. Rehearsals are every Sunday beginning Sept. 11, with the times dependent on age and cast.

The season will conclude with a weekend of performances Dec. 9-11 at the Plymouth Community Arts Council.

Visit the PCAC Web site at www.plymoutharts.com, or call (734) 416-4278.



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Anyone looking for delicious new ways to enjoy whole grains or bring gluten-free recipes to the table can do both at the same time, thanks to something called sorghum.

Sorghum has been around for a very long time, but is just now coming back into popularity in the U.S. It has a hearty, chewy texture and is a great gluten-free substitute for couscous, bulgur and pearly barley. Sorghum flour has a light color and mild flavor that is perfect for breakfast muffins or even pizza dough.

Rich in fiber, sorghum has high levels of antioxidants, as well as iron, calcium, potassium, protein and polyphenols, which helps lower serum cholesterol. You can find sorghum products in some grocery stores and online.

For more about sorghum, and more recipes, visit www.healthysorghum.com.

Courtesy of Family Features with recipes from Carol Fenster, author of "Gluten-Free 101: Easy, Basic Dishes without Wheat"



Sorghum Blueberry-Lemon Muffins

Makes 12 muffins

Dry Ingredients

- 2 1/2 cups Sorghum Flour Blend (see below)
- 3/4 cup granulated sugar
- 1 tablespoon baking powder
- 1 1/2 teaspoons xanthan gum
- 3/4 teaspoon salt

Wet Ingredients

- 1 cup milk of choice, at room temperature
- 1/2 cup canola oil
- 2 large eggs, at room temperature
- 1 tablespoon grated lemon peel
- 1 teaspoon vanilla extract

Add-Ins and Topping

- 1 cup fresh blueberries
- 1 tablespoon sugar for sprinkling on muffins

Preheat the oven to 375°F. Generously grease a standard 12-cup nonstick muffin pan.

Whisk dry ingredients together in large bowl. In separate bowl, whisk wet ingredients thoroughly until smooth.

Make a well in dry ingredients and add wet ingredients. Combine with a spatula until just moistened and then gently stir in blueberries. Divide batter evenly in pan and sprinkle each muffin with a little sugar.

Bake until muffin tops are lightly browned, approximately 20 to 25 minutes or until a toothpick inserted in center of a muffin comes out clean.

Sorghum Flour Blend

- 1 1/2 cups sorghum flour
- 1 1/2 cups potato starch or cornstarch
- 1 cup tapioca flour

Whisk together and store, tightly covered, in a dark, dry place.



Sorghum Pizza Crust

Makes 1 crust

- 1 tablespoon active dry yeast
- 1 teaspoon sugar
- 3/4 cup warm milk of choice (110°F)
- 3/5 cup sorghum flour, plus more for sprinkling
- 1/2 cup tapioca flour
- 2 teaspoons xanthan gum
- 1/2 teaspoon salt
- 1 teaspoon Italian seasoning
- 2 teaspoons olive oil
- 2 teaspoons cider vinegar
- Your favorite pizza sauce and toppings (such as cheese and pepperoni)

Place oven racks in bottom and middle positions. Preheat oven to 425°F.

Dissolve yeast and sugar in warm milk for five minutes. In food processor, process all ingredients, including yeast mixture, until well blended. Or mix in a medium bowl on low speed with an electric mixer. The dough will be soft.

Place dough on a greased (not cooking spray) 12-inch nonstick pizza pan. Liberally sprinkle sorghum flour on dough; then press dough into a smooth layer with your hands, continuing to dust with flour to prevent sticking. Make the edges somewhat thicker to keep the toppings in place.

Bake pizza crust 10 to 12 minutes on the bottom rack. Remove from oven and add sauce and toppings. Bake on middle rack until top is nicely browned, about 15 to 20 minutes. Remove from oven and cut into 6 slices. Serve warm.

Sorghum Pizza Crust

Sorghum Tabbouleh with Shrimp and Sherry Vinaigrette on Mixed Greens

Serves 6

To cook the sorghum:

- 1 cup uncooked whole grain sorghum (soaked overnight in water to cover)
- 3/4 teaspoon sea salt, divided
- 3 cups water

Dressing:

- 2 tablespoons freshly squeezed lemon juice
- 3 tablespoons extra virgin olive oil
- 1 tablespoon sherry vinegar
- 1/2 teaspoon white pepper

Vegetables:

- 1/4 cup shelled raw pumpkin seeds or pine nuts
- 1 English or hothouse cucumber, unpeeled and chopped
- 3 green onions, chopped
- 1 small red bell pepper, chopped, or 12 grape tomatoes, halved
- 1 small yellow bell pepper, chopped
- 1/2 cup cooked edamame
- 1/2 cup chopped seasonal fruit (figs, pears, apples, oranges, or dried cranberries)
- 1/2 cup chopped fresh parsley, plus extra for garnish
- 1/2 cup chopped fresh cilantro
- 1/4 cup chopped fresh mint
- 1/4 cup crumbled feta cheese or queso fresco

(optional)

- Mixed Greens
- 12 cooked large whole shrimp, peeled (or more to taste)

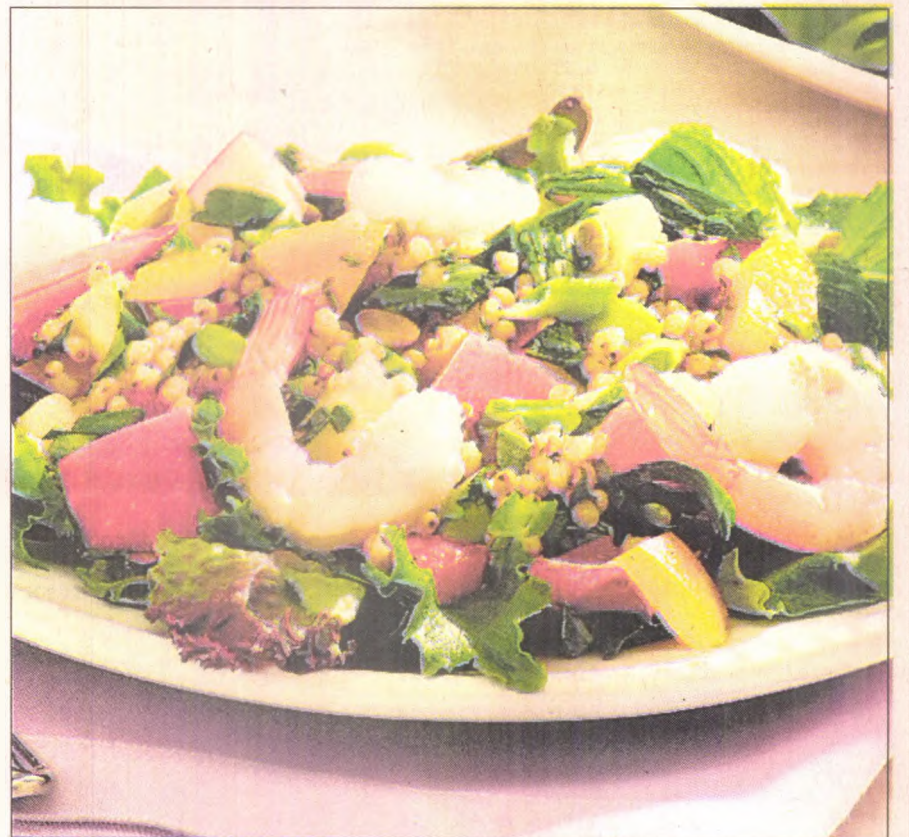
Drain soaked sorghum and discard water. In heavy medium saucepan, combine sorghum, 1/2 teaspoon salt, and 3 cups water. Bring to boil. Cover and reduce heat, simmering for 40 to 45 minutes. Transfer to strainer and drain well. Set aside.

Make dressing: In screw-top jar, shake lemon juice, oil, vinegar, remaining 1/4 teaspoon sea salt and pepper until thoroughly blended and creamy. Set aside.

Toast pumpkin seeds in a skillet over medium heat, stirring constantly until lightly browned, about 5 minutes. Set aside.

In large bowl, combine sorghum and vegetables and toss to blend. Add dressing and toss until all ingredients are well coated. Let stand for 20 minutes before serving.

Arrange mixed greens on a large platter, top with tabbouleh, arrange shrimp on top, and serve, garnished with fresh parsley.



Golfers gather for fun-filled outing

The Western Wayne Oakland County Association of Realtors held a bowling benefit earlier this year, which went well and supported Warm Hearts and The ARC of Northwest Wayne. Thursday, Aug. 11, was more of a social time at WWOCAR's annual golf outing.

The event at Fellows Creek Golf Course in Canton drew 125 golfers, said Pauline Olszewski, staffer for the Farmington-based Western Wayne Oakland County Association of Realtors, which is merging with the Metropolitan Consolidated Association of Realtors.

"Beautiful" weather came for the social outing in Canton, which also has a charitable component. "It's held every August. They had a great time."

Visiting and relaxing were the purposes of the day.

"It's just for the Realtors to network between the affiliates and the others in the business," she said.

Golfers who registered were up around 30 from last year. "To me, it seems like it's getting a little bit better out there," Olszewski said.

By Julie Brown



Dave Cloutier, Sue Thorn, Kathy Coon and Mike Coon visit at the golf outing Aug. 11 at Fellows Creek Golf Course.



Rick Carter, Mark Elais, Rob Holton and Bill Law golfed Aug. 11 at the WWOCAR outing.



Jim Mariani, Dennis Myers, John Blake and Rebecca Mariani enjoy each other's company at the WWOCAR golf outing.

Nod from FHA essential

By Robert Meisner
Guest Columnist

Q: I am on the Board of Directors of our condominium and the board claims that we do not have the money to seek FHA certification. How can I convince them otherwise?

A: Tell the board that they have a legal and fiduciary responsibility to seek to obtain FHA certification in order to allow co-owners to be able to market their units more successfully. With the difficulty in obtaining financing, FHA certification, which allows purchasers to get FHA insured mortgages, is indispensable and the board may have legal liability if it fails to seek to obtain FHA certification. When a condominium board says that the association doesn't have the money, what the board is really saying is it chooses not to increase assessments to raise sufficient funds!

Q: I have heard from some real estate experts that one should take much care, if not more, in checking out a condominium that is a single family home prior to purchase. What do you think about that?

A: That is generally the case because you are

not only confronted with the issues concerning the purchase of real estate, but you also have the extensive condominium documents

to review, as well as being responsible, perhaps, for a portion of the maintenance, repair, and/or replacement of the entire project.

This concern goes double for small associations with less than a dozen units because it is unlikely that a small association can afford to hire a professional management company that will help protect its owner. The success or failure of the association will depend upon the few owners working closely together, a tricky proposition. It requires them to check and verify, just like you would do if you own a single family home. Even more dangerous is when a small association and the developer are in financial straits. There may not be adherence to keeping the strict formalities of the non-profit corporation or, for that matter, they may not have adequate insurance, among other things.

That, of course, does not mean that a larger condominium association cannot share the same problems, but it is unlikely that the smaller Association will have legal counsel assisting it when, in fact, that is even more the reason for legal counsel to be involved, particularly if there is no professional management to in any way guide the board as to its responsibilities in regard to the management of the condominium.

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

Robert Meisner

Detached condos make for pleasant living

By Nancy Austin
Seniors Real Estate Specialist

After my last column appeared regarding detached condos, several senior readers called me with additional information about some detached condos that I hadn't mentioned. Another called me about regarding co-ops. I had more than one person call expressing a desire for the Del Webb company to build in the Canton area. More on that after I do more research. Several comments have been made about how helpful and informative this column is to you. I'm so glad to hear it because the more information you have about senior living, the easier it is to make a decision, and that decision will be an informed one.

One reader called to let me know about the Briarbrook condos in Westland near Joy and Newburgh. These are detached condos with garages, but no basement. This small

complex isn't designated as a senior condo complex, but it is mostly seniors living there. It is just one street with the condos lining either side. I have been in these condos, as I have been in most, and they are a very nice floor plan. It is a small, quiet, pleasant setting.

Also brought to my attention were the senior co-ops, such as Colonial Acres and Colonial Village in South Lyon as well as Kings Mill in Northville and Holiday Park in Westland. All of these complexes are quite large numbering well over 400 units, some having one bedroom but most have two.

In purchasing a co-op you do not receive a deed. You receive a share of stock and voting rights in the cooperative. Each cooperative has a board of directors with advisory committees comprised of residents of the cooperative. Owners are permitted to claim mortgage interest and real estate home- stead tax deductions.

With co-ops, you don't actually own the condo; rather, you own a share in the corporation. Financing, therefore, is somewhat different from financing a condo or a house. There are only certain lenders that will finance a co-op. In each case,

the prospective buyer must pay the current owner the equity they have in the condo and then you finance the rest. There is only one mortgage for the entire complex that encumbers the assets of the community. This is unlike a condo complex in that each condo owner gets their own separate mortgage, pays their own taxes and a separate maintenance fee.

In a co-op, the owner pays a monthly fee which includes everything except electricity, phone and cable. Mortgage interest and homestead taxes are allowed to be deducted on your personal income tax. For additional information on coops, you may contact the individual coop or I may have additional information available.

One kind of senior living that is a category unto its own is the apartment-style living quarters that you buy into. These are the Henry Ford Village units in Dearborn and Fox Run Village in Novi. To live here, you pay a substantial equity to the corporation prior to moving in and a monthly fee thereafter. You have your choice of floor plans, which of course depends on how much you can pay monthly

and how large a unit you desire.

Both Henry Ford Village and Fox Run are, for lack of a better term, huge. Fox run has several buildings and all are connected by lighted, heated walkways. There is even a shuttle bus you can take from one building to another. Social activities abound and are run mostly by the senior occupants. You never lack for something to do. The environment is quite pleasant, the grounds pleasing, the food is quite good and people living there seem to enjoy the amenities that both places offer. I would be willing to bet that the average age of residents is slightly lower than the "standard" retirement community. I have not researched that fact, but in my tour of Fox Run, it appeared to be so.

There are many choices. It's up to you to assess your wants and needs and make a decision.

Always feel free to call me with questions, and/or contribute information. Feel free to browse my website as well: www.nancyaustin.com.

Seniors Real Estate Specialist Nancy Austin may be reached at nancy-austin@gmail.com or by calling her at (734) 718-8900.

HOMES SOLD-WAYNE

These are the area residential real estate closings recorded the week of May 23-27, 2011, at the Wayne County Register of Deeds office. Listed below are cities, addresses, and sales prices.

CANTON

43680 Amber Ct \$171,000
2393 Arcadia Dr \$62,000
43327 Barchester Rd \$108,000
7982 Brampton Dr \$266,000
1588 Centennial Dr \$383,000
44947 Forest Trail Dr

\$195,000
6802 Fox Path \$225,000
48814 Greenwich Cir \$260,000
4741 Grove Ct \$74,000
1592 Peninsula Ct \$175,000
894 Roosevelt St \$200,000
496 Sheffield Ct \$160,000
4263 Sherwood Cir \$182,000
4495 Sherwood Cir \$186,000
47080 Woodlong Dr \$285,000

GARDEN CITY

31537 Pierce St \$40,000
29664 Rosslyn Ave \$85,000
614 Susan Ct \$70,000

LIVONIA

15151 Alexander St \$29,000
15161 Alexander St \$25,000
14243 Barbara St \$131,000
14275 Beatrice St \$106,000
33002 Brookside Ct \$286,000
36281 Dover St \$110,000
14063 Harrison St \$115,000
37607 Ladywood St \$195,000
39025 Orangelawn St \$118,000
11347 Sunset St \$115,000
15457 Sunset St \$117,000
14100 Susanna St \$126,000
14219 Woodside St \$166,000

NORTHVILLE

41944 Baintree Cir \$290,000

44725 Broadmoor Cir N \$464,000
19674 Cardene Way \$143,000
47471 Manorwood Dr \$500,000
49131 Rainbow Ln N \$300,000
735 Randolph St \$93,000
47390 W Main St \$210,000
16451 Westminister Dr \$314,000
17454 Willow Ridge Dr \$458,000
20330 Woodcreek Blvd \$350,000
PLYMOUTH
368 Ann St \$155,000
REDFORD

19947 Beech Daly Rd \$25,000
15854 Delaware Ave \$30,000
20566 Denby \$35,000
11407 San Jose \$28,000

WESTLAND

35523 Avondale St \$51,000
30839 Bennington St \$27,000
1675 Elias St \$17,000
8208 Huntington St \$20,000
35070 Lewis St \$48,000
29841 Lonnie Dr \$85,000
8065 N Middlebelt Rd \$300,000
730 Rahn St \$13,000
8280 Vista Ln \$30,000

HOMES SOLD-OAKLAND

These are the area residential real estate closings recorded the week of May 16-20, 2011, at the Oakland County Register of Deeds office. Listed below are cities, addresses, and sales prices.

BEVERLY HILLS

17464 Kinross Ave \$170,000
22722 N Nottingham Dr \$215,000
31140 Old Stage Rd \$290,000
32300 Plumwood St \$217,000

20600 Smallwood Ct \$535,000
BINGHAM FARMS
32824 Outland Trl \$215,000
BIRMINGHAM
832 Emmons Ave \$120,000
1939 Fairview St \$700,000
795 Lake Park Dr \$70,000
1365 Southfield Rd \$197,000
1708 Washington Blvd \$196,000
988 Westchester Way \$565,000
BLOOMFIELD HILLS
4380 Pine Tree Trl \$295,000
1711 Huntingwood Ln \$60,000

200 S Cranbrook Cross Rd \$233,000
431 W Long Lake Rd \$920,000
BLOOMFIELD TOWNSHIP
1936 Bayou Dr \$400,000
878 Dursley Rd \$263,000
5546 Kingsmill Dr \$190,000
4775 S Chipping Gln \$669,000
5131 Tootmoor Rd \$560,000
COMMERCE TOWNSHIP
9373 Boncrest St \$172,000
FARMINGTON
33054 Annwood St \$160,000
32718 Grand River Ave Unit

\$23,000
FARMINGTON HILLS
27414 Beacon Sq \$155,000
27840 Berrywood Ln \$38,000
22797 Shadowglen Dr \$220,000
29870 W 12 Mile Rd \$36,000
30255 Wicklow Ct \$190,000
NOVI
24484 Bonnie Brook Dr \$120,000
21022 Chase Dr \$380,000
41534 Cypress Way \$130,000
22601 Deerfield Rd \$180,000
22712 Mondavi Dr \$50,000
23016 Mondavi Dr \$50,000
24553 Olde Orchard St

\$36,000
21534 Sunrise Blvd \$225,000
SOUTH LYON
1128 Colt Dr \$221,000
61164 Greenwood Dr \$45,000
25915 Hunters Ln \$213,000
SOUTHFIELD
28430 Brooks Ln \$93,000
21310 Glenmorra St \$45,000
21431 Mahon Dr \$55,000
24030 Tamarack Trl \$70,000
WHITE LAKE
1284 Bayview \$60,000
1162 Castlewood St \$148,000
231 Teggedine Rd \$71,000

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WESTLAND: Cozy & clean 2 Bdrm, C/A, bsmt, back deck, Stove, fridge, W/D. \$700/mo Section 8 OK. 1922 Stieber. Agent: (734) 216-1206

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Controls Technician - PLC
Write, organize and maintain modular code used in PLCs and HMIs for standard and custom build heat process equipment. Test, debug, and some field installation. Primary A-B and Wonderware - other platforms also used. Potential to participate in system design. Key position. Must be experienced, professional, organized, with good team & communication skills. Permanent position, benefits, established and stable company Plymouth area.
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Homes

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		30 Yr.	Pts.	15 Yr.	Pts.	Other
1st Choice Mortgage Lending	(734) 459-0782	4	0	3.25	0	J/A
Accurate Mortgage Solutions	(800) 593-1912	4	0	3.25	0	J/A
AFI Financial	(877) 234-0600	4	0	3.25	0	J/F
Ameriplus Mortgage Corp.	(248) 740-2323	4	0	3.25	0	J/A
BRINKS Financial Group	(800) 785-4755	3.875	0.375	3.25	0	J/A/V/F
Client Services by Golden Rule	(800) 991-9922	3.875	0.5	3.25	0	J/A/V/F
Co-op Services Credit Union	(734) 466-6113	4.25	0	3.375	0	J
Dearborn Federal Savings Bank	(313) 565-3100	4.375	0	3.625	0	A
Fifth Third Bank	(800) 792-8830	4.125	0	3.25	0	J/A/F
First State Bank	(800) 372-2205	4.125	0	3.5	0	J/F
Gold Star Mortgage	(800) 784-1074	4.125	0	3.25	0	J/A/V/F
Golden Rule Mortgage	(800) 991-9922	4	0	3.25	0	J/A/V/F
Group One Mortgage	(248) 282-1602	4.375	0	3.5	0	J/A/V/F
Mortgages by Golden Rule	(800) 991-9922	3.75	1.25	3.25	0	J/A/V/F

Above Information available as of 8/26/11 and subject to change at anytime. Rates are based on a \$200,000 loan with 20% down & credit score of 740 or above. Jumbo rates, specific payment calculation & most current rates available Fridays after 2:00 P.M. at www.rmcreport.com.
Key to "Other" column - J = Jumbo, A = Arm, V = VA, F = FHA & NR = Not Reported.
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Credit record in good standing required
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Garage/Moving Sales

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Garage/Moving Sales

CANTON Sub Sale at Canton Glade Haggerty at Glade btwn Cherry Hill & Ford. Several homeowners participating. Huge variety Fri-Sat, Sept. 2-3rd, 9-4pm

CANTON MOVING SALE 1074 Longfellow. Thurs.-Fri., Sept. 1-2, 9-4:00pm. Lots of household items, children/adult books, toys.

DEARBORN HEIGHTS: Antiques, Vintage Collectibles, unique items. 25002 Andover, W off Telegraph, S of Michigan Ave. Sept 2, 3, 4, Fri-Sat-Sun; 10-4. NO EARLY BIRDS!

FARMINGTON HILLS MULTI-FAMILY YARD SALE - 22005 Cass St. Farmington Hills. Friday 9:2-3pm-7pm and Sat. 9:3-8am-3pm. Tools (band-saw, drill press, cordless, etc) computer accessories (monitor, printer, keyboard, etc) games (Foosball, air hockey), clothes, shoes (12-14), Riding lawn mower, artist easel, and much more!

LIVONIA - MOVING SALE 31158 W. Chicago St., off Merriman. Sept. 1-5th, 8am-4pm. Household goods, furniture, tools & exercise equip.

LIVONIA Huge Garage Sale this Labor Day weekend! Just moved and must sell to make room! Friday 10-5pm, Saturday & Sunday 9am-5pm. 17410 Loveland. Furniture, tools, bikes, televisions, household items, toys, books, CDs, records, picnic table & umbrella set.

LIVONIA: MOVING SALE 32817 Barkley. Fri-Wed. Sept. 2-7, 9-4pm. 2 lovesats, 2 recliners, furniture & misc. household items.

MILFORD 2741 Wikom Rd. Sept. 3-5, 10am. Cub Cadet, Billy Goat vacuum, Craftsman rototiller pull behind, silversware, armoire, new Churchill (Thanksgiving) 20 piece sets, Lenox Fritz & Floyd Christmas items (new in boxes), kid's toys, too many goodies to list! No reasonable offer refused! **EVERYTHING MUST GO!**

NEW HUDSON: ANNUAL HAAS LAKE PARK YARD SALE Multiple yard sales at Haas Lake RV Campground. 25800 Haas Rd. Sat. 9/3/11, 9 am to 5 pm.

NEW HUDSON: Sept. 1-3, Thurs-Sat, 9-4. Household, furniture, pictures/ paintings, child clothes, toys, etc. 5955 Grand River, near Marindale.

NORTHVILLE MOVING SALE RC cars & model cars, art studio furniture & art, paintings, tools, garden items, misc household & more! 20145 Woodhill. Fri. & Sat., 10am-5pm.

PLYMOUTH: Moving. Sept 2, 9-5pm & Sept 3rd, 9-2pm. 6489 Napier btwn N Territorial & 5 Mile. Buffet, bed, entertainment ctr, rollout desk & more!

REDFORD TWP Vintage Collectibles - 16750 Centralia (1 blk SW of 6 Mile & Beech Daly) Wed., 8/31-Wed., 9/7, 9am-6pm.

SOUTH LYON 165 Eagle Crest Furniture, 60 HD TV, rowing machine, free-weights, Total Gym, household items. Saturday & Sunday 9-3pm.

SOUTH LYON BARN SALE Fri. Sept. 2. 1 day only. 9-6. Too much to list. Come & browse. 11724 Post Lane. Off of 8 Mile, btwn Earhart & Rushston Rds.

SOUTH LYON Garage Sale - Fri.-Sat., 9/2-9/3, 9am-4pm. Name brand kid's clothes, furniture 9 Mile & Dixboro, Hidden Creek Sub. 764 Huntington

SOUTH LYON Garage Sale. Crossroads Church. Fri. & Sat. Sept. 2 & 3, 9-3. Lots of great stuff. Low prices. Make an offer. 28900 Pontiac Trail, corner of Silver Lake Rd.

SOUTH LYON: Huge Garage Sale. Sept. 3, 4 & 5, 9am-4pm. 22605 Pine Dr. 9 Mile & Pontiac Trail.

WESTLAND Community Garage Sale. Sat. September 17th, 9-4pm. 100 Vendors. 36601 Ford Rd. Spaces still available **734-722-7620**

WESTLAND GARAGE SALE: Furniture, household items, clothing, bikes & much more! 34236 Barton, Wildwood & Marquette, Sept 2-3, 10-4pm.

Garage/Moving Sales

WESTLAND: Lighthouse Indoor/Outdoor Sale 34033 Palmer Rd. btwn Wayne & Venoy. Sept. 2-10, 9-7pm. Furniture, computers, appliances, dishes, collectibles, jewelry, electronics, leather coats. All proceeds to purchase food for the needy.

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hometown life

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September 2011

women

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Local women pave way in science, technology

Although a few weeks of summer remain, Labor Day marks the unofficial end of summer for most of us. It's back to school, back to work and a focus on education and training.

This month's *Hometown Life Woman* focuses on women as role models, as well as their educational challenges and pursuits in science, engineering and technology.

Women make up nearly half of the U.S. workforce today and young women are

earning college degrees at a record pace. Women are making great strides in many career areas, but still fall behind men when it comes to science, engineering and technology.

Read today's series of stories by Contributing Writer Valerie Olander, who interviews local women about their career choices and the importance of science, engineering and technology.

Parents of elementary and middle school girls will want to share this important and inspiring information with their daughters.

And since it's September, it's time for football, homecoming and new looks for fall. Read about a Plymouth woman who

is a huge fan of fantasy football. High school students (and their moms) will want to check out our feature on homecoming dresses — short, sassy and colorful.

And speaking of color, Guest Columnist Barbara Deyo of Birmingham offers up some tips on fall makeup and more. Deyo was the local makeup artist who recently did Paul McCartney's makeup for his concert stop at Comerica Park.

Enjoy today's edition for and about local women.

Susan Rosiek

publisher/executive editor

srosiek@hometownlife.com



Susan Rosiek

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Local women challenge, encourage others to pursue careers in math, science

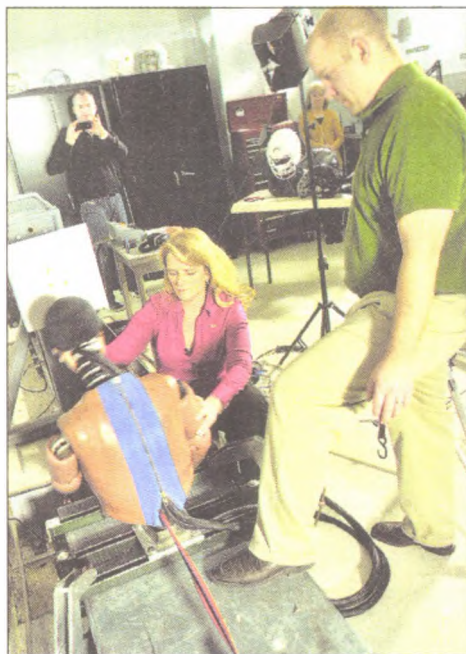


PHOTO COURTESY OF WAYNE STATE UNIVERSITY

Cynthia Bir, professor of biomedical engineering at Wayne State University, works with Discovery Canada in the WSU lab.

4 FANTASY FOOTBALL

Canton woman is 'ready for some football'



BILL BRESLER | STAFF PHOTOGRAPHER



This formal 1950s dress in a vibrant scarlet red taffeta, will be the only one of its kind on the dance floor. It's available at Lost and Found Vintage in Royal Oak.

6 HOMECOMING

Try out some bright, fun, short styles on the dance floor

16 ABC'S OF NUTRITION



Here are some ideas for tasty, nutritious after-school snacks

fall makeup trends, 8

women and calcium, 11

turkey wrap, 18

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Canton woman is 'ready for some football'



BILL BRESLER | STAFF PHOTOGRAPHER

Janeen Foreman holds her treasured Super Bowl football. Behind her, Barry Sanders, her fave.

— fantasy, that is

By Jill Halpin
Contributing Writer

There is no denying that Janeen Foreman loves sports. From her *Monday Night Football*-themed phone ringtone to the prized autographed basketball jersey that is framed in glass in her basement, the Canton woman lives and breathes all of them.

When autumn rolls around, however, that

love becomes altogether something else — an obsession. For sports fans like Foreman, the fall season really is the best time of the year, she says.

"It's the end of the baseball season and the playoffs start, football is starting and hockey is just around the corner ... it really is special," she said.

The season also holds something even

Please see **FANTASY, 10**

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Homecoming 2011

brings bright, fun short styles to the dance floor

By Sally Rummel
Contributing Writer

With back to school just around the corner, area high school students will soon begin preparing for one of the school year's most hallowed and busiest traditions: homecoming.

Set at most area high schools for a weekend starting later this month through mid-October, homecoming has been a tradition in the U.S. since 1911, when the University of Missouri's athletic director, Chester Brewer, invited alumni to "come home" for the annual football game against the University of Kansas.

Since that time, spirit week, football rivalries, tailgating, bonfires, floats and parades, crowning of the homecoming queen, king and court have all become homecoming traditions — but none so anticipated, at least by the girls, as the annual homecoming dance, usually held the Saturday evening of homecoming weekend.

"What are you going to wear to homecoming?" and "Where did you get your dress?" become two of the most frequently asked questions after back-to-school wardrobe decisions have been made. The search for the "perfect dress" starts soon after school starts — the first shopping milestone of the 2011-12 school year.

The shopping has already begun in earnest at The Clothing Cove in downtown Milford. "We're seeing 10 to 15 girls a day for homecoming dresses," owner Genise Horsley said. "They're all looking for that 'special dress' and they don't want to wait until school starts."

For both guys and girls, homecoming is usu-

ally less formal than prom, so one's choice of attire will reflect a slightly more casual trend. For guys, that might mean a suit rather than a tuxedo, and for girls, homecoming dresses are trending shorter, rather than to the floor, unless you're aiming for a "ballroom look."

"Guys usually wear a suit with a dress shirt, and a tie that matches their date's dress," said MacKenzie Walters, 17, a 2011 graduate of Milford High School.

"This year's homecoming is a fun, trendy event," Horsley said. "The dresses are almost all short, with lots of interesting neck treatments, one-shoulder styles and necklines with lots of detail. Jewel-toned colors are big this year, with lots of magenta, purple, jade, teal and royal blue. Black is always popular, too."

Shoes are fun, strappy and open, with wedges and high platforms leading the way in style. "Jewelry is trending large, too," she added, "especially in bracelets."

Where you'll want to shop for your dress will depend upon the style you want to achieve for that evening, and your budget. Are you a trend-setter who wants to achieve a unique look a la Gwen Stefani, or are you a more classic romantic like Taylor Swift? Are you interested in buying a "celebrity dress" that is a replica of one worn by some of the hottest stars in Hollywood, or do you prefer a vintage look that recalls the styles of past decades?

Local boutiques like The Clothing Cove and upscale department stores such as Nordstrom's, Lord & Taylor, Saks Fifth Avenue and Macy's all have junior departments with some of this year's most popular styles. High-end boutiques such as Jessica McClintock and Cache will also provide designer styles suitable for homecoming. Other department stores that include junior styles include JCPenney, Kohl's, TJ Maxx, Forever 21, Charlotte Rue and Deb Shops.

For the more stylish trend-setters, a trip to a vintage



Homecoming dresses in jeweled tones and detailed necklines are the most popular styles this year, said Genise Horsley, owner of The Clothing Cove in Milford.



Please see **HOMECOMING**, 20

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Back in matte

By **Barbara Deyo**
Guest Columnist



what's new for fall makeup

There are lots of new trends this upcoming fall season, but there are a few that stand out to me, as they are “wearable” and user-friendly and near and dear to my heart. I’m glad to see them back! No. 1 being big brows. Yes.

I’ve always said that bad brows ruin my life. I can’t concentrate to order my meal if the waitress needs brow rehab. So, I am personally happy to announce that “officially” — big fat brows are back. But, at the same time contained and groomed.

I’ve never been a fan of over-tweezed brows for many reasons, but what most people (women and men) don’t realize is, your eyebrows are the most important feature on your face. Even if you are blessed with ample brows, you can still benefit from a little pencil or powder to define your shape. A good arch can make you look more polished, finished and glamorous!

Speaking of glamorous, my second favorite trend brings us back to old Hollywood — bold matte lip color. Think of the lovely Audrey Hepburn, Elizabeth Taylor, Marilyn Monroe, or Sophia Loren. Hollywood beauties at their finest.

We are seeing rich, matte, velvety lip color that screams sexy. All shades of red, burgundy and orange are popping up this fall. And it’s a “new matte” for today. Rich and creamy with great staying power, but it won’t leave your lips

dry and cakey by the end of the day. Add a matching lip pencil, and you are ready for your closeup.

And of course there is the return of the smokey eye. Every fall, colors cascade to a richer, bolder palette — metallic greys, greens and golds are always a favorite. This season, the beloved black eyeliner is a staple — whether it be a dramatic sweep with a lush liquid or a smudged shadow liner to completely smoke out the eye.

My personal fave is sweeping the inner rim of the eye, creating a fierce, intense sparkle. And the best part — it only takes a couple of seconds.

The fun part is you are actually allowed to wear a dramatic eye and a bold lip at the same time. General makeup guidelines say that you should pick one or the other, but this season, you can do both.

So, play, experiment, even make an appointment with a pro for a lesson. This fall is a free for all!

Barbara Deyo, owner of Deyo Studio for face and body, is an internationally acclaimed makeup artist, having groomed the faces of Paul McCartney, Bob Seger, Kerrie Washington and Shaun Robinson and more. She has been named Best of the Best by Allure, WDIV, Hour, and Real Detroit Weekly. Deyo is located at 576 N. Old Woodward Ave, second floor in Birmingham. For more, go to www.deyostudio.com or call (248) 203-1222.



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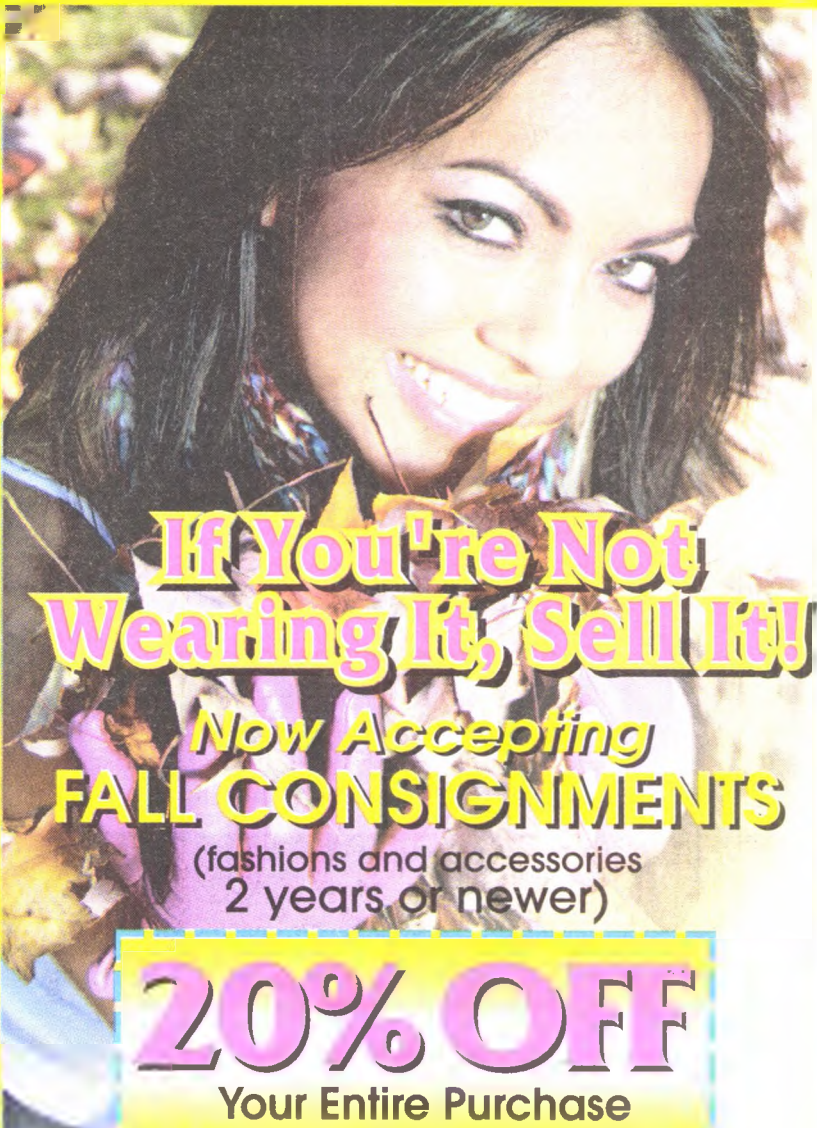
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FANTASY

Continued from page 4

more magical for Foreman: the start of the fantasy football season. Wildly popular across the country, fantasy football allows people to create their own football teams and run them as if they were the owners, competing against other teams as if it were an actual NFL season, Foreman said.

"It is just so much fun, such a great way to bring people together. I just love everything about it. Watching it, figuring out the intricacies of the plays ... all of it," she said.

A member of five separate fantasy football leagues, she is so passionate about it that she participates in three different types of leagues, each offering a unique approach to the game: A regular league where she drafts players and creates a team to manage, as well as an Eliminator League and a "Pick 'Em" League. Foreman even manages and runs a few of the leagues herself.

It is her love of the game that keeps her watching "every single NFL game on TV" throughout the week as well as devoting a few hours each week to checking on her teams and setting things up for the games ahead.

"I like to joke that Sunday is the 'Holy Day of Football.' After church it's football, football, football all day long. And then there is Monday night," said the mother of two teenagers, who also serves as a team manager and announcer for son Jack's eighth-grade football team at Our Lady of Good Counsel Catholic School in Plymouth.

Foreman, a long-time fantasy football participant, is certain that growing up as the youngest of eight children with five older brothers played a large role in her zeal for sports.

"The influence of my brothers has been huge. We grew up in Detroit and were always playing some kind of ball or hockey. I was just following them along," she said.

She remembers a neighbor giving her a hockey stick autographed by famed Red Wings player Gordie Howe after watching her struggle to keep up. "I think it was a consolation prize," she said with a laugh.

Living in Detroit, an area with so many great sports franchises, has also played a role in Foreman's affections, she said.

"It is such an incredible city to be a part of. There are so many great teams to root for and even the college teams are phenomenal. There is no other city around like it. Between hockey, baseball, football and basketball, there is so much talent around here," Foreman said, adding that she has high hopes for the Detroit Lions this year.

Foreman's love of sports has been an asset in her professional life. Her knowledge of local teams has also been a great way to relate to her customers in her sales

role with Hershey, Inc.

"People who love sports love to talk about them," she said. "It gives me a great opportunity to connect with my customers."

As a Jazzercise instructor in Livonia, she often drops sports hints throughout class sessions that her students can use in conversation.

"They always tell me about the surprised looks they get from their husbands" when they say something knowledgeable about football, she said with a laugh. "People are always surprised that a woman can know so much about sports."

Although Foreman is a bit of anomaly in the "male-dominated field" of

fantasy football, she sees more and more women developing an interest in the game.

According to Foreman, when she joined her first fantasy league online, she signed up using a male alias so other players would not know she is a woman.

"I used my old nickname 'Chuck' because I didn't want them to know that I was a woman," she said. Her cover was blown when one of the other league members "let the cat out of the bag and told them my real name ... but it did come back to bite him when I won."

Foreman's longtime fantasy football rival Steve Coleman of Plymouth agrees that more women are starting to show up in fantasy football leagues. "Everyone knows Janeen is a woman and it doesn't matter a bit. She really knows her stuff," he said.

One year recently, the "top three winners in our league were women, including my wife. You see it more and more," Coleman said, adding that fantasy football is a great way to connect with family and friends.

For Foreman and her husband, Tim, fantasy football has been a great way to bond with family members. "We are both from large families and we have a family league," she said. "It is something we can do together or competitively. It really unites people."



BILL BRESLER | STAFF PHOTOGRAPHER
Janeen Foreman tosses her treasured Super Bowi football. Behind her, Barry Sanders, her fave.

Local women challenge, encourage others to pursue careers in math, science

By Valerie Olander
Contributing Writer

Women have come a long way in the workplace, comprising about 47 percent of the United States labor force and, since the 1980s, they have been earning more college degrees than men.

However, a disturbing new trend shows women are falling behind in an area that will be critical to the changing job market, one that relies heavily on math and science education.

The fastest growing jobs over the next decade will be in computer science and engineering, according to the U.S. Department of Labor.

Today, women represent only 25 percent of those working in the computer field and engineering jobs are held by fewer women, a mere 11 percent.

"In engineering, people think you have to be a gear-head. You don't need to be," said Allison Lenhoff, 29, of Birmingham, a vehicle performance engineer at General Motors.

"It's about problem solving, knowing the physics. You want the car to absorb the crash, not the person (driving)," added Lenhoff.

Dry textbooks turn women off before they are able to see the applicable results of how math and science can affect people in a positive way.

In 2009, women represented about 15 percent of those awarded bachelor's degrees in computer and engineering fields. And, the number has been decreasing since 2000.

Also, a recent study by the National Science Foundation showed women still hold traditional female jobs in the science fields, such as nursing, dietitian, therapist and teacher.

The changing job market makes it essential to attract women to computer and engineering fields.

"It's important for gender equity and it's important because some of the top-earning jobs are working in technology," said Rosemary Bayer of Beverly Hills, who has been employed in the technology sector for 30 years.

As one of the founding members of Michigan Council of Women in Technology in 2001, Bayer said the all-volunteer group has been encouraging women and girls to pursue the sciences.

MCWT offers mentorships, networking and leadership development, as well as college scholarships, high school programs and summer camps for girls in grades four-seven.

Attracting women to these professions is important to maintaining a strong workforce, experts said.

"Women have equal ability in math and science and they also bring unique communication skills to the job. Women have great ability to multitask," said Donna Cheesebrough, process information officer of global business services for General Motors. Cheesebrough also serves as president of MCWT.

Women add a more user-friendly perspective while men tend to be more technically focused, she said.

"Michigan needs diversity to be competitive," said

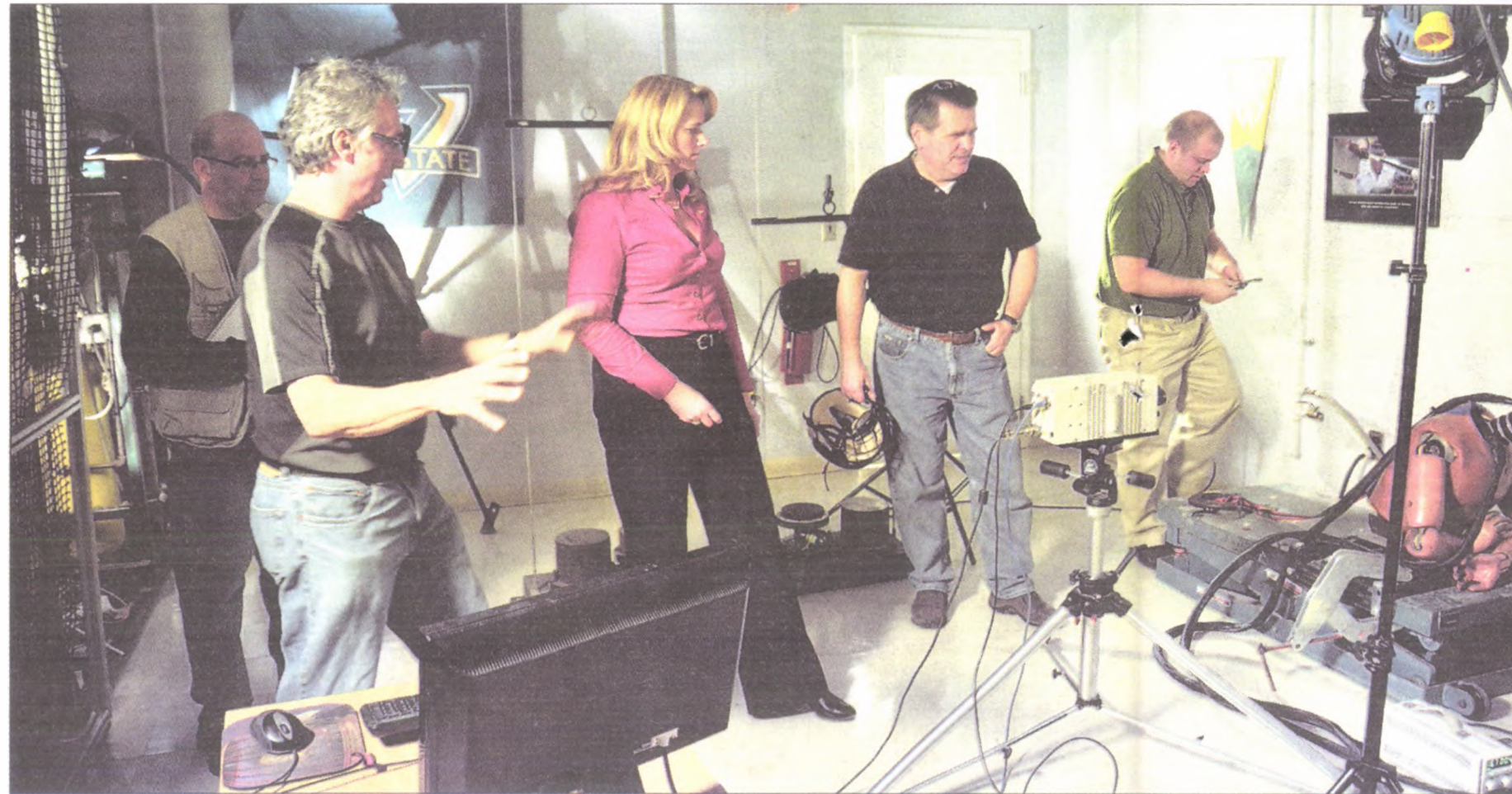


PHOTO COURTESY OF WAYNE STATE UNIVERSITY

Cynthia Bir, professor of biomedical engineering at Wayne State University, works with Discovery Canada in the WSU lab.

Cheesebrough.

Gender stereotyping may be one reason why women have not pursued the sciences and math through IT and engineering careers.

Stereotyping may not be as prevalent as it was years ago, but it still exists in some forms.

In 1992, toymaker Mattel released a Teen Talk Barbie that whined "Math class is tough!" The American Association of University Women forced it off the market.

It took 18 long years for Barbie to climb the career ladder. The toymaker released a Computer Engineer Barbie late last year, part of its "I Can Be" series that also includes an architect and doctor. The doll is touted as a "digital diva" and comes with secret codes to play online games. Computer Engineer Barbie is dressed in a funky tee with binary code design and comes with a cell phone headset, a laptop bag — and a pink laptop.

It's a start

"Part of it is the traditional stereotype hasn't shifted

from the way it used to be. There are some still left saying boys are more analytical. I think it has to do with personal interest and what they see at home," said Cynthia Bir of Plymouth, a professor of biomedical engineering at Wayne State University.

Teachers may be unintentionally giving more support to boys who are excelling in science and math, rather than encouraging girls to do the same.

Her daughter, now 16, did not let the statement cloud her path. She still plans to follow her mother into the bioengineering field. Grimm, who is the undergraduate program chairwoman for the Department of Biomedical Engineering at Wayne State University, said many girls and women allow similar views to dissuade them from following their interests.

"If (teachers) don't get excited about science and find

that hook that keeps kids interested in late elementary school or middle school than we'll continue to have a shortage of girls prepared to study engineering and prepared for college in general," Grimm said.

The key to ending the gender gap and reversing education trends is to grab the attention of girls when they are young, educators and professionals said.

Maria Vaz, a professor of physics at Lawrence Technological University in Southfield, said coed enrollment in her classes has improved since she began teaching, although women are still underrepresented. Thirty years ago a physics class of 50 students had two women, today, there may be as many as 10, she said.

"The problem is not really at the college level it really starts in middle school," she said.

By the time high school students are considering college and careers girls have already lost interest and fallen behind academically.

Please see CAREERS, 14

Local women lead the way



Bayer

NAME: Rosemary Bayer

AGE: 53

HOMETOWN: Beverly Hills

EDUCATION: Bachelor of science, computer science, Central Michigan University; master of business administration, Lawrence Technological University

OCCUPATION: Chief Inspiration officer, co-founder, ardentCause L3C, a software company with solutions for the nonprofit industry

PERSONAL: Husband, John, at Chrysler; daughter, Erin, finishing doctorate in microbiology at University of Florida

WHY CHOSE SCIENCE FIELD: "I always knew I would be in math or science because those were the challenging / not boring (to me) classes. And then in college I completely fell head-over-heels in love with computers — I was in the computer lab so much they gave me a job!"

NAME: Michele Grimm

AGE: 43

HOMETOWN: Canton

EDUCATION: Bachelor's degree in biomedical engineering and engineering mechanics, The Johns Hopkins University, 1990; master's degree in bioengineering, University of Pennsylvania, 1992; doctorate in bioengineering, University of Pennsylvania, 1994

OCCUPATION: Undergraduate program chair and associate professor, Department of Biomedical Engineering, Wayne State University

PERSONAL: Married to husband, Ken, a family physician; two children, Amanda, 16, and Geoffrey, 13.

WHY CHOSE SCIENCE FIELD: "The reason I decided on biomedical engineering is because I wanted to find a way to help people in the medical field without becoming a physician."



Grimm



Lenhoff

NAME: Allison Lenhoff

AGE: 29

HOMETOWN: Birmingham

EDUCATION: Bachelor in science in mechanical engineering, University of Michigan; master of science in biomedical engineering, Wayne State University

OCCUPATION: Vehicle Safety Performance engineer, General Motors

PERSONAL: Single

WHY CHOSE SCIENCE FIELD: It's fulfilling to turn an idea into a product people love.

For more profiles, see page 22

WOMEN EMPLOYED IN SCIENCE / ENGINEERING FIELDS

Women's participation in science occupations as a whole is about half of what it is in the U.S. workforce, but varies greatly by occupation. Women continue to constitute the vast majority of those employed in traditional female occupations, such as nurses.



All occupations:	47 %
Registered nurses:	92 %
Dietitians:	88 %
Therapists:	77 %
Teachers, except postsecondary:	77 %
Psychologists:	68 %
Professional and related occupations:	56 %
Pharmacists:	49 %
Postsecondary teachers:	49 %
Biological and life scientists:	49 %
Social scientists:	49 %
Lawyers and judges:	33 %
Physicians:	32 %
Physical scientists:	32 %
Mathematical/computer scientists:	25 %
Engineers:	11 %

SOURCE: National Science Foundation/ Women, Minorities, and Persons with Disabilities in Science and Engineering, February 2011

COMPUTER SCIENCE EMPLOYMENT GROWTH

Overall, employment of computer software engineers and computer programmers is projected to increase by 21 percent from 2008 to 2018, much faster than the average for all occupations.

Computer scientists (systems design, software publishing):	24 %
Computer and information systems managers:	17 %
Computer support specialists:	14 %
Computer network, systems/database administrators:	30 %
Computer systems analysts:	20 %

SOURCE: Bureau of Labor Statistics, U.S. Department of Labor

Plymouth woman proves science is cool!



PHOTO COURTESY OF ESPN

Wayne State University Professor Cynthia Bir appeared with basketball's star twins, Marcus and Markieff Morris, on ESPN's *Sport Science*. Marcus was selected by the Houston Rockets with the 14th pick in the 2011 NBA Draft, while Markieff was selected by the Phoenix Suns with the 13th pick.

Wayne State University professor Cynthia Bir is using her expertise in biomedical engineering to bring science to America's living rooms. Her work has shown that science can be entertaining.

She has an Emmy Award to prove it.

Bir, a mother of four from Plymouth, won the television award for her research on ESPN's *Sport Science*, a show demonstrating the principles of physics and biomechanics as applied to athletes.

Her academic research at Wayne State to prevent sports injuries created the flurry of requests for her appearances on various shows.

She has starred in National Geographic Channel's *Fight Science* and has appeared on an episode of *Dancing With the Stars*, showing viewers how dance leaps are physiologically comparable to basketball star Kobe Bryant's jump shots and spins on the dance floor are faster than the pedals on Lance Armstrong's bike at top speed.

"The way it is presented (on tele-

vision) is eye candy with graphics that grab your attention. It gets kids thinking about science. When you get them excited they can see how cool science is," she said.

Recently, she filmed an episode of *The Indestructibles* for the National Geographic Channel.

The Indestructibles, which explores real-life disasters to explain how someone could cheat death, has become so popular several episodes were shown on Fox this summer. Whether it gets a prime time slot this fall is undecided.

The benefits to appear on these shows have been twofold, Bir said. Her employer, Wayne State University, gets national attention and the study of science and its principles becomes engaging and fun for the viewers.

"Everyone thinks it's so glamorous to be on TV. Really, it's not. It involves a lot of time and energy and it's long hours away from home," she said.

— By Valerie Olander



Overall engineering employment is expected to grow by 11 percent over the 2008-18 decade, about as fast as the average for all occupations.

Aerospace engineers:	10%
Agricultural engineers:	12%
Biomedical engineers:	72%
Chemical engineers: (decline)	2%
Civil engineers:	24%
Computer hardware engineers:	4%
Electrical engineers:	2%
Electronics engineers, except computer:	0%
Environmental engineers:	31%
Health and safety engineers:	10%
Industrial engineers:	14%
Mechanical engineers:	6%
Mining and geological engineers, including mining safety engineers:	15%
Nuclear engineers:	11%
Petroleum engineers:	18%

Note: Chemical Engineer is decline/ Electronics is "0"

SOURCE: Bureau of Labor Statistics, U.S. Department of Labor

be difficult, but the demands may be more perception than reality, the experts said. "I think that (demand) is less and less because technology itself has changed and more men today share the same issues," Cheeseborough said.

Technology has made it easier for a parent — male or female — to work from home to tend to a sick child.

And, the best part of working in the math and science field is seeing how it affects people's lives, said Lenhoff, the GM safety engineer.

"The great thing is knowing that we are making safe cars people are going to enjoy. Sometimes we will get an e-mail from someone who was in a crash, saying they couldn't believe they walked away without injury after seeing the car's damage," she said.

There are more benefits to calcium than women might think

(ARA) — Eighty percent of women don't get enough calcium from food alone, according to a recent study conducted by the National Health and Nutrition Examination Survey. That means women's bodies are stealing calcium from their bones.

Many foods like milk and other dairy products are well known to be prime sources of calcium. Calcium is a crucial nutrient that helps build and maintain bones, muscles and teeth. It also keeps us moving by helping to maintain muscle health and strength. But taking a calcium supplement alone isn't enough. The NIH reports that vitamin D intake is also important because it improves calcium absorption.

But many women are falling short of meeting their recommended daily calcium allowance — between 1,000 mg and 1,200 mg. In fact, many assume that a drop of milk in their morning cup of coffee will provide all the calcium they need for the day.

Women may be surprised to learn that an eight-ounce glass of skim milk only makes up 30 percent of the calcium they need each day.

If you are not getting enough calcium or enough exercise, your body is more likely to steal the calcium it needs from your bones.

Risks of not enough calcium

One of the most common risks of not getting enough calcium is osteoporosis, a disease characterized by low bone mass and deterioration of bone tissue. Osteoporosis can lead to bone fragility. Without bone-density testing, you may not know you're suffering from osteoporosis until you suffer a fracture — which happens to half of all women older than 50.

Starting young

If you think calcium is important only when you're older, think again. NHANES also found that 90 percent of teenage girls



aren't getting enough calcium through diet alone. Since boys and girls between the ages of 9 and 18 years old need 1,300 mg of calcium per day, getting a head start on healthy habits can prove vital in providing a strong nutritional foundation as they get older.

Finding the right supplement

If you don't get enough calcium through your diet, then supplements, like Caltrate, are a good complement to giving your body the nutrients it needs to help keep your bones strong and your body moving. These days, calcium supplements are available in tablets, soft chews and gummy forms and most can be taken with or without food. However, calcium alone isn't enough. Calcium should be taken in conjunction with vitamin D because it helps the body absorb calcium for the development and maintenance of bones. It also supports mobility as it may help improve muscle health and strength.

CAREERS

Continued from page 12

The 3,100 enrollment at Lawrence Tech in Southfield is 77 percent male, a similar percentage for engineering and computer science departments nationwide.

That is why it is important to create first-hand experiences for girls through summer camps, competitions and its speakers' bureau, Vaz said.

Lawrence Tech has a speakers' bureau of professors for in-school presentations on subjects such as robotics and biomedical engineering to recruit youngsters to the field through first-hand experiences. Lawrence Tech hosts summer camps, too, including one specifically designed for girls hosted by MCWT.

Science camps

All-girl science camps, such as MCWT's Camp Infinity, is one way to provide encouragement and support that girls may not be getting in the classroom.

"A lot of the data shows that middle school is when most girls get turned off to science because they start thinking it's geeky," said Bayer of the MCWT.

Peer pressure is one problem. Another

issue is that girls become passive when working in coed groups.

"Boys tend to take over and girls just seem to take the backseat. The boys take the keyboards and the girls watch," Bayer said.

The all-girl camps allow girls to flourish and learn.

Bayer is a former senior technology executive at Sun Microsystems who recently opened a software solutions company, ardentCause, to assist nonprofits with their technology needs. The MCWT received early support from such corporations as Ford Motor Co. and AT&T, which recognized the need to attract more women to the field. AT&T had suggested the group start a technology camp just for girls.

Camp Infinity is so popular it has a waiting list of 80 girls, Bayer said. To help with the demand, the group has packaged its curriculum and offered it to area community colleges, such as Oakland and Schoolcraft, to expand the number of girls it can reach.

Other colleges have targeted pre-college programs, including the University of Michigan's Women In Science and Engineering (WISE) organization that sponsors camps and competitions for girls in grades 6-12.

"Boys and girls need to look at problems

you can solve using basic engineering concepts," Grimm said. "It's not all about building a clutch system on a car."

Biomedical engineering is one area attracting women by designing better equipment for hip replacements and cardiac pacemakers. It's also one of the fast-growing specialties within the engineering field, expected to grow by 75 percent over the next decade as baby boomers age and live longer, according to the U.S. Department of Labor.

"I think women prefer to work in areas that have a direct impact on people and helps people have a better quality of life," said Grimm of WSU.

Some good news is that more women have been seeking advanced degrees in computer and engineering fields. However, the increase still represents less than one-third of those receiving master and doctorate degrees.

"I've been in the field a long time so when I started there were even fewer women, about 10 percent, in the IT field," said Cheeseborough.

As she succeeded and moved to higher-level positions, the number of women in the field became less.

Balancing a career in a male-dominated field and having family responsibilities can

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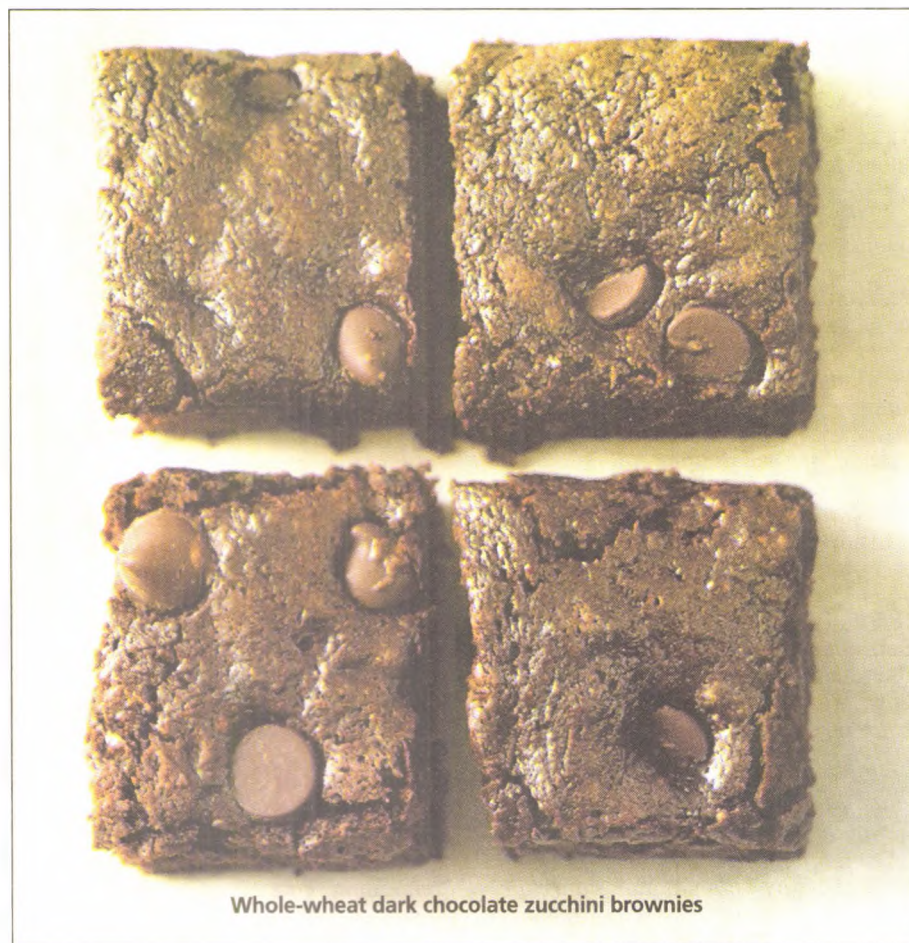
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Whole-wheat dark chocolate zucchini brownies

The ABC's of after-school nutrition

During the busy school year, it can be a challenge to maintain sound nutrition and quality together time for the entire family. By planning ahead and making resolutions about smart snack and meal choices, it's easier to have everyone reconnect, recharge and relax.

Often times a more casual evening provides the best opportunity to reconnect. Here are some tips for making the most of those treasured after-school hours.

- Families that eat together, grow together. Regular family dinners have long been touted as an important component of a well-rounded childhood. Include everyone during dinner prep by having them set the table or prepare a side salad. For those hectic weeknights, Stouffer's Farmers' Harvest family-size entrees offer whole grain goodness and high-quality ingredients for a deli-

icious, wholesome dinner. For more meal-time ideas and to sign up for dinner club awards, visit www.stouffers.com.

- Think outside the bag. Take lunch-time as an opportunity to teach your children about nutrition and help them pack their lunches the night before. Reinforce good eating habits by encouraging them to create a well-balanced meal that they'll enjoy. Think of combining proteins, fruit and whole grains to keep them energized. A trail mix snack made with Nestle Raisinets provides real fruit antioxidants and 30 percent less fat than the leading chocolate brands. Or for a special treat, try this Whole-Wheat Dark Chocolate Zucchini Brownies recipe made with Nestle Toll House Dark Chocolate Morsels. It has the chocolate taste

Please see **NUTRITION, 17**

NUTRITION

Continued from page 16

kids love, and the addition of grated zucchini and whole-wheat flour make it mom-approved.

• Make every sip count. What your kids are drinking daily has a big impact on overall nutrition. Made from 100 percent fruit juice with no added sugar, Nestle Juicy Juice 100% Juice is a delicious, easy way for you to ensure your kids get at least one of their daily recommended servings of fruits*. Pack their favorite flavor in their lunchbox and check out www.juicyjuice.com for product information, tips and recipes.

Keep savings in mind

In addition to a fast-paced schedule, picking up those much-needed supplies for the academic year can get costly. Enter Nestle Family's "Happy New School Year" sweepstakes to help make the transition easier. One lucky family will receive a grand prize of \$5,000 for school essentials and a \$2,000 Nestle Literacy Grant to the winner's school of choice**. Every day you enter is a chance to win the grand prize, as well as a daily prize of a \$50 gift card.

For more inspiration and ideas on nourishing healthy, happy families during the school year, visit www.NestleFamily.com/ABC.

*Majority of daily fruit intake should come from whole fruit.

**NO PURCHASE NECESSARY. Must be a legal resident of the 50 U.S. states and D.C., 18 or older. Void where prohibited. Sweepstakes starts at 12:01

a.m. Aug. 1 and ends at 11:59 p.m. Oct. 15. Subject to full official rules, entry requirements and prize details at Nestle-Family.com/backtoschool.

WHOLE-WHEAT DARK CHOCOLATE ZUCCHINI BROWNIES

1 cup white whole-wheat flour
 $\frac{3}{4}$ cup Nestle Toll House Baking Cocoa
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon coarse salt
 1 cup Nestle Toll House Dark Chocolate Morsels, divided
 $\frac{1}{4}$ cup vegetable oil
 $\frac{1}{2}$ cup packed light brown sugar
 $\frac{1}{2}$ cup granulated sugar
 2 large egg whites
 1 teaspoon vanilla extract
 $1\frac{1}{2}$ cups grated zucchini (about 3 medium)

PREHEAT oven to 350° F. Line 9-inch-square baking pan with foil.

COMBINE flour, cocoa, baking soda and salt in medium bowl.

MELT $\frac{3}{4}$ cup morsels in large, microwave-safe bowl on HIGH (100 percent) power for 1 minute; stir until smooth. Cool slightly. Stir in oil, brown sugar, granulated sugar, egg whites and vanilla extract. Stir in flour mixture; fold in zucchini. Spread into prepared pan. Sprinkle remaining $\frac{1}{4}$ cup morsels over top.

BAKE for 30 minutes or until wooden pick inserted in center comes out slightly sticky. Cool completely in pan on wire rack. Lift brownies from pan; cut into 16 squares. Store in airtight container for up to 5 days.

— Family Features



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Fall showcase at gourmet market

Joe's Produce Gourmet Market will host a Fall Wedding/Event Showcase from 11 a.m. to 6 p.m. Saturday, Sept. 24. Brides-to-be along with families and friends are invited to sample menu items and see what the catering pros at Joe's can do to make your special day an event to remember.

The event also features displays and prizes throughout the day. Eventgoers can win gift cards and more throughout the day.

Talk one-on-one with catering, floral and wedding cake professionals to plan your wedding or other special event such as holiday/corporate parties and bridal showers.

Joe's Produce Gourmet Market is at 33152 W. Seven Mile (just east of Farmington Road), Livonia.

For more information, visit www.joesgourmet-catering.com or call Laura Livingston, catering director/ event planner at (248) 477-4333, ext 226.



Sudoku

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

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

Level: Beginner

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

Level: Intermediate

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

Level: Advanced

Answers found on page 20

Hurry up and ... eat right?

With everything on your "To Do" list this fall, it may seem as though there's not enough time to eat right or stay fit. But, eating right and living a healthy lifestyle actually enable you to cross all those items off your "To Do" list! The good news is that a few small changes to your diet and activity level can have a huge impact on your ability to tackle a busy day. The Laughing Cow has enlisted the advice of four experts in the fields of nutrition, food and fitness to share their advice on how to stay fit, happy and healthy this fall, no matter how busy you become.

Easy steps to a fit fall

"If your office or school is close enough to your home, try walking or biking to work or school once or twice a week to keep your metabolism up," said Patricia Bannan, registered dietitian and author of "Eat Right When Time Is Tight."

As for getting motivated to exercise routinely, Sarah Dussault, certified personal trainer and founder of SarahFit.

com, advises, "It's easy to stay motivated when you have a finish line in sight. Sign up for a 5K for workout inspiration and to reaffirm your commitment to a healthier you. The scheduled race will increase your ambition when it comes to lacing up your sneakers before or after a long day."

Snacking to success

Fall is a hectic time for most families and that can mean grabbing food on the go. Making good snack choices can give you the boost you need to get through a hectic day.

"Portion-controlled snacks are perfect for satisfying a craving, and keeping hunger levels steady when reducing overall calorie intake," said Dussault.

Bannan shared her top tip for being snack savvy, "Keep a stash of The Laughing Cow Light Cheese Wedges on hand for a quick and healthy snack when hunger hits. Feel free to pair them with pretzel sticks or crackers from the school or office vending machines."

Veronica Noon, healthy living blogger behind GreenLiteBites, RonisWeigh and BlogToLose, added, "My latest fun snacking tip: Put 2 tablespoons of unpopped popcorn kernels in the bottom of a small brown lunch bag. Fold the top close and pop in the microwave for 1 to 2 minutes. Voila - your very own 100-calorie pack."

Keep it up!

"You make thousands of choices each day. Living a healthy lifestyle means making the best decisions possible 90 percent of the time. You are the only one who will determine the amount of activity you get, the nutritious food you'll enjoy, the attitude you present, and the overall healthy lifestyle you'll commit to," said Sarah Kay Hoffman, blogger and self-proclaimed digitally addicted country girl with a foodie-fitness flare.

Get more tips and find tasty, satisfying recipes at www.thelaughingcow.com. In the meantime, brighten up your usual packed lunch with this delicious sandwich recipe.

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Giving Turkey a Whirl

Serves 2

- 2 whole wedges The Laughing Cow Light Swiss Original Cheese
- 1 whole 10-inch flour or flavored tortilla wrap
- 1 teaspoon honey mustard
- 2 slices smoked turkey
- 1 cup shredded lettuce or arugula
- 1/2 whole apple or pear, sliced thin

Spread wedges over tortilla wrap, covering evenly. Top with honey mustard, smoked turkey, lettuce and apple or pear. Roll up tightly, tucking in ends of tortilla. If necessary, secure with toothpick.



A turkey tortilla wrap is a healthy and satisfying meal.

— Family Features

CORRECTION

A story on breast cancer research and fundraising in the August issue of *Hometown Life Woman* should have stated that 75 percent of race proceeds fund programs in Oakland, Macomb and Wayne counties through the Susan G. Komen Detroit Race for the Cure. The remaining 25 percent goes to Susan G. Komen research grants that help fund innovative breast cancer research across the globe. Researchers at Karmanos, Wayne State University and the University of Michigan have been among those who have received grants, which in turn have benefited breast cancer patients in the community and beyond.

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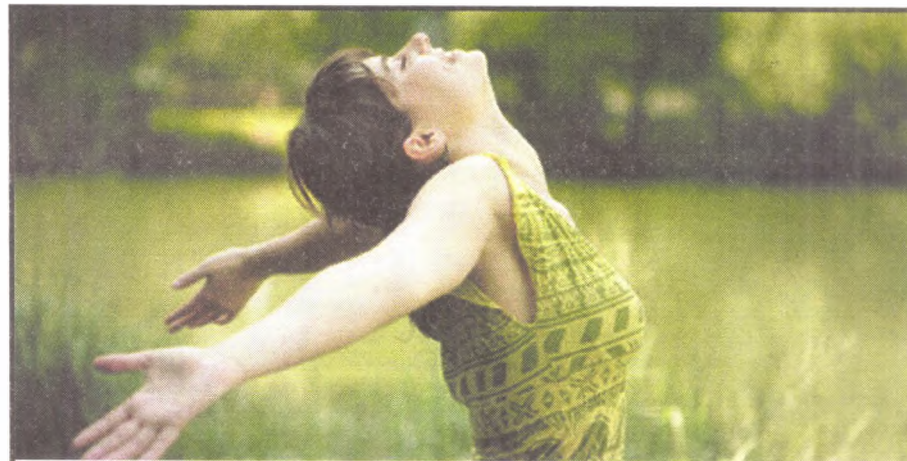
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HOMECOMING

Continued from page 6

shop may be the perfect place to find a dress that will carry your own unique signature style. The popularity of TV's 1960s drama *Mad Men* has spawned a huge interest in '60s-style cocktail dresses, according to Yvonne Spampinato, manager of Lost and Found Vintage in downtown Royal Oak.

"We've got both full-skirted styles, as well as more fitted styles," Spampinato said. "Since the dresses are one-of-a-kind, you won't be wearing the same thing that everyone else is wearing."

Plato's Closet, a teen fashion resale shop with almost-new trendy styles, is all ready for young buyers looking for the newest in homecoming styles. Styles now are shorter and not as fancy, according to a sales associate at the Novi store.

Bright, fun colors with a lot of detail seem to be selling the best, she said. Plato's Closet also has locations in Canton, Allen Park, Madison Heights, Rochester Hills and St. Clair Shores.

Whether you're attending your homecoming dance with a date or a group of friends, this is the year you can go upscale, resale, trendy or romantic, when you're looking for the "perfect dress" for you.



Homecoming dresses in jeweled tones and detailed necklines are the most popular styles this year, said Genise Horsley, owner of The Clothing Cove in Milford.



This sheath "wiggle" dress from Lost and Found Vintage in Royal Oak features a flattering inset embroidery sunburst at the torso sides and is a stunning example of the form-fitting dresses so popular in the 1950s and '60s.



This 1950s dress features a crimson red lace choker neck, floral netting and scalloped border in the lace overlay, topping ivory chiffon. Mother-of-pearl buttons and a boning structure for support make a stunning bodice, according to Lost and Found Vintage, which carries this dress.

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Sudoku Answers

Beginner

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

Intermediate

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

Advanced

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

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Cheesebrough

NAME: Donna Cheesebrough

AGE: 58

HOMETOWN: Birmingham

EDUCATION: Bachelor's degree in management information systems and operations management, University of South Florida; master's in business administration, USF

OCCUPATION: Process Information officer of Global Business Services for General Motors

PERSONAL: Husband Al, no children

WHY CHOSE SCIENCE FIELD: "My father encouraged me from an early age to consider math and engineering. I still have his slide rule from his college days that I used in my high school math class. After taking my first introductory programming class at the college level I was hooked."

NAME: Cynthia Bir

AGE: 43

HOMETOWN: Plymouth

EDUCATION: Bachelor's degree in nursing, Nazareth College, Kalamazoo, 1990; master of science degree in bioengineering, University of Michigan, 1992; master of science in mechanical engineering, Wayne State University, 1999; doctorate in biomedical engineering, Wayne State University, 2000

OCCUPATION: Professor of biomedical engineering at Wayne State University

PERSONAL: Husband, David, an intellectual property lawyer; four children, Alex, 17, Christopher, 15, Becca, 10, and Rachel, 7.

WHY CHOSE SCIENCE FIELD: "Science and math have always appealed to me. Growing up I didn't have a laptop or the Internet; I had a microscope and a 'science lab' in the basement. My parents really nurtured and supported my interests. I guess it was a natural progression that I ended up in the field of biomedical engineering."



Bir

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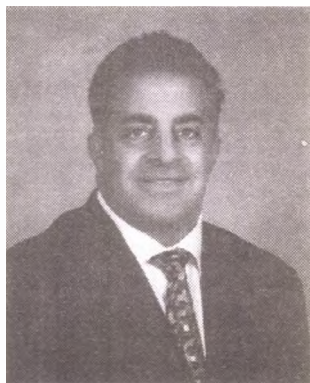
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TNT Orthodontics

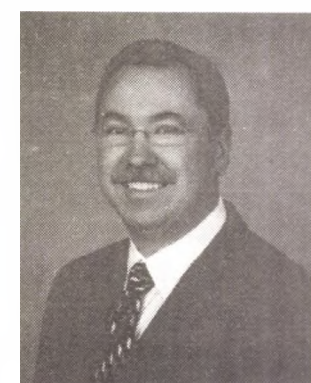


Thomas A. Hamway, DDS, MS



Photos submitted by TNT

Dr. Hamway and Dr. Stroster with their hard working staff at TNT Orthodontics insist that once you step into their office you will notice the difference.



Timothy G. Stroster, DDS, MS

Get to Know the Doctor Dr. Hamway

- Resides in Brighton
- Member of St. Patrick's church and really enjoys being active in the community
- Celebrated 21 years of marriage to wife Mary
- Two daughters...the oldest is a freshman at Michigan State, the youngest daughter attends Mercy Catholic High School

Dr. Hamway began treating patients in the Brighton area in 1993. He earned his Bachelor of Science degrees in Chemistry and Biology from Northern Michigan University in 1982 and then a Bachelor of Science degree in Electrical Engineering from Lawrence Technological University in 1985. After working as an electrical engineer for two years, Dr. Hamway continued his education at the University of Detroit School of Dentistry. At the University of Detroit, he earned his Doctor of Dental Surgery degree in 1991 and then continued on to achieve a Master of Science degree and a certificate in the specialty of orthodontics with honors in 1993.

Memberships in several professional organizations provide Dr. Hamway with the means to influence developments in his field as well as a wider forum to improve patient care. He is a member of the American Association of Orthodontics, the Great Lakes Association of Orthodontics, the Michigan Association of Orthodontics and the American Dental Association. He is also a member of the Michigan Dental Association, the Washtenaw District Dental Society, the Livingston District Dental Society and Psi Omega National Dental Fraternity.

Dr. Hamway has also been published in professional literature.

Dr. Hamway lives in the Brighton area with his wife, Mary, and their two daughters. Outside the office, Dr. Hamway enjoys basketball, golf and traveling.

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TIMOTHY STROSTER DDS, MS



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Philosophy of Care

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Get to Know the Doctor Dr. Stroster

- Married 25 Years to wife Mary
- Just celebrated his 50th birthday
- Favorite pass time is golf
- Two daughters and a son...the oldest daughter attends U of D Mercy, the middle daughter is in high school and loves to golf like her dad, and his son has Downs Syndrome and is the apple of all the office girls eyes!

Dr. Stroster earned his Doctor of Dental Surgery degree from the University of Detroit Mercy School of Dentistry in 1988. Upon graduation, Dr. Stroster entered a general practice residency at Sinai Hospital of Detroit in 1989. He practiced general dentistry for three years and then returned to the University of Detroit Mercy School of Dentistry to earn his Master of Science degree and certificate in the specialty of orthodontics with honors in 1993. He was awarded the OKU Dr. William S. Kramer Award of Excellence, the S.G. Applegate Prosthodontics Award, the American Association of Orthodontists' Orthodontics Award, the American Academy of Pathology's Oral Pathology Award and the Detroit Academy of Oral and Maxillofacial Surgery's Award for Outstanding Proficiency in Oral Surgery.

In addition to working in private practices, Dr. Stroster continually takes courses so that he can keep up-to-date on the latest technological advances in orthodontics. He is a former Attending Staff/Teaching Staff Member for the Department of Dentistry, Oral and Maxillofacial Surgery at Sinai Hospital of Detroit.

Memberships in many professional organizations provide Dr. Stroster with the means to influence developments in his field as well as a wider forum to improve patient care. He is a member of the Omicron Kappa Upsilon Dental Honor Society, American Association of Orthodontics, the Great Lakes Association of Orthodontics, the Michigan Association of Orthodontics and the American Dental Association. He also is a member of the Michigan Dental Society and the Livingston District Dental Society, in which he served as its president from 2006-2007. Dr. Stroster has also been published in professional literature.

Dr. Stroster is committed to helping those in need. In October 2007, he participated a medical-dental mission to Guatemala. During the week of the mission, Dr. Stroster extracted hundreds of teeth! His group also provided new supplies and education for proper dental hygiene to those people without access to dental care.

Dr. Stroster has been married for 24 years and has three children. He enjoys the culinary arts, golfing and traveling.

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Lower Legs	\$1,000	\$600
Arms	\$1,200	\$720
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