

NEW YEAR NEW YOU

SUBSCRIBERS - FIND YOUR COPY OF
WOMAN WITH TODAY'S NEWSPAPER

Olive oil is key in a
well-stocked pantry
FOOD, B7

ENTER TO WIN TICKETS
SHREK - THE MUSICAL
FEB. 28 @ FISHER THEATRE
hometownlife.com

PLYMOUTH OBSERVER

PRICE: \$1 • THURSDAY, JANUARY 5, 2012 • hometownlife.com

Chamber breakfast

The Plymouth Community Chamber of Commerce hosts its annual State of the Chamber breakfast 7:30-9 a.m. Wednesday, Jan. 25, at The Inn at St. John's.

At the event, attendees will hear from chamber leadership, including Julie Bernard of Ilmor Engineering, about the chamber has planned for 2012 and how folks can become involved.

To register, e-mail teri@plymouthmich.org or call (734) 453-1540.



PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER

John Early II pressing a sole to an old shoe in need of repairs.

Deadline nears

Community Financial Credit Union, in collaboration with the Community Foundation of Plymouth, will be awarding a dozen \$1,000 scholarships in April. The deadline to apply is March 2.

Applications can only be made online. Students can complete an application by going to <http://scholarships.egrant.org>, creating an account and logging in. Follow the instructions carefully and read the guidelines for the "Community Financial Margaret Dunning, George Lawton and Phil Curtiss Scholarships." Students who qualify need only complete one application; they will be considered for any of these scholarships.

One of the eligibility requirements is that the scholarship applicant must have had an account at Community Financial for at least six months.

An application, transcripts and one letter of recommendation must be submitted online. Students should also mail four copies of this information to Community Financial, attention: Scholarship Program, 500 S. Harvey, Plymouth, MI 48170, by March 2.

Heart and sole

Cobbler helps clients put best foot forward

By Darrell Clem
Observer Staff Writer

After Plymouth entrepreneur John Early started a mobile shoe shine company polishing and buffing shoes across southeast Michigan, he quickly realized his customers needed a cobbler shop for repairs — so he opened one in Canton.

Lawyers, bankers, accountants and other customers from Detroit to Midland have been putting their best foot forward ever since.

After retiring from his financial sector career, Early, 52, embarked last March on his idea to start The Shoe Shine Guys. He bought a shuttle bus and a sprinter van so that he, son-in-law Mike Kompoltowicz and sidekick Bob Keller could take their skills to Detroit landmarks such as Chase Tower, the Dime Building, One Kennedy Square and One Detroit Center, then roll on to office centers in places such as Troy, Ann Arbor, Birmingham, Bloomfield Hills, Southfield, Saginaw



Plymouth entrepreneur John Early is president of The Shoe Shine Guys, the mobile shoe-shine business he started in March 2011.

and Midland.

"We can shine 75 to 100 pairs of shoes in one day using both trucks," Early, company president, said.

They walk in, collect shoes their customers want shined, work their magic inside their vehicles for \$6 a pair and return the finished product.

"The vehicles are totally rigged out with shoe shine

equipment," Robin Oesterwind, the company's marketing manager, said.

Customers who refuse to throw out a pair of \$300 Cole Haan shoes with worn-out soles needn't worry, either. They can send them with The Shoe Shine Guys back to Early's subsidiary, an old-

Please see **COBBLER, A3**

Ice fest is a go

Mayor calls for more support

By Matt Jachman
Observer Staff Writer

A special events permit for the 2012 Plymouth Ice Festival, scheduled for Friday through Sunday, Jan. 20-22, was approved by the Plymouth City Commission on Tuesday.

But, amid talk by commissioners of setting hard-and-fast deadlines by which event organizers must pay for city services related to those events, the approval came with a warning from Mayor Dan Dwyer.

"If the community doesn't step up and support this event, it'll be a moot point, because we won't have it," Dwyer said.

Dwyer said City Attorney Robert Marzano is studying possible changes to the city's events policy that would require organizers of all events that rely on city services, not just the Ice Festival, to pay the city's related costs within a certain time frame. Dwyer said he favors such a deadline, though he isn't set on how much time should be given.

The \$19,000-plus bill for last January's Ice Festival wasn't paid until recently, and some commissioners indicated Tuesday they think that was too long.

"There's no penalty for not paying," said Commissioner Gerald Sabatini. "Are we giving these applicants a loan, a float?" Sabatini added later that he appreciates Ice Festival organizers' efforts in a difficult economy.

Festival producer Sam Walton, who was not at the meeting, seconded Dwyer's plea on Wednesday.

"This event can't continue to go without community support. It just can't," said Walton, whose Signature Professional Group took over festival planning in 2009. "The challenge for events like this is, once they go away they never come back."

But Walton said this year's festival, which is marking its 30th anniversary, is shaping up nicely.

"I'm definitely excited about this year. I think it's going to be a good one," Walton said.

The free three-day festival will feature well over 100 professional ice sculptures displayed in

Please see **ICE FEST, A3**

INDEX

Business.....	A8
Crossword Puzzle ..	B10
Entertainment	B5
Food.....	B7
Homes.....	B10
Jobs.....	B11
Obituaries.....	B4
Opinion.....	A10
Services.....	B11
Sports.....	B1
Wheels.....	B12

© The Observer & Eccentric
Volume 125 • Number 41

Home Delivery:
(866) 887-2737

Return Address:
41304 Concept Dr.
Plymouth MI 48170



Plymouth institutions retooled in 2011

By Matt Jachman
Observer Staff Writer

Businesses came and went, longstanding institutions were reintegrated and new ones introduced, and redevelopment efforts tentatively began to take shape in Plymouth and Plymouth Township last year.

But, in the wake of the Great Recession, with officials' eyes fixed on the bottom line, the issue of how firefighting and emergency medical services are provided dominated local

headlines in 2011.

The question was settled in Plymouth last February, when the City Commission voted unanimously for a partnership with the Northville Fire Department. Plymouth and Northville officials have since focused on logistics, buying trucks and equipment, hiring and training on-call firefighters, and creating the space to house everything. Plymouth officials expect to save at least \$400,000 a year, after start-

Please see **2011, A2**



BILL BRESLER | STAFF PHOTOGRAPHER

Sheila Paton (left), with volunteer Sue Egleston Tuesday at the Plymouth Cultural Center on election day, was one of four new trustees elected to the Plymouth-Canton Board of Education in November.



Get Financially Fit!

Consolidate high rate loans
into one low payment.

As low as
6.24%
APR*

PLYMOUTH CANTON NORTHVILLE NOVI

www.cfcu.org
(877) 937-2328



COMMUNITY
FINANCIAL

right here right for you

*Rates as of 12/28/11, subject to change. Assumes auto pay from Community Financial checking. Federally insured by NCUA. Equal Housing Lender. ©2011 Community Financial

2011

Continued from page A1

up costs, with the arrangement. The Plymouth-Northville partnership became official on Sunday. The plan also includes a bigger role for Huron Valley Ambulance in responding to medical emergencies.

Heated debate

In the township, the question is still open; the Plymouth Community Fire Department will lose more than \$900,000 a year, and between 25 percent and 30 percent of its work load, with Plymouth's departure. Township officials, who manage the 23-person department, have said cuts are coming but have not announced specifics.

Meanwhile, voters will weigh in next month on whether taxes should be raised to support the department: A proposal that would create a special assessment district of all the taxable property in the township will be on the Tuesday, Feb. 28, primary ballot.

The proposal is a result of a petition drive and court fight by the Citizens Action Group of Plymouth Township, whose members are unhappy with the ballot language, which would allow an unlimited levy for fire department maintenance and operations. Township Board of Trustees members, however, have said they are not planning to raise taxes.

Rebuilding mode

On the business front, Plymouth Township began to retol after blows to its industrial centers during the recession.

Changan Automobile, a major car-builder in China, opened a \$7 million research and development facility on Halyard Drive, in a vacant Dow Chemical building. Other manufacturers, too, announced plans to expand or purchase major equipment, and the township, along with Northville Township, in September announced a long-term vision for a 1,000-acre advanced-technology industrial park that would straddle the Five Mile border between the communities.

In Plymouth, plans for the 789 Building, at Ann Arbor Trail and Main, overcame a series of hurdles, and construction is under way where a vacant gas station stood for about 20 years. The first floor will be a food court for five different eateries, while



BILL BRESLER | STAFF PHOTOGRAPHER

Area firefighters, including fire departments from Canton, Livonia and Northville Township, battled a blaze at the Park Manor apartments in Plymouth in February.



Bill Bresler | Staff Photographer
The Miracle League of Plymouth's Bilkie Family Field opened for baseball players in August.

spots — in Plymouth's City Commission race. Meg Dooley and Diane Bogenreider took the commission spots, as incumbents David Workman and John Barrett both decided not to run again.

Barrett was elected to the Board of Education for the Plymouth-Canton Community Schools.

Plymouth-Canton schools fought money woes, securing a concessionary contract with teachers and privatizing bus drivers in efforts to slash costs. Plymouth-Canton high school teacher Ray Schepansky received probation for carrying a concealed weapon onto school property.

Drivers in efforts to slash costs. Plymouth-Canton school board in May hired interim Superintendent Jeremy Hughes, and district voters in November ousted incumbents in favor of school board newcomers Mark Horvath, Mike Maloney, John Barrett and Sheila Paton.

space on the second floor could be for office or restaurant use.

Downtown Plymouth saw plans for other new restaurants: Panache 447 on Forest, which is set to open this week, and the Sardine Room on Main, which will open early this year. The Greek Islands, a Coney Island restaurant, is due to open in April in the 99-year-old former bank building at Main and Peniman.

Local politics

City officials' move to increase Plymouth's liquor license cap, for establishments outside downtown, from eight to 10 licenses also affected eating and drinking places: The Grecian Cafe, whose owner plans to restyle the restaurant and rename it Giovanni's, and the Liberty Street Brewing Co., where a winemaking operation is being introduced, quickly obtained new licenses under the raised cap.

Two township restaurants, Blue Margarita II and Moonlight Diner, were opened on Ann Arbor Road last spring by veterans of the industry, but both suddenly closed in the fall.

It was a quiet local election season, with no local elections in the township and no competition — just two candidates for two

Township officials, who were facing a 40-percent hike from the city of Detroit in the wholesale price of water, spent months negotiating with the city and, after agreeing to equipment upgrades, were able to hold the increase to 18 percent, passing on only a portion of that to residents and businesses. Officials expect the system improvements and water-conservation measures will help keep water prices down this year.

Township officials, who were facing a 40-percent hike from the city of Detroit in the wholesale price of water, spent months negotiating with the city and, after agreeing to equipment upgrades, were able to hold the increase to 18 percent, passing on only a portion of that to residents and businesses. Officials expect the system improvements and water-conservation measures will help keep water prices down this year.

Population, crime numbers

Police in both communities were pleased with an overall drop in crime, particularly violent crime, as reported by the FBI. The city saw just seven reported incidents of violent crime in 2010, compared to 23 the year before. In the township, there were 19 reported incidents of violent crime in 2010, down from 22 the year before.

Other important numbers released last year by the federal government

the 2010 U.S. Census results — were fairly flat for both communities. The census showed that Plymouth's population grew by 1 percent, or 110 people, to 9,132. In the township, the population went down by 1 percent, or 273 people, to 27,797. The closure of the Western Wayne Correctional Facility, which was operating during the previous census in 2000, was responsible for a portion of the township's population decline.

In Plymouth, a fire displaced residents of the Park Manor apartments on Plymouth Road in February, and the remains of the complex have since been razed, with no immediate redevelopment plans. There were no serious injuries. Also in Plymouth, a less-serious fire in June struck the Meadows Condominiums on Deer Street.

Local gems, old and new

The larger Plymouth-Plymouth Township community was in the spotlight in July, when the Concours d'Elegance of America, a display of hundreds of classic, rare and vintage automobiles, was held at the Inn at St. John's after decades at Meadowbrook Hall in Rochester Hills. The show brought hundreds of visitors and several ancillary events, and both organizers and exhibitors raved about the new venue.

In town, the Penn Theatre, which turned 70 years old in December, in July reopened after an extensive interior remodeling that included new drapes, new seating and a new floor covering. Another local cultural institution, the 67-year-old Plymouth Symphony Orchestra, in March became the Michigan Philharmonic, a change officials said reflected its increasing importance in the state's classical music scene.

And the Miracle League of Plymouth in August opened the \$500,000 Bilkie Family Field on Theodore Street, a baseball park especially designed for players with special needs. It is just the third such ballfield in the state, and a late-summer league based there quickly took off.

mjachman@hometownlife.com
(313) 222-2405

Reps boast perfect voting records

State Rep. Kurt Heise, the Plymouth Township attorney and former head of Wayne County's environment department, achieved a perfect voting record during the Michigan House legislative session of 2011.

"I take my job to represent the people of my district very seriously" said Heise. "I don't want to miss a vote because miss-

ing a vote means residents in my district have missed the opportunity to be heard in Lansing. These are the critical votes that are re-inventing Michigan, creating jobs, and putting our economy back on track."

The nonpartisan Web site www.michiganvotes.org compiles the voting histories of lawmakers in the Michigan House and Senate.

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

ART EXHIBITS

Date/Time: Begins Jan. 10; reception for the artist 6-8 p.m. Friday, Jan. 20

Location: Plymouth Community Arts Council, 774 N. Sheldon in Plymouth

Details: The PCAC begins its new year of monthly art exhibits with "slacker art," a collection of oil paintings by Andrew Slackta, his first solo exhibit. The self-taught artist's landscapes run the gamut from realistic photo recreation to expressionistic, his still-life pieces combine formal composition with a distinctive mix of pop art and his unconventional portraits display elements of surrealism and emotional sophistication. Exhibit hours are Monday through Thursday from 9 a.m. to 5 p.m.

Contact: Call (734) 416-4278 for additional information, or visit www.plymoutharts.com.

UPTOWN AUDITIONS

Date/Time: Jan. 11-12, 4-6 p.m.

Location: Plymouth Community Arts Council, 774 N. Sheldon, Plymouth

Details: Auditions for Plymouth Uptown Players will be held at the PCAC. For those who cannot make the audition times, drop-in auditions will be held at the first rehearsal (Jan. 15). The first rehearsal is Sunday, Jan. 15. Rehearsals will be held every Sunday from January-April, between 1-5 p.m. A fee of \$150 and a current PCAC membership are required to participate. The season will conclude with a weekend of performances April 20-22.

Contact: Call (734) 416-4278 for more information.

GUEST SPEAKER

Date/Time: Tuesday, Jan. 17, 1:30-3 p.m.

Location: Plymouth District Library

Details: The PCCA Writing Club will host guest speaker Jeff Jahn, owner of Keepsake Family Tree Video, who will present a documentary that he produced and other mixed media. He describes his business as "Telling the Stories of the Not So Rich and Not So Famous on Modern Media." He will demonstrate what can be done with old photos, 8mm film and videotapes to build a family history to put on DVD for preservation, restoration and narration of memorable events that families want to share.

Contact: RSVP by calling 453-1234 x236

DRUM CLASSES

Date/Time: Wednesdays, Jan. 11-Feb. 1, 5-6:30 p.m.

Location: Artico House, adjacent to the Plymouth Community Arts Council, 724 N. Sheldon, Plymouth

Details: Join instructor and professional drummer Pat Paul Sorise at the Plymouth Community Arts Council for a new series of Drum Classes in the New Year. First will be Beginner Drum Set 100 (5-5:45 p.m. for ages 7 to adult), which will introduce students to holding drum sticks, drum rudiments, how to count and play quarter and eighth notes and introduce/play the drum set. For the advanced and experienced drummer the PCAC will open a new section of Advanced Drum Set 200 (ages 7 to adult, 5:45-6:30 p.m.). This class will identify drums/cymbals, wrist and hand techniques and basic foot patterns.

Contact: To learn about other great opportunities at the PCAC or a complete list of classes offered visit www.plymoutharts.com or stop in the PCAC at 774 N. Sheldon in Plymouth, or call (734) 416-4278.

MOPS MEETINGS

Date/Time: First-third Fridays, 9:15-11:30 a.m.

Location: St. Kenneth Catholic Church, 14951 Haggerty, Plymouth

Details: The St. Edith/St. Kenneth Catholic Parishes' Mothers of Preschoolers (MOPS) group invites all mothers with children aged newborn through kindergarten to join. The group provides the encouragement, nurturing, and support and features a schedule of activities that include speakers, crafts, and group discussions.

Contact: Heather at (734) 437-9517 or e-mail stekmops@gmail.com, or visit www.stekmops.org.

THINKING ABOUT...
A NEW FURNACE?
LENNOX
FREE ESTIMATES
(734) 525-1930
Our 36th Year!
UNITED TEMPERATURE
8919 MIDDLEBELT • LIVONIA
www.unitedtemperatureservices.com

A New Store Has Just Hatched Near You.

Wild Birds Unlimited®
41816 Ford Rd Canton, MI 48187 Between Haggerty and Ford Rds • (734) 983-9130

OBSERVER NEWSPAPERS
WHERE HOMETOWN STORIES UNSOLD
GANNETT
HOW TO REACH US
Home Delivery/Customer Service.....1-866-88-PAPER (866-887-2737)
Newsroom.....(313) 222-2223 Fax.....(313) 223-3318
Classified Advertising.....1-800-579-SELL (800-579-7355)
Display Advertising.....(734) 582-8363
visit us online at hometownlife.com
615 West Lafayette, Detroit, MI 48226

WHY BE CATHOLIC?
The exciting monthly series of personal stories and testimonies continues its 3rd season with an outstanding roster of new speakers, sure to bring rewarding new insights to your own faith life.

Tuesday, January 10th at 7 PM
Well-known Catholic Deacon, speaker, and author, **Alex Jones**, shares his amazing Journey from evangelical minister to the Catholic diaconate, accompanied by 54 Members of his former congregation.
ALL ARE WELCOME!

Alex Jones No Charge, No Reservations

St. Michael the Archangel Church
11441 Hubbard Rd.
(South of Plymouth Rd.) Livonia
734-261-1455 • www.livoniastmichael.org

Were you raised a Catholic but now you never, or very seldom, go to church?
Are you angry with the Church or with God?
Has Church teaching confused or hurt you?
Do you believe that you have "outgrown" religion?

CATHOLICS RETURNING HOME
A new 6-week series of meetings for non-practicing Catholics who are curious about discussing the possibility of returning to the Catholic Church.
Every Wednesday at 7pm, from January 11th - Feb. 15th
St. Michael the Archangel Church
11441 Hubbard Road, Livonia
Just South of Plymouth Road
734-261-1455 or www.livoniastmichael.org

COBBLER

Continued from page A1

fashioned cobbler shop known as The Great American Shoe Company, in Canton's Golden Gate shopping center on Lilley south of Joy. Early bought the business in August.

There, workers such as 61-year-old master cobbler Ace Shukeireh can repair a half-sole and heel, a woman's high-heel tips or fix whatever ails a shoe.

"I like to work with my hands, and I love being a cobbler," said Shukeireh, who has repaired shoes since his early teenage years in his birthplace of Jerusalem. "When people really like their shoes and they're comfortable on their feet, they like to get them fixed and keep them as long as they can."

Given a rough economy, he said, it's cheaper for a professional to pay \$48 for a half-sole and heel repair than to spend several hundred dollars on new shoes.

As the number of cobbler shops continues to dwindle, Shukeireh said he believes the Canton shop has "the best reputation in the state of Michigan." He's a confident cobbler, with good reason.

"Ace can pretty much fix anything that's leather," said John Early's son, John Early II, the shop's vice president. "I've seen Ace fix canes, hockey gear, snowboard boots. As long as it has leather on it, there's a strong possibility he can find a way to fix it."

Once he's done, The Shoe Shine Guys simply return the repaired shoes on their next outing.

Shukeireh, a Northville resident, has



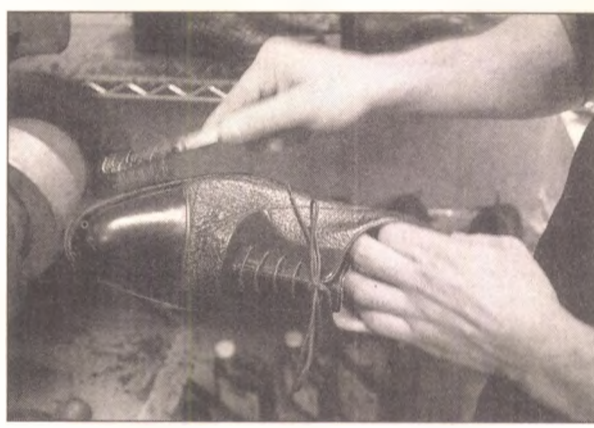
Ace Shukeireh fits new heels to a customer's shoes.

BILL BRESLER | STAFF PHOTOGRAPHER

repaired purses, tents, car seats, boat covers and other items. It's clear he knows his work — especially shoes. Inside the cobbler shop, he picks up a pair that looks beyond repair.

Yet, fix them he can. "The name is worn off of these, but they are Italian shoes," Shukeireh said, holding a pair of old but repairable shoes. "I can tell by the feel of the leather that they are Italian."

Early bought the cobbler shop in August, five months after starting The Shoe Shine Guys. It's clear by



Derrick Martinez applies dye to the edge of the sole.

the nostalgic decor — shoes from the early 1900s, an old shoe stitcher and nailer — that he respects the cobbler's profession.

"It has become somewhat of a dying art," he said.

Early estimated that 80 percent of the shoes his company shines are

men's, though women account for 70 percent of shoe repairs. Much of his business comes from Detroit and other cities with large office towers, but locals also bring in their shoes.

His neighbors have welcomed his business. Just ask Sharon Dillenbeck, who owns D&M Art Studio, just two doors down.

"We're really glad he moved in," she said.

For more on the company, go to www.theshoeshineguys.com or call (734) 645-2286.

dclcm@hometownlife.com
(313) 222-2238

ICE FEST

Continued from page A1

Kellogg Park and in front of some downtown businesses, plus vendors, live entertainment, celebrity appearances, ice-carving contests, winter sports such as snowshoeing and cross country skiing, and children's activities such as pony rides and a petting zoo.

While continuing the focus on the sculptures that the festival has been known for, Walton, during his tenure, has also concentrated on adding new events in order to broaden the festival's appeal. "That's a response to the marketplace," he said.

Walton acknowledged fundraising hasn't been what he'd like, saying that a slow economy has made it especially tough for small local businesses to pitch in. But the money pledged so far for this event, more than \$70,000, is in line with expectations, he said. More cash should be coming in in the next two weeks, he said.

Recent Ice Festival budgets have been somewhat under \$80,000, compared to well over \$100,000 just a few years ago. Walton wants to take the show's budget back to that level and beyond, and said he's optimistic about the future.

"As I see the Michigan economy continue to grow a little bit, I'm becoming more and more encouraged," he said.

Walton landed two big sponsors for this year, McDonald's Corp., at \$15,000, and the MGM Grand Casino, at \$10,000. "We really appreciate them stepping up to the plate and playing a major role," he said.

Walton said this year's festival will be one that cements those commitments as well as attracts new ones.

mjachman@hometownlife.com
(313) 222-2405



LIVONIA FAMILY YMCA

For Youth Development
For Healthy Living
For Social Responsibility

\$0 Joining Fee

for all new 12 month memberships

Open House

Winter 2 Session Starts Week of Jan. 9th
SIGN UP FOR CLASSES NOW!

Saturday, January 7th

10 am - 2 pm

Demonstrations in:

- Gymnastics
- Martial Arts
- Tennis
- Youth Sports

Plus...
FREE OPEN SWIMMING!

**Come check it out...
OPEN to the PUBLIC!**

14255 Stark Road • Livonia
www.ymcadetroit.org **734-261-2161**

Macy's Optical

50% off*

Reg. prices

with complete pair purchase

- all frames
- all lenses
- all lens options

OFFER INCLUDES:

- Transitions® Lenses
- No-Line Bifocals
- Non-Glare Coating
- Polarized Lenses

*Excludes Sunsatons.

Our doctor or yours – we fill all prescriptions.
Convenient eye exam[†] appointments available.
We accept most vision care plans.

Westland, 734-458-5588 • Oakland, 248-597-2956
Lakeside, 586-566-2766 • Twelve Oaks, 248-344-6994

the magic of

macy's.com

REG. PRICES ARE OFFERING PRICES, AND SAVINGS MAY NOT BE BASED ON ACTUAL SALES. *Eye exams performed by independent state licensed Doctors of Optometry. Cannot be combined with any other offer, vision care plan, package pricing or prior orders. Sale ends January 18, 2012.

For the location nearest you, call 1-888-889-EYES

Pedestrian hospitalized after SUV jumps curb

By Matt Jachman
Observer Staff Writer

Police in Plymouth are asking for the public's help in the search for a hit-and-run driver who ran down a pedestrian on a Main Street sidewalk shortly after midnight Dec. 29.

The 30-year-old male victim was at Botsford Hospital in Farmington Hills on Tuesday with serious injuries to his lower torso, said Plymouth Lt. Jamie Grabowski. He was struck about 12:30 a.m. Dec. 29 by a light-colored Ford Escape that was heading west on Main when the driver lost control

and the vehicle jumped the curb, went on the sidewalk and clipped a streetlight pole.

On a surveillance video, from a camera at the nearby Grecian Cafe, it appears the Escape's driver failed to negotiate the curve as westbound Plymouth Road turns southward and becomes Main Street west of Mill. The driver continued heading south on Main, Grabowski said.

The victim, who lives in Plymouth, was walking alone at the time and was not able to provide much descriptive information. "It all happened so quick," Grabowski said.

The crash was also captured on

video by the in-car camera of a police patrol car in the area, he said; the officer stopped to render aid to the victim, Grabowski said.

Police are looking for a newer model, light-colored Escape with damage to the driver's side and a missing or shattered side-view mirror, and are asking that anyone with information about the vehicle or its driver call them. Grabowski can be reached at (734) 453-1234, Ext. 272; detective Josh Carroll's extension is 258.

Callers can also use the main police number, (734) 453-8600.

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

Child porn suspect waives local hearing

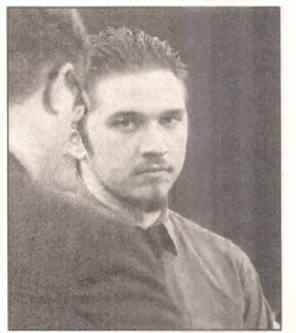
By Matt Jachman
Observer Staff Writer

A Monroe man facing computer-related child pornography charges after his arrest in Plymouth Township last month is due to be formally charged in Wayne County Circuit Court on Thursday, Jan. 12.

Tavis Greene, 24, remains free on bond after waiving his preliminary hearing Dec. 29 in 35th District Court before Judge Ron Lowe, who sent him to Circuit Court on 12 felonies.

Greene was arrested Dec. 9 and arraigned the next day on six counts of using a computer to communicate with another to commit a crime, three counts of distribution of child sexually abusive material and three counts of possession of child sexually abusive material.

Authorities said investigators found evidence of child pornographic materials — and that some children in those materials appear as young as 10 — on a computer belonging to Greene. The investiga-



BILL BRESLER
STAFF PHOTOGRAPHER

Tavis Greene, charged with multiple pornography-related counts, is due in Wayne County Circuit Court Jan. 12 after waiving his preliminary exam in 35th District Court last week.

tion had been conducted jointly by the Wayne County Sheriff's Department and the Michigan State Police.

Greene was arrested at the Plymouth Township home of a friend with whom he had been staying. Each of the 12 counts he faces is a felony punishable by up to 20 years in prison. Greene is free on a \$100,000 cash or surety bond.

mjachman@hometownlife.com
(313) 222-2405

Teen charged in pizza robberies

By Darrell Clem
Observer Staff Writer

A Canton teen accused of phoning in two separate, bogus pizza orders has been charged with robbing the delivery drivers after they showed up outside darkened homes where the defendant allegedly lurked, police said.

Patrick Allen Reid, 18, was arraigned Sunday on multiple criminal charges including armed robbery amid allegations he robbed pizza delivery drivers in the same neighborhood northeast of Palmer and Lotz roads.

Reid was arraigned Sunday on two counts of armed robbery, two

counts of unarmed robbery, two counts of larceny from a person — all felonies — and one misdemeanor for possession of marijuana.

Reid was jailed with two separate bonds totaling \$60,000/10 percent, meaning he would have to post \$6,000 for his release.

He has been scheduled for a Jan. 13 preliminary examination to determine if he should stand trial in Wayne County Circuit Court. If convicted as charged, he could face penalties ranging up to life in prison.

dclem@hometownlife.com
(313) 222-2238

School loses new computers in burglary

By Matt Jachman
Observer Staff Writer

Nineteen new Apple computers, worth several thousand dollars each, were stolen from a classroom at the Starkweather Education Center in Plymouth during a Christmas Eve break-in.

Police officer Josh Carroll, the detective in charge of the case, said the burglar or burglars appeared to

have broken a window at the back of the building, then opened it from the inside and climbed through. A door was then opened from the inside to exit with the computers, Carroll said.

The computers, all from the same classroom, were new for this school year, Carroll said.

The burglary was discovered on the morning of Dec. 24 by a maintenance man. Starkweather, an alter-

native high school and adult education center on Holbrook, is in a residential area, but Carroll said there no known witnesses to the break-in.

Carroll said police are checking up on leads in the case and studying fingerprints found at the scene. Anyone with information is asked to call Carroll at (734) 453-1234, Ext. 258.

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

hometownlife.com

LIKE US ON FACEBOOK

January 5th-30th ... Everybody WINS!

Stop by Showroom of Elegance
and PLAY FOR SAVINGS up to **50%***

TIC...TAC... Dough!

Toss a beanbag to win up to
50% off your regular price purchase.

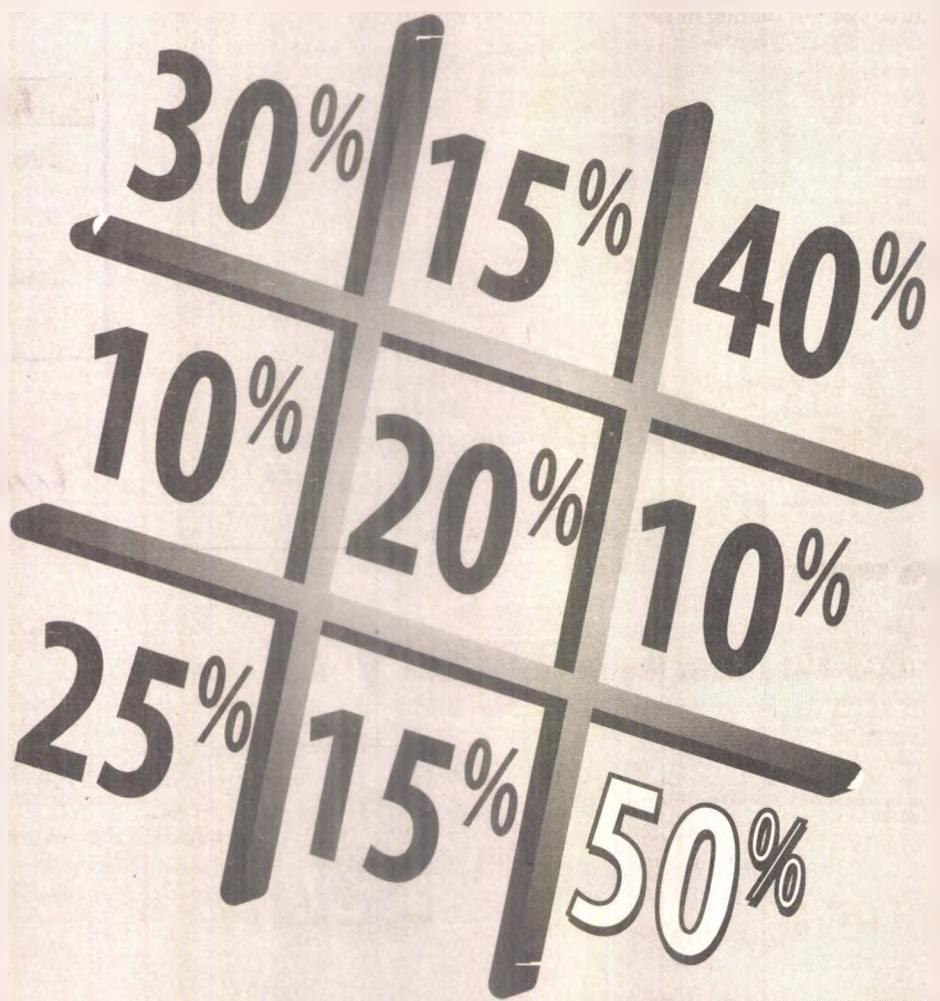
Everybody wins!

Complete details on our website:
showroomofelegance.com

Shop now for:

- Valentine's Day
- Anniversaries
- Birthdays
- Wedding Gifts
- Engagement Rings

Shop early for best selection!



Elegance
SHOWROOM OF
FINE JEWELRY

6018 Canton Center Rd.
Canton, MI 48187
(North of Ford)
Ph: 734.207.1906

Store Hours
Tu.-F. 9:30-6:00
Sat. 9:30-4:00
Closed Su. & M.



*Savings on regular price items.
Excludes loose diamonds
and Pandora.

Plymouth streets go 'Green' for fair

The fifth annual Green Street Fair returns to the streets of downtown Plymouth May 4-6.

Founded to help educate and inform people of all ages about the benefits of green, organic, and eco-friendly products and services, Green Street Fair promotes global interest, personal well-being and offers insight to those interested in having a softer footprint on the planet. Every May since the inaugural event in 2008, Green Street Fair has blended companies, artisans, entertainers, and workshops together in a friendly and family-oriented outdoor environment. Consumers who visit the Green Street Fair learn the advantages of taking strides, large or small, towards living a healthier and greener life.

With an estimated crowd of 80,000 over three days, the 2011 Green Street Fair hosted over 200 exhibitors and 30 sponsors showcasing, demonstrating and selling eco-friendly, organic, and green products.



BILL BRESLER | STAFF PHOTOGRAPHER

The Fort Box will be back when the Green Street Fair returns to Plymouth May 4-6.

Planning for the Fifth Annual Green Street Fair is underway and will include new highlights and exhibitors.

Highlights of the 2011 Green Street Fair will include exhibitor displays, recycling workshops, Fort Box, Flip Your Lid, live entertainment, organic cooking demonstrations, street performers, interactive displays, children's activities, fitness and well-being demonstrations, art installations and more.

For the latest updates on Green Street Fair, visit www.greenstreetfair.com, call (734) 259-2983 or email info@greenstreetfair.com

For information on becoming an exhibitor at the Green Street Fair, contact Raychel Rork at (734) 259-2983 or email raychel@greenstreetfair.com.

For Green Street Fair sponsorship opportunities, contact Terri O'Brien at (248) 347-4350 or email terri@streetmktg.com.

Family Buggy rides into the sunset with fond goodbyes

By Susan Steinmueller
Observer Staff Writer

Lee and Teddi Landes are among the diners who are saying a fond farewell to The Family Buggy in Farmington Hills this week.

"It's just something special. People are happy here," said Teddi Landes of Livonia as she enjoyed a meal with her husband Tuesday evening. "It has a homey feeling. The food is more like home cooking."

She said that she has been going to the restaurant since it first opened in Detroit. "It's like home," said Lee Landes.

The Family Buggy will close for business on Sunday, Jan. 8, after 44 years in various locations, including Detroit, Livonia, Rochester Hills and its current longtime location on Orchard Lake Road in Farmington Hills.

Fond farewell

For owners Don and Peggy Payne of Farmington Hills, it's also a fond farewell. Over the years, customers and staff have become like family, they said.

"I'll miss just working with all the kids who work here and seeing all the customers," said Peggy Payne. "That's going to be the hard part because we won't see them."

However, said Don Payne, the economic environment gave them no choice but to end their 44-year run.

"It's obviously with mixed emotions," he said, but after three years of putting money into the business to make it work, he said he had to make the decision.

"I don't own the building and I have twice the space I need," he said.

Payne, 70, of Farmington Hills also said he's ready to retire.

Overwhelming response

Both said they've been overwhelmed with the response since announcing the closing in October. People have been lining up and

filling the 240-seat restaurant to capacity day after day, he said.

"We've just been showered with a ton of love from our customers," he said. "We've had some wonderful notes and letters."

Payne said that it was while growing up in Benton Harbor that he first got the idea of going into the restaurant business. He said when going out to eat, he thought about how things could be run better.

He also learned lessons about working with people from his high school band director, Bernie Kuschel, who is honored with a plaque in the restaurant. Payne said he was able to pass that along in working with and training his own staff members.

Payne graduated from Michigan State University in 1963 with a marketing degree and in 1965 with a restaurant management degree. He met his wife at MSU, who gave up teaching to join him in the restaurant business.

From the beginning, he strived for a woodsy, warm feel.

"I like the idea of the barnwood and antiques," he said. "If you put in modern decor, it starts getting dated."

The restaurant opened in 1967. It started off slowly, but after Detroit food critic Molly Abraham wrote an article, "all of a sudden, we had all the business we needed."

Payne, a cancer survivor, said he'll now have more time to write inspirational letters and poems to cancer patients and survivors.

He'll also have more time for his two grandchildren. The couple's two daughters, Colleen Villa of North Carolina, and Janet Payne of Farmington Hills, a teacher at Dunckel Middle School, each have an 8-year-old daughter.

The restaurant hours this weekend are 11 a.m. to 10 p.m. Saturday and 11 a.m. to 9 p.m. Sunday.

Art House exhibit runs Jan. 6-28

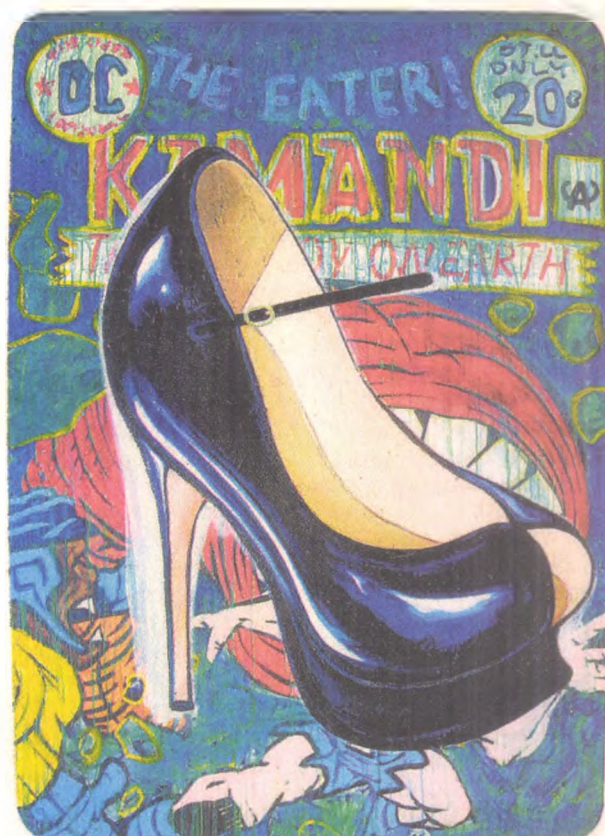
The Northville Art House will present a show that reflects an artist's diversity yet ultimately spotlights his unique vision - Etch, Sketch and Stiletto: The Work of Topher Crowder - Jan. 6-28.

Crowder, an adjunct professor at Schoolcraft College, burst upon the art scene eight years ago after a journey of fixing computers, merchandising beer, designing Christmas ornaments in a plastics factory and packing boxes in an audio/video supply warehouse. "I always wanted to be an artist. I would take apart laser printers, put them back together and make art out of them. I couldn't suppress it anymore!" Inspired by animated Saturday morning cartoons, vintage postcards, comic books of the 1960s and 1970s, Crowder's early works were, in effect, detailed stream-of-consciousness line drawings.

Things have changed. After earning an MFA at Wayne State University, Crowder said, "I have a lot of time to make up for. It's not about being successful. I want to try everything and anything."

His show, organized by Jeff Cancelosi, at the Art House will include:

- Shoe paintings - pop cultural streams of consciousness capturing the dichotomy and conflict inherent in male and female stereotypes in today's world.



"Yves Saint Laurent Patent Leather 'Tribute' Peep Toe Platform" - acrylic on canvas by Topher Crowder

- Day-Glow plexiglass creations - intricately detailed biomorphic, mechanical shadow images of the human form that have morphed out of his early ink line drawings.

- Crowder's sculptural "studio weavings" - art constructed from the tattered remnants found anywhere and everywhere.

- Crowder's reverse vandalism signs - unfinished boards branded with messages, left intentionally in forgotten public spaces as unspoken invitations for public interaction, the art itself "finished" only when the anonymous person chooses to engage (most often through spray-painted graffiti).

The show will open in the Art House's upper gallery with a reception and artist's talk on from 6-9 p.m. Friday, Jan. 6 and will continue through Jan. 28 during the Art House Gallery hours (1-5 p.m. Wednesdays-Saturdays).

Check us out on the Web every day at hometownlife.com

TOWN 'N' COUNTRY LANES

1100 S. Wayne Rd. • Westland
Between Ford & Michigan Ave.

SHORT SEASON LEAGUES Now Forming!

Openings for teams or individuals for more info
or to hold a spot call 734-722-5000

SUNDAY MIXED LEAGUE

Starts Jan. 8th @ 7:00 pm
Any Combination
4 on a Team
~ \$11 per Week

TUESDAY TRIO LEAGUE

Starts Jan. 17th @ 7:00 pm
Any Combination
3 people
Every bowler receives a new bowling ball when paid in full!

ADULT YOUTH LEAGUE

Every Monday @ 6:30 pm
Starts Jan. 16th!

BUMPER LEAGUE - AGES 4-8

Saturdays @10:00
Starts Jan. 7th
Saturdays @1:00pm
Starts Jan. 14th

Every child receives a new bowling ball at the end of the season!

Ask About Our Birthday Party Packages!

ESTABLISHED 1986

Join Us in Celebration!

25 YEARS
...ONE STUDENT AT A TIME

LSTI

Life Support Training Institute
Better Patient Care. One Student at a Time.

For more information or to register, please visit us on the web at www.lifesupporttraining.org or call us at **866-FOR-LSTI (367-5784)**

PAYMENT PLANS AVAILABLE
Now Accepting Registrations!

Upcoming 2012 Course Offerings

• Paramedic	1/19/12 T-Th	Southfield
• EMT	1/16/12 M-W	Taylor
• EMT	1/28/12 Sat	Southfield

Late Registrants Accepted

Care & Love are the greatest things we provide

STATE LICENSED

Full Assistance with Bathing, Dressing & Hygiene in a Small Home-like Setting

for Active/Alert, Memory Impaired, Frail/Recovering & Alzheimer's residents

- Highly Competitive Inclusive Rates
- 24 Hour Professional Staffing
- Private/Semi-Private/Barrier-Free
- 3 Home-Cooked Meals a Day
- On-Call Nurse Practitioner
- Medication Management
- Daily Housekeeping & Laundry
- Beauty & Barber Shop
- Wander Secured/Enclosed Courtyard

Crystal Creek
Assisted Living

8121 Lilley Road
Canton, Michigan 48187
(Located between Joy & Warren Roads)

(734) 453-3203

www.CrystalCreekAssistedLiving.com

Student station shifts formats

As WSDP gets ready to celebrate 40 years of broadcasting, the station has changed its music format.

Now known as The New 88.1, Plymouth and Canton's Hit Music, the station Dec. 31 began playing Top 40 hits from artists such as Adele, Maroon 5, Kelly Clarkson, Journey, Bruno Mars, Taylor Swift, The Fray and Bon Jovi. Listeners can follow the changes at the station by listening at TheNew881.com.

"We're excited to bring The New 88.1 to listeners in Plymouth and Canton," said Kyle Linford, Program Director. "We look forward to serving the community in the months ahead."

The New 88.1 is looking for a new name for the station. Listeners can e-mail ideas to TheNew881@gmail.com.

Everyone who submits an idea will be entered in a drawing to win a \$100 gas card. Contest rules and details are available at the station's website.

The station's staff is also working on an Internet-only station that will continue 88.1FM's former independent alternative format, "The Escape."

WSDP is owned and operated by the Plymouth-Canton Community Schools. The station is staffed by students at Canton, Plymouth and Salem High Schools. The station has been serving the Plymouth-Canton Community since Feb. 14, 1972.



The high school youth group at Geneva Presbyterian Church in Canton delivers warm clothing and blankets to Fort Street Presbyterian Church's Open Door Ministry in January 2011. The Canton church, on the west side of Sheldon just north of Ford Road, is again collecting clothing, blankets and toiletries for Fort Street.

Canton church teens reach out to help homeless

By Julie Brown
Observer Staff Writer

As director of Open Door Ministry at Fort Street Presbyterian Church in Detroit, Ben Ogden works with homeless people. Most of his work is in Detroit, but he visited Geneva Presbyterian Church in Canton the night of Dec. 26 as part of the high school youth group's Boxing Night.

The teens slept outside in the church parking lot, warming themselves by a fire in a trash barrel and using cardboard boxes to keep warm. The Canton church has done such a program for 17 years, and it includes collecting blankets, warm clothing and toiletries for Open Door Ministry.

"It certainly for a night represents a pretty fair representation," Ogden said of the suburban teens' experience. He visited Geneva around 9:30 to 10:45 p.m. to talk to the group.

Ogden's been director since 2008 and at Fort Street Presbyterian in some capacity since 2003. He appreciates a group of suburban students willing to volunteer — important as other volunteers get older — as well as being mindful of homelessness.

"So it's definitely important," said Ogden, an Oak Park resident who visited Geneva for the fourth year. "They're great kids."

There are many causes of homelessness, Ogden said, but that discussion is less important when someone is on the street in wet clothing while it's freezing.

"If we don't clothe them, they'll die," he said. There's a lot of poor public opinion of the homeless, Ogden said, but "none of them are significant when we're trying to keep people alive."

He said suburbanites are busy with their lives, and don't always know their immediate neighbors let alone those a couple of cities over. "I think it is to some degree a lack of knowing," he said of suburbanites. "I think more than anything it's a lack of awareness."

Among the eight high schoolers who stayed overnight in the church parking lot was Madelyn Degener, 15, of Canton, a freshman at Plymouth High School.

"It was really amazing," she said of the first-time experience. "It was really emotional, thinking about the people who have to do that every night."

She appreciated Ogden's discussion of homelessness. "It helped us understand more about it," said Degener, who will participate next year.

Substance abuse and mental illness are major factors in homelessness, according to Ogden. "It's an enormous number of people that have issues," he said.

Young people born into those families and with limited educational opportunity don't have much chance to succeed, Ogden said.

"That person isn't going to last long in that community," he noted of those released when state mental hospitals closed. Families were often ill-equipped to care for a mentally ill family member.

Ogden appreciates the help from Geneva Presbyterian, which is well-timed and ties in with the British/Canadian custom of Boxing Day, in which clothing no longer needed is boxed up for the less fortunate. Ogden said his facility clothes some 100 men and 75 women a week now, and donations drop after Christmas.

"The need of our guests grows," he said. "Our giving starts to decline."

Boxes are outside

Geneva Presbyterian Church, on the west side of Sheldon just north of Ford Road, for donations to the Open Door Ministry through Jan. 13. Needed are coats, mittens, gloves, hats, blankets, and socks in good condition, as well as toiletries.

This is the seventh year Dan Degener, Geneva youth elder and Madelyn's dad, has participated. "We all end up, kids and adults, with a really good understanding of what it would be like to have that as your everyday experience," Dan Degener said. "It's a great eye-opening experience."

"Our big goal is to remember what it would be like to be out there every night," he explained. There's quiet time as well as prayer and a Bible verse.

This year, about eight young adults who are alumni of the Geneva program stopped by with treats and visited. They didn't stay outdoors all night, Dan Degener said.

On Jan. 14, the Canton church will use a 26-foot truck to move the donated items to Fort Street. In the past, the truck's been filled.

jbrown@hometownlife.com
(313) 222-6755



FILE PHOTO

The student-run WSDP changed to a Top 40 format Dec. 31.

Teddy bears, hats brighten holidays for the needy

Plymouth Community United Way is warming the hearts and hands of those in need thanks to the generosity of donors.

The nonprofit organization's second annual drive to collect hats, scarves, mittens, and gloves for the homeless has yielded more than 1,200 items so far. Donations of hats, gloves and socks can still be dropped off at Plymouth Community United Way, 960 W. Ann Arbor Trail, Suite 2, Plymouth. For information, call Nick Stonerook at (734) 453-6879, ext. 3.

On Dec. 5, the 12th annual Teddy Bear Toss yielded more than 800 stuffed animals that were distributed to shelters and children's charities. Fans tossed the bears onto the ice after the first goal at the Whalers hockey

game. The event is held in conjunction with Computware Arena and the Whalers.

The Plymouth Community United Way raises funds year round for nonprofit agencies that provide basic human needs such as food and rent and utility assistance, and services such as bus transportation for seniors, housing for adults with developmental disabilities, hospice care, grief support for children and adults, programs to develop skills, confidence and character in boys and girls, and counseling and safe shelter for victims of domestic violence and their children.

Visit www.plymouthunitedway.org or call (734) 453-6879 to learn about a variety of ways to give and volunteer.



United Way staffer Betty Nolan adds to the pile of teddy bears the organization has collected.



High schoolers and adults at Geneva Presbyterian Church in Canton filled a 26-foot truck for delivery to Fort Street Presbyterian Church's Open Door Ministry in January 2011. The Canton church is again collecting warm clothing in good condition, blankets and toiletries for the homeless.

Madonna film class celebrates premiere of 'Clayman'

By Kary Feick
Correspondent

More than 300 people filled Theater 2 of Detroit's Renaissance Center for Madonna University's recent student Capstone film premiere of *Clayman*.

Friends, family, sponsors, cast, crew, Madonna students and faculty poured into the theater and, when the doors closed, at least 30 more people found themselves in the standing room area in the back.

Hosted by Madonna University's fourth Capstone Film Class, the Dec. 17 premiere of the film *Clayman* brought in more than \$1,000.

"I was blown away at the response of the premiere and so proud of the class. It exceeded my expectations by far," said Jennifer Champagne, award-winning producer and Capstone Film Class instructor. "The response we received for a student film shows that film is still loved and supported in Michigan."

The premiere featured *Clayman's* trailer, commercials for Livonia Bakery & Cafe, Hello Faz Pizza and Vogue Detroit, a music video for Vintage's The Infatuations and the student short film *Clayman*.

The students also spent time building social media existence on Facebook and Twitter, which they used as a tool to gain attention for the premiere.

'Great content'

"It's great that we made a buzz with social media, but we actually delivered some great content. The location was pretty cool, a bit of a jump from the standard Madonna lecture hall," said Hannah Welch, Capstone Film Class



KATHLEEN THOMPSON

Madonna University's premiere of the student film *Clayman* featured an after party with a red carpet and media wall photography opportunity. Pictured above are cast, crew and professors who worked on the film. One day on set a cast member walked in wearing a mustache, and the whole crew made paper mustaches. Noah Fisher, who plays Big Bully in the film, provided each person at the party with a mustache, carrying on the tradition from production.

social media director.

Over the past year, 12 undergraduate students from Madonna University wrote, produced, shot and edited the short film *Clayman* as part of their Capstone Film Class.

The Capstone Film Class is a senior-level class in which students gain film experience through an intense movie-making process of preproduction, production, postproduction and exhibition of a film. Due to the complexity of learning something new for the first time, Champagne provided each student with a guiding mentor from the industry to help with his or her specific film assignment. A number of mentors, as well as sponsors, supported the class by attending the premiere.

"We are very fortunate to have professors in the industry, such as Jennifer Champagne, willing to give of their time and talents to help educate our new filmmakers in the 'Hollywood methods' of making a film," said Chuck Derry, director of Madonna University's Broadcast



CHLOÉ BORAI

and Cinema Arts program and Capstone Film Class professor. "We are always looking at new ways for our students to succeed in the 'business' and stay on top of the latest developments, and the Cap-

stone Film Class is one of the best of its type in the state."

stone Film Class is one of the best of its type in the state."

After-party at Fishbones

Following the premiere, the class hosted an after-

party at Fishbones in downtown Detroit. A Capstone Film Class mentor and Michigan cinematographer, Christos Moisesides, has a family connection to Fishbones and provided the class the Hermes room for the after-party.

"My family has been a mainstay in Detroit for over 40 years with great businesses. I will always support those striving for creative excellence if I have the ability to," Jennifer Moisesides said. "Jennifer Moisesides has done such an amazing job with the students. I wanted to thank her for her dedication as much as I wanted to reward the students."

When the after-party kicked off, approximately 200 people from the premiere filled the room, causing the Fishbones staff to set up more tables.

The party featured a red carpet, media wall, photography opportunities, a live performance by the award-winning The Infatuations and an awards ceremony for cast, crew and their supporters.

"The after-party was a good time for us to thank many people and to hang out and have a good time," said Cory Davis, Capstone Film Class producer.

"We will be submitting *Clayman* to many film festivals," said Davis, who plans to use the money made at the premiere to cover film festival costs.

"I really think the movie will do well. *Clayman* will always be something special to us all. When I think about it right now, I have so many great memories and I'm kind of sad our class is over. Many

of us have become close friends, and working with everyone was an honor," he added.

'Dreams do come true'

The story of *Clayman* puts a spin on the classic debate of good vs. evil, but through the eyes of Shawn, an elementary school child. Shawn wrestles with his own imaginative demon as a result of observations of his world as well as the mystery of his absent father.

"My goal with *Clayman* was to tell the best story possible from day one, and I feel that the story was conveyed as best as possible to the audience," said Walid Jaward, Capstone Film Class writer/director. "My vision was showcased just as I imagined it." Jaward's script was chosen for production by the Capstone Film Class and he was also selected as the director of the film.

"I was genuinely happy to live the moment *Clayman* started to play on the Silver Screen. It was beyond surreal and the one thing that crossed my mind was, 'Dreams do come true.' I was honored, lucky and grateful to have shared that experience with my family and friends."

For more information on the 2011 Capstone Film Class journey, visit Facebook.com/Capstone-FilmMU or Twitter.com/CapstoneFilmMU

For more information about Madonna University, visit www.Madonna.edu

Kary Feick is a student at Madonna University majoring in journalism, public relations and broadcast and cinema arts.

Nb Northville Downs

www.NorthvilleDowns.com



BET ON EVERYTHING!

Live Racing is Back!
January 6th

Chances to Win \$100K every Friday & Saturday Night
The **Best** in **Simulcast Wagering** 7 Days a Week
Check out the **New Menu** at the Clubhouse Restaurant!
Call for reservations!

Plus! Our **Charity Poker Room** is Better Than Ever!
Start playing at 10am! Tournaments every night at 7pm.

Poker Room Proceeds Benefit Bellevue Youth Sports #M71104, January 1-4, 2012

FREE Live Racing Program!

Coupon required. Limit one per customer. Not valid with any other discounts or offers.
Expires on 2/26/12.



At the corner of Seven Mile and Sheldon in Northville. For Clubhouse Dinner Reservations call:

(248) 349-1000 FREE Parking & Admission





HAL GOULD | STAFF PHOTOGRAPHER

Lyon Township resident Lisa Burnia, co-owner of YesMichiCAN, shows off 'Don't Mess with the Mitten' T-shirts and hoodies.

Local owner shows pride in The Mitten

By Diane Gale Andreassi
Staff Writer

If you've got a student out of town, a family member in the military or you just want to spread state pride, Lyon Township resident Lisa Burnia's company, YesMichiCAN might have just what you want. "Don't Mess with the Mitten" T-shirts, hoodies and auto air fresheners could be just the right gift for out of town guests, Michiganders who had to leave their beloved state and Michigander wantables. "We want to show our pride in Michigan," Burnia said. "We grew-up here and we want our kids to stay here." Merchandise can be found at indepen-

dent retailers throughout Michigan, or ordered online and shipped. A portion of all proceeds are donated to Bridgepointe, a Michigan-based charity that helps families throughout the state. The Northville-based company uses all local vendors, including T-shirts from Border Bros. in Plymouth, screen printing at the Identity Source in Novi and layout by Pryor Design in Ann Arbor. The company was founded in 2009 by life-long friends, Terri O'Brien, of Northville, and Burnia. "We've been friends since we were 12 and ever since the auto bailouts and learning about friends who were losing their jobs, we wanted to

do something to help," Burnia said. Their slogan is, "We can't do everything but we can do something to help neighbors, family and friends," Burnia said. The merchandise can be found at independent retailers throughout Michigan or ordered online and shipped directly to college students, military personnel and Michigan natives who have moved out of state. To learn more about the products call O'Brien or Burnia at (248) 347-4350 or visit www.yesmichican.com. Look for new YesMichiCAN products, including baseball caps, in 2012.

dandreassi@hometownlife.com
(248) 437-2011, ext. 262

Importance of teams in successful organizations

This is the conclusion of a three-part series on teams. Part I was featured Dec. 22. Part II was published Dec. 29.

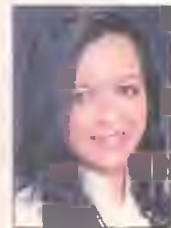
By Martina Bogdanoska
Guest Columnist

No team can be without a leader. The basic role of a team leader is to direct the group to achieve a common goal. Its structure can be understood as the sum of the following activities:

1. Setting team goals
2. Certification of personal expectations within the team
3. Using the skills and qualities in the most efficient way possible
4. Giving a personal example by their own behavior
5. Talking about problems as they occur
6. Regularly monitoring the work of the individual and the group and giving feedback
7. Providing healthy relationships between the team and other teams in the organization.

Ensuring the successful execution of the task. There are several ways in which the leader can move the team. They are not difficult and can be easily achieved. To inject enthusiasm into the work of the team, you first need to solve those problems that can be quickly solved. The leader should not impose targets that are easily met. Identify the problems and talk about them with the team.

- To generate a sense of urgency, team members



Martina Bogdanoska

need to believe that they have before them an immediate task for which they are responsible. But it should be sufficiently flexible to allow changes that will shape their goals and approaches.

- Identify clear rules of behavior. Each team develops rules of behavior that help the team achieve its set goals. Some of them could be the following: no interruption of telephone calls, the existence of constructive confrontation, mutual respect in communication.
- Continuously inform the team leader. New information causes the team to redefine its understanding of goals and to help clarify goals.
- Enable joint development. The team should spend a lot of time together, especially at the beginning of its formation. Creative perspectives of team members as well as personal connection require mutual interaction.

The team leader should possess certain skills and values:

- To coordinate members — not to give commands
- To assist in determining, analyzing and solving problems
- To encourage cooperation
- To motivate team

members

- To respect
- To believe
- To put the team first

The team needs to have four types of people to support a successful team: people who contribute, people who cooperate, people who are good at what they do and people who believe in the cause.

Perhaps the most important element for effective teams is the climate or atmosphere in which they operate and that they themselves have created. Successful teams do not create artificial tension. There is a commitment to the task and purpose and no signs of boredom, disinterest or dissatisfaction. The atmosphere of the team is relaxed. There is a healthy competition among members and they have high expectations. This leads to openness and honesty in discussion and the adoption of decisions even if they are not correlated with other attitudes and opinions.

Teamwork is a feature with an established and affirmed system of communication. Teams should be created if they are not already established.

Martina Bogdanoska is pursuing her doctoral degree in the field of human resource management within health care. She is an inspirational academic interested in transforming health care through innovative thinking. She holds a doctoral degree in dentistry and a master's degree in health management.

PLYMOUTH BUSINESS BRIEFS

New VP
Plymouth resident Michael Mark has joined Health Management Systems of America as Executive Vice President of Sales and Product Development. Mark will be responsible for conceptualizing and implementing market strategy, achieving marketing targets, and managing and directing the execution of sales plans and initiatives. HMSA is headquartered in Detroit, with additional offices in Ann Arbor, Bloomfield Hills, Eastpointe, Livonia, Sterling Heights and Dearborn. Mark has a wealth of consulting experience in the managed care industry at the C+ level. He holds a BBA degree in Finance and Administration from University of Detroit Mercy. He was previously Chairman and Chief Executive Officer at The Mark Group, LLC, and has served as Senior Vice President of Healthcare at Science Applications International Corporation, Senior Vice President at Computer Sci-

ence Corporation, President and CEO of Health Plus of Michigan and President and CEO of The Blue Care Network. Mark specializes in corporate start up and turnaround, with additional experience at Superior Consultant and Keane Corporation. In his time at Health Plus of Michigan, the company achieved status as one of the top 25 fastest growing managed healthcare companies in the country.

Dance, piano lessons
Registration for the winter season is now open at Metro Dance Company in Plymouth. Dance classes are available for all ages and experience levels, 2½ to adult. Piano lessons are available for ages 5-adult. Beginners welcome. Winter piano lessons begin Jan. 12 and dance classes begin the week of Jan. 16. Register early before time slots fill. Register online today at www.MetroDanceCompany.com or by phone at (734) 207-8970. Metro Dance Company is located on the southeast corner of Ann Arbor Trail and Mill, just outside downtown Plymouth.



Mark

Stay connected with a subscription to your local hometown newspaper!

See what you have been missing every Thursday and Sunday!

Pay only **\$6.25** Per Month
That's over 25% off the newsstand price!

AND AS A BONUS RECEIVE A **\$10 GIFT CARD**
Please select from one of these gift cards:
 Speedway Target
 Meijer Joe's Produce
 Kohl's

Simply log on to hometownlife.com/bestoffer or call: **866.887.2737**
Mention Stay Connected and which gift card you would like!
This offer expires 12-31-11 and is not valid for current subscribers.

NEWSPAPERS
OBSERVER
www.hometownlife.com
A GANNETT COMPANY

Check us out on the Web every day at hometownlife.com

Park bird count returns Jan. 7

By Philip Allmen
Staff Writer

Bird lovers can help see what's hanging out around Kensington this winter during the metropark's annual bird count next weekend.

Kensington staff organize three counts a year: spring, fall and winter.

"We want to see what kind of species are here," said Mike Broughton, interpreter at the Nature Center. "Over time things change at the park, the environment changes."

The spring and fall counts feature migratory birds. The winter count focuses on those feathered creatures that enjoy the cold weather.

What's most common? "Chickadees, of course," said Broughton. "Any birds you see at your feeder are common."

There are some birds that migrate south to areas like Kensington, including the junco. Conditions are good to see the snowy owl this season, as well, though Kensington staff have yet to see any. "That would be an exciting one if we found it," Broughton admitted.



FILE PHOTO

Kensington Metropark is looking for volunteers for its annual New Year's bird count, scheduled for Jan. 7.

ton admitted.

The 36th annual New Year's Bird Count will be Saturday, Jan. 7, at the Kensington Nature Center on the west side of the metropark. Volunteers will meet at 8 a.m.,

then head out throughout the park in groups to see how many different bird species can be identified. The total number of birds seen can be estimated. Those results will be compared to previous

counts, said Broughton.

Bird counts have been fairly consistent, according to Broughton, and occasionally volunteers will find a different, interesting species, typically during the spring and fall counts when birds are migrating.

Following the bird count, lunch will be served at the center. The program is free and beginners are welcome. The program is geared for adults and children in middle school or older.

"We'll be outside the whole time," said Broughton. "It's not meant for younger children."

Volunteers are asked to dress for the weather, including waterproof footwear, as well as bring binoculars. Register for the program by calling (248) 685-0603.

Last year's bird count tallied 47 species, including the wood duck, bald eagle, pileated woodpeckers, golden-crowned kinglets and a yellow-bellied sapsucker. That total is average. In 2010, the bird counts noted 183 species.

allmen@hometownlife.com
(248) 685-1507, ext. 226

Former O&E executive, artist and musician remembered

Margaret Halava, whose remarkable careers ran the gamut from public service to business to music to painting, passed away at age 93 on Dec. 12, 2011. She was a former Farmington resident, past president of the Farmington Chamber of Commerce and a long-time corporate leader at the former parent company of the Observer & Eccentric Newspapers.

"Margaret's range of capability was prodigious," said Philip Power, for whose newspaper publishing company she worked for 20 years.

"She brought enormous energy, terrific focus and ferocious loyalty to everything she did," said Power, founder and president of the Center for Michigan, a think tank based in Ann Arbor.

Power was, for nearly 40 years, owner of HomeTown Communications Network, Inc., a group of 62 community newspapers in Michigan and Ohio which included the Observer & Eccentric Newspapers.

Halava's career at HomeTown Communications ended with her retirement in 1987 as vice president for human resources.

Previously, she served as secretary to two Michigan governors — G. Mennen Williams and John B. Swainson — and as district manager for Congressman Billie S. Farnum. She also held positions at the Mackinac Bridge Authority while the bridge was being built.

She followed her passion for music by enrolling in the School of Music at Michigan College, later Michigan State University. Insisting she needed a better way to support herself,



Halava

her father insisted she enroll at Acme Business School,

but she remained a passionate violinist all her life. She played violin at high levels, becoming Concert Master of the Lansing Symphony Orchestra.

Her interest in and growing skill at watercolor painting enriched her 17 years on Maui, Hawaii, where she moved after her retirement from business. While in Hawaii, she also taught both watercolor and violin to children.

She moved back to Michigan in 2010, where she lived in the Independent Living Area of Burham Hills Retirement Center in Okemos. Her family held an enormous party there to celebrate her 93rd birthday, shortly before she passed away.

She is survived by her sons, Donald Ricks and Neil Halava and her daughter, Gail Halava, together with eight grandchildren, eight great grandchildren and three great-great grandchildren.

"Shortly before Margaret was born, somebody up there broke the mold," Power said. "I've never known anybody with as remarkable a range of talents as Margaret Halava. Her life enriched profoundly her family, her friends and her business associates."

Memorials honoring her life can be made to The Lansing Symphony Orchestra, 501 S. Capital Avenue, Suite 400, Lansing, MI 48933.

Volunteers needed for Rouge stonefly search

Friends of the Rouge is looking for volunteers who want to help look for stoneflies in the Rouge River on Saturday, Jan. 28.

The search begins at the University of Michigan-Dearborn at 9 a.m. No searching is done in Dearborn; volunteers carpool out in 10-12 teams to Rouge streams located around metropolitan Detroit.

Volunteers must pre-register by Jan. 20 on the FOTR website at www.therouge.org or by call-

ing (313) 792-9621.

Winter stoneflies hatch from streams in winter and are sensitive to pollution, making them good indicators of water quality. Friends of the Rouge volunteers have been looking for stoneflies every winter since 2002. Last year, 95 volunteers participated, but very few stoneflies were found. The lack of stoneflies was attributed to extreme cold during and around the date of the hunt. The search date was moved to a week later in

hopes of finding more of the sensitive creatures.

Volunteers must dress for the weather and be prepared to be out in the cold for several hours. Only trained team leaders go in the water; volunteers search through samples on the bank. Children five years and older are welcome when accompanied by a participating adult. Groups of up to six people can be accommodated.

The Annual Winter Stonefly Search is part of a long-term monitor-

ing program coordinated by Friends of the Rouge. It is supported by the Fred A. and Barbara M. Erb Family Foundation and conducted in partnership with Wayne County Department of Public Services and the Alliance of Rouge Communities. A report on the results from the Fall Bug Hunt held Oct. 15 was just completed.

The Rouge River covers 466 square miles in three counties and 42 communities in the metropolitan Detroit area. For more information, go online to www.therouge.org.



Mike is a 29-year-old young professional. He says he's not as smart as his smartphone — yet.

Do you know what Mike likes? (We do.)

With our audience expertise and targeting, we can help your business reach more Young Professionals like Mike. Find out how the Observer & Eccentric and Hometown Weeklies Newspaper Group's solutions — enhanced by partnerships with companies like Yahoo! — make us the local leader in digital marketing.

Call Observer & Eccentric at 734-582-8363 and Hometown Weeklies at 248-437-2011

OBSERVER & ECCENTRIC HOMETOWN
NEWSPAPERS WEEKLIES
www.hometownlife.com

in partnership with
YAHOO!

WAYNE HOUSING COMMISSION
4001 South Wayne Rd.
Wayne, Michigan 48043
Phone: (734) 721-8602

NOTICE OF PROPOSED TOILET ROOM UPGRADE WORK

THE WAYNE HOUSING COMMISSION IS SOLICITING SEALED BIDS FOR THE CONSTRUCTION OF MULTIPLE TOILET ROOM UPGRADES IN THE CITY OF WAYNE, MICHIGAN. DETAILED INFORMATION MAY BE OBTAINED FROM THE COMMISSION'S ENGINEER/ARCHITECTS: SCALES AND ASSOCIATES, INC. AT THE FOLLOWING FTP WEB SITE:

To obtain an electronic copy of the construction documents send an email containing the words Wayne Housing Commission Toilet Room Upgrade to:
cscales@calesassoc.com
An email containing a link to download the plans will be immediately returned.

Engineers/Architects Address:
Scales and Associates, Inc.
Suite 1100 Grand Park Centre
28 West Adams Street,
Detroit, MI 48226-1617
Phone: 313.962.8830
Fax: 313.962.3776

Publish: January 1, 2012

CE08764408 3x4.5

Open 7 Days a Week, 11-6pm. Wednesdays 11-8pm

KNIGHTSBRIDGE ANTIQUE MALL

42305 Seven Mile Road • (Just 2 Miles west of I-275)
Northville, MI 48167 • 248-344-7200

We have something for everyone!
26,000 sq. ft. with over 200 dealers of quality antiques.

- Furniture — Mid-Century/ Art Deco/ Modern
- Glass/Crystal/China • Tiffany Lamps
- Stained Glass • Jewelry • Vintage Toys
- Coins • Clothing • Linens • Military

OUR VIEWS

A new year

Let 2012 be better for all

To know where we are going, we need to know where we have been. In looking back to Jan. 1, 2011, who would have thought we'd face yet another year of financial crisis, that a newly elected governor would link words like transparency, dashboard and best practices to money and that reinventing the state and creating a business-friendly tax structure would leave cities and school districts facing their biggest challenge yet?

Last year was the pivotal point in a decade of decline in Michigan, a point when we were all put on notice that what was will no longer be. President John F. Kennedy's message more than 50 years ago is just as relevant today as it was then. We can no longer ask what our government can do for us, but what we can do for it.

New Year's Day is when many people decide on a resolution, a goal they hope to accomplish in the coming year. The success rate is dismal at best. Of the 45 percent of Americans who usually make New Year's resolutions, only 8 percent are successful.

According to Stephen Shapiro, one of the foremost authorities on innovation culture, collaboration and open innovation, the less happy we are, the more likely we are to set New Year's resolutions. That's especially true for those who set money-related resolutions: 41 percent are not happy, 34 percent are moderately happy, and 25 percent are happy.

And since there is no correlation between happiness and resolution setting/success, Shapiro recommends that instead of looking forward to what you want, we should spend our time reflecting on what we have, which is especially important during these troubling economic times.

Shapiro has a point. We should reflect on what we have. In Michigan in 2011, a lot was asked of all of us. We made sacrifices to help move the state forward and did whatever we could to help those who didn't have any more to give.

And as dismal as it is here in Michigan, we still have a lot. It may not seem like it, but we do. We still have police officers patrolling our streets and firefighters to respond to every emergency. There may not be as many as in the past, but they are still there to keep us safe.

We still have good schools and good teachers to educate our children. There may be less money, a curriculum may be more rigorous and a few more children in a classroom in the past, but they are learning and being prepared for life in the 21st century.

Our wealth can be measured in more than dollars. We are a caring, generous group of people and that caring spirit of residents is apparent in all we do for those who are less fortunate. We need only look to this past Christmas to see how much was done by volunteers to make it merry for youngsters and adults alike.

As we start the New Year, we do have a hope that it will get better for all of us, even if it is only a small improvement. We hope that this is the year that instead of hearing about job losses, we see the unemployed getting jobs. We also hope for an end to home foreclosures and that the shine will come back to the tarnished dream of home ownership.

And what we hope for most in this coming year is a return to sensibility and civility in government. We can't hope to make progress toward a better life with acrimony and self-serving posturing. Government shouldn't be about which party is in control and how they want to subjugate the minority, but about we the people.

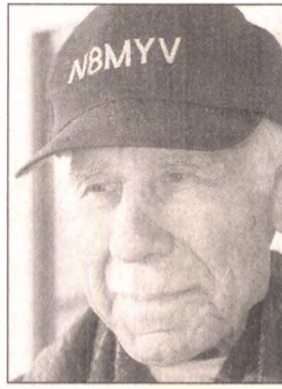
And we the people also must do our share. If we do, 2012 may be a better year.

We can only hope.

COMMUNITY VOICE

Is the presidential campaign season too long, too short or about right?

We asked this question at the Plymouth District Library.



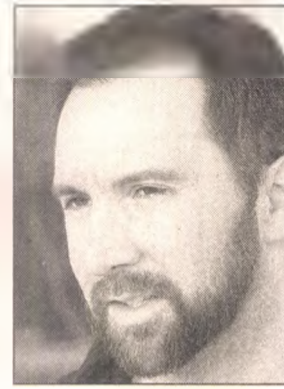
"Too long. They just take up too much time. People are not really paying attention and it's costing a lot of money. I think they could streamline it and make it more attractive."

Ed Smith
Plymouth Township



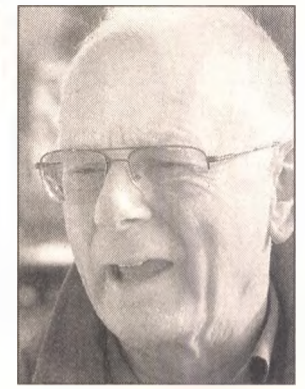
"I would say it's too long. It just seems to be a lot of back and forth ... starts losing focus on what's really at hand."

Joe Humeniuk
Plymouth Township



"I don't think it would be too short. I think it's kind of good to have it long because you can hear what people are going to say, their ideas."

Michael Smokovitz
Plymouth Township



"Way too long. It's ridiculous. You just become deadened by all the input from all the different candidates."

Jim Rawlinson
West Bloomfield

LETTERS

Fire 'facts'

I am a resident of Plymouth Township. This is my home, where my family lives and where I want them safe. I am not a lawyer, and I will leave the legal aspects of the fire department situation up to Mr. Cronin and our attorney.

But I would like to address the basic, common-sense, aspects of the issue of our fire department:

1. The board has refused to acknowledge the Steve Mitchell poll stating 73 percent of residents would support a 1-mill increase in taxes to maintain the current fire department.

2. The board has refused to accept the federal government "safer" grant of \$880,000 over two years to fund the department.

3. An article in the Observer implied the firefighters have not shared in the economic hits felt in the private sector; the truth is the board has refused to accept firefighters' offer of \$350,000 in concessions (including paying 20 percent of their health care costs).

4. The township has refused the union's offer to transport all EMS patients, at a net revenue increase of \$400,000-\$500,000 per year.

5. The board is "hanging its hat" on the legal aspects of the special assessment district law that the citizens were

WHAT DO YOU THINK?

We welcome your Letter to the Editor. Please include your name, address and phone number for verification. We may edit for clarity, space and content. Submit letters by the following formats:

Web: www.hometownlife.com
Mail: Letters to the Editor, Plymouth Observer, 615 W. Lafayette, Second Level, Detroit, MI 48226
Fax: (313) 223-3318
E-mail: bkadrich@hometownlife.com.

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

Deadline: Letters should be received by 9 a.m. Monday to be published in the Thursday edition.

required to follow, based on township law. They don't care that 4,000 landowners signed a petition asking them to put a 1-mill, five-year millage on the ballot.

6. They say "your safety is their top concern," yet they've reduced the qualifications of their "paid-on-call" firefighters. And they've increased the "paid-on-call" firefighters residency requirements from five miles outside of the township to 15 miles.

7. The township states the workload will be reduced by 30 percent. In 1995 when the joint fire department was

formed, the total run volume was 2,564 for "both" the city and the township. In 2011, the township-only run volume is expected to be 2,700, a 5-percent increase in workload. Staffing for the department peaked at 32 in 2000-02; today it is 24, a 25-percent reduction.

8. In Supervisor Reaume's \$4,000 mailer to the residents, he stated in two occasions that "initially, we will offer the same service delivery model." What he hasn't told you, that "after initially," there are plans to close the Lakepointe station; lay off an additional six firefighters, and only staff two stations with a total of three-four firefighters.

Tom Kelly
Citizens Action Group of
Plymouth Township

Hold it!

While I know nothing about the banned book, Gretchen Miller or Supt. Jeremy Hughes, I sure know something about ignorance of the law.

Is your article the end of the story? Is the school board willing to just brush this off as "without knowing there was such a process?"

Banned books, one-man decision, not following rules, ignorance ... hmmm, doesn't sound good to me.

Nan Cooper
Plymouth

GUEST COLUMN

Focus remains jobs moving into 2012

By Kurt Heise
Guest Columnist

My first year serving you in Lansing has been a busy one, filled with historic reforms and new ideas. With your help, I look forward to continuing this important work in the new year.



Kurt Heise

Job creation continues to be my top priority. I will continue to support spending, tax, and regulatory reforms that make Michigan competitive for job creation, and that foster an environment for

growth.

I introduced the very first bill of 2011 to eliminate the Michigan Business Tax (MBT) surcharge. That surcharge, and the job-killing MBT itself, were eliminated in a reform package that also erased a \$1.5 billion deficit, and cut taxes over \$700 million over the next three years.

As vice chair of the House Judiciary Committee, I also led the effort to eliminate unnecessary judgeships across the state, making government smaller and more efficient. I'm sponsoring addition-

al money-saving judicial reforms in 2012.

Responsible spending and reforms by the governor and Legislature helped us balance the budget and even achieve a surplus last year. The state now has money to pay down long-term debts; I'm also advocating that we reinvest some of this surplus into public education for our kids.

Unemployment has been dropping from its all-time highs, and many of our job creation reforms are just now taking effect. This past summer, *Newsweek* named Michigan the No. 1 state for job growth. This past fall, Bloomberg said we were No. 2 in their economic evaluation of the states. And, perhaps most importantly, Fitch Ratings upgraded our state's bond rating outlook to "positive," saving the state millions of dollars on our financing projects.

As the federal government, Detroit, and Wayne County have seen their credit ratings go down, Michigan's is going up, as Lansing makes the tough decisions to live within our means. This is what you hired us to do.

My door is always open. I've personally held over 100 coffees, library hours, one-on-one meetings, and advisory board meetings in 2011, and visited over 4,000 homes with my 'what's on your

mind' flier. My citizen advisory boards cover education, senior issues, small business, and local government, and are open to the public — nobody is turned away, nobody is hand-picked, dissent is welcomed, and discussions are always lively!

I'm also working with Northville and Plymouth leaders to develop jobs along the Five Mile corridor, putting the Robert Scott Prison up for sale, pushing for Detroit Water & Sewer reforms, supporting Canton's I-275 improvements, supporting common-sense environmental laws, and voting to make education funding a priority — even where I've had to disagree with my own party.

In 2012, I believe Michigan will continue its way back to the top. While our economy is recovering and growing stronger, there is no such thing as "good enough" for me. I will continue to work hard every day to bring new opportunities and jobs to our communities.

Kurt Heise is the state representative for the 20th House District, whose district includes Plymouth, Northville and part of Canton. He can be reached through his website at www.repurtheise.com, by phone at (855) REP-KURT, or via e-mail at kurtheise@house.mi.gov.

PLYMOUTH
OBSERVER
A GANNETT COMPANY

Brad Kadrich,
Community Editor
Susan Rosiek,
Executive Editor

Grace Perry,
Director of
Advertising

Sweet Dreamzzz celebrates decade of helping kids get good rest

By Susan Steinmueller
Observer Staff Writer

When it comes to getting a good night's sleep, the gift of a sleeping bag can mean a lot to a child in a low income family.

Nancy Maxwell, executive director of Sweet Dreamzzz, Inc. based in Farmington Hills, has seen many grateful recipients of the sleeping bags and blankets that the non-profit group provides.

"A little girl told our program director that she couldn't wait to go home because her sleeping bag was perfect for her closet, and that's where she slept," she said of one recent recipient at a Westland school.

Another child, a homeless boy at an Ypsilanti program, told them, "Thank you so much, I now have a bed."

Celebrating 10 years

Sweet Dreamzzz, Inc. is celebrating 10 years of providing sleeping supplies and sleep education.

It began when Kathleen Donnelly, of Farmington Hills, read an article about a boy in Detroit who slept under his coat in a burned out house with no heat.

Donnelly and a group of friends helped the boy and his mother, then went on to provide sleep kits to a low-income Detroit school, with the help of hundreds of volunteers and donors.

As the need became apparent, Donnelly and co-founders Maria Borri and Maxwell incorporated Sweet Dreamzzz, Inc.



A Head Start parent receives a sleep kit at a new program launched at the OLHSA agency in Oakland County.

in 2001. Its mission is to ensure that every child has a warm, comfortable night's sleep and is educated regarding the importance of sleep.

"I think sleep is probably the most overlooked component to a child's health and well-being," said Maxwell, of Farmington Hills.

Getting enough sleep also means better academic performance, she said.

The program has served some 33,000 children in southeastern Michigan so far, she said.

Various programs

Sweet Dreamzzz has programs for at-risk early childhood and elementary school children. Additionally, it has enrichment programs for all students, and holds

parent and employee workshops.

Schools with at-risk children are pre-qualified for the program and there is a waiting list.

"It's the teachers who are saying we need the program," said Maxwell. "They see that the kids are coming in tired or unkempt."

Children learn about a good night's sleep through the Sweet Dreamzzz Rest. Educate. Motivate. (R.E.M.) Sleep Education Program. It was designed with the assistance of Wayne State University Professor Monica Tracey and the National Institute of Health and Human Services.

The Sweet Dreamzzz kits include a sleeping bag for 4- and 5-year-olds, a blanket for 3-year-olds,

a stuffed animal, a reading book, sleep activity book, crayons, toothbrush and toothpaste and a chart for parents to track good sleeping habits.

Caregivers, too

In the past year, the elementary program launched a curriculum that included a missing piece — parents.

The two-week curriculum for Oakland County children was for a non-profit agency, OLHSA, and its federally funded Head Start preschool and Connections programs.

Surveys showed a very positive response, she said.

Parents not only established good bedtime routines as they read *Goodnight Moon* to their kids, but learned such things

SLEEP TIGHT

Sweet Dreamzzz recommends the following hours of sleep:

- ages 3-5: 11 to 13 hours
- ages 5-12: 9-11 hours
- ages 12-18: 8½ to 9 hours
- adults: 7-9 hours

Sweet Dreamzzz gives the following examples of good sleeping habits:

- Engage in relaxing behavior one hour before bed time, such as bathing and reading in low light.
- Stop screen-time one hour before bed, including television, video games and computers.
- Develop a routine for bed time.

as the appropriate number of hours of sleep their children needed.

"Their children were coming to school sleep deprived," said Maxwell, because parents believed they needed less sleep than they did. After their children received enough sleep, "the parents were saying, my child is better behaved."

"We tell them sleep is totally free — you can give your child this gift and it costs you nothing other than to establish a sleep routine and provide a warm, comfortable, quiet place to sleep."

Lots of help

The program costs \$15,000-\$17,000 per school, said Maxwell.

Donors and volunteers contribute to their mission.

The pilot OLHSA program was funded by a \$40,000 grant from the Detroit Auto Dealers Association Charitable Foundation Fund through the Community Foundation for Southeast Michigan.

School and communi-

ty groups from Bloomfield to Garden City and Plymouth have collected and donated sleep kit supplies, she said.

Volunteer "sleep teachers" deliver the sleep education program.

The annual R.E.M.ember Celebration recognizes those who help the program.

In 2011, the Susan M. Fezzey Volunteer Award of Excellence was established in honor of Fezzey, a dedicated Farmington volunteer. The first recipient was Candace Collins, a Farmington Public Schools teacher, who received it at the October celebration.

Maxwell looks forward to continuing to help children get a good night's sleep.

"The waiting list has grown," she said. "Having the waiting list itself is motivation."

To find out more about Sweet Dreamzzz, visit sweetdreamzzz.org. The address is 23660 Research Drive, Farmington Hills, MI 48335. Phone: (248) 478-3242

ssteinmueller@hometownlife.com
(313) 222-2241

we buy
gold
top prices paid

Golden Gifts
Jewelers

PROUDLY SERVING LIVONIA SINCE 1986

A Licensed Buyer

33300 West Six Mile Road
Livonia

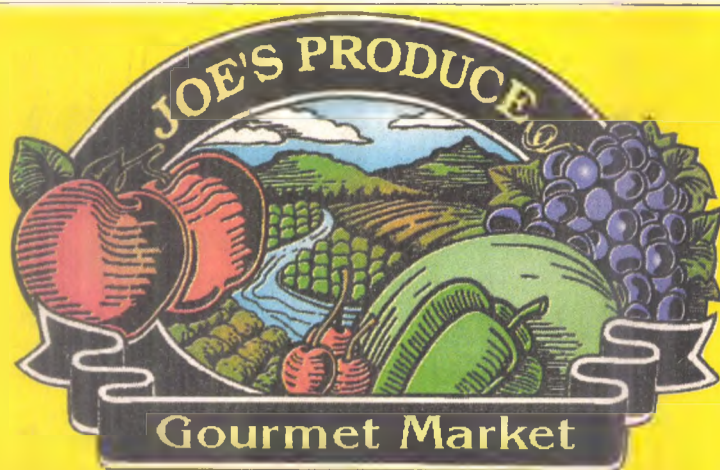
734.525.4555

At the Corner of Six Mile and
Farmington

Mon.-Wed. & Fri. 10-6
Thurs. 10-8 Sat. 10-5



Hosting A Sporting Event?
 Let Joe's Culinary Team help create the ideal party package. Everything from sandwiches to hors d'oeuvres to extra ordinary pastries, we can make your occasion memorable.



33152 W. SEVEN MILE RD • LIVONIA, MI 248.477.4333
 HOURS: MONDAY-SATURDAY 9-8 • SUNDAY 9-6

PRODUCE

Delmonte Cantaloupes 2/\$3	Spanish Sweet & Juicy Darling Clementines \$4.99 5lb box	California Pascal Celery 99¢ ea.	Fresh Crisp & Sweet Blueberries 2/\$4	Delmonte Bananas 39¢ lb.
---	---	---	--	---

DELI

Boar's Head Low Sodium Ham or Low Sodium Turkey \$6.99 lb. <i>Save \$3.00 lb.</i>	Dietz & Watson Classic Ham \$6.99 lb. <i>Save \$2.00 lb.</i>	Joe's Signature Turkey Pastrami \$5.99 lb. <i>Save \$1.00 lb.</i>	Hoffman's Salami \$5.99 lb. <i>Save \$1.00 lb.</i>
Boar's Head Swiss Lacey Cheese \$6.99 lb. <i>Save \$3.00 lb.</i>	Dietz & Watson Gourmet Chicken \$6.99 lb. <i>Save \$2.50 lb.</i>	Joe's Signature Old Fashioned Ham \$6.99 lb. <i>Save \$1.00 lb.</i>	Old Tyme Colby or Colby Jack Cheese \$3.99 lb. <i>Save \$1.00 lb.</i>

Next time you need fresh flowers for any occasion call or email Carolynn Russo. You can reach her at Joe's most Monday's, Wednesday's, Thursday's and Friday's from 9:30 a.m. - 3:00 p.m. or email her at crflorist@aol.com at anytime.

GROCERY

Borrelli Beans <i>Mix or Match All Varieties</i> 10/\$10
Original Soup Man Soup <i>10 oz. All Varieties</i> 2/\$7
Dannon Light & Fit Yogurt <i>6 oz. All Varieties</i> 10/\$10
Cedars Hummus 8 oz. & Cedars Pita Chips BUY 1 GET 1 FREE
Joe's Gourmet Salsa <i>All Varieties</i> 2/\$7
Joe's Tortilla Chips 2/\$4
Organic Blue Corn Tortilla Chips 2/\$5

BAKERY

Start Your Year Off Right!
Joe's Triple Berry or Trail Mix Power Bars
\$3.99 *Made Fresh Daily per pack*

Joe's Now Carries
Rumis Passion Gluten Dairy Free Cookies and Treats
\$5.99 per pack
 Starting at

Joe's Muffins
\$4.99 4 pack
All Varieties

CAFE

Joe's In Store Fresh Roasted Coffee
 All Flavors and Blends
\$8.99 lb. *Save \$1.00 lb.*

Joe's Bulk Dept. has the best Quality nuts, snack mixes and confections available.

Heart Healthy Walnuts
\$5.99 lb.
Unshelled

Everyday GOURMET

Turkey Loaf <i>Save \$1.00 lb.</i> \$4.99 lb.
Italian Sausage & Peppers <i>Save \$1.00 lb.</i> \$5.99 lb.
Tuna Pasta Salad <i>Save \$1.00 lb.</i> \$4.99 lb.
Steamed Asparagus <i>Save \$1.00 lb.</i> \$6.99 lb.

JOE'S GOURMET CATERING & EVENTS

Corporate Express, Weddings, Graduations, Picnics and so much more.
 We can customize any event to fit your needs and budget. Call our event planner today!

Visit us at www.joesgourmetcatering.com
 or call Laura at 248-477-4333 x226

WINE CELLAR

Cameron Hughes Cabernet, Sauvignon & Chardonnay <i>Save \$1.00 a bottle</i> \$11.99
Diamond Falls <i>Save \$1.00 a bottle</i> \$9.99
Opera Prima <i>Save \$1.00 a bottle</i> \$7.99
Fragolino Wine <i>Save \$1.00 a bottle</i> \$13.99

It may be cold outside, but it's summer at Joe's! This time of the year you can get great produce that is fresh with great value, diversity and high quality! Stop by and pick up some fresh produce!

Prices Good Through January 8, 2012



SECTION B . (*)
THURSDAY, JANUARY 5, 2012
OBSERVER & ECCENTRIC
HOMETOWNLIFE.COM

SPORTS

DAN O'MEARA, EDITOR
domeara@hometownlife.com
(313) 222-2323

Raiders' rally nets win over city rivals

North Farmington beats Farmington in boys basketball

By Dan O'Meara
Observer Staff Writer

Though his team trailed by 18 points in the second half, North Farmington coach Todd Negoshian wasn't about to give up on his basketball team Tuesday.

His faith in the Raiders (4-4) was rewarded as they rallied from a 42-24 deficit early in the third quarter to defeat city rival Farmington in a boys game, 71-65.

"I just thought, if we could battle for 32 minutes and play a complete game, win or lose, the tide would turn and things would start going our way," Negoshian said. "We looked better defensively and, with a little more intensity, the tide turned for us."

"The biggest thing is our guys really stepped up to the challenge at halftime. We needed to play hard. We played two so-so games over break and didn't play well. We needed to make sure we played well over the final 16 minutes."

Farmington (2-3) got control of the game in the first half and led at halftime, 34-22. A run of eight unanswered points that included a pair of three-point plays by Ken Hammond and Chris Hare expanded the lead to 42-24.

The Raiders climbed back to within one, 46-45, and were down three at the end of three, 50-47. Caleb Hogans and Do'trell Foster combined for 16 points in that period.

"I think we lost our aggressiveness," Farmington coach Terrance Porter said. "They made their run and we didn't make a run back. They became

Please see RAIDERS, B3



JOHN STORMZAND | STAFF PHOTOGRAPHER
North Farmington junior Sterling Sharp and a Farmington player go after a rebound. Jeron Rogers (0) and Nick Gojcay (35) follow the action.



BILL BRESLER | STAFF PHOTOGRAPHER

Canton's Pia Simon is the picture of concentration as she works the uneven parallel bars during Tuesday's dual meet against Northville.

Canton gymnasts spring to victory

By Tim Smith
Observer Staff Writer

Thanks partly to the return of Ayana Lewis from injury, the Canton girls gymnastics team opened its KLAAs schedule with Tuesday's 144.45-129.05 win over Northville.

The Chiefs (3-0 overall) won three of four events in the A-team competition during the dual meet at Plymouth High School.

Lewis — the Division 1 state champion on vault last season — scored a 9.15 on vault (third place) in her first competition of the season.

She really was at her best on floor exercise, sharing first place in that event with teammate Melissa Green.

"You can see the height on her floor," said Canton coach John Cunningham, about how the diminutive Lewis jumped high off the mat during floor exercise. "She's got elastic legs. It's fantastic, really."

Other Canton A-team firsts were scored by Erica Lucas on vault (9.625) and Nicole Lasecki on balance beam (8.925).

"I think 144.45 is a tremendous score, this early in the season," Cunningham said. "I'm really pleased with that. But we've got a lot of room for improvement."

Cunningham's 2010-11 team finished second in D1 with a 146.5. Sharper routines as the year progresses could

Please see GYMNASTS, B3

Rocket wrestlers romp to Elks tourney victory

By Ed Wright
Observer Staff Writer

Westland John Glenn's wrestling team ended 2011 with a bang, launching a victorious assault on 20 other teams Friday in the Plymouth Elks Varsity Wrestling Tournament at Salem.

The Rockets scorched the brackets to the tune of 161.5 points to wrestle the title away from runner-up Livonia Franklin, which pinned down 151 points.

Saline placed third with 115 points, followed by Howell and Dearborn Heights Crestwood, both tied for fourth with 111.5.

The host Rocks' 65

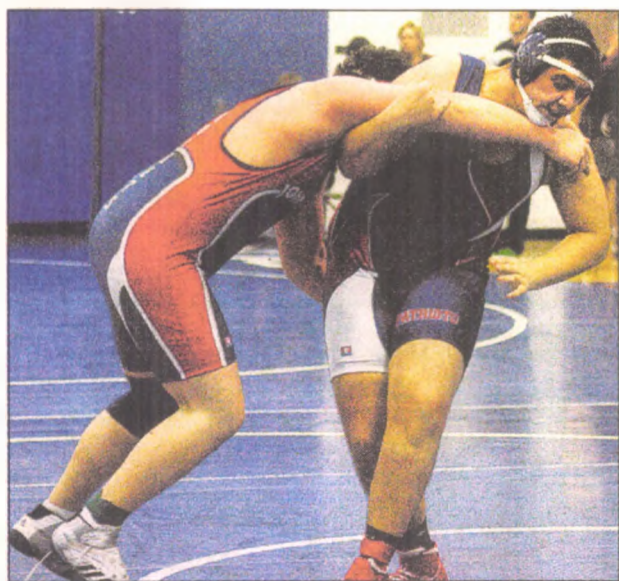
points were good enough for 15th, two slots better than Wayne Memorial (56).

Other Observerland-area teams competing included Redford Union (18th place), Livonia Churchill (20th) and Garden City (21st).

Leading the Rockets' championship charge were weight-class champions Kyle Gillies (112 pounds) and Kevin Wacker (145).

John Glenn received second-place points from Jordan Brandon, who was upended 5-3 by Wayne's Dimitrus Renfroe in the 215-pound final.

Please see WRESTLING, B2



ED WRIGHT

Livonia Franklin's Omar Haymour (facing camera) defeated Westland John Glenn's Dylan Morantes in this second-round 285-pound match at Friday's Salem Varsity Wrestling Tournament.

Chiefs ramp it up, edge Hornets

By Tim Smith
Observer Staff Writer

Canton's boys basketball team at times resembled an acrobatic troupe during Tuesday's 42-36 win over visiting Saline in the first game following the holiday hiatus.

There were flying blocks, diving stops and plenty of spin moves through the paint as the Chiefs (5-1) turned up the intensity in the second half to win the nonconference tilt. It was Canton's first game following the holiday hiatus.

After Saline closed out the second quarter on an 11-0 run to go up 22-18 at the intermission, Canton head coach Jimmy Reddy stressed the importance of playing harder and defending stronger against the previously undefeated Hornets.

"We came in at halftime and our coach was pretty fired up," said Canton senior forward Paul Baumgart, who led the way with 15 points, 11 rebounds and five blocks. "He got us ready to play when we came out for the rest of the game."

Canton evened the score at 31-31 after three frames before taking over midway through the fourth.

Junior point guard Josh Mayberry (nine points, six assists, five rebounds) hit a jumper to make it 35-35 and then delivered feeds to Baumgart down low for two more buckets. Canton never relinquished the lead after that.

"Coach tells us to have urgency," Mayberry said. "So I just thought about fighting hard."

Energized

He and his teammates immediately took heed following the locker room pep talk.

Mayberry connected on a bank shot and a rainbow trey from well behind the three-point arc during the first 2:10 of the third to put



BILL BRESLER | STAFF PHOTOGRAPHER

Vying for a rebound Tuesday night are Canton's Paul Baumgart (5) and Saline's Michael Smutny (52).

Canton back in front (26-24).

Also coming up clutch in the stanza was senior guard Kyle Adams, who drained two triples (one from each corner) to account for all six of his points.

"Defensively he (Mayberry) was pretty good," said Reddy, agreeing that it was one of the player's best games so far. "He was really good offensively in the second half. He made a three and maybe two pull

ups in the lane."

Saline head coach Matt Seidl, whose team fell to 6-1, said Mayberry "was quick and we didn't do a good job of containing him."

"Another key was they must have blocked six or seven shots around the rim," he said. "That's unique in high school."

Chipping in with six points each

Please see CHIEFS, B2



The Plymouth Oratorio Society performs its 25th anniversary concert last year. The choral group sang Mendelssohn's "Elijah" and was joined by The Michigan Sinfonietta Orchestra. Its spring concert is May 6.

Sing your way through 2012 in a local chorus

By Sharon Dargay
 O&E Staff Writer

Make your voice heard this year — join a community singing group. Local adult choirs are beginning to meet for weekly rehearsals — or have scheduled auditions — as they gear up for spring concerts.

"We are definitely an audition chorus. Your admittance to the chorus is based on audition," said Shelly Addison, manager of the Farmington Community Chorus. "It's not a difficult audition, but your voice is tested, range is tested and ear is tested."

"We say you really don't have to have previous chorus experience but do have to have a feel or ear



for music. You won't pass the audition if you don't have some musical experience."

Reading music is an optional skill. All members receive a rehearsal CD to help them mas-

ter the songs planned for the group's holiday and spring concerts.

"Even if you do read music, it's still helpful to hear it," Addison said.

Auditions for the Farmington Community Chorus

are 7:30 p.m., Tuesday, Jan. 10, 17 and 24 at the Costick Activities Center, 28600 W. 11 Mile, east of Middlebelt, in Farmington Hills. The group rehearses from 7:30-9:30 p.m. Tuesdays

through early May at the Costick Center. Call Addison at (248) 250-1447 with questions, or visit www.farmingtonchorus.com.

Director Steve SeGraves and accompanist/assistant director Susan Garr will lead the auditions.

The spring show runs Friday-Saturday, May 4-5 at Mercy High School in Farmington Hills. The group repeats its spring concert in August at Heritage Park.

The Farmington Community Chorus is in its 32nd year and draws singers from throughout metro Detroit.

"We've been running about 70 members," Addison said. "We'd like to build that up a little. All voices are welcome, espe-

cially men. We're always looking for men."

In Livonia
 Livonia Civic Chorus could use a few more male voices, too.

"Yes, we'd like to increase the number of 'Men of the Chorus,' Peggy Gaskill, president, wrote in an e-mail to the Observer. She said membership in the mixed group averages about 50 singers.

Rehearsals begin Jan. 10 and run 7:30-9:30 p.m. Tuesdays, at Emmanuel Lutheran Church, 34567 Seven Mile, at Gill, in Livonia. Dues are \$50 for the January-May concert season.

The group's spring con-

Please see CHORUS, B6





Rocky's

ROTISSERIE

37337 Six Mile
Newburgh Plaza
Livonia

**Chicken • Ribs
Fish & Chips
BBQ • Meatloaf**

We use locally grown produce and our soups are made from scratch!

ENJOY THE BIG GAME
...Let us cook for you!
Order Your Party Platter & Side Dishes NOW!

ALL CHALKBOARD LUNCH SPECIALS
\$6.99

BIG FAMILY FEAST
Includes Rotisserie Chicken, 4 Large sides & our House Bread. Feeds 6-8!

\$27.99

FREE 1 Quart Chicken Noodle Soup
with purchase of our \$16.99 Family Dinner
With this coupon. Expires 1-31-12.

Call or Order Online: www.rockysrotisserie.com

734.462.6240

Check out these local businesses. Many are offering great values and are ready to serve you...ENJOY!

Introducing...

bubbleberry

Sandwich Crepes • Sweet Crepes • Bubble Teas

Visit us in Laurel Park Place Mall
(Near Parisian...Next to Olgas)

734-779-5833
www.facebook.com/bubbleberry1

◀ Build your own Savory Sandwich Crepe

\$3 off
any \$10 purchase
at the Laurel Park Place...
bubbleberry

With this coupon • Expires 1-15-12

◀ Try our Popular Bubble Tea...
a tea based drink with flavor additives and tapioca "bubbles"

◀ Treat yourself to a Delicious Sweet Crepe



GOACH'S CORNER
BAR & GRILL • LIVONIA
Dine In
Carryout

Livonia's Family Friendly Neighborhood Sports Bar

Appetizers • Homemade Soups & Chili • Burgers
Sandwiches • Full Lunch & Dinner Menus

• Happy Hour M-F 3-6 pm
• 15 Draft Beers

• 23 42" Hi Def TVs with surround sound

<p>Best Wings in Livonia! All Day-Every Day!</p> <p>50¢ Wings 75¢ Boneless Wings</p>	<p>All Day Monday 8 oz. Angus Beef Burger \$4.95 with Chips or Fries. Dine In Only w/ beverage order</p>
<p>All Day Friday All You Can Eat Fish & Chips \$10.95 Dine In Only w/ beverage order</p>	<p>Wednesday Night 12 oz. N.Y. Strip Steak \$8.95 After 5 pm Dine In Only w/ beverage order</p>
<p>Friday & Saturday After 5 pm Slow Roasted Prime Rib \$12.95 10 oz. \$14.95 12 oz. \$16.95 16 oz.</p>	<p>All New Late Night HAPPY HOUR up to 1/2 off all menu items Su 9 pm-12 am; Mo-Th 11 pm-2 am</p>

19170 Farmington at 7 Mile
Livonia
248.615.1330

Olive oil is key in a well-stocked pantry

An increasing number of Americans are choosing to eat in, swapping expensive restaurant meals for budget-friendly dishes they can enjoy at home. One often-overlooked trick to stress-free home cooking and entertaining is simply having the right ingredients on hand. A well-stocked pantry not only makes cooking more efficient, it also helps stretch food budgets and leads to creativity in the kitchen.

Start with these basics and your menu options will be endless. Stock up on basic cooking ingredients, such as common spices and seasonings, including salt, pepper, basil, oregano, thyme, rosemary, red pepper flakes and garlic. Other staples should include olive oil, balsamic and red wine vinegars, and chicken, vegetable and beef broths.

Olive oil is a good all-around cooking oil that offers a variety of flavors. It's also a good choice if you're trying to control fats in your diet. Of the cooking oils commonly available in grocery stores, olive oil is one of the richest sources of monounsaturated fats and is naturally cholesterol-free.

For baking, keep flour, sugar, cinnamon, nutmeg, vanilla, nuts and dried fruits in your cupboards. And heartier staples such as canned beans, rice, pasta, onions, potatoes and carrots help round out the basics for delicious home-cooked meals that won't break the bank.

"As Americans rediscover the joy of cooking at home, they're also learning how to cook more efficiently," stated Bob Bauer, president of the North American Olive Oil Association (NAOOA).

The NAOOA has developed several new recipes ideal for cool-weather cooking — from hearty breakfasts to delicious desserts — that highlight pantry staples and offer flavorful meals that are easy to make and fun to eat.

Mirepoix Chicken Skillet

Prep Time: 17 minutes
Cook Time: 10 minutes
Total Time: 27 minutes
4 servings

2 tablespoons flour
1 teaspoon garlic pepper seasoning
¾ teaspoon thyme leaves
8 boneless skinless chicken thighs
3 tablespoons extra virgin olive oil
¼ cup finely chopped onion
½ cup finely chopped celery
½ cup finely chopped carrot
¾ cup white wine or chicken broth

Combine flour, garlic pepper and thyme in large plastic food storage bag. Add chicken; shake to coat; set aside. Heat 1 tablespoon olive oil in large nonstick skillet over medium heat. Add vegetables; cook and stir 1 minute. Push vegetables to outside of pan. Add remaining 2 tablespoons oil to skillet; increase heat to medium-high. Add chicken; cook 2 to 3 minutes per side to brown lightly.

Add wine to skillet; cover and reduce heat to medium-low. Cook 8 to 12 minutes or until chicken is thoroughly cooked. Serve vegetables spooned over chicken or pull chicken into large chunks and mix with vegetables before spooning onto plates.

Phyllo Apple Galette

Prep Time: 20 minutes
Cook Time: 40 minutes
Total Time: 55 minutes, plus cooling time
6 to 8 servings

4 Braeburn or Gala apples, peeled, cored and coarsely chopped
6 tablespoons olive oil
½ cup dried cranberries
2 tablespoons brown sugar
½ teaspoon cinnamon
¼ teaspoon nutmeg
½ cup slivered almonds
8 sheets phyllo dough (17- by 12-inch) sheets
2 tablespoons powdered sugar

Heat oven to 375 F. In large skillet, heat 2 tablespoons olive oil over medium heat. Add apples, cranberries, brown sugar, cinnamon and nutmeg; mix well. Cook and stir 2 minutes. Remove from heat; stir in almonds and set aside.

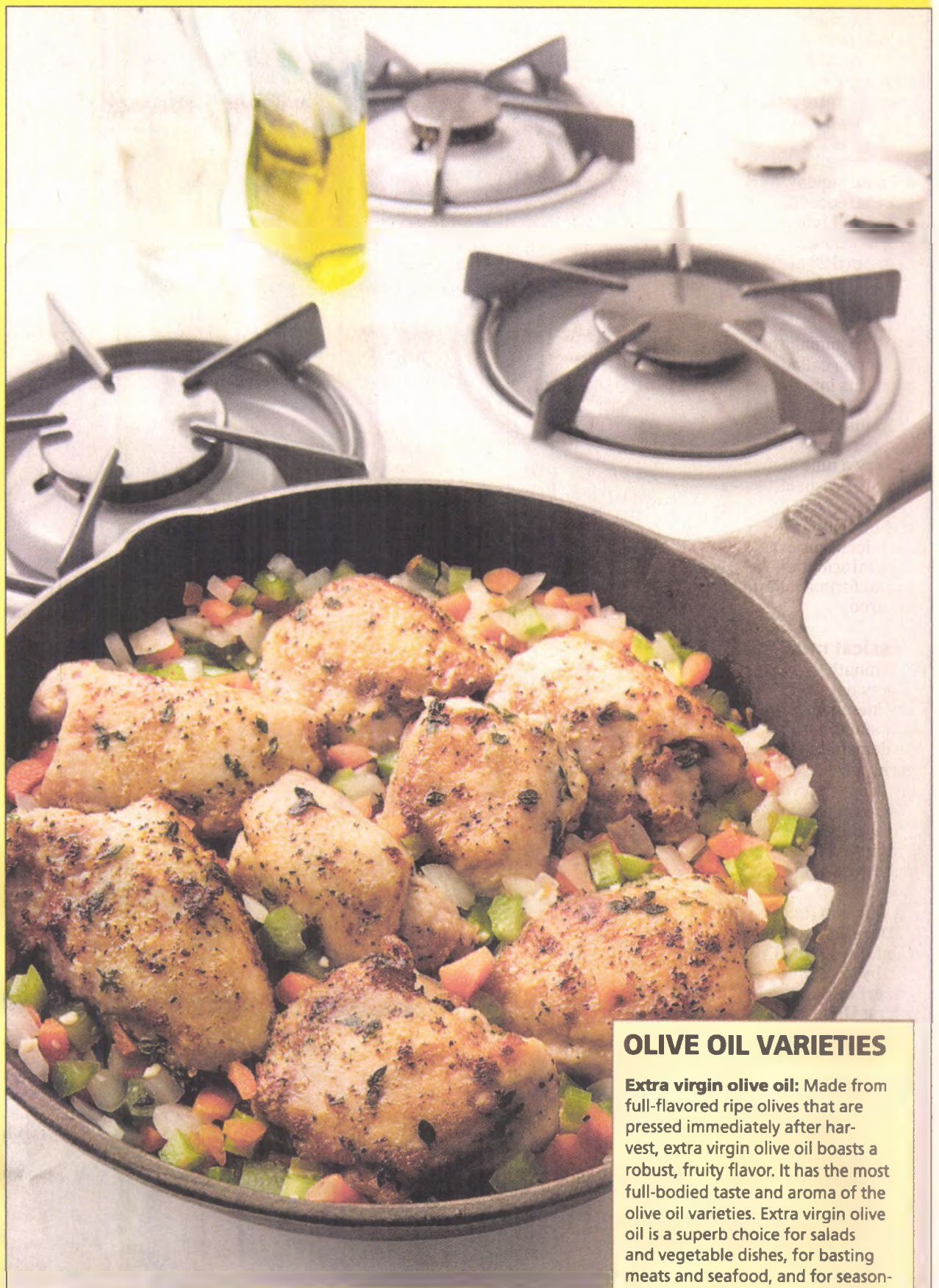
Place 1 phyllo sheet in center of baking sheet; brush with olive oil. Top with another sheet of phyllo and brush with oil. Repeat with remaining oil and phyllo sheets.

Pile apple mixture in center of phyllo, leaving 2 to 3 inch border. Fold sides up to form an edge around apples. Lightly brush edges with oil. Bake at 375 F for 40 to 50 minutes or until phyllo is light golden brown. Cool to room temperature; dust with powdered sugar if desired.

TIP: When working with phyllo dough, thaw if frozen. Allow unopened package to stand at room temperature at least 2 hours before using. Room temperature phyllo is much easier to work with than cold. Keep unused sheets covered with plastic wrap and a dish towel to prevent drying while brushing stacked sheets with oil.



Layered Phyllo Apple Galette



Mirepoix Chicken Skillet



Vegetable-Cheese Breakfast Roll Ups

Vegetable-Cheese Breakfast Roll Ups

Prep Time: 12 minutes
Cook Time: 6 minutes
Total Time: 18 minutes
3 servings

4 eggs, beaten
½ teaspoon tarragon, optional
¼ teaspoon salt
¼ teaspoon coarse ground pepper
2 tablespoons extra virgin olive oil
½ cup chopped onion
½ coarsely chopped mushrooms
¼ cup chopped red pepper
¼ cup diced fully cooked ham
3 tablespoons shredded Monterey Jack cheese

3 8- to 10-inch flour tortillas, warmed
In medium bowl, beat eggs, tarragon, salt and pepper; set aside. Heat oil in large skil-

let over medium heat. Add onion; cook 1 minute. Add ham and pepper; cook 2 minutes, stirring once or twice. Add mushrooms; cook and stir 1 minute. Pour egg mixture over vegetables.

Stir, scraping sides and bottom of pan 2 to 3 minutes or until eggs are desired texture. Remove from heat. Sprinkle with cheese; cover and let stand 1 minute to melt cheese.

Spoon onto tortillas: roll to enclose egg mixture.

Lemon Crunch Cod Fillets

Prep Time: 6 minutes
Cook Time: 18 minutes
Total Time: 24 minutes
4 servings

½ cup seasoned dry bread crumbs
¼ teaspoon dried dill weed
¼ teaspoon lemon pepper
4 teaspoons extra virgin olive oil
1 pound cod fillets, thawed if frozen
1 teaspoon grated lemon peel, optional
Parsley, optional

Heat oven to 375 F. Lightly grease small baking sheet or shallow baking dish with additional olive oil; set aside. In small bowl, mix bread crumbs, ½ teaspoon dill and ¼ teaspoon lemon pepper. Drizzle with 2 teaspoons olive oil and mix well until moistened. Set aside. Pat fish dry with paper towel; place on baking sheet. Brush fillets with remaining 2 teaspoons olive oil; sprinkle



Lemon Crunch Cod Fillets

with lemon peel if desired, remaining ½ teaspoon lemon pepper and remaining ¼ teaspoon dill. Top evenly with crumb mixture, pressing lightly to adhere. Bake 18 to 22 minutes or until fish flakes easily in center. Garnish with chopped fresh parsley, if desired.

OLIVE OIL VARIETIES

Extra virgin olive oil: Made from full-flavored ripe olives that are pressed immediately after harvest, extra virgin olive oil boasts a robust, fruity flavor. It has the most full-bodied taste and aroma of the olive oil varieties. Extra virgin olive oil is a superb choice for salads and vegetable dishes, for basting meats and seafood, and for seasoning soups, marinades and sauces. Or use it alone as a dip for breads. Reach for extra virgin olive oil when you desire a full, rich flavor in your foods.

Olive oil: Sometimes described as "pure," olive oil is an excellent all-purpose cooking oil that is more golden in color than extra virgin olive oil. It has a mild flavor with just a hint of fruitiness. It can be used for everything from sautéing and stir-frying to basting grilled or oven-roasted meats, poultry and seafood. Olive oil also works well as a flavor enhancer for sauces, marinades and dressings.

Extra light olive oil: With its light golden color and just a hint of olive flavor, it is the mildest of the olive oils. It's an excellent choice for all types of cooking, especially baking. It can be used in place of plain vegetable oil in most recipes. Extra light olive oil also is the best choice for high-heat cooking methods, because it remains extremely stable and won't burn. Extra light olive oil has the same amount of calories and the same nutrient content as other olive oils.

Cranberry Carrot Cookies

Prep Time: 30 minutes
Cook Time: 26 minutes
Total Time: 1 hour 5 minutes
Makes about 2 1/2 dozen cookies

1 (18.25 ounce) package white, spice or carrot cake mix
¼ teaspoon cinnamon
½ cup quick or rolled oats
½ cup olive oil
½ cup shredded carrot
1 small apple, peeled, cored and finely chopped
1 egg
1 teaspoon vanilla
½ cup dried cranberries
½ cup golden or dark raisins
½ cup coarsely chopped almonds, optional

Heat oven to 375 F. Combine all ingredients in mixing bowl; mix well.

Drop by heaping teaspoons onto ungreased baking sheet. Bake 10 to 13 minutes or until light golden. Cool 1 minute on baking sheet; remove to rack to cool completely. Dust with powdered sugar, if desired. Repeat with remaining dough.

UPWARDLY MOBILE

Whether we're helping people step up to a new job or reach new heights at the skate park, Gannett takes consumers where they want to go. And if you're interested in a COLLABORATIVE APPROACH TO HELPING YOUR BUSINESS GROW, Gannett is there for you, too. We invite you to engage – as millions of consumers do every day – through our powerful LOCAL-TO-NATIONAL NETWORK of broadcasting, digital, mobile and publishing brands.

IT'S ALL WITHIN REACH.



BNQT.com

One of our many special interest sites is targeted to action sports enthusiasts.

CareerBuilder.com

The largest employment site in North America.

GANNETT

It's all within reach.

LEARN MORE AT
GANNETT.COM

hometown life

NEVER TOO LATE
TO CHANGE

ROAD TO SUCCESS
PAGE 6

JANUARY 2012

PAGE 4

woman



PICTURE PERFECT

A New Year, A New You

Supplement to the Observer & Eccentric and Hometown Weekly Newspapers



Jeffrey Jaghab, D.D.S.
Stephanie Jaghab, D.D.S.

Family and Cosmetic Dentistry



*Drs. Jeffrey & Stephanie
Jaghab & Family*

For each new patient scheduled and treated in our offices we will make a donation of \$50 for an individual/\$100 maximum for the family to the PTA of their choice.

416 S. Main Street

(Same As Northville Road)

Between 7 Mile & Downtown Northville

Northville, MI 48167

www.jaghab.com

Office Hours:

Monday, Wednesday, Thursday 7am-4pm

Tuesday 7am-6pm

First Saturday of the Month 8am-1pm

(248) 349-2750

Practice Services

The finest, safest & most comfortable care...

- ✓ Quality, Individualized Care For All Ages
- ✓ Cosmetic Dentistry For Beautiful Smiles
- ✓ Convenient Early Morning Appointments
- ✓ IMPLANTS - The alternative to dentures
- ✓ Nitrous Oxide Available
- ✓ **zoom!**™ 1-Hour Teeth Whitening
- ✓ Non-Surgical Treatment For Bleeding Gums
- ✓ Digital X-rays (80% Reduction of Radiation from Traditional x-rays)
- ✓ Highest Infection Control Standards
- ✓ Insurance Accepted And Filed For You
- ✓ Variety Of Payment Options Available
- ✓ Cable Television Available To Watch During Procedures

Is Snoring a Problem?

Ask us about treatment.



We are proudly affiliated with the Oakwood Sleep Apnea Specialty Centers.



Oakwood

EDITORIAL

615 W. Lafayette Blvd.
Detroit, MI 48226

CIRCULATION

41304 Concept Dr.
Plymouth, MI 48170

Publisher & Executive Editor

Susan Rosiek
srosiek@hometownlife.com

Advertising Director

Grace Perry
gperry@hometownlife.com

Retail Advertising Managers

Frank Cibor
(734) 562-8361
fcibor@hometownlife.com
Lisa Dranginis
(248) 437-2011, Ext. 238
ldranginis@gannett.com

Contributing Writers

Valerie Olander, Helen Niemiec,
Barbara Deyo, Victoria Mitchell

Sales Associates

Sally Dobkin, Caryn Fallert,
Ed Fleming, Bob Kampf, Carole Layne,
Kelley Albrant, Michelle Palmeri,
Amy Norton, Sue Sare,
Lisa Walker, Cathy White, Lisa Johnson

Layout/Design

Dan Dean

Contributing Editors

Bill Emerick, Julie Brown

Product Integration Director

Sheryl Labon

Planning/Production/Pre-Press

Debbie Elwell, Rose Jarvis, Drew Krawiec,
Dawn Lovelady, Donna Thomas,
Cindy Wald, Tom Voyles

Graphic Artists

Eron Powers, Linda Rigdon,
Lynne Sharpe

Contact us:

Phone: (313) 222-2223
E-mail: woman@hometownlife.com
Website: www.hometownlife.com

© 2012 The Observer, Eccentric & Hometown Newspapers.
Hometown Life Woman is produced and published by the
Hometown and Observer & Eccentric Newspapers. These
materials are the sole and exclusive property of the media
group and are not to be used without written permission.

Resolve for 2012: Eat healthy and exercise

In today's youth-oriented society, it is rare to witness a sold out crowd gather to enthusiastically greet a 73-year-old female actress.

However, that was the case last fall when Jane Fonda captured the imagination of a crowd of mostly women at Florine Mark's 12th annual Remarkable Woman event.

The two-time Oscar winner looked terrific — fit, rested and happy. A breast cancer survivor, Fonda shared her formula for maintaining and or restoring a zestful quality of life that serves well throughout life — eat

healthy foods, exercise daily and foster only positive relationships.

So I offer you — readers of *Hometown Life Woman* — the same advice for 2012. Resolve to take care of yourself this year.

Inside you'll find some help — from food plans (not diets) to exercise to motivation in Barbara Deyo's column.

Start slow or take small steps but resolve to get fit in 2012. There's an eating plan and exercise regimen for everyone.

Here's to your success in 2012 no matter what self-improvement plan you decide to adopt.

And if it's January that means it's time for The North American International Auto Show at Cobo Center in Detroit.

The Charity Preview is set for Friday, Jan. 13, and the show is open to the public Jan. 14-22. Cars, trucks and more will be on display. The auto industry has a huge footprint in the metro area and women are emerging as major players in the business.

See today's story on local women who are making a difference in the auto industry — as engineers or on the retail side of the business.

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

Happy New Year! Make it the best one yet.



Susan Rosiek

Susan Rosiek
executive editor/publisher

CONTENTS

NEW YEAR NEW YOU 4

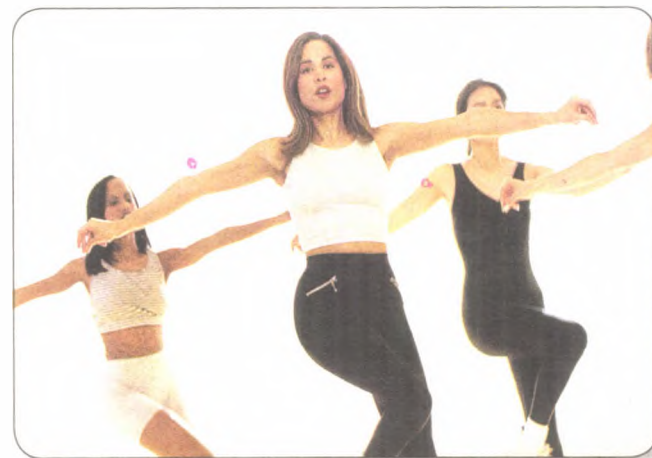
Columnist Barb Deyo: It's never too late to change.



AUTO WOMEN ON THE MOVE 6

Area women advance along road to success.

10-11 EXERCISE RESOLUTIONS THAT STICK



Exercise and diet, making it work for you in 2012.



GUILT-FREE 7

Satisfy winter cravings without the calories.

PERFECT TIMING PERFECT FLOORS PERFECT PRICE

CARPET
SALE

HARDWOOD
SALE

Our Most Popular
Plush

REG.
\$3.19 sq. ft.

\$1.99
sq. ft.

Installed w/heavy pad

Our Best Selling
Heavy Twist

REG.
\$4.29 sq. ft.

\$2.99
sq. ft.

Installed w/heavy pad

Our Most Popular
Berbers

REG.
\$3.49 sq. ft.

\$2.19
sq. ft.

Installed w/heavy pad

Basement
Carpet

REG.
\$1.99 sq. ft.

\$1.49
sq. ft.

Installed

REMNANTS
All Sizes
All Colors

70% OFF



FREE
Installation
on all
carpet
(Custom installation including
tear-out of old carpet & pad)

**FLOORING
SALE**

**3/4" Prefinished
Oak - 2 Colors**

\$2.99
sq. ft.

Laminates
starting at

\$1.29
sq. ft.

**FREE
CREDIT***
NO INTEREST
for
12 Months

NEXT DAY
INSTALLATION
AVAILABLE
ON IN-STOCK
SPECIALS WHILE
THEY LAST!

Manington
Vinyl

40% OFF

**PERFECT
FLOORS**

www.perfectfloorsinc.com

SOUTH LYON
248.437.2838

21946 Pontiac Trail
(South of 9 Mile Rd.)

HOURS:

Mon., Wed., Fri., 9am-8pm
Tue., & Thu., 9am-6pm
Sat. 9am-5pm

A new year or a new you?

By Barbara Deyo

Guest Columnist

What did you want to be when you grew up? Are you doing it? If you aren't — have faith in the fact that it's never too late to change. You can always reinvent yourself. The rewards are well worth the journey.

My father, Bill Deyo, said to me when I was 19, "What do you want to do, Barb, sell little things or big things? It doesn't matter, you are selling yourself." My dad raised me like a boy. He taught me to work for myself, earn it myself, and "figure it out" myself. So I did.

A good friend of mine, Tom T., said to me, that every few years, I hit the "reset" button. My motto is, if you don't like it, change it. Or as Steve Jobs once said, "Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle."

I didn't always want to be a makeup artist. But, it was something I fell into young. I was good at it and fortunately, I was always able to make a good living doing it. It took me leaving the profession for about a year to realize I did love it. I just needed to do it on my own terms.

Deyo for face and body is actually my third adaptation in the past decade.

Sometimes it takes a little trial and error to get it the way you want it. Don't be afraid to try and fail — more than likely, you will try and succeed.

The most important thing is you have to try. And my biggest piece of advice is: Don't make decisions based on fear.

Erin Rose, founder of www.positivedetroit.net and www.pickmidate.com cautions to make sure you are in it for the right reasons.

Be bold

"Be authentic," said Rose. "I wouldn't be successful if I wasn't passionate about Detroit, plain and simple. If you create a business solely because you are seeking 'fame and fortune' but have little to no passion for it, you will burn out



Barb Deyo

real quick. Do what you love! I'm an advocate for doing things big, so make a change. Don't settle for mediocre or recreating the wheel. Do it big!"

She equates her success to these key factors: It solved a problem. It was original. It was a niche market. And it was the right timing.

"Every time I get that fearful feeling in my stomach, the same one when I was creating Positive Detroit, I know I am onto something. I know that the risk is worth it. Get to know yourself and learn to trust your instincts," said Rose.

J. Chris Newberg — maybe you know the name from last season's *America's Got Talent*. A decade ago, at 31, he decided to throw stability out the window and pursue his dream of being a comedian.

"I have been in love with entertainment as long as I can remember," Newberg said. "It fuels me. Whether I become huge or remain anonymous, I

Please see **NEW YOU**, 16

*FINANCING BASED ON CREDIT APPROVAL. MINIMUM \$600 PURCHASE WITH 50% DEPOSIT REQUIRED. PRIOR ORDERS EXEMPT. CALL FOR DETAILS.

Back Pain? Sciatica? Herniated and/or Bulging Discs? Facet Syndrome?

No back surgery. No neck surgery.
No drugs. No injections.

Just Relief.



By Shane L Stanley, D.C.

There's good news. Through the combination of proven scientific principles and the latest technological developments, you now have a non-surgical option for your herniated discs or back pain.

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

What is the treatment about?

Patients describe the experience as a gentle, painless, intermittent pulling or gentle stretching of your back... Many patients actually fall asleep during the treatment!

Here's what people who have experienced what you are now going through want you to know..."...my back was so bad that I could not even sleep. If not for Dr. Stanley and the DRX 9000, I would have undergone surgery."

**-Terry J., Roseville, MI
Age: 56**

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

**-Iris S., Northville, MI
Age: 77**

SPECIAL OFFER

FREE EXAMINATION

Call Dr. Stanley's office at 248-476-7775 and mention that you want a FREE back pain/DRX 9000 qualification consultation. It's absolutely free with no strings attached. There is nothing to pay for and you will NOT be pressured to become a patient.

FREE CONSULTATION

Here is what you will receive:

- A consultation with me, Shane L. Stanley, D.C., to discuss your problem and answer ALL the questions you may have about back pain and the DRX 9000.
- A DRX 9000 demonstration so you can see for yourself how it works!

SUFFERING FROM AUTO ACCIDENT PAIN?

- Determine the extent of your injuries
- Provide you with treatment options.
- Help determine what is fair compensation for damages.
- Avoid permanent or chronic pain.
- Learn more about your rights that insurance companies may not be telling you.

Auto accident injuries can lead to chronic back pain. Let us help.

**NOVI
SPINAL CARE
INSTITUTE**

Call us for an appointment:
Dr. Shane Stanley, D.C. **248.476.7775**

39915 Grand River Ave., Suite 750 • Novi

VISIT OUR WEBSITE @ DETROITSPINEANDDISC.COM

Women advance along road to success in auto industry

By **Valerie Olander**
Contributing Writer

From the time a new vehicle is conceived in the design studio to the time it's driven off the dealership lot, women auto workers are involved in every aspect of its creation and technology.

Women are making strides in the male-dominated industry, comprising about 23 percent of the total auto workforce. Fewer hold management and corporate positions. Less work in automotive sales, although women make up more than half of all new car buyers and influence 85 percent of all car sales.

"The culture has changed as more women have entered the workforce and more women have gained respect in the field of engineering," said Karina Morley, 48, of Canton, who has a 28-year career with various automotive companies, such as Chrysler and Ford.

Currently, Morley works for Management Engineers, LLC, a German consultancy firm that advises on business process improvements.

For example, Morley recently helped a client shave 25 percent off the cost of labor, parts and manufacturing for a new steering system to be launched soon.

"I have absolute horror stories from blatant sexual harassment to not receiving work because the company was afraid I'd have a family. Things have changed in the last 20 years," Morley said.

Now, the mother of two boys, ages 14 and 17, with a stay-at-home husband, she can laugh about announcing her pregnancy while working on an international project in England in the early 1990s.

Please see **AUTO WOMEN, 8**



Susan Ianni is one of only a handful of women serving as general manager of a dealership. She heads Gordon Chevrolet in Garden City.



Kelley LaFontaine is in charge of public relations and marketing for the six dealerships that comprise the LaFontaine Automotive Group.



Karina Morley of Canton works for Management Engineers, LLC, a German consultancy firm that advises on business process improvements.





Delicious, guilt-free ways to satisfy winter cravings

When cold weather hits, so do comfort-food cravings. And although comfort foods like cookies and quesadillas taste great, they're not so great for your waistline.

To help you satisfy your cravings without winter weight gain, here are some tasty tips from "Hungry Girl" Lisa Lillien's new book, *Hungry Girl Supermarket Survival: Aisle by Aisle, HG-Style!*

- Check out the seasonal options of tea bags that pop up during the holidays, such as candy cane or sugar cookie. You'll get sweet satisfaction without all the calories.

- Dunk-a-fruit. Grab some orange segments and dip them in a sugar-free vanilla pudding snack cup. Or, plunge some apple slices into no-sugar-added caramel pudding.

- Portion-controlled cheeses are ideal for protein-packed snacking on the go. Mini Babybel® Light cheeses come in a protective red wax that makes them perfect for tossing into your purse to fuel your various shopping excursions.

- It's easy to overdo it when pouring dressing straight from the bot-

tle onto your salad. And those calories add up fast if you double or triple the serving size. So portion out a serving first, and consider using the dip-don't-pour method to make it go further.

- To make the most of a single serving of brown rice, stir in tons of diced veggies, fresh or thawed from frozen. Peas, carrots, bean sprouts, broccoli, coleslaw, shredded cabbage and finely chopped cauliflower are all great for this. Another tip? Don't make rice your main course. Fill your plate with lean protein and veggies and then enjoy a serving of fluffy rice on the side.

- For a spreadable, meltable, super-creamy and deliciously mild snack, try The Laughing Cow® Light Cheese Wedges, each with 35 calories and 1.5 to 2 grams of fat. They can be spread on apple or pear slices or even used in a gooey-good quesadilla recipe.

For more tasty ideas to keep you satisfied, visit www.thelaughingcow.com and www.hungry-girl.com.

Please see **GUILT-FREE**, 12

Deyo

for face and body



Deyo Studio...

Whether it's the BIG day or every day – you want the BEST.

BARBARA DEYO

owner, eyebrow & makeup expert, permanent cosmetic artist, airbrush tan specialist

Best Eyebrow Artist – *Real Detroit Weekly*
 Best Wedding Makeup – *WDIV 4 the BEST*
 Best of the Best – eyebrow shaping – *Allure Magazine*
 Makeover PRO – *Allure Magazine*
 Makeup Master – *Hour Magazine*
 Deyo Studio voted:
 Best New Spa – *Real Detroit Weekly*
 Best Massage – *Hour Magazine*

- Makeup applications & lessons
- Eyelash applications, extensions, perming & tinting
- Facial & skin treatments
- Massage & body treatments
- Airbrush tanning
- Custom Eyebrow shaping & tinting
- Permanent eyebrow & eyeliner
- Face & body waxing

On-site services available

576 N. Old Woodward Ave. (second floor)
 Birmingham, MI 48009 | (248) 203-1222

www.deyostudio.com



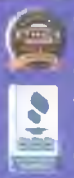
RICHARD W. PAUL & ASSOCIATES, LLC

Michigan's Retirement and 401(k) Rollover Specialists



Are you recently divorced or widowed and need help developing a financial plan?

In today's changing economic environment the return of investment has quickly replaced the need for return on investment. Protecting what you have is as important as growing it. Discover how the team of professionals at Richard W. Paul & Associates can help you take the right steps to financial independence today, and plan for a secure retirement tomorrow.



- Shouldn't you hope for the best but plan for the worst?
- Avoid running out of money during retirement.
- Are you faced with a pension or profit sharing (401-k) rollover?
- At Richard W. Paul & Associates we can make it EASY for you.

Hear Rich Paul on the
Nationally Syndicated Radio
Show "Financial Safari"
Sundays at 5 p.m. on
WMUZ 103.5

• Maintain your lifestyle during retirement • Call Wendy today to schedule a complimentary consultation.

(248) 305-9911

info@rwpaul.com

39555 Orchard Hill Place, Suite 150 | Novi, MI | 48375

www.rwpaul.com

Richard W. Paul and Associates, LLC is a Registered Investment Advisory Firm. Midwest Financial Consultants, Inc. is not a Registered Investment Advisory Firm. Investment Advisory Services Offered Through Richard W. Paul & Associates, LLC Securities Offered Through The Leaders Group, Inc. Member of FINRA/SIPC. 26 West Dry Creek Circle, Suite 575, Littleton, CO 80120 (303) 797-9080

AUTO WOMEN

Continued from page 6

"I remember one (Englishman) asking if the company was mad because 'now you have to go home.' I said, 'No. I'm not going home, I'm going to continue working,'" she said.

Judith Williams, 46, of Plymouth, who works at Visteon as the global coordinator of finance for the electronics division, said she pays little, if any, attention to being outnumbered by men in her office.

"There are women in various roles in all levels of the organization so I guess it just doesn't seem to be obvious to me (that the field is male-dominated)," she said.

Key roles today

Today, women play key roles in the male-dominated industry, such as designing braking systems and overseeing the offshore software development teams for component development.

Once upon a time, former General Motors vice president of styling, Harley Earl, who is credited with such state-of-the-art designs as the tail fin and wrap around windshield, had been called a visionary for being the first automotive designer to hire women.

In the 1950s, he received national media attention for hiring a group he called the "Damsels of Design" to provide insight on fabrics, colors and interior details, such as compartments for sunglasses and gloves, a door pocket for umbrellas and elastic components to keep grocery bags standing up straight in the trunk.

Earl saw the importance of women in the making and marketing of vehicles.

Since then, women have been part of research and development of soft-touch electronic controls, such as radio push buttons that replaced fingernail-breaking mechanical ones, and seat belts that fit and protect pregnant women. The introduction of the minivan was all about targeting women as important consumers.

There still are improvements that need to be made, such as a better center console design to store purses and gas pedals more conducive to high-heeled shoes.

"Whether it's the interior, features like OnStar, the trim, leather and detail, auto-makers have come a long way in knowing what women want," said Kelley LaFontaine of LaFontaine Automotive Group, which has six dealerships in metro Detroit, including its flagship Cadillac Buick GMC outlet in Highland Township.

At LaFontaine Automotive Group's six

dealerships, the business has been influenced by two generations of women: Maureen LaFontaine and daughter, Kelley.

Michael and Maureen LaFontaine opened their first dealership in Dearborn about 25 years ago and have grown to six in the metro area. Maureen overseas domestic auto sales while her husband concentrates on imports. Daughter, Kelley, 36, is in charge of the company's public relations and marketing.

"She's been recognized numerous times for all she has done, especially being a woman working in a field dominated by men. I think what she has done has been amazing," Kelley said.

Making a difference

Maureen's influence is evident at the flagship dealer, which was No. 1 in Buick GMC and Cadillac sales last year.

The dealership, built in 2008 and awarded for its "green" construction, was designed with the woman in mind. It features a salon, boutique, cafe and Kids Zone.

"She knows a working mother of four wants one-stop shopping. She wanted to accomplish more than having a service area where all there is, is smelling coffee in a square room," Kelley said.

Susan Ianni is one of only a handful of women serving as general manager of a dealership. She worked her way up from the ground level to become the head of Gordon Chevrolet in Garden City.

"My friend encouraged me to try it. At the time there were no women in the industry. I was a mom with three kids and I needed to make more money," she said.

She had been working at Silhouette/American health club in 1984 and had no background or education in the automotive industry when she started out selling cars at Stewart Chevrolet. She triumphed by being compassionate with customers and passionate about Chevrolet vehicles.

"I loved selling but I hated negotiating and the inconsistent pricing," she said.

By 1988, she was the sales manager at Gordon Chevrolet and proposed a one-price policy, also known as red tag. It was almost unheard of at the time.

"The problem with the car business then is that women, college students or anyone youthful or with little knowledge about buying a car tended to get gouged at the dealerships. It was terribly inconsistent pricing," she said.

By 1991, she was named general manager of the dealership, a position she still holds today.

"I still love the business and I love the way we sell at one price," she said.

The Tradition Continues...



Fitting Women Since "1947"

1/2 BLOCK SOUTH OF
THE BIRMINGHAM THEATER

MON - SAT 9:30 AM-6 PM

265 S. Old Woodward
Downtown Birmingham

(248)642-2555

Making the exercise resolution a lasting commitment

By Helen Niemiec
Contributing Writer

The gyms are packed in January, filled with people who have made exercising and getting fit a New Year's resolution. By February, the numbers have thinned out and another resolution goes unfulfilled.

Personal trainers and gym owners all agree that setting unrealistic expectations and not making exercise a priority is what dooms most resolutions. Their universal advice: make it a priority by putting sessions on your calendar and then working around that schedule, find an exercise routine that is both enjoyable and fits your schedule and think of it as fun and not drudgery.

Maggie Williams, owner of Curves of Birmingham/Bloomfield Hills, said that a total workout plan is ideal though the hot trends of Zumba can be an added inducement to attend. Zumba is exercising to Latin music, focusing on cardio and flexibility.

A number of gyms, including the Livonia YMCA and Mid America Fitness, are offering spinning classes, another popular fitness routine. Spinning is done on a stationary bicycle, with segments done seated and then standing, and is a cardio workout.

While those options, as well as Jazzercise offered in some areas, are popular and can draw crowds, all say that each person exercising needs to look at total body fitness in the overall plan. A Zumba or a spinning class can supplement a full routine that will incorporate not only a good cardio workout (which promotes heart health and also fat burning) but toning for muscle development and strength, flexibility,

ty and core strength emphasis, which aims to enhance stomach and back muscles.

All agree that no one should start blindly and need to consult the fitness personnel or personal trainer before charting out an exercise course.

"When you have a good trainer, you're investing in yourself," said Suzanne Schulz, personal trainer with Sports Club of Novi. "You will learn safe guidelines for exercise. Once you learn that, the sky is the limit."

She said to look at a personal trainer as a "tour guide," someone who will help the new person wade through the different exercise routines and classes available.

Jenny Schild, owner and personal trainer, Body Within Fit, in the Milford/South Lyon area, said that a trainer will point people in the right direction for classes to take.

"Exercising at home is fine and people should try to do something every day, even if it is just going for a walk. It depends on a person's commitment to do a real exercise program at home. It's better when people are in a gym or facility so they can be monitored to make sure they are exercising properly. An injury is a real setback to any successful exercise program," Schild explained.

Changing up a person's exercise routine will help keep the resolution as well, said Karen Blazaitis, owner, Mid American Fitness in Farmington.

"Mix it up because the same routine can get old," Blazaitis said. "There's always something new so try them. In addition to a cross training program, try a toning class or Zumba or spinning. Make it fun."

Ericka Dawydko, fitness director at the Livonia YMCA, said people need to be realistic and clear about what they want to accomplish.

"Set realistic, measurable goals and then take it month by month," she said. "When people see an improvement, such as a weight loss or the ability to use heavier hand weights or notice increased stamina, they are more likely to continue on an exercise program. We're here to motivate people and keep them working on their goals."

The Livonia YMCA, along with the other facilities, does initial assessments, which include weight and body measurements. They are taken so progress can be tracked, showing a person where they've improved even if they don't see it themselves.

Please see EXERCISE, 17



Getting started on an exercise plan

Getting started on an exercise plan isn't difficult, but there are three steps all personal trainers and gym owners do recommend.

See a doctor

Becoming fit shouldn't hurt a person. Trainers agree that anyone who hasn't exercised in a year needs to see her doctor before setting out to the gym.

"Check with your doctor about possible limitations," suggested Karen Blazaitis, owner, Mid American Fitness in Farmington. "People with high blood pressure, diabetes, bad shoulders or knee or hip replacements can exercise. We just need to know these limits so we put together a program that helps and not hurts."

Personal assessment

Each exercise facility offers personal assessments so the trainers can determine what activity level is best for the new

member.

"A personal trainer can do a fitness assessment and then have a conversation about what the person wants out of an exercise program. We can point a person in the right direction for classes to take or exercises to do at home," explained Jenny Schild, owner and personal trainer, Body Within Fit, in Milford and South Lyon.

Set reasonable expectations

"Remember you start where you are. If you ran a 10K 10 years ago, that was 10 years ago. Be reasonable and be kind to yourself," said Suzanne Schulz, personal trainer, Sports Club of Novi.

You get out what you put in

"Make exercise a priority and

Please see PLAN, 17



How to lose weight in 2012

By Sally Rummel
Contributing Writer

You'll be seeing less of Christina Knevels-Pescarino of Birmingham in 2012 than you did last year.

That's because she got a head start on a healthy lifestyle by joining Weight Watchers six months ago, before the throngs of New Year dieters begin their resolutions for 2012.

"This is the most successful I have ever been," said Knevels-Pescarino, who is pleased with her "slow and steady" weight loss of between half pound and a pound a week. "I like that you can choose to eat whatever you want. It's not a strict diet. It will work

for you as long as you make the right choices at the end of the day."

Making small changes and creating new habits and behaviors has become the diet plan of choice for many health experts. Health professionals all across the board are touting the benefits of behavior modification in making lasting lifestyle changes that can result not only in losing weight, but also keeping it off.

Weight Watchers just debuted its new three-step process of behavior modification — called the PointsPlus 2012 PowerStart. It encourages members to change their environment by getting rid of foods that challenge them

Please see DIETS, 18



Lighting up Northville...
One Smile at a Time!

Offering the very best in personal dental care. From the warm, relaxing atmosphere to the friendly, knowledgeable staff, we are invested in you and your family.

Laurie Jayne Toomajian, DDS and Associates

Serving Northville for over 22 years.

248.348.6780

201 E Main Street @ Hutton
 Downtown Northville

SmileNorthville.com

Show us *Your* smile



GUILT-FREE

Continued from page 7

Hungry Girl's Hey Mambo! Veggie Italiano Quesadilla

Makes 1 serving

½ cup canned cannellini (white kidney) beans, drained and rinsed
 ¼ teaspoon Italian seasoning
 1 large low carb/high fiber tortilla with about 110 calories
 1 wedge The Laughing Cow® Light Mozzarella, Sun-Dried Tomato & Basil cheese
 ¼ cup sliced zucchini
 ¼ cup sliced red bell pepper
 ¼ cup chopped onion
 1 piece Mini Babybel® Light cheese, chopped

Optional toppings: low-fat marinara sauce, fat-free sour cream

Place beans in blender or food processor with 1 tablespoon water; blend until mostly smooth. (Or place beans in bowl with 1 tablespoon water and mash with fork.) Add Italian seasoning and mix well.

Lay tortilla flat; spread half of the upward-facing side with bean mixture. Spread cheese wedge on other half; set aside.

Bring skillet sprayed with nonstick spray to medium-high heat on stove. Add veggies and, stirring occasionally, cook until softened, about 4 to 5 minutes. Transfer veggies to side of tortilla spread with cheese wedge.

Top veggies evenly with chopped cheese. Fold bean-covered side of tortilla over other side and press gently to seal, forming quesadilla.

Remove skillet from heat, re-spray with nonstick spray, and return to medium-high heat. Place quesadilla in skillet; cook for about 2 minutes per side, until outside is toasty and inside is hot.

Cut into triangles and, if you like, top or serve with marinara sauce or sour cream.

Per Serving (entire quesadilla): 295 calories, 8g fat, 858mg sodium, 44.5g carbs, 11g fiber, 5g sugars, 18.5g protein

— Courtesy Family Features

GOOD and good for you MEALS for a flavorful NEW YEAR

Staying true to wellness goals in the New Year doesn't always mean cutting out your favorite foods. In fact, having delicious meal options makes it easier to keep resolutions on track by increasing satiety and curbing the impulse to over-eat.

One solution to health-conscious meal planning is flavorful, nutritious pork. Today, pork tenderloin is one of the leanest proteins available, containing only 3 grams of fat per 3-ounce serving. What's more, studies show that trim, protein-packed cuts like the tenderloin make you feel fuller longer, keeping cravings at bay.

Nutritious, inspired meals for the New Year don't have to be complicated. Follow these simple tips for delicious meals that won't derail your health and wellness goals:

- **Slim Down with Leftovers:** Control portion sizes by immediately reserving part of the dish for later use. Pre-cooked tenderloin and chops can be repurposed throughout the week for healthful salads, wraps and stir-fries—keeping meals diverse while cutting down on prep time during hectic weeknights.

- **Dress it Up:** Tenderloin and chops are a no-brainer for fast family dinners, but they are also a perfect fit for elegant occasions. Stuffing chops with vitamin-packed veggies or rubbing tenderloin with flavorful herbs and spices elevates simple meals without the added richness of heavy sauces.

- **Lean, Mean, Juicy:** To keep them tender, lean cuts like chops and roasts should be cooked to an internal temperature of 145°F, with a three-minute rest, for maximum enjoyment.

For more information, including recipes to help you maintain a healthy diet year-round, visit www.PorkBeInspired.com or [Facebook.com/PorkBeInspired](https://www.facebook.com/PorkBeInspired).

Please see **GOOD AND GOOD, 15**



Tom and Eileen Landry, of Highland, pose in front of the Chevrolet Volt during the 2011 Charity Preview.

FILE PHOTO

Charity preview is Jan. 13

Ticket proceeds for The North American International Auto Show Charity Preview, Detroit's premier black-tie gala, raise millions for children's charities. Tickets are \$250 (\$240 of which is tax deductible) and can be purchased online at charity-preview.com or by calling (888) 838-7500.

The gala will take place at Detroit's Cobo Center, Friday, Jan. 13. Charity Preview is presented by RBS Charter One.

Proceeds from the event support vital services for children of all ages in the Detroit area. Since 1976, the NAIAS Charity Preview has raised over \$84 million for southeast Michigan children's charities — over \$33 million of which was raised in the last seven years alone.

"Charity Preview is proof that the people of our region are among the most generous in the world," said Bill Per-

kins, NAIAS 2012 chairman. "In good times and in bad, we roll out the red carpet for our guests and they respond, year-after-year, and help make Charity Preview one of the largest, single-night fundraisers for children anywhere in the world."

Perkins added, "We look forward to welcoming everyone interested in exciting cars and entertainment to the biggest event in the Motor City supporting children's charities, and the best of the auto industry."

Beneficiaries of the Charity Preview include: Boys & Girls Clubs of Southeastern Michigan, Boys Hope Girls Hope of Detroit, The Children's Center, Judson Center, The Detroit Institute for Children, Think Detroit PAL, March of Dimes, Children's Hospital of Michigan Foundation, and the DADA Charitable Foundation Fund, a fund of the Community Foundation for Southeast Michigan.



Surgeon
 Jennifer Kulick, MD

OB/GYN
 Jody Jones, MD

Oncologist
 Katie Beekman, MD

A caring team of medical experts.

When you are a part of IHA you receive the benefit of a care team. You have access to all of the female-focused care you need—obstetrics and gynecology, maternal-fetal medicine, oncology, general and breast surgery.

It isn't just the relationship you have with your own primary care physician, it's the relationship they have with a group of experts. You will have a doctor who knows medicine. Who listens to you. And a doctor who collaborates with other specialists and providers to ensure your health and well-being come first. **We can do that.**

Consider an IHA doctor today.

You can find a physician or office near you at IHAcared.com



IHAcared.com



Cheryl Burke
 Two-time Champion
 Dancing with the Stars

SUPER
 SEMI-ANNUAL
 Sale

3 DAYS ONLY!
 JANUARY 7-9

Start for \$0

plus get 5 friend passes

Offer valid with 12-month registration.
 Other restrictions may apply.

To learn more visit
jazzercise.com/supersale

jazzercise.

jazzercise.com • (800)FIT-IS-IT

0608763023



WOOLS
OF
NEW ZEALAND®

OUR WOOLS
COME IN
EVERY COLOR



**SAVE
20%**

on Wools of
New Zealand
Carpeting

In-stock
Special
100% Wool
Sisal Look
\$1.99
sq. ft.

McLEOD
CARPET ONE FLOOR & HOME

42598 Woodward Ave. • Bloomfield Hills, MI 48304-5030
Just South of Square Lake Road

248-333-7086

OE08763979

Our Pictures
Tell Our Story...



Welcome Home!

Call today to schedule a visit.



ST. ANNE'S MEAD
Assisted Living. Nursing Care.

16106 W. 12 Mile Rd. • Southfield, MI 48076 248.557.1221 • www.stannesmead.org

Sudoku

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

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

Level: Beginner

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

Level: Intermediate

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

Level: Advanced

Answers found on page 16

Keeping resolutions while on the go



JOHN LEE

Roasted Fig and Blue Cheese Salad for Glad® To Go Containers.

Winterize Your Pet!

THE SNOW IS FLYING!

Now is the time to winterize your pet! A spa treatment for the coat and skin, and a trim to minimize ice balls forming on the paws or coat will keep your pet happy and your house clean and dry!

Locally Owned and Operated

We Come to You!

Animal Grooming, Nail Trimming, & More Great Pet Care!

\$10.00 Off

NEW CUSTOMER DISCOUNT ONLY. 1 COUPON PER CUSTOMER & SERVICE. EXPIRES 2/28/2012.

1-800-PET-MOBILE

(800) 435-6644

www.petgroommetrodetroit.com

Year after year, saving money and eating healthier rank high on the list of New Year's resolutions, but as many know all too well, busy schedules can make it hard to keep these resolutions up.

"Pretty Delicious" author and "Top Chef" alum Candice Kumai has partnered with The Glad Products Company to create delicious recipes that help bring healthy food out of the kitchen, and in turn, help to save you both the cost and calories associated with eating lunch out.

"Now there's no excuse for us to break our New Year's resolutions," says Kumai. "My recipes are not only healthy, delicious, convenient meal time options, but they fit into our everyday lives while helping to save money, time and calories and reduce waste."

For additional recipes, lunchtime tips, coupon offerings and more, visit www.Facebook.com/Glad.

Spicy Tequila Lime Shrimp Salad

Prep Time: 10 minutes

Cooking Time: 5 minutes

Serves: 4

For the shrimp

- 2 tablespoons extra virgin olive oil
- 1 garlic clove, minced
- ½ teaspoon ground cumin
- Pinch red pepper flakes
- 1 pound medium shrimp, deveined
- 3 tablespoons high-quality tequila
- Salt, to taste
- 1 teaspoon dried chipotle powder
- 2 to 3 tablespoons fresh cilantro, chopped

For the salad

- 4 cups dark, leafy mixed greens
- ½ cup roasted red peppers, sliced thin
- ½ cup black beans, drained and rinsed
- 1 avocado, sliced thin

For the dressing

- ½ cup nonfat plain Greek yogurt
- 3 tablespoons high-quality tequila
- 1 tablespoon grated lime zest
- 1 teaspoon hot sauce
- 2 tablespoons fresh lime juice
- Pinch of sea salt to taste

Add olive oil to a large skillet over medium heat. Once oil is hot, add chopped garlic and cook for about 1 minute. Add cumin and red pepper flakes, and let flavors blend together.

Add shrimp and toss. Carefully add tequila and cook until alcohol burns off. Season with salt, and add dried chipotle powder. Once shrimp are cooked, add chopped cilantro, toss and put aside on a plate.

Toss mixed greens in a large salad bowl and add in roasted red peppers and black beans. In medium bowl, whisk all of the dressing ingredients together and alter to desired taste by adding additional hot sauce and salt. Top with avocado slices and sauteed shrimp.

Roasted Fig and Blue Cheese Salad

Prep Time: 10 minutes

Cooking Time: 20 minutes

Serves: 4

For the figs

- 2 cups fresh black mission figs, sliced in half
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 1 teaspoon honey
- ¼ teaspoon sea salt

For the salad

- ½ cup blue cheese, cut into elegant wedges or thin slices
- 6 cups mixed salad greens with arugula
- ½ cup candied walnuts
- Sea salt to taste

For the dressing

- 3 tablespoons honey
- 2 tablespoons Dijon mustard
- ¼ cup balsamic vinegar
- ¼ teaspoon sea salt

To roast figs, preheat the oven to 350°F. Remove stems off end of each fig, then slice fig in half. Roast for approximately 30 minutes or until a bit golden brown. Remove and cool slightly.

In small mixing bowl, mix 2 tablespoons balsamic vinegar, olive oil and honey. Add figs and toss to coat evenly. Marinate for 5 to 10 minutes.

Whisk honey, mustard, ¼ cup balsamic vinegar and sea salt together to create dressing.

Place greens in large salad bowl; toss in candied walnuts. Serve with two fig halves on top of each salad with a blue cheese wedge.

— Courtesy Family Features



GOOD AND GOOD

Continued from page 12

Roast Pork Tenderloin with Asian Dry Rub

Prep time: 5 minutes

Cook time: 15-17 minutes

- 2 pork tenderloins (1 pound each), trimmed
- 1 tablespoon packed light brown sugar
- 1 teaspoon ground ginger
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon ground cloves
- ½ teaspoon ground cayenne pepper

Preheat oven to 145°F. Line a medium baking pan with foil.

Stir together brown sugar, ginger, cinnamon, salt, black pepper, cloves, and cayenne pepper in small bowl. Rub pork with brown sugar mixture.

Place pork in prepared pan and roast for 15-18 minutes or until the

pork's internal temperature reaches 145°F. Remove from oven, cover loosely with foil, and let stand for 3 minutes. Cut into slices.

Serving Suggestion:

Serve the sliced pork tenderloin with brown rice tossed with thinly sliced scallions and fresh chopped cilantro. Steamed bok choy or broccoli drizzled with a tiny bit of Asian sesame oil make quick and easy side dish options.

Makes 4 servings, plus leftovers

Nutritional Information per Serving:

Calories: 140; Fat: 2.5g; Saturated Fat: 1g; Cholesterol: 75mg; Sodium: 210mg; Carbohydrates: 4g; Protein: 24g; Fiber: 0g

— Courtesy Family Features

INTRODUCING

DIET+EXERCISE+MOTIVATION.

One plan. One place. Curves.

With Curves Complete, you can lose up to 20 lbs. of body fat and 20 inches in just 90 days.



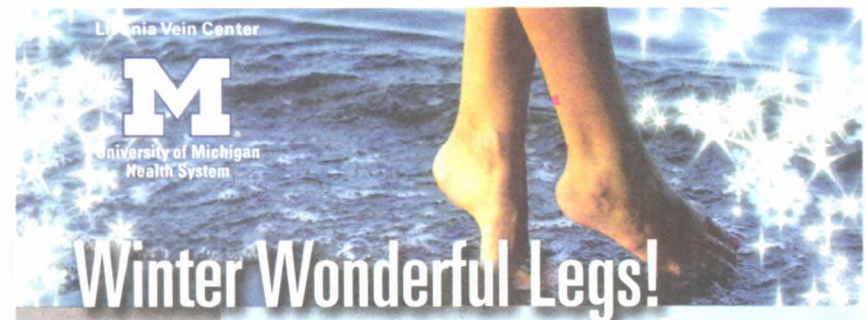
Curves 
Complete

curves.com

248-446-9330

601 S. Lafayette St., Suite B
South Lyon, MI, 48178
curveslocal.com/3286

Valid only at certified Curves Complete locations. See club for details. Some restrictions apply. Free trial offer is good for one week. Not redeemable for cash. © 2012 Curves International, Inc.



Winter Wonderful Legs!

LOVE

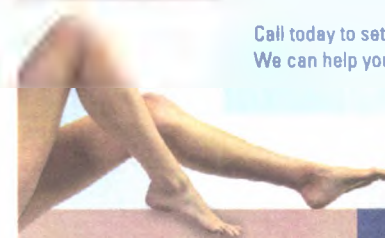
YOUR

LEGS

Eliminate Unwanted Varicose & Spider Veins

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

Call today to set up your **FREE** consultation with one of our physicians. We can help you love your legs again!



734.432.7662

www.livoniavein.com

LIVONIA VEIN CENTER

1900 Haggerty Road, Suite 105 • Livonia, MI 48152-1053

0E06700287

BLACKTHORN IRISH BAND

8 p.m. Friday,
January 20, 2012



Proceeds to help sponsor youth events.
Tickets include light hor d'oevres.
Wine and beer for a minimal cost!
\$15 per ticket or a table of 10 for \$100

St. Edith Church

15089 Newburgh Rd. • Livonia, MI 48154
734-464-1222 • www.stedith.org



NEW YOU

Continued from page 4

will fight to remain true. Own who you are."

One of his goals has been to be on the *Tonight Show*.

"Thirty-two times I submitted my audition and 32 times I was told no. On No. 33 — they said yes."

By the way, he didn't make it past the first round of live shows of AGT — but guess what? Howie Mandel is executive producing a new show for him for NBC Universal. See www.jchrisnewberg.com.

This leads me to another famous quote from my dad: "With every adversity comes an equal or greater benefit."

Tom T. is a born entrepreneur. He started his first businesses at 14, cutting grass and DJ'ing friends' parties. He obtained his finance degree at Michigan State, and at 22, launched his own real estate investment company.

"I saw an opportunity and started flipping houses," he said, while he continued to build his DJ'ing career. Today, he travels the world extensively, owns his own record label, Detox Recordings, and as I always tease him — DJ's eight days a week. His words of wisdom: "The rewards are not always financial." www.djtomt.com

Khalil Ramadan runs the "family business." When I say "run" I mean run. He is the visionary; the one that assembles his dream team down to every detail. Best known for the multi-award winning Crave Lounge in Dearborn — www.cravelounge.com — Khalil produces, negotiates, designs, hires, trains, develops, markets, and so on ...

His first business was an ice cream truck when he was 16. He begged his father to buy it for him, and recalls, "I went around with my little brother and

sold ice cream cones all day. We ate more than we sold. However, I realized the 'buying/selling concept' and I knew I wanted to work for myself."

In his 20s, Ramadan spent several years in Europe modeling and wanted to bring that sense of style back home to Detroit.

"It's not always about making money, but whatever I do, I want it to be beautiful and I want it to be the best."

Take the plunge

Erika Patterson, at 34, finally took the plunge and started her creative production company, Plume, "a one-stop shop for all things creative," this past year (www.plume-inc.com). After years of working for a variety of local companies, and raising a family, she vacillated with the idea of starting her own business.

"I was always torn between the needs of my children and doing something for myself. I wanted to show my children you can be a good parent and still have a fabulous company of your own."

And you can. As a single mother myself, I know the risks and rewards of being a business owner. You have no idea what kind of paycheck you are going to have, you don't get paid vacations, and there are no sick days or health benefits. The rewards may not be always be financial, but, if you work hard enough, they can be. And you will never know unless you try.

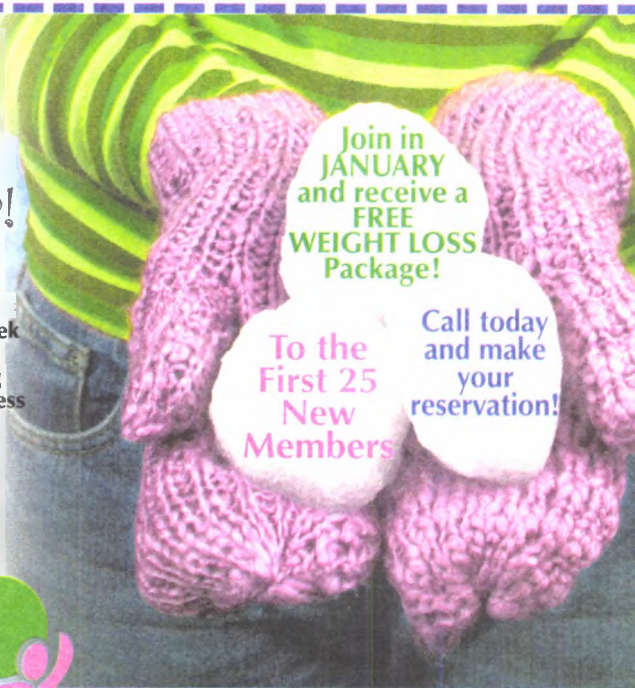
Don't be afraid to hit the reset button.

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, Shaun Robinson and more. She has been named Best of the Best by Allure, Hour, Real Detroit and WDIV. Deyo Studio is located at 576 N. Old Woodward Ave, 2nd floor in Birmingham — (248) 203-1222, www.deystudio.com

Get Healthy in the New Year!

FIT ZONE MEMBERSHIP OFFERS YOU:

- 25+ Classes Per Week
- Customized Equipment Training
- Unlimited Club Access
- Discount On Personal Training
- Infrared Sauna
- Nutrition
- Weight Loss Challenges and Much More!



Fit Zone for Women

A REAL HEALTH CLUB, FOR REAL WOMEN, LOOKING FOR REAL RESULTS!

LIVONIA

16112 Middlebelt
Between 5 & 6 Mile Rds.
734-525-4636

Grand Blanc 810-953-3870
Waterford 248-674-9800
*Not valid with other offer.
With this ad • Expires 1/31/12



Sudoku Answers

Beginner

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

Intermediate

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

Advanced

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

EXERCISE

Continued from page 10

"It's really what helps people stick around. No one is judging you. People of all shapes and sizes come and what matters is that you are exercising," Dawydko said.

Williams agrees that some are shy about getting started because they don't look like a magazine cover model.

"We're as non-threatening as it gets. We all come to exercise and enjoy the experience," she said. Williams was a member at the Oxford Curves, loved it so much and saw results, so she bought a franchise and opened the studio in Birmingham.

Her story is basically what all gym owners and personal trainers have as their New Year's resolutions for all members — that exercise becomes a

lifestyle change.

"If you exercise often enough and enjoy it, you miss it when you don't do it," Williams said. "Instead of dreading going, you don't want to miss it. We know that we feel better when we've finished a session. We've got more energy and we're happier. It's a real boost."

Schulz encourages people to keep in a program and keep moving. "When you don't use major muscle groups or work on agility, that's when knees get stiff and you're more apt to hurt your back when doing things like moving a piece of furniture. It's very true that if you don't use it, you lose it."

Dawydko agreed. She said she's had members tell her that when they lost their footing on the ice, they were able to recover better than in the past.

"It's little things like that. You work on your balance and agility and you can avoid getting hurt. Your body works with you if you work with it," she said.



PLAN

Continued from page 11

put it in your calendar. Schedule around it so you don't forget. If you exercise two or three times a week, you'll see better results than if you drop in occasionally," said Maggie Williams, owner, Birmingham/Bloomfield Curves.

Exercise with a friend

If it's difficult to walk into a gym alone, find a friend to go with you, who may also need the encouragement of a

friend to get started.

"It's helpful if you have a friend but you can't let someone else sabotage your health efforts," said Ericka Dawydko, fitness director at the Livonia YMCA. "Make sure your friend is as committed to long-term health benefits as you are. Otherwise the trip to the gym followed by going out for coffee ends up being just a trip to the coffee shop."

Dawydko said there is a camaraderie that forms in exercise places. Even if close friendships aren't formed, there are others to chat with and share information.

Create Smiles

Become an
Orchards Children's Services
Foster or Adoptive Parent!

- Singles, Couples & Partners Welcome
- Free Training
- Long / Short Term Placement Available
- Foster Homes needed for older youth / teens
- Foster Homes needed for sibling groups
- Foster Homes needed for children with special / medical needs

www.orchards.org

877.529.5532

0508 8/77

Destination Weddings ...Honeymoons

Bridal Registry Available

Let us help you create
a Storybook Ending
...with your very own

"Happily Ever After!"

TRAVEL LEADERS

44427 W. Ann Arbor Road
Plymouth, MI 48170

734-455-5810

800-874-6470

Plymouthmi@travellers.com
www.travellers.com/Plymouthmi

0508/1/10

Here are a few weight loss program choices

Weight Watchers

Weight Watchers has debuted PointsPlus 2012 PowerStart to incorporate a three-step behavior modification process into its program. Members have a daily target of PointsPlus food values, based on how a person's body processes protein, fat, carbohydrates and fiber. All fruits and most vegetables now have a zero-points value and a group of Power Foods is encouraged for meal planning. The program is based upon the four pillars of food, exercise, behavior and support.

Cost: \$20 registration fee and weekly fees between \$10-\$15, depending upon location. An online Weight Watchers program is available at a reduced cost.

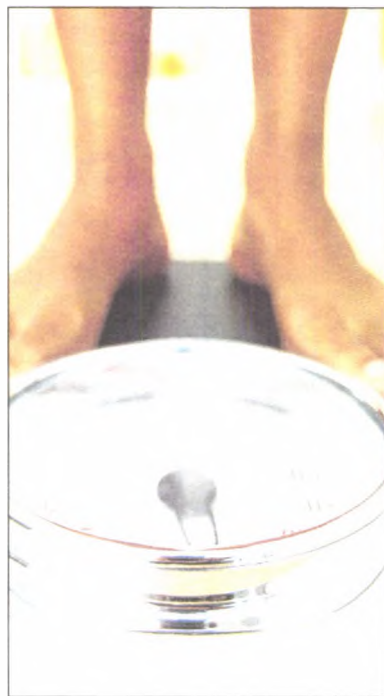
Physicians Weight Loss Centers

This is a weight loss franchise with at-center and online programs available. Local franchises include Livonia, Novi and Plymouth. Clients can choose between six different weight loss system options, plus 150 specialized foods, nutrients and weight loss products. Counseling is also included as part of the program. Costs vary by program.

Jenny Craig

The weight loss brand marketed by celebrities including Queen Latifah, Valerie Bertinelli and Phylicia Rashad boasts a sensible approach to weight loss, advocating losses of about one to two pounds per week. The program addresses mind-body aspects of weight loss by helping clients adopt healthful eating and exercise habits, as well as encouraging them to examine the underlying causes of their weight problems.

Cost: Signup costs include weekly one-on-one counseling, personalized menus, motivational plans and assorted manuals and guides, depending on membership level. The prepackaged foods generally cost \$12 to \$18 per day, or \$84 to \$126 per week.



NutriSystem

This at-home system (no office visits or weigh-ins) involves eating the company's prepackaged meals exclusively. The 28-day program includes breakfast, lunch, dinner and snacks (you may add fresh vegetables, fruit and dairy). Support is offered through a free website.

Cost: To lose about 30 pounds, a dieter would spend approximately \$1,199.80 for all pre-packaged foods, except fresh fruits, vegetables and dairy.

Medical Weight Loss Clinics

Everyone knows their TV jingle, "the shape of things to come," but people may not know that is Michigan-based company has 34 locations in Michigan and Ohio. Medical Weight Loss Clinic is administered by Michigan board-certified physicians, who use an exclusive behavior education program and one-on-one counseling to help people lose weight for good. Costs vary by program.

To find out more about how diets rate, visit: www.topdiets.com and www.dietchoices.com.

DIETS

Continued from page 11

to overeat, use their internal cues to choose a nutritious food over a less nutritious choice and to plan their eating in advance for the week to anticipate obstacles or special events.

"This is the first time a weight loss plan has tackled the behavior before tackling the food," according to Florine Mark, president and chief executive officer of The WW Group in Farmington Hills.

Members also have another choice in the 2012 Weight Watchers program. They can choose to lower their daily PointsPlus target to 26 from the previous 29. PointsPlus assigns a point value to each food, based on its fat, carbohydrate, protein and fiber content. "It's really a buffer for members in their daily tracking," said Laurie Poma, media relations specialist for The WW Group. "Now they can lower their target while still hitting their daily nutritional needs. It's all a mindset. If it helps a member lose even just one pound, it will set them in the right direction for long-term success."

Behavior modification is key at weight loss programs utilized at the St. John Providence Health System, which serves residents throughout metro Detroit. People who are interested in losing weight will find that modifying their behavior is essential to success — whether they follow the hospital's medical weight loss program or undergo bariatric surgery.

"We take it from a behavioral focus," said Kathy LaRaia, vice president of St. John Providence Oncology and Weight Management programs.

Whether the weight loss "tool" is a focused team approach like St. John's medical weight loss program, or is bariatric surgery, the goal is the same: longevity, quality of life and feeling good about yourself, according to LaRaia. St. John Providence Health System performs over 700 bariatric surgeries per year, including the newest bariatric program at Providence in Southfield, which debuted in September.

People who want to start their New Year 2012 off on a healthy foot might want to attend a meeting on Wednesday, Jan. 11, at 6:30 p.m. at Providence in Southfield, "Keeping Healthy Resolutions."

"This is part of our ongoing lecture series called 'Conversations in Health' that we hold at Providence each month," said Nadene Cook, St. John Providence Health System marketing and commu-

nity relations director.

People who want to lose weight in 2012 should keep the following things in mind:

- In order to stick with a weight loss plan, a dieter has to make sure she can follow it comfortably without disrupting her lifestyle and food habits. To stick with a diet plan long term, a dieter has to work around a schedule, not against it.

- The diet program selected has to be an affordable choice so that the person using the plan can stick to it long term. Some weight loss programs charge by the number of pounds lost — for example, Jenny Craig Weight Loss Center, while others charge for special menus and packaged foods, for example, Nutri-System. Find out by calling the program you're most interested in, to see how varied the costs are before you decide to join.

- Check out online programs, too. Many of them provide affordable plans, from Today Show nutritionist Joy Bauer.com to eDiet, diet.com, fasttrack.com, weightwatchersonline.com, etc.

- A weight loss plan should include a person's favorite foods. Everyone has their own nutritional preferences and habits, which must be addressed for long term success. A vegan wouldn't fare well on the Atkins diet, and a pasta lover wouldn't do well on a high protein, low carb diet. Denying one's favorite foods forever is a guarantee of diet failure, experts say.

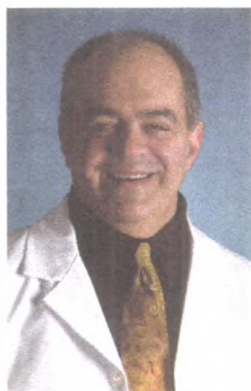
- Make sure a diet plan matches a person's personality type. Some weight loss programs, including Weight Watchers, are best known for weekly meetings and member support. Others, like Jenny Craig Weight Loss Centers, encourage members with one-on-one consultations. Weight loss program like Nutrisystem and Physicians' Medical Weight Loss incorporate the use of pre-packaged foods for portion and calorie control.

The most important aspect of any weight loss program is that more calories are expended than are taken in, and that it fits a dieter's ability to thrive in its environment.

"The Weight Watchers program works very well, as you long as you follow it," said Knevels-Pescarino, who's in her mid-30s and works as a magazine advertising sales representative. "It's especially important to go to meetings. Even if I choose to not go on the scale, I'm still at the meetings for moral support."

She also suggests "buddying up" with a friend or relative so you can help each other with your weight loss efforts. "My mom has been my weight loss ally," said Knevels-Pescarino. "She's lost 30 pounds so far."

Do you suffer with **MIGRAINES, CHRONIC HEADACHES or FIBROMYALGIA?**



Dr. David Atiyeh

Dr. David Atiyeh is holding an in-office
Migraine/Chronic Headache/Fibromyalgia Seminar

"What do you do when the medications don't work?"

Tuesday, January 17th at 6 pm

Topics to be discussed:

- Why these symptoms often go together*
- What are the causes of Migraines/Chronic Headaches/Fibromyalgia*
- Why you can go from Doctor to Doctor and get no answers and no relief*
- How to correct the problem and not just mask the symptoms with drugs*
- How proper testing is needed to pinpoint the cause of your Migraines/Chronic Headaches/Fibromyalgia*
- How to live free from Migraines/Chronic Headaches with a clinically proven program*

If you or a loved one is suffering from
Migraines, Chronic Headaches or Fibromyalgia

Then you must attend this Seminar on Tuesday night at 6:00 pm

Find out why our approach is different and why it WORKS!

Our offices are located at: 247 N. Main Street, Plymouth, MI

"Multiple medications failed, my PCP had every test run and even sent me to a neurologist. They found nothing. Chiropractic has been a Godsend."

Jonathan K.

OE08763662

Seats are limited! Reserve yours now...Call (734) 455-2145

THE WORKSSM FUEL SAVER PACKAGE

- Premium Synthetic Blend Oil & Filter Change
- Rotate Four tires & Adjust Inflation
- Inspect Air and Cabin Filter
- Multipoint Vehicle Inspection • Battery Test

\$39⁹⁵

Change engine oil, up to 5 quarts of Motorcraft[®] oil. Most makes and models. Diesels excluded. Taxes and hazardous waste disposal fees extra. Expires 1-31-12. Valid only at Varsity Quick Lane of Novi.

AUDIOVOX REMOTE START

- One button remote start
- Lifetime warranty

Ask advisor for details. While supplies last. Most cars and light trucks.

\$189⁹⁵

MUST PRESENT COUPON WHEN ORDER IS WRITTEN. Plus tax and shop supplies. Most makes and models. Not valid with any other offers. Expires 1-31-12. Valid only at Varsity Quick Lane of Novi.

PREFERRED CUSTOMER SAVINGS

Spend \$100. save \$10
Spend \$200. save \$20
Spend \$300. save \$30

Spend \$400. save \$40
Spend \$500. save \$50

* Cannot be combined with any coupons. Excludes past repairs.

MUST PRESENT COUPON WHEN ORDER IS WRITTEN. Plus tax and shop supplies. Most makes and models. Not valid with any other offers. Expires 1-31-12. Valid only at Varsity Quick Lane of Novi.

WINTER CAR CARE

WASH
WAX
WAX



Welcome to Owner Advantage

Receive a \$10 credit towards a future service purchase upon enrollment.

Get 5% Owner Advantage back on all Service Work!

— FREE CAR WASH WITH ALL SERVICES —

ALL TIRES ON SALE



WE'LL BEAT
YOUR
BEST PRICE

GUARANTEED!

On all name-brand tires we sell.
THE RIGHT TIRE!
THE RIGHT PRICE!

WINTER SPECIAL!!

- Replace Fuel Filter • Replace Air Filter
- Replace Front Wiper Blades • FREE Tire Rotation
- FREE Car Wash • FREE Vehicle Inspection

\$99⁹⁵*

24^{HR} SAVINGS

MUST PRESENT COUPON WHEN ORDER IS WRITTEN. Plus tax and shop supplies. Most makes and models. Not valid with any other offers. Expires 1-31-12. Valid only at Varsity Quick Lane of Novi.

BALANCE & ROTATE TIRES

\$49⁹⁵* Brake Inspection
Free Car Wash
*cars and light trucks only

MUST PRESENT COUPON WHEN ORDER IS WRITTEN. Plus tax and shop supplies. Most makes and models. Not valid with any other offers. Expires 1-31-12. Valid only at Varsity Quick Lane of Novi.

FREE Lifetime Tire Rotation

w/ purchase of 4 Tires

FREE Tire Road Hazard on select tires

MUST PRESENT COUPON WHEN ORDER IS WRITTEN. Plus tax and shop supplies. Most makes and models. Not valid with any other offers. Expires 1-31-12. Valid only at Varsity Quick Lane of Novi.

SERVICING
ALL MAKES &
MODELS

Quick Lane
TIRE & AUTO CENTER

49251 Grand River Ave., Novi • 800-837-5682

Mon.-Fri. 7am-7pm, Sat. 8am-4pm

QUICKLANEOFNOVI.COM

Located at:
Varsity
AUTOMOTIVE GROUP

New FACE New BODY

WAXING • SKIN CARE
MASSAGE • LASER



BEFORE AFTER
LOSE YOUR CELLULITE
SYNERGIE
CELLULITE TREATMENT

\$99

Each Treatment. With this ad.
Not valid with any other offer.
Expires 1-31-12.

Synergie Aesthetic Massage System

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

The Best Money I've Ever Spent!

I had laser hair removal on my lip & chin over three years ago with Beth. It changed my life. I had such severe facial hair I shaved my face every morning (like 5 o'clock shadow hairy.) After waxing me one day Beth gently asked me "Why don't you have the laser hair removal done?"

I told her that I had tried that. I went to Henry Ford Fairlane paid \$1000 for my chin area and had 8 treatments. I then sarcastically said "Clearly it doesn't work." She promised me that after one treatment I'd see a difference. I really wanted to believe that it could work. I had my first treatment and noticed a difference. After 3 treatments my friends and co-workers noticed it too. By the time I was done I finally felt like a girl. My self esteem was restored. It's been three years and I have thanked Beth, Renee, & Fatima every time I see them for taking such wonderful care of me. I referred every woman I know to see them. Laser hair removal is the way to go! I'm having my underarms done now. For less than the price of a Coach purse, I'm NEVER going to have to shave my underarms again. I'm investing in ME!

I've lived in Canton, Northville and now Dearborn. I don't care how far I am from them New Face New Body is my Laser Hair Removal Spot. The Brazilian wax is awesome too. I think I'll laser that next.

Actual Testimonial from Kimmy K., Dearborn Heights, MI.

Facelift Without Surgery! Ultra Photo Laser



BEFORE

AFTER



BEFORE

AFTER

7 TREATMENTS **\$499**
FOR ONLY.....
(or \$99 per treatment)

Love Your Skin

50% OFF LASER HAIR REMOVAL

All prices include 7 treatments

	Regular Pricing	With 50% Off Coupon
Upper Lip	\$600	\$300
Chin	\$600	\$300
Full Face	\$1,600	\$800
Underarm	\$600	\$300
Bikini	\$800	\$400
Brazilian	\$1,800	\$900
Full Legs	\$3,000	\$1,500
Lower Legs	\$1,000	\$500
Arms	\$1,200	\$600
Back	\$3,000	\$1,500
Stomach	\$3,000	\$1,500
Navel	\$300	\$150
Chest/nipples	\$600	\$300
Fingers/toes	\$200	\$100



TATTOO REMOVAL



50% Off

DARE TO BARE

Bikini Wax.....	\$15	New Clients Only
Brazilian Wax.....	\$25	New Clients Only
Full Face Wax.....	\$9	Includes lip, chin and cheeks

Each treatment. 1 offer per visit. With this ad.
Not valid with any other offer. Exp. 1/31/12

45200 Ford Road • Canton • 734-455-3908 • www.newfacenewbody.com

Shish Kabob Cafe
Halal

45172 Ford Road • Canton • 734-927-9999 • www.shishkabobcafe.com
Across from the Meijer Gas Station, next to Big Boy

Catering for All Occasions!

Weddings • Graduations
Wedding & Baby Showers
Birthdays & More!

Choose from Shrimp, Lamb Chops, Leg of Lamb, Whole Lamb, Chicken Shawarma, Grilled Chicken, Meat Shawarma, Hummus, Taboullah, Baba Ganoush, Fattoush, Meat Pies, Spinach Pies, Falafel, Sweets, Specialty Cakes, Fruit Platters, Vegetable Platters & Vegan Meals!

DINE-IN
CARRY-OUT



Shish Kabob Cafe

Fresh Sandwiches
Buy One,
Get One... **FREE**

With this coupon. Cannot be combined with any others. Expires 1-31-12.

Shish Kabob Cafe

Your Next Entree...
50% OFF

With this coupon & the purchase of 2 drinks. Cannot be combined with any others. Expires 1-31-12.

Shish Kabob Cafe

Your Total Bill...
10% OFF

With this coupon. Cannot be combined with any others. Expires 1-31-12.

A VEGAN-VEGGIE Cafe

Fine Mediterranean Cuisine Vegan Style

45168 Ford Road • Canton • 734-927-9999

Across from the Meijer Gas Station, next to Big Boy

Fresh • Healthy • High Protein

A VEGAN-VEGGIE Cafe

Fresh Sandwiches
Buy One,
Get One... **FREE**

With this coupon. Cannot be combined with any others. Expires 1-31-12.

A VEGAN-VEGGIE Cafe

Your Next Entree...
50% OFF

With this coupon & the purchase of 2 drinks. Cannot be combined with any others. Expires 1-31-12.

A VEGAN-VEGGIE Cafe

Your Total Bill...
10% OFF

With this coupon. Cannot be combined with any others. Expires 1-31-12.