

Face It! Signature facials from three local spas.

This week in PINK



**Buff in a blitz** Twenty-minute workouts three times a week get men fit.

SECTION C



Give blood Ernie Harwell says do your part, give blood. PAGE C8

Nemo

## **MLK celebration**

The Canton Public Library is hosting an evening of music, learning and refreshments to celebrate the life and times of civil rights champion, Martin-Luther King, Jr.

The event, which is scheduled for 7 p.m. Jan. 17, will include a performance by Sheryl Valentine and Vision, the men's glee club of the Detroit High School for Fine and Performing Arts. The group, which recently performed at the Detroit Thanksgiving Day Parade,

# Observer

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# In for the long haul



## PHOTOS BY TOM HOFFMEYER | STAFF PHOTOGRAPHER Above, Euphoric

Above, Euphoric Haze lead singer and Livonia

## Doubt remains on MEAP Teachers wonder if merit test is answer

Winners of over 100 state and national awards since 2001

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BÝ TONY BRUSCATO Staff Writer

As Gov. Jennifer Granholm this week signed legislation that replaces the high school Michigan Educational Assessment Program (MEAP) tests with a college entrance-type exam, some Plymouth-Canton Schools educators have their doubts the new test is the answer.

Granholm said the Michigan Merit Exam, which will initially be given in the 2006-2007 school year, is expected to help teachers better understand what students have learned in the classroom and identify the progress students will need to ensure success in college and the 21st century workplace.

"To create a strong economy and good jobs, we need to reach our goal of doubling the number of college graduates in Michigan," Granholm said. "We know the more you learn, the more you earn, and this new exam will help high school students gain the knowledge and skills they need to succeed in college and the workplace. This new exam sends the message that we expect every student will continuc their education beyond high school."

The Michigan Merit Exam – which is expected to be the same as the ACT college entrance exam – will test college readiness in English, mathematics, reading and science. The exam will also have a social studies component.

Cindy Burnstein, a 31-year English teacher at Salem High School, isn't sure the new test will give the same type of results the current MEAP tests are giving educators.

"The English MEAP is more application," said Burnstein. "You're reading a section, trying to find out if you understand and can converse about it, and have reaction to it. Real life situations.

## Creativity, camaraderie keep band jamming

Your hometown newspaper serving Canton for 30 years

SUNDAY

January 9, 2005 75 cents

VOLUME 30 NUMBER 55

**BY KURT KUBAN** Staff Writer

At first glance, John Falasco's home on Embassy Drive looks like most the other middle class homes in Canton's Sunflower subdivision. But venture inside during one of his band's practice sessions when the walls are shaking, it's a whole different story.

Falasco and his three band mates, who make up Euphoric Haze, have converted the basement of the home Falasco shares with his mother, Carm Huneke, into a recording studio they call Jamology Records. Not only does the band practice in the makeshift studio, they also recently recorded their debut CD, *Volume One*, which includes 11 original tracks.

The current incarnation of the band includes Falasco on drums, longtime friend and Farmington resident Paul Space on guitar, Canton resident Sean Branham on bass and lead vocalist Howard Whitaker of Livonia, who joined the band about a year ago.

## DEEP ROOTS

This is actually the fifth band Falasco, 33, and Space, 34, have played in together since their days attending Plymouth Salem High School in the late '80s. The most popular of those bands was a group called Death and Taxes, which was together for seven years, before breaking up in 1996 because of creative differences.

According to Falasco, Death and Taxes, which played at some large venues like Harpo's and the Majestic Theater in Detroit, was known for its mix of rap and metal, which at the time was somewhat rare. "That was before bands like Limp Bizkit hit it big. Suddenly we didn't seem so original," he said. When the group broke up, the two longtime friends were more than disappointed and the thought of getting out of the music scene and getting normal jobs definitely crept in. But fate had other plans. Both of their fathers died within a one-year period in

will perform gospei, Motown and other classics.

Registration for the annual event begins Jan. 10. For more information or to sign up for the event, call the library at (734) 397-0999. The library is located at 1200 S. Canton Center.

## Nominate heroes

If you've got someone in mind who deserves to be recognized for their efforts in making Canton a better place to live, the township is now accepting nominations for the Community Achiever and Supporter awards, which will be handed out at an April 17 reception.

The annual awards. honor individuals of a groups that have made a contribution to the community. Community Achiever awards recognize those who made a specific contribution last year, while the Community Supporter award honors ongoing contributions to the community.

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Nomination forms are available at Supervisor Tom Yack's office, on Canton's Web site (www.canton-mi.org), and at the Canton Chamber of Commerce. Nominations must be submitted to the supervisor's office no later than March 11. For more information,

call (734) 394-5188.

## Tree pickup

Natural Christmas trees will be picked up on regular trash days during the month of January only. Canton residents should place unbagged trees on curb by 6:30 a.m. All stands and ornaments must be removed. For more information, call Canton Waste Recycling at (734) 397-5801.



PLEASE SEE BAND, A3

resident Howard Whitaker belts out a tune during a little jam session in the band's basement studio in Canton. At left, Plymouth Salem High School grad John Falasco lights up his drums.

"The ACT has students deciding between a semi-colon and a comma in some kind of text situation," she said, "which is much farther removed than what most people experience in daily life."

Burnstein said she and two of her colleagues looked at the questions on the English portion of the ACT.

"It was a very difficult test, and asks much more in the way of specifics, especially in the area of grammar," Burnstein said. "We sat for 15 minutes debating what the answers would be. If professional English teachers are thinking hard about some of these ..."

One of those colleagues, Salem English teacher Pat Barry, is against the change of tests.

"All those students who don't plan to go to college, this test will be highly inappropriate for them, and the success rate will plummet," he said.

"All the state benchmarks are designed to be tested on the MEAP, and this ACT test in not aligned directly with our curriculum," he said. "It will take years to make the two align, and it's going to be a mess for years to come. It's political, and it's terrible."

Mike Bender, Plymouth-Canton's director of secondary education, said the Michigan Merit Exam is a positive move, and will fit with compliance with the federal No Child Left Behind Act.

PLEASE SEE MEAP, A8

## New little league rises up from ashes

### BY ED WRIGHT STAFF WRITER

The architects of the new Greater Canton Youth Baseball & Softball Association (GCYBSA) envision a robust future for the area's junior players following a tumultuous 2004 season that was marred by off-field turmoil.

The youth sports community in Canton and Plymouth was jolted last year when a three-month-long police investigation revealed that Canton Community Junior Baseball/Softball Association president Harry Hill had embezzled close to \$169,000 from the league to pay for gambling debts. The games went on as scheduled, but a dark, ominous cloud hovered over the association. Hill has since been convicted and jailed; and the association was dissolved, creating a need for the GCYBSA, which was developed by a group of Plymouth-Canton business, athletic administration and educational leaders.

"The kids in the Canton, Plymouth and Plymouth Township communities deserve a lot more than they were getting from the former association," said 35th District Court Judge Mike Gerou, the GCYBSA's interim president. "This is an entirely new organization; the former association is defunct. We have a new name, new bylaws and new board members. We also have a system of checks and balances in place that will prevent what happened with the old league.

"I'm very excited. With our area's demo-

graphics, facilities and talent, there's no reason this shouldn't be a vibrant association for our young baseball and softball players."

An interim board of directors will serve until the 2005 season ends, Gerou said. At that point, elections will be held for the association's four officers – president, vice president, secretary and treasurer – and the other members of the board, which will include at least one representative from Canton, Plymouth, Plymouth Township and the Plymouth-Canton Schools.

"In the beginning, we will stagger the board members' terms, so they will serve either one-, two- or three-year terms,"

PLEASE SEE RISES UP, A7

## Locals take winter storm in stride

### BY JULIE BROWN Staff Writer

Some people think broadcast reports of dire weather predictions are exaggerated, and Elaine Bain of Plymouth Township is among them.

"There's nothing to cope with. It's Michigan, it's winter," said Bain, an eighth-grade English teacher at East Middle School. She was home Thursday as Plymouth-Canton schools were closed. She and husband Don made the best of their day.

day. She was admiring the view "as much as possible" from her new

14

Florida room, grading papers and doing housework. "I'm enjoying today."

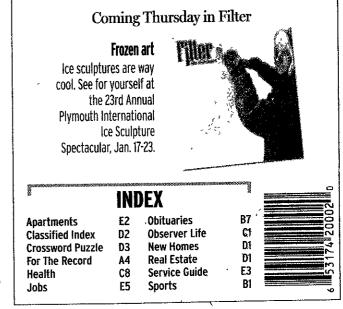
The phone chain at East, in which staffers notify each other of school closings, went into effect early Thursday. Bain heard an "Amen" when she called her next person.

Some people had to commute Thursday, but not everyone had a long drive.

"It was a little slippery but not bad. I'm very glad I live so close to work and don't have to get out on the freeways," said Phyllis Redfern, receptionist in the clerk's office for Canton Township. She lives nearby in Canton. She agreed sometimes broadcast reports are exaggerated. "It wasn't that bad," Redfern said of her drive. She's a Michigan native and lived here most of her life, including 10 years in Traverse City as a kid. "There, we have some real snow to deal with," Redfern said. Redfern only had one colleague

Redfern only had one colleague who couldn't make it in to work. As long as roads are clear and people drive sensibly, all goes well.

Moving cars off streets to allow snowplow access is also important, Redfern added. "But you might ask me this after we've had a good 12- to 15-inch snowfall."



## **AROUND CANTON**

### www.hometownlife.com

## Sidewalk invoices due

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Invoices for Canton's 2004 Sidewalk Repair Program are due on Friday, Jan. 14, by 5 p.m. Late fees will be applied to payments received after the deadline.

Inspections of participating subdivision sidewalks were performed last spring. Homeowners received an invoice if any of the sidewalk in front of their home was marked for repair, and subsequently repaired by an approved contractor.

Participating subdivisions in 2004 were Brookside Village 1, 2, 3, 4, 5 and West; Cherry Hill Oaks; Cherry Hill Pines; Edenbrooke Estates; Edenbrooke Farms; Salem Manor; Smokler Truesdell; and other miscellaneous locations. For more information about

the program, call (734) 394-**515**0.

## Homeowners meet

The Canton Homeowners Advisory Council will meet 7-9 p.m. Monday, Jan. 10, to discuss street lighting for subdivisions and condominiums. **Council President Charles Mott** said Thomas Balog, a lighting consultant, will be the guest speaker. The topic of the meeting is how to establish special assessment districts in order to acquire such lights. The meeting will be held at Fire Station No. 1, on Canton Center Road at Heritage Drive. All homeowners are welcome to attend.

## Women meet Congressman

Licens

U.S. Rep. Thaddeus McCotter, R-Livonia, will be the guest speaker at Canton's **Business & Professional** Women's Association (BPW) meeting on Monday, Jan. 10, at 6:30 p.m. at Palermo's Restaurant on Ford Rd. McCotter, who will speak at 7:15 p.m., will update the group on what will be happening in Congress during its next session, and how the Canton area will be affected by any new legislation. Canton BPW is a group of

"Women helping Women." For more information, or to make reservations, please call Clarice Killian at (734) 394-2572.

## Shirelles to perform

One of the first female supergroups, The Shirelles, will perform at the Village Theater at Cherry Hill on Friday, Jan. 14, at 8 p.m. The group, which has been together for more than 40 years, is known for such hits as "Soldier Boy," "Will You Still Love Me Tomorrow," "Dedicated to the One I Love," and "Mama Said." They are members of the Rock & Roll Hall of Fame.

Tickets for the show are \$30, and can be purchased at the Summit on the Park (46000 Summit Parkway) and the Village Theater ticket office.

For more and to view the complete schedule of upcoming events, visit www.cantonmi.org/CPAEC/about.asp

## **Multi-cultural** meeting

The Canton Public Library is hosting a multi-cultural initiative meeting 7 p.m.



## Agent honored

Canton resident Jim Vassallo (right), of the Northville-based Michigan Community Insurance Agency, was recently honored as one of the topproducing independent agents of 2003. The American Community Mutual Insurance Company, which is based in Livonia, recognized Vassallo by making him a member of its Crystal Club, an elite group representing the highest producers from more than 5,000 agents in eight states. Vassallo, who has been in the insurance industry for 31 years, finished in the top 20. American Community Mutual Insurance Company President and CEO Gerald Meach (left) presented Vassallo with the award at a ceremony in Lake Tahoe, Calif.

Wednesday, Jan. 12,. in the library conference room. The library is located at 1200 S. Canton Center Road. For more information about

the event, call Marcia Barker at (734) 397-0999, Ext. 121. Day care open house

The Children's Hour day

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### POSTAL PERIODICAL REQUIREMENTS

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> A HomeTown Communications Network publication 36251 Schoolcraft, Livosia, MI 48150

care center will be holding an international pot-luck dinner and open house 6-8 p.m. Friday, Jan. 14.

The event is part of the center's monthly family nights, which encourage parent involvement in their children's school life. Each month, they have a different theme, and the upcoming theme will focus on the importance of families and the differences among them.

Organizers encourage people to bring in a favorite family dish to pass around and share recipes. Those attending the event are also encouraged to come prepared to share a special story about their family or country of origin. Anyone is welcome to attend.

For more information, contact owner Jill Scott at (734) 459-9920.

## Chamber seminar

The Canton Chamber of Commerce is holding several upcoming business seminars covering a host of topics, including tax laws, using email, and how to market a business.

The first seminar, Microsoft Outlook: Marketing with Email, is scheduled for Tuesday, Jan. 25, from 9-11:30 a.m. Attendees will learn to use Microsoft Outlook for e-mailing, and other ways to improve e-mail's and make them more exciting. Registration deadline is Jan. 21.

The second seminar, New Tax Laws: Affects On Small Businesses and Individuals, will be Feb. 10, from 9-11:30 a.m. Topics will include the American Jobs Creation Act of

2004 and the Working Families Tax Relief Act of 2004. Registration deadline is Feb. 4.

The last seminar, When Bad Things Happen to Your Good Name, is scheduled for Feb. 24, from 9-11:30 a.m. It will deal with identity theft, including how people can prevent it from happening, and what to do if it does. Registration deadline is Feb. 18.

All the seminars will be held at the Chamber office, which is located at 45525 Hanford. There is limited space, and registration will be granted on a first-come, first-serve basis. Cost for each class is \$15. To register for the seminars, call (734) 453-4040.

## Weight loss seminar

Need help keeping your new year's resolution about losing some weight? The Doctor's Speakers Bureau will be offering a permanent weight loss seminar Monday, Jan. 10, at 7 p.m. at the Canton Public Library. The seminar will be repeated Wednesday, Jan. 19 at 7 p.m. at the Plymouth Public Library.

Guess speaker, Dr. Michael Brackney, will discuss the five secrets to permanent weight loss.

Seating is limited. Call (734) 455-4444 to reserve a spot at the seminar.

## Gifted program

Van Buren Public Schools is accepting referrals for possible placement in its Gifted Program for the 2005-06 school year.

The program, which services students in grades 1-8, is designed for academically gifted and highly motivated students.

The program stresses a com-. bination of acceleration and enrichment. There is a high level of academic work, a rapid instructional pace, and opportunities to delve more deeply into subject matter.

Forms are available in all Van Buren elementary and middle schools, and the administration building. All forms must be completed and o returned by Jan. 18. For information, call Barbara

Woody at (734) 697-6370.

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## LOCAL NEWS

## They offer a kitchen away from home

### **BY JACK GLADDEN** STAFF WRITER

If you like to cook but think you just don't have the time

If you like to cook but hate all that prep work ... If you like to cook, but hate

cleaning up afterward... If you said yes to one of all of these questions, then

Theresa Lewis and Sarah Williams have a deal for you. The two friends recently opened Dinner Thyme at

7253 Canton Center Road in the Westbrook Shopping Plaza, a kind of prep kitchen for cooks. But it's more than that

It's a kitchen away from home. One-stop meal preparation

A place to party with friends and end up with 12 homemade meals ready to take home and pop in the oven or the freezer.

Williams got the idea for the enterprise while she and her husband were on a trip to Nebraska.

"I read an article in a newspaper about a place like this," she said. "I told Theresa

### **Dinner Thyme customers Kay and Tom** Williams work recently prepared a number of dishes at the new Canton business.

about it and we decided to open one ourselves."

Though neither of them lives in Canton, they knew this was the spot they want to be in for their business.

Williams and Lewis met when they both went to work for a pharmaceutical company in Ann Arbor.

"We interviewed in Ann Arbor on the same day," Lewis said. "We were hired on the same day and we got the same territory."

That territory included Canton and that's when they decided that Canton was the place to be for their new business.

They opened the store just before Christmas and have had two sessions so far.

"There were eight people in the first one, six in the second," Williams said.

"There were husbands and wives, mothers and daughters, some people just by themselves.

The whole process is fairly simple and it's all Web-based. To start you log onto their Web site at www.dinnerthymeonline.com. From there just follow the onscreen instructions.

"The idea is the customer goes online, picks a day that fits their schedule, they come in, we have everything set up, they pick their food, they pay online," Lewis said.

The online payment service uses PayPal, where a customer enters a credit card number and everything else is transacted automatically. But



### Sarah Williams is one of the co-owners of Dinner Thyme.

for those people who don't like to enter their credit card numbers on the Internet, there are options.

"If customers are not comfortable by paying online, they can call us and they can come in and pay by check," Williams said.

Once a customer sets up a date, the next step is the menu selection. Each month there are 14 different menu selections. They change monthly.

January's menu selections range from BBQ Chicken Pizza to Chicken Artichoke

Pasta Rolls, Chicken Pot Pie, **Dijon Crusted Pork** Tenderloin, Four Cheese Lasagna, Jambalaya and Pork Medallions with Port Wine and Dried Cherry Pan Sauce.

For more information, visit www.dinnerthymeonline.com or call (734) 414-1744.

## BAND

FROM PAGE A1

1998 and 1999, and those events changed the way the two looked at life.

"About a year after my father passed away, John's stepfather died. I remember one night we had a conversation. It was raining really hard, and we made a pact to each other that we would play music together as long as we possibly could," said Space.

Falasco also remembers that night. "Losing our dads kind of woke us up to pursue what makes us happy," he said.

### SO HAPPY TOGETHER

And playing in Euphoric Haze definitely makes the two happy. Space said the main reason for that is it is a collaborative effort between four

equal parts. All four members help write the songs, and there are no dominant forces in the band, something that often led to the demise of Space and Falasco's other bands.

Like Death and Taxes, Euphoric Haze combines a mix of musical genres, most notably rock and punk, according to Whitaker, who, at 29, is the youngest member of the band.

They grew up listening to traditional rock, whereas I was into punk rock and groups like the Misfits," he said. "The two styles are like a car crash when we play. You put them together and you have the Euphoric Haze sound."

Despite the band's heavier beat and punk rock roots, Space says they try to write tunes that make fans go away with something more than just a good time. They try to raise the level of consciousness, if you will. Some of the song titles from Volume One include "Pride," "Make this World Get Better," and "Smile," a tune that has been played on local alternative radio

station, 89X. Perhaps the song title that might best sum up the band's dichotomy is "Passive Aggressive," another song that has gotten some airplay on 89X.

To date, some of their biggest gigs have included playing at last summer's Woodward Dream Cruise, and a number of bars like U.S. 12 in Wayne and Bullfrog's in Redford. In fact, they are playing a big show at Bullfrog's on Feb. 23.

For whatever reasons, the four bandmates seem to have great chemistry, according to Space, something that has made them grow close over the course of the last year, despite the fact each of them have other obstacles in life that could drive the band apart. In addition to having a wife and family at home, Whitaker also has a fulltime job, as does Branham. Space and Falasco both attend college, and spend the rest of their time trying to promote the band.

Like most bands, the guys in Euphoric Haze would like to be able

to reach a larger audience, something they think they could achieve with a little notice from music publications. Their greatest hope is to sign with a major record distributor. Selling their self-produced CDs at their shows is a slow process.

However, even if none of that happens, Space said the band has already achieved some level of success, just having come together and melded into a single force, which is what he believes happens every time they jam together.

We've already achieved happiness in my opinion, because the reason we set out to create a band was to surround ourselves with some good people we could grow together with and evolve with over the years," Space said. "I guess that will be the case until somebody cashes out."

For more information about Euphoric Haze, check out the group's Web site at www.euphorichaze.com.

kkuban@oe.homecomm net | (734) 459-2700



Euphoric Haze bass player and Canton resident Sean Branham leans back on a riff as the band jams. John Falasco of Canton is in background on drums.

A3 (C)

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## Canton police, fire to receive anti-terrorism, bomb training

In February, Canton firefighters and police officers will receive extensive anti-terrorism and bomb awareness training.

The goal of this training will be to provide public safety sworn personnel with a working knowledge of terrorist/criminal extremist groups and indicators of potential terrorism. The bomb training will provide personnel with the skill and knowledge necessary to safely and effectively evaluate and respond to incidents that may involve explosives.

Upon successful completion of these courses, the Canton Department of Public Safety will have the capability to incorporate antiterrorist techniques in their day-to-day operations.

"As important as this training is, this is a unique opportunity for fire and police to train together and jointly discuss how to handle these situations," said Fire Chief Michael Rorabacher. "The enhanced communication will benefit everyone involved."

## Residents win trips in O&E, MTL contest

Nancy Reimenschneider of Plymouth is the winner of a seven-day trip for two to Cancun courtesy of the Observer & Eccentric Newspapers and Worry Free Vacations/MLT Vacations Inc.

**M** (C)

Reimenschneider was the grand prize winner of the word search travel contest which ended Dec. 6. She wins airfare and hotel accommodations for two at the OMNI Cancun Hotel and Villas in Mexico.

Eight weekly winners each will receive a three-day trip for two to Las Vegas (airfare, hotel and car rental).

Weekly winners are: ■ Week 1: Cheryl Berling of **Farmington Hills** 

Week 2: Rekha S. Doshi of Farmington Hills

## Week 3: Mary Urbanski of

Livonia Week 4: Peggy Harris of

Detroit ■ Week 5: Romaine Leshuk of Redford Township

■ Week 6: Shirley Evoe of Troy Week 7: Julie Way of

Canton Township Week 8: Norah Cranston of Westland

## DEATHS

B Danny Glenn Baske died Dec. 30. James Wellington Bushway III, 58, of Westland, died Dec. 25.

Richard A. Cassidy, 72, of Davisburg, died Jan. 4. Kristin Marie Clark, 22, died Jan. 4.

G Donald H. Gramlich, 85, of Redford, died Jan. 5.

David J. Heisler, 43, died Dec. 28.

Keith A. Jones, 21, of California, formerly of Redford, died. Emil Joseph, 90, died Dec. 23.

K

Mary V. Kenny, of Westland, died Jan. 4. William "Billy" J. Kirby, 44, of Livonia, died Jan. 4.

Hazel M. Laswell, 86, of Farmington, died Dec. 25.

Robert Plantholt, 83, of Brookings, Ore., died Dec. 27.

Robert C. Rigley, 81, died Dec. 14.



For the Record appears in every edition of the Observer & Eccentric Newspapers. Complete paid obituaries can be

found inside today's Community Life section in Passages on page C7.

Virginia P. Smalis, 82, of Farmington Hills, died Jan. 5.

POLICE

### **Snowblower taken**

ITROLLERS . CRANENA

A resident of the 49000 block of Geddes Road told police that sometime between Dec. 24 and Dec. 25 someone stole a snow blower from her attached garage. She said the garage door was open when the blower was taken. It was valued at \$800.

Purse stolen A resident of the 44000 block of Candlewood reported that someone stole her purse from her car while it was parked in her driveway.

The incident occurred on Jan. 6. The thief smashed the passenger side window to gain entry into the car.

Window broken

A resident of the 44000 block of Joy Road told police she was awakened shortly after 3 a.m. on Dec. 29" by the sound of a window breaking. When she went to her kitchen, a large rock had been thrown through, the window.

Break-in reported

Police were called to a construc-\*\* tion site in the 7000 block of North Lilley Road on a report of a break-in at a construction trailer. A worker at the site said two men ran from a trailer when police arrived. Several sets of footprints were found at the scene.

## Vendors needed for Expo 2005

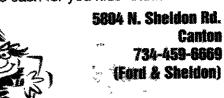
Canton businesses will be in the spotlight at the Consumer Expo 2005 on Feb. 24 at Summit on the Park. The expo is co-sponsored by the Canton Chamber of Commerce, Canton Township and the Canton Downtown Development Authority.

The Expo will take place from 5-7:30 p.m. Door prizes will be provided by every exhibitor at the expo. Applications for booth space are being accepted and will be awarded on a first-come/firstserve basis. For more informa--\* tion, call (734) 453-4040.

### PUZZIES - SWINGS - BOUNCERS - WALL HANGINGS - DECOR ITEMS - BEBDING SETS - BLANKETS

## We're stocking up for **Spring so Winter Clothing** is \$1.00

It's time for Once Upon A Child to start stocking up for warmer weather so bring in your kids' gently used Spring & Summer clothes. We pay cash for all items accepted. To make room for the Spring/Summer clothes, we have marked the winter clothes down to \$1.00!! Come in now to get the best selection of winter clearance and get some cash for you kids' stuff.



## SPOTLIGHT ON:

## Long Term Care Insurance

As you age ... your health changes ... What is your Plan? IGR Presented by: Renee Merckx, CLTC, CSA

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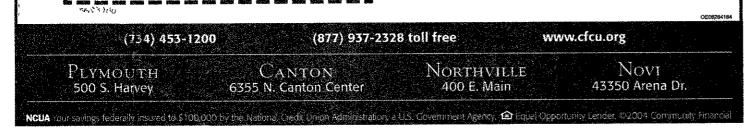
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## Cooking up a dream Salem grads hope burgers hit 'Spot'

BY TONY BRUSCATO STAFF WRITER

www.hometownlife.com

Salem High School graduates Adam Covington and Charlie Schmidt - co-owners of the new Burger Spot in downtown Plymouth — didn't know each other in high school. After graduating in 1998, though, the two became close friends while attending the School of Hospitality Business at Michigan State University.

. It was there the two dreamed of someday opening their own restaurant. That seemed a long time away as the two traveled the country following graduation, working 80-90 hours a week for Levy Restaurants, a company which serves food and beverages at sports and entertainment venues, including Ford Field in Detroit.

"We loved the company and what their values stood for, but we were putting in a lot of hours," said Covington. "Why do this when we could put in the same amount of time for ourselves. We always talked about it."

The change in fate came when Covington, working in San Antonio at the time, saw an Internet ad looking to sell a restaurant in downtown Plymouth.

"I talked to Charlie that night about it," said Covington, "and I called on the way to work one morning." Schmidt was in Chicago at

the time, but had plans to work a few events at Ford Field, so he made a stop to look at Bistro 555 in Westchester Square on Forest Street.

"I thought there were some things that needed changing, but it had potential," said Schmidt.

Covington made a 24-hour trip to Plymouth, and the two liked what they saw.

"Adam was on the plane back to San Antonio making an offer to the broker," remembered Schmidt. "And, here we are."

The Burger Spot has been open since Sept. 8.,

"It's 100 percent more fulfilling," said Schmidt, 25, who grew up in Canton and now lives in Plymouth Township. "We're our own boss. If there's a screw up, it's on us. If there's praise, it's because of what we do, not because of what someone else developed. That's rewarding in itself."

Covington said working in a

sports entertainment venue the customer base is somewhat guaranteed, such as a sell-out at a Detroit Lions game. But, owning your own business is quite a different story.

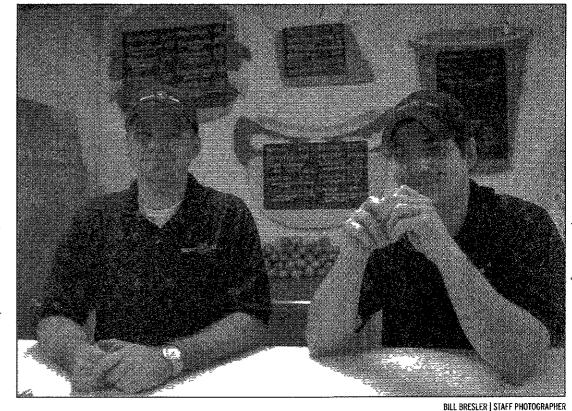
"We treat every day learning how we can please our customers," he said. "The quality of our food, having a smile on our faces, to make sure customers will come back."

The menu is simple, consisting mainly of double-patty hamburgers, hot dogs and French fries.

"The reason it's so simple is so we can concentrate on being the best at it," said Covington, 25, who grew up in Plymouth and is happy to be back home. "If we had a bigger menu, it would be tough. "We get all of our hamburg-

er meat fresh from a local butcher, every day," he said. "We make our own patties, with our own special seasoning, and hand press each burger. We use Nathan's hot dogs, the original from Coney Island in New York. And, the French fries are made from Idaho potatoes and hand cut."

Schmidt said customer reaction has been good as the pair attempt to make Burger Spot



Adam Covington and Charlie Schmidt are the co-owners of the Burger Spot.

become known as the best burger in town.

"There aren't too many places you can find a great hamburger, one you want to come back for," said Schmidt. "Plymouth is such a small community that word travels fast about a place like ours. Plymouth is a good setting for us to start."

One of Burger Spot's repeat customers is 16-year-old Lauren Kolde of Plymouth. The burgers are more

unique than Wendy's or

McDonald's," said Kolde, "like the Philly burger with peppers and the one with avocados. It's more selection than just getting a cheeseburger.

"And, the loaded cheese fries are the best ever," she said. "French fries, cheese, sour cream and bacon. I've never seen them anywhere else."

Covington and Schmidt aren't only the owners, but the only two employees of Burger Spot, which is open from 11 a.m. to 8 p.m. Monday through Saturday, and 11 a.m. to 3 p.m. on Sunday:

This was a better avenue for us to follow as compared to owning a full-scale restaurant with staff," said Schmidt. "It's hard work and dedication, but if we work hard enough, use our brains, have quality food, then good things should happen."

Like maybe a chain of Burger Spot restaurants.

## Foundation will recognize two at upcoming winter ball for service

Local Realtor Joe Van Esley and developer Robert Paciocco are receiving awards from the Canton Community Foundation at the 11th annual Winter Ball on Friday, Jan. 21.

Van Esley will receive the Victory Circle Award in recognition of his significant monetary contribution and personal involvement in the Foundation. A current board

Paciocco is the recipient of

Van Esley will receive the **Victory Circle Award in** recognition of his significant monetary contribution and personal involvement in the Foundation.

north Haggerty Road industrial corridor.

The Winter Ball is being held at the Laurel Manor in Livonia. One of the Foundation's two main fund-raisers, this year's event will feature a VIP reception, gournet dinner and dancing to the sounds of Kaleidoscope Band. Proceeds from the event help support the Foundation's work in the

## Property rezonings on commission agenda

Canton's Planning Commission will meet 7 p.m. Monday, Jan. 10, at Summit on the Park. Here's a rundown of agenda items:

## Public hearings

1. RDK Homes rezoning -Consider request to rezone parcel located south of Ford Road between Ridge and Napier roads from rural agricultural (RA) to single-



family residential (R-2).

2. Bennett rezoning -Consider request to rezone parcel located west of Denton Road between Geddes and Proctor roads from single-family residential (R-1) and rural residential (RR) to single family residential (R-2).

3. Cherrywood Parc Development - Consider request for final planned development district (PDD) and site plan approval for property located north of Cherry Hill Road and east of Ridge Road.

## Site plans

4. Clark Gas Station -Consider request for site plan approval for parcel located on the northwest corner of Ford and Sheldon roads.

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## BUSINESS

Observer & Eccentric | Sunday, January 9, 2005

## **Boyhood job snowballs into Jonboy business**

### BY STEPHANIE ANGELYN CASOLA STAFF WRITER -

Jon Sternfels started his lawn business when he was in the eighth grade. He didn't know then, while pushing a mower, this just might be his calling

"My dad wanted me to make money," he said. "I had six to seven customers the first year. My brother helped me. Each year, it just snowballed."

Now the lifelong Redford Township resident runs Jonboy Landscaping, a growing company that offers everything from lawn and snow maintenance to landscaping, to installing brick pavers and sprinkler systems.

What began as a means to pay his way through college has since prolonged his educa-

tion. Sternfels, 25, attends Eastern Michigan University and Schoolcraft College part time, still pursuing degrees in business management and landscape design. All the while, his business is a priority.

By his senior year at Thurston High School, the business had grown to 65 customers, mostly residential accounts.

"Every year, my customers were doubling," said Sternfels. "In the fall of 1999, I changed over to a corporation."

What's made the business enjoyable, he said, is the inclusion of his friends and members of his family.

Longtime friend Phil Boucher, a former Canton resident, has helped out with the business on and off for about seven years.

"I remember the days of a small Ranger with a trailer and two push lawn mowers," he said. "Now (there are) much bigger trailers with self-controlled mowers."

Boucher has seen Jonboy Landscaping grow exponentially, and said there's no sign of it stopping. Word-of-mouth recommendations have been essential to the business.

Sternfels attributes some of that success to his connection with the community.

"It's a small-town community." he said. "I definitely think that helped it grow."

Jonboy Landscaping clients now range from Sterling Heights to Trenton, Ann Arbor to Novi, including many in Canton.

The other essential component to Jonboy's success has

been its reliable employees. Sternfels said he's always hired "loyal, dependable people who wanted to work. It's not very easy work."

He's continued to hone his craft by working on his parents' home in Brighton and on a cabin they own in northern Michigan.

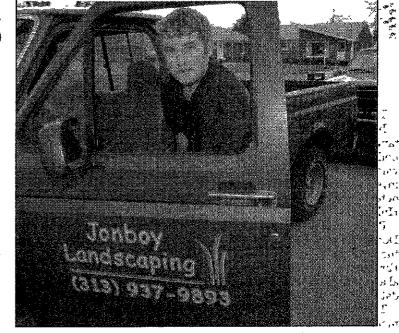
This time of year, Sternfels' attention remains in one place. Whether they are online or televised, weather reports keep him glued to a screen. On the night before a major snowstorm he can hardly sleep, planning for the crews to head out and get plowing.

These jobs often take between 12 and 24 hours to complete. Hazards like accidents and slow traffic can affect that as well, said Sternfels.

"It's pretty hectic plowing," he said. "Everyone expects to be done first. We plow around 25 accounts. I work straight through. The guys who work for me switch on and off."

**Clients like Elaine Theisen** of Livonia said they're pleased with the services Jonboy Landscaping provides. "They're very nice," said

Theisen, a client for four years. "We've had no problem with



BILL BRESLER | STAFF PHOTOGRAPHER

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1<sup>47</sup>.1

Jon Sternfels owns and operates Jonboy Landscaping in his hometown, Redford Township.

them. We've recommended them to the neighbors."

Theisen said she's so pleased with the service, mainly lawn service during the summer months, that she hopes to keep

them for a long time. "This is the first year (he's

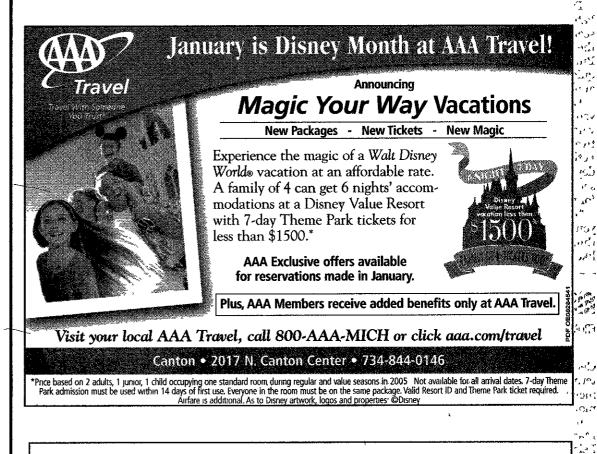
offering) snow removal and we didn't take it. My husband is retired. He thought it would be good exercise. One of our neighbors did get snow removal. We've had one big snow and their place was done

in the afternoon." Theisen called the company 'professional" and said she always receives her statements

on the first of the month. సోహిం Sternfels said he enjoys his 28 1 job, and his clients need not '.'.≯', fear. "This is something I'll be doing for the rest of my life," he said.

For more information about Jonboy Landscaping, call (313) 937-9893.

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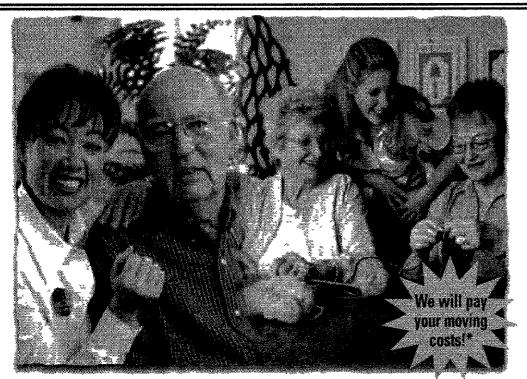
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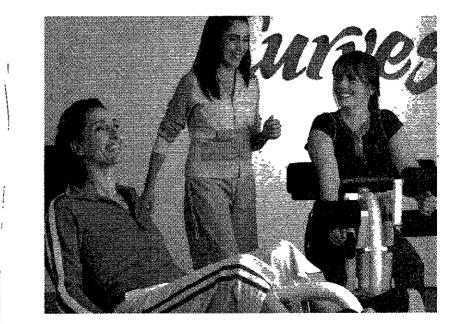
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## Farmington Hills police reflect on Seaman murder case

### BY PAUL R. PACE STAFF WRITER

### Trust your gut.

It's probably the most important aspect of being a good police detective. Especially when it comes to unraveling a mystery, says Alan Patterson, detective with the Farmington Hills Police Department.

Patterson, along with Detective Larry Fetherolf, were the lead investigators for Farmington Hills' most unusual and grisly murder case to date.

The two oversaw the department's investigation into the murder of Bob Seaman, 57, last May in his Farmington Hills home.

His wife, Nancy Seaman, 52, was found guilty of first-degree murder in December. She will be sentenced this month to life in prison without parole.

The case drew international attention due to its unusual circumstances: How could a petite and seemingly gentle grade school teacher in Farmington murder her husband in such a violent manner? How could someone so innocent looking level 16 hatchet wounds to her husband's head then stab him not once, but 21 times?

Even for police veterans Patterson and Fetherolf, who've seen their share of dead bodies, the discovery was shocking. But as detectives, they had to quickly shake off their disbelief and focus on the job ahead.

Patterson, 39, is a 16-year veteran with the department who has worked in the detective bureau for seven years. Fetherolf, 37, is a 10-year department veteran who has served in the detective bureau for four years.

"It's one of those jobs where you get to do a little of everything," said Fetherolf of why he likes the work.

**RISES UP** 

FROM PAGE A1

## **MISSING PERSON**

The pair visited Nancy and Bob Seaman's home around 4:15 p.m. May 12 to investigate the disappearance of Bob Seaman

Missing person reports get filed with the police on a routine basis.

"Most of the time there's nothing to it," said Patterson. "There's usually a reason."

But this case was different from the beginning. Bob Seaman's disappearance didn't make sense, the detectives said. Not only could his friends and family fail to reach him (he always had his cell phone nearby), his Ford Explorer was still parked in the family's driveway. The detectives went to the

Seaman home that warm afternoon hoping to get some clues. Patterson said he followed

his gut instinct to press Nancy Seaman about her husband's whereabouts. Both detectives said Nancy appeared unusually calm about the situation. She even let the officers search the couple's upscale home.

Patterson eventually headed to the basement, all the while thinking in the back of his mind that he would find Bob Seaman's body stuffed beneath the staircase.

'We were looking for it," he said.

Nothing appeared out of the ordinary, however.

The officers were ready to move on to other possibilities, but one thing stuck out.

After a half-hour visit, the detectives said Nancy Seaman appeared eager for them to leave. Joining the detectives was Sgt. Chuck Hubbard, who is now retired from the department. While making a cell phone call outside the Seaman home, Hubbard said he noticed something in the back of Nancy Seaman's Ford Explorer, which was backed up to the garage.



**BILL BRESLER | STAFF PHOTOGRAPHER** 

Farmington Hills Detectives AI Patterson and Larry Fetherolf share the details of the Seaman murder investigation.

## Whatever was inside her SUV was covered by cardboard.

Rather than let it go, the detectives asked Nancy if they

could look inside. What they didn't know was that the school teacher wrapped her dead husband's body so tightly in tarp and duct tape, the odor of his decaying corpse wasn't noticeable while it lay in the cargo area of her vehicle.

"We were in disbelief," Patterson said after lifting the cardboard. "My mind was going a million miles an hour." Nancy Seaman was immedi-

ately arrested. Patterson said he believes

they made their discovery just in time, as it appeared Nancy Seaman worked vigorously to cover up the crime. All that was left to do was dump the body and the murder weapon, a hatchet.

Hills police went to work, enacting a team of evidence technicians led by Lt. John

Markey. As portrayed on the TV show, the technicians have the job of piecing together what took place.

"It's not our job to find who is guilty, but to get evidence as to how it happened," Markey said.

This case proved more difficult, however, since Nancy Seaman spent hours scrubbing clean the crime scene. Four gallons of bleach were used to wipe away the blood. Towels soaked in blood were discarded days earlier in the weekly trash pickup.

"If you would have walked through there you would never

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lured into contributing pre-tax dollars into 401K plans or tax-deductible contributions into IRA's. Such "Qualified Plans" only give you tax-favored advantages during the contribution and accumulation phase of your retirement account. What about the most important phases - when you

have guessed anything happened," Patterson said of the garage where police believe Bob Seaman was ambushed by his wife.

On a scale of 1-10 in difficulty processing the crime scene, Markey said it was a 9.

Nancy Seaman did an outstanding job cleaning, but evidence in such a violent death usually surfaces.

Investigators were able to find multiple blood droplets sprinkled on parts of the classic Ford Mustang parked in the garage. Drops of blood were found on the garage wall behind the car. Blood also managed to seep through the crevasses on the checkerboardtiled floor.

Nancy Seaman also left plenty of clues leading to her firstdegree murder charge: buying a hatchet with a credit card on the night of the murder at the

Home Depot made it easy to track her purchase with video surveillance cameras. She was videotaped two days later casually shoplifting a similar hatchet at the store and returning it as a way to wipe the first purchase off her record.

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(C)

She kept receipts of all her cleaning purchases following the murder as well, including a bottle of Febreze she left in her Explorer with the body in back.

Markey, along with officers Robert Plotzke, Matthew Parsons, John Piggott and Mark Meredith, spent nearly 48 straight hours at the Seaman home, collecting evidence.

"Not once did I hear any complaints or see a lack of effort," Markey said. "They did a phenomenal job.'

Hills Police Chief William Dwyer said the entire department has a right to be proud of the work they did on the case.

"There was a great amount of overtime work that went into this and to present the evidence to the prosecutors," Dwyer said. "Both detectives did an out-

standing job." One of the most asked ques-

tions by people concerning the murder was how Nancy, at 5 feet, 2 inches and 135 pounds, managed to lift the 185-pound body of her husband into her SUV.

Patterson said rigor mortis may have made it easier to lift the body to the back end.

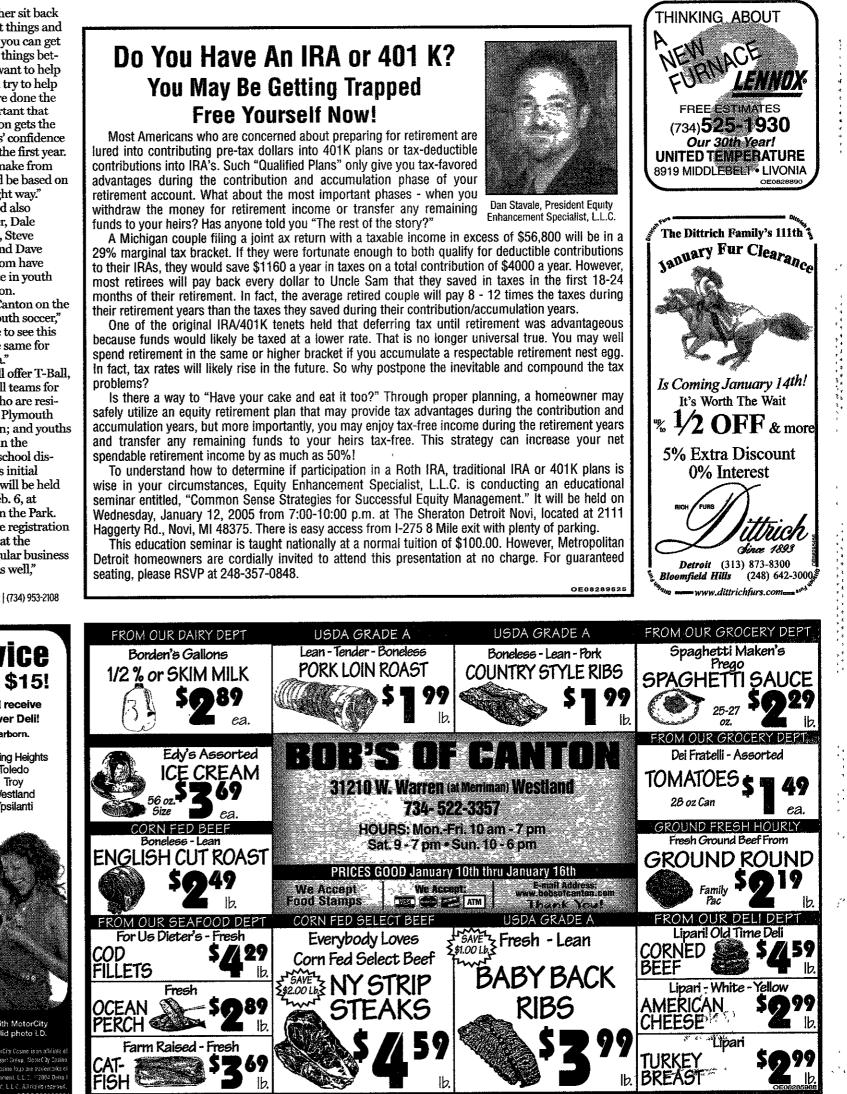
Regardless, there was no evidence Nancy Seaman had an accomplice, he said.

Patterson and Fetherolf said this case taught them some new tricks of their trade, but one thing will stand out most in their minds.

'You never know what someone is capable of," Patterson said.

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Gerou said. "We will also have term limits, so that no board member will be able to serve more than six years."

Interim board member Ann-Marie Carravallah, the Canton Leisure Services' recreation

### zation. "You can either sit back and complain about things and not do anything, or you can get involved in making things better," Taylor said. "I want to help improve things and try to help make sure things are done the right way. It's important that this new organization gets the

parents' and players' confidence back – but not just the first year. Every decision we make from

**CSI – FARMINGTON HILLS** Just like on the television show, CSI: Crime Scene Investigation, Farmington

coordinator, said the expertise level of the individuals who have stepped up to help build the foundation of the new organization is impressive. "This is a great group of people who have a tremendous amount of experience and knowledge when it comes to a project like this," she said. "A lot of these people heard about all the negative things that were going on last year, and they contacted our office and said, 'If you need help picking up the pieces, let me know.

"The most important thing is we're looking to the future and moving forward. Players and parents should feel confident that the league will be run in a safe, professional and fun way. Canton Township will serve as the registration source until the organization is up and running.

Denny Taylor, who has served as the president of the successful Pride fast-pitch softball program, said he didn't hesitate to volunteer as an interim board member when he heard about the formation of the new organi-

this point on should be based on doing things the right way."

The interim board also includes Glen Potter, Dale Ebelin, Betty Bloch, Steve Nowak, Joe Deeg and Dave Urquhart, all of whom have extensive experience in youth sports administration.

"Phil LaJoy put Canton on the national map for youth soccer," Gerou said. "I'd like to see this organization do the same for baseball in this area."

The GCYBSA will offer T-Ball, baseball and softball teams for youths aged 4-18 who are residents of Plymouth, Plymouth Township or Canton; and youths who attend school in the Plymouth-Canton school district. The GCYBSA's initial league registration will be held 1-4 p.m. Sunday, Feb. 6, at Canton's Summit on the Park.

"We will also have registration available every day at the Summit during regular business hours after Feb. 6 as well," Carravallah added. ewright@oe.homecomm.net | (734) 953-2108

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## LOCAL NEWS

second-year graphics students who

were only four spots."

entered the contest, so we were limit-

ed in what we could win because there

Banaszak estimates he spent seven

to nine hours working on the poster

which features an overlay of bars he

made that fade from black to white,

parts and information about the show.

Also a student of John Glenn High

through the Army, where the skills are

used to create posters and advertising

School, where he's a member of the

Junior ROTC program, Banaszak is planning to take graphic design

single color photos of automobile

### BY SUE MASON STAFF WRITER

Chris Banaszak has Steve Paulsen to thank for the \$500 he recently put in his savings account.

Paulsen, who teaches graphic design at the William D. Ford Career Technical Center in Westland, didn't like Banaszak's first design so the 12th-grader came up with a different one that ended up winning a first place in the 17th annual North American International Auto Show poster contest.

"I showed him this and he liked it and showed me ways to do it better." said Banaszak of his poster that has the interior of a car as its background. "It was difficult because the photograph was taken so as not to tell the type of car."

The posters had to have an automotive-related theme and make reference to the auto show which opens to the

public Saturday, Jan. 15, at Cobo Center in Detroit. More than 340 students participat-

ed in the contest. The top honor - the \$1,000 Chairman's Award - went to Alex Hoover, an 11th-grader at the General Motors Technical Academy and Stoney Creek High School.

Banaszak took first place among 12th-graders, while Nick Byars, also a graphic design student at the Ford Career Technical Center, received \$100 for his third-place finish among 11th-graders.

"I thought I stood a chance of finishing in the top five, but I didn't think I'd win," said Banaszak. "When my teacher told me I had won, I a letter I got a few days later."

one of them could have won," said Paulsen of the 12 entries generated by his students. "Ninety-five percent are

Nick

**Byars** 

won a

third-

place

honor

for his

auto

show

poster.

thought he was lying. I finally believed it with both my teacher telling me and "All of them were really good, any-

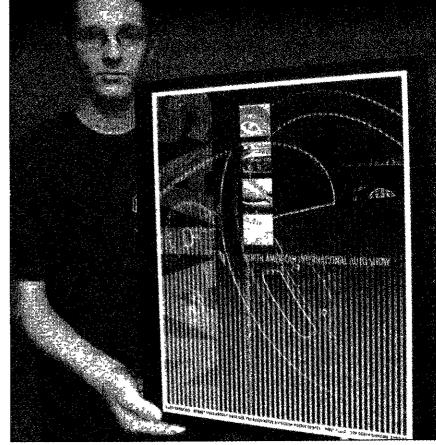
campaigns. In addition to the cash prize, he also received two tickets to the auto show and a plaque that's already hanging up in his bedroom. The front end of a car that fades from yellow, orange, red to purple and

blue dominates Nick Byar's posters. A black bar above it includes elements of a car's exterior and interior along with information about the show.

Banaszak's and Byars' posters will be displayed with the other winners at the Automotive Youth Educational Systems Exhibit that will be downstairs in Cobo's Michigan Hall during the public show which runs through Jan. 23.

This is the fourth year Paulsen's students have entered the contest which went from roughly 40 entries five years ago to around 347 this year. He likes student contests like this one because it's juried by professional design people.

"We look for contests with professionals," he said.



TOM HAWLEY I STAFF PHOTOGRAPHER

Chris Banaszak, a student at William Ford Career Technical Center shows off his first-place North American International Auto Show poster which placed first among the 12th-grade entries.

"We try to enter as many as we can. It's so important for them to do real jobs as opposed to the things I throw out to them. They learn that they won't succeed if they don't follow the rules."

Paulsen has praise for the metro Detroit auto dealers who support the contest and other activities for students during the auto show.

"They need to be told that it's so great they sponsor this," said Paulsen. "They put out a lot of money, and the prizes are great. You don't get that with a lot of contests. They're first class.

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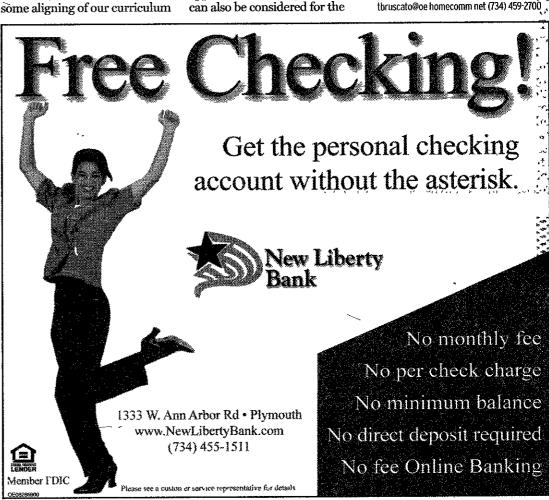
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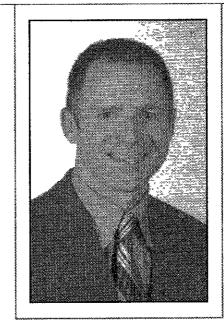
"I think there will be some type of adjustment period to get used to it, and we'll need to do

to teach what is expected on the Michigan Merit Exam," he said. "I think students will find it more appealing because the test can be used by college admissions when they submit an application for college, and it

merit award." The new high school test will, be used to determine qualifiers, i of the state's \$2,500 merit scholarships awarded to students who successfully pass the tests.

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Roger Smith, M.D. general obstetrics/gynecology

## Announcing a new physician at U-M Canton Health Center

Dr. Smith joined the Women's Health faculty group at the U-M Canton Health Center in September. He is pleased that this new opportunity allows him to continue serving the Canton community, a commitment he began in 1996. Dr. Smith received his undergraduate and medical degrees from the University of Michigan and is boardcertified in obstetrics and gynecology. Dr. Smith is accepting new patients. To schedule an appointment call (734) 844-5400.



For more information visit us at www.med.umich.edu/healthcenters

## SUNDAY PERSPECTIVES

## Public transit advocates take baby steps to a better system

here's a famous Detroit legend that a rising young General Motors executive was once fired for taking the bus to work. Whether or not that actually happened, public transportation has been about as welcome in the Motor City as Baptist missionaries in Mecca. Detroit is the cathedral city of the private car, where the highest feast days are the North American International Auto Show, this year Jan. 15-23. Yet there are hundreds of thousands of Detroiters who can't afford a car. Trouble is, there is really no reliable public transportation system, ether. Today, that auto executive might have a hard time getting to work at all on a bus.



I am 52 years old, but if you subtract the time spent waiting for buses, I'm more like 40," said Marcia Yakes, who is disabled, unemployed and has to rely on an increasingly inadequate bus system.

However, she isn't just complaining; she's doing something. She is a board member of a fastgrowing group called TRU ---

Jack Lessenberry

Transportation Riders United whose purpose is to "improve transportation access and mobility in greater Detroit," which really means better public transit.

"We are living in a place that is fundamentally sick, when it comes to addressing the transportation needs of its citizens," said fellow board member Francis Grunow, the executive director of a historic preservation group.

To an outsider, it may seem simply astonishing how bad Detroit's public transportation is. The city and suburbs have separate bus systems which are not only not integrated, there is no one place anyone can go to get both schedules.

Yakes once had a job working for a suburban McDonald's. She could navigate both bus systems to get there. But when her shift ended, she either needed to find a ride or walk six miles to find a bus that would get her home to midtown Detroit. Eventually, she quit.

'TRU is not all inner-city residents. Its president is Robert Prud'homme, an architect who lives in Ferndale. Lawrence Hands, who runs an environmental consulting firm and lives in upscale Grosse Pointe Park, is the treasurer and sheltering spirit; TRU is headquartered in his offices in the magnifident Guardian Building, a famous art deco skyscraper. The actual founder, however, was his son, Stephen, who at the age of 14 presented a paper arguing for better transit service at a forum attended by then-Vice President Al Gore. "He convinced us we needed an organization," his father said. For the first several years, his mother, Karen Kendrick-Hands, ran it. Now, TRU has assembled a diverse board, and is advertising for a full-time executive director with fund-raising abilities. (Steven, now 20, is a junior at Kenyon College, and plans to become an urban planner.)

Currently, TRU is continuing to lobby both bus systems to do a better job at serving the public and informing them about bus schedules. However, in the long run, it thinks buses won't be enough.

To be fair, what the group has done so far are baby steps. It successfully helped reverse a plan to widen I-75 north of Detroit. It helped lobby the governor to create DARTA, the Detroit Area **Regional Transportation Authority, something** that is, however, still largely a shell.

It has formed alliances with other anti-sprawl groups and proposed an interesting plan to bring back the trolley cars that were a fixture in downtown Detroit until 1956.

Currently, TRU is continuing to lobby both bus systems to do a better job at serving the public and informing them about bus schedules. However, in the long run, it thinks buses won't be enough.

Prud'homme, like most or all of his fellow TRU members, would like to see a light-rail system connecting Detroit and the suburbs. "You could do what's essentially needed for \$2 billion, I think," he said, as fellow member Patty Fedewa, a federal labor attorney, nodded in agreement.

Unfortunately, there has never been much support in Lansing for mass transit of any kind, and city and suburban leaders have been more interested in bashing each other than cooperating. The state is facing a perennial major budget crisis, and no money is likely to be available for any initiatives.

TRU leaders believe that is short-sighted. They note a number of studies that have noted that there are thousands of jobs in the suburbs which could be filled by city dwellers who desperately need them - if they could just get there.

This month will be a key one for TRU. On Tuesday, Jan. 25, it is holding a public meeting at its Detroit headquarters to try to help develop a vision and an agenda for what the group should do next.

What is clear, Prud'homme said, was that something has to be done. Several weeks ago, he came out of his parking garage and saw a beautiful gleaming bus shelter unlike any in Detroit. He was transfixed.

He walked toward it - and was stopped. It wasn't real. It was a set for a new Stephen Spielberg movie about a post-nuclear Los Angeles. "I guess that even after the apocalypse they had a better transportation system than we do now," he said, laughing.

Jack Lessenberry is editorial vice president of HomeTown Communications. He can be reached by phone at (248) 901-2561 or by e-mail at ilessenberry@homecomm.net.

## Schoolcraft's president sees Cherry report as positive step

nce upon a time, Michigan was the Emerald City. Jobs were at the end of the yellow brick road leading to Detroit, where wages were higher and job security was solid.

Even with its cyclical ups and downs, the auto industry provided several generations with healthy pay checks. Many fathers encouraged their sons to get a union card and get a job at GM, Ford or Chrysler.

Those were the days and now they're over. Michigan has fallen behind other states economically. Not enough young students are preparing themselves for the new high-tech, entrepreneurial economy. We lag behind other

> large states in the number of young people pursuing postsecondary education and in retaining the students who do get degrees.

At the end of December, Gov. Jennifer Granholm released the findings of the Lt. Governor's Commission on Higher Education and Economic Growth. Lt. Gov, John Cherry and his commission were assigned to

make recommendations toward three goals: "Double the percentage of residents who attain postsecondary degrees or other credentials that link them to success in Michigan's new economy; improve the alignment of Michigan's institutions of higher education with emerging employment opportunities in the state's economy; and build a dynamic workforce of employees who have the talents and skills needed for success in the 21st century.

School craft President Conway Jeffress says the report is a positive step in the right direction. Jeffress served on a commission task force on realizing the economic benefits of education.

"When looking at research at the University of Michigan, Wayne State or Michigan State, there was a major emphasis on turning those results of research into commercial products, whether the university handles it or private industry, to not cloister knowledge away without realizing economic return," he said.

Many of the 19 key recommendations of the commission concern community colleges, which are both bridges to a higher education and training centers for in-demand technical positions.

A particular concern is transfer of credits. The commission urges community colleges and baccalaureate colleges to work together at removing the obstacles.

"If the state's goal is to increase the number of people with college degrees, we shouldn't be engaged in a process that slows that down," Jeffress said.

He said colleges are often inconsistent, with some departments accepting credits while others don't. Some colleges also balk at taking dual enrollment credits earned by high school students from the community college. The commission encourages more of these programs that help acclimate high school students to college work. Jeffress said they are important in helping students get through the first year of college.

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The Michigan Community College Association urged that the commission's original goal to promote four-year degrees be modified ..... instead to promote all postsecondary education that improves a person's economic capacity.

"When you look at the mission statements " of a college, typically most colleges have large and grandiose statements," he said. "Ours was more to the point, to increase the intellectual and economic capacity of our clientele."

He said colleges have to meet real econom----ic needs.

"Everything requires social and financial utility," he said. "We need to have that at the start and not discover it at the end of the process. Whether you're a welder or a poet, you need to make a living."

The Cherry Commission puts a similar high priority on the economic outcome of education by recommending that colleges be monitored for their ability to match programs with job need.

But while emphasizing the importance of economic reality to a college program, Jeffress said he doesn't underestimate the value of a traditional liberal arts education.

"Liberal arts was an opportunity to explore many things you could do," he said.

A liberal arts beginning allows a student to choose a vocation.

"Graduate schools are totally vocational," he said. "You take liberal arts education and say I like teaching or science or engineering and now I'm going to be a scientist or engineer. I look at community colleges as little graduate schools, not vocational schools."

For that reason, Jeffress said the associate's degree is still "viable," turning out many fully qualified job applicants for a number of good-paying positions such as teaching and comput-er work. He said the college needs to develop flexible programs in which students can return regularly and build on the skills they have as technology and job availability demand.

"You want to use college as a permanent lifelong resource, a more complicated library to go to," he said.

Now the problem is finding the funding and the political will to follow through.

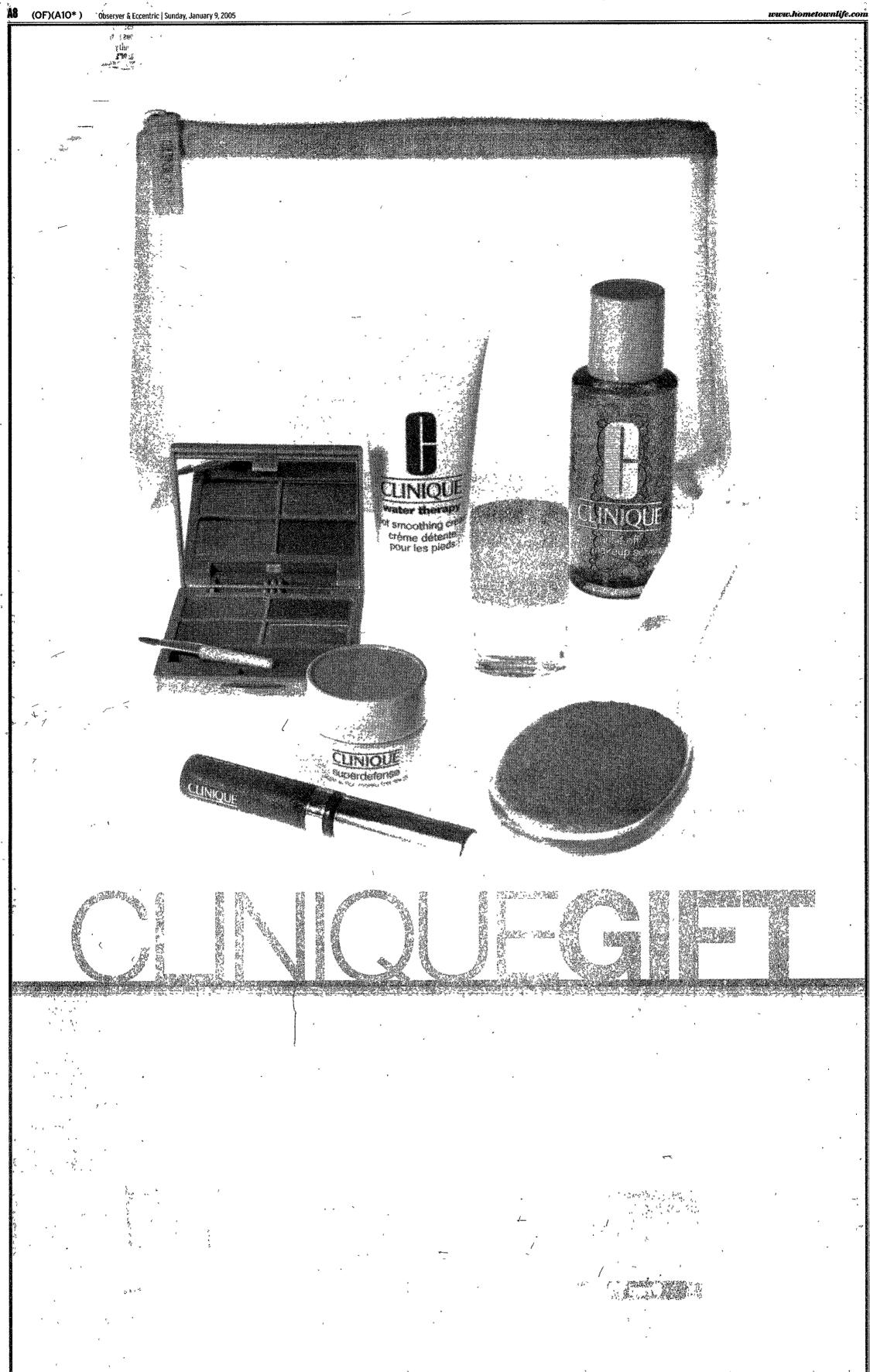
Hugh Gallagher is managing editor of the Observer Newspapers. He can be reached by e-mail at hgallagher@oe.homecomm.net, by phone at (734) 953-2149 or by fax at (734) 591-7279.



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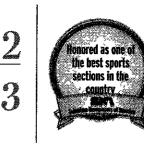
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**HOCKEY** – Salem rally wasted in loss.

**HOOPS** – Vikings sail past Rocks.



Ed Wright, editor (734) 953-2108 Fax (734) 591-7279 ewright@oe.homecomm.net

Section B

Sunday, January 9, 2005

# Short-handed Canton icers sting 'Jackets

BY ED WRIGHT STAFF WRITER

If you think short-handed goals are impressive, you should have seen Canton's short-handed victory Wednesday night against Detroit Country Day.

Playing without five of their top players who were serving the second game of a two-game misconduct penalty, the Chiefs rallied to upend the Yellowjackets, 7-4, to run their record to 5-3-1.

"We definitely missed the players who were out, but the kids who got an opportunity to play in their absence really stepped up and contributed," said Canton coach Mike Behen.

Reece McCabe was the main man for Canton on Wednesday. The senior forward recorded his second hat-trick of the season to pace the Chiefs' offensive efforts. McCabe now has a team-leading 24 points (12 goals and 12 assists).

Canton fell into a 3-1 hole in the opening 15 minutes before digging itself out in the final two periods.

"We kind of fell asleep in the first period," Behen said. "We talked about it in the lockerroom between periods, then we dominated after that

"Country Day played well. They came out and meant business. They may have been a little short-handed due to the weather, but they have a good team."

McCabe shared the spotlight with Sean Rago, who tallied a pair of goals. Paul Stevens and Ryan Mooradian also lit the lamp for the Chiefs.

Patrick Gallagher and Kevin Tollison each had a pair of assists for Canton.

Kyle Kowalski, Mooradian, Clark Albers, Brad Barath and Jon Sudia had one helper a piece.

Tony Hylko played the first two-andhalf periods in net for Canton, stopping 15 shots. Kevan Swanberg finished between the pipes.

Canton outshot the Yellowjackets, 42-23. The Chiefs return to action Wednesday night when they host Plymouth at the Arctic Edge Arena. The opening face-off is set for 8 p.m.

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# **Rockets'** launcher

## Swartz leads Glenn to rare victory at Salem

### BY ED WRIGHT STAFF WRITER

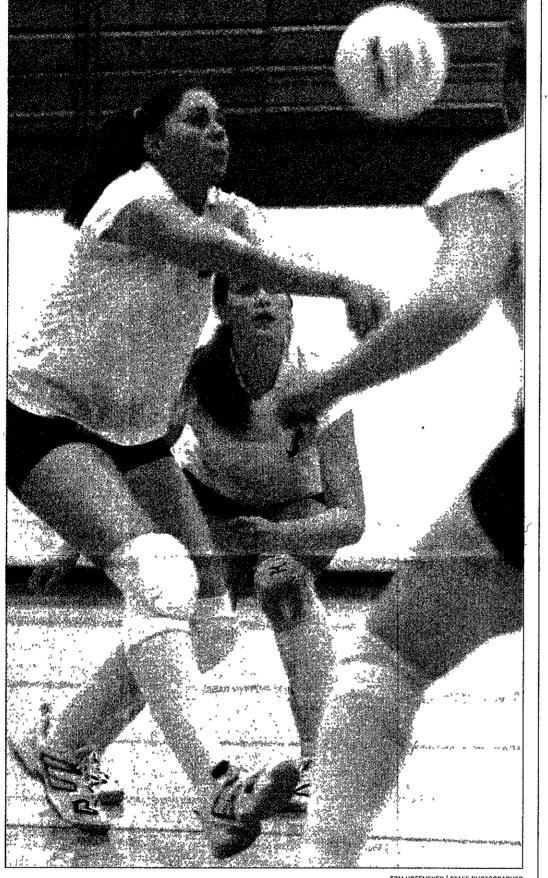
As a powerful snowstorm dumped several inches of the white stuff outside Wednesday night, Westland John Glenn's Jennifer Swartz was burying Salem with kills and blocks inside.

Swartz was the catalyst of the impressive victory for the Rockets, who won 25-20, 25-20, 16-25 and 25-23. She recorded team highs in kills (seven) and blocks (six).

The match, which was perilously close to being canceled due to the weather, was the conference opener for both Western Lakes Activities Association teams.

"Every time we need a big point, that's where the ball goes," said John Glenn coach Ron Ruppel, gesturing toward Swartz. "She really stepped up when we needed her tonight.

"I'm proud of the entire team. They were scrappy and they worked extremely hard. We'r



## Huge 2nd half leads Belleville to victory

### BY ED WRIGHT STAFF WRITER

Belleville basketball coach Mike Krogel's actions spoke louder than his words as he addressed his team during halftime Friday night following an uninspiring opening half.

"I broke two windows in the lockerroom." Krogel laughed, jokingly relaying how he fired up the undefeated Tigers, who led only 30-29 over Monroe at the intermission before coasting to a 59-36 victory. "Seriously, I just let them know that I wasn't happy with our patience on offense and our intensity level. Monroe was beating us to all the loose balls."

Belleville improved to 7-0 overall and 2-0 in the Mega Red. Monroe fell to 2-5 and 0-2.

Whatever Krogel said definitely worked as the Tigers outscored their overmatched foes, 17-2, in the third quarter to secure the win.

"Our defensive intensity really eked up in the second half."

## **Coaching jobs**

**Plymouth High School** has vacancies for the following coaching positions: girls varsity track. girls junior-varsity soccer, girls freshmen soccer, girls freshmen softball, boys freshmen baseball, boys junior-varsity baseball and boys assis-a tant football.

For more information. contact Plymouth High School Athletic Director Terry Sawchuk at (734) 582-5700.

## Lady Crusaders win

The Madonna University women's basketball team opened its Wolverine-Hoosier Athletic Conference schedule Wednesday with a 65-45 victory over the University of Michigan-Dearborn Wolves.

The Crusaders, who improved their record to 7-9, were paced by Sarah Thomson's 16 points and 12 rebounds.

Martina Franklin and Lydia Prusinowski both netted 11 for the winners."

Canton native Amy Henry, a graduate of Agape Christian, tallied six points and two rebounds.

The Wolves were led by Kandice Perryman, who twined 15 points and six rebounds.

The Crusaders, who shot 43 percent from the field and 51 percent from the free-throw line, led 30-24 at the half.

learning what it takes to win, but tonight was a big step for us."

First-year Salem coach Jennifer Peterson said her young, seniorless team should get better as the season goes on.

"The most important thing for us right now is to get games under our belts," said Peterson. "Once they get more experience, things they're thinking about now on the court will become habit.

"This was the first home varsity game as a starter for most of these girls, so they had to work through some early jitters. Once they calmed down, they started playing like they play in practice. I was proud of the way the girls overcame the slow start and got back

PLEASE SEE SALEM, B2

TOM HOFFMEYER | STAFF PHOTOGRAPHER

Salem's Lauren Kurtz completes a bump as teammate Nikki Mersch looks on during the second game of Wednesday night's loss to Westland John Glenn.

Krogel stressed, noting that the Trojans converted just one field goal over the game's final 16 minutes. "Plus, we were much more patient with the basketball on offense. We didn't settle for the outside shots as much."

Belleville's talented junior forward Leon Freeman was a human stat machine against the Trojans, racking up 27 points, 10 rebounds and five blocks. Tommie Clark contributed 18 points and eight rebounds while Isaac Kindell netted 10 and played a strong floor game. Jay Thompson led Monroe with 11 points.

Belleville's schedule will get noticeably more difficult next week when it travels to Ann Arbor Pioneer on Tuesday before hosting Mega Red rival Ypsilanti on Friday.

## Pride fund-raiser

The Plymouth-Canton Pride 16-and-under girls fast-pitch softball team will be holding a Greektown Casino fundraiser on Saturday, Jan. 15.

For a \$20 fee, fundraiser participants will meet at noon in the Plymouth High School parking lot, where buses will transport them to the Greektown Casino in downtown Detroit. Along: with the bus transportation, individuals will receive \$10 in chip vouchers.

Buses will depart the ---casino at approximately 5:30 p.m.

For more information, contact Cathy Ostrowski at (734) 323-5267.

## Hockey celebration

All Redford Catholic Central alumni hockey players are invited to attend a 70th anniversary celebration of the program Saturday, Feb. 5 at Compuware Arena in Plymouth.

The 1:30 p.m. reception will be at Ginopolis on the Ice (inside the arena) and a game between the Shamrocks and University of Detroit-Jesuit will follow at 3 p.m.

The reception - complimentary for all CC hockey alumni and families --will feature former coaches the Rev. James. Enright, the Rev. Ronald: Cullen and Rick Repicky Tickets to the game are \$5. RSVP for the reception is required. Please 🥻 call (313) 534-0550 or e mail to ccalumni@catholiccentral.net.

Canton's determined Webb thrives on hard work

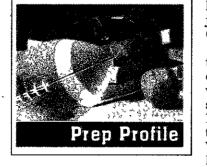
### **BY ED WRIGHT** STAFF WRITER

In some respects, the line that eparates superior high school athletes from mediocrity is the fast-food order line, which can severely test the self-discipline that is vital in prep sports.

Take, for instance, Ryan Webb, Canton's undefeated senior wrestling captain, whose dedication to the sport becomes apparent even when he's ordering a meal at McDonald's.

While his non-wrestling buddies who have no concerns about making weight the next day consume quarter-pounders, super-sized fries and shakes, Webb has learned to satisfy his hunger with foods that are less fulfilling, but more nutritional.

"I'll usually get something like a yogurt parfait when I go to McDonald's," said Webb, whose body-fat level was measured at a super-lean 8.2 percent before the season. "I've learned to discipline myself when it comes to my eating habits. It



was more difficult last year for me, but this year it hasn't been hard at all. I wouldn't say I diet, but I definitely watch what I eat.

"Even years from now when I'm out of school, I think I'll be able to make better decisions in my life because of the discipline I've learned from wrestling."

It's a good thing victories are low-carb because Webb has been devouring them at an alarming rate since he first came to Canton as a sophomore in 2002. The 135-pounder is 21-0 this season and 92-18 over his career as a Chief. When he earns his 100th win - most

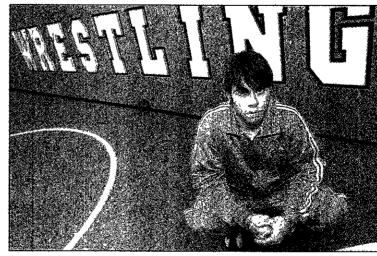
likely later this month -he will ioin a small, but elite, group of Canton wrestlers.

"There are probably fewer than 10 wrestlers in the history of Canton that have 100 wins, which says a lot about Ryan," said Canton coach Casey Randolph, who took the reins of the program the same year Webb moved to Canton from Belleville. "Ryan is not only an outstanding wrestler, but he has great leadership qualities. Even as an underclassman, he was a huge part of the development of our program. He's one of those kids who makes everyone else around him better.

"Ryan isn't real vocal, but he speaks up when it's necessary. He leads more with his actions than with words."

Randolph pointed to the 135pound final match of the Salem Wrestling Tournament in December for an example of how determined and focused Webb has become over the past three years.

"Ryan was wrestling against



TOM HOFFMEYER | STAFF PHOTOGRAPHER

Canton wrestler Ryan Webb has a spotless 21-0 record this season. The twoyear captain has successfully filled the 135-pound slot in the Chiefs' line-up for the past three years.

Catholic Central's Sean Dong, then he scored a takedown to an outstanding wrestler who tie it up with only a few seconds finished third in the state as a left. He ended up winning in sophomore two years ago," overtime with a takedown. Of Randolph said. "Ryan was trailall the matches he's won over ing by three points late in the match, but he never quit. He got one point for an escape,

the past three years, that one PLEASE SEE WEBB, B4

## Salem rally wasted in loss to Spartans

### **BY PAT ALLEN** STAFF WRITER

(CP)

Livonia Stevenson hockey coach Mike Humitz says it takes a total effort to win a hockey game.

"Four or five minutes of bad höckey can cost you the game," Humitz said.

Lucky for him, in this instance, he was wrong. The Spartans came away victorious against visiting Salem, 5-4, after letting a 3-0 lead become a 4-3 deficit in just over five minutes at Eddie Edgar Arena.

Erik Anderson and Sam Hoyt scored first-period goals to put Stevenson ahead early and Shawn Anderson scored three minutes into the second as the Spartans looked like they were on the way to a blowout victory.

But with a 3-0 lead and all the momentum midway through the second period, Stevenson started to get lazy. With five and a half minutes left in the period, a bad pass found its way onto Ed Simeone's stick and he baited the lone defender to the circle and skipped a pass right into the wheelhouse of Brooks Belhart, who wristed one high over the glove hand of Stevenson goalie Ryan Dennett.

Just over a minute later the Rocks (6-6-1) struck again. This time Steven Tripp lit the lamp on a put-back goal after Adam Gillikin fought off three defenders to get a shot on net.

Less than a minute after that, Belhart shifted the puck back in the slot as a defender slid by and fired high on Dennett's glove side to even the game up at three goals each.

With three minutes left in the period. John Maurer took a tripping penalty to give Stevenson a power play, but the Rocks wouldn't stop attacking. Shorthanded, Chris Wilson picked up a mishandled puck right in front of the Spartan net and zipped it by Dennett high on the glove side to give Salem their first lead at 4-3 with 1:23 remaining in the middle stanza.

Salem coach Fred Feiler attributes the outburst to persistence on offense. dump-and-chase and tried to make them make some mistakes," Feiler said. "It paid off and we got a little spark from

## into the match."

**PREP HOCKEY** 

Humitz decided to replace

"I'm not faulting (Dennett)

on the goals because we made

some weak plays," Humitz said. "(The change) was more of a

wake-up call to try and get our

Stevenson got back to busi-

seconds into the final period as

Westerman combined to set up

Humitz, "like he's done a bunch

Nick Dahlstrom's game-tying

"Nick Dahlstrom," said

of times this year, scored a

timely goal. He's becoming a money player for us."

End-to-end action ensued

Shawn Anderson's second goal

of the night, from Michael and

Spartans back ahead for good

"There's only so much that a

goalie can do," Feiler said, "he

needs some help out there. I

had two guys let their guys go

and both of them got the puck

Erik Anderson and Dan

Lamonica each had assists in the first period for Stevenson

Other than the aforemen-

tioned Rocks, Salem received

assists from Maurer, Tommy Cooper, Wilson and John

Canton 10, Walled Lake

broke a 3-3 second-period tie

with a pair of goals to lead the

Chiefs to the win. McCabe fin-

ished with his third hat-trick

Bryan Wioncek also had a

productive offensive night for

Mike Kondratek finished

with one goal and five assists

while Ben Laurin contributed

Andy Barylski, Kevin

the Chiefs, recording two goals

Western 4: Reese McCabe

with just over three minutes

Marcus Voran, put the

remaining.

back.

(8-3-1).

Hoelscher.

of the season.

and one assist.

four helpers.

for the next 10 minutes until

ness and set the tone only 27

Dan Darrow and Billy

Dennett with Kit Pruchnik in

to us being down 4-3.'"

net for the third period.

guys going."

goal.

SALEM FROM PAGE BI

The Rockets' confidence level seemed to rise with each point they accumulated in the first two games. Salem built a seemingly sturdy 12-6 lead early in the game one before Glenn retaliated with a 16-4 run to take command. Swartz led the rally with four service points and three kills.

Heather Linden was instrumental in Glenn's game-two win as she helped the Rockets overcome an 11-6 deficit with six service points — including two aces - and several key digs.

Undeterred by the 0-2 hole they faced, the Rocks won the third game behind the strong play of junior Lauren Price (three kills) and sophomore Lauren Kurtz, who strung together five straight service points late in the game. Salem sophomore Nikki Mersch provided the most entertaining highlight of the game when she laid out for a dig that eventually led to the Rocks' 23rd point.

Junior setter Ashley Hayes also shined in game three for Salem with nine service points and five assists.

"Ashley did a nice job of coming off the bench for us, which isn't easy, especially when your team is losing," Peterson said.

Mid-way through the fourth game, it appeared there would be a fifth as Salem constructed a 16-11 advantage.

However, Glenn scored nine of the next 10 points to secure a 20-17 edge. Setter Errin

TOM HOFFMEYER | STAFF PHOTOGRAPHER

www.hometownlife.com

Salem's Nikki Mersch (left) and Chelsea McPhail unsuccessfully attempt to dig a John Glenn spike during Wednesday night's Western Lakes Activities Association match. The Rockets won in four games.

Phillips, who finished with a game-high 23 assists, served for four of the points while Swartz served the other five. Swartz put an exclamation

point on her stellar performance when she drilled her final kill of the night into the floor for the match-deciding point. "When you win the first two

games like we did, it's easy for the girls to sit back and think they only need to win one of

the next three to win the match," Ruppel said. "We relaxed a little and Salem really took it to us and got back into the match. We were totally out of it in game three, but, thankfully, the girls got their act together late in game four."

Amanda Campbell picked up seven kills for the Rockets, who received six kills and six digs from Devin Ross. Linden finished with four

aces and nine digs for Glenn. Salem was paced by Price, who had 11 kills, and sophomore Teresa Coppiellie, who had seven kills and three blocks.

"Lauren Kurtz played well for us, too," Peterson said. "She had four or five blocks and she did well against their top girl."

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**Deserving Williams inducted into Hall** 

Ocala, Fla. was recently elected to the American Bowling Congress Hall of Fame in his first year of eligibility.



Alley

This inaugural event will be conducted by the new USBC for the first time in Texas.

Another unique feature will be the conducting of the U.S. **Military Tournament featuring** 12 players each from the Army,

Navy, Air Force and Marines. After qualifying, the match play will eliminate all but the top five men and women who will represent our country in such events as the World Games, World Tenpin Association World Women's Championships of the Americas, WTBA American Zone Championships and the

This was the case in my own game as I had watched my bowling average do a downward spiral and just struggling to look respectable. Being right-handed, it was my left knee that was hurting, which makes matters worse, as that takes on the added pressure of the sliding step.

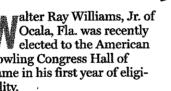
Recent X-rays revealed to the doctor that the problem was worn out cartilage and my knee was "bone-on-bone."

As it turned out, my friend Phyllis had just bought some **Glucosamine and Condroitin** with MSM in a liquid form. only a couple of d my left knee became absolutely 100 percent pain-free and my scores are getting much better. It is not my purpose to endorse or promote any particular products or remedy. But it sure made a believer out of me, and I even went to Costco and bought some of my own. I would advise anyone to check with their doctor or medical practitioner first, because it may not be compatible. The Tuesday Junior Classic at Town 'n Country Lanes in Westland has started the new year right where they

left off in 2004 with lots of great scoring.

Shannon Greene rolled an 815 series with scores of 279-236-300 to lead the way, while Matthew Wisniewski fired a 300 game in a 758 series.

Other top scorers included: Walt Dietz, Sr., 267-197-269/733; Jim Jesson, 280/731; Wayne Grieve, 226-267-279/772; Craig Proctor, 216-279-266/761; Ryan Rollins, 258-259-224/741; George Bird, 236-258-226/720; Leon Smith, 258-256-219/733; Rob Cook, 202-265-243/710; Mark Konopatzki, 260-278-215/753; arche 216-248-258/ In the Wednesday Senior Classic at Mayflower Lanes, my teammate, Carlos Stafford, fired a nice 257 game, but fell short by four pins. His opponent, anchor man Ed Dudek, struck in the last seven frames and finished with a fine 278 game. However, we did recover and defeated them in the next two games.



With 40 pro titles, he is second only to the late Earl Anthony

regular

Bowler's

Professional

Association

tour. Last

who had 41

wins on the

C'Humitz tried calmed his players down during the second intermission.

"I didn't want them to panic," Humitz said, "so my approach was: 'let's just get back to the things that got us up 3-0, instead of what we did that led

Tollison, Paul Stevens and Brett Giacamino also found the net for the winners, who improved to 4-3 in the Western Lakes Activities Association.

Canton led 3-0 in the first three minutes before the Warriors stormed back to tie the game at 3-3 early in the second period.

· But McCabe guickly turned the tide back in the Chiefs'direction.

Tony Hylko played the entire game in net for the Chiefs, who out-shot the Warriors, 41-17.

year ne won the 54th AI Masters title to add more Harrison laurels to his colorful resume. He will be inducted on

March 17 during the ABC championship in Baton Rouge, La. Over 200 of the best ama-

teur bowlers in the U.S. will try to earn spots on Team USA 2005 Bowling National Championships (a U.S. Bowling Congress event) Jan. 9-14 at Don Carter's All-Star Bowl in Dallas, Tex.

AMF World Cup. Perhaps someday the Olympics will be included in its agenda.

Minnesota's Darin Pomije, 30, has joined the exclusive club of sanctioned 900 series bowlers.

It is only a matter of time until one of our locals makes it to this level of perfection. We have had 35 strikes out of a possible 36 and this might be the year to put the greater Detroit area on the 900 map.

■ Nobody likes to bowl with pain, especially when the knees are involved.

Al Harrison is a resident of Livonia and a director of the Greater Detroit Bowling Association. He can be reached at (248) 477-1839.

at Discovery Middle School, 6:30 p.m.

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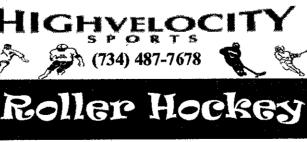
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This material was developed through a project funded by the Michigan Truck Safety Commission.

PREP BASKETBALL Tuesday, Jan. 11 Livonia Churchill at Salem, 7 p.m Canton-at W.L. Central, 7 p.m. Plymouth Christian at Zoe, 7 p.m. Summerfield at Canton Agape at Discovery Middle School, 7 p.m. Westland John Glenn at Plymouth, 7 p.m. Belleville at Ann Arbor Pioneer, 7 p.m. Friday, Jan. 14 Salem at Westland John Glenn, 7 p.m. Livonia Franklin at Canton, 7 p.m. Plymouth Christian at Southfield Christian at Lawrence Tech. 7:30 p.m. Huron Valley at Canton Agape at Discovery Middle School, 7:30 p.m. Plymouth at W.L. Northern, 7 p.m. Ypsilanti at Belleville, 7 p.m.

PREP HOCKEY Tuesday, Jan. 11 Saline at Salem at the Plymouth Cultural Center, 8 p.m. Wednesday, Jan. 12 Plymouth at Canton at Arctic Edge Arena, 8 p.m. Livonia Ladywood at PCS Penguins at Arctic Edge Arena, 6:30 p.m. Saturday, Jan. 15 Salem at W.L. Northern at Lakeland Arena, 1:20 pm. Canton at Grand Rapids Christian, 5 p.m. PCS Penguins at Cranbrook Kingswood, noon Livonia Stevenson at Plymouth at Compuware Sports Arena, 6:40 p.m. BOYS SWIMMING Tuesday, Jan. 11



Jan. 31<sup>st</sup> April 19<sup>th</sup> Team Fee: \$1000 Individual Fee: \$1000 + \$20 jersey fee 8 Games + Playoffs Reg. Deadline: Jan. 24<sup>th</sup>

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# Canton at Ann Arbor Huron, 6 p.m.

THE WEEK AHEAD

Thursday, Jan. 13 Canton at W.L. Central, 7 p.m. Plymouth at W.L. Northern, 7 p.m. Friday, Jan. 14 Plymouth at Wayne Invitational, 3 p.m. Saturday, Jan. 15 Plymouth at Wayne Invitational, 1 p.m. WRESTLING Wednesday, Jan. 12 Salem at Catholic Central Invite, 5 p.m. Thursday, Jan. 13 Westland John Glenn at Salem, 6:30 p.m. Canton at Wayne Memorial, 6:30 p.m. W.L. Western at Plymouth, 6 p.m. Saturday, Jan. 15 Salem at Adrian Invitational, 10 a.m. Canton at Springport Tournament, 9 a.m. Plymouth Wildcat Team Tournament, 9 a.m. VOLLEYBALL Monday, Jan. 10 W.L. Central at Salem, 7 p.m. Canton W.L. Western, 7 p.m. Livonia Clarenceville at Plymouth Christian. 7 p.m. Britton-Macon at Canton Agape

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Livonia Churchill at Plymouth, 7 p.m. Wednesday, Jan. 12 Salem at Livonia Churchill, 7 pm. Plymouth at Westland John Glenn, 7 p.m. Thursday, Jan. 13 Southfield at Plymouth Christian, 7 p.m. Friday, Jan. 14 Canton Agape at Inter-City at United Christian, 8 p.m. Saturday, Jan. 15 Salem at Troy Invite, 8 a.m WL. Central at Canton, 7 p.m. Plymouth at U-M Dearborn Tourney, 9 a.m. GYMNASTICS Tuesday, Jan. 11 Salem at Canton at Plymouth High School, 7 p.m. Saturday, Jan. 15 Salem at Hartland Invitational, 9 a.m. Canton at Holland Invitational, 10 a.m. MEN'S COLLEGE BASKETBALL Monday, Jan. 10 Kirtland at Schoolcraft, 7:30 p.m. Wednesday, Jan. 12 Madonna at Aquinas, 7:30 p.m. Schoolcraft at Henry Ford, 7:30 p.m. Saturday, Jan. 15 Madonná at Davenport, 3 p.m. Macomb at Schoolcraft, 3 p.m. WOMEN'S COLLEGE BASKETBALL Monday, Jan. 10 Kirtland at Schoolcraft, 5:30 p.m. Wednesday, Jan. 12 Schoolcraft at Henry Ford, 5:30 p.m. Aquinas at Madonna, 7:30 p.m. Saturday, Jan. 15 Madonna at Davenport, 1 p.m. Macomb at Schoolcraft, 1 p.m. ONTARIO HOCKEY LEAGUE Sunday, Jan. 9 Whalers at Sault Ste. Marie, 7 p.m. Thursday, Jan. 13 Whalers at Windsor Spitfires, 7:30 p.m. Saturday, Jan. 15 Whaters vs. Guelph (Compuware), 7:30 p.m. Sunday, Jan. 16 Whalers vs. Owen Sound (Compuware), 2 p.m. TBA - time to be announced

## Vikings sail past Rocks in WLAA prep basketball opener

**BY ED WRIGHT** Staff Writer

Walled Lake Central was an equal-opportunity destroyer Friday night in its 53-35 home victory over Salem.

"They dismantled us on offense, defense, inside and outside," said Salem coach Bob Brodie. "Their defense put a lot of pressure on us and we just couldn't get into our offense. Central has an excellent team."

The win propelled to Vikings to 5-2 overall and 1-0 in the Western Lakes Activities Association. The Rocks dropped to 0-7 and 0-1.

Central led 10-3 after the opening quarter and 27-9 at the intermission. Both teams scored 26 second-half points, but Brodie attributed that to the number of reserves that played for the Vikings in the closing 16 minutes.

"Our kids are playing hard; they're not giving

up," Brodie emphasized. "We have to find some scorers."

No Rock hit double-digits in scoring Friday. Jeff Lake led the way with six points while Jon Pomorski and Kevin Bradley and Billy Leddy each twined five. Kyle Price scored four. **Walled Lake Western 57, Canton 52:** The

Chiefs put together a valiant third-quarter comeback, but eventually fell to the Warriors in the conference opener for both squads.

Western led 20-12 after one quarter and 32-23 at the half before the Chiefs rallied to take a 39-38 lead heading into the fourth quarter. However, the Warriors iced the game by outscoring Canton, 19-13, over the final eight minutes to seize the road win.

"They shot the ball really well in the first half and we had 13 turnovers, so we put ourselves in a big hole early on," Canton coach Charlie Paye said. "We made a nice run to take the lead at the end of the third quarter, but we couldn't keep it going."

Canton was 0-for-13 from beyond the threepoint line.

Julian Smith had a strong game for the Chiefs, scoring 18 points and hauling in 11 rebounds. Kevin Thornton and David Calille both scored 10 while Jason Houdek netted six. Thornton also contributed nine rebounds and three blocks.

Denard Branch was the Warriors' go-to guy, pouring in 21 points, including 13 in the first half. Evan Ender had 14 for the winners.

**Plymouth Christian 55, International Academy of Flint 44:** The Eagles' zone defense gave the Phoenix fits, especially in the first half when PCA built a insurmountable 34-15 lead.

The victory boosted PCA's record to 4-2. IAF dropped to 1-6.

"They were quick and strong, but they had a

hard time shooting against our zone," said Eagle coach Doug Taylor. "They shot much better in the second half, but we had a nice lead by then."

"We played well, but we still have a lot to work on. Everybody played and everyone but one player scored, so it was a good game for us."

Stephen had the hot hand for PCA, netting 17 points and six assists. Chase VanTiem added 13 points and seven boards while Aaron Ciborowski chipped in with 10.

Ronald Wilson led the Phoenix with 15 points.

The Eagles open their Michigan Independent Athletic Conference slate next week with games at Warren Zoe Christian on Tuesday and Southfield Christian on Friday. The game against Southfield will be played at Lawrence Technological University.

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## **Depleted SC cagers suffer another blow** Efficient passing

### BY BRAD EMONS STAFF WRITER

Despite a 13-1 record and wins over two nationally-ranked teams, the depleted Schoolcraft College men's basketball team now officially finds itself in hoop purgatory.

Already banned from a chance to qualify for the National Junior College Athletic Association Division I Tournament because of an off-season rules violation, Schoolcraft coach Carlos Briggs recently received word that the Michigan Community College Athletic Association will also prevent the Ocelots from competing for its fifth straight state championship title, or even earn a chance at defending its Eastern Conference crown.

Under Briggs, who has a career record of 213-33 in eight seasons, Schoolcraft has qualified for the NJCAA Division I Tourney in Hutchinson, Kan. three of the past four years. He has sent over 35 players to the Division I and II ranks.

The NJCAA put the Ocelots on probation for one season after being cited for using a school-owned vehicle and providing a meal en route to transport nine players to the JUCO All-American Challenge, a college showcase camp, last July in Indianapolis, Ind.

Four other midwest JUCO programs were cited for similar violations, but won back their postseason bans after filing a formal appeal to the NJCAA.

An MCCAA infractions committee also decided to follow the NJCAA's lead and keep Schoolcraft from competing during the postseason state playoffs. Schoolcraft's administration, however, which has clashed recently with Briggs over a number of issues, decided not to appeal the MCCAA decision, just as it had done when the NJCAA sanctions went down.

The decision, however, not to let Schoolcraft's games count in the Eastern Conference standings has Briggs mystified. As it stands now, Schoolcraft is simply playing only exhibition games.

"My question is why are we even playing if we can't even compete for the conference title?" Briggs said. "Had we known that earlier, I would have advised some of our players like a Martin Samarco (the team's leading scorer) to sit out and save a year's eligibility before he moves on to another school. What's the point of playing if you don't have anything to play for?

"It's not about me, it's all about the kids and what's fair to them."

Schoolcraft's roster has been diminished by defections, injuries and officials transcript issues involving transfers from Division I schools.

On Wednesday, the Ocelots dressed just six players in a 100-66 victory over Alpena in the conference opener for both teams.

After Schoolcraft was banned from postseason play by the NJCAA, Division I transfers David Hoskins (Central Michigan) and Walter Waters (Cleveland State) opted to sit out.

Hoskins, a 6-foot-4 guard from Salem High who started 18 games as a freshman for the Chippewas, has signed with Kansas State and has three years of eligibility remaining. The 6-10 Waters, who underwent hernia surgery, also had transcript issues with Cleveland State and has left

Schoolcraft. He plans on signing with Wisconsin-Milwaukee, which is where another Schoolcraft D-1 transfer, guard James Douglas, who started 15 games last year at Eastern Michigan, plans to go. Douglas just recently became eligible after his transcript was cleared and played in his second game against Alpena.

Schoolcraft is also missing 6-5 guard Kevin Massiah, a transfer from Western Kentucky and the team's third leading scorer.

He has been out with a hand injury since early December (suffered in a car accident) near his home in Toronto, Ontario.

Also awaiting clearance to play is 6-6 forward Marcus Moore, a transfer from Central Michigan.

Schoolcraft interim athletic director Bill Tolstedt, the women's soccer coach who took over during the fall after Ed Kavanaugh resigned in June, reportedly is out of town and unavailable for comment.

Under Tolstedt's watch, the Schoolcraft men's soccer.team, which qualified for the NJCAA nationals, had to forfeit seven victories for violating NJCAA rules after learning goalkeeper Anthony Santilli had played games this fall for the Windsor Border Cats of the Canadian Professional Soccer League.

Interviews to find permanent replacement for the Schoolcraft A.D.'s position are scheduled to begin next week.

# lifts 'Cats to win

### **BY ED WRIGHT** Staff Writer

Effective ball movement led to excessive scoreboard movement for Plymouth's basketball team Friday night in its Western Lakes Activities Association opener at Livonia Churchill.

The Wildcats' efficient passing was the catalyst in their 62-44 victory. Plymouth is now 5-2 overall while the Chargers slipped to 1-6.

"When we made the extra pass tonight — which we did a lot — it led to easy lay-ups," said Plymouth coach Tom Van Wagoner, describing the Wildcats' key to success. "The kids played with a lot of energy. I'm very proud of their effort. We have to earn every victory this year and we did that tonight."

Churchill coach Jim Solak said the lop-sided final score was a result of Plymouth's execution and his team's lack of execution.

"Defensively, we allowed them to do whatever they wanted to do," Solak said. "When they needed to make a play, they made it."

The Wildcats took advantage of cold, early shooting by the Chargers to secure an 18-10 firstquarter lead. Churchill missed its first seven shots from the field.

"We can't keep starting games

like this," Solak lamented.

Plymouth improved its advantage to 39-26 at the half and led 5. 45-34 with eight minutes to play. "

Sophomore forward Kulraj Sandhu paced all scorers with 20 points. Josh Le Duc netted 10 for the winners.

The Chargers were led by junior guard Joel Hall's 12 points.

"Kulraj had 16 points in the first. half, which was huge for us," Van Wagoner said. "He was getting great spacing which made it easy for him to score either on the back side of their zone off their press. He moved without the ball well tonight.

"Josh had a great game inside for us. He easily had a double-double."

Van Wagoner also commended the play of freshman post player Jake Hager, who contributed six points.

"Jake started for us tonight and stepped up big time," his coach said. "He really played well."

Plymouth shot a torrid 66 percent from the field (29-of-44).

Churchill shot better (33 percent) from beyond the three-pointarch than it did from two-point range (21 percent).

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Plymouth / Canton / Belleville *Ed Wright* SPORTS EDITOR

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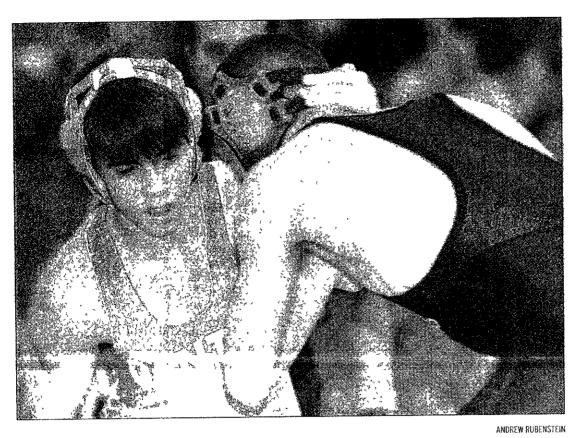
exemplified his incredible will to win.

Webb was introduced to wrestling in the seventh grade when he competed for his North Carolina middle-school team. He continued to wrestle when he moved to Belleville the following year.

"The thing I like the best about wrestling is that when you step onto the mat, it's just you and your opponent," he said. "You can't rely on anybody else but yourself. I'm confident when I wrestle, but I try not to be cocky. My mind-set is to just go out there and win."

Wrestling can be found in the roots of the Webb family tree. His father, Carl Winekoff, was an All-State performer in high school and he later served as a captain for Eastern Michigan University's grappling squad. Ryan also has an uncle and older brother who excelled at the sport.

"Carl has had a phenomenal influence on Ryan's life," Randolph said. "He's taught Ryan a lot about wrestling and what it takes to succeed in the sport, and in life."



Ryan Webb competes in the Canton Varsity Invitational Tournament Dec. 17.

Along with his sterling high school accomplishments, Webb has garnered All-American status for Michigan's Junior Olympics team and he finished

third last year in the state Greco-Roman tournament.

Webb has not only drawn a line when it comes to a healthy lifestyle, he's also set a desirable standard for Chief wrestlers to match down the road.

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OBSERVERLAND MAT RANKINGS

**MAT RANKINGS** 

(as of Jan. 3) TEAM RANKINGS: 1. Livonia Churchill; 2. Redford Catholic Central; 3. Salem; 4. Westland John Glenn; 5. Livonia Franklin

INDIVIDUALS

103 pounds: 1. Alex Fowler, Churchill; 2. Jesse Gardocki, Franklin; 3. Brandon Nikula, John Glenn; 4. Jeremy Stankewitz, Salem; 5. Jamie Priess, Wayne Memoria

112: 1. Josh Preiss, Wayne; 2. Steve Ludke, Garden City; 3. Ken Nelson, Redford Union; 4. Jon Reale, Livonia Stevenson; 5. Alex Alfaro, Franklin

119: 1. Matt Keffler, Salem; 2. Jason Crothers, Wayne; 3. Jon Roos, Franklin; 4. Jay Fleischmann, Canton; 5. Ken Nance, Garden City.

125: 1. Ryan Stump, Salem, 2. Andrew Nadhir, Redford Catholic Central; 3. Rowdy Glasgow, John Glenn; 4. Mike Warren, Franklin; 5. Justin Keatts, Wayne.

130: 1. Corey Phillips, Canton, 2. Justin Smith, Churchill; 3. Jim Wood, John Glenn; 4. James Jones, Franklin, 5. Robert Bytner, Lutheran Westland

135: 1. Ryan Webb, Canton; 2. Sean Dong, Redford CC; 3. Josh Wischmeyer, RU; 4. Orlando Carswell, John Glenn; 5. Scott Fysh, Salem

140: 1. Jim Moore, RU; 2 Dave Watkins, Franklin; 3. Konrad Konsitzke, Canton; 4. Josh Kelly, Churchill; 5 Saif Naber, John Glenn.

145: 1. Rece Cox, John Glenn; 2 Jameson Murray, Churchill; 3. Jacob Bennett, Salem; 4. Alex York, Stevenson; 5. Nate Turco, Franklin.

152: 1. Ben Adams, Churchill; 2 Adam Kokenakes, Stevenson; 3 Val Gui, Salem; 4. Chad Phipps, Wayne; 5 Ramin Pakray, Plymouth

160: 1. Trevor Stewart, Redford CC; 2. Kurtis Robbins, Livonia Clarenceville; 3. Jon McCahill, John Glenn, 4. Blake Karkoska, Franklin, 5. Kyle Lis, Stevenson.

171: 1 Manuel Schubert, Churchill, 2 Brad Bartram, Redford CC, 3 Brent Robbins, Clarenceville, 4 Cody Rize, Stevenson, 5 Mike Taylor, RU.

189: 1 Joe Bargerstock, Churchill, 2 Jeremy Henderson, Salem, 3 Robert Coffey, Wayne, 4 Craig Markgraff, Garden City, 5 PJ Caram, Canton

215: 1 Hafeez Qureshi, Churchill, 2 Eric Vojtkofsky, Redford CC, 3 Jacob Tuomi-Galindez, Lutheran Westland, 4 Matt Shileikis, RU; 5 Shamir Garcia, John Glenn

275: 1. Pat Draheim, Churchill; 2. John Morasso, Redford CC; 3. Steve Kaptur, Salem; 4. Michael Oesterling, Clarenceville; 5. Nick Turco, Franklin

Note: Weekly rankings are compiled by coaches Jim Gourlay (RU) and Dave Chiola (Franklin).

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## Local JV grapplers to compete in GC

### BY TIM SMITH STAFF WRITER

When Garden City West varsity wrestling coach Dean Shipman organized a tournament for first-time grapplers back in 1966-67, he probably couldn't have guessed his idea would remain in circulation 38 years later.

But it has, even years after Garden City West turned into plain old Garden City High School. On Saturday, Jan. 15, the 39th Garden City Novice Invitational will take place with 27 teams toiling away on six mats beginning at 9:30 a.m.

"Nowadays, there are more JV wrestling tournaments," said Garden City athletic director Bob Dropp, who was a colleague of Shipman's. "This gives beginning wrestlers an opportunity to compete."

Among Observerland teams

izing this year's novice invite along with Cougars' varsity wrestling coach Aaron Davis, a lot of things have changed since the 1960s. But the premise instituted by Shipman remains the same: give kids a chance to learn about the sport.

"It's still really about gaining experience," said Dropp, noting that participants must be beginners either in ninth or 10th grade. To facilitate the proceedings, there will be divisions set up for freshmen and sophomores.

Trophies will be handed out to the top three teams in both divisions with medals awarded to first-through-fifth-place winners. There also will be an "Outstanding Wrestler Award" in each division.

Dropp said one special thing about the tournament's longevity is that young



competing, in addition to the host Cougars, will be Redford Catholic Central, Canton, Livonia Churchill, Farmington, Livonia Franklin, Westland John Glenn, North Farmington, Plymouth, Plymouth Salem, Livonia Stevenson, Wayne Memorial and Belleville. According to Dropp, organ-

and the second

wrestlers from decades past return to the Garden City meet either as coaches or parents. "It's kind of a family affair,"

said Dropp, with a smile. Spectators can watch all the fun for \$4. For more information, call Dropp at (734) 762-8363.

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## Bringing people together

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he Friends of the **Plymouth District** Library sponsored the second annual "Winter Holidays in Music and Poetry" program at the Plymouth Library.

Dixie Cocagne, adult services librarian, said, "The program came about last year as a way of showcasing the diversity of traditions in the Plymouth community in an informal, entertaining way. This year, people began asking in September to share their family holiday traditions. It's a fun way to get acquainted."

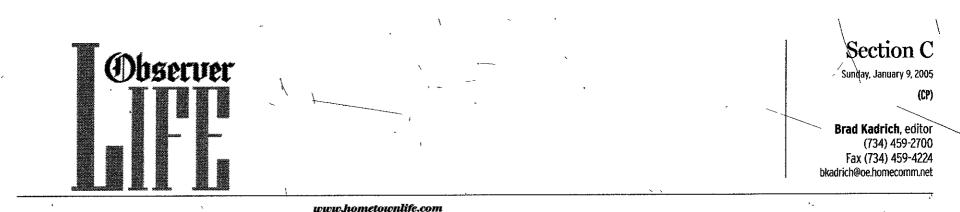
People gathered around the fireplace as special guests shared holiday traditions and fond memories: Mary Cotter, Christmas in England; Michael Muma, Christmas in Quebec; Margaret White, New Year's Eve in Scotland; Anne-Marie, Bebak, Epiphany in France: Rosemary Blaszkiewicz, Christmas in Italy; Asad Tarsin, Eid al-Adha, the Muslim Feast of Sacrifice; Cibele Sedgewick, Carnaval (Mardi Gras) in Brazil; Eva Davis, Dien Lyall, and Hoa Felts, Tet, Lunar New Year in Vietnam; and Sarolina Chang, Lantern Festival in China.

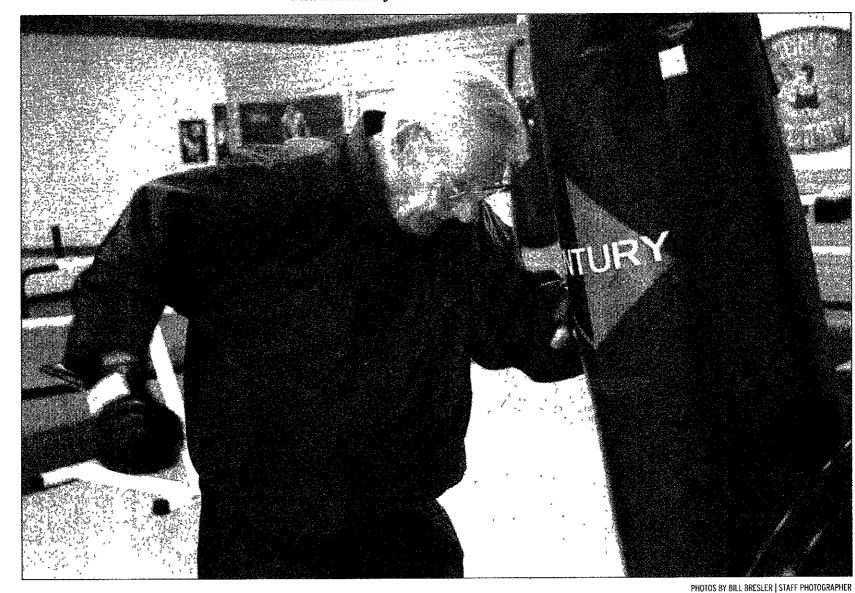
Cocagne added stories about Hanukkah, Winter Solstice, Kwanzaa and Valentine's Day.

Poems and songs were recited in both language of origin and English,

Margaret White sang the poignant "Auld Lang Syne" in Robert Burns Scottish and English, followed by Anne-Marie Bebak, who sang "La Marche des Rois Mages, holding her sweet little 5month-old son, Simon.

Music was performed throughout the afternoon by acoustic guitarists, David Cocagne and Michael Blaskiewicz, The Troubadours. They teach guitar at Plymouth Guitar, have masters' degrees in music and are adjunct music instructors at **Oakland Community** College. Michael and David are working musicians who seize every opportunity to teach, perform and record music. Their music showcases their versatility as they blend pop, classical music and world rhythms. While winter holidays have different origins, religious and cultural, some are based on lunar cycles, nature, fasts, or harvests. Decorations may be tree lights, candles or lanterns. Some people prefer to place presents under the tree, others on the hearth, in stockings, or in little red envelopes. But it's the similarities of traditions that demonstrate how alike we are: time spent reunited with family and friends; parties and happy times; house cleaning and food preparation; the desire to bring childhood traditions to children and grandchildren. Mary Cotter spoke of the "excitement of having /little children in the house. We're really only strangers until we listen to each others' stories or share a feast of favorite foods. St. Mary Mercy Hospital has a tradition every day: Every time a baby is born, Brahms' Lullabye is played over the loudspeakers. Dixie Cocagne ended the celebration by saying, "All traditions are good that bring people together in peace and harmony." Deb Madonna is a Plymouth Township resident and regular contributor to the Observer. She can be reached via e-mail at clarion@storytellerdesign.com.





Robert Kirby works with the bag while making his 20-minute circuit.

# Buff in a blitz

said Koshowsky, 30.

The Blitz helps men get fit with a minimum investment of 20 minutes, three times a week. Philip Hawn, owner of the Livonia location, and Paul Seymour, the Canton owner, are hoping more men realize that hydraulic resistance training combined with cardiovascular exercise is a quicker, easier way to stay in shape. At The Blitz, men move from station to station exerting every major muscle group while raising their heart rate.

And it's making wives happy. Like

the businesses' first two years.

"I talked to people whose wives went to Curves and it worked for them," said Jones, who works in Plymouth and was taking advantage of Blitz's free visits for a week promotion. "The workout doesn't seem to be too much. I don't have any sore muscles. It doesn't take anything out of my day to spend 20 minutes here.

## **WORKING OUT**

Michael McReynolds knows how



demanded he "do something" before she was left a widow with three children to raise. Unable to invest much time, the West Bloomfield resident signed up to workout at The Blitz in Canton during his lunch hour. Koshowsky works in Plymouth so it easily fit into his busy schedule. In the last two months, his weight dropped from 210 to 180, his triglycerides to 86.

Men sweat

less to feel

good

**BY LINDA ANN CHOMIN** 

STAFF WRITER

When Kevin Koshowsky's triglyc-

erides climbed to 444, his wife

"My cholesterol was way too high. I'm here 30 minutes and I'm done,"

Koshowsky, Don Jones' spouse kept trying to talk him into joining a health club. The Livonia resident has a gym at home but found it easier to head to the kitchen or couch. He's hoping to get in shape before a cruise to Alaska in May and likes the idea of blitzing off at least 50 pounds.

Based on the Curves fitness program for women, Blitz is relatively new. So far only six franchises have opened in the state of Michigan in

important physical fitness is to good health. That's why the 49-year-old Plymouth resident began working out at The Blitz in Canton five months ago.

"I work at the University of Michigan Trauma Burn Unit. As an R.N. we're on our feet all day, so working out helps. I attack the (punching) bag between exercises. My job is physically as well as men-



Redford resident Fred Bonello does arm PLEASE SEE BLITZ, C2 curis at The Blitz in Livonia.

## Pastors on a mission to train religious leaders in India



The Rev. Wungreiso Valui (second from right) traveled to India two years ago to bring medical aid to the people. He returned Dec. 28 to help train 500 religious leaders.

### **BY LINDA ANN CHOMIN** STAFF WRITER

The death and destruction wreaked by the tsunami isn't stopping senior pastor Michael Bryan from joining his associate the Rev. Wungreiso Valui in New Delhi, India, on Jan. 17. In fact, Valui arrived just north of the devastated area on Dec. 28, two days after tidal waves killed more than 150,000 people in southern Asia.

Valui is making final preparations for transportation and housing for nearly one dozen

Americans on a mission to train Naga religious leaders. Upon their arrival next Monday, the group flies east to Manipur then boards vans for the district of Imphal where 500 pastors and lay people will attend educational sessions endorsed by the Southeastern Area Board of the American Baptist Churches of Michigan. The churches, including First Baptist of Plymouth, are helping to pay for the trip and expenses of Naga participants.

Naga is the collective name given to tribes who trace their heritage to Nagalim in the northwest corner of southeast Asia

"In India, Christianity is a 🥾 minority," said First Baptist Church of Plymouth pastor Michael Bryan. "One hundred thirty-five years ago one of our first missionaries went to Nagalim and had great success in converting head hunters to Christianity. Now it's primarily Christian. About 500 churches in Nagalim were asking for continuing education on how

PLEASE SEE MISSION, C2

## New Observer column will focus on parents and teens

In a new column starting in today's Observer Life section, noted writer and educator Dr. Alice McCarthy wants to bridge the gap between parents and their teenagers./

"I am very interested in helping parents understand that their actions are models for their teens," McCarthy said, "and in fact that as parents and young people interact today sets the tone for the future relationships between siblings in the days to come."

As the mother of five now adult children, McCarthy said that what goes on within the family is important to a child's development.

"As my father used to say, the most important people in the world are the people who have feet under the same table," she said.

McCarthy is a nationally known educator and writer. She completed a doctorate at Wayne State University. Her studies concerned human growth over the life span and curriculum development. From 1995 to 2000, she wrote a column for the Observer & Eccentric Newspapers.

McCarthy said her new column, Teens in 2005, will avoid being judgmental. She said she

will encourage parents to do the best they can with the resources at hand and she will regularly provide readers with a list of resources to consult.

She said she hopes her column clears up some misconceptions about teenagers. She also wants to help improve the partnership between parents and schools.

"I'm convinced that the more involved a parent is in the education of adolescents, the better that relationship will be," she said.

Her column today focuses on encouraging teens to volunteer to help in the current tsunami

## See related column, Page C3.

crisis. In the fall of 2004, McCarthy researched and wrote more than 30 articles for Bridge **Communications Healthy** Newsletters. The newsletter is distributed through schools, medical centers, corporations and preschools.

She is currently helping to develop updated health information for teachers of the Michigan Model for Comprehensive School Health for the Web site of the Michigan School Health Foundation.

In 2001-02, she worked with a national group of health professionals to develop national guidelines for health, mental health and safety in schools. The 14 panels were sponsored by the American Academy of Pediatrics and the National Association of School Nurses Inc. The panel on community and family involvement was co-chaired by McCarthy. The guidelines are available online at www.nationalguidelines.org. The third edition of her book,

Healthy Teens: Facing the Challenges of Young Lives, was

PLEASE SEE COLUMN, C3

## **BLITZ** FROM PAGE CI

(CP)

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tally stressful. I feel better, have more energy. I'm more alert, feel stronger and sleep better. It works for me."

The hardest part for Livonia owner Philip Hawn is convincing men to join. He's worked out all of his life but slacked off after playing football at Grand Valley State University and gained 60 pounds.

"Time is the No. 1 excuse. With four kids I always found excuses," said Hawn of Redford. "I looked at how successful this was for women. Men are catching on. It's a slow educational process. Guys are programmed a little bit different. They ask what will 20 minutes do for me. Twenty minutes is really all you need for maintaining cardiovascular fitness. Although three times a week is recommended that's not to say you can't do more. With hydraulic resistance you're not tearing the muscles, you're fatiguing them."

Wife and co-owner Jean thinks many men prefer coming to the smaller, non-traditional gym because it doesn't intimidate.

There are no mirrors, no showers, no frills.

"It's for any ability level or age," said Jean Hawn. "Here you don't feel you already have to be buff to work out. We take them through the first time or however long it takes to learn the machines. It's a lot more per-

BILL BRESLER | STAFF PHOTOGRAPHER

Paul Seymour (left) owns The Blitz in Canton.

John Bassaras dropped 50 pounds since January 2004 when he began working at the Livonia Blitz. It was the first time he ever worked out. "I found myself getting short of breath," said Bassaras, 53, of Redford. "I feel marvelous. I never thought I'd be able to do it.

Next to wives, doctors account for many of the men

signing up to spend \$30 to \$40 a month. Fred Bonello of Redford decided not only to invest in his daughter and sonin-law's Livonia Blitz but to begin working out after his doctor's suggestion to lower his high blood pressure and cholesterol. Robert Zoltowski's doctor scared him into purchasing a cross trainer four years ago. After it broke for a fourth time, he headed for the Livonia Blitz. "I lost 20 pounds in the last

three months," said Zoltowski, a 58-year-old Livonia resident who retired after teaching math in Detroit for 35 years. "That's important with a family history of diabetes and heart problems."

Like his customers, Seymour needed exercise to cut his high cholesterol. His sister-in-law owns three Curves on the East Coast and he knew from its growing popularity, the get fit quick concept works for women.

"Guys need to be motivated by their wives or a doctor first. Getting them through the door is the hardest part," said Seymour, 39. "We give them a week to try it out for free with no obligation. About 80 percent sign up after the week is over. "A lot of them like to do car-

dio boxing. It appeals to younger sons. A lot of fathers and sons come in." For more information about

The Blitz, visit www.timetoblitz.com or call (248) 427-9770 in Livonia, or (734) 459-1405 in Canton.

Ichomin@oe.homecomm.net | (734) 953-2145 -

**WEDDINGS** 

Duncan-Lynn

Yvonne Lynn of Plymouth and Todd Duncan of Brownstown were married Aug. 20, 2004, in St. Kenneth Catholic Church in Plymouth before the Rev. Tom Belczak. A reception was held at the Warren Valley Golf Club.

Yvonne is the daughter of Ron and Kit Lynn of Plymouth. Yvonne was a stand-out swimmer at Salem High School and after graduating from Oakland University in 2002, she was a substitute teacher and swim coach in the Plymouth-Canton school system.

Todd is the son of Rick and Kim Duncan. He is a 2003 graduate of Oakland University where the couple met. They

were both captains of their respective swim teams. Both Todd and Yvonne are teachers in Oakland County.

The bride was attended by her maid of honor, Amy LaDrigue. Bridesmaids were Holly Daugherty, Lindsey Hartz, Jen Cooley and Melissa Stone. Flower girl was Megan Cooley.

The groomsmen were Todd's -father, Rick Duncan, brother Jason Cooley, the bride's brothers Chris and Eric Lynn, Colin Dolcetti and Bill Stone. Ring bearer was Dillon Cooley. Yvonne and Todd plan a

spring honeymoon, once school. is out.

They are making their new home in Holly.

## **CLASS REUNIONS**

**Lowrey High School** 

Classes of 1964-1965 A reunion is planned for Aug. 5, 2005 💪 at Warren Valley Country Club in Dearborn Heights. For more information call Charlene Hackett (734) 246-1110 or cjhackettmi@mindspring.com.

**Northville High School** 

Classes of 1964, 1965 1966 A combined reunion is planned for the summer of 2005, Volunteers needed. For details contact Howie Ambinder, email at nancyambinder@comcast.net. St. Florian School

St. Florian School in Hamtramck is seeking all former students, teachers and staffers to join the newly created 4St. Florian Alumni Association. For information, call Greg Kowalski at 🧃 (313) 893-5027 or e-mail

not a burden to them. They won't be able to work and we don't want them to have to take food from their family to come to this. They're doing this just for the sake of their faith. They're willing to give up their job for a week. If they don't reconciliation to the different work they can't feed their fami-

> ly." Although this area was not affected by the tsunami due to its inland location, part of the mission is sure to involve relief efforts on behalf of the people and area in which Valui and his wife were born.

American Baptist churches

have joined with World Vision to send support to the victims. Before Valui left he wanted to thank Americans for all of their donations. He and the rest of the group return Jan. 31.

"I'm so excited because it will be years after a missionary came the first time," said Valui, a Naga himself. "I just want to share the story and say thank you to American people and (for you to know) whether you like it or not we look up to you."

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February

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## MISSION

## sonal."

## FROM PAGE CI

## to do their job better." 🚊 One of the topics to be covered is how to bring peace and

tribes. A terrorist bomb

northeast India.

exploded six weeks ago in

pants) walking two to three

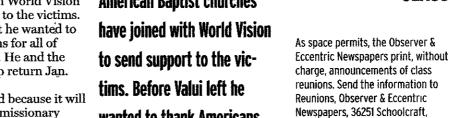
days to come to this," said

Bryan. "They're considered

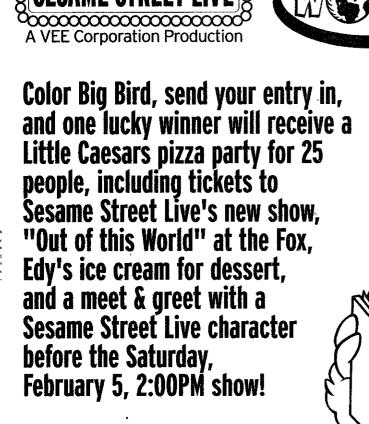
doing well to make \$100 a

year. We're trying to make it

"They're (conference partici-



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REUNIONS

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Warner at (248) 435-4351 or email wiseppi@wideopenwest.com.

For more information, call Barbara or

**Clawson High School** Class of 1955

**Grosse Pointe North** 

Class of 1991

Horace Mann Grade School, Detroit Class of 1963 Looking for classmates for reunion. Contact Kathie at (734) 525-5416

gkowalski@ameritech.net. Winship Elementary

Class of 1958 Winship Elementary School in Detroit is planning a reunion for June 11, 2005. Email at winship58@comcast.net.



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### **C3**: (CP)

## Tsunamis offer lessons in giving

he Dec. 26 combined 9.0 earthquake and the great waves generated by the quake in the Indian Ocean that killed as many as 150,000 and left millions homeless, sent many of us into a prayerful response and reaching for our checkbooks. The lands and the people seemed so far away, yet the images of the children with scorching dark eyes, who remained alive make us pause in our holiday celebrations and gift returning.

My contribution went to Doctors without Borders to honor my oldest son, a surgeon. A list of agencies that need your help with their missions accompanies this column. When I gave, I thought of members of my family who as professionals have visited both Indonesia and Thailand. My youngest son, a plant breeder, has crops in Thailand. How lucky my family is to be safe.

It would be interesting for others to hear how your family is responding to this world crisis. I will publish some of your approaches. You don't need to identify yourself (unless you wish to) - just send me a quick note.

One family described in a recent New York Times article gives each child \$100 to donate, expecting them to research and report to the family on their charity. The child then writes a brief letter to the charity chosen. This type of exercise can become pretty superficial if the press of other activities impinges. Yet, an after dinner period discussing the charities rejected and those chosen and the reason why there is a need



to be "your brother's keeper," hopefully makes progress in developing caring, empathetic adolescents.

This giving seems like a small gesture, yet such an opportunity as this one to teach giving, sharing, and caring rarely comes. Now, 10 days later as I write this column, the images of the dead and the survivors of the tsunami are embedded in my psyche. The media has overloaded us but this is one time your adolescent son or daughter should have been watching.

There are several ways to get at the business of teaching children the importance of giving. One school in Palo Alto, Calif., has a class for seventh- graders called Avodah La Olam, which is Hebrew for "work of the world." The students choose an organization they wish to research and present their case. They also pool their bar and bat mitzvah gift money and decide where to allocate the money among the causes chosen by their classmates.

I can hear you moaning now about one more class period devoted to "frills," yet a growing number of schools are providing formal instruction in philanthropy.

Don't you wish you had received some of that instruction when you looked at the 30

### envelopes begging to be stuffed with your checks this past December?

A project of the Council of Michigan Foundations called Learning to Give makes it easy for parents to urge their school to teach philanthropy. The Council's Web site offers teachers more than 800 lessons in giving, and these are free. Now vou have no excuse - just visit www.learningtogive.org! There are pages of suggestions not only for teachers but also for parents, youth leaders and religious instructors.

The section on teens is called Meeting the Larger Community: Ready for the World.

If your child does not come home from school with a specific charity request in the next few days, I would be surprised. My many educator friends are among the most giving I know. After all, they are giving of themselves every day - and, by example, are teaching your child the importance of doing SO.

Alice R. McCarthy, Ph.D., the mother of five professionals, is a national consultant in the areas of parent involvement in schools, curriculum writing in health, and health publications. She is the recent author of lessons in food safety (grades one-12) for the Centers for Disease Control and Prevention (CDC), a publisher of health newsletters, and the author of a widely used text and parenting book, Healthy Teens: Facing the Challenges of Young *Lives.* Write to her in care of the Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia, MI 48150.

Principals, St. John Health published in January 2000. This edition has the review of

System, the American Association of Health Education and the Michigan Health Foundation. The book is being used by parents nationally, in clinics and by several high schools an universities as a text in adolescent health. The book

was published with the support of the school health programs of the State of Michigan's Departments of Community Health, Education, State Police and the Family Independence Agency. McCarthy initiated a health education curriculum in the Birmingham school system.

## HOW TO HELP: GROUPS AIDING SURVIVORS

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## **LIBRARY PICKS**

Every week, the Plymouth District Library staff provides the Observer with their list of Best Sellers based on the number of requests for titles by

the National Middle School

Association of Secondary School

Association, the National

1. "America (The Book)," Jon Stewart 2. "Chronicles: Volume I," Bob Dylan

Jimmy Carter

3. "Sharing Good Times."

4. "His Excellency: George

Washington," Joseph J. Ellis

5. "Will in the World,"

Stephen Greenblatt

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library patrons. The books are available by placing a request with the library at (734) 453-0750 or on-line at www.plymouthlibrary.org

### FICTION

COLUMN

FROM PAGE C1

1. "The DaVinci Code," Dan Brown

in Heaven," Mitch Albom 3. "State of Fear," Michael Crichton 4. "A Salty Piece of Land," Jimmy Buffett

5. "London Bridges," James Patterson

### NONFICTION

2. "The Five People You Meet

## SINGLES

### SINGLE PROFESSIONALS

### Euchre

Every Monday now through April. Anytime 6:30-9:30 p.m. at the Main Lounge of Drakeshire Lanes, 35000 Grand River (just east of Drake) in Farmington Hills. Cash bar and dinner available. \$5/members, \$6/non-members.

### Dances

Dances are 8 p.m. to 1 a.m. Top D.J. Cash bar, hors d'oeuvres (8-9 p.m.) Door prizes. Admission is \$5/members, \$9/non-members unless otherwise noted, Ballrooms are non-smoking. Attire is dressy casual unless otherwise noted.

🔳 Friday, Jan. 21 - Sheraton Hotel, Eight Mile at I-275, Exit 167. 2111 Haggerty Road, north of Eight Mile, Novi. For directions only call (248) 349-4000.

🖬 Friday, Feb. 4 - Double Tree Guest Suites, Novi. 27000 Sheraton Drive, Novi Road at I-96, Exit 162.

### **Book Discussion Group**

Second Monday of each month, 7:30-8:30 p.m. at Borders Books In Farmington Hills. Orchard Lake Road just south of 14 Mile Road.

## Skiing

Saturday, Jan. 22 - Ski, party and dance 6 p.m. till 2 a.m. at Mt. Brighton, I-96, Exit 145 follow signs and turn right at Big Boy. Novice to experts. Discounted singles group rate is \$19 which includes, lift ticket, admission to the singles party and dance (8 p.m. to 1 a.m.) in Smart Alex. Discounted ski

rental and one free lesson is available. Admission to the party and dance for skiers is free, non-skiers \$9. Next ski date is Feb. 12.

### SINGLE ADULT MINISTRIES

### **Single Point Ministries**

30 years and older. Every Sunday at 11:30 a.m. in Knox Hall of Ward Evangelical Presbyterian Church, 40000 Six Mile, west of Haggerty Road in Northville. Meet for fellowship and encouragement, Rev. Paul Clough delivers messages of encouragement. Coffee, doughnuts, conversation. (248) 374-5920.

### Walking Club

Meet at 5 p.m. on Tuesdays and Thursdays in the Single Point office. Open to all fitness levels.

## Lighthouse Café

Single Point Lighthouse Café (coffeehouse) 7-10 p.m. Friday, Jan. 28, in Knox Hall. An evening of relaxation and fun while listening to live entertainment supplied by other Single Pointers. For \$5 you get games, fellowship, music, snacks and specialty coffees. Free childcare provided. For

more information call (248) 374-5920. **Senior Singles Bible Study** 

### 10 a.m. Thursdays in room C317/319. **Classic Senior Singles**

7 p.m. Tuesday, Jan. 11, in room C317. Join LeClaire Flaherty, attorney, who will discuss "Living Wills, Trusts and Power of Attorney." Please bring refreshments if your name begins with A-F.

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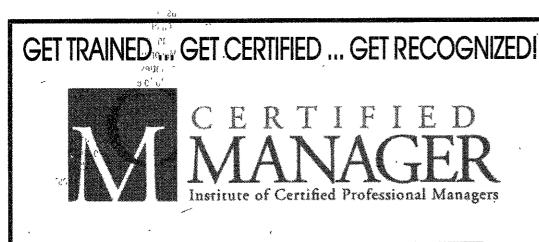
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## HOROSCOPE

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## **ONE OF THE WORLD'S BEST-LOVED MUSICALS**



## ARIES (March 21-April 20)

Watch what you say this week, especially when dealing with people in positions of power around the time of Wednesday's day-long void-of-course Moon. If you give them the impression that you're too big for your boots, they won't hesitate to remind you where you stand.

## TAURUS (April 21-May 21)

It's one thing to know what you want and quite another to have the courage to pursue it. But unless you believe in yourself wholeheartedly, you will never reach your destination. Despite Saturn's restraining influence, this is one time when confidence counts more than caution. Be brave, Bull!

## GEMINI (May 22-June 21)

You're always looking for additional ways to improve your circumstances and this week's planetary activity is giving you the chance to make positive changes to your life. Something you learn or uncover over the next few days will greatly benefit you before spring arrives.

## CANCER (June 22-July 23)

Planetary activity now is likely to lead to a bit of friction at home and work- but that's good, because you've been too lenient since Thanksgiving, MoonKid. It's about time you reminded certain wayward individuals that you're the boss and that you're not afraid of moving forward.

## **LEO** (July 24-Aug 23)

Because your birth sign is ruled by the vital and energetic Sun, you sometimes act as if the rules don't apply to you. But they do, Lion, and if you break them this week you can expect to be punished where it hurts most-your wallet. Keep an eye on the ego now.

## VIRGO (Aug 24-Sept 23)

MOSAIC is a group where Moms come

equipped for the important task of

mothering. We present speakers on

child & family issues, have small-

group discussion time, crafts and

brunch. Childcare is provided. We

meet at Plymouth Baptist Church

(42021 Ann Arbor Trail) on the first

and third Tuesday mornings of each

Observer & Eccentric

together to be refreshed and

Mosaic

Your attitude and way with words will see you well during the coming days, but neither may get you exactly where you want to go, kiddo. If your aim is to make money or move up in the world, you must start taking more risks. "Luck" comes to those who look for it.



month, September to May. Contact Resha at 734-207-0658 or resha@juno.com

## Moms Club of Livonia-S/Plymouth

offers a variety of activities. For more details,call Birthe (734)458-8143 or Martina (734)464-0481 German/American Club of Plymouth

Meets on the third Thursday of the month at the Knights of Columbus



## LIBRA (Sept 24-Oct 23)

A long-running saga, more the result of a friend or family member's actions than your own, is nearing its natural conclusion. The fact is that not everyone likely to back down. Why try to force the pace when a subtle approach will be much more effective? Prove that you have the commitment as well as the vision.

## SAGITTARIUS (Nov 23-Dec 21)

Tomorrow's Sun-Saturn opposition warns that you'd be ` wise to listen carefully to friends and colleagues this week because they can see things that you cannot. You don't always know best, and if you're as smart as your stars proclaim, you'll be ready to admit that fact.

## CAPRICORN (Dec 22-Jan 21)

Sometimes you would like nothing better than to run away from all the petty things that people do. So why don't you now with the Sun, Moon, Mercury and Venus all in your sign? Others will treat you with more respect. Plus, your absence will force them to review their actions.

## AQUARIUS (Jan 22-Feb 19)

This is the perfect month to pack your bags and head out of town for a bit. Wanderlust is in the stars now, and even if you can't get away immediately, you can at least plan your escape... or buy new luggage. You've been being in a one-track lately, so get movin', WaterBearer!

## **PISCES** (Feb 20-March 20)

You are entering a new phase that is liable to alter your attitudes, ambitions and income, Fish. Doubts about what seemed clear-cut last winter are inevitable but that is no reason to lower your sights or lose your sense of purpose. "Change" will help right the wrongs and worries of the past.

Royal Oak astrologer Dennis Fairchild is an author of sev eral books on divination. For information about personal consultations, phone 1-248-546-6912 or e-mail DenFairchild@aol.com.

tion.

American Legion

further information.

Hall, located at 39100 Schoolcraft

Road, Plymouth. Call Mary Ann at

(734) 420-0857 for further informa-

Beasley-Zalesny Post 112 meets at the

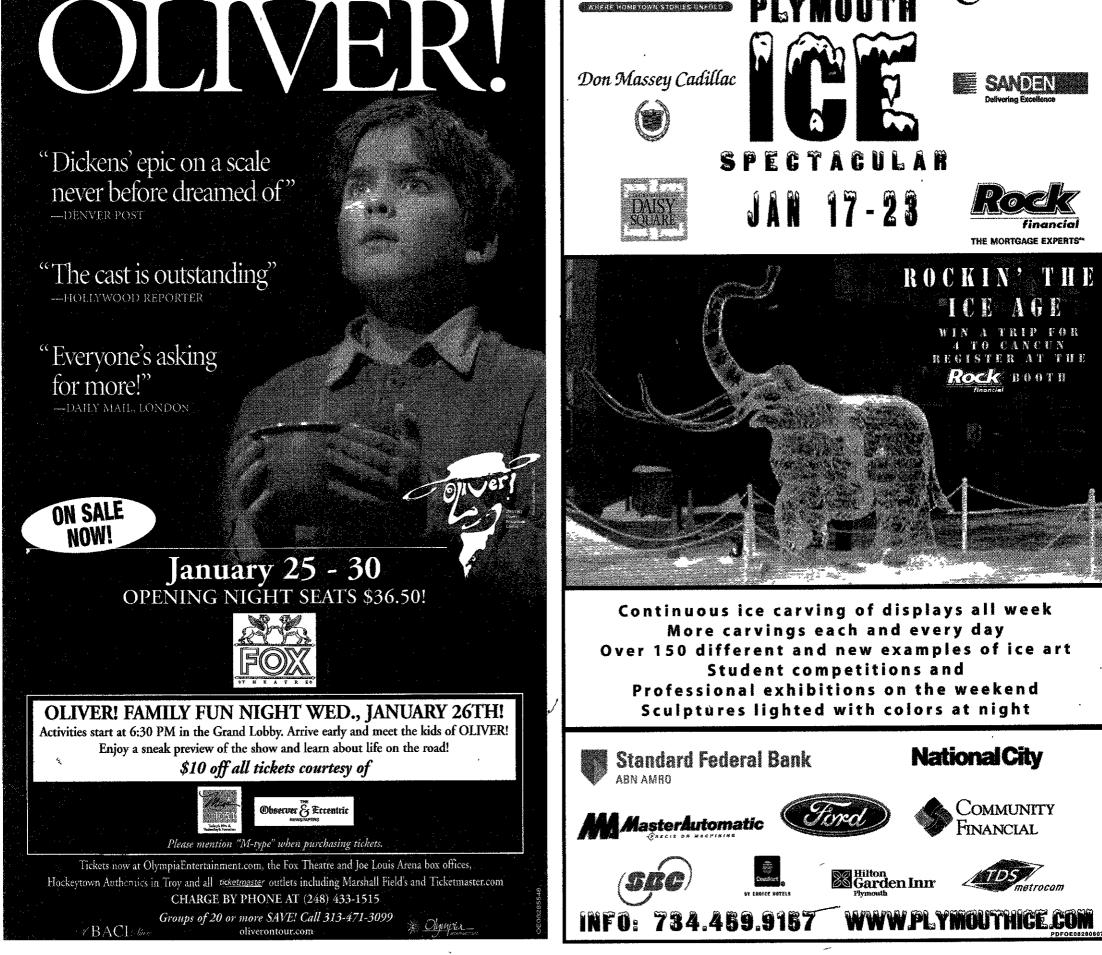
each month at 7:30 p.m. All veterans

(comcast.

that served during any of the wars are eligible. Contact (734) 459-7324 for

I.O.O.F. Hall on the third Monday of

**Moms Club** 



## **COMMUNITY CALENDAR**

## **AROUND TOWN**

### **Entertainment books**

www.hometownlife.com

The Plymouth Optimist Club is selling Entertainment '05 books for \$20, with all proceeds being used to help children in southeast Michigan. Coupons help save 50 percent on things you do every day. The books can be homedelivered. For information or to order, call Bill, (734) 453-8253.

Super summer for kids The 16th-annual Super Summer for Kids: A Camp & Activities Fair offering one-stop shopping for interesting and stimulating camps is set for Sunday, Feb. 27 in the Birmingham Public Schools Corporate Training and Conference Center, 31301 Evergreen, Beverly Hills (behind Groves High School). More than 70 U.S. and Canadian Camps, both day and overnight, will be showcased at the event from 11 a.m.-3 p.m. Many new camps will attend this year, according to Elaine Sturnam, camp fair organizer. In addition, new programs for older children that include overnight travel programs, computer camps, sports camps, and programs that have a community service component will be represented. Admission is free. In addition, high school and college students interested in summer employment will also have the opportunity to obtain valuable information. The camp fair is presented by Elaine S. Events and co-sponsored by The **Observer & Eccentric Newspapers and** Metro Parent Magazine. Peter Cotton Tail auditions

Auditions for "Peter Cotton Tail" will be held at the Marquis Theatre, 135 E. Main in downtown Northville, at 5:30 p.m. Sunday, Jan. 16. Auditions are for children ages 8-15 years old. Performers must sing "Do-Re-Mi" from Sound of Music. An accompanist will be provided. Performers must also prepare to read a poem, no longer than two minutes. For more information, call (248) 349-8110.

### St. Damian craft show

St. Damian Catholic Church is looking for crafters for its annual spring arts and crafts show that will be held on Saturday, March 12 from 9 a.m.-3 p.m. at 30055 Joy Road (between Middlebelt and Merriman Road) in Westland. For more information or an application, please call Carol Nelius at (734) 721-4758 or e-mail nelius@comcast.net.

Free Parent/Child Activity Groups Starfish Family Services Great Parents, Great Start-Wayne County offers a series of free parent and child activity groups, Bring your children ages 2-4 years to hear a story, make a project, and play in the play-

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## **On display**

Artist Alexander Buchan, a bronze sculptor from Warren, is one of three artists featured in the January automotive exhibit at the Plymouth Community Arts Council. Buchan has a master's degree in industrial design from Wayne State University and worked as a design sculptor for 38 years with General Motors Design Center. He has also been a professor of clay modeling at the College of Creative Studies in Detroit. The work is on display through Jan. 30.

room while you talk with other parents and early childhood staff about parenting. Groups are located at Puzzle Pieces Center for Children & Families, 991 N Mill in Plymouth on Jan. 31, Feb. 7, Feb. 14 and Feb. 21 from 10:30-11:30 a.m. For directions and more information, call (734) 459-4664.

## Folk art workshop

The Ann Arbor Art Center will be offering a Folk Art Workshop on Sunday, Jan. 23 from 1-2:30 p.m. The American Folk Art Workshop will explore the history of untrained

grieving the loss of a loved one during the winter months when days are long and opportunities for staving busy are limited. This session will address the effects of grief and winter depression. The program is free. The session is set for 1:30-3:30 p.m. Tuesday, Jan. 31 at the Hospice of Michigan Ann Arbor office, 2090 S. Main in Ann Arbor. To register, call Rev. Nancy Doty, (734) 769-4212. Osteoarthritis seminar

Dr. Nicole Whitehead will be the featured speaker at 7:30 p.m. Jan. 12 at the Plymouth Cultural Center for a free osteoarthritis seminar that

offering a number of new and nonshops to 10 weeks, and have beginning dates that range from January Drawing Local Birds, new classes to be offered for adults include Art In Ballroom Dancing, a workshop where participants will learn a dance style and the art that evolved during the era. Three different Wine Tasting classes will be offered as well, including Big Ten's Six: A World-wide Tour of Varietal Wines, Wine Appreciation: An Introduction to France, and Wine Appreciation: A Connoisseur's Guide to Riesling. Youth classes are held in six-week sessions (beginning January 18 and March 1) and new offerings

include the Primary Colors class for ages 3-4, an advanced introduction to different art mediums and materials for parents and their children. For more information or to register, call 734.994.8004 x101 or stop by the Ann Arbor Art Center at 117 W. Liberty. To view the class schedule and register online, visit

### www.annarborartcenter.org. NAMI meets

National Alliance for the Mentally III (NAMI) of Washtenaw County conducts its public education meeting at 7:30 p.m. Monday, Jan. 10 at St. Clare's Episcopal Church/Temple Beth Emeth, 2309 Packard Road, Ann Arbor, Marilyn Wedenoja, MSW at Eastern Michigan University, will preside over a panel discussing "The Road to Self-Sufficiency." Panel members will be Steve Girardin and Amy Advey of Michigan Rehabilitation Services and Bill Ruterbusch, Director of Fresh Start Clubhouse, Admission is free. For details, call (734) 994-6611.

## Wayne BPW scholarships

The Wayne Business and Professional Women's Club is now accepting applications for a "Career Development Scholarship" to recognize and support women entering or re-entering the workforce or seeking to advance their career. To qualify a candidate must demonstrate financial need, live and/or work in Wayne or Westland, show formal acceptance into a college or vocational/technical program and have a minimum GPA of 2.8 if already enrolled. For an application, send a stamped, self-addressed envelope to Wayne Business and Professional Women's Club, Career Development Scholarship Committee, 14201 Robbe Road, Belleville, MI 48111. Completed applications must be postmarked by Jan. 21. For information, call Judie Quinn, (734) 699-6817. **Re-Max scholarships** 

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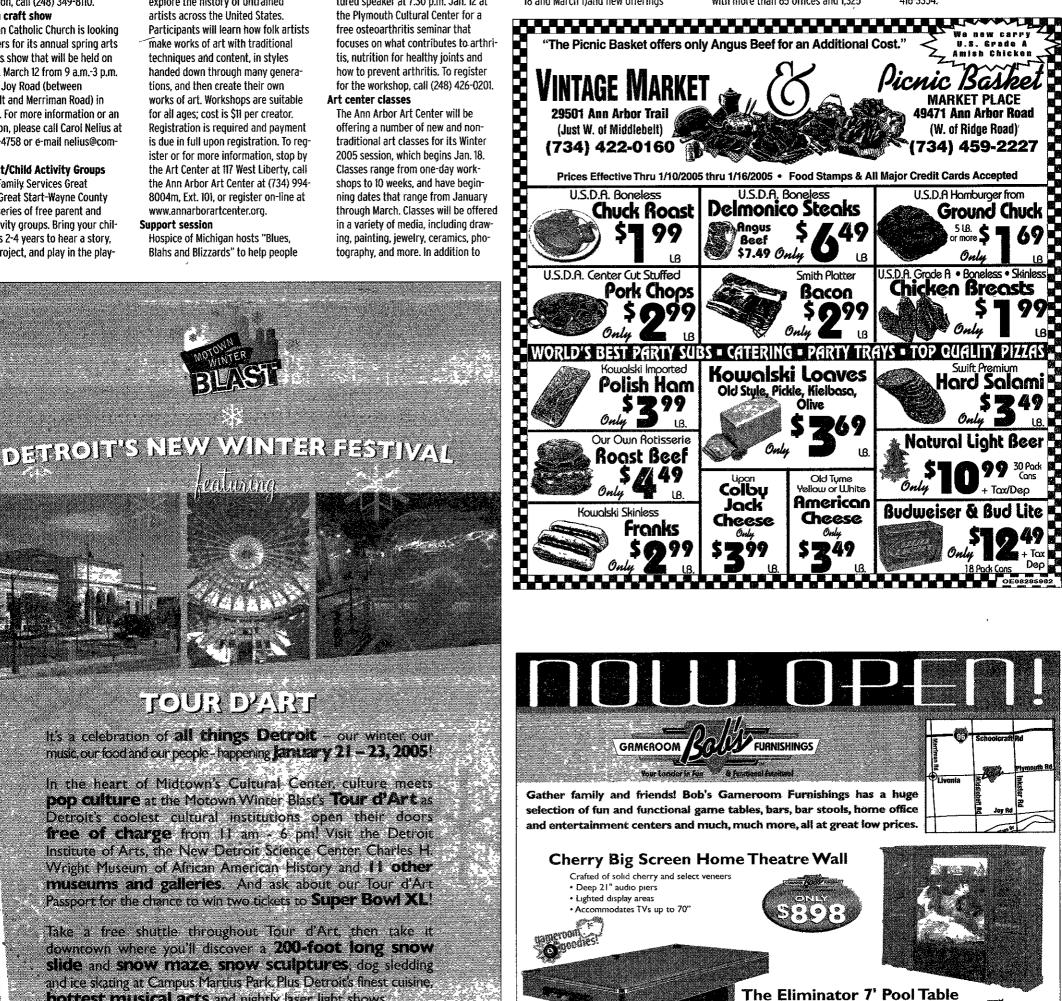
associates, presents its third-annual "American Dream" scholarship program, open to high school seniors in Macomb, Monroe, Oakland and Wayne counties. The scholarship program -\$500 to each of 20 student recipients - was originally established as part of the celebration of RE/MAX of Southeastern Michigan's 25th anniversary three years ago. Because 🕞 the program was so successful in its inaugural year, RE/MAX decided to offer the scholarship contest for a second time last year, and again this year, making it the third annual program. To apply, students must provide a short essay on what the "American Dream" means to them and the role that higher education plays in helping to achieve that dream. Essays and supporting materials will be judged on content, originality and creativity. The deadline for submitting applications is Feb. 1. For more information about the scholarship program, or to obtain an entry form, contact Jeanette Schneider at 248.440.0404 x202, check on-line at www.manyhouses.com, or visit any local RE/MAX office.

### Poetry contest

The International Library of Poetry has announced \$58,000 in prizes will be awarded in the group's poetry contest. To enter, send one original poem, any subject and any style, to The International Library of Poetry, Suite 19921, 1 Poetry Plaza, Owings Mills, MD 21117. Deadline for entry is Jan. 31. The contest is open to everyone and entry is free of charge.

### Crafters, artists wanted

Officials of the Plymouth-Canton Music Boosters are looking for crafters and artists for "Spring Arts and Crafts Ensemble." The event is scheduled for 9 a.m.-5 p.m. Saturday, March 19 at Canton High School. It's a juried show, E-mail Diane VanDyke at djvandyke@peoplepc.com or call (734) 416-3354.



**C5** ~ (CP)

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## **OBSERVER** LIFE

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## **Unlimited Potential seen in Focus:HOPE**

Microsoft Chief Executive. Officer Steve Ballmer recently visited the campus of Focus: HOPE where he donated more than \$1.4 million in software and \$125,000. The donation was made through Microsoft's Unlimited Potential program, which is designed to increase access to technology skills training in underserved communities.

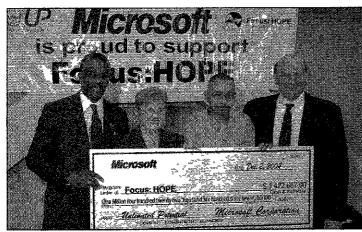
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(CP)

Ballmer, who grew up in Oak Park and Farmington and attended Detroit Country Day in Birmingham, has been a strong supporter of Focus: HOPE's civil and human rights mission. Over the years, Microsoft has donated some \$5 million in software and cash to the organization.

Ballmer announced the grant on Dec. 2 during a visit to the Focus: HOPE Information **Technologies Center. Students** and staff members from Focus: HOPE, as well as local community and business leaders, celebrated the partnership between the two organizations as Ballmer toured the organization's computer labs.

"Because of Microsoft's generosity, we have been able to help thousands of talented men and women in our education programs develop the computer skills they need to succeed in their careers," said Focus: HOPE CEO and Co-founder Eleanor Josaitis. "Every day we use the tools they have given us as we go about our mission of using intelligent and practical action to overcome racism and poverty."



Troy resident Keith Cooley, COO Focus:HOPE (from left), Eleanor Josaítis, CEO Focus:HOPE, Ricardo Ramirez, Focus: HOPE information technology student, and Steve Ballmer, CEO of Microsoft, are all smiles at Microsoft's presentation of cash and software to the organization.

Microsoft's UP grant will be used by Focus: HOPE to offer the most up-to-date computer training for local residents so that they have the IT workforce skills necessary for local job opportunities. The cash donation will be used to upgrade computers and support a basic skills course that introduces students to the use of computers, software, e-mail and IT career opportunities.

"Through this collaboration with Focus: HOPE, we believe we can continue to help make technology accessible, useful and meaningful for even more people in Detroit," said Ballmer.

Focus: HOPE is a nationally recognized civil and human rights organization, dedicated to fighting racism, poverty and injustice through intelligent and practical action. It has a food program for eligible mothers, children and senior citizens; education and training in manufacturing, engineering and information technology; arts programs to increase understanding of different cultures; and volunteer and outreach initiatives for the Detroit community.

Through its Unlimited Potential program, Microsoft works with local organizations to identify community-based centers where information technology skills training is a primary focus. The UP grants provide these organizations with funding to help hire and train technology instructors.

Microsoft has invested more than \$6.8 million in cash and software in Detroit since 2000. Focus: HOPE is one of 260 nonprofit organizations to receive an Unlimited Potential grant. Since the program's inception in May 2003, Microsoft has distributed \$80 million in Unlimited Potential cash and software grants to 78 countries throughout Africa, Asia, Europe, Latin America, the Middle East and North America.

## CANTON CINEMA

Ford Rd 1Mile W. of I-275 844-FILM \$5.75 Kids all shows \$7.25 Students & Late Show Fri & Sat 5.25 DAILY Matinees til 6pm 🔘 No Passes Unlimited Free Drink & .25¢ Corn Refills TADIUM SEATING / DIGITAL STEREO SHOWTIMES 1/07 - 1/13 ES & TIMES SUBJECT TO CHANG

## Local productions in search of casts for spring performances

**BY LINDA ANN CHOMIN** STAFF WRITER

If you can sing and dance or are at least willing to learn, there might be a production in your future. Several dance and theater companies including Motor City Youth Theatre, **Dance Electric Performing Arts** Studio, and Marquis Theatre are looking for talented youth and adults for spring performances.

Livonia resident Heather Sandberg especially needs dancers and actors to perform in the musical Grease. Sandberg is one of the directors seeking children (at least age 7), teens and adults for small and lead roles. Rehearsal-style auditions are open to the general public.

Auditions for all speaking roles, which may require solo singing depending on role, take place 5:30-7:30 p.m. Monday, Jan. 17, and 5:30-7:30 p.m. Monday, Jan. 24. Auditions for chorus/dancers will be held 4:30-5 p.m. Monday, Jan. 17 and 24. Call (248) 477-3830 or send e-mail to danceelectric@twmi.rr.com to reserve a audition spot at Dance Electric Performing Arts Studio in Farmington Hills.

This will be the second production for Dance Electric which most recently presented 'Home for the Holidays" at the Farmington Players Barn. Grease is tentatively scheduled to be performed June 10, at the Ford Community & Performing Arts Center in Dearborn.

**Dance Electric productions** draw children and adults from a number of cities including Farmington, Livonia, Redford, West Bloomfield and Novi.

"We're trying to cast as many children and teens as possible to get a full production going," said Heather Sandberg. "Everyone

will have an opportunity to participate."

There is no pre-production preparation required although the staff advises students to read the script in advance so they are ready to read in class. If students do not already have a script, call the studio to receive a copy.

Each production begins on day one of the audition (rehearsal style) with a read through of the script. This introduces the entire cast to the musical and allows them to ask questions about what the directors might be looking for in any given role.

During the first day, students are asked to fill out an audition sheet listing all characters of interest to them. This assists directors but does not guarantee roles. Not everyone will be cast with speaking roles.

The musical will be cast by the end of the second audition rehearsal. Casting will be posted on the main entrance to the studio Tuesday, Jan. 25. Do not call the studio to get your assigned role.

Staff is not able to release this information. Lead roles will rehearse twice a week, the chorus once a week.

For more information, call (248) 477-3830 or send e-mail to danceelectric@twmi.rr.com, or visit the Web site at www.danceelectric.com.

### **MOTOR CITY YOUTH THEATRE**

Artistic director Nancy Florkowski has several opportunities available for children interested in theater. She holds auditions for A Little Princess workshop production for all ages, including adults, 1 p.m. Wednesday, Jan. 26, at the Rhythm Station, 28841 Plymouth Road, Livonia. The workshop is tuition-based as are

all Motor City Youth Theatre programs except for the summer Shakespeare production.

Other opportunities include a ₹. Hamlet workshop for teens 1 15 24 p.m. Sunday, Jan. 16, to March 12.1 6, and Motor City Youth Theatre Dance Company sessions beginning Jan. 16 at the ÷\_→\* Rhythm Station, and auditions م و ۲۶ for males to perform in the second annual Shakespeare in the Park for Families production of 630. Hamlet 7 p.m. Friday, Feb. 4, at C 10 the Redford Ice Arena, 12400 15 mil Beech Daly. Female roles have already been cast.

For more information, call (313) 535-8962.

"Teens in the workshop for -> 1/1 Hamlet will end up being in the art's summer production with the <u>∽</u>≜\_ adults," said Nancy Florkowski. 🔗 "We need various ages from 13 and on up through adult.

"It's about 3-hours long but I've gotten it down to an hour. Act II will be a spoof of the real play. Last summer we did Shakespeare at Capitol Park (Redford) and the Wilson Barn in Livonia.

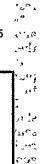
"I'm excited about the upcoming productions because we have a great amount of children that were wonderful in Annie, our recent production, and now we have A Little Princess that calls for a lot of little girls." ·\_\_` ^^;

### **MARQUIS THEATRE**

Auditions for children ages 8-15 for Peter Cotton Tail take place 5:30 p.m. Sunday, Jan. 16, at the theater, 135 East Main, Northville.

Performers must sing "Do-Re-Mi" from Sound of Music to accompaniment which will be provided. Performers must also prepare to read a poem no longer than two minutes.

For more information, call (248) 349-8110. Ichomin@oe.homecomm.net | (734) 953-2145



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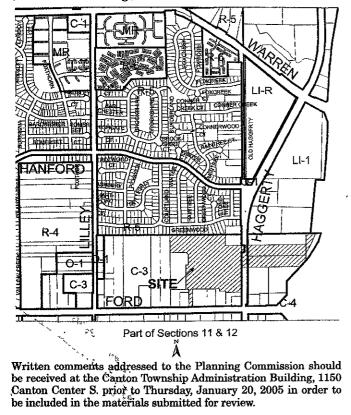
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## PLANNING COMMISSION CHARTER TOWNSHIP OF CANTON NOTICE OF PUBLIC HEARING

PROPOSED AMENDMENT TO THE ZONING ORDINANCE OF THE CHARTER TOWNSHIP OF CANTON, WAYNE COUNTY, MICHIGAN.

NOTICE IS HEREBY GIVEN pursuant to Act 184 of the Public Acts of 1943 of the State of Michigan, as amended, and pursuant to the Zoning Ordinance of the Charter Township of Canton that the Planning Commission of the Charter Township of Canton will hold a Public Hearing on Monday, January 24, 2005, in the Chestnut Room, at Summit On The Park, 46000 Summit Parkway at 7:00p.m. on the following proposed amendment to the Zoning **Ordinance**:

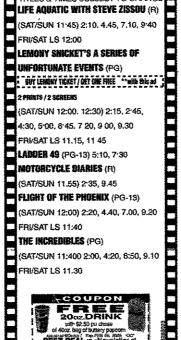
IKEA-CANTON PLANNED DEVELOPMENT DISTRICT (PDD) - (PRELIMINARY PLAN) - CONSIDER REQUEST TO ESTABLISH A PDD AS PERMITTED IN SECTION 27.04 OF THE ZONING ORDINANCE INCLUSIVE OF PARCEL NO(S). 044 99 0010 704, 044 99 0012 001 AND 044 99 0017 706. Property is located at the northwest corner of Ford and Haggerty Roads. (First Public Hearing.)



VIC GUSTAFSON, Chairman

OE08284221

Publish: December 30, 2004 and January 9, 2005



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## **Coach Steve Moreland**

Conducted by

Saturday, January 29, 2005

### **Boys & Girls Grades 1-3** •

12:00 to 12:30 p.m. - Warm-up time 12:30 to 1:45 p.m. - Basketball Clinic 1:45 to 2:00 p.m. - Coach's Corner

2:00 to 2:30 p.m. - Warm-up time 2:30 to 3:45 p.m. - Basketball Clinic 3:45 to 4:00 p.m. - Coach's Corner

**Boys & Girls Grades 4-6** 

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Each participant receives a World Championship Piston T-Shirt Free • Parents can purchase discounted Pistons tickets for \$15 each & be invited to attend with their children the pre-game "shoot around" at courtside.



## CHARTER TOWNSHIP OF CANTON ACCESS TO PUBLIC MEETINGS

The Charter Township of Canton will provide necessary reasonable auxiliary aids and services, such as signers for the hearing impaired and audio tapes of printed materials being considered at the meeting, to individuals with disabilities at the meeting/hearing upon two weeks notice to the Charter Township of Canton. Individuals with disabilities requiring auxiliary aids or services should contact the Charter Township of Canton by writing or calling the following:

David Medley, ADA Coordinator Charter Township of Canton, 1150 S. Canton Center Road Canton, MI 48188 (734) 394-5260

Publish: December 30, 2004 and January 9, 2005

### CANTON POLICE DEPT. 1150 S. CANTON CENTER RD. **CANTON, MI 48188**

THE FOLLOWING VEHICLES HAVE BEEN DEEMED ABANDONED AND WILL BE SOLD AT PUBLIC AUCTION ON TUESDAY, JAN. 11, 2004. AUCTION WILL BE HELD AT WESTLAND CAR CARE TOWING, 6375 HIX RD.

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	1991	JEEP	WRANGLER	JEEP	2J4FY29S2MJ146391
	1986	CHEVY	CAPRICE	4 DR	1G1BN69H9GY181125
	1993	CHEVY	BERETTA	2 DR	1G1LW13T8PY272386
	1990	PONTIAC		2 DR	1G2WP14T8LF285441
	1996	JEEP	CHEROKEE	S/W	1J4FT68S8TL192744
	1991	OLDS	SILOUTTE	S/W	1GHCU06D2MT315599
	1989	CHEVY	CAMARO	2 DR	1G1FP21E3KL178409
	1993	FORD	ESCORT	2 DR	1FAFPP1282PW168352
	1999	FORD	WINDSTAR	S/W	2FMZA514XWBC08117
	1988	FORD	TAURUS	4 DR	1FABP52U0JG263878
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Plymouth Twp. PD
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NOTICE OF PUBLIC SALE

Notice is hereby given that on 1/14/05 at 10 am at Mayflower Auto Transport, 1179 Starkweather Rd., Plymouth, MI a public auction of the following:

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1994	Ford	Tempo	1FAPP31X6RK197321
1990	Chevrolet	Astro Star	1GNDM15Z7LB164395
1995	Buick	Century	1G4AG55M6S6511880
1995	Buick	Century	1G4AG55M656511880

Publish: January 9, 2008

OE0828421

### PLYMOUTH DISTRICT LIBRARY PUBLIC NOTICE

The Plymouth District Library Board will hold its ANNUAL meeting January 18, 2005 at 7:30 p.m. in the Gold Room on the main level of the Library at 223 S. Main Street, Plymouth, Michigan, 48170.

The Plymouth District Library will provide necessary reasonable auxiliary aids and services such as signers for the hearing impaired and audio tapes of printed materials being considered at the meeting, to individuals with disabilities at the meeting/hearing upon seven (7) days notice to the Plymouth District Library. Individuals with disabilities requiring auxiliary aids or services should contact the Plymouth District Library by writing or calling the following:

> Barbara Kraft, Library Secretary Plymouth District Library 223 S. Main Street Plymouth, MI 48170 734-453-0750 X 217

Publish: January 9, 2005

## **OBSERVER LIFE**

## S.A.D.? Go to the light (bulb) to receive seasonal relief

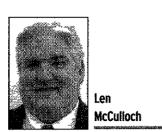
Several years ago, a popular TV show, Northern Exposure, had an episode where people in a small community outside Anchorage discovered the device that could be worn around the forehead like a visor.

It caused light to shine down into their eyes and help ward off fatigue, irritability and the "winter blues." Similarly, many retirees head south each winter for, among other things, sunlight.

During the winter, some people suffer from seasonal affective disorder, a form of depression, which can sometimes be remedied by an increased exposure to light.

S.A.D. was first described in 1984 by Dr. Norman Rosenthal at the National Institute of Mental Health. Researchers there believed 10 million Americans suffer from S.A.D.

Symptoms can include: change in appetite, trouble



sleeping, lack of energy, lower sex drive, memory inefficiency, low self-esteem, lack of interest in activities and even suicidal thoughts.

The condition must represent a change from previous functioning and cause significant stress in social, occupational, or other important areas of functioning in order to be diagnosed.

Exposure to bright light has been found to be an effective way to treat this disorder for some people.

There are different kinds of light emitting devices that give the user a measured amount of a balanced spectrum of light, which is said to be the equivalent of standing outdoors on a clear spring day for about 20 minutes.

Light is registered by the eyes, through the retina, and then electrical impulses are transferred to the hypothalamus in the brain which normalizes body functions.

A synchronization of the sleep/wake cycle seems to be the key to treatment. The most common therapy devices are fluorescent light boxes that can range in price from \$250 to \$500.

Light visors are available which have a battery pack and can be worn on the head, thus allowing mobility.

Some say an inexpensive way to go is to buy two 60-watt blue spectrum light bulbs and sit 18 inches away from them for about 20 minutes each day.

The intensity of light from these devices is much brighter For a person with an established pattern of S.A.D., it has been found helpful to begin light therapy sessions at the time of year just before symptoms usually become obvious, in autumn.

than normal indoor light but not as bright as summer sunlight. Length of exposure and frequency of treatment sessions can be individualized depending on the severity of symptoms.

Care needs to be noted since overexposure can induce mania (the opposite of depression) in a small percentage of people.

Seek treatment from professionals who treat S.A.D. with bright light therapy.

In addition to stimulating the hypothalamus of the brain, through the retina of the eyes, hypotheses about how the treatment works are similar to those which describe how antidepressant medications work.

Mainly, modification of neurotransmitters in the brain, which are responsible for mood regulation, take place. Specifically, levels of serotonin and melatonin have been identified as important for a sense of well-being and regulation of sleep patterns which then result in correction of daytime mood disorders, especially depression.

The symptoms can be influenced by many factors such as: living in a northern latitude. excessively cloudy weather, family history of seasonal affective disorder, working in a windowless office and general

life stressors.

For a person with an established pattern of S.A.D., it has been found helpful to begin light therapy sessions at the time of the year just before symptoms usually become obvious, in autumn, and discontinuing the use in the spring when enough natural. light can be received through one's environment.

First, consider consulting with your primary care physician who may refer you to a mental health practitioner familiar with S.A.D. and light therapy.

Also, consider contacting the National Organization for Seasonal Affective Disorders at www.nosad.org.

Len McCulloch is a diplomat of the American Psychotherapy Association. He is director of Psychological Services at Broe Rehabilitation Services Inc. in Farmington Hills at (248) 474-2763.

## Beauty school student, 80, plans to help fellow seniors

BRIGHTON, Mich. (AP) \_ Rosalie Pivarich over the summer, she began regretting not doesn't see what the fuss is all about.

The Brighton woman, who will turn 81 in April, said she just wanted to do something for herself, and at the same time do something that will help others.

'Everybody thinks I'm doing such a great wonderful thing," Pivarich said. "I'm getting a lot of support, but I think it's going too far. People think it's so unusual, and I know it is, but I don't think it's such a big thing. You have to stay active to be happy.

In September, Pivarich enrolled in the Brighton Institute of Cosmetology in Brighton, to become an esthetician. When she graduates in February, she will be licensed to do makeup and skin care, skills Pivarich hopes will help brighten the days of residents in nursing homes.

"My two sisters were in nursing homes in another state," she said. "I see how people in there are longing for attention."

Pivarich is drawing praise for not only her plans after graduation, but also for making -the decision to go back to school at her age.

"Everything is geared for younger people skin care and all of that - but what about a senior citizen?" she asked. "Skin care is still really important to us. We all want to look good, but nothing is really geared for our age."

making that career choice earlier in life. However, she said that regret began to change into a question: What was stopping her from doing it now?

"If you reach a certain age, and there are still things that you want to do with your life, it's not too late to do them," she said. "Because you're maturing, you're aging, life does not fall apart."

Being a late bloomer isn't exactly new to Pivarich. She began attending Washtenaw Community College in her early 40s, eventually earning an associate's degree in social work, which she used to become a youth specialist at the W. J. Maxey Boys Training School in Green Oak Township. She retired in he mid-60s, but stayed active.

"My companion and I went sailing, traveling and dancing and what have you," she said. "Now it's getting to the point where we can't do a lot of that anymore, so I decided to try another way to stay active."

Since beginning classes at the Brighton Institute for Cosmetology, Pivarich said she been "sleeping it and eating it."

"I really do like this," she said. Pat Hammill, manager of the Brighton Institute for Cosmetology for the past 17

years, said, as far as she's aware of, Pivarich is the school's oldest student ever.

Hammill said Pivarich has mentioned her intentions to take a manicuring course at the school after she receives her license as an esthetician. In the meantime, Pivarich said she plans on boosting morale at nursing homes by providing her services there. She said she will probably offer her services for a fee of just enough to cover her expenses. "But my time would be volunteer work," Pivarich said.

## Joint-safe Tai Chi classes to begin at area locations

The Arthritis Foundation, Michigan Chapter announced winter classes for its popular exercise program will begin soon for new and continuing students at four locations: Summit on the Park in Canton, (734) 394-5460; St. Mary's Mercy Hospital in Livonia, (734) 655-8947; Miss Helen's Westland Dance, (734) 261-3744; and Guardian Martial Arts in Garden City, (734) 266-0565.

All Tai Chi from the Arthritis Foundation classes are taught by instructors who have been trained and certified by the Arthritis Foundation. Classes meet for one hour, one-two times per week for six or more weeks.

For more information about class schedules and fees and to register, call the nearest site between 8:30 a.m. and 4:30 p.m. weekdays.

Tai Chi from the Arthritis Foundation classes are appropriate for anyone seeking a joint-safe exercise program, including those with mild to moderate arthritis. Participants learn a series of

slow, graceful, flowing movements adapted from Sun-style Tai Chi.

For centuries, Tai Chi has been practiced in China as an effective exercise for physical and mental well-being. Tai Chi may help reduce pain and stiffness, and may improve mobility, breathing and relaxation - all of which are important to people who want to prevent or manage arthritis. It also may help with memory, concentration, coordination, muscle strength, stamina, stress, depression, circulation, and heart and lung function. Tai Chi from the Arthritis Foundation can help you take control of your physical, emotional and mental health while improving your life and adding variety to your fitness program.

For more information about Tai Chi from the Arthritis Foundation or about programs and services for people with arthritis in Michigan, call the Arthritis Foundation, Michigan Chapter at (800) 968-3030.



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As for going back to school at 8Q, Pivarich said there's nothing special about it. To her, age is just a number. "Most people feel it's over at 75 or 80. What is there to do?" she said. "I just want to stay involved and do something I enjoy doing. I want to stay active and I want to be productive until I take my last breath, if possible."

Pivarich said she always wanted to be a beautician. While she was getting a facial

## **Employees raise money for Miracle Network**

**Co-op Services Credit** Union staff raised more than \$1,600 during 2004 for Children's Miracle Network, a non-profit organization that provides health care for children through local hospitals.

The credit union has branch offices in Livonia, Westland, Dearborn, Walled Lake, and downriver.

Staff participated by paying a dollar to dress casually once a week. The funds are donated to Children's Miracle

Network, which is a recipient of the "Credit Unions for Kids" program and is supported by the Michigan Credit Union League.

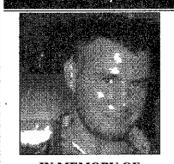
Angie Krogol, the credit union's senior vice president of member services and chair of the MCUL's Children's Miracle Network Committee, reports that Co-op Services Credit Union has raised more than \$20,000 for CMN during the past six years. The Co-op Services Credit

Union name is engraved on the Beaumont Society Donor Wall at the hospital's main facility in Royal Oak in recognition for its total giving.

"Children's Miracle Network is one of the many fine community-based programs that we support throughout the year to demonstrate the credit union philosophy of people helping people," said Co-op Services president and CEO Anthony Carnarvon.



### In Memory Of



### **IN MEMORY OF** DANNY GLENN BASKE

Danny Baske was involved in a fatal car accident on December 30, 2004 in Luddington, Michigan. A memorial was held at PVT John Lyskawa VFW Post 7546, 6828 Waverly, Dearborn Heights, Michigan on January 8th, 2005. In Danny Baske's memory, his wife Jennifer Baske and three boys, Ryan, Joshua, and Nathan Anderson/Baske; his mother Janice Lemire/Denys and stepdad Ken; father Glenn Baske; sister Laschell Baske/Baker and brother-inlaw Paul, his nieces and nephews, would like to celebrate his life. Danny was employed by the United States Army Reserves in the 1/125th Infantry division of Brovo Company.

## JAMES WELLINGTON BUSHWAY III

Passed away December 25, 2004 at the age of 58, of Westland. Dear husband of Diana, beloved father of James W IV, dear son of James and Olive; beloved brother of Bruce and Candace (Harry); loving grandpa of Jennah and James; dearest uncle of Roger and Shane. Interment at Cadillac Cemetery (Meditation Garden). Donations may be made to Angela Hospice, Livonia.



### **DONALD H. GRAMLICH**

Age 85, January 5, 2005 of Redford formerly of Maybee. Loving husband of Phyllis. Dearest brother of Dale (Evelyn), Sandra (Jerald) Beaubien; step-brother to Viola Eby, Betty Reaume and Marge Thorn. Friends may call from 4-9 p.m. Friday at the Allore Funeral Home, 203 E. Elm Ave., Monroe where a rosary will be recited at 7p.m. Funeral Services will be on Saturday with prayers at 10:15 a.m. from the funeral home and a mass of resurrection at 11 a.m. from St. Joseph Catholic Church in Maybee. Memorial Contributions may be made to St. Jude's Children's Hospital, American Cancer Society or Michigan Humane Society.

## **KRISTINE MARIE CLARK**

(suddenly) age 22, January 4, 2005. Beloved daughter of Suzann Magers (Clark) & Barry Strnad of St. Peters, Missouri and Larry Clark & wife Cynda Clark of Kennewick, Washington. Krissy was the Loving sister of Andrea Clark & Karl North of Westland, Michigan, and Erin Clark & Scott Bradford and their daughter Kristin's niece, Payton of Mt. Pleasant, Michigan. Kristin also is survived by her paternal Grandmother, Mabel Clark of Duluth, Minnesota. In addition, Krissy's several loving Aunts, Uncles, other relatives and friends will miss her dearly. Funeral services were held Saturday, January 8, 2005 at St. John Neuman Catholic Church, Canton, Michigan. The family would prefer memorial contributions be made in Kristin's name, to be sent to: Suzann Magers at 25 El Caballo Dr., St. Peters, MO 63376 to be used for a fitting memorial. The family appreciates everyone's prayers.



Age 90. "Mr. Emile" founder of Emile Salons, Detroit and metro area. Deceased 12/23/04. Survived by his loving wife, Ingrid, sons Courtney (Susan), Richard (Rula) and daughter, Carolyn Cole. Many grandchildren Services scheduled for Mon., Jan. 17 2005 at Highland Park Baptist Church, 28600 Lahser Rd., Southfield, MI. 11AM. Luncheon to follow.

### MILTON LAVIOLETTE

Age 73, formerly of Ann Arbor & Livonia, died December 3, 2004, in California. He is survived by son, Douglas; daughter, Janice; grandsons Charles and Douglas; siblings, Ronald, Allen, and Daniel, Bonnie Andree, Marlene Korne, Nancy Warner, and Marianne Watson. A memorial service will be held at 11:00 a.m. on Saturday, January 15, 2005, at Ford Memorial United Methodist Church in Detroit.

### **ROBERT C. RIGLEY**

Born Nov. 21, 1922. Died Dec. 14, 2004. Dear Father of Pamala S. (Thomas) Niemi and James C. (Dawn) Rigley. Brother to Howard (Phyllis) Rigley and Gladys Zeller of Arizona Beloved Papa of 7 grandchildren, great grandfather to 9. Fisherman, sto ryteller, jokester & friend to all. "Memorial Gathering" on Saturday, January 15, 2005 at 11:30AM at The Universalist Unitarian Church of Farmington, 25301 Halsted Rd. Farmington Hills. For details: 734-427-8029

### **ELAINE H. WHITING**

77, of Traverse City died Wednesday, January 5, 2005 at her home. Formerly of Bloomfield Hills, she was a 1945 raduate of Sylvania High School, in Sylvania, Ohio and was a 1949 gradu-ate of Hillsdale College. She also attended the Merrill Palmer Institute in Detroit. Elaine taught pre-school kindergarten in Hillsdale, was a long time member of the Nativity Church in Livonia and was an avid tennis player. Born May 19, 1927 in Sylvania, she was the daughter of Elwood and Verena (Hilti) Hotchkiss. On August 6, 1949 in Sylvania she married Robert S. Whiting, who survives. Also surviving are four children, Scott (Mimi) Whiting of Troy, Dan (Pat) Whiting of Clarkston, Jo Whiting Skandalaris of Brighton, Jane (Steven Bath) Whiting of Williamsburg; sister Esther Rabchuk of Washington; ten grandchildren, Lisa, Becky, Kristin, Amy, Bonnie (Ben), Peter, Sara, Zeke, Gina, and Joey. She was preceded in death by her parents; sister Verena Burns and Son-in-law Daniel. Memorial Services will be held Monday January 10 at 11 am at the Clarkston Community Church, 6300 Clarkston, Clarkston Michigan, (248-625-1323) with her son Pastor Dan Whiting officiating. In lieu of flowers memorials may be directed to either the Northeast Detroit Lions Club or to a charity of ones choice. Arrangements are being handled by the Reynolds-Jonkhoff Funeral Home in Traverse City.

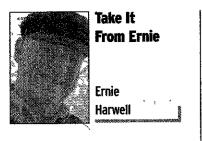
**OBITUARY POLICY** The first five lines of an obituary are published at no cost. All additional lines will be charged at \$4 per line. You may place a picture of your loved one for an additional cost of only \$6. Symbolic emblems may be included at no cost (example:American Flags, religious symbols, etc.) **Deadlines**: Friday 5 PM for Sunday Wednesday Noon for Thursday Obdecades renewed after these charlings will be placed in the read antibable issue. e-mail your obit (s oeobits@oe.homecomm.net or læx tox Attn: Obits c/o Charolettě Wilson 734-953-2232 For more information cell. **Charolette Wilson** 734-953-2070 ör Liz Keiser

734-953-2067

or toll free

866-818-7653

ask for Char or Liz



## Give blood

ake this advice lying down: donate blood

I often note that activities that improve health don't have to be hard work or take very long. Donating blood is something almost every adult can do in less than an hour – and lying down. Whole blood contains red blood cells, plasma and platelets. Each of these components can be transfused to several patients with different needs.

Patient needs are becoming increasingly urgent. According to the American Association of Blood Banks:

Approximately eight million Americans donate a total of 14 million units of whole blood during an average year.

Ton average, four million patients require more than 23 million total units of blood components every year.

Almost 40,000 units of red blood cells alone are needed every day

To be a donor, you simply need to:

📕 Be in good health

Weigh at least 110 pounds

■ Be at least 17 years old (Some states accept donors less than 17 years old, with parental consent.) To find out where you can donate, call (800) GIVE-LIFE (800-448-3543) or visit www.givelife.org.

Ernie Harwell, "the voice of the Detroit Tigers" for more than four decades, retired after 55 years behind a major league microphone. Today, at age 86, Ernie's days are filled with serving as a health and fitness advocate for Blue Cross Blue Shield of Michigan and Blue Care Network, public appearances, writing, traveling and taking long walks with "Miss Lulu," his wife of more than 60 years. His latest book, a collection of his baseball columns titled *Life After Baseball*, is available at local bookstores or by calling (800) 245-5082.



# Eating plan

# New program helps with healthy weight loss

BY SANDRA DALKA-PRYSBY CORRESPONDENT

This holiday season I would not gain weight. I made this vow — as I do every year — but this year would be different. And it was. I lost almost 15 pounds in the last two months of the year!

Three things contributed to this success. First and foremost, I made a commitment to healthy eating and exercise, no matter how many foodfilled activities and time restrictions there were. And there were many. I know, as do you, that without a firm commitment, you can't reach your goals.

The second reason came disguised as an obstacle. Due to water damage, my kitchen was ripped out. The stove and refrigerator were moved to storage in preparation for remodeling. How would I prepare all the healthy foods I needed?

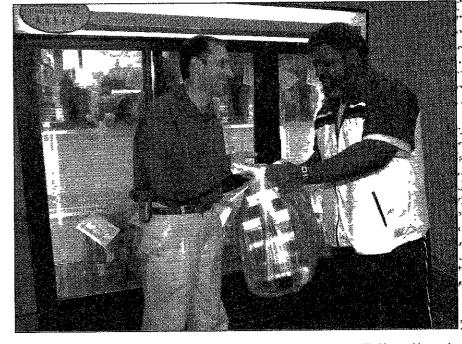
Alas! Enter Seattle Sutton's Healthy Eating (SSHE) plan. This third factor was instrumental in my success. And I'm not alone in discovering the benefits of this program, which came to Michigan in late 2003. Numerous area residents, including William Bell of Farmington Hills and Larry and Yvonne Cislo of Plymouth, are losing weight and eating healthy, thanks to the Seattle Sutton plan.

Developed by a Chicago-area registered nurse, who has spent years providing nutritional information to patients, the plan offers 21 meals a week, based on either 1,200 or 2,000 calories a day. The menus are the same for each calorie plan. The difference is portion sizes for food items. All meals are prepared with healthy and fresh ingredients and are available for pickup twice a week at area distribution centers (there are almost 20 in Oakland and Wayne counties). For an additional charge, they can be delivered to your home or workplace.

"The meals are fresh, not frozen, and provide not only the entrée, but side dishes, such as vegetables, salad with dressing, fruit and rolls," said Wallace Duvall, who heads the southeast Michigan operation. "Breakfast, lunch and dinner ... you get all three meals a day. All you need to add is two or three fat-free milk servings each day to assure healthy and balanced eating." (The calorie counts include the milk servings.)

The meals offer variety and are based on a five-week menu cycle. The menus meet nutritional requirements and guidelines established by health and nutrition experts, and are calorie-controlled, low in fat (30 percent or less of total calories) and are cholesterol (300 milligrams or less) and sodium restricted. "With physician approval, our plan fits well in almost any recommended dietary program," Duvall said.

According to Duvall, the difference between SSHE food and the frozen diet entrées available at the supermarket is that "our meals are fresh and complete and meant to be consumed in a few days. To assure freshness is the reason why we have two pickups a week."



Seattle Sutton owner Ernie Backalar (left) gives William Bell of Farmington Hills his weekly meals.

### **TASTE GOOD**

The meals offer fresh, healthy foods, but do they taste good? That's an affirmative, according to Bell. He has been on the program for three months and said he likes the variety, quality and great taste of his new "fast food."

"Before going on the SSHE program, I made regular visits to fast food establishments. It was 'Mac' all the time," he said. But when he discovered this past summer that he was pushing 300 pounds, he knew it was time for a change. "I was shocked and embarrassed when I saw the number on the scale. When I saw a television ad for this program, I knew I had found a convenient way to lose weight."

He's now lost more than 20 pounds and believes the healthy eating combined with regular exercise workouts are "saving my life." Bell is on the 1,200-calorie program to which he adds other healthy foods, such as chicken breast and orange juice. These additions give him an average daily count of approximately 1,800 calories. He said that he has no problem when his wife and two sons eat their meal while he eats his special diet: "My food is so good that I'm not tempted by the other food in the house."

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Sunday, January 9, 2005

Hugh Gallagher, editor

hgallagher@oe.homecomm.net

The 44-year-old added that the greatest result of following the SSHE program is that he is healthier than he was 20 years ago. "I feel great," he said, "I'm looking better and I'm eating really good food. This works for me."

The plan also works for the Cislos, who report that they, too, are experiencing better health. According to Larry Cislo, he has not only lost 45 pounds since beginning the program,

### PLEASE SEE WEIGHT LOSS, C9

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## HEALTH

## Cold temperatures can cause medical problems

Serious medical problems can develop when the temperature dips to sub zero levels or wind chills plummet. Frequent injuries resulting from exposure to cold temperatures include hypothermia, frostbite and frostnip.

www.hometownlife.com

The staff of the Department of Emergency Medicine at Henry Ford Hospital says the key to avoiding cold weather injuries is to dress appropriately. This includes layering clothing with a first layer to pull moisture away from skin. Hats are a must because the head is where 30 percent of body heat is lost. Gloves and face protection are necessary in extremely cold weather.

Alcohol contributes to the risk of cold weather injuries by causing the blood vessels in the skin to dilate. This creates a temporary feeling of warmth but causes large amounts of heat loss. It's important to keep all of this in mind in order to prevent hypothermia and frostbite which can cause permanent damage to the body if left untreated. Know the warning signs of these injuries

and seek medical treatment as soon as possible.

### **FROSTNIP AND FROSTBITE**

Frostnip is caused by exposure to cold temperatures that are near or just below freezing. As with frostbite, the most susceptible body parts include fingers, toes, cheeks, ear lobes, and the tip of the nose. Children in northern climates, like Michigan, often experience frostnip several times each winter. The skin is numb, white and firm to the touch. The loss of cold sensation is a sign of impending frostbite. The affected area may peel or blister in 24 to 72 hours, and may be permanently sensitive to cold and more susceptible to frostbite.

Rewarm the affected area by applying steady pressure with a warm hand and breathing into a cupped hand on the injured site. Do not rub the affected area. The frostnipped hand also can be placed under the armpit. If there is any question of frostbite, transport the person immediately to a

medical facility.

Frostbite is caused by exposure to dry, cold temperatures below freezing. It can result in permanent damage and tissue loss. Early symptoms include tingling, numbress and pain in the affected area. The skin turns white or gray and is cold and hard to the touch. There is no feeling in the affected area. The skin may blacken and form a tough layer that eventually disappears, revealing new skin that will always be more susceptible to frostbite. Deep frostbite can involve underlying tissue, muscle, tendon and bone. Seek professional medical attention immediately. If transportation is delayed, rewarm in warm bath water (105 degrees Fahrenheit optimally). Rewarming at the location should be avoided if medical care is available within two hours.

Several factors such as atherosclerosis (hardening of the arteries) can put you at increased risk for frostnip and frostbite. Others are in your control. Avoid inadequate or

### poorly fitted clothing, exposure to wind, dampness, contact with cold objects, smoking, dehydration, and fatigue.

### **HYPOTHERMIA**

Hypothermia occurs when the body's core temperature falls below 95 degrees F. Cardiac arrhythmia also is possible when the core body temperature falls. The elderly, immobile and psychiatric patients are most at risk. Often times, hypothermia affects elderly people who live in poorly heated homes.

Symptoms include slurred speech, decreased coordination, uncontrollable shivering, cold and pale skin, blue lips and nails, stiffening of neck and limbs, memory lapses, stumbling, abnormally slow breathing and a slow, irregular heart beat. The condition becomes grave when the shivering stops, muscles stiffen and skin turns bluish.

Seek professional medical attention as soon as possible.

## **WEIGHT LOSS**

FROM PAGE C8

last March, but his cholesterol has gone down from a high of 286 to a healthy 170.

"My wife and I love this program because it provides us with a convenient way to eat healthy," he said. "We work 12hour days at our flower shop (Wesley Berry Flowers in Canton) and have little time for food shopping and meal preparation. Now somebody else does the shopping and cooking and we do the enjoying."

Yvonne Cislo, who has lost 20 pounds, considers the program a godsend. "The variety of the delicious meals is what appeals to me. That and the fact that I don't have to wash any pots and pans," she said. "All we have to do is heat up the food in the microwave."

The Cislos order one 1,200and one 2,000-calorie meal plan. They then combine the meals and split the food. "This works for us. We both get a good serving size and our daily calorie intake is a healthy 1,600 or so calories. We have been able to lose weight on this amount of calories," she said. Also, to help them feel that they are eating a "regular" meal, instead of eating out of the plastic containers in which the food is packaged, they set a table and use china and flatware. "The only difference now instead of our days before beginning this plan is that we eat healthy dinners instead of going out to restaurants all the time.

## **HEALTHY MEALS**

Just like these other devotees, I, too, have been enjoying the food, variety and convenience, especially since I am in the throes of remodeling. More important, I know that I am eating 1,200 calories a day without having to spend time looking up foods and counting the calories. I have even enjoyed going out to restaurants to eat because I know better what constitutes a healthy meal and correct portion sizes. Eating the meals has taught me this. For instance, I can have bread and muffins, but they need to be small, such as a half slice of bread or a three-ounce muffin. Also, when invited to a friend's house for dinner, I prearrange with the hostess and bring my own meal. (This leaves more food for the other guests.)

C9

(\*)

A typical daily menu consists of a specialty bread or muffin with cream cheese and a fruit or fruit / juice (four ounces) for breakfast; a sandwich or soup and/or salad and dressing, fresh fruit and cookies or chips for lunch; a proceed tein and starch, such as meatballs and egg noodles or chicken and way stuffing, and vegetables for dinner. Add fat-free milk and eight 100 glasses of water a day and you feel pleasantly satisfied. (It took and me about a week to get used to the smaller food portions served on the 1,200-calorie plan.)

SSHE costs \$105 a week for 21 meals on the 1,200-calorie program; \$125 a week for the 2,000calorie 21-meal plan. Half-week programs are also available, as is home delivery for an additional cost. For further information, call (888) MEALS-21 or visit the Web site, www.meals21.com.

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## MEDICAL DATEBOOK

## JANUARY

## **Chemical sensitivity support**

Meets 2-5 p.m. Sunday, Jan. 9, at the Good Food Company West, 42615 Ford road in the Canton Center Shopping Mall at the southwest corner of Ford and Lilley. Multiple Chemical Sensitivity Friends is a nonprofit group for the chemically sensitive,their families and friends. The chemically sensitive are people who are made uncomfortable or ill by exposure to such things as perfume, pesticides, smoke, new building materials, paint, chemical fumes, electromagnetic fields, war chemicals, industrial accidents, etc. For a free newsletter, call (248) 349-4972 or (734) 973-1727.

## **Red Cross safety courses**

Begin in January, and include CPR/first aid with AED (automated external defibrillation). Infant/Child CPR, CPR/AED review for professional Fescuers, CPR review for individuals with current CPR certificates, nurse assistant training, and baby-sitter training at the Livonia Service Center, 36650 Five Mile, call (734) 542-0442 or visit www.semredcross.org. Costs vary. Among the offerings is nurse assistant training (\$650) that teaches

offers classes on weight management, childbirth, nutrition, diseases such as ·diabetes and osteoporosis. Call (248) 477-6100 to register, or visit www.botsfordsystem.org. Fitness classes take place at the Botsford Center for Health Improvement in Novi. For more information, call (248) 473-5600.

Arthritis Today

JOSEPH J. WEISS, M.D. RHEUMATOLOGY 18829 Farmington Road Livonia, Michigan 48152 Phone: (248) 478-7860

THE AMOUNT OF FLUID AND THE AMOUNT OF PAIN

elastic enough to stretch to meet the pressure on them.

opportunity to adjust, the tissue is stretched as if on a rack.

age of pain.

In knee arthritis, you expect that the more fluid in your knee the greater the pain Common sense tells you that a large amount of fluid generates more pressure in the joint,

with your discomfort increasingly accordingly. However, the knee does not work that way.

You can develop a large fluid collection and feel little pain, if that accumulation of fluid

comes on slowly. In such a circumstance, the knee accommodates. The joint tissues are

In contrast, a small amount of fluid, coming suddenly as occurs with a blow to the knee,

can cause withering pain. The sudden presence of excess fluid give the joint lining no

You can experience great pain in the knee when no extra fluid is present. Tears in the

menisci or ligaments can generate such a response, as these structures are liberally supplied with nerve endings. The main purpose of these nerves is to allow you to maintain stability and quickly shift weight, but if these fibers are injured they will respond with a

Finally, there are injuries to the femur and tibia bone that you feel as coming from the

### **Hunger Within Workshop** The step-by-step workshop explores

the reasons for overeating, identified triggers that precipitate a binge, and helps break the vicious cycle of emotional eating, Marilyn Migliore facilitates two sessions running 6:30-7:30 p.m. Monday, Jan. 10 to March 28, and noon to 1 p.m. 5:30-6:30 p.m. and 6:30-7:30 p.m. Thursday, Jan. 13 to March 31, at the University of Michigan Health System Preventive Cardiology Clinic in Domino's Farms. To register,

call (734) 998-6000, Ext. 258. Cost is \$300.

Angela Hospice offers grief support groups every second and fourth Tuesday. January meeting dates are Tuesday, Jan. 11, and 25, at 1 p.m. and 6:30 p.m. both days, at the Angela Hospice Care Center. For more information, call



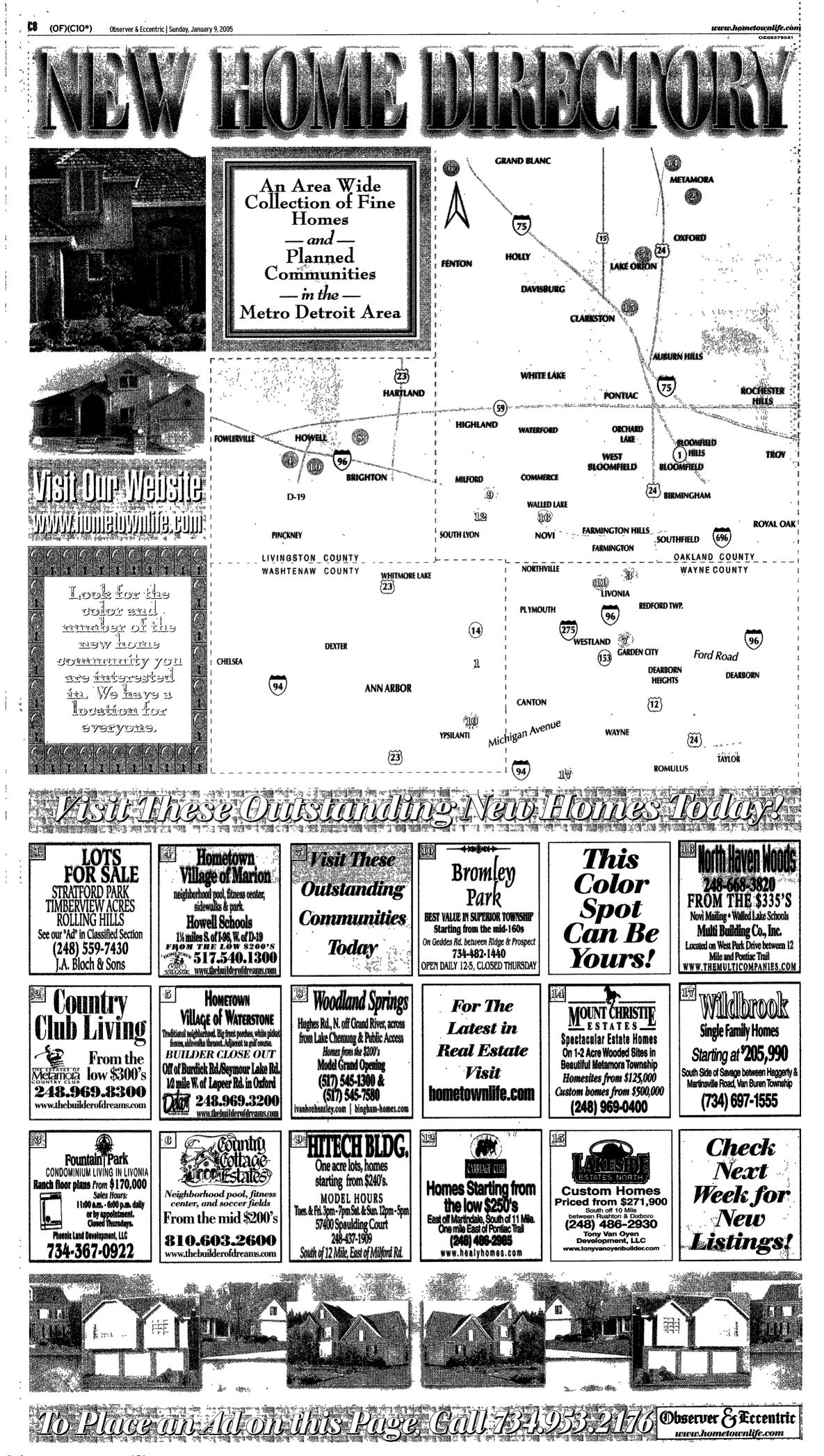
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**Grief support workshops** 

John Rogin Buick .

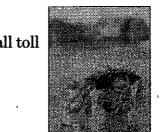
Joan Lee at (734) 464-7810.







**Classifieds inside** –To place an ad call toll free 1-800-579-SELL (7355) Fax: (734) 953-2232



## Section D

(?) Keely Schramm, editor

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www.hometownlife.com

# Faulty plumbing

## Inspect home before you buy

Prospective homebuyers visit homes with a list of requirements in tow. They want X number of bedrooms, Y number of bathrooms, Z square footage, etc. A home becomes even more attractive if it has all the X, Y, Zs at the right price.

But, it's important not to forget about what's going on beneath the home, such ' as faulty plumbing or water leakage. Such repairs can prove costly, making you pay more than you bargained for. Don't try to ignore such issues by telling yourself, "It won't happen to me." It could happen to you: According to Roto-Rooter, a plumbing and drain service, a recent study found that 44 percent of people call a plumber within one year of purchasing a new home.

Avoid sinking yourself knee-deep into unnecessary expenditures on your new home by following these tips when inspecting a prospective home:

■ Toilets: Inspect the base of toilets for signs of water damage. Check for soft floors by standing over the toilet and rocking back and forth on each foot. If the floor feels spongy, it likely has water damage. See how fast the toilet flushes, or if water backs up in the bowl. ■ Bathtubs: Check for leāky or loose

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## **OUTSIDE THE HOME**

Make sure gutters and drains in basement stairwells are clear of leaves and window wells are working properly.

Check the weather stripping around skylights and other roof openings. . Seal cracks and holes in outside walls

and foundations near water pipes with caulking. Remove garden hoses from outside

spigots. Drain outdoor faucets when freezing temperatures are forecast.

INSIDE THE HOME

tiles. Press on the point where the walls meet the tub. If they're soft, water has most likely caused damage behind the tiles.

Plumbing: Turn on the water in the bathtub and kitchen sink. If there is not that much water coming out, the pipes may need to be réplaced. Look at the ceiling – if it looks like it was just painted or you see water spots, that may be an indication of water damage. If the house has a basement, inspect exposed pipes for leaks, rot and recent repairs. Don't forget about examining outdoor spigots and houses for signs of damage.

■ Water heater: Make sure the water heater isn't more than 15 years old. (The first four digits of the heater's serial number are the month and year it was made). If it vents into the chimney, make sure the chimney is lined, indicated by a metal liner sticking out of the top of the chimney.

■ Kitchen: The garbage disposal and dishwasher connection should work properly. Use a flashlight to make sure cabinets aren't damaged by water.

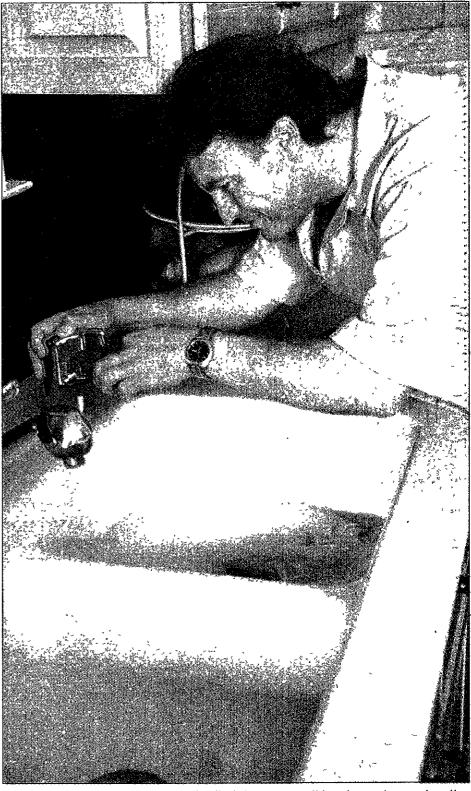
■ Laundry room: Check washing machine hoses for rupture and turn valves on and off to test for leaks.

## Avoid costly weather problems

The attic should not be more than 10 degrees warmer than the outside air, so make sure it is adequately insulated. Heat escaping through the roof will melt snow and could cause ice damming, which is when water refreezes at roof's edge where it's colder. This eventually forces water under the roof covering.

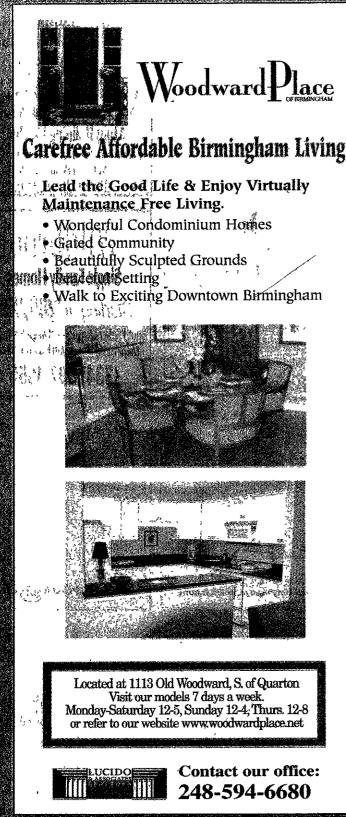
Maintain heat levels inside the home. Anything lower than 65 degrees could allow pipes located inside walls (where it's colder) to freeze. Insulating pipes, crawl spaces and basements will also help.

If temperatures are below freezing and water pressure is low, let water drip through faucets to reduce pressure in pipes, and open cabinets to let heated air flow beneath sinks.



Inspect a home's water issues before you buy it. That way, you won't have to spend money down the road on plumbing-related repairs.

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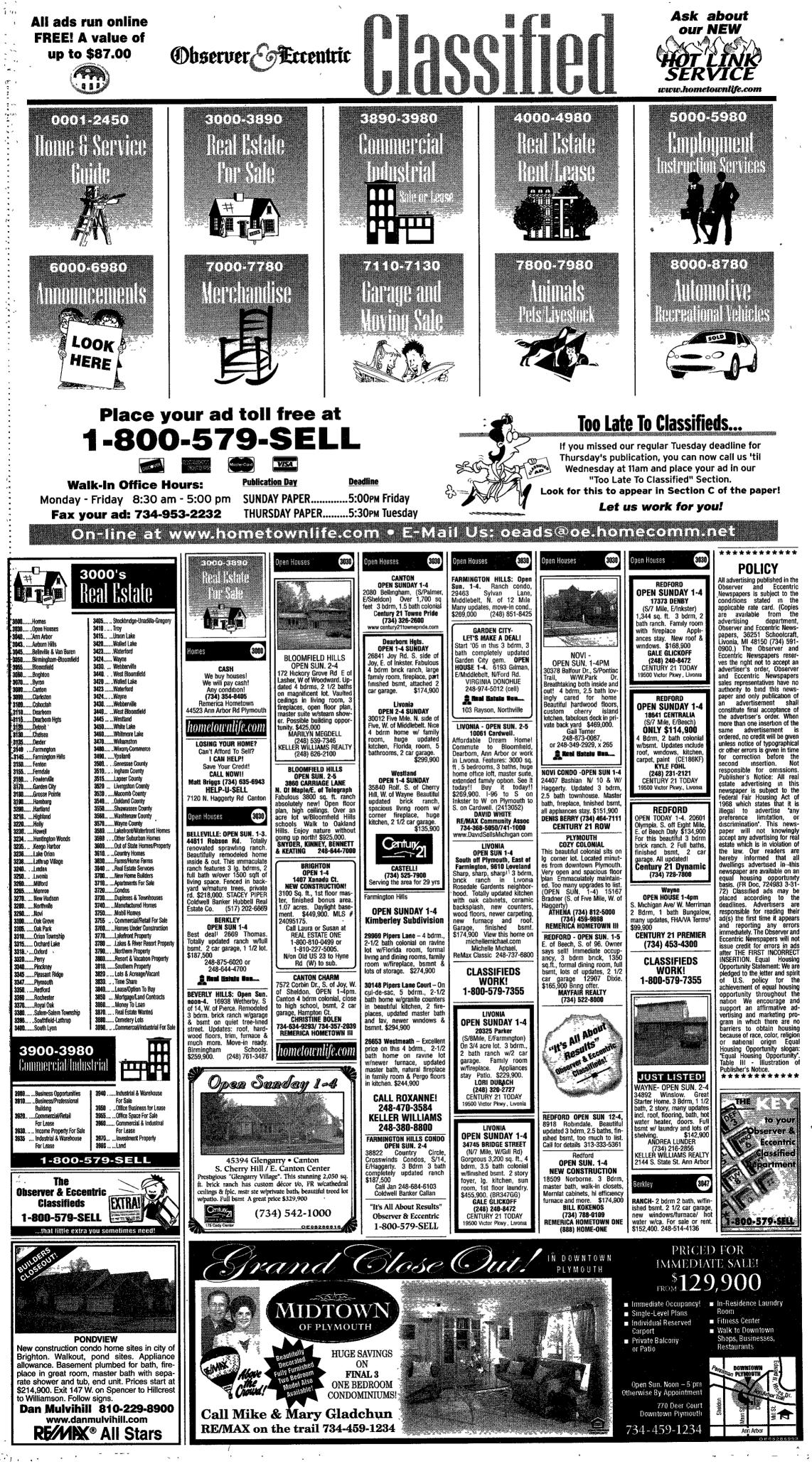
Other features include two full and one half baths, first floor laundry, full basement; central air and ceiling fans, security system, three car side entry garage and a treed lot with inground sprinkler system. The home is located in the Plymouth-Canton School District and is conveniently near expressways, shopping, places of worship and schools. Call for additional information or to arrange for a private showing.



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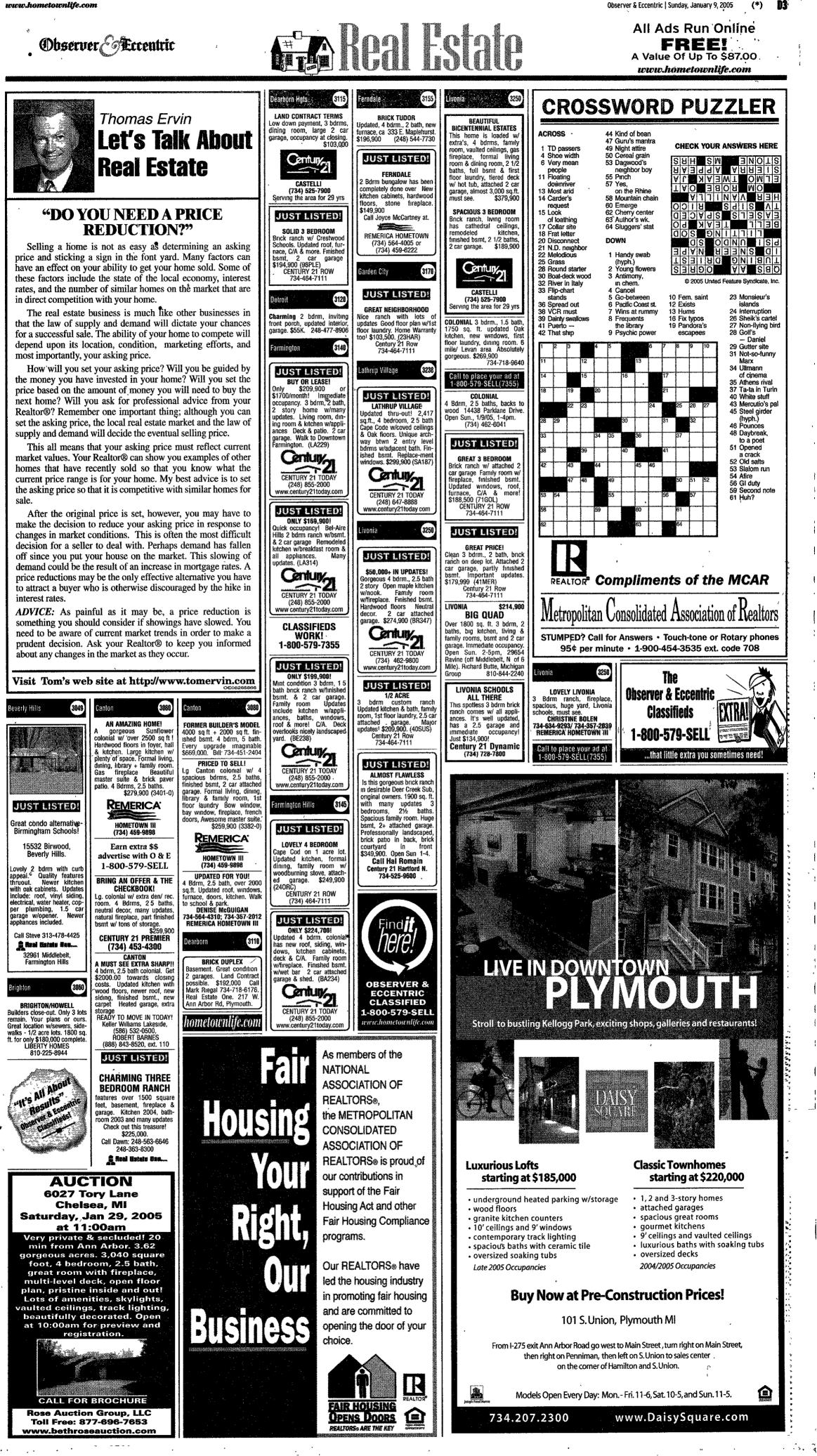
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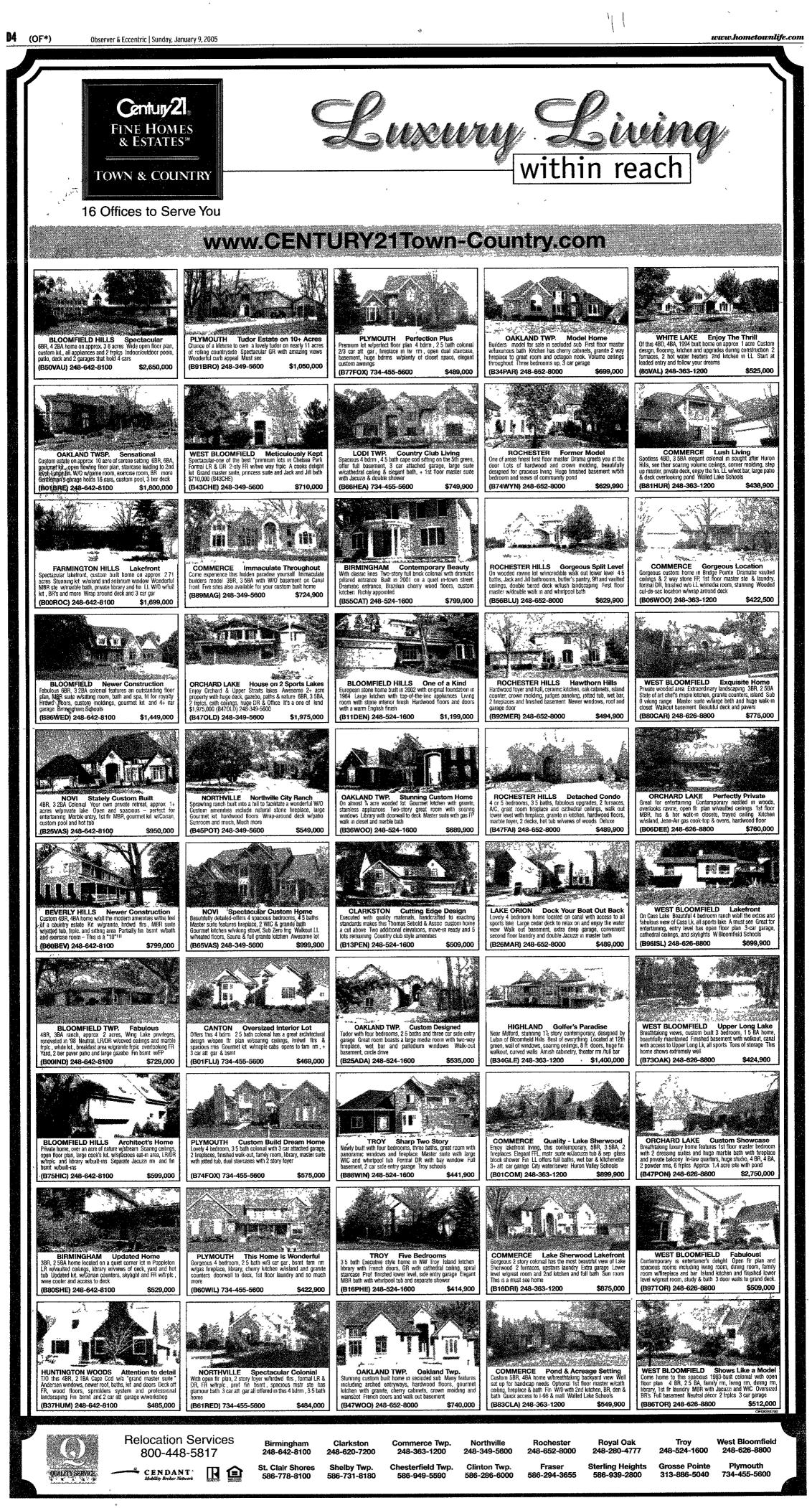


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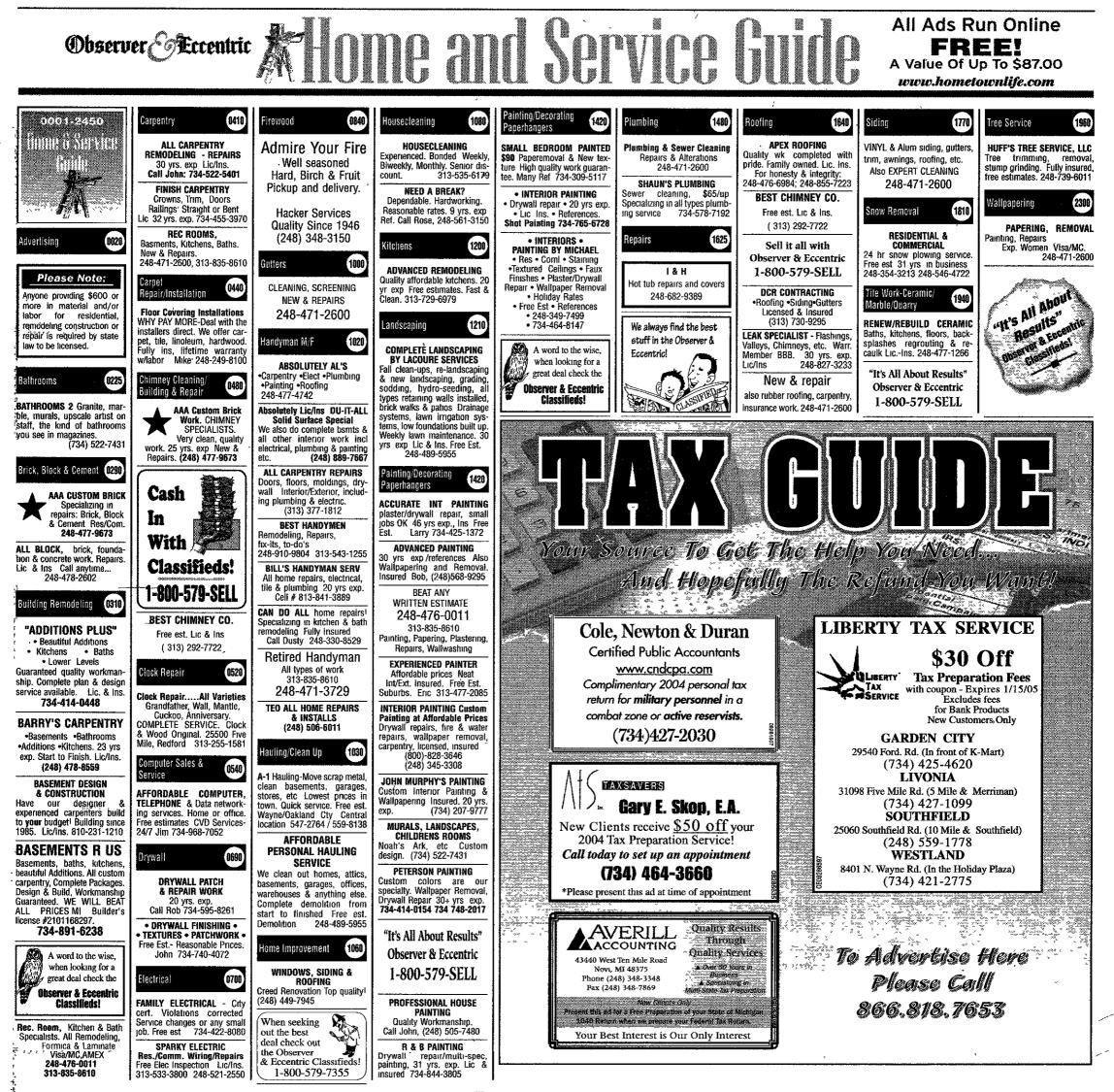
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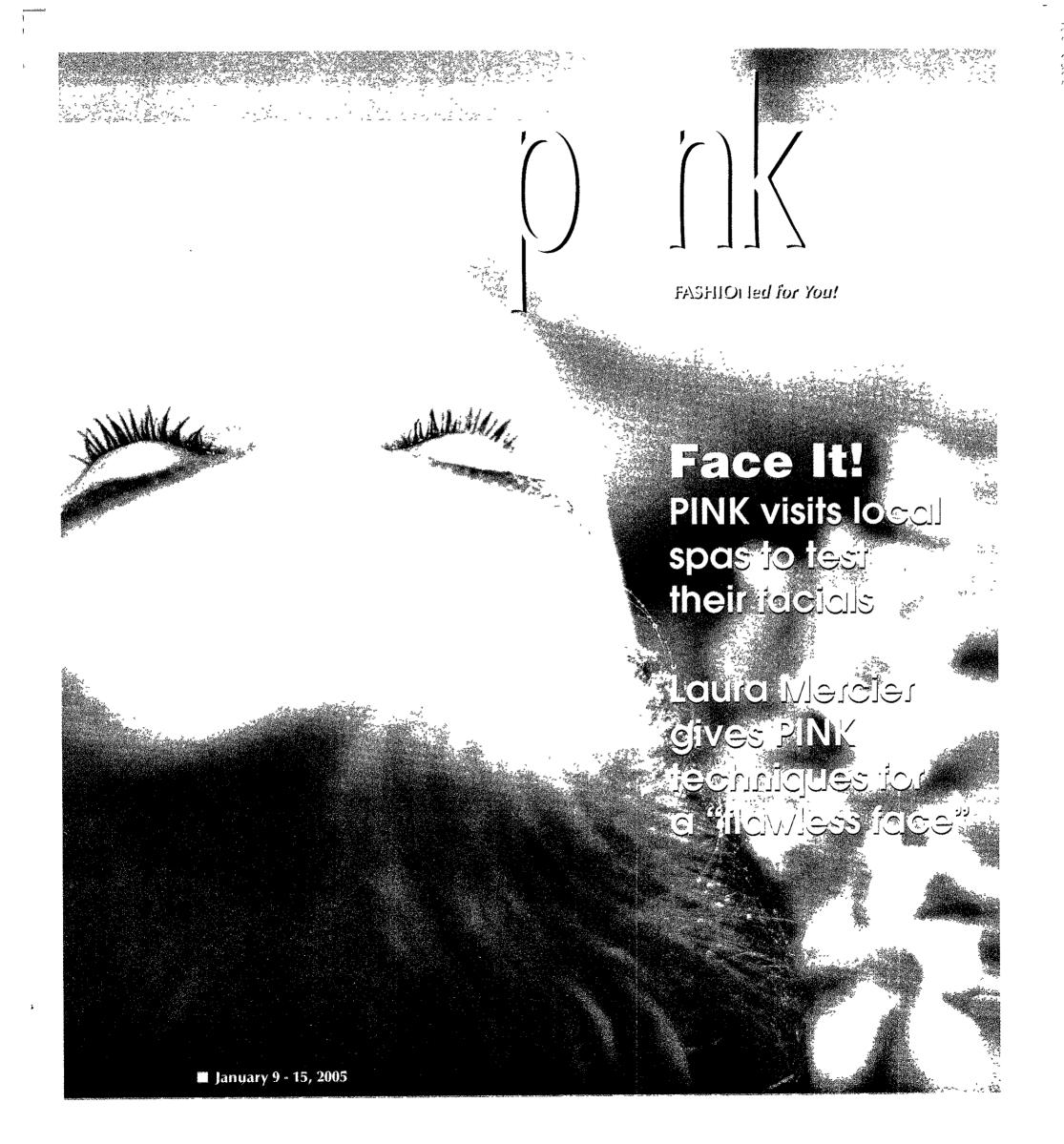
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Actual before and afters from Dr. Terri Todaro.

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# pink picks

Wear It! Dark green as the new brown DON'T Wear It: Extra long scarves Tote It!

Valextra white leather briefcase



Kick It! Via Spiga Karla wedges clog in ivory

Face It! **DIOR Backstage Ultra-Gloss** in sparkling orange

See It!

Spanglish

DON'T DVD IH

Wimbledon TNO It!

Committed

Read It! French Women Don't Get Fat by Mireille Guiliano Hear It! But Beautiful by Chris Botti

Drink It! POM (Stock up if you can still find it!)



Yotsuba roll at Yotsuba Sushi in West Bloomfield

Use It! Purse pal handbag light

Do It! Volunteer

Eat It!

Experience It!

NAIAS 2005 Charity Preview, Friday, Jan. 14

Understand H Google text messaging

# tried m true

### Hold the Jelly, Keep the Fizz

n the spirit of the Spa - our theme for this week's issue - I couldn't wait to try a new tub-treat called Jellybath. The idea of a therapeutic bath that

'fluffs up' to maintain the perfect warm temperature to actually sit and soak in during these chilly winter months intrigued me to no end. The scents offered, like lemongrass, lavender and milk, made it all the more enticing.

As always, however, it all comes down to serious Tried 'n' True testing – a job that this time, I wish I didn't have.

Jellybath is a powder poured into your bath water after the tub is filled. The product cannot be used with jetted tubs and requires another special powder to break down the science-experiment mess you will have created. Jellybath will turn your bath - shall you choose to actually get in it into the strangest coagulated tapioca-esque goopy liquid that I can only liken to the slime that was dumped onto peoples heads in that '80's kid's show that our dear Alanis M. endured.

The water did not hold its heat any longer than normal, and the bath was the farthest thing from relaxing because I was too worried about how I was going to get the sticky

mess off of me and down the drain without blocking it!

There are, of course, a few must-have Tried 'n' True products to help you get a stellar spa experience at home. Shiseido Advanced Energy Bath Tablets (\$22) and Sumbody Vino-**Therapy Bath Fizzers** (\$5.50) are divine effervescent tablets that work in all tubs and create a soothing

foamy fizz with jetted tubs. Kneipp Herbal and Thermal Bath Oils and Salts (\$18.50-\$24.50) have major therapeutic benefits with intense formulas that address sinus, cold and muscle issues. And, Decleor Aromessence Spa Relax (\$62) is the most gorgeous bottle of essential oils that leaves you feeling like serious royalty.

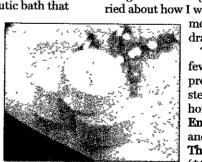
Whether you prefer tablets, salts or oils, these products are Tried 'n' True to make your precious tub time a delectable and mind-clearing experience.

2. Pink. January 9 - 15, 2005

248-477-7905

DR. TERM L. TODARO

DR. CANDEL H. TAUARD



Sumbody Vino-Therapy Bath Fizzers

# style (briefs

#### Forever 21 goes fur-free

LOS ANGELES - A retailer of hip fashions for young women has responded to a nationwide boycott called by an animal rights group by agreeing to remove clothes with rabbit fur from its stores and pledging not to sell any real fur in the future. The clothing chain Forever 21 became the target of protests



plete with tweed blazer and newsboy

cap, at Forever21.com and in stores,

but you won't find any fur.

last month after the group People for the Ethical Treatment of Animals said the company ignored requests to stop selling rabbit fur.

PETA said it would next target Wet Seal Inc., a Forever 21 competitor. A spokeswoman for Wet Seal declined to comment Thursday.

PETA first sent a letter to Forever 21 in January and said they received promises from the company not to place any new orders for the offending clothing. But rabbit fur wraps and jackets trimmed with rabbit fur showed up in some stores, prompting the group to picket outside Forever 21 stores the day after Thanksgiving.

The chain agreed to remove rabbit fur from its 145 stores in

25 states and Canada by Dec. 31 - and then stay fur free. "In our commitment to help prevent cruelty to animals, we have not placed any new orders and there are no existing orders for real fur and we will maintain a permanent fur free assortment," Forever 21 senior vice president Lawrence Meyer wrote to PETA on Nov. 30.

Meyer said Thursday that the chain would continue to carry fake fur fashions as the marketplace demands.

- Associated Press

#### Uma models for Louis Vuitton

NEW YORK - Louis Vuitton reached for a star for its spring ad campaign: Uma Thurman.

She wears a beaded black belted sweater and a white beaded skirt, a combination with plenty of sparkle, while laying on a stark slab of concrete.

"The idea was to play with this beautiful woman, and present her in a very rough, raw, industrial-type environment, to dress her in a very sleek and powerful way, against something unexpected, like cement or concrete," says company creative director Marc Jacobs in a statement. He also says he's "thrilled" with the images.

Accessories are the cornerstone of the Louis Vuitton brand, so the ad also features the debut of the Manhattan bag in monogram canvas.

Previous models for the company include Jennifer Lopez, Scarlet Johansson and Christina Ricci.

Associated Press

#### Lil' Kim launches clothing line

NEW YORK - Lil' Kim has gone "Hollyhood." That's the name of the clothing line the singer plans to launch under a partnership with manufacturer World Recognition International. Lil' Kim will design the tops, denim and activewear that is expected to be in stores next fall.

"Hollyhood is a label for those who believe in my philosophy that there are no rules when it comes to fashion; it's about having fun and choosing to dress in a way that makes you feel good," says Lil' Kim.

She also says she's thrilled that after years of expressing her love of fashion through her music, she now has the platform to dress women.

Neil Mossberg, CEO of WRI, expects Lil' Kim to be a natural for the fashion business based on her cutting-edge style and broad fan base.

- Associated Press

#### *Runway* has designs on charity

NEW YORK - Banana Republic is selling the navy, two-piece empirewaist cocktail dress with capelet that was selected as a winning design on Bravo's Project Runway.

Deborah Lloyd, Banana Republic's executive vice president of design, says the elegant look and timeless style of the dress made it 'a natural fit' with the existing collection.

Banana Republic has been a consistent presence on the Heidi Klum-hosted reality TV show, and the winner, who will be chosen in February, will get a mentorship with the company.

For each dress sold, Banana Republic will make a contribution to Dress for Success, a nonprofit organization that helps dress lowincome women as they enter the work force.

Associated Press

Pink

Best New Fashion

Special Section in

- INLAND

ASSOCIATION

PRESS

the U.S.A., 2004



#### 2 PINK Picks

The new brown, how French women stay thin and a DVD to avoid at all costs

#### 2 Tried 'n' True

k's bathtub experience from gel hell

**3** Style Briefs

No more fur at Forever 21, Runway for Charity, Louis and Uma and Hollyhood

#### 4 Flawless Face

Famed make-up artist and product guru Laura Mercier chats it up with PINK

5 Savvy Travel

Women are booking tours in style complete with shopping, antiquing and, of course, pampering

6-7 Face It!

Get the scoop on three indulgent skin treatment at local spas

#### 8 Absolutely



Birmingham caters to fashionistas of all ages

#### 8 The PINK List

Jil Sander trunk show, NARS Celeb. makeup event, and the beginning of the bridal season binge

#### 9 StyleScopes

Fitness tips for your sun sign straight from Kat

#### 10 🖾 Beyond

the Window Lainey launches her

Metro Detroit shopping



column in PINK

Great opportunities to help others seldom come, but small ones surround us daily. - Sally Koch

Vol. 1ﷺ Issue 33

Jan. 9 - 15, 2005

HomeTown

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Hometown Communications Network

36251 Schoolcraft, Livonia, MI 48150

E-mail: PINK@homecomm.net

Click on "PINK" at

www.hometownlife.com



#### On the Cover

Face it - having great skin takes effort, but the work can be a pleasure when you enlist the help of professional estheticians. PINK visited three local spas recently to indulge in their signature facials. Read all about the pampering treatments we found available right around the corner on pages 6-7.

COVER DESIGNED BY GLENNY MERILLAT

January 9 - 15, 2005 • PINK • 3



winning design from Bravo's Project

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FASHION & BEAUTY EDITOR

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Runway at Banana Republic.

# **Giving 'Flawless Face'** PINK gets face time with make-up artist to the stars, Laura Mercier

PINK? Your cosmetics line has been around for nearly nine years now and is still one of the best on the market. The products give the most natural colour and finish to maintain a true skin look. What makes your 'flawless face' philosophy so effective?

LAURA MERCIER: It comes from the formula of the product, which is very effective and at the same time very lightweight. It also comes from the technique which is very specific in terms of putting on a very light coat of foundation, not even everywhere, and finishing by hiding the flaws one by one with the secret camouflage and the secret concealer for the under-eye precisely done with a brush where the darker spots are. Then, having the makeup set with a translucent powder before going on with any other powdered colors. This helps to keep the makeup on for a very long time. Also, the colors in general, are very true to the skin tone, and therefore very natural looking.

#### PINK? How would you describe this fall/winter's overall look?

LM: At Laura Mercier, we have two collections. One is the shimmer & shine collection which is light particle shimmer cream (the metallic crème eve colours), dewy look and wet gloss lips (riche colour lip glaces) and the other is more of a matte satiny finish. pastel smoke on the eyes, not too dark, rather clean looking and the lips a little

Laura Mercier Masterclass Learn tips and tricks to create the signature "Laura Mercier Flawless Face" on Jan. 11 at Saks Fifth Avenue, Somerset. Classes are at 1 and 6 p.m. in cosmetics and

#### fragrance on one. Call 248-614-3365 to book your appointment.

#### deeper with a berry chocolate cast to them (lady luxe collection).

PINK? You started out in your hometown in France studying to be a painter. Do you still paint today?

LM: Unfortunately, no, I don't have time since I am too busy with the line. I hope one day I will be able to.

PINK? Traveling the globe, what mistake do vou most often see women making when it comes to their make-up and skin?

LM: Too much texture on the skin, too thick of foundation, too many layers on the eyes, wrong colors and blotchy cheek color.

**PINK?** What is the philosophy behind your growing skin care line? What facial results can users expect from the products?

LM: The products are hypoallergenic and are created for sensitive skin. They have a low preservative system but enough to make the product safe, and they have no fragrance and therefore create as little irritant as possible. They also use an ingredient called emu oil that is extremely soothing and healing and customers have fabulous results with those with rosacea. And the moisturizer contains sunscreen but doesn't clog the pores.

PINK? You recently introduced a serum to the skin care line. What do you tell women who have not used serums as to why they should incorporate this one into their skin care regime?

LM: It's a highly effective complex which gives a boost to the skin whether it is during the day or night to repair and stimulate the collagen in order to get a quicker turnover of the cells, as well as elasticity, suppleness and plumpness into the skin. It is non-aggressive compared to other chemical exfoliants on the market.

PINK? Your bath and body products are heavenly. What was the inspiration behind the unusual and decadent scents (Creme Brulee, Clementine, Mimosa, etc...)?

LM: The fact that the fragrances have a big impact on our mental state. The comforting fragrances are soothing and extremely relax-



PHOTO BY DAVID REE

Laura Mercier talked with PINK during her recent visit to Saks Fifth Avenue, Somerset.

ing when it comes to being in a bath or pampering yourself. I chose these scents because desserts are comforting and the gourmande collection is effective in that way.

PINK? Can you give us glimpse into what to expect for Spring/Summer 2005 make-up?

LM: Colors in general, bronzy colors. There is a feminine side to the trend still.



Fire Mar Destination Salen and Spa of Splender and Elegance

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By Christy Breithaupt 🗟 Photos courtesy of Canyon Ranch

savvy Travel sends women to spas, shops and gardens around the world

hen it comes to planning vacations women are pros - we do the booking, the pricing and we make sure to take everyone's interests into consideration. Everyone, that is, except for ourselves. That's why Rochelle Lieberman, owner of Gateway Travel in Farmington Hills, started the Savvy Women travel program, which focuses on the needs and desires of women.

"The idea came because there's so many women working right now," Lieberman says. "When they go on vacation, not just single women, they decide they want to do things they always wanted to do like cooking in Tuscany, art and architecture or theater weekends but they had no one to do it with.

The program begins this month and will feature a new trip about 9 times per year. The vacations are a week long and include about 20 women - some flying solo, others traveling with friends, daughters, mothers or sisters. Each package is different, some are for golfing, others for shopping or sightseeing, but at least three or four of them will be the getaway of getaways - a trip to a spa.

"I think it's one word - stress. I think that in our lives everybody is running around like crazy. In our lifestyle we just have so many things to do and so many hours a day to do them," Lieberman says. "I'm not saying that a spa is just getting a massage or facial because they have classes about yourself and connecting with your inner self. They have food habits, nutritional things, hiking and walks. When you picture a spa you picture a mud bath that's really not what a spa is anymore. There's so much more to it.'

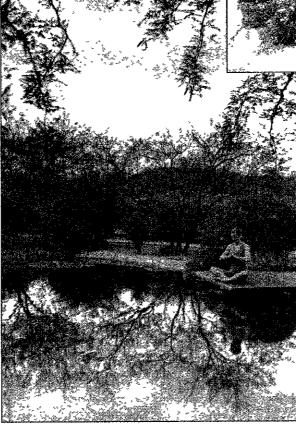
This month 20 Savvy Women will see how much more a spa can be when they arrive at Miraval Spa in Arizona and later in the year to the Canyon Ranch resorts in Massachusetts and Arizona. At Miraval a typical week includes healthy meals prepared by gourmet chefs, horseback riding, swimming, yoga, several different massages, meditation, pedicures, manicures and rock climbing among other things.

Some women might be wary of traveling with 20



Lounge by the pool at the famous Canyon Ranch spa in Arizona

ć



Indulge in meditation by an outdoor oasis under a desert sky.

strangers but Lieberman only sees the benefits.

"It's always wonderful to travel with your family but how much relaxation is the mom going to get? There's a lot that you have to put into taking care of kids. If you travel alone with your husband you have to see what his needs are and if he wants to go golfing for the day and you want to go sightseeing for the day," Lieberman says.

"This is just your thing for yourself. There are some benefits on the economical side because if you book into a spa group the price of that spa per person is considerably less. The other part is the camaraderie of meeting new people and friends that have like-minded ideas. It's really for all age people - it could be from 40 to 70."

Spa travel has become so popular that many golf resorts (which have also seen an increase in women guests) have added spas to their facilities - as have hotels and ski resorts.

'The great thing about both golfing and skiing is that there are more women doing them and that's great for the industry," says Dave Lorenz, vice president of Travel Michigan. "A lot of the golf resorts are being designed to fit a woman's needs."

The trend of women being increasingly involved in these sports bodes well for Michigan travel. Many of the resorts in Michigan like Boyne or Grand Traverse contain spas that are in a class of their own in the Midwest.

"It seems that people are coming to Michigan more



There's plenty of time for reflection when you travel alone.

and more because of the advancements that have been made in spas and resorts. There aren't many places in the Midwest that you can ski and go to a spa," Lorenz says. "I think that the quality is improving so drastically and the prices aren't out of this world."

So, what makes spa travel so popular? For Lieberman it's not the body wraps or the hot rock massages - it's the escape from the world.

"I think it's the downtime," Lieberman says. "They hide the computer, you have to look for it. You can't use cell phones in any of the main buildings - that's how much they want you to get away from it all."

For more information, contact Rochelle Lieberman at Gateway Travel, 28470 W 13 Mile Rd., Farmington Hills. Call 248-432-8600 or visit www.gatewaytrvl.com.

#### Savvy Trips 2005

#### January

Miraval Spa, Catalina, Ariz. (4 days)

March

Canyon Ranch Spa, Tucson, Ariz. (4 days)

Adril South America, Buenos Aires and Igussau Falls (8 days)

#### May

Savannah, Ga. and Charleston, S.C.; plantations, antiquing, cooking (7 days)

June

Canyon Ranch, The Berkshires, Lenox, Mass.

August

London theatre and garden tour (5 days)

September Golf and spa (5 days)

October Italy - Tuscany cooking and shopping

> (7 days) November

Canyon Ranch, Tucson (4 days)

www.hometownlife.com

### CONTRACTOR OF THE PARTY OF THE Margot European Day Spa

Margot European Day Spa

101 Townsend

Birmingham

248-642-1064

www.margots.com

**Ryder Cup Wives Treatment** 

75-90 minutes

\$130

PINK first wrote about Margot's European Day Spa over the summer. when the wives of the Ryder Cup golfers were treated to a special package of luxuries at the classic spa while they were in town. We couldn't believe our luck when Margot offered to treat PINK to a sample of the same pampering developed especially for the Ryder Cup women. Margot's European Esthetician Rachel Short pampers a client at Day Spa is a true Margot European Day Spa. Metro Detroit classic - opened in theearly '80s by Margot herself. After more than

two decades of word-of-mouth

success on

13

- Woodward Ave., Margot relocated to
- a more high-profile
- location at 101
- Townsend in January. Situated

across from the Townsend Hotel, Margot is now benefiting from Birmingham foot

traffic and frequent visits from hotel patrons.

I arrived at Margot's one recent winter evening and was greeted by Ursula, who led me to the treatment room where a heated recliner waited to take the chill from my bones.

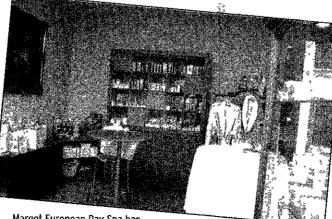
My esthetician, Rachel, proceeded to give me a wonderfully healing Vitamin C Facial. All of Margot's facials are customized to specifically suit clients' skin types and particular needs. Since I had been using Proactiv Solution almost every day to treat acne, Rachel found my skin stripped, dry and flaky.

She concentrated on revitalizing my skin using an array of Vie products, exclusive to Margot's in this area. The line is made with sea water and seaweed from the south of France containing 104 trace minerals. Margot meets with the chemists who create each line she carries so she understands the ingredients of the products and can train her staff to mix them into a perfect recipe for each client. After using a cleanser

to reduce hyperpigmentation, Rachel then used toners, masks, moisturizers and massage to rejuvenate my skin, which she said was dull and dehydrated from stress. The final touch was a Vitamin C mask from Janssen, applied in a thick layer, then peeled off along with impurities. My experience at Margot's felt somewhat

clinical, with a bright light shining on my face and numerous extractions performed over my cheeks, nose and chin. Rachel talked me through every step, explaining which products she was using and why, and giving me feedback on how to better care for my skin. The relaxation fac-

tor increased when Caroline entered the room to pamper my feet. After exfoliation and massage, she wrapped them in cellophane containing Vie seaweed, explaining that the soles of the feet absorb minerals better than anywhere else on the body. The wrap was self-heating and my feet warmed up to cozy perfection as Rachel finished with a scalp mas



Margot European Day Spa has settled in nicely at its new location.

## Three wa

PINK tests trea

### **Illusions Salon &**

If you're looking for an all-out indulgent escape, flip open your cell phone and book an appointment at Illusions Salon & Spa at the Willits in Birmingham. The new spa, opened in November, creates a world of pampering completely removed from the everyday hustle and bustle of life.

Owner Sherri Nicole traveled to spas around the world to develop the design and treatments at Illusions, and succeeded in creating a romantically exotic European atmosphere in the upscale Willits development.

When I arrived for my Illusions Signature Facial, I was instantly greeted by the concierge, who took my coat and led me to the "quiet room" to wait in front of the fireplace for Julie, my esthetician.

Julie then tucked me into the spa bed for a treatment that went way beyond any facial I've experienced. Julie, who used to be an Estée

Lauder corporate trainer, and has worked her magic on such stars as Sharon Stone, J. Lo and

Gwyneth Paltrow, helped develop the Signature Facial. "We wanted to offer a com-

plete experience," Julie said. "You won't get this anywhere else in Michigan, I guarantee it."

Julie began by instructing me to close my eyes, then inhale deeply the scent of lemongrass aromatherapy in order to relax. Then, she analyzed my skin and found it healthy, but somewhat sluggish and in need of exfoliation. The Signature facial uses unique Academe products - a line created in France that uses the best of active ingredients. For my skin, she chose products such as the phyto peel and apricot mask. The facial included an indulgent array of cleansers, toners and masks, with the requisite hot towels and an expert, extra long face, neck and shoulder massage. But the



Photos

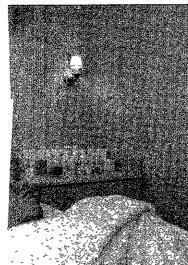
Julie Makulski helped develop the Illusion

Ilusions Salon & Spa at the Willi **101 Willits** Birmingham 248-644-2144 www.illusionssalonandspa.com **Illusions Signature Facial** 65 minutes

# cents at local spas

/ David Reed

### Spa at the Willits



s Signature Facial she administers here. in fact,

ts

Julie and I exchanged hardly a word during the 65-minute treatment.

Afterward, guests are welcome to spend more time in the quiet room, rehydrating with lemon and lime flavored water or tea. Or, change into a bathing suit and indulge in a complimentary hot tub or Jacuzzi in the women's locker room.

You might get so inspired that you book another appointment while you're there — a special concierge tucked away in the spa area allows you to do so without ever meeting the public.

I was content with marinating in the sensations of my signature facial, and left the spa feeling refreshed, renewed and utterly relaxed.

While waiting for their next service, clients sip tea in their robes by the fire in the"Quiet Room," which is part of the spa experience.

unt x Name and a Name of a

'signature" part came into play while my face was being steamed. At that point, Julie grabbed hot basalt lava rocks and massaged my

Lying under a gentle green light the color was chosen after careful study of the most calming hues with soothing music piped in, and the attentive, caring hands of Julie worries melted away.

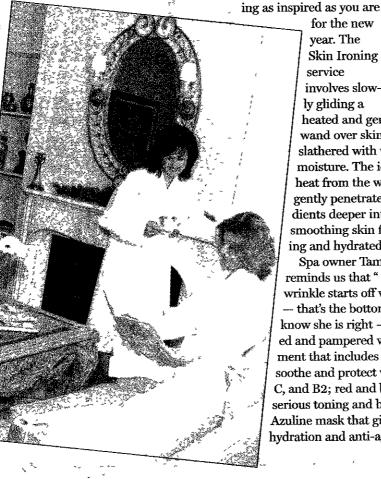
Best of all, Illusions doesn't try

products during the facial

hands and forearms, legs and feet with the smooth, oiled stones. Yum!

lulling me into another world, all my

to sell



### Tamara Spa

It's definitely hard to shine through a dull, dry complexion how energized you may feel. The social calendar us PINK gals have kept this season left us with less than glowing results. Thankfully, help is just a short drive away at Tamara's Spa in **Farmington Hills** for the revolu-Hydrating Skin Ironing Facial. Tucked away

– no matter

tionary

off of

Northwestern

settle into the

able hands of a Tamara

whirlwind holiday season

and keep your skin look-

for the new

Skin Ironing

involves slow-

heated and gently vibrating wand over skin that has been

slathered with vitamins and

heat from the wand helps to

moisture. The idea is that the

gently penetrate the vital ingre-

smoothing skin for intense firm-

Spa owner Tamara Friedman,

wrinkle starts off with dehydration

ing and hydrated results.

reminds us that " every single

--- that's the bottom line." We

know she is right - so get hydrat-

ed and pampered with this treat-

ment that includes products that

soothe and protect with vitamins A,

C, and B2; red and brown algae for

serious toning and balancing; a hot

Azuline mask that gives major

hydration and anti-aging benefits;

dients deeper into the skin while

ly gliding a

year. The

service

Spa facialist to whisk

away the results of a

Victoria, a Tamara Spa esthetician, gives Joanne Evans, of Dearborn Heights, a Hydrating Skin Ironing Facial. Highway, you can

> Tamara Spa 32520 Northwestern Highway **Farmington Hills** 248-855-0474 www.tamaraspa.com Hydrating Skin Ironing Facial 75 minutes

and a serious facial, neck and shoulder massage to help work the products in deep and relax those holiday traffic tensed-out muscles. Oh, be sure to add on a foot massage when booking your appointment to ensure you are sent floating away in ultimate bliss. Madonna and Liz Hurley are said to be fans of this Hydrating Skin Ironing Facial and after my experience, I can certainly see

know you've had a great facial when you actually feel comfortable doing a little shopping afterwards instead of going incognito under hats and sunglasses due to headband head, red spots and too-slick products!

Afterwards, I strolled my glowing-sans-make-up face (seriously) through

Whole Foods down the street feeling super moisturized without looking greasy and scaring the children. My complexion has maintained a noticeably firmer look and feeling ever since. Multiple treatments are recommended to achieve maximum results and it certainly makes sense that each visit will build results more dramatically.

Tamara's is known as the best of the best not only in Southeast Michigan, but across the country. When celebs are in town and need a pick-me-up, Tamara's is where they go. Not only does she offer the latest, greatest and most effective treatments through estheticians that specialize at being the latest and greatest, but the spa is under renovation to make its atmosphere even more luxurious, with a new heavenly water room and separate entrances for men and

why. But, you

### Downtown Birmingham Gets FAB pink list

all it a European approach to doing business or simply creative retailing in very competitive times. A new Birmingham boutique is all about offering a remarkable variety of quality clothing, stylish accessories and interesting items to budgetconscious shoppers.

Whether you are ready to create a new look, spiff up your current image or simply add pizzazz to your style, FAB promises to delight your eye, engage your fancy and serve your needs. That's the creative con-



FAB owner Cheryl Caine

cept behind this unique, stylish and most definitely eclectic apparel shop owned by Cheryl Caine.

"It's all about creating and maintaining an image," Caine said. "The shop is designed to have broad appeal to a variety of discriminating consumers with a great range of tastes. The one thing we imagine all our customers will have in common is wanting to look

great without compromising their mortgage payment."

One of the most important things the new store offers is what Caine describes as great customer service with a relationship marketing approach.

'Our staff of 'image makers' are not just point-and-direct type sales folks. They are true sales consultants, knowledgeable people with a passion for fashion, who want to help customers achieve the look they desire and leave not with just a few pieces of clothing or accessories, but sporting an 'outfit with attitude."

The store occupies a restored carriage house, originally built in 1890 to quarter horses, that is now an historic site. Located on the newly named "Willits Alley" in downtown Birmingham, it's just a few steps off the main thoroughfare, West Maple. Preserved features such as the original brick walls and a sliding stable door give the space a unique look and feel. To Caine, FAB is like a having a collec-

tion of tiny specialty shops under one roof. "It's similar in many ways to a lot of

shops I've found and enjoyed in smaller towns and villages in Italy and France," she said. "I love the creativity and charm of those places and thought, 'why not here?"



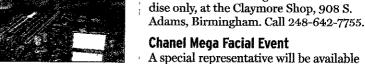
The newest boutique in Birmingham offers tons of FAB finds.

FAB will carry a wide range of designer and brand name apparel with the emphasis on variety and quality. Styles include weekend comfortable, corporate casual, sophisticated and classic separates, "artsy" and unusual wear, dresses and suits, along with evening wear that can be sleek, high fashion, minimalist or extravagant and over-the-top flashy. FAB will also carry some gently donned items, a bit of authentic vintage, jewelry and items for cat fanciers.

"You'll just have to take a look-see," Caine said

FAB is located at 237 Willits Alley, between West Maple and Willits Avenue.





Saks Fifth Avenue, Somerset. Call 248-614-3335 to enroll Lynn Portnoy \$20.05 Sale Browse the \$20.05 rack at Lynn Portnoy for "a little bit of this, and a little bit of that" at this famous annual sale. The rest of the store is discounted 30 percent or more through Jan 31. Items include shawls, blazers, Eileen Fisher, Sangam Indian cottons, sweaters, accessories, Italian and French imports and more. 29260 Franklin Rd., (in the Claymoor Apts.) Southfield. Call 248-353-2900.

**Bridal Celebrations** 

Plan your wedding in an afternoon, from

merchants gather at the Palace of Auburn

Hills 11 a.m. to 5 p.m. Jan. 16. Admission is

\$7 advance, \$8 at the door. Call 248-645-

Suits start at \$99.50. Sale includes Ralph

Hickey Freeman, Tallia, Robert Talbott and

Schneiders of Salzburg. In stock merchan-

from 11 a.m.-6 p.m. Jan. 14-15 at Saks Fifth

Regional make-up artist Michelle Vidales

will host classes at 1 and 6 p.m. Jan. 13 at

Avenue, Somerset. Call 248-614-3357.

Trish McEvoy Masterclass

Lauren, McKenzie Tribe, Samuelsohn,

6666 or visit Palacenet.com for tickets.

**Claymore Shop Winter Sale** 

engagement to honeymoon, as 75 area bridal

#### **Nars Celebrity**

Make-up Event Check out the latest hot colors and cool make-up tools from Francois Nars as a special representative visits Saks Fifth Avenue, 11 a.m.-5 p.m Jan. 14-15. Call 248-614-3327 for appointments and information.

#### **Jil Sander**

Jil Sander showed a refreshing array of blue and white cotton casuals for Spring 2005 in Milan. Get a preview of the designer's garments straight off the runway at a special trunk show with informal modeling, 10 a.m.-4 p.m. Jan. 13-14, Fine Apparel on Level Three, Neiman Marcus, Somerset. Call 248-643-3300.

#### Sephora Passport to Beauty

Check the winter blahs at the door and embrace sunny Caribbean vibes through Sephora's newest offerings in body scrubs, self tanners, bronzing products, tropical smelling fragrances and new makeup ideas from Becca and Make Up Forever. Clients are welcome to drop by, noon-5 p.m. Jan. 22, but appointments are recommended. Sephora, Somerset. Call 248-458-0100.

Post events relating to style, including trunk shows, grand openings, fashion shows and giftwith-purchase promotions to The PINK List. Email pink@homecomm net; fax 248-901-2553; or mail information to: Pink, The Observer Offices, 36251 Schoolcraft, Livonia, MI, 48150.



Check out the latest Nars products, like this Makeup Palette in Skin Deep, \$60, at the Nars Celebrity Event Jan. 14-

15 at Saks Fifth Avenue. Spring Clinic



8. Pink. January 9 - 15,-2005

Smart Chicks accepts consignments the first 15 days of each month with NO Assointment Necessary!

...So check your closets for those gently worn fashions that you just don't wear anymore. Instead of collecting dust, they can help you collect some cash!

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43039 Grand River • Novi (1 Block East of Novi Road) (248) 347-1688 Hours: Monday-Friday 10-6 Saturday 10-5 www.smartchicks.net OE08285684

#### Aries: (March 21-April 20)

Practice makes perfect. It may take while to get into a groove, but the payoff is definitely worth it! High energy Aries will enjoy a fast-paced workout with lots of movement such as aerobics or dance.

#### Taurus: (April 21-May 21)

Taurus will find their laid

back personality and thirst for knowledge will produce solid results in 2005. Pick up a health magazine, read up on diet and nutrition and join a yoga class. A little here and there goes a long way. Here's to healthier you!

#### Gemini: (May 22-June 21)

Resolutions are great; just don't go overboard on change. You're fabulous already! Try working exercise into your already full social calendar with group activities such as bowling, ice skating, or simply dance the night away at a club.

#### Cancer: (June 22-July 23)

Just because you are working on a budget this year, there is no need to cast aside your workout goals.



Do however invest in a quality pair of sneakers. Hit the pavement for long walks, and when the weather isn't cooperating try a

workout video to

beat the bloat.

Cancer can look cute getting fit in Nike Shox 2:45, \$110 @ nike.com.

#### Leo: (July 24-Aug. 23)

Take an opportunity to unwind. Exercise is a great way to beat stress and clear the mind. Give a spinning class a whirl-this high impact workout lets you pedal all of that extra baggage away, both mentally and physically.

#### Virgo: (Aug. 24-Sept. 23)

Having a hard time getting motivated? You're not alone. Take your time, and set a pace you can live with in order to stick with your goals. A personal trainer can be encouraging while taking you to the next level. Ask for a fresh, yet challenging program designed just for you.

### stylescope

🗟 By Kat

Follow the Stars to Fitness Success

in 2005



(Oct. 24-Nov. 22) A strong mind is just as important to Scorpio as a strong body. Have you ever given any through to Pilates as a workout option? By combining deep concentration and strong core moves, Pilates could be the thinking woman's perfect workout.

Libra: (Sept. 24-Oct. 23)

Libras are typically

blessed with a steady

hand and strong gaze. Put

these talents to good use,

while increasing your

heart rate. Sports such as

tennis and softball will

put your skills to the test

and tone your figure at

the same time. Batter up!

#### Sagittarius: (Nov. 23-Dec. 21)

Taurus can read up on

pack of books, \$26.98

Tae Bo with a four-

@ amazon.com.

As the new year takes shape, Sag will find each approaching week better than the last. Work hard, both professionally and personally, and you'll find 2005 to truly be your best year yet. Remember to keep it fresh at the gym. Rotate from running to swimming to classes to keep your energy up all the way into 2006.

#### Capricorn: (Dec. 22-Jan. 20)

Perhaps the holidays put a damper on your fitness routine. No need to fret, it's a new year and a new you. It is never too late to get moving! In fact, grab a loved one and start a workout plan together.

#### Aquarius: (Jan. 21-Feb. 19)

Break your daily mold and feel free to be flexible with your schedule. Go for a walk in the morning, or get an evening run in after dinner. Let your body's internal clock determine when a workout fits in best for you. Once you find a time that works, stick with it.

#### **Pisces:** (Feb. 20-March 20)

Water is a key element in Pisces' daily life. Take your love of the deep blue to the pool and get in some laps or water aerobics. You'll be surprised how quickly you'll tone by treading water. Check out your local YMCA or high schools for open swim times.





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January 9 - 15, 2005-PINK-9



The best time to take your wife shopping is when the stores are closed!"

There's a certain romance in window shopping. It often encompasses a relaxing evening stroll under the moon and stars as the streetlights illuminate the glass on the storefronts — only piquing our curiosity over all that awaits inside.

Each month, I'd like to take you on a window shopping spree — but, of course, we'll venture beyond the window. As I wander throughout the Metro area, I hope to bring you a potpourri of discoveries or updates, just to share some fun — woman to woman.

We'll check out shops, boutiques, galleries and spas. Or, perhaps a new dining spot, tea room, worthwhile exhibit or the intriguing creations of local artists. Maybe we'll even find some heavenly chocolate, divine pastries or a place to walk off the damage!

I look forward to chatting with you about the excitement behind the windows of our community.

#### Touch - A New Level of Beauty

The buzz is palpable on Old North Woodward as the two make-up artists from Red, The Salon have moved from the second floor to the street level to open a happening new spa called **Touch**.

Touch owners **Elizabeth Arsov** and **Barbara Deyo** provide treatments to "fix, feel and finish" the spectacular you. Facials, make-up artistry, massages, waxing and anti-aging therapies are available, with more to come.

The popular Boldface make-up will take on a new face in Touch's state-of-the-art make-up studio.

The fun doesn't stop there. Check out the boutique — not only brimming with bath and body treatments, candles and fragrances, but also fabulous hand-made clothing, jewelry



Creations by local designers Colleen Chittam and Kim McDonald are sold at Birmingham's newest spa Touch.

and accessories.

In an effort to spotlight local talent, Deyo says, "We feel it's important to promote metro area business women and to market their designs."

Inside Touch, you'll find the chic designs of area residents **Colleen Chittam** and **Kim McDonald**. Their clothing line consists of the latest in fashion. Rich, vibrant silk brocade coats are hand-made with elegant trims such as fur cuffs and glistening brooches with Swarovski crystals. They really enliven a great fitting pair of jeans and boots.

Or, check out a velvet cami or a long denim coat or jacket embellished with fur, feathers, crystals or pearls. How about jeans with sparkling pink crystal accents?

Stylish jewelry, hand-created by McDonald, includes a rainbow of genuine gem stones strung on gold. Baroque and fresh water pearls in pink, peacock and gray adorn many pieces, and on silk cord, antique Ethiopian or Moroccan crosses add a sense of ancient history and mystique to some

of the creations. Other eclectic choices include vintage earrings, pins

and fabulous shimmering crystal belt buckles. Chittam enthuses, "Our designs make women feel

good. They are ageless, flattering and luxurious." McDonald describes their show-stopping creations as "Paris meets Bohemian!"

So hurry into TOUCH with your feminine side. Touch is located at 470 N. Old Woodward, Suite 100, Birmingham. Call 248-203-0901.

#### High Wire Girls - A Dreamy Retreat

Of course, we girls are composed of sugar and spice! Is there any question? And as for everything nice — that's what **High Wire Girls** is made of. This haven of female fancy is conveniently located in Royal Oak, on the west side of North Woodward, two blocks south of 14 Mile — and it's worth a trip, even from across town.

Behold the creative window displays, then enter to a myriad of glowing goodies. Great gift ideas and self-indulgences abound with trendy selections in jewelry, purses, totes, fibers, candles, as well as decorative home and entertainment accessories. Innovative greeting cards, seasonal items and a baby and children's gift section round out the choices.

At the core of this enchanting shop are the artistic talent, upbeat taste and business savvy of owners **Kara Laramie** and **Lisa Groth**. Their mission is to locate what's new, fresh and unique.

Laramie says, "It's exciting to be out in the marketplace to find great things to offer the public. There's a 'charge' in that adventure — to bring forward what's new and different. And we change our merchandise all the time."

Anyone can have fun at High Wire Girls. Laramie adds, "As for our demographic, there is no pigeonhole. People from ages 2 to 102 can enjoy shopping here."

High Wire Girls also carries its own signature jewelry line including bracelets, chokers, earrings and head bands. Zipper pulls, bookmarks, key rings and personalized wire word hangers are more of the hand-crafted objets d'art, as well as custom made wedding jewelry and mothers' bracelets.

Other wire and bead designs consist of airy and whimsical bud vases, planters, star baskets, earring screens, photo stands and buzz beads (to identify your wine glass on girls night out!)

And inquire about a party! A specialist is on hand with materials and instructions for creative fun in any setting to celebrate birthdays, showers, bachelorette parties or other events, including charity fund-raisers. Just choose a project, and your friends can leave with their own hand-made keepsakes.

Price points are moderate, but there are some museum-quality selections for occasions befitting more generous gifts.

This oasis bonds female spirits. In fact, first-time customers have been overheard calling friends from cell phones to report on their new-found favorite store, and strangers share cheerful comments as they browse.

Feel the High Wire Girls' energy with its upbeat, friendly and helpful staff.

"Lisa and I love what we do. Each day we look forward to the joy in our work." Laramie said.

Groth added, "We sell the things we love. All you need to do is come here once." And then - you're hooked.

High Wire Girls is located at 32799 North Woodward Avenue, Royal Oak. Call 248-554-2323 or visit www.highwiregirls.com.

Elaine "Lainey" Perlin Crossley is a self-professed window shopaholic from West Bloomfield. Her column will appear every month in PINK. Contact her at 586-612-7177.



Crystal belt buckles by Kim McDonald will perk up any pair of jeans.



Elizabeth Arsov and Barbara

Deyo, owners of Touch Spa.

PHOTO BY SCOTT SPELLMAN

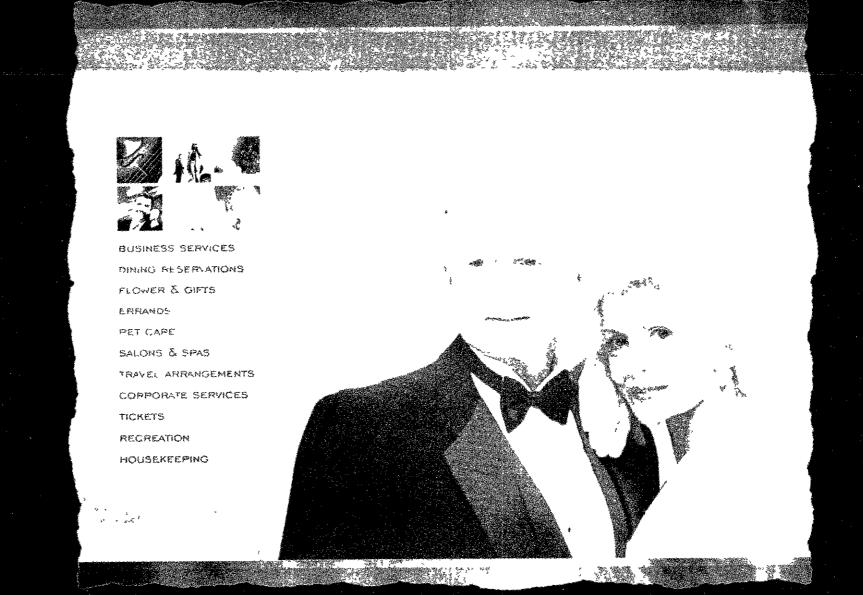


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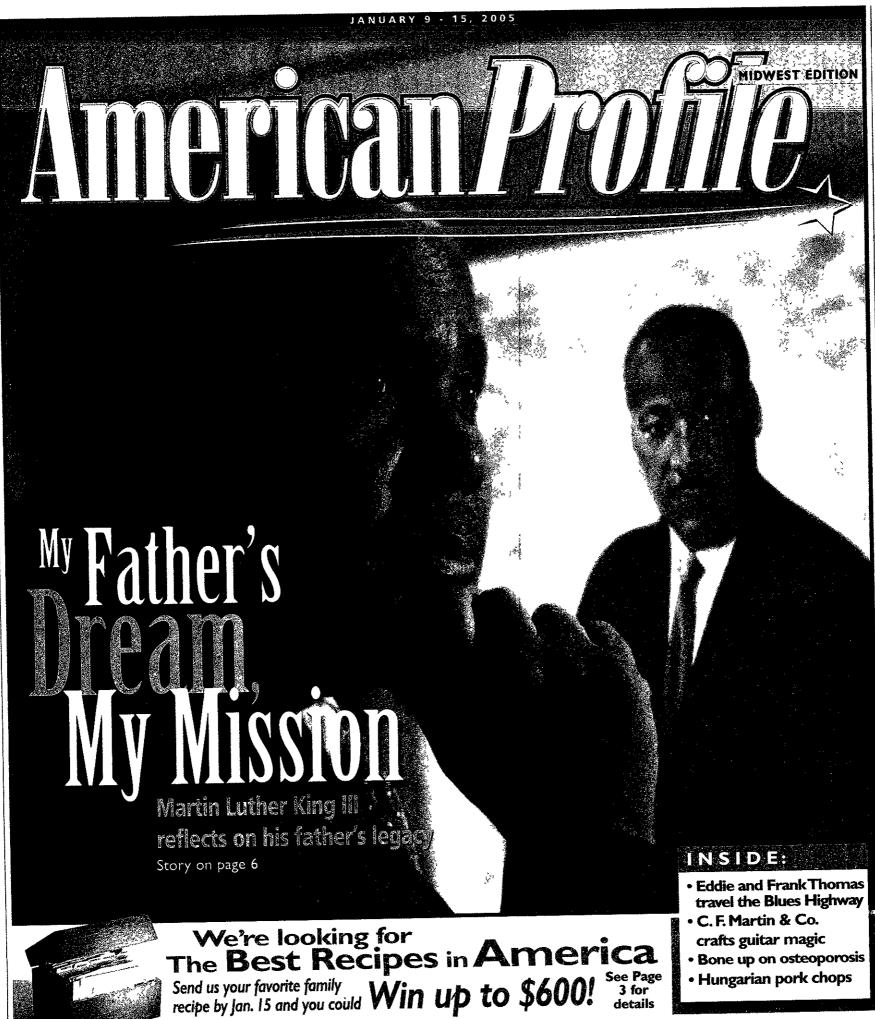
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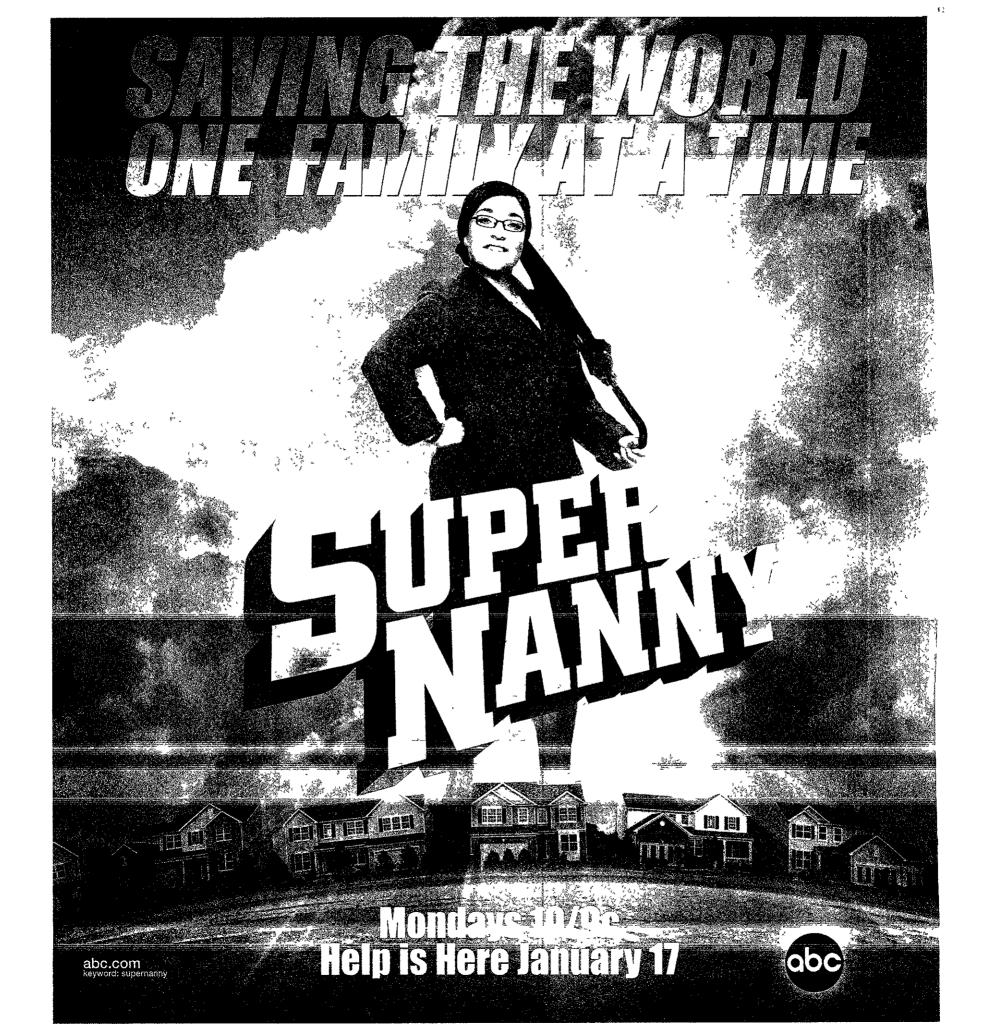
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#### 💙 What is new with Trisha Yearwood and Garth Brooks? Are they still together?

—Mary K., Minnesota They are, in several ways. In addition to dating, Brooks, 42, is managing Yearwood, 40, helping her make decisions about her career. The two have talked about recording a duet album and have been writing songs together. He's also rumored to be a guest on her new album, out this year. The two, who live separately near Tulsa, Okla., to be close to

Brooks' ex-wife, Sandy, and his three daughters, also have slimmed down together. Country music insiders have been abuzz about Yearwood's new, slimmer appearance. In August, Brooks said he might come out of retirement in 2014 when his youngest daughter turns 18: "If I'm not 750 pounds by then," he joked, "we might fire it N back up." So far, the couple is mum on wedding rumors. "Trisha is my best friend, and sometimes people marry their best friend," Brooks told an interviewer last year.

#### What can you tell me about **Rick Sanchez?**

-Louis O., New Mexico Sanchez co-anchors CNN Live Today with Daryn Kagan. He began his job at the news network in September and found himself reporting on his home state, Florida, as it was hit by hurricanes Ivan and Jeanne. A Miami native, Sanchez got his start on a local newscast there. Later, he also had his own Spanish-language talk show on the station. "I never imagined that someone like me could get into journalism," he says, referring to his Hispanic heritage. "Growing up, you didn't see people like me on television. Thankfully, professors at the University of Minnesota and the CBS internship program gave me a scholarship which has led me down an unbelievable career." Now living in Atlanta, Sanchez is married and has four children.



Garth Brooks and Trisha Yearwood may make an album.

I would like to know about my new favorite singer, Eva Cassidy, and why she died so young. She had one of the most stunning, versatile voices ever. Why wasn't she more famous? -Bob W., California

At the time of her death from cancer in 1996, only two of Cassidy's folk/jazz/blues albums--The Other Side (with Chuck Brown) and Live at Blues Alley-had been released, and the 33year-old was unknown outside Washington, D.C. However, she left a wealth of unreleased recordings that have forged her legacy. In 2001, she claimed the number one spot on England's album charts and then became wildly popular in America. "Even though it's a sad, tragic story," says pop star Sting, whose song Fields of Gold Cassidy recorded, "it has a kind of poetry about it." Cassidy's latest collection: 2004's Wonderful World.

#### Update on Dick Clark's Health

American *Profile* 

Due to production deadlines, our recent cover story on broadcaster Dick Clark was printed before he suffered a mild stroke on Dec. 6. Initially, it appeared that he would recover in time to assume his hosting duties of Dick Clark's New Year's Rockin' Eve on

. ABC. But according to Clark's publicist,

Paul Shefrin, the decision was made not to travel to New York this year and Regis Philbin was asked to step in. This was the first time that Clark didn't broadcast the New Year's Eve show for ABC since 1972. Philbin, the co-host of Live with Regis and Kelly, assures viewers that he'll only serve as host this year. "It's the greatest 'temp job' in the world," Philbin says. "I look forward to his return next year." ≯

\* Cover photo by David Mudd

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Miami native Rick Sanchez hosts

a CNN show with Daryn Kagan.

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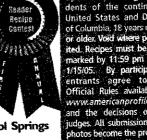
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# Heroes Exploring George TIPTON WILSON the Blues

In 1998, brothers Eddie and Frank Thomas of Iuka, Miss. (pop. 3,059), set out on a musical pilgrimage along Highway 61 that took them from Beale Street in Memphis, Tenn., to the choir loft of St. Louis Cathedral in New Orleans. With a guitar and hand-held recorder, Eddie, 55, and Frank, 49, followed the roots of blues music along the famed Blues Highway, recording 65 songs at historic locations along the way.

The brothers teach teens about their musical heritage at Rosa Fort High School in Tunica, Miss.



"Were we in search of something?" Eddie ponders. "Perhaps. I will say that if I was looking for something, there were times when I stood quite near it."

They recorded their first song, Muddy Waters' Country Blues, in an old red barn near Clarksdale, Miss. (pop. 20,645), where Waters worked as a farm laborer in the 1930s and early '40s. "A flock of blackbirds flew past the barn door on that cool October day, and something, somewhere smiled and whispered a breeze that filled up my soul," says Eddie, who felt an inexplicable bond with the legendary bluesman while recording the song. "When you stand that close to whatever it is and feel that closeness, it will last a lifetime."

Their journey resulted in the four-CD collection Angels on the Backroads, which includes 80 pages of liner notes chronicling the significance of each stop along the way.

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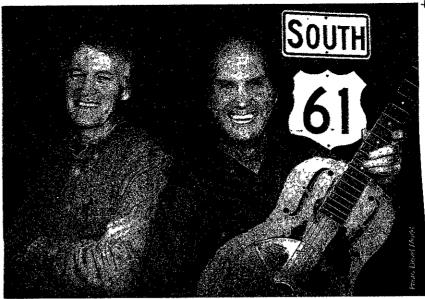
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Frank and Eddie Thomas found inspiration along Route 61, also known as the Blues Highway.

The project began after the two brothers, who own a film and audio production company, finished an audio driving tour of the Natchez Trace Parkway. "When we completed that project in 1994, we turned to the next famous roadway in Mississippi, Highway 61," Eddie says. "Our intentions were to do a similar project, but we found it was not the road itself that was the guide, but the rich musical heritage of the region that led us from one fascinating place to the next."

To learn that heritage, the brothers devoted two years to research, listening to thousands of old, scratchy blues records. They studied everything from how original composers tuned their guitars, to discovering where many of the songs were first performed.

To bring their project to life, the selfdescribed "song-storians" hit the road. Eddie sang and played guitar while Frank, a sound engineer by trade, recorded the legendary songs.

For three years they recorded at locations based on "song titles, birth places of musicians and historical events," says Eddie, who's played guitar since high school. "We were looking for classic songs by classic musicians that would tie the land to the music."

They traveled to an abandoned store in Robinsonville, Miss., near the hometown of blues legend Robert Johnson and recorded Johnson's *Sweet Home Chicago*. At the Valley Store near Greenwood, Miss. (pop. 18,425), Eddie poured his heart into *Avalon Blues*, on the same front porch where Mississippi John Hurt had performed the song 75 years earlier.

Because the songs were recorded on location, the resulting tracks include ambient sounds from each stop. "I remember every song," Frank says. "I loved every minute, every bird that sang, every set of car tires that whined down the highway, the sound of every crop duster flying overhead, like it did on (Gus Cannon's) *Poor Boy, Long Ways From Home.*"

Since releasing their compilation in 2003, the brothers launched a tour—the Mississippi Delta Blues Heritage Program—sponsored by Delta State University in Cleveland, Miss. (pop. 13,841). The program introduces middle and high school students along Highway 61 to the region's musical heritage and features a 50-minute informative film and Eddie performing select songs.

"The goal of the program is to explore the evolution of the blues," says Dr. Henry Outlaw of Delta Stare University. "To trace its flow from the Mississippi Delta to Memphis, St. Louis and the northern cities, and demonstrate how it has been incorporated into other music genres such as jazz, gospel and rock 'n' roll. Eddie and Frank are very talented musician/historians."

In March, the brothers plan to tour the United Kingdom, where they'll spread the history and their love for a musical genre that sprang to life along Highway 61.  $\Rightarrow$ 

George Tipton Wilson 15 a freelance writer in Memphis, Tenn.

To learn more, log on to www.angelsonthebackroads.com, or write to: Eddie & Frank Thomas, P.O. Box 153, luka, MS 38852.

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Page 4 • American Profile





When most people think about osteoporosis, they think of a frail, elderly woman with declining health. However, this bone-thinning ailment also affects one in five men.

"It's a common condition that can be treated effectively if detected early," says Dr. Felicia Cosman, an osteoporosis specialist at Helen Hayes Hospital in West Haverstraw, N.Y.

The condition affects up to half of postmenopausal women, since estrogen loss occurs during menopause, and bone loss accelerates when estrogen levels are decreased. Osteoporosis literally means "porous bones" and occurs when spaces between the bones become larger, weakening them and making them more fragile.

"Osteoporosis affects the entire skeleton, but the two most serious problems are bone fractures in the hips and spine," Cosman says. Hip fractures often require surgery, while severe spinal fractures can impair bodily functions such as breathing, she says.

Building healthy and strong bones before you reach 30 and maintaining an active lifestyle are helpful in avoiding osteoporosis. No cure exists, but the disease is treatable. "Osteoporosis is a silent disease, so preven-

# Bone Up On Osteoporosis

tion is very important to think about, even in your 20s and 30s," Cosman savs.

Three basic measures can help you prevent osteoporosis:

#### Get enough calcium

One simple way to prevent osteoporosis is by meeting your daily calcium requirement. "Calcium plays an integral role in the maintenance of a healthy skeleton," Cosman says. Adults should receive 1,200 milligrams only way to diagnose osteoporosis and assess your risk of calcium per day, which is about three servings of dairy foods or other calcium-The 2004 Surgeon fortified foods. General's Report on

If you're not a milk drinker, calciumfortified orange juice and cereals are available, and calcium supplements can satisfy the recommended daily allowance. "If vou don't like dairy foods, vou can take a 300 milligram calcium supplement to replace each dairy serving that you miss," Cosman explains.

#### Exercise

Besides improving your overall health, exercise can help build bone mass. The best workout for your bones involves weight-bearing exercises such as walking, dancing, hiking, jogging and stair climbing. Racquet

sports also are helpful and can add fun and variety to your workout.

#### Avoid smoking

Bone Health and

Osteoporosis: What It

Means To You is avail-

able by calling (866)

718-BONE or visiting

www.surgeongeneral.gov

Osteoporosis is another reason to quit smoking, because it reduces the blood supply to bones and nicotine slows the production of bone-forming cells and impairs the absorption of calcium.

Having a Bone Mineral Density (BMD) test is the

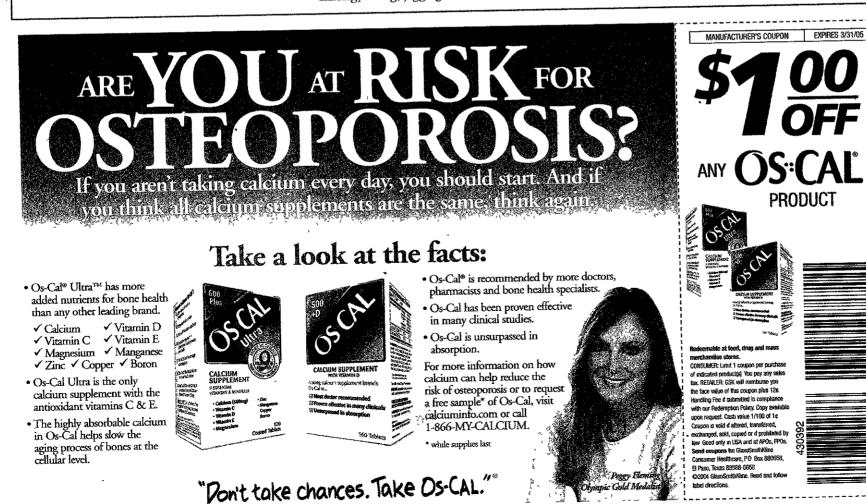
for future fractures. "This test is a painless X-ray that helps us assess if you are at risk for developing the disease," Cosman says.

BETHANNE BLACK

Osteoporosis The National Foundation recommends that women 65 and older, regardless of other osteoporosis risk factors, have a bone mineral density test. All postmenopausal women who have a fracture also should be tested, as should premenopausal women with a family history of osteo-

porosis. Your physician can recommend the best age to begin testing based on your medical history.

Bethanne Black is a writer based in Buford, Ga.



**by BEVERLY KEEL** Editor

Martin Luther King III will begin Jan. 17-the day America celebrates the life of his father, the late civil rights leader Martin Luther King Jr.-by speaking at a non-denominational service at Atlanta's Ebenezer Baptist

Church, where the elder King once served as co-pastor. He'll then join his family-mother Coretta Scott King, 77, brother Dexter, 43, and sisters Yolanda, 49, and Bernice, 41-to walk next door to lay a wreath at King's crypt.

It will serve as a touching tribute from a son who has dedicated his life to carrying out the vision of his father who died much too young with much work left to accomplish. Not only has it become Martin King III's person-·al mission, but his professional calling as well, because the civil rights leader's eldest son serves as president and chief executive officer of the Martin Luther King Jr. Center for Nonviolent Social Change in Atlanta, an organization dedicated to spreading the teachings of King internationally. While he admits he's not able to fill his father's shoes, he is continuing King's journey to make the world a better place.



King III leads the King Center, succeeding his brother Dexter.

"I know I can't be my father," says King, 47. "I would fail miserably if I attempted to be Martin Luther King Jr. But what I can do is to take the message that was the blueprint that he left for us and I can share it with others and hopefully take the legacy to the next level.

"Because I was raised in a family of service, I feel compelled to continue the work. You don't really need to reinvent the wheel because we haven't achieved all the objectives. If we can come anywhere close to what my father envisioned, I know we'll have a better nation and world. So if I had a dream, it would be to see that vision that he articulated is manifest. I do believe everyone in America deserves a decent job with decent pay."

#### "I have a dream ...

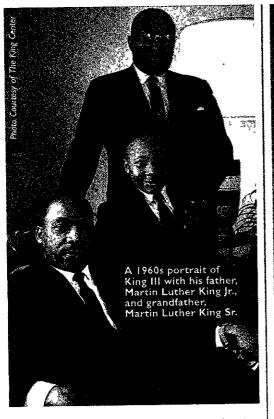
Born Jan. 15, 1929, Martin Luther King Jr. was the most important leader of America's civil rights movement from 1957 until his murder on April 4, 1968. In 1963, King delivered his most memorable speech during the March on Washington. "I have a dream that my four little children will one day live in a

"If we can come anywhere close to what my father envisioned, I know we'll have a better nation and world."

Martin Luther King III poses in front of a portrait of his father in the King Center's Atlanta office.

Cover Story

A Fathe



nation where they will not be judged by the color of their skin but by the content of their character," he said.

Nearly 42 years later, his son says his father's dream still has not been realized. "My father characterized most of our problems in three areas: poverty, racism and violence," King says. "While we have made great strides as a nation and a world, we still have a long way to go before we abolish poverty. In fact, we're going the wrong way now.

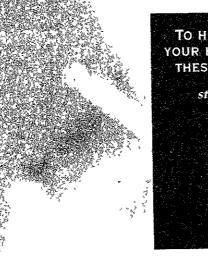
"Violence is escalating all over the world, whether it's in schools or domestic violence or just random violence, and obviously in terms of world conflict, terrorism. We talk about racism in every genre now. We believe any form of bigotry must be abolished and we want to work very diligently to achieve that.

"We believe that if people understand the steps and principles of nonviolence and they adhere to these principles, our nation and world will become a better place."

#### Becoming his own man

Following in his father's footsteps, King has been a human rights activist for most of his adult life. He's traveled through Africa, Europe and Asia, delivering the message of nonviolent conflict resolution for nearly two decades. "I think that when I traveled with my dad as a child and later on with my mom, I knew that ultimately I would be involved in the same kind of work," he says. "I was greatly influenced by the work of my parents." (Continued on page 8)





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#### "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character." Martin Luther King Jr.

From 1998 until 2003, he served as president of the Southern Christian Leadership Conference, the organization his father co-founded in 1957. In 2004, he took the helm of the King Center. "Coming here was in a sense like returning back home," he says.

While King is comfortable meeting with national leaders and traveling from Mississippi to Mozambique, Africa, he admits it hasn't always been easy being his father's namesake. "I've always tried not to look at it as a burden," he says. "There are days when it's challenging, but for the most part it's been positive. There are times

when people say, 'You are not like your father.' I'm not supposed to be, and I'm comfortable in myself, but it is painful when someone says, 'You don't sound like your father.' Usually my response is, 'I'm not trying to sound like my father; I'm me."

During high school and college, he went by the name Marty to eliminate the obvious connection. "The tough times were when I was in college and people wanted to make me something I was not prepared to be at that time," says the graduate of Morehouse College in Atlanta.

He came into his own at age 29, when he was elected to the board of commissioners in Fulton County, Ga., in 1986. It was at this point that he began asking people to call him Martin. "Somewhere in my mid-30s is where I came to feel confident in who I was as Martin and that I was taking my

father's principles and my mother's upbringing and synthesizing it," he says. "While it may sound a little bit like him, it was not him; it was Martin the third."

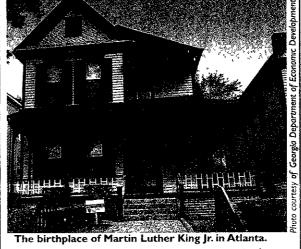
However, he admits that it can be difficult grappling with the long shadow cast by his father's accomplishments. "Usually we say every generation could build onto the next," he says. "Unless I was in another arena, it would be very difficult to overshadow what my father did. Not that that's what my objective is, but I'm just saying that's a challenge because everyone always says every generation should be better.

The King Center was established by Coretta Scott King in 1968 to continue the legacy of her late husband. More than 650,000 people annually visit the facility, which includes a library and archives, as well as King's crypt. The center provides educational tools for those studying Kingian philosophies worldwide, and its goals for 2005 are to launch a conflict resolution program, find new funding sources and establish an endowment to sustain the institution's work for years to come. For more information on the King Center, visit www.thekingcenter.com.

vision to the next level, so that families all over the world are understanding and embracing the principles of nonviolence, then in my own personal judgment, I would have achieved something great."

Production 1 mills

"But if we can take the

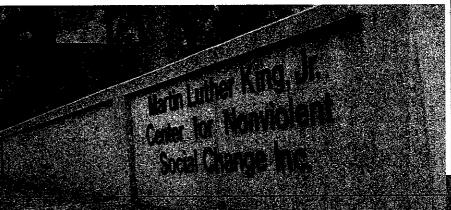


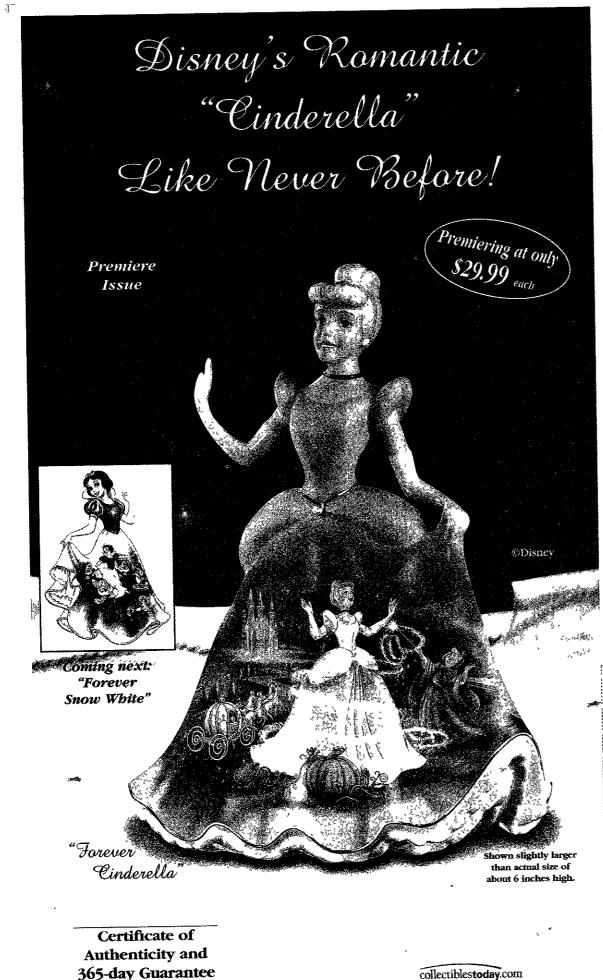
King, his hair speckled with gray, is now a leader in his own right who has achieved many great things, all done with his own style, reputation and legacy. Although he's shy and soft-spoken, he's extremely warm and approachable.

"My leadership style is to try to build a coalition and not be confrontational unless I have to be," he says. "I try to build support among, first of all, my staff. If the staff doesn't agree, I try to hear out everyone before I make a decision. Although some leaders lead dictatorially, I believe you can lead in a coalescing way. When you disagree, you don't humiliate someone because you disagree. You want to hear their point and then you want to bring them around, so I try to use persuasion as a leadership tool and try to see the best in everyone. One of the things my dad did, I'm told, is that he was able to bring the best out of his team."

Although Martin Luther King Jr. Day, which is celebrated in more than 100 countries, could serve a reminder of his father's absence, it's not a bittersweet time for him. "The holiday is always joyous and fun," the never-married King says. "The assassination day, April 4, is usually when I'm sad. For many years, I would shed tears when I was growing up on that day. It's interesting that although our father is gone, because of the holiday and the many observances, it's like he's paralyzed in time. In other words, he will be forever young. That is the one wonderful thing.

"The sad thing for me and my siblings, as adults, it's not having had the opportunity to have a conversation with him, and that's what we've probably missed. Those are the things that there's nothing you can do about, but the 10 years that we were together were incredible. Although he was gone often, Dexter and I went on trips with him. He was tremendously playful with us as his children. We all will have fond memories forever." ≯





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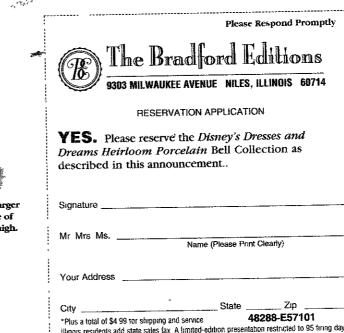
The "Forever Cinderella" collectible is the *first ever* to feature artwork from this Disney animated film on a porcelain bell. It's a dream come true!

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Susan Cummings skillfully fits a dovetail neck to an acoustic guitar, taking pride in the work she has performed for C. F. Martin & Co. in Nazareth, Pa. (pop. 6,023), for nearly 20, years.

"I worked on a guitar for Clint Black," says Cummings, 53. "When I saw him playing it, it gave me a good feeling."

Cummings' grandfather, Earle Hartzell, began his career building ukuleles and Hawaiian guitars at Martin's old North Street factory, retiring in 1965 after 40 years with the company.

Tradition is a way of life at C. F. Martin & Co.,

### Crafting by SUSAN STETS Guitar Magic

which has produced more than 1 million stringed instruments since its founding 172 years ago. Martin is the world's oldest guitar company and the largest acoustic guitar maker in the United States.

"I sometimes feel like a marathon runner who was handed the baton by my grandfather," says Christian F. Martin IV, the company's CEO and sixth generation in charge of the family business.

Martin's great-great-great grandfather, Christian Frederick Martin Sr., left his native Germany in 1833 to set up a guitar shop on New York City's Hudson Street. By 1839, a loyal following enabled him to



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A skilled luthier handcrafts a guitar body at C.F. Martin & Co. in Nazareth, Pa. move his operation to picturesque Nazareth, Pa.

Today, the company employs 650 workers at its Sycamore Street facility in Nazareth and produces 275 guitars each day.

A Martin guitar has roughly 160 parts, many hand-hewn with time-honored tools and methods by skilled guitar makers called luthiers. They carve, sand, fit, glue and listen, a process songwriter Stephen Stills has likened to magic. Yet the marriage of tradition and innovation is evident, too.

Alongside computer-assisted machinery that produces precision parts, guitar tops and backs dry on a finishing wheel fashioned by C. F. Martin III from an old railroad switch. Clothespińs still are considered the best way to clamp cedar lining to a guitar's side during the drying process.

Mahogany, spruce and rosewood are coaxed into

gracefully curved instruments supported by the famous X-braces developed by the company in the 1840s. X-bracing gives each guitar the strength to withstand pressure from taut strings without distorting the tone and is imitated by luthiers around the world. It is one of several innovations that have helped sustain the company through economic slumps and an evolving music industry.

"We're always dancing on the edge of beautiful tone and self destruction," Christian F. Martin IV says. "To get that pure sound, we have to make our instruments delicate. But at the same time, we have to make them durable."

By the time Martin, who considers himself a "guitar mechanic," earned his degree in business administration from Boston University, his grandfather, C. F. Martin III, had persuaded him to carry the family business forward.

When the younger Martin took over in 1986, disco and synthesizers were popular. The company was floundering due to a weak demand for guitars and a foray into drum making and corporate acquisitions.

Christian F. Martin IV's strategy was to focus on what the company knew best—acoustic guitars—balancing its trademark hand craftsmanship with emerging technology. That plan took the company from a production level of fewer than 4,000 guitars in 1983 to more than 40,000 by 1999. In 2003, the guitar maker produced its millionth instrument

"Our guitars define what a guitar is," says Dick Boak, Martin's director of artist relations. Boak's book, *Martin Guitar Masterpiece*, includes photos and anecdotes from Martin guitar users like Gene Autry, Elvis Presley, Paul McCartney and Bruce Springsteen.

Professional musicians such as blues and rock artist Kenny Wayne Shepherd revere Martin guitars for their quality and dependability. In fact, Shepherd collaborated with the company in 2001 to produce a line of custom-designed guitars that carry his signature.

"Owning a Martin is like owning a Bentley," Shepherd says, comparing a Martin guitar to a luxury automobile.  $\Rightarrow$ 

Susan Stets is a freelance writer in Fairless Hills, Pa. For more information, call (610) 759-2837 or log on to www.martinguitar.com. How did you like this st Log on to www.america

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#### ILLINOIS

Winter Fest-Highland Park, Jan. 23. Bring the family out for cross-country skiing, sledding, ice skating, dog sledding and ice sculpting at the Centennial Ice Arena. (847) 433-6901.

#### INDIANA

A Visit with George Rogers Clark-Clarksville, through Feb. 27. Explore the life of this Revolutionary War hero of the Old Northwest Territory through this exhibit of Clark-related artifacts. The Falls of the Ohio State Park. (812) 280-9970.

#### **IOWA**

Jazz Festival-Mason City, Jan. 22. Revel in the sounds of Jonathan Mele, Chris Merz and X-tet at the North Iowa Area Community College Auditorium. For ticket information, call (888) 466-4222, ext. 4188.



**KANSAS** 

Kansas Statehood Ball-Abilene, Jan.

29. Celebrate the 1861 founding of the

Sunflower State during this dance featuring

1860s music by the Kansas Brigade Band

Statehood Day-Lansing, Jan. 23.

Features a silent auction, brunch with

foods of the 1850s and an afternoon

of festivities at the Michigan

Historical Museum. For brunch

Green Gables-Hopkins, Jan. 21-

Feb. 27. Stages Theatre Company pres-

ents the story of a tempestuous orphan

sent to live with an elderly bachelor and

his prim spinster sister. For ticket infor-

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MINNESOTA

#### What's Happening in Your Hometown?

Submit your event at www.americanprofile.com/happenings Or mail to: Happenings, 341 Cool Springs Blvd., Ste. 400, Franklin, TN 37067 Happenings must be submitted four months prior to event.

#### MISSOURI

Louisiana Winter River Fest-Louisiana, Jan. 29-30. Enjoy samples provided by Missouri wineries, food, and arts & crafts along the banks of the Mississippi River at Riverfront Park. (888) 642-3800.

#### **NEBRASKA**

Polar Bear Festival-Meadville, Jan. 28-30. Watch snowmobile and fourwheeler races, tug-of-war contests and chainsaw carving, and enjoy a Saturday evening dance and, if you dare, a plunge into the Niobrara River. (866) 387-2740.

#### NORTH DAKOTA

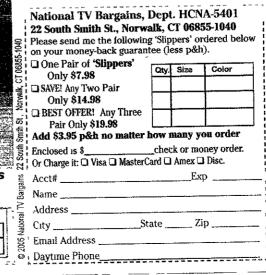
Arctic Blast-Harvey, Jan. 28-29. Play in the snow, carve a snow sculpture, enter a chili cookoff or homemade ice cream contest, and enjoy a volleyball tournament and fireworks display. (701) 324-2604.



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#### OHIO

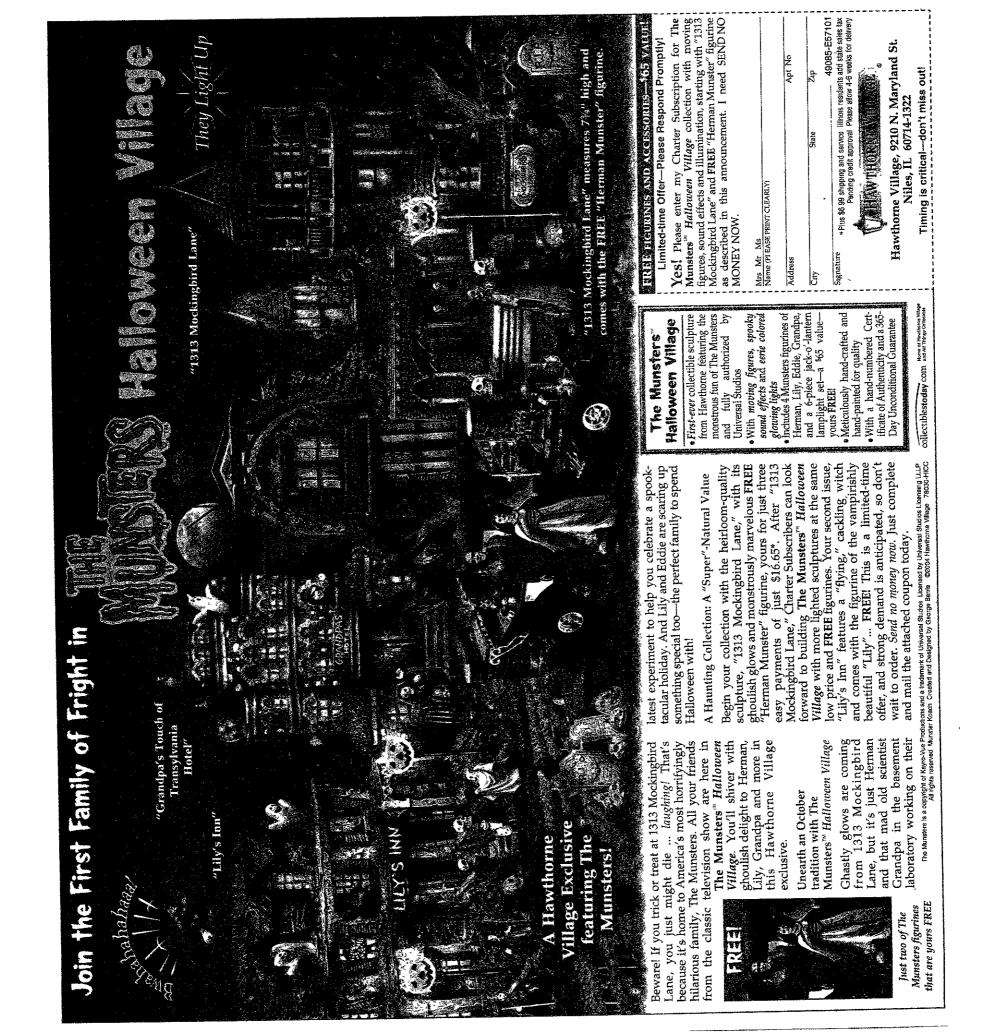
For the Love of Chocolate Festival-Medina, Feb. 3. Sample chocolate desserts, and cheer for your favorite in decadent dessert and children's cookie competitions at the Medina County Community Center. (330) 723-4565.

#### SOUTH DAKOTA

Governor's Winter Games-Arlington, Jan. 21-23. Features a snowmobile race, fishing derby, hot dog and chili feed, poker run and fireworks display over Lake Poinsett. Black's Pheasant Farm. (605) 983-3973.

#### WISCONSIN

lack Frost Fest-Spooner, Feb. 5. An ice-fishing contest, antique snowmobile show and trail ride, rib and chili cookoffs, winter golf tournament, and allday free movie screenings highlight this winter celebration. (800) 367-3306. 🎝



Hometown Recipes

from SHIRLEY STOTTS

# Hungarian Pork Chops

"This dish is a crowd

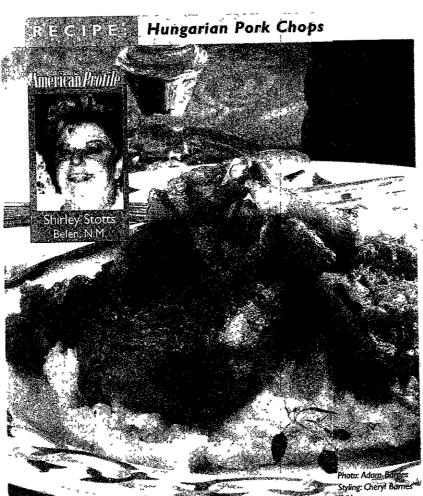
pleaser. It's particularly good when served over mashed potatoes. You won't have to worry about leftovers." 🌫

#### What's your favorie BREAKFAST reciper

We're putting together an expanded American Profile reader recipes cookbook! Send us your favorite breakfast recipe, along with the story behind it, to:

HOMETOWN RECIPES, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067.

Include a color photo of yourself (no print-outs or copies), your name, address, and telephone number. If we publish your recipe, we'll send you an American Profile apron. All submissions and photos become the property of Amencan Profile and cannot be returned.



#### Hungarian Pork Chops

- 5 thick, center-cut pork chops
- I medium onion, sliced
- 2 banana peppers, sliced in rings (fresh or canned)
- 1 28-ounce can diced tomatoes
- 3 tablespoons oil Salt and pepper, to taste I cup water

In a heavy skillet, brown pork chops in oil. (They will not be cooked through.) Add onions, peppers, water, tomatoes, salt and pepper. Cover and simmer on low heat for. about 1 and 1/2 hours, or until half of the liquid is evaporated. Serves four to five

Tips From Our Test Kitchen: This dish also is delicious served with pasta and grated Parmesan cheese. A clove of minced garlic adds a nice flavor.

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#### loss Stone Mind, Body & Soul S-Curve Records

After releasing her critically acclaimed

debut The Soul Sessions, an album of smoldering R&B covers, Joss Stone returns with Mind, Body & Soul, a sassy collection of soulful fare that sees the British chanteuse evolving from earth-child to natural woman.

Produced by R&B veteran Betty Wright, the album features Stone co-writing much of the material, lending credibility to a vintage sound that's wise beyond her 17 years. Like its predecessor, Mind is a slick combination of soul, funk and pop. Tracks such as You Had Me, the album's first single, are ripe with hammering rhythm, while Security and Right To Be Wrong are fullfledged gospel riods.

However, though the album is full of infectious grooves, it sometimes wades in musical monotony. The real gem here is Stone's sultry alto. Her vocals manipulate the often-uninspiring lyrical content into something authentic and convincing. Stone's pipes are this CD's saving grace, and they make us excited about the Stone music that's still to come.

The Beach Boys: The Definitive Diary of America's Greatest Band on Stage and in the Studio **By Keith Badman Backbeat Books** 

They started out as the Pendletones, naming themselves after the plaid wool shirts popular with the surfing



Ũ,

crowd in their native California. But by 1966, they would become America's preeminent pop band as the Beach Boys, challenging and outlasting the Beatles.

Badman, whose previous works include three books on the British moptops, had the help of the Beach Boys in assembling this detail-laden, day-by-day chronicle of their lives and careers from 1961 to 1976 and bevond (including Brian Wilson's current Smile tour). He documents their entire concert, recording and television history, as well as their squabbles, health problems and controversial associates (from Charles Manson to Dr. Eugene Landy).

If Badman gives too little detail on critical events such as the deaths of Dennis and Carl Wilson, he does a fine job of explaining why the good vibrations lasted so long. 🌫



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American Profile · Page 15

### "How Olive Oil, Vinegar, & **Honey Can Unleash Your Body's Healing Force!"**

#### (By Frank K. Wood)

If you want to learn how to use gentle folk remedies to unleash your body's healing power instead of resorting to dangerous prescription drugs or risky surgery, you need The Folk Remedy Encyclopedia: Olive Oil, Vinegar, Honey and 1,001 Other Home Remedies, an informative new book by FC&A Publishing in Peachtree City, Georgia.

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- ► Fight prostate cancer with pumpkin seeds. Experts say it works!
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(By Frank K. Wood)

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**"My Husband Thought I Was** Going Bananas ...

#### When I Rubbed the Fruit on My Hair?

(By Frank K. Wood)

If you're sick of monkeying around with dry hair, try some mashed banana and almond oil. I did, and now my husband loves my smooth, silky tresses. And for the answers to more household problems, you > Clear up carpet stains — no matter the spill. need Easy Does It: Cheap and Simple Ways to Solve Common Household Problems, an informative new book just released to the public by FC&A Publishing in Peachtree City, Georgia.

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- Banish ants ... with an orange smoothie.
- ► You won't believe what you can use to fix a crack in your windshield or window.
- ► Stop mosquitoes from biting and protect yourself from deadly West Nile virus. This common household item may deter the bloodsuckers better than commercial insect
- repellent, and it's much cheaper! ► Soggy bread — yuck! When freezing bread, put one of these in the bag, and when the bread thaws it will be free of dampness. Let's face it — wrinkles, puffy eyes, and a

saggy jaw can be a real pain. Yet you can fight off the ill effects of aging with an inexpensive Easy Does It for \$9.99. See coupon. © FC&A 2005

cream you probably have in your medicine cabinet. No fooling! ► Cut your heating and electric bills by hun-

dreds of dollars each year with these practical ideas.

 Clogged drains? Some baking soda, and two other "magic" ingredients will have them

flowing freely in no time. ► How to get your car fixed for free. Secret extended warranties revealed in this book. You could be entitled to 500 free repairs for

older cars! ► Did you know some of the best stain removers are common household products you use all the time! Look in the book for

some excellent examples! ► Yuck! Greasy build-up in the fan filter above

- your stove can be disgusting! Get rid of it with this tip.
- ► Deodorize your house for pennies. All it takes is a few cotton balls, wintergreen oil, and these directions.
- Keep your shower squeaky clean and never scrub mildew again! It's a snap when you keep this in your shower at all times.

► Forget freezer burn! Tips for frost free frozen food

TO ORDER A COPY

- ► 12 foods that sharpen your concentration ► How to lose weight and never gain it back.
  - ▶ 4 foods that may reduce cholesterol
  - Eight ways to avoid wrinkles and look years younger.
  - ▶ How to benefit from a vegetarian diet and ► How to relieve the congestion in your nose with this vegetable (without eating it).

  - ► Do this for 4 weeks to help your heart and

serious threats to your health. TO ORDER A COPY Eat and Heal for \$9.99. See coupon. © FC&A 2005

contain anti-cancerous agents, and relieve

Help halt high blood pressure with this food.

► A food that keeps you regular. It helps to

► Help slow down the natural aging process

with this food. It also helps combat cancer

Overweight? Eating too much food is not

These 2 vegetables contain substances that

may prevent blood from clotting, causing a

► Eat "negative" calories and get as thin as

▶ No more fatigue during the day thanks to

Intestinal tumors: Which cereal can protect

How to overcome, without drugs, most

infections. These 2 foods act as excellent

23 foods that help digestion while decreas-

ing your food cravings --- while helping to

► This creamy dessert "kills bacteria like sal-

Improve your visual acuity. Look for this

▶ Drink some of this juice to help regulate

ble" to new epidemic diseases and other

keep your intestines clean and healthy.

monella and bacteria in the colon'

always the cause - discover some other

conquer constipation and diarrhea.

and protect you from heart disease.

constipation.

causes

you want.

VOIL.

these 4 foods.

natural antibiotics.

avoid its pitfalls.

"miracle" food.

your cholesterol levels.

stroke or heart attack.

back pain, rheumatism - the secrets to help