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The Chelsea Standard

hn Heritage Newspapers

ONE HUNDRED THIRTY-SECOND YEAR - No. 5

Thursday, June 19, 2003

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Chelsea not interested in school option

■ *Proponents say four-day week will save money in utilities, busing and costs related to substitute teachers.*

By Chad Livengood
Special Writer

The state Legislatures voted June 9 to eliminate a provision in the School Aid Act that requires school districts to have a minimum of 180 school days for each year.

Instead, the school year will be measured by 1,098 instructional hours.

The measure will allow rural communities to change their school week to a four-day week by either lengthening the school day or year, said Rep. Brian Palmer, R-36th District, in Macomb County.

"We call this part of our 'tools for schools' initiative," he said.

Palmer said the new provision will allow school districts more flexibility and local control.

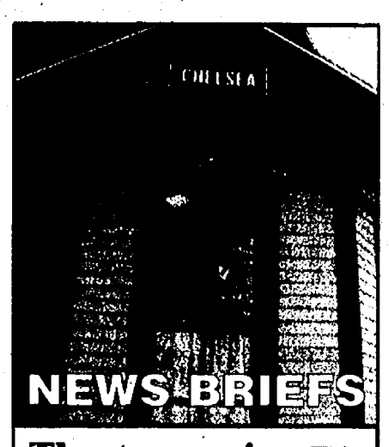
"We passed this law to let school districts find new ways to save money, be more efficient and try something more creative to enhance education," he said.

Rep. Gene DeRossett, R-52nd District, said that for a school to switch to a four-day format, a provision was built into the bill that requires at least two public hearings on the issue before a vote can be put forth by the local school district.

DeRossett, who represents the Dexter-Chelsea area, said that he voted in support of giving schools the choice to make the adjustments themselves.

Opponents of the bill say that the measure will allow more time for students to get in trouble. They also say it will cause problems for parents who work during the day and will be forced to pay for child day care if schools go to a four-day schedule.

See **SCHOOL** — *Page 5-A*



Theatre receives $40,000 award

The Purple Rose Theatre Co. recently received a $40,000 award from the Shubert Foundation.

The foundation, which funds theaters with a record of artistic achievement, dedication to new works and fiscal stability, was established in 1945.

Bingo Fridays start tomorrow

The Chelsea Rod & Gun Club is running Friday night bingo sessions starting 6:30 p.m. tomorrow, 7103 Lingane Road.

Proceeds will benefit the club's Building Fund.

For information call 475-7910.

Charity golf event slated for July 10

The Ladies of Inverness Country Club will hold their annual Cancer Benefit 8:30 a.m. July 10 at the club, 13893 N. Territorial Road in Dexter Township.

Proceeds will go to the American Cancer Society and the Comprehensive Cancer Research at the University of Michigan.

Registration deadline is June 26. For information call the club at 475-8746.

Classic Cruisers hold annual picnic

The Chelsea Classic Cruisers held their annual picnic June 9 at Pierce Park, with President Fred Hoffman presiding.

Tuesday Cruise Nights will take place 5:30 to 8 p.m. June 17, July 1 and 15, Aug. 5 and 19, and Sept. 2 and 16 at Wendy's Restaurant located at M-52 and Brown Drive.

Cruise Nite and Car Show will take place July 25 in conjunction with Summer Fest.

For information call Hoffman at 475-8804.

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High Flight

Photo by Alison Marable

Quentin Hess takes flight as he leaps on the inflatable slide during the May 16 Ice Cream Social at South Meadows Elementary School. Taylor Waggoner waits in line for his turn. The event included a dunk tank, cake auction, pizza, popcorn and a book sale.

Consultant urges caution on millage

■ *Nottley recommends officials take time on election.*

By Michael Rybka
Special Writer

The Lyndon Township Board met with consultant Mark Nottley June 9 to discuss ways to fund the Chelsea Area Fire Authority.

Nottley was hired by the authority in April to assess how each municipality believes the authority should be funded, to determine the pros and cons of each option and to relay his conclusions to the public.

Nottley also has met with Sylvan and Lima townships and is scheduled to meet with the village of Chelsea and Waterloo Township later this month.

Lyndon Supervisor Maryann Noah asked Nottley if a CAFA millage would be subject to a Headlee rollback. Nottley said that it would be.

The Headlee Amendment ensures that the approved millage rate of a municipality is reduced annually if property values increase. An "override" election can be held to keep the millage at its original amount, meaning that the community then can collect the additional revenue generated from the increase in property values.

An override vote would be unfortunate, Noah said, because "the number of runs increases in direct proportion to property values."

She said, in that case, a millage request would have to be for an amount that would compensate for the rollback.

"We wouldn't have to actually levy the full amount but, nonetheless, that will make for a tough sell," Noah said.

Nottley suggested that the initial millage be based on immediate need and then to ask for its level to be restored in five years.

See **MILLAGE** — *Page 5-A*

Lyndon Board protects residents' privacy

■ *Officials reject request from tax service to buy list of information.*

By Michael Rybka
Special Writer

The Lyndon Township Board has taken action to protect the privacy of its residents.

The First American Real Estate Tax Service, a company in Livonia that acts as an information warehouse for banks and mortgage companies, requested June 10 that the township electronically send a listing of each parcel within the township taken from the software it uses for tax collection purposes.

The service said it was willing to pay for the information and that the township's software was capable of providing it with property owners' names, addresses and tax assessments.

The company said that providing it with the information would spare the township the burden of individual banks and mortgage companies requesting information.

Township Treasurer Ellen McMurray said she was opposed to selling or dispensing the information in any manner because it would violate the privacy of Lyndon Township residents.

McMurray also said that any information downloaded and sent to the service would not reflect Board of Review decisions, recent changes of ownership or other factors that would make any information sent outdated and inaccurate.

McMurray said she was not so swamped with telephone calls from Realtors that she needed to dispense the information to others.

The board denied the service's request.

In other matters, a policy was made official that any balances of $5 or less owed to residents or people doing business with the township will not be refunded to save on the cost of rebilling.

McMurray said the decision actually has been the unofficial policy and the resolution was simply putting it into writing.

The board adopted a resolution rejecting a proposed

See **PRIVACY** — *Page 5-A*

Attorney seeks to have rattlesnake case dismissed

■ *Dexter man will appear in court in Chelsea on Monday.*

By Chad Livengood
Special Writer

The issue of the infamous rattlesnake case will heat up again this week as Dexter resident James Galloway heads to District Court in Chelsea Monday to submit a motion for dismissal of case.

Galloway was convicted April 31 of taking a reptile from Pickerel Lake in Dexter Township without a permit.

Galloway's lawyer, Donley Haden, said that the motion for dismissal is on grounds that the charges brought against his client are based on a "fishing order" set by a bureaucracy and not by state law.

In the case, the bureaucracy Haden is referring to is the Department of Natural Resources.

The specific "fishing order," published in the DNR's annual fishing regulation guide, specifically lists the Eastern Massasauga Rattlesnake as a reptile that is not to be taken from the wild or possessed.

Contrary to Haden's statement, the order was set forth by the director of the DNR on Oct. 12, 2001, that it be observed and enforced.

Washtenaw County Chief Assistant Prosecuting Attorney Joseph Burke said that both sides were given ample time to prepare for the trial and the same amount of time to make their cases.

"Mr. Galloway had a fair trial. He was able to present whatever evidence he wanted," Burke said.

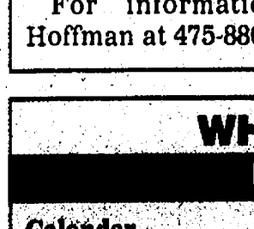
There have been many accounts as to the events on Aug. 9 of last year that led to the death of the rattlesnake.

"The only account that mattered was the jury," Burke said.

According to Galloway's wife, in August of last year, her husband saved the life of a 3-year-old boy by pinning down a rattlesnake with a stick and throwing it back in the woods out of harm's way.

Galloway said that the snake aggressively came back after him and he felt threatened. He then grabbed

See **CASE** — *Page 8-A*



For love of country

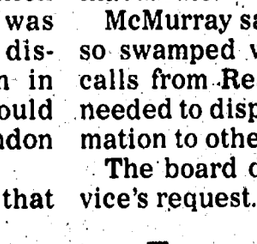
Chelsea graduate returns from war

See Page 1-B

State champs

Bulldogs capture softball title

See Page 1-C



A walk for Sharon

Sisters join relay team in memory of sibling

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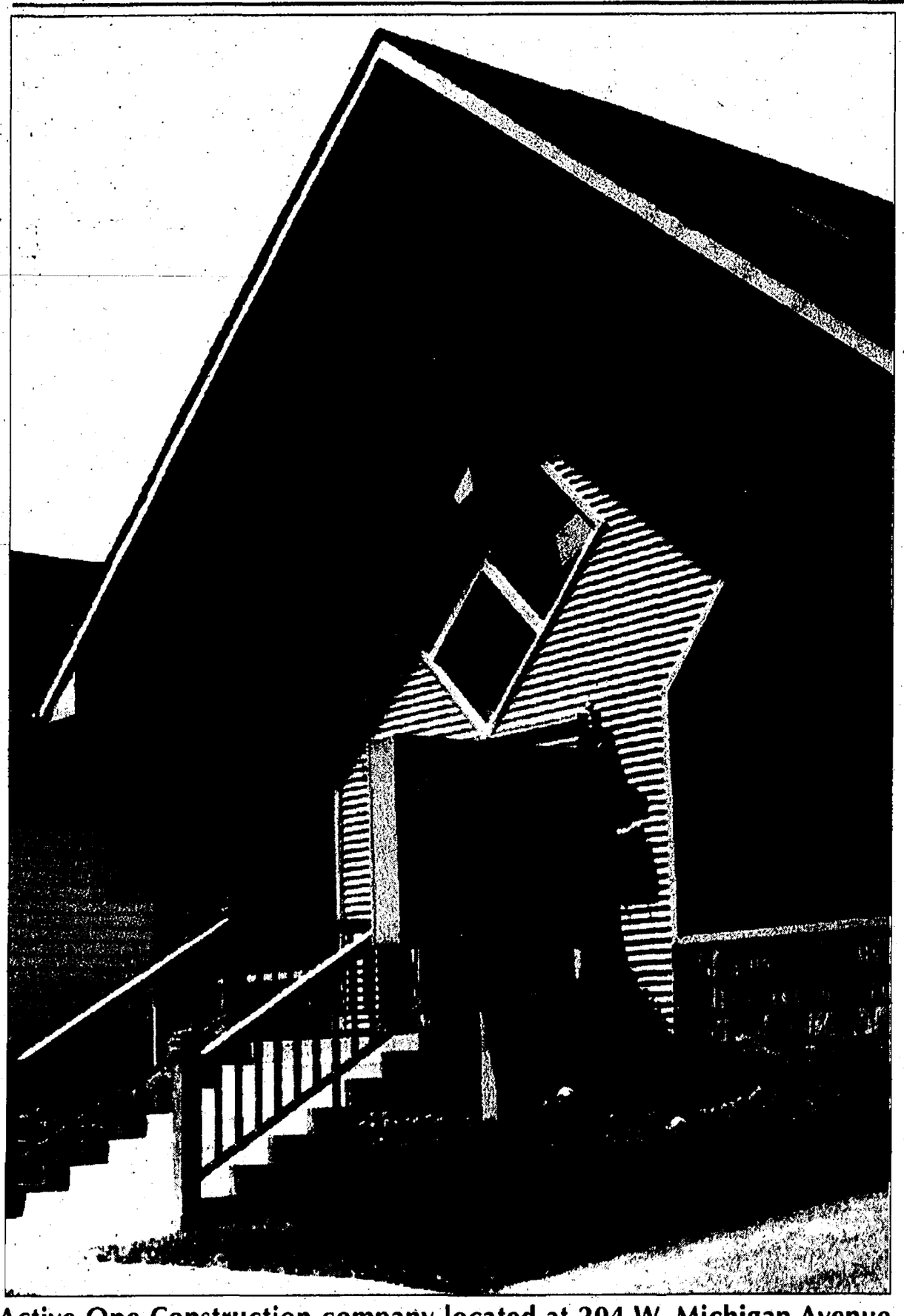
Attention to detail, pride in workmanship keeps customers coming back



Active One Construction company located at 204 W. Michigan Avenue in Saline is no average construction company.

Margie Bovee
Special Writer

The distinctive architectural design of Active One Construction Company's offices and showroom at 204 West Michigan Avenue in Saline demonstrates that this is no average construction company. The imaginative design of the building and the unique and expansive windows which face Michigan Avenue show the creativity, artistry and imagination of the two owners, Michelle and Rocky Bond. Inside the showroom, tasteful designer décor sets the stage for dramatic examples of window design. Skylights, glass brick walls, French doors, and windows of varying shapes and sizes flow together to create an extraordinary gallery of window artistry. A full inventory of windows are on display in the showroom and a staff of salespeople are available to offer the homeowners decorating ideas and help them to decide which window is right for their home. Whether the remodeling is for windows, replacement of a worn out doorwall or an entire remodeling project, "If you can imagine it, we can do it," says Michelle. "With your ideas and our experience, we can make your dreams come true!" Replacing a wall with a beautifully designed doorwall, glass brick wall or French doors, could turn an ordinary room into a showplace by bringing in a majestic view and a flood of light. Active One can supply you with all your remodeling needs including windows, siding, trim, gutters, roofing and doors. They also sell wholesale windows to builders and work with manufacturers for discount prices.

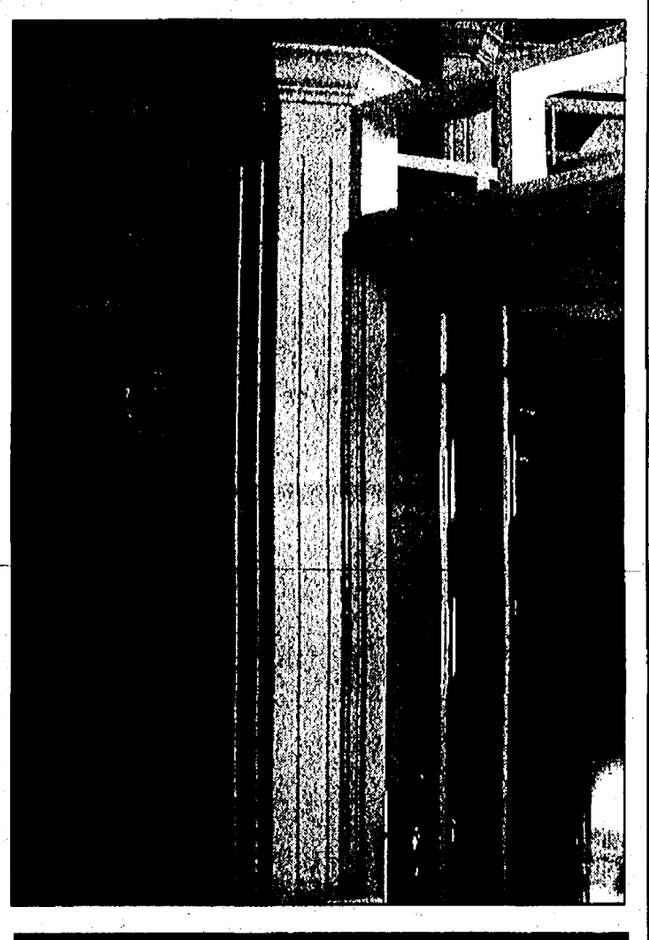
Michelle and Rocky started Active One in 1989 in Riverview when Rocky, then employed as a licensed builder, decided that he would start his own business. They started small and worked hard, walking through neighborhoods handing out flyers. By 1995, Active One was an established name for fine quality workmanship and its customer base was so large, they grew out of their Riverview location and decided to move to Saline, a community they always liked and which was centrally located to their customers who are from all over southeastern Michigan including Belleville, Livonia, Bloomfield Hills, Ypsilanti, Ann Arbor, and of course, Saline. They purchased their building on Michigan Avenue which formerly housed a pretzel baking business. Rocky and Michelle remodeled the building to create their distinctive offices and showroom where they continue to offer the quality work and craftsmanship that has established the fine reputation of this successful company.

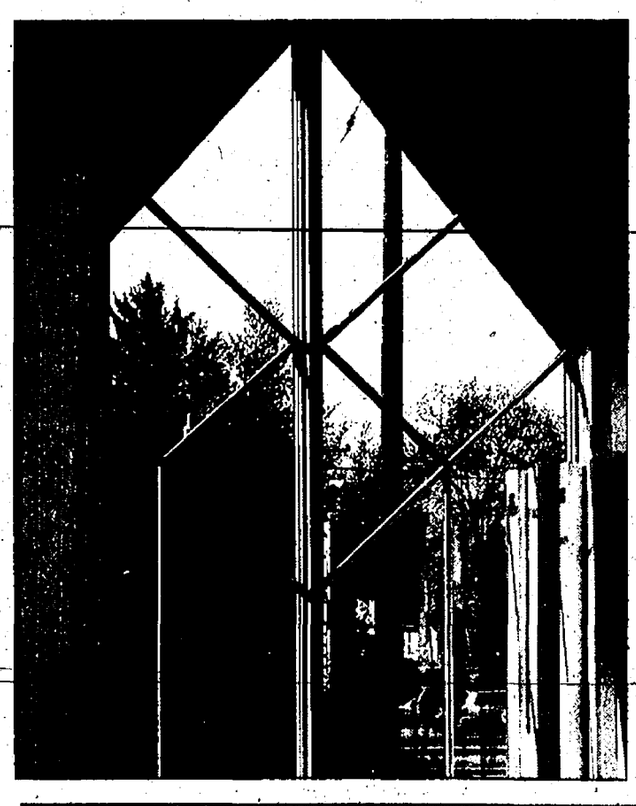
Active One's installation crews have more than 68 years of combined experience in window installations. "Our installers are carpenters first and installers second. We've been installing Andersen, Marvin and Pella Windows for years. Homeowners must remember that their new windows are only as good as the installation. It is very important for them to choose an experienced company to install their windows," says Michelle. Active One offers various types of high quality interior trim for their new windows from basic 2/4" casing to fluted casing with rosettes. They sell top of the line wood window brands, giving the customer an array of options.

In addition to wood windows, Active One also sells energy saving Royal-Tech Vinyl Window Systems. This top of the line energy saving vinyl product meets or exceeds market standards.

Active One also specializes in roofing and siding, allowing the homeowner the satisfaction and convenience of having one company complete their entire improvement project. With well known product names such as Wolverine Siding and CertainTeed shingles, along with skilled, experienced installers, Active One Construction Company is proud of the fact that 85 percent of their business comes from referrals, proving excellence in craftsmanship and customer satisfaction. "We are perfectionists," says Michelle. That attention to detail and pride in workmanship is what keeps customers returning to Active One as they continue to remodel their homes. Michelle adds proudly, "Some customers do one part of their house at a time. We've been working with some families for many years as they gradually complete their remodeling projects."

Rocky and Michelle are active in supporting the Southeastern Michigan business community and are members of the Saline area Chamber of Commerce, members of the Washtenaw Remodelers' Council, Member of the Better Business Bureau and members of the Home Builders Association.





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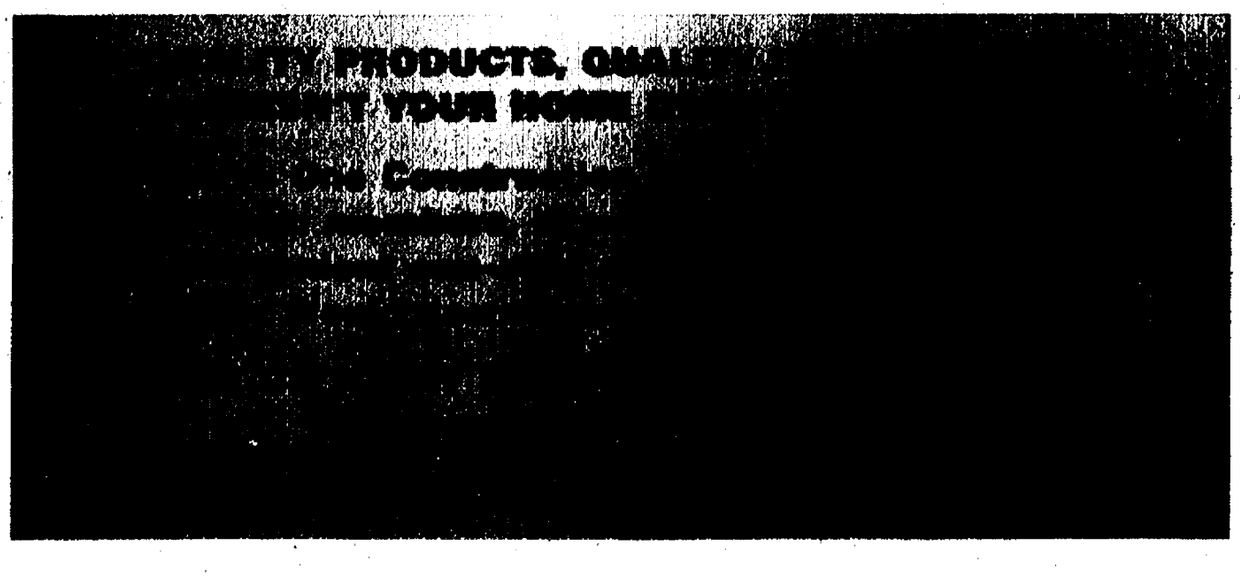
- Fiberglass shingles
- 3 tab shingles
- Dimensional Shingles
- DoorCraft Steel or Fiberglass Entry Doors
- Fiberglass Thermatru Entry Doors

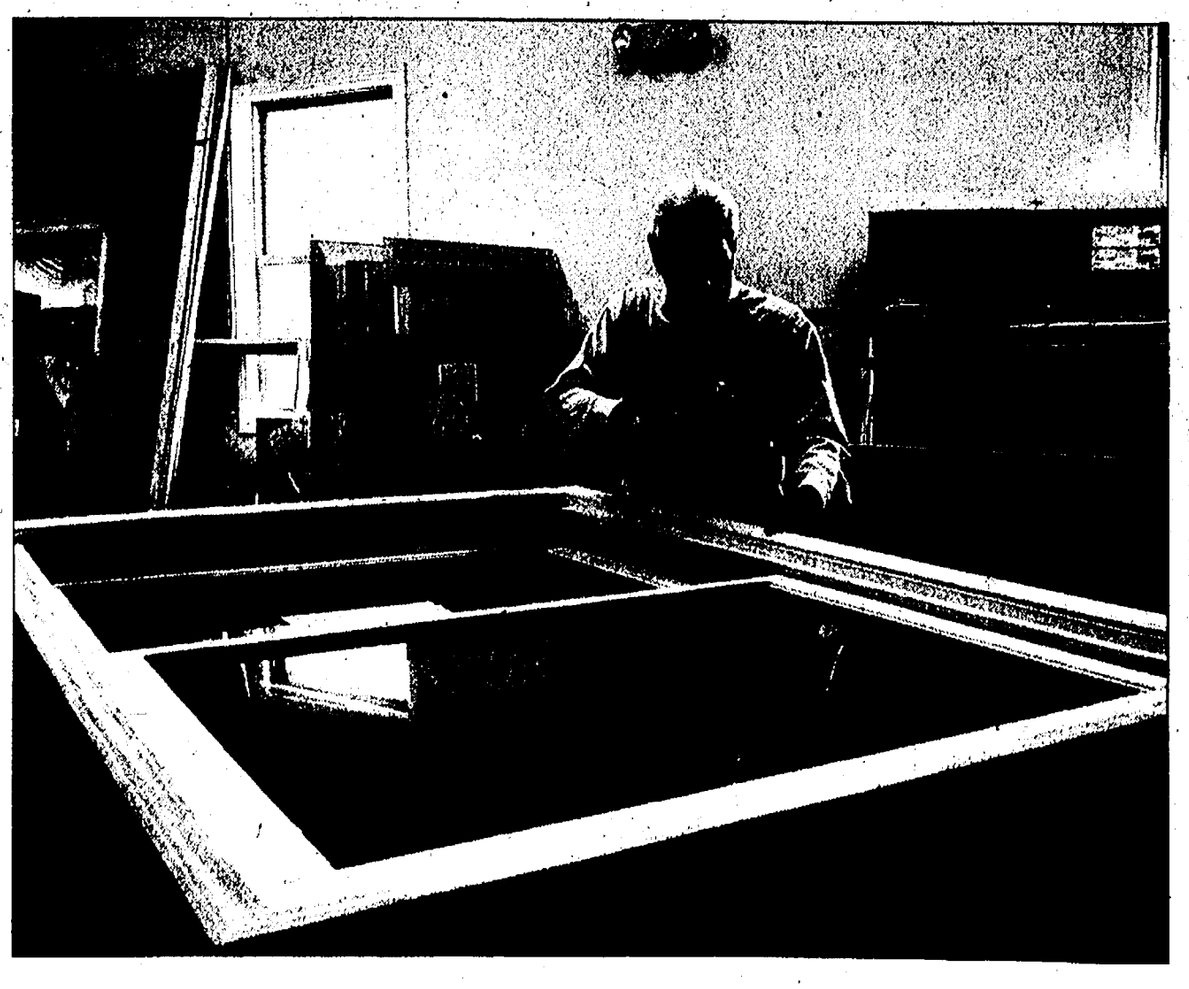
Above left: Tasteful designer décor sets the stage for dramatic examples of window design.

Middle: Active One can replace a wall in your home with a distinctive glass brick wall.

At left: Michelle and Rocky Bond have created an extraordinary gallery of window artistry. "If you can imagine it, we can do it," says Michelle, owner of Active One.

Below: Installation crews have more than 68 years experience combined.





Young thespians

Second-graders perform Shakespeare's "A Midsummer Night's Dream"

By Sheila Pursglove
Associate Editor

Second-graders at North Creek Elementary School were enchanted by the story of Puck, Oberon, Titania and Bottom, proving Carol Rauschenberger's point that even young children can appreciate Shakespeare.

The second-grade Shakespeare Is Fun Troupe performed Shakespeare's "A Midsummer Night's Dream" June 3 for their parents and second-graders at the school.

Rauschenberger, a parent volunteer at the school, set out to discover if children as young as second grade could read, discuss and perform Shakespeare.

"I had 15 second-graders who gave up far more than the originally planned four Thursday lunch-and-recess sessions to learn about Shakespeare and his plays," Rauschenberger said.

"They were hungry for the opportunity to learn, practice and perform an abridged version of a 'A Midsummer Night's Dream.'"

As a volunteer through the Chelsea School District's Talent Development program, Rauschenberger said she took on the "Shakespeare Can Be Fun" series, mostly because she couldn't play chess or didn't think she would be good at Odyssey of the Mind.

Not only did she have to relearn Shakespeare, she found a new appreciation for the Bard of Avon and his plays through the youngsters' infectious enthusiasm.

Last year, Rauschenberger worked with fourth-graders on Shakespeare's play "Twelfth Night."

This year, she wanted her second-grade daughter, Zoë Travis, to be part of the program.

Rauschenberger used the textbook "A Midsummer Night's Dream for Kids," part of Lois Burdett's "Shakespeare Can Be Fun" series.

"Lois Burdett wrote the series for her second-grade class in Stratford, Ontario, Canada," Rauschenberger said. "So, I thought our North Creek second-graders would be up for the task."

The series also includes "Macbeth for Kids." All the plays are written in rhyming couplets and are suitable for reading aloud, as well as classroom plays.

"By engaging these young children in Shakespeare's classic story of a summer evening, it was wonderful to watch the children participate in verbal presentation, movement and costume — the basics of live theater," Rauschenberger said.

"Plus, I wanted to foster self-confidence in each of my actors."

Rauschenberger said the theater performance is a powerful learning experience and should be incorporated into school curriculum.

For more information on Shakespeare for children, visit the Web site www.folgers.edu, part of the Folger Shakespeare Library in Washington.

The North Creek Elementary School second-grade Shakespeare Is Fun troupe performed "A Midsummer Night's Dream" June 3 for parents and classmates. The troupe was directed by parent volunteer Carol Rauschenberger. Pictured in front are Zoë Travis (left), Sarah Oberholtzer, Michelle Flaugher, Amanda Becker, Gwen Hubbard and Elizabeth Boyce. In the middle row are Nikhil Rajan (left), Kelsey Lee, Taylor Cooley and Laurel Hall. In back are Savannah Hall (left), Leslie Waldron, Kennedy Aldrich, Audrey Cleaver-Bartholomew and Bonnie Bairley.

Council considers fire ordinance

■ *Trustees want more information.*

By Kent Ashton Walton
Special Writer

The Chelsea Village Council postponed approval of two ordinances and a fee schedule June 10 related to the Chelsea Area Fire Authority.

The council wants to review the ordinances, as well as a business registration form and fire inspection services proposal for businesses, before considering them further.

The proposed Fire Prevention Code and Business Registration Ordinance would provide the Fire Board with the authority to issue permits and collect fees to register businesses and conduct fire inspections.

The registration fees range from $70 for multiple dwellings, such as hotels or apartment buildings, and industrial and manufacturing facilities of less than 25,000 square feet to $35 for commercial and mercantile facilities of less than 7,500 square feet.

In discussion, Trustee Charles Ritter said that the Downtown Development Authority is not interested in paying for fire inspections, which he estimated would cost businesses $16 per hour paid to the Chelsea Area Fire Authority.

Ann Feeney, executive director of the DDA, said that the DDA is concerned about the cost of inspections, and that the Chelsea Merchants Association does not support the proposal.

Trustee James Myles said that the DDA understands that business owners already have to meet state standards for fire safety.

Chelsea Fire Chief Dan Ellenwood said that the point of the proposed ordinances is to avoid having to apply to the state for inspections to get businesses to comply with the law.

He said the Fire Authority wants to handle village fire safety problems without having to deal with the state. He also said he thinks businesses, rather than taxpayers, should cover the costs.

The council voted to postpone the four proposals until it has had time to review and discuss them June 18.

The council will also discuss a possible millage for the Chelsea Fire Authority at the meeting.

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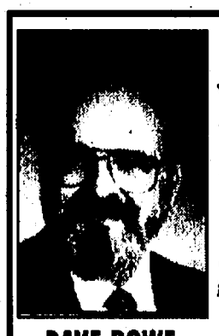
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Police get two defibrillators

■ *Anonymous donor pays $1,000 toward purchase.*

By Sheila Pursglove
Associate Editor

The Chelsea Police Department has two automatic external defibrillators thanks to a grant from Huron Valley Ambulance.

Under the grant program, HVA provides up to $1,000 for each defibrillator. The agency also negotiated a low purchase price of $2,000 per unit.

An anonymous donor has given the village $1,000 to be used toward the cost, Chelsea Village Manager Jack Myers said Monday. The village will pay the remaining $1,000 from its general fund.

HVA recently launched the two-year grant program for area fire and police departments to get defibrillators in an attempt to create a "heart-safe" community.

"Response time is the critical issue when it comes to saving lives."
Matt Tuttle
Chelsea Fire Inspector

When someone suffers sudden cardiac arrest — a condition where the heart beats so erratically that it can't sustain life — early defibrillation helps return the heart to a normal rhythm.

Chelsea Police Chief Lenard McDougall said the department applied for four defibrillators and was approved for two. He said the grants are based on population figures.

"These AEDs are one more tool we can use as we endeavor to better serve the community," he said.

The two defibrillators will be placed in Chelsea police patrol cars. Officers are currently receiving training at no cost from Chelsea firefighters Keith O'Neil and Matt Tuttle.

Tuttle said that with the defibrillators in police vehicles, even more lives may be saved.

"Response time is the critical issue when it comes to saving lives," he said. "The police are on call 24 hours a day, seven days a week, and may get to a scene before us," he said.

Photo by Alison Marable

School's Out

Dylan Laidlaw (left) and Charlie Hess, who both recently graduated from fourth grade at South Meadows Elementary School, spend time with physical education teacher Mike Bareis on the last day of school on June 9.

Council OKs noise ordinance

■ *Officers can hand out tickets at their discretion.*

By Kent Ashton Walton
Special Writer

You've heard the ear-pounding sounds from the car behind you or even felt the sound in your body as a car passes with its "boom box" at full thrust. Well, that may be a thing of the past in Chelsea.

The Village Council has just approved an ordinance making it unlawful for anyone to operate an electronically amplified sound system in a vehicle if it produces sound that is clearly audible more than 50 feet from the vehicle.

The ordinance provides penalties of $50 for the first offense and up to $500 for a fourth violation. The law takes effect June 30.

Chelsea Police Chief Lenard McDougall presented the proposal to council, citing the popularity of electronically amplified sound systems mounted in motor vehicles, including motorcycles and mopeds.

The ordinance does not require that the noise be scientifically measured since it's difficult to get a reading on a passing car. Tickets will be handed out at the discretion of the officer, who will determine if, at 50 feet, the sounds are "clearly audible."

Dexter Village has a similar ordinance.

Kent Ashton Walton is a freelance writer. He can be reached at kentwalton@earthlink.net.

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Chrysler takes direct aim at luxury buyers with Pacifica

So, just what in the world is the Pacifica and what makes it so special?

To begin with, it's not a minivan or a sport-utility vehicle, but a full-size car that's just a little shorter than a Dodge Intrepid. However, the Pacifica is significantly taller and wider. In fact, it has greater girth than any of Chrysler's current crop of passenger vehicles, including anything in its minivan fleet. It's also taller than most sedans but not as tall as a typical sport-utility vehicle. Pacifica boasts in its [illegible] function in terms of [illegible] provide superior [illegible] performance [illegible] most minivans [illegible] people movers or all-wheelers.

The Pacifica's shape is that of a spacious station wagon, allowing owners to maximize payload space without moving into sport ute or minivan territory. It's also considerably more stylish than your typical wagon. With its neatly creased side panels, gently arching roofline. Oversize chrome grille and 17-inch alloy wheels pushed out to the edges of its bodywork, the Pacifica is the epitome of tall, wide and handsome.

Although there's space aplenty for six passengers, the three-row (leather covered, by the way) seating arrangement is yet another trend-setting layout. The first two rows, accessible through four generously sized doors, are of the bucket seat variety, while the third-row is a 50/50 split bench affair. Although not uncommon in minivans, and big sport utes, keep in mind that the Pacifica is a car. Both the middle and third rows can be folded flat for maximum stowage space. A remotely operated power rear liftgate, first offered on Chrysler minivans a couple of years ago, adds to the car's people-friendly demeanor.

Under the hood is a 250-horsepower 3.5-liter SOHC V6 that's also put to work in the 300M sedan. The engine is matched to a four-speed automatic transmission with Chrysler's skill-for-yourself AutoStick feature.

Base Pacifican come in front-wheel drive and offer traction control. For more go anywhere capability, an on-demand all-wheel-drive option can be specified. This alone places the upscale wagon in a league of its own on the full-size domestic front. According to sources at DaimlerChrysler, initial models will feature AWD, with FWD being offered later in the year.

The icing on the Pacifica cake is its impressive list of standard features. All models will come with dual-zone climate control, heated front and second-row seats, power-adjustable foot pedals, tire pressure monitoring system, load leveling suspension, in-dash navigation system, Infinity surround-sound audio system with six-disc CD player and a hands-free cellular phone, to name some of the biggies.

Four-wheel anti-lock disc brakes, high-intensity discharge headlamps and side-curtain airbags add a strong dose of standard passenger security.

The Pacifica will make a name for itself with a combination of power, prestige and packaging in a more traditional car-like platform. Being the first out of the starting blocks will make the Pacifica not only a car to watch, but, for Chrysler's competitors, the one to catch.

naylor CHRYSLER JEEP

SPEC SHEET

[illegible] is the first [illegible] Chrysler that should appeal to [illegible] buyers. The overall design and size of the Pacifica hints at a resurgence of family-sized cars that are neither minivans or sport utility vehicles.

The fully loaded on-model-fits-all marketing approach adopted by Chrysler could allow the company to eventually reduce content to boost sales and market share.

Base price: $32,300 (est)

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MILLAGE

Continued from Page 1-A

Noah said the possibility of a millage restoration being approved was too uncertain for a bank to approve a seven-year loan, the method the authority hopes to pursue to finance building projects.

Noah also rejected Nottley's suggestion that a 10-year renewable millage be requested for operations in conjunction with a bank loan for facilities.

Nottley said he would investigate if there were any method of funding that could avoid Headlee rollbacks before the discussion turned to facilities.

Noah said that refurbishing the main station on Middle Street was no longer an option. She said that a main station would have to be built elsewhere in the village and the donation of land was being investigated.

She said other locations being considered for satellite stations were embroiled in internal dissent within CAFA.

Nottley suggested that CAFA should, for now, concentrate on building a main station.

He said that, as the consensus on locations for satellite stations keeps shifting, it would be better not to make an issue of them until the matter was settled. In the meantime, money could be set aside from the operating fund to finance them.

Noah rejected the idea.

"For a millage to pass, voters must feel that there's something in it for them," Noah said. "Simply offering them a new main station won't do it."

Nottley warned the board not to rush into anything prematurely.

"That's what happened last time (November 1999) and the millage failed," Nottley said. "You've served yourself well with a deliberate approach up until now. Don't go scheduling an election before you're ready."

Noah said she understood Nottley's caution but that so much has changed since a study was done in August that another delay could lead to similar obsolescence of the current study.

Michael Rybka is a freelance writer. He can be reached at Mhrybka@aol.com.

SCHOOL

Continued from Page 1-A

State Sen. Liz Brater, D-17th District, of Ann Arbor said she voted against the bill because she feels it's important to continue to have regular attendance with the traditional five-day school week.

"I don't think we could account for where all the kids are on Fridays," said Brater, who represents the Dexter-Chelsea area.

Proponents say that in many cases a four-day week will allow schools to save money in utilities, busing services, fewer substitute teachers, and eliminate the total amount of time students spend on the school bus, especially in rural areas, among other advantages.

"The pluses outweigh the minus'," DeRossett said.

Palmer, the chairman of the House K-12 education committee, said the four-day week will depend on the needs of the individual district.

"In urban areas, it wouldn't be the smartest thing to do," Palmer said. "Other districts in rural areas may implement the four-day week during harsh winter months to save on utilities."

Rep. Matt Milosch, R-55th District, said that from talking to superintendents in the school districts that he represents in Washtenaw and Monroe counties, none seem to be considering a move to a four-day week in the near future.

Chelsea Schools Superintendent David Killips said his district has had no serious discussion. He does, however, believe it may offer some possibilities for districts of larger geographic coverage.

Dexter Superintendent Bill Spargur said he is not particularly interested in a four-day school week. He said schools shouldn't make a change that could greatly affect education just to save money in the short term during the state's financial mess.

Milosch said that another advantage for school districts with tourist-based economies to have a four-day school week is that it will allow high school students to be freed up to work for the local businesses that typically generate most of their traffic beginning Friday.

Other provisions to Palmer's "tools for schools" include a bill that will encourage school districts to purchase anything from buses to desks together at bulk rates, as well as a bill that will ensure that school districts utilizing distance-learning tools toward their entire instructional hours will not loose school aid.

Furthermore another provision built into the bill called the "educational flex" will weight federal and state rules that will allow schools to not have certified teachers overseeing non-academic activities.

Palmer said that study halls, playground supervisors and extracurricular activity advisers will not have to be teachers anymore. He said the move will save money for districts by allowing them to hire hourly staff for the positions.

"These are just a handful of money-saving tactics we've given school districts the flexibility to implement in order to put more money and emphasis in the classroom," he said.

For more information on Senate Bill 364 visit the state Legislatures Web site at www. michiganlegislature.gov.

Chad Livengood is a freelance writer and can be reached at liven1cj@cmich.edu.

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By Advanced Twirler Brittany Bourdon

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PRIVACY

Continued from Page 1-A

bill in the state Legislature that would allow for small-batch sewer treatment facilities to be installed on housing developments without township approval.

The bill's sponsor is state Rep. Gene DeRossett (R-Manchester).

Noah said the bill was to placate mobile home developers. She said that if a development went bankrupt, the township would have to assume responsibility for the sewer service.

In other news, Fall Clean-up Day at Jim Kalmbach's recycling facility on Pierce Road has been tentatively scheduled for Sept. 20, with Oct. 4 as an alternate date.

Michael Rybka is a freelance writer. He can be reached at Mhrybka@aol.com.

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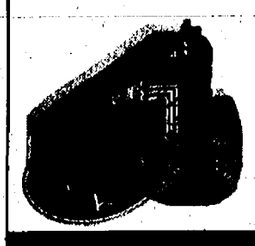

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HINT: The advice of a lawyer is helpful when filing a lawsuit under Title VII. Once an employee receives a right-to-sue letter, he or she has only 90 days to file a lawsuit.

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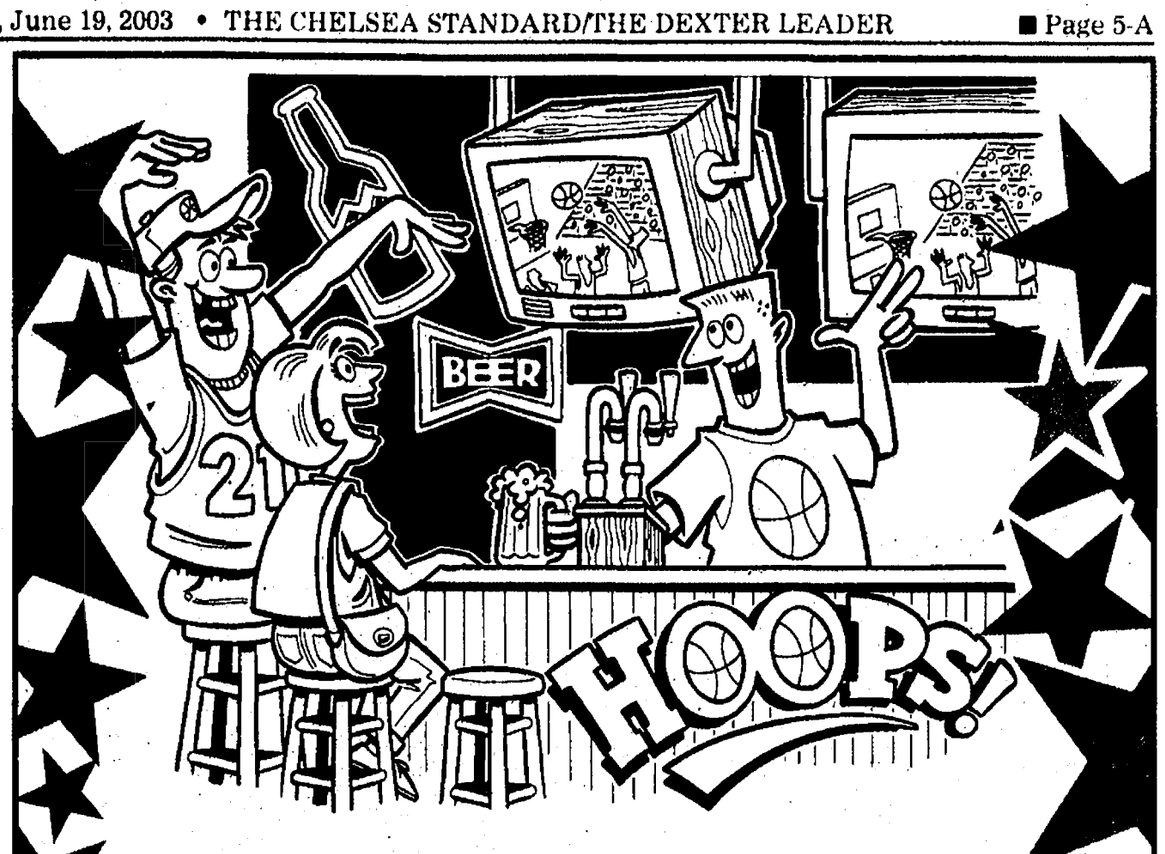

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The new officers for Chelsea Music Boosters are Elaine Schauder (left), secretary; Dan Kaminsky, president; Gail Turluck, vice president; and Don House, treasurer.

Music Boosters elect officers

■ *General meeting held June 4.*

Chelsea Music Boosters held a spring general membership meeting June 4 at Chelsea High School.

The group approved by-law amendments to add representatives for South Meadows Elementary School to reflect the addition of the fifth-grade music program and reconfiguration of the school district, and to add a Web Site Committee.

The new representatives were confirmed. Bob Allen and Gail Turluck will serve as band representatives at the high school; Don House and Linda Meloche, as choir representatives; and Dan Kaminsky and Kim Mills, as orchestra representatives.

At Beach Middle School, Nina Abney and Kathy Carter will be representatives for the band; Scott Allen and Cheri Falk, for the choir; and Matt Merkel for the orchestra. There is a vacant position as orchestra representative.

Margaret Skidmore and Julie Prince are band representatives for South Meadows Elementary School; and Dave Glover and Elaine Schauder, for the orchestra. The choir representative positions are vacant.

People interested in filling vacancies should call Kaminsky at 475-3193.

In accordance with the bylaws, the new board held elections for officers. The 2003-04 Chelsea Music Boosters officers are Kaminsky, president; Turluck, vice president; Schauder, secretary; and Don House, treasurer.

The group will next meet at 7 p.m. Aug. 27 at the high school.

Farmer Jack store to re-open tomorrow

The local Farmer Jack store, located at 1255 S. Main St. in Chelsea, joined 104 other stores in the chain in southeast Michigan and northwest Ohio in shutting down for 37 hours for renovations.

The store closed at 6 p.m. yesterday and will re-open at 7 a.m. tomorrow.

Farmer Jack is part of the Great Atlantic & Pacific Tea Co. headquartered in Montvale, N.J. A&P operates more than 680 stores in 11 states.

Lyndon Board faces criticism over new township hall

■ *Hannewald questions hiring of single appraiser.*

By Michael Rybka
Special Writer

The Lyndon Township Board defended the approach it's taking in building a new town hall.

Waterloo Township resident Garth Hannewald, who owns land in Lyndon Township, spoke at the June 10 meeting and questioned the hiring of a single appraiser to evaluate the land the township purchased for its future town hall site.

He also questioned the hiring of an architect without a sealed bid process.

Hannewald said the township was keeping the value of the property a secret even though it was reported that the 4.58-acre parcel on M-52 was appraised for $114,000, $14,000 more than the township paid for it.

Noah said there was no law that required multiple appraisals and that there had been no suggestions from the board or from the public that such an approach should be taken.

She said the appraiser, Gerald Alcock Co., is not a township insider but a firm that is recognized statewide and by the court system.

Nevertheless, Hannewald said, another appraiser could have painted a different picture that would have affected neighboring property values differently.

He said the hiring of an architect without going through the sealed bid process was illegal.

Noah said the requirement for sealed bids was repealed by the state Legislature several years ago. She said that not going through a sealed-bid process did not equate to a dearth of competitive bids and that six architects were interviewed before a decision was made.

She said the one best suited for the township's needs also happened to be the cheapest.

Noah said the approach the township uses will spare it "telephone books" of unnecessary minutiae and important documents and specifications will go straight to the contractor.

Michael Rybka is a free-lance writer. He can be reached at Mhrybka@aol.com.

District ratifies teachers' contract

■ *Agreement on one-year contract reached after several months.*

By Sheila Pursglove
Associate Editor

After almost six months of negotiations, the Chelsea Board of Education and the Chelsea Education Association June 9 reached an agreement and ratified a one-year teachers' contract.

"The process was very amicable, with both sides gaining a thorough understanding of each other's concerns within the contract," Superintendent Dave Killips said Tuesday.

"Both sides moved forward in a positive vein fully understanding the difficulties and challenges the school district is facing in the financial arena," he said.

Killips said that a formula has been instituted that gives some protection to district resources, while offering a raise if revenue is increased via student enrollment.

"With the uncertainty of school finances, the one-year settlement will enable the district to keep its financial house in order," he said. "At the same time, if enrollment does increase, our staff will receive their well-deserved increases."

Killips said that new language was adopted that clarifies issues and better meets the needs of both parties.

"Professional development time will be better utilized during the school year and we were able to provide additional time for Parent-Teacher Conferences to take place," he said.

"Overall, negotiations were very positive and the parties have very good relationships."

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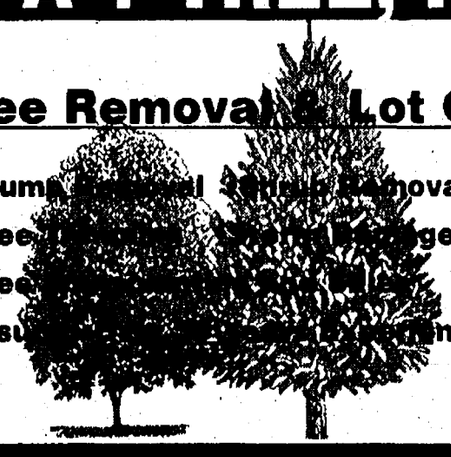
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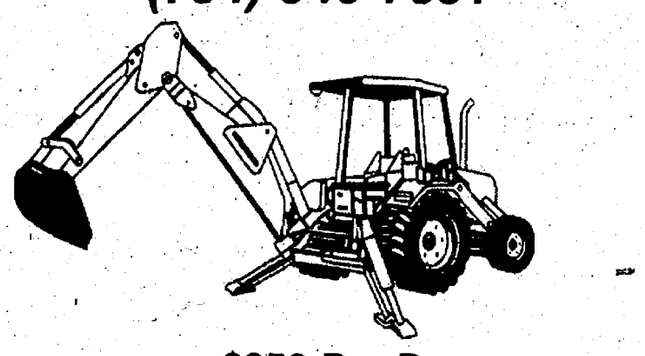
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When You Live Close to Hell
Dear Friends and Neighbors,
Faith Lutheran Church is about 7 miles from the small settlement of Hell, Michigan. This is probably a little bit closer than the homes of most people who read this newspaper. As you can guess, some of my fellow pastors kid me about this.
Living close to hell can be a constant reminder of how much you need the Lord. For that reason, it's possible that many of Faith's members can be expected to be fine examples of the Christian faith.
In a way, we all live close to hell. The Bible calls the devil, Satan, "the prince of this world" (John 12:31). We are all surrounded by spiritual enemies far too powerful for us. If we realized that, we'd probably all be more devout Christians, pray more, and cling more tightly by faith to our Savior Jesus Christ.
Without His power we cannot stand up against the powers of hell. But with His power, we can not only stand up against them, but overcome them. The Bible says, "The One who is in you is greater than the one who is in the world" (1 John 4:4).
Wherever you live, you can have God's power in your life. And wherever you live, why not take a drive toward Hell, Michigan this coming Sunday morning or Wednesday evening, but stop when you get to Faith Lutheran Church, on North Territorial Road about a third of a mile west of Dexter-Pinckney Road?
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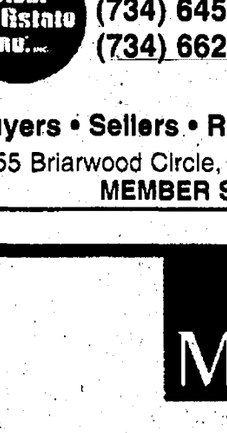
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Street Talk

By Rita Fischer

What do you like best about Chelsea?

"It's a nice, little, quaint, friendly town. The people are nice."

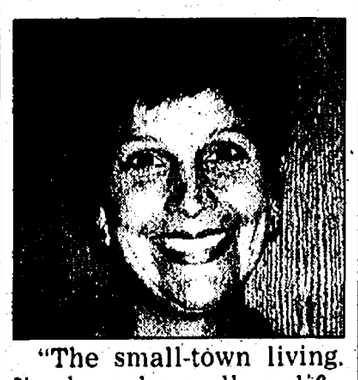
Patty O'Toole
Sylvan Township

"The easy access to things and the churches. It's nice to walk uptown. It's been my home for over 35 years. It's a part of our lives."

Art Stoll
Lima Township

"I like to go to Zou Zou's and I like our small-town atmosphere."

Lauren Williams
Sylvan Township



"The small-town living. I've been here all my life. There are many things I like about it. It's friendly and comfy."

Nancy Steinhauer
Sylvan Township

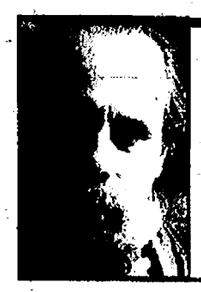
"I've only been here one year. I like the variety of Summer Fest, the fair, the preschool program, Parents as Teachers. The school has lots of activities, also."

Beth Ingall
Sylvan Township

"This is my hometown. I enjoy our library — I remember when it was above the bank. I like it that my friends are here."

Jean Schmidt
Sylvan Township

Snake debacle a waste of time



ANGELO PECORA

NOTES FROM THE FIELD

Well what do you think of the poor fella who runs the risk of going to jail and/or paying a fine in the great snake debacle.

Most of us have encountered a Michigan rattler at one time if we spend any time outdoors. A few have even done "the dirty," as did one unfortunate Mr. Galloway.

I obviously missed something in the articles that I read about the case because I do not know how his killing the snake was reported, or to whom. It sure did make news, though, didn't it?

This poor guy is in a heap of trouble and you just wonder why. Obviously, he killed a snake that is protected by law. If the poor guy was out on a personal quest to kill and eradicate snakes, then I'd say we'd have a problem. But this has gotten way out of hand and is costing taxpayers plenty all in the name of the law.

Most of you know by now the circumstances that surround this silly case. This kind of justice makes as much sense as the fella who sued the Winnebago Motor Home Co.

This motor home fellow just picked up his new motor home, got it on the expressway, set the cruise and left the driver's seat to make a pot of coffee. He got almost a million dollars in damages, plus a new motor home, because the owners manual did not specify that you should stay in your seat once cruise control is set.

This is no sillier than what Mr. Galloway is going through. How do these things even get to court? And why?

Any jury that finds this fellow guilty of any wrongdoing out to be put on trial, too, charged with misconduct and misappropriation of taxpayers' money and time.

I know a farmer who was out goose hunting on his own property after he combined his corn. In the middle of the field, he left a square of corn standing — a blind — so he could be somewhat concealed. The DNR, on a routine check of licenses, cited him with baiting the geese.

They accused the fellow of dumping shell corn out in the field to attract the geese.

The fellow was hunting in a harvested cornfield, for goodness sake. Did the DNR expect to see the field laden with rice? This case went to court, also. I wonder what that cost.

I'd a killed the snake, too. Warnings sometimes do not register with creatures of the wild, and then drastic measures are sure to follow.

Emotions and animal rights logic aside, I think the man did the right thing with so many youngsters about, and I applaud him for his decision. I am sorry and embarrassed that the case has gotten so far outta hand.

Shouldn't we appoint a committee to screen these court cases to see if they are court worthy? This one isn't.

Any one who tells me the "law is the law" is even more narrow-minded than I am. Sometimes the laws need to protect the human beings when a conflict arises with a wild being, whether it be a snake of a wolf.

I was in Elko, Nev., in January attending a seminar on ranching. A rancher from New Mexico stood and told us that he lost both his ranches because he shot two wolves. His wolf problem was reported to the authorities, who for whatever reason did nothing to protect the man's cattle.

The rancher took the law into his own hands since he was losing calves every night. He killed two wolves, reported to the fish and game folks, who in turn sued him for killing endangered species. As a result, his court costs cost him his ranches.

That isn't the way that should have played out.

When I was trapping a few years ago, I was asked to see a guy who was having problems with muskrats in his pond. I drove up, saw anti-fur slogans on his car, and thought I must have the wrong place. With some concern, I knocked on the door and introduced myself and he said, "Good, kill every one of the darn varmints!"

Sometimes we are a little too self-righteous about certain issues, unless it concerns our pocketbook or us. This fellow was anti-fur, as long as the fur did not impose itself on him.

We do not, on the other hand, go for a walk in the woods and kill things that scare or annoy us. I do not believe Mr. Galloway did, either. He did what any father or parent would do under the circumstances.

The only other option was to call "snake rescue," have them fly in a chopper, net the snake and release it. Hopefully not in your backyard, though.

Angelo Pecora is a freelance writer. He can be reached at soresaddleholster@yahoo.com.

LETTERS TO THE EDITOR

Continue to support Chelsea schools

I have had the privilege to represent all the residents of the Chelsea School District as a member of the Chelsea school board for the past 12 years.

It has been an extraordinary experience. I want to thank those who have given me words of encouragement and words to think about, who have placed signs on their lawns and who have supported me during my tenure.

The district has made great strides in the past 10 to 12 years, at times under very difficult situations. During this period, the community has been very supportive of our efforts.

I believe it will be increasingly difficult to continue to guide the district as a board member in the future. So, I have one more request of the community: Please continue your strong support of our schools.

The board, the administrative and teaching staff and the support staff have always placed our kids best interests first.

Thanks again for a wonderful experience.

Conrad Knutsen
Chelsea

Letter writer should hold his own parade

I am writing in response to Mr. Stieber's letter to the editor in the June 12 Chelsea Standard.

I guess terrorist Osama bin Laden is not the only person living in a cave. Mr. Stieber just noticed the POW/MIA flag downtown Chelsea as he was marching in the Memorial Day parade.

Why would he be marching in the parade if he didn't like the way it has been presented?

I wonder what his job was in the infantry unit in Vietnam.

Maybe he should have a parade of his own with (political activist and actress) Jane Fonda as the grand marshal.

Dennis Schumann
Sylvan Township

Dog owners should act responsibly

You love your dog. You take good care of Fido and he brings you great joy.

I love the flowers, bushes and plants I have raised since they were young. I have watched my plants survive harsh weather conditions over the years and I try my best to give them all the things they need to thrive.

As I gaze out into my front yard enjoying my rewards, I am suddenly disappointed to see a person, not any ordinary person, but John Doe Dogwalker. The dog walker stops at my front yard, gazing into space as he allows Fido to relieve himself on my plants.

When Fido is all done, John Dogwalker lets him take the lead as they continue on their walk with no regard to my yard.

This act of irresponsibility is a result of the pet owner's neglect to properly train his or her dog. Proper training can teach a dog where it may relieve itself, like in an area of the dog walker's yard.

A lack of dog training shows that the owner does not fully accept the responsibilities of owning a dog.

I have some suggestions for dog walkers who find themselves in this situation:

- Teach Fido to use a specific area in your yard to relieve himself before you go for your walk.
- Pack some baggies and a large water supply to pick up and wash down any accidents Fido may have while in training.
- Teach Fido to walk at your side nearest the street and maintain that control because you love Fido and respect others' property.

When you return home, immediately take Fido to his specific area in your yard to relieve himself again and reward him with a verbal "good dog" or a special treat.

Tomorrow, when you walk Fido past my front yard without stopping and gazing, I will say to myself, "Now there is a dog owner who knows respect!"

Pam Ponte
Chelsea Village

ABC's decision was disrespectful

Sitting down to watch the fifth game of the Stanley Cup Finals series between the New Jersey Devils and the Anaheim Mighty Ducks with my three daughters recently, I was outraged at something we witnessed in the media coverage.

Growing up in Detroit, I have always watched hockey, when possible, on the Canadian Broadcasting Company (CBC) or Channel 9 (only those true hockey fans out there will understand the reason why).

Because the reception of CBC is not the best in Lima Township, I usually switch between CBC and whatever local station is covering the game, in this case the "American" Broadcasting Company (ABC) or Channel 7.

At the beginning of the game, during the singing of our national anthem, I was outraged when ABC ran commercials during the entire song, while CBC carried it in its entirety. To add insult to injury, the commercial that ABC chose to air instead of our national anthem was an ad for the Hillary Clinton and Barbara Walters TV special.

I could perhaps understand this if CBC was waiting for the Canadian national anthem to be played; however, there aren't even any Canadian teams playing in this series.

Unfortunately, this is not the first time that I have witnessed this travesty. The same thing occurred during last year's Stanley Cup finals.

You would think that with everything that our country has been through recently that our national media could ~~put aside their greed~~ for two minutes during our national anthem.

Since Sept. 11, 2001, terrorist attacks, I, as well as many other Americans, have struggled to understand why so many people around the globe hate us so much.

While I still do not understand or necessarily agree with this hatred, one of the only reasons that I can think of to justify it is, however, is the total lack of respect displayed by our national media for the traditions that make us remember - if for only a brief moment - the sacrifices that others have made to make this country great.

Cyril White
Lima Township

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The newspaper reserves the right to accept or reject any letter for publication, and to edit letters for length, accuracy and grammar.

All letters for publication must include the author's name, address and telephone number. The deadline is 1 p.m. Monday.

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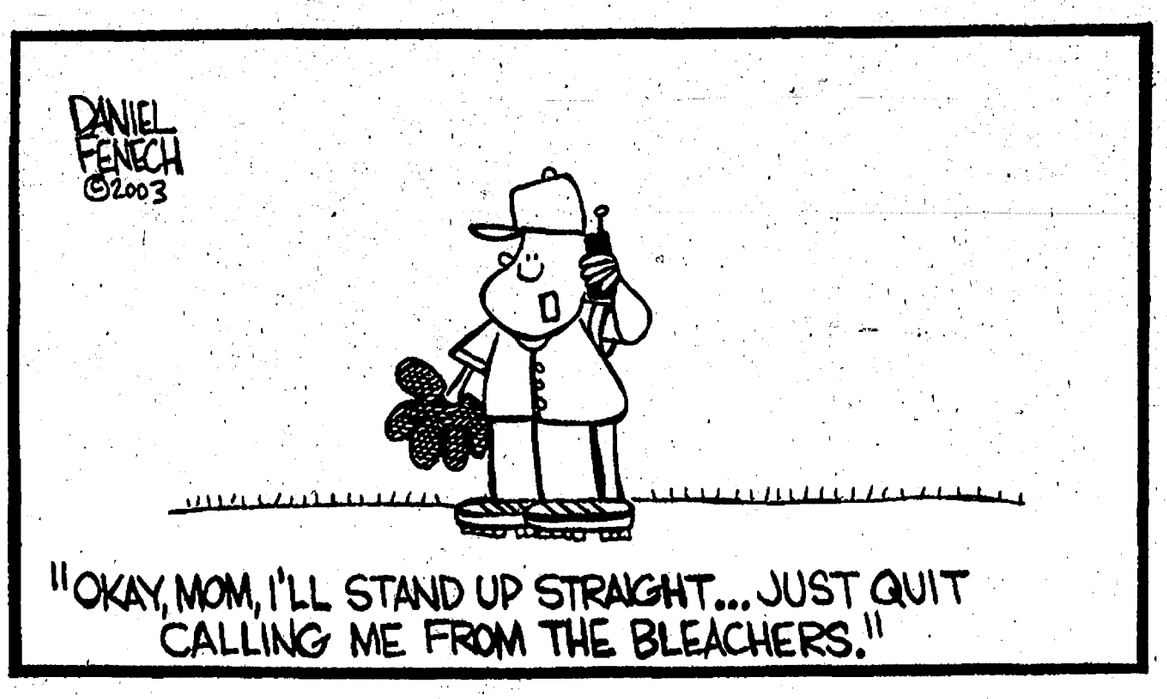

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CASE

Continued from Page 1-A

a shovel from his vehicle and chopped off its head and tail.

Galloway said he decided to take a moment to show his sons how a snake's rattle worked. He said that he showed the rattle to the boys on the way home and then tossed it out the window.

Michigan Conservation Officer Cherrie Beckhorn speculated that he kept it as a souvenir.

Jill Pernicano, a student at Eastern Michigan University and resident of Ann Arbor, whom Galloway said was sitting on the dock at Pickerel Lake in Dexter Township talking on her cell phone, then asked him where the snake was and he indicated that he killed it.

"I was honest and I wasn't just going to lie about it," said Galloway, a 47-year-old father of five.

Pernicano then reportedly yelled at Galloway and he grabbed his 8- and 13-year-old kids and the 13-year-old's friend who was fishing with them and began to leave the premises.

"She went off the deep end on me ... and I didn't want my kids exposed to the way she was acting, so we left in a hurry," he said.

Pernicano was not available for comment.

Beckhorn said that from her interviews with people who witnessed the incident, one of the children tried to hide Galloway's license plate number until Galloway ordered the child to get in the car.

Likewise, the unidentified girl, who testified against Galloway at his trial, got the plate number and notified the DNR.

A little more than two months later, according to Galloway's wife, charges were brought against him for "taking a protected species," Beckhorn said.

Witnesses have testified that Galloway grabbed the snake to more or less show off and then killed it with a shovel, Beckhorn said.

According to Beckhorn, the Galloway family has blown the incident out of proportion and Galloway could have paid a $100 fine to avoid a trial.

According to an overview of the history and continuing studies of the Eastern Massasauga Rattlesnake posted on the DNR Web site, the snake can be characterized as a shy, sluggish snake.

Likewise, the document indicates that these particular rattlesnakes avoid human confrontation. They are not prone to strike, preferring to leave the area if they feel threatened.

Like any animal, though, they will protect themselves from anything that is a potential predator, such as a human being.

Furthermore, while the human reaction may be to kill the snake, conservation officers stress the importance of the snake in the immediate ecosystem.

According to the U.S. Fish and Wildlife Service, the Eastern Massasauga is currently being studied in the Great Lakes region to determine if it should be considered a threatened species.

Galloway's attorney questions why people are encouraged to kill blue racers and gardener snakes, but can't kill rattlers as a matter of self-defense.

Galloway himself questions how a jury and the prosecutor think the life of a snake is more important then that of a human.

The Galloways tried to use information from the U.S. Fish and Wildlife Service that the prosecuting attorney would not allow because it came from the Internet, which is not a credible source.

Their intent of the evidence was to show that even the U.S. Fish and Wildlife Service believes self-defense comes before the snake's life.

"The U.S. Fish and Wildlife Service emphasizes that human safety always comes first. If you are threatened by a Massasauga, you may protect yourself," according to a statement on the governmental organizations Web site.

Beckhorn said that Galloway's self-defense plea was new to her.

"In my interviews with Mr. Galloway, he never once mentioned the 3-year-old boy that he allegedly saved," she said.

Galloway responded to the accusation by explaining that when she first came to his house, he thought he was being asked general questions as to why he killed the snake, not specific details of the events that led up to it.

Beckhorn, who calls herself the "game warden," said that regardless of how Monday's hearing turns out, the most Galloway would receive is a fine because the charge is only a misdemeanor.

By law, though, Beckhorn said, a person can receive up to a $500 fine and 90 days in the county prison.

"He won't get a jail sentence," Beckhorn said.

"Personally, I think he used this whole thing to gain attention," he said.

Supporters, his wife said, have written hundreds of letters from around the country.

Jennifer Johnson, who teaches third grade at Wylie Elementary School in Dexter, assigned her students to write letters to the judge on their stance on the case using core democratic values that they had been studying in social studies.

"They were very well written," she said.

Galloway's wife said the family has received many letters of support, but the most heart-warming were those from Johnson's students.

"They brought tears to my husband's eyes," she said.

"We're taking them to court on Monday with us to show to the judge," she said.

Galloway said the case has been a heavy burden on his family.

"My youngest son is having nightmares. It has been awfully hard on my family," he said.

Photo by Alison Marable

Relay Quilt

Lynn Higelmire (left) and Gigi Batsakis hold up the quilt that will be auctioned at this weekend's American Cancer Society's Relay for Life to be held at the Chelsea High School track.

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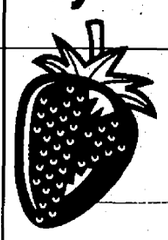

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Canine cops are man's best friend

MARCIA CAVAN

PAWS FOR THOUGHT

I had the pleasure of meeting two of Washtenaw County's finest law enforcement officers May 31 at the Humane Society of Huron Valley's Walk & Wag fund-raiser.

They worked the crowd of children, parents and dogs, while making everyone feel welcomed. The co-chairs were the sheriff's canines, Zorro and Carlo, and they certainly made a lot of new friends.

Their dedicated handlers, Deputy Skip Brewster and Sgt. Steve Armstrong, answered countless questions and posed for almost as many photographs.

The very social nature of both dogs was a bit of a surprise to some, but the sheriff's department views the trait as essential. Along with the patrol work, as well as narcotic and explosive detection training, the multi-dog unit participates in many community education events. It was obvious to everyone at the Walk & Wag that the events are something both officers and dogs enjoyed.

The handlers seemed proud of their dogs and the service they provide to the communities. They were anxious to share with people more information on their dogs' capabilities.

Zorro, a Belgian Malinois, has been with Brewster since he was imported from The Netherlands at 9 months old. Most Malinois are a shade of tan with black hair tips, giving an overlay appearance, though Zorro appears nearly black. His almost-endless energy is always apparent, even as Zorro approaches 10 years of age.

Brewster directed Zorro's training with the Detroit Police Department. The dog was originally paired with a different handler. When the handler was promoted, she turned the dog back to the department, where Brewster got him back, and they have been working together ever since.

Brewster joined the Washtenaw County Sheriff's Department four years ago and with his other dog, Penny, a German Shepherd, he can be found clearing venues such as the University of Michigan football stadium and Michigan International Speedway for explosives. They are also called when visiting dignitaries are expected.

Zorro is a cross-trained, or dual-trained, dog. He has been trained for patrol work that can consist of tracking, building searches and suspect apprehension. He is also trained to locate and indicate a variety of narcotics.

On average, it takes 14 to 16 weeks of training for a dog to reach a level of performance that can be certified ready for the streets.

Carlo, also a dual-trained dog for patrol work and narcotics, is a 6-year-old German Shepherd handled by Armstrong. Like Zorro, Carlo lives at home with his handler. For Carlo, this also means living with Armstrong's wife and young son.

These dogs are part of the officers' families. Armstrong has been with the Washtenaw County Sheriff's Department for 13 years, the last 10 with the canine unit. Carlo is his second canine partner.

Armstrong noted that he spends more time with Carlo than he does with his family.

With the continual training, regular patrol shifts, being on call and time spent performing community service, Carlo and Armstrong are inseparable.

The canine unit dedicates a day every week to formal training, although their rule of thumb is some amount of training every day. It typically amounts to a seven-days-a-week, 24-hours-a-day commitment.

"The public demonstrations we do with our dogs is as important as catching the bad guys," Armstrong said.

Educating the community on the capabilities of the canine officers is a critical part of their job. The dogs seem very aware of the importance of their community service activities. Working with children, especially special-needs children, brings out their very best.

Armstrong especially likes to find children who might be afraid of dogs, so Carlo can work his magic. He said the children who were often the most fearful at the start of his visit often become the ones who follow him the farthest and ask him to stay when it's time to leave.

Do not, however, discount the dog's courage and ability to be true working police dogs. As social as they appear, they are still police canines trained to apprehend and hold suspects when called to duty.

They are trained so that if a suspect cooperates, stands still and does not fight or flee, the dog will guard the suspect and hold them until the officer can make the apprehension.

Both handlers hope for a few more years working with their canine partners, but when the time does come, both dogs will retire to the homes of their handlers to live out the rest of their days with their families.

For the Washtenaw County deputies, the handlers own the dogs they work. This group of about 10 canine officers can be called into any part of Washtenaw County for a wide range of reasons. Last year, the unit was dispatched to the Chelsea-Dexter area an average of four times a month.

The canine unit hopes to add another dog and handler in the near future, and many deputies have expressed an interest in becoming part of the unit.

Meeting these dogs and their handlers reminded me that dogs really are man's best friend, unless you're break the law, of course.

Marcia Cavan is a freelance writer. She can be reached at mcavan@comcast.net.

Photo by Marcia Cavan

Washtenaw County Sheriff's Sgt. Steve Armstrong and his police dog, Carlo, were among the attractions May 31 at the Huron Valley Humane Society's Walk & Wag fund-raiser.

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Photo by Mary Kumbier

Living History

Jim Neely of Brooklyn recently brought his "Traveling Museum of History" show on the road to Dexter to teach history to students. He portrays Civil War soldier Henry Randall, a 22-year-old from Birmingham, who was in Company D of the 24th Michigan Volunteer Infantry. Neely's educational visit was funded by a mini-grant from the Dexter Parent-Teacher Organization.

Campground sees renovations

■ *Sugarloaf Lake has 164 sites and all of the camping amenities.*

By Chad Livengood
Special Writer

If you're looking to get away this summer to camp and relax in one of Michigan's great state parks, the nearby Waterloo Recreation Area has opportunities that don't require long drives up north.

Sugarloaf Lake Campground is a modern camping facility located adjacent to Loveland Road in the Waterloo Recreation Area.

The Sugarloaf Park closed in the summer of 2001 to renovate the campground with Clean Michigan Initiative funding, said Gary Jones, park manager of the Waterloo Recreation Area.

Sugarloaf has 164 modern campsites that include asphalt pads, fire rings and electricity, as well as modern toilet and shower facilities.

The campground is a very popular attraction on the weekends.

"It fills up quickly," Jones said.

Sugarloaf Lake is an all-sports lake and has many opportunities for bass and pan fishing, he said.

In the summer of 2001, the park was closed for renovation of the restrooms. New asphalt was laid on each campsite pad, as well.

Also, a new campground office was built to better accommodate campers.

Jones, who came to the Waterloo Recreation Area last November, said that it's like a whole new campground. Within the 164 paved campsites are 10 sites built to code under Americans With Disabilities Act to accommodate handicapped campers.

In addition to the renovations and vast improvements, the park has a boat launch and beach available to campers.

Jones said that while they are restricted to campers only, occasionally people wishing to use the boat launch during the week are allowed to do so as long as they have a state park sticker.

The campgrounds' season runs from Mother's Day weekend through Sept. 22.

Chad Livengood is a freelance writer and can be reached at livenlcj@cmich.edu.

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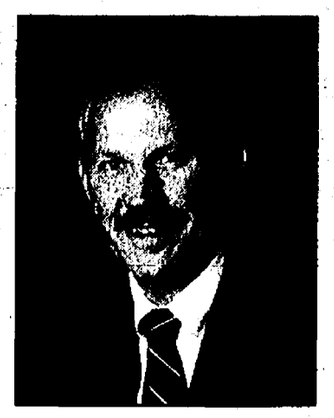
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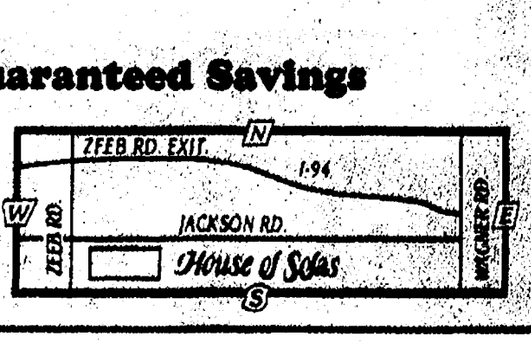

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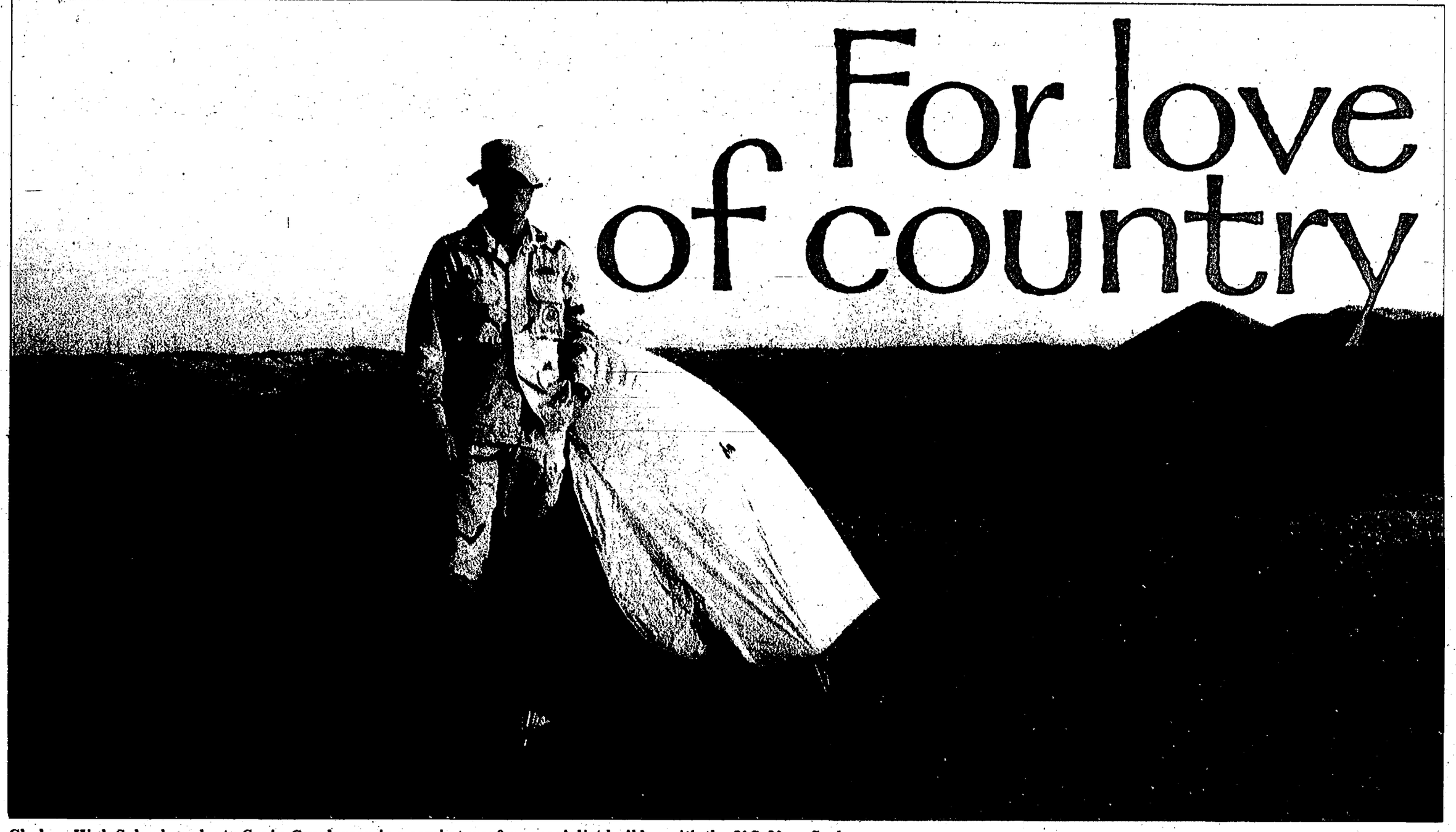

Chelsea High School graduate Gavin Gunderson is a combat warfare specialist builder with the U.S. Navy Seabees.

Chelsea High School graduate returns from war

By Chad Livengood
Special Writer

Chelsea High School graduate Gavin Gunderson saw the face of war from a perspective that no average U.S. citizen can ever imagine.

"War is sleepless, showerless, and you're always sandy," said the 2nd class petty officer.

Gunderson, a U.S. Navy Seabee combat warfare specialist builder, said for him and other soldiers, the war wasn't about fighting for freedom, liberation, regime change or finding weapons of mass destruction.

"It's about the guy next to you, not about politics," he said.

Gunderson, son of Brian and Kathy Gunderson of Chelsea, was originally sent to Hawaii in October for a routine seven-month deployment mission. But after three weeks, he received orders that he would be going to Kuwait. He arrived in Kuwait in early November 2002.

Gunderson, a Seabee, a group of construction specialists for the Navy, was then assigned to work on laying 38,000 yards of concrete for a F-18 fighter jet pad just outside of Kuwait City. The job was completed in 39 days.

"Concrete trucks came every 10 minutes," he said.

Gunderson, who has been in the Navy since July of 1999, later found himself along the front lines of the war.

"When the war started ... it was like a huge traffic jam at the border. All the units were waiting as far as the eye could see," Gunderson said.

His job as part of the Seabee Engineering Reconnaissance Team was to scout infrastructure for troops of the 1st Marine Division.

"We'd go forward into areas and check out possible construction sites for bridges, military supply routes, prisoner-of-war camps, ammunition supply points and base camps for allied troops," he said.

Bridges were the most important part because many of the pre-war concerns were that the existing Iraqi roads and bridges would not be able to handle tank weight and traffic, he said.

Furthermore Iraqi sabotage of bridges, oil fields, and waterways were other main concerns for the military before the war began, he said.

Gunderson's main job was to handle communication aspects of the missions. He had to take photographs of the bridges and military supply routes, and then send them back to the Marine Expeditionary Group's base camp operations.

The pictures were transmitted using Adobe PhotoShop and the military's high-frequency electronic mail system.

If there was no bridge or it had been blown up, the Marines and Army, armed with their own bridge building battalions, used floating bridges or a Mabe Johnson non-standard bridge. These bridges consist of a rollout track system that is a more permanent type of bridge, Gunderson said.

Among other jobs and duties Gunderson performed were navigator and manning the M-60 machine gun atop of a Hummer.

"The Gunner," as Gunderson called it, included a turret strap that he would have to sit on for hours on end as they drove through the desert.

Gunderson said the Seabee Engineering Reconnaissance Team drove more than 7,000 miles through the desert in a Hummer. When they arrived in Baghdad the last week in March, Gunderson said the Iraqi forces had already left.

Their main duties in Baghdad included inspecting and gathering information about the hospitals, schools, jails, roads and bridge infrastructure. They would then assess what needed to be done to carry out their mission.

Gunderson said that the facilities are not anywhere close to American standards. He also described the Iraqi people as having a lot of will and direction.

"Their main focus is simply one of survival," he said. "The Iraqis seemed to be happy we were there."

Gunderson said he was amazed when Iraqi citizens would drive by and people would come out of their homes and wave, throw flowers and, even at times, offer food.

A 1999 graduate of Chelsea High School, Gunderson served the country in Iraq. He is pictured with retired Col. Oliver North, a FOX News war correspondent and commentator.

Many people have questioned this war and the justifications set forth by British Prime Minister Tony Blair and President George W. Bush, yet Gunderson believes a lot of good can come out of the war if the United States tries to help Iraq and not force American beliefs.

"Our ways (style of democracy) aren't necessarily the best ways for that country," he said.

Likewise the local graduate said all the pre-war reasons to go to war meant nothing on the battlefield.

See WAR — Page 4-B

The Guinan Guppies relay team will walk in the American Cancer Society's Relay For Life set for tomorrow and Saturday at the Chelsea High School track. Five sisters will walk in memory of their late sister, Sharon Guinan, who died of leukemia in 1987 at the age of 22. Pictured are Roberta Kulpa, Christine Schutz, Marie Tisdale, Peggy Owens and Donna Henry.

Guinan sisters to walk in relay in memory of sibling

By Rita Fischer
Special Writer

For the five surviving Guinan sisters, the American Cancer Society's Relay for Life is a family affair.

Lyndon Township resident Marie Tisdale, a paraprofessional at Dexter High School, has formed a relay team to walk in memory of her sister, Sharon Guinan, a 1983 Chelsea High School graduate who died of leukemia in 1987 at the age of 22.

Tisdale is captaining a team of more than 20 walkers called Guinan's Guppies, named for Sharon's nickname, "Guppy." Her four sisters will join her on the team, which is sponsored by Wing Farms in Dexter.

Two years ago, Tisdale went to the Relay for Life in Chelsea and bought a luminary bag in memory of her sister.

"A lot of people are touched by the luminary service because a lot of people are struggling with cancer or are in remission, or know someone who lost the battle to it," Tisdale said.

In 1987, Tisdale's sister, Sharon, who had just graduated from Jackson Community College as a licensed practical nurse, was diagnosed with a rare form of lymphoma that took her life within a month of her diagnosis.

"We did not realize how short our time with her was," Tisdale said. "It was very hard. She was only 22 years old." Tisdale said her sister was very athletic, ran cross country, played softball and loved to jog.

Family, friends and relatives are participating in the Relay for Life in honor of Sharon. The team includes Tisdale's husband, Bob, and their children, Ryan and Ashley, and Tisdale's sisters and their husbands, Roberta

See RELAY — Page 4-B

COMMUNITY CALENDAR

CHELSEA

Thursday, June 19

The Tamarack Greens' annual meeting, 7 p.m. The public is invited. For information call 433-9102.

Thursday, June 26

Living History program 2 p.m.Chelsea District Library, 500 Washington St.. This is a free event and registration is not required. For information, call 475-8732.

Wine Tasting Event 7 p.m. at St. Mary Church. The cost is $25 per couple, $15 per person. Tickets will be available at the door. For information, call 475-2931.

Saturday, June 28

Estate Planning Workshop 10 a.m. to noon at the Chelsea District Library, 500 Washington St., in Chelsea. It's free, but registration is required. For information, call 475-8732.

CHELSEA MISCELLANEOUS

Thursday

Alzheimer's Association Family Caregiver Support Group meets from 2 to 3:30 p.m. the third Thursday of the month at the Chelsea Retirement Community, 805 W. Middle St. Meetings are free and confidential. Call 1-800-337-3827.

Bingo is held 6:30 p.m. the second and fourth Thursday of the month at Chelsea American Legion, 1700 Ridge Road, in Chelsea. For information, call 475-7212.

Chelsea Area Chamber of Commerce Board of Directors meets the third Thursday of each month. For information, call 475-1145.

U.S. Congressman Nick Smith, R-7th District, offers office hours from 4 to 5 p.m. the second Thursday of the month at the Chelsea Village Planning and Zoning Office in Chelsea State Bank, 305 S. Main St. For information, call 1-517-783-4486 or email rep.smith@mail.house.gov.

Friends of Chelsea District Library meets 7:30 p.m. the first Thursday of the month at the Chelsea District Library, 500 Washington St. Call 475-2424 for more information.

Senior Nutrition Program meets at noon Thursdays for dinner at the Waterloo Township Hall, 8061 Washington St., in Waterloo. For reservations, call 475-7439.

Friday

Al-Anon meets 12:30 p.m. every Friday at Chelsea Community Hospital, 775 S. Main St., in the White Oak Inn. For more information, call 475-1462.

Bingo is held 6:30 p.m. Fridays at Chelsea Rod & Gun Club, 7103 Lingane Rd., in Chelsea. For information, call 475-7910.

Saturday

Hope Clinic, a free clinic for people with no health insurance, is held 9 a.m. to noon on the second Saturday of the month at Faith In Action, 775 S. Main St., Chelsea. For information, call 475-3305.

Western Washtenaw Republicans meets 9:30 to 11:30 a.m. the second Saturday of each month at Cleary's Pub, 113 S. Main St., in Chelsea. For information, call 475-3874.

German Social Club meets 1 p.m. the last Saturday of the month at Wolverine restaurant, 20460 Old US-12, in Chelsea. For information, call 475-1583.

Sunday

The Parkinson Education and Support Group of Washtenaw County meets 1:30 to 4 p.m. the second Sunday of the month. For information, call 1-800-852-9781.

Monday

Al-Anon meets 8:30 p.m. every Monday at Chelsea Community Hospital, 775 S. Main St.. For information, call 475-1462.

Chelsea AA group meetings are held 8:30 p.m. Monday, 8 p.m. Thursday and 7 p.m. Sunday at the Chelsea hospital dining room; and Tuesday at the U.A.W. Hall next to the Chelsea Post Office.

Chelsea Area Garden Club meets 12:30 p.m. the second Monday of the month at First United Methodist Church, 128 Park St., in Chelsea. For information, call 433-5451.

Chelsea Kiwanis Club meets at 6:15 p.m. every Monday at Chelsea Community Hospital, 775 S. Main St., in Chelsea. For more information, call 475-5944.

Masonic Lodge 156 of Chelsea meets 7:30 p.m. on the second Monday of each month at 113 W. Middle St. in Chelsea. Call 433-1452 for more information.

Mystery Book Club meets 7:30 p.m. on the second Monday of the month at the Washington Street Education Center, 500 Washington St., in Chelsea.

Overeaters' Anonymous meets Monday nights 6 to 7 p.m. at the Covenant Church, 50 N. Freer Road, in Chelsea. For more information, call 995-1835.

Tuesday

Chelsea District Library Board meets 7 p.m. the third Tuesday of the month in the Washington Street Education Center meeting room, 500 Washington St., in Chelsea.

Chelsea Lions Club meets at 6:45 p.m. on the first and third Tuesday of the month at Chelsea Community Hospital, 775 S. Main St., in Chelsea.

Chelsea Rotary Club meets 12:30 p.m. Tuesdays at the Common Grill, 112 S. Main St., in Chelsea.

Euchre Party is held 7 p.m. every Tuesday at the Chelsea Senior Citizen Center in the Faith In Action building, 775 S. Main St., in Chelsea. For more information, call 475-9242.

Grandparents as Parents Program is held 12:30 p.m. the second and fourth Tuesday of the month at First United Methodist Church, 128 Park St., in Chelsea. For information, call 712-3625.

Senior Nutrition Program meets noon every Tuesday for dinner at the Waterloo Township Hall, 8061 Washington St., in Waterloo. For information, call 475-7439.

Woman's Club of Chelsea meets 1 p.m. the fourth Tuesday of each month at The Pines, 325 Wilkinson St., in Chelsea. For more information, call 475-0467.

Wednesday

Chelsea Veterans of Foreign Wars Post 4076, 105 N. Main St., meets at 7:30 p.m. on the second Wednesday of the month. For more information, call 475-1448.

The Evening Primrose Garden Club meets 7 p.m. on the second Wednesday of the month at the Chelsea Depot, 125 Jackson St.. For information, call 1-517-522-5859.

DEXTER

Friday, June 20 & Saturday, June 21

Boy Scout Troop 477 Rummage Sale 9 a.m.-9 p.m. Friday, and 8 a.m.-3 p.m. Saturday, at Creekside School, 2615 Baker Rd..

Wednesday, June 25

The Dexter District Library will hold focus groups on the mission of the library. Noon to 1 p.m. at the Dexter District Library, 8040 Fourth St., 3-4 p.m. at Dexter Township Hall, 6880 Dexter-Pinckney Rd., and 7-8 p.m. at Webster Township Hall, 5665 Webster Church Rd.

Saturday, June 28

The Washtenaw County Chapter of Veterans for Peace will meet 10 a.m. until noon at the Ypsilanti District Library, 5577 Whittaker Rd., Ypsilanti Township. For information, call 487-9058.

Slithering Snakes and Terrific Turtles program 2 p.m. Hudson Mills Metropark, 8801 North Territorial Road. The fee is $2 per person. Call 426-8211 to pre-register.

DEXTER MISCELLANEOUS

Thursday

Dexter American Legion meets 8 p.m. the first Thursday of each month at the American Legion Post, 8225 Dexter-Chelsea Road. For information, call 426-5304.

Dexter Community Band meets from 7 to 9 p.m. Thursday at the Dexter High School band room, 2200 N. Parker Road. For information, call 426-2734.

Dexter Historical Society meets 7:30 p.m. the first Thursday of the month at the Dexter Area Museum, 3443 Inverness St., in Dexter.

Dexter Rotary Club meets 7:30 a.m. every Thursday at Cousins Heritage Inn, 7954 Ann Arbor St., in Dexter.

Dexter Downtown Development Authority meets 7:30 p.m. the second Thursday of each month at the Copeland Administration Building, 7714 Ann Arbor St., in Dexter.

Dexter Lions Club meets 6:45 p.m. on the first and third Thursday of the month at DAPCO Industries, 2500 Bishop Circle East, in Dexter. Call 475-6945 for information.

Monday

Dexter Board of Education meets 7:30 p.m. the first and third Mondays of each month at the Copeland Administration Building, 7714 Ann Arbor St.

Dexter District Library Board meets 7:30 p.m. the first Monday of every month at Dexter District Library, 8040 Fourth St., in Dexter.

Dexter Village Council meets at 7:30 p.m. the second and fourth Monday of the month at the Dexter Senior Center, 7720 Ann Arbor St.

Dexter Village Planning Commission meets at 7:30 p.m. the first Monday of every month at the Dexter Senior Center, 7720 Ann Arbor St..

Dexter Village Zoning Board of Appeals meets at 7 p.m. the third Monday of each month at Dexter Senior Center, 7720 Ann Arbor St., in Dexter.

Tuesday

Dexter Child Study Club meets 7 p.m. at various locations on the third Tuesday of the month. For information, call 426-3664.

Dexter Garden Club meets 7 p.m. on the third Tuesday of the month at the Dexter Museum, 3443 Inverness St., . Call 426-2372 for information.

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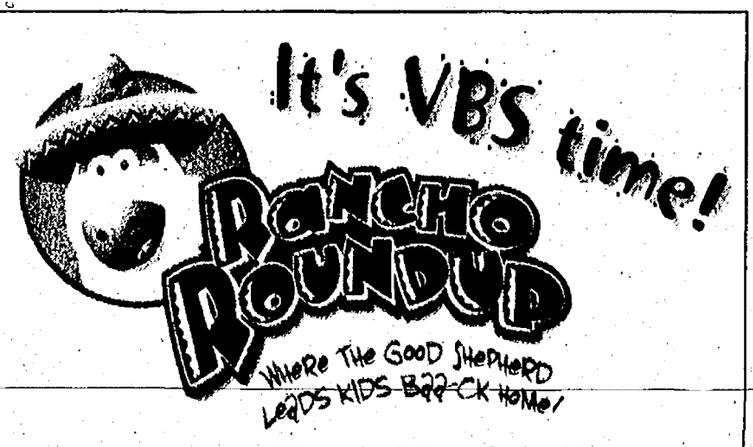

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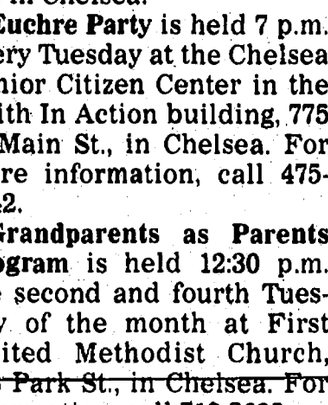

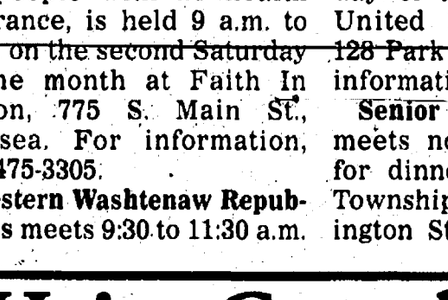

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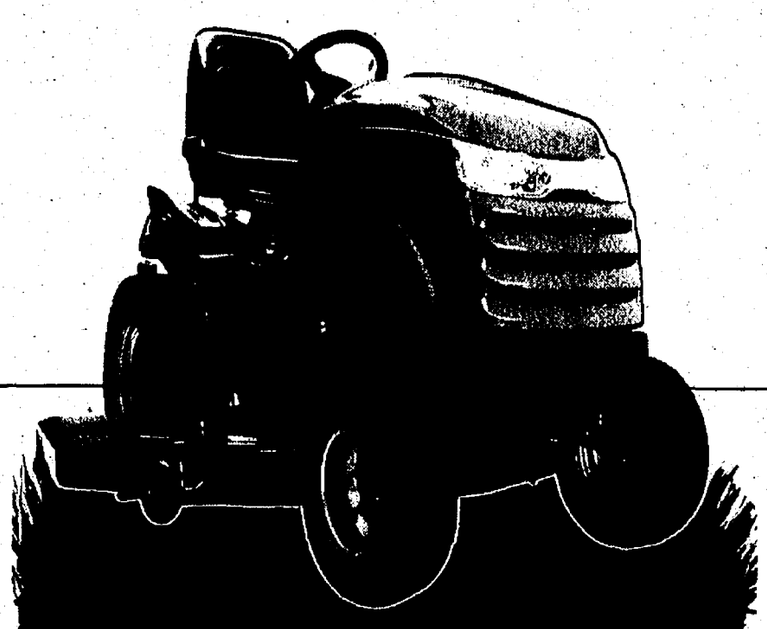

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WEDDINGS & ENGAGEMENTS

ENGAGED: Cristin Reichhardt of Fort Smith, Ark., daughter of David and Peggy Reichhardt of Dexter, and Mark Hall of Fort Smith, Ark., son of Gwen Hall, and Victor and Anne Hall, all of Fort Smith, Ark., have set an Oct. 25 wedding. The future bride is a 1992 graduate of Dexter High School. She has a bachelor's degree in mechanical engineering from Michigan Technological University and a master's degree in industrial administration from Purdue University. The future bridegroom is a 1993 graduate of Northside High School in Fort Smith, and a graduate of the University of Arkansas. He has bachelor's and master's degrees in business administration. Both are employed at Whirlpool Corp. in Fort Smith.

Rindfleisch, Montange exchange wedding vows

Amber Rindfleisch of Chelsea, daughter of Dean and Beth Rindfleisch of Williamston, and Jeffrey Montange of Chelsea, son of Ronald and Nancy Montange of Chelsea, were married May 31 at the Montange home on North Lake.

The Rev. Richard Dake officiated.

The maid of honor was Malia Montange, sister of the groom, of Chelsea. The best man was Jon Wozniak, friend of the groom, of Okemos.

The bride is a 1999 graduate of Dansville High School, and a 2001 graduate of Johnson and Wales University of Culinary Arts in Providence, R.I. She is employed at The Wolverine restaurant in Chelsea.

The groom is a 1995 graduate of Chelsea High School, and a 2000 graduate of Johnson and Wales University of Culinary Arts in Providence, R.I. He is currently serving in the U.S. Army.

The couple will reside in Fairbanks, Alaska.

Spencer performs in Alma opera

Dexter High School graduate Benjamin Spencer, a junior at Alma College, appeared in last month's Alma College Music Department's production of Gilbert and Sullivan's opera, "Ruddigore."

The opera is a satire of Victorian-style melodrama, ridiculing genres from Shakespeare to Italian opera. It's set in an English country village in the early 19th century and features quarrels between nobility and commoners.

Spencer played the roles of the 20th baronet, Sir Alistair Murgatroyd, and also a member of the "Bucks and Blades," Sir Despard Murgatroyd's followers.

He is the son of Timothy and Brooke Spencer of Dexter.

Smith earns doctorate

The Rev. James Smith, a 1986 graduate of Dexter High School, has earned a doctorate in theology, with distinction, from Loyola University in Chicago.

He is the son of Jim and Sandy Smith of Dexter.

BIRTHS

A daughter, Emma Louise, was born March 25 to Pete and Shana Barnum of Lansing. Maternal grandparents are Bill and Dianna Miller of Dexter. Paternal grandparents are Sandra and James Dollars of Durand, and Larry and Sue Barnum of Bancroft. The great-grandparents are Gertrude Miller of Dexter, Emma Walter of Owosso, and the late Nada Emma Coval of Dexter.

•

A son, Zane Ellis Johnson Chasteen, was born May 2 at Abbott Northwestern Hospital in Minneapolis to Melissa Johnson and Mark Chasteen of St. Paul, Minn. Maternal grandparents are Don and Gale Redding of Ann Arbor, and Willard Johnson of Chelsea. Paternal grandparents are Marilyn Chasteen of Ann Arbor and Joe and Donna Chasteen of Brier, Wash. The great-grandparents are Donald Beebe of Ann Arbor, and Beatrice Chasteen of Bradenton, Fla.

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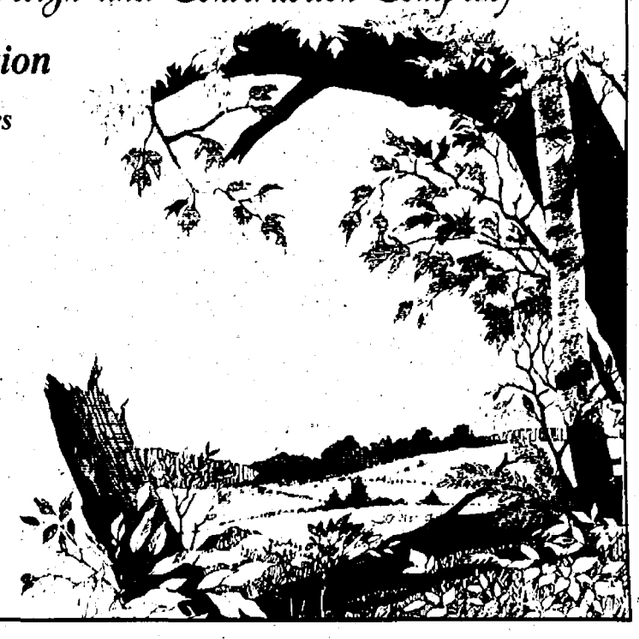
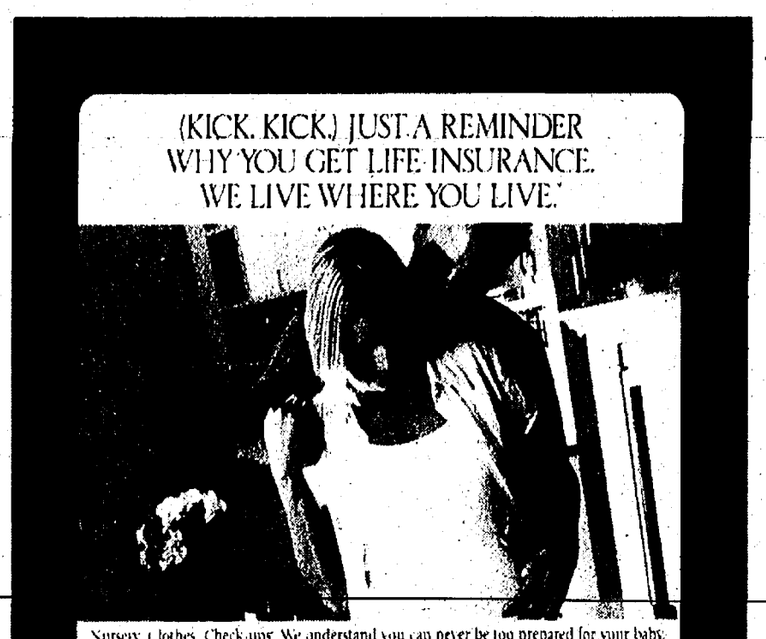


In loving memory of
Christopher Scherlzing

We thought of you with love today
but that is nothing new
We thought about you yesterday
and days before that too.
We think of you in silence
we often speak your name.
All we have now are memories
and your picture in a frame.
Your memory is our keepsake
with which we will never part.
God has you in his keeping
we have you in our hearts.
A million times we cried.
If love alone could have saved you
you never would have died.
In life we loved you dearly.
In death we love you still.
In our hearts you hold a place
no one can ever fill.

It broke our hearts to
lose you, but you
didn't go alone.
For a part of us went
with you the day God
took you home.

Sadly missed by,
Wife Jane &
Children Michelle
& Kyle



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Life
Auction

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Auction items include handmade quilts and wall hangings, golf outings, jewelry, antiques, gift certificates for massages, restaurants, health & beauty, etc., gift baskets, wood carvings, sports memorabilia including autographed items from the Red Wings & Detroit Lions and a two-foot tall Relay For Life bear! **Call 734.971.4300 to learn more!**

Old Chelsea High School Track
Friday, June 21 - Saturday, June 22
6:00 p.m. - 6:00 p.m.

RELAY FOR LIFE
American Cancer Society

Sponsored by
The Chelsea Standard
A Heritage Newspaper

California Dreamin'

A group from the Chelsea Senior Center flew to Reno, Nev., May 20 to start a 10-day tour of California that included Lake Tahoe, Yosemite National Park, San Francisco, Alcatraz, Monterey and Hearst Castle. The group also spent two nights in Las Vegas. The travelers recently got together to reminisce about the trip and share photos. Pictured are Marjorie Kirn, Ann Hoover, Erna Chess, Yvonne Johnson, Bill Martin, Sharon Kilgallin, Jo Walsh, Phyllis Kalmbach, Betty Davenport, Genelda Parker, Mercedes Snyder, Pat Trinkle, Charles Snyder, Jack Richmond, Earlyne Figg, Rosemary Kranz, Jean Simon, Nancy Schutze, Alice Ledwidge, Ramona Skittenhelm, Sally Leffler, Alice Dalling, Sonja Wendland, Kay Martin, Maryann Myers, Cameron Figg, Lou Lewis, Wayne Newman, Doris Richmond, Jerry Frisbie, Donna Frisbie, Eilene Walker, Jeanette Schneeberger, Ann Schafner, Edward Wendland, John Skittenhelm, Henry Johnson and Roland Camarao.

RELAY

Continued from Page 1-B

and Dennis Kulpa, Christine and Dave Schutz, Peggy and Clint Owens, and Donna and Steve Henry.

Jeff VanRiper, Bridget Powers, Frank Grohnert, Sandy Worthing, Tim and Celeste Klink and Vanessa VonBroda are also among the "Guppies."

Tisdale recently organized a fund-raiser to benefit Relay for Life at Beach Middle School in which pupils paid to duct tape Principal Andy Ingall to a pillar in the school cafeteria.

Tisdale said pupils at Beach have organized their own team for the relay in honor of their classmate, Lima Township resident Lisa Harvey. Harvey, who is being treated for leukemia, will miss the event because she will be visiting Disney World, a trip organized by the Make A Wish Foundation.

Tisdale has also inspired young people to get on board. Her son, Steven, a junior at Chelsea High School and a football player, will be on the football squad's relay team, captained by Zack Powers.

"I'm amazed with the overall response I've been getting," Tisdale said. "I just want to get people down there and see the community spirit, who are all trying to raise money for a cure for cancer.

"This is a wonderful way to remember my sister and to help other people and to get the youth involved. It could be one of our kids who find a cure someday."

The Relay For Life kicks off with a ceremony at 5:45 p.m. tomorrow at the old Chelsea High School track on Freer Road. The 24-hour event includes a luminaria ceremony, victory lap by cancer survivors, silent auction, music, a clown, magic show and much more.

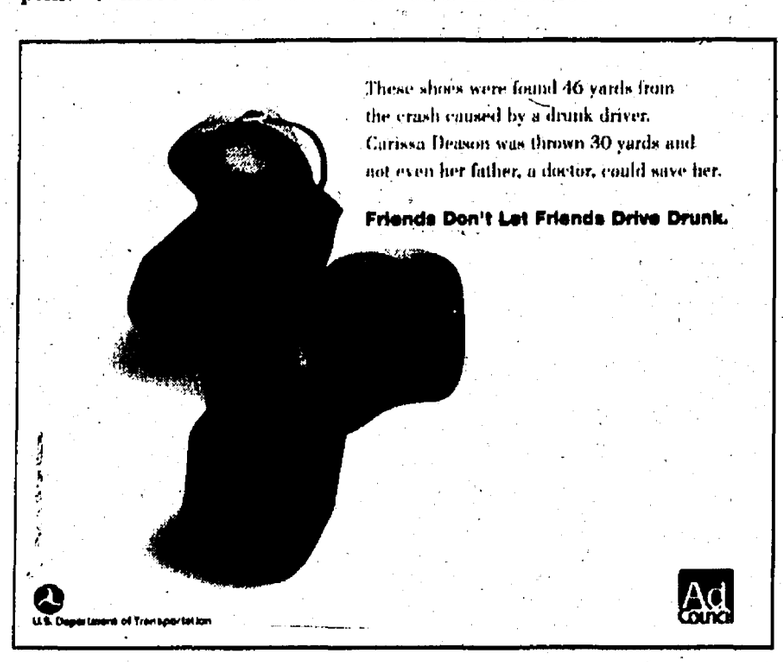
WAR

Continued from Page 1-B

"It's not why you're there, but what you're there to do," he said.

Gunderson recently came home from the Middle East and is stationed at the Navy Construction Battalion's base in Gulfport, Miss. He will complete his military service next June.

Local residents returning home from the war who are interested in sharing their recent experiences in Iraq may e-mail Chad Livengood at liven1cj@cmich.edu.



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Dexter Gospel Church
Vacation Bible School Rally Sunday
June 22, 2003 9:30am to 12 noon
Parents, bring your children and join in the experience they will receive the rest of the week at Vacation Bible School. After the rally, please plan to stay and enjoy lunch on the church grounds followed by more activities!
Our special guest will be missionary Jim Arnold.
Dexter Gospel Church
Daily Vacation Bible School
June 23-27, 2003 9:00am to noon
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Call (734) 475-6121 for more information.

Enrollment Dates & Times

CHELSEA
CCH Health & Wellness Center
14800 E. Old U.S. 12

June 11	6:30 p.m.
June 19	9:00 a.m.
June 25	6:30 p.m.
June 26	9:00 a.m.
July 2	6:30 p.m.
July 9	6:30 p.m.
July 10	9:00 a.m.

DEXTER
Dexter Senior Center
7720 Ann Arbor St.

June 17	7:00 p.m.
June 19	9:00 a.m.
June 21	9:00 a.m.
June 24	7:00 p.m.
June 26	10:00 a.m.

*Dates will be added for July and held in the Community Ed. Bldg.

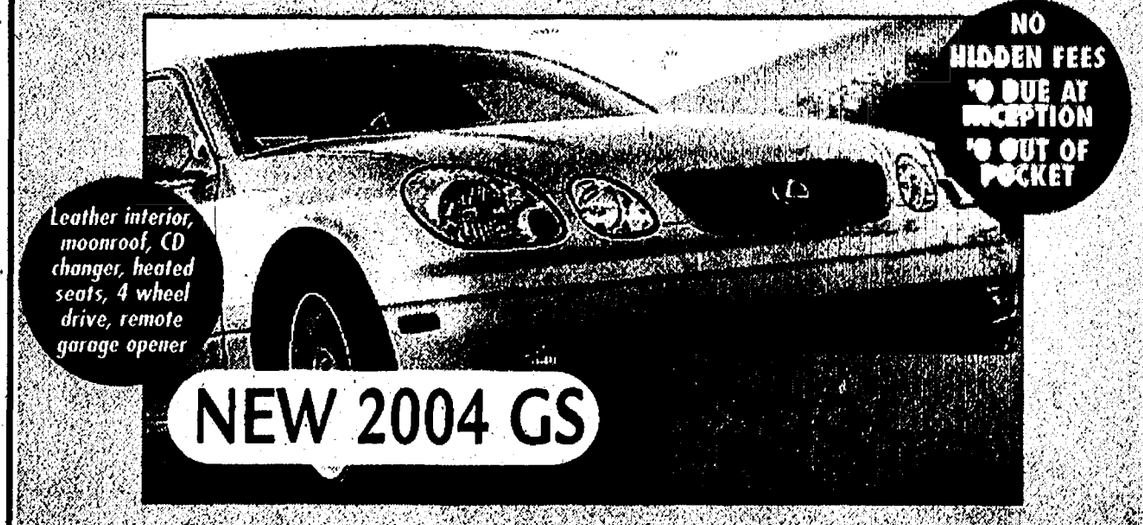
MANCHESTER
Village Offices
912 City Rd.

June 11	7:00 p.m.
June 17	10:00 a.m.
June 19	7:00 p.m.
June 24	10:00 a.m.
June 26	7:00 p.m..
June 28	9:00 a.m.

*Dates will be added for July

Join us on July 12
9 a.m. - Noon
at the Kick-off event for the Healthy Communities Walking Program!
Hudson Mills Metropark in Dexter
Do the Local Motion
Healthy Communities
Chelsea • Dexter • Manchester
Watch for details in upcoming ads and flyers!

SIGN & DRIVE



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Chelsea to host flyball tournament

MARCIA CAVAN

PAWS FOR THOUGHT

Do you like fast-paced excitement and spending time with your dog and other dog lovers?

If the answer is yes, then Flyball might just be the sport for you.

Check out the Flyball action Saturday and Sunday at the Chelsea Fairgrounds. Competition will start 8 a.m. and run into the afternoon both days.

Flyball is a team sport for dogs that was invented in California in the late 1970s. Legend has it that Herbert Wagner first showed Flyball on "The Tonight Show" with Johnny Carson.

Soon after, dog trainers and dog clubs were making Flyball boxes. In the early 1980s, the sport became so popular that the North American Flyball Association was formed.

Flyball is a relay race with four dogs on a team matched with another team as they race side-by-side. The course consists of four hurdles, spaced 10 feet apart and a box. Between the start and finish line is a total of 51 feet.

Each dog jumps the hurdles and steps on a spring-loaded box that shoots out a tennis ball. The dog catches the ball and runs back over the four hurdles.

The first team to have all four dogs run without errors wins the heat.

Tournaments are usually organized around a double-elimination or round-robin format.

Flyball offers much excitement to the dogs, handlers and to the spectators. Many teams run all four dogs in less than 20 seconds while the world record time is under 16 seconds.

At tournaments, teams are divided into divisions, so they are racing against teams of equal abilities. Mixed breeds are welcome to compete as well as purebred dogs.

The jumps are set 4 inches below the shoulder height of the shortest dog. Eight inches is the minimum height and 16 inches is the maximum height.

Dogs can earn awards and titles. Teams are also "seeded" for tournaments based on submitted times and if a team runs faster than those times those runs will not count.

The lower the jumps, the faster dogs can run, so most Flyball teams highly prize what they call their "height dog." This is usually a dog shorter than 12 or 14 inches at the shoulder.

If there is no "height dog," the team may have to jump up to 16 inches, and much valuable time will be lost each run jumping the higher jumps.

People who want to participate in the sport may join one of the many online Flyball lists. Post your location and information about your dog because different teams have different needs at any given time.

Post a message on the NAFA message board or go to a tourney and talk to people.

Quiet conversations will be impossible at most Flyball events, but the lovers of this sport never seem to mind. Some ignore the noise and just talk louder and others sport various kinds of earplugs.

One thing is for certain. No matter the breed or how fast, the dogs that compete at Flyball love what they do and are always ready for their next run.

While at the upper levels of the sport, border collies are the breed of choice, almost any dog can be taught to participate in Flyball events. Love of tennis balls or a strong desire to retrieve will help, but even dogs without these traits can learn to compete. It may take longer or they may be slower but they too can join the fun.

For more information visit the NAFA Web site at www.flyball.org.

Marcia Cavan is a freelance writer. She can be reached at mcavan@comcast.net.

Photo courtesy of Cheryl Ertelt

Check out the Flyball action Saturday and Sunday at the Chelsea Fairgrounds. Competition will start at 8 a.m. and run into the afternoon both days. Flyball is a team sport for dogs that was invented in California in the late 1970s. Legend has it that Herbert Wagner first showed Flyball on The Johnny Carson Show to millions of Americans.

Washtenaw Land Trust honors centennial farmers

The Washtenaw Land Trust honored owners of centennial farms in Washtenaw County by presenting them with certificates at a special awards picnic Saturday at Independence Lake Park in Webster Township.

The organization recognized Washtenaw County farms that have been continuously owned by the same family for 100 or more years. More than 140 families in Washtenaw County have achieved the milestone, which is officially designated by the Michigan Historical Commission.

"The WLT Board wanted to honor centennial farm owners for their 100-year commitment to the agricultural lifestyle," said Washtenaw Land Trust Board President Thomas O'Brien.

"We believe this is the first time they have been honored locally, and the first time anyone has brought them together to an event.

"These land owners and their families have preserved significant tracts of agricultural land throughout the county, so we are very happy to honor their commitment to the land."

The Washtenaw Land Trust is a nonprofit organization that works to protect farmland, natural areas and open space in and around Washtenaw County, and to educate members, local officials and the public on land-use issues. To date, the organization has protected 1,567 acres of land.

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HULK (PG-13) 1:00, 4:00, 7:00, 9:45
L'AUBERGE ESPAGNOLE (R) 1:05, 3:35, 7:00
HARRY POTTER & THE SORCERER'S STONE (PG) 9:00
HE LOVES ME, HE LOVES ME (NOT MR) 1:00, 3:00, 5:00, 7:00, 9:00
THE ITALIAN JOB (PG-13) 1:00, 3:10, 5:20, 7:30, 9:45
RUGRATS GO WILD (PG) 1:30, 3:30, 5:30, 7:30
DOWN WITH LOVE (PG-13) 9:25
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Relay For Life

What is Relay For Life?

Your American Cancer Society's signature event is a unique, empowering and fun way to make a difference in the fight against cancer.

Held at a local park or track facility, teams made up of family, friends and coworkers join other community teams. During the event, team members take turns walking around the track while others are free to socialize, picnic, play games, dance or participate in planned activities. Of course, some do make time to sleep, which makes Relay For Life America's largest slumber party!

Mission Statement

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy and service.

It's an Inspiration

Relay For Life support those who have lost a loved one, offers encouragement to those who are currently battling the disease and celebrates with those who have survived. But most of all, it is an inspiration to all who participate. With 3,000 events held across the country, Relay For Life is sweeping the nation!

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1-800-ACS-2345

American Cancer Society

Western Washtenaw County in Chelsea

Friday, June 20, 2003

Held At:
Chelsea High School

5:00 p.m.	Survivor's Registration-Registration Tent Survivor's Quilt
5:45 p.m.	Opening Ceremony • Corrie Hix (In the Key of "C") - Star Spangled Banner • Brian Myers & Tech Unlimited Alumnae (DJ-24 Hours)
6:00 p.m.	Survivor's Victory Lap Survivor's Dinner (following lap) • Chelsea Cheerleaders • Uncle Billie's Pony Rides - $1 donation (until 8 p.m.) Hilltop • Kevin Costello (Sanctuary Massage) & Sandy Shadoan (D-Dress Shop) – Massage Therapists • Spaghetti the Clown (6:00 - 9:00 p.m.) Kids Tent
6:30 p.m.	Kiwanis Dinner - Complimentary hot dogs provided by Kiwanis for all Relay team members.
7:00 p.m.	DSM Band
7:30 p.m.	Silent Auction (7-8:30 p.m.) Main Tent
9:00 p.m.	Luminaria Ceremony
11:00 p.m.	Glow Lap - Track
12:00 a.m.	Pizza - Complimentary pizzas (two per team) for all Relay team members – Concession Area
2:00 a.m.	Jammies Lap - Track
4:00 a.m.	Grooving to the Oldies Lap - Track
6:00 a.m.	Hokey Pokey Lap - Track

Saturday, June 21, 2003

7:00 a.m.	Sunrise Service – Pastor Richard L. Dake - Main Tent First Methodist Church
7:30 a.m.	Kiwanis Pancake Breakfast (until 9:00 a.m.)
8:00 a.m.	Jazzercise - Juli Huddleston - Dexter
9:00 a.m.	Kids Only Lap - Track
10:00 a.m.	Mr. Laurence - Cool Kiddie Rock (until 11 a.m.) - Kids Tent
10:30 a.m.	Live Auction - Main Tent
11:00 a.m.	~~Pokadot the Clown & Friends (until 12:30 p.m.)~~ - Kids Tent Mardi Gras Lap - Track
12:00 p.m.	Team(s) Potluck (until 1:00 p.m.) Concession area Gail Runcie - Massage Therapist (until 3:00 p.m.) Dog Lap - Track
12:30 p.m.	Crafts, face painting, rock painting - Kids Tent
1:00 p.m.	Chelsea Tae Kwon Do (until 2 p.m.) Inside Track Area Patriotic Lap - Track
2:00 p.m.	"The Magic Guy" -(Jeff Boyer - until 3:00 p.m.) Kids Tent Dog Lap - Track
3:00 p.m.	Misconduct (Band) - Entertainment Tent "The Wood Carver" - Bill McGhee - Kids Tent
4:00 p.m.	Family Lap - Track
5:00 p.m.	Closing Ceremony begins
6:00 p.m.	All teams to assist in CLEAN UP!!

Eastern Washtenaw County

June 21 & 22, 2003

10 am - 10 am
Held At: **EMU University Park**

8:00 a.m.	Team campsite set-up begins
9:00 a.m.	Survivor registration begins at Registration Tent
10:00 a.m.	OPENING CEREMONY • Welcome • Guest Speaker • Announcements • Survivor Introduction and VICTORY LAP
10:30 a.m.	Survivor Brunch/Program
10:30 a.m.	Silent Auction Opens
10:30 - Noon	Capin Geech & The Shrimp Shack Shooters Performance
10:30-Noon	Locks of Love Haircutting
12:30-1:00	Keith Heffner's Karate Demonstration
Noon-4:00	Children's Activities
Noon - 1:00	Bubble Hour/Cartoon Theme Song Hour
Noon - 3:00	Team Pictures (See board at registration tent for specific times)
1:00 - 3:00	REGISTRATION/BANKING HOURS
1:00 - 1:30	Sweet Adelines Performance
2:00 - 3:00	DSM Performance
3:00 - 4:00	Hawaiian Hour
4:00	Ice Cream Social
4:00 - 5:00	Crazy/Funny Hat Hour
5:00	Paddleboat Races
5:00	Silent Auction Closes
5:00 - 6:00	Beatles Music Hour
6:00 - 7:00	Elvis House/Elvis Impersonator
7:00 - 9:00	Bad Wedding Music
9:00 - 10:00	(The team who wins the music competition will get their music played.)
10:00	LUMINARIA CEREMONY
11:00 - 12:00	TALENT SHOW
Midnight	Pizza Party
1:00 - 2:00 a.m.	GLOW LAP
6:00 - 8:00	BANKING HOURS
8:00 a.m.	Pajama Lap
9:30 a.m.	CLOSING CEREMONY

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Outdoor Education Day

Pupils at Creekside Intermediate School in Dexter visited Dexter-Huron Metropark June 5 as part of Outdoor Education Day. Above, Alex Witus (left), Casey Holvenstot, Lance Jewell, Hunter Briggs, Brandt Bowling and Kristen Mertz roast hot dogs over an open fire. At right, Maryanne Stanard, known as "The Bird Lady," talks about a rare Red Morph Screech Owl.

Local residents on dean's list

Several local residents have been named to the dean's list for fall term 2002 at the University of Michigan College of Engineering.

Richard Murphy, Michael Solo, Christopher Strahler, Carolyn Wineland and Daniel Wright of Chelsea received the honor, as did Ashley Emery and Daniel Hornback of Dexter, and Kyle Harris of Grass Lake.

Robert Smith of Pinckney and Joseph Tchorzynski of Whitmore Lake were also named to the dean's list.

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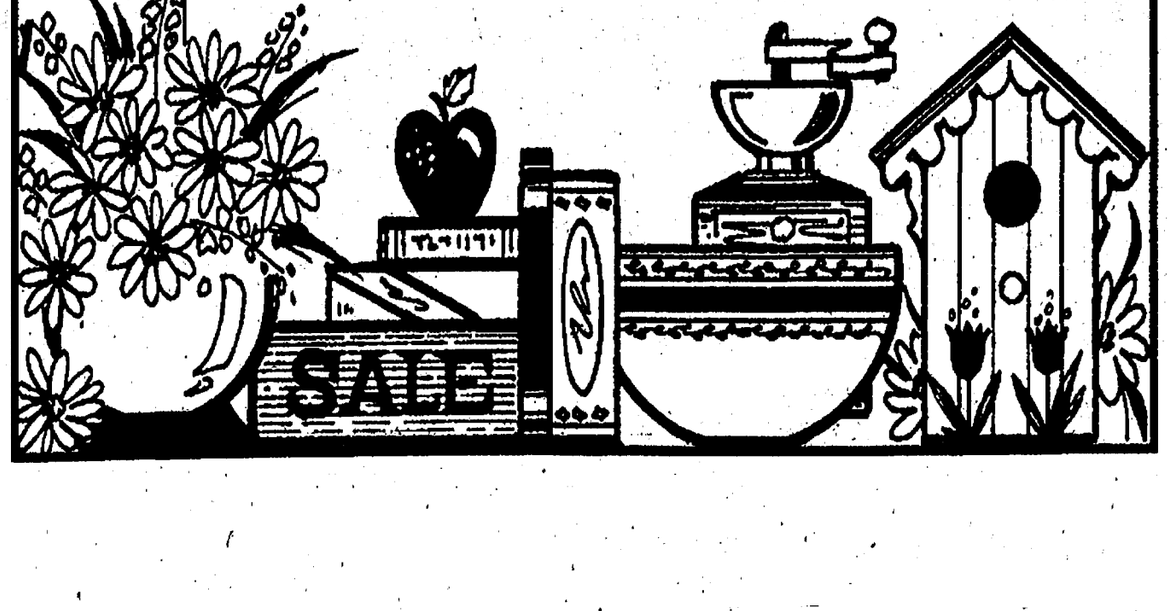
*Merchandise added continuously during sale
Proceeds support scouts' activities and service projects



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Nick Fletcher had a banner week in early June, earning his Eagle Scout award, graduating from high school and bringing home honors from the high school's Honors Convocation.

Student has banner week

The first week of June was a banner week for Nicholas Fletcher.

In one week, he achieved two of his dreams — he was awarded the rank of Eagle Scout and graduated with honors from both Dexter High School and the Ann Arbor Academy.

On June 7, Fletcher received Scouting's highest honor in front of 150 Scouts, teachers, family members and friends. Scoutmaster Tom Carroll led the Court of Honor in Fletcher's honor.

He is the eighth Scout to achieve the rank of Eagle since Troop 448 was chartered in 1970 by the Dexter United Methodist Church.

The rank of Eagle is the highest and most difficult to attain in Boy Scouts. It requires a youth to maintain active service in a troop for at least four years, earn 21 merit badges in all fields of study, volunteer for community service annually, hold leadership positions within the troop, and culminates in the completion of a community service project involving at least 200 volunteer hours.

Fewer than 4 percent of Boy Scouts become Eagles.

Fletcher, 18, the son of Daniel and Jeanine Fletcher of Dexter, has been a Scout since he was 5 years old. During his tenure, he earned 29 merit badges, eight more than required to achieve the rank of Eagle, qualifying him for the Bronze Palm.

Fletcher was also elected to the Order of the Arrow Honorary Fraternity, earned the Arrow of Light Award, the Interpreter strip for American sign language, and is a Paul Bunyan Woodsman instructor.

For the last four years, he has served his troop as senior patrol leader, instructor, patrol leader and quartermaster.

For his Eagle project, Fletcher designed and led the building of an outdoor ecology lab for the new Dexter High School. The lab consists of more than a half-mile of wood chipped nature trails winding through ten acres.

The project took him more than one year and 600 community service hours to plan, and involved the work of 67 volunteers who donated 2,500 community service hours to complete it. The lab was finished Oct. 24, 2002.

Last week, Fletcher was also awarded scholarships from both the Lions and Rotary clubs for his service and leadership in Dexter.

Fletcher has been asked to return to Troop 448 as an assistant scoutmaster. He will pursue a career in the field of fine cabinetry with a two-year scholarship at the Michigan Career and Technical Institute.

"Earning the rank of Eagle has been my ambition since I was a Cub Scout," he said, "It is the greatest honor of my life, and some of the greatest moments of my life were spent with my troop."

Van Bogelen re-elected to WISD board

Mark Van Bogelen has been re-elected to serve on the Washtenaw Intermediate School District Board of Education.

Van Bogelen, who ran unopposed, was chosen June 2 by representatives of local school boards in the district's biannual election. His term begins July 1 and continues through June 30, 2009.

Van Bogelen has served on the WISD board since June of 1994, when he was appointed to fill a vacancy left by the resignation of Diane Clise of Saline. In June 1995, he was elected to complete the remaining two years of Clise's six-year term.

Van Bogelen was elected to serve his first full, six-year term in June 1997.

A Realtor employed with Real Estate One in Ann Arbor, Van Bogelen is a former member of the Manchester Board of Education.

The other members of WISD's Board of Education are Anne M. Comeau of Chelsea, Diane Hockett and Mary Jane Tramontin of Ann Arbor, and Gregory Peoples of Ypsilanti. Each serves a staggered, six-year term.

WISD is a regional education service agency that works with the public school districts and public school academies in Ann Arbor, Chelsea, Dexter, Lincoln, Manchester, Milan, Saline, Whitmore Lake, Willow Run, and Ypsilanti to promote continuous improvement of achievement for all students.

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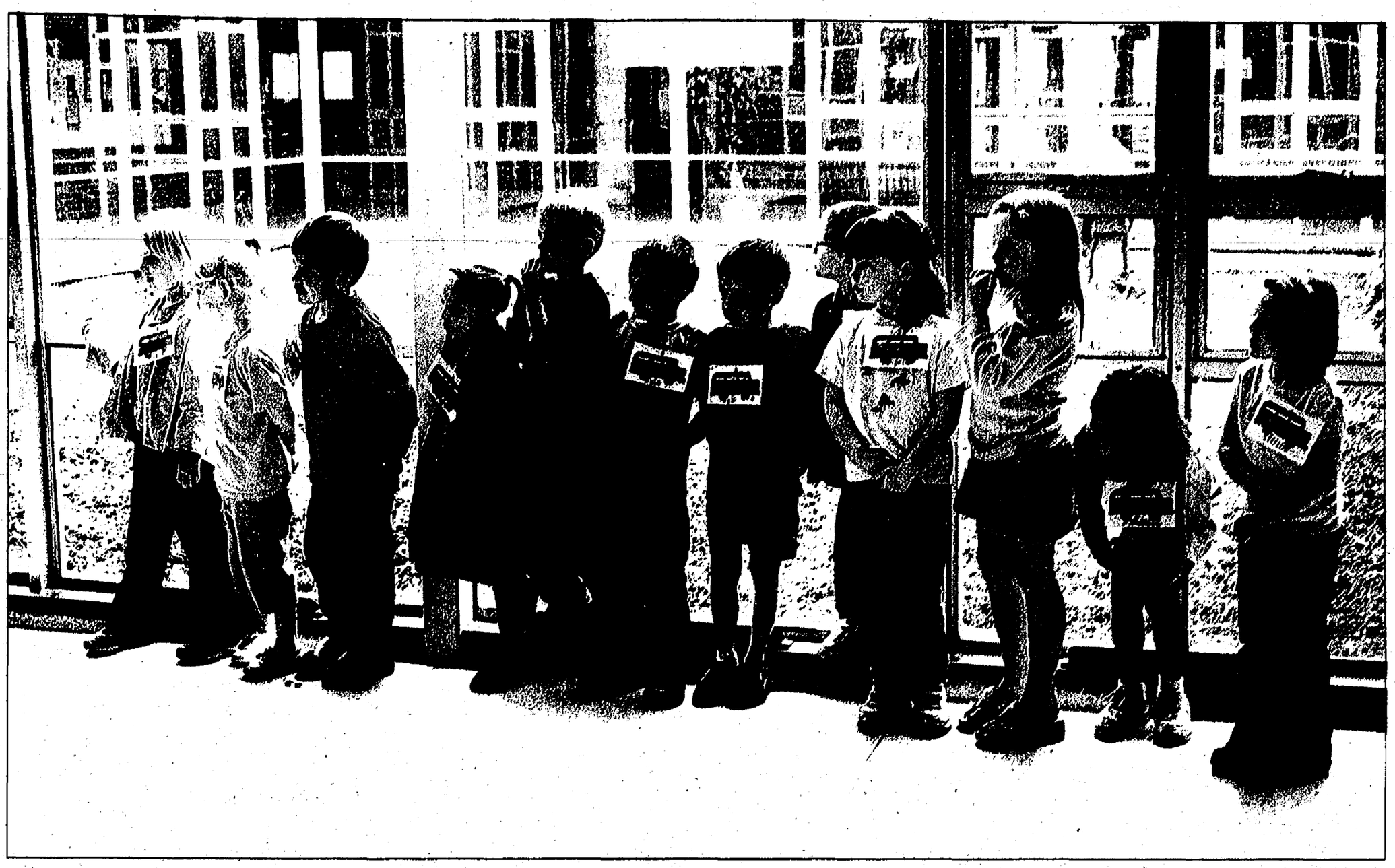
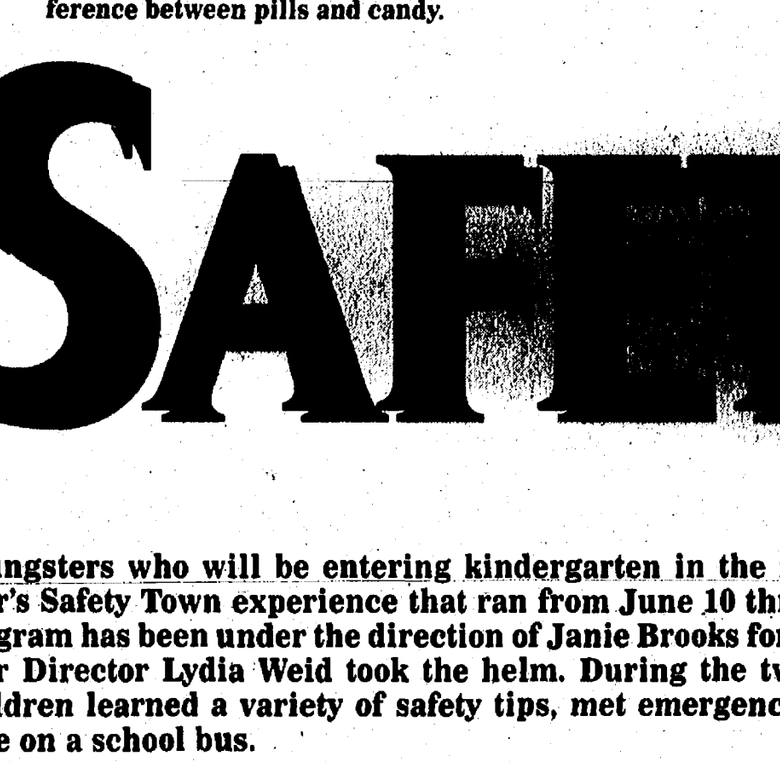
The Chelsea Standard
PEOPLE
Thursday, June 19, 2003



Youngsters at Safety Town played a game, "Is it Medicine or is it Candy?" The game, originated by former Safety Town Director Janie Brooks, teaches children the difference between pills and candy.

SAFETY TOWN

Youngsters who will be entering kindergarten in the fall enjoyed this year's Safety Town experience that ran from June 10 through today. The program has been under the direction of Janie Brooks for four years. This year Director Lydia Weid took the helm. During the two-week session, children learned a variety of safety tips, met emergency personnel and rode on a school bus.



Caroline Kim explored the Safety Town police station. Safety Town also featured a school, hospital and bank. Children drove around Safety Town on their tricycles.

Matthew Kimball volunteered as a patient when Huron Valley Ambulance paramedic Dori McDowell demonstrated how she puts a neck brace on an injured person.

HVA paramedic Dori McDowell showed youngsters the inside of her ambulance.

PHOTOS AND TEXT BY
MARGARET YEKULIS

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WEATHER

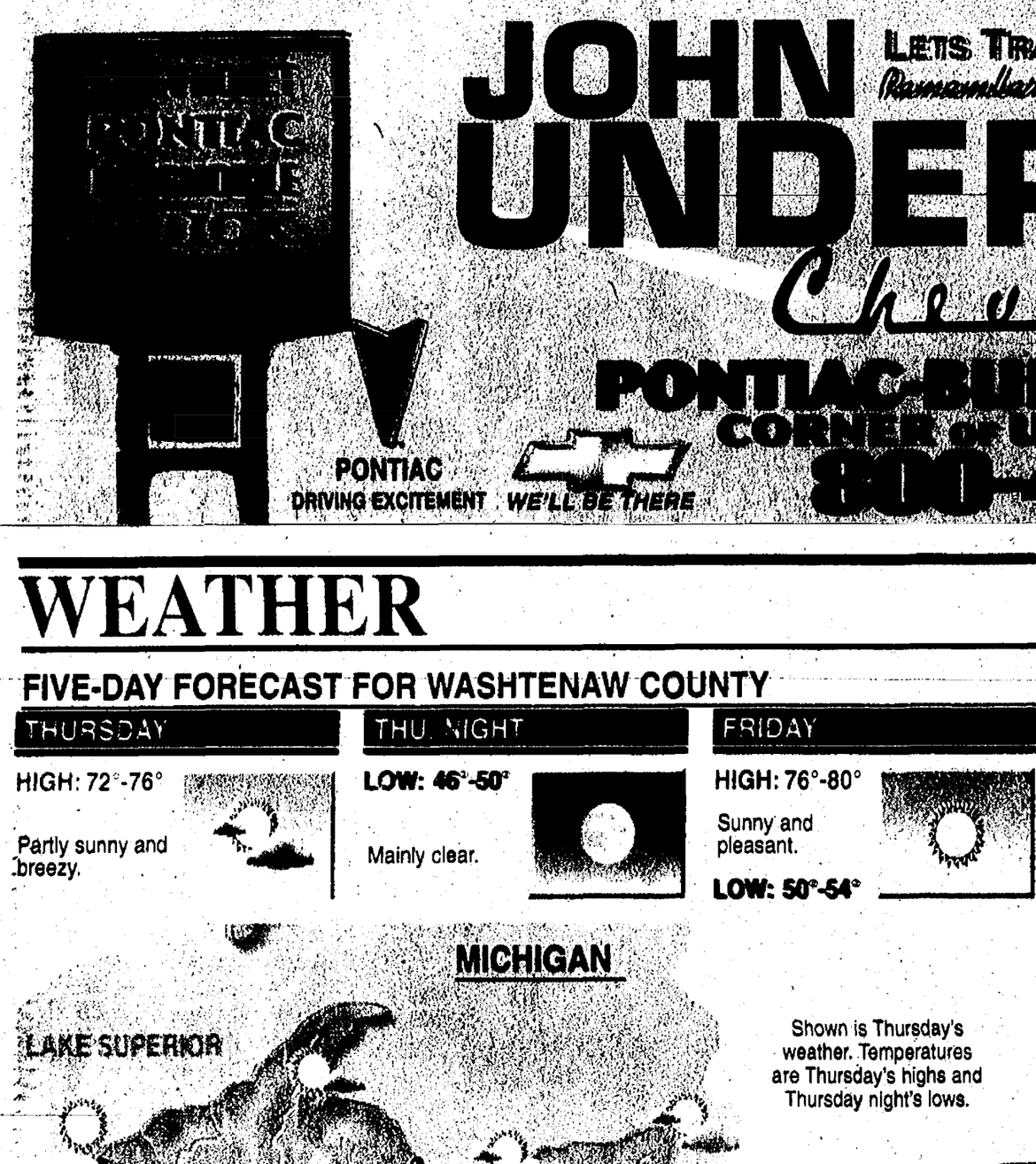
AccuWeather.com

FIVE-DAY FORECAST FOR WASHTENAW COUNTY

All forecasts and maps provided by AccuWeather, Inc. ©2003

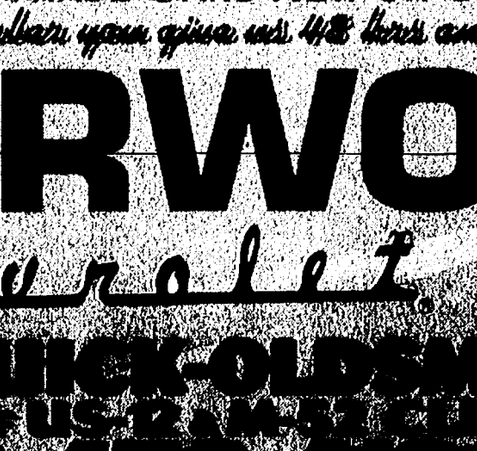
THURSDAY	THU. NIGHT	FRIDAY	SATURDAY	SUNDAY	MONDAY
HIGH: 72°-76°	LOW: 46°-50°	HIGH: 76°-80°	HIGH: 80°-84°	HIGH: 82°-86°	HIGH: 78°-82°
Partly sunny and breezy.	Mainly clear.	Sunny and pleasant.	Mostly sunny.	Sunny to partly cloudy.	Showers and thunderstorms.
		LOW: 50°-54°	LOW: 52°-56°	LOW: 56°-60°	LOW: 52°-56°

MICHIGAN



Shown is Thursday's weather. Temperatures are Thursday's highs and Thursday night's lows.

LOCAL WEATHER



AGRICULTURE

Lenawee, Monroe and Washtenaw Counties
A ridge of high pressure over the Great Lakes will result in dry weather Thursday along with 10-12 hours of sunshine. Winds north at 10-20 mph.

REAL FEEL TEMP™

The exclusive AccuWeather RealFeel Temperature measures how the air feels, taking into account all weather factors including temperature, humidity, wind, precipitation and sunshine. Shown is the highest realfeel temperature for each day.

Highest Thursday	72°
Highest Friday	78°
Highest Saturday	84°
Highest Sunday	84°

SOLUNAR TABLE

Four-day forecast indicates peak feeding times for fish and game.

	Major	Minor	Major	Minor
Thu.	5:59 a.m.	11:14 a.m.	5:26 p.m.	11:36 p.m.
Fri.	6:58 a.m.	12:03 p.m.	6:14 p.m.	—
Sat.	8:37 a.m.	12:25 a.m.	6:57 p.m.	12:47 p.m.
Sun.	7:17 a.m.	1:07 a.m.	7:36 p.m.	1:26 p.m.

UV INDEX

Highest Thursday ..... 7 ..... Moderate

The ultraviolet index is a guide to exposure to the sun. The higher the UV index number, the greater the need for eye and skin protection.

ALMANAC

Statistics for the week ending June 16.

Temperatures:

High for the week	82°
Low for the week	46°
Normal high	79°
Normal low	57°
Average temperature	65.3°
Normal average temperature	68.0°

Precipitation:

Total for the week	0.52"
Total for the month	1.25"
Total for the year	14.38"
Normal for the month	1.79"
% of normal this month	70%
% of normal this year	95%

SUN AND MOON

Sunrise Thursday	5:59 a.m.
Sunset Thu. night	9:14 p.m.
Moonrise Thursday	1:05 a.m.
Moonset Thursday	11:27 a.m.

Last	New	First	Full
June 21	June 29	July 6	July 13

MICHIGAN CITIES

City	Thur. Hi/Lo/W	Fri. Hi/Lo/W
Ann Arbor	74/48/pc	78/52/s
Battle Creek	73/51/pc	78/55/s
Bay City	72/51/pc	80/57/s
Coldwater	73/52/pc	78/56/s
Dearborn	75/57/pc	80/60/s
Detroit	76/58/pc	80/58/s
Grand Rapids	72/51/pc	79/58/s
Holland	71/51/pc	77/55/s
Jackson	74/48/pc	78/52/s
Kalamazoo	74/50/pc	79/54/s
Lansing	73/48/pc	79/53/s
Livonia	74/51/pc	79/57/s
Midland	73/50/pc	80/56/s
Monroe	73/52/pc	77/56/s
Muskegon	71/51/pc	77/55/s
Pontiac	72/52/pc	78/59/s
Port Huron	72/48/pc	79/56/s
Saginaw	74/51/pc	80/57/s
Saline	74/48/pc	78/52/s
Sault Ste. Marie	70/47/pc	77/53/s
Sturgis	73/52/pc	79/57/s
Toronto	69/50/pc	72/50/pc
Traverse City	71/48/pc	78/55/s
Warren	75/57/pc	81/60/s

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, r-rain, t-thunderstorms, sf-snow flurries, sn-snow, i-ice

WORLD CITIES

City	Thur. Hi/Lo/W	Fri. Hi/Lo/W
Acapulco	91/75/s	89/74/t
Algiers	81/57/s	81/58/s
Amsterdam	69/59/c	64/51/sh
Athens	86/67/pc	84/63/pc
Auckland	59/50/pc	60/48/pc
Bangkok	87/74/t	87/74/c
Barbados	88/73/pc	90/73/s
Beijing	94/80/s	93/80/c
Beirut	84/71/s	82/71/s
Belgrade	73/58/t	85/61/pc
Berlin	70/55/c	66/50/pc
Bogota	67/52/sh	64/51/c
Buenos Aires	68/53/pc	68/54/s
Cairo	101/66/s	99/65/s
Calgary	75/47/s	65/38/pc
Cape Town	70/49/s	72/50/s
Copenhagen	64/46/r	66/45/pc
Dublin	63/46/pc	57/40/pc
Frankfurt	78/57/s	72/52/pc
Geneva	77/58/pc	84/62/pc
Hong Kong	88/79/t	88/77/t
Istanbul	79/61/s	73/55/c
Jakarta	90/75/s	90/75/s
Jerusalem	90/64/s	86/56/s
Johannesburg	66/39/s	68/37/pc
Karachi	99/84/s	98/84/pc

City	Thur. Hi/Lo/W	Fri. Hi/Lo/W
Kiev	72/48/s	76/54/pc
Lima	67/57/s	70/60/s
Lisbon	91/71/s	91/71/s
London	73/61/c	68/50/pc
Madrid	86/54/t	91/65/s
Manila	90/77/c	88/75/c
Mexico City	72/52/t	71/50/t
Montreal	66/52/c	76/61/pc
Moscow	65/43/pc	67/45/pc
Nairobi	77/52/pc	73/50/c
New Delhi	94/75/s	105/86/s
Panama	83/71/t	84/72/c
Paris	73/57/pc	74/55/pc
Rio de Janeiro	77/61/pc	68/58/pc
Rome	87/65/s	89/69/pc
San Juan	88/76/t	90/76/c
Santiago	65/45/pc	62/44/pc
Seoul	89/67/pc	89/67/s
Singapore	89/79/pc	87/77/c
Stockholm	60/48/r	64/45/sh
Sydney	62/48/s	63/48/s
Tehran	91/65/s	93/74/s
Tokyo	83/72/c	84/74/pc
Vancouver	59/44/sh	52/42/r
Vienna	74/50/c	75/57/pc
Warsaw	78/57/pc	67/49/r

NATIONAL CITIES

City	Thur. Hi/Lo/W	Fri. Hi/Lo/W
Akron	74/54/pc	76/56/s
Albany	77/52/t	75/54/pc
Albuquerque	84/62/pc	89/62/pc
Anchorage	64/50/pc	64/50/pc
Atlanta	84/68/t	84/68/t
Atlantic City	81/57/t	79/57/pc
Austin	91/69/pc	95/72/pc
Baltimore	84/62/c	82/58/pc
Baton Rouge	90/73/c	90/73/c
Billings	88/60/pc	79/55/c
Birmingham	88/69/t	86/69/t
Bismarck	89/59/s	84/60/pc
Bloomington	77/56/pc	82/57/s
Boise	89/58/pc	82/50/pc
Boston	76/58/t	72/58/pc
Brownsville	94/76/pc	94/78/pc
Buffalo	72/52/pc	72/52/pc
Burlington, IA	79/56/s	84/60/s
Burlington, VT	74/52/sh	74/54/pc
Casper	85/54/pc	85/52/pc
Cedar Rapids	82/52/s	83/56/s
Charleston, SC	88/73/c	86/70/c
Charleston, WV	79/57/c	80/55/s
Charlotte	86/66/c	86/64/pc
Cheyenne	74/53/pc	81/53/pc
Chicago	74/56/pc	78/58/s
Cincinnati	78/58/sh	82/60/s
Cleveland	72/54/pc	76/56/s
Columbia, MO	84/57/s	81/59/s
Columbus, OH	77/56/pc	80/58/s
Dallas	88/70/c	91/71/pc
Davenport	79/52/s	82/57/s
Denver	78/55/pc	84/57/pc
Des Moines	84/57/s	83/61/s
Duluth	75/52/s	76/52/s
El Paso	94/68/pc	96/68/pc
Fairbanks	66/50/c	70/50/pc
Fargo	86/61/s	82/62/pc
Flagstaff	78/40/s	78/40/s
Fort Wayne	76/54/pc	80/56/s
Gary	74/53/pc	79/57/s
Green Bay	74/49/pc	79/55/s
Helena	82/55/c	74/48/c
Honolulu	88/75/s	87/75/s
Houston	92/72/pc	93/73/pc
Indianapolis	77/54/pc	80/59/s
Juneau	55/47/r	60/48/c
Kansas City	85/61/s	85/64/pc
Knoxville	82/65/t	83/64/c
Las Vegas	100/74/s	98/74/s
Lexington, KY	80/58/sh	83/60/s
Lincoln	85/59/s	83/63/pc
Little Rock	84/68/sh	86/67/c
Los Angeles	70/64/pc	70/64/pc
Louisville	80/59/pc	84/63/s
Madison	76/51/pc	80/56/s
Memphis	82/67/t	83/70/pc
Miami	90/78/t	91/79/pc
Milwaukee	70/54/pc	76/58/s
Minneapolis	82/60/s	84/62/s
Mobile	87/75/t	90/74/c
Nashville	82/64/t	84/64/c
New Orleans	90/77/c	92/77/t
New York	80/62/t	79/65/pc
Norfolk	85/68/s	80/65/c
Oklahoma City	85/65/pc	88/67/pc
Omaha	86/58/s	86/63/pc
Orlando	88/74/t	90/74/c
Palm Springs	110/78/s	98/70/s
Philadelphia	82/62/s	80/62/pc
Phoenix	103/78/s	103/76/s
Pittsburgh	76/54/s	78/54/s
Portland, ME	72/53/t	72/52/pc
Portland, OR	70/54/pc	68/52/c
Providence	78/57/t	76/57/pc
Raleigh	86/63/c	84/64/pc
Rapid City	84/58/s	82/59/pc
Reno	90/54/s	84/52/s
Richmond	86/61/t	82/60/pc
Sacramento	82/55/s	84/58/s
St. Louis	86/60/s	80/63/s
Salt Lake City	90/65/pc	86/59/s
San Antonio	92/72/pc	95/75/s
San Diego	68/66/pc	67/62/c
San Francisco	64/54/pc	66/52/s
Santa Fe	79/52/pc	85/52/pc
Seattle	66/52/c	64/50/c
South Bend	74/51/pc	79/58/s
Springfield, IL	78/55/pc	80/58/s
Tampa	90/75/t	91/78/s
Toledo	75/51/pc	80/55/s
Topeka	82/62/s	82/64/pc
Tucson	100/70/s	98/68/s
Washington, DC	84/64/c	84/64/pc
Wichita	84/62/pc	88/64/pc

Photo by Doug Trojanowski

Chelsea players and coaches celebrate winning the Division II softball crown last Saturday at Battle Creek's Bailey Park. It was the second straight state title for the Bulldogs.

Photo by Doug Trojanowski

Bulldog junior catcher Katrina Moffett swings away during the state championship game against Comstock. Moffett, who batted a team-high .548 this year, had a base hit and one RBI in the Division II final.

Photo by Doug Trojanowski

The Chelsea Standard

SPORTS

Thursday, June 19, 2003

To report scores, call 475-1371 or fax 475-1413 or e-mail drichter@heritage.com

TWICE AS NICE!

Chelsea softball wins second consecutive state title

Photo by Doug Trojanowski

Chelsea's softball team gathers around the Division II championship trophy after defeating Comstock 6-1 in the state final last Saturday. The title is the Bulldogs' second straight and fourth overall in school history.

By Don Richter
Sports Editor

Blame it on a muffin and a plate of hash browns.

For Chelsea junior Missy Morcom, her pregame breakfast actually turned out fit for a champion.

Behind the scrappy second baseman, the Bulldogs defeated Comstock 6-1 at Battle Creek's Bailey Park last Saturday. With its victory, Chelsea (36-4) captured its second consecutive Division II state championship.

"I don't know what it was, I just had a muffin and hash browns for breakfast," said Morcom, shrugging her shoulders in disbelief, at how well she played in the biggest game of her life. "This was my best game of the season."

It couldn't have come at a better time.

Morcom, the Bulldogs' lead-off hitter, finished the day 3-for-4, with one run scored. Defensively, she was flawless in the field. In appropriate style, she recorded all three put outs in the game's final inning. She calmly fielded each grounder, tossing the ball to teammate first baseman senior Alison

See TITLE — *Page 2-C*

Photo by Doug Trojanowski

Chelsea senior first baseman Alison Mann (left) hugs teammate junior pitcher Jenna Connelly after the Bulldogs recorded the final out, at last Saturday's Division II state championship game.

2003 Roster

No.	Name	Pos.	Yr.
1	Christyna Toon	UT	So.
2	Julia Arnold	CF	Sr.
4	Brynna Darwin	LF	So.
5	Cynthia Johnson	3B	Sr.
6	Katie Herman	OF	Jr.
7	Becky Sprague	1B	Jr.
8	Carly Daniels	P	Sr.
9	Nicole Collins	UT	Jr.
10	Alison Mann	1B	Sr.
11	Missy Morcom	2B	Jr.
12	Alise Augustine	LF	Jr.
13	Katrina Moffett	C	Sr.
14	Jenna Connelly	P	Jr.
15	D. McClelland	OF	Jr.
16	Anna Arend	SS	Sr.
17	Mary Kate Setta	OF	So.

Head Coach: Kim Reichard
Assistant Coaches: Mark Musolf, Chris DeFant, Bob Moffett and Jenni Driskill
Captains: Carly Daniels and Alison Mann
Trainer: Chris Stuart
Manager: Rachel Voicechovski

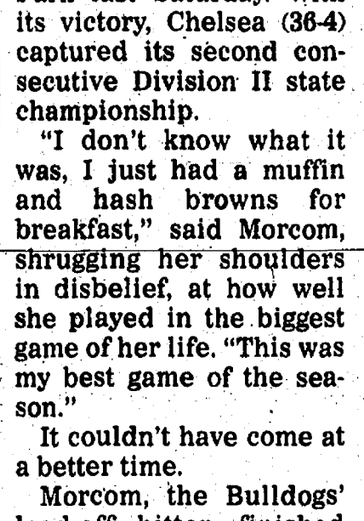


Photo by Doug Trojanowski

Chelsea senior centerfielder Julia Arnold checks her swing. Arnold scored one run and made two put outs in the state final.

TITLE

Continued from Page 1-C

Mann for the contest's last out.

"It was just unbelievable," Morcom said, of her last inning defensive play. "I was just trying to concentrate and stay focused. The nerves were working pretty good, but it was okay."

Working pretty good was the entire Chelsea team. The Bulldogs dominated the Division II state playoffs. In seven games, Chelsea outscored its opponents 44-1.

"We were on a mission," said Chelsea coach Kim Reichard, completing her fourth season as Bulldog skipper. "We had poise on the field. People kept asking if we were nervous. We were, but it wasn't a scared nervous."

Reichard said her team was focused throughout the playoffs in its quest for a state championship.

"They definitely were unstoppable when they put their mind to it," she said.

It's safe to say Comstock (33-9) would wholeheartedly agree.

The Colts, champions of the Wolverine B Conference, did something no other team had been able to accomplish against Chelsea in the playoffs – they scored a run.

In fact, Comstock, a school near Kalamazoo, scored a run in its first at bat in the opening inning.

The Colts began the bottom of the first inning, with a lead-off single by shortstop freshman Sarah Thomas. After a wild pitch, Thomas sprinted to second base. A subsequent ground out by senior right fielder Kim Juwong, moved Thomas to third base. With one out, Comstock's No. 3 hitter senior third baseman Kristin Johnson, who sports a team-high .394 batting average, lofted a fly ball deep to centerfield, bringing home Thomas, who tagged from third base.

With the run, the Colts led 1-0, breaking Chelsea's streak of six straight shut outs.

Despite being down for the first time in the playoffs, the Bulldogs refused to panic.

"We've been down before, we're a good comeback team," Mann said. "We're one of those teams that gets a hit, then gets more hits and more hits and it gets contagious. We played well and scored runs when we needed them."

Senior centerfielder Julia Arnold said it was just a matter of time before Chelsea would heat up offensively.

"We knew we were going to get the runs back," she said.

Senior third baseman Cynthia Johnson said she had no doubt the Bulldogs would rally.

"That's one of the things with this team, we can always come back when we need to," she said. "We have a lot of confidence in each other and we know we can all do it."

Junior catcher Katrina Moffett said she drew on last year's state championship experience when the Bulldogs faced their first deficit.

"We were here last year and were down," she said. "We're a team that comes back. When we let a run score on us, we get mad and come back. We just hit the ball even harder."

Indeed.

In Chelsea's next at bat, the Bulldogs immediately struck back at Comstock.

Mann led off the inning with a single. Junior left-fielder Alise Augustine followed with a bunt single, moving Mann down to second base. After Johnson lined out to first base, right-fielder Brynna Darwin stepped to the plate.

> **"When the pressure's on, we execute. We came back. We answered."**
> *Kim Reichard*
> *Chelsea coach*

Chelsea's No. 8 hitter promptly laced a RBI single up the middle, scoring Mann and tying the game at 1-1. With an errant throw by the Colt centerfielder, Augustine moved to third base, while Darwin motored over to second.

"It was sweet," said Darwin, who finished the game 2-for-4, with two RBI. "I haven't hit like that in so long. I just drilled it. Hitting-wise it was my best game. I think it was the pressure. I was just, like, real scared."

With one out and runners on third and second, Chelsea junior pitcher Jenna Connelly strode to the plate. The Bulldog ace, Connelly rarely batted this season. Reichard normally used a designated hitter in her spot in the line-up, but since the state tournament began, Connelly had been swinging the bat herself.

Connelly helped her cause, breaking the tie, stroking a RBI single to right field, scoring Augustine. With the run, Chelsea took the lead for good, at 2-1.

"I haven't hit this whole season," Connelly said. "In regionals I started to hit. It felt good to contribute in another way."

Reichard was proud of her squad's comeback.

"We knew it was bound to happen," she said, of being behind. "It's not like we hadn't been scored upon all year. When the pressure's on, we execute. We came back. We answered."

The score stayed 2-1 until the top of the seventh inning, when Reichard gathered her squad, before its final at-bat.

"I told the team we needed an insurance run," Reichard said. "I didn't expect the offensive explosion."

The Bulldogs not only scored an insurance run, they brought home four extra runs and, in essence, the state championship.

"We really wanted to get another run," Augustine said, of the Dawgs' seventh inning motivation. "We just wanted it that much more. In the dugout we all got pumped up. Once one of us does it (hits), it becomes contagious and we all start hitting."

Morcom started the seventh inning off the way she began the game for Chelsea, with a single. Arnold followed with a single of her own. Moffett then connected for the Bulldogs' third straight single, scoring Morcom, and giving Chelsea a 3-1 lead.

After Mann walked to load the bases, Augustine looped a single to left centerfield, scoring Arnold for a 4-1 Bulldog advantage.

Chelsea upped its lead as Johnson reached base on an error by the Colt third baseman. With the miscue, Moffett scored and the Dawgs led 5-1.

With the bases still full of Chelsea runners, Darwin laced a grounder to the first baseman, scoring Mann from third base, for the game's final run.

With Comstock coming up in the bottom of the seventh inning for its final at-bat, the Bulldogs prepared to bear down defensively.

"Oh my gosh, in the seventh inning, my legs were shaking in the outfield," Darwin said. "I was so scared. But I knew we could do it."

> **"Oh my gosh, in the seventh inning, my legs were shaking in the outfield. I was so scared. But I knew we could do it."**
> *Brynna Darwin*
> *Chelsea outfielder*

Before the final at-bat started, outfield mates Darwin, Arnold and Augustine gathered together in centerfield.

"We told each other, 'Air tight'", Darwin said. "We're not letting anything get by. We're winning this. We're not going home upset. We're not losing."

In the bottom of the seventh inning, despite a one out double by Comstock sophomore first baseman Amanda Jager, the Colts ended their season quietly. Morcom made three put outs in the frame, icing the Bulldogs' victory.

After a rough first inning, Connelly mowed down the Colt batters the rest of the game.

"I just settled down," she said. "I felt like I had more focus in the second inning. And I think my team was more into it to, because we were like, 'We need this victory.'

"Pressure situations really get me going, as well as the team. We knew we had to come back. That got us going."

Connelly picked up the win, allowing three hits, striking out eight and walking one.

Reichard said Connelly adjusted after the opening inning.

"She knew she had to mix up her pitches," she said. "They (Comstock) were aggressive hitters that attacked the first pitch. She took charge the rest of the way."

At the plate, Mann finished 2-for-2, with two walks and two runs scored.

"She's such a tough kid," Reichard said, of Mann. "She started off our comeback with a single. She led the way."

Moffett ended up 1-for-4, with one RBI and one run scored, while Augustine was 1-for-3, with one RBI and one run scored. Connelly was 1-for-3, with one RBI.

For the contest, Chelsea belted out 10 hits.

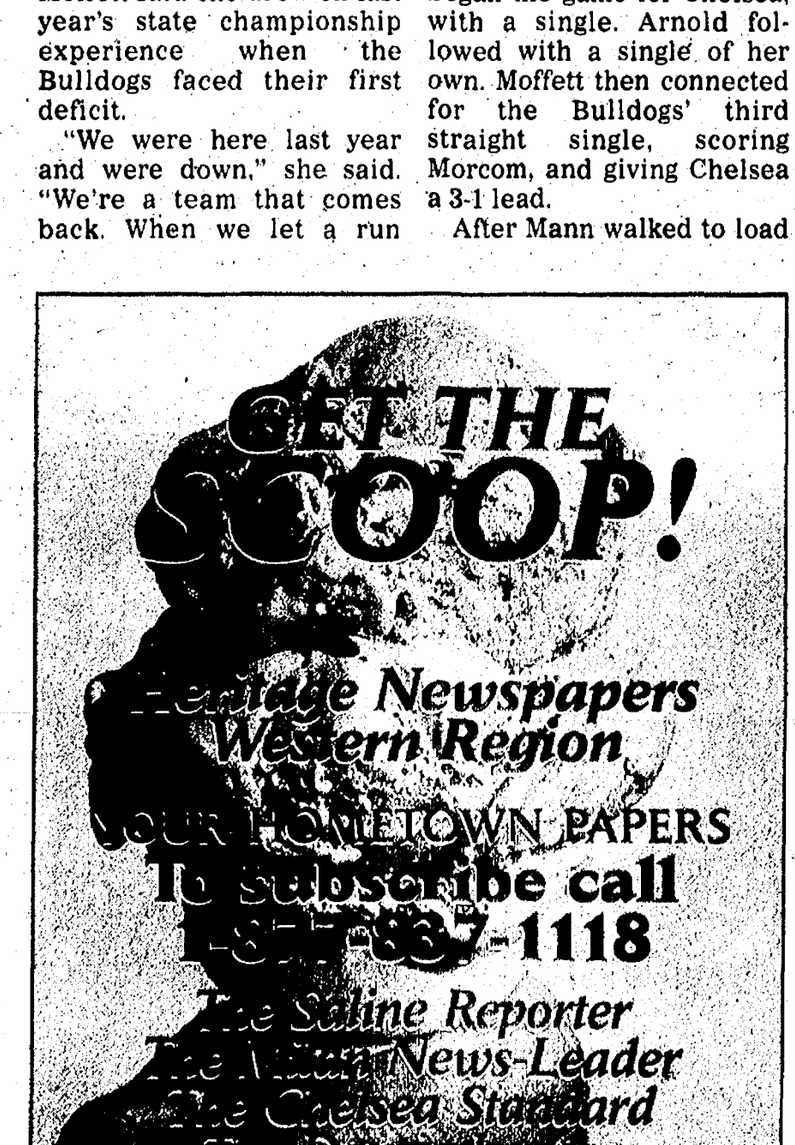
Comstock's Jager finished 2-for-3, while Thomas was 1-for-3, with one run scored.

Recording the loss from the circle for the Colts was senior pitcher Lindsey Rustenholtz, who gave up five hits and two runs.

After the game, Mann, holding the Division II state championship trophy, succinctly summed up the Bulldogs' feelings after winning their second consecutive title.

"It doesn't get any better than this," she said.

Sports Editor Don Richter can be reached at 475-1371 or at drichter@heritage.com.



Should you watch Hale Irwin play golf or Huey Lewis play hits?

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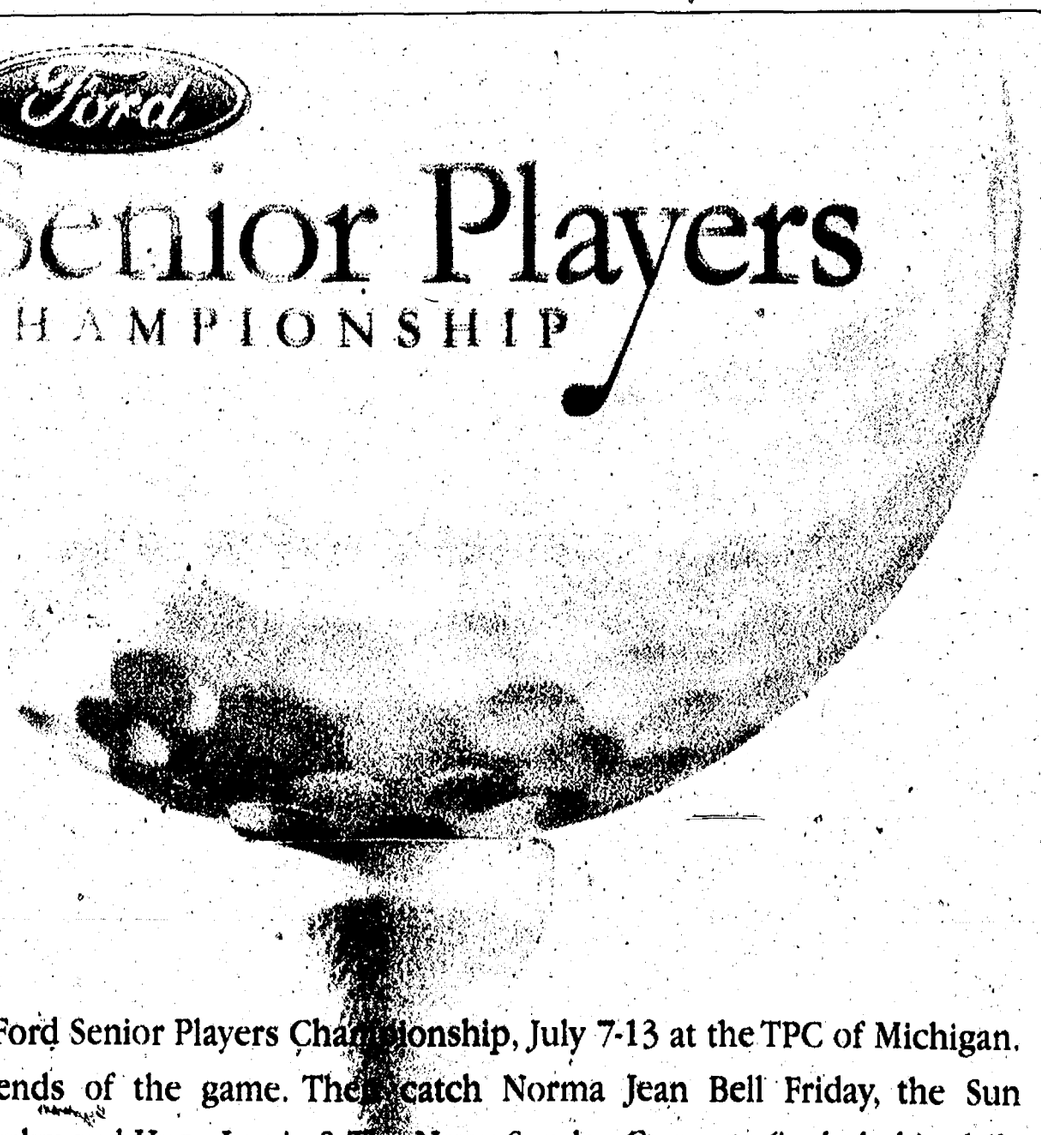
Ford Senior Players CHAMPIONSHIP



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Odd happenings predict title

DON RICHTER

ON THE SIDELINE

Sometimes things are just meant to happen.

Sometimes it's just in the stars, as they say.

For Chelsea softball, winning its second consecutive Division II title, was its destiny – if you believe in fate.

And, also, if you believe in odd, quirky happenings as a signal of future success.

Chelsea coach Kim Reichard, who has a four-year record of 143-46-1, and an impressive 72-7-1 overall mark the past two seasons, is one of those people who believes in fate. Especially after last weekend.

"We had so many signs this past week," Reichard said, of her team's stay in Battle Creek, host of this year's softball finals. "It was creepy."

First off, like so many us (yours truly included) finding Battle Creek's Bailey Park can, at times, be a hassle.

The park, just outside downtown, is well off the freeway, and can be difficult to locate.

"It was kind of weird," Reichard said. "On the way to the park, we (the team, on the bus) got turned around. We ended up getting lost on Champion Street. I thought that was interesting."

Also, Reichard said this year's overall record of 36-4, was virtually identical to last season's state title team's mark of 36-3-1.

Adding to "Twilight Zone" effect, were the fields the Bulldogs played on during the state tournament.

"We were at Saline in the quarterfinals, and we played on the same field and used the same dugout as last year," Reichard said. "Then in the semifinals, we played on the same field and used the same dugout. And then in the state championship game, we played on the same field and sat in the same dugout as last year."

Clinching the "do-do-do-do" factor for Reichard was an incident prior to the start of the state final.

"Last year, our first-year assistant coach Kasie Ruhlig got a flat tire before the final," she said. "This year, our first-year assistant coach Bob Moffett also got a flat tire before the game."

All of those happenings might have been a sign of things to come for Chelsea softball.

Or, it might not have been.

Whatever you think, one thing is certain: the Bulldogs are the Division II softball state champions for the second year in a row.

The only sign that matters is the No. 1 signal the Chelsea players made with their fingers after winning the state title.

Photo by Doug Trojanowski

Chelsea pitcher Jenna Connelly helped lead the Bulldogs to their second consecutive Division II softball state championship last Saturday, at Battle Creek's Bailey Park. The junior went seven innings, allowing three hits, striking out eight and walking one.

After the game, the Bulldog players gathered in a circle, surrounding the state championship trophy. With their arms around each other's shoulders, the team began chanting in increasingly louder tones, "We won it!" We won it!" "We won it!" "We won it!", until they were screaming at the top of their lungs.

At that point, someone snuck up behind Reichard, and doused her with the proverbial Gatorade shower.

With that, the "We won it!" screaming subsided, and hugs and high-fives ensued.

Now there's a state championship sign, if I ever saw one.

Sports Editor Don Richter can be reached at 475-1371 or at drichter@heritage.com.

Bulldogs rise to occasion

By Don Richter
Sports Editor

Chelsea softball captured a Division II state championship for the second consecutive season last Saturday. The Bulldogs bested all comers, on high school softball's brightest and biggest stage.

Here's what some of the Chelsea players had to say about their experience.

Carly Daniels, senior, pitcher – "It's just great to go back-to-back, because everybody said we couldn't do it. We proved everybody wrong.

"I was a co-captain with Ali Mann, and so it was great to help lead the team. I don't regret anything."

Cynthia Johnson, senior, third baseman – "It was kind of nerve-wrecking at the beginning, but once the first play was over, I was pretty calm. I knew what I was doing."

Anna Arend, senior, shortstop – "It's not all about the individual. I didn't hit (in state final), but my teammates did. That's the good thing about this team, when someone's not hitting, like I wasn't today, everyone else did.

"That's a true team — one that has nine players in the batting line-up that can hit. That's what makes us so good. People have their moments — mine wasn't today. That doesn't make me any less happy.

"I'm so proud of this team. This (winning) never gets boring. Not at all."

Jenna Connelly, junior, pitcher – "The key for our team was trust. Our team is all about trust. We knew that we would come through. We gave our all. This (winning two straight titles) never gets old. You never come down from this."

Alison Mann, senior, first baseman – "We were just talking this whole week, that this is the last time we're playing together as a team. For the seniors, it was really important for us to come out of here with a win. We did just that."

Missy Morcom, junior, second baseman – "We knew we had to get pumped up, to get back on (track). We wanted to score first, but since that didn't happen, we wanted to come back and we did.

"This year, the key was trust. We had trust in everyone. It all worked out."

Katrina Moffett, junior, catcher – "The second time (winning title) is just awesome, because everyone thought we couldn't do it. We had a great team this year. We came back and proved everybody wrong. It feels great. We communicated well, and we really trusted each other. That's what you need for a good softball team."

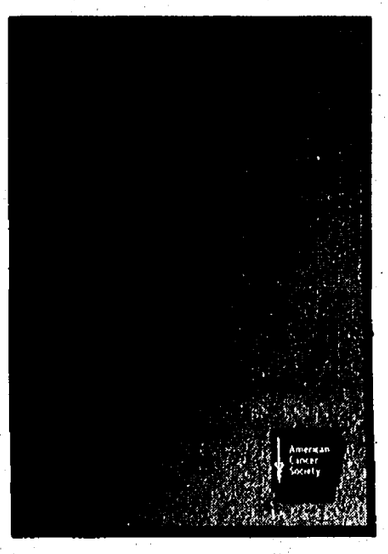
Julia Arnold, senior, centerfielder – "I was pretty frustrated the first few innings. I struck out a few times. But, so many people wanted this (state title). We have so many key players on this team. The chemistry is just amazing. We trust each other so much."

Alise Augustine, junior, leftfielder – "It doesn't get any better than this. The key for us was our mental toughness. We had everything physically this season, but sometimes we haven't been as mentally tough as we should be. But, today, it was all there. We all stayed up and cheered for each other.

"In the beginning of the season, I wasn't sure. No one expected us to do it (win state championship). But being with this team, and especially on this trip, I knew that we would do it."

2003 Season Results

Chelsea		Opp.
3-4	Ann Arbor Huron	0-3
10-12	Pinckney	0-2
4-10	Adrian	0-11
6-4	Milan	0-3
3-12	Dexter	1-2
9	Holt	3
4	Okemos	1
3	Plymouth Canton	1
5	Temperance Bedford	0
3-10	Saline	1-0
12	Ypsilanti Lincoln	0
2-7	A. A. Pioneer	3-13
3-11	Tecumseh	0-5
4	St. Joseph	3
3	Stevens.-Lakeshore	1
9	Coloma	0
2-0	Temp. Bedford	0-1
5	Jackson	0
3	Hanover-Horton	0
8	Jackson Ct. West.	0
15	Ypsilanti Lincoln	0
5	Tecumseh	4
4	Clinton	0
5	Walled Lake West.	4
Districts		
8	Dexter	0
3	Tecumseh	0
Regionals		
11	Milan	0
3	Trenton	0
Quarterfinals		
9	Det. Renaissance	0
Semifinals		
4	Gladstone	0
Finals		
6	Comstock	1



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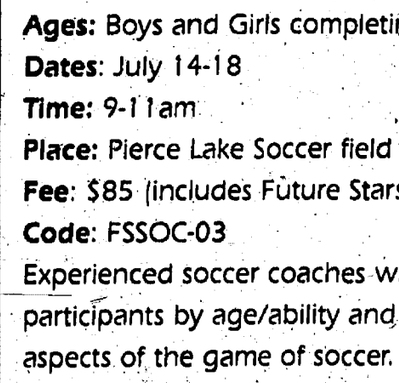
Ages: Boys and Girls completing gr. K-5
Dates: July 14-18
Time: 9-11am
Place: Pierce Lake Soccer field
Fee: $85 (includes Future Stars T-shirt)
Code: FSSOC-03
Experienced soccer coaches will group participants by age/ability and teach all aspects of the game of soccer.

Future Star Evening Soccer Camp
Ages: Boys and Girls completing gr. K-5
Dates: July 21-24
Time: 6:30-8:30pm
Place: Pierce Lake Soccer field
Fee: $65 (includes Future Stars T-shirt)
Code: FSESC-03
Experienced soccer coaches will group participants by age/ability and teach all aspects of the game of soccer.

Cheerleading Camp
Ages: K-8th grade
Dates: June 23-27
Time: 12:30-4:30pm
Place: Pierce Lake Gym
Fee: $55
Code: CLCAMP03
Camp will be instructed by Marti Williams (CHS Varsity Coach). Girls should bring an afternoon snack and bring a water bottle.

Girls Volleyball Camp
Ages: Girls completing grades 5-8
Dates: June 23-27
Time: Gr. 5-6 9-10:30am Code: VBC503
Gr. 7-8 10:30-12pm Code: VBC803
Place: Chelsea High School Gym
Fee: $55 per participant
Camp will be instructed by Laura Cleveland (CHS Varsity Coach). Girls should wear kneepads and bring a water bottle.



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Examine all financial aid options

CYRIL WHITE

FINANCIAL MATTERS

As Chelsea and Dexter schools let out for the summer, perhaps the last thing that many parents or high school students want to think about is financial aid.

While many families have saved something toward their children's education, the reality is that most people will have to finance it through a variety of means, including current income, loans and financial aid.

While overall inflation has been less than 3 percent for some time now, inflation for the cost of higher education has consistently ranged from 5 to 9 percent.

Keep the following tips in mind when you plan for your academic future.

• Get the best grades possible. Many people do not realize colleges and universities at all levels are competing for students. The financial-aid package is used as part of the offer to entice the student and their parents to consider the institution.

• Don't get discouraged. You get nothing if you don't apply. Yes, the financial-aid process is somewhat akin to doing your taxes, however, once you have all of your information together it should only take about an afternoon to complete the forms. One of the nice things about the federal financial-aid process is that your financial-aid information is automatically sent to up to six schools of your choice.

• Bring up any special situations that you may have. Get to know the financial-aid officer at each school you or your student wish to attend and make sure that you bring up any special situation your family may have, such as a divorce, separation or death of a parent; excessive medical costs; elementary or high school tuition costs; child-care costs.

• Apply promptly and accurately. Although financial aid is based on need and merit, it is also first-come first-served. The Free Application for Federal Student Aid cannot be submitted prior to Jan. 1 of the student's senior year and no later than June 30.

You may use estimates for your annual income if you have not submitted your tax returns to the IRS at the time you complete the application. If your actual income differs, however, from the amount submitted on your application, you will have to update your application, which will delay the process.

In addition, incorrect information will delay your application. Try filling out a paper FAFSA first and then going through the online FAFSA form process at www.fafsa.ed.gov or www.fafsa.ed.gov to actually submit the form.

• Don't rule out any school, no matter how expensive. Many private institutions have larger endowments per capita and hence can provide more grant and scholarship dollars per student.

• Apply each year. If your family has additional college students in school or your financial situation has changed, your financial-aid eligibility could be significantly different each year.

• Don't be afraid to appeal and negotiate. In terms of financial aid, like anything else, the first offer is not always the last or best offer. Don't be afraid to negotiate. If you have done your homework, or have any special situations, write the financial-aid office and appeal your offer. It can't hurt.

• Apply to several similar schools and compare their offers. The more offers that you have to compare the more ammunition you will have to negotiate with.

• Don't spend a lot of your time looking for private scholarships. Private scholarships such as those given by the Chelsea Education Foundation account for only 1 percent of total financial-aid dollars available.

Focus most of your time on the 99 percent of financial-aid dollars that are accessible through the federal application process. Spend your time in the most effective way possible by focusing on local scholarship opportunities, such as the Chelsea Education Foundation or church scholarships; or scholarships that the student's special aptitude or skill give them a good chance of winning.

• Start planning early. Like most things in life, the more information you have the better. The college financial-aid process is no different. Use the expected family contribution calculator on the CollegeBoard Web site at www.collegeboard.com or www.collegeboard.com) and the FAFSA site at www.fafsa.ed.gov to begin your education.

Cyril White is the managing director of White House Financial Services, a leading financial advisory and investment management firm in Chelsea. He can be reached toll-free at 1-888-869-4837.

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CHS CURRENT

Local teens face tough job market

By Jennie Palluzzi
Special Writer

The end of the 2002-03 school year has brought many things to Chelsea, from warmer weather to a glut of teens looking for summer jobs.

Summer jobs have been filling up fast in town. But with new businesses, such as Blockbuster video rental and Twisters ice cream shop, one would think there would be more opportunities.

Many students began job hunting toward the end of May, when school was winding down, but most jobs were filled by those who either had been working year-round or by college students who had come home for the summer.

Some high school students have played it smart, working throughout the school year with plans to continue at those jobs in the summer months.

"I work at Zou Zou's, and I'll be there all summer making money for college," said Dan Pane, who graduated earlier this month from Chelsea High School.

Jennifer Williams and recent graduate Katie Personke also work at Zou Zou's, located on the corner of Main and Middle streets. Although the coffee-and-pastry shop is a hot spot for student workers, other businesses employee Chelsea High School students, as well.

Jessica Rohrer can be found scooping ice cream at the Downtown Ice Cream Shoppe, while sophomore Anne Seelbach is a familiar face at Twisters. High school junior Amanda Piehl can be seen smiling and waiting on customers at Dayspring Gifts on Main Street.

For those who haven't been as lucky, the search continues.

"I am not sure where I am going to work yet, but I am definitely going to be working," said a determined Brittany Denison, who will be a senior in the fall and is competing with college students for summer employment.

Students haven't had much luck at the lakes. Most recreation jobs are filled by the time school lets out for summer vacation.

"I have applied at so many places, and keep getting the same statement: "You can fill this out, but there really isn't a point," said high school junior Erin Critchfield.

With or without a job, one thing is for certain for Chelsea students: everyone wants a piece of the pie.

Jennie Palluzzi, who will be a high school senior this fall, is a regular contributor to the CHS Current. She can be reached at jenniepalluzzi@hotmail.com.

CHO takes its show on the road

By Jenny Wright
Special Writer

While the rest of Chelsea High School has moved on to summer activities, one group still remains active and on the move.

The Chelsea House Orchestra, a Celtic group comprised of more than 30 high school students, kicked off its summer touring schedule last week in an exchange of musical talent with a Muskegon charter school.

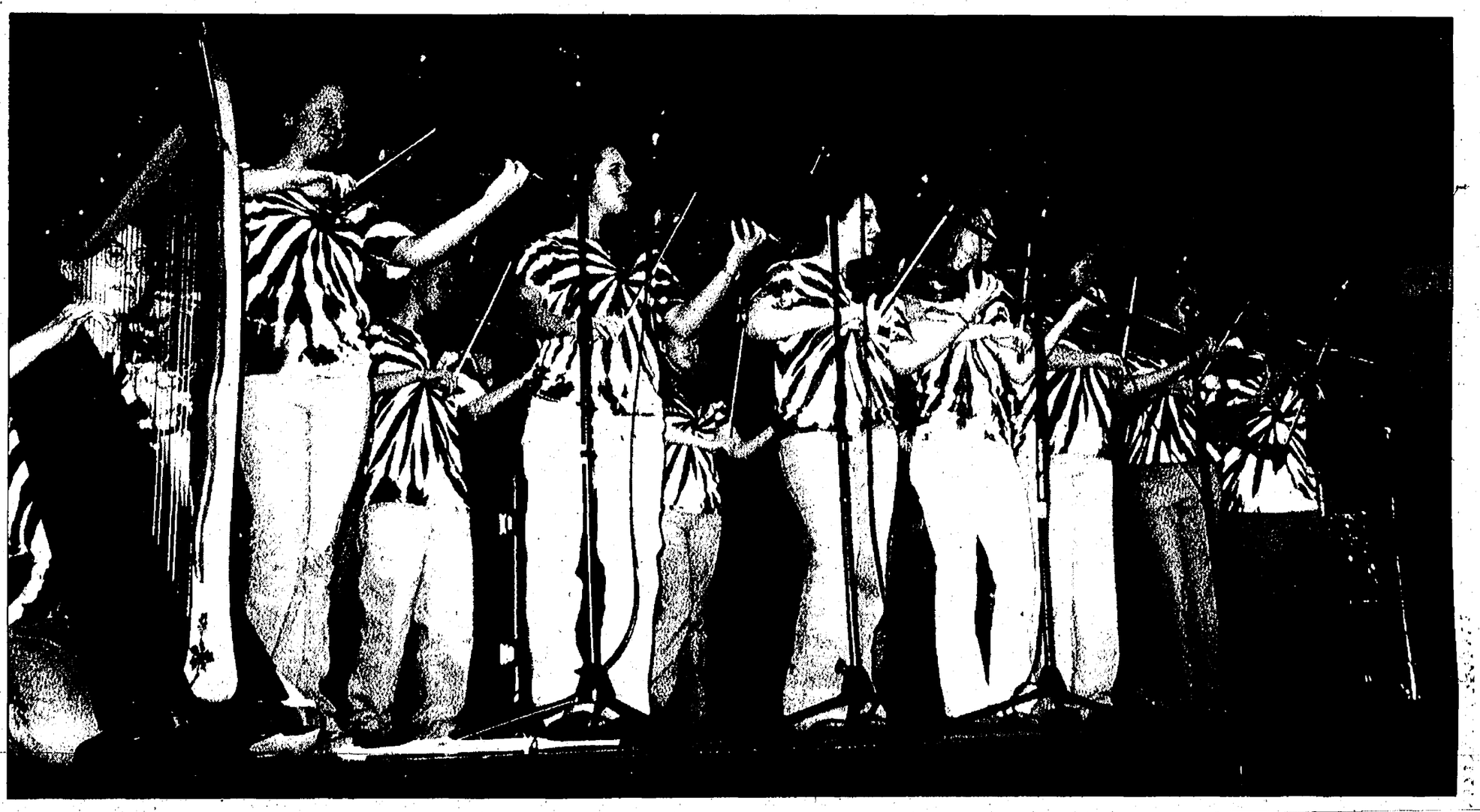
Affectionately known to its followers and members as CHO, the group has been performing for more than seven years, with this year being no exception to its usually hectic schedule.

In the early morning hours of June 11, members of the ensemble traveled to the Tri-Valley State Academy of Arts and Academics. Students were ushered out of their respective classes, as the school year there was still in session, and into the gymnasium to listen to the Chelsea group's performance.

The private school, which contains a diverse student population of approximately 300 pupils in kindergarten through eighth grades, arranged the day to showcase some of its own talent, as well.

The Tri-Valley choir was present to perform songs for the House Orchestra. Among the tunes were traditional hymns such as "My God is an Awesome God" and "This Little Light of Mine."

The school acknowledged its dance team, which performed a routine based on the mere beat of African drums. The Tri-Valley band drum line also played, displaying its assemblage of snare, tom, and bass drums.



The Chelsea House Orchestra, a Celtic group comprising more than 30 high school musicians, performed recently with a Muskegon charter school. In back are Ryan Kelley and Jenny Wright. In frton are Erica Malinoski (left) on the harp, Jennifer Williams, Sarah Glover, Christina Scharrer, Diana Ladio and Will Sparrow. The orchestra will perform throughout the summer, with a large event scheduled near Bryant, Ind., over the July 4 weekend.

Ed Richardson, the former superintendent of Chelsea schools who now heads up the same position at Tri-Valley and other schools, was on hand to watch the show. Representatives from Grand Valley State University were also in attendance.

Richardson threw out balls and T-shirts representing the college to the delight of young audience members.

"We mostly set up this event for the exchange of music between two schools," Richardson said. "It was an opportunity to share different instruments that Muskegon (kids) cannot see every day. I believe that charter schools and public schools should cooperate more in situations such as this."

Ashley Niesen, a 2003 Chelsea High School graduate and a three-year member of CHO agreed.

"This was a really cool experience because it was so culturally different than anything I've ever seen before," she said.

Another veteran CHO member, senior Zack Powers, also viewed the event as a positive experience for both parties.

"It's always interesting to give a performance to an audience that would not usually hear the type of music that we play," he said.

The Chelsea orchestra was booked to play a performance June 12 in Birmingham, but it was canceled because of rain. As part of the city's Concerts in the Park series, it was to be held in Shain Park in the heart of the city. Both the city and CHO hope that the event can be rescheduled.

The orchestra will perform throughout the summer, with a large event scheduled near Bryant, Ind., over Independence Day weekend.

For more information, visit the orchestra's Web site at www.chelseahouseorchestra.org

Jenny Wright, a recent graduate of Chelsea High School, is a regular contributor to the CHS Current. She can be reached at jensmiley51753@yahoo.com.

The next step

John Holmes to fine-tune his craft

By Rachel Dotson
Special Writer

John Holmes, a 2003 Chelsea High School graduate, is taking his musical talent to the next level at Berklee College of Music in the fall.

The local teen has been a fan of music ever since he can remember, so it's no surprise to those around him that he will be settling on the East Coast to do what he loves most.

"I like classical, jazz, rock, blues and everything in between," Holmes said. "I tend to just enjoy whatever is easiest for me to relate to on any given day."

It's for a similar reason that Holmes loves the musical focus so much.

"It allows me to express myself in a way that I am unable to do through any other means."

The teen has honed his skills through private instruction and college courses. Probably most of his success has come from an intense course schedule at Chelsea High School, including independent study in guitar, as well as dual enrollment at Washtenaw Community College.

"Both were great experiences," he said. "Through independent study, I was able to further my knowledge of music theory and work on pitch recognition, both of which will be intensely focused on at Berklee."

Holmes took jazz guitar at Washtenaw Community College and performed with the college's Top 40 band and jazz orchestra.

On a local level, he was a member of Fortune's Fool, a band consisting of Chelsea High School senior Jeff Alber, and graduates Rob Knopper and Tim Clairmont. Holmes will leave the band for college, although his experiences with the group will certainly stay with him for a long time.

The musician also attributes his success to a handful of teachers. Among those he credits is Chelsea School District Band Director Rick Catherman. Holmes said the teacher was very helpful in preparing him for school and giving him first-hand insight into what to expect.

Holmes also recognized guitar teacher Michael Lutz and his parents, Jennifer and George Holmes.

"From advising me on application answers to financing guitar lessons, they've helped me every step of the way and I most definitely wouldn't be where I am today if it weren't for their love and support," he said.

While his instructors and parents are supportive of his talent, Holmes' influences are certainly the cause for much of it. As a musician, he finds inspiration from his brother, Shannon Boone, who is the drummer for South Normal.

"His dominance of his instrument has always given me something to strive for," Holmes said.

As a guitarist, his biggest influence has been Eddie Van Halen. "For his attitude, originality and approach in general," Holmes said. "I've never heard anyone play better or look like they were having more fun than Eddie did whenever he had a guitar in his hands."

Holmes hopes to become an influence on an aspiring musician someday and to strengthen his talent at the private Boston college, which he says he has been eyeing for a long time.

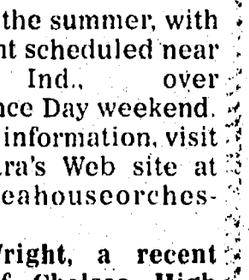
"It was pretty much all or nothing," he said. "I really had no interest whatsoever in attending any school other than the Berklee College of Music, so I took a big risk and applied only there."

The opportunities the school offered were the main appeal for him. Another pulling force was the chance to earn a bachelor's degree in music.

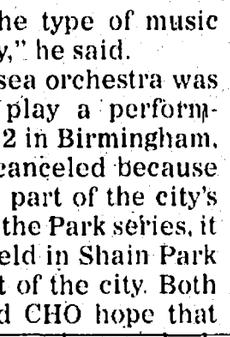
Teen talk

By Rachel Dotson
Special Writer

What are you the most excited for this summer?

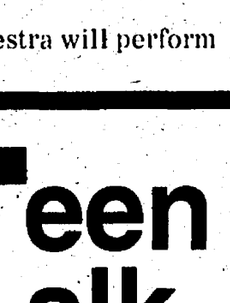


"Backpacking on Isle Royale."
Brittany Denison
Class of 2004

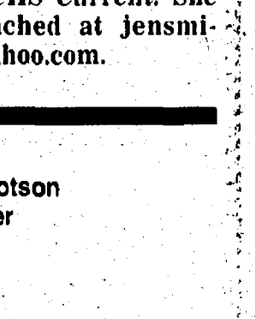


"YoungLife Camp with all my friends."
Angie Munger
Class of 2004

"Passing Leagues."
Bryan Dunn
Class of 2005



"Sleep."
Rachel Boyce
Class of 2004



"Weight lifting."
Mark Borders
Class of 2004

Life jackets essential equipment on boats

They cost as little as $15. They're lightweight and comfortable. And more than half of the 38 people who died in Michigan boating accidents last summer may have been alive today had they been wearing them.

They're life jackets, or officially, personal flotation devices, and they are mandatory and essential summer gear on all boats.

"Wearing your PFD when having fun on the water should be as much of a habit as buckling your safety belt every time you drive your car," said Richard Miller, AAA Michigan Safety Services manager.

"Twenty-two of the 38 who died on the water last year drowned, and only two of those who drowned were wearing PFDs. They are your best defense against drowning, the largest single cause of boating deaths, should you become involved in a boating accident.

"Michigan's boaters safety education program has made great progress in cutting the number of overall accidents," Miller said.

The Michigan Department of Natural Resources says that over the last five years, more than 200,000 Michigan residents - equal to 20 percent of the state's total registered boats - have passed state classes, recommended for all boaters and required for all born after 1978.

In addition, youths ages 12 through 14 must have obtained a certificate before 1999 to operate a personal watercraft. As a result, boating mishaps have dropped markedly since 1999. That year, there were 430 incidents, 348 in 2001 and 228 in 2002.

"However, a look at the fatality figures shows that because of the state's increasingly crowded waters, like a safety belt, wearing a PFD will save your life," Miller said. "Many boaters think they will have time to find and put on a PFD in an emergency, when the reality is there often is no time to react, making wearing a PFD the smartest thing to do."

In 2002, Michigan's boating accident total fell more than 34 percent; however, deaths rose by 36 percent, from 28 in 2001 to 38 killed last year.

"Thirty, or 79 percent, of the 38 who died in 2002 were not wearing PFDs," Miller said. "That's why the theme of Michigan Safe Boating Week is "Be smart from the start, wear your life jacket."

Collisions with other boats, capsizing and falling overboard, accounted for 134 of the 228 incidents, and careless and reckless operation, as well as operator inattention, were cited as major pre-crash factors.

Fishermen and other small-boat operators should be especially vigilant in wearing lifejackets since 206 of last year's 328 vessels involved in mishaps were less than 21 feet long, a typical size for many fishing craft.

Fifty of the mishaps involved capsizing or falling overboard, which often happens when someone stands up or moves quickly in a small boat. Most occur during calm conditions, according to the Coast Guard.

Lifejackets not only keep people afloat after a mishap, but can help protect against deadly hypothermia, or lowering of the body's core temperature, and also provide some protection against internal injury in boating collisions and falls.

They are required for all children younger than 6 years old while on an open deck area, and for all operators of personal watercraft, as well as water-skiers.

"Combine these factors with the fact that Michigan leads the nation in the number of boating registrations at more than 1 million, and you have the main reason why boaters need to keep safety in mind every time they hit the water," Miller said.

Boaters can also follow these tips:

• Take a safe-boating class. Anyone who operates your boat should complete a class. Classes are now offered through many schools, local sheriff's department marine divisions and diverse groups such as the Coast Guard Auxiliary and Red Cross.

For a partial list of locations, call your local DNR office or go to www.michigan.gov/dnr, or click on "Recreation and Camping, then "Boating" and "Boater Safety Courses."

Last year 43,587 people completed a course in Michigan.

• Give your boat a safety once-over at the start of each season and each time you leave the dock. Depending on its size, all boats must have some type of readily accessible personal flotation device aboard for each person. Obtain a copy of the DNR's Michigan Handbook of Boating Laws and Responsibilities for more information.

• Be watchful for hazards on the Great Lakes. Plot your routes using a Global Positioning System, if possible, to keep known obstructions pinpointed. Pay attention to restricted boating areas still in effect for Lakes Erie and Michigan. Check with the Coast Guard for spe-

Morel Hunt

Matt Otto of Chelsea found these morels under elm trees when he was out hunting mushrooms with his father, Scott Otto.

Johnson returns from deployment

Marine Corps Lance Cpl. Scott Johnson, son of Diane and Roy Johnson of Gregory, recently returned from a nine-month deployment while assigned to the 24th Marine Expeditionary Unit, based in Camp Lejeune in North Carolina.

Johnson is among more than 4,000 Atlantic Fleet sailors and Marines deployed aboard the ships of the USS Nassau Amphibious Ready Group who participated in Operation Iraqi Freedom.

Johnson's unit is an expeditionary intervention force with the ability to rapidly organize for combat operations in virtually any environment.

Units are composed of more than 2,000 personnel and are divided into an infantry battalion, aircraft squadron, support group and command element. With this combination, Johnson's unit supplies and sustains itself for either quick mission accomplishment or clearing the way for follow-on forces.

Johnson, a 2000 graduate of Stockbridge High School, joined the Marine Corps in October 2002.

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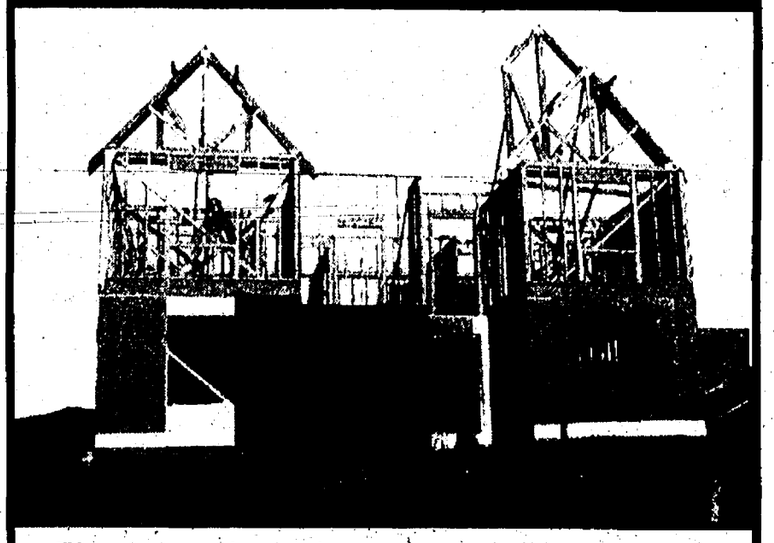

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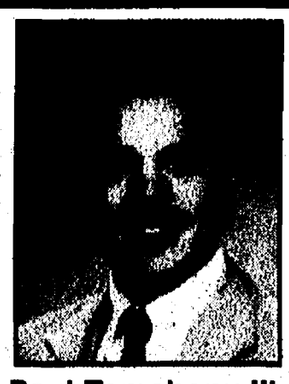

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Nico is a good boy, and a handsome one too. His favorite thing in the world is to hear that he's been a good dog, and then you should see his tail wag! He's just seven months old, and loves to have things in his mouth. This would include your hand, your arm, or anything else he can grab to really get your attention. For him, it's a need for some love and a way to show it, too. So he'll need a new owner who can show him all the other good ways to express himself. Nico is anxious to learn them!

SCAMPER

Scamper had a lot of mats and tangles in his long hair, so staff here at the shelter made his life a lot better by shaving him down. He's not looking his best, but he'll be back in form very soon, and hopes to find someone who will give him a home and keep him looking handsome. Scamper is about four years old, and here at the shelter as a stray.

BABY

Baby is her at the shelter, looking for a new home. She's a real sweetie, and far prefers getting cozy in a person's arms than being left to her own devices. She's looking for a new owner that will give her lots of time on a lap or in a pair of arms, getting cozy and getting lots of affection. Could you be that owner? If so, come down to the shelter and meet Baby as soon as possible!

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Exercise your core to avoid back pain

ANN BROOKS

BODY TALK

If someone were to ask you, "What area of the body do you most experience pain in?" what would your answer be?

Probably more than 50 percent would answer, "My back!" Some of you would probably answer, "My shoulder" or "My knees."

But what if I told those of you who answered knees or shoulders that it probably stems from your weak back. Would you be astonished?

"The core" and "core exercise" seem to be the buzzwords in fitness trends today, and there is a good reason for this.

Your core is the origin of all movement in your body. For you to take your first step forward when you get out of bed in the morning, the muscles in your core must first stabilize your spine and allow you to pick up your leg.

The core is defined as the lumbo-pelvic-hip complex. In other words, your lumbar spine, pelvis and hip joints. There are 29 muscles that attach to this area, allowing you stabilization to move your limbs. These include muscles located in the abdominal and pelvic area and those in the middle to lower back.

Some names of these include transverse abdominis, internal and external obliques, erector spinae, multifidus and rectus abdominus.

The muscles of the core act as your own personal weight belt and form a wraparound "girdle" or "bowl" in your torso. These muscles work synergistically to support your spine, hold your body upright, balance you and, if you play a sport, really put some oomph into your arms and legs.

If these muscles are weak or in poor tone, then excess weight or poor posture can aggravate back pain.

Unfortunately, we often don't think about working these important muscles because we can't see them. We are more worried about attaining a visible "six pack" or shapely back.

The only people who have had the right idea about core strength are dancers and yoga practitioners. They've developed their core as part of their training. It shows, too.

Professional dancers and yogis generally stay fit well into old age, and they have better posture and more energy. For the rest of us, we should incorporate some core strengthening exercises into our regular exercise routines.

Core exercises usually involve moving your limbs and keeping your abdomen still. Pilates exercises use this concept and classes are generally based around these movements.

If you don't enjoy being in a class setting, working with a personal trainer for a session to learn some exercises you can incorporate into your routine would be a good idea.

Before you set that appointment up with a trainer, here are some things you should consider:

- If you are experiencing back pain or other joint or limb pain, check with your doctor first to ensure that there isn't something else going on, and that he OKs the exercise.
- Make sure the trainer you work with is certified and has some knowledge about core training.
- Start being aware of your posture throughout the day. Sometimes just learning to sit up straight can get those muscles working again.

A lot of core exercises are done with an exercise ball. Exercise on the ball not only allows you to work those hard-to-get-to muscles, but it also helps to improve your

See **EXERCISE** — *Page 9-C*

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Literacy group recognizes tutors

More than 200 Washtenaw Literacy tutors and learners recently gathered at Washtenaw Intermediate School District for the annual Appreciation Day celebration.

"We Care Together" was the theme of the evening and exemplifies the process experienced by all members of the tutoring pairs throughout the year.

Washtenaw Literacy is a volunteer-based organization providing free literacy instruction customized to the needs of adults living in Washtenaw County. Volunteers provide individual and group tutoring in reading and writing skills and in English as a second language so adults can improve their personal, family, and community lives.

Adult learners come to Washtenaw Literacy for a wide variety of reasons, but each person is trying to overcome the barrier of limited communication skills. Many seek assistance so that they can read to their children and help them with homework.

Dozens are looking for improved job skills. For some adults who are learning English as a second language, even negotiating the grocery store and the doctor's office is an impossible task. By working with a volunteer tutor, adult learners enter a world of possibilities.

More than 200 Washtenaw Literacy tutors and learners recently gathered at Washtenaw Intermediate School District for the annual Appreciation Day celebration. "We Care Together" was the theme of the evening. Chelsea resident Cathy Muha enjoys a meal with Kyung Eun Hong, the person she tutored.

This past year, 518 individuals were served.

Anyone interested in getting involved can call 1-734-879-1320 for more information.

Library to host performer

The Dexter District Library will host its annual Summer Reading Program kick-off party 1 p.m. Saturday with "Song Sister" Julie Austin under the big tent in front of the library.

Austin is a seasoned performer specializing in child- and family-oriented concerts. Her performances include singing, dancing and lots of audience participation.

A cake will be served following the performance. No registration is required and the program is free and open to everyone.

Austin's performance is funded in part by the Michigan Council for Arts and Cultural Affairs and the Michigan Humanities Council.

For more information, call the library at 426-4477.

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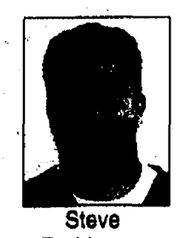
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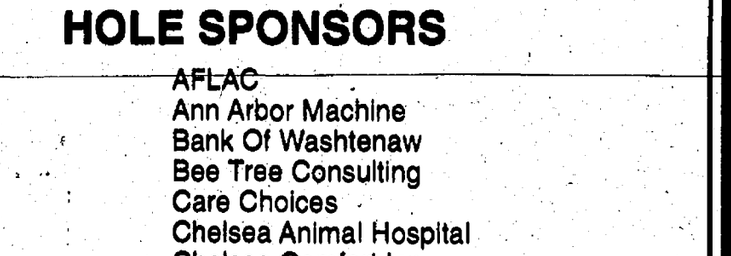

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Todd Staekey
Add all 136 golfers who joined in the fun!

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Photo by Mary Kumbier

How Low Can You Go?

Volunteer Faith Krug helps eighth-grader Katelin Davis with the Limbo on the last day of school. The school hosted a number of activities in the gymnasium because weather prevented students from going on an outing to Hudson Mills Metropark.

EXERCISE

Continued from Page 7-C

balance and overall coordination.

Don't worry if you don't have access to a ball at home. Listed below are a couple of core strengthening exercises you can practice without a ball.

• Hollow your back. Lie on your back with knees up and arms at your sides. Now draw your navel down toward your spine and hold it for a count of five. You should feel your pelvis rise. Release and repeat 10 times.

• March and then do the same as above, except for now march your legs while you hold your navel down. March 10 times. Repeat five times.

• **Plank Pose.** Lie on your stomach, propped up on your elbows. Raise your body up so that you're supporting yourself on your elbows and toes. Do not let your back sag. You have to keep your navel drawn up toward your spine to do this. Hold the position as long as you can, optimally for 30 seconds.

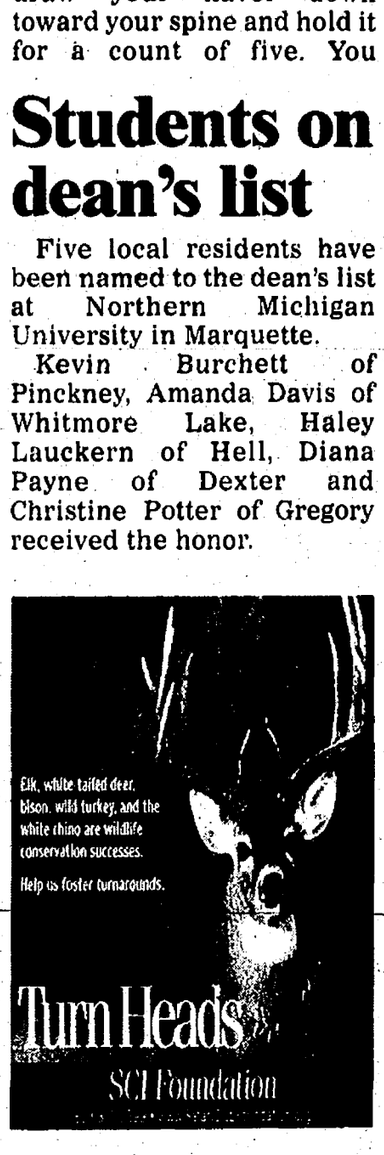
Start practicing these today and you'll be on your way to standing straighter, looking leaner, and feeling stronger.

Ann Brooks has a degree in exercise science from Eastern Michigan University and is certified as a personal trainer. She works for the Chelsea Community Hospital Health and Wellness Center and can be reached at 475-4100, Ext. 3415, or ann-exerspec@hotmail.com.

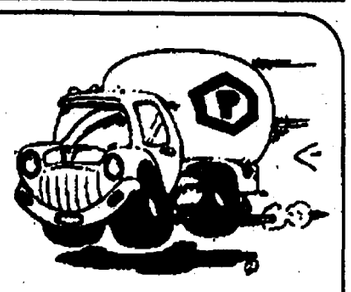
Students on dean's list

Five local residents have been named to the dean's list at Northern Michigan University in Marquette.

Kevin Burchett of Pinckney, Amanda Davis of Whitmore Lake, Haley Lauckern of Hell, Diana Payne of Dexter and Christine Potter of Gregory received the honor.



IMPROVING YOUR HOME?



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MANCHESTER COMMUNITY FAIR
June 24th-28th

TUESDAY
Fair Opens & Midway Rides 5:00 pm
Heritage Antique Dirt Tractor Pull 6:00 pm
Parade 6:30 pm
Fair Time Fantasy
Tuesday, Wednesday, Thursday, Friday & Saturday - Ride all you want for $12 per person with coupon.

WEDNESDAY
Fair Opens & Midway Rides 1 pm Closing
Mini Mule Pull 6:00 pm
Bullmania Super Kicker Rodeo Production 7:30 pm

THURSDAY
Senior Citizens Day-Program 1:30 pm
Pedal Pull - Youth & Adult 7:00 pm
Cowboy Games 7:00 pm
Lawn Mower Racing 7:00 pm

FRIDAY
Classic Tractor Pull 10:30 am
Antique Tractor Pull 4:00 pm
Pony Pull 6:30 pm

SATURDAY
Ladies Day Activities 10 am-Noon
Large Tractor Pull 10:30 thru close
Clogging Sensation 7:00 pm
Saline Varsity Blues 8:00 pm

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FREE! Sports and your Heart
Make this check up part of your game

Chelsea Community Hospital, in conjunction with Drs. Frank Smith and Steven Yarows, is offering echocardiogram screenings for children age 10 through High School. The primary goal of this screening is to help identify those at risk for Hypertrophic Cardiomyopathy (HCM), the most common cause of sudden death among young athletes.

Each year hundreds of thousands of young people are cleared to participate in sports programs after physical exams that do not include screening for HCM. For some of these young athletes sudden death during physical exertion may result.

FREE! Screening

Saturday, June 28, 2003, 9 a.m. to 4 p.m.
Chelsea Community Hospital Health & Wellness Center
By Appointment only - Please call
(734) 475-4100
for appointment and more information
mention the HCM Screening

Chelsea Community Hospital

- Results will be read by Frank A. Smith, M.D., Cardiologist, CCH Medical Staff member
- No preparation necessary
- This is a safe, pain free screening

SINCE 1994 QUALITY OF LIFE

Back-to-School New Clothing Center

Make a Difference! Change a Life! Sponsor a Child!

We really need your help this year to make a difference in the lives of school-age youth who live in Jackson, Livingston, Monroe, Washtenaw and Wayne Counties

I invite you to get on the bus and help us buy new back-to-school clothing and school supplies, including a dictionary for needy children. I got on the bus in 1994 by establishing the Back-to-School New Clothing Drive for Needy Children in Washtenaw County. However, this year we have expanded our services to include four more: Jackson, Livingston, Monroe and Wayne County. You can get on the bus by sponsoring one or more children at $100 per child in one of the above-mentioned counties.

Do you remember shopping with your parents for new back-to-school clothes each fall? Many of us can recall picking out entire outfits including pants, shirts, dresses, skirts, shoes, boots and a new coat. Remember how special you felt in your very own new clothes? Today, a new set of clothing (from coats to socks) can cost over $350. There are many lower income families who cannot afford this luxury.

Our goal is to help needy children build confidence and self-esteem as they start the new school year. I used to see the smiles on the faces of those we helped. I can no longer see those smiles because I am now legally blind. However, I do hear the joy in their voices and the happiness in their laughter and expressions of appreciation. Dedicated volunteers handle the shopping, clothing distribution and other work so essential to this project. We solicit your help as a volunteer. Call 734-663-8088 for information.

I am personally asking for your financial help because the need is so great! Your donation will be designated to the county of your choice: Jackson, Livingston, Monroe, Washtenaw or Wayne. We are grateful for the tremendous community support and, on behalf of the children who have and will newly benefit from your generosity. I say thank you!

Arthur L. Robertson
CEO, Quality of Life Back-to-School New Clothing Center

Back-to-School 2003 Corporate Sponsors

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CALL 734 663-8088 FOR MORE INFORMATION

Yes! I support the Quality of Life Back-to-School New Clothing Center

☐ I want to volunteer, please call me.
☐ $100 to sponsor one child
☐ $ _____ to sponsor _____ children
☐ $ _____ to the Back-to-School Program

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☐ Monroe
☐ Washtenaw
☐ Wayne
☐ Any county

Name _____
Company/Organization _____
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City _____ State _____ Zip _____
Phone _____ Amount enclosed $ _____

☐ Check here if we have your permission to print your name as a donor in our Thank You ad.

Making Friends

Ava Vanden Bosch, 3, plays with a goat during a visit May 16 to Rodgers Corner Produce in Lima Township. The youngster was there through the Chelsea Parents as Teachers program and participated in a number of organized activities.

Hospitals look for local volunteers

The three hospitals of St. Joseph Mercy Health System currently have a wide variety of volunteer opportunities available.

Opportunities, for people ages 14 and older, are available in patient-care services such as the emergency department, nursing units, pastoral care and surgery.

There are also opportunities in non-patients care areas, including the gift shops, reception services, waiting rooms and clerical services.

"Volunteering can be a rewarding experience whether you work directly with patients, behind the scenes helping support services or at special events in the community," said Doris Anderson, director of volunteer services for the health system.

To become a volunteer, those interested should contact a member of volunteer services to discuss areas of interest and availability.

To schedule a meeting or for more information, call the hospital of interest: St. Joseph Mercy Hospital in Superior Township at 712-4164; St. Joseph Mercy Saline Hospital at 429-1581; or St Joseph Mercy Livingston Hospital at 1-517-545-6296.

THE BAD NEWS:
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Hospital offers help for inner ear problems

Audrey Bergen and Wendy Carender, physical therapists at Chelsea Community Hospital, have recently received their certificates of competency for completion of a comprehensive 4-day physical therapy course on vestibular rehabilitation.

The course was sponsored by the Department of Rehabilitation Medicine at Emory University School of Medicine and the American Physical Therapy Association.

This intense, evidence-based course is designed for treatment of patients with vestibular deficits — people with inner ear problems that cause dizziness, balance, and gait problems that may be caused by traumatic brain injury, stroke, viral infections, or aging.

The course consisted of lectures, laboratory sessions, and additional self-study sessions.

All participants must demonstrate assessment skills and appropriate treatment procedures to the faculty through written, video, and practical examinations.

Through the Chelsea Community Hospital Brain Injury Department, vestibular rehabilitation and treatment is now being offered by the physical therapists.

All patients are thoroughly evaluated for their dizziness and are given specific training to overcome their functional limitations. The emphasis is on utilizing assessment results to develop an effective treatment plan to reduce or eliminate dizziness, decrease risk of falls, increase conditioning, and return patients to their prior level of living.

For more information call 475-4138.

Voted YES on June 9
Thank you for supporting the ballot proposal that kept our schools from losing funding!
The Headlee amendment vote was important to maintain funding previously approved for our school district.
DCE tries to keep the registered voters aware of issues that will impact our children and our community.
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Discount packages and frequency contract rates are available. We reserve the right to classify, revise or reject any classified advertising.

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This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.

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Notices (Legals) 102

DEFAULT IN RENTAL SALE: #181 /261 Kevin Watson, #250 Munir Ladha, #298 Andrea Young, #316 Glen Conley, #317 Edward Abbott, #358 John Parlier, #392 James Boyle. Personal, Household, Misc. Date: 21 July 2003, 1pm at U-Store, Saline. Info: 734-429-0590.

WASHTENAW COUNTY Purchasing on behalf of the Washtenaw County Human Services and Children's Well-Being Funding for program years 2004 and 2005. A bidders conference will be held on July 1, 2003, 10:00am-12:00 noon at 555 Towner, Room 107, Ypsilanti, MI. It is strongly recommended that a representative of your organization attend if you dre considering application. Detailed Specifications may be obtained at Washtenaw County Finance/ Purchasing Dept., 220 N. Main, Room B-35, Ann Arbor, MI. Bid # 6083 Due: August 4, 2003 by 2:30 p.m. local time. For more information please call 734-222-6760.

NOTICE

NOTICE IS HEREBY GIVEN, pursuant to Act 344 of the Public Acts of 1982 that a REPORT OF THE PROCEEDINGS OF THE WASHTENAW COUNTY BOARD OF COMMISSIONERS sessions held on May 21 and June 4, 2003, will be available for public inspection and copying from 8:30 a.m. to 5:00 p.m. Monday through Friday, beginning Monday, June 16, 2003, at the Office of the County Clerk/ Register, Suite 120, 200 N. Main Street, Ann Arbor, Michigan.

Personals 103

ADOPTING YOUR newborn & devoting an abundance of love is our wish. Safety/security/ family await. Donna & Paul, 1-866-289-9794. PIN #0450. Expenses paid.

Lost & Found 104

FOUND-YOUNG BLACK LAB, male, Friday, Trinkle and Parker, Dexter. 734-426-7907.

LOST Burmese Cat named Coca in the area of Dell and Bethel Church in Saline on June 11. He is sable color, like a dark brown. If you see him, please phone (734) 944-5051. Reward.

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Our advisors will be happy to help.

REAL ESTATE FOR SALE 200

Houses for Sale/Realtor 200A

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WATERFRONT, WOLF LAKE, In Grass Lake. Great starter home for lake living. Completely remodeled 2002. New electric, plumbing, furnace, duct work, kitchen, bath, etc. New steel seawall. Dock included. $239,900. Pat Hoover, Prudential Premier Properties, (517) 782-7187 or cell 517-206-4331.

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Houses for Sale/Owner 200B

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TECUMSEH, Three bedroom one bath ranch, two plus car garage, with heat and 220. Full basement on 1 /2 acre. Move in condition. Available Now. Open Sunday June 15, 1-4pm. 6479 Gove. $147,500. (734) 429-7167

Houses for Sale 200

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Village of Chelsea

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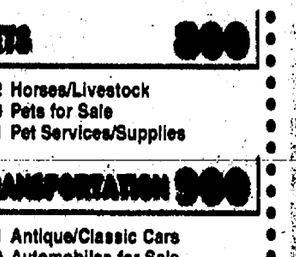

621 Creekside, Chelsea 1610sf, 1.5 story home under construction. 1st floor master w/vaulted ceilings; 2nd floor, 2 bedrooms. Dining room. & living room. w/vaulted ceilings. View out LL. $244,900. #230616

Elizabeth brien
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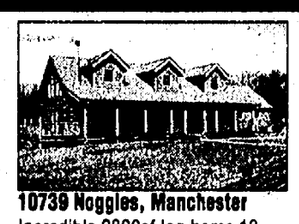
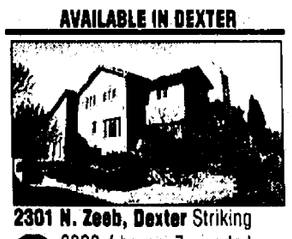


10739 Noggles, Manchester Incredible 3300sf log home.10 beautiful wooded acres. Hickory floors, vaulted ceilings, 4 bedroom, 3.5 bath, finished walkout. Energy efficient. $669,000. #234195

AVAILABLE IN DEXTER



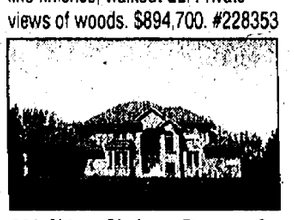
2301 N. Zeeb, Dexter Striking 6900sf home. 7 wooded acres. Master w/steam shower. Maple fls, 5 bedroom, 7 bath, study, walkout family room w/bar, home theater. $995,000. #234046
The Preserve, Dexter Phase 2, 1-4 acre lots avail. for custom home. 7 top builders available to create your dream home. $106,000- $325,000. www.preserveofdexter.com

CAVANAUGH LAKE

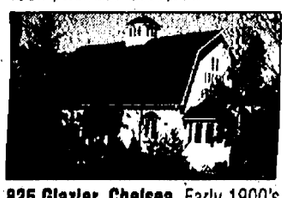
Cavanaugh Lake, Chelsea 10 beautiful 1+ to 2+ acre sites left in new development. Waterfronts + lakeview, rolling & wooded sites back to state land. Underground utilities. $95,000-$389,000. Web site: cledco.com

hometour360°

860 Ridge, Chelsea Fabulous brick ranch under construction by Salliotte Custom Homes. Top-of-the-line finishes, walkout LL. Private views of woods. $894,700. #228353



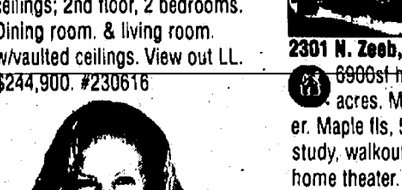
892 Ridge, Chelsea Elegance & quality in this 4400sf, year old, brick home on a hilltop w/Cavanaugh Lk. views. 1st fl. master, soaring great room, walkout. $925,000.



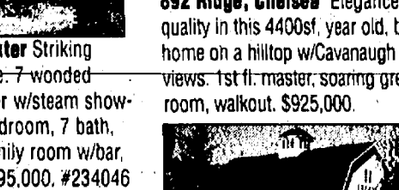
825 Glazier, Chelsea Early 1900's historic structure renovated & transformed into elegant living. Post & beam. Architectural highlights: lofts, spiral stairs, balconies. $1,175,000. #223423
865 Maximillian Ct., Chelsea. Fabulous lakefront lot on Cavanaugh Lake with 125 feet of lake frontage. Wooded hilltop with gorgeous views, walkout site, existing well, dock. One of few left. $420,000. #23120

Dir: 734.669.5957 Cell: 734.645.4444 Office: 734.665.0300
elizabeth@elizabethbrien.com • www.elizabethbrien.com

SUROVELL

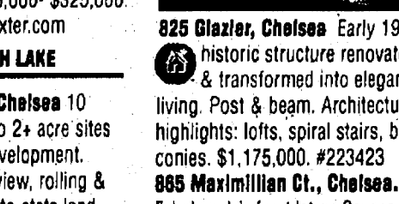


This great 10 acre mini-farm borders Federal Wildlife Preserve. Great area to ride horses. Hip roof barn plus 3-bedroom Cape Cod. Grass Lake schools. $195,000. Sandy Ball, 260-1988/475-3737. 236178.



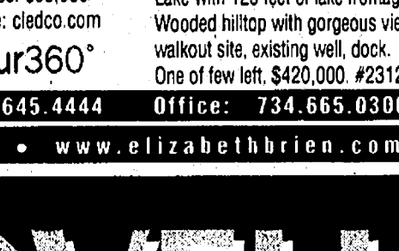
Cozy 2-bedroom ranch on 5 rolling acres out in the country south of Chelsea with a 30x40 heated pole barn that is a mechanic's dream. $189,900. Steve Easudes, 475-8053/475-3737. 234684.

Newer ranch on 2 acres in Grass Lake. Three Texas-size bedrooms, 3 baths, cathedral ceilings, oak kitchen, walk-out. $235,000. Michelle Vennettilli, (517) 206-3835/ (734) 475-3737. 235713.



New construction on the 8th hole of Lakeland Hills Golf Course. Three-bedroom, 2-bath home with hickory floors and a maple kitchen. $210,000. Judy Nana, 498-3136/475-3737. 235570.

Updated and immaculate home in Dexter's beautiful Carriage Hills subdivision on 1.2 acres. Four bedrooms, 2.5 baths. $279,000. Kathy Jackson, 645-3895/761-6600. 235696.



Newer 4-bedroom, 2.5-bath Cape Cod on peaceful 5 acres. First floor master. Home office or extra bedroom. Great room. 36x56 pole barn. $329,900. Nick Bauder, 741-5508/761-6600. 235781.

Clear Lake waterfront with 95 ft. of frontage. One of the premier lots on the lake. Two-story with partially finished walk-out, 2 bedrooms, 2 baths. $449,900. Sherril Yoder, (517) 206-5950/787-9800. 236085.

All-sports clear Lake waterfront. Three-bedroom, 2-bath ranch with vaulted ceilings, French doors open to lake and brick patios. $350,000. Diane Bice, 475-8091/475-3737. 234763.

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Reinhart
Charles Reinhart Company Realtors
CHELSEA 475-9600
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Extremely sharp 2 bedroom, 2.5 bath end unit condo in Chelsea. Updates thru-out + a finished LL w/day light windows. Close to everything, an absolute delight! $219,000. Deborah Engelbert 475-9600, eves 475-8303. #234262

New! Custom 2850sf, 4 bedroom, 3.5 bath brick home in Chelsea on 2 acres. 1st floor master, breakfast nook, dining, great room. Fireplace, 3 car gar. 15mi W. of A2. $442,900. Norman Wetzel 475-9600, eves 433-9985. #234696

Grass Lake 3 bedroom, 2 bath, formal dining, fireplace, 1st floor laundry, basement, 2-car att garage. Built in 2000. Landscaped & partly fenced. Easy highway access. $209,900: Susan Fitzpatrick 475-9600, eves 433-2603. #231610

Charming 3 bedroom, 3 bath ranch on a beautiful 1.6 acre treed lot in Chelsea. Walk-out finished lower level, large deck, paved road. Near lakes, nature area & golf course. $225,900. Paul Frisinger 475-9600, eves 475-2621. #235960

Unique property w/log home, large rooms, stone fireplace wall, woodburner in great room, vaulted ceilings, skylights. Chelsea, 50 acres of hardwood, stocked pond, barn. $975,000. Herman Koenn 475-9600, eves 475-2613. #235645

Summer cottage w/52ft on all-sports Joslin Lake. Enjoy summer fun w/several boats & 44ft redwood dock. All furnishings incl: oven, fridge, microwave, bed, etc. $165,000. James Utsler 475-9600, eves 433-2190. #235357

Earthbermed Serene Chelsea home amid rural beauty. 2150sf of quality on 10.5 acres. Great design. Custom crafted, move-in condition. Wonderful landscape adjoins state land. $359,000. Edith Behringer 475-9600, eves 475-9453. #235436

Affordable lakefront living on Portage Lake (Jackson Cty), 1.5 story home will become a treasure (with a little TLC) this summer. Leased land, home only. $105,000. Arlene Koker 475-9600, eves 498-2860. #236244

hometour360°

Dexter Crossing/Peters Bldg Co. Open Daily 1-5; Weekends 1-4
Quality 3 bedroom, 2.5 bath ranch. Hip roof elevation on a view-out lot. Immediate occupancy. $249,005. Kim Peoples 424-2778, eves 646-4012. #226438

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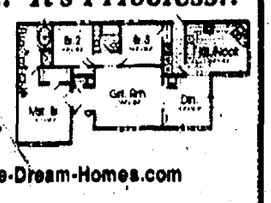

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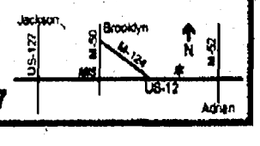

Houses for Sale 200

Houses for Sale 200

Houses for Sale 200

Houses for Sale 200

Real Estate One

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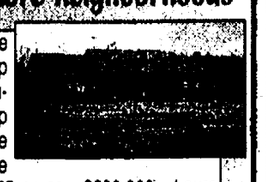
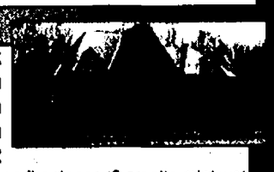
Lovely Country setting and ready to move in. 3 Bedrooms with master suite. 2.5 bathrooms. Warm living room with hardwood floors and stone fireplace. Cute, functional kitchen with eating space. First laundry. 2+ attached garage. Upstairs 2 bedrooms with loft/study area. Large deck off eating area. Dexter schools. (11786 R) Cindy Glahn 426-8935/426-1487



You'll be enamored the moment you drive up and see the rustic beauty of this log ranch. Step into the old-world style kitchen and take in the view of your scenic 3.75 acres. $280,000. Laura Kennedy 734-476-8065 or 426-1487. (6707-L)



Stately, newer brick 2-story home on 15+ acres with pond & 32x62 barn with loft. Gourmet granite kitchen. Three fireplaces, 2 granite mini wet bars w/refrigerators, full w/o lower level, 4/5 bedrooms, 4016 square feet. $975,000 Sue Wright 734-320-1243, 426-1487 (11877-N)

One of a kind home w/Kumaru hardwood firs & state-of-the-art sound, audio & video w/touch panel display. Granite kitchen. Spa-like main floor master suite. LL has full bar, theatre room, recording studio & 10-person hot tub. Call for full list of amenities. $1,295,000. Sue Wright 734-320-1243 or 426-1487. E-mail Suewright@iname.com for e-brochure. (7516-Q)

Reward yourself with peace & serenity! Woodhaven offers a wilderness setting with unparalleled views & magnificent custom homes carefully nestled in the landscape. Lots from $139,900. Homes from $500,000. Contact SueWright@iname.com for an e-brochure! (734) 320-1243

2800 sq. ft. Ranch home under construction on beautiful 1 acre lot with great country views! Close to town & expressways. 3 BR, 2 bath, daylight lower level. Sue Wright 734-320-1243/426-1487 (9206 H)

RE/MAX Community Associates

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OUTSTANDING AGENTS
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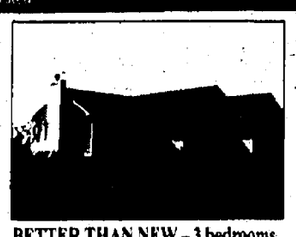
BEAUTIFUL TREED ACREAGE- Superb 3.9 acre setting, just outside the village limits. Lovely, well maintained home offers 3-4 bedrooms and a spacious family room with bar and gas burning stove. Easy commute on paved roads to Ann Arbor, Jackson or Lansing. $169,900. IAN MITCHELL 734-368-5501 (234097)



BETTER THAN NEW – 3 bedrooms, 3 full baths, full finished walkout basement with large family room. Cathedral ceilings, fireplace, custom kitchen tile floors. This 1999 home is in mint condition all on 2 landscaped acres. Rare find for $229,900. PAM WIRPIO 734-475-0546/517-812-0962 (235576)

NORTH LAKE FRONTAGE-3 story colonial on 3+ acres w/frontage on North Lake. 4 bedrooms, 3 full and 3 half baths, over 6,000 sq. ft., finished walkout. $899,900. ROB STOFER 734-475-6392. Rstofer@remax.net (235940)

HALF MOON LAKEFRONT – Over 250' of waterfront w/spectacular views and beach front. 2 bedrooms, fireplace, vaulted ceilings, knotty pine interior, 4 season room. $295,000. ROB STOFER 734-475-6392. RStofer@remax.net (235388)

GOLF COURSE LIVING – This 3 bedroom, 2.5 bath ranch has it all. Gorgeous corner lot w/many mature trees. Open floor plan & stone fireplace. Large deck overlooks Inverness Golf Course. $236,000. PAM WIRPIO 734-475-0546/517-812-0962 PamelaW@remax.net (233025)

HURRY SUMMER IS HERE – Year round cottage on all-sports lake. Private dock. State land views from the patio. 2 bedrooms, 1 bath, large dining area. Lake view from doorwalls. Land contract available with excellent credit. Immediate occupancy. $140,000. SHARI ROBERTS OSOJNAK 734-475-3200. (233302)

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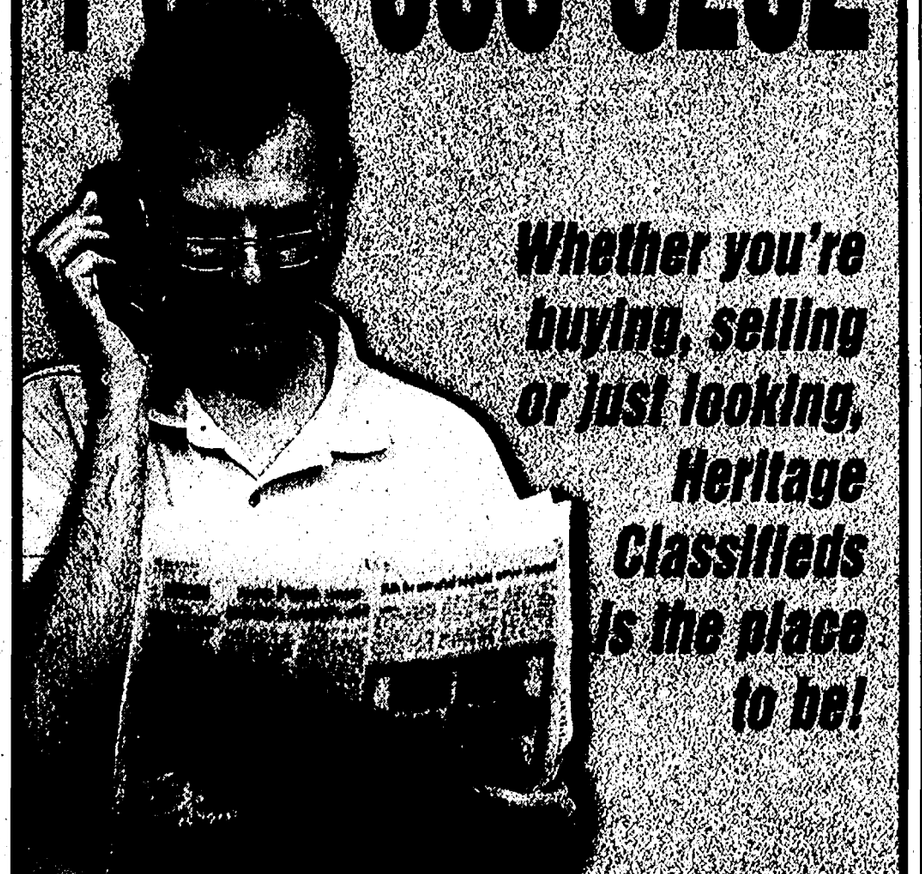

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Houses for Sale 200

Open Houses 200C

CHELSEA
Open House, Sun., June 22, 2-4pm, 18834 BUSH RD. Fabulous three bedroom, 2.5 bath custom built ranch. Built in 1996, 1,839 sq. ft. Full partially finished walkout basement with 9 ft. ceilings. 2.2 beautiful acres just outside the Village. $279,900. (734) 433-9273

OPEN SUN., 2-4pm
481 Springbrook
Old Creek Farms
Three bedroom, 2.5 bath Colonial on cul-de-sac in Saline. $214,900.

1470 Fox Pointe
Two bedroom, two bath Condo in Ann Arbor. $178,000.
Tom & Cathie Curran
The Varsity Group
734-973-0300

SALINE OPEN HOUSE
Sunday, 1-4
1163 LANDSEND
Three bedroom. 1.5 baths, 1,740 sq. ft. ranch on one plus acres. Mature trees, very private location. Beautiful neutral decor. Spacious rooms, finished basement includes built-in 52 inch TV with sound system, Satellite dish, Casino Bar. $260,000

JANICE BRIGGSON
Century 21
Curran & Christie
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Condos/ Townhouses 201

CHELSEA'S IDEAL LOCATION. Move in. Partly furnished. Four bedroom, four bath, end condo. Pierce Lake complex. Walk to adjoining golf course, shopping, places of worship, medical clinic & hospital. $289,900. (734) 433-9695

CONDO SALINE
Three bedroom. Walking distance to downtown. Newly painted. All appliances included. Very nice condition. $172,500. Call Dick, (734) 665-2958

MANCHESTER- RIVER Edge Condos. Quality new construction on the River Raisin. River Ridge Condos- affordably priced, two bedrooms ready for immediate occupancy. Kim Byrne, RE/MAX Community Associates, 734-649-1256 or 734-428-1950.

RIVER RIDGE
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1993 Fleetwood. Three bedroom, two bath, carport, central air. All appliances stay. Storage shed with shelves. Asking $44,500. Motivated Seller. (734) 428-1221

Lots/Acreage 204

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Corner of Lingane. Beautiful three acres with walk-out site. Rolling hills, mature trees, and a fantastic view! Driveway permit & perked sites approved. $97,000. Call 734-845-1444. After 6pm, please call 734-433-1963

FOR SALE BY OWNER, 58 ft. lake front. Goose Lake. 1,100 ft. deep wooded lot. Two minutes from I-94, exit 147. (248) 681-1099

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NEED A LOAN DESPITE BAD CREDIT? Honest lenders won't guarantee a loan before you apply. Call the Federal Trade Commission to find out how you can avoid advance-fee loan scams. 1-877-FTC-HELP. This message is from the FTC and Heritage Newspapers.

Real Estate Wanted 211

MANCHESTER: wanted two acre buildable partial, under $45,000. Please call (517) 764-2436.

REAL ESTATE FOR RENT
300

Apartments/ Flats 300

DEAL FOR YOU! First month's rent FREE! One & Two bedrooms available. Central air, carport, walk-in closets. Small pet friendly. PARKSIDE LANE APTS. In Milan 734-439-7374

CHELSEA: Good one bedroom. All appliances, air, cable, and utilities are included. Separate entrance, available parking. $585/month. Security deposit. No pets. Available July 1st. Call after 4pm: (734) 475-7387.

CHELSEA
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Two bedroom apartment at I-94. $700/mo. includes heat. NO Dogs.
★
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CHELSEA
Two bedroom apartment. $795 month. Heat, electricity and water included. Security Deposit required. No Pets. Immediate occupancy. Call (734) 426-0593

DEXTER VILLAGE Available June. Walk to Downtown, modern two bedroom duplex in quiet, wooded setting with yard. No smoking/pets. $675/mo. Can add laundry- at $700 per mo. Old Town Realty 734-663-8989

LARGE EFFICIENCY, One & two bedrooms available. Off Ford Lake in Milan, $375, $450 and $550/month, plus electric and One month security required. Call Bill 248-814-8435.

MANCHESTER APARTMENTS, a family community, is now accepting applications for our spacious one, two and three bedroom apartments and barrier free units. Rent is based on income. For additional information or application please call (734) 428-9270 or for hearing impaired call 1 (800) 760-1997. Equal Housing Opportunity. Lansing Management Company.

MANCHESTER
Carpeted one-bedroom newly redecorated apartment in downtown building. No smoking. No pets. $450/mo. Includes water & heat. (517) 536-5184

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MANCHESTER
Clean efficiency apartment in town. Utilities and appliances included. (734) 428-9202

MANCHESTER
Large one bedroom. Appliances. Hibbard St. Free laundry facilities. No pets. $625/mo. Call 734-428-8708, if no answer call (734) 428-7102.

MANCHESTER
Third floor apartment, 1,200 sq. ft., in restored building, elevator, two/three bedrooms, hardwood floors, all appliances including washer. $850/month plus utilities. Non-smoking, no pets. Call (517) 536-5184

MANCHESTER
Two bedroom, 1.5 bath apartment in a three unit country Victorian home. Includes air, Cable and two parking spaces. $600 per mo. + one mo. security. Flexible lease. 734-998-0030 or 734-657-7140.

Apartments/ Flats 300

MANCHESTER- TWO bedroom, single story, full basement, quiet, near town, air. No smoking/pets. $700. One month security. Stove & refrigerator included. Month to month lease. (734) 428-1786, leave message.

MILAN: AVAILABLE IN JULY. Two bedroom upstairs apartment on Wabash, with side yard. $550 per mo. Includes water. First/ last mo. rent + $250 security deposit. Pets, extra deposit. Some furnishings available. Reply, with references, PO Box 2188, Milan, MI 48160.

MILAN
Clean two-bedroom duplex. Laundry, storage, fenced yard, near schools. No smoking. $800/mo. (734) 485-7011

SALINE MODERN two bedroom Duplex. All appliances, attached garage. $1,000/mo. (734) 944-5451

SALINE
One bedroom apartment between Ann Arbor & Saline. Available mid-June. Includes laundry, heat, air, and storage. Non-smoking/No Pets. $600/mo. plus deposit. 734-944-3213.

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ONE & TWO BEDROOM APARTMENTS AVAILABLE
Please call:
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street level large efficiency. Full kitchen and bath. $500 mo. Utilities furnished.
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SALINE
Two bedroom, second floor apartment in small quiet complex. $750 a month includes all utilities except electric. Available July 15. No pets. (734) 429-4321, leave name & number.

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Houses for Rent 301

CHELSEA-CAVANAUGH Lake Area. Lovely country home. Three miles from I-94 on paved road. Three bedroom, air, walk out basement. Non-smoker/no pets. Available August 1. $1,250/mo. 734-475-4210 Days, or 734-475-9272.

CHELSEA COUNTRY
Three bedrooms, 1.5 baths, on two acres, fireplace, central air, two car garage, dining room, fenced backyard. $1,495/mo. plus utilities. Available now. Non-smoking. (734) 475-3858
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For complete info, map and photos, go to: http://www.GregJohnsonRealEstate.com

Houses for Rent 301

CHELSEA,
Cozy two bedroom on Elm St. Full basement, appliances included, garage, back deck, $800/mo. plus utilities. 734-395-6399 before 9pm.

CHELSEA
Large Two-bedroom 1,400 sq. ft. country duplex. Air, fireplace & patio. $1,000/mo. includes All appliances dishwasher, washer/dryer, lights & heat. (734) 475-7572 (734) 320-0258

CHELSEA on NORTH LAKE, One plus bedroom, open floor plan. Area for vegie garden. Available July 1. $650/mo plus utilities. Security deposit and references required. Applications now being accepted. (734) 475-1080

CHELSEA,
Three bedroom duplex. Close to downtown. 1.5 baths, appliances, fenced back yard. $850/mo. plus utilities. 734-395-6399 before 9pm.

CHELSEA VILLAGE
Immaculate three-bedroom ranch. Washer, dryer. No smoking, no pets. Utilities not included. $1,000 monthly. (734) 475-8133.

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GRASS LAKE
Three bedroom 1.5 baths, $980/mo. plus half utilities. Deposit required. No Pets.
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★

ISLAND LAKE waterfront home
on one acre. Large three bedroom, 2.5 baths, two car garage. Chelsea Schools. $2,000/mo. plus deposit & utilities. Available immediately. (734) 845-7566

MILAN
LARGE TWO bedroom brick, duplex, 3871 Judd. Air, dishwasher, 1,800 sq. ft. Large porch, yard & basement. Washer/dryer. Pets negotiable. $820 + security deposit. Call (734) 658-4448

Mobile Homes for Rent 303

PLEASANT LAKE PARK
14x65 mobile home. $460 per month plus utilities, security deposit. No pets. Retirees welcome.
Call 313-561-0702 or 734-428-0772

Vacation Rentals 305

CHARMING OSCODA LAKE FRONT COTTAGES- Still available for summer. Completely furnished. 989-739-5999.

SILVER LAKE COTTAGE, Lake MI Sand Dunes, in resort area with pool. $525 week. $315 weekends. (517) 467-5009.

Garage Storage 306

STORAGE
CLEAN & Dry storage inside- Some on wood floor. Great rates. Five miles from Saline. Call: (734) 944-0477.

Commercial Property 307

ANN ARBOR - 2,400 sq.ft. for lease. Good for retail. Close to campus. Jeff Harshe, 734-662-3760.

CHELSEA: Prime location, retail or office, on I-94 & Old 12 at Fletcher Road exit. (517) 202-9992

Wanted to Rent 310

CHELSEA/DEXTER AREA
Farm Land Wanted To Rent During Deer Hunting Season
(734) 498-3426

Tired of that old car sitting in the drive? Looking for a new mower? Call the Heritage Classified Department.

General Help Wanted 600

BUSINESS SERVICES/ OPPORTUNITIES
400

Business Opportunity 405

MAKE A living on the internet right from your home! We'll teach you step by step. Mail-order/ ecommerce. Free information. 800-686-9416 http://www.CreateFreedom4U.com

EDUCATION/ CHILD CARE
500

Child Care 500

ACTIVE MOM WITH Licensed Daycare has summer openings. Tons of Fun! Clean, safe and fun home in Saline, with lots of experience. Call (734) 429-5677.

PLANES, TRAINS, AUTOMOBILES?
Let Heritage Newspapers Classifieds sell your unwanted & unused classics.

Child Care 500

COMMUNITY DEXTER SCHOOLS

JOB OPENINGS
An Equal Opportunity Employer

ACADEMIC
- High School Language Arts/Social Studies Teacher
- High School Language Arts Teacher (.7 time)
- High School Resource Room Teacher

ATHLETICS
- Varsity Head Girls Diving Coach
- Varsity Head Boys Diving Coach
- Lifeguards

COMMUNITY ED
- Swim Instructors

CHILDRENS' SERVICES
- Substitutes

FOOD/ NUTRITION
- Substitutes

PARA PROFESSIONAL
- Substitutes

SECRETARIAL
- Special Education/Creekside (.5 time)
- Bates Elementary (10 months)
- Substitutes

TRANSPORTATION
- Sub Drivers-afternoon

424-4100

Child Care 500

ATTENTION AND LOVE
★
for your child at LYNN'S LICENSED DAYCARE. Call: (734) 663-8734

CHELSEA LICENSED CHILD CARE Available
A creative & caring environment. Lunch and snacks provided. Call: (734) 475-8112 for information & a visit!!

DAYCARE
in my Milan home
All shifts available. Experience with children of all ages. Loving mother of three. Please call (734) 439-7862 ask for Wendy

DEXTER
New daycare home opening in August. Certified teacher, now, stay-at-home Mom will provide quality care, activities, and meals for children 0-5 years. Part time welcome. Call for details at 734- 426-0058.

NOTICE TO READERS
Child care providers are required by the State of Michigan to be licensed. For more information, contact the Bureau of Family Services in Lansing, MI.

EMPLOYMENT
600

General Help Wanted 600

PREP COOK
Glacier Hills, a prestigious retirement community, has a full-time Prep Cook opening on its dayshift for the Food Services Department. Qualified candidates should have at least 1 to 2 years experience in assisting lead cooks and chefs in measuring, weighing, and preparing a variety of foods and meals. Must have experience with all types of kitchen tools and equipment and be able to work alternating weekends.

Please send/fax/email resume ATTN: Staff Recruiter or stop by to complete an application in our Nursing Center. EOE. We are conveniently located near I-94, US-23, and M-14.

GLACIER HILLS
1200 Earhart Road
Ann Arbor, MI 48105
Fax: (734) 769-5988

General Help Wanted 600

CARPENTER, rough framing. Pay commensurate with experience. Saline area. Must have own transportation. Full time opening. Call (989) 435-3584; 989-501-9302.

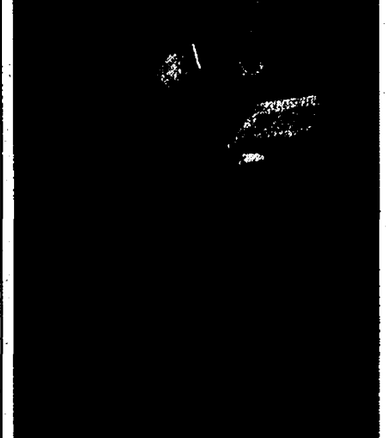
CUSTODIAN
Seeking a part time Custodian to work four hours each morning or evening in a light industrial environment. Pay is $9.00 per hour. Please fill out an application at Colorbok, 2716 Baker Road, Dexter, MI. Office hours are 8am to 5pm.

DAN'S RIVER GRILL
Downtown Manchester
now hiring experienced Servers and Host/ Hostesses.
Apply in person:
223 East Main Street
(734) 428-9500

DID YOUR NEW CAR ARRIVE?
Let Classifieds help sell you used vehicle.

General Help Wanted 600

Regional Classified Sales Rep and Advertising Sales Consultant



Traverse City and Gaylord Locations

If you are a problem solver – both resourceful and creative – would enjoy building professional relationships in the business community and value personal excellence, we would like to meet you!

We are a company that recognizes outstanding performance and rewards results achieved.

We offer a competitive compensation/ benefits package, including attractive incentives for sales results achieved, a comprehensive health insurance package and a generous match to the 401(K) plan.

With over 20 offices in Michigan and over 350 employees, career opportunities are available based on performance and leadership potential. We are committed to development programs to enhance achievement of your goals.

We welcome your interest!

Please mail or fax resumé to:
Director of Human Resources
Morning Star Publishing Company
711 West Pickard, Mt. Pleasant, MI 48858
Fax (989) 779-6179. EOE/DFW

Morning Star Publishing Company
A division of 21st Century Newspapers

General Help Wanted 600

Customer Service/Sales

HOT

College Students/ 2003 Graduates
$14.25 Base/ Appointment
35+ openings left for our summer work program. Flexible hours. Fun and rewarding work will build your resume. We train. Scholarships & internships available. Conditions apply. Call or apply online now as positions are filling fast.
(734) 944-1223
http://www.workforstudents.com

EXPERIENCED FARM help wanted. Call Rose at: Wiard's 734-482-7758 Tuesday thru Friday.

General Help Wanted 600

HAIR STYLIST
Licensed. Experienced in Roller set and blow dry. Two days perweek. Saline area nursing home. 1-800-762-7391

HAIRSTYLIST
Wanted- upscale chair rental salon. http://www.volla-salon-spa.com Call Lori at 734-368-7210

HORSE FARM needs stable help on Sat. & Sun. mornings, 8:30am-11:30am, $9.00 per hour. Some substitute work also available. Call Gail or Lisa, (734) 475-2026.

It's quick
It's easy
Just pick up your telephone and call one of our advisors today.
Heritage Classified Department

General Help Wanted 600

OFFICE ASSISTANT FULL TIME
Needed for small Restoration Company. Excellent communication skills, filing, data entry, light typing required. Send resume to: PDR 105 Enterprise Dr. Ann Arbor, MI 48103 or fax to: (734) 930-2829

PERSONAL CARE ATTENDANT
Positions available for part time afternoon & midnight at Primrose Place, the assisted living community at Brecon Village. Please apply in person. Brecon Village, Teresa Hagood, RN, 200 Brecon Drive, Saline, MI 48176. 734-429-1155.

★
NEW HOME OWNER?
Sell your old home fast in the classified column.

General Help Wanted 600

PRINTING PRESS PERSON
Five years experience, AB Dick 9800 press with T/Head, Ann Arbor/ Ypsilanti area print shop, benefits. (734) 973-9500.

REFERENCE LIBRARIAN
20 hrs./week some evenings and weekends. $13.33-$18.67/hr. Fax resume with cover letter to:
Chelsea District Library
734-475-8190, or email lballard@chelsea.lib.mis.us by 6/27/03
Job description at http://www.chelsea.lib.mi.us

Security

Borders Group is a FORTUNE 500 company headquartered in Ann Arbor, MI. The company is a leading global retailer of books, music, video and other entertainment items.

We are currently filling one part-time weekend night position at our Corporate Office in Ann Arbor for:
Entry-Level Security Guard
Shifts: Saturday, 12:00am-8:00am plus additional shifts as needed.

Interested candidates should call:
734-477-4815
or fax your resume with salary requirements to:
734-477-1899
Attn: SCS
E.O.E.-M/F/D/V

MASTERCARD IS WELCOME!
MASTERCARD IS WELCOME!

General Help Wanted 600

SUBSTITUTE BUS DRIVERS NEEDED: Good driving record required. We will train - 21 or older preferred. $13.96 per hour. Contact Jeff Knaslak, Transportation Coordinator, Manchester Community Schools, 710 East Main, Manchester, MI 48158. (734-428-7130).

UTILITIES DIRECTOR- Responsible for directing & supervising the administration, operation, repair, & maintenance of the Twp.'s water distribution system. Plans, directs, supervises, & participates in the operations of the water distribution, wastewater collection & stormwater collection systems. Oversees utility facilities operations, including lift stations, water booster stations, water tower, sanitary sewers & water mains. Associates degree or the equivalent with coursework in engineering or a related field. Seven or more years experience with the operation of water distribution systems & sewers with at least five years of supervisory experience. MI vehicle operator's license. Must possess or be able to obtain S-1 Water Distribution License. $60,000-$80,000 DOQ. Send resume, cover letter , application & salary requirements to: Pittsfield Charter Twp., HR Dept., 6201 W. Michigan Ave., Ann Arbor, MI 48108. http://www.pittsfield.org Closing Date: 7/25/03. EOE/ADA

IT'S A FACT!
Classified Ads Sell

General Help Wanted 600

WAREHOUSE POSITIONS
Colorbok, Inc. is searching for exceptional people to enjoy a friendly, fast-paced environment. Immediate openings for day and afternoon shift, $9.00/hr. Applications accepted 8:30 am - 4:30 pm, Monday through Friday. Apply at: 2716 Baker Road, Dexter, MI.

Office/Clerical Help Wanted 601

OFFICE MANAGER
Full time, with excellent managerial, clerical, and organizational skills. Must have strong communication skills (Bilingual-Sp/Eng a plus), be detail oriented, flexible, reliable, and have exceptional computer, PC/MS word, & network administration experience. 20.5-26.5k+ generous benefits. EOE Resume/cover to : Alex Gomez, Migrant Health Promotion, 224 W Michigan, Saline, MI 48176 by 7/7/03

RECREATION LEADERS
Chelsea Recreation
Part time various programs. Working with children. Must be available evening hours, 5:30 -9:00pm. Stop in for application at 500 Washington St. Chelsea. (734) 475-1112

CALL CLASSIFIED FOR RESULTS!
CALL CLASSIFIED FOR RESULTS!
CALL CLASSIFIEDS
IT HELPS
YOU
SELL
SELL
SELL
SELL

MANY WOMEN are looking for a cheaper way to expand their wardrobes. Sell your used sewing machine fast here in our classifieds. Call HERITAGE Classifieds today to place your ad.

Medical/Dental Help Wanted 602

Rehab, Therapy Positions

Glacier Hills, a continuing care retirement community located in Ann Arbor invites you to become a part of our progressive rehabilitation team. Our skilled nursing center provides sub-acute rehab. and is currently seeking a full time Physical Therapist Assistant.

Please send/fax/e-mail resume ATTN: Recruiter or you may complete an application at our nursing center reception desk. We are conveniently located near I-94, US-23, and M-14 in Ann Arbor. EOE.

GLACIER HILLS
1200 Eachart Road
Ann Arbor, Mi 48105
Phone (734) 769-5029
Fax. (734) 769-5958
email: daydob@glacierhills.org

Sales/ Help Wanted 603

SALES AGENT
for new subdivision in Dexter, built by Manhofer/ Campbell Building Company. Call Trish 734-878-9897 or 734-230-2818.

Domestic Help Wanted 604

CLEANING PERSON/ Housekeeper needed. Work two/three days a week in private home. Tecumseh/ Clinton Area. Competetive wages: Call (517) 431-2239. Evenings.

Situations Wanted 605

TOO BUSY TO CLEAN your house this summer? Looking for reliable person with reasonable rates? Call Debbie, (734) 944-8297.

Employment Information 606

ASSEMBLE CRAFTS, wood items, at home. Up to $480+/wk. Free info packet. Call 801-428-4675, 24 hours.

ATTENTION
Work from home. $500 - $2,500/ mo. part time. Home-based business. Free booklet, full training. http://www.visionadream.com 888-685-8234

MONEY DOESN'T GROW ON TREES. But you can branch out with Heritage Newspapers Classifieds and make more green! Call today for the best price.

FOR SALE
MERCHANDISE FOR SALE 700

Miscellaneous 700

GOLF CARTS PLUS! Used golf carts,100+ gas & elec. 4pass., lifted, etc Belleville 866-397-5667 http://www.golfcartsplus.com

★
HELP WANTED?
Advertising in the Classifieds helps your business acquire quality, helpful personnel.
Call to place your ad TODAY!

Miscellaneous 700

Antiques 702

WANTED
Antiques & Collectibles
Anything old
No big furniture
Call Jean Lewis 734-475-1172

Furniture 703

☆
AMISH LOG BED with mattress & foundation. New in plastic. $215. Call 517-423-3694.

AMISH LOG HEADBOARD with queen pillow top mattress set, new in plastic, must sell, $275. Call (810) 955-1015.

BED: QUEEN PILLOWTOP SET, New, in plastic With warranty. Can deliver. Only $162. 248-470-3350.

Miscellaneous 700

HOMEOWNERS!! WANTED!!
KAYAK POOLS is looking for DEMO HOMESITES to display our
New "Maintenance-Free" KAYAK POOL
Save thousands of $$$ with this unique opportunity.
CALL NOW!!! 1-800-31-KAYAK
Discount Code: 20-C13

VOLUNTEER CORNER

Camp Fire USA Wathana Council is looking for volunteers willing to work in youth development. Start your own traditional or family club today. Camp Fire USA will provide the tools and support you will need. Together we will build caring, confident and future leaders. Call today (248) 559-5840. Email: campfirewc@msn.com or visit our web site www.comnet.org/campfirewathana (4-30)

St. Joseph Mercy Ann Arbor Hospice needs caring volunteers to give three or four hours per week to stay with patients to give family members a much-needed break. St. Joseph Mercy Hospice currently has a need for direct-care and office volunteers during daytime hours. Complete six-week training is provided for new volunteers and will be held starting in May. Please call Gail Marie at (734) 327-3413 for location, dates, times and required pre-registration. (4-17)

To list your organization, call (734) 246-0880

VOLUNTEER CORNER

Need help with fix-up or home improvement projects? Call a local company from our

Business and Service Directory

Dear Reader:
Heritage Newspapers makes every effort to insure that our Business Directory advertisers are honest, reputable and qualified to perform the types of work they contract for. If, however, you feel that an advertiser has misrepresented themselves, or feel that work performed is unsatisfactory, please follow the instructions given in the Business Service Consumer Guidelines listed below.

Place Your Ad Today!
The Dexter Leader/The Chelsea Standard - Deadline Monday, 4 p.m.
The Saline Reporter/The Milan News-Leader - Deadline Monday, 5 p.m.
The Manchester Enterprise - Deadline Monday, 5 p.m.
1-877-888-3202

Brick, Block/ Cement 012

BLOCK, BRICK & CONCRETE WORK
★
New & Repairs
35 Years Experience
Also Bull Dozer work
Call Jim at 734-426-2968 or cell 734-320-0435

Building/ Construction 013

BUILD YOUR OWN HOME!
Save thousands, 0% build loan included.
Pierson-Gibbs Homes, (810) 278-2041

MTD BUILDING & CARPENTRY
New homes, Additions, Garages, Decks, Siding.
(734) 433-9874

Cement Work 018

CONCRETE WORK OF ALL TYPES
Driveways, footers, sidewalks, basements, tuck pointing. Block, brick, stonework, custom fireplaces. 25 years experience. Free estimates. Call Ed at (517)522-5974 or (734) 516-4937

Cleaning Services 022

INNOVATIONS HOUSEKEEPING
We Work To Make You Shine!
Residential cleaning, Homemaker services & Commercial cleaning
Fully Insured
(734) 475-6361

Air Conditioning 002

Cleaning Services 022

TIDY HOUSE
Residential and Commercial
Move -in and Move-out services
Free estimates
References
(734) 475-6374

Decks/Patios 024

DECK CLEANING
The Deck Guys
Deck & Fence Cleaning and Preserving Service. Power Washing, Water Proofing and Staining.
Free Estimates
(517) 266-2216 or (517) 467-7379

CUSTOM DESIGN DECKS. Cedar or Wood Polymer. Free Estimates. DECK-IT, 313-562-9889 734-374-8414

Excavation 036

RDH OUTDOOR SERVICES
1-877-933-4464
WE DIG MICHIGAN
- Complete site prep for new construction-
- Driveways, parking lots installed or repaired
- Land clearing and cleaning (turn your woods into a park)
- Trenching services for water lines (frost free hydrants)
- Perk test free with basement, driveway, septic system contract $300.00 value
- Drainage systems installed, new construction or existing
- Complete foundation for additions
Fully licensed &insured
$$ CALL AND SAVE $$

IT'S EASY WHEN YOU CALL CLASSIFIEDS

Air Conditioning 002

Handyman 050

HOME REPAIR SERVICE
Attention to detail in your home. Painting, Drywall, Plaster, Repair, Remodeling, Plumbing and Electrical Repairs. General home maintenance. Family business. (734) 429-3143

HOME REPAIR MAINTENANCE
mechanical, plumbing, electrical & other odd jobs. Very reasonable rates. Call Steve
(734) 475-9459

Home Improvement 052

B & B REMODELING, INC
Quality workmanship for any of your remodeling needs. Also new construction
Licensed Insured
734-475-9370

★
BASEMENT FINISHING
Bathrooms,Kitchens, Garages.
TK BUILDERS
(734) 528-2797

BROUGHTON CONSTRUCTION
Siding, Windows, Garages, Additions, Roofing
Call Tom,
(734) 475-1626

LIVE IN AN APARTMENT, and want your own place? The Heritage Classifieds can sell you more space. Call us today, you won't have any regrets. We offer many great homes for your family and your pets!

Air Conditioning 002

Home Improvement 052

★★★★★★★
ADDITIONS, SIDING, GARAGES PORCHES, DECKS CERAMIC TILE, PAINT
Reasonable.
20 years experience.
Licensed and Insured.
Call (734) 323-6982.

Landscaping 057

GREEN-VISION OUT DOOR SERVICES
Taking care of all of your outdoor needs.
Lawn Mowing,
Landscape projects,
Clean-ups,
Mulch and much more.
10% senior citizen discount.
Call Mike, 734-997-7244

ERIC'S Landscaping
734-429-3651
Residential Commercial
•Lawn Mowing
•Retaining walls-Boulder, Keyestone & Timber
•Pave patios & walks
•Cement walks
•Grading/Seeding/Sod
•Tree & bush installation/ removal
•Bush trimming
•Brush Hauling
•Evergreens & shade trees
•Top soil•fill dirt•sand
•Mulch•Wood chips
•Free Estimates
•Fully Insured

Lawn Service 057A

CALL KIRK SERVICES
for Lawnmowing, water gardens, paver patios and retaining walls.
(517) 592-9363

CLASSIFIEDS GET RESULTS! Call Heritage Newspapers today. CLASSIFIEDS SELL

Air Conditioning 002

Lawn Service 057A

ELITE YARD SERVICE INC.
•Lawn Mowing/Trimming
•Spring & Fall Clean Up
•Snow removal/salting
•Shrub & Bush Pruning
•Brush removal & Hauling
Mulch/mulch installation
•Rototilling
•Complete Grounds Maintenance
•Commercial/ Residential
Fully Insured
•Call for Free Estimates
(734) 429-7980

BEN'S LAWN SERVICE
Serving Dexter & Chelsea areas.
Affordable prices, Dependable service.
Call & leave message
734-475-4685

Home Improvement 052

CRJ Construction
Complete Home Remodeling Services
• Custom kitchens & bath remodeling
• Basement finishing & more
FREE ESTIMATES
Licensed/Insured
734-475-0438

Lawn Service 057A

JON'S CUSTOM MOWING
Quality Lawn Care Since 1986
Small field mowing Specializing In Large Estates
Free Estimates, Insured
(734) 323-5855
(734) 428-7296

Painting/ Decorating 064

YOUNG PAINTING
Interior/Exterior
30 yrs. Experience
Free Estimates
(734) 426-1093

Home Improvement 052

Painting/ Decorating 064

ABLE Custom Painting
Quality craftsmanship! New, rework, faux & pressure washing. Interior/exterior. Residential/Commercial. 24 yrs. References. Gary: (734) 878-0494

HOME PAINTING SERVICE
Attention to detail in your home. Painting, drywall, plaster repair, remodeling, plumbing & electrical repairs. General home maintenance. Family business. (734) 429-3143

PAINT CRAFTERS
734-429-3880
Painting, Drywall/ Repairs. Power Washing/ Deck Refinishing. Carpentry/ Plumbing. Electrical Repairs. Most General Maintenance. Licensed/ Insured.

JART HOUSE PAINTING
•Interior Specialists
•Custom Wall Decoration
•Faux Finishes •Murals
•Wallpaper Removal
•Insured.
(517) 851-4255

Painting/ Decorating 064

We have ads from places in Upper Michigan, Florida, Myrtle Beach, California. To rent, lease or buy. Give us a call and be on your way. Call Heritage Classifieds today.

Painting/ Decorating 064

CHELSEA PAINT & DECORATING
Professional quality painting of both the interior & exterior of your home or office. Includes repairs or changes needed to make it right.
DOUG BROWN
734-368-6211

Plastering/ Drywalling 066

MILAN DRYWALL INC.
New Construction, Additions, Repairs.
• Top Quality
• Affordable Rates
• Insured
• Professional
(734) 439-8030

LOOKING FOR guaranteed quality work? Call FINAL TOUCH for hanging, finishing, textured ceilings, painting. 20 yrs. in business. Insured. FREE estimates. Senior Discount. Excellent references. (517) 414-9397 or (517) 522-8064

Jack Burga Drywall, LLC
Residential/Commercial. Remodeling, basement finishing. Licensed & insured. 35 yrs. experience.
(734) 498-2214
(734) 368-5284

Painting/ Decorating 064

Heritage Newspapers Classifieds

Roofing 073

WILSON kitchens, bathrooms, decks, Roofing, siding. Rubbish removal. 24 hour Emergency Repair. Licensed & Insured. Senior discount. Family owned, 26 years. 734-428-0663. Fax: 734-428-1170. Cellphone: 734-320-5627

Tree Service 089

STUMP GRINDING
Discount Prices
25 Years Experience
ALL WORK performed by Owner.
ACCU-GRIND
1-800-513-8552

Wallpaper Service 094

WALLPAPERING by Martha Henry's Barn. Specializing in smaller jobs&borders. Quality workmanship for 15+ years! Phone 734-428-7117 or email dejonghe7@earthlink.net (please note "wallpaper" on subject line)

WALLPAPERING
By Martha Henry's Barn Specializing in smaller jobs & borders. Quality workmanship for 15+ years! Phone 734-428-7117 or email dejonghe7@earthlink.net (please note "wallpaper" on subject line)

Painting/ Decorating 064

Window Cleaning 098

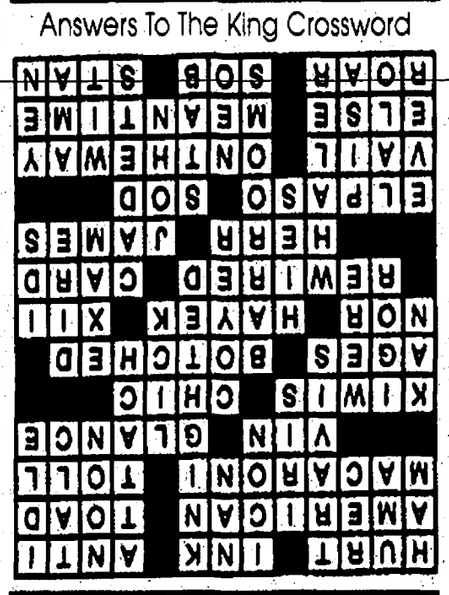
ACE WINDOW WASHING
Gutters & Screens
Commercial and Residential
Free estimates, Insured
Kevin (734) 320-8645

★
LOOKING FOR A NEW HOME?
North, South, East or West, we only offer our customers the very best, so call Heritage Newspapers Classifieds.

★
Cleaning out the Garage or Attic?
Sell your treasures through the classifieds.
Call and place an ad today!
Our advisors will be happy to help.

Painting/ Decorating 064

Answers To The King Crossword



BUSINESS SERVICE CONSUMER GUIDELINES

Please follow these guidelines when contracting with advertisers in this Directory:

Advertisers under certain headings may be required by law to be licensed. Check with the proper state agency to verify if license is needed.

Check the references of the business and/or refer to the Better Business Bureau.

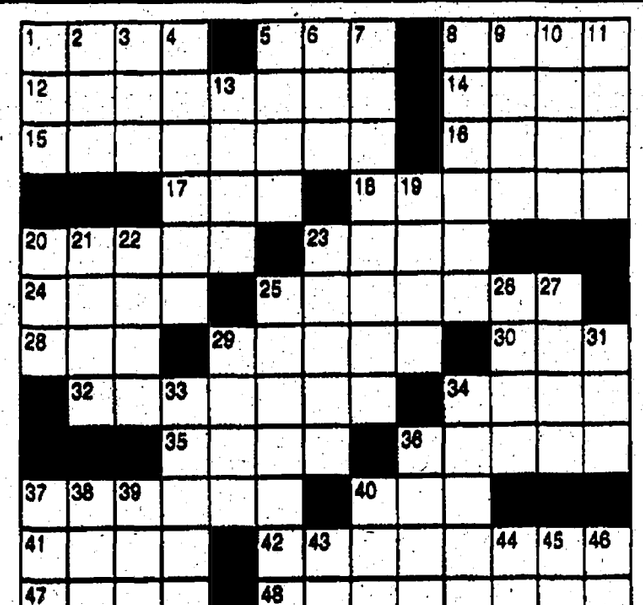
Get all estimates and work orders in writing. Get the full name, address and phone number of the party you are doing business with.

Pay by check or money order and get a receipt for ALL services and deposits. Keep ALL sales receipts.

Inspect all work thoroughly before final payment is made.

If You Are Not Satisfied With Work Performed, Please Write:
HERITAGE NEWSPAPERS
BUSINESS & SERVICE DIRECTORY
One Heritage Place, Suite 100
Southgate, Michigan 48195

King Crossword

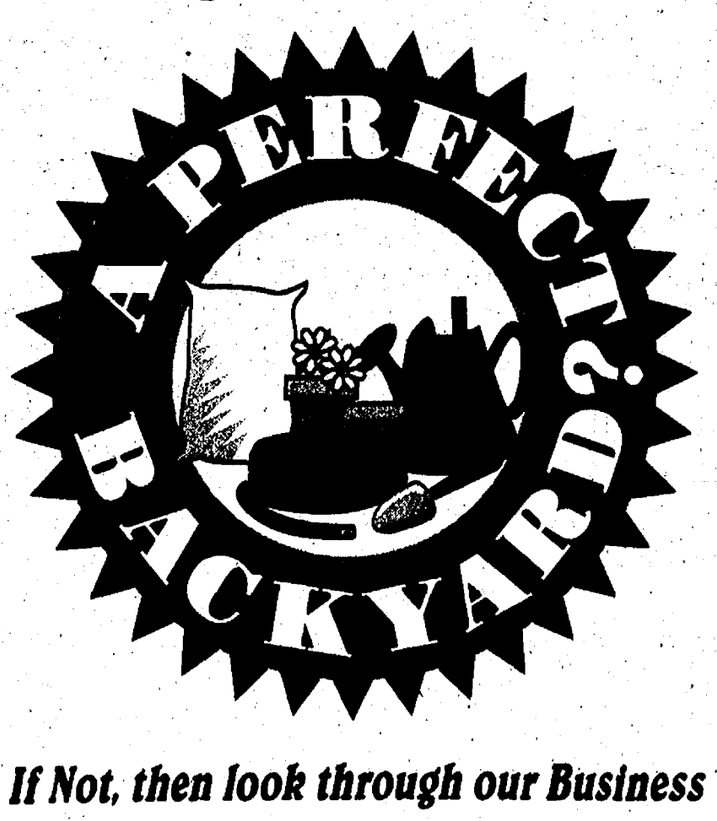


ACROSS
1 Heart-broken
5 Squid squirt
8 Opposed
12 Cheese selection
14 "Wind in the Willows" character
15 What 12-Across may be on
16 Bridge fee
17 Actor Diesel
18 Quick look
20 New Zealanders
23 Stylish
24 Birthday cakes' info
25 Made a big mess of
28 Neither's mate
29 Actress Salma
30 9-Down, in a way
32 Did electrical work
34 Humorous one
35 Mr., in Munich
36 "Daisy Miller" author
37 Texas city
40 Turf
41 Skiers' mecca
42 Going
47 Otherwise
48 Interim
49 Bellow
50 Weep
51 Ollie's pal

DOWN
1 Overactor
2 Ms. Thurman
3 Fun and games
4 Country singer Tritt
5 PC symbol
6 Tandoori bread
7 Like Paul McCartney in 1997
8 Stick on
9 Lunchtime, maybe
10 After-bath application
11 Between jobs
13 Eye part
19 Tackle a Popsicle
20 Nebr. neighbor
21 Borodin's "Prince
22 Existed
23 More demure
25 Saloons
26 Physical
27 Calamitous
29 Gets a move on
31 Freudians' subjects
33 The Pequod, e.g.
34 Military newcomers
36 Singer Elton
37 Eternally
38 Composer Schifrin
39 Tower city
40 Impale
43 Ultramodern
44 Neil Simon's sine qua non
45 "I - Camera"
46 Longing

Answers in Today's Classifieds

Do you have



If Not, then look through our Business and Service Directory for a merchant that can help you make your yard perfect!

Furniture 703

AMISH made pine log bed. $245. Queen size mattress set and frame all new $150. Log headboard and queen size pillow top mattress set. All new in plastic Must sell!. $295. Call 517-605-0009

BED:QUEEN PLUSHTOP mattress. New, in plastic. Name brand. Can deliver. $140. 248-470-3350.

FULL PILLOWTOP mattress/ box set. Brand new, in plastic.Can deliver $125. 248-470-3350.

KING PILLOWTOP Set. New, in plastic. With warranty. Can deliver. Only $225. 248-470-3350.

Miscellaneous 700

Furniture 703

PORCH FURNITURE: Premium wicker/glass table, six chairs, pads, small table, white/ blue, used, excellent. 35% of new price, $1000. (734) 475-1870, leave message.

Farm Markets/ Produce 711

STRAWBERRIES
Open June 14.
MUST bring
own containers.
Hours: Mon thru Sat
8am-7pm
Sunday: 1-5pm
Don Everett
5750 Pennington
Clinton, MI
1-517-423-7262

Miscellaneous 700

Farm Markets/ Produce 711

STRAWBERRIES
Pick Your Own
at DeGroot's
4232 Bull Run Rd.
Six miles north of Gregory. Families welcome. Wagon ride to the fields, picnic area, view farm animals. Call for picking info: 517-223-3508; or directions: 517-223-9311.

YOU PICK
STRAWBERRIES
& SUGAR SNAP PEAS
Rowe's Produce Farm
10570 Martz, Ypsilanti
734-482-8538
Call for
picking conditions

IT'S EASY WHEN YOU CALL CLASSIFIEDS

Miscellaneous 700

RUMMAGE/ GARAGE SALES 712

Rummage/ Garage Sales 712

BARN SALE
MANCHESTER
15406 West Austin Rd.
West of Noggles
Saturday June 21 & Sunday June 22, 9-5pm. Childrens stuff, toys, baby bed, highchair, lots of misc.

Miscellaneous 700

Rummage/ Garage Sales 712

CHELSEA BARN SALE
Sat.Only, 8am-noon
18531 Bush Road
between Pierce Road
and Conway
Toys, men/boys clothing, tools, computer games, PS One system, other household items.

CHELSEA:
E. Summit Street
Five Family
Garage Sale.
Sat., June 21,
9am-2pm.
No early birds
please!

SALINE: MULTI-FAMILY SALE, June 20 & 21, 37 E. WILLIS RD., (between Platt & Warner), 8am-6pm.

Miscellaneous 700

Rummage/ Garage Sales 712

CHELSEA-FIVE
family sale:
Friday, June 20,
9am-6pm and
Saturday, June 21,
9am-2pm.
1215 Gene Drive,
(near fairgrounds).

CHELSEA GARAGE SALE: Fri. & Sat., June 20 & 21, 9am-5pm. 7660 WERKNER RD. Household, clothing, bedding, much more.

CHELSEA
GARAGE SALE
June 19-22, 9-4, 862 N. Main. Tools, antiques (priced accordingly). Yard tools and LOTS OF MISC.

YOU CAN'T
MISS THIS ONE!

CHELSEA
Garage Sale
Friday, 9-3pm
2751 MCKINLEY
Adult & Kid's
clothes, toys &
misc.

CHELSEA- GARAGE SALE, Rain or Shine. Fri., June 20, 9-3pm. Antique & vintage jewelry, china, & cabinet. Size 12P dress clothes, CD/tapes, furniture, misc. household. Take Old US12 w. four miles, turn right at Fahrner Rd- sixth house on right at 17262 Fahrner.

CHELSEA
★
HUGE YARD SALE
Fri-Sat, Jun.20-21,9-3
★
14383 STOFER COURT,
between N.Territorial
& Island Lake Rd.

CHELSEA, JUNE 19 & 20. 10-4pm.. June 21, 10-1pm. 19250 IVY RD. at Montange Trail. Log house. Clothes, toys and household items.

CHELSEA
MOVING SALE
5540 Stofer Rd.
(at Island Lake Rd.)
June 19-21. 9-2pm. Antiques, tools, furniture, clothing, dishes & misc. items.

Need Cash?
Sell it here!

Automobiles For Sale 900

Rummage/ Garage Sales 712

CHELSEA MOVING SALE, 227 JEFFERSON ST. (Between East St. & Madison). June 19, 20 & 21, 8:30-5pm. Toys, clothes, camping gear, small appliances, books, collectible cars,trains, insulators, misc.!

CHELSEA MOVING SALE June 19, 20, Thursday-Friday, 9-6; Saturday, June 21, 9-12. 6200 LINGANE ROAD. Furniture, baby clothes, some children's toys, household items, crafts, lots of miscellaneous.

CHELSEA: QUEEN OAKS multi-family sale, Fri., June 20, 9am-4pm; Sat., June 21, 9am-2pm. Many household items and furniture (Soma waterbed, maple table & chairs, double bed, sofa, and chair). Queen Oaks is off Old US 12, 1.5 miles west of M-52.

CHELSEA
★
Sat., Jun 21, 9-3pm
11506 Jackson Road,
at Lima Center Road.
★
Books, kitchen, gardening, household, desks and misc.

CHELSEA
Saturday June 21,
8-4pm. Final sale!
half off most items.
19059 Clark Lake
Road. North of
Chelsea, off M-52.

CHELSEA
SUBDIVISION GARAGE SALE- REILLY FARMS
Between Stoutter Road and Dexter Townhall Road, on N. Territorial. Childrens items 0-10 yrs, household, pool table. Friday, June 20, 8:30-5:00 & Saturday, 8:00-noon.

CHELSEA
THREE FAMILY
GARAGE SALE
June 20, 9am-4pm,
19990 IVEY ROAD
Clothes, toys, dog pen, twin bed with headboard, bookcase, horse items, much more!

GRASS LAKE: retired Beanie Babies, bedroom suite, endtables, toys, clothes, two nightstands. June 20 (10am-5pm), June 21, 22, (9am-5pm) at 257 FRANCISCO.

DID YOUR NEW
CAR ARRIVE?
Let Classifieds help
sell you used vehicle.

Automobiles For Sale 900

Rummage/ Garage Sales 712

CHELSEA
VILLAGE SHOP
Garage Sale & Multi-family, Fri., 8-5pm. & Sat., 9-5pm. 14284 Forest Court. Store items 50 to 75% off! Mens & womens clothing, furniture, books. Household/seasonal items. Come see it all!

CHELSEA YARD SALE- Big Three Family Sale at 11105 Boyce Rd, Fri, June 20, 9-4, & Sat, 9-1. Saddle, furniture, (Queen bedroom set $200), lamps, books, Holiday items, housewares, lots of misc. Six miles n. of Chelsea on M52, w. of Boyce, ¾ of a mile.

CLINTON:
FUNDRAISER SALE
FOR AUTISM
TREATMENT CENTER
SCHOLARSHIP
June 21, Sat., 8am-4pm, St. Johns Episcopal Church, 122 E. Church St., take Tecumseh-Clinton, go east on Franklin, park in City lot. Toddler beds, double stroller, collectibles, housewares & more. After 2pm fill a bag for $2

DEXTER CROSSING
SUBDIVISION
YARD SALE
Behind the Country Market Mall in Dexter. Furniture, household, baby items, misc. Saturday, June 21, 9:00am-4:00pm.

DEXTER-THREE FAMILIES- Garage Sale, June 10, 9am-2pm. 3516 Oliver, Dexter, near Huron Farms Sub. Bar stools, boys/ womens clothing. Kitchen items, baskets, books. Standing jewelry cabinet. All kinds of misc. household items.

GRASS LAKE Pre-moving Sale
1185 ROWENA
(Off Norvell Road, south of Grass Lake Rd.)
June 20 &21 9am-5pm
Tools, two ton crane (Cherry Picker). Chipper, lawn sweeper, Bolens antique walk behind garden tractor, table saw. Antiques & collectibles. Holiday Barbie 1990-1996, artificial Christmas tree, craft items, misc. household.

Automobiles For Sale 900

Rummage/ Garage Sales 712

KID'S YARD SALE for Charity. June 20 & 21, 9-2pm. 49 Butternut Court. Cul-de-sac families contributing all kinds of items from a nickel & dime & up. Puzzles, toys, dolls, books, stuffed animals, clothes, games. So come and buy!

MANCHESTER: MULTI-Sale, June 20 & 21, 9-4, 18025 Herman, off Grossman. Lots of misc. items. Books, clothes, toys, arts & crafts supplies, baskets, porcelain doll collectibles, camping supplies, perennial plants.

★
MANCHESTER
Sat., June 21, 9am-3pm. 639 GRAT STRASSE. Many kids items, misc. 1992 Mustang.

MANCHESTER YARD SALE: Fri., June 20 & Sat., June 21. 816 E MAIN (two houses past high school). 9am-5pm Fri., & 9am-noon Sat. Mens large sizes, womens plus sizes, lots of household, books, electronics, motorcycles, dump truck, tools, toys.

MILAN
HUGE SALE
5400 Milan-Oakville Road, one mile past Monroe Bank & Trust. Rain or Shine. Something for everyone. Thursday and Friday, June 19 & 20, 9:00am-5:00pm.

MILAN- JUNE 19-21, Thurs & Fri, 9-5; Sat, 9-12, 419 WEST MAIN. Furniture, older Beanies, VCR movies, CD's, children and adult clothes, NASCAR stuff, two adult bikes, dry bar, two generators, hitches, trailer and tons more.

MILAN: MULTI FAMILY. Fri & Sat through summer, 10-5. Misc items, videos, collectibles, tools, books, statues, new doors & windows, toys, furniture, large mirror, tables & stands. South on Wabash to Sherman, East on Sherman, first place right side. Large pole barn.

PRE- MOVING SALE: antique furniture, Partylite, Longaberger, Tupperware, books & more. 11755 FORD HWY. S. of Macon Hwy. Sat. June 14 & 21, 9am-4pm

Automobiles For Sale 900

Rummage/ Garage Sales 712

★
MILAN: 129 S. PLATT
Multi-family sale. Kids clothes, electronics, misc. Sat., June 21 only, 9am-3pm.

SALINE ANNUAL
BUS DRIVERS SALE
at Middle School, on Saline Ann Arbor Road, in cafeteria. June 19 & 20, 9am-5pm. June 21, 9am-12. Lots to look at!

SALINE AREA
Saturday, June 21
9:00am-3:00pm
3053 BURR STONE CT.
Little Tikes log cabin, red car and picnic table. Toys and some free stuff.

SALINE: COUNTRY FOLKS Coming to Town for a Huge, Clean Garage Sale. June 19, 10-6 & June 20, 9-5. 863 Bemis Road, behind the lumber yard. Tons of kids clothes from infants to husky sizes, strollers, car seats, baby swing and tons of toys. Housewares, books and games.

SALINE GARAGE SALE
47 Tower Drive
June 20, 9-2pm.
June 21, 9-12pm.
Lots of Little Tykes, Step 2, Fisher Price. Double umbrella stroller, Excersaucer, Swing. Name brand clothing. Water&Snow Ski equipment.

SALINE GARAGE SALE
Sat., June 21, 8am-1pm, 521 Lexington Dr. HP 640C printer, Degu with cage and accessories, office chair, CD's, VCR tapes, jumper cables. Misc. dishes, sporting goods, household, clothes, toys.

SALINE GARAGE SALE: Fri., June 20, 9am-noon; Sat., June 21, 9am-2pm. Lots of womens clothes, housewares, bed, furniture, misc. 216 HARPER DR., off Saline-Ann Arbor Rd.

SALINE GARAGE SALE
June 20
9am-5pm
1144 COLONY DR.
Little Tikes, clothes, housewares, lots of miscellaneous.

SALINE GARAGE SALE: Fri. June 20, 10:30-5pm. Sat. June 21, 9-3pm. 377 NICHOLS DR. Baby girl clothes & equipment, size 0-18 months & other misc., items

★
SALINE- GARAGE SALES
Saline Park Place
Condos. Many families.
Off Clark Street.
Saturday, June 28,
8:00am-4:00pm.

SALINE
Moving/Garage Sale-Crafts, baby items, furniture, household goods, lots more. Friday, June 20, 7am-3pm. 470 Old Creek Drive off Willis Road.

SALINE
Multi Family neighborhood Garage Sale.
CORNER OF MOON AND WILLIS RD.
June 19&20, 8-5pm.
June 21, 8-12pm.
Dishes, furniture, clothes, toys, kitchen items, baby items. Lots of misc.

SALINE
MULTI FAMILY SALE
1603 Wildwood Trail, off of Woodland and Ann Arbor Saline Road. Bedroom furniture, shelves, bike, clothes, toys, etc. Saturday, June 21, 9:00am-1:00pm.

SALINE
♥
Saturday Only,
June 21, 8am-3pm
♥
4135 SALINE
WATERWORKS RD
♥
MANY MISC. ITEMS!

SALINE- three garage sales at, 387, 399 & 400 Old Creek Dr. Two chest of drawers, stack stereo system, large three level cage, bike carrier, toys and lots of household misc. Fri. June 20, 9-3pm. Sat. June 21, 9-12pm.

SALINE
We have a little of everything! Sink, car, clothes, too much to mention. No childrens things. Fri., June 20 & Sat., June 21, 9am-4pm. 7188 NOBLE RD., between Weber Rd. and Saline-Waterworks Rd.

SALINE- 390 WEST BEMIS, between Fosdick & Warner, Multi Family, girls size 6-16, womens 10-18, books, iron & oak spiral staircase, Discovery Toys, Pokemon cards & games, Fri-Sat, Jun 20, 21, 9-5. No early sales please.

WEST RIDGE Subdivision Garage Sale, June 21 9am-2pm. West of Downtown Dexter, past stone bridge. Furniture, baby, kids clothes, toys. Dishes, glasses, household, some tools & misc. Linens, towels, tools and lots more stuff.

PETS/ANIMALS 800

Pets for Sale 800

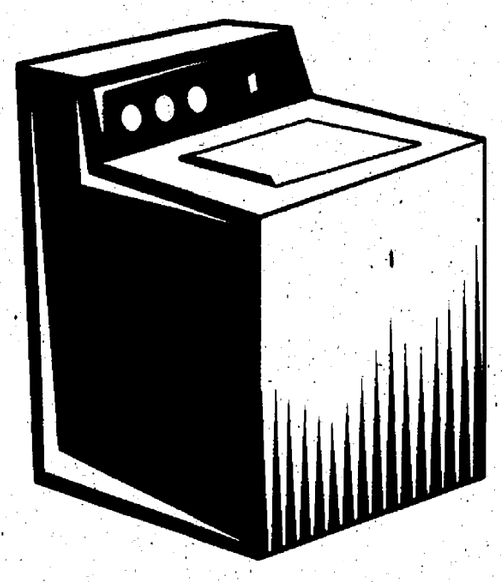
WARNING:
ADS FOR FREE PETS
A beloved pet deserves a loving, caring home. The ad for your free pet may draw response from individuals who wish to sell your animal for the purpose of research or breeding. Please be sure to screen respondents carefully when giving an animal away.
Your pet will thank you!

Rolled or folded stream map postage paid
$23.95

Heavy gauge laminated stream map
LIFETIME GUARANTEED,
write-on/ wipe-off surface with
brass eyelettes for easy hanging
$44.50

Name_____
Address_____
City, State, ZIP_____
Rolled or folded map $23.95 ❑
Laminated map $44.50 ❑
Check or money order enclosed $_____

Unload it!



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❑ Ile Camera ❑ Western ❑ Monroe Guardian ❑ Belleville View

FILL IN ONE WORD PER LINE

Only above information will appear in paper.
Be sure to include your telephone number in your ad.
• Four-line maximum (ads may be edited to fit) • No collectibles/dealers • No more than two items per ad • Price of item(s) must be listed • Sorry, no pets • One ad per household per month • Mail-in only • No walk-ins, please

Name_____
Address_____
City_____ State_____ Zip_____
Phone_____ FOR OFFICE USE ONLY:_____

Mail to: Classified/Bargain Hunter
HERITAGE NEWSPAPERS
One Heritage Place, Suite 100, Southgate, MI 48195

Pet Services/ Supplies 801

NOSTRANT BROTHERS PET SITTING
Responsible students will watch your pets while on vacation or at work. Saline only. Call Matt, (734) 429-2665

STAMP OUT ITCHAMACALLITS! Promote healing & hair growth on dogs and cats without steroids. Use happy Jack Skin Balm, Itch No More, and Tonekote. TSC Stores

Horses/ Livestock 802

★
AQHA 15 YEAR OLD Sorrel Gelding. Great on trails. Easy loader. Great 4H starting horse. Great with beginner riders. Very calm. $3,500 or best offer, (734) 461-1874.

★
HODGSON'S HORSESHOEING
Trim, Hot Shoeing, Re-Sets.
BWFA Licensed
(517) 522-3407

★★★★★★★★★★
HORSE BOARDING AVAILABLE!
Located in Clinton, MI
$75-$175 per month, depending on care level
Call (517) 423-3357 for more information.

HORSE TRAILER, 2002 Bison, 24 foot, with living quarters, three horse slant, fully loaded, $29,900. (517) 266-6173, leave message.

Ford 900G

★
ESCORT WAGON LX, 1996. Silver. 82,000 miles. Five speed, air conditioned, cruise control, power windows and power locks. Looks and drives great. $2,900. (734) 429-0441

MUSTANG GT, 1995, convertible, every option. 82,000 miles. $5,999. Tyme, (734) 455-5566.

Automobiles For Sale 900

Pontiac 900L

FIRBIRD CONVERTIBLE 2002. Showroom new! Under 300 ORIGINAL MILES. V-6. Last year of production!!!! V-6. LOADED!!! $23,000. (313) 386-5767

Imported Sports Cars 902

BMW 328i, 1999, CONVERTIBLE. Loaded! Beautifully maintained. $28,500. (734) 675-6883

Trucks 903

F150, 1999, excellent condition, with warranty available, $7,999. Tyme, (734) 455-5566.

Vans 904

CARAVAN, 1998, four door, automatic, air. Immaculate. $4,595. Tyme, (734) 455-5566.

SUV/4X4 905

CHEVY SILVERADO 2002. 1,500 HD crew cab, short bed, Four wheel drive, V8, auto transmission, power windows/locks, bedliner, cruise. 12,500 miles. Excellent condition. $25,000. Call (734) 439-2234.

JEEP CHEROKEE LAREDO, 1996, dark red, automatic, $3,199. Tyme, (734) 455-5566.

Motorcycles 907

★
KAWASAKI, VULCAN 700 1985, sharp bike! Runs great. 13,000 miles. $1,250. (734) 528-9379

★
HELP WANTED?
Advertising in the Classifieds helps your business acquire quality, helpful personnel.
Call to place your ad TODAY!

PEOPLE ARE LOOKING over those ads every day. Tell them about the article you'd like to sell in classifieds.

Automobiles For Sale 900

RECREATIONAL 950

Boats/Motors Supplies 950

FOR SALE- 19 ft. classic ski boat, 170hp, straight six cylinder, inboard with Mercury outdrive. Boat, engine & all equipment have been certified by Klade's Marina. Trailer has been sandblasted, repainted, has new tires, rollers, pads, wiring, lights & trailer jack. New battery, tune-up & oil change. Ladder, five jackets, depth & fish-finder & numerous extras. Boat gains top speed of 42-45mph. $3,500/Best. Call 734-426-6301, ask for Dan.

Recreational Vehicles 951

DUTCHMEN, 2002
★
27 ft. Bunk house travel trailer. Sleeps eight. Used twice. Immaculate. Includes tow bars and receiver. Listed at $16,500. Will sacrifice at $14,000. 734-433-2116.

CALL CLASSIFIED FOR RESULTS!
CALL CLASSIFIED FOR RESULTS!
CALL CLASSIFIEDS
IT HELPS
YOU
SELL
SELL
SELL
SELL

Automobiles For Sale 900

Recreational Vehicles 951

★
FIFTH WHEEL, 1994 Hornet with slide out. Sleeps six, many extras. Good condition. $7,900. Truck available. (734) 439-0663

HELP WANTED
Advertising in Heritage classifieds will help your business acquire quality, helpful, personnel!

Recreational Vehicles 951

LUXURY TRAVEL TRAILER, 2003. Fully self-contained. Air, roll-out awning, washer/ dryer. Sleeps six. Non smoker. $15,500. Will deliver. (248) 627-4637.

DOES YOUR GARAGE look like Noah's Ark--two of everything?? Place your garage sale ad with Heritage today.

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works in many ways!

Automobiles For Sale 900

Automobiles For Sale 900

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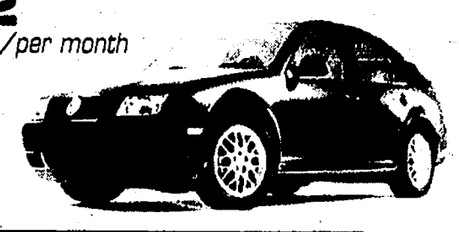
LIMITED JETTA WOLFSBURG EDITION!

- Big fun too!
- 1.8T 180 hp
- Sunroof
- Air conditioning
- ABS/Trac. Control
- 16" sport alloys
- CD player
- Rear wing spoiler
- Full power controls
- Lots, lots more

AVAILABLE 1.9-3.9% APR*

42 mos. for only **$262*** *plus tax/per month

$2600 total due at signing (no security deposit) MSRP of $21,745



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Make	Was	Now	Save	PAYMENTS FIGURED WITH $2003 CASH DOWN OR TRADE 60mo.	72mo.
2003 Pontiac Vibe St#457903P	$19,200	$16,049.18	$3,150.82	$268.29	$229.48
2003 Pontiac Sunfire St#43408P	$17,575	$12,342.61	$5,232.39	$197.49	$168.92
2003 Pontiac Grand Am SE St#297915P	$19,470	$13,974.79	$5,495.21	$228.67	$195.59
2003 Pontiac Grand Am GT St#319982P	$23,240	$18,466.80	$4,773.20	$314.47	$268.98
2003 Pontiac Aztek St#588051P	$23,796	$18,937.18	$4,858.82	$323.46	$276.66
2003 Pontiac Montana St#304606P	$32,085	$24,496.98	$7,588.02	$429.66	$367.50
2003 Pontiac Bonneville St#169802P	$27,745	$22,631.01	$5,113.99	$394.01	$337.01
2003 Chevy Cavalier St#331176	$16,350	$11,413.84	$4,936.16	$179.75	$153.75
2003 Chevy Impala St#333465	$22,130	$17,456.88	$4,673.12	$295.18	$252.48
2003 Chevy Tracker HT St#T939408	$21,460	$16,279.73	$5,180.27	$272.70	$233.25
2003 Chevy Venture LT St#T199303	$30,350	$24,704.59	$5,645.41	$433.62	$370.89
2003 Chevy Blazer Xtreme St#T169487	$26,362	$20,959.89	$5,402.11	$362.09	$309.71
2003 Chevy TrailBlazer St#T378825	$29,142	$23,052.65	$6,089.35	$402.00	$343.90
2003 Chevy Silverado St#T232262	$20,810	$15,504.26	$5,305.74	$257.88	$220.58
2003 Chevy Silverado Ext. St#T353665	$27,887	$21,647.83	$6,239.17	$375.23	$320.95
2003 Chevy Silverado Ext. 4x4 St#T359992	$29,347	$22,429.08	$6,917.92	$390.16	$333.71
2003 Chevy Silverado ¾ HD Ext. 4x4 St#T333587	$35,516	$27,819.86	$7,696.14	$493.13	$421.79
2003 Chevy Silverado Ext. LT 4x4 Diesel HD St#T328547	$44,566	$35,716.61	$8,849.39	$643.96	$558.80
2003 Chevy Avalanche St#T227729	$41,602	$32,622.34	$8,979.66	$584.86	$500.25
2003 Chevy Tahoe St#T267663	$41,445	$33,520.74	$7,924.26	$602.02	$514.93
2003 Chevy Suburban St#T267663	$42,140	$34,163.57	$7,976.43	$614.30	$525.43
2003 Chevy S-10 Ext. St#T176824	$19,676	$13,948.17	$5,727.83	$228.16	$195.15

Quality Used Cars

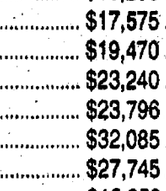
2001 Chevy Impala LS 12.885
2001 Chevy Monte LS 10.983
2001 Chevy Monte LS 12.363
2000 Chevy Prizm 7.963
2002 Buick Lesabre 18.661
2001 Buick Park Ave 18.963
2001 Olds Intrigue 14.863

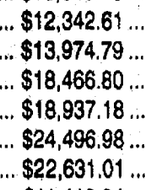
Trucks, Vans and SUV'S

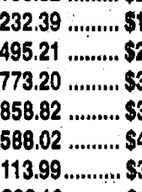
2002 Chevy Trailblazer 19.973
2002 Chevy Trailblazer 21.943
2002 Chevy Trailblazer 23.646
2001 Pontiac Aztek GT 16.931
2001 Dodge Durango 18.585
2000 Chevy Silverado 16.673
2001 Chevy Silverado 12.483
2001 Chevy Silverado 19.963
2000 Chevy Silverado 18.991
2000 Chevy Silverado 20.393
2000 GMC Sonoma 14.583
2002 Chevy S-10 Ext 12.643
1999 Chevy Express 16.900

Ron Clark

Robert Howe


Chris Parker


Dave Hamilton


Rodney White

Al Harvey

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- 2000 Chevrolet Impala LS, 3.8L V6, Full Power, Auto, White $14,500
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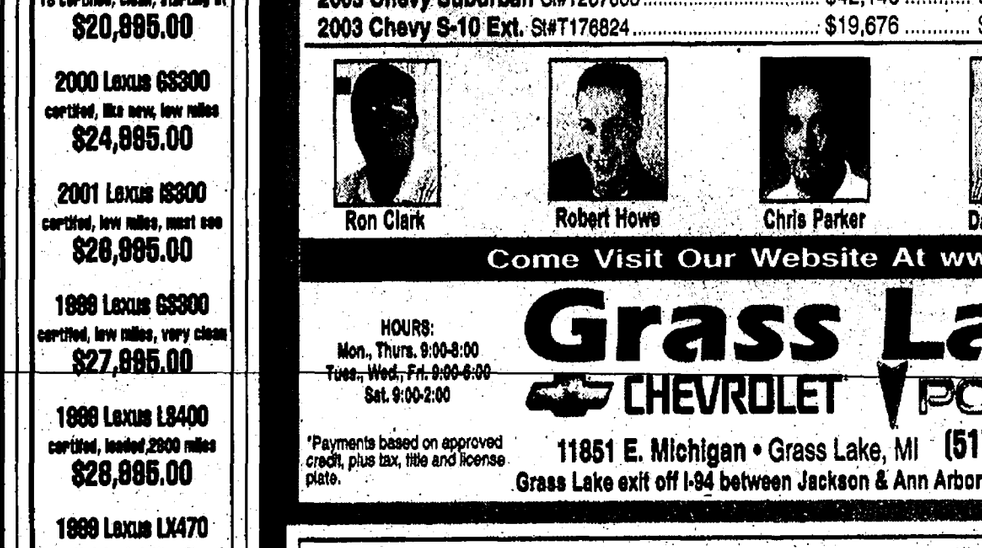

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Zanzibar chef kicks off market series

By Michael Rybka
Special Writer

Visitors at the June 7 Farmers' Market in Chelsea expressed appreciation over the resumption of the "Chef of the Market" series.

Brandon Clark, an assistant chef of Ann Arbor's Zanzibar restaurant, prepared citrus vinaigrette over fresh spinach, grilled peppers with marinade and rhubarb chutney.

Clark said he was working within the limitations of a growing season that has not yet reached fruition.

Clark said his stint as the market chef afforded him an opportunity to practice his talents before the public, as he is about to teach a cooking class at Kerrytown's Kitchen Port in Ann Arbor.

Clark, who has been in love with cooking since he was 15 and has worked at Zanzibar's for over three years, said he is the only non-executive chef to have his recipes featured on its menu.

Clark's Citrus Vinaigrette

2 oranges, zested and juiced
2 lemons, zested and juiced
2 limes, zested and juiced
1/2 cup of orange juice
1/2 cup of lemon juice
1/2 cup of lime juice
1 tsp. of Mexican oregano
2 1/2 cups of honey
2 tsp. of salt
1 tsp. of sugar
1 bunch of minced green onions (white part only)
1/2 bunch of minced cilantro
1/2 cup of canola oil

Mince the zest finely. Combine with the rest of the ingredients, excluding the oil, making sure the salt and sugar is dissolved. Then whisk in the oil and serve over spinach or other greens.

Michael Rybka is a free-lance writer. He can be reached at Mhrybka@aol.com.

Photos by Michael Rybka.

Brandon Clark, an assistant chef at Zanzibar restaurant in Ann Arbor, was the first to kick off the "Chef of the Market" series June 7 at the Chelsea Farmers' Market. He showed passersby how to make citrus vinaigrette over fresh spinach, grilled peppers with marinade and rhubarb chutney.

Fischer serves up good grillin'

By Michael Rybka
Special Writer

Chelsea resident John Fischer, executive chef at Gratzi's in Ann Arbor, seemed to know everyone at the June 14 Farmer's Market.

Fischer, the featured "Chef of the Market," is a familiar face having previously spent a year working at The Common Grill. He was on a first-name basis with most of the crowd who watched him serve grilled vegetable caponata with eggplant, creamy mozzarella buffalo cheese on tomato slices and pepperonatta.

Fischer graduated from Michigan State University with a degree in hotel and restaurant management. However, his love of cooking all but made him ignore the business part of his degree as he learned the secrets of culinary excellence at a variety of places.

Fischer shared a smattering of cooking tips at Saturday's affair.

The first was, after grilling vegetables, place them in an enclosed container for a few minutes so that their own steam will loosen the skins.

The second was, when choosing eggplant, opt for the long, narrow specimens rather than the plump ones that have more seeds.

He also said that kosher salt is far superior to the standard, iodized variety commonly used while sea salt is not enough of an improvement over kosher salt to make it worth its price.

Fischer's pepperonatta is a simple, mixture of vegetables that could be used as a side salad or as a topping on grilled garlic bread.

John Fischer's Pepperonatta

2 red peppers — roasted, peeled and seeded
2 yellow peppers — roasted, peeled and seeded
1 red onion — sliced
1/2 cup of olive oil
2 tablespoons of red wine vinegar
1 tablespoon of kosher salt

Roast peppers on the grill until the skin is blackened. Place them in a paper bag or other sealed container and allow them to cool.

Peel, seed and slice peppers sidelong into medium-wide strips.

Sauté red onion in olive oil until soft; cool about five minutes.

Combine onions with peppers, salt and vinegar.

Cool and store.

Michael Rybka is a free-lance writer. He can be reached at Mhrybka@aol.com.

Chelsea resident John Fischer, executive chef at Gratzi's in Ann Arbor, served up a grilled vegetable caponata with eggplant at the June 14 Farmers' Market. Fischer previously spent a year working at The Common Grill in Chelsea.

VILLAGE OF CHELSEA ORDINANCE NO. 142

AN ORDINANCE TO PROVIDE FOR THE REGULATION, CONTROL AND PROHIBITION OF EXCESS AND UNREASONABLE NOISE EMANATING FROM ELECTRONICALLY AMPLIFIED SOUND SYSTEMS IN VEHICLES IN THE VILLAGE OF CHELSEA, AND TO PROVIDE PENALTIES FOR VIOLATION THEREOF

THE VILLAGE OF CHELSEA ORDAINS:

SECTION 1. Declaration of Ordinance.

It shall be unlawful for any person operating or in control of a parked or moving vehicle, including motorcycles or mopeds, to operate or permit the operation of an electronically amplified sound system in or on the vehicle so as to produce sound that is clearly audible more than fifty feet from the vehicle

SECTION 2. Presumption of Operation or Control.

In a prosecution for violation of Section 1 relating to noise emanating from a motor vehicle, if the defendant named in the citation or complaint is shown to have been the registered owner or lessee of the motor vehicle that is described in the citation or complaint, then it shall be presumed that the defendant operated or controlled the motor vehicle when the noise violation occurred.

SECTION 3. Exemptions.

Operation of electronically amplified sound systems by emergency vehicles, or other vehicles granted exemption or variance, or otherwise permitted by the Village Council pursuant to the Noise Ordinance (Ord No. 90) shall not be a violation of the provisions of this Ordinance.

SECTION 4. Issuance of Citations.

Any officer of the Chelsea Police Department is authorized to issue citations as an "authorized local official" pursuant to MCL 600.8707

SECTION 5. Violations of ordinance, penalties, and civil infractions.

Any person that violates any provision of this Ordinance is responsible for a municipal civil infraction and shall be fined according to the following schedule:

1st offense	$50.00
2nd offense	$150.00
3rd offense	$250.00
4th or subsequent offense	$500.00

SECTION 6. Severability.

If any section, subsection, sentence, clause, phrase or portion of this ordinance is for any reason held invalid or unconstitutional by any court of competent jurisdiction, such portion shall be deemed a separate provision and such holding shall not affect the validity of the remaining portions.

SECTION 7. Repeal.

All other ordinances or sections of ordinances inconsistent with the provisions of this ordinance are, to the extent of such inconsistencies, hereby repealed.

SECTION 8. Savings clause.

The repeal provided herein shall not abrogate or affect any offense or act committed or don, or any penalty or forfeiture incurred, or any pending fee, assessments, litigation, or prosecution of any right established, occurring prior to the effective date hereof.

SECTION 9. Publication and Effective Date.

This ordinance shall be published once in a newspaper having general circulation in the Village of Chelsea and shall take effect 20 days after adoption by the Trustees of the Village Council.

This Ordinance and these amendments were duly adopted by the Trustees of the Village Council of the Village of Chelsea at its regular meeting called and held on the 10th day of June, 2003, and was ordered given publication in the manner required by law.

TERESA BURTCH, Clerk
Village of Chelsea

Adoption: June 10, 2003
Effective Date: July 1, 2003
Date of Publication: June 19, 2003

DEXTER TOWNSHIP PLANNING COMMISSION MEETING NOTICE

TUESDAY, JUNE 24, 2003 AT 7:30 P.M. AT
DEXTER TOWNSHIP HALL
6880 DEXTER-PINCKNEY RD.
DEXTER, MI. 48130

AGENDA:

1) Cancelled

John Shea,
Chairman

WEBSTER TOWNSHIP ZONING BOARD OF APPEALS

TO BE HELD ON TUESDAY, JUNE 24, 2003 AT 7:30 P.M.
AT THE WEBSTER TOWNSHIP HALL AT
5665 WEBSTER CHURCH ROAD, DEXTER, MICHIGAN

AGENDA:

1. Gary Cowan, C-03-02-100-004, request for variances on side setback on east line of property and front setback from Barker Rd. Remove 16.2' X 38' and replace with 24' X 43' addition making structure 8' closer to side property line and 7.5' closer to road than existing structure. Section 4.10 E-5.
2. Lawton A. Gross, C-03-18-400-011, request for 24' variance from rear property line in Agricultural Zoning, to construct a 26' X 42' detached garage.

Those with disabilities must notify the Township Clerk no less than 7 (seven) days prior to the meeting, so that accommodations may be furnished to satisfy their disability and allow for meaningful attendance.

Richard Kleinschmidt, Chairman

Posted 06/13/03

ADVERTISEMENT FOR BIDS
VILLAGE OF DEXTER
Alpine Street Renovation and Farmer's Market

Sealed proposals for furnishing and installing materials for the renovation of Alpine Street and the construction of a farmer's market in the Village of Dexter will be received on July 10, 2003 at 3:00pm, at the Department of Public Works Building, Village of Dexter, 8140 Main Street, Dexter, Michigan 48130. No FAXed or unsealed bids will be accepted. Bids will be opened and read aloud.

Work includes, but is not limited to, bituminous pavement demolition, vegetation and site appurtenance removal, topsoil removal, site grading, water main construction, storm sewer and structures, sanitary sewer demolition, construction, and lining, installation of aggregate base, bituminous pavement, concrete sidewalk pavement, unit block retaining wall, site lighting, site signage, landscaping, and a farmer's market structure on Alpine Street between Main Street and Fifth Street.

Copies of the contract documents may be obtained beginning June 25, 2003 at 3:00 p.m. from the office of the Landscape Architect / Engineer, Beckett and Raeder Inc./BRI, Inc., 535 W. William St., Suite 101, Ann Arbor, Michigan 48103. A check made payable to Beckett and Raeder Inc. in the amount of $40.00 is required as a plan fee for each set of plans distributed. No plan fees will be refunded.

Anticipated Construction Start Date: July 21, 2003.
Substantial Completion Date: December 15, 2003.

All questions pertaining to the bid must be received at the office of the Landscape Architect 48 hours prior to bid due date. No exceptions.

Each bidder shall file a statement signed by, or on behalf of the person, firm, association, or corporation submitting the bid, certifying that such person, firm, association, or corporation has not, either directly or indirectly entered into any agreement, participated in any collusion, or otherwise taken any action, in restraint of free competitive bidding in connection with the submitted bid.

A certified check or bid bond in the amount of five percent (5%) of the base bid must accompany each bid. The successful bidder will be required to furnish satisfactory insurance in the amounts specified in the Supplemental General Conditions and satisfactory Performance and Labor and Materials Bonds in the amount of 100% of the contract price.

The Owner reserves the right to accept any proposal, reject any proposal and waive irregularities in accordance with MDOT 2003 Interim Specifications as amended by supplemental specifications and special provisions as contained herein. The Owner reserves the right to conduct a post-bid interview with any or all bidders.

A pre-construction conference between the Contractor and the Village of Dexter must be completed prior to the start of project construction to ensure that the Contractor meets all federal regulations.

Construction shall be in accordance with MDOT 2003 Interim Specifications, supplemental specifications and special provisions contained herein.

No proposal may be withdrawn for a period of sixty (60) days after receipt of bids.

Only bids in accordance with specifications will be considered.

Work shall be completed within stated project schedule.

Proposals submitted by Contractors who have been debarred, suspended or made ineligible by any Federal Agency will be rejected.

Watershed Council to hold open house

■ *Visitors can learn about programs.*

By Marcia Cavan
Special Writer

The Huron River Watershed Council will hold an open house from 6 to 8 p.m. Wednesday at the new center, 1100 N. Main St., Ann Arbor.

The gathering will allow residents to meet staff and learn about volunteer stewardship programs, strategies to reduce pollution and other projects to help local government and individuals to develop river-friendly policies.

The council was established in 1965 under Michigan's Local River Management Act. It is the oldest watershed council in the state.

The organization's services include hands-on civilian education, technical assistance in policy development and river protection projects.

The Huron River watershed is defined as all of the land that drains into the Huron River. It is 900 square miles, encompassing seven counties and 63 communities.

The Huron River is 125 miles long and has 370 miles of creeks and streams. It also has 24 major tributaries, 300 lakes and 96 dams.

The Huron River provides hydroelectric power, drinking water, recreation and wildlife habitat. More than 500,000 people call the watershed home, along with a wide variety of plants, birds and animals including mink, beaver, painted turtles, bald eagles, sandhill cranes and blue herons.

Communities that have jurisdiction over property in the watershed area are encouraged to join the council. The watershed council currently matches each dollar of government member dues with more than $10 from other sources.

The formula for calculating dues for cities, villages and townships is 10 cents per capita. The minimum value for communities for annual dues is $400 and communities are only billed for the percentage of their population estimated to live within the watershed.

The HRWC is available for presentations, workshops and handouts on education programs on the river and its ecosystems. Members receive a discount on all programs and workshops.

The council continues to keep river restoration a focus by making dam removal a priority. The Village of Dexter is taking the revolutionary action of removing its Mill Pond Dam.

Paul Cousins of Dexter, chairman of the HRWC, is especially proud of its "Adopt a Stream Program," which trains volunteers to gather stream samples for further analysis.

In the 10 years of the program, it has been able to follow the health of various streams. Rising levels of certain substances can indicate a problem that could need further investigation.

Cousins has been involved with the HRWC for close to 30 years. He moved to the area in 1963 to teach biology, and living along the river made his interest in its health a natural. He was the chairman in the 1970s and has served as chairman again since the group's annual meeting in April.

The vitality of the Huron River is an important resource and having communities take an active role is essential to the continued health of the river, according to the council.

Plans include expanding the program to monitor water flow and oxygen levels.

The HRWC has a paid staff of nine and a budget of almost $800,000 dollars. Along with its own programs, it also receives and administers many grants related to river health.

More information can be found at the council's Web site at .comnet.org/local/orgs/hrwc.

Marcia Cavan is a free-lance writer. She can be reached via e-mail at mcavan@comcast.net.

Photo by Rita Fischer

Research Report

Elizabeth Salyer, who just completed fourth grade at Pierce Lake Elementary School in Chelsea, carried out research in the computer lab for a social studies report.

VILLAGE OF DEXTER NOTICE OF PUBLIC HEARING

Notice is hereby given that the Dexter Village Council will hold a special meeting in order to conduct a public hearing Monday, June 30, 2003 at 7:30 p.m. at the Dexter Senior Center, 7720 Dexter-Ann Arbor Road, Dexter, Michigan, for the purpose of hearing public comment regarding the adoption of the Proposed Resolution to establish 2003/2004 millage rates.

GENERAL OPERATING	10.1332
STREETS	3.0118
GENERAL OBLIGATION DEBT	1.1000

Information regarding the Proposed Fiscal Year 2003/2004 Millage Rate is available for public inspection at the Village Office, on the second floor of the National City Bank Building, 8123 Main Street, Dexter MI weekdays between 9:00 am and 5:00 pm.

Marie Sherry
Village of Dexter, Finance Officer
8140 Main Street
Dexter, MI 48130

ATTENTION
Township and Village Offices

Notices will

DEADLINE AT 1:00 P.M.

Wednesday, July 2 for the Thursday, July 10 issue due to the 4th of July holiday.

LOCH ALPINE SANITARY AUTHORITY OF WEBSTER AND SCIO TOWNSHIPS COUNTY OF WASHTENAW MICHIGAN

TO WHOM IT MAY CONCERN:

Notice is hereby given that the regular Quarterly Meeting of the Loch Alpine Sanitary Authority of the Townships of Webster and Scio is scheduled. The meeting will be held on:

Monday, June 23, 2003
at 7:30 PM
In the
Webster Township Hall
5665 Webster Church Rd.
Dexter, MI 48130

Neil Gerl, Chairman
Loch Alpine Sanitary Authority

VILLAGE OF CHELSEA
REGULAR COUNCIL MEETING — MAY 27, 2003
WASHINGTON STREET EDUCATION CENTER

Present: President Steele, Village Manager Myers, Village Clerk Branson
Trustees Present: Trustees Albertson, MacFarlan, Myles, Ritter, and Schumann
Absent: Holmes
Others Present: Susan Lackey, Steven Daut, Terri Burtch, Ann Feeney, Jim Drolett, Pamela Horiszney, Rob Ponte, Angela Parsons,
President Steele called the meeting to order at 7:30 p.m.

*Motion by Ritter seconded by Albertson to approve the Consent Agenda. All Ayes. Motion carried.

*Motion by Myles seconded by Albertson to approve the Regular Agenda with the addition of fee schedule for the Soil Erosion and Sedimentation Control inspections, request from Bailey Excavating to work on Sundays and Village Manager interviews under New Business. All Ayes. Motion carried.

Audience Participation:

Susan Lackey gave an update to Council on Summerfest, which will be held on July 25 and 26th. The focus is on the family this year and is community oriented. There will be more activities for children and families. There will not be a beer tent or main stage this year. McKinley Properties and the Chelsea DDA are two great sponsors. More information can be found at www.chelseafestivals.com.

Steve Daut said there will be some changes at OpAve. They have hired Steve Pierce and Ric Sauer will be less involved. They are shedding dial-up service and have an agreement in place with another company. (Trustee Schumann arrived)

Communications to Council:

President Steele brought to the attention of Council the following correspondence: proposed agreement between Sylvan Township and Village of Chelsea, Public Safety Advisory on terrorist alert, DDA minutes, MMEA minutes, MPPA minutes, Chamber of Commerce minutes, memo re: Clean Indoor Air Regulations, letter from Dept. of Agriculture re: trees infected with Emerald Ash Borer, letter from Mark Nottley re: CAFA funding, letter from DDA re: handicapped parking spaces, letter from Sylvan Township designating LuAnn Koch and Earl Heller as Sylvan Township representatives re: South Urban Area Connection Road, letter from County re: Hazard Mitigation Plan, public meetings notice re: transportation planning federal process.

Report from Council Committees:

Trustee Albertson asked Jim Drolett to explain Planning Commission (PC) action regarding the proposed rezoning of 3.26 acres on Grant Street. The Public Hearing was held and the PC tabled the proposal and asked the developer to provide a parallel plan showing what would be allowed under the current RS-2 zoning to determine the density allowed. PC wanted to make sure they were not violating the Comprehensive Plan. Some residents did attend the PC meeting with questions. A shared driveway is proposed.

Trustee Ritter attended the Rec Council meeting.

Trustee Myles said the Chelsea District Library Building Committee is meeting May 29th.

Reports from Village Officers:

Planning and Zoning Administrator Jim Drolett said that the vehicles had been removed from the Village property (water tower site) that was paved by Lloyd Bridges Traveland and Mr. Bridges had put up railroad ties to prevent parking in the future. The Village's drainage problem regarding erosion was corrected by the paving. Trustee Myles suggested that ties be secured to prevent them from being moved.

Village Manager introduced Terri Burtch, the new Village Clerk/Treasurer.

Ann Feeney, DDA Director, said the DDA Board voted "no" on the proposed CAFA Ordinances 138 and 139. The DDA has launched Phase 3 of the signage project. The DDA will contribute up to $50,000 for improvements in the north area of the District, across the railroad tracks. She also reported that McKinley will soon completely illuminate the Clocktower.

Unfinished Business:

Architects Tom Smith and Leonardo Fabrilli addressed Council regarding the proposed municipal building at 140 Buchanan Street. Mr. Smith said that Council needs to make a decision on which direction to take - renovate the existing building or move forward on a design for a new building. Discussion ensued: environmental issues, change of use determination, getting costs for specific needs as opposed to all the "wants", serious roof problems, possible footing issues, security and confidentiality issues with the proximity of the Police Department to Administrative offices in the renovated building layout, possibility of developing retail space in a new building. President Steele recommended a new building be pursued.

*Motion by Myles seconded by Schumann to go forward with the redesign of a new structure for the proposed municipal building at 140 Buchanan Street. Five Ayes, One No (Ritter). Trustee Ritter said he had to vote no because he did not know what the cost would be.

New Business:

Pamela Horiszney, Executive Director of the Washtenaw County Red Cross gave a presentation on the Red Cross and their services. Washtenaw County is #1 in the nation in training. Volunteers are very important to the organization and she urged those present to volunteer for any non-profit organization. The Celebration for Health Dinner will be held at the Chelsea Community Hospital in October.

*Motion by Albertson seconded by Ritter to approve the Resolution extending the collection period of 2003 Village taxes to February 28, 2004 and imposing a 3% late penalty charge on taxes remaining unpaid after September 14, 2003. All Ayes. Motion carried. (Resolution attached as Appendix A)

*Motion by Myles seconded by Albertson to approve the Resolution which establishes an additional millage rate prior to holding the public hearing on June 12, 2003. All Ayes. Motion carried. (Resolution attached as Appendix B)

*Motion by Myles seconded by Albertson to appoint John Elliott, Barbara Fredette and Georgia Beeman to the Building Authority. All Ayes. Motion carried.

Angela Parsons of Washtenaw County gave a presentation on West Nile Virus. Additional information may be found at www.michigan.gov/westnilevirus and www.eWashtenaw.org or calling the Hotline at (734) 544-6750.

Jim Drolett, Planning & Zoning Administrator, explained that four PUDs had been approved in the past by prior Councils. However, ordinances were not prepared. On the advice of our Village attorney, he is requesting that Council approve the ordinances for these previously approved PUDs.

Trustee MacFarlan was concerned that certified surveys and legal descriptions were not attached to the ordinances. The numbering of the ordinances was also discussed.

*Motion by Ritter seconded by Albertson to approve Zoning Ordinance No. 79-LLLLL , which re-zones parcels GC-07-18-325-001 and GC-07-18-225-001 to PUD, Chelsea Fairways Residential District. Five Ayes, One No (MacFarlan). Motion carried. (Ordinance attached as Appendix C)

*Motion by Ritter seconded by Schumann to approve Zoning Ordinance No. 79-MMMMM, which re-zones parcel FC-06-12-380-018 to PUD, Sylvan Pines Senior Housing Residential District. All Ayes. Motion carried. (Ordinance attached as Appendix D)

*Motion by Myles seconded by Ritter to approve Zoning Ordinance No. 79-NNNNN, which re-zones parcels FC-06-13-170-001 through FC-06-13-170-050 and FC-06-13-140-031 to PUD, Village Place Residential District. All Ayes. Motion carried (Ordinance attached as Appendix E)

*Motion by Ritter seconded by Schumann to approve Zoning Ordinance No. 79-OOOOO, which rezones parcels FC-06-01-462-001 and FC-06-01-462-002 to PUD, Staffan-Mitchell Funeral Home District. All Ayes. Motion carried. (Ordinance attached as Appendix F)

President Steele suggested that Trustee MacFarlan work with Jim Drolett and Terri Burtch on ordinance specifications for the future.

Planning & Zoning Administrator Jim Drolett explained that the Soil Erosion and Sedimentation Control program administered by CACA should be self-supporting and the fees that he is asking Council to adopt tonight should cover the program. At a later date, the fee schedule could be revised by Council, if they find this is not the case.

*Motion by Myles seconded by Ritter to approve the Fee Schedule for Soil Erosion and Sedimentation Control. All Ayes. Motion carried. (Schedule attached as Appendix G)

President Steele said that he has received approximately 50 applications for the Village Manager position. The Personnel Committee is reviewing them and will make recommendations on whom to interview. Council is welcome to review the applications. A Council Work Session will be set up to decide on whom to interview.

Bailey Excavating has asked to work on MDOT's M52 project on some Sundays. Several merchants and DDA members are in favor of Sunday work in order the get the project through the downtown area. They propose to work from 7:00 a.m. to 5:00 p.m.

*Motion by Myles seconded by Albertson to adjourn Regular Session. All Ayes. Motion carried. Meeting adjourned at 10:25 p.m.

Approved: June 10, 2003

Richard Steele, Village President
Jacalyn J. Branson, Village Clerk

VILLAGE OF DEXTER PLANNING COMMISSION NOTICE OF PUBLIC HEARING

Pursuant to Michigan Public Act 207 of 1921, as amended, notice is hereby given that the Dexter Village Planning Commission will hold a public hearing at 7:30 p.m., Monday, July 7, 2003 at the Dexter Senior Center, 7720 Ann Arbor Street, Dexter, Michigan, for the purpose of hearing public comment regarding changes to the Fences Regulations, Section 3.17, of the Village of Dexter Zoning Ordinance. The proposed changes are as follows:

Fences are permitted subject to the following regulations:

A. Permits: The erection, construction or alteration of any fence shall require a permit and shall be approved by the Zoning Administrator in compliance with the provisions of this Ordinance. All applications for fence permits shall be submitted to the Zoning administrator and shall be accompanied by the fence design information and a survey showing the location of the proposed fence. Fences located within the front, side or rear yards may be erected directly on the property line, unless otherwise mentioned in this ordinance, with the submission of written consent from all adjacent property owners or a certified survey verifying the location of the property lines. The fee for the fence permit shall be set by resolution of the Village Council.

B. General Fence Requirements:

1. Fence height shall be measured from the surrounding grade at every point along the fence line.
2. Chicken wire fences are strictly prohibited.
3. Fences that have one finished and one decorative side shall be erected with the finished or decorative side facing to the exterior of the lot to which the fence is associated. Any reconstruction of a non-conforming fence shall be require a permit and must meet current ordinance standards, unless otherwise specified in the ordinance.
5. There shall be a maximum of one fence per property line.
6. Fence ownership shall be determined by the fence permit applicant.

C. Location in front yards: Fences of an ornamental nature may be located in a front yard of any lot of record up to a height of thirty-six (36) inches, provided that for corner lots adequate clear vision is provided as described in Section 3.08. No front yard fence shall be erected closer than six (6) inches to any public sidewalk or the property line, and shall not cross any public rights-of-way. Front yard fences are to be ornamental fences of approved materials, of a design as to be non-sight obscuring and of a fence type listed below:

1. Post and rail
2. Split rail
3. Picket
4. Wrought iron
5. Other types of ornamental fences must be approved by the Planning Commission prior to placement in the front yard area.

D. Side Yard fence standards: Fences may be located in the side yard up to a height of four (4) feet. Fences shall only extend along the side property line equal distance to the length of the principle building and not extend beyond the front building line. A four (4) foot fence may extend perpendicular from the property line to the front building line.

E. Rear Yard Fence standards: Privacy fences may be erected in a rear or side yard on any lot of record provided the privacy fence does not extend beyond the rear building line. Privacy fences shall be a maximum of six (6) feet in height measured from the surrounding grade at every point along the fence line. All other fence types are permitted.

F. Prohibition in right-of way: Fences shall not be erected in public rights-of-way.

G. Location/height in industrial districts: Fences in I-1, and RD Districts with a maximum height of eight (8) feet may be located in any yard except the front yard provided such fences shall be located on parcels with a principal building containing an approved industrial use, the fence is maintained in good condition and does not constitute an unreasonable hazard or nuisance.

H. Public fences: Fences which enclose public parks, public institutions, playgrounds or other public areas, may be a maximum eight (8) feet in height, measured from the surrounding grade at every point along the fence line. Such fence shall not obstruct vision to an extent greater than twenty-five (25%) percent of the total fence area.

I. Restrictions: Fences shall not contain electric current or charge of electricity. Barbed wire, spikes, nails or any other sharp instruments of any kind are prohibited on top of or on the sides of any fence.

J. Maintenance: All fences shall be maintained in a good condition, in an upright position and shall not constitute an unreasonable hazard. Any fence, which is not maintained, as determined by the Zoning Administrator, shall be removed or replaced (any required fence shall be replaced) at the owner's expense.

Information regarding the application is available for public inspection at the Village Offices, 8123 Main Street, Dexter, weekdays between 9:00 a.m. to 5:00 p.m. or by phone at (734) 426-8303 Ext. 2. Written comments regarding this project should be submitted to the Village Offices, and must be received no later than 5:00 p.m., Tuesday, July 1, 2003. Sign language interpreter, or other assistance, is provided upon request to the Clerk, at least 72 hours in advance of the meeting. Minutes of all meetings are available at Village Offices and on the Village website.

DEATHS

NORMAN HERMAN NIEHAUS
Palm Harbor, Fla.
Formerly of Chelsea

Norman Herman Niehaus, 80, of Palm Harbor, Fla., formerly of Chelsea, died May 22, 2003. He was born Nov. 29, 1922, in Freedom Township the son of Alvin and Caroline Niehaus.

Mr. Niehaus graduated from Chelsea High School in 1942 and entered the U.S. Army in 1943. He fought in the Battle of the Bulge, spent time in Italy, and finished his duty in the South Pacific. He was discharged in 1946 and went to work for Pete Kinsey as a sheet metal worker in Chelsea.

He met Valaria "Larry" Buck Whitney shortly after returning from the service. They were married in 1948 in her parent's home. The couple lived in Ann Arbor for most of their married life before retiring in Palm Harbor, Fla.

Mr. Niehaus' wife of 54 years preceded him in death last year.

Mr. Niehaus is survived by two brothers, Robert (Marjorie) of Napoleon and LaVerne (Dorothy) of Mineola, Texas; his stepdaughter, Nancy Bohn of Vandercook Lake; his stepson, David Whitney of North Carolina; and numerous grandchildren, nieces and nephews.

A memorial service will be held 11 a.m. Saturday at the Federated Church of Grass Lake, 519 E. Michigan Ave., in Grass Lake. The Rev. Chuck McNeil will officiate.

Memorial contributions may be made to the Federated Church organ restoration fund.

Arrangements were made by Sherwood Funeral Home in Grass Lake.

MYRTLE IRENE ASHER
Fowlerville

Myrtle Irene Asher, 75, of Fowlerville died June 15, 2003, in Williamston. She was born July 18, 1927, in Cadillac to Clyde and Lillian (Wilder) Strong.

Mrs. Asher was retired from the DaimlerChrysler Corp.

She was preceded in death by a son, Danny McCarter; her husband, Walter Asher; and her first husband, Robert C. McCarter.

She is survived by her eight children, Irene (David) Clemeno, Ronny (Janette) McCarter, Sharlene (Gary) Potter, Donald McCarter, Richard (Joyce) McCarter, Kathy (Dan) Foust, Lilli (David) Lawrence and Howard (Amy) McCarter.

She also is survived by two stepchildren, Clarence (Melissa) Asher and Ruth (Derrick) Bagley; 20 grandchildren; six great-grandchildren; and two siblings, Olivene Murray and R.D. Haynes.

Visitation was yesterday at Hosmer-Muehlig Funeral Chapel in Dexter. The funeral is at noon today at the funeral chapel. The Rev. David White will officiate. Interment will follow at Forest Lawn Cemetery.

Memorials may be made to the Alzheimer's Association.

NORMAN A. BOTT
Chelsea

Norman A. Bott, 79, died June 4, 2003, at his home in Lyndon Township. He was born Jan. 8, 1924, in Stockbridge, the son of George A. and Myrtle Belle (Norton) Bott.

Mr. Bott was an avid farmer until his death. His family was homesteaders in Lyndon Township in 1836 on land near where Mr. Bott died.

Mr. Bott graduated from Stockbridge High School in 1943 and retired from Rockwell International. He was a life member of the American Angus Association and was a member of the Independent Order of Foresters.

Mr. Bott enjoyed bowling and playing euchre. He was a veteran of World War II, serving in the U.S. Navy and was a member of St. Mary Catholic Church of Chelsea.

At St. Mary church, he married Johanna Theresa Gauthier on Nov. 11, 1948, and she preceded him in death on Oct. 8, 1987.

Surviving are two sons, Laurence N. Bott of Lansing and Stephen G. Bott of Chelsea; three daughters, Mary Jo (Jim) Kelly of Farmington Hills, Beverly (David) Cox of Jackson and Lucy (William) Heimerdinger of Chelsea; 11 grandchildren; four great-grandchildren; two brothers, Adelbert Bott of Chelsea and Duane (Dorothy) Bott of South Carolina; and numerous nieces and nephews.

He was also preceded in death by his parents; a daughter, Jenny Lou Steffen; and two brothers, Delois Bott and George A. Bott Jr.

A funeral Mass was held June 7 at St. Mary Catholic Church in Chelsea. The Rev. Fortunato Turati of St. Louis Center officiated.

The family received friends at the Staffan-Mitchell Funeral Home in Chelsea, where the rosary was held with Deacon Thomas Franklin officiating. Burial was at Mount Olivet Cemetery in Chelsea.

Expressions of sympathy may be made to St. Louis Center or St. Mary Catholic Church.

MARGARET E. HOPPER
Stockbridge and Unadilla

Margaret E. Hopper, 86, of Stockbridge died June 15, 2003, at Chelsea Community Hospital.

She was born July 30, 1916, in Unadilla Township the daughter of Barney and Clara (Hill) Roepcke.

She was a lifelong resident of the area and a lifelong member of the Unadilla Presbyterian Church, where she had been very active serving in the choir, the missionary society, church council and helping with funeral dinners.

She was preceded in death by her first husband, William Brown, and her second husband, Gurney Hopper.

She is survived by two children, Rebecca Courvoisier of Ypsilanti and Matthew H. Brown of Cathedral City, Calif., a sister, Willie Eder Blough of Chelsea; two brothers, Barney D. (Lois) Roepcke of Grand Rapids and Faye (Almeda) Roepcke of Sun City, Ariz., and her sister-in-law, Betty Dyer, of Unadilla.

She also is survived by five grandchildren, William (Kim) Koch of Chelsea, Donna (Dave) Raymond of Tecumseh, Lorraine (Bill) Fensch of Tecumseh, Mary Lou Koch of Jackson and Michael Courvoisier of Ypsilanti; 11 great grandchildren; seven great-great-grandchildren; and many nieces and nephews.

She also is survived by her longtime friends Dwight Mitchel of Ann Arbor and Ann Morrison of Dowagiac.

She was preceded in death by her parents and a brother, Norwood Roepcke.

No visitation will be held. Memorial services will be held 11 a.m. today at the Unadilla Presbyterian Church. The Rev. John Qui will officiate. Burial will follow at the Baseline Cemetery in Unadilla Township.

Expressions of sympathy may be made to the Unadilla Church or Michigan Cancer Society.

Arrangements were by by the Caskey-Mitchell Funeral Home, Stockbridge.

NELLIE M. WILES
Chelsea
Formerly of Lincoln Park

Nellie M. Wiles, 86, of Chelsea, formerly of Lincoln Park, died June 12, 2003 at Towsley Village in the Chelsea Retirement Community. She was born March 10, 1917 in Ann Arbor the daughter of Laddie and Polly (Kusuk) Boychuck.

She married Robert W. Wiles in November 1939. He preceded her in death in December 1982.

Mrs. Wiles lived in Lincoln Park for 41 years where she was a member of St. Michael's Episcopal Church, The Order of Eastern Star, and local senior citizens group.

She retired from J.C. Penney's after 22 years service.

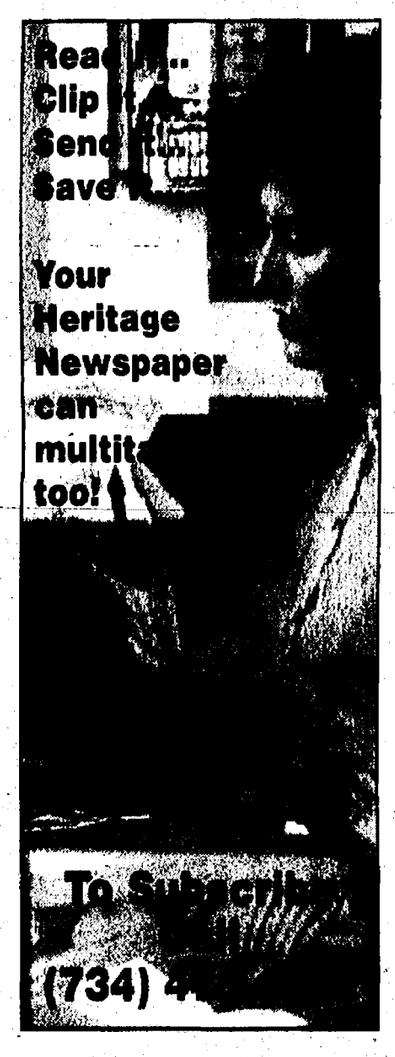
Mrs. Wiles also lived in Ann Arbor for eight years before moving to Chelsea in November 2000.

Surviving are her two sisters, Ann Taylor of Chelsea, and Tessie Boychuck of Ann Arbor; two brothers, Laddie Boychuck of Ann Arbor, and Peter (Ramona) Boychuck of Pinckney; and many nieces and nephews.

Her family would like to thank her caregivers for the wonderful care given her throughout the years.

Memorial services will be held 6:30 p.m. Monday, in the Chapel of the Chelsea Retirement Community, 801 W. Middle Street, Chelsea with Rev. Beth Foster, chaplain, officiating. Memorial contributions may be made to Towsley Village at the Chelsea Retirement Community.

Arrangements were made by Staffan-Mitchell Funeral Home.



Area Worship Directory
Come Worship With Us

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Our Savior Lutheran Church
Heritage Service: Sunday 8:15 a.m.
Sunday Zoo • Bible Study Sunday 9:30 a.m.
Celebration Service: 10:30 a.m.
Reaching, Caring, Teaching, Serving
1515 S. Main (M-52) • Chelsea, MI
(1/4 mile N. of I-94 • Next to McDonald's)
Phone: (734) 475-1404
http://oursaviorchelsea.com

Zion Lutheran Church (ELCA)
3050 S. Fletcher Rd., Chelsea
(734) 475-8064
Preparing Christ's Disciples & Sharing God's Love
Rev. Mike Konow, Pastor
Summer Sunday Worship Hours: 9:00 a.m.
M-52 Fletcher Rd. Sylvio Church Rd. Werner Rd.

Fire Mountain Worship Center
OLD HIGH SCHOOL
(500 E. WASHINGTON)
Chelsea
Sunday Worship Service: 10 a.m.
Pastors John & Sarah Groesser
(734) 475-7379
"Come to the mountain and touch the fire!"

First United Methodist Church Chelsea
128 Park St. (734) 475-8119
Worship 8:30 & 10:00
chelseaumc.org
The Rev. Richard Dake
The Rev. Jennifer Williams

Dexter Gospel
2253 Baker Road, Dexter
(734) 426-4915
John O'Dell, Pastor
Sunday: Sunday school, 9:30 a.m.;
Worship 10:30 a.m., 6 p.m.
Independent Fundamental Baptist
Wednesdays, 6:30 p.m.: Awana
September till May

Webster United Church of Christ
5484 Webster Church Rd., Dexter, MI
(734) 426-5115
The Rev. LaVerne Gill
SUNDAY:
Holy Communion 8:00 a.m.
Church School, 9:15 a.m.
Worship, 10:30 a.m.

CHELSEA NAZARENE
Temporarily Meeting at
805 W. Middle St.
(the CRC Chapel)
(734) 475-2526
Sunday: Worship Services, 11:00 a.m.

Immanuel Bible Church
145 E. Summit St.
(734) 475-8936
Jim Gorski, Pastor
New Summer Schedule
Family Sunday School 9:15 a.m.
Worship Service 10:00-11:15 a.m.
Sunday Evening 6:00 p.m.
Wed. Prayer Meeting 7:00 p.m.
www.immanuelbiblechurch.net

PEACE Lutheran Church
8260 Jackson Rd.,
(Corner of Jackson & Parker Rds.)
SUNDAY SERVICES
Traditional 8:30 a.m.
Praise 11:00 a.m.
Education Hour 9:45 a.m.
Pastor Larry Courson
(734) 424-0899
e-mail: peacelutheran@cuaa.edu

Faith Lutheran Church
9575 N. Territorial Rd.,
1/4 mi. W. of Dexter-Pinckney
Mark Porinsky, Pastor
(734) 426-4302
Sunday School 8:30 a.m.
Sunday Worship, 9:30 a.m.
"We're in your neighborhood"

New Time & Location
CONTEMPORARY WORSHIP
10:00 am
Chelsea High School Auditorium
A different kind of church for the 21st Century
Chelsea Free Methodist
475-1391

FAITH BAPTIST CHURCH
"We've Moved!"
We are now meeting at
4030 Kalmbach Rd.
(exit 156 and I-94)
Sunday 10 am Sunday School
11am Morning Service
6 pm Evening Service
Wednesday 7pm Mid-week Service
Pastor Jack T. Story
Call 475-7841 for details.

Shalom Lutheran Church
A Community of Peace
1740 E. M-36, Pinckney
(734) 878-6859
Rev. Kurt A. Hutchens, Pastor
Worship Services: 8:30 & 10:55 a.m.
www.shalomelca.org
Location: D-19 Farley Rd. M-36 McGregor

NORTH LAKE UNITED METHODIST CHURCH
14111 N. Territorial Rd.
Chelsea, MI
(734) 475-7569
SUNDAY WORSHIP
9:30 a.m.
(Children's Church during Worship)
*No Sunday School during Summer
Alice Sheffield, Pastor

St. Paul United Church of Christ
14600 Old U.S.12
Chelsea
Karen Schulte, Pastor
475-2545
Sunday School 9:15 am
(Adults/Children)
Church service begins at 10:30 am
(Nursery provided)
We'd love to have you join us!

Dexter United Methodist Church
7643 W. Huron River Dr.
Dexter, MI 48130
(734) 426-8480
Rev. William R. Donahue, Senior Pastor
Rev. Stephen G. Bringardner, Assistant Pastor
SERVICES
Traditional 8:30 a.m.
Sunday School 9:45 a.m.
Contemporary 11:00 a.m.

St. Barnabas Episcopal Church
Sunday Service 10:00 a.m.
Please Join Us this Sunday
20500 Old U.S. 12
Chelsea, MI 48118
(across from Chelsea Fairgrounds)
734-475-8818

Chelsea Christian Fellowship
337 Wilkinson St.
Chelsea, MI
475-8305
John Dambacher, Pastor
Sunday School 9:00 a.m.
Sunday Worship 10:00 a.m.
Wed. Bible Study 7:00 p.m.

St. John's United Church of Christ
Rev. D... M. Perry, Pastor
Office...

WATERLOO VILLAGE UNITED METHODIST CHURCH
8110 Washington St.
Service:
Sunday 11:00 a.m.

Chelsea Church of Christ
13631 East Old US-12
Chelsea, MI 48118
(734) 475-8458
Brandon Coats, Preacher
Sunday Bible Class 9:30 am
Sunday Morning Service 10:30 am
Sunday Evening Service 6 pm
Wednesday Bible Class 7 p.m.

First Congregational (United Church of Christ)
121 East Middle Street
Chelsea, MI
(734) 475-1844
Worship Service 10:00 a.m.
Rev. Paul Kuntzman, Interim Pastor

St. Andrew's United Church of Christ
7610 Ann Arbor St.
Dexter, Michigan
734-426-8610
Rev. Gary Kwiatek, Pastor
Church Services
9:00 & 10:15 am Sunday
"A place for everyone."

Be Our Guest at
St. Paul Lutheran Church
in Hamburg
SUNDAY WORSHIP SERVICES
8:00 am & 9:30 am
11:00 am Contemporary Service
Education Time: 9:15 am
Sunday School 9:30 am
Take U.S.-23 to East M-36. St. Paul is located on the right side of M-36 before Hamburg.

To advertise your church in this space please call 734-429-7380.

The Chelsea and Dexter Area Church Calendar is Co-Sponsored by
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Saturday, August 2, 2003
Carr Park – Manchester, Michigan
2nd Annual
RiverFolk Music & Arts Festival

The Manchester Riverfolk Festival Committee has teamed together with the Manchester Enterprise to be the official Riverfolk Music & Arts Festival program. This years official program will be inserted into all the Heritage West Newspapers. Over 19,000 homes will receive the program through either the Manchester Enterprise, Saline Reporter, Milan News Leader, Chelsea Standard or Dexter Leader. Target your market during the festival and show your community support.
Published: Thurs., July 24.
Deadline: July 16

Call Dawn Steele at 428-8173 on Thursdays or 429-7380 M-W or email dsteele@heritage.com for more information on advertising.

Photo by Mary Kumbier

Senior Breakfast

Bob Benjey serves his son, Roy, breakfast June 6 during Dexter High School's Senior Breakfast. The tradition is among many at the school to mark the end of the seniors' high school careers.

Prechter speaks on mental illness

Waltraud Prechter has been to Washington, D.C., on a mission to raise awareness of mental illness.

Recently, the wife of the late Heinz Prechter, former owner of Heritage Newspapers, headed to the state capital to address the Senate Health Policy Committee.

Prechter was invited by state Sen. Beverly Hammerstrom, R-Temperance, to offer testimony May 28 on legislation that seeks to end what many believe is the discrimination of mental illness and substance-use disorders under current health insurance coverage.

Hammerstrom has introduced Senate Bills 4 and 5, which would require health insurance providers to cover such conditions at the same levels as they cover physical illnesses.

Prechter is the founder of the Heinz C. Prechter Fund for Manic Depression, a foundation named for her late husband, who took his life in July 2001. She was the first to address the committee.

"Illnesses of the mind have been shrouded in fear, shame and misunderstanding for as long as man has walked the earth," Prechter said.

"Even after 200 years of enlightenment and technological progress, we have not seen a paradigm shift in how mental illnesses are medically treated and dealt with in society. The artificial, centuries-old separation of mind and body prevails."

Another speaker was Judy Hutchins of Ossineke, a retired registered nurse who has been diagnosed with severe chronic clinical depression.

"People do not choose mental illness," she said. "Many persons with these illnesses of the brain are the most creative and productive of our citizens when they receive adequate treatment."

Hammerstrom said the committee is grateful to hear from those who have come forward to talk about how the lack of insurance coverage for their conditions has wreaked havoc in their lives in ways that no one with insurance coverage would experience for a physical illness.

More information on the fund is available at www.hcpfmd.org.

The fund's major fund-raiser, a gala dinner, is slated for Oct. 3 at the Ritz-Carlton in Dearborn.

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Pastor Estate Sale

Antiques • Furniture
Glassware • Jewelry

We will have an auction at
13660 Jerusalem Rd., Chelsea, MI
(Take I-94 to Fletcher Rd., Exit #162, south 1 mile.)
Saturday, June 21, 2003 • 11:00 A.M.
Owner: Estate of David & Julia Pastor
You can view & print the complete listing w/pictures from our website.
Braun & Helmer Auction Service
Jerry Helmer • (734) 994-6309 • www.braunandhelmer.com

ESTATE AUCTION

20 Hummels • 45 pcs. Chalkware • 30 Cookie Jars • Thomas Kinkade Oil • 2 Signed Red Skelton Prints • Howard Miller Grandfather Clock Rosenthal Horse & Dog Figurines • Roseville Pottery • Tools • Items from the Garage • Simplicity 600 Series Lawn Mowe • Furniture • Antiques • Household • Many More Items

We will sell the following at public auction at
15020 Lyons St. Livonia, MI
[Take I-96 to Middlebelt Rd. exit, and go north to 5-Mile; east on 5-Mile to Lyons St., go south to sale]
Tuesday June 24, 2003 • 10:30 a.m.
Estate of William G. Thompson
You can view & print the complete listing w/pictures from our website.
Braun & Helmer Auction Service
David Helmer • (734) 429-1919 • www.braunandhelmer.com

JD 6110 Tractor & 3-Pt. Equipment Auction

We will sell the following at public auction at
2442 McKinley Rd., Chelsea, MI
(Take M-52 north from I-94 to Middle St., right 2 blocks to McKinley, left [north] approx. 1-1-1/2 miles]
Wednesday, June 25, 2003 6:00 P.M.
• John Deere 6110 4x4 Tractor w/640 Loader (less than 200 hrs.) 18.4 R34 Rear Tires • 14.9x24 Front (Tractor is in new condition.)• Woods 1050 3-Pt. Backhoe • 7-Ft. Heavy Duty Brush Hog 8 Woods RM 990 Finish Mower • 8-Ft. 3-pt. York Rake • 6-Ft. Multivator 3-pt. Rototiller • 3-Pt. Fork Lift (Westendorf) • Yardman 20 Hp 46" Cut Lawn Tractor (hydrostatic drive ° King Cutter 3-Pt. Slip Scoop • 38" Lawn Sweeper • Rally Heavy Duty Roto Tiller • Gill 3-Pt. Fertilizer Spreader • John Deere Chain Saw • Remington 150 Portable Kerosene Heater • 10 Speed Bike • 4-1/2" Craftsman Grinder • 3" Craftsman Belt Sander • Craftsman Router • Fireplace Insert • Heavy Pine Rocker • 2 Shop Stools • Shop Vac • Ping Pong Table
OWNER: John Temple
You can view & print the complete listing w/pictures from our website.
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The Chelsea - The Dexter Leader
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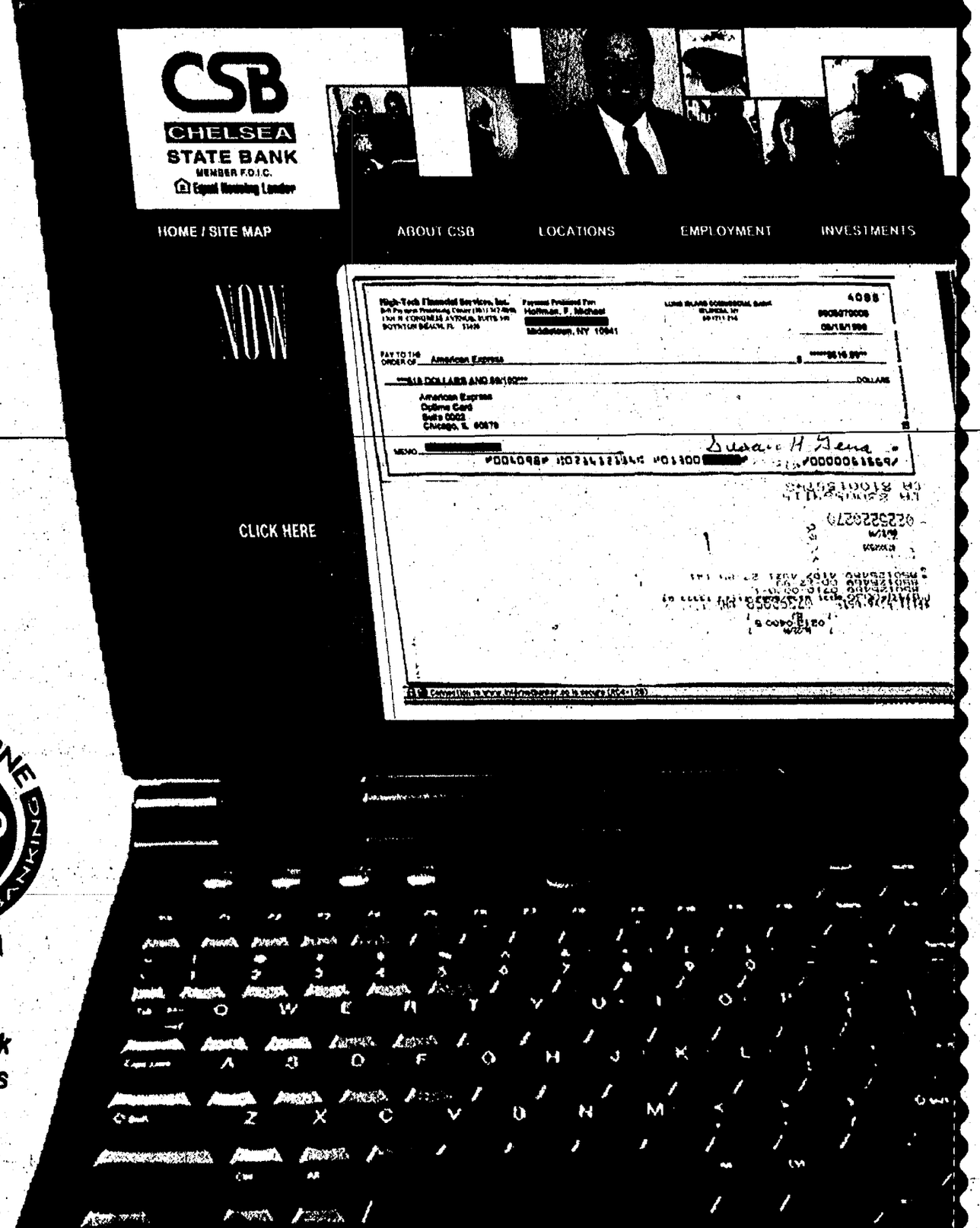
*Our new **On-line Check Imaging** service allows you to view both sides of your checks the day they clear the bank. Come and see us for more details or visit our web site.*



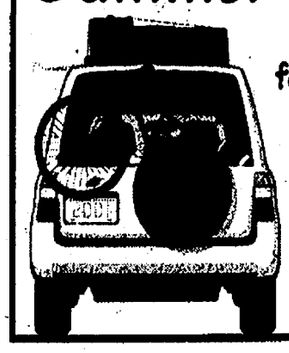
Chelsea • 734/475-1355 305 & 1010 S. Main
Dexter • 734/426-6000 7101 Dexter / Ann Arbor

www.csbonline.com

Dexter Campers

A group of third- and fourth-graders from Wylie Elementary School in Dexter camped May 21 through 23 at the Howell Nature Center. In past years, they've visited Camp Sarah Grindley, which has since closed. Fifteen pupils stayed overnight and 33 classmates joined them on May 22. Among their activities was Native American studies, archery, obstacle course, canoeing, team building and other hands-on learning experiences. The trip is paid for with donations from the Knights of Columbus, Dexter Lions Club, philanthropist Phil Jenkins, Dexter American Legion and the Legion Auxiliary. Pictured above are Sam Jaworski (front, left), Philip Stevens, Ryan Souder, Cheslyn Brechemin and Nick Dackiw; center, Cori Albert (left), Jason Gilbert, Matt Gregory, Randy Martzolff, James Fryc; and back, Max Figueroa (left), Ben Swantek, Chase Bogan, Mike Schantz, Amanda Reddy, paraprofessional Alyssa Bolton and teacher Candice Burns.

Summer is Here!



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222 S. Main St. • Chelsea

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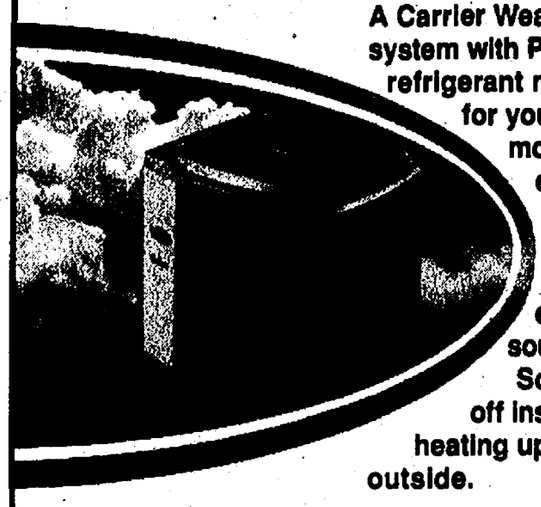

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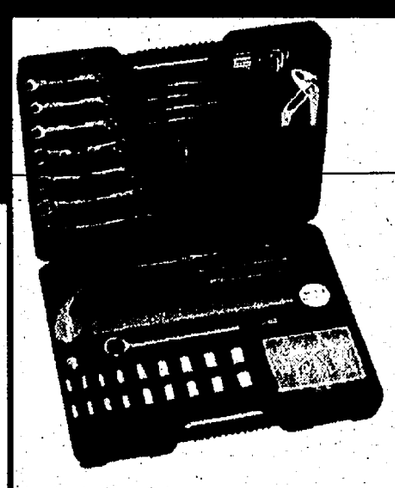

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SUMMER 2003 Vol. XXIV No. 3

CONQUEST

Senior News

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suzanne somers

She is a "Health Guru" for all Generations

See Story Inside

By Carrie Young, and Joe Prigun

"Thanks to CONQUEST Senior News. I heard that my Christmas book (Dec.) sold 10,000 copies!"
— John Stickler
Mature Market Media

Recently, **CONQUEST** began publishing exclusively as a regular bi-monthly "senior supplement" to the **Macomb Daily**, **The Oakland Press**, **The Observer & Eccentric**, and as always **The Heritage Newspapers**.

This 24-year-old, multi-award winning publication also circulates to 450,000 age 50-plus loyal readers. That's 80% paid circulation with a total circulation of 700,000.

CONQUEST is the first, oldest and noted to be **the best senior publication** in Michigan by CKWW's top DJs, of the radio station for senior listeners in southeastern Michigan.

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Carrie Young
Editor/Publisher

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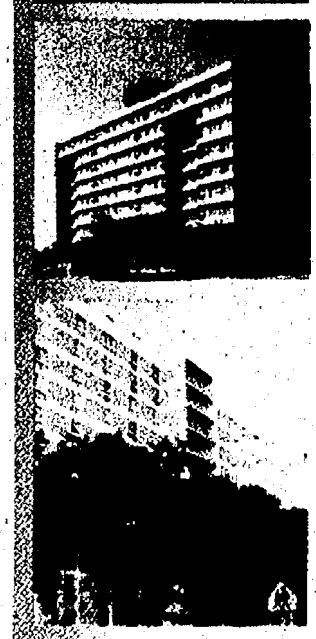

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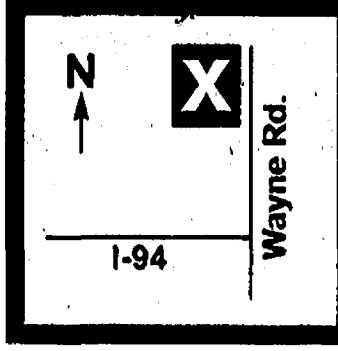

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Senior Celebs Drink More Water . . .

and other small changes that deliver big benefits

Carrie Young
Executive Editor

Really want to improve your health? Then do what the 'senior celebs' featured in this **Health, Wellness**, and **Fitness** issue do . . .

HERE'S ONE THING YOU SHOULD *NOT* DO:
ATTEMPT TO REVAMP YOUR ENTIRE LIFE.

That's right.

Think small. Be an underachiever for once. The best way to make big changes is to take small steps, say both "***All My Children's***" Susan Lucci and former "***Dallas***" star Victoria Principal. Both have skin care products and both attest to water as the *one* by-product of helping your face glow.

Each little accomplishment will give you the positive feedback you need to stay motivated to stick with your new '*good-for-you*' habit.

With that in mind, **CONQUEST** challenges our 700,000+ loyal readers to take on the program by implementing this one '*itty-bitty*' health change for three months: Drinking at least eight glasses of water each day.

> "I know a woman pal who lost 15 pounds after adding a meal every day. Honestly."
> — Dick Clark

See related story on page 7 about how a "Fridge-Facelift" change can help fight cancer, heart disease, and keep you slim.

Many of these tiny tweaks trigger some very big results, agrees the ageless Dick Clark: "I know a woman pal who lost 15 pounds after *adding a meal every day. Honestly.*"

Susan Sarandon, weight loss guru, also agrees that water fills up the stomach making you feel full and not always starving, and tempted to reach for that refrigerator door handle.

BIG BENEFITS:

Nearly a third of Americans drink less than three glasses of water a day, according to a recent study.

But downing that little can leave you underhydrated, and feeling dizzy, drab and depleted, says **Grant Fowler, M.D.**, professor of family practice at the University of Texas Medical School in Houston.

THE BIG BENEFIT?

Continued on page 4

VICTORIA PRINCIPAL

Her principle "secret" isn't secret to millions of everyday women who use her line of lotions that are said to help slow down the aging process, which gives women confidence and self-esteem.

AL ROKER

***Today's* Al Roker talks about getting healthy. How he lost 100 lbs. to save his life. The morning TV weather forecaster talks about his stunning weight loss. Says Roker: "I'm never going back!"**

SUZANNE SOMERS

With her #1 best sellers, and now "Eat, Cheat and Melt the Fat Away," she is spreading the word about her revolutionary weight loss program. Say "Somersize" gals, . . . and guys.

CONQUEST

> "My energy level went way up, because I learned that water is essential to carrying oxygen and nutrients to the muscles."
> — Al Roker, Today Show Lost 100 lbs.

Continued from page 3

Says NBC's ***Today Show*** weather forecaster Al Roker, who recently lost 100 lbs., it helped with his diet and:

"My energy level went way up, because I learned that water is essential to carrying oxygen and nutrients to the muscles." And to Roker who turned to exercise and weight lifting, he hated that exercising *without* water practically negates your workout effort.

Without water, doctors interviewed agreed: When you're stressing all your muscles tense up, too. Over time, lacking limberness can and will limit motion in your joints.

EAT BREAKFAST.

Breakfast *really* is the most important meal of the day. Yet 35- to 40-percent of people skip it, making them *tired* and *hungrier* all day say researchers at Ohio State University. It will also potentially leave you lightheaded, and weak.

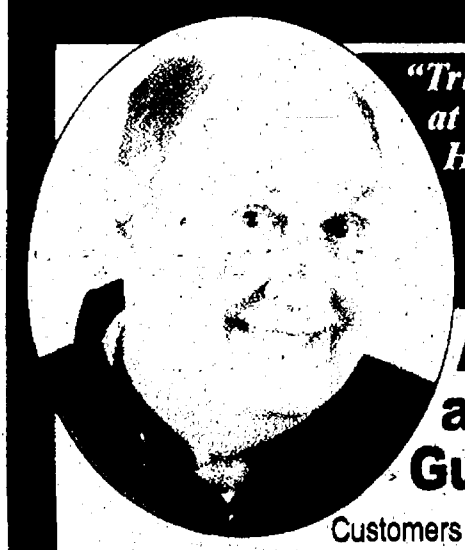
STAY ON TRACK TIP:

Personally I began drinking water — 128 ounces per day — and count every little improvement as a personal victory. Although you may find it too difficult to exercise and down loads of water a bit tedious. Try walking and drink only 8 glasses of water per day.

When this writer one-year-ago started to feel results after about three weeks, I was excited and eager to continue.

Together we *can* be . . . victorious!

My best to you,
Carrie Young, Executive Editor



"Trust the good people at Atlas Gutter Helmet."
— Willard Scott, National Spokesman for Gutter Helmet

Are gutters asking for Gutter Helmet?

Customers often ask how they know if they really need the **Gutter Helmet**. The homeowners' own gutters are talking to them right now. All they have to do is open their eyes and listen.

First of all, any home with mature trees or pines and rain gutters needs the **Gutter Helmet**. If you want proof look to your own gutter system to tell you.

There are many benefits to having a properly functioning gutter and downspout system protected by **Gutter Helmet**, the first, the best, the **No. 1:** Look at the face of your gutters. If you notice dirt buildup and dark vertical lines on the gutter faces, it means that the downspouts are blocked up. The standing water leeches the tannins and tannic acids from the leaves and pine needles trapped in the gutters.

The next time it rains this nasty brew will wash over your gutters, making them look dirty. As this process occurs again and again the dirt marks and vertical dark lines get bigger and darker. The natural acids are chemically etching the factory finish on your gutters. No amount of scrubbing will restore it.

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The Rights of the Spouse of a Nursing Home Patient

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John sat in his comfortable chair and looked around the house. "I like it here. the neighbors are real nice." But then his voice dropped "I don't know where I will live next year. My money will be gone. I will have to sell my home." John had to place his wife Evelyn in a nursing home. The bills were eating up their life savings. John's worry about impoverishment is unnecessary.

Congress recognized that spouses are often financially devastated by the cost of nursing home care.

Congress recognized that spouses are often financially devastated by the cost of nursing home care. Congress passed laws protecting the spouse of nursing home residents. What rights do the laws guarantee? The right to keep the home and car. The right to have enough income to live on. The right to not spend all the life savings on nursing home bills but to use it to protect the spouse and family. The right to leave something to children after we pass on. The right to have attorney representation. All of these add up to the right to peace of mind.

How could the law help John? He could hire an elder law attorney. The attorney would go to court and get a court order that John could keep his money. He would not have to move out of his home. He would be able to pay his bills. Medicaid would pay for Evelyn's nursing home bill.

One might ask, how did John get into his situation? The answer is that nobody has to tell a spouse his rights. Just as in the area of taxes, Congress granted the rights but did not create a way for people to automatically learn of them. That is left up to the individual. The best way to learn about your rights is to hire an elder law attorney before it's too late.

•

Contact Jim Schuster, Elder Law Specialist, at 24330 Lahser, Southfield, Michigan 48034 Phone: **248-356-3500.**

THE RIGHTS OF THE SPOUSE OF A NURSING HOME PATIENT

- **The right to keep your Home and Car**
- **The right to keep your Life-Savings**
- **The right to have enough income to live on**
- **The right to good care for your spouse**
- **The right to provide for your family as you wish**
- **The right to legal representation**
- **The right to have *peace of mind***

Congress passed laws to protect spouses from impoverishment. But, those rights are lost through ignorance, misinformation or foolishness. The result is loss of security. This crisis is unnecessary.

You can end this crisis now. Protect yourself and your family. Get good care and pay for it without going broke. Call Jim and get help now.

Jim Schuster, Elder Law Attorney
Chair of the Michigan Bar Elder Law & Advocacy Section
Author "*Legal Guide for Nursing Home Residents*"
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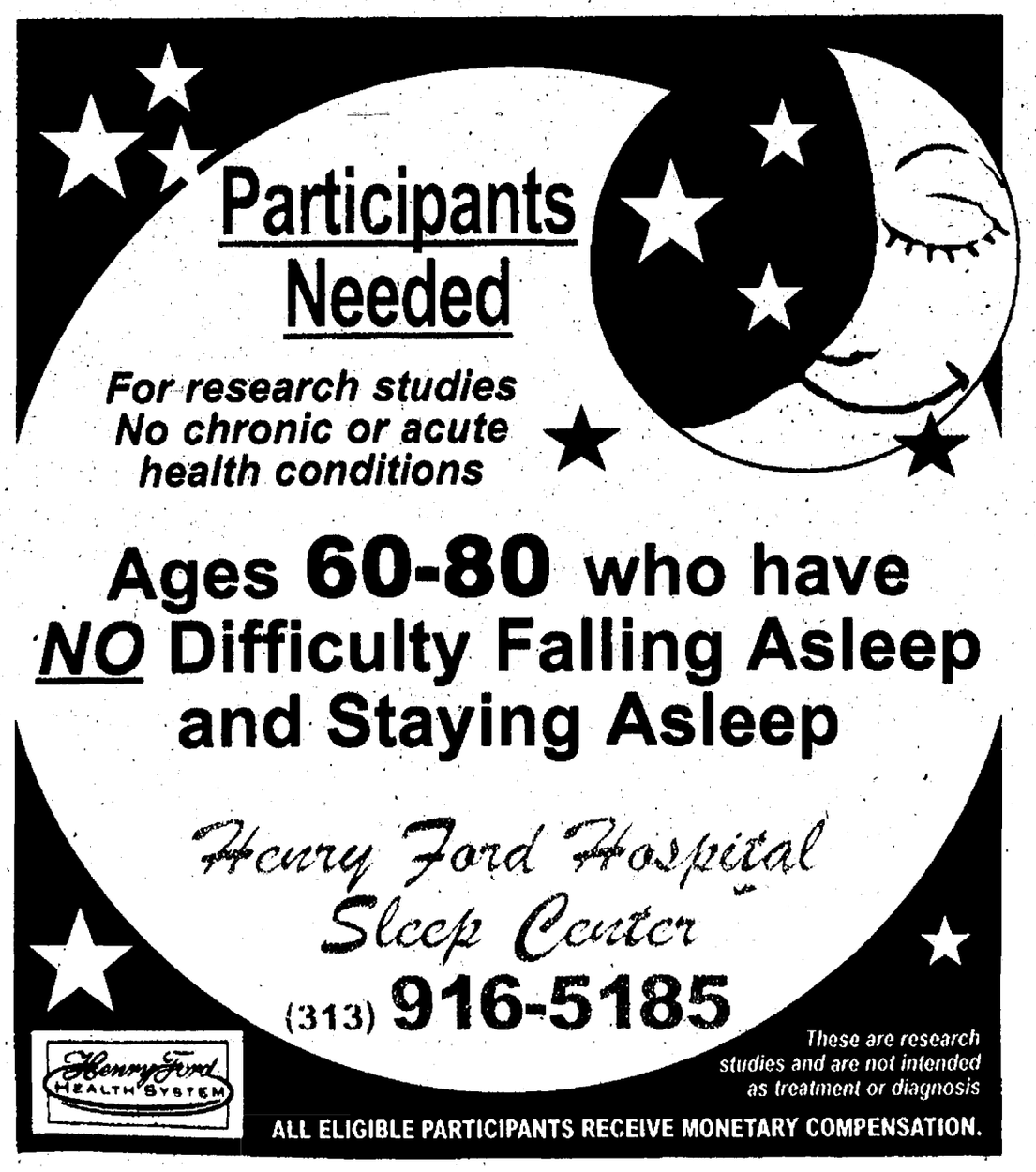

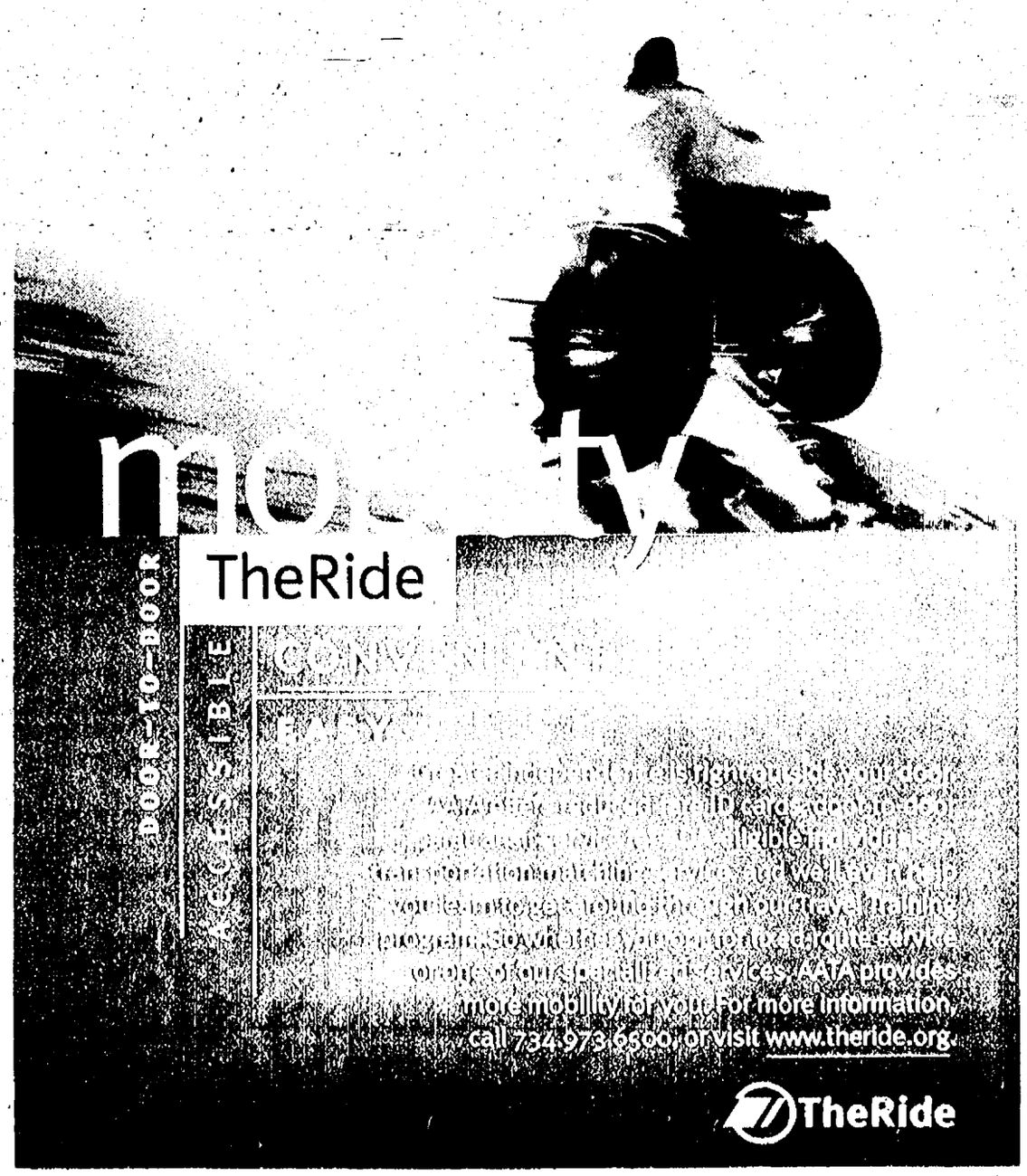

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Give your fridge a face lift

GET HEALTHY, CUT CALORIES (AND SAVE MONEY!) WITH THIS SHELF-BY-SHELF GUIDE TO WHAT TO STASH, WHAT TO TRASH.

— From the Editor

The eyes are not the windows to the soul — the refrigerator is. One look inside can reveal secrets about your lifestyle choices and general health. Fortunately, you can junk all the offending bits in your fridge and fill it with edible symbols of your healthiest intentions. In doing so, you have the chance to transform your life, your health, your figure and maybe even your very soul.

Make over your life by making over your fridge? Before you conclude that we've inhaled too much coolant, that's exactly what a New York City woman did with the help of Rosie Daley, chef and author of ***The Healthy Kitchen*** (co-written by Andrew Well, M.D.) Daley dishes out tips for at-home healthy eating that anyone can follow. With her guidance, this fridge-fixed woman improved her diet. See how her icebox stood up to scrutiny.

processed round meats, such as bologna, bratwurst, pepperoni and hot dogs. "These foods are loaded with extra chemicals, salt, fat and who knows what else," Daley says.

lean white meats. Make sandwiches with water-packed tuna or roasted chicken breast. "If you roast one chicken a week, you can pick at the leftovers all week long," Daley says. Or buy a roasted chicken from the supermarket. (Deli-sliced turkey is better than most cold cuts, but all are high in salt.)

processed, individually wrapped cheeses (all kinds). They're full of additives and chemicals and "taste as plastic as their wrappers," Daley says.

good-for-you cheeses. Feta, cottage cheese and hard Parmesan are naturally lower in fat. Or look for low-fat or part-skim varieties of the cheeses you like. Try to limit full-fat cheese intake to three servings a week.

processed white-flour breads such as English muffins, white-flour tortillas and, of course, white bread.

whole-wheat and multigrain bread. Whole-wheat products, like pasta and bread, and brown rice are higher in fiber and nutrients, and have fewer chemicals than wimpy white.

empty-calorie snacks like chips and pretzels.

healthy snack foods such as nuts and seeds. Walnuts, almonds and peanuts pack the most heart-healthy oils. They're high in calories but full of energy-boosting protein.

frozen veggies. True, these are better than no veggies, but you'll score more health points with produce that has just been picked.

fresh fruit and veggies. If you have them around, you're more likely to use them. "Put them in a bowl as a reminder and for decoration," Daley suggests. "When things start to wilt, you can make soup or chili with the leftovers."

sugary juices. Consider anything that's not 100 percent fruit juice to be empty calories.

seltzer, herbal tea. "Even kids will like seltzer flavored with fruit juice — or they won't," says Daley. "But it's worth a try."

mounds of butter. Our volunteer bakes alot, but she can be healthier about it," Daley says. Her favorite: any cookie or cake.

a butter substitute like Spectrum. Daley recommends this trans-fat free spread for making cookies and suggests trying canola oil in cakes. "It won't taste exactly the same, but the health benefits should make up the difference," she says. (Substitute 1 tablespoon of oil for each tablespoon of butter.)

Scooby-Doo Fruit Snacks. Our volunteer swears they belong to her husband.

healthier Scooby-snack alternatives, such as dried figs, apricots, raisins, prunes and nuts.

fatty pork products such as bacon and sausages.

turkey sausage or bacon. "These also have tons of sodium and nitrates, but at least they're leaner," Daley says. Better yet, look for nitrate-free bacon and sausage.

frozen Tater Tots. "Salt, fat, chemicals, high-calorie, low-nutrient content — need I go on?" asks Daley.

homemade sweet-potato chips. Thinly slice three small sweet potatoes and mix with one egg white and Cajun spices. Coat baking sheet with 1 teaspoon grapeseed oil (which may help raise good-cholesterol levels) or canola oil and bake at 400 degrees for 20 minutes. Flip and cook 20 more minutes.

Today's Al Roker "How I lost 100 lbs."

By Carrie Young and Joe Prigun

The morning TV star — weather forecaster — talks about the stunning weight loss that changed his life.

Says a delighted Roker: "I'm never going back."

A new day dawns for ***Today's*** **Al Roker**, who talks candidly about the gastric bypass surgery that transformed his life.

100 & COUNTING

Recently, Saturday shoppers at ***Richards*** — an upscale clothing store — in Greenwich, Conn., saw an unusual sight:

Today colleagues **Matt Lauer** and **Al Roker** hopping around the store with a retail-inspired giddiness .

"At one point Matt looks over and goes 'Look at that! Al's got no butt!'" Roker recalls of the shopping spree, which was prompted by his new, 100-lbs.-lighter frame.

Nor did the formerly 320-lb. morning weatherman have any properly fitting clothes.

"For the Fall, down to underwear, I had to buy all new stuff," he says. "They rushed three suits to me that same day because I had nothing to wear to go on the air. Nothing!"

Adds Lauer: "He was like a kid in a candy store."

Roker, a passionate "foodie" who once ate Quarter Pounders in pairs and Krispy Kreme doughnuts by the half dozen, delights in his downsized new body.

Roker, a passionate "foodie" who once ate Quarter Pounders in pairs and Krispy Kreme doughnuts by the half dozen, delights in his downsized new body.

After a lifetime of failed diets, obesity-related health problems and more **Fat Albert** jokes than he cares to remember, the 5'8" **NBC** broadcaster took a drastic step last March, undergoing gastric bypass surgery.

THE RESULT:

He has lost a third of his body weight in eight months, going from a 56" waist and 54" slacks to a 46" jacket and 40" slacks.

"The weight just started dropping like water," says Roker, 48, speaking in depth for the first time about the high-risk surgery, while he relaxes at the four-story Manhattan brownstone he shares with wife Deborah, 42, and kids Leila, 4, and Nicholas, 4 months.

After the operation, which reduced Roker's stomach from the size of a deflated football to an egg, "every time I turned to him in the morning to ask about the weather, he just looked better and better and better, says **Katie Couric**.

Deborah, his wife, said "The new look even fooled me. One morning I truly passed the TV set, and did not recognize my own husband."

The dramatic weight loss also has elicited less positive feedback, especially from fans who equate Roker's on-air mirth with his former girth.

"I had a person say to me in the gym, 'hey, you don't want to lose too much weight, 'cause that's who you are — you're the funny, fat weather guy.'"

Roker says: "No, that's ***not*** who I am. I think I'm funny. I know I'm fat. But I ***don't*** think I'm funny because I'm fat. The two are mutually exclusive."

Previously Roker was plagued with aching knees and breathing difficulties.

Roker and his well-known love of food — he even wrote a low-calorie cookbook this year.

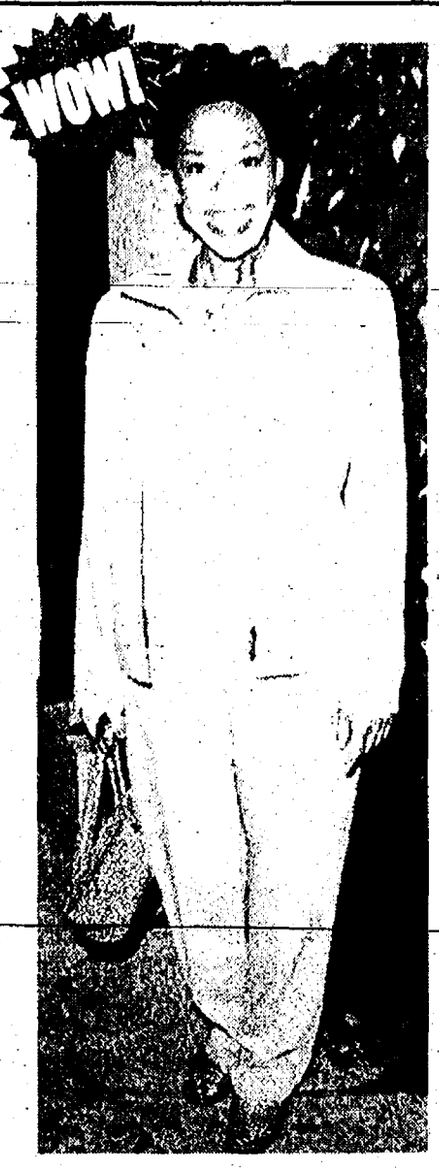
"Ooh, wow," says Roker. "It's the first time I thought I could really notice the weight loss."

Reflecting upon his heavier former self, he says:

"It's done. I'm ***never*** going back."

Weigh To Go!

'ER' Star Sheds 100 lbs.



Wow! ER's Yvette Freeman struggled with her weight for years (left) but look at her now (right).

By Carrie Young and Joe Prigun

It's as though **Yvette Freeman** of ***ER*** lost a whole person.

That's how Yvette describes her major weight loss.

Yvette says in a CONQUEST interview, that she thought she had a "***fat chance***" of losing 100 lbs.

But she did it.

TV's no-nonsense nurse **Haleh Adams** had been struggling with her weight for years, and like thousands of women across the country, tried every diet known to man.

"But then I found just what the doctor ordered — the ***Risk Factor Obesity*** (RFO) weight loss program at ***UCLA***.

She started shedding pounds quickly and now the actress is half the person she used to be.

"Yvette did all of the fad diets but nothing worked for her," revealed a close friend.

Yvette conceded: "When a pal tipped me to the UCLA program, I didn't hold out much hope, but I agreed to try it."

Result: A miracle.

"It's a liquid fast diet — similar to what **Oprah Winfrey** did back in the '80's, but the difference is that solid food is slowly reintroduced into the patient's lifestyle," Yvette explained.

"Most liquid diets help you lose weight and then, the moment you start back on solid foods, the pounds come back and you usually gain more than you lost," Yvette recalls, "That's exactly what happened to Oprah when she was on ***Optifast***.

Divulged Yvette, "I wanted to be able to strut my stuff in a halter gown, but I had too much stuff to put on a halter."

Yvette told CONQUEST:

"Before I die, I want to turn heads like **Halle Berry** does!"

But by the time Yvette finally heard about this program, she was depressed thinking she would never be able to lose enough to look like she wanted.

"There were times I cried myself to sleep feeling like a failure.

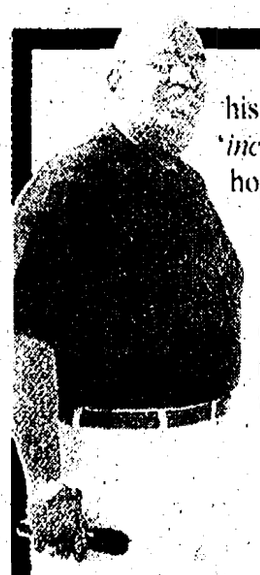
"So after talking to several people at the program, I enrolled. The program includes a full physical, support group meetings, consultations with a doctor and the meal supplement.

"Some people take just the supplement, and some also eat a variety of solid food."

Yvette, 46, who also has a singing career, wanted to look the part of a sexy diva. So she took just the supplement for about four months before adding back solid foods.

Concluded Yvette: "I am thrilled with the results!"

If you want more information, please contact the RFO program through UCLA at: (310) 825-8173.



Al Roker, 100 lbs. Lighter, has Eye on Hosting His own Talk Show

Could he be the next Oprah?

Al Roker's getting smaller while his ambition is bigger — admits the '*incredible shrinking*' weatherman who hopes he may be the next **Oprah**.

The former roly-poly "*Today*" show forecaster has dropped more than 100 lbs. in seven months — and he's got his sights set on his very own program, Roker tells CONQUEST.

"I won't make any bones about it, I'd love to do a talk show," revealed 5'8" Al, who now tips the scales at 205 pounds.

Roker admitted: "I know I'm not your typical matinee idol. This is a business where people put you in a box and some will say, 'Oh, he's just a weather guy.'"

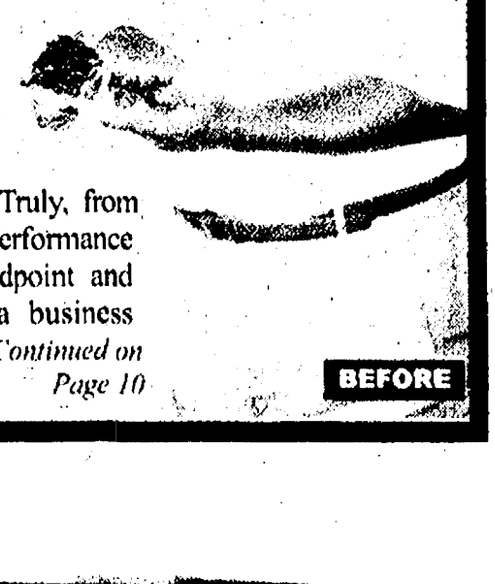
"But hopefully somebody in the **NBC** family will say:

'You're a communicator. People like you and we're going to give you a shot.'"

Roker says his talk format would be similar to **Rosie O'Donnell's** — but he told CONQUEST that Oprah, who built an entire business empire, is his role model.

"Truly, from a performance standpoint and as a business

Continued on Page 10



The Incredible SHRINKING Man

"Soon after Roker's surgery, I started to say, 'Wait a minute,'" says **NBC's *Today*** colleague and friend **Matt Lauer**.

"When he walked into a room, you'd look twice because you weren't used to the figure he was cutting," admits Lauer.

Lauer said "You started seeing his face change. His smile changed. His profile changed."

Post-op, "I don't seem any sexier," Roker said.

"But my wife, **Deborah** says, 'It's so weird — I can feel your ribs,' when she hugs me."

Roker quipped:

"It's kind of like Deborah is fooling around with another guy!"

Al Roker, 100 lbs. Lighter, has Eye on Hosting His own Talk Show

Could he be the next Oprah?

Continued from Page 9

model, Oprah is the '*gold standard*,'" he says.

Actually, Roker is well on his way to seeing his dream come true. He's written two top-selling books and he has produced several TV specials.

Now thanks to his stomach-stapling surgery — Roker has begun to '*look*' the part of a vibrant talk show host.

Syndicated TV columnist **Bill Mann** told CONQUEST that Roker's rosy forecast for himself could well come true.

"He was charming and funny when he did '*Seinfeld*.' Plus, his appearances on **David Letterman's** program demonstrates he'd be a natural as a talk show host. He's funny and he can ad-lib well.

"He could be the male Oprah Winfrey if he set his mind to it!"

Ageless Beauties

What's Their Secret to Beauty?

GIGGLE GIRL Goldie Hawn said we should do it with yoga.

Soap star Susan Lucci does it with candles and lotion.

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See related story on page 33 about Victoria Principal.

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HAS AGELESS DICK CLARK Found the "FOUNTAIN OF YOUTH?"

By Carrie Young and Joe Prigun

Dick Clark epitomizes "**The Fountain of Youth!**"

He looks like he's immortal, somehow. Is there a secret, or is it that he takes good care of himself?

Gotta know? Read on:

CONQ: Observers have joked that you have a picture of **Dorian Gray** in your attic and that you're the most youthful 73-year-old in Hollywood: What do you say to their claim?

DICK: (He laughs.) "My best answer is that I keep an open mind and a closed refrigerator. I am open to all kinds of exercise, such as: Yoga and meditation, and walking an hour three times a week."

"My best answer is that I keep an open mind and a closed refrigerator. I am open to all kinds of exercise, such as: Yoga and meditation, and walking an hour three times a week."

Dick Clark

CONQ: You've been called the most important "non-performer" in rock-n-roll history, a genuine "*pied piper*" whose **American Bandstand** television show as a "***must see***" for teens eager to learn the latest dance steps and hear the hottest singers . . .

Continued on page 15

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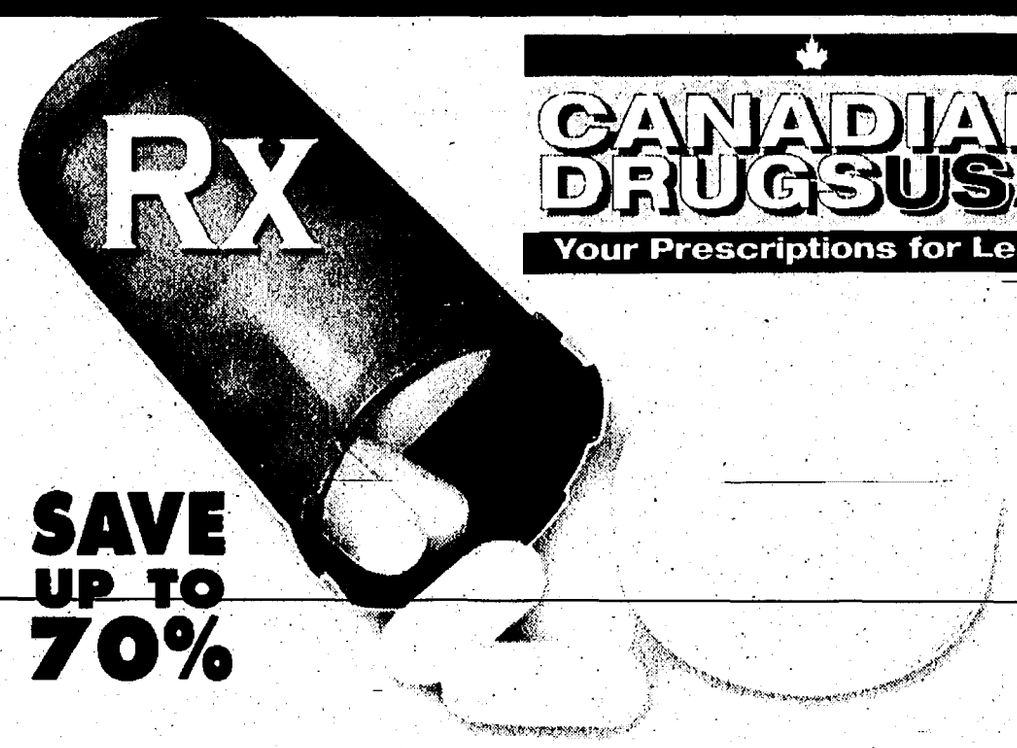

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Celebrex 200 mg	$237.58	$115.89	51%
Claritin 10mg	$246.25	$61.71	75%
Vioxx 12.5mg	$238.14	$115.88	51%
Prozac 10mg	$246.90	$140.99	43%
Zoloft 50mg	$213.52	$145.35	32%
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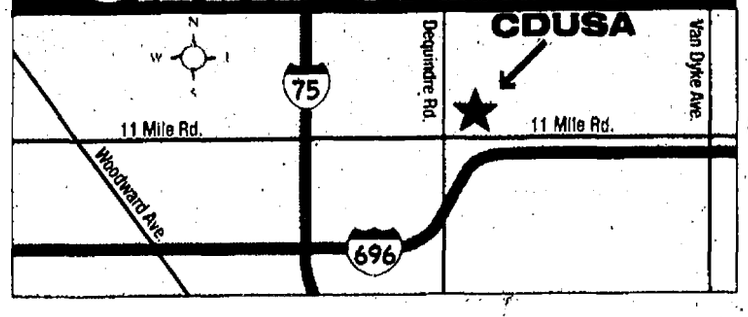

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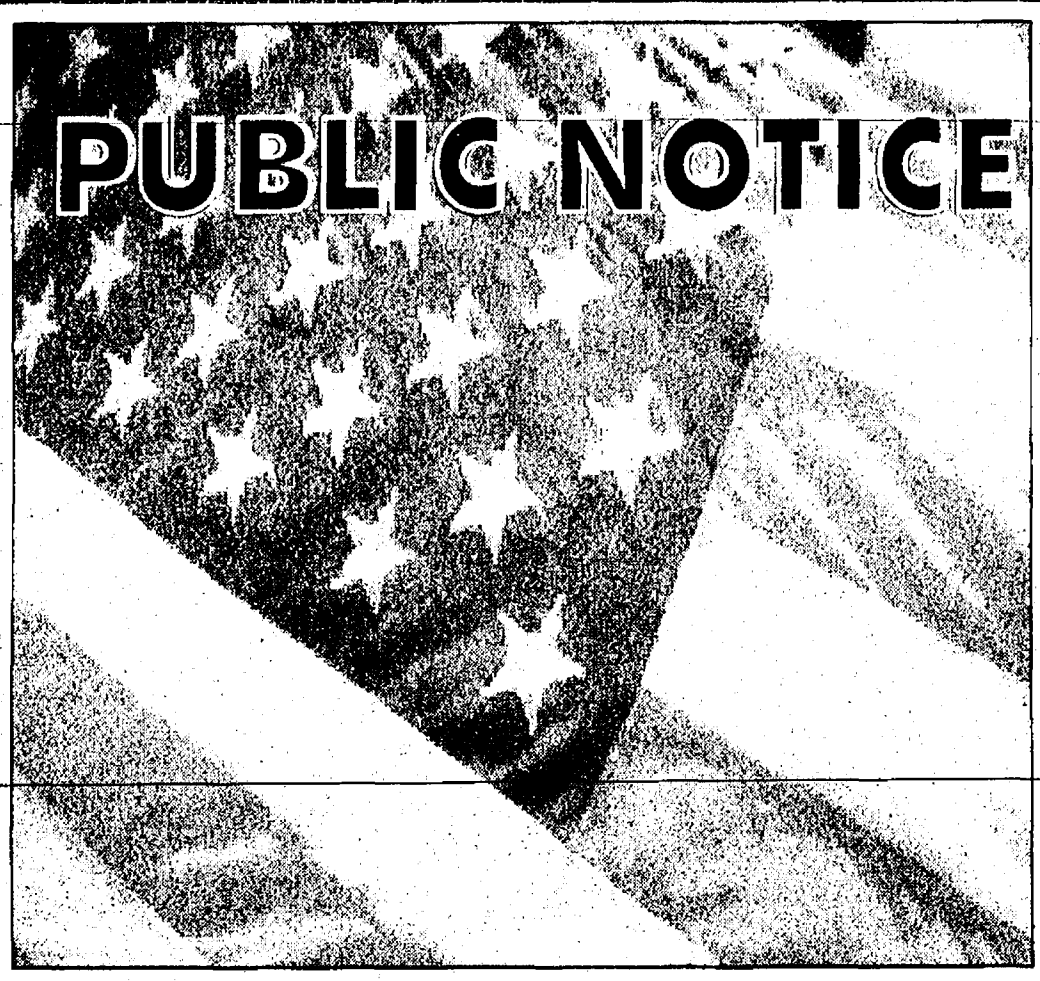

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Breast Cancer Update
What *really* REDUCES your RISK

The Pill, Coffee, Sun. Confused about whether these and other factors put you at risk for breast cancer?
To find out we went to the top experts. Here's the latest thinking on when to worry — and when to relax.

By Carrie Young and Joe Prigun

There's no part of our bodies that we obsess about more than our breasts.

Even those of us not prone to health anxiety wonder which, if any, of our everyday habits are upping our odds of getting breast cancer. And it's no wonder we're confused:

New scientific reports constantly contradict earlier ones.

One week we're told a new medical study tells us what to eat, then soon after another tells us what to eat to prevent breast cancer; the next, another tells us *that* diet doesn't make a difference.

Is it any surprise even smart women are baffled?

"There are so many conflicting studies out there, it's hard to distinguish

Continued on page 17

Both Jaclyn Smith and "*Angel*" Kate Jackson are survivors of breast Cancer (left to right), also pictured original angel Farrah Fawcett.

"angel" *Jaclyn Smith* BEATS breast CANCER
She is by no means alone!

Jaclyn Smith: Back to the future.

Former ***Charlie's Angel*** star, and queen of made-for-TV movies, and on the big screen, too, **Jaclyn Smith** looks gorgeous and quite the beauty with youthful looks.

No one would know the major ordeal she has been battling and finally her doctor says she has beaten:

BREAST CANCER

CONQUEST readers will be happy to hear:

"My health is excellent,"says Jaclyn. "I'm on my knees every night saying 'Thank you' to God."

Jaclyn is not only back to work as **Craig T. Nelson's** (formerly TV star of ***Coach***) love interest on CBS's ***The District***, but is also reprising her role as **Kelly Garrett** in this season's ***Charlie's Angels: Full Throttle***, starring **Drew Barrymore**, **Cameron Diaz** and **Lucy Liu**.

"When I walked on the set, I was greeted with such a warm reception. They are so cute and so fun," Jaclyn shared.

In this exciting special ***Health, Wellness & Fitness*** issue, celebrities share their anti-aging secrets so **YOU**, too, can take years off your looks and more importantly improve your health at the same time.

Take a gander at **Ann Margaret**, **Victoria Principal**, **Jaclyn Smith**, **Sophia Loren**, **Goldie Hawn**, or at **Raquel Welch**.

And remember, age is only a state of mind!

HAS AGELESS DICK CLARK *Found the* "FOUNTAIN OF YOUTH?"

Continued from page 12

DICK: "People also call me, '***America's oldest teenager***!' It offends me not. I take it as a compliment, and I feel flattered."

CONQ: Dick has launched his own production empire and earned mega-millions, but never seems to age.

DICK: "I've dealt in fluff all my life. I don't let stress consume me, because that can age you quickly, especially in show biz. But, I've made a lot of people happy."

CONQ: In 1956, this writer was born. Meanwhile, Richard Wagstaff Clark; born Nov. 30, 1929. The year I was born, Dick, you had your own music program on Philadelphia's **WFIL**, playing artists like **Rosemary Clooney**, and **Perry Como**, of whom both have passed away. (CONQUEST has interviewed both.)

DICK: "WFIL also had a TV station, and a teen show called: '***Bandstand***'. Now, Carrie, this is

where luck entered the picture. Being at the right place at the right time.

"When its host was fired after a drunk-driving arrest — and allegations of sex with an underage girl — the producers needed someone indisputedly clean-cut to replace him. I was 26 and I took over the show on July 9, 1956.

"One year later, ***American Bandstand*** went national on the **ABC** network."

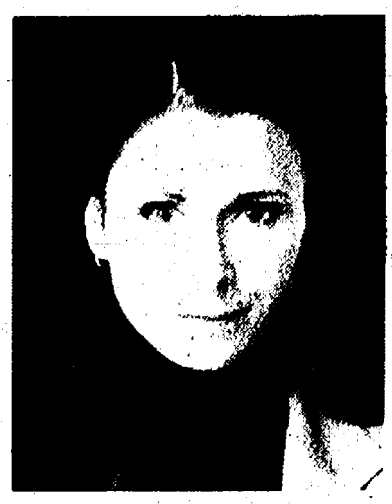
CONQ: In a few years, my older brother, **Rick**, was watching your show. I liked doing what my brother liked.

We watched. We heard. And we'd get on the living room carpet, and playfully and quite clumsily dance.

Yes, we danced to the music of American Bandstand.

"Ahh . . . those were the days my friend. We thought they'd never end . . . la, la, la, la, la, la, la, laaaa . . . ."

BRAVE women BEAT the BATTLE



We know Kate Jackson best from her television roles: as the cool, brainy "angel" **Sabrina Duncan** on ***Charlie's Angels*** and as suburban divorcee-turned-spy **Amanda King** on ***Scarecrow and Mrs. King***.

Whatever the role, her endless energy, and determination shown through — all qualities she drew on in real life after she was diagnosed with breast cancer in 1982.

A mammogram during the fourth season of Scarecrow turned up the microscopic growth in her left breast. Initially she had a lumpectomy and radiation treatments, but when another mammogram in 1989 detected more cancer, Jackson opted for a partial mastectomy and reconstructive surgery.

Among those at her hospital bedside was fellow "Angel" **Jaclyn Smith**.

"I'd shout it from the mountaintops — a mammogram saved my life," the actress declared in a phone interview with CONQUEST.

"But my medical problems weren't entirely over," she explained:

In 1994, Jackson had surgery to repair a hole between two chambers of her heart, a problem she had suffered from since birth.

Two years later, "I have a clean bill of health," the three-time-divorced Jackson became a single mother, adopting her son, Taylor, with the aid of **Rosie O'Donnell** (whom she calls Taylor's "angel mom").

Two years after President Reagan was successfully operated on for colon cancer . . . first lady **Nancy Reagan** heard frightening news when she went in for her annual mammogram.

There was a suspicious growth in her left breast.

"I guess it's my turn now," she was then quoted as saying.

Doctors told her that if, as they suspected, it was cancerous, she had two choices: a mastectomy or lumpectomy.

"I did not hesitate. I chose the mastectomy," Mrs. Reagan said. "I couldn't have possibly led the kind of life I led *and* kept the schedule I did having radiation and chemotherapy," she recalled to CONQUEST in a brief interview.

"Maybe if I had been a 20-year-old, hadn't been married, hadn't had children, I might have felt completely different. But for me . . . it was right."

As for the president, Mrs. Reagan says in retrospect: "Fortunately I had a very understanding husband, which meant a lot. He kept saying, 'That wasn't why I married you; I married you for other reasons.'"

Although her recovery was complicated by the fact that her mother died just days after her surgery, Mrs. Reagan soon returned to good health and became a campaigner for early detection of breast cancer.

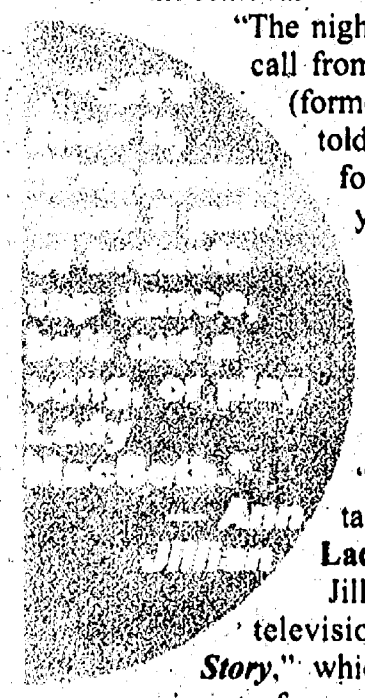
"Women *should* be afraid of cancer, *not* the mammogram," she declared.

Today, the former actress and mother of two lives in California with her husband, who suffers from Alzheimer's Disease.

Ann Jillian began acting as a child. "I was **Dainty June** in the film version of ***Gypsy***," she told CONQUEST. "Over the years, I built a career playing sexy, platinum blonde bombshells."

Then, at 35, she found a lump in her left breast during a self-examination in the shower. Initial tests were inconclusive but when she had it rechecked three months later, there was cancer in both breasts.

"My doctor said that it was extremely fast-growing." Jillian immediately had a bilateral modified mastectomy — the removal of both breasts.



"The night before surgery, I got a phone call from fellow breast cancer survivor (former) first lady **Betty Ford**, who told me 'It's all right to cry, but not for too long. I made it, and so can you.'"

The actress was determined not to give up sexy roles if she chose to play them, but also stressed that curves aren't everything:

"Let's face it," she said, "I've never seen a pair of breasts tap dance, belt out a song, or play **Lady MacBeth**."

Jillian went on to star in the 1988 television movie "***The Ann Jillian Story***," which dealt with her cancer, her marriage to former Chicago police sergeant Andy Murcia, and her cancer and recovery.

She won a **Golden Globe** for her work.

Then in 1992, after 15 years of marriage, came her "miracle:"

"I gave birth to a son, Andy."

While pregnant, a joyous Jillian emphasized the baby "comes with hope for a future for any woman with breast cancer."

Jillian, who earlier this year said she planned to come back to television at some point, lives with her son and husband in California and also does motivational speaking.

CANCER RESOURCES:

American Cancer Society, 800-227-2345, *www.cancer.org.*

American Medical Women's Association, 801 North Fairfax St., Suite 400, Alexandria, VA 22314, 703-838-0500, *www.amwa-doc.org.*

Cancer Care, Inc., 275 Seventh Ave., New York, NY 10001, 800-813-4673, *www.cancercare.org.*

Dana-Farber Cancer Institute, 44 Binney St., Boston, MA 02115, 866-525-4669, *www.danafarber.org/can.*

Memorial Sloan-Kettering Cancer Center, 1275 York Ave., New York, NY 10021, 212-639-4900, *www.mskcc.org.*

Mothers Supporting Daughters with Breast Cancer, 21710 Bayshore Rd., Chestertown, MD 21620, 410-778-1982, *www.mothersdaughters.org.*

National Alliance of Breast Cancer Organizations (NABCO), 9 East 37th St., 10th Fl., New York, NY, 10016; 888-806-2226, *www.nabco.org.*

National Cancer Institute, NCI Public Inquiries Office, Bldg. 31, Rm. 10A03, 31 Center Dr., MSC 2580, Bethesda, MD 20892, 800-42206237, *www.caner.gov.*

National Center for Complementary and Alternative Medicine, NCCAM Clearinghouse, P.O. Box 7923, Gaithersburg, MD 20898, 888-644-6226, *www.nccam.nih.gov/fcp/factsheets/index.html.*

National Comprehensive Cancer Network, 50 Huntingdon Pike, Suite 200, Rockledge, PA 19046, 888-909-6226, *www.nccn.org.*

The University of Texas MD Anderson Cancer Center, 1515 Holcombe Blvd., Houston, TX 77030, 800-392-1611, *www.mdanderson.org/patients_public/index.cfm.*

SPECIALISTS

National Comprehensive Cancer Network. See contact information at left or go to *www.nccn.org* and click on Network Hospitals.

RA Bloch Cancer Foundation, 4400 Main St., Kansas City, MO 64111, 800-433-0464, fax: 816-931-7486, *www. blochcancer.org* (click on Info for Patients).

RESEARCH

National Cancer Institute. See contact information at left or go to *www.cancer.gov/clinical_trials.*

Against BREAST CANCER

When **Jill Eikenberry** was diagnosed with cancer in 1986, she was just stepping into the part of ambitious, high-powered lawyer '**Ann Kelsey**' on a new television show called:

'***L.A. Law***'

Her life and career were clearly on an upswing, "particularly since my teenage stepdaughter Alison finally recovered from a near-fatal car accident three years earlier," Eikenberry told CONQUEST.

Then came the discovery of a tiny lump in her right breast and the diagnosis of cancer.

""Michael and I just held each other," she said, referring to husband **Michael Tucker**, who played nebbishly attorney **Stuart Markowitz** on the show.

Eikenberry chose to have a lumpectomy, then went to radiation treatments each day for two months while continuing filming ***L.A. Law***.

Buoyed by her family, the actress went on to host and co-produce '***Destined to Live***,' a television documentary on breast cancer that profiles women who had beaten the disease and gone on to successful and rewarding lives.

"We tried to show it's not the end of the world," Eikenberry asserted.

Eikenberry also stressed the importance of staying in touch with what really matters. "It is these sort of things," she told CONQUEST, "my illness, Alison's accident, that give you a ***real*** perspective on life.

"They make you aware that becoming a T.V. star is probably not as big a deal as you think . . .

"There are so many more important things than that . . . I like life!"

When **Gloria Steinem** learned in 1996 that the tiny lump she'd found above her right breast was cancerous, she later said in this interview, she thought, "So this is how it's going to end . . . But I've had a wonderful life.

Of course, it didn't end at all.

The cancer hadn't spread and after a lumpectomy she resumed her life immediately. In fact, she spent the first night after she was released from the hospital dancing at Barbara Walter's wedding.

But what she calls her "brush with breast cancer" did prompt some significant changes in the famous feminist's life.

"I had lost balance by doing too much that was external and frenetic," she reflected.

She eased back on her punishing schedule, which included constant travel, and made her apartment "like a closet plus an office."

Steinem also became a vegetarian and took up yoga and weight training. The cancer, she said, made her "listen to my body more."

But her greatest personal change came in September 2000 when, at 66, she married South African businessman David Bale.

"Feminism is about the ability to choose what's right at each time of our lives," she explained about her decision to wed for the first time.

Jill Elkenberry (left) interviewed Gloria Steinem in "*Destined to Live: One Hundred Roads to Recovery*," a compelling NBC special about emotional recovery from breast cancer.

Breast Cancer Update
What *really* REDUCES your RISK

Continued from Page 15

between what's valid and what's not," says Debbie Sarlow, Ph.D., director of breast and gynecologic cancers at **The American Cancer Society**.

So what are real threats to the health of your breasts — and which dangers are just myths? What *actually* slashes your breast cancer risk?

CONQUEST interviewed some of the country's leading breast cancer experts to get answers.

Read on and take control of your breast health today.

And remember: The key moves to help yourself stay safe are to see your ob/gyn every year for breast exams, do monthly self-exams at home (it's best to do them after your period) and follow your doctor's recommendations for mammography screening.

FACT IS: The one thing everyone agrees upon is "early detection," because it saves lives, per example "***Charlie's Angels***" **Jaclyn Smith** survived breast cancer. That's right: Early detection. That's why she's still with us today, note doctors.

If you, like Jaclyn Smith, have tested positive for one of the breast cancer genes or have a strong family history of breast cancer, these recommendations may include consulting with a breast specialist for counseling regarding how to protect yourself.

5 Things that may ***not*** cause breast cancer after all . . .

1.) **Mammogram**. There's a common misconception that radiation from annual mammograms cause cancer. But leading experts say it just isn't so.

So why the scary rumors? It is true that in super-high doses — we're talking nuclear meltdown — that could have radiation lead to cancerous changes in breast tissue.

Jaclyn Smith

2.) **Caffeine**. Good news: There's no need to skip your daily java fix. Several major studies — including one published this past January in the ***Annals of Epidemiology*** — have found absolutely no link between caffeine consumption and breast cancer, says **Peter Pressman, M.D.**, professor of clinical surgery at the **New York Presbyterian Weill Cornell Medical Center** and author of "***Breast Cancer: A Complete Guide***."

3.) **Dairy**. Log on to the internet and you'll find plenty of websites claiming that animal fat and hormones in dairy exacerbate breast cancer. But there is **no** evidence to support that says Debbie Saslon, Ph.D.

The International Journal of Cancer has found that women who drank more than three glasses of milk every day had a lower incidence of breast cancer. But it is recommended you choose dairy products that are low-fat.

4.) **Lumpy breast**. Doctors have a 'scary' name for lumpy breasts: **Fibrocystic Breast Disease**. But although the word "disease" may induce panic, lumpy breasts are extremely common and *not* linked to breast cancer.

"Years ago, before doctors knew a lot about breast cancer, they used to speculate that there was a link between fibrocystic disease and breast cancer, says Ruth Oratz, a breast cancer oncologist at the **New York University Medical Center**.

"Well today we know that's absolutely not true.

But having lumpy breasts makes breast self-exams even more important. "You need to get a good sense of your breast-tissue texture so you can distinguish between merely fibrocystic changes and an actual new lump," says Pressman.

5.) **Bras**. The bra rumor is based on the hypothesis set forth by husband-and-wife anthropologists a few years ago in the book "***Dressed to Kill: The Link Between Breast Cancer and Bras***," in which they claimed that bras — especially underwire bras — constrict lymphatic tissue, allowing cancer-causing toxins to build up.

"When I first heard this one, I thought, you've got to be kidding," says Dr. Pressman. "Research has proven that bras — even tight-fitting ones — don't interfere with lymphatic drainage at all."

THE BURN FACTOR

SUN'S ALURE CAN LEAD TO LIFELONG DAMAGE

Compiled by Carrie Young and Joe Prigun

Page Design by Melodie "Mel" Lighthall

Look around. Women at summer cookouts with white circles around their eyes from wearing sunglasses. Children running around with peeling skin. Balding men who won't wear a hat.

Happy outdoor memories can last a lifetime but so can the damaging effects of the sun.

EXCESSIVE SUN EXPOSURE LEADS TO PREMATURE SKIN AGING:

Wrinkling, sagging, and brown spots. Eye disorders and skin cancer.

Even if a person doesn't get sunburned, ultraviolet or UV rays can penetrate the skin and damage skin cells, destroying their genetic material and repair mechanisms.

Skin cancer is more common than all cancers combined. A million new cases are diagnosed every year, including melanoma, the deadliest.

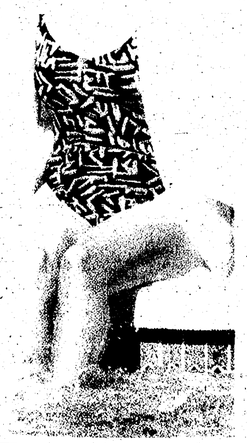
MELANOMA IS MOST COMMON IN PEOPLE OVER 40.

But most of those who get the disease report excessive sun exposure in childhood. Although men and people with fair skin are at highest risk, the disease occurs in both genders and in all ethnic groups.

Sunlight is important for a healthy, high-quality life. To set you on the right path to enjoying the sun without getting burned, here's what the American Academy of Dermatology and Skin Cancer Foundation says you need to know to be sun-smart.

SUN SAFETY

1. Play in the shade.
2. Avoid the sun especially during peak ultraviolet radiation between 11 a.m.-1 p.m.
3. Shadow rule: If your shadow is shorter than you are, you're likely to burn. It's not the sun's heat or brightness that causes skin damage, but the angle of direct rays that correlates with UV intensity.
4. Always use protection: Sunscreens (rated SPF 15 or higher, 4-oz. bottle priced $8-$10), UV-protective lip balm (0.15-oz. stick, $2), 4-inch wide brim hat, UV-protective sunglasses (lens color in order of most to least effective; gray, brown and green), protective clothing (tight weave and unbleached).
5. Get regular physical exams by a doctor.
6. Start prevention measures early because damage starts in childhood. One blistering sunburn as a child doubles the risk of developing melanoma as an older adult.



DIET AND LIFESTYLE FOR HEALTHY SKIN

Vitamin A protects against certain cancers, including skin cancer. Vitamin A-rich foods include animal products such as live, egg yolks and milk fat. Topical vitamin A often is prescribed as Renova or Tretinoin to repair sun-damaged skin. Smaller amounts are available in over-the-counter, Retinol antiwrinkle creams. Always use sunscreen, because vitamin A can render skin more sun-sensitive and dry.

Vitamins C and E can help reduce sunburn reactions. Vitamin C reduces sun-induced skin swelling and vitamin E, particularly a form called alpha tocopherol, decreases the length and depth of wrinkles.

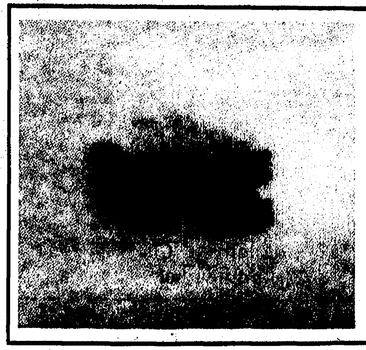
Antioxidants are scavengers of free radicals, unstable particles generated by UV radiation that damage the skin. The most well-known antioxidants are vitamins A, C and E, coenzyme Q10 and alpha-hydroxy creams, which are most protective when applied before sun exposure. Coenzyme Q10, when applied long-term, can reduce crow's feet. Alpha-hydroxy acids are similar to vitamin A, but less potent.

Lifestyle adjustments

Quit smoking. Cigarette users are more prone to wrinkles and are at increased risk for skin cancer.

Avoid exposure to halogen lighting at close range. The National Foundation for Cancer Research advises maintaining a distance of at least 20 inches from a 20-watt halogen bulb and 3 to 6 feet from 35- to 50-watt bulbs.

Some medications, including antibiotics, antidepressants, diuretics, antihistamines, and estrogen and acne medications, may make skin more susceptible to sun damage. Ask your doctor or pharmacist about the risks.



ABCs OF SKIN CANCER

If a new mole appears or a pre-existing one changes shape, grows, bleeds, itches or hurts, check with a doctor. Look for these signs:

- Asymmetric shape
- Border irregular
- Color variation or change
- Diameter larger than a pencil eraser
- Elevated above skin level

ALREADY FRIED

Effects of overexposure may take up to 24 hours before becoming visible. Treatment is most effective when started soon after sun exposure. Peeling usually occurs within a week, but frequent use of moisturizing cream can control flaking.

Use cool baths or cold compresses and bland (no perfumes) moisturizing cream. For pain and itch relief, add several tablespoons of baking soda or cider vinegar to a tub of cool water and soak in it for 30 minutes.

Aloe vera moisturizes, heals and relieves the discomfort of sunburn. Reapply a thin layer every hour until the pain is gone. Pulp taken from inside a fresh plant is best but if using a commercial aloe product, choose one without oil, wax, alcohol or coloring.

Also try calendula (reduces inflammation); tea tree oil (at least 5 percent antiseptic enhances healing) and green tea skin products (anti-cancer).

Over-the-counter hydrocortisone creams applied three times a day for two days may help reduce swelling and pain. Oral anti-inflammatory medications such as aspirin, Naproxen, or ibuprofen (Motrin and Advil) when taken early and continued for two days can reduce skin damage and discomfort. Do not take on an empty stomach, and never give aspirin to children.

For broken blisters, trim dead skin with small, sterile scissors and apply an antibiotic (for example, bacitracin). Wash and reapply twice a day for three days.

Drink extra water to replace fluids lost to the swelling of sunburned skin.

Do not use "-caine" products (such as benzocaine), which may cause an allergic rash; petroleum jelly or margarine/butter, because they retain heat and sweat and slow healing.

SOURCES

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"Nutracauticals: The complete Encyclopedia of Supplements, Herbs, Vitamins, and Healing Foods" (Berkley Publishing Group, 2001)

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"The Medical Advisor: The complete Guide to Alternative & Conventional Treatments (2d ed.)" (Time-Life Books, 2000)

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Skin Cancer Foundation: www.skincancer.org or 800-754-6490

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American Academy of Dermatology: www.aad.org or 847-320-0230

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Centers for Disease Control: www.cdc.gov or skin cancer site: www.cdc.gov/chooseyourcover

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UV index forecast, the National Weather Service: www.cpc.ncep.noaa.gov

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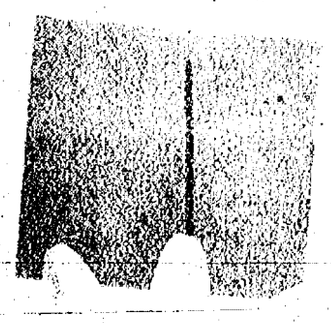
For protective clothing: Sun Precautions Inc.: www.solumbra.com or 800-882-7860, and Sun Protective Clothing: www.sunprotective-9clothing.com or 800-353-8778.

Betty Crocker's



"THIS BOOK will be of great assistance to patients and families undergoing cancer treatment."
Barrie R. Cassileth, Ph.D., Chief, Integrative Medicine Service, Memorial Sloan-Kettering Cancer Center

Betty Crocker's

By Carrie Young and Joe Prigun

Having a diagnosis of cancer rearranges your life and its priorities.

Many things change for you, including what used to be simple tasks of cooking and eating.

The side effects of cancer treatment can turn eating from "pleasure" into a daily "challenge."

"Inspired by the questions of our patients and their families' cooking and eating challenges, we collaborated on ***Betty Crocker's Living With Cancer Cookbook***, to offer helpful tips for patients undergoing radiation or chemotherapy, and recipes that have been suggested and used by cancer survivors," said **Kris Ghosh, M.D.**, one of the authors.

"Sound nutrition is perhaps most important to cancer patients, whose '*very survival*' is linked to a well-balanced diet," said Dr. Ghosh. "Unfortunately, cancer and the side effects of cancer treatment can make sound nutrition a difficult hurdle to overcome."

Quality of life remains the focus for cancer survivors. And good eating and good nutrition are the cornerstones for maximizing the quality of life '*during*' and '*after*' cancer.

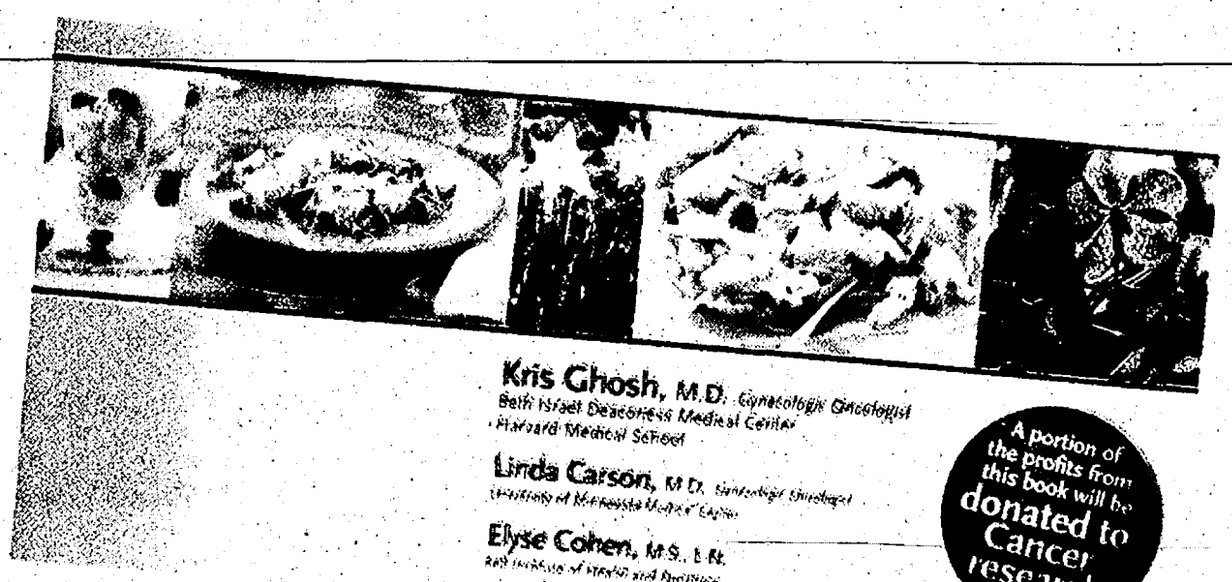
That's where these Betty Crocker recipes come in — they contain the necessary nutrition and address the issues unique to different cancer treatments.

Betty Crocker's Living with Cancer cookbook is a collection of recipes from the trusted kitchens of Betty Crocker and the home kitchens of real people — cancer survivors — whose experiences make Betty Crocker's Cookbook so practical and useful.

Detailed nutrition information with each recipe helps you select the recipes that meet ***your*** individual needs.

Quality of life remains the focus for cancer survivors.

And good eating and good nutrition are the cornerstones for maximizing the quality of life '*during*' and '*after*' cancer.



THOUGHT:

Although your life is changing and you are extremely frightened, a diagnosis of cancer does ***not*** have to take over your life. You may feel that way at first, but that feeling need not stay.

Some cancer survivors have told authors of the cookbook that they prefer to focus on the future and their life *after* cancer because doing so offers:

HOPE.

The book has received impressive testimonials from the medical community — ***Memorial Sloan-Kettering***, ***Gilda's Club Worldwide***, the ***Women's Cancer Resource Center***, among many.

For more information on this book, or others, persons should call Customer Care Department at toll-free (800) 434-3422, or FAX (317) 572-4002.

breast cancer: 5 Things That May Raise Your Risk

1.) Having one drink (or more) a day. Women who have one alcoholic drink every day *up* their chances of getting breast cancer by about 9-percent from those women who don't at all, according to a 1998 study done at the **Harvard Medical School**.

"We found that breast cancer risk increased by about 9-percent for every daily drink consumed," warns study author and Harvard epidemiologist Stephanie Smith-Warner Ph.D.

In other words, regularly downing two glasses of wine a night increases your risk for breast cancer by about 18-percent; three a night raises your risk by 27-percent. So is it safe to drink at all? Yes, in moderation, says Smith-Warner. "I'd recommend limiting your intake to a drink a day."

2.) Piling on the pounds. Carrying extra weight means more than being self-conscious in a bathing suit: It may actually

Continued on Page 25

breast cancer: The Great Debate

Even leading experts are still scratching their heads over conflicting research . . .

A high-fat diet. Two recent Harvard Medical School of Public Health studies found that women who ate a low-fat diet weren't any less likely to get breast cancer than women who ate a diet higher in fat.

Sun exposure: Women who live in sunny areas have lower breast-cancer rates than women who don't. The likely reason: The sun's UVB rays enable your body to produce vitamin D, which may reduce breast cancer risks.

But the vitamin D-cancer connection is preliminary, and it's not clear whether you can reap the same effects from fortified foods or supplements.

Goldie Hawn: *Feeling Nifty After 50!*

The experts agree Goldie Hawn wins the lifetime achievement award. "She still looks hot," one spokesperson said, adding that with this flattering style "all you see are her sexy eyes and lips."

By Carrie Young and Joe Prigun

"My face is my face. My body is my body. I have been blessed," said the 57-year-young cutie Goldie Hawn.

"But boy, oh boy, do I have to work at staying fit as a fiddle," she giggled that famous sound accompanied by her ear-to-ear grin.

In addition to practicing power yoga, the 5'6" 115-pound actress walks, goes in-line skating, golfs, kick boxes, does Taebo workouts, and trains with weights.

Whew! This reporter is exhausted by simply writing Goldie's exercise regimen.

"But it's not all rigorous training and strenuous exercising," Goldie emphasized.

Advice to our readers?

"My best defense against **Father Time**," Goldie conceded, ". . . is when I feel happy in my heart, I look at myself in the mirror, and I like the way I look," she says.

Goldie also believes people as they age, need to stay busy, active, and live with *purpose* — but also need a reminder too.

"Stop and smell the roses," Goldie told CONQUEST, "and savor the joy in our lives. Joy can be something little, or big, or just a good, comfortable feeling or *peace* . . . We especially need that now in our world of turmoil and upheaval."

She explained: "Even when life is humming along and free of emotional turbulence, we may still need reminders to keep anxiety down and enjoyment up.

"Keep your spirits high — it keeps you youthful," Goldie noted. "Enjoy them — use them — as an ongoing hedge against burnout."

Use the Power of Aromatherapy to Relax or Uplift.

"Slowly simmering a pot filled with water, some cinnamon sticks, clover, ground nutmeg, vanilla extract, and citrus peels can perfume your house with a relaxing, welcoming aroma, "Goldie even spoke more softly and relaxed.

Much persuasive scientific evidence shows that the spice mixture makes one of the most relaxing aromas in the world and helps to raise immune system functions.

Enjoy Your Age.

Great actors and actresses like Goldie, **Harrison Ford, Tommy Lee Jones,** and **Susan Sarandon** are well into their 50s and proud to say so.

Instead of worrying about your age, they advise: Celebrate how lucky you are to be alive and revel in your sensuality. Then a healthy self-image tip from actress **Rene Russo**: "The hottest women I know are in their late 40s, 50s, and 60s."

Cultivate Love and Gratitude in Your Daily Life.

Goldie says "Feeling gratitude brings joy, peace, creativity, love, and laughter to my life. Appreciation shown me by others, especially for the little things, gives my heart wings.

"It helps me to live with love in my heart rather than fear and anger."

Write a Prayer of Thanks and Repeat It Every Day.

Writing down the blessings for which you are most thankful can bring you feelings of peace, joy, and fulfillment. Goldie

Continued on Page 22

Susan Lucci's Secret to Good Skin:

SARDINES & Baby Lotion

By Carrie Young and Joe Prigun

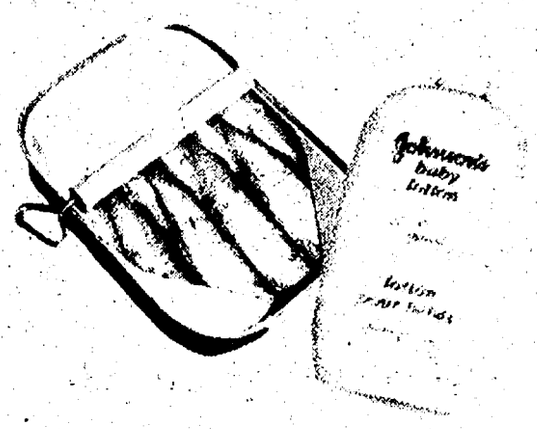
Luscious **Susan Lucci** looks much younger than her 57 years, thanks to "*clean living*" and a beauty regimen that includes sardines and baby lotion.

Her favorite moisturizer is ordinary baby lotion. Her favorite shampoo and conditioner — her own line — are all botanical, Susan tells CONQUEST in a phone interview.

"As a child, I thought I was an ugly duckling!" confides Susan, who has starred on the soap '***All My Children***' for 31 years. "I was too short, too dark and not at all attractive."

"My mom taught me that the woman who is beautiful inside as well as out is the real beauty."

— Susan Lucci



***All My Children's* Susan Lucci looks much younger than her 57 years thanks to clean living and a beauty regimen that includes sardines and baby lotion.**

Those days are long gone.

The stunning 5-foot-2-inch, 100-pound brunette is the highest-paid soap opera star in history, raking in $3 million a year.

She says she works hard at keeping her sultry good looks, but insists that inner beauty is more important than high cheekbones and a great head of hair.

"My mom taught me that the woman who is beautiful inside as well as out is the real beauty," she explained.

Married to **Helmut Huber** since 1969, Susan has two grown kids, Liza, 25, and Andreas, 20.

Living healthy: Helps her keep middle age at bay:

"Pasta and sardines for lunch provides me the energy I need to get through hectic days playing the evil **Erica Kane**."

Susan — who finally won an **Emmy** after 18 nominations — snacks on the little fish, which are packed with healthy omega-3 fatty acids.

She avoids junk food, "which can ruin a diet, as well as the skin."

Instead, "I really chow down on anti-aging, anti-wrinkle fruits and melon salads. And, I neither drink, nor do I smoke."

Although she could well afford expensive lotions, the award-winning actress taps into the '*fountain of youth*' with Johnson's baby shampoo — or her own line of haircare products — available in stores, and on cable, and the internet.

To stay in shape, she takes long walks — runs on the beach and plays tennis.

Clearly, Susan Lucci is no couch potato.

"Erica Kane may become old and gray," she swears, "but I never will!

"Old is a bad attitude," she reasons. "I know plenty of people over 80 who act young, think young, exercise — even just walking — and therefore:

"They *are* young . . . at heart."

Goldie Hawn: Feeling Nifty After 50!

Continued from Page 21

says: "Who wouldn't feel better after silently saying, 'I am thankful for my health, for the love in my life, and for the chance to do good in this world?'"

For Your Health: Grow Something Green.

"Plant some favorite flowers or soothing herbs. It feels very satisfying to nurture plants.. Very therapeutic."

As you are learning, there's more to good health besides diet and exercise.

"There's spirituality, too," beams a joy-filled Goldie.

Plus . . . if you're ill and trying to cultivate healing — then do as Goldie persuades:

Look to the healing powers in words.

There is a national organization called "***Words Can Heal***," of which Goldie is spokesperson, delivered a lecture before the **National Press Club**.

She said, "Our voice is both a window and a mirror. The words we use are a mirror, reflecting the way the world touches us. The way we say the words is a window into our hearts and minds."

How true!

"Too often," Goldie expressed "people use words to describe themselves that they would never use in public.

"They often view themselves as 'failures' in every level of life. The negative self-talk people use is self-deprecating, degrading and dangerous.

Words are only words, but after a while, people *believe* the verbal message.

Academy Award winning actress Goldie Hawn has a body and a beautiful face at 57, but looks at the 'whole person' for health, wellness and fitness tips.

She is "common law" married to **Kurt Russell**. They have one son, **Wyatt**. Goldie has two older children, **Oliver** and **Kate**, with her ex-husband **Bill Hudson**.

But no doubt about it . . . Goldie is: A 'fitness guru.'

Not only does she work out regularly, she meditates at least 20 minutes a day and also follows a wheat-free, sugar-free and dairy-free diet.

"You are what you eat," Goldie not surprisingly.

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THIS JUST IN!

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The exam is still up to three years away from FDA approval, but it may someday replace routine screening for healthy women and be used alongside mammograms.

breast cancer:
5 Things That May Raise Your Risk

Continued from Page 20

up your chances of getting breast cancer.

"Women who are overweight tend to have higher blood estrogen levels and higher insulin levels, both of which we believe may promote the development of cancerous cells," explains Oratz, M.D.

3.) Being a couch potato. There's plenty of evidence that going out and breaking a sweat can help lower breast-cancer risk.

Why does exercise reap such positive benefits? Most likely because it decreases the estrogen in the blood.

4.) Choosing against motherhood. Women who have never given birth at all, are at a slightly higher risk of developing breast cancer, notes Saslow.

5.) Not eating your broccoli. A few florets a day may keep breast cancer at bay. Research at the **Strang Cancer Prevention Center** in New York found that women who daily ate a mixture of cruciferous vegetables (cabbage, broccoli, brussel sprouts, cauliflower, etc.) showed significant reductions in an estrogenic compound believed to cause breast cancer.

Hurricane Voices™
A Breast Cancer Foundation

Delve into the Family Reading List

Books That Help Families Cope with Breast Cancer

These, and other helpful hints, can be found in books presented in the Family Reading List developed by Hurricane Voices Breast Cancer Foundation. To review these books online, visit hurricanevoices.org.

- Use characters and illustrations found in picture books to help children explore their feelings about breast cancer.
- Activities such as drawing and journaling are effective vehicles for self-expression at any age.
- Parents can anticipate and prepare for children's reactions to breast cancer within the family by gaining an understanding of the child's perspective at various developmental stages.

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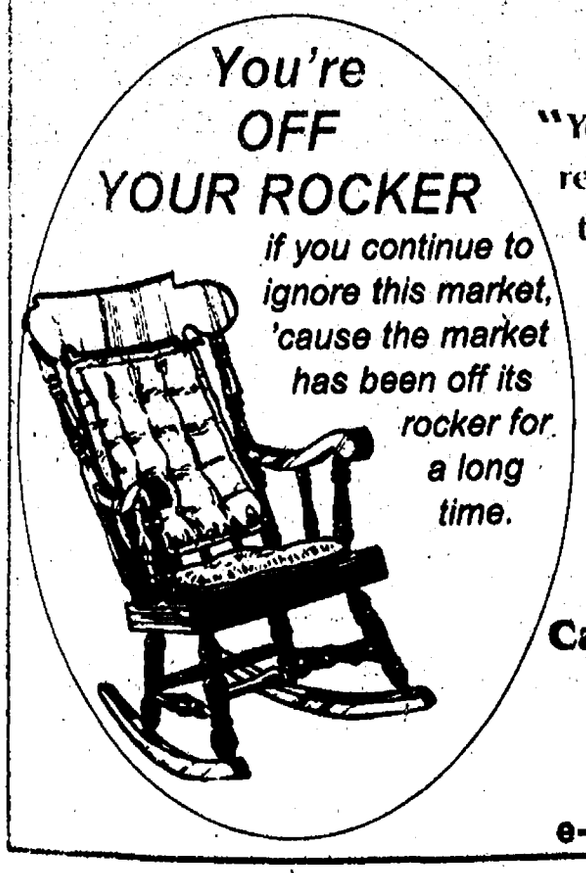

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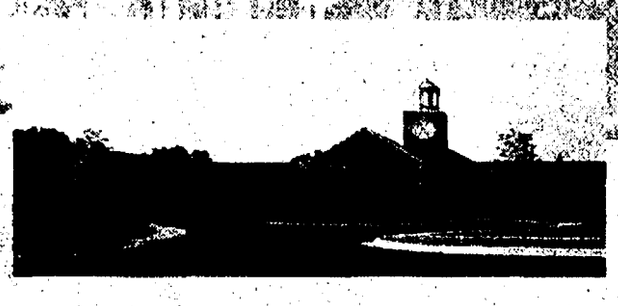

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EQUAL HOUSING OPPORTUNITY

'Somersizing' Suzanne Somers'

By Carrie Young and Joe Prigun

"It is hard for me to believe how far the idea of 'Somersizing' has come since 10 years ago when I learned about a remarkable '*way of eating*' while on vacation in France," says the 57-year-young **Suzanne Somers**.

Then quite thought-intended, Somers took a quick skip down memory lane, allowing for a hint at the beginning of her nutrition-conscious lifestyle.

"I started studying how the body works when I was in eighth grade. I was 12-years-old, having skipped a grade, and I thought that the process of eating something and then breaking it down into smaller molecules was the most *fascinating* subject in the world."

Somers laughs:

"I didn't realize at the time that the other kids didn't have the same interest in the digestive system that I did.

"Anyway," says Somers, "I continued studying the digestive tract and that led me to the field of nutrition.

THE PROBLEM:

Why are unbalanced hormones more of an issue today than ever before?

". . . Because we are living long enough now that our lifestyle will eventually determine our health.

"How you age is determined, ultimately, by your genetics. But how fast you age is determined by your daily habits.
— Suzanne Somers

"In the past," explained Somers, "we would die young and healthy of infectious diseases. We are now assured of living long enough to fall apart.

"'Falling apart' before we die is aging.

"How you age is determined, ultimately, by your genetics. But how *fast* you age is determined by your daily habits.

"I call this *alterable* metabolic aging."

If you are genetically programmed to live until you are 80, you can still die earlier *if* you *don't* take care of yourself. You open yourself up to cancer, arthritis, osteoporosis, heart disease, stroke, and Type II diabetes — these diseases can often kill us before old age. But these are also diseases we can often prevent by changing our lifestyle. The bad news is that nothing is free and your health will one day catch up with your lifestyle.

SOLUTION?

You start by eating a healthy, balanced diet, and stay at a healthy weight.

And with Somers' #1 **New York Times** best sellers "***Eat, Lose Weight***" and "***Get Skinny on Fabulous Food***" has helped the gorgeous celebrity to spread the word about her revolutionary weight-loss good health program.

In her newest book "***Suzanne Somers' Eat, Cheat, and Melt the Fat Away***," she talks about eating hearty, rich foods — and be amazed by how the pounds just melt away.

The key:

"It's eating food in the right combinations to achieve maximum weight loss, while also lowering your cholesterol and blood pressure."

Best of all, with her newest healthy eating book she shares with all of us more than 100 new Somersize recipes that will tantalize your taste buds, including:

Pan-fried Petrale Sole with Lemon, Butter and Caper Sauce; Deep Fried Turkey with Fried Onions and Herbs; Roasted Sweet Red Pepper Soup with Creme Fraiche and Crispy Sage Leaves . . . and so many more delectable meals.

"The right combination of foods works, and it is just startling," Somers beamed.

The crux?

"Keeping proteins and fats separate from carbohydrates, which aids in digestion and weight control."

It was considered a controversial theory, because it wasn't backed up by scientific data, yet those who followed the guidelines boasted thin waistlines and better energy.

"After working with nutritionists and experimenting extensively on my own body, I devised my own food combining program, which finally put me in control of my weight.

"It was a miracle!

"It was easy, the food was great, and I lost all the weight I had put on in my 40s. My hips trimmed down to the size I enjoyed in my 20s.

"Before 'Somersizing,' I would stand in front of my closet and completely ignored an entire section of clothing, and I would think to myself, 'Someday I'll fit into my skinny clothes again.'"

"My clothes spanned three to four sizes, my super skinny clothes, my normal clothes, my need-to-lose-5-pounds clothes, and my fat clothes.

"I know there are millions of women — over 40 who can relate to the closet door scenario. Right?"

That's why Somers spreads the word.

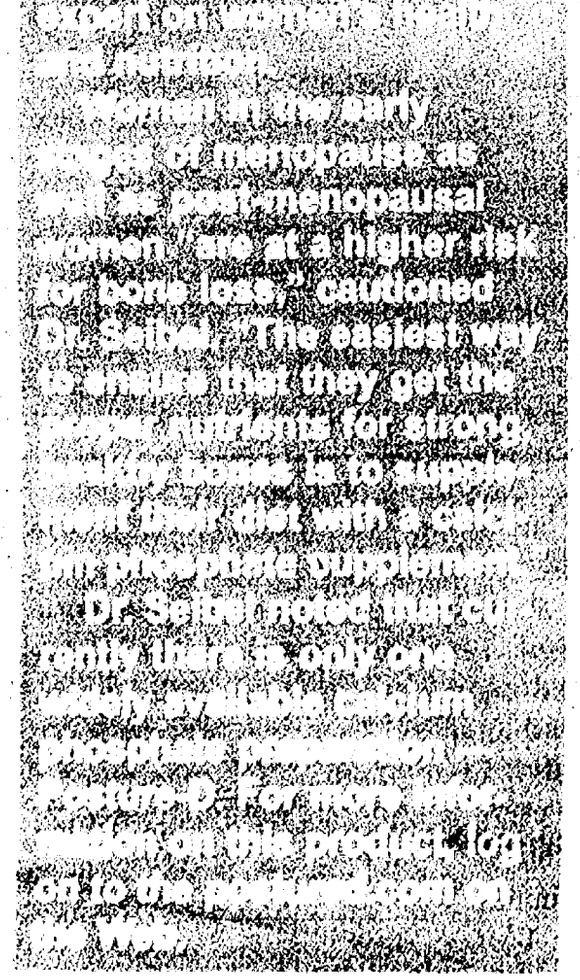
By the way this woman of courage and a warrior against breast cancer says she's feeling great and with an unconventional battle against cancer claims she's beating the cancer.

"I'm almost there, but I hope in a few years I can say my cancer has gone on a vacation somewhere far away and is never to come back again."

She advised: "You know you can't let life's setbacks ruin your spirit . . . your *attitude* . . . you have to stay positive. . ."

"Before 'Somersizing,' I would stand in front of my closet and completely ignore an entire section of clothing, and I would think to myself, 'Someday I'll fit into my skinny clothes again.'"
— Suzanne Somers

Combine phosphorus & calcium to prevent osteoporosis, docs say



susan sarandon

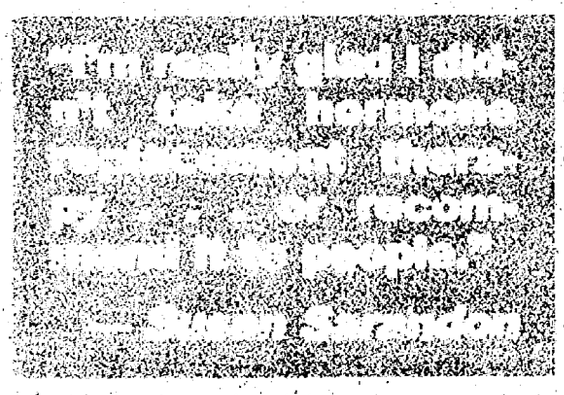
I Do Weights. Yoga. Laugh a Lot. Try not to eat too stupidly

By Carrie Young
and Joe Prigun

SUSAN SARANDON:
The film star who's challenging everything Hollywood and America think about sensuality.

There's the look. The drill bit eyes. Hers are the eyes of a visionary — and the smile is of someone who knows that, even in a business where age 40 defines "matronly," at 57 she's the '*knowingist*,' '*sassiest*,' '*coolest*' female about.

Last Fall, Sarandon recounting for CONQUEST, starred in three new film roles that continue her string of attractive older female characters:



The mother of a slain young woman in "***Moonlight Mile***," a self-absorbed millionaress in "***Igby Goes Down***," and a still-dazzling ex-groupie — along with **Goldie Hawn** — in "***The Banger Sisters***."

But with her ceaseless activism (AIDS awareness and the rights of refugees, among other issues), fierce devotion to her family, and relentless insistence that:

. . . Age is no barrier to sensuality. The real-life Susan Sarandon remains her own most intriguing character . . .

CONQ: Hey Susan, at 57 you are considered to be one of the sexiest women in movies. How very European of you!

SUSAN: "When I was young, I remember seeing **Melina Mercouri** or **Anna Magnani** on TV and thinking, 'Wow, who are those women?' I was trying to understand sexuality.

"They had a kind of vulnerability, and yet a way about them that said 'yes' to life in a very courageous way. If you define sensuality as those European actresses did, then you don't ever have to give it up."

CONQ: So, are you the first American actress to successfully cross the great age and sexuality divide?

SUSAN: "People ask me about that a lot. Even other actors, women 10 years younger than I am, have said to me, 'I'm so glad that you're out there pushing the envelope.

'It gives us some longevity.'"

CONQ: Does your longevity as a 'sex symbol' mean that society is changing its concept of what it finds alluring in a woman?

SUSAN: "It man mean that society is getting healthier and that everyone is having more fun. Women of our mother's generation grew up thinking that life was over at 40.

"But we baby boomer women fought to overturn a lot of stereotypes, so why not aging?

"The other day I heard someone say, 'Those boomers, next they'll redefine

Continued on Page 29

susan sarandon

Continued from Page 28

dying!' And I thought, well, why not?"

CONQ: What do you do to keep your body and soul together?

SUSAN: "When I turned 50, I was in shape — that is, as long as you didn't see me naked, I looked fine — but I wasn't strong.

"So a girlfriend gave me a session with a trainer as a gift. I worked with him for a while. I now do weights a couple times a week. And I do Pilates. I tried yoga, which I wholeheartedly

I Do Weights. Yoga. Laugh a Lot. Try not to eat too stupidly

believe in, but I hurt myself.

"What else do I do? Laugh a lot. Try to enjoy myself. Try not to eat too stupidly."

CONQ: Have you taken any hormone replacement therapy (HRT)?

SUSAN: "No. When some of my friends started to hit 40, their doctors were talking to them about HRT, and a lot of them asked me, 'What are you going to do?'

"I wasn't menopausal at that point, but I called (nutrition guru) Gary Null. He talked about juice and certain food supplements. That's what I ended up doing. Now, of course, I'm really glad I didn't take it (HRT), and I'm even more glad I didn't recommend it to people."

CONQ: Have you considered plastic surgery?

SUSAN: "I'm scared of looking like the female impersonator version of myself. Sometimes, I see people who've done it and they don't look like themselves any more. They have this really scary look.

"I don't mind wrinkles."

CONQ: You had children late in life. (**Eva**, 17, with director **Franco Amurri**; and **Jack**, 13, and **Miles**, 10, with long-time love **Tim Robbins**).

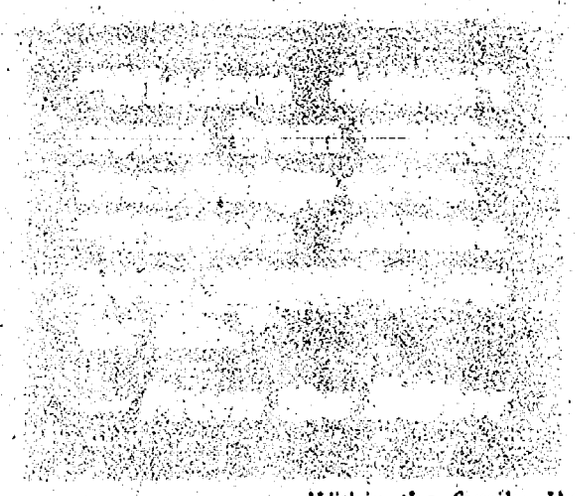
Did that help you stay young?

SUSAN: "Certainly the sleep deprivation hasn't helped. I think of myself as the 'patron saint' of older ovaries. When I was 50, I went to the gynecologist for what I thought would be the 'Menopause Talk'."

"He said, 'No, no, no. In fact, if you want another baby, you should do it right now.' So I went back to my family: 'Should we go for a fourth?' They were like, 'Are you crazy?' Eva, then 11, said, 'You'll be the oldest in class.'

"I replied, 'I've always been the oldest mother in the class!'

"But certainly having kids late allowed me to welcome every minute at home. Having a child is something that you definitely can't be overqualified for. Each time I had a child, I took time off from acting and just assumed I would not have a career to come back to. But to everyone's amazement, I got work!"



CONQ: You and your partner, Tim Robbins, have been together since you met on the set of 1988's "***Bull Durham***." How do you divide up domestic tasks.

SUSAN: "Tim's a great dad. Within the family, I'm kind of the entree, while Tim is the dessert. Tim does a lot of the fun stuff like planning our trip to the Galapogos, while I try to remember to label lunches and put the toilet paper onto the . . . what do you call it? Toilet paper thing."

CONQ: Dispenser.

SUSAN: "Dispenser. So we have a distribution of jobs that seems to work."

CONQ: I think it's great! But a lot of people comment on the age disparity. You are 12 years older than he.

SUSAN: Look, it's a 'bi----' trying to live with another person no matter how old or young they are. I tell my kids when they fight that they might as well learn to negotiate with each other because they're going to be negotiating

Continued on Page 30

Joan Collins: Former star of "*Dynasty*"

Says Broccoli and young men do the trick for her good looks, fine health and youthful attitude on life!

By Carrie Young and Joe Prigun

Broccoli, exercise and much younger men keep **Joan Collins** radiant at 68, she shared in a brief phone interview, but left CONQUEST with much learned information . . .

This vampy vixen still has a 27-inch waistline. She's so limber: "I can do the splits!"

And she always has a big smile on her face.

"Every morning, the minute I wake up, I have a really good stretch in bed, which helps me stay supple," explains the mother of three. Then she works out with weights and does tummy crunches.

"The problem with older women, especially those who have had children, is that the waist area tends to spread easily," says the veteran of four failed marriages. "Even if I'm filming or on tour, I make time for 100 sit-ups."

With a body to die for, Joan is a '*babe magnet*' for younger men.

Robert Hurlstone, an antiques dealer was her beau for 12 years. But the '*glamorous granny*' is now painting the town with **Percy Gibson**, 35.

Do the math: That's just about half her age.

"I like them young," Joan says matter-of-factly. "I don't see myself as growing old gracefully, because I don't see myself as growing old." She admittedly still exudes sex appeal.

To maintain her girlish figure, Joan confides that she enjoys everything — in moderation.

"As much as possible, I eat fresh vegetables," she reveals, "especially broccoli, which is packed with nutrients, plus salads and fish like tuna, sardines and salmon, which are high in omega-3 fatty acids.

"I eat plenty of fruit, especially papaya which is packed with digestive enzymes that help increase the absorption of the vitamins and minerals," Joan said.

Joan's most remarkable asset is her amazing skin.

She avoids the sun and always wears makeup to protect her face. If Joan has to be outside, she uses sunscreen.

Instead of soap, she uses cleansing creams on her face. She suggests moisturizing once a week with a mask made of eggs, honey and avocado and drinking plenty of water.

Above all, Joan says it's important to keep a sense of humor about life and pamper yourself now and then.

susan sarandon

I Do Weights. Yoga. Laugh a Lot. Try not to eat too stupidly

Continued from Page 29

their entire lives with somebody, whether it's a roommate or a college mate or a lover."

CONQ: Off the track of health care, but you were touched by tragedy in a very personal way when your friend photographer and actress **Berry Berenson**, died on the airplane that was flown into the north tower of the **World Trade Center**. How have you and your family death with her death?

SUSAN: "We've tried to rally around her children, who are great boys and who are still struggling. But I don't know how you get over that. There's no shortcut to grieving."

CONQ: All my friends who are in their 50s say it's the best time of their lives. Would you agree with that?

SUSAN: "I wouldn't go back. (*Laughs*) I wouldn't go back. So I guess, yes. I have great joy, every day, with my struggling, crazy family.

"Do I have life figured out? No, no, no. I feel as if I'm starting to understand life's big questions . . . not the answers."

Crosswords & Alzheimer's

Reading newspapers or books, playing games like cards or checkers, doing crosswords or other puzzles, going to museums, watching television, or listening to the radio — those and other activities that "stimulate" the mind may cut the risk of Alzheimer's disease.

Researchers asked more than 800 Alzheimer's-free people aged 65 or older how often they participated in mentally challenging activities. Four years later, the people who had reported more mental activity were less likely to have the disease. Physical activity had no impact on risk.

What to do: This study doesn't *prove* that crossword puzzles will ward off Alzheimer's disease. If Alzheimer's starts ten years before it's diagnosed, it's possible that the people who didn't read, do puzzles, etc., already had an early form of the disease that was too mild for the researchers to detect when the study began. But it doesn't hurt to keep your mind moving.

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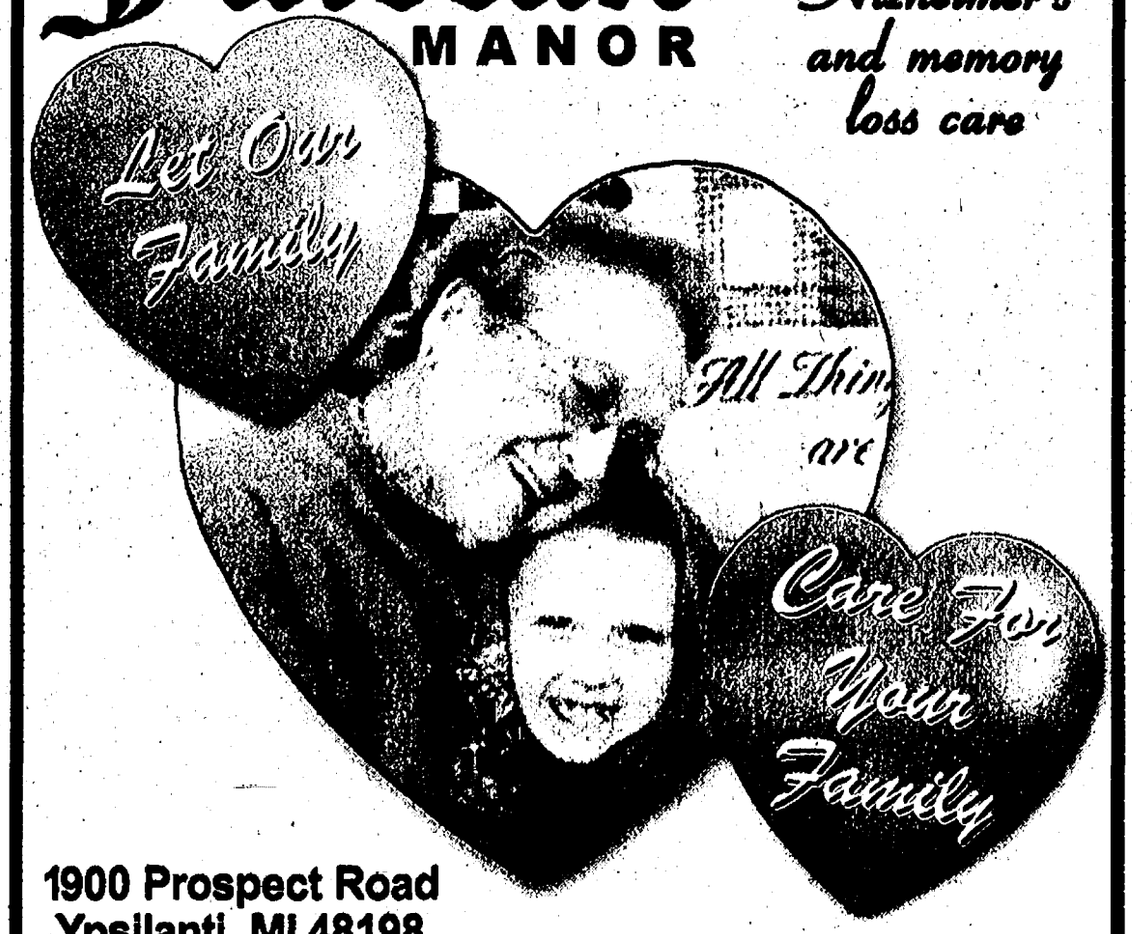

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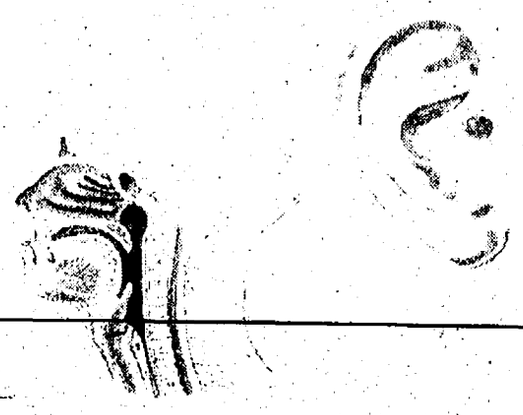

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Dorothy shows a seasoned understanding of the needs of retirees, successful professional and business owners, including baby boomers and those in the sandwich generation.

She is one of the area's top agents. Sharing her expertise Dorothy presents seminars and contributes articles to numerous newspapers and magazine publications. She has appeared on television and radio addressing **Long-Term Health Care**. Her objective is to facilitate and preserve the independence and dignity of mature adults via the best possible **Long-Term Care** insurance policies with the finest companies.

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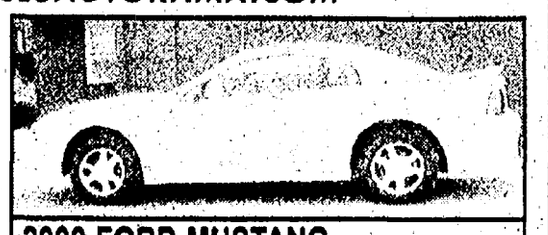

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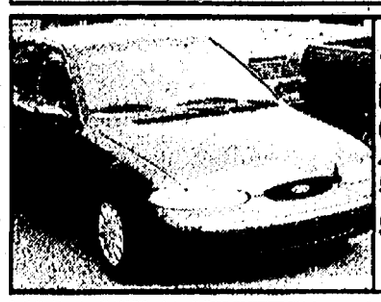

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To Look and Feel Your Best

By Carrie Young and Joe Prigun

"I've reached the half century mark and look pretty darn good!" declares ***Dallas*** beauty Victoria Principal. Radiant at 52, she sets a shining example for women everywhere.

"We're a whole new breed," she crows. "Aging is just a state of mind."

Why lie about it?

I never have. And never will.

Since leaving the hit night-time soap ***Dallas*** 14 years ago, Victoria has kept her dewy look with her own multi-pronged approach to health and beauty that includes eating right, taking care of her skin and exercising.

Principal has penned several books, most recently "***Living Principal: Looking and Feeling Your Best At Every Age***."

In addition to marketing her own line of skin-care products, she has returned to TV, appearing in the NBC drama ***Titans***.

Married to plastic surgeon Harry Glassman, she warns women that plastic surgery isn't like getting your hair cut, and shouldn't be taken lightly.

Called "Queen Victoria," Principal may be famous for her stint at **South Fork**, but she's been trying to change that.

"***Principal Secret***," is her line of skin-care products, which is 10 years old. It has collected fans long after other celebrity products have wound up on E-bay. ***Principal Secret*** is even in some famous medicine cabinets — **Cameron Diaz**, **Jennifer Grey**, and **Shiva-Rose McDermott** are fans.

"That's not easy for a line sold primarily on infomericals and **QVC**.

Hers is a three-step program . . .

"Life is complicated . . . skin care shouldn't be," assured Principal.

A Message from Katie Couric:

My husband died at only 42 from colon cancer

By Carrie Young
and Joe Prigun

"Nobody really wants to think about having problems '*down there*,'" says Katie, "That's the trouble."

Right now, cancer of the colon, rectum or bowel, otherwise known as colorectal cancer, is the second-leading cause of cancer-related deaths in the United States.

"Until a few years ago, I didn't know colorectal cancer was so common, or so deadly," Katie told CONQUEST. "Then in 1998, my husband Jay died from colon cancer. By the time his cancer was discovered ,it was too far along to be stopped."

"If he had been tested earlier, he would almost certainly be alive today," Katie asserted. "Prevention is the key to saving lives."

That's why Katie has launched the **National Colorectal Cancer Research Alliance**.

The researchers working with us in this Alliance say that over 90-percent of colorectal cancer cases can be cured when detected early.

"Over 90-percent!" Katie excitedly reports. Yet, only 41-percent of Americans over the age of 50 have ever been tested, according to the Centers for Disease Control.

"Please, call your doctor or at least take the in-home test," Katie says: "I've been tested. I truly hope you will be, too."

ABOUT KATIE:

She's the woman more than 6 million Americans wake up to, the journalist they depend on to liven up their mornings and to tell them what matters.

Within a few years of Katie Couric's arrival on NBC's "***Today***" in 1990, the show pulled into first place in the ratings and it has stayed there for close to seven years.

No wonder her NBC bosses recently made her co-anchor, and Katie is the highest-paid journalist in the history of television.

"I get paid not just to ask questions but to get answers," says Katie. She also knows how to get results, namely her aforementioned goal to increase public awareness of colon cancer, which killed her husband.

Katie went on the air with her own colonoscopy, sparking a 20-percent jump in screenings nationwide — "**The Katie Couric Effect,**" doctors called it.

She has raised with the Alliance millions for research.

Says Katie:

"Just about everyday, I get a letter from someone who says, 'I got screened for colon cancer because of you. You saved my life.' It doesn't get any better than that."

Colorectal Cancer . . .

What is it?

Colorectal cancer, or cancer of the colon or rectum, often begins as a polyp, a tiny growth inside the colon or rectum which later may become cancer. While colorectal cancer is the second-leading cause of cancer deaths in the United States, it often goes untested, even though it is also one of the most easily detected and treatable cancers. More Americans die each year from colorectal cancer than from breast cancer or AIDS.

• It is estimated 156,000 Americans were diagnosed with colorectal cancer in 1999, and approximately 57,000 died from the disease.

• Up to two-thirds of those deaths are preventable with simple screening and prevention methods.

• Most colon cancers begin as benign polyps, and cancer can be prevented by their removal.

• Men and women are equally at risk for colorectal cancer.

• The older you are, the higher your risk; nevertheless, 13,000 cases will still be diagnosed in people under the age of 50.

• For most Americans, standard screening with a sigmoidosocopy and checking the stool for blood should begin at age 50.

• Those with a family history of colorectal cancer, or polyps, or a personal history of inflammatory bowel disease are at higher risk.

• Colorectal cancer is most curable when found before it causes symptoms. More than 90% of colorectal cancers can be cured when caught in their earliest stages.

• When symptoms are present, the cancer may still be curable if not ignored. Symptoms include any blood from the rectum, change in bowel habit, persistent abdominal cramps, and/or unusual fatigue.

• Regular exercise and folic acid supplements may help to prevent colorectal cancer, but are not substitute for regular screening.

Editor's note: **This interview was originally conducted in 1998.**

The longtime Tigers broadcaster has stayed healthy for decades by hoofing it. Odds are that walking can help you, too

Ernie Harwell isn't about to take retirement sitting down. The longtime "voice of **Tigers** baseball" stays in shape by staying on his feet.

"Mrs. Harwell and I walk every day," says Harwell, 85. "I'd say we've been doing it 20 or 30 years at least. We just felt it was something we could do, and we could do it together."

An icon to generations of fans, Harwell retired last season after broadcasting **Detroit Tigers** games for 42 years. He collected a stadium-full of honors on the way, including a spot in the Baseball Hall of Fame.

Harwell and wife **Lulu**, 83, split their time between Florida and Michigan. "We usually walk a couple of times a day," he says — 20 minutes in the morning and 20 minutes in the afternoon.

Doctors recently gave Lulu Harwell a pacemaker. "As she gets stronger and gets her breath back a bit, she's going to increase her walking," Harwell adds. Lulu Harwell's mother walked up to five or six miles a day into her 80s, "so we believe in that."

You don't have to hustle to reap the benefit, says Harwell, who usually walks about a mile at a time. "We don't go at a real tiring pace," he says. "We get to talk a lot and run into the neighbors once in a while."

Bad weather doesn't have to interfere. During Michigan winters, the Harwells often walk in the mall. "Lulu likes to divert and do a little window shopping, too."

The Harwells have long built walking into their lives in other ways. "When I was on the road, I always took the steps. I try to walk whenever I have a chance to. You'd be surprised how many more miles you get in that way, sort of by osmosis," he says. When he and his wife go out, they don't try to grab the parking spot closest to their destination, either.

Harwell advises other seniors to take up walking. "I think it's so good because you can do it anywhere. A good pair of shoes is just about all you need. It helps your lungs, it helps your muscle structure, and it just makes you feel better."

Chances are Harwell's word is enough for Tiger fans — but medical experts back him up.

"You don't have the injury problems that can happen with running, and it's an activity that gets most people into their target heart rate," says **Glen Duncan, Ph.D.**, a **University of Florida** exercise researcher.

In fact, exercise walking drew more than 71 million people in 2001 — making it our most popular physical activity, the **National Sporting Goods Association** says.

Story and photo courtesy of BCBSM.

IS CARB-FREE THE WAY TO BE?

First we were told to cut out salt, then fat. Now shunning carbohydrates is the new must-do for dieters. Why have carbs become the dieter's devil du jour? Supporters of carb-free eating claim glucose, which starchy foods break down into within the body, is too quickly stored as fat. The carb-free movement is gaining momentum: Reduced-carb foods are filling supermarket shelves, restaurants are skipping the breadbasket and celebs like **Catherine Zeta-Jones** said to love the low-carb lifestyle. If you're thinking of excising carbs from your diet, consider these facts:

ALL CARBS AREN'T BAD There's no reason to cut carbs completely as long as you steer clear of refined flours and sugars (those found in white bread products, packaged baked goods and sweetened cereals). Healthy adults need at least 100 grams of carbs a day, says **Lisa Young, Ph.D.**, a food researcher at **New York University** in New York City. If you delete all carbs, you'll deplete your body of vital nutrients, such as folic acid and fiber, that help stave off disease.

WEIGHT LOSS IS ABOUT CALORIES, NOT CARBS "You can eat zero carbs and still gain weight," Young says. During the lowfat products craze, people at tons of the treats and forgot to look at the calories they consumed. "The lure of the low-carb label is to make shoppers think the product is nutritionally sound, when it may contain high amounts of fat and calories," Young says. One low-carb candy bar CONQUEST tried contains nearly 200 calories and 14 grams of fat in just a 1½-ounce serving — roughly the same as a Hershey's dark chocolate bar. Put simply: If you eat more calories than you burn, you'll gain weight, regardless of carbs.

A SURPRISING SIDE EFFECT "Many low-carb foods contain sugar alcohols, such as malitol, for sweetening. The body absorbs sugar alcohols more slowly, and they can linger in your stomach, causing cramping, gas and bloating," Young says.

The bottom line, according to Young: "If you eat a variety of foods, you'll be healthier — and more sane — in the long run."

CONQUEST WINS:
Unity Awards In Media

CONQUEST Senior Newspaper's Carrie Young and Joe Prigun this month were awarded the 50th annual "***Unity Awards In Media***" a national honor to media that excels in reporting on minority segments of the population.

The awards were sponsored by **Lincoln University of Missouri School of Journalism**, with other such competitors as: **The Detroit News, Newsweek, TIME Magazine, The Boston Globe**, and the **Wall Street Journal**, among other major publications.

"We are particularly honored by this award, because of the caliber of our competitors," responded Young and Prigun. "We've spent 24 years trying to provide our 700,000+ loyal senior readers with stories and advertisements that are educational, entertaining, and spiritually uplifting."

CONQUEST is Michigan's first and still largest — independently owned — circulated newspaper. It has a special, unique slant by interviewing and publishing stories about senior celebrities who have conquered tall odds in their lives, but have beaten those odds. "Primarily the most common response to healing physically, emotionally, and spiritually is their stories of 'positive thinking,' and 'humor,'" said Young and Prigun. "Therein lies the CONQUEST story. It's not the tragedy, it's how one deals with the trials and tribulations of life."

Joe Prigun

Carrie Young

A few of the hundreds of famous older persons interviewed include: **Regis Philbin, The Osmond Family, Mary Tyler Moore, Don Knotts, Tony Randall** and **Jack Klugman** of *The Odd Couple* fame, **Suzanne Somers, Andy Williams, Barbara Walters, Oprah Winfrey, George Burns, Jimmy Stewart, Pat Boone, *The Beverly Hillbillies'* Buddy Ebsen**, plus many more.

Unity Awards in Media recognizes contributions to continuing standards of excellence in media through accurate exposure of issues affecting minorities, and awards outstanding coverage of minorities, or the disadvantaged, facing problems, issues or concerns.

Says Don Gavang, unity chair, of Lincoln University, "Ours is a cause that, we believe, still needs attention in our country. The quantity, and quality of the entries this year was enormous."

CONQUEST has won many awards over the years, including: The Paul Tobenkin Memorial Award for "excellence in investigational journalism presented by the Dean of The Graduate School of Journalism of **Columbia University** in the city of New York.

CONQUEST is based in Canton, and circulates to 400,000 seniors, plus is now a regular "senior supplement" to the **Observer & Eccentric Newspapers**, the **Heritage Newspapers, The Oakland Press** and the **Macomb Daily**.

Persons wanting to know more information regarding CONQUEST should call Carrie Young at (734) 397-0812, or FAX (734) 397-4599.

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Paul Newman & Joanne Woodward

It started as a joke, yet today Paul Newman is celebrating his 20th anniversary as giving over $125 million in charitable donations, including Newman's famous salad dressing, and his popcorn. Unique is his mission, because 100-percent of the profits go to those in need.

Susan Sarandon & Tim Robbins

The couple met on the set of 1988's *Bull Durham*. Susan is 12 years Tim's senior, and is experiencing normal health difficulties. But in her late 50's she agrees with her friends, put the pain on the back burner and enjoy the best years of their lives. "I wouldn't go back!" Susan italicized.

John Glenn & Annie Glenn

When John Glenn returned to space several years ago, most people may not have known that there was another family member who also had *The Right Stuff*. His wife, Annie has chaired *National Stuttering Awareness Week*, and has not let stuttering "*keep her grounded.*"

Also featuring Dr. Henry and wife Jane Heimlich. Henry is a household word found in dictionaries for the famous technique that has saved scores of choking victims. Jane Heimlich is the author of the best-seller "*What Your Doctor Won't Tell You.*"

Barbara and former-president George Bush have gone though "trying times" with serious health problems, but have come out the victors.

And, read about the advice President George W. Bush, and wife Laura have for mature adults. Kurt Russell and Goldie Hawn share their life experiences, as well.

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