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Business Section

BUSINESS
Money Wise
Smarty Pants a good fit for Dexter
New store in Dexter offers used clothes.
Section B

LIVING
A sweet thing
Students at Pierce Lake make cookies for Silver Maples
for seniors.
Page 10-C

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The Chelsea Standard

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Vol. 135, No. 35 www.chelseastandard.com Thursday, January 18, 2007

SPOTLIGHT

Greg Rebudela and the state-ranked Chelsea Bulldogs defeat Temperance Bedford to remain undefeated in boys' basketball.
SECTION C

MORE INSIDE

8th-grader Chris Millen wins annual Geographic Bee.
Page 4-A

WE'VE GOT MAIL

"To the Editor: Just an 'Ata Boy' to the people that keep our power on at Chelsea Power and Light. I was without power for a few hours after an ice storm that left many without power for a long time. This is a service we all count on and maybe take for granted, but it is the people that keep the lights on. Thanks guys."
Tom Osborne
Chelsea

BULLETIN BOARD

The Detroit Red Wings Alumni Association and The Michigan Conservation Officers Association will host a benefit hockey game for the wives and children of former Chelsea Police Chief Scott Sumner and former Chelsea Fire Captain Matt Tuttle on Jan. 25 in Ann Arbor. See Page 4-A

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Chelsea Lumber Co. expanding

Owner Bob Daniels excited with purchase of Bridgewater Lumber

By Terry Jacoby
The Chelsea Standard

The Chelsea Lumber Co. has been a Chelsea staple since opening its doors on Jan. 2, 1926 as the Chelsea Lumber, Grain & Coal Co. The original headquarters was a three-story brick building at the corner of Main Street and the railroad tracks – now the site of the Chelsea Milling Co.

The Chelsea Lumber, Grain & Coal Co. had a motto back in those early days: "Where the Home Begins."

While owner Bob Daniels believes in tradition and appreciates the history and heritage not only of his store, but the community he helped build, he also believes in looking forward. And for the first time in its long and proud history, "Where the Home Begins" will now reach beyond the Chelsea city limit.

Inside
Small lumber companies aren't the only ones struggling as Home Depot proves: **Page 9-A**

Daniels announced this week that the Chelsea Lumber Co. has purchased the Bridgewater Lumber Co. The deal includes both of Bridgewater's locations (Bridgewater and Saline) and is expected to become final early next month. The Bridgewater store is located on Boettner Road and the Saline store is located on Michigan Avenue.

See **LUMBER** — *Page 9-A*

Chelsea Lumber Co. executives Dick McCalla, John Daniels, Bob Daniels and Dennis Bauer are excited with new locations in Saline and Bridgewater.

Mocha with a slice of history

Gourmet Chocolate Café makes room for Chelsea Historical Museum's new home

By Sheila Pursglove
Special Writer

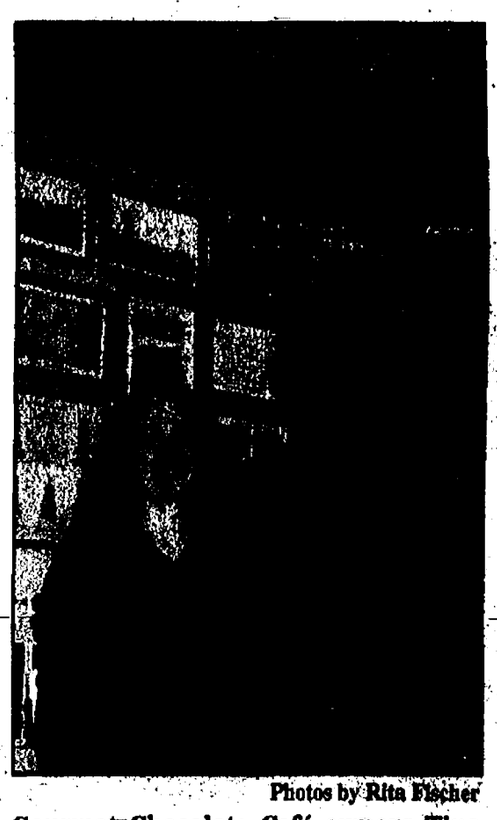
Three years ago, a small slice of heaven for java lovers and chocoholics made its home in the historic Chelsea Clock Tower complex built by Frank Glazier, owner of the Glazier Stove Co., in the early 1900s.

The Gourmet Chocolate Café, with its siren song of truffles, cheesecakes, pastries, chocolates, ice cream, soup, specialty coffees and much more, quickly became an integral part of the local landscape.

Tom and Tina Diab's place wasn't just a place for caffeine and chocolate addicts to get a fix. It also offered a cozy haven to meet friends, hold small gatherings and children's parties. The café even added books to the mix of brownies, bagels and baklava, providing a small book collection for customers to browse over their brews– very fitting since Tina used to head up youth services at the Chelsea District Library.

Last fall, the café added another feather to its caffeinated cap by becoming the new home of the Chelsea Historical Museum, previously housed across the railroad tracks at the Chelsea Depot. Visitors can now enjoy a historic treasure trove among the truffles.

The addition of the historical display was pure serendipity.



Photos by Rita Fischer
Gourmet Chocolate Café owners Tina and Tom Diab present items from the Chelsea Historical Museum.

"When I opened the store, I found four framed pictures of downtown Chelsea piled in a garbage heap," Tom Diab says. "The workers were gutting the buildings and threw everything in a pile. I cleaned the pictures and hung them up.

"Then over the next two years I continued to notice interest in these photos as customers would walk up to them and stare at them intently. I came up with the idea that I would do a Glazier Stove Works history wall and began collecting and scanning any photo I could relating to this magnificent Clocktower complex."

The history project gathered speed when Robin Boyer visited the café to discuss Chelsea history.

"Robin was doing genealogy on many of the families in Chelsea as a hobby and asked me if I could get him in touch with any of the relatives of the older families in town," Diab says.

Days later Kathy Clark from the Chelsea Area Historical Society dropped in, bringing a surprise visitor – Carolyn Rudd, the great-granddaughter of Frank Glazier.

Clark came back for more historical chats. "I shared Robin's work with her and she was thrilled," Diab says.

Diab asked if Chelsea had a museum – and was surprised to find one within a short walk of his café. In his more than 10 years in Chelsea, Diab hadn't heard of this little gem, tucked away in a corner of the Chelsea Depot, and only open to the public for a couple of hours a week.

In a deal as sweet as the treats in his café, Diab offered to house the museum in his premises, with no rent or charge for utilities.

"Kathy thought about this for a couple days and then we agreed to do it," he says. "The museum was no longer generating income, it was paying for rent and the membership was down to three members.

"This was a way to revive the historical society and the benefits clearly outweighed any negatives."

The move gave the museum and

See **HISTORY** — *Page 9-A*

George Till (left), a local Civil War historian, looks over the new displays at The Gourmet Chocolate Café in Chelsea.

Scouting artifacts on display at library

By Sheila Pursglove
Special Writer

Building campfires, tying knots, earning badges, struggling to put up tents in the pouring rain, Pinewood Derbies and Raingutter Regattas, den and pack meetings, pow wows – such are the memories of Cub and Boy Scouts, and local boys have enjoyed these activities for over 80 years.

In a salute to Scout Week and the 100th anniversary of the Scouting Movement in the United Kingdom – the centennial this side of the pond takes place in 1910 – the Chelsea District Library is hosting a display of old uniforms, insignia, handbooks, photos and paperwork dating back through eight decades. The display runs through Feb. 12 at the library, located in historic McKune House, 221 S. Main St., in Chelsea.

"It's a wonderful collection of Chelsea Scouting history," said Shawn Personke, the library's community relations and development coordinator. "There are handmade neckerchief slides, badges, and other artifacts dating back to the 1920s."

About 80 percent of the items are from local Cub Scouts, Boy Scouts, Explorer Scouts and Chelsea's two Venture crews, a co-ed program for youth aged 14 -20. Many of the items were donated by Jerry Milliken, assistant scoutmaster with Troop 425, who also serves as assistant district commissioner for the Huron Trails District covering Chelsea, Dexter and Manchester, and as assistant council commissioner for the Venturing program.

Some exhibit materials are on loan from the families of Rolly Spaulding and Gus Stegar, and others are from

See **SCOUTING** — *Page 9-A*

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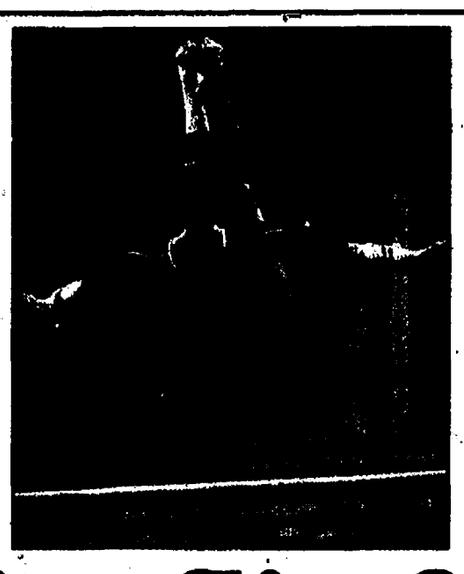


Families flip for opportunity to cheer top athletes

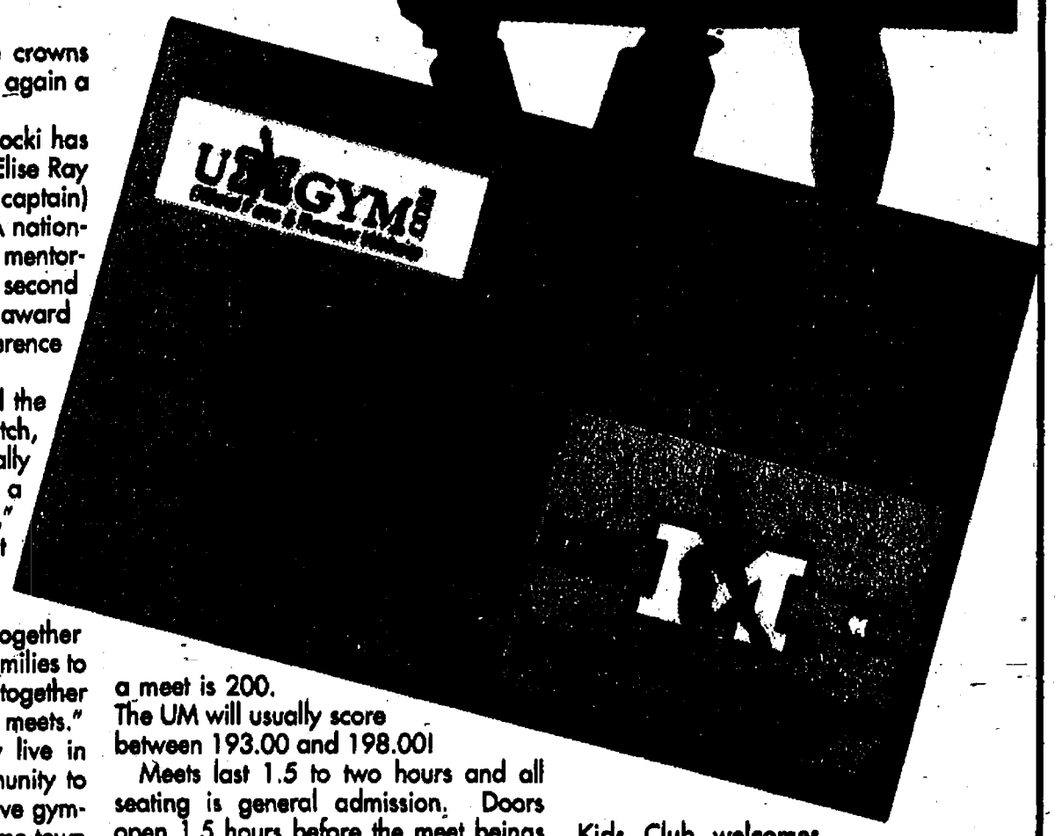
Some of the nation's most talented gymnasts are competing right around the corner and families are invited to join the action at this season's University of Michigan Women's Gymnastics meets on Friday nights at Crisler Arena in Ann Arbor.

Head Coach Beverly Plocki is an eight-time Big Ten Coach of the Year, four-time NCAA Regional Coach of the Year and the 1994 NCAA National Coach of the Year and is leading the successful UM team for her 18th season. The Wolverines have dominated the Big Ten Conference with 13 conference crowns over the last 15 seasons and are again a strong contender for the title.

In 17 seasons at Michigan, Plocki has coached U-M gymnastics icons Elise Ray (2000 US Gymnastics Olympic captain) and Beth Wymer to three NCAA national championships apiece, while mentoring 122 All-American first and second team honorees, 98 All-Big Ten award winners and 69 individual conference event champions.

"This is a very elite team and the meets offer an opportunity to watch, up close and personal, nationally ranked collegiate gymnastics in a fun and exciting atmosphere," said Ryan Duey, Assistant Director of Marketing and Promotions for the UM Athletic Department. "We have put together some great ticket packages for families to enjoy an inexpensive night out together at these interactive and inspiring meets."

Coach Plocki and her family live in Saline and she invites the community to experience the excitement of a live gymnastics meet and support the home-town athletes. "We are incredibly proud of the tradition of excellence that surrounds Michigan, academically and athletically. It is our belief that providing our athletes with a network of alumni, family and friends will further strengthen the goals and objectives of Michigan gymnastics," said Plocki.



2007 Michigan's Women's Gymnastics Schedule

Fri.	Jan.12	West Virginia	7:30 p.m.
Fri.	Jan. 19	Southern Utah	7:30 p.m.
Fri.	Jan. 26	Denver	7:30 p.m.
Sat.	Feb. 3	State of Michigan Classic	7:00 p.m.
Fri.	Feb. 9	Nebraska & Illinois	7:30 p.m.
Fri.	Feb. 16	Penn State	7:30 p.m.
Fri.	Feb. 23	Utah	7:00 p.m.
Fri.	Mar. 3	Michigan State	7:00 p.m.
Sat.	Mar. 9	Georgia	7:30 p.m.
Fri.	Mar. 16	Missouri	7:30 p.m.
Fri.	Mar. 23	Maryland	7:30 p.m.
Sat.	Mar. 31	Big Ten Championships	6:00 p.m.
Fri.	April 14	NCAA Northeast Regional	6:00 p.m.
Thu.-Sat.	April 26-28	NCAA Championships	

Home Away

Gymnastics 101

There are four events in women's gymnastics: vault, uneven bars, balance beam and floor exercise. Six members from each team compete in each of the events, which typically take about 20 minutes to complete. Each team competes on one event at a time. So, if Michigan is competing in vault, the guest team will be on uneven bars. Athletes will alternate so that spectators can see all routines. The skills or moves incorporated into each gymnast's routine have a value, that when combined lead to a "start value." Start values are typically 10.0 or 9.9. Deductions are taken when skills or moves are not performed correctly. Since each team event has a maximum score of 10.0, the most points a team can score in a meet is 200. The UM will usually score between 193.00 and 198.00!

Meets last 1.5 to two hours and all seating is general admission. Doors open 1.5 hours before the meet beings and if you arrive early, you will be able to watch team warm-ups and kids (ages 8 – 8th grade) can enter the Honorary Gymnast contest at selected home meets. The lucky youth (chosen randomly by the Coach), will march in with the team and rotate and cheer with the team throughout the meet.

Speaking of cheering, for those fans who are used to sports at places like the Big House or Yost, it is the norm to be screaming at all times, whether for your team or against the opponents. While an energetic crowd at UM Gymnastics is most appreciated by the athletes, you'll want to take care not to disrupt the competitors in the middle of their events.

Join the Fun

There are plenty of opportunities to be a part of the Michigan gymnastics tradition. This year, new fan clubs are being launched for kids of all ages. The 10.0 Kids Club welcomes fans ages 3 – 12 and includes a Kids Club t-shirt, free clinic with the team (tentatively scheduled for March 11 or 19) and a march-in with the team at select home meets (the next is March 16, tentatively). The 10.0 Club for adults is a booster organization and offers reserved seating at home meets and much more.

Meets begin at 7:30pm and parking is free in lots off Stadium and Main Street behind The Big House, next to Crisler Arena. The next home meet is January 19 and team calendars, posters and magnets will be given away while supplies last. February 9 is Girl Scout Night, YMCA Night and Kid's Night where special admissions and promotions will also be offered.

Go to www.umgym.com for all the details on this fabulous team and the exciting events planned for the 2007 season.

2007 Women's Gymnastics Promotional Schedule

Updated- 11/19/06

Date/Time	Opponent	Promotions
"Fri., January 19th" 7:30pm	Southern Utah	Team Calendar Giveaway Poster/Schedule Card Giveaway, Magnet Giveaway
"Fri., January 26th" 7:30pm	Denver	K-Grams Night, High School Team Night Gymnastics Club Night , Blue Crew Night Team Calendar Giveaway, Poster/Schedule Card Giveaway Magnet Giveaway
"Fri., February 9th" 7:30pm	Nebraska & Illinois	Girl Scout Night YMCA Night, Kid's Night
"Fri., February 16th" 7:30pm	Penn State	Maize Out, UM Faculty/ Staff Night UM Alumni Association Night, Recreation Department Night UM GYM Alumni Weekend
"Fri., March 16th" 7:30pm	Missouri	Dance Marathon Coaches Care Challenge
"Fri., March 23rd" 7:30pm	Maryland	Senior Night

10.0 Kids Club

(12 & under)

join the 10.0 Kids Club

In addition to the main booster club, UMgym.com welcomes fans of all ages to come and be a part of the Michigan gymnastics tradition. This year we are launching fan clubs that allow YOU to identify with the group that you best can cheer on the gymnasts with. Now you will have a chance to be a part of the UMgym family, no matter the age!

10.0 Kids are cool

10.0 Kids Club!

The 10.0 Kids Club is for all kids that want to have be a part of the gymnastics family and have a great time at our meets! All your aged 3-12 (sorry, teenagers are too old!) are welcome to join the club and help us root the greatest gym team in the land.

Note: If you are under 13 years old you can be an official member of our 10.0 Kids Club, by having your parents register you! Benefits include a Kids Club T-shirt, a free clinic with the team at their facility, and a march-in with the team at select home meets.

Once a year, the Kids Club partners with K-grams for special fun for all the kids in attendance at a home meet. Besides a great meet and a whole lot special games, these are some of the other prizes we give away on the K-grams Night:

- Runner-Up ..... Free tickets to Gym Meets
- Runner-Up ..... "Big Screen" time for your cheers
- Runner-Up ..... T-shirts and apparel give-aways
- Runner-Up ..... Floor-side seats
- Third Prize ..... Entire Team Autographed shirts
- Second Prize ..... Personal visit to Training Facility
- First Prize ..... Lunch with the Gymnasts
- GRAND PRIZE ..... "Gymnasts Visit My School!"

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News in Brief

RV show

Lloyd Bridges Traveland of Chelsea's exhibit at the Michigan Camper, Travel & RV Show will include the feature rich Jayco Greyhawk Class C motor home on Chevy's Kodiak chassis powered by a gas engine and lightweight fifth wheels designed for the half ton market. The local RV dealer will be just one of many features at the show which runs from Jan. 25-28 at Ford Field in Detroit.

"Hundreds of RVs from simple pop-up trailers to deluxe motorcoaches complete with full kitchens, fireplaces and flat screen TVs will be on hand," said Mike Wilbraham, show producer for Showcase. "We will be giving away a free "RVing" CD-ROM to introduce everyone to the world of RV travel, camping and the sense of freedom to be found on the road in a new RV."

Show hours are from noon - 7 p.m. Thursday; 3 – 9 p.m. Friday; 11 a.m. - 9 p.m. Saturday and 11 a.m. - 6 p.m. Sunday. Admission is $7.50; $3 for children 6-14 and children 5 and under admitted free.

For information, log onto www.FordFieldRVShow.com.

United Way

The Washtenaw United Way Emergency Appeal is seeking to raise $500,000 by Jan. 24 to ensure funding for programs and services in the community. To help, go to pledge.wuway.org.

Friends concert

Music lovers will be seeing double when the musical twins "Gemini" take to the stage for the Winterfest family concert on Jan. 20 at the Michigan Friends Center.

Laz and San Slomovits of Ann Arbor, well known in the local area, will present their unique brand of music for this annual fundraiser to benefit MFC, a Quaker-founded conference facility offering public programs on spiritual renewal, earth stewardship and non-violent alternatives, and rental facilities for individuals ad organizations wanting a quiet to meet, explore, or celebrate.

The afternoon kicks off at 1:30 p.m. with festive socializing for concertgoers, along with mulled cider and treats.

The musicians perform with an eclectic mix of songs and instruments, with Laz playing violin, guitar, slide guitar, pennywhistle, folk flutes, mandolin and harmonica, while San plays guitar and a variety of unusual hand-percussion, including the bodhran and the bones.

Library rock

Jetpack UK recently performed a concert at Pierce Lake as part of the band's Library Tour. The Chelsea Public Library took the Jetpack assembly to the local school. When the Nashville band was approached to do a children's book about the trials and tribulations of being in a rock band, they saw a unique marketing opportunity. The band quickly booked a library tour around the release of "Inside A Rock Band," the 32-page hardcover aimed at third- through fifth-graders.Karen Persello, head of youth and teen services, and Bill Harmer, head of adult services, stand with Jetpack band.

SUPPORT YOUR LOCAL BUSINESSES!

Chamber Corner
DEXTER AREA CHAMBER OF COMMERCE

DEXTER CHAMBER HIRES MARKETING DIRECTOR

The Dexter Area Chamber of Commerce has hired Dexter resident, Gordon Darr, as the Marketing Director for the Chamber. Gordon has been a longtime resident of Dexter and graduate of Dexter High School. He began in the newly created position with the Chamber on January 2, 2007.

Gordon's role with the Chamber will be mainly to promote Dexter to the community, the county and the state developing positive community relationships, developing marketing strategies for Dexter, and interacting with Chamber members and prospective Chamber members. Gordon will also have a role in developing and enhancing community events and programs sponsored by the Chamber.

Please feel free to give Gordon a call at the Chamber office at 426-0887 or contact him by email at darr@dexterchamber.org.

Join us in 2007! For more information on becoming a member of the Dexter Area Chamber of Commerce, please call us at 426.0887 or email us at info@dexterchamber.org.

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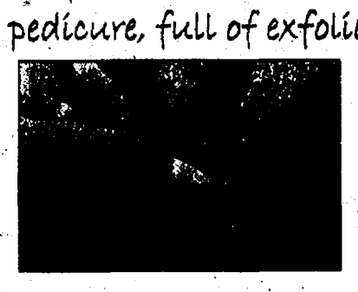
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January is a very long month. Keep it exciting by visiting us at the Salon & Day Spa.

SECOND FRONT

Chelsea News in Brief

Relay For Life

Relay For Life of Western Washtenaw County/Chelsea will hold its kick off event for the 2007 relay season at Chelsea Lanes at 2 p.m. on Jan. 28. This afternoon of bowling is a public event for all ages. Relay for Life is the American Cancer Society's signature fundraising event to help raise money and awareness for cancer research. The group invites anyone who may be interested to come and learn about the simple ways you can help strike out cancer.

For more information please call 734.971.4300.

Fairy garden workshop

Young gardeners will have the chance to make a little magic in downtown Chelsea on Feb. 10. Teaming up to sponsor the Fairy Garden Workshop are the Garden Mill and Cranesbill Books. The free workshop will be held at the Garden Mill, 110 S. Main Street in Chelsea.

The workshop will be taught by local master gardeners Rita Hermann and Merrill Crockett, who also are part of the local group Old Friends. They will help the kids to use their imaginations to design a fairy house to provide a wee home for the little folk.

Those attending are invited to bring small stones, beads, sea glass and bottle caps from their own collections. Most important of all, they should bring their imaginations. Samples are on display at The Garden Mill and Cranesbill Books. Advance registration is required. Contact either Cranesbill Books at 433-2665 or Garden Mill at 475-5359 to register.

Artists Workshop

Best known for his scenes of weather barns, snow-tossed rural landscapes and exquisitely colored flowers, Rob O'Dell brings his love of watercolor to the Chelsea Center for the Arts for a workshop on Feb. 2, 3 and 4. Each day, O'Dell will present a different landscape and teach novice or experienced artists to create their own painting. The cost is $210 for the three-day class which meets from 9 a.m. to 4 p.m. daily. For more information or to register for this workshop, please call the CCA at 734-433-2787.

Hockey benefit

The Michigan Conservation Officers Association and the Detroit Red Wings Alumni Association will host a benefit hockey game for the wives and children of former Chelsea Police Chief Scott Sumner and former Chelsea Fire Captain Matt Tuttle. The two were killed in a helicopter crash in April 2006.

The game will be played at 7 p.m. Jan. 25 at the Ann Arbor Ice Cube rink. Tickets are $15 and all profits will go to Mrs. Sumner and Mrs. Tuttle. Tickets are available at a number of locations around town including the Wolverine Inn, Thompsons Pizza and the Dexter Fire Dept.

Community Education

Novelist Holden kicks off writing workshop

Craig Holden, the critically acclaimed author of five novels, will address the opening session of the Spring 2007 Writers' Workshop in Chelsea on Saturday, Feb. 17 at the Washington Street Education Center (WSEC).

He will appear only at the first session of the workshop, 10 a.m. until noon. After speaking about his own work, Holden will critique the prose writing of two workshop participants drawn from those who register before Feb. 10.

At subsequent meetings, writers of novels, creative non-fiction, short stories, plays and other literature are welcome to submit excerpts of their work, give and receive feedback from other writers, and share information on writing contests, competitions, classes and conferences. Those who participate must be 18 years or older, able to attend at least six of the eight sessions, and willing to share their work.

The workshop will meet every other Saturday at WSEC, 500 Washington St., 10 a.m. to noon, Feb. 17 through May 26. Writers will meet in groups of six to eight. Poets will meet in their own small group, if enough poets enroll. Facilitation of each group will rotate among participating writers.

Long-term plans for the Chelsea Writers' Workshop include nurturing a community of writers in and around Chelsea, seeking grant funding to offer readings by well-known writers, publication of a chapbook of the group's work, and sponsorship of writers' conferences and other programs.

A resident of Milan, Holden published his first novel, The River Sorrow, in 1994, after several years of working in New York as a film rights agent. His third novel, Four Corners of Night, received The Great Lakes Book Award for Fiction in 1999. Holden is known for his vivid characters, surprising plot twists and deft narration. The Washington Post called The Jazz Bird, published in 2002, "the most literate thriller you'll read this year." His sixth novel, Matala, is scheduled for publication by Simon & Schuster in fall, 2007.

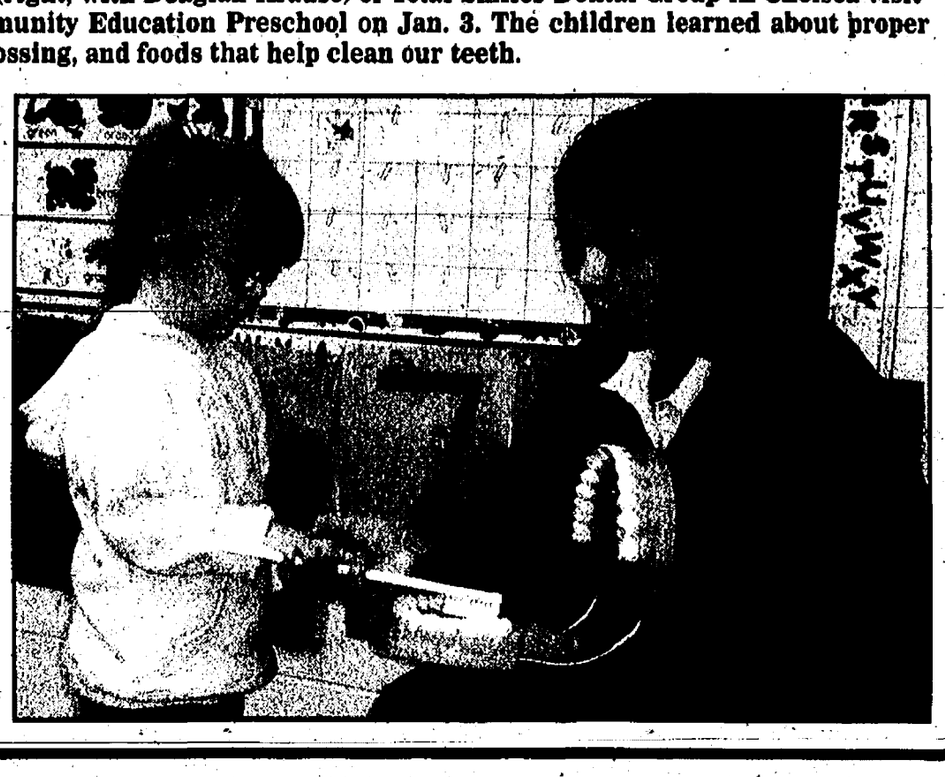
The discounted rate for the spring workshop is $50 for those registering before Feb. 10. The fee increases $5 as of Feb. 10. Call (734) 433-2206, ext. 6042 to register. You may also register in person at the Community Education office at WSEC, 8-4, Mon-Fri. or online at www.chelsea.k12.mi.us (click on District Departments, Community Education, Community Connections Brochure).

Cancellations made 48 hours prior to the first session will receive a full refund, minus a $10 service fee; cancellations within 48 hours of the start date may be given a 50 percent credit on their account. No refunds or credits are given after Feb. 17.

The Community Education department of the Chelsea School District promotes the use of school and community resources to enhance lifelong learning and improve the community environment.

Brushing up

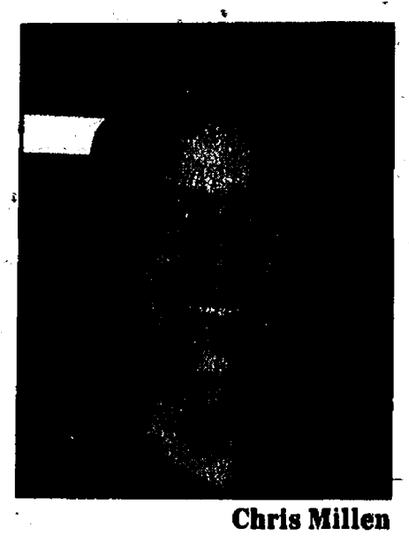
Lisa Pixley (right, with Deaglan Krause) of Total Smiles Dental Group in Chelsea visited the Community Education Preschool on Jan. 3. The children learned about proper brushing, flossing, and foods that help clean our teeth.



Gillian Deppong, from Mrs. Suppes' class, learns how to brush properly.

Chris Millen wins Geographic Bee

Eighth-grader moves closer to $25,000 college scholarship



Chris Millen

Chris Millen, an 8th grade student at Beach Middle School, won the school-level competition of the National Geographic Bee on Jan. 12, 2007 and a chance at a $25,000 college scholarship. The school-level Bee, which involves 6th grade students from South Meadows School and 7th and 8th grade students at Beach Middle School, answered oral questions on geography and was the first-round winner in the 19th annual National Geographic Bee. The Bee is sponsored by the National Geographic Society.

The kickoff for this year's Bee was the week of Nov. 13, with thousands of schools around the United States and in the five U.S. territories participating.

The school winners, including Chris, will now take a written test; up to 100 of the top scores in each state will be eligible to compete in their state Bee on March 30, 2007. In Michigan, this will take place on the campus of Central Michigan University.

The National Geographic Society will provide an all-expense-paid trip to Washington, DC, for state champions and teacher-escorts to participate in the National Geographic Bee national championship on May 22 and 23, 2007. The first-place national winner will receive a $25,000 college scholarship and a lifetime membership in the Society.

Chelsea kids earn 4-H honors

Washtenaw County 4-H recognized volunteers and youth participants at the 4-H Recognition Program for 2006 held on Jan. 6. The following 4-H members were recognized for accomplishments in a number of project areas.

The Key Club award was presented to Jeff Grau of Chelsea, for outstanding performance as a 4-H teen participating in District and State 4-H events, teen leadership projects, three or more years as a 4-H member in two or more project areas and with a 4-H leader recommendation.

The 2006 project medal winners included Grau (community service, Michigan 4-H Key Club and public speaking); Cody Robbins (achievement and photography) of Chelsea; and Julie Beaumont (clothing and textiles, and sheep) of Chelsea.

Club Spirit Awards went to many young members for their enthusiasm, involvement and sportsmanship. They included Chelsea's Shannon Bater, Grant Bater, Megan Bauer, Olivia McCalla, Alex Beaumont, Amy Gilbert, Coty Bentley, Mark Gilbert, Hayley Murphy, Mitch Henschel, Liz Boyce, MacKenzie Herrst, Sheri Robbins, Rachael Snyder, Kevin Burchett, Jennifer Snyder, Steven Buss, Aaron Johnson, Amanda Johnson, Jacob Kern, Karl Collins, Morgan Kern, Shelby Collins, MaKenna Kern and Ryan Koenn.

Recipients of First Year 4-H Volunteer Leadership Pins included Chelsea's Marion Benton, Karen Bumstead, Jean Gilbert, Jill Kern and Audrey Schmidt.

Five Year Volunteer Leadership honors went to Greg McKenzie of Chelsea.

Winter Carnival: Post 31

Chelsea Post 31 would like to invite everyone to the American Legion Hall on beautiful Cavanaugh Lake for their 33rd Winter Carnival during the weekend of Feb. 2 – 4.

Friday night there will be a euchre tournament at 7 p.m. to determine the night's greatest euchre player. On Saturday, breakfast will be served at 7 a.m. with chili, hamburgers and hot dogs served all day and night. Some of the world's greatest chili masters will be at work from 10 a.m. to 3 p.m. with judging at 3 p.m.

Saturday night turn back the clock and have a wonderful night of dancing. Bring your gal or come by yourself and enjoy a night of fun. Music will be provided by "Dream On" D.J. services by Jerry Fitch.

Sunday morning breakfast will be served again at 7 a.m. In the afternoon from 2 to 5 p.m. "Dream On" will provide music to listen or dance to. At 5:30 p.m. they will draw the winning tickets for the CAN-AM 400 ATV raffle.

Unfortunately, there will be no fishing tournament this year due to the weather. The American Legion Post 31 is looking forward to your company.

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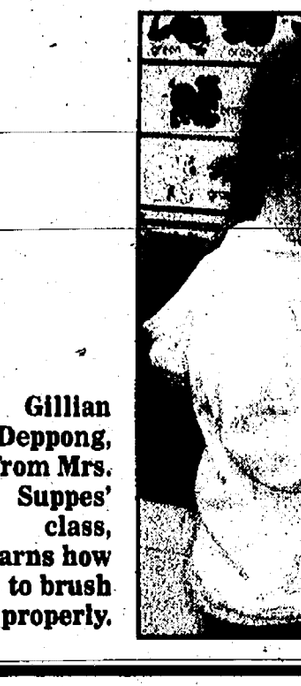
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Big 'Winner'

Webster Township resident saw appearance on the 'The Biggest Loser' as a motivator to lose weight

By Sandi Kasha
Staff Writer

Kally Fox was so motivated to lose weight that she was willing to stand in a mile-long line for nine hours to audition for a reality television show.

The 36-year-old Webster Township resident was featured on NBC's third season of "The Biggest Loser" weighing in at 297 pounds.

"People were shocked that I was willing to share my weight with the world," she said. "But I wasn't too worried about it because people looked at me and knew I was overweight. Sharing how much I actually weighed wasn't a big deal."

Despite being cut from the show two weeks into production, Fox was determined to shed the weight.

With a strict seven-month regimen of 1,100 calories and working out two times per day at the Chelsea Health and Wellness Center, Fox said she now weighs 228 pounds.

"I've tried dieting and the diets they never really worked for me," she explained. "I thought being on a television show would hold me accountable and I would be motivated to lose weight."

It apparently worked.

"People around town know me and were watching me and kept asking me about my progress," she said. "It makes me nervous, but I find that sort of pressure to be a good thing."

Being recognized and monitored by her community isn't such a bad thing, she said.

If anything, Fox said it keeps her in check.

"I'm very self-conscious when I go out and eat because I feel people are watching me," she said. "And I'm not complaining. That's good because I need that."

But Fox said that she doesn't need to look outside her home for support.

She gets plenty of it from Jim, her husband of 12 years, and their three children.

Shedding weight has also had a positive impact on her family.

"My husband and children eat very healthy now," she said. "I feel like my journey to lose weight has helped them understand the importance of taking care of themselves."

Fox said that her husband has lost about 45 pounds.

"It's good to make your health a priority and to have goals for yourself," she said.

But Fox remains realistic. She said that she doesn't want to pinpoint her ideal weight, but looks to take up running this year.

And she has plenty of support at the gym.

Fox is usually accompanied by her best friend Mary Bottomley.

"At first I was supporting her then I saw the benefits," said Bottomley, who's lost about 20 pounds.

Bottomley has been working out with Fox for about six months and her newfound focus on her health has prompted her to eat better.

"I wasn't into fitness at all," Bottomley said.

With Fox as a friend, Bottomley takes her work outs seriously. And Fox continues to challenge herself.

"I walked a lot last year and I'm looking to upgrade," she said.

She is proud to say that she has increased her strength and endurance during her workouts.

When Fox started exercising she lasted roughly 15 minutes on the treadmill, bicycle and elliptical machine.

"I now work out over an hour at a much more intense level on the machines," she said.

Burning off the calories and watching what she eats can be a bit stressful at times, but Fox said that shedding the weight makes it rewarding.

Fox said that she wasn't always heavy. She was fit throughout her youth, but said that she packed on the pounds during her senior year of high school.

Fox knows that the road to weight loss hasn't been simple especially since she suffered an eating disorder at age 11.

She said that she was a competitive swimmer who loved being active.

"My coach made an innocent remark that I took it the wrong way and my friend introduced me to bulimia," she said.

The purging didn't happen gradually then suddenly, Fox said she plunged into the eating disorder like a pro.

"I was bulimic because I chose to be and then it became an addiction," she explained. "It started with wanting to control my weight then I was doing it because I was stressed and then I was doing it because I wasn't confident. Every year you find a new reason and meaning to do it."

The disorder evolved as she grew up and despite counseling, Fox said she couldn't stop the purging.

She nursed the eating disorder until she was 26 and then stopped when she gave birth to her first child.

"The disorder was like a drug and I had to stop," Fox said. "I've always wanted children and I knew that having my baby would make me put the disease to rest."

Years of abusing her body has made Fox more aware of how important it is to take care of her health.

Her advice for those who are struggling with weight loss:

"My advice to those who want to lose weight is to absolutely make sure you have a great support team," she said. "Second of all, if you have a bad day and eat poorly, then don't beat yourself up and give up. It's OK. Keep persisting. You haven't failed."

Webster Township resident Kally Fox said that she had tried several diets in the past, but nothing worked until she decided to go on a television show that encouraged weight loss.

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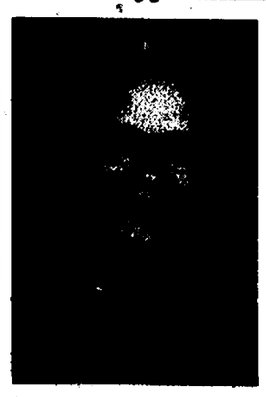

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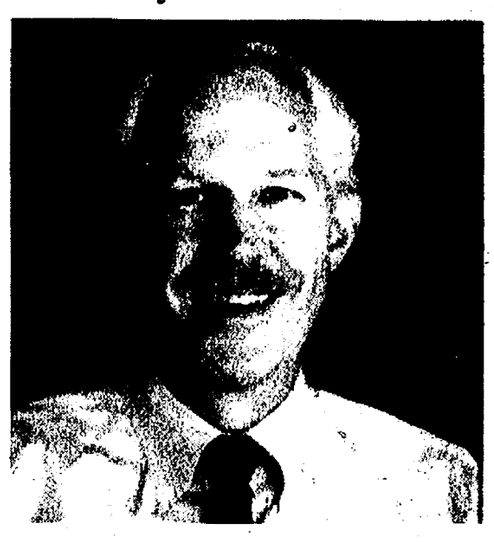

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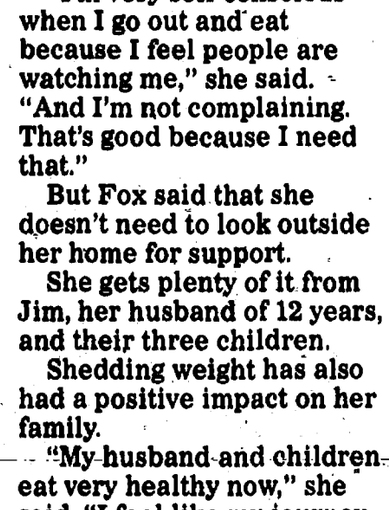

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GOVERNMENT

Opinion

Speed limit spat is put on hold

TIM SKUBICK

Was somebody in the Granholm administration playing politics with speed limits in East Lansing to avoid a confrontation with the city just before the November election?

For years East Lansing has been embroiled in an emotional harangue with the Michigan State Police and the Michigan Department of Transportation over which entity should set the legal speed limit on two city streets. It's a classic local control dispute with statewide implications.

The state wanted to raise the speeds on Saginaw Highway from 35 to 45 mph and from 25 to 35 along Grand River Avenue, which dissects East Lansing from Michigan State University, where students are notorious for darting into traffic without regard for life or limb.

The city fathers argued for the lower limits. But the state countered it would actually be safer if the speeds were set higher.

The two sides dug in for a protracted legal battle that ended last summer. The state Supreme Court gave the green light to install the higher limits. But the green light turned to red instead.

In a meeting with state officials after the high court decision; the mayor of East Lansing offered a compromise, but at the same time he indicated he might join with enraged local residents to complain, perhaps in a news conference, about the deaths on Saginaw.

So instead of erecting the new speed limit signs, the state officials took more time to review the mayor's compromise.

Was Mayor Sam Singh pressuring the Granholm administration on the eve of the election? Not guilty, he contends, noting that he supported the governor.

To be sure there is no smoking gun that somebody was playing politics to protect the governor from any unnecessary pre-election fisticuffs. Who would be dumb enough to put something like that in writing? In fact, the front office says while the policy folks in her office knew about the tiff, the governor was never brought into the discussion.

But you'd have to be pretty stupid not to conclude that to avoid a pre-election mess, the project was deliberately slowed down, because shortly after the election, state officials promptly installed the higher speed limit signs on Saginaw and left Grand River alone for the time being.

During the time that East Lansing held the speeds at 35 mph, it was collecting traffic fines that were higher than the statewide average — and that meant between $6,000 and $12,000 for city coffers.

So was this a cash cow for the city at a time when it was losing state revenue sharing dollars? Was this a speed trap that would make a cop down South smile?

The local judge and the city manager deny that. They argue this is all about saving lives. As for the state, it contends it is the expert when it comes to setting speed limits and there are concerns that if other cities get wind of what East Lansing did, there could be other turf wars all over the state challenging that authority.

Lawmakers may be dragged back into this local control dispute again. But in the meantime, if you like to speed, you might want to follow this debate. Your wallet could take a hit, depending on the outcome.

Tim Skubick hosts the TV show "Off the Record" and does regular political commentary on WWJ Radio 950.

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Diane Constance Shepherd
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Roundup

Byrnes, Brater sworn in to second terms

LANSING – Surrounded by family, friends and supporters, State Rep. Pam Byrnes (D-Lyndon Township) was sworn in to the Michigan House of Representatives during a ceremony at the State Capitol. Today marks the first day of the 94th Legislature, in which Democrats control the House of Representatives for the first time since 1998. Byrnes was also elected by the members of the House to serve as Associate Speaker Pro-Tempore.

"I'm honored to represent the people of western Washtenaw County, and take my job very seriously," Byrnes said. "We have a lot to do in the House, and I'm ready to get to work bringing a positive change for the people of Michigan."

Byrnes said her legislative priorities include economic development and job creation.

"Strengthening Michigan's economy is our most important task," Byrnes said. "I look forward to working with my colleagues on both sides of the aisle to move Michigan forward."

Byrnes also said the Michigan House of Representatives must work quickly to find a replacement for the Single Business Tax. "We need a long-term solution to the resulting budget shortfall that doesn't put our most vulnerable residents – our children and our senior citizens – at risk."

Brater ready to serve

State Senator Liz Brater (D-Ann Arbor) was sworn-in Jan. 10 to serve a second term in the Michigan Senate. Brater has been chosen as a member of the Senate Appropriations Committee, which makes important decisions about which projects and services the government will fund.

"We continue to face a number of challenges in Michigan's budget outlook," Brater said. "In this new leadership role, I will be in a position to help ensure that we invest our limited resources in a way that maximizes the potential of Michigan citizens and our economy."

Brater was assigned to four Appropriations subcommittees: Higher Education, Department of Environmental Quality (DEQ), Department of Natural Resources (DNR), and Judiciary and Corrections.

In Washington

U.S. Congressman Tim Walberg (R-7th District, Mich.) issued the following statement last week after being named to the House Agriculture and Education and Workforce Committees.

"I am honored to receive my assignments and am eager to give my constituents a voice as a member of these two important committees," Walberg said. "I look forward to addressing the needs of Michigan farmers, stimulating job growth across the state and working towards educational excellence as a result of my involvement on both committees."

Walberg also issued the following after being named to the Republican House Policy Committee by Republican Leader John Boehner (R-Ohio).

"I am honored to receive this assignment and look forward to working with my colleagues to develop our party's legislative ideas into good bills that benefit my constituents and the American people," Walberg said.

Boehner said: "Rep. Walberg's strong conservative values are going to be a great asset to the Republican Policy Committee."

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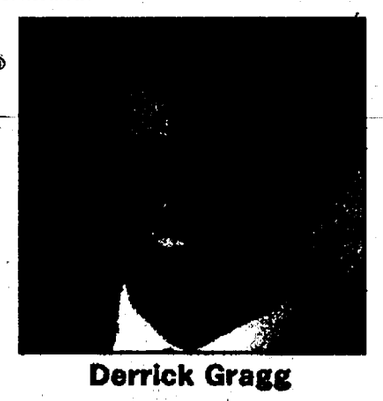


Derrick Gragg

The grade reports have been released for fall 2006 semester and Eastern Michigan University's student-athletes have turned in their third best academic semester in school history.

The overall academic performance for student-athletes for the fall semester was 3.022 and 3.083 cumulative. Eastern recorded its best semester GPA in history in fall 2005 at 3.059.

Leading the teams in fall 2006 were women's swimming and diving at 3.520 and men's golf at 3.337. The men's basketball team increased its GPA by .397 points from fall 2005 to fall 2006.

During fall 2006 there were 25 student-athletes that earned 4.0 semester GPA's and there were 273 student-athletes (56.6 percent) with 3.0 or better GPA's. There were 13 teams with 3.0 or better GPA's and 14 teams have a 3.0 or better cumulative GPA.

"We feel that academic achievement is the cornerstone of the student-athlete experience," EMU Athletics Director **Derrick Gragg** explained. "We are very proud of the student-athletes' work in the classrooms and will support them as they continue to reach the ultimate goal of graduating."

"Obviously, our staff and student-athletes work closely to make sure that a major emphasis is put on the academic success for our teams and this 2006 fall report is the proof that all of that hard work is paying off," said **Erin Burdis**, EMU's Assistant Director of Student-Athlete Support Services (SASS). "We are very happy with the results from this past semester and we expect that success to continue into the future."

Highlights for the fall 2006 semester include:

- Highest male fall 2006 team GPA: Men's Golf (3.337)
- Highest female fall 2006 team GPA: Women's Swimming and Diving (3.520)
- Total number of 4.0 semester GPA's 25
- Number of student-athletes above a 3.0 GPA (fall, 2006): 273 (56.6 percent)
- Team with most number of 4.0 semester GPA's 3 each: Women's Gymnastics, Women's Softball, Women's Tennis
- Total number of teams with a 3.0 GPA for fall 2006 : 13 (68.4 percent)
- Total number of teams with a 3.0 cumulative GPA: 14 (73.6 percent)
- Total number of teams that improved GPA from fall 2005: 6 (31.5 percent)
- Total number of teams that improved cumulative GPA: 11 (57.8 [percent) from fall 2005 to fall 2006

www.emueagles.com

Hope Concert returns Feb. 9

By Terry Jacoby
Heritage Newspapers

Deb Mantel knows all about hope and the power it provides.

The Chelsea resident turned to the Hope Clinic to help a friend in need and saw first-hand how hope can turn around a person's life. Now she wants to help the Hope Clinic continue to grow and provide that power for others.

Deb Mantel

Mantel will be one of several performers taking the stage Feb. 9 to help raise money for the Ann Arbor-based Hope Clinic. The reason she is donating her talents and time is simple.

"My music gives me an opportunity to give back and touch the community through Hope Clinic," said Mantel, who has lived in Chelsea with her husband Corey and three sons for the past 11 years. "Because I have three sons, a husband, and care for my 92-year-old grandmother who lives with us, I am not able to do a lot of hands-on service outside of the home. This is a way I can help."

February's show will be Mantel's third Hope Clinic benefit concert. The first two sold out at the Ark in Ann Arbor. This year's concert will be at Knox Presbyterian Church in Ann Arbor with the show beginning at 8 p.m.

The concert is presented by Acoustic Faith Music and the Knox getREAL Coffee House and also will include performances by David Mosher and Eric McLaughlin.

"The music style is very acoustic and many of the songs are borne out of pain, loss and faith," said Mantel, a longtime musician and singer-songwriter.

Hope is celebrating its 25th anniversary this year.

"They are a highly regarded ministry serving Washtenaw County and beyond," Mantel said.

Hope is a nonprofit, interdenominational Christian medical and social service organization. Their goal, according to their mission statement, is "to provide compassionate and practical help to those in need, ministering to the whole person." This includes providing comprehensive health care for the medically indigent and a range of other services aimed either at meeting basic needs or equipping people with the tools needed to improve the quality of their lives and/or to become self sufficient."

Their services include a medical clinic, dental clinic, Wash with Care (a laundry facility/service), Share and Care closet and a food program.

Dr. Daniel D. Heffernan is the clinic's founder and medical director.

Knox Church is located at 2065 S. Wagner Road, just south of Scio Church Road in Ann Arbor. Doors open at 7:30 p.m. In lieu of a cost of admission, we will be taking an offering for Hope Clinic.

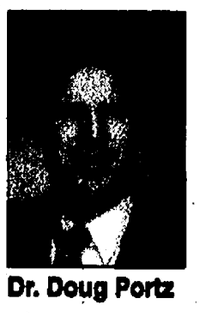
For more information, contact Jean Horak at Hope Clinic at 1-734-485-5595.

Health

Chelsea doctor offers new treatment for women

By Sheila Pursglove
Special Writer

Millions of women have reason to cheer a new procedure that can treat a common and miserable condition in about five minutes.


Dr. Doug Portz

The condition — menorrhagia, or excessive menstrual bleeding from benign causes — affects up to 10 million U.S. women, or one in five.

According to Dr. Doug Portz, a gynecologist at Chelsea Community Hospital, sufferers often don't recognize their symptoms may be a result of a known and treatable condition, or are too embarrassed to bring up the subject with friends, family or even their physicians.

"As a physician, I've seen many women suffering unnecessarily when minimally invasive and effective treatments are locally available," Portz said.

Some women continue to suffer in silence, considering it an inconvenience rather than a health risk, yet the problem can cause pain, fatigue, nausea, depression or moodiness, bad cramps and headaches missed work and social events, sexual dysfunction and anemia, in addition to severely limiting lifestyle and activities.

One-fifth of sufferers responding to a 2005 National Women's Health Resource Center survey had missed work because of their condition and about half had missed a social or athletic event. Four out of five women believed their condition had a negative affect on their sexual relationships.

"Given the dramatic impact this condition has on a women's daily life, it is unfortunate that the majority of women we surveyed accepted this monthly burden as something they just have to live with, when in fact that is not the case at all," said Amy Niles, president and CEO of NWRHC. "This condition restricts women in the most personal ways, from their sexual activity to spending quality time with their families and friends."

The NWHRC found that 83 percent of women do not seek treatment for the condition, which suggests that many may be unaware that their condition is treatable without the use of hormones or surgery.

"Treatment for this condition is broadly available," continued Ms. Niles. "What's critical is that women and their health care provider discuss menstruation as part of a routine physical exam. Beginning a dialogue about this vastly under-diagnosed condition and available treatment options—both between a woman and her doctor and among national healthcare leaders—is the first critical step toward helping women live healthier more enjoyable lives."

Hormone therapy may only offer a temporary solution, and may be dangerous for women with a history of cardiovascular disease, blood clots, diabetes or breast cancer. In addition to often causing unpleasant side effects like headaches, weight change and nausea, hormone therapy has been shown to be effective in only 50 percent of cases.

Dilation and curettage (D&C) is effective for only 15 percent of women and the relief if offers may be short-lived.

Hysterectomy, a major surgical operation to completely remove the uterus and, in half of all cases, the ovaries as well, remains the single most common option with 200,000 hysterectomies performed each year to alleviate excessive menstrual bleeding. The procedure, which carries several risks and potential complications, requires two hours of operating time, general anesthesia and a lengthy recovery period that ranges from 6 to 8 weeks.

In the 1980s, ablation – a new treatment option using laser, heat or freezing to remove the endometrial lining of the uterus – offered new options to women.

And now a new ablation treatment, NovaSure, approved by the FDA in 2001, offers a 90-second outpatient procedure that can be performed with local anesthesia, with or without IV sedation, Portz said. The procedure can be performed in the comfort and familiar surroundings of his office, and patients have returned to work the following day after the procedure.

The minimally invasive treatment features a device that uses precisely measured radio frequency energy delivered via a slender, hand-held wand to remove the uterine lining. It takes about 90 seconds, and the entire procedure takes an average of 4-1/2 minutes.

A 2004 study published in the American Journal of Obstetrics and Gynecology found that three years after the procedure, 65 percent of patients treated with NovaSure achieved complete cessation of periods, and 97 percent had a reduction in bleeding significant enough to avoid hysterectomy.

Portz estimates 90 percent of the women he has treated with NovaSure had successful outcomes.

As a final reason for women to cheer — the NovaSure treatment is covered by most insurance companies.

For more information, call Dr. Portz's office at 475-3979 or visit www.novasure.com.

Sheila Pursglove is a freelance writer. She can be reached at bingley51@yahoo.com.

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EDITORIAL

Our policy
It is our policy to run all local letters to the editor that deal with local issues and are not personal attacks.

Letters to the Editor

To the Editor: Where has the etiquette gone?

We are all busy people, but is that really an excuse? I make the choice to drive my children to school, and it's just that, a choice. Our school transportation is an option for all. I understand that there are exceptions to every rule. That said; the morning ritual of dropping my children off at two different schools often can really get my blood boiling.

I currently drop one child at South Meadows and another at North Creek. The drop at South Meadows is smooth. The drop at North Creek is another story. While I understand that there are constraints as to the design of the parking lot, this is not my issue. Instead, my focus is on the impatient and rude behavior exhibited by grown adults during the morning drop-off.

It's said that patience is a virtue; I am continually reminded of this. While waiting and inching up in the progressive lineup to the drop-off point, I am surprised at the number of people who just don't get it or perhaps they are too busy, late or can't be bothered with waiting. As soon as there is an opening, rather than waiting their turn, I'm amazed at the number of cars that jet right into the opening leaving those of us waiting for our turn, still waiting.

What are we teaching our children? Is it okay to cut in line rather than waiting for our turn? After all, this is an elementary school I'm talking about – kindergarten through second grade.

So we have the "cutters," and then we have the "parkers," those who park at the curb to walk their child/children to the door. All of the schools have parking lots. Then there's the occasional person who can't wait for a parking space and stops right in the middle of the parking lot, hops out and walks the child/children to the crossing guard.

My final category would be the out-and-out cheaters. These are the people who just simply can't even be bothered with waiting. Instead, they bypass the whole entrance to North Creek by driving across the lawn adjacent to the parking lot. They enter on a city access to equipment between Lett's Creek and the North Creek parking lot exit. Daily, I'm astounded that this continues to happen.

How would these people like their lawn driven on? After all this is our lawn. We're all taxpayers. I would suggest that the school district, the city, or both contact the Bollingers to put a few "body shop rocks" there to dissuade this activity – much like the entrance off of Sycamore.

I do understand that we live in a fast-paced world, and that taking my children to school is a choice I have made. However, I just don't understand where the etiquette has gone? How has this become acceptable? Perhaps it's just me?

Call me a confused, lifelong, multi-generational Chelsea resident.

Audra Lungo
Chelsea

To the Editor: I've been waiting to write about those CANOPAS people (Chelsea Area Network of Peace Activists and Supporters) since January 2006. While jogging past the Post Office one Sunday I got this bright idea that had something to do with resolutions.

My resolutions for the year were to lose some pounds, to floss every morning and to write more often.

Think about the resolution, the resolve, of the CANOPAS people. They have been out there, rain, hail, sleet or snow every Sunday since Jan. 1, 2003.

Public opinion back then supported the invasion of Iraq. There was even a group of pro-war demonstrators in Chelsea who set up kitty-corner; they quickly dried up and blew away with the evaporating support for the invasion.

Public opinion is so fickle. It's saddening to think about how many Americans can't see beyond the spin, how many apparently don't use the God-given power of higher thinking. The peace-mongers knew back in 2002 that invading Iraq was wrong. Their level of support has not wavered. They were right back then, and they're still right now.

On Thursday night last week, the day after President Bush stubbornly announced his plans to send more troops, the CANOPAS people gathered in the cold. I couldn't help pulling over, parking and walking up to see what these folks were all about.

They were all so nice. No Bush Bashing, no bad mouthing of Republicans, no mention of Rumsfeld, Cheney, Halliburton. And no political signs. Peace only.

Now for the big admission: They talked me into holding a sign for 10 minutes.

I felt naked at first. Everyone driving by could see me. They would know exactly how I felt. But then I experienced the honks. The waves. The smiles. The thumbs ups. Anybody bitter just looked ahead, or turned away, or kept chatting on their cell phones. No middle fingers.

And I learned something, big time. Before Thursday, I have to admit, I secretly wondered whether the CANOPAS folk might not "get a life" on Sunday from noon until 1 p.m. Do you really need to express yourself for four straight years?

But while holding that sign, I realized just how many people these people touched: over the months, thousands of cars, thousands of people. I realized how many people saw us and were reminded: there is dissent out there, passionate dissent, and a lot of it.

Roy Schmidt
Chelsea

To the Editor: This month marks the annual observance of School Board Recognition Month; a time to salute the work of school board members and to celebrate public education.

The theme of this year's celebration, "School Boards Make a World of Difference," reflects the commitment of these community volunteers to leadership and accountability, assuring that our schools work effectively and efficiently for all students.

Within the Washtenaw Intermediate School District area, there are 75 school board trustees serving more than 48,000 students in the 10 public school districts. These school board members develop policies and make tough decisions on complex educational issues that impact the entire community. They bear responsibility for annual budgets, student achievement, school safety, strategic planning and facilities management. They carry out the truest form of representative government and provide for the education of our citizens.

Too often we neglect to recognize the dedication and hard work of these men and women who represent us. I invite you to celebrate the work of your school trustees. Ask them what you might do to help support your local neighborhood schools. Write your school board members a thank you note. Let them know you appreciate what they do for the students in the public schools of Washtenaw County.

William C. Miller,
Superintendent
Washtenaw Intermediate
School District

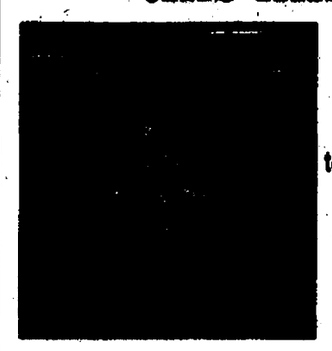
To the Editor: Just an "Ata Boy" to the people that keep our power on at Chelsea Power and Light. I was without power for a few hours after an ice storm that left many without power for a long time.

This is a service we all count on and maybe take for granted, but it is the people that keep the lights on. Thanks guys.

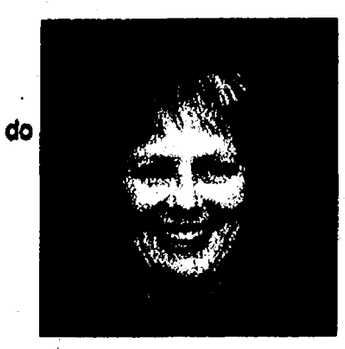
Tom Osborne
Chelsea

STREET TALK

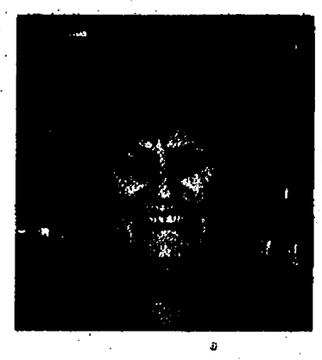
What do you think about this mild winter?



"I like it. I can live without freezing temperatures."
SANDRA STAIRS
CHELSEA



"I prefer mild temperatures but I do like to have a little snow."
LAURIE HOOD
CHELSEA



"I don't remember it ever being this mild in January. I like it."
DEBBIE RILEY
DEXTER

"I definitely prefer mild weather even at Christmas."
KAREN MCILROY
DEXTER

By Jennifer Sinkwitts

The Chelsea Standard
A Heritage Newspaper Established in 1871

JAMES K. WILLIAMS JR.
President, Heritage Newspapers
jwilliams@heritage.com

TERRY JACOBY
Editor
tjacoby@heritage.com

TERESARIDDLE
Advertising Manager
triddle@heritage.com

DON RICHTER
Sports Editor
drichter@heritage.com

SANDI KASHA
Staff Writer
skasha@heritage.com

COLLEEN COOPER
Customer Service
ccooper@heritage.com

MICHELLE MICKLEWRIGHT
Advertising Consultant
mmicklewright@heritage.com

BETH HARRIS
Advertising Consultant
bharris@heritage.com

HOW TO REACH US
The Chelsea Standard
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Postmaster send address changes to:
The Chelsea Standard/Dexter Leader (USPS #101-720), 20750 Old US-12, Chelsea, MI 48118

Periodical postage paid at Chelsea, MI 48118
ISSN # 1524-5488

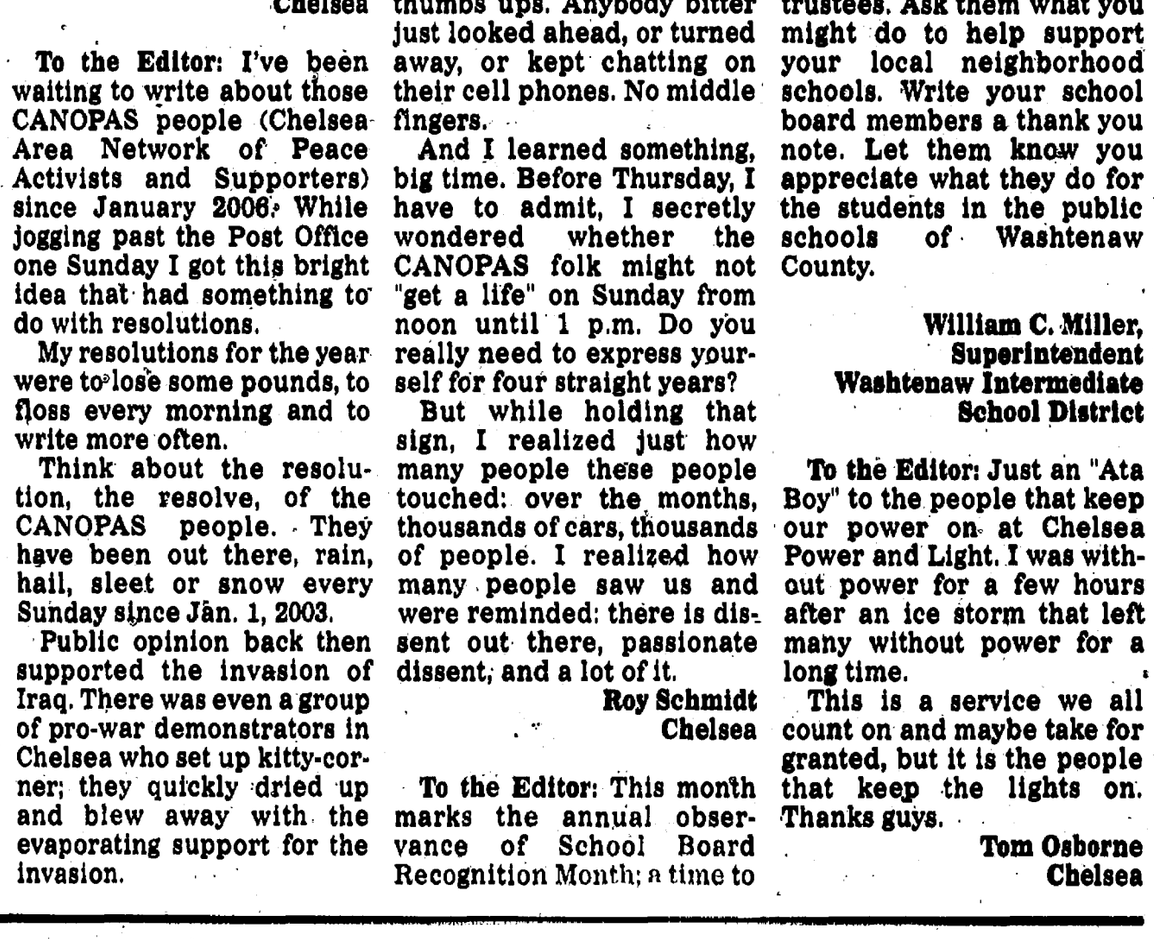
Office hours: Monday through Friday 8:30 a.m. to 5 p.m.
World Wide Web: www.heritage.com

The Chelsea Standard is published every Thursday by Heritage Newspapers

A Journal Register Company Newspaper
www.journalregister.com

Michigan History

America's very first spaceman



Googling "first American in space" leads you to Alan Shepard's May 5, 1961, flight into space. But five years earlier, a Michigan native piloted a supersonic plane to a record height of 126,200 feet above the surface of the earth. As a result of his historic flight on September 7, 1956, Captain Iven Kincheloe was quickly labeled "the first of America's spacemen." One of Kincheloe's buddies put it more succinctly; he had gone "where no man ever went before."

Iven Carl Kincheloe, Jr. was born in Detroit on July 2, 1928. His family soon moved to the other side of the state, settling near Cassopolis. Fascinated with planes at an early age, Kincheloe decided his future was in the air. He took airplane lessons as a teenager, earning his pilot's license on his sixteenth birthday.

After receiving a degree in aeronautical engineering at Purdue University, Kincheloe joined the U.S. Air Force. He completed pilot training and flew one of America's newest jets, the F-86 Sabre, during the Korean War. Kincheloe's success in shooting down enemy planes left him one of this country's most celebrated wartime aces.

After the war, well-paying jobs awaited capable pilots, but Kincheloe wanted to become a test pilot. In 1955, he began testing experimental aircraft at Edwards Air Force Base in California. The following year, he piloted the X-2, an experimental rocket plane that was carried aloft by a much-larger plane. During Kincheloe's record flight 24 miles above the surface of the earth, he saw the curve of the earth and briefly experienced weightlessness. Kincheloe's flight made him a national celebrity, and he appeared in so many magazines and on television programs that even third-graders knew his name.

On July 26, 1958, Kincheloe piloted the F-104 Starfighter, a supersonic jet better known as "a missile-with-a-man-in-it." As his engines flamed out, Kincheloe ejected, but he was too low for his parachute to unfurl. The man who had braved death on many previous occasions died.

Shortly after Kincheloe's death, the U. S. Air Force renamed its air base south of Sault Ste. Marie, Michigan, after the famed test pilot. Today, a memorial to America's first spaceman can be visited in his hometown of Cassopolis.

For more great stories on Michigan's past, look to Michigan History and Michigan History for Kids magazines. For more information or a free trial issue, call (800) 366-3703 or visit www.michiganhistorymagazine.com.

SCOUTS

Continued from Page 1-A

long-time local Scouters Tom Penhallegon, and Jim Branham, Millikan said.

Milliken has had a lifelong interest in Scouting, joining Chelsea's Cub Scout Pack 455 in 1965, and Boy Scout Troop 425 in 1969. He returned to Scouting in 1988 when his own two sons were old enough to join.

"My favorite troop activities have always been canoeing Michigan's rivers and taking the boys canoeing for a week at a time at the Boundary Waters in Minnesota, and backpacking in Canada with the Troop," Milliken said.

"Scouting has and hasn't changed much — what I mean by that is the uniforms and equipment have changed with the times and technology, but the scouting methods, ideals and purposes haven't changed. We're still teaching leadership and good citizenship with strong morals, as we always have."

Sylvan Township resident John Daly was involved with Chelsea's Troop 476 from 1997 to 2004 as a troop committee person and assistant scoutmaster. Daly, who as a boy was a member of Troop 119 in Albion, is an Eagle Scout, as is his oldest son, James.

"Best memories of my involvement here in Chelsea are three high adventure trips, 2 to Philmont Scout Ranch in New Mexico and one to the Bahamas Sea Base where we had 21 people on two sailboats for a week," Daly said. "I also enjoyed immensely the caving trips we took, led by former assistant scoutmaster Steve Wright."

Dexter Township resident Jeff Cowall, advisor to Venturing Crew 452, first got involved in Chelsea Scouts when his son Michael Kundak-Cowall entered first grade and brought home a flier about Cub Scout round up.

"We had lived in Chelsea for four years, and it was hard not to know about Scouting," Cowall said. "Scouts seemed everywhere — Scouting for Food, every parade, the Fair, selling popcorn, and trees, and wreaths, and more.

"It was impossible not to take notice of the town's pride in Scouts, and the support it gave them."

Cowall and his wife, Jennifer, volunteered to help with the Tiger Cubs den, starting the family's involvement with Scouting that has continued for the past decade.

"There's a huge number of memories and some are truly silly camp memories," Cowall said. "They include camping for the first time with a small mob of Cub Scouts — all of whom are now juniors in high school. Watching them solve problems like how to set up a tent, tie the Boy Scout knots and how to find North. The delight they had making their own Hobo Dinner over a fire for the first time."

Cowall also remembers turning to a visibly confused and concerned new parent at a Pack meeting, and reminding him, "These are the 'good' boys!'"

Other highlights include his first flag retirement ceremony; spending a week sailing in the Bahamas with three Venturers; standing at attention along Chelsea's Main Street as a hearse slowly drives by; participating in all the parades and solemnly listening to Memorial Day speeches.

"And making sure each Venturer got a chance to work in the Kiwanis trailer with Walt Zeeb, and all the other wonderful Kiwanians, at the Fair," Cowall said.

"As a old scout once told me, it's our job to make memories."

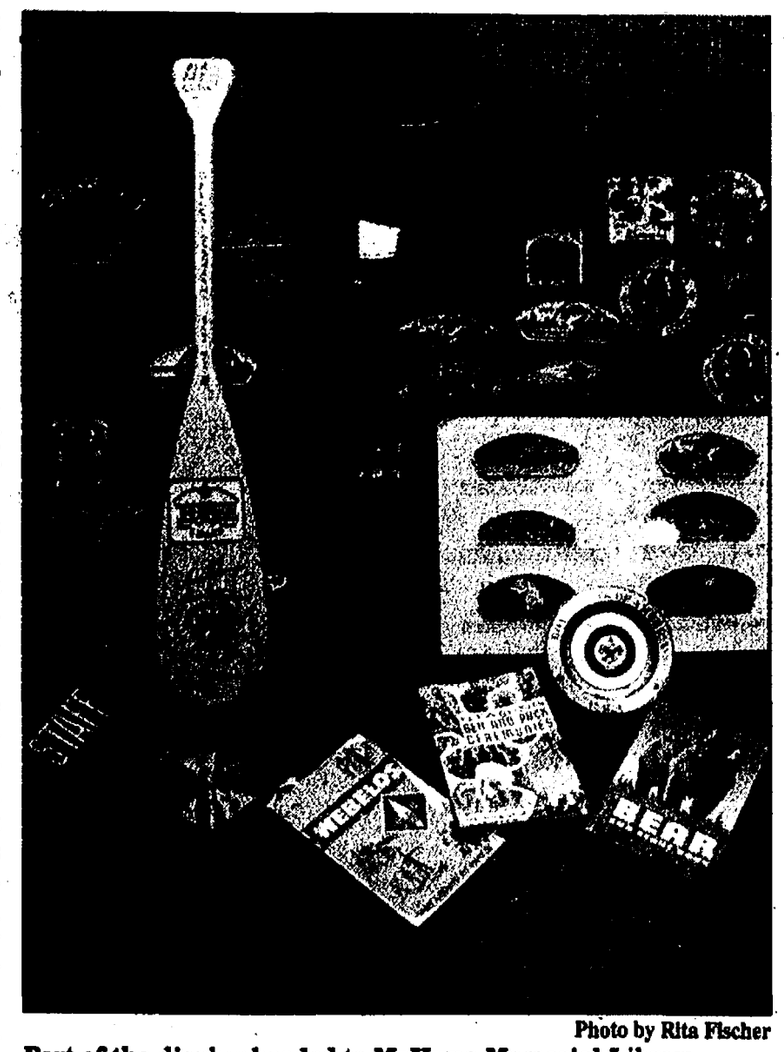


Photo by Rita Fischer

Part of the display headed to McKune Memorial Library.

LUMBER

Continued from Page 1-A

And while Daniels can't predict the future, he believes adding the two new stores will be a success both for the company and its new employees.

"It is our intention to maintain the services that Bridgewater has had there for years and to maintain the present employee group," Daniels said. "We think it has been well managed and well run for many years and has an established reputation which we feel is excellent. It's our intention to maintain that relationship with the Saline and Bridgewater communities."

Daniels said he did not want to disclose the price of the transaction because of the number of factors involved in the deal. He did say that the new locations would be under the direction of his son John, who has more than 25 years of experience with the company.

"John is going to do an outstanding job," Daniels said. "We are excited about the potential and the possibilities about what can be done in these two communities and we want to be a part of that."

The Bridgewater Lumber Co. currently has 44 employees, who will now join the 95 employees that make up the Chelsea Lumber Co.

"We also plan on introducing some new ideas that we have that we hope will further enhance what the lumber company can provide for the Saline and Bridgewater communities," Daniels said.

Ron and Joann Finkbeiner, along with a cousin, Gary Finkbeiner, were longtime owners of the Bridgewater Lumber co., which also has a long and proud history of serving its community. The Finkbeiner brothers, Ted, Ruben and Jake, started the company in 1938.

"The Bridgewater location has the feed business which relates well to the farming community," Daniels said. "They have done a great job with that side of the business and we will continue to provide that for the local farming community.

"They have a great reputation in both the Bridgewater and Saline communities and that was one of the enticements for the Chelsea Lumber Co. to acquire them."

While a number of independent lumber companies in Southeastern Michigan have either recently closed or significantly downsized, the Chelsea Lumber Co. has decided to build up its business rather than scale back. With Michigan's struggling economy and a housing market that isn't exactly booming, Daniels is still confident this is the right move at the right time.

"We feel that we provide a service to the contractors and customers in the Chelsea and the surrounding areas and we feel that we do some things that have a positive influence in the community," Daniels said. "We feel we can do the same things in the Saline and Bridgewater areas.

"We feel like there are tremendous opportunities in Saline and Bridgewater, and we feel we have services that we provide in the Chelsea area that we would like to provide and introduce in Saline and Bridgewater."

Home Depot needs a fix up

National chains such as Lowes and Home Depot don't really factor into the current economic problems facing independent lumber companies in Michigan. As one local builder said, "they don't have enough wood to build a garage let alone a house so the two don't really compete."

While Home Depot and Lowes have been called "oversized hardware stores" and are known as "the boxes" by contractors and builders, there is no denying they have been popular with consumers during the past 10 years. But that also is changing and supports the claim that local businesses aren't the only ones struggling these days.

Home Depot's Chief Executive Bob Nardelli earlier this month and the company's financial forecast may be a reason why. The company's profit dropped 3.1 percent in the third quarter, while sales at stores open at least a year fell 5.1 percent. Home Depot also has said that 2007 would be "challenging."

One of the problems with the bigger national chains over the years has been customer service. Some Home Depots looked old and disorganized and finding an employee to help locate items can at times be a daunting task. Local independent hardware stores and lumber companies often use customer service as a selling point. And as one area builder said, "people would be surprised to learn that the prices at the local stores are competitive and sometimes better than at the bigger stores."

HISTORY

Continued from Page 1-A

historical society the same shot in the arm a good cuppa joe provides.

"The museum got under way in October and in two short months the transition is almost complete," Diab says. "Membership has risen to close to a dozen, customers from all over the state just love the displays, local residents have contributed more than ever and the museum is generating income from sales of reproductions and donations."

Sheila Pursglove is a freelance writer. She can be reached at bingley51@yahoo.com.

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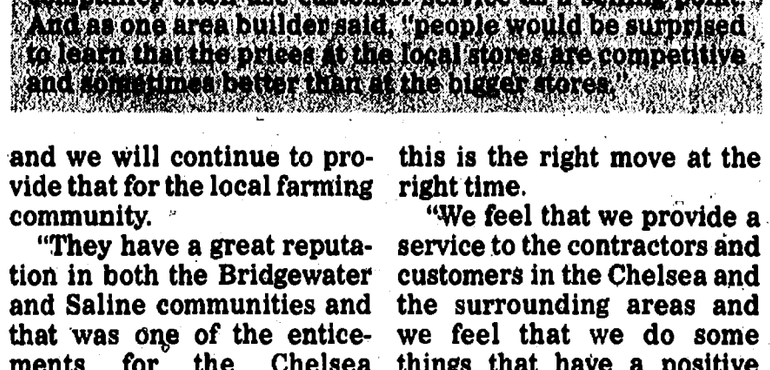

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Reaching new heights

TreeHouse lets kids 'feel the fun'

By Jennifer Sinkwitts
Special Writer

The children of Chelsea and neighboring communities received an early Christmas present they didn't expect.

On Dec. 20 at around 3 p.m. Chelsea's Michele Balaka received her occupancy permit for her new business "The TreeHouse," located at 320 N. Main Street in downtown Chelsea.

Two hours later she opened the doors for the very first time.

"We had 10 families come on our very first day. A few people were touring the Chelsea Teddy Bear Factory and saw our open sign. We haven't slowed down since," says Balaka.

TreeHouse is a 4,300 square-foot facility designed to provide kids of all ages the opportunity to romp and play, no matter what Mother Nature may be doing outside.

A custom-built tree house sits in the middle of the 1,200 square-foot play structure. There are five to six entrances and exits to the structure and as many as four slides that will have your kids tired by the time they leave.

A soft, rubber flooring system was laid beneath the structure to protect children from the stumbles and tumbles that often occur on playgrounds.

"Adults and kids alike will feel the fun when they come to my establishment," said Balaka, who uses the phrase "Feel the Fun," not only as the company logo, but as a true description of how kids feel as soon as they walk through the door.

Hand-painted murals, artfully drawn by Balaka's husband Jeff, decorate the interior walls and real coins are stamped into the epoxy floor.

Even the bathrooms have a creative edge designed and created by Cathy Wijsman, a Chelsea High School senior and employee, and Balaka's mother. Wijsman created a dueling tennis match between gurgling fish and Balaka's mother painted fairytales on the inside bathroom walls.

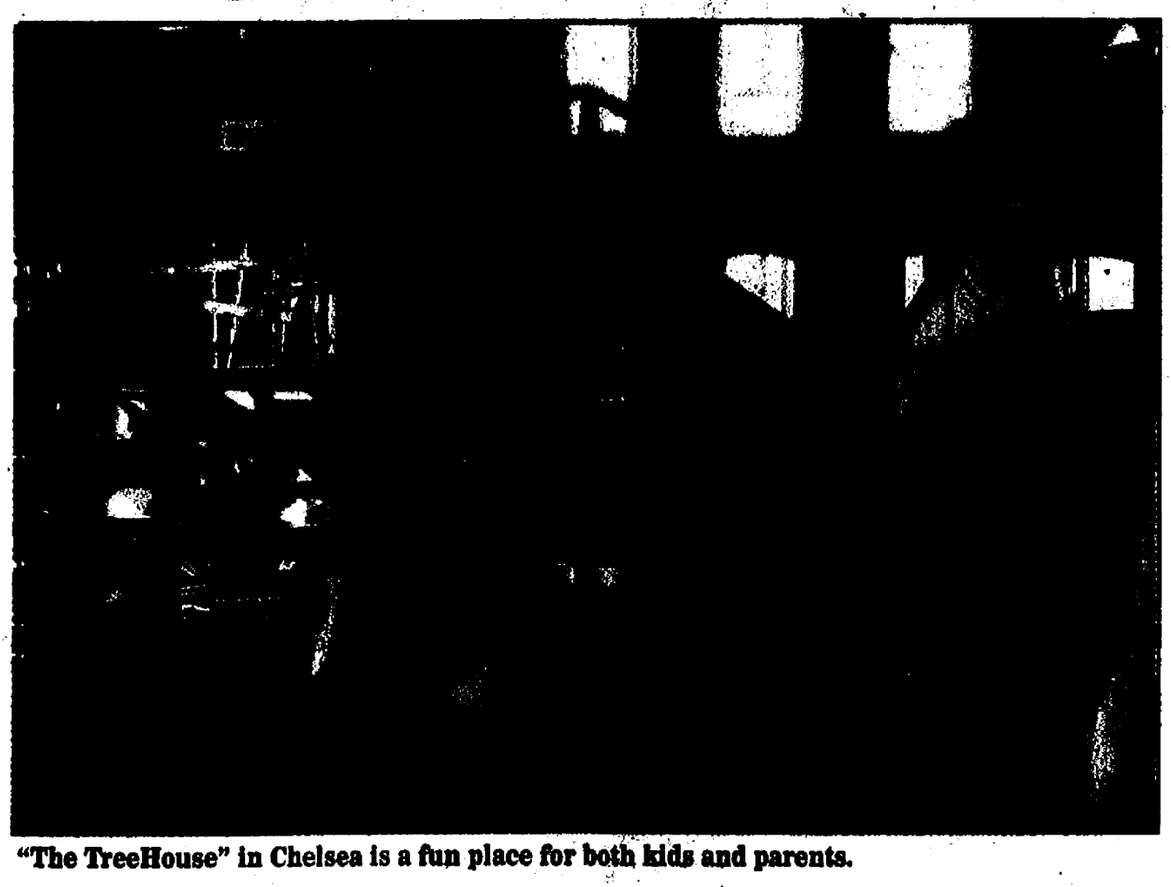
"Everything we do is overboard," said Balaka.

Even the ductwork was transformed into a colorful black and yellow snake.

TreeHouse offers more than just a charming environment.

And you won't go hungry here either. The barista is fully stocked with Zingerman's, Ann Arbor's most popular delicatessen, brew and the bagels are brought in daily from Barry's Bagel, also an Ann Arbor favorite.

Deda's, an Ann Arbor baker who recently purchased the popular cheesecake factory "Say Cheese" supplies fresh cupcakes, cookies, brownies and the most decadent cinnamon mocha biscotti's you'll ever taste. The menu also includes lunch items that both kids and adults can enjoy.



"The TreeHouse" in Chelsea is a fun place for both kids and parents.

"One thing I keep hearing a lot of is how inexpensive our food is," says Balaka. "You can get a bag of chips for 50 cents and a sandwich for less than $2.

And that's by design. Balaka wanted to make it affordable for everyone.

"I know how it is being on one income. I have been a stay-at-home mom for the past six years so I wanted the cost of the food to be low, since there was an admission fee," Balaka said.

The admission for children under 12-months-old and adults is free; the admission for children over 12-months-old is $6.

"I have a new outlook on life after staying home with my two children," says Balaka. "I have always loved working and this new venture is the best thing that I could have imagined. I have always been very social and I love meeting people. Here, I can do that."

The idea of a children's indoor playground developed while Balaka visited her family in Austin, Texas several years ago.

While shopping at a Toys-R-Us mega store she was inspired. It was in the corner of that store where she saw, for the first time, a super-sized structure that allowed kids to climb, slide and play, while their parents watched and sipped coffee.

After much thought and a lot of leg work, Balaka brought her inspiration to Chelsea

She has transformed the once-vacant building on Main Street into an adventurous wonderland for kids: "A place where kids can come and fuel their imagination. I wanted kids to be moving, thinking and creating their own environment. I wanted kids, and adults alike, to 'feel the fun' when they entered my joint," she says.

TreeHouse is open seven days a week from 9 a.m. – 8 p.m. and can accommodate as many as 150 people at a time. For information on scheduling a birthday party or a field trip call 475-1555.

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Money Wise

Locking up the right student loan

As education costs continue to escalate, parents with an eye on college tuition continue to look for ways to pay the tab. More and more, many parents are advising their children to stay in-state and look at public universities, where the tuition is lower and they'll be eligible for residency reductions that can greatly decrease tuition costs.

However, such an attitudinal shift has led to many public universities raising their admission standards, making it harder for students to gain admission to the main campus at some of the nation's top-flight public schools. While many of the nation's larger public universities have branches scattered throughout their state, oftentimes students hope to gain entry into a school's main campus branch, where typically more opportunity exists with respect to both education and extra-curriculars.

Heightened admission standards have left students, however, out in the proverbial cold, forcing them to make difficult choices that are often heavily influenced by financial concerns. While most parents would prefer to keep their children as debt-free as possible, student loans can be a great way to get the best education and the most out of the college experience. Fortunately, a host of federal loans exist that can make attending college more about where your child wants to go, as opposed to where he can afford to go.

• Federal Perkins Loan. These loans are available solely for U.S. citizens or permanent residents attending college on a full- or part-time basis. Open to both undergraduate and graduate students, Perkins loans are low-interest loans (fixed at five percent for the life of the loan, according to Sallie Mae) where eligibility is determined by individual university's financial aid offices. These are typically more difficult to get than other loan types, as funds are limited and colleges are often very selective as to whom they approve for Perkins loans.

• Federal Stafford Loans. Stafford loans, which can be subsidized or unsubsidized, are the most common student loans, available to both undergraduate and graduate students, so long as they are U.S. citizens or permanent residents.

Subsidized loans are the better option for most, as the government pays the interest on the loans while a student is in school and throughout the grace period until repayment begins. However, the subsidized loans are need-based, meaning not everyone will necessarily qualify. In addition, limits on these subsidized loans pale in comparison to the Federal Perkins Loan. Also, interest rates on subsidized Stafford loans fluctuate, capping out at 8.25 percent.

Unsubsidized Stafford Loans allow students to borrow more annually, but the government does not pay the interest that accrues while the student is attending school or during the repayment grace period thereafter. But unsubsidized Stafford loans are not need-based, meaning all full- or part-time students

See MONEY — Page 2-B

New Business Profile: Smarty Pants

Smarty Pants a good fit for Dexter

New store offers new and used clothes in colorful fashion

By Terry Jacoby
Heritage Newspapers

It takes about two seconds to figure out that Smarty Pants isn't your typical clothing store.

And that's before you meet the owner or her sister and before you experience the high quality clothes.

As soon as you walk through the doors of the new Downtown Dexter business, you are greeted with color, warmth, friendliness and more color. The uniqueness of the store and helpful service is what one would expect from a local, family owned business. But Smarty Pants dresses the part and then some.

"We wanted it to be special and we wanted it to feel cozy and warm and clean," said owner Shannon Lewis, who opened the store early last month. Lewis enlisted her family to help her accomplish her goal.

Shannon Lewis opened Smarty Pants in Dexter last month and so far business has been good.

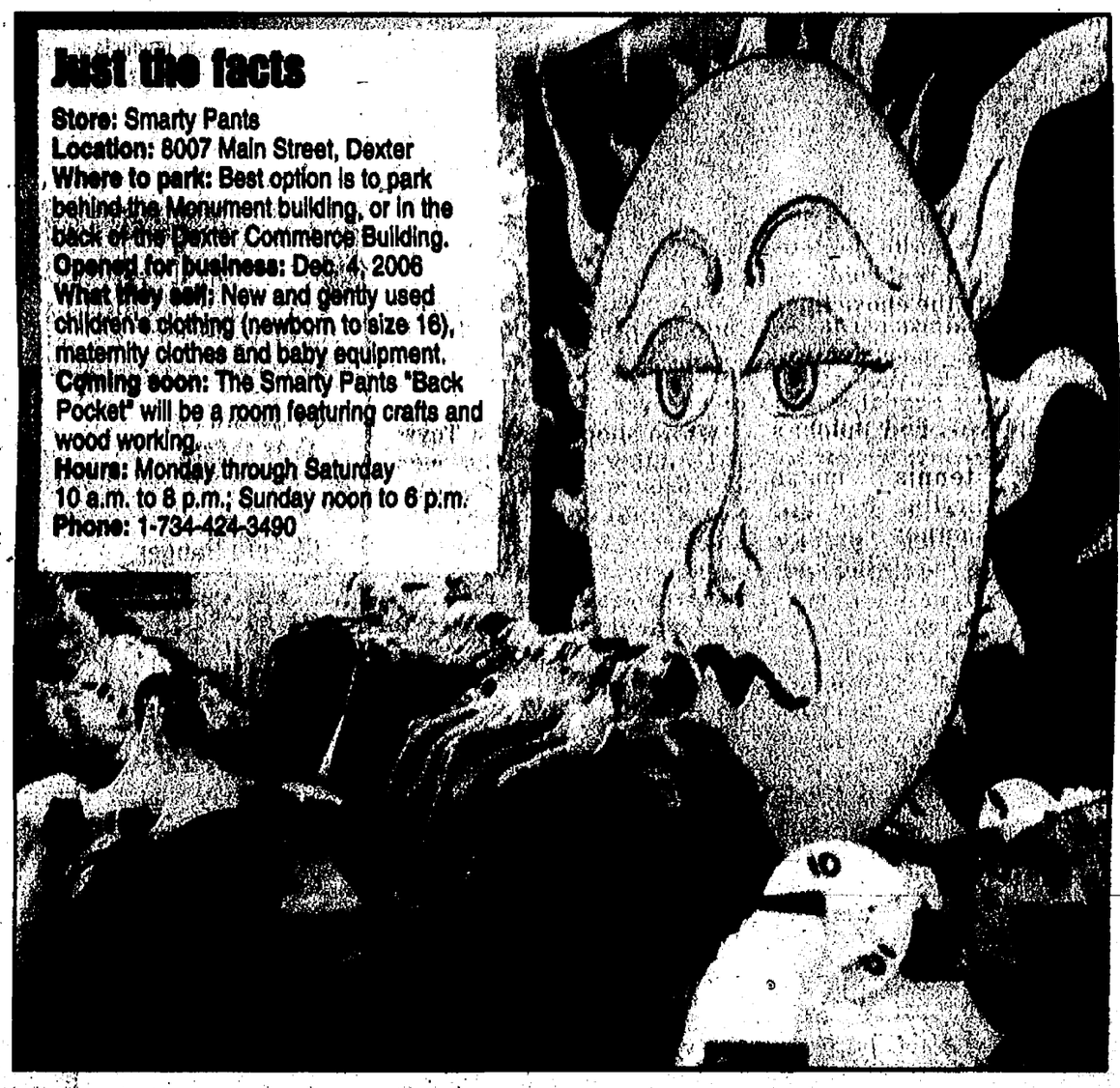
Her father, who went to art school in Chicago, painted large, colorful trees on the walls. He also drew a friendly looking sun that is more inviting than any welcome mat you could ever find.

Lewis' sister, Tiffany Hamilton, also showed her artistic side by drawing a large whale and turtles in the kids' playroom.

All of this "cozy" feeling creates an atmosphere where even the kids enjoy shopping. While mom and dad look over the clothes and other items for sale, the kids immerse themselves in the nautical-themed playroom.

"There have been more than a few times where the parents were ready to leave but the kids wanted to stay," Lewis said. "A few kids have even had to be dragged out of here."

Smarty Pants is a re-sale shop of kids clothes, both new and what Lewis calls "gently used." Instead of heading to the mall and spending top dollar for the top brands, Smarty Pants offers many of those same clothes with a cheaper price tag.



Just the facts

Store: Smarty Pants
Location: 8007 Main Street, Dexter
Where to park: Best option is to park behind the Monument building, or in the back of the Dexter Commerce Building.
Opened for business: Dec. 4, 2006
What they sell: New and gently used children's clothing (newborn to size 16), maternity clothes and baby equipment.
Coming soon: The Smarty Pants "Back Pocket" will be a room featuring crafts and wood working.
Hours: Monday through Saturday 10 a.m. to 8 p.m.; Sunday noon to 6 p.m.
Phone: 1-734-424-3490

Lewis knows all too well how fast kids outgrow their clothes. She has four children ranging in age from 3 to 16 and admits that some outfits never even see the outside or are worn only a handful of times. Instead of throwing them out, she figured she could resell them. And the idea was born.

"I really thought there was a need for a store like this here," said Lewis, who lives in Scio Township. "We were going through tubs of clothes for (3-year-old) Annika and found many in good condition or not even worn."

So Lewis, a bank manager for four years before becoming a full-time mother, began exploring the idea of a resale shop. She looked into a few places in Dexter, but found the rent to be a little pricey. Then she found this "neat location" tucked in behind the buildings on Main Street.

"The price was much more

See SMARTY — Page 2-B

United Autoworkers: What the future holds

How the times are changing for the UAW

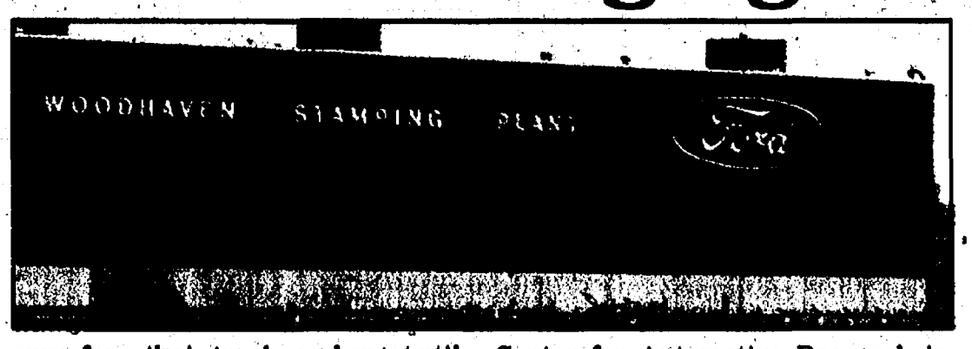
DETROIT — At United Auto Workers Local 919 in Norfolk, Va., the good times are not that far back in President Chris Kimmons' memory.

Just a year ago, about 2,300 of his union brothers and sisters were cranking out the F-150 pickup, America's top-selling vehicle, at a Ford Motor Co. factory.

Now, the 2.6 million-square-foot plant is scheduled to close, and Kimmons worries that his local will have so few members that it will have to shut its doors.

"Things don't look too hot," said Kimmons, who like many of the plant's workers, is taking a buyout package from Ford as the struggling company tries to shrink itself to meet lower demand for its vehicles.

For 919 and many other UAW locals, 2006 brought horrible news as the domestic Big Three announced plant closures and production cuts as high gas prices sent consumers



away from their trucks and sport utility vehicles.

The cuts rippled through the auto parts business, bringing bankruptcy protection filings and more cuts and plant closures.

To many industry observers, the troubles are likely to continue next year for the union known formally as the United Automobile, Aerospace and Agricultural Implement Workers of America.

"I can't think of how it could be worse for them," said Sean McAlinden, chief economist with the Center for Automotive Research in Ann Arbor. "The employment situation for the Big Three is terrible."

Job cuts at Ford, General Motors Corp. and their former parts operations, Visteon Corp. and Delphi Corp., are starting to kick in and are likely to knock UAW's membership below 500,000 — if it isn't there already.

The union, whose representatives declined to be interviewed for this story, will say only that it had an average of 598,000 members in 2005, and that the number will decline in 2006. Whatever the number is, it is down from a peak of 1.5 million in 1979.

At Ford, 38,000 UAW members signed up for buyouts or early retirement plans last month, about half the company's blue-collar work force. About 8,000 more took similar deals at selected plants earlier last year. The company plans to shutter 16 plants through 2008.

Ford also said it plans to sell or close 11 former Visteon plants, and that could idle thousands more UAW members.

At GM, about 34,400 have agreed to leave under similar plans, and another 13,800 Delphi workers have left or will leave the company as well. GM's restructuring plan calls for closing 12 plants by 2008.

Not including smaller suppliers, upward of 95,000 UAW members could leave their employers — and active union membership — in the

See UAW — Page 2-B

CALENDAR

CHELSEA

Friday, Jan. 19

Read to the Library Dog from 3:30 to 5 p.m. at McKune Memorial Library, 221 S. Main St. Registration is required for a 10-minute reading spot. Call 475-8732.

Saturday, Jan. 20

Writing a winning resume workshop will be held from 10 a.m. to noon at McKune Memorial Library, 221 S. Main St., in Chelsea. Learn how to make a professional looking resume and get tips on how to present yourself during a job search. Participants should bring a copy of their current resume. Registration is required, by calling 475-8732.

Morning, Mochas and Melodies, a free event open to the public will be held from 10:30 a.m. to 12:30 p.m. at Pierce's Pastries Plus, 103 W. Middle St., in Chelsea For more information, call 475-6081.

A seminar of the Biblical book Daniel will be held from 2:30 to 5 p.m. at Faith in Action Building, 603 N. Main St., in Chelsea. Sponsored by Chelsea Seventh-day Adventist Church. For more information, call 332-9121.

Winterfest! Family Concert by Gemini will begin 1:30 p.m. with mulled cider and treats, with the concert from 3 to 4 p.m. at Michigan Friends Center, 7748 Clarks Lake Rd., in Chelsea. The cost is $8 per person, $25 per family with advance registration. Call 475-1892 or email manager@michiganfriendscenter.org

Sunday, Jan. 21

Free movie night will be held 6 p.m. at First Assembly of God, 14900 E. Old US-12, in Chelsea. Popcorn and soft drinks will be provided. A family friendly movie, open to the public. For more information, call 433-1773.

Tuesday, Jan. 23

Writing a winning resume workshop will be held from 6 to 8 p.m. at McKune Memorial Library, 221 S. Main St., in Chelsea. Learn how to make a professional looking resume and get tips on how to present yourself during a job search. Participants should bring a copy of their current resume. Registration is required, by calling 475-8732.

Lima Township Planning Commission will hold a public hearing 7:30 p.m. at the Lima Township Hall, 11452 Jackson Rd., in Chelsea.

Wednesday, Jan. 24

Independent Film Fest: "The Passenger" will be shown 7 p.m. at McKune Memorial Library, 221 S. Main St. Registration is required, by calling 475-8732.

Thursday, Jan. 25

Learn to knit class will be held 6 p.m. at McKune Memorial Library, 221 S. Main St. Participants will learn the basics by knitting a potholder. Supplies will be provided. Registration is required, by calling 475-8732.

Friday, Jan. 26

A "Kitchen Band" organizational meeting for senior citizens will be held 10 a.m. at the Chelsea Senior Center, 512 E. Washington St. No musical talent required. Instruments will be provided. For more information, call 475-9242.

Geography Night World Explorers: Around the World in 180 minutes program will be held from 5:30 to 8:30 p.m. at the Washington Street Education Center, 500 Washington St., in Chelsea. The event is free and open to the public. For more information, call 475-7811.

Saturday, Jan. 27

A spaghetti dinner fundraiser will be held from 4:30 to 7 p.m. at Our Savior Lutheran Church, 1515 S. Main St., in Chelsea. The cost is $7 for adults, $5 for children ages 5 to 12 years old and free for children under 5. All proceeds to benefit church van replacement fund. The dinner is open to the public. For more information, call 475-1404.

A European dinner and dance will begin with dinner from 5 to 8 p.m. then dancing, cards and games from 6:30 to 9:30 p.m. at Waterloo Village Methodist Church, 8110 Washington St., in Waterloo. Free will donation. For more information, call 475-2697.

Sunday, Jan. 28

Relay for Life Western Washtenaw County Kick-off 2007 will be held 2 p.m. at Chelsea Lanes, 1180 S. Main St., in Chelsea. This afternoon of bowling is a public event for all ages. For more information, call 971-4300 or the Web Site at www.acsevents.org/relay/mi/wwc

DEXTER

Saturday, Jan. 20

"Who's Still Here? Winter Birds of Independence Lake" winter walk/hike will be held from 9 to 11 a.m. at Independence Lake, 3200 Jennings Rd., in Webster Township. Participants should dress warmly and meet at the Beach Center. Hot drinks will be provided afterwards. For more information, call 971-6337, ext. 318 or email stonerf@ewashtenaw.org

Winter Trees a leisure hike program will be held 1 p.m. at Hudson Mills Metropark, 8801 North Territorial Rd., in Dexter Township. Participants will discover what the trees are doing in the winter. The cost is $2 per person and pre-registration is required, by calling 426-8211.

Friday, Jan. 26

Dan Briere's "Little Creatures" live animal program will be held from 11 a.m. to noon at the Dexter District Library, 8040 Fourth St., in Dexter. Participants will take a trip through the great rainforest with colorful jungle dwellers. The program is free and open to families of all ages. No registration required. For more information, call 426-4477.

SMARTY

Continued from Page 1-B

reasonable and it just felt right," she said. "And once we found the location we were in here painting within two weeks."

Lewis' husband Lee has an accounting degree and his father is a CPA. Hamilton works behind the counter when Lewis is not around – so the whole family is involved in the business.

So far business has been good, but Lewis hopes things pick up in the coming months. "I don't think a lot of people know we are here yet," she said. "The people who have bought clothes from us have been very complimentary so that's good to hear."

Lewis says the key is providing excellent merchandise and because of this she takes a careful eye to all the clothes she puts on the rack.

"The quality has to be good," she said. "We don't take clothes that are stained or ripped. A lot of people can't believe some of the clothes we have are used. The clothes also have to be priced right. I have had people tell me they are too low for some of the brands, but I want people to come back."

Lewis has a simple standard she applies when judging the clothes she purchases for resale.

"I ask myself if I would put my kids in this," she says. "It's a good measuring stick."

The brands featured at Smarty Pants include Gap, Gymboree, Mimi Maternity, Motherhood, Old Navy, Ralph Lauren, Carters and Osh Kosh. Prices range from 10 cents for baby socks up to $13 for a Gymboree outfit.

Lewis also sells baby toys, jewelry and will soon be featuring work from several local artists.

UAW

Continued from Page 1-B

coming months, although some could be replaced by temporary workers.

Add to that demands for concessions from the Big Three in this year's contract talks, and 2007 looks bleak for the union, said Gary Chaison, professor of labor relations at Clark University in Worcester, Mass.

"I see the Big Three automakers and the UAW on a collision path," Chaison said. "I see the 2007 negotiations as probably being the most decisive ones in the industry so far in pretty much determining what kind of a union the UAW is going to be."

Chaison stopped short of predicting a strike, but said UAW President Ron Gettelfinger has the toughest job in labor, caught between a necessity to help struggling companies and a work force that is leery of giving up wages and benefits.

"They've spoiled this baby-boom generation of workers," said McAlinden. "They can't tell them straight to their face what's going on."

Chaison said most UAW members know they will have to make concessions.

"But on the other hand, they also suspect that no matter how much they do, it'll never be enough," he said.

The union's troubles also can be traced to recruiting, Chaison said. Workers at U.S. plants run by Asian and European automakers have rebuffed organization attempts, and the UAW hasn't had much success signing up workers in growth areas such as education and health care.

"They're really not making the significant inroads in there just to offset the buy-outs. They would have to organize 60,000 or 70,000 workers in a very short time. Then they know there will be additional plant closures," Chaison said.

At its international convention earlier this year, UAW delegates decided to take $60 million from the union's $914 million strike fund to spend on recruiting new members. They also authorized spending another $50 million to pay for operating expenses. The UAW itself will have to downsize because of its smaller membership, cutting the number of regional offices and representatives to reduce expenses, McAlinden said.

"There is a path to being a smaller, richer union in here somewhere," he said.

In the upcoming contract talks, auto companies will seek to match lower wages and benefits at Toyota Motor Corp. and other nonunion competitors, McAlinden said. The UAW, he said, will have to take lower pay and benefits for new hires.

"They've got to match those labor costs, or its lights out," he said.

Despite doom and gloom and the specter of more plant closures, some local union members see cause for optimism. At a Delphi plant in Flint, Russ Reynolds, president of Local 651, hopes the newly elected Democratic Congress will pass more labor-friendly legislation that protects U.S. jobs.

"Maybe we'll get some fair trade rather than just free trade," said Jim Hurren, president of Local 467 at a Delphi Corp. plant near Saginaw.

Kimmons, too, is hopeful that Democrats will come to labor's rescue. But he knows it is probably too late to save the Virginia plant, which is slated to close in the third quarter of this year.

Between now and then, he'll spend time trying to recruit new members at other employers, trying to replace those who will leave the Ford plant.

"It's sad times over there," he said.

— The Associated Press

MONEY

Continued from Page 1-B

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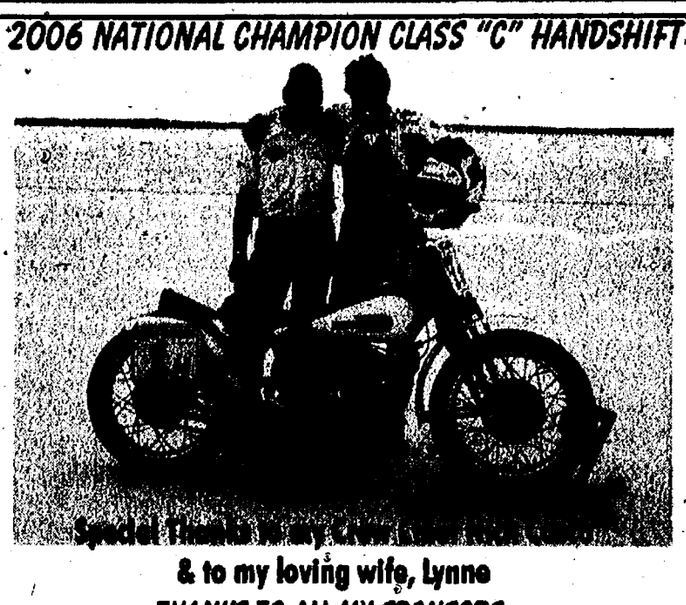

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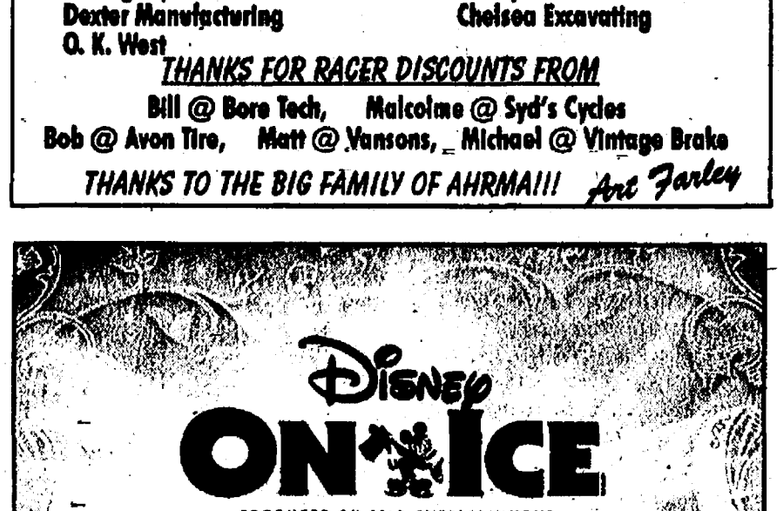

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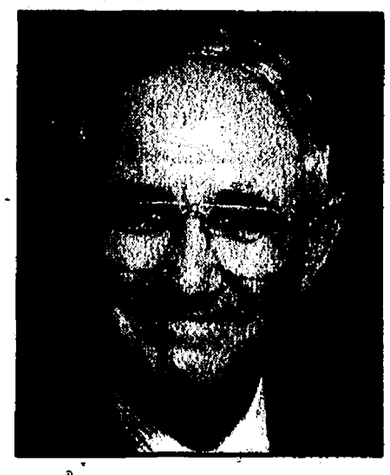
OBITUARIES

Lester A. McCalla
Chelsea/Manchester

Lester A. McCalla died Monday, Jan. 15, 1007 after an extended illness. He was 82.

Born July 20, 1924 in Ann Arbor to Ruth (Spaulding) and Frank McCalla. He is survived by his children: Gordon (Michelle) McCalla, Mary Ann (Joe) Dettling, Manchester, and Karen McCalla, Oxnard, Calif., grandsons: Kevin (Jennifer) Dettling, Pinckney, and Keith (Sarah) Dettling, Jackson, great grandchildren: Chase and Victoria Dettling, Jackson; brother: Glen (Doris) McCalla, Ann Arbor, and many nieces and nephews.

Mr. McCalla was a life-long farmer first in Pittsfield Township and then in Manchester. He was a member of the Michigan Pork Producers, the Washtenaw County Farm Bureau and the Manchester Fair Board. He was pre-deceased by his parents, brother: Russell McCalla and sisters: Virginia Wiedmayer and Gertrude McCalla. A Celebration of Lester's life will take place on Thursday, Jan. 18, 2007 at the Sharon United Methodist Church where he will lie in state at 10 a.m. until the time of service at 11 a.m. with Pastor Carter Garrigues-Cortelyou officiating. Memorial contributions may be given to the family for future designation. Envelopes will be available at the Borek Jennings Funeral Home. Please sign Les' guestbook at www.BorekJennings.com.



Homer J. St. John
Chelsea

Homer J. St. John of Chelsea, a loving husband and father, died Friday, Jan. 12, 2007 in his home after a long battle with cancer. He was 82.

He was born Sept. 14, 1924 in Niagara Falls, N.Y., the son of Homer S. & Marguerite (Smith) St. John.

Homer has lived in Chelsea since 1980, coming from Ann Arbor. He was a U.S. Marine during World War II, serving in the historic battle of Tarawa. He was a decorated veteran receiving many awards including the Silver Star and Purple Heart. He earned his Law Degree from Marquette University in Milwaukee in 1954.

He had a long notable career in government service, retiring after 25 years as a special agent in the FBI. He continued to serve with other government agencies for 15 years.

Mr. St. John received the Warren Medal for outstanding contributions to the intelligence community.

He was an active member of St. Mary Catholic Church, where he was a member of the Knights of Columbus and the Choir.

On Sept. 14, 1944, he married Eleanor Trawicki, and she preceded him in death on May 16, 1968. He married Barbara Snyder on May 2, 1970, and she survives. Other survivors include four daughters, Ann (Carl) Kratochvil of Penn Yan, N.Y., Patricia St. John of Ypsilanti, Ellen (William) Roth of Bloomington, Ill., Jennifer St. John of Chelsea; two sons, John (Jill) St. John of Ypsilanti, Paul (Carol) St. John of Whitmore Lake; four brothers, Richard, Neil, Donald, Howard; and two sisters, Ethel Thomas, Helen Stewart; 14 grandchildren; 2 great-grandchildren; and many nieces and nephews. He was preceded in death by a son, James, two brothers, Elmer & Carl, and a sister, Marguerite Gibbs.

A Funeral Mass was held Jan. 16 at St. Mary Catholic Church, Chelsea, with Rev. Dr. William J. Turner officiating. Burial followed at St. Joseph Catholic Cemetery in Dexter.

Memorial contributions may be made to The St. Louis Servants of Charity, St. Mary Catholic Church, Heifer International, or a charity of your choice.

Mary Claire (Putsy) Eggleton
Dexter

Mary Claire (Putsy) Eggleton of Dexter died Thursday, Jan. 11, 2007. She was 81.

She was born the youngest of 11 children to Charles and Rose Dorsch in Detroit. She was an active member of St. Joseph Catholic Church in Dexter and seldom missed mass. She loved to travel and spend time with her family and friends; her door was always open. She was an avid baseball fan through thick and thin. She loved to bake and was very good at it. She will always be remembered for her famous "Apple Jack Pie."

Her husband Alfred, her parents and 10 brothers and sisters, preceded her in death. Those left behind to cherish her memory are numerous nieces, nephews, great nieces, great nephews and many great great nieces and nephews. Mass was celebrated Monday, Jan. 15 at St. Joseph Catholic Church in Dexter, Fr. Brendan Walsh presiding. Burial followed at St. Joseph Cemetery. Donations may be offered to the St. Joseph Stairway To The Future Building Fund, Arbor Hospice or The American Cancer Society.

Gertrude M. (Schultz) Edwards
Formerly of Dexter

Gertrude M. (Schultz) Edwards, nee Barr, of Saline and formerly of Dexter, passed away peacefully at St. Joseph Mercy Hospital of Ann Arbor on Jan. 10, 2007. She was 91.

She was born Feb. 1, 1910 in Muskegan to the late Harley and Irene (Drent) Barr. Survived by one brother Ken (Gerry) Barr of Rogers City, sister-in-law Bertine Barr of Dexter, daughter-in-law Louise Schultz of Saline, grandchildren, great-grandchildren, great-great grandchildren, nieces and nephews and many dear friends.

She was preceded in death by her husbands Kermit Schultz and William Edwards, her sister Henrietta (Barr) Schultz, brother Roy Barr, two sons Edwin Earl and Donald Guy, a step-son Steven Edwards and grandson Dale Schultz. A committal service will be held at 11 a.m., Jan. 20 at Forest Lawn Cemetery in Dexter. Arrangements with Hosmer-Muehlig Funeral Chapel in Dexter.

Memorials can go to St. Joseph Mercy Hospital in Ann Arbor.

Rudolph H. Ottoman
Formerly of Grass Lake

Rudolph H. Ottoman of St. Johns, formerly of Grass Lake, passed away Sunday, Jan. 7, 2007 at the Hazel Findlay Country Manor. He was 91.

Mr. Ottoman was born May 9, 1915 in Hamburg, Mich., the son of Hugo and Emilie (Hanneschlager) Ottoman. He had lived in the area all his life and was a member of K of C and St. Mary Catholic Church. He was a set-up man at Federal Screw in Chelsea for 40-plus years. He was a veteran of World War II serving in Germany and France for five years. He enjoyed baseball games, hunting, fishing and trapping.

He was married to Bernice (Dambrun) Ottoman and she preceded him in death on June 1, 2001. Surviving are three brothers Joseph (Dorothy) Ottoman of Chelsea, Albert Ottoman of Ann Arbor and Walter (Madeline) Ottoman of Chelsea, one sister Mary (Thomas) Kittel of Ann Arbor, one sister-in-law Blanche Ottoman of Chelsea and several nieces and nephews.

He was preceded in death by his parents, wife, Bernice, two brothers Edward and Clarence Ottoman, and his sister-in-law Kathleen Ottoman. Funeral services were Jan. 11 at St. Mary Catholic Church in Chelsea. Burial followed at Mt. Olivet Cemetery in Chelsea. Expressions of sympathy can be made to St Louis School or St. Mary Catholic Church.

Leslie Kuhn Reichard
Dexter

Leslie Kuhn Reichard of Dexter died peacefully at home on Jan. 12, 2007 after losing a courageous battle with cancer. She was 59.

She is survived by her beloved husband, H. Neil Reichard, and extended family and friends including her brothers; Christopher F. Kuhn of Bexbach, Germany; Spencer Mc. Kuhn of Cape May, N.J. and Meredith F. Kuhn of Glenwood, Fla. She graduated with a BA from Finch College (New York) in 1969. She was a member and Director of Marshbanks Golden Retriever Club and active with Golden Retriever Rescue. Her dogs, Breeze, Spirit and Tartan are lost without her as is her cat Bistle.

A Memorial Gathering will be scheduled at a later date and interment will be at the family's convenience at Spring Grove Cemetery, Cincinnati. Memorial Donations may be made in Leslie's name to The Zeke Cancer Research Fund c/o The Golden Retriever Foundation, P.O. Box 3462, Omaha, NE 68013 or Arbor Hospice, 2366 Oak Valley Drive, Ann Arbor, MI 48103. Arrangements by Hosmer-Muehlig Funeral Chapel, Dexter.

Theodore (Ted) James Klapperich
Formerly of Dexter

Theodore (Ted) James Klapperich of Belhaven, N.C. and formerly of Dexter, passed away at his home unexpectedly Jan. 11, 2007. He was 57.

He was born Aug. 9, 1949 in Conde, S.D. to James and Dorothy Klapperich. After graduating from Dexter High School he joined the US Marine Corp in 1968 serving until 1972. He attained the rank of Sergeant and received two Purple Hearts while serving with the 1st Battaltion/9th Marines in Vietnam. He returned to his true love and married Mary L. Salow in 1970 in Dexter and she survives.

Mr. Klapperich was employed by Sweepster-Jenkins for many years before moving to coastal North Carolina in 1998 and buying a marina. The marina was Heaven on Earth for Ted and he was at his happiest walking on the dock sporting his huge grin and wonderful laugh to greet his guests and friends. He was fortunate to meet many interesting people along the waterway these last years and was a great friend to many that passed through the marina. Those who crossed his path will miss his grin, sense of humor and the friendly hospitality he provided. Mr. Klapperich was a loving father and was a kind and caring husband who shared the ultimate love story with his wife throughout the years. His laugh and smile were contagious to everyone around him.

He was preceded in death by his parents, James and Dorothy Klapperich, a son, Bryan A. Klapperich, and brother Dale Klapperich. Along with his wife he is survived by two loving children Aaron A. Klapperich of North Carolina and Brandi N. Klapperich of Chelsea. Also surviving are his beloved sister Veronica Klapperich of Dexter, brother Paul Klapperich of Pinckney and several other siblings and many loved nieces and nephews. He will also be greatly missed by members of the Salow family; Kathy Loy, Lori (Don) Cubberly, Dan (Tina) Salow, and Dori (Butch) Gross and their families to which he was a great brother-in-law, uncle and friend; as well as many others in the Dexter area who kept him in their heart through the years. He will also leave many close friends in North Carolina who became like a second family throughout these last years. Cremation has taken place and he will remain at his beloved marina.

David D. Rank
Grass Lake

David D. Rank, 64, passed away Jan. 15, 2007 at Chelsea Community Hospital.

Arrangements are pending, for further information please call Staffan-Mitchell Funeral Home at 734-475-1444.

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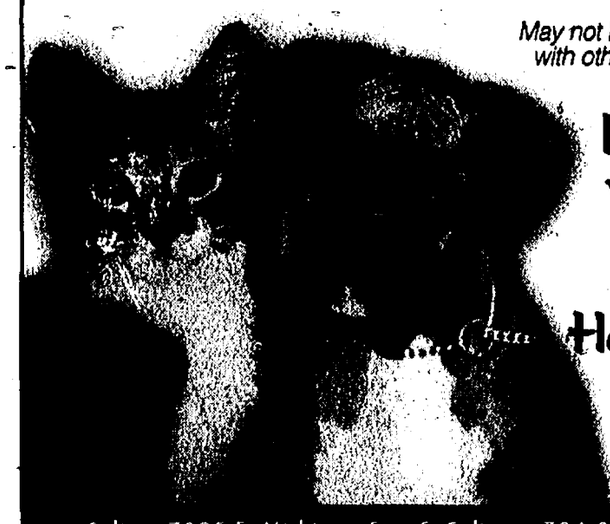

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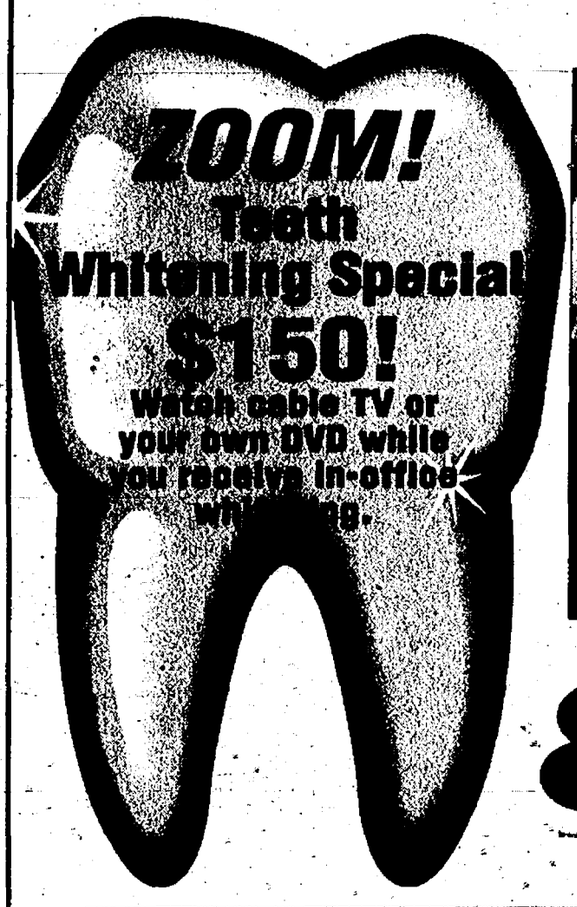

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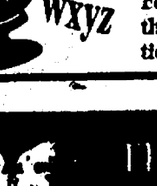

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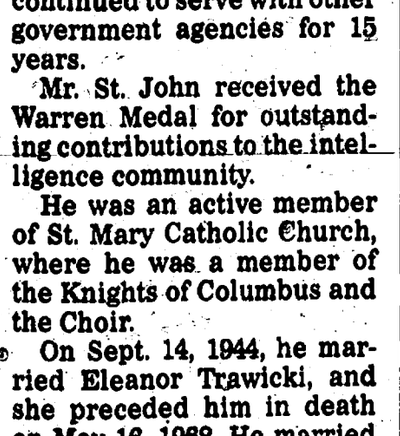

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AS HEARD ON PAUL HARVEY NEWS

New advanced portable heater can cut your heating bill up to 50%

Heats a large room in minutes with even heat wall to wall and floor to ceiling

Does not get hot, cannot start a fire and will not reduce humidity or oxygen

By John Whitehead, Media Services

A new advanced quartz infrared portable heater, the EdenPURE®, can cut your heating bills by up to 50%.

You have probably heard about the remarkable EdenPURE® as heard on Paul Harvey News and on television features across the nation.

The EdenPURE® can pay for itself in a matter of weeks and then start putting a great deal of extra money in your pocket after that.

And that's just the start of the benefits for the new EdenPURE® Quartz Infrared Portable Heater.

A major cause of residential fires in the United States is portable heaters. But the EdenPURE® cannot cause a fire. That is because the quartz infrared heating element never gets to a temperature that can ignite anything.

The outside of the EdenPURE® only gets warm to the touch so that it will not burn children or pets. Pets can sleep on it when it is operating without harm.

The EdenPURE® will also make you healthier. That is because, unlike other heating sources, it will not reduce humidity or oxygen in the room. Typical heating sources reduce humidity which dries out your sinuses, makes you more susceptible to disease and makes your skin dry. With other heating sources, you'll notice that you get sleepy when the heat comes on because they are burning up oxygen.

The advanced space-age EdenPURE® Quartz Infrared Portable Heater also heats the room evenly, wall-to-wall and floor-to-ceiling. Other heating sources heat rooms unevenly with most of the heat concentrated high in the room and to the center of the room. And, as you know, portable heaters only heat an area a few feet around the heater. With the EdenPURE®, the temperature will not vary in any part of the room.

Unlike other heating sources, the EdenPURE® cannot put poisonous carbon monoxide into a room or any type of fumes or any type of harmful radiation.

For more details on the amazing EdenPURE® Quartz Infrared Portable Heater, here is my interview with Julius Toth, Director of Product Development for BioTech Research®.

Q. What is the origin of this amazing heating element in the EdenPURE®?

A. This advanced heating element was discovered accidentally by a man named John Jones. He had a large old farmhouse that was impossible to heat. Jones had a coal furnace in his basement. Jones placed a sheet of cured copper near the furnace to store it. Cured copper is a type of copper that goes through an extensive heating process to give it special properties.

After the fire went out in the coal furnace, Jones noticed that the sheet of copper was heating his entire basement evenly, even though the furnace was no longer putting out heat. He also was amazed as to how long the heat stayed in the copper and continued to warm the room.

Jones was so taken back by this that he started to experiment. He formed a company to develop a heating source out of this cured copper. But Jones had a number of children and he did not want a heating source that would cause a fire or create other hazardous situations like creating carbon monoxide or radiation. He also did not want his children to get burned.

To make a long story short, through a great deal of research and development, Jones developed a heating source that utilized commercial infrared quartz tubes.

Q. What advantages does infrared quartz tube heating source have over other heating source products?

A. John Jones designed his heating source around the three most important consumer benefits: economy, comfort, and safety. The final development of this infrared quartz heat source cannot be matched by any other heating system in the world.

In the EdenPURE® system, electricity is used to generate infrared light which, in turn, creates a very safe heat. Infrared is the safest form of heat because it does not create carbon monoxide or harmful radiation. And, most importantly, infrared heat does not reach a burning temperature.

After a great deal of research and development, very efficient infrared heat chambers were developed that utilize three unique patented solid copper heat exchangers in one EdenPURE® heater. Over 5 years of research, development and real life field testing stand behind this heat source. It has now worked in residential and commercial applications worldwide for over 25 years.

Q. Why is it that this quartz infrared heating source uses less energy to create heat than other sources?

A. Actually, there is more than one reason. One of the primary reasons is that heat at combustion level, which is what all other heat sources use, causes the heat to instantly rise to the ceiling. Therefore, the heat is not evenly distributed, causing a very inefficient and uncomfortable heat source.

The EdenPURE® Quartz Infrared Portable Heater does not use burning heat. Once the heat exchanger absorbs the infrared heat, it exhales the heat into the living area which is carried by the existing humidity in the air. This causes the heat to travel rapidly and evenly throughout a room.

In actual studies, photos using infrared lighting demonstrated that the heat was almost perfectly even from floor-to-ceiling and wall-to-wall. The EdenPURE® Quartz Infrared efficiency is based on the distribution of energized air, not on just fan movement. This heat is coined as "soft heat" due to how comfortable it is.

Q. What are the other disadvantages of combustion heat sources?

A. Heat sources that are above the burning level have many unhealthy side effects. One of these is that it creates dry, irritating indoor air. It also burns a great deal of oxygen in the air. If you remember, when you sit in front of a fireplace or a portable heater or close to a heat source, you will remember yawning. This is because you are not getting enough oxygen.

This dry irritating heat and lack of oxygen dries out sinuses and mucus in the throat, and makes people susceptible to disease. The lack of oxygen causes fatigue.

Also, many combustible heat sources produce carbon monoxide, static cling, and some produce radiation.

Q. So you're saying that children or pets can come up to this unit and touch it and not be harmed?

A. That is absolutely correct. As a matter of fact, pets are actually drawn to this heat because it is a natural source of heat, just like the sun heats the earth. Animals are much more instinctive than humans. This heat not only heats the air, but it also heats the objects in the room. It is a perfectly balanced heat.

Q. How can a person cut their heating bill by up to 50% with the EdenPURE®?

A. First, the EdenPURE® uses less energy to create heat than other sources, but that is just part of why it will cut a person's heating bill. The EdenPURE® will heat a room in minutes. Therefore, you can turn the heat down in your house to as low as 50 degrees, but the room you are occupying, which has the EdenPURE®, will be warm and comfortable. The EdenPURE® is portable. When you move to another room, it will quickly heat that room also. This can drastically cut heating bills, in some instances, by up to 50%.

Q. I also understand that the EdenPURE® produces clean fresh air without furnace filters. How can it do that?

A. A furnace generates a lot of dust due to the combustion. By lowering the furnace temperature, you are using your furnace less and therefore reducing the requirement for the furnace filters. Also, when there's no combustion, there are no harmful fumes.

Q. So, the EdenPURE® is totally safe to use?

A. It absolutely is. The EdenPURE® has zero clearance, which means you can push it up against the wall or furniture without risk of fire. Tests prove the unit does not transmit any energy into the atmosphere that will burn or harm anyone regardless of distance between the person and the EdenPURE®.

The EdenPURE® will pay for itself in weeks. It will put a great deal of extra money in a users pocket. Because of today's spiraling gas, oil, propane, and other energy costs, the EdenPURE® will provide even greater savings as the time goes by.

The EdenPURE® comes in 2 models. Model 500 heats a room up to 300 square feet and Model 1000 heats a room up to 1,000 square feet.

End of interview.

Readers who wish can obtain the EdenPURE® Quartz Infrared Portable Heater at a $75 discount if they order in the next 10 days. Please see the Special Readers Discount Coupon on this page. For those readers ordering after 10 days from the date of this publication, we reserve the right to either-accept or reject order requests at the discounted price.

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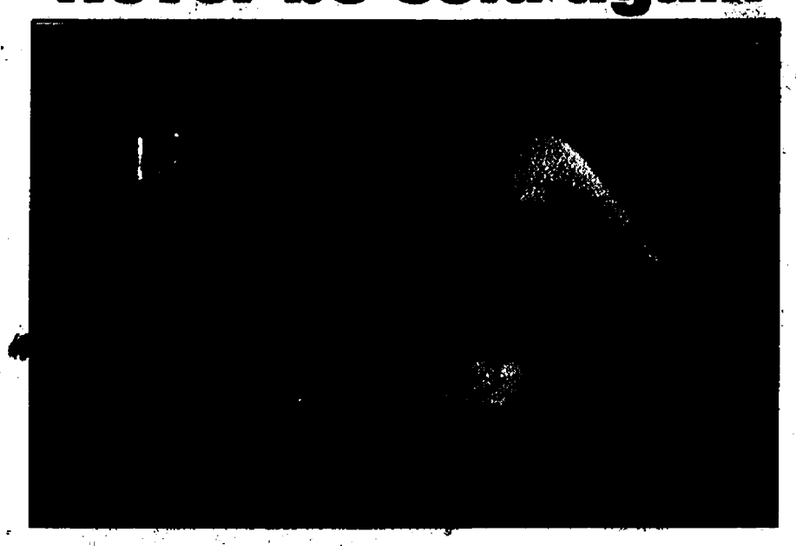

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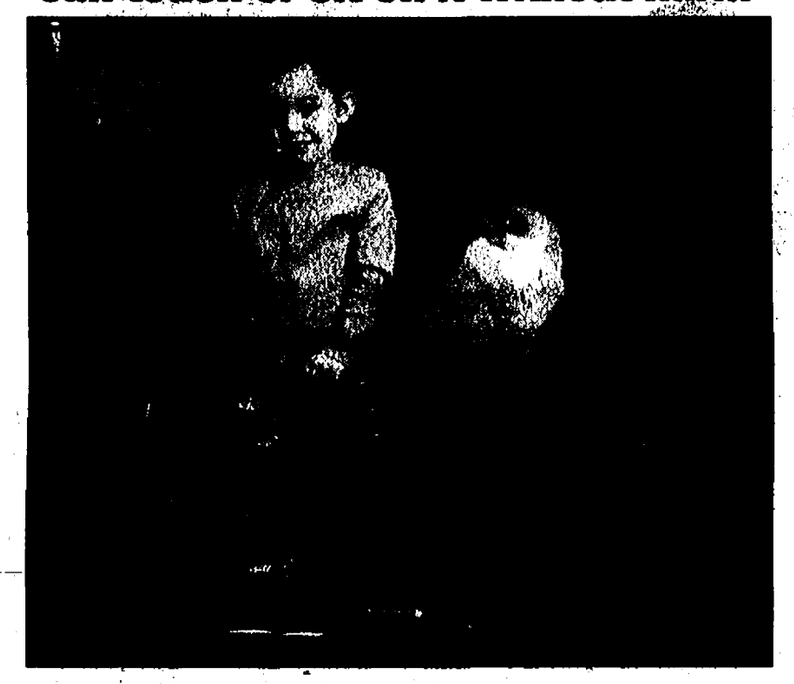

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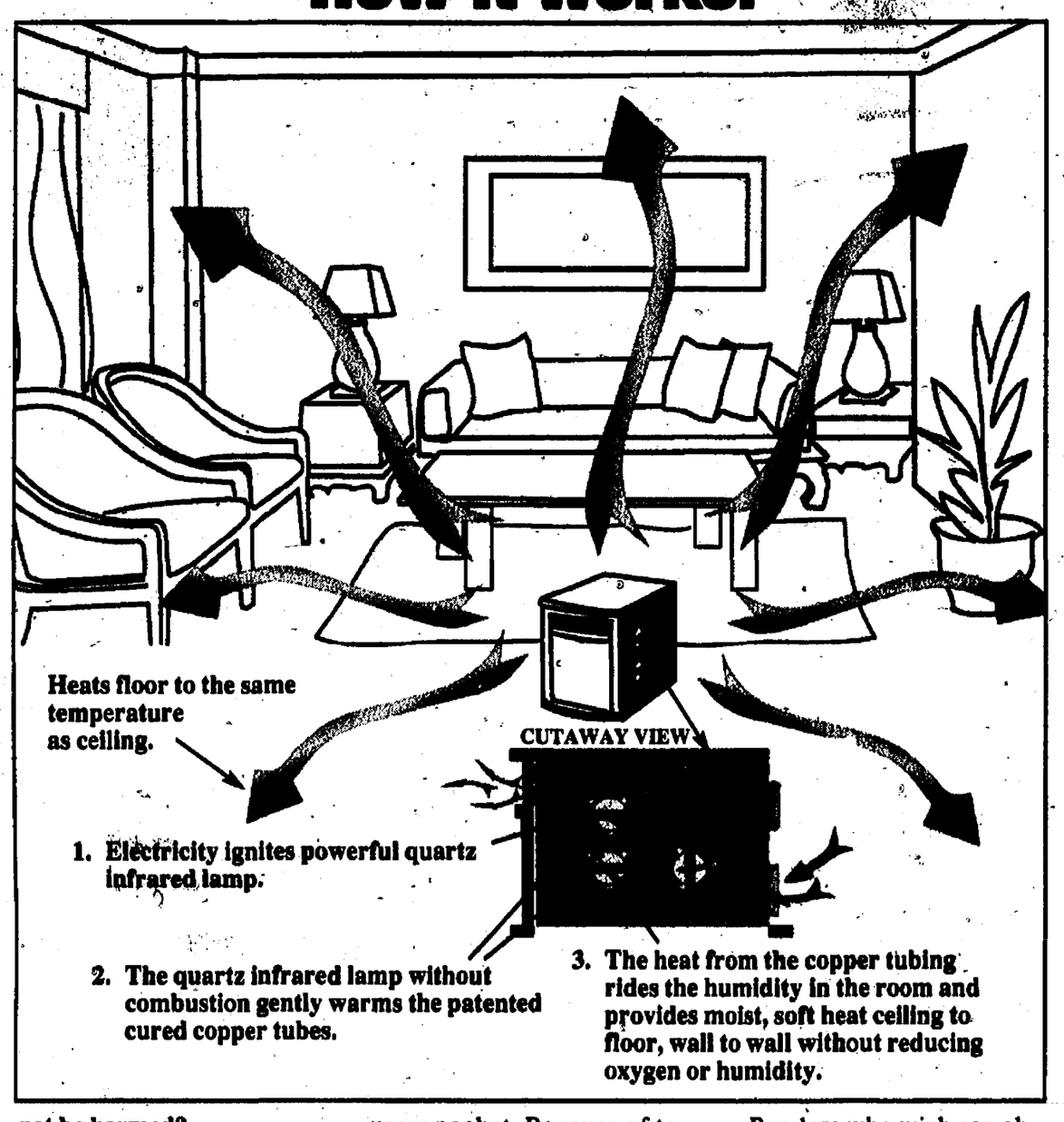

SPECIAL READER'S DISCOUNT COUPON

The price of the EdenPURE® Model 500 is $372 plus $17 shipping for a total of $389 delivered. The Model 1000 is $472 plus $27 shipping and handling for a total of $499 delivered. People reading this publication get a $75 discount with this coupon and pay only $297 delivered for the Model 500 and $397 delivered for the Model 1000 if you order within 10 days. The EdenPURE® comes in the decorator color of black with burled wood accent which goes with any decor. There is a strict limit of 3 units at the discount price - no exceptions please.

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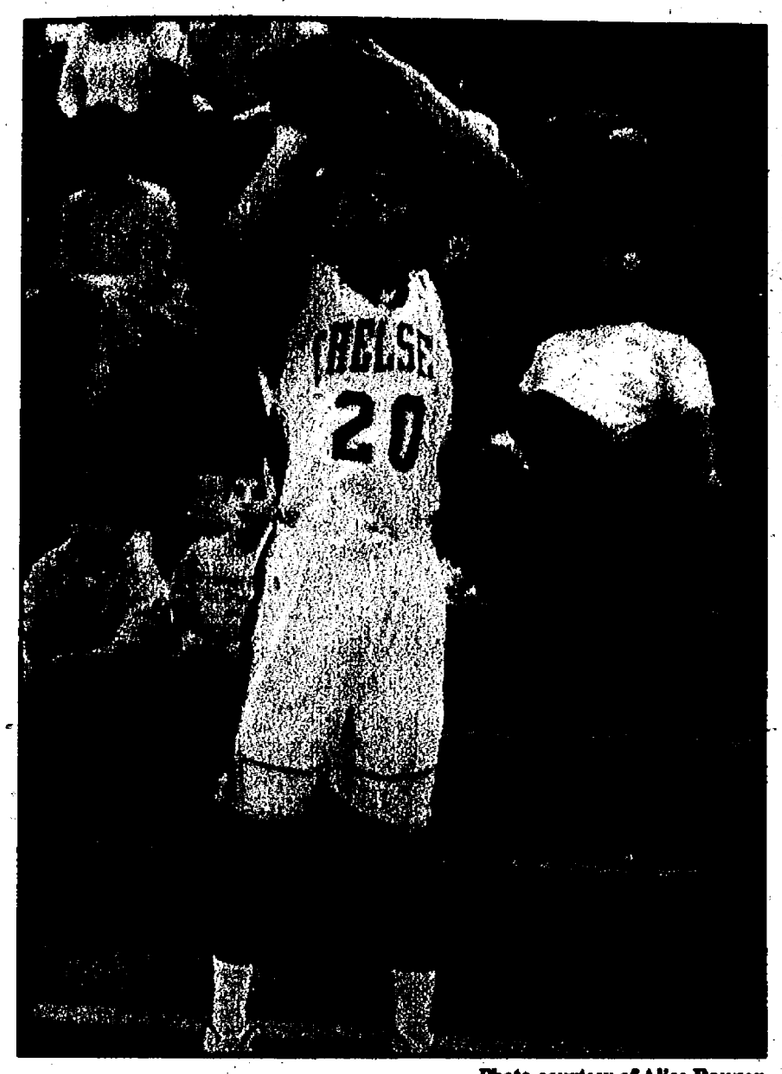

Photo courtesy of Alice Rawson

Chelsea's Greg Rebudela squares up to shoot during last Friday's game against Temperance Bedford. The 6-foot-3 junior forward scored six points and hauled down eight rebounds in the Class B No. 5-ranked Bulldogs' 49-33 win.

Basketball

State-ranked Bulldogs remain unbeaten

By Don Richter
Sports Editor

Chelsea's boys' basketball team continued its unbeaten season defeating visiting Temperance Bedford last Friday 49-33.

The Bulldogs (8-0, 3-0 in the Southeastern Conference), ranked No. 5 in the state in Class B, clamped down defensively in the first half against the Mules breaking out to a 12-3 first quarter lead.

At halftime, Chelsea increased its advantage to a commanding 30-8.

"We played outstanding team defense in the first half," said Chelsea coach Robin Raymond. "This is the second time this year we've held a team to eight points at the half."

Entering the third quarter, the Bulldogs continued leading 42-21.

In the fourth quarter, Bedford outscored Chelsea 12-7 for the night's final margin.

Senior swing player Micah Hudson (6-foot-2) led the Bulldogs with 11 points, including two three-pointers, three rebounds and three assists.

Senior guard Adam Connell added 10 points and five rebounds, while senior forward Benny Johnson (6-2) had seven points and six rebounds and junior forwards Stu Mann (6-2) six points and nine boards and Greg Rebudela (6-3) six points and eight rebounds for Chelsea.

Senior forward Mike Sauers had four points, while junior center Dean Roberts and junior guard Jeff Adams each had two points and junior guard Elliot Marshall one point for the Bulldogs.

Senior starting point guard Nate Schwarze missed the game because of the flu.

Chelsea finished 20-of-50 for 40 percent from the field. Bedford ended up 12-of-44 for 27 percent.

At the line, the Bulldogs were 5-of-11 for 45 percent. The Mules were 6-of-15 for 40 percent.

Chelsea out-rebounded Bedford 39-33 on the glass.

The Bulldogs forced 17 turnovers and had six steals.

"We rotated people in and out," Raymond said. "Everybody played in the game. Everybody stepped up with Nate (Schwarze) out and did a little extra. Connell started at point and played an excellent floor game."

On Jan. 9, visiting Chelsea defeated Class A No. 8-

See UNBEATEN — *Page 5-C*

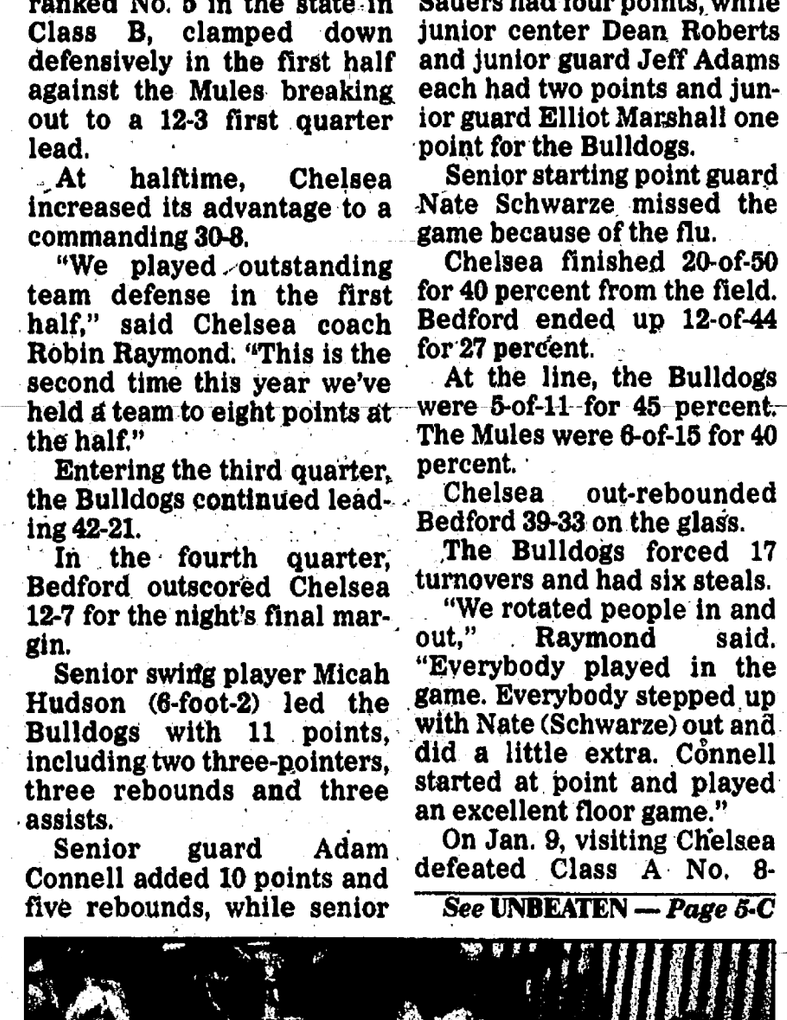

Photo courtesy of Alice Rawson

Stu Mann drives to the basket against Ann Arbor Pioneer last week. The junior forward scored eight points and had eight rebounds in Chelsea's 45-43 victory over the Pioneers.

Photo courtesy of Burrill Strong

Chelsea's Howdy Holmes fights for position in front of the Saline goal during last Saturday's game against the Hornets. The Bulldog senior forward scored one goal in Chelsea's 4-4 tie against Saline.

Hockey

Chelsea icers tie Saline

By Don Richter
Sports Editor

Chelsea hockey tied visiting Saline 4-4 last Saturday at the Arctic Coliseum.

The Hornets skated out to an early 1-0 lead scoring 22 seconds into the game as Ryan Luke beat the Bulldog net minder.

Chelsea (10-4-1, 2-1-1 Southeastern Conference) answered three minutes later as senior forward Schyler Williams scored off an assist from senior defenseman Jake Vaughan, tying the contest at 1-1.

With less than one minute remaining in the opening period, Saline regained the lead as Randy Schilke scored giving the Hornets a 2-1 advantage heading into the second stanza.

In the second period, Williams scored a power play goal at 7:29 of the frame tying the game at 2-2. Junior defenseman Matt Prince and Vaughan recorded an assist on the play for Chelsea.

At 5:11 of the third period, Bulldog senior forward Howdy Holmes scored on a penalty shot giving Chelsea a 3-2 lead. The Hornets covered up the puck in the crease forcing the penalty shot.

One minute later, David Spallina scored for Saline tying the contest once again 3-3.

Ten seconds later, the Hornets took the lead as Kelly O'Sullivan scored vaulting Saline back on top 4-3 at the 6:30 mark of the third period.

At 7:30 of the third period, Williams scored his third goal of the night for a hat trick for the game's final margin. Junior forward Kyle George picked up an assist on the play for Chelsea.

The Bulldogs out-shot the

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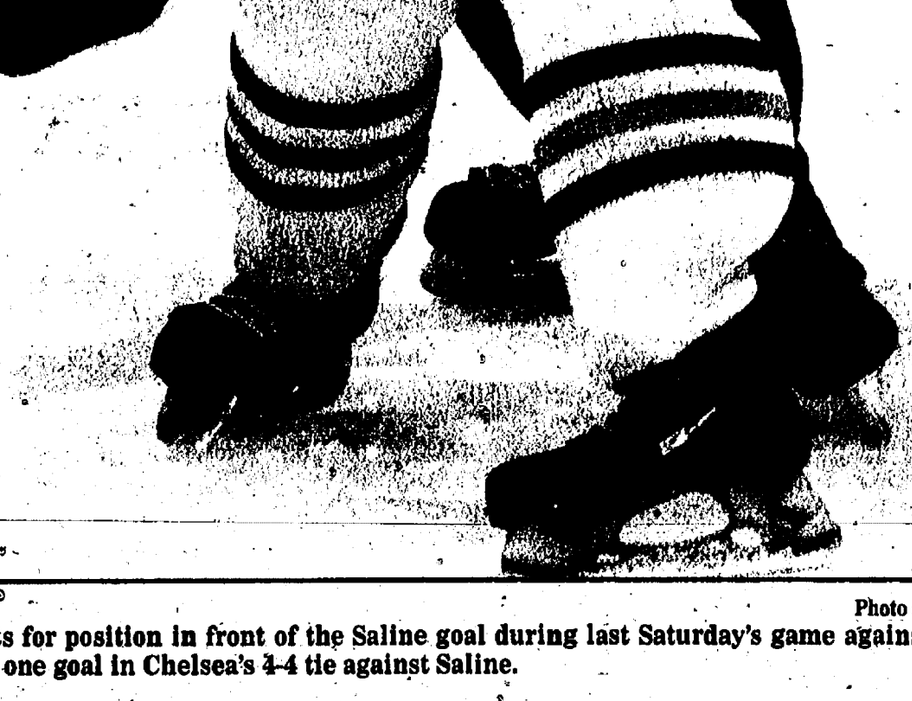

Bulldog sophomore forward Steve O'Keefe stick handles toward the net against Saline in last Saturday's Southeastern Conference game at the Arctic Coliseum.

Photo courtesy of Burrill Strong

Photo courtesy of Alice Rawson

Chelsea's Kyle George had one assist in the Bulldogs' 4-4 tie against Saline last Saturday. The junior forward also scored one goal in Chelsea's 4-1 win over Jackson Lumen Christi Jan. 10.

Photo courtesy of Alice Rawson

Chelsea freshman Viran Rana placed fifth in the 200 individual medley with a time of 2:30.00 in the Bulldogs' dual meet against Saline last Friday.

Swimming/Diving

Tankers face Saline, Huron in pool

By Don Richter
Sports Editor

Chelsea's boys' swimming and diving team lost to Saline 110-76 last Friday.

"Saline has a very good team," said Chelsea assistant coach Brian Thomas. "Numbers-wise, they're up there in the conference."

To begin the meet, the Bulldog group of senior Jordan Skidmore, senior Rick Kinsey, senior Nick Armstrong and senior Jake Policht placed second in the 200 medley relay with a time of 1:48.90. Sophomore Dominic Conybeare, senior Doug Lance, senior Brett Kruse and freshman Viran Rana ended up fourth in 2:00.45 for the Bulldogs.

Rick Kinsey finished first in the 200 freestyle in 1:53.30. Skidmore was fourth in 2:03.17, while freshman Evan Phillips was fifth in 2:05.36 and senior James Bassett sixth in 2:08.73 for Chelsea.

Conybeare placed third in the 200 individual medley in 2:20.47. Sophomore Nick Dyerly was fourth in 2:29.26, while Rana was fifth in 2:30.00 and sophomore Todd Kruse eighth in 2:37.60 for the Bulldogs.

Armstrong was second in the 50 freestyle with a clocking of 23.46. Policht was fourth in 24.75, while Brett Kruse was fifth in 25.15 and senior Mark Bowdish eighth in 28.07 for Chelsea.

In the one-meter diving event, Bulldog freshman Michael Heydlauff finished third with 180.05 points. Peter Wilke was fifth with 148.85 points, while Landon Niesen was sixth with 117.20 points for Chelsea.

Rana placed third in the 100 butterfly in 1:07.90. Dyerly was fourth in 1:09.50, while junior Michael Kozma was seventh in 1:22.11.

Armstrong bested the field in the 100 freestyle, winning in 51.38. Brett Kruse was third in 57.36, while Phillips was fourth in 57.31.

Rick Kinsey finished first in the 500 freestyle with a clocking of 5:02.25. Bassett was fourth in 5:47.48, while sophomore Ryan Wrathall was seventh in 5:57.36.

In the 200 freestyle relay, the Bulldog quartet of Dyerly, Policht, Wrathall and Phillips placed second in 1:42.45. Sophomore Matt Bach, Bowdish, Lance and Bassett touched fourth in 1:51.42.

Skidmore placed first in the 100 backstroke in 58.78. Conybeare was third in 1:04.22, while Todd Kruse was fifth in 1:10.05 and sophomore Jared Gentz eighth in 1:25.21 for Chelsea.

Policht was third in the 100 breaststroke in 1:17.98. Lance was fifth in 1:21.39, while freshman Pete Kinsey was sixth in 1:23.83 and junior Deric Prieskorn seventh in 1:24.98 for the Bulldogs.

In the 400 freestyle relay, Brett Kruse, Rick Kinsey, Armstrong and Skidmore placed second in 3:34.64. Dyerly, Phillips, Wrathall and Conybeare finished fourth in 3:58.99.

"We had an excellent chance of winning the meet," Thomas said. "We didn't swim well at the beginning of the meet. The guys showed up in the second half of the meet. They did a nice job."

On Jan. 9, visiting Chelsea lost to Ann Arbor Huron 114-71.

"Huron is a great program," Thomas said. "They swam real well."

Rick Kinsey, Policht, Conybeare and Rana placed third in the 200 medley relay in 2:00.26 to begin the meet. Todd Kruse, Lance, Phillips and Kozma ended up fifth in 2:08.19.

Rick Kinsey finished second in the 200 freestyle in 1:49.56. Dyerly was fifth in 2:08.34, while Wrathall was sixth in 2:09.66 and Bassett seventh in 2:13.69.

Armstrong ended up fourth in the 200 individual medley in 2:14.91. Conybeare was fifth in 2:22.27, while Rana was sixth in 2:31.11.

Policht led the Bulldogs placing third in the 50 freestyle in 25.02. Brett Kruse was fifth in 25.55, while Phillips was sixth in 26.21 and Bowdish seventh in 28.26.

Heydlauff finished second in the one-meter diving competition with 152.60 points. Wilke was fourth with 150.35 points.

Skidmore touched second in the 100 butterfly in 1:01.68. Rana was fifth in 1:09.44, while Kozma was seventh in 1:25.96.

Armstrong finished second in the 100 freestyle with a time of 51.60. Brett Kruse was third in 55.89, while Phillips was sixth in 57.45 and Bach eighth in 1:03.26.

Rick Kinsey placed second in the 500 freestyle with a clocking of 5:05.11. Bassett was fifth in 5:50.70, while Dyerly was sixth in 5:56.40.

Rick Kinsey, Brett Kruse, Armstrong and Skidmore placed second in the 200 freestyle relay in 1:37.70. Phillips, Bach, Wrathall and Policht finished fourth in 1:45.46.

Skidmore placed first in the 100 backstroke in 1:01.59, while Conybeare was second in 1:04.19 and Todd Kruse fifth in 1:09.38.

Policht ended up second in the 100 breaststroke with a time of 1:19.22. Lance was third in 1:19.38, while Pete Kinsey was fourth in 1:24.66 and Gentz fifth in 1:32.07 for Chelsea.

In the 400 freestyle relay, the Bulldog foursome of Rick Kinsey, Skidmore, Conybeare and Armstrong placed first with a clocking of 3:39.66. Dyerly, Bach, Rana and Wrathall touched third in 4:04.31 for the Bulldogs.

Chelsea next travels to Adrian for a meet Friday at 6:30 p.m.

On Tuesday, the Bulldogs host Milan at 6:30 p.m.

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

Photo courtesy of Alice Rawson

Bulldog senior Brett Kruse finished fifth in the 50 freestyle in 25.15 during last Friday's meet against Saline.

Basketball

Beach tops Adrian

Chelsea's Beach Middle School seventh-grade boys' Gold basketball team defeated host Adrian White 47-29 Jan. 10.

The Bulldogs raced out to an 18-4 first quarter lead taking early control of the game.

Jake Steinhauer led Beach with 18 points.

Cody Ray added six points, while Alex Stock, Sean O'Quinn and Mason Wagner each had five points for Chelsea.

Nick Scriptor, Cody Ellyson, Jarred Scheese and Tanner Starkey each finished with two points for the Bulldogs.

"Cody Ray, Nick Scriptor and Mike Zink all played their best games of the year," said Chelsea coach Mike Bareis.

Moyle to skate in national senior event

Chelsea's Kendra Moyle will participate in the United States national senior skating pairs event in Spokane, Wash. Sunday through Jan. 28.

Moyle will compete in the event with skating partner Andy Seitz.

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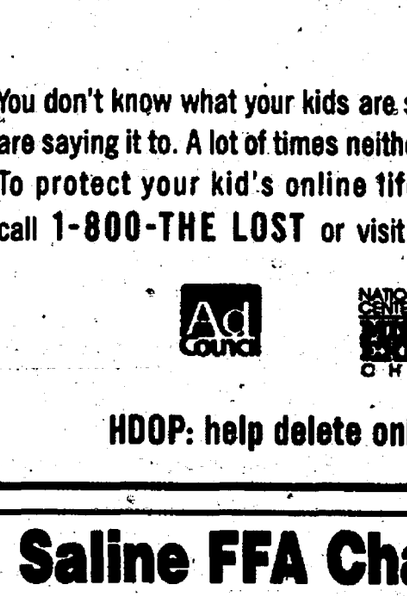

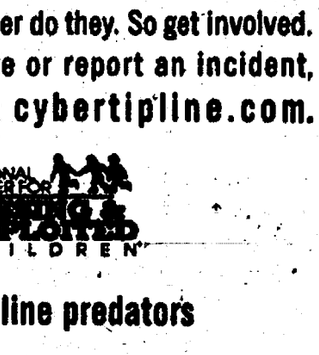

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Volleyball

Chelsea second at invite

By Don Richter
Sports Editor

Chelsea volleyball continued its strong season last Saturday finishing second at the Wyandotte Invitational.

"That was the third final that we've reached in four tournaments this year," said Chelsea coach Laura Cleveland.

Last Saturday, the Bulldogs ended up 3-2-1 overall.

In pool play, Chelsea defeated Grosse Ile, split with Garden City and lost to Wyandotte.

In the tournament quarterfinals, the Bulldogs beat Warren Cousino 15-25, 25-15, 15-6.

Chelsea topped Riverview 25-19, 23-25, 15-10 in the invitational semifinals.

In the tourney final, the Bulldogs lost to the host Bears 14-25, 20-25.

Though Chelsea has fared well this season in tournaments and in dual matches, Cleveland said her squad still needed to improve.

"We're getting better defensively," she said. "But we still need to improve our reading and create more plays with our defense. We need to focus on that."

Cleveland also said the Bulldogs needed to shore up on offense.

"We need to improve our hitting efficiency across the board with all of our hitters," she said.

Photo courtesy of Alice Rawson

Chelsea's Paige Denison spikes the ball over the net. The senior outside hitter helped lead the Bulldogs to a second-place finish at last Saturday's Wyandotte Invitational.

Last Thursday, Chelsea defeated visiting Southeastern Conference White Division foe Tecumseh 15-25, 25-20, 25-19, 25-15 in a dual match.

The Bulldogs next travel to Adrian for a match Thursday at 7 p.m.

On Jan. 25, Chelsea visits SEC White Division opponent Ypsilanti Lincoln for a contest at 7 p.m.

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

Swimming/Diving

Beach laps Ypsi Lincoln

By Don Richter
Sports Editor

Chelsea's Beach Middle School swimming and diving team defeated host Ypsilanti Lincoln 125-45 Jan. 10.

The Bulldog foursome of Jacyln Murphy, Kelly O'Keefe, Hannah Olsen and Andrew Wickens placed first in the 200 medley relay. Claudia Bravo, Ross Argir, Laura Lodewyk and Chris McQuarrie touched second for Beach. Finishing fourth in the 200 medley relay was the Chelsea team of Alexis Roberts, Katie Frankhart, Anna Helvey and Mackenzie Cole.

In the 200 freestyle, Joe Haroney ended up first for Beach, followed by teammates Jacob Bogarin in second and Bourke Lodewyk in sixth place.

Bravo finished second in the 100 individual medley, while Laura Lodewyk was third and Philip Arbogast-Wilson fourth for Chelsea.

Wickens bested the field in the 50 freestyle placing first for Beach. Argir was second in the event, while McQuarrie was fourth.

Capturing the diving event was Bulldog Lauren Dark. Colby Wrathall ended up third for Chelsea.

In the 50 butterfly, Olsen finished first, while Laura Lodewyk was second and Helvey fourth.

In the 100 freestyle, Wickens placed first, while Arbogast-Wilson was second and Cole third for Beach.

The Bulldog quartet of Bourke Lodewyk, Kaitlin Jolly, Shelby Collins and Clara Erickson finished first in the 200 freestyle relay. Ashley Chrisman, Paige Erickson, Laura Heaney and Megan Hall placed second for Chelsea.

Murphy finished first in the 100 backstroke, while Bravo was second and Roberts third.

In the 100 breaststroke, O'Keefe ended up first, while Frankhart was second and Olsen third for the Bulldogs.

In the 400 freestyle relay, Haroney, Bogarin, Helvey and Murphy finished first for Beach. Paige Erickson, Clara Erickson, Heaney and Collins touched third for Chelsea.

Beach next travels to Erie-Mason to participate in its invitational Saturday at 9 a.m.

On Wednesday, Chelsea visits Saline for a meet at 4 p.m.

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

Bulldog Hockey

The Chelsea Bulldogs Pee Wee House hockey team placed second at the 21st annual Jackson Optimist Tournament losing to Jackson 5-2 in the final. Members of the squad include, front row, Riley Long (left), Jacob Rhodes, James Lorincz and Garrett Livernois; middle row, Jeremy Chesney (left), Trevor Barker, Julian Mountain, Caleb Bentley, Devon Erps, Jacob Dobberstein and Nate Saarinen; back row, Michael Miraviou (left), Ricky Cassell, coach Jody Fullerton, assistant coach Mark Downey and Chris Hanselman.

Hockey

Event for Sumner, Tuttle set

The Michigan Conservation Officers Association and the Detroit Red Wing Alumni Association announce a benefit ice hockey game for the wives and children of former Chelsea Police Chief Scott Sumner and former Chelsea Fire Captain Matt Tuttle. These two dedicated public servants tragically died in the line of duty in a helicopter crash last April.

The game will be played 7 p.m. Jan. 25 at the Ann Arbor Ice Cube. Tickets for the event are $15. All proceeds from the game will go to the families of Sumner and Tuttle.

The Detroit Red Wings Alumni team will face off against the Michigan Department of Natural Resources Law Conservation Officers.

Tickets to the game are available at multiple locations including: The Wolverine Bar and Grill in Chelsea, Old U.S. 12 at M-52, 734-475-9014; Thompson's Pizza in Chelsea, Old U.S. 12 West of M-52, 734-475-7605; Dexter Fire Department, Main Street in Dexter, 734-426-4500 and Washtenaw County Sheriff Department, 2201 Hogback Road, Ann Arbor, 734-973-4691.

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Photo courtesy of Burrill Strong

Chelsea senior Michael Bazydlo struggles for control of the puck along the boards against Saline during last Saturday's 4-4 tie.

TIE

Continued from Page 1-C

Hornets 30-23 for the contest.

Preserving the tie in net for Chelsea was senior goaltender Josh Cottrell.

Though earning a tie against the defending state Division 2 finalist, Bulldog coach Don Wright felt his squad could have played better.

"Saline's a good hockey team, but I was disappointed," he said. "I thought we played poorly in our own end. We were very sloppy. Guys weren't picking up their assignments. We gave up two goals in 10 seconds. If we played better in our own zone we could have prevented that."

On Jan. 10, host Chelsea defeated always tough Jackson Lumen Christi 4-1.

"It was one of those games with a number of penalties," Wright said. "We were able to take advantage of our opportunities. Lumen is always a tough and physical game. It was nice to get a win."

Of the Bulldogs' four goals, three came on the power play.

At 9:41 of the first period, senior forward David Maveal scored off an assist from junior forward Garrett Nickels giving Chelsea a 1-0 lead.

In the second period, Maveal scored his second goal of the night on a power play increasing the Bulldogs' advantage to 2-0 with 7:15 on the clock. Senior defenseman Travis Amburgey and Williams recorded assists on the goal for Chelsea.

The Titans responded one minute later as Logan Hollow turned the light on for a power play goal, trimming the Bulldogs' lead to 2-1.

In the third period, Chelsea put the game away scoring two unanswered goals.

At 2:40 of the third stanza, George scored a power play goal off an assist from Maveal and Vaughan upping the Bulldog lead to 3-1.

To close out the game, Maveal scored on a power play for his third goal of the night and a hat trick. Amburgey and Holmes picked up an assist on the play for Chelsea.

The Bulldogs out-shot Lumen Christi 30-14 for the night.

Earning the win between the pipes for Chelsea was Cottrell.

The Bulldogs played strong defensively in the final period.

"We held them (Lumen Christi) to one shot in the third period," Wright said. "We did a good job of keeping the play in their end."

Chelsea next travels to county rival Dexter for a game 7 p.m. Saturday at Veterans Arena.

On Jan. 26, the Bulldogs host Davison at 7 p.m. The Cardinals were Division 2 state semifinalists last season.

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

Health & Fitness

Nutrition expert offers advice

As obesity rates continue to rise nationwide, fad diets offering a quick fix are becoming more and more prevalent. While some people might swear by such diets, the goal of dieting is sustainable long-term health, something many fad diets simply can't offer.

In lieu of seeking avenues for rapid weight loss, people looking to make a change during this dieting season, should heed the advice of professionals who suggest making subtle changes to daily routines as a means of weight management. By making the right changes an ongoing part of their lifestyles, dieters are more likely to keep the weight off permanently. Such an accomplishment can greatly reduce a person's risk of heart disease, stroke and diabetes.

Laura Molseed, a registered dietitian at Del Monte Foods, offers these tips for healthy, sustainable weight loss.

• Live a more "fruitful" life. As more Americans are recognizing the country's growing obesity problem, healthier foods continue to move to the forefront of diets. Foods low in calories, Trans fat and sugar, such as fruits and vegetables, can help many Americans lower their weight, manage their blood sugar levels and maintain a healthy heart.

"Fruits and vegetables are naturally low-calorie foods that are excellent sources of vitamins, minerals and fiber," said Molseed. "Taking simple steps toward a healthy lifestyle each day will yield significant results in your overall health. For starters, just add one more serving of fruit, vegetables or tomatoes daily, and one more serving weekly of tuna, to your diet."

Leading consumer goods companies are responding to consumers' demand for healthy, convenient items that they can keep in their pantry with innovative new products. In particular, Molseed recommends new Del Monte No Sugar Added products, which contain 50 to 70 percent fewer calories and less sugar than regular Del Monte fruit products without sacrificing taste.

* Snack, but snack wisely. Part of the reason many fad diets fail to result in long-term health is because they set unrealistic guidelines by which to follow. For instance, as good as a shake might taste a couple of times per

See NUTRITION — *Page 5-C*

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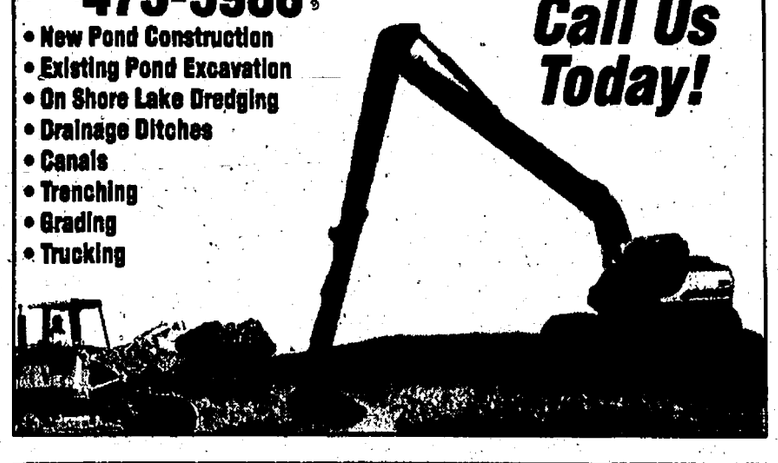

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EASY # 35

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

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MEDIUM # 35

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Photo courtesy of Alice Rawson

Chelsea's Mike Sauers battles for a rebound against Temperance Bedford last Friday. The senior forward finished with four points in the Bulldogs' 49-33 win over the Mules.

NUTRITION

Continued from Page 4-C

day, sooner or later dieters are going to want real, tangible food.

. Instead of starving themselves between meals, dieters are encouraged to make smart choices when it comes to snacking. In fact, small, healthy snacks can help to motivate your metabolism and boost energy. There is a variety of on-the go snacks available to calorie-conscious consumers, such as low-fat pretzels and high-protein nuts.

* Make your food work for you. Dieters tend to look at food as the enemy, but that's not necessarily the case. While large portions of anything is never a good idea, moderate portions of healthy foods can actually help dieters reach their goals of achieving optimal health. Single-serving products like fruit cups, yogurt, pouch tuna and even cookies are a great way to ensure that you're getting the proper number of servings of the foods you need, while regulating your portions.

* Make exercise as much a part of your routine as diet. No successful weight loss regimen is complete without incorporating exercise into the daily routine. Simply eating healthier and smaller portions is not enough to achieve optimal health. In addition to eating fewer calories through such foods as fruits and vegetables, dieters need to exercise to help burn off excess calories, which can linger in spite of your best efforts to alter your diet.

Though the season for dieting is upon us all, it's important for dieters to keep in mind that a commitment to weight loss is also a commitment to keeping the weight off. With the right approach, even the most subtle changes can end up making all the difference.

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UNBEATEN

Continued from Page 1-C

ranked Ann Arbor Pioneer (6-2) 45-43.

"It was a tight game the whole way," Raymond said. "Pioneer played different defenses throughout the game. Our kids really reacted well to the different defenses. We handled their pressure pretty well. It was a huge road win in the league."

At the end of the first quarter the score was knotted at 13-13.

At the break, the Bulldogs held a slim 23-21 advantage.

Heading into the fourth quarter, Chelsea led 34-33.

In the fourth frame, the Bulldogs outscored the Pioneers 11-10 for the final margin.

Schwarze (5-11) came up big against Ann Arbor nailing a jumper from the right wing just inside the three-point line with two seconds left for the win.

"We called a timeout with 10 seconds left and the score tied at 43-43," Raymond said. "They (Pioneer) did a great job denying the entry pass. Nate got the ball in the backcourt, brought it (ball) down and was able to hit the jumper."

Schwarze, named first-team All-State in football as a receiver this past fall, is a clutch athlete for the Bulldogs.

"Nate's played enough athletics that he likes to be involved in pressure plays," Raymond said.

Schwarze led Chelsea with 15 points, three rebounds and three assists.

Sauers chipped in 11 points and three steals, while Mann had eight points and eight rebounds and Hudson five points and a team-high 11 boards.

Connell finished with four points and five rebounds, while Roberts had two points for the Bulldogs.

A key to Chelsea's victory was holding Pioneer's leading scorer senior guard J.T. Knight (6-2) to two points. Knight normally averages 13 points per game.

"We tried to limit him to a few catch and shoots," Raymond said. "That's when he's tough. We made him put the ball on the floor. Our defense really controlled the game for us."

Like the Bulldogs, Ann Arbor plays tough, hard-nosed defense.

"They're one of the top defensive teams in the area," Raymond said. "They try to trap you. It was a back and forth game. We really had to work for our points."

Chelsea finished 20-of-46 from the field for 43 percent. Pioneer was 18-of-40 for 45 percent.

At the line, the Bulldogs were 2-of-2 for 100 percent, while Ann Arbor was 5-of-12 for 42 percent.

Pioneer out-rebounded Chelsea 33-31, including 10-8 on the offensive glass.

The Bulldogs had 16 turnovers to Ann Arbor's 19. Chelsea had 11 steals, while Pioneer had 12 steals.

Raymond said the most important factor for the Bulldogs' unbeaten start has been their defensive effort game in and game out. Chelsea's average margin of victory this season has been 20 points. The Bulldogs are averaging 67 points per game, while limiting opponents to 47 points.

"Defensively we're playing really well," Raymond said. "Our goal is to always hold our opponent under 50 points. To hold our opponents to 47 (points) is playing good defense."

Raymond said other keys to Chelsea's successful start have been passing and effort.

"We're passing the ball very well," he said. "The guys look for each other. We're also outworking our opponents. Our kids are aggressive. We react well to the basketball. We get to a lot of loose balls."

Raymond said not everything is going smoothly for the Bulldogs.

"We need to continue to work on our rebounding," he said.

Chelsea next travels to Adrian for a game Friday at 7 p.m.

On Jan. 26, the Bulldogs host Tecumseh at 7 p.m.

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

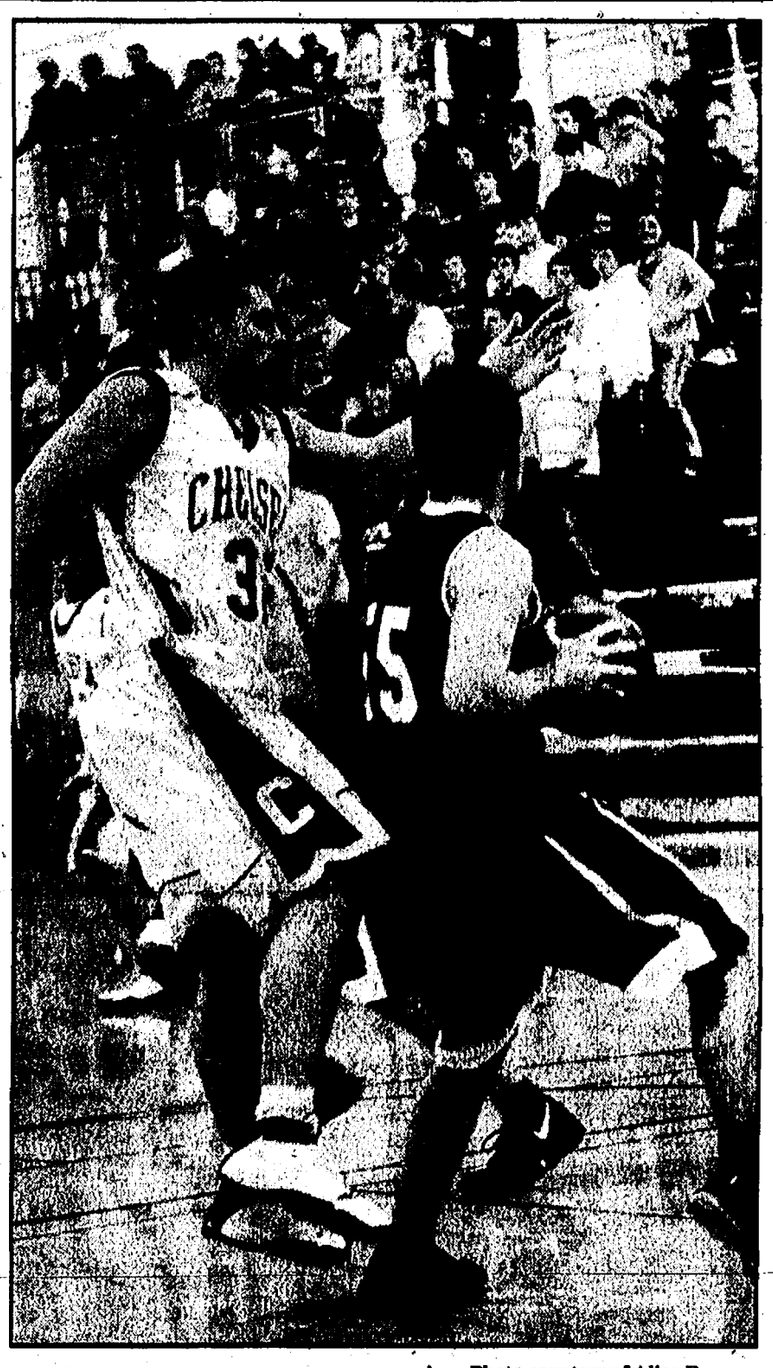

Photo courtesy of Alice Rawson

Bulldog Benny Johnson tries for a steal against Temperance Bedford last Friday. The senior forward had seven points and six rebounds in Chelsea's victory over the Mules.

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EASY #35

3	6	8	9	1	4	5	2	7
4	9	5	3	2	7	6	1	8
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6	3	9	5	8	2	1	7	4
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MEDIUM #35

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

If you haven't heard, it's a dog's life

If you're considering adding a canine to your family, design with your dog in mind.

Although he probably won't fuss about the wallpaper you've chosen, there are a few features that will wag his tail:

1. A yard of any size is appreciated but the bigger the better.

2. If you have a fence, install a doggie door. Coming and going at leisure can be a luxury for both you and your dog. This convenient feature eliminates your trips outside in the rain, snow, sleet and hail, in the dark of night and in the wee hours of the morning!

3. Any type of water is important. Be it a pond, pool, lake or river, splashing about floats most dogs boats! Some more discerning dogs may balk at the blue plastic pool but try it in a pinch!

4. Dogs are pack animals and are comfortable in their dens. I'm not talking Lazy Boy here, but rather a small cave-like area where Clifford feels secure. Often taking the door off a kitchen cabinet and equipping it with a cushion can provide a haven for smaller dogs.

5. Provide a window that allows him to see out. Window seats are considered premium but any " nose- height" window will do. Our dogs miss us when we're gone and watching the world go by can prevent boredom.

6. Save your sanity and insist on a Mudroom. The most ideal room should include a mini shower; basically a shower pan with hand held shower head to hose off your beast. Once you've tried hauling your dog into the family tub you'll understand why!

7. Consider food storage. A metal container or a designated drawer or box that can't be opened by your canine friend would be ideal. Some dogs will eat whatever they can sink their teeth into and an open food bag can be dangerous.

8. The Dog Bed: If your furry friend hasn't already taken over yours, he'll love his own dog bed. Options vary from wild to way out there. Consider this luxury item from www.theloyaldog.com (see photo).

9. Floor covering. When a visitor approaches the front door, if your dogs are like mine, they'll tear through the house at top speed to be the first on the scene to greet your guest. Consequently area rugs and hardwood floors can be a slippery combination. I often arrive home to find my foyer rug half way across the room and curled up against the door, evidence of a long skid. I highly recommend non-slip rug pad/liners for under your rugs.

In addition if you're going to have hardwood floors, the pre-finished variety offer the most protection against scratching. Manufacturers such as Bruce and Hartco maintain that their factory urethane finishes, cured under UV light, dry much harder than finish applied on-site.

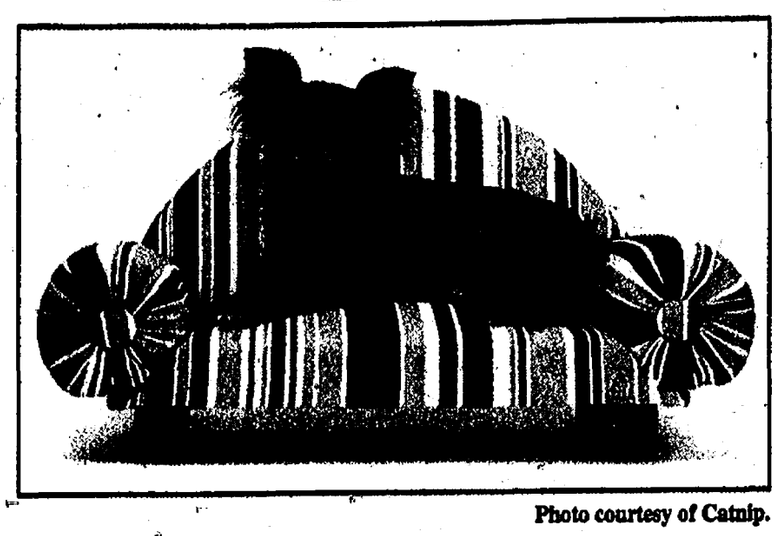


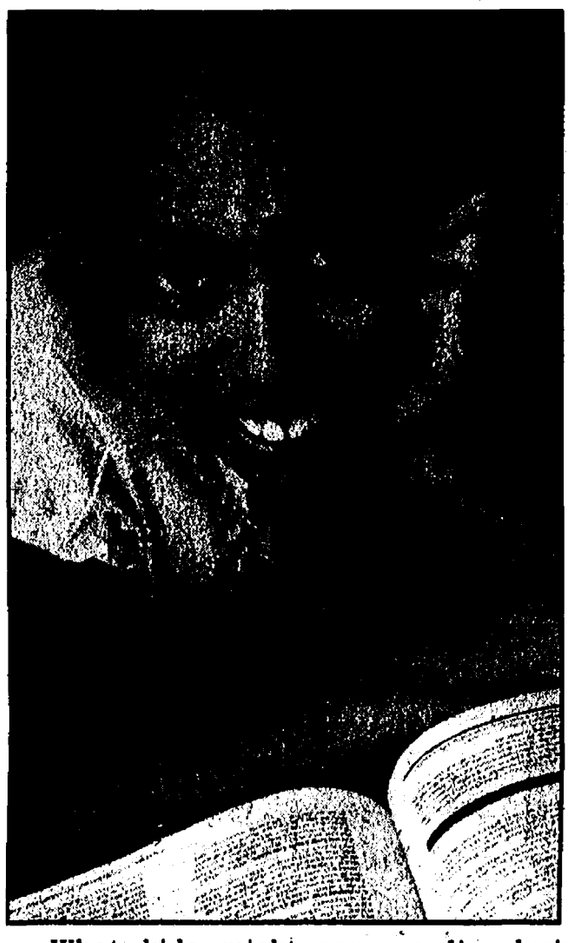
Photo courtesy of Catnip.

Melissa VanDam holds degree in Interior Design from Michigan State University, runs her own business, Studio V Interior Design, and works for builders designing model homes. You can contact her at melissa@studiovinteriordesign.com

Education

Parents need to "encourage" kids to read

Encouraging kids to read can be a great way to promote their cognitive development.



Nowadays, television seems to be more popular than ever. Programs appear to be more hyped, advancements in technology make television viewing akin to going to the movies and busy schedules have many people feeling as if some time with the tube is a great way to relax.

The American Academy of Pediatrics (AAP) recommends no more than two hours of quality programming per day for children. Yet, despite such recommendations, the AAP reports children in America typically watch four hours of television per day. This includes children under the age of two, who the AAP suggests should not watch any television at all, for fear of stunting cognitive, social and emotional development.

Watching TV is far more damaging to kids than it is to adults for a number of reasons.

•Weight problems. Common sense tells you sitting on the couch won't benefit you physically and it hurts children even more. The AAP reports that children who spend four hours or more per day watching television are more likely to be overweight. Overweight children do not develop appropriate patterns of exercise, which will hurt them well into their adult years.

•What television teaches. Studies have shown that television has consistently reinforced gender roles and racial stereotypes. In spite of a parents' best efforts, subtle nuances between what parents teach their children and what the television is teaching them could be negatively influencing how they see the world.

•What kids might see. While adults have the ability to differentiate between reality and the fictional world of television, children might not always be able to do so. For example, studies have indicated that children who see violence on television are more likely to believe something bad will happen to them, despite the two being entirely unrelated.

For parents, each of those potential consequences should understandably be cause for concern. Limiting television time is one solution some childcare professionals have suggested, while others suggest replacing typical programming with more educational programming.

Where most advocates seem to agree concerns varying children's activities to include exercise and reading, among other things. While most children enjoy exercise, getting them to read can be a different story, meaning parents might have to come up with some creative ways to get their kids to embrace reading.

•Don't force it. As any parent knows, telling kids they have to do something often results in them not doing it. Such is the case with reading. Forcing a child to read can turn him off to reading forever. Try establishing a time each day when the television's turned off and everyone reads. Parents don't need to force reading during these times, but since children are greatly influenced by their parents' behavior, chances are they will also start reading.

•Buy kids magazines. Magazines geared toward children can be great ways to get them excited about reading. For example, children who like sports would likely enjoy a subscription to Sports Illustrated for Kids. Unlike adult magazines, these magazines will feature stories written at reading levels more appropriate for children. In addition, most kids enjoy getting mail, so a subscription in their name will be something that excites them.

•Consider a reading allowance. Allowances aren't just for video games or ice cream cones. Along with their usual allowance, give kids an allowance for reading materials, be it books or magazines. Make sure they know such an allowance is intended solely for reading material, and bring them along each time you go to the bookstore. Again, since children often mimic their parents' behavior, if they see you buying a book, they'll be more inclined to buy one, too.

•Use your older kids. Perhaps the biggest influence on young children is their older brothers and sisters. If you have older children who enjoy reading, ask them to encourage younger siblings, simply by reading in front of them, suggesting books they read when they were younger or having them include the younger kids on trips to the library or bookstore.

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'May you and the people closest to you find a great spotter'

Ministerial Message

By Dr. Matt Hook
Dexter United Methodist

It's mid-January, and my New Year's resolutions are still intact!

One of mine was "to take time to appreciate, nurture, and love those closest around me." I want to stop taking my wife, children and friends for granted. Because the more I learn, the more I realize life is about relationships. The power of friendship is overlooked by our society in general. We can do so much more together.

For example, I enjoy lifting weights at the Outback Gym in Dexter. (Not that you can tell...) There's a really nice early morning crew of folks there. But one of the great things about working out is I meet my friend DeWayne there. He spots for me. Without a spotter, I can't lift as much. But with a spotter, I can lift much more weight. (Well, OK, a little bit more weight). And even though I'm doing the lifting, having a friend there enables me to do much more than I can do alone.

It's the same way in life. Life is made up of heavy things coming your way, sometimes in rapid succession, sometimes slowly over a long time. And whatever 2007 holds, for good or bad, you and I are going to need a spotter. The Bible says it in Ecclesiastes 4:9: "Two are better than one. For if they fall, one will lift up the other; but woe to one who is alone and falls and doesn't have another to help..."

When you look at it that way, taking time to appreciate, nurture, and love those closest around me is just another way of spotting for someone in life. And when it comes to life, so many people try to "work out" alone. Those folks miss out on being able to do more, and they're in more trouble than most when the load gets too heavy. We need to have those who love us all around us. That kind of relationship is actually a rare commodity. Most of what we call love falls into other categories such as liking and lusting. We've been flooded with so many imitations we've become blind to what love is really all about.

In the end, love manifests itself as sacrifice. If you're going to spot for someone, you'll have to sacrifice your time and energy to be there for them. Jesus told his followers that the way the world will know we are his disciples is if we love one another (John 13:35). He gives us the practical expression of love when he says "Greater love has no one than this, to lay down your life for your friends" (John 15:13). He was talking about his own death, explaining that his sacrifice would be the ultimate expression for the love of all people. But people don't need to be loved in general. They need to be loved specifically.

When you realize that the practical expression of love is servanthood, love begins to change everything about your relationships. In fact, that's one of the amazing things about God: God loves to serve. It sounds bizarre to say that God is a servant, but that's only because our value systems are so corrupt and distorted. Jesus said we would be known by our love, but that the greatest expression of love is when we lay our lives down for someone else. Until then, it's a call to serve those around us.

This year, may you and the people closest to you find a great spotter. May they find in you a generous friend who takes time to serve.

Dr. Matt Hook is pastor at Dexter United Methodist Church on the River, located at 7643 Huron River Dr. For more information call 1-734-426-8480 or log onto www.dexterumc.org.

New feature

The Chelsea Standard and Dexter Leader present the "Ministerial Message." Each week a local pastor will contribute a column on something happening in the news, something happening at their place of worship or on a topic they believe is important. The column will appear each week above the faith directory.

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Sunday Morning Service 10:30 am
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Sunday Worship 10:00 a.m.
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www.faithdexter.org

Immanuel Bible Church
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(734) 475-8936
Dominic Aquilino, Pastor
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Worship Service. . 10:00 a.m.
Sunday Evening. . . 6:00 p.m.
Wed. Prayer Meeting7:00 p.m.
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What the world needs now

Silver Maples residents share collective wisdom and experience

By Sheila Pursglove
Special Writer

Take several senior citizens, one tape recorder, and some lively discussions on making the world a better place – and mix together well.

The end result is "What the World Needs Now," a 28-page booklet containing the collective experience and wisdom of several residents of Silver Maples of Chelsea retirement community.

The group did a similar project a year ago, called "Lessons Learned in Life." The discussions arise in Connections, an informal, weekly Tuesday get-together of about a dozen residents, ranging in age from 77 to 95, at Silver Maples retirement community.

"What the World Needs Now" began as a query about the world we live in, and how to make it better, explains Social Service Coordinator Janet Zielasko, who facilitates the group chats.

"Elders have experienced so many more springs, summers, falls and winter than most of us, and these continual years of life provide them with an insight that, when put into words, is so very thought-provoking and valuable," she says.

"When I mention to residents of Silver Maples that they have wisdom to share, the usual response is 'Oh no I don't, not really.' I believe this project, 'What the World Needs Now,' demonstrates in a very tangible way that elders do have much wisdom and it's beneficial to share it with others."

Participants came up with a list of words they analyzed and discussed, speculating as to why this particular word or concept might help improve the world.

The words participants focused on included: honor, simplicity; love, grace, good luck, wisdom, humility, patience, hope, understanding, listening, peace, togetherness, tenderness, responsibility, and wonder.

While words alone cannot change the world, group members wanted to send a simple message to show how each person can make a positive difference and impact – and if even one life is changed, it may eventually change the world for the better, Zielasko says. Participants discussed whether aspects from the "good days" might help improve today's world.

"Their personal experiences, wisdom and insights are truly amazing and often humorous at times," Zielasko says. "Residents who participated in the project gave booklets out to their family and friends for Christmas, but it's a timeless piece and not directly related to the holidays."

Zielasko gave the Chelsea District Library a copy of the booklet so it is available to anyone in the community to read.

"One of our staff's 15-year-old family members recently read the booklet and her response was, 'Wow, there's a lot of deep meaning in this booklet,' Zielasko says. "So if a 15-year-old realizes the importance of the words in this booklet, then I think the elders have accomplished an important mission.

"Their words are based on truth and reality and they challenge all of us to contemplate, learn and grow. To me, that's wisdom."

Ruth Paskewitz, a resident of Silver Maples who participated in the discussions, says she thought the project was very worthwhile.

"It was interesting to take the time to think and talk with others about what the world really needs," she said. "Maybe now others will do the same."

Another participant, Sr. Teresa Rennell, agrees. "If other people were to take the thoughts and messages in the book to heart, then the world might be a better place," she says.

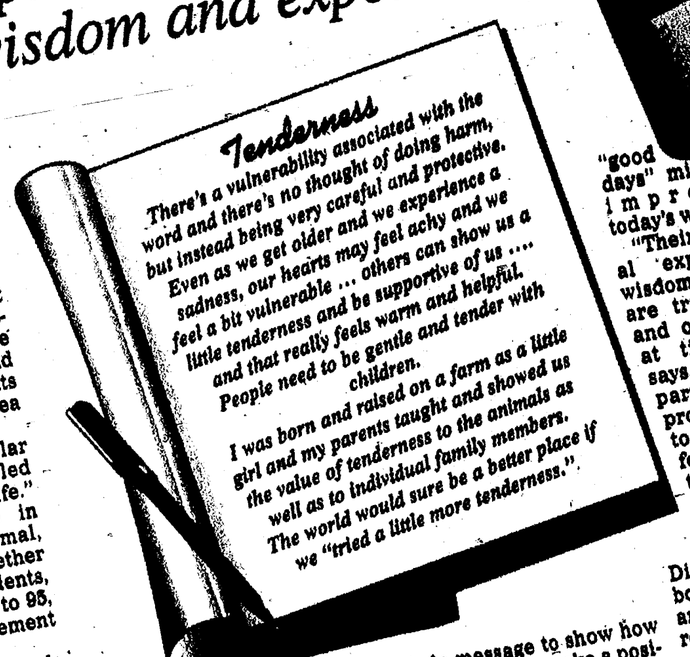
Larry Hunt says participants will probably want to go through the booklet and pick out the pieces they contributed. "But that's not what we're looking for," he says. "We should be looking for contributions we get from other people and we have a lot of them here.

"It was a good thing to share our own wisdom, but more importantly, the process of learning from other people is what is most valuable."

Zielasko strongly encourages others to question and seek wisdom from the elders around them.

"Ask them to share their insights and perspectives of life," she says. "It's amazing where their words can take you."

Sheila Pursglove is a freelance writer. She can be reached at bingley51@yahoo.com.

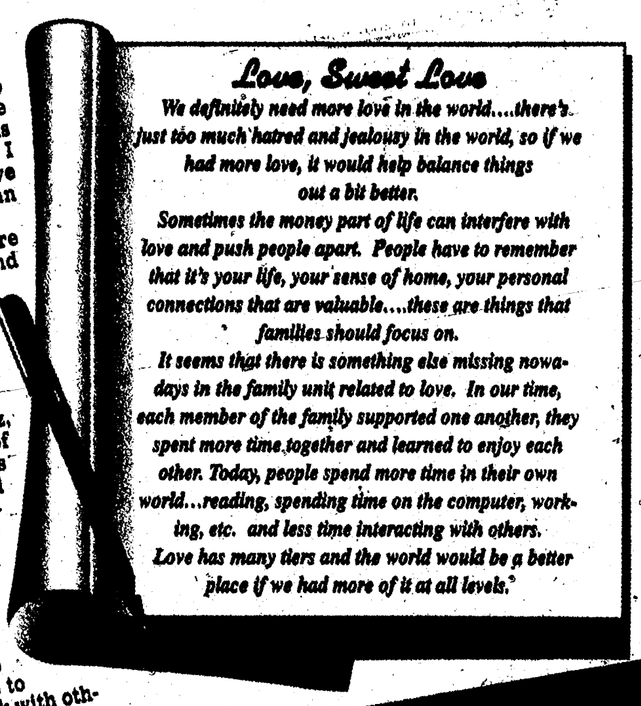


Larry Hunt

"Their words are based on truth and reality and they challenge all of us to contemplate, learn and grow. To me, that's wisdom."

— Janet Zielasko
Social Service Coordinator

Max Elliot (left)



Sister Teresa (right)

Ruth Paskewitz

U-M: Health news

Extra weight can increase complications in surgery

University of Michigan Health System study finds nearly one-third of children having surgery are overweight or obese

ANN ARBOR - A very high proportion of children who are having surgery are overweight or obese, and because of the excess weight have a greater chance of experiencing problems associated with the surgery, according to a new study from the University of Michigan Health System.

Researchers looked at a database of all 6,017 pediatric surgeries at the U-M Hospital from 2000 to 2004, and they found that nearly a third of the patients - 31.5 percent - were overweight or obese. More than half of those children qualified as obese, according to the study, which appears in the new issue of the Journal of the National Medical Association.

The prevalence of overweight children having surgery presents challenges to surgeons, anesthesiologists and their teams. Overweight adult patients are more likely to have conditions such as type II diabetes, hypertension, asthma and other breathing problems, and are more likely to develop infections in their wounds after surgery. The researchers on this study say those conditions also are becoming common among overweight and obese children.

The results also suggest that children who are overweight or obese have an increased likelihood of requiring certain types of surgery. The surgeries these children were having performed most frequently included the removal of tonsils and adenoids, as well as other surgeries designed to assist with breathing problems and sleep apnea; orthopedic surgeries to fix broken bones and other ailments; and procedures designed to mend digestive and gastrointestinal issues.

"The high rates of overweight and obesity that we found among children are striking because overweight children have a higher risk of problems before, during and after surgery," says lead author Bukky Nafiu, M.D., FRCA, a resident in the U-M Medical School Department of Anesthesiology.

"This is an important element of the childhood obesity epidemic, and one that has not received much attention," says senior author Josephine Kasa-Vubu, M.D, MS, assistant professor in the U-M Medical School Department of Pediatrics and Communicable Diseases.

While all age ranges in the study involved high rates of overweight and obesity, the highest was in boys and girls ages eight to 12, typically the age just before entering puberty.

"This seems to indicate an age-related vulnerability to becoming overweight and needing surgery, and this is something we believe warrants further studies," Nafiu says.

Researchers noted that many of these children are likely to remain obese as adults. Some 60 to 70 percent of obese adolescents are likely to remain obese as adults. Because of that they risk problems with their overall health as well as future problems if they need to undergo surgery.

The researchers also point out that the magnitude of the problem may reflect, in part, the fact that Michigan has one of the highest rates of obesity in the United States. There are no comparable data from other states, but the researchers say it still is likely that these rates may be similar around the country, noting that rates of overweight and obesity in children has nearly tripled in the last two decades throughout the United States.

In addition to Nafiu and Kasa-Vubu, other authors on the article about obesity and surgery were Khady S. Ndao-Brumblay, Pharm.D.; Olumuyiwa A Bamgbade, M.D., FRCA, and Michelle Morris, M.S., all of the U-M Medical School Department of Anesthesiology.

More research

Other research from the U-M Health System about overweight and obese children:

1. Obese children are twice as likely to have diabetes as children who are of normal weight. Read more at www.med.umich.edu/opm/newspage/2003/obesediabetes.htm.

2. Children who have significant behavior problems, as described by their parents, are nearly three times as likely to be overweight as other children. Read more at www.med.umich.edu/opm/newspage/2003/obesitystudy.htm.

3. Foods that babies eat may impact their likelihood of becoming overweight or obese later in life. Read more at www.med.umich.edu/opm/newspage/2003/infobesity.htm.

DEXTER TOWNSHIP PLANNING COMMISSION MEETING NOTICE

TUESDAY, JANUARY 23, 2007
AT 7:30 P.M.
AT DEXTER TOWNSHIP HALL
6880 DEXTER-PINCKNEY RD., DEXTER, MI 48130

AGENDA

1) Review Timeline for General Development Plan

Publish: January 18, 2007

WEBSTER TOWNSHIP PLANNING COMMISSION PUBLIC HEARING

THE WEBSTER TOWNSHIP PLANNING COMMISSION WILL HOLD A PUBLIC HEARING AT THEIR REGULAR MEETING SCHEDULED FOR FEBRUARY 7, 2007 AT 6:30 P.M. AT THE TOWNSHIP HALL, 5665 WEBSTER CHURCH ROAD, DEXTER, MICHIGAN, 48130.

PURPOSE: To consider an application by Dexter United Methodist Church for a Special Use Permit to expand their facilities located at 7643 Huron River Drive within the Southeast 1/4, Section 31 (Parcel #s C-03-31-400-005 and C-03-31-400-015).

Written comments may be made in advance by mailing or delivering to the Township Hall at the above address.

Those with disabilities must notify the Township Clerk no less than seven (7) days prior to the meeting, so that accommodations may be furnished to satisfy their disability and allow for meaningful attendance.

Paul Zalucha, Chairman
Webster Township Planning Commission

Publish: January 18, 2007

LIMA TOWNSHIP NOTICE OF PUBLIC HEARING

11452 Jackson Road, Dexter, Michigan 48130

The Township of Lima has prepared a draft of a proposed new Master Plan. The proposed draft Master Plan will be considered at the January 23, 2007, Planning Commission Meeting at 8:30 p.m., at the Township Hall, 11452 Jackson Rd. The purpose of this meeting will be to receive public input on the draft Master Plan. The complete text of the draft Master Plan can be reviewed at the Township Hall during business hours: Monday, Wednesday, and Thursday, between 9:00 a.m. and Noon.

Written comments may be sent to:
ELIZABETH SENSOLI, CHAIRMAN
LIMA TOWNSHIP PLANNING COMMISSION
P.O. BOX 59
CHELSEA, MI 48118

Publish: January 4, 2007 & January 18, 2007

LIMA TOWNSHIP NOTICE OF ADOPTION

11452 JACKSON ROAD,
DEXTER, MICHIGAN 48130

The Township of Lima has adopted several text amendments to the Zoning Ordinance regarding the following Articles and Sections

Article 2, Definitions: Added a definition for "Community Wastewater Utility System or Systems."

Article 3, Section 3.3 Special Uses: Creates new Section 3.3, Special Uses.

Article 4, Section 4.5 Special Uses: Housekeeping items related to Article 9, Section 9.4. Eliminates paragraph C. Alternative 3 as a special use.

Article 5, Supplemental Regulations: Added Section 5.49 Community Wastewater Systems; regulates community wastewater systems.

Article 9, Section 9.4. Development Alternatives: Clarifications/Housekeeping items: lot widths and new roads, existing homestead parcels, reduction of encumbered land requirement, deletion of Alternative 3., renumbering and deletions to Alternative 3, related changes to Section 9.2 that are no longer relevant.

Article 13, Zoning Board of Appeals Section 13.6: Housekeeping items: re-numbering.

The above amendments take effect upon the expiration of 7 days after publication.

Complete copies of the amendments are available at the office of the township clerk, for inspection by and distribution to the public. The Township Hall is located at 11452 Jackson Rd. Business hours are Monday, Wednesday, and Thursday, between 9:00 a.m. and Noon.

Respectfully Submitted,
Arlene Bareis
Lima Township Clerk

Publish: January 18, 2007

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:

January 29, 2007
7:00 PM
At the
Scio Township Hall
827 North Zeeb Road
Ann Arbor, MI 48103

Publish: January 18, 2007 & January 25, 2007

WEBSTER TOWNSHIP LAST DAY TO REGISTER TO VOTE

Monday, January 29, 2007
FOR ELECTION TO BE HELD ON
TUESDAY, FEBRUARY 27, 2007

TO THE QUALIFIED ELECTORS OF WEBSTER TOWNSHIP:

NOTICE: Please be advised that the Webster Township Clerk will be in her office located at Webster Township Hall, 5665 Webster Church Road, Dexter, MI from 8:30 a.m. until 4:00 p.m.on Monday, January 29, 2007 to register qualified electors and amend registration records.

IF YOU HAVE MOVED RECENTLY YOU MUST AMEND YOUR REGISTRATION RECORD NO LATER THAN JANUARY 29, 2007

The February 27, 2007 Election is being held for the purpose of voting on Millages for Whitmore Lake Public Schools. For official ballot language please visit WashtenawVoters.org

Publish: January 18, 2007

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VILLAGE OF DEXTER PLANNING COMMISSION NOTICE OF PUBLIC HEARING

Pursuant to Michigan Public Act 110 of 2006, as amended, notice is hereby given that the Dexter Village Planning Commission will hold a public hearing on Monday, February 5, 2007 at 7:30 pm at the Dexter Senior Center, 7720 Dexter Ann Arbor Road, Dexter, Michigan, for the purpose of hearing public comment regarding amendments to Article 19, PUD Planned Unit Development Regulations of the Village of Dexter Zoning Ordinance. Amendments to the Ordinance are comprehensive and should be viewed by those interested. Amendments are proposed to every Section or new Sections have been added to the Ordinance. The Sections within the Ordinance are as follows: 19.01 Purpose and Intent, 19.02 PUD Regulations, 19.03 General Provisions, 19.04 Design Standards, Section 19.05 PUD Conditions, Section 19.06 Phasing, Section 19.07 Pre-Application conference, Section 19.08 Area Plan Requirements, Section 19.09 Preliminary Site Plan Requirements, Section 19.10 Final Site Plan Requirements, Section 19.11 Subdivision Plats, Section 19.12 Common Areas and Facilities, Section 19.13 Amendment and Revision, Section 19.14 Expiration of Plan Approvals, Section 19.15 Extension of Time Limits, Section 19.16 As-Built Drawings, Section 19.17 Performance Bond, and Section 19.18 Violations.

Information regarding the amendments to the Village of Dexter Zoning Ordinance Article 19 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. 15. Written comments regarding the proposed Ordinance amendments should be submitted to the Village Offices, and must be received no later than 5:00 p.m., Tuesday, January 30, 2007. 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.

Publish: January 18, 2007

WEBSTER TOWNSHIP PLANNING COMMISSION PUBLIC HEARING

THE WEBSTER TOWNSHIP PLANNING COMMISSION WILL HOLD A PUBLIC HEARING AT THEIR REGULAR MEETING SCHEDULED FOR FEBRUARY 7, 2007 AT 6:30 P.M. AT THE TOWNSHIP HALL, 5665 WEBSTER CHURCH ROAD, DEXTER, MICHIGAN, 48130.

PURPOSE: To consider an application by John & Jean Klepaski to rezone the 4.36 acres at 7350 North Territorial Road (Parcel No. C-03-17-300-030) in the Southwest 1/4 of Section 17 from Agricultural (Ag) to Rural Residential (R-1).

Written comments may be made in advance by mailing or delivering to the Township Hall at the above address.

Those with disabilities must notify the Township Clerk no less than seven (7) days prior to the meeting, so that accommodations may be furnished to satisfy their disability and allow for meaningful attendance.

Paul Zalucha, Chairman
Webster Township Planning Commission

Publish: January 18, 2007

CITY OF CHELSEA NOTICE OF PUBLIC HEARING

A Public hearing to consider the application of Sheridan Books, Inc. for Industrial Facilities Exemption certificates for real property in the amount of $1,695,000.00 and $9,670,731.00 for personal property at their E. Industrial Drive facility located in the City of Chelsea. Pursuant to the Plan Rehabilitation Industrial Development District Law (P.A. 198 of 1974), the City of Chelsea will conduct a hearing on the proposed request. Said hearing has been scheduled for 7:30 p.m. on Tuesday, January 23, 2007 at the Washington Street Education Center, 500 Washington Street, Chelsea, Michigan.

Copies of the application are available for public inspection at the City of Chelsea Administration Office, 305 S. Main Street, Suite 100, Chelsea, Michigan during regular business hours.

Persons requiring reasonable accommodations to disabilities in order that the hearing be accessible to them, are required to notify the City Clerk (475-1771) no later than five (5) business days prior the date of the hearing of such disability.

Publish: January 18, 2007

LIMA TOWNSHIP

REGULAR BOARD MEETING – JANUARY 8, 2007

The regular meeting of the Lima Township Board was called to order at 6:30 p.m. on January 8, 2007 and opened with the Pledge to The Flag. Present were Supervisor Unterbrink, Clerk Bareis, Treasurer Havens, Trustees Laier and McKenzie and Zoning Administrator Frisinger and several residents and guests.

Motion by McKenzie supported by Laier to approve the December 11, 2007 minutes. Carried.

The treasurer's report was received.

Zoning Administrator reported permits were issued for 5 new homes and 1 home addition.

Motion by McKenzie supported by Bareis, do not approve Application 06-008 for zoning ordinance text changes due to the fact they are being reworked. Carried.

Motion by Unterbrink supported by McKenzie to table the proposed 425 Agreement for Conditional Transfer of Certain Property for attorney information. Carried.

Motion by McKenzie supported by Laier to table any action on Thornton Farms/Medallion Homes Private Road Phase III Application 2006-02, due to Washtenaw County Drain Commissioner letter dated December 20, 2006 and OHM letter dated December 22, 2006. Carried.

Resolution 2007-01 was offered by McKenzie supported by Laier to approve Application 2006-014, Ordinance 22 E due to statutory changes in the State Law and upon recommendations of the planner and planning commission. All ayes. Carried. (Complete copy on file at Township Office.)

Resolution 2007-02 was offered by McKenzie and supported by Laier to approve Application 2006-015, Ordinance #22F upon recommendation of the Lima Township Planner and the planning commission recommendation. All ayes. Carried. (Complete copy on file at Township Office.)

Resolution 2007-03 was offered by McKenzie supported by Laier, to approve Application 2006-016, Ordinance #22G, upon recommendation of the Lima Township Planner and planning commission recommendation. All ayes. Carried. (Complete copy on file at Township Office.)

Motion by McKenzie supported by Laier to pay bills as presented noting that Application 06-013 where we refund a portion of the fee, is due to the fact that the application was never accepted by the planning commission, nor was it published. Carried.

Supervisor Unterbrink called to order the public hearing for Orchid MACDEE, LLC., transfer and expansion of MACDEE, IFT at 8:00 pm. The meeting notice has been published and noticed by certified mail and has been delivered to taxing authorities.

Resolution #2007-04 was offered by Bareis supported by McKenzie to approve the transfer and expansion of MACDEE, Inc. IFT to Orchid MACDEE, LLC. (A complete copy of the resolution is on file at the Lima Township Office.) All ayes. Carried.

Motion by Laier supported by Havens to adjourn at 8:20 p.m. Carried.

Respectfully submitted,
Arlene R. Bareis, Clerk

Publish: January 18, 2007

CITY OF CHELSEA

REGULAR COUNCIL MEETING
TUESDAY, DECEMBER 12, 2006
WASHINGTON STREET EDUCATION CENTER

Call to Order

Present: Council Members Present: Feeney, Albertson, Lindauer, Martinez-Kratz, Merkel, Hammer, Bollinger, City Manager Steklac and Clerk Burtch

Absent:

Others Present: Jim Drolett, Lisa Allmendinger, John Elliot, Craig Maiers, Christine Linfield, Rob Jones, Brad Roberts, Andy Johnston, Georgia Beeman, Barbara Fredette, Kim Garland, Jim Machnik, Paul Newhouse, Marilyn Troyer, Lisa Allmendinger, Kristin Van Reesma

Mayor Feeney called the meeting to order at 7:30 p.m.

Pledge of Allegiance

Approval Of Consent Agenda

MOVED Hammer SECONDED Lindauer to approve minutes and bills as presented. All Ayes. Motion Carried.

Approval of Regular Agenda

MOVED Merkel SECONDED Hammer to approve the regular agenda without the SSES Presentation. All Ayes. Motion Carried.

Public Comments

Jim Machnik addressed Council regarding his concerns with the Street Ordinance.

Presentations

1. Municipal Employees' Retirement System Representative

Colleen Medley with the Municipal Employees' Retirement System answered the City Council's questions about the funding of the City's defined benefit pension plans.

2. Fiscal Year 2005 - 2006 Audit Presentation

MOVED Hammer SECONDED Albertson to authorize the final audit. All Ayes. Motion Carried.

Council Business

1. Agreement with Ann Arbor SPARK

MOVED Lindauer SECONDED Hammer to approve the 2007 Agreement between Ann Arbor SPARK and the City of Chelsea. All Ayes. Motion Carried.

2. Ordinance No. 148 - And Ordinance to Extend the Cable Communications Franchise Agreement

MOVED Hammer SECONDED Merkel to approve Ordinance No. 148 – An Ordinance Of The City Of Chelsea (Formerly Known As The "Village of Chelsea") To Extend The Current Cable Franchise With Comcast Of The South, Inc ("Comcast") To May 31, 2007. All Ayes. Motion Carried.

3. Implementation of Compensation and Benefit Changes for Full-Time Non-Union Personnel

MOVED Bollinger SECONDED Hammer to establish a three person personnel committee. The purpose of the committee is solely for fact finding. Council as a whole will receive all information and make any necessary decisions. Six Ayes, One Nay (Albertson). Motion Carried.

MOVED Merkel SECONDED Hammer to implement the wage changes for full-time non-union employees as set forth in the memorandum dated November 30, 2006 from the City Manager. Council is approving the wage portion only at this time for the three-year employment agreements. The benefit portion will be brought back to Council in January. All Ayes. Motion Carried.

4. Electrical Service for Public Works Cold Storage Building

MOVED Lindauer SECONDED Merkel to award the work for the electrical wiring of the Public Works cold storage building to Stein Electric Company in the amount of $6,550. All Ayes. Motion Carried.

5. Commercial Cardboard Pick-up and Recycling Program

Council Member Hammer informed Council that Western Washtenaw Recycling is working on this.

6. An Ordinance to Amend the Streets, Construction and Maintenance Ordinance No. 107

MOVED Merkel SECONDED Hammer to introduce Ordinance No. 149 and refer the Ordinance to the City Council meeting of January 9, 2007. All Ayes. Motion Carried.

7. Sanitary Sewer Video Inspection and Lining

MOVED Hammer SECONDED Merkel to approve the sole source of this project in the best interest of the City and to award the sewer inspection and lining work to Advanced Underground Inspection with the allocation of $120,000. All Ayes. Motion Carried.

CLOSED SESSION

MOVED Hammer SECONDED Lindauer to adjourn into closed session to consider the purchase or lease of real property and discuss pending litigation. All Ayes. Motion Carried.

Council went into Closed Session at 9:47

Council came out of Closed Session at 10:43

COUNCIL REPORTS

ADJOURNMENT

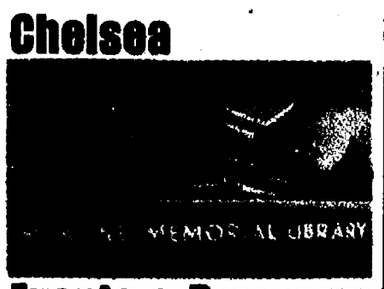
MOVED Hammer SECONDED Bollinger to adjourn at 10:45 p.m. All Ayes. Motion Carried.

Approved: January 9, 2007

Ann E. Feeney, Mayor
Teresa Burtch, City Clerk

Publish: January 18, 2007

Chelsea



Events & Programs

By Sheila Pursglove
Special Writer

Move over Sundance – Chelsea movie buffs are enjoying the Independent Film Fest hosted by the Chelsea District Library.

The Fest kicked off last night when The Mission Marketplace teamed up with the CDL to present "Black Gold," about exploitation in the world of international coffee trading.

Next Wednesday's 7 p.m. movie on the huge drop-down screen in the McKune Room will be "The Passenger," about an artist trapped in the corporate world who ventures into Detroit's underground art scene for a night of life-changing experiences.

As an added bonus, filmmaker Jamie Sonderman will be on hand to discuss the making of the movie.

"The library is tremendously excited for the opportunity to provide its patrons with a unique film experience, the Chelsea premiere of The Passenger," said Bill Harmer, the library's head of Adult Service.

The movie, which won the Audience Award at the 2006 Planet Ant Film Festival and is headed to the Sundance Film Festival, is an all-Detroit production, making it historically unprecedented, Harmer said.

According to Sonderman, Detroit provides a blank canvas for aspiring artists, which is the reason why Detroit serves as such a wonderful location for movie making.

"Places like New York, L.A., London, you know what to expect," he said. "It's not like that here, with Detroit there is no expectation. It's a sleeping city about to wake up."

Sonderman has directed four short movies including the award winning "The Empty Chair." He also is Jamie the founding member of Ickytrip and has released a Down Tempo Electronic music CD and scored a number of movie soundtracks.

"We know that many Chelsea area residents head to Ann Arbor and the Michigan Theatre for this type of offering, so it's great that we can bring independent films by such creative filmmakers to Chelsea," said Shawn Personke, the library's community relations and development coordinator.

Registration is required. For more information, call 475-8732.

Other events include:

Jan. 25 Learn to Knit: Begins at 6 p.m. in the McKune Room. Learn the basics of this age old craft by knitting a potholder. Supplies included. Registration required.

Jan. 26 Koko Animanga Club for Teens: From 3:30 to 5:30 p.m. Anime, manga, food, talk and fun with techno-hostess Edith Burney.

Jan. 27 University of Michigan Family Science Workshop: Stormy Surprises: Begins at 2 p.m. Everyone has seen storms before, now find out why they occur. Can the same air you breathe really take the roof off a house? Make your own wind-tester and storm-cloud with lightning.

Jan. and Feb. 1 Toddler Storytimes with Miss Jackie and Rosie: 10:30-11 a.m. for 2-3-year-olds (with caregiver); 11:30-noon for 3-5-year-olds (caregiver in the building). What could be more fun than stories, songs, fingerplays and wonderful crafts?

Jan. 30 Evening Storytime: Begins at 6:30 p.m. "Mother Goose" in KidSpot. Drop-in.

A sweet thing

Students at Pierce Lake make cookies for Silver Maples

Photos by Rita Fischer

Kaye Nelson and Jacob Craft.

Ella Loveland and Emily Schwarz.

By Michelle Schertzing
Guest Writer

For the past four years, (teacher) Amy Proos and I have baked cookies for the residents at Silver Maples Retirement Community.

We make a variety of different cookies to bring over to them. Each student has a chance to make all of the types of cookies. We usually have enough cookies to provide each resident with at least a half dozen or more cookies.

We also make some for the staff. There are at least six stations with a type of cookie at each station.

We present a Holiday ABC with each letter of the alphabet representing a poem.

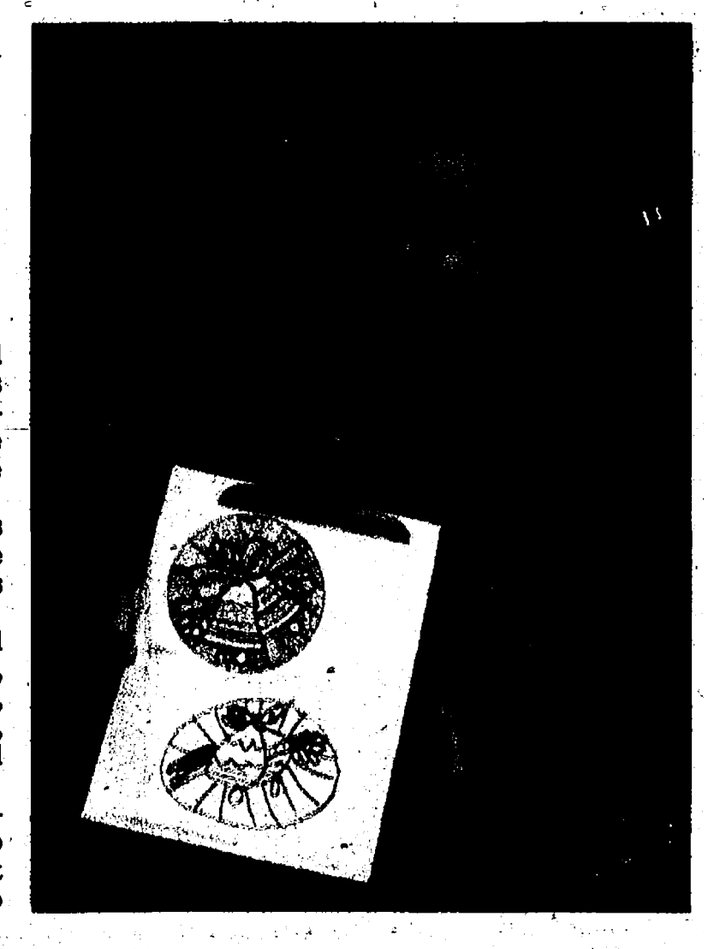
The children read their poem and show the illustrated picture that goes along with their poem. After we present A-Z. We sing a few carols with the residents and then pass out our plate of cookies and a card to them.

We chose Silver Maples because it is a retirement community that is close to our school. Many of the residents may not have family that visit often.

This year we made oatmeal cookies, dipped pretzels, decorated sugar cookies, Snickerdoodles, Buckeyes and Cornflake wreaths.

We feel it is important for students to know and feel what it is to give and do for others.

Michelle Schertzing is a third-grade teacher at Pierce Lake Elementary.



Nicholas Bremer.

Teagan Parkinson.

Maggie Caselli.

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DEADLINES:

Wednesday News-Herald – Tuesday, 12:30 p.m.
Press & Guide – Tuesday, 12:30 p.m.
Western Region & The View – Tuesday, 4:30 p.m.
The Guardian – Wednesday, 11:00 a.m.
Ile Camera – Wednesday, 5:00 p.m.
Friday News-Herald – Wednesday, 6:00 p.m.
Sunday News-Herald/Press & Guide – Friday, 4:00 p.m.

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$2001 or more 5 LINES $41.10 each additional line $8.40

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each additional line $8.28

Price of pet must be included in the ad. Prepayment required. Private Party Advertisers Only (no breeders). Successful ads can be cancelled for convenience, however refunds cannot be issued.

Merchandise Special

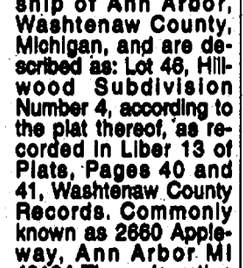
Merchandise $100 or Less $9.00 5 lines, each additional line $1.38

Merchandise $101 and up $22.80 5 lines, each additional line $4.14

One item per ad. Price must appear in ad. Prepayment required. Private party advertisers only. Successful ads can be cancelled for convenience, however refunds cannot be issued.

HAPPY NEWS! Celebrate in a special Happy Ad! Choose from 100 fonts and 1 Hot Pink Background! HAPPY AD Just $32.50 2x2

ASAP#813523 FORE-CLOSURE NOTICE This firm is a debt collector attempting to collect a debt. Any information obtained will be used for this purpose. If you are in the Military, please contact our office at the number listed below. MORTGAGE SALE - Default has been made in the conditions of a certain mortgage made by: Parviz Meghnot and Lillian H. Meghnot, Husband and Wife to New Century Mortgage Corporation, Mortgagee, dated May 22, 2002 and recorded August 21, 2002 in Liber 4154 Page 505 Washtenaw County Records, Michigan. Said mortgage was assigned to: Deutsche Bank National Trust Company, as Trustee for the GSAMP Trust 2002-NC1 Mortgage Pass-Through Certificates, Series 2002-NC1, by assignment dated August 27, 2003 and recorded September 8, 2003 in Liber 4309, Page 192, on which mortgage there is claimed to be due at the date hereof the sum of Four Hundred Forty-Four Thousand Two Hundred Sixty-Three Dollars and Thirty-Two Cents ($444,263.32) including Interest 12.125% per annum. Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue, the main lobby of the Washtenaw County Courthouse, Huron Street entrance, Ann Arbor, MI at 10:00AM on Thursday, February 1, 2007. Said premises are situated in Township of Ann Arbor, Washtenaw County, Michigan, and are described as: Lot 46, Hillwood Subdivision Number 4, according to the plat thereof, as recorded in Liber 13 of Plats, Pages 40 and 41, Washtenaw County Records. Commonly known as 2660 Appleway, Ann Arbor MI 48104 The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCL 600.3241, in which case the redemption period shall be 30 days from the date of such sale. Dated: DECEMBER 19, 2006 Deutsche Bank National Trust Company, as Trustee for the GSAMP Trust 2002-NC1 Mortgage Pass-Through Certificates, Series 2002-NC1, Assignee of Mortgagee Attorneys: Potestivo & Associates, P.C. 811 South Blvd. Suite 100 Rochester Hills, MI 48307 (248) 844-5123 Our File No: 06-61112 ASAP# 813523 01/04/2007, 01/11/2007, 01/18/2007, 01/25/2007



CLASSIFIED Brings buyers and sellers together. Help families find new homes. Makes selling and shopping simple. Provide job seekers with career information.

AS A DEBT COLLECTOR, WE ARE ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NOTIFY US AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY. MORTGAGE SALE - Default having been made in the terms and conditions of a certain mortgage made by Kimberly K. Patterson and Raymond P. Patterson, wife and husband, Mortgagors, to First Franklin A Division of Nat. City Bank of In., Mortgagee, dated the 23rd day of February, 2005 and recorded in the office of the Register of Deeds, for The County of Washtenaw and State of Michigan, on the 20th day of April, 2005 in Liber 4472 of Washtenaw County Records, page 639, said Mortgage having been assigned to JP Morgan Chase Bank as Trustee on which mortgage there is claimed to be due, at the date of this notice, the sum of Two Hundred Thirty Four Thousand Nine Hundred Forty Two & 35/100 ($234,942.35), and no suit or proceeding at law or in equity having been instituted to recover said debt secured by [illegible] mortgage or any part thereof. Now, therefore, by virtue of the power of sale contained in said mortgage and pursuant to statute of the State of Michigan in such case made and provided, notice is hereby given that on the 15th day of February, 2007 at 10:00 o'clock a.m. Local Time, said mortgage will be foreclosed by a sale at public auction, to the highest bidder, the main lobby of the Washtenaw Cty Courthouse, Huron St. entrance, Ann Arbor, MI (that being the building where the Circuit Court for the County of Washtenaw is held), of the premises described in said mortgage, or so much thereof as may be necessary to pay the amount due, as aforesaid on said mortgage, with interest thereon at 7.875000% per annum and all legal costs, charges, and expenses, including the attorney fees allowed by law, and also any sum or sums which may be paid by the undersigned, necessary to protect its interest in the premises. Which said premises are described as follows: All that certain piece or parcel of land, including any and all structures, and homes, manufactured or otherwise, located thereon, situated in the City of Saline, County of Washtenaw, State of Michigan, and described as follows, to wit: Lot 23, Crestwood Knolls Subdivision No. 1 as recorded in Liber 16, Page 35, Wayne County Records. During the six (6) months immediately following the sale, the property may be redeemed, except that in the event that the property is determined to be abandoned pursuant to MCLA 600.3241a, the property may be redeamed during 30 days immediately following the sale. Dated: 1/18/2007 JP Morgan Chase Bank as Trustee Mortgagee FABRIZIO & BROOK, P.C. Attorney for JP Morgan Chase Bank as Trustee 888 W. Big Beaver, Suite 1470 Troy, MI 48084 248-362-2600 ASAP# 816368 01/18/2007, 01/25/2007, 02/01/2007, 02/08/2007

ASAP# 814371 FORE-CLOSURE NOTICE This firm is a debt collector attempting to collect a debt. Any information obtained will be used for this purpose. If you are in the Military, please contact our office at the number listed below. MORTGAGE SALE - Default has been made in the conditions of a certain mortgage made by: Craig S. Petoskey and Debra A. Powers, to HomeAmerican Credit Inc DBA Upland Mtg, Mortgagee, dated July 18, 2001 and recorded May 13, 2002 in Liber 4125 Page 344 Washtenaw County Records, Michigan. Said mortgage was subsequently assigned to: JPMorgan Chase Bank, N.A. as Indenture Trustee on behalf of the Noteholders and the Note Insurer of ABFS Mortgage Loan Trust 2001-3, Mortgage Backed Notes, on which mortgage there is claimed to be due at the date hereof the sum of Sixty-Six Thousand One Hundred Fifty-Three Dollars and Sixty-Four Cents ($66,153.64) including Interest 12.99% per annum. Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue, the main lobby of the Washtenaw County Courthouse, Huron Street entrance, Ann Arbor, MI at 10:00AM on Thursday, February 8, 2007. Said premises are situated in Township of Sylvan, Washtenaw County, Michigan, and are described as: Commencing at the South one-quarter corner of Section 2, Town 2 South, Range 3 East, Sylvan Township, Washtenaw County, Michigan; thence North 01 degrees 02 minutes 40 seconds West 1336.24 feet along the North and South one-quarter line of said section to the point of beginning; thence continuing North 01 degrees 02 minutes 40 seconds west 335.20 feet along said North and South one-quarter line; thence North 88 degrees 17 minutes 40 seconds East, 260.00 feet; thence South 01 degrees 02 minutes 40 seconds East 335.20 feet; thence South 88 degrees 17 minutes 40 seconds West 260.00 feet along the South line of the Northwest one-quarter of the Southeast one-quarter of said section to the point of beginning, said parcel being a part of the Northwest one-quarter of the Southeast one-quarter of Section 2, Town 2 South, Range 3 East, Sylvan Township, Washtenaw County, Michigan. Commonly known as 19540 Bush Road, Chelsea MI 48118 The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCL 600.3241 or MCL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale. Dated: JANUARY 3, 2007 JPMorgan Chase Bank, N.A. as Indenture Trustee on behalf of the Noteholders and the Note Insurer of ABFS Mortgage Loan Trust 2001-3, Mortgage Backed Notes, Assignee of Mortgagee Attorneys: Potestivo & Associates, P.C. 811 South Blvd. Suite 100 Rochester Hills, MI 48307 (248) 844-5123 Our File No: 07-61893 ASAP# 814371 01/11/2007, 01/18/2007, 01/25/2007, 02/01/2007

CLASSIFIED IS one of the best single sources for selling items, seeking jobs, finding housing, meeting new people and more.

ASAP# 815957 FORE-CLOSURE NOTICE This firm is a debt collector attempting to collect a debt. Any information obtained will be used for this purpose. If you are in the Military, please contact our office at the number listed below. MORTGAGE SALE -Default has been made in the conditions of a certain mortgage made by: Claudia Curry, A Single Woman to Mortgage Electronic Registration Systems, Inc., solely as nominee for Aegis Lending Corporation, Mortgagee, dated January 12, 2004 and recorded January 26, 2004 in Liber 4356 Page 903 Washtenaw County Records, Michigan. Said mortgage was subsequently assigned to: Wachovia Bank, N.A. as Trustee for the registered holdere of Aegis Asset Backed Securities Trust, Mortgage Pass-Through Certificates, Series 2004-2, on which mortgage there is claimed to be due at the date hereof the sum of One Hundred Twenty-Five Thousand Nine Hundred Eighty-Five Dollars and Eighty Cents ($125,985.80) including Interest 10.514% per annum. Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue, the main lobby of the Washtenaw County Courthouse, Huron Street entrance, Ann Arbor, MI at 10:00AM on Thursday, February 8, 2007. Said premises are situated in City of Ann Arbor, Washtenaw County, Michigan, and are described as: All that part of Lot 78 lying Southerly of a line which begins at the midpoint of the Easterly line of said Lot 78 and ends at a point which lies on the Westerly line of said Lot 78 and 156.15 feet Northerly of the Southwesterly corner of said Lot 78, Wagner-McComb Boulevard Gardens, as recorded in Liber 3 of Plats, page 19, Washtenaw County Records. Commonly known as 3130 LaSalle, Ann Arbor MI 48108 The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCL 600.3241 or MCL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale. Dated: JANUARY 5, 2007 Wachovia Bank, N.A. as Trustee for the registered holders of Aegis Asset Backed Securities Trust, Mortgage Pass-Through Certificates, Series 2004-2, Assignee of Mortgagee Attorneys: Potestivo & Associates, P.C. 811 South Blvd. Suite 100 Rochester Hills, MI 48307 (248) 844-5123 Our File No: 07-62230 ASAP# 815957 01/11/2007, 01/18/2007, 01/25/2007, 02/01/2007

THE SALINE POLICE DEPARTMENT will auction to the highest bidder on February 20, 2007, at 820 West Michigan, Saline, at 9 a.m. sharp the following vehicle:

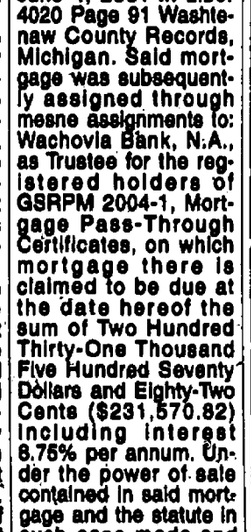
1992 Isuzu unknown mileage Complaint 06-5350

Minimum bid requirements will be available at the time of auction.

Great Home Business HugeSS Money Worries? No More! Low investment. Call 313-587-2508

THE CLASSIFIED ★ A Sure Bet ★

ASAP# 815958 FORE-CLOSURE NOTICE This firm is a debt collector attempting to collect a debt. Any information obtained will be used for this purpose. If you are in the Military, please contact our office at the number listed below. MORTGAGE SALE - Default has been made in the conditions of a certain mortgage made by: Claude V. Evans and Marcia D. Evans, Husband and Wife, Fee Simple to Equisource Home Credit, Inc., Mortgagee, dated April 4, 2001 and recorded June 4, 2001 in Liber 4020 Page 91 Washtenaw County Records, Michigan. Said mortgage was subsequently assigned through mesne assignments to: Wachovia Bank, N.A., as Trustee for the registered holders of GSRPM 2004-1, Mortgage Pass-Through Certificates, on which mortgage there is claimed to be due at the date hereof the sum of Two Hundred Thirty-One Thousand Five Hundred Seventy Dollars and Eighty-Two Cents ($231,570.82) including Interest 8.75% per annum. Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue, the main lobby of the Washtenaw County Courthouse, Huron Street entrance, Ann Arbor, MI at 10:00AM on Thureday, February 8, 2007. Said premises are situated in Township of Ypsilanti, Washtenaw County, Michigan, and are described as: Lot 165, Paint Creek Farms Subdivision, as recorded in Liber 31 of Plats, Pages 84 through 104, Washtenaw County Records. Commonly known as 6274 Maplehurst Drive, Ypsilanti MI 48197 The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCL 600.3241 or MCL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale. Dated: JANUARY 5, 2007 Wachovia Bank, N.A., as Trustee for the registered holders of GSRPM 2004-1, Mortgage Pass-Through Certificates, Assignee of Mortgagee Attorneys: Potestivo & Associates, P.C. 811 South Blvd. Suite 100 Rochester Hills, MI 48307 (248) 844-5123 Our File No: 07-62231 ASAP# 815958 01/11/2007, 01/18/2007, 01/25/2007, 02/01/2007



RESTAURANT FOR SALE 313-205-9037

NEED VACATION CASH? Sell your unwanted items with a classified ad in HERITAGE CLASSIFIEDS. You get your cash fast. 1-877-888-3202

CLASSIFIED Brings buyers and sellers together. Help families find new homes. Makes selling and shopping simple. Provide job seekers with career information.

Chair side Orthodontic Assistant needed. We're looking for a part-time, high energy, enthusiastic team member with a sense of humor and a good work ethic. We love our patients, enjoy each other, work hard and have fun. Send Resume To 5155 S. Main St., Chelsea, MI 48118 or info@drhowearthodontics.com

Chair Side Orthodontic Asst. We're looking for a part - time, high energy, enthusiastic team member with a sense of humor and a good work ethic. We love our patients, enjoy each other, work hard and have fun. Send resume to: 515 S. Main St. Chelsea, MI 48118 or info@drhowearthodontics.com

DENTAL ASSISTANT Full Time. Exp. required. Call 734-946-7700

DENTAL ASSISTANT/ RECEPTIONIST Needed Part-time in brand new office in downtown Dexter Full time potential. Call 734-[illegible]

CARE OVER COMPANION NEED A PLACE TO LIVE? Private quarters, room & board, plus salary ($ [illegible]) to Noon and 4:30-7:30PM for 90 year old Chelsea lady who is ambulatory but forgetful. No medical background needed. Student welcome. 734-424-0937

CAREGIVER for male quad, several hrs. on wknds., $12/hr., lifting. Riverview. Call after 4, 734-281-0318.

Enthusiastic, interactive **CHILD CARE** provider to come to my Ann Arbor home to care for a 2 year old and a 5 year old. Mon. thru Thurs. 7:30 a.m. - 2:45 p.m. Hours not flexible. Must be a non-smoker with reliable transportation. Call 734-994-3242

HOUSE CLEANER 1 day per wk. $75. Send resume to P.O. Box 642, Lincoln Park, MI 48146

LIVE-IN CAREGIVER In Dearborn. Free Room & Board plus salary. Light duty, errand running, help with light clean-up, and medications. Private room + bath. Must have transportation & references. Contact John: 313-737-4157

NANNY WANTED for Lincoln Park family. Mature, full-time to care for newborn in their home beginning Feb. '07. References req. 313-410-2318

SITTER in my Carleton home. Responsible, dependable adult, days Mon-Fri, times vary. References and background check. 734-735-8093

A.D TRANSPORT Class A Local and OTR Class "B" OTR • 800-832-0350 www.adtransport.com

NEED VACATION CASH? Sell your unwanted items with a classified ad in HERITAGE CLASSIFIEDS. You get your cash fast. 1-877-888-3202

CDL-A TRAINING ★ **BEST TRUCK DRIVING SCHOOL** FLAT RATE $1,800 One on one training. Day, evening, & wkend classes. Immediate job placement. 313-841-4030

GREAT LAKES CDL Class A Minimum 18 mo. exp. LOCAL RUNS available in Brownstown, Flat Rock, Toledo & Metro Detroit. Apply Mon.-Fri. 8am-5pm 1-800-998-6440 www.gllsrs.com

Drivers CDL-A Full-time, Home daily, 1 year exp. req., exc. benefits, family owned. We care about our drivers! Apply at: 9900 Harrison Rd., Romulus, 48174

Drivers - Class A CDL Full Time Positions 1 Year Experience 734-457-8484

DRIVERS **TRAINCO TRUCK DRIVING SCHOOL** "Let Us Drive You To Your Future" Professional Truck Driving School & Career Center **734-374-5000** ■ Quality training on late model equipment ■ Friendly, personable, licensed instructors ■ Day, Evening, and Weekend classes forming now ■ Trucking Companies Come DIRECT to our Classroom to HIRE YOU! ■ Local, Regional and OTR **Payment Plans Available For Everyone!** TRAINCO, INC. in partnership with Wayne County Community College Class & Training (one day)

EARN BIG $$$$$$ SUBURBAN TRUCK DRIVER SCHOOL Now Accepting Students 16 Day Program "EMPLOYMENT NOW" Major Carriers **$37,500-$47,000** Full Benefits, Limited Space Financing Available Tuition reimbursement. "The Right Choice" Romulus, MI 734-229-0000

TOW TRUCK DRIVER Full-time delivery parts driver with tow truck experience a plus to work in Taylor. Application available between 9-5p.m. Benefits available after 90 days. 16000 S. Telegraph 734-946-5050

Transportation Are you looking for **FREE TRUCK DRIVER TRAINING?** Call today to see how you might qualify. 1-800-930-4837

Truck Driver CDL-A HAZ MAT local pick-up & delivery, Tractor Trailer w/ 48ft trailer. Familiar with Metro Airport a plus. Call 734-947-9011 or fax 734-947-9109

NEED VACATION CASH? Sell your unwanted items with a classified ad in HERITAGE CLASSIFIEDS. You get your cash fast. 1-877-888-3202

All Students/Others **$17.25 Base-Appt.** Customer Sales/Service, all ages 18+, conditions apply CALL NOW! 734-285-7944

Great Clips Ann Arbor salon has immediate openings for Licensed Stylists. Guaranteed pay, bonuses, benefits, paid training, busy, fun environment. Call now! 734-818-9309

ATTENTION ideal for anyone who can not get out to work. Work from your home scheduling pick up for Purple Heart. Call Mon.-Fri., 9-5p.m. 734-728-4572

Axis Mill Operators 5 needed immediately. Must have Master Cam Exp. and Blade Component Exp. is a plus. This is a Temp. to hire Position. Please call to set up an Appt. (734) 242-8367

Cable Disconnect Tech. Excellent Pay. Paid training. Must have truck, van or SUV. w/clean Driver's License & background. Call: 734-686-2920

PLACE AN AD 1-877-888-3202

COOK Part-time for retirement home in Saline, every other wknd. off. Exp. necessary. Apply at 200 Brecon Dr., Saline, ask for Jennifer Davey

DIRECT CARE ASSISTANT Assist and support special population adults in residential settings. Training provided. $7.50/hr +. Call 734-699-3808, and 699-6543

DIRECT CARE ASSISTANT Enjoy your work. Assist special population adults in the home and in the community. $7.80 per hour, plus benefits. Call 734-753-4804

DIRECT CARE staff needed to work with developmentally disabled adults in downriver area. 734-722-4580 Ext. 14

DRIVERS Afternoon and midnight shifts. Must pass drug screen and physical. Apply in person, no phone calls. Airlines Parking, 8325 Merriman Rd., Romulus.

DRY CLEANER Counter Person No exp. needed Call 734-424-1380 or 734-604-9686.

HERITAGE CLASSIFIEDS GET RESULTS RESULTS RESULTS RESULTS **1-877-888-3202**

HAIR STYLIST Now accepting applications full and part-time. Saline: 734-429-7800

House Cleaners Up to $10/hr. 4902 DeWitt, Canton 734-394-1771

HOUSEKEEPING Apartment Community in Milan seeking experienced housekeeper. 32-40 hours per week. Apply in person at: **Culver Estates 140 Lewff Dr. or fax resume to 734-439-0676**

Fast Cash Sell Classified

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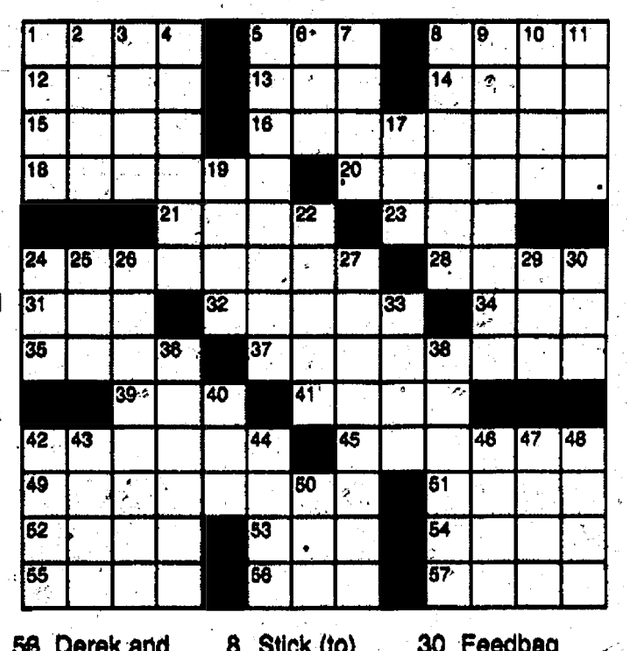
IMMEDIATE OPENINGS Customer sales/service, no exp. needed, conditions apply. No Telemarketing. APPLY NOW! 734-285-7944

King Crossword



ACROSS
1 Bag
5 Dracula, sometimes
8 In addition
12 Colonel Mustard's game
13 Kimono sash
14 Profound
15 Well-ventilated
16 Become insufficient
18 Paging device
20 Sports venues
21 Ox of the Celebes
23 Man-mouse link
24 Summaries
28 Therefore
31 Candle count
32 Within the law
34 Modern-day evidence
35 Therefore
37 Car style
39 Eminem's genre
41 Adam's third son
42 Woman's shirt
45 A gender
49 Fork with curved prongs
51 Novice
52 Theater trophy
56 Derek and Diddley
54 Church section
55 Min., fractions
56 "Help!"
57 Unfavorable votes

DOWN
1 Wound cover
2 "It's a Sin to Tell -"
3 Remedy
4 Touchtone array
5 "Neither a - ..."
6 Dhabi preceder
7 Singer Turner
8 Stick (to)
9 A Teenage Mutant Ninja Turtle
10 Antitoxins
11 Chooses
17 "No seats" sign
19 Carbon compound
22 Breed of beef cattle
24 Snitch
25 "This tastes terrible!"
26 Re nerve-tissue cells
27 Rationality
29 Wildebeest
30 Feedbag tidbit
33 Tardy
36 Hollandaise and béarnaise
38 Himalayan nation
40 Next-to-last Greek letter
42 Family biz abbr.
43 Garage job
44 Recedes
46 Glitch in print
47 Gaelic
48 Bucks' mates
50 Old card game

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1000 ANNOUNCEMENTS
1010 Adoptions
1020 Celebrations
1025 Card of Thanks
1050 Legal Notices
1060 Lost
1070 Found
1090 Personals/Announcements

2000 MERCHANDISE
2010 Antiques
2020 Appliances
2030 Arts/Crafts/Bazaar
2040 Auction/Estate Sale
2050 Bargains
2060 Building Supplies
2070 Business/Office Equipment
2080 Cemetary Lots
2090 Collectibles/Hobbies
2100 Computers
2110 Electronics
2115 Farm Equipment
2120 Farm Produce/Flowers/Plants
2130 Lawn/Garden
2140 Firewood/Fuel
2145 Bargain Hunter
2150 Furniture
2160 Garage/Rummage Sales
2170 Jewelry & Apparel
2180 Machinery & Tools
2190 Miscellaneous for Sale
2200 Miscellaneous Wanted
2210 Musical Instruments
2220 Pools/Spas/Hot Tubs
2230 Seasonal Items
2240 Sporting Goods

3000 ANIMALS
3010 Horses/Livestock
3020 Pets
3030 Pet Services/Supplies

4000 EMPLOYMENT
4010 Accounting/Finance
4020 Automotive Employment
4030 Business Opportunity
4033 Computers/IT
4035 Dental
4040 Domestic
4050 Drivers
4060 Education/Training
4070 Employment Services
4075 Engineering/Design
4080 General Employment
4090 Health Care
4100 Nursing
4110 Office/Clerical
4120 Professional/Management
4130 Restaurant/Hotel
4135 Retail
4140 Sales/Marketing
4150 Skilled/Technical
4160 Situations Wanted
4170 Job Fairs

5000 REAL ESTATE FOR RENT
5010 Apartments/Flats
5020 Commercial/Industrial For Rent
5030 Condos/Townhouses/Duplexes
5040 Houses For Rent
5045 Land for Lease
5050 Living Quarters to Share/Rooms
5060 Manufactured/Mobile Homes
5070 Resort/Vacation Homes For Rent
5080 Wanted To Rent

5500 REAL ESTATE FOR SALE
5510 Open Houses
5520 Genesee County
5530 Lapeer County
5540 Livingston County
5550 Macomb County
5555 Monroe County
5560 Oakland County
5565 St. Clair County
5570 Washtenaw County
5580 Wayne County
5585 Wayne County For Sale By Owner
5590 Mid-Michigan
5600 Northern Property
5610 Thumb Area
5620 Upper Peninsula
5625 Waterfront
5630 Western Michigan
5640 Out of State
5650 Commercial/Industrial
5660 Condos/Townhouses/Duplexes
5670 Income Property
5680 Manufactured/Mobile Homes
5690 Loans/Mortgages
5700 Real Estate Wanted
5710 Lots/Vacant Land

6000 TRANSPORTATION
6005 Auto Auctions
6010 Automobile Financing
6020 Autos for Sale
6030 Autos Wanted
6040 Aviation
6050 Boats/Watercrafts
6051 Dockage for Lease
6055 "Budget Autos under $2,000"
6060 Classics/Hot Rods
6070 Motorcycles/ATV
6080 Part & Accessories
6090 RVs/Trailers
6100 Service/Repair
6110 Snowmobiles
6120 Sport Utility
6130 Trucks
6140 Vans/Mini

7000 BUSINESS SERVICES
7010 Accounting/Taxes
7020 Alterations
7030 Animal/Pest Control
7040 Appliance Repair
7050 Asphalt/Seal Coating
7060 Attorneys/Legal
7070 Banquet Halls/Catering
7075 Basement Waterproofing
7080 Brick/Block
7090 Building/Construction
7095 Cement Work
7100 Ceramic Tile Installation
7110 Child Care
7120 Chimney
7130 Cleaning/Janitorial Services
7140 Clock Repair
7150 Computer/Internet Services
7160 Convalescent/Adult Care
7170 Decks/Patio/Sunrooms
7175 Drywall/Plastering
7180 Education/Training
7190 Electrical
7200 Electronics Repair
7210 Entertainment
7220 Fences
7230 Flooring
7240 Florists
7250 Furniture Repair/Restoration
7260 Hair/Beauty Services
7270 Handyman
7280 Heating & Cooling
7285 Home Improvement
7290 Insurance
7300 Lawn Care/Landscaping
7310 Limousine
7320 Manufactured/Mobile Home Services
7330 Miscellaneous Services
7340 Moving & Storage
7350 Painting & Decorating
7360 Photography/Video Services
7365 Plumbing
7370 Pool/Spa-Installation/Repair
7375 Power Washing
7380 Roofing
7390 Security
7400 Septic Systems
7405 Service Directory
7408 Siding/Gutters
7410 Small Engine Repair
7420 Snow Removal
7430 Telephone Installation/Repair
7440 Towing
7450 Tree Service
7460 Trucking & Hauling
7470 Water/Well Drilling
7480 Health/Nutrition
7490 Welding
7500 Windows & Doors

PUBLISHER'S NOTE

All real estate advertised in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18.

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.

Heritage Newspapers assumes no responsibility for accuracy or content of voice mail messages.

LIBRARY BOARD OPENING

The MILAN PUBLIC LIBRARY Board of Trustees is seeking an individual to fill an immediate opening on the Board. Please mail or deliver a letter of interest to the Library (151 Wabash St., Milan, 48160) no later than February 9, 2007. Be sure to include your name, address and phone number. Interested person ***MUST*** live within the city limits of Milan.

Maintenance Supervisor

1145 Unit Apartment Community. Ideal candidate will have a minimum of 5 years Exp. Strong knowledge of contracts, bidding, and all phases of apartment maintenance. Please apply in person or mail resume
Providence at Harbour Club
49000 Denton Rd
Belleville, MI 48111

MANUFACTURING TECH

Needed for innovative company in Ann Arbor. Troubleshoot & repair electrical, mechanical and software controlled manufacturing equipment. Assist Engineering with projects. Exp. w/troubleshooting PLC's, lathes, surface grinders etc. Must be able to read blueprints. Have 2+ yrs. exp. HS or GED. Exc. pay and benefits. Submit resume to: roxannek@wskills.com or fax: 810-227-1344. EOE

NOW HIRING Door to Door Canvassers. $7.00/hr plus commission. Call 734-285-5386

SECRET SHOPPERS
Needed for evaluations of Local Stores & Restaurants. Flexible Hrs, Fee & Training Provided. 1-800-585-9024 ext. 6316

Telemarketing

A well established rapidly growing co. hiring full time. Experience helpful not necessary. Average $12/hr. Call 586-549-7521 Tony.

EMT for Ambulance

State licensed & pass testing. Full / part-time. 313-963-2000

Internal Medicine Biller

2 yrs. exp. preferred. E-Thomas software. Fax resume to 734-282-7577

Medical Asst.

2 yrs. exp. Phlebotomy, PFT, EKG, bone density, E-Thomas software. Fax resumes to 734-282-7577

MEDICAL ASST

Needed for pediatric office. Must have some experience with pediatrics. References required. Please fax resume to: 734-676-5529

Data Entry / General Office Position

Full time entry level position includes data entry, answering phones and general office duties. Microsoft Excel, Access and Word experience required. Accuracy and attention to detail a must. Please send resume to
MSI
P.O. Box 160
Dexter, MI 48130
or e-mail to
psmith@msigersd.com

Office Manager

Friendly and outgoing Office Manager needed for growing Saline business. Knowledge of Quickbooks a must. Position is full-time, Mon.-Fri. Pay based on exp. Please fax resumes to 734-944-0127 or call 734-429-1828.

RECEPTIONIST

Fast paced Manchester office seeks high energy individual for receptionist position. Applicant must have basic Math and Computer skills and be willing to work with team. Please send resumes to: PO Box 523, Manchester, MI 48158.

Help wanted at the **CHELSEA GRILL**, night time hostess; day & night server. Apply in person 1120 S. Main, Chelsea

METRO AIRPORT
Cooks, Servers, etc.
Apply now
by phone or web. Call 877-CONEY-123 X120
www.nationalconeyisland.com

CLASSIFIED IS one of the best single sources for selling items, seeking jobs, finding housing, meeting new people and more.

MARKETING/ RECRUITING

Mature, experienced professional individual with previous exp. with local store marketing & recruiting. Bearwood Mgmt. (position covers Saline/ Ann Arbor area). Good opportunity. Fax 313-842-2882 or attend our open interview on Sunday, Jan. 28 from 2pm-5pm. Interviews will be held at 7847 E. Michigan Ave., Saline.

LINK TOOL & MFG.,
9495 Inkster Rd.,
Taylor, MI 48180
We Specialize in Carbide/Steel, Hot & Cold Heading & Extrusion Tools. Looking for good, strong, dedicated individuals to fill the following positions for day and night shift:
Surface Grinders, Polishers/Finishers, ID/OD Grinders for Parker Majestic, Hone Operator, Ded-Tru Operator, MAZAK CNC Lathe-Program/Set-up /Operate, CNC Mill-Set-up/Operate, EDM-Set-up/Operate and Quality.
Excellent Benefits and 401k.
EXPERIENCED ONLY NEED APPLY IN PERSON.

Small Office, Fast Paced. Looking for individual willing to work all areas including Accounting Functions, Order Taking, and Customer Service. Must be proficient with Microsoft Work, Excel, & Dynamic. Good Pay with benefits & 401(k). Experienced only apply in person;
LINK TOOL & MFG.,
9495 Inkster Rd.,
Taylor, MI 48180

ANTIQUES and COLLECTIBLES 1178 Fort St. Lincoln Park Wed. - Sat. 1 p.m. - 4 p.m.

ANTIQUE SHOW
Historical Society, Fri. 1/19, 11-7, Sat. 1/20, 9-5. $3. Washtenaw Farm Council Grounds, Saline, MI 734-944-0713

EDISON PHONE-GRAPH Record Player with Horns, about 200 Cylinder Records w/ cabinet 734-675-1140

ALL APPLIANCES
$89 & up. Repairs also available. Free Service Call w/ repair. 7 days a week, call 24 hrs.
313-575-8012

GE ELECTRIC stove with glass top $300, GE Nautiluf dishwasher $200. Both 5 years. 734-783-2979

KENMORE FRONT load washer & dryer set, 4 years old $300 must pick up.
734-642-9190

KENMORE GAS Range. Bought new in 2006. $500/best
313-271-9338

KENMORE REFRIGERATOR w/ ice & water dispenser, new in 2005. $500/best.
313-271-9338

MAYTAG WASHER, White, good condition, runs good, $100, Wyandotte.
386-290-0004

FAST CASH
Sell Classified!

REFRIGERATOR
$150, washer, dryer, stove $100 each warranty 734-229-0702
www.appliance outletstores.com

WANTED:
MAYTAG (Only), Square Tub Wringer washer, Model E2L. Will pick up.
419-522-8043

WASHER & Dryer $100 each, stove $150., double door refrigerator with water & ice $150+, very good condition satisfaction guaranteed
313-657-5153

WHIRLPOOL ELECTRIC stove ceramic top, self cleaning range, also Whirlpool refrigerator both almond. $500/ both/ best. 734-731-1297

WHIRLPOOL FREEZER Chest for the cost of ad. Call:
313-388-7529

SOUTHGATE 13414 Callender, Jan. 19-20, 9-3. Crafts supplies, books, lots of household.

LADDER RACK for 8 foot pick-up box, $75. Aluminum brake 10 foot Pro-2 series $350. 734-657-6148

MICHIGAN MEMORIAL Flatrock, MI. 3 plots, lot 12 $1400 each 313-561-7374

AAA COINS & COLLECTIBLES
Always buying silver & gold coins. Estate coin collections, vintage sports cards, Lionel Trains, old toys, old comics.
734-558-2986

CASH FOR war relics, Also hunting, Will come to you.
313-582-3856
CIVIL WAR, TOP $$$

LINCOLN COIN CLUB
Coin & Collectible Show
Sun. Jan. 21, 10-5. Southgate Civic Center, 14700 Resume. FREE 734-283-0982

CAR STEREO Subwoofers. Two sets. $100 each.
313-995-2152

ABSOLUTE FIREWOOD, $60 a face or 3 for $160, Free delivery, 734-776-4035 or 734-818-3296

ALL HARDWOOD Seasoned $65/face cord, delivered. Chris 734-783-1143

BEST QUALITY Hardwood, seasoned, clean, $70/ face cord, **FREE DELIVERY,** down river only. 734-671-0932

COMPUTER MONITOR 19", CRT IBM Includes cords, only $20. 734-975-8629

CHARGE YOUR ADS TO VISA, MASTERCARD, DISCOVER OR AMERICAN EXPRESS

ULTRA FOLDING treadmill & Orbitrek elliptical machine, $99 ea. 313-622-0934

1 SET, 2 piece, queen pillow top, still in bag, $100. 734-891-8481

1 SET 3 piece King pillowtop new in plastic $195. 734-891-8481

3 PIECE Entertain center, gorgeous, oak & glass, many organizers, 27" tv hold. $400. 734-657-6148

BED HOME Care bed with mattress fully powered. $600.00 or best. 313-575-3239

BILLIARD TABLE New in box, 8 ft. $850 734-732-9338

CRAFTMATIC BEDS, 2, twin, fully powered, no mattress, $800. 313-291-6328

DINING SET oak, good condition 44-67", 4 chairs, china cabinet 79x63, custom pads, $500 734-818-0789

FUTON/ QUEEN mattress- new/used less than 30 days. Light oak with fold down tables at ends. New $1000 - Sell for $300.
313-670-7675

QUEEN PILLOW Top Mattress Set. "New" in plastic w/ full warranty. Can deliver. $95. 734-721-3799

SOFA & LOVE SEAT, Brand new! Beige, Microfiber. Life time warranty on frame. Can deliver. $495.
734-721-3799

WHITE TWIN Bunkbed w/ built-in desk, chair & 5 drawers. Good mattresses. $500/ best. 313-386-2285

CHELSEA 148 Van Buren St., Jan. 20th., 11-3pm, retirement sale, all treasures must go. Kimball Piano, antique dresser, 1890 ruby treadle sewing machine, gate leg drop leaf table, chrome entertainment center, 100's of more items, call for details.
734-475-6000

LINCOLN PARK Moving Sale. Jan. 19th after 4p.m. & Jan. 20th 8-4. Household, medical equipment & more. 1521 Lafayette

CLASSIFIED IS one of the best single sources for selling items, seeking jobs, finding housing, meeting new people and more.

SALINE: 3RD annual GIANT indoor yard sale! 15 Families! 320 W. Michigan Ave. Saline American Legion Hall. Jan. 20, 9 - 4.

TROY ESTATE Sale 3576 Eastbourne Dr. Adams & Big Beaver area. Fri. & Sat., 9-5. Huge Sale antiques, tools, jewelry, glassware, nice furniture, household misc.. Worth the Drive!! www.ournextsale.com

WYANDOTTE RHS
Hockey Rummage/ Bake Sale. January 20th, 9am- 4pm, Roosevelt High School, 540 Eureka, 20 + families, Donations accepted. Call 734-282-3306

List your auction where the action is - HERITAGE CLASSIFEDS. Try our total package which covers all the areas from Dearborn to the Ohio line; and from the Detroit River to Washtenaw County.
1-877-888-3202

TWO DIAMOND wedding sets. Ladies and men's. $600.00 each
734-692-1589

CRAFTSMAN TOOLCHEST
$100 Heavy Duty
Call 734-479-0970

SEWER JET Machine 25 HP, kohler motor, 200 gallon holding tank, up to 4000 PSI, electric reel w/ 300 feet of hose, also have cutters, $4,000. 734-847-9070
734-231-1991

BODY-SOLID EXM-2500S, multi station gym with optional leg press. Great condition. $800. 313-277-5485

CARPET SALE
Warehouse prices!
Next day installation.
Joe's Carpet Service
734-374-2554

EARTHSTOVE FIREPLACE Inserts brass & glass doors, holds 24" logs, excellent condition. Qty. 2 $675.each or best offer (313)204-5808

FREE OFFICE Furniture, 2 excellent condition office sized desks, wall partitions, 4 stationary chairs, free drop-in electric stove, console 25" T.V. 734-675-8992

FRENCH DOORS, Interior, Pre-hung 5' x 8' with 18 panes of glass. $450.
734-341-9264

FULL SIZE lighted plant cart, 3 shelves $150. White metal cabinet $75. Fluorescent plant stand $20.
313-291-6608

RAINSOFT WATER soften system. Best offer. 517-596-3045

I PAY cash for gently used children's clothing and maternity wear. Call Tami @ 734-272-7489.

A.B. CHASE Pump Organ. 1880's. With 2 foot pedals, 61 key sized keyboard & selector knobs. Excellent condition. Moving & Must sell! $500. 517-456-8624 after 6.

6 PERSON hot tub, $500/ best.
734-671-6134

HOT TUB -2007, new, 40 jets 6 person $3200, can deliver.
313-586-0005

JACUZZI 8 person calspa, good condition, color blue marble, $400.
734-657-6148

CASH FOR war relics, Also hunting, Will come to you.
313-582-3856
CIVIL WAR, TOP $$$

MARCY HOME Gym $225/ best.
734-671-6134

CLASSIFIED
Brings buyers and sellers together. Help families find new homes. Makes selling and shopping simple. Provide job seekers with career information.

WEIDER ADVANTAGE cross bow, equivalent to bowflex exerciser, $150.
734-657-6148

RESULTS AND low cost are two good reasons for advertising in classified.

SURPLUS STEEL
Siding & Roofing-
$1.75 L.F.
Pipe, Pipe & Structurals from $.38/lbs
1-866-787-6167
1810 E. High St.
Jackson, MI

Bargain Hunters Free Bulletin Board

***Merchandise for Sale $100 & less**

*No more than 2 items per ad (each item must be priced under $100)

CHOOSE ONE:

☐ Wednesday News-Herald/Press & Guide ☐ Sunday News-Herald/Press & Guide
☐ Ile Camera ☐ Monroe Guardian
☐ Western Region (Belleville, Chelsea, Dexter, Manchester, Milan, Saline, Ypsilanti)

Your ad will appear in the next available specified publication upon receipt of ad by mail.

FILL IN ONE WORD PER LINE

_____ _____ _____ _____
_____ _____ _____ _____
_____ _____ (____) _____

Above copy may be edited for space. Maximum 4 lines. Collectibles and pets are prohibited. One ad per household per month. Mail in only/No walk-ins please.

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ For Office Use Only _____

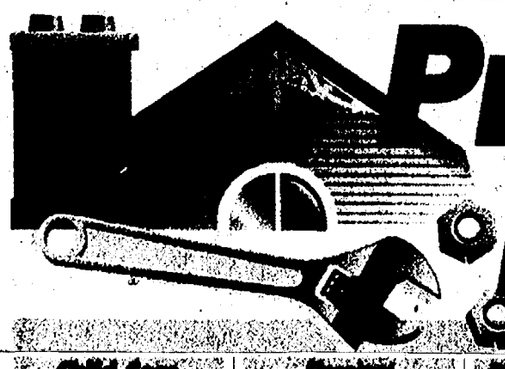
Mail to: Classified Bargain Hunter
HERITAGE NEWSPAPERS
One Heritage Place, Suite 100, Southgate, MI 48195

PHYSICAL THERAPY ASST.
PHYSICAL THERAPY BILLER
PHYSICAL THERAPIST

Busy Orthopedic practice now hiring for 3 positions.
- Full-time
- Monday though Friday
- Full benefits
- Paid Vacation

Send resume and salary requirements to:
Attn: Office Manager
23550 Park St., Suite 100
Dearborn, MI 48124
or email: mtdobie@aol.com

NEED HELP? CALL A LOCAL PROFESSIONAL FROM OUR



Professional Services Directory

PLACE YOUR AD TODAY!
1-877-888-3202

Dear Reader:

The Childrens Corner Learning Center is now accepting full-time enrollments for infants - school age children. We also offer after hour care/weekends. $150.00 weekly. Chelsea School District. Come to our **OPEN HOUSE** Friday 1/19/07 6:30 - 7:30pm 14030 N. Territorial Chelsea, MI. Please call **734-475-2250**

KELLIES CLEANING service. Weekly, bi-weekly, or monthly. Insured, references available. **Call 517-812-1275**

MAJESTIC MAIDS Bonded and Insured. Call for free quote. **734-652-0017**

IT'S A SURE SALE in the Classified

DOWNRIVER DRYWALL Quality Hanging, Finishing & Repairs! **734-671-7701**

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HERITAGE CLASSIFIEDS GET RESULTS RESULTS RESULTS RESULTS 1-877-888-3202

Professional Tutor
MS/ HS/ College Math/ Science, Gifted and Special Needs. Engineering Degree, Occupational Therapy Degree. $70/ hour, up to 3 students per session. Meet at Gourmet Chocolate Cafe Chelesa. Mary DuCharme 517-851-4013

Hinckley Excavating Inc.
▲ Full Excavating and Tree Service
▲ Site Clearing
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over 25 years of exp.
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CLASSIFIED IS one of the best single sources for selling items, seeking jobs, finding housing, meeting new people and more.

DAD'S SERVICE, LLC
Local 734-395-8217
Plumbing, screen, tile, electrical, carpentry

RESIDENTIAL REMODELING, electrical, carpentry, dry wall, plumbing, painting, Pergo flooring. 30 years experience. Call John
734-483-9390
734-330-6796

THE CLASSIFIED
★ A Sure Bet ★

EXPERT CONSTRUCTION
Kitchens, Baths, Plumbing, Electrical, Handyman Services. Call 313-383-3558

KITCHEN, BATH, Basement, Plaster, Drywall, Paint. Builder License Insured, I'm a senior citizen. **734-320-9385**

RESULTS AND low cost are two good reasons for advertising in classified.

POST OFFICE NOW HIRING
Average pay $20/hr. or 57K annually. Including Federal Benefits and OT, Paid Training, Vacations, FT/PT.
1-800-584-1775 ext 8913 USWA

NEED VACATION CASH?
Sell your unwanted items with a classified ad in HERITAGE CLASSIFIEDS. You get your cash fast.
1-877-888-3202

List your auction where the action is - HERITAGE CLASSIFEDS. Try our total package which covers all the areas from Dearborn to the Ohio line; and from the Detroit River to Washtenaw County.
1-877-888-3202

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!

AKC BLACK lab female, 8 weeks old, shots & wormed. 734-782-1529

AMERICAN PIT Bull Terrier Puppies White & dark fawn. $300 males, $350 females. 734-818-5432

A WIRE Fox Terrier male 20 mo. in tact, no small children, loves to be held and petted. $350 734-283-2538

BOSTON TESRIER Pups, 8 weeks, B/W Males, vet checked, dew claws removed, 1st shots, dewormed, $450 734-560-3117

CALICO KITTEN, female, 5 months old,shots & wormed. Free to good home. 313-271-9338

CHIHUAHUA AKC 4 females 1 male $500 each. 734-818-3343

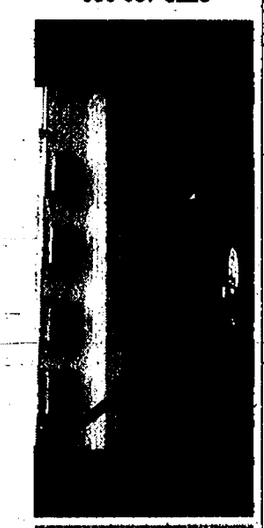
CHIHUAHUAS FEMALE $350, Male 1/2 Pomeranian $300 Ready for Breeding! 734-634-0477

CONTROL FLEAS
In the home without dangerous chemicals with the patented Happy Jack Flea Beacon. Results overnight. FARMERS SUPPLY (475-1777). www.e-stitch.com

FREE TO good home! *Kanga*, Shepherd mix, 9 mons. old female. Spade, shots & trained. Found by veterinary student. 313-562-8696

REGISTERED GERMAN Shepherd pups, 3 males, 5 females. Awesome bloodline. Vet checked, 1st shots.734-854-6560

X RACING Greyhound. Urgently need homes now. Call LAFSGA, 330-637-5228



CHELSEA 1 bdrm. upper, downtown, free use of washer and dryer. $635/ mo. + heat & lights. Call Rick 734-476-4024

CHELSEA, 1 bedroom apartment, heat and electricity included. $400 deposit, $550 per month. Call 734-368-5297

CHELSEA 2 bdrm. apt., heat/water included $675/mo./dep. small pets ok. 734-475-8736

CHELSEA DOWNTOWN newly remodeled 2 bdrm. apartments. On-site laundry. Rent starting at $645/mo. Call 734-994-5284 madproco.com

CHELSEA FURNISHED Luxury main street suites, $1250/mo. furnished, $1050/mo. unfurnished. 2 bdrm., 2 bath, gourmet kitchen, wash/dry, roof top deck, covered garage, call Sandra @ 734-904-0906

Fast Cash Sell Classified

CHELSEA/ Manchester duplex, free utilities, cable, internet, no pets/smoking 734-260-4255

CHELSEA VILLAGE This family community is accepting applications for our 2 bdrm. apts. & barrier free units. All public areas at this apt. community are handicap accessible. Rent is based on income. For additional info: 734-475-8333 For Hearing Impaired 1-800-750-1697 equal housing opportunity Keystone management

CHELSEA Warren Apartments Privately owned & managed, No pets. 734-475-7418

CLINTON 2 bdrm. $525/mo., 1 bdrm. $550/mo., 1 mo. security, includes heat. $15 application fee. 734-748-7085

DEXTER 3616 Central Ave., 1 bdrm., bsmt., washer/ dryer hookup, deck, $680/ mo. + utilities. Chris Colton & Assoc. 517-812-0940

DEXTER LARGE 2 bdrm., w/ loft, laundry, pool, $950/ month. 734-426-4381

EAST DEARBORN 2 bdrm, $675 + dep. & utilities 313-563-5129

FLATROCK 2 bdrm, upper, air, washer/dryer, available immediately, no pets. $585. + $585. security deposit. 734-782-2019 734-782-9405

BRAND NEW
$295 Move In Specials
PARKSIDE LANE APARTMENTS
1 & 2 BEDROOMS
NEWLY RENOVATED
GREAT PLACE TO LIVE
734-439-7374

LINCOLN PARK 1 bdrm. lower. Clean nice area, $450+dep. utilities.734-281-6558

RESULTS AND low cost are two good reasons for advertising in classified.

LINCOLN PARK Large 2 bdrm., central air, w/ heat, dishwasher, No pets. $625. 734-591-2217

LINCOLN PARK & Melvindale 1 & 2 bdrms, some utilities and appliances. 734-564-0202

MANCHESTER 2 bdrm. lovely ranch-style apt., appliances, private full bsmt., quiet location, no smoke/pets. $450 & utilities & 1 mo. sec. 3rd month FREE 734-428-1786

MANCHESTER Efficiency Apartment for rent in town, Call: 734-428-9202

MANCHESTER EXTRA nice 2 bdrm. very affordable 8x10 deck, free laundry facility. 734-474-1527

MANCHESTER - Nice, Spacious 1 bdrm. with yard. Easy drive to Ann Arbor. Walk to parks and shops. $585/mo. Pets ok. 734-475-0432

MANCHESTER VILLAGE 2 bdrm. $650+utilities, references 231-929-4944

MILAN
$20.07 JANUARY RENT!
SECURITY DEPOSITS STARTING AT $49
FREE HEAT & WATER!
CULVER ESTATES
734-439-0600
*Restrictions Apply

MILAN 2 bdrm. Upper in nice quite neighborhood. No pets. Easy access to US 23. $550/mon. + $550 security deposit. 517-467-2084

NATURE LOVERS Big Efficiency 3 acres, pond, river access, deer, private entrance & bath & patio. Outside Dexter, Morrison Rd $490 No pets 426-0090

RIVER ROUGE 3 bdrm., 1,000 sq.ft. utilities included, $700. 734-341-7172

SALINE 1 & 2 Bdrm. Great Winter Savings from $495 Call 734-426-4022 or 734-944-3025

SALINE'S FINEST Large 1 and 2 bdrm. apts. in small quiet complex. 2 blocks from downtown, meticulously clean $650 & $700 includes utilities except electric. 941-400-4242, 734-276-5539.

SALINE THORNCREST ESTATE APARTMENTS Now accepting applications for one and two bedroom apartments. No pets. Call for our Specials 734-429-4489

TAYLOR 1 bedroom town homes, with separate entrance and bsmt, Central air & heat included. Call 313-295-2001

TRENTON 1 bdrm., mature person, all utilities, $575, 1st, last & dep. 734-934-7748

TRENTON free heat, large 2 bdrm lower, bsmt., no smoking $675.734-782-3063

VILLAGE OF Grass Lake. - 2 bdrm., w/ laundry, a/c & newer kitchen. $600 per. month. 517-414-7576

WILLIS 2 bdrm. apts. available now. $650 a month. One month FREE! 734-368-0676

WILLIS EFFICIENCY Available now, Includes all utilities. $450/month. First month half price. 734-368-0676

WYANDOTTE, 1254 Elm. Spacious 2 bdrm. lower, oak floors, full appliances, bsmt., yard, Immediate Occupancy! 734-891-6117

ANN ARBOR/ Dexter area 800 sq. ft. free standing office on Jackson Rd. between Baker & Parker Rd: New carpet & fireplace, 1 year lease $595 734-426-3223

Where the Deals Are

TAYLOR 21649 Goddard, small offices, 120-525 sq ft, w/ utilities. 734-287-6030

TRENTON OFFICE Complex, 4 offices available $200 each 2242 W. Jeff Call Greg 734-216-6553

DEARBORN HTS. Sharp duplex, 4137 Huron St, lower 2 bdrm. $825 mo.+dep.+ utilities, kitchen/washer/dryer/carport/bsmt./313-231-2338

GRASS LAKE large quite country 1 bdrm., $550 month no smoking/ no pets. 517-522-8228, 517-250-0480

MEADOWS OF Van Buren, Beautiful condo! appliances, washer/ dryer, 2 bdrm., 2 bath., $900/ mo. 248-752-0402

MILAN 2 bdrm; 1.5 bath, 1,200 sq. ft. $650 + utilities. 734-216-7389

MILAN: 2 bdrm. appliances, dishwasher, washer, dryer, C/A references, $650. 734-439-4050

MILAN 3941 Judd Rd. 2 bdrm, private on 1 acre, updated near US-23 734-434-2301

MILAN DUPLEX- 2 bdrm, washer & dryer, fenced yard, Includes water. $700 ($25 off 1st mo) 734-417-0430

RIVER ROUGE 1 bdrm. lower, utilities, section 8 ok. $550. 734-644-2774

TRENTON 2 bdrm/ 2.5 bath/ full bsmt/ family room/ storage/ 2 car att/ appliances/ quiet area. 734-558-4112

ALLEN PARK 3 bdrm 1 bath, remodeled new appliances $850 +dep 734-716-9933

ALLEN PARK Cozy 2 bdrm., fully remodeled, new appliances. 734-341-4895

CHELSEA 2 story, 4 bdrm., 2 bath, laundry room, gas fireplace, sun room, 2-car garage. Private, 1/2 acre city lot. Lawn & snow care provided. $1100/mo. Call (C) 734-216-4125 (O) 734-426-2662

CHELSEA LAKE front-North Lake, 2 bdrm., 2 bathroom ranch, $1000/mo. + security. 734-476-5033

DEARBORN Heights 3 bdrm, appliances, district 7. $800/mo. 313-850-9409

DEARBORN HGTS. 25739 Colgate, 3 bdrm. 1 bath, $950+ deposit 313-274-5148

DEXTER 4 bdrm., 1.5 bath, full bsmt., flex lease, updated. $1200 734-426-4349

DEXTER AREA 600 sq. ft. house w/ fireplace, 1 bdrm. $595/ mo. 734-426-3223

ECORSE 3 bdrm, newly remodeled, fireplace, fenced in yard, close to schools & shopping, friendly neighborhood. 734-287-6178

INKSTER 4 bdrm, 2 bath, completely renovated, section 8 ok. 313-449-4248

LATHRUP VILLAGE 4 bdrm., 2,100 sq. ft. 2 car, finished bsmt. $1500 248-462-0362

LESS THAN PERFECT CREDIT? Refinance or purchase a home with $0 down in any area! Short time on job ok. Approval not based on your credit scores. Call Kileen White: METRO FINANCE 866-878-5155

LINCOLN PARK 3 bdrm., 2 bath bungalow, fenced in yard, no appliances $800, plus $800. deposit. 313-383-7257

LINCOLN PARK rent to own, 3 bdrm, bsmt. & garage, 1988 moran, $976/mo. + dep. 248-755-4480

LINCOLN PARK, Southgate, Taylor, Wyandotte, Your best chance to rent to own, or just rent, 2-3 bdrm homes, garage, basement, starting at $750. Call today to qualify for free rent. 877-584-9650

MANCHESTER AVAILABLE now! Large 2 bedroom apt. on Main Street. $675 734-996-2836

MILAN 3 bdrm. home, bsmt., fenced yard. $895 per month. Available now!!! Call 734-434-6356

MILAN, SINGLE family homes & duplexes for rent 734-439-8369

NEW BOSTON 4 bdrm., 2 bath., 1900 sq. ft., brick ranch, w/ appliances, 2 car, on 1 wooded acre lot: $1400/mo., w/ option. 734-854-3386

PINCKNEY Cozy 2 bedroom home on 1 acre of land. All appliances. Garbage & water included. $700/Mo. Animals welcome. Call 734-878-3645

SOUTHGATE 2 bdrm., air, fireplace, bsmt., appliances, $625 + dep. 734-283-4117

TAYLOR 3 bdrm, wood & ceramic, deck w/hot tub. $900. + dep. 734-550-8218

TRENTON 3 bdrm ranch, bsmt. AC $875. 734-558-3508 734-925-9609

TRENTON NICE, clean, very large, 2 bdrm, fireplace, bsmt, $850. 734-782-3063

UNADILLA 3-4 bdrm., home. Quite and rural available now. $850/mo. 734-498-2183

W. DEARBORN, Bungalow, 3 bdrm. All appliances. $950. 313-805-5705

VAN BUREN Township, cleared land available for sharecropping, 40+ acres. 313-399-7261

WANTED CROPLAND for 2007 and beyond. Bristle Farms. 734-320-3812 734-428-0214

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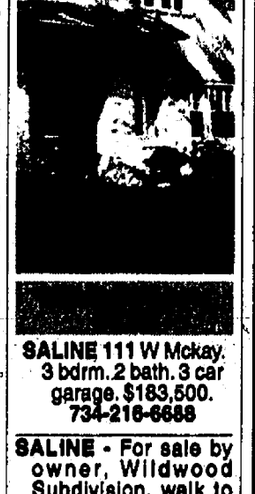
DEXTER SHARE large modern home, great kitchen, 2 bdrm. at $390 ea. Private bath, decks, river access, kayaks Morrison Rd. 428-0090

LINCOLN PARK beautiful, very clean, quiet upper 1 bdrm., flat, great for single person, water/heat/use of washer and dryer included, $550/mo. 1 year lease. $550 dep. Ask Ron 313-928-5106 or 313-441-4220. 1616 Fort Park. Lincoln Park

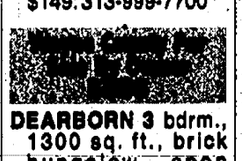
CHELSEA PROFESSIONAL couple w/ 2 teen boys, seeking a nice 3 bdrm. home/condo/apartment 2 rent, March 1, 231-779-7880



SALINE 111 W Mckay. 3 bdrm. 2 bath. 3 car garage. $183,500. 734-216-6688

SALINE - For sale by owner, Wildwood Subdivision, walk to school, year built 2001, approx. 2,200 S.F., walk-out, 4 bdrm., 3.5 bath, cathedral ceiling, hardwood floors, all appliances. Low price for quick sale. Please contact Menchie: 734-429-4057

LINCOLN PARK 3 bdrm, brick ranch, huge lot, all updated will assist w/ buyers cost & brokers welcome. Great deal $149. 313-999-7700



DEARBORN 3 bdrm., 1300 sq. ft., brick bungalow., open house Feb 11, 12-4 $149k, 313-277-3089

LINCOLN PARK 1713 Progress, Seller will finance, no banks needed, city certs, complete, $89,900. 313-387-7500

LINCOLN PARK Fort & Southfield, 2070 Fort St., 3600 sq. ft., $1200/ month. Redeveloping area. 248-225-2298

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CHELSEA WONDERFUL lot in charming, older section of Downtown, family neighborhood, minutes walking distance form Main St. and Elementary school. $73,000 would consider land contract 734-646-7890

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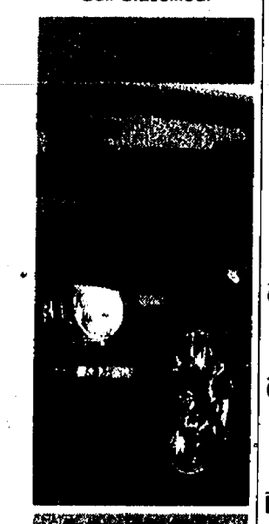

2005 Cadillac Deville Extra Clean, $19,494 (734) 642-6681

2007 CORVETTE Z06 Red Call Jefferson Chevrolet (313) 259-1200

CHEVROLET EL CAMINO 1980 Clean good condition, V8, dual exhaust, auto transmission. $2,600. 734-552-6867

CHEVY EL Camino 1982 new Jasper engine, lots of new parts plus more. $3000 313-445-0839

CHEVY PICKUP 91 full size, 5 speed 105k, V-6, 4.3 L, runs great $1400 obo 734-626-4960

CHRYSLER CONCORDE 2002 LX, good condition, 27k miles, $8500. 313-381-2585

Chrysler Lebaron 1994, new tires, new wiring, runs good, 1140 miles, asking $700 or best offer 734-341-4435

CHRYSLER PT Cruiser. 2002, auto, red, $6,400. 734-675-5920

DODGE 2000 Neon, brown, good, auto, power locks/windows, CD/tape, 91K, $3,895.734-552-4360

DODGE INTREPID 1997 4 door. Good condition. Runs good. $1,500/best. 734-558-1276

FORD CROWN Victoria LX Sport 2003, Marauder seats, loaded, 85K, $9,900 313-909-9094

FORD ESCORT Wagon, 1993, stick, great on gas, great condition, $1350 obo 313-410-7942

FORD ESCORT Wagon 1994, good condition,$1000 or best. (734)285-4808 call after 3/leave message

FORD MUSTANG 1988 Convertible, V8 Performance. Very clean, no rust. $2,600 313-336-9138

FORD THUNDERBIRD LX 1998 100K miles, fair condition, excellent sound system. $2,000/best offer. 313-294-2589

GMC JIMMY 1996 97K mi., leather, 4 dr., runs great $3500. 734-285-0321

GRAND PRIX GTP 1998 Super Charger, loaded, all power, exc. condition, $5500 or best.

LINCOLN CONTINENTAL 1997 leather and loaded, $2500 /best. 248-250-2657

MERCURY MILIAN 2006, 9700K miles, V-6, loaded, leather, remote start, $18500. 734-558-0721

PLYMOUTH VOYAGER, 1994, 90K, no rust, clean, runs good, dependable. $1650 734-250-0252

PONTIAC GRAND Am 1995 GT, V6, new trans, new parts, runs great, $2200/ best. 248-250-2657

PONTIAC GRAND Prix SE 1995 V6, Auto., 84K mi., Loaded, Exc. condition $2650 /Best. 734-282-0292

PONTIAC LEMANS, 1989, auto, super clean, new tires & breaks, 77k, $1,500. 734-334-6828

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CHRYSLER CORDOBA 1982 $600. Many new parts ,body in great shape. 313-986-7900

DODGE NEON, 1995, needs engine work, body in good condition, $300 obo 734-558-5716

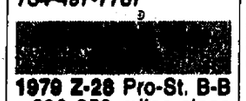
FORD CONVERSION Van, 1993, runs excellent, no leaks, good family van, $1900 313-350-2625

FORD TRUCK, 1990, 96K, some rust, work truck, runs good, $950 313-350-2625

HYUNDAI SONATA 1998 auto, AM/FM cassette runs good, good gas mileage, $1475 734-255-8020

LINCOLN TOWNCAR 1988, V8, 70K, auto, all power, loaded! $1,450.734-664-1823

PONTIAC GRAND Am, 1996, 4 dr, auto, 120K, very good condition, $1900 obo 734-497-7787



1979 Z-28 Pro-St. B-B 396 850 miles since full restore, 2 much 2 list, $16K firm, possible cash trade for 4WD truck. 734-946-5089

51 FORD 2 Dr Post w/302 Drive Train, Solid, Straight, needs interior work, $3500 /best. 734-946-5089

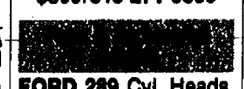
1983 ATV 3 wheeler, Yamaha 200E with reverse, new battery, rebuilt carb, runs. $600. 313-418-5607

1985 YAMAHA 200E Shaft Drive, new battery, new tune up, w/ trailer hitch, $800. Best offer on package deal. Call between 9-7pm. 313-418-5607

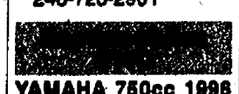
CASH PAID for excellent, original & old motorcycles,313-277-0027 / 734-397-0307

HONDA F4 2000, Low miles, runs great, garage stored $4000 /best.313-999-0190

YAHAMA DIRT Bike 2006 CC125, riden less than 20 hours. Paid $3,000, asking $800. 313-271-9338



FORD 289 Cyl. Heads, 327 Chevy Valves, ported. $450 or best. 248-723-2901



YAMAHA 750cc 1998 with enclosed trailer, $2400 or best offer. 734-771-4816

CHEY BLAZER 2002 2 door, 4x4, 108k, new starter, battery & fuel pump, newer tires and brakes, non smoker, very good condition, $8000/ best. 734-783-5133

JEEP CHEROKEE 1996. 4.0, 4x4, 145K highway miles. Looks & runs great. $3,500 734-376-3014

CHEVY SILVERADO 1994 2500 extended cab, long bed, 2WD, auto., all power. $1800 313-363-6925

CHEVY SILVERADO 2004 1500 4WD crew cab, immaculate, loaded, 18K mi., 313-381-5824

DODGE SPORT 1994, stick, 150K, some rust, great work truck. $950 obo 313-410-7942

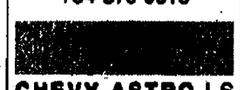
FORD F-150 1994, Super cab, runs good, new parts 158K miles $1250. 313-382-6193 or 313-433-6234

FORD F150 1995 Extended Cab Long box 2WD, all power $1800 313-363-6925

FORD F-150 1995 runs great, many new parts, too much to lift, call for info. 734-231-4037

FORD RANGER XLT 1999 extended V6, 4.0, auto, air, nice shape! $3900 734-775-6509

FORD Windstar, 1999 95K miles, very well maintained, exc. condition, $3500 /best, 734-379-0616



CHEVY ASTRO LS 1998 7 passenger, Looks and runs great. $2000 or best offer. 313-295-7236

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CHEVY LUMINA 1996, 7 seater, 70k miles, excellent condition, great deal, white. $3300. 734-439-0076

CHEVY VENTURE 2000 Power steering/ Brakes, Runs Great 120K mi. $5500/ best 734-286-4642

DODGE WORK van 1992 94K original miles, good condition, runs great, $750 313-802-5740

GMC SAFARI Van 1997 very nice, runs great w/ 60K miles on engine, $3500 or best. 734-646-2007

MERCURY VILLAGER 1996 loaded, good condition, 1 owner, $3200. 313-383-5250

PLYMOUTH VOYAGER Van, 1994, 90K, no rust, clean, runs good, dependable. $1475 734-250-0252

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Open Floor Plan, Ready to Move Into, 3 BR, 2 Bath Ranch. Solid Oak Doors, Flooring & Trim, Gas FP, Loads of Canned Lighting, Oak Kitchen w/All Appliances, First Floor Laundry Facilities, Large Basement w/1/2 Bath & Kitchenette. Screened Porch off Dining. Quiet Neighborhood On West end of Tecumseh. Call Fred McCrate 517-403-7256

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Updated 3 BR, 1 1/2 Bath Ranch in the heart of downtown Saline. Spacious & beautiful light oak & ceramic kitchen. Hardwood floors, bright family room, partially fin.basement, lovely yard w/privacy. $199,900. #2617012
Michael Price 734-216-9920/944-7900
MichaelPrice@TopProducer.com

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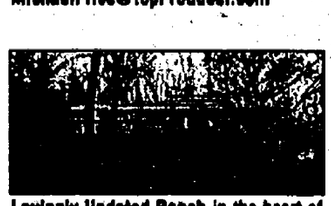

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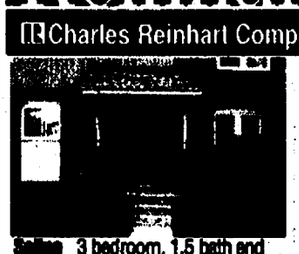
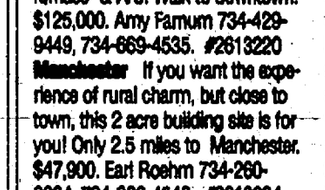
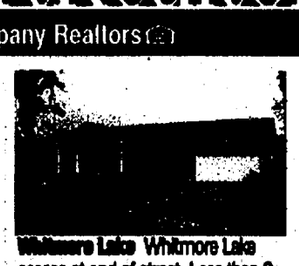


Saline 3 bedroom, 1.5 bath end unit townhome in Maple Village w/rare, double carport space! Newer appliances, high efficiency furnace & A/C. Walk to downtown. $125,000. Amy Farnum 734-429-9449, 734-669-4535. #2613220
Manchester If you want the experience of rural charm, but close to town, this 2 acre building site is for you! Only 2.5 miles to Manchester. $47,900. Earl Roehm 734-260-9024, 734-669-4546. #2613994
Hamburg Peace & quiet only minutes from US23. Bring your plans and builder to this site in Mystic Ridge, surrounded by acres of meadow, woods, & greenbelts. $104,900. Pat Durston 734-260-9247, 734-669-5981. #2610640
Clinton 10 acres on River Raisin & Clinton Manchester Rd. Beautiful rolling land to river. Perked & surveyed. Driveway in. Priced below market value. $135,000. Michael St. Clare 734-709-1209, 734-669-4550. #2616360



Milan New brick ranch in newer neighborhood. 3 bedroom, 2 full baths. Vaulted ceilings, oak cabinets, large 80x150 landscaped lot, city services & more. $186,900. Stephen Wickland 734-216-2498, 734-669-5845. #2615090
Ann Arbor Premium building site for custom home. 3.04 acres surrounded by open fields, ponds & new executive homes. 8 min. to downtown. Scio Twp. taxes. $199,000. Pat Durston 734-260-9247, 734-669-5981. #2606426



Whitmore Lake Whitmore Lake access at end of street. Less than 2 years old, all appliances stay. 3 bedroom, 2 bath, cathedral ceilings. $189,900. Colleen Hood 734-913-6999, 734-669-5978. #2613558
Manchester Ranch on large corner lot with 3 bedrooms, 2.5 baths, spacious kitchen, 1st floor laundry, walkout basement, deck. Close to schools, move in condition. $219,900. Rita Burkhardt 734-657-3264, 734-433-2186. #2615121

Stockbridge Beautiful ranch, 3 bedroom, 2 bath, 1860 sq. ft. w/additional 1600 sq. ft. in finished lower level. Large deck, sprinkler system. On 1 acre. $229,000. Cindy Lawson 734-845-1288, 734-433-2600. #2612842
Milan Attractive 3 bedroom home offers plenty of living space. Premium lot, private wooded rear yard. More value with additional upgrades throughout. $214,900. Susan Underwood 734-320-7276, 734-669-5895. #2615820
Saline 2 blocks from downtown Saline, cute 3 bedroom, 2 bath historic Victorian w/updated bath, beveled glass windows, garage, & hardwood floors throughout. $225,900. Kathy Frey 734-223-4898, 734-669-4557. #2616582
Chelsea 611 Creekside. Like-new 3 bedroom, 2 full bath ranch w/many upgrades including hickory hardwood floors, cherry cabinets, tile bathroom floors, viewout LL. $258,000. Elizabeth Brien 734-645-4444, 734-669-5989. #2615126

Chelsea Seller will pay $5000 in closing costs on this beautiful 2300 SF colonial. 4 bedroom, 2.5 bath, walkout LL & many updates. Overlooks Inverness Country Club. $272,500. Deborah Engelbert 734-368-3683, 734-433-2183. #2700298
Stockbridge 2368 SF Cape Cod, on 10 acres set up for horses. Professionally landscaped, new 3 car garage, charming front porch, wood floors, 1st floor master, gorgeous views. $350,000. Kelly Parks 517-812-9706, 734-433-2198. #2700428
Dexter Fabulous family 4 bedroom home. Fireplace, large kitchen with island, luxury master. Private, wooded cul-de-sac lot. Landscaped, sprinklers. $5000 builder incentive! $357,500. Margaret Delaney 734-395-0689, 734-669-5912. #2614212
Dexter Absolutely fabulous model home, 3 bedrooms, 3.5 baths, loaded with amenities. Finished walkout, deck with pond view, landscaping, sprinklers. Beautiful neighborhood! $369,000. Margaret Delaney 734-395-0689, 734-669-5912. #2613891

Chelsea Once you see this location and picturesque cedar home in the woods with 360 degree wrap-around porch, pond, and walkout basement, you'll know you're home. $314,000. Kari Newman 734-732-0151, 734-669-5930. #2615524

Grass Lake Unique equestrian opportunity in an upscale neighborhood. Great highway access. The barns are thick with history and lore. $399,900. Todd Lands 734-645-2637, 734-669-4544. #2613200
Chelsea All-sports Clear Lake. Cream puff cottage on fabulous lot! Massive stone fireplace, 3 season room, and extensive deck. Chelsea Schools, only 30 minutes to Ann Arbor or Jackson. $425,000. Deborah Engelbert 734-368-3683, 734-433-2183. #2614870

Ann Arbor One of a kind European style Highpointe condo on 16th fairway! Luxurious master suite, 4 bedrooms, 3.5 baths, chef's kitchen. Screened porch & extensive landscaping. $688,000. Fran Jones 734-994-6505, 734-669-5925. #2609353
Saline Spacious hilltop quad on 3 acres. 3300 sq. ft. +,500 sq. ft. in finished basement. 4 bedrooms, 3.5 baths. Inground pool with waterfall. $429,900. Sue Rushlow 734-216-1161, 734-669-4524. #2617573
Newburg Brand new home ready for immediate occupancy. In an area of new homes with greenbelt space for privacy. Quality throughout, family sized rooms. All paved roads. $469,900. Pat Durston 734-260-9247, 734-669-5981. #2605697

E. Stadium 971-6070 | W. Stadium 665-0300 | Green Rd. 747-7777 | Saline 429-9449 | Chelsea 475-9600 | Ypsilanti 480-4300 | Grass Lake 517-522-8737

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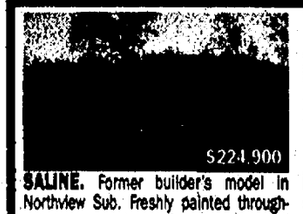
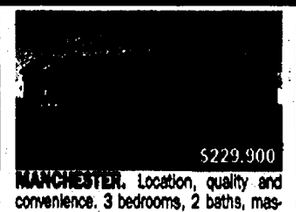
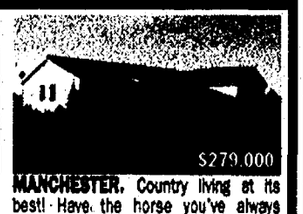


$224,900
SALINE. Former builder's model in Northview Sub. Freshly painted throughout, new carpet and flooring. New roof shingles. Move-in condition. 4 bedrooms, 3.5 baths. Jim Heinold, 741-5547. 2616530

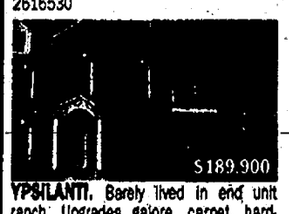


$229,900
MANCHESTER. Location, quality and convenience. 3 bedrooms, 2 baths, master suite, 1st floor laundry, approximately 3 picturesque acres, pole barn, Manchester schools. Shelly Kruger Dunn, 517-605-9564. 2000968

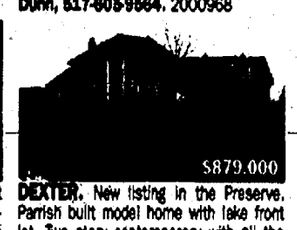
$129,600
YPSILANTI. Lovely updated ranch on quiet street. Updates include spacious kitchen, hardwood floors, roof, water heater, electrical. Custom-built deck. 3 bedrooms, 1.5 baths. Joyce Maschat, 218-3535. 2617467



$279,000
MANCHESTER. Country living at its best! Have the horse you've always wanted on 10+ acres, 3-bed/2-bath ranch built in 2000. 1775 sq. ft. Full basement. GordonTaylor.com Gordon Taylor, 216-1505. 2617191

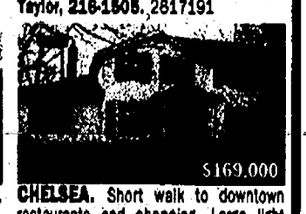


$189,900
YPSILANTI. Barely lived in end unit ranch. Upgrades galore, carpet, hardwoods, granite, crown molding, ceramic tile, stainless steel appliances. 24/7 fitness center. Minutes from Ann Arbor. Marc Rubin, 646-9000. 2617348



$879,000
DEXTER. New listing in the Preserve. Parrish built model home with lake front lot. Two story contemporary with all the amenities, 5 bedrooms, 4.5 baths. Finished walkout. Steve Esaules, 649-4915. 2617592

$161,900
MILAN. Recently renovated 3-bedroom, 2-bath home. Updates include central air, hot water heater, furnace and electrical panel. Master with jacuzzi tub and walk-in closet. Jennifer Wojtowicz, 255-0362. 2617583



$169,000
CHELSEA. Short walk to downtown restaurants and shopping. Large light rooms, 4 bedrooms, 2 baths, a duplex could be a single family. Enjoy the parades from the big yard. Diane Bice, 358-3851. 2700125

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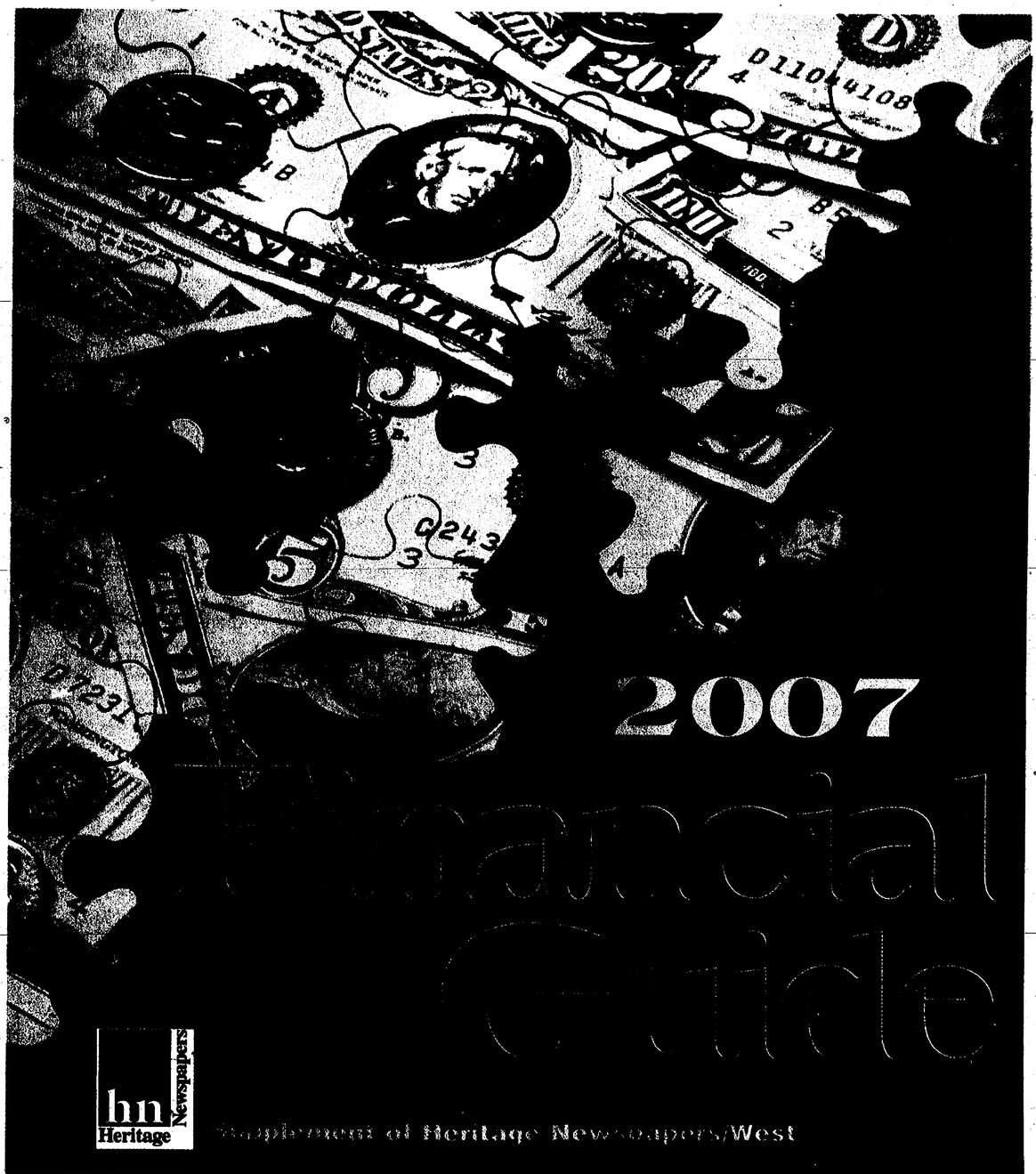


2007 Financial Guide

hn Heritage Newspapers

Supplement of Heritage Newspapers/West

Do you know where your investments are?

You can lose your gloves. You can lose your keys. But you'd never lose track of your investments, would you?

Actually, you might be surprised at just how many people do forget about investments, or leave them behind when they move. Every state maintains unclaimed-property offices to deal with millions of dollars worth of stocks, bonds, bank accounts, un-cashed checks, pensions, 401(k)s and IRAs.

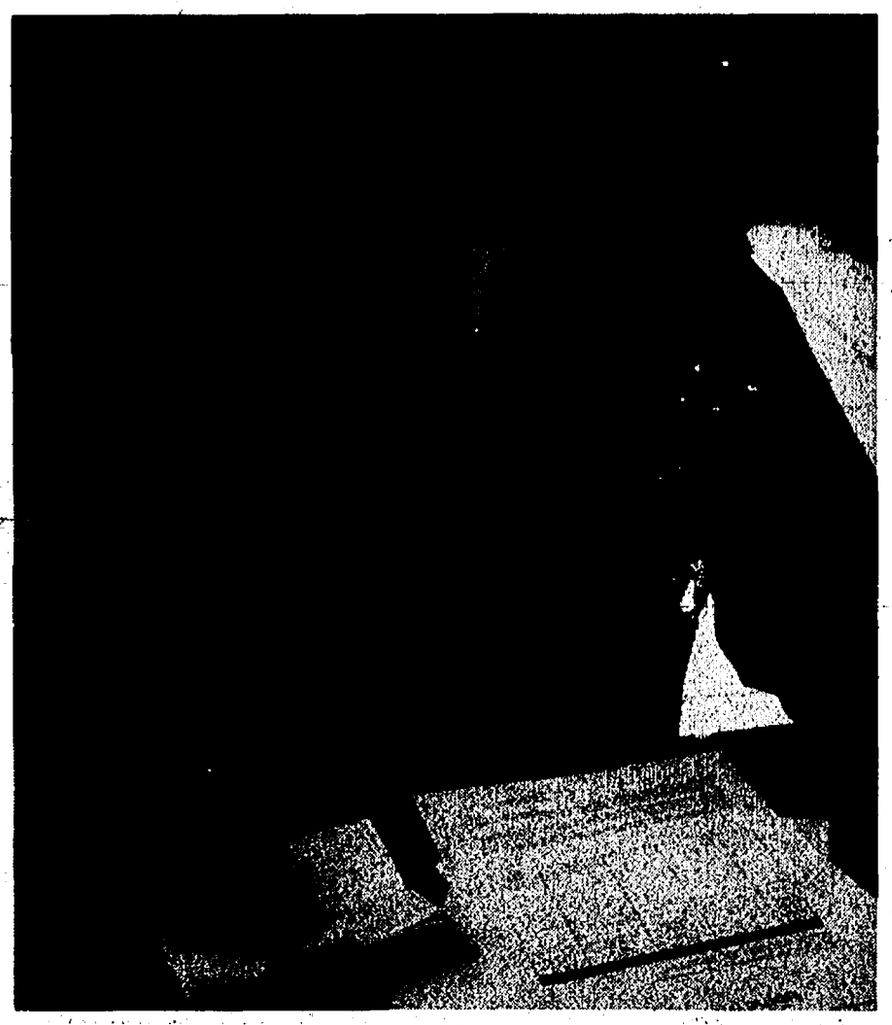
To avoid losing track of your financial assets, follow these suggestions:

• Keep records of all bank accounts and investments. It would probably take just a few minutes for you to write up a list of all your bank accounts and investments. And you don't have to go into great detail, either - just include the type of account and where it's currently held. Make sure you share this list with a family member.

• Inform banks and brokers when you move or change names. Notify your bank, broker, 401(k) administrator, insurance company and any other financial service agency you work with when you move or if you change your name due to marriage or divorce.

• Cash checks promptly. Whenever you receive stock dividends or distributions from a retirement plan, cash the checks promptly. The longer you leave these checks lying around, the greater the likelihood that you'll forget about them. Of course, in the case of dividends, if you don't need the income you are probably better off by automatically reinvesting them, as this builds the number of shares you own, but if you're going to accept the checks, take care of them right away.

• Don't give up. Even if you do lose track of investments or bank accounts, it doesn't mean they are gone forever. Try to "retrace your steps" back to where you think you might have held your accounts. Most financial services providers will do what they can to help you.



As an alternative, you might want to visit the Web site of the National Association of Unclaimed Property Administrators (www.unclaimed.org). There are no guarantees, but this organization can at least help get you started in the process of finding your missing assets.

Consolidate Your Accounts

Apart from the suggestions listed above, there's one more step you can take that can potentially help you keep close tabs on your financial assets. Specifically, you might want to consider consolidating as many of your accounts as possible at one financial services institution. A full-service company can offer you access to investments, banking services, mortgages, credit cards – virtually any financial vehicle you might need. With all your account and tax statements coming from the same place, you should find it relatively easy to keep track of all your holdings.

Furthermore, by consolidating your assets at a single financial institution and working with a single financial professional who knows your needs and goals, you may actually end up improving your overall financial strategy. Why? Because if you maintain several accounts without a central focus or unifying philosophy, you could end up with redundant or inappropriate investments – a costly mistake. At the same time, you could end up paying more than what you need for a variety of services spread out among several providers.

So, keep track of your investments, stay organized and consider consolidating your accounts. You work too hard to build your financial assets to let them slip away.

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MAKING SENSE OF INVESTING

Five rules to keep in mind when hiring a financial planner

By Sharee N. Mosher
Special Writer

You may be considering help from a financial planner for a number of reasons: planning for retirement or your children's education, buying a new home, or simply to have the expertise of someone else to help you get your finances in order or to manage your investments. Whatever your need, working with a financial planner can be a helpful step in securing a financial future.

When hiring a financial professional, you want to select a competent, qualified professional with whom you feel comfortable, one whose business style suits your financial planning needs. Following are five rules you should keep in mind when looking for a financial planner.

- **Rule 1: Get a referral.**

This is such a cliche, but it's a cliche because it's true. It doesn't make sense to start your search for a financial advisor from scratch. Most likely, you already know someone who has a great financial advisor. You just need to ask. But whom do you ask and what do you ask them?

A logical place to start is with your accountant or attorney. Both should be able to offer you more than one referral. Another great way to get a referral is to ask the wealthiest person you know, "Who do you use as a financial advisor?" It doesn't have to be a close friend. Ask someone you respect – your boss, or a friend of a friend. The wealthier they are the better, because the rich tend to have the best advisors.

- **Rule 2: If you can't get a referral, then do your own research.**

If you've asked around and find that you really can't get a referral, contact The Financial Planning Association at 1-800-282-7526, or check out their Web site at www.fpanet.org.

- **Rule 3: Go to your first meeting prepared.**

When you go to your first meeting, you'll want to bring bank and brokerage statements (for all your investments), last year's tax returns, retirement account statements, mortgage statements, and insurance documents.

Come to the meeting prepared to ask smart questions. You are there to interview an adviser who will coach you on managing your family's money, so treat this like a job interview and ask smart questions (see rule number 4 below).

- **Rule 4: Treat the first meeting like an interview.**

Who you hire to manage your money is one of the most important decisions you'll make in your life, so take it seriously. You need to ask smart questions and not just hire someone because you "like them."

Here are the most important questions to ask the advisor:

- How long have you been a financial adviser?
- What makes you a good financial adviser?
- What's your educational background and what licenses, credentials, and other certifications do you have?
- Have you ever been disciplined by the NASD or any regulatory agency during your career?
- Is there a particular area you specialize in?
- What services do you and your firm offer?
- Do you create a written financial plan, and if so is there a cost?
- Do you spend time educating your clients about money?
- How do you service your clients?
- How do you charge your clients (commission, fee-based, fee only, combination plan)?
- How many clients do you have and how much money do you manage?

This may seem like a long list. It is – and it should be. Again, this is a serious interview you're conducting. Hiring a good financial advisor can change your life – and hiring the wrong one can also change your life (just not in the way you want).

- **Rule 5: Check out a prospective advisor's background.**

If you only follow one of these rules, follow this one. Never, ever, ever hire a financial adviser without checking out his or her background. I don't care how nice their office is, what the company name on the door is, who referred you, or how many times they were in the paper or on television or radio. It doesn't matter. Looks aren't always what they seem.

There are great financial advisers out there, but unfortunately there are less than honest ones, too. However, the less than honest ones tend to leave a trail of problems. The best way to verify that what an adviser says is true is to contact the major organizations that review advisers.

To check the disciplinary history of a financial planner, check out the following:

- Certified Financial Planner Board of Standards, Inc., 1-888-237-6275 • www.CFP.net/search
- North American Securities Administrators Association, 1-202-737-0900 • www.nasaa.org
- National Association of Insurance Commissioners 1-816-842-3600 • www.naic.org
- National Association of Securities Dealers Regulation www.nasdr.com
- National Fraud Exchange (fee involved) 1-800-822-0416
- Securities and Exchange Commission 1-202-942-7040 • www.sec.gov

Start by visiting the National Association of Securities Dealers. The NASD is like the DMV of financial advisers -- always start there.

The NASD's Web site will tell you just about everything you could ever want to know about an adviser's history, including where they went to school, their work history, and if there have been complaints filed against them.

The bottom line: There are really great financial advisers out there, and they are looking for clients like you. You just need to do some smart work to find them. And if you have an adviser that you're not happy with, maybe it's time to do a new search.

Cyril White contributed to this story. White and Mosher are financial consultants with White House Financial & Settlement Consulting, LLC, a leading financial and investment consulting firm located in Chelsea that focuses on working with people who have undergone life-changing events. For more information, call 1-734-433-1670, send an e-mail to cyril@whitehousellc.com or sharee@whitehouseellc.com, or visit their Web site at www.whitehousellc.com.

What to ask

When getting a referral for a financial advisor, here are some questions to consider:

- **Why do you like your advisor?**
- **How long have you worked together?**
- **What specifically have they done for you?**
- **Did they provide you a written financial plan?**
- **How often do they meet with you?**
- **Do they call you or do you call them?**
- **How do you pay them?**
- **Do they provide you with a performance statement that shows you how you're doing?**
- **Have you had any problems?**
- **How's their customer service?**
- **Will you be compensated for this referral? (Ask this of accountants and attorneys or any other professional who provides the referral.)**

Address estate taxes through planning

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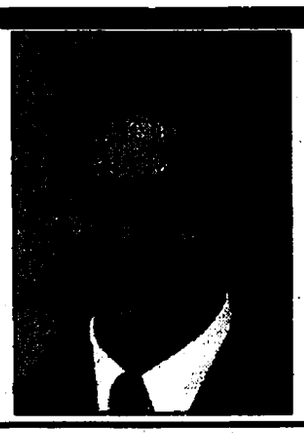


Eric Seger

Despite strong congressional support for repeal of the federal estate tax, the tax is still with us. While the Economic Growth and Tax Relief Act of 2001 attempted to reduce or eliminate estate taxes, the result was a tax system with three phases: relief, repeal and reappearance.

Transfer tax rates are scheduled to decrease, and the amount that may be transferred free of estate tax (the credit equivalent) is scheduled to increase, until the estate tax is repealed in 2010.

However, the rates return to 55 percent, and the credit equivalent to $1 million in 2011, unless Congress takes action.

In 2006, an estate worth more than $2 million potentially taxable. If you're concerned about estate taxes, it may be worthwhile to investigate sophisticated techniques designed to lessen their blow, such as the qualified terminable interest property trust.

QTIP trusts are a popular estate-planning tool for married couples with potentially taxable estates.

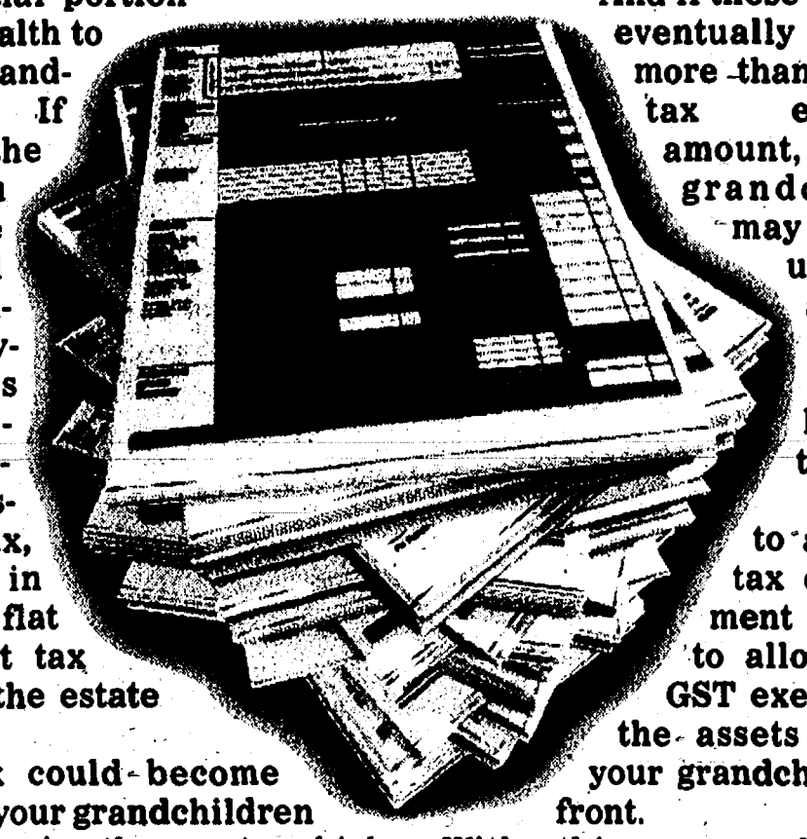
Although any amount you leave to your spouse is generally free of estate tax, you might not want to leave everything to your spouse. With a QTIP trust, you can set aside assets that earn income for your surviving spouse for the rest of his or her life.

When your surviving spouse dies, the assets automatically pass to beneficiaries you have named, such as your children or grandchildren.

As a result of this arrangement, your estate will not have to pay any estate taxes on the assets (although your spouse's estate may owe an estate tax).

For the grandchildren

You might like the idea of giving a substantial portion of your wealth to your grandchildren. If that's the case, you should be prepared for the federal government's generation-skipping transfer tax, which in 2006 is a flat 46 percent tax on top of the estate tax.



This tax could become due when your grandchildren actually receive the assets, which may not be for many years.

Fortunately, the first $2 million you give to your grandchildren is exempt from the GST tax. That may sound like plenty. But assets you set aside for your grandchildren may very well appreciate over the years.

And if those assets are eventually worth more than the GST tax exemption amount, your grandchildren may be unpleasantly surprised with a hefty GST tax.

One way to avoid this tax on investment growth is to allocate your GST exemption to the assets going to your grandchildren up front.

With this approach, future investment appreciation won't create undesired tax bills. The GST exemption will continue to apply to all of the assets, despite an increase in value.

Sound Complicated?

A well-thought-out estate plan may be quite complicated and usually requires the assistance of a professional financial planner. But, when all is said and done, this complexity is a small price to pay for saving substantial estate taxes.

Contact Eric Seger, a certified financial planner with Lincoln Financial Advisors in Southfield, at 1-734-283-4320 or eric.seger@lfg.com.

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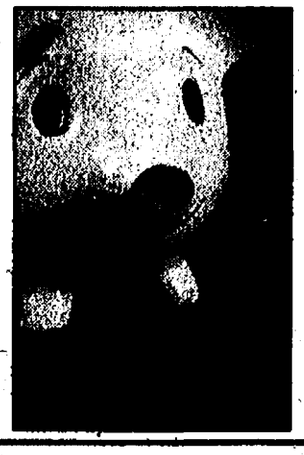
Irrationality may lead to poor returns

Money & you



by Lynn O'shaughnessy

Do you know how well your mutual funds have been doing?

For many of you, this will sound like a question that would stump only a simpleton. Turn on your computer and you can probably find the performance figures for any mutual fund within seconds.

But I'm not talking about those numbers. What I'm curious about is whether you know much about your returns. The reason this is so important is because most of us are experts at sabotaging the returns of our personal clutch of mutual funds.

Our weapons are unchecked fear, greed and a behavior that we should have left behind in middle school: an unbendable desire to do whatever the heck everybody else is doing.

Our investment returns, you see, are far more dependent on our behavior, which is often irrational, than on any given fund's performance.

Behavioral finance experts can rattle off what prompts our irrationality. We are pained far more by losses than we are encouraged by gains, so we dump funds when they have lost money.

Being addicted by this buy-high, sell-low habit isn't our only transgression. We react to talking heads hyping stocks or mutual funds without giving any thought to whether their advice should be any more credible than the homeless guy holding a poster board at a busy intersection.

We get drawn in by the herd's euphoria. Before dot-com stocks became nearly as worthless as kindling, how many of us started hoarding tech stocks because everybody else seemed to be cruising along a yellow brick road that led to Buffett-sized fortunes?

One of the latest studies that illustrate investors' innate ability to blow it comes from Dalbar Inc., which conducts an annual quantitative analysis of investor behavior. The results share a dreary sameness when it comes to measuring Americans' investment prowess.

In its 2006 exercise, Dalbar examined what kind of returns the typical investor in stock and bond funds would have pocketed from 1986 and 2005 and compared them with two major market benchmarks.

During the past two decades, Dalbar estimates that the average stock fund investor would have generated a yearly return of 3.9 percent. That will probably strike you as underwhelming even before I share what the Standard & Poor's 500 Index generated during that same period: The S&P 500 rose an average of 11.9 percent annually.

Investors' performance stinks because their irrational feelings compel them to regard the market as a high-stakes dodge ball game. They flee when they fear their nest egg is going to get smashed by a well-aimed ball, and they return to the court when they feel emboldened. Investors think they know when to dash in and out of the market, but they don't. Not even the experts know.

The gulf between the market average and investors' typical returns will look even more yawning when you plug in some dollar figures. If the average Joe had invested $10,000, he would have walked away after 20 years with a mere $21,494. In contrast, the S&P 500 would have produced a nest egg of $94,755. That's a difference of $73,261.

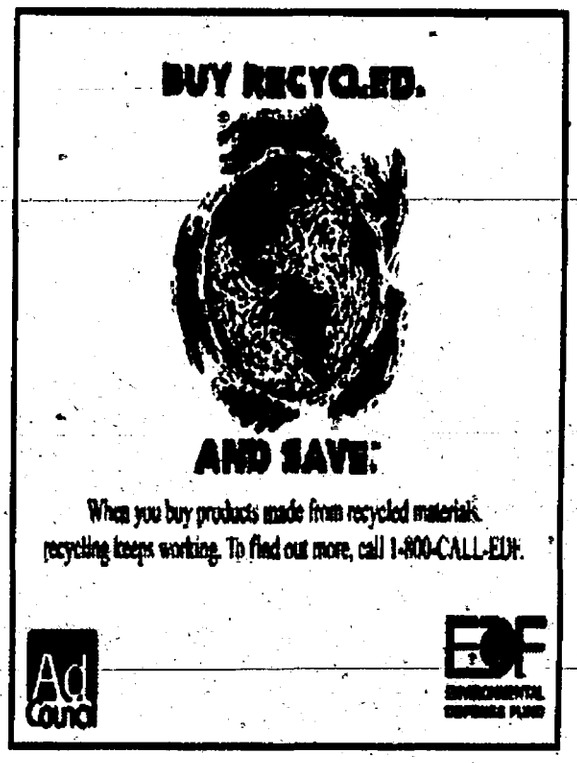
Even though bonds aren't as volatile as stocks, Dalbar suggests fixed-income investors are just as skittish. While the long-term government bond index generated a 9.7 percent annual return in the 20-year period, the average bond investor would have eked out a 1.8 percent annual return. Using the same $10,000 initial investment, the fixed-income investor would pocket $14,287 versus $63,699 for the benchmark.

How can we stop this lunacy? For starters, stop trying to time your investments. Your best bet is to stay put.

One way to reduce your skittishness is to only invest in the stock market if you have at least a five-year time horizon.

You should also develop a diversified portfolio that will capture the greatest returns for the amount of risk you're willing to take. At a minimum, the typical long-term investor should own mutual funds that invest in large-cap domestic stocks, small-cap domestic stocks, foreign stocks and short-term or intermediate term bonds. That adds up to just four mutual funds, which shouldn't be too tough to manage.

Lynn O'Shaughnessy is the author of "The Retirement Bible" and "The Investing Bible." She can be reached at lynnoshaughnessy@cox.net.



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Will can provide peace of mind for you now

MONEYTALK

Shawn Bumgardner

You've surely heard the old saying, "Where there's a will, there's a way." Never is this saying more apropos than in the case of your last will and testament. A will truly is a way to provide peace of mind for you now and your loved ones after you die.

If preparing a will is on your to-do list, you're not alone. An April 2000 study conducted by AARP Research Group reveals that 40 percent of Americans age 50 and older don't have a will.

As you think about how a will fits with your estate planning needs, consider these common myths.

Myth 1: Only people with a lot of money need wills

We all have things we care about — investments, family heirlooms, objects that have sentimental or monetary value.

If you die without a will, the state where you live decides what happens to those things. And a probate court judge determines how your assets will be distributed.

Only a written will can guarantee that your instructions will be known and followed after your death.

Myth 2: A hand-written will is just as good as a legally prepared document

Perhaps you've heard stories about how instructions for distribution of million-dollar estates were spelled out on crumpled-up napkins.

It's true that you can write a will yourself, using one of the many how-to books or forms found on the Internet. However, if it's not done correctly, your will may be considered legally worthless.

The best way to make sure your will is legal and usable is to consult with an attorney who specializes in wills and knows what your state will consider a valid document.

Myth 3: Once I prepare a will, I'll never have to worry about it again

Anytime there are major changes in your life, you should revisit your will to make sure it reflects your current situation.

Events like getting married, having children, getting divorced or moving to another state may invalidate your existing will.

When you marry, for example, the state assumes that you intend for your property to go to your spouse at your death.

If you wrote your will before you got married and didn't name a spouse, the state considers your will invalid.

You can accommodate these types of changes by creating a new will or changing your will.

Myth 4: It's best to leave everything to my spouse and let him or her provide for the kids.

Leaving most or all of your assets to your spouse may be a simple choice, but perhaps not the best one, especially if you have children.

First, your spouse may not carry out your wishes after your death. Second, there may be tax advantages for assigning some assets directly to your children.

Myth 5: Once I have a will my wishes are known and my estate plan is complete.

While having a will is important, it's just one element of a comprehensive estate plan. You'll also want to complete a living will that allows you to dictate the steps that should be taken in case you are incapable of making health care and other decisions on your own.

Also, by executing a health care power of attorney you give another person proxy for making decisions about which measures to take and when to stop life-sustaining procedures on your behalf.

In case you are unable to make financial decisions on your own, consider giving power of attorney to someone you trust to act on your behalf. As with your will, you'll want to consult a lawyer to ensure you follow state requirements for these documents.

Looking at the big picture

Like other important aspects of your life, planning for when you're no longer here starts with a dream. What is your vision for your loved ones and future generations?

Turning that dream into reality means having a financial plan with an estate-planning component. Seek a professional financial adviser who looks at the big picture, understands your long- and short-term goals and builds on your dreams for the future well-being of those you care about to help create your plan.

Shawn Bumgardner is a financial adviser and branch manager at Ameriprise Financial Services Inc. in Southgate. He can be reached at 1-734-284-3700 or shawn.d.bumgardner@ ampf.com.

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Gordon Doody, Christopher Michalak, Dennis Michalak, BA, Anne Haven, Advisory Representatives
*Securities offered through H.D. Vest Investment Services℠, Member SIPC. Advisory services offered through H.D. Vest Advisory Services℠. *Non-bank subsidiaries of Wells Fargo & Company*

MUSM: miss you so much
BF: boyfriend
OLL: online love
POS: parent over shoulder
WTGP: want to go private?
LMIRL: let's meet in real life
HDOP: help delete online predators

1 in 5 children is sexually solicited online.

You don't know what your kids are saying online. Or who they are saying it to. A lot of times neither do they. So get involved. To protect your kid's online life or report an incident, call 1-800-THE LOST or visit cybertipline.com.

Ad Council · National Center for Missing & Exploited Children

HDOP: help delete online predators.

Have an estate plan in place

Photo by John Simon

Attorney Gerald Morello (left) discusses the basics of estate planning with clients.

By Gerald Morello
Special Writer

Each person, regardless of age, employment status, net worth or marital status, should have a comprehensive estate plan in place.

A comprehensive estate plan should always include a last will and testament, revocable living trust, financial powers of attorney and patient advocate forms. In addition, the estate plan should contemplate appropriate tax planning strategies to reduce or eliminate taxation upon death.

A revocable living trust enables you to transfer assets such as real estate, stocks, mutual funds, retirement accounts and life insurance proceeds to your heirs without probate court supervision. A trust provides flexibility related to the age your heirs receive their inheritance.

A trust also protects your heirs against lawsuits, like divorce, and is truly a legacy building device. Each person, or married couple, should utilize a revocable living trust as part of their planning.

A power of attorney document allows you to appoint an agent to assist you with your financial and legal affairs in the event of incapacity. If you do not have a current power of attorney document, a court-supervised conservatorship might occur in the event you become incapacitated.

A patient advocate designation allows you to appoint an advocate to assist you with your medical affairs if you are unable to make medical decisions on your own. If you do not have a current patient advocate designation, a court-supervised guardianship might occur in the event you become incapacitated.

However, it is typically the case that estate plans are not reviewed in a timely manner or updated when necessary. As a result, an estate plan that was once appropriate may no longer reflect your current goals and objectives or net worth, or may not appoint who you now want to help during illness or at death.

In other words, an estate plan should be reviewed and updated every several years to keep it current. Here are some recommendations on what to look for when updating your estate plan:

• Prepare or update a revocable living trust to avoid probate court, eliminate government interference, maintain privacy, simplify administration and protect your family's estate.

• Review assets to make certain they are owned or "funded" in the name of your trust; confirm that your beneficiary designations name your trust. Do not put a child on the deed to your home, stocks or mutual funds due to adverse tax consequences.

• Review assets to make certain they are owned or "funded" in the name of your trust; confirm that your beneficiary designations properly name your trust.

• Consider the best way to transfer assets at death to avoid estate tax.

• Rollover 401(k) plan money after changing jobs or at retirement to an IRA account. Then consider all options to maximize income tax deferral for heirs on the IRA at your death.

• Review whom you have appointed as executor, successor trustee, guardians for minor children and agents for financial and health care documents.

• Determine whether your estate plan contemplates the tax acts of 1997, 2001 and 2003 and the IRA rules changes.

• Review your total net worth, and determine whether your estate plan is appropriate.

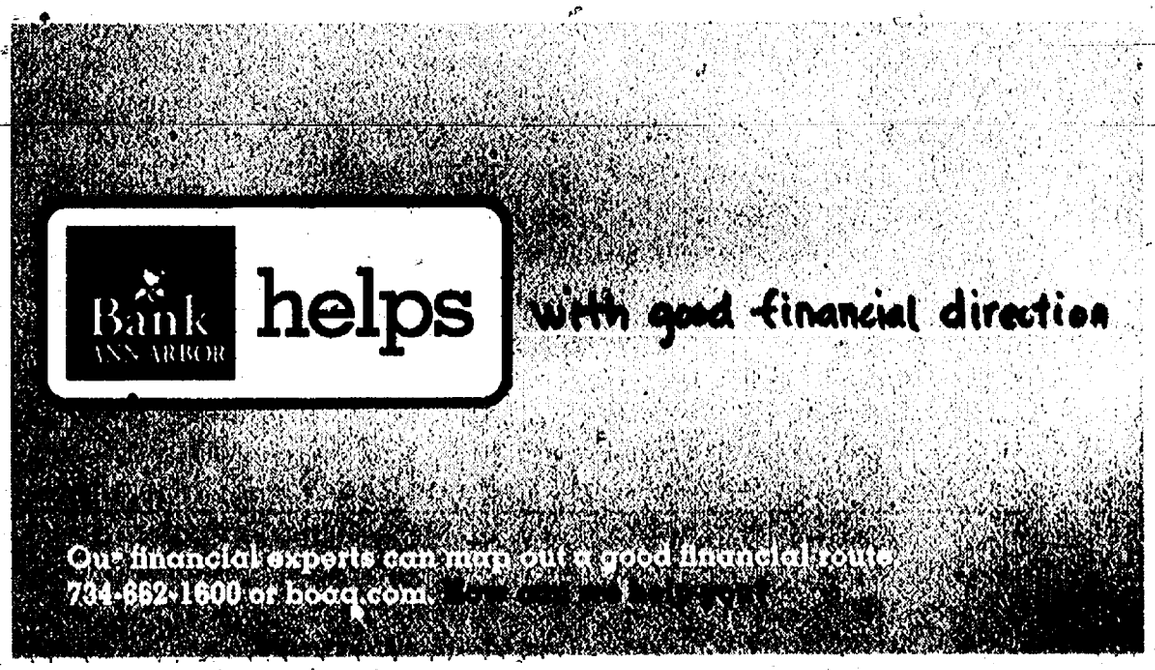
• Determine whether you have acquired real estate since your trust was developed and whether ownership of that real estate is appropriate.

• Consider the tax benefits of leaving money to grandchildren, especially IRAs.

• Consider a provision in your trust to provide money for younger heirs for education and health care, and an age requirement to receive the inheritance, such as age 25.

Estate planning is not just a one-time event. Instead, a comprehensive estate plan should be reviewed on a regular basis. You should review and update your estate plan as necessary with an experienced estate planning attorney to ensure your important legal affairs are in good order.

Attorney Gerald Morello Jr. practices estate and business planning with Thompson Morello, P.C. in Wyandotte. He can be reached at 1-734-281-6464.



Still time to save on your 2006 tax bill

FINANCIALLY SOUND

Tony LaJeunesse

Going, going, gone! The year 2006 has disappeared into the history books — and your tax liability is pretty much fixed for the year. The good news is that you have a couple of options left to help you reduce your taxes.

The bad news is, successful tax planning can take awhile, so if you didn't act quickly enough, your opportunities might have passed you by.

It certainly has been an interesting year in the financial world. We have had a number of changes in the economy regarding interest rates, real estate and the stock market.

There also have been major changes in the income tax laws, many of which could apply to you. One of my responsibilities as a financial planner is to keep my clients updated on these tax law changes as well as the various tax-planning opportunities they offer.

This will be an edited list of planning opportunities that could apply to you. There are just too many to cover for the amount of space I have.

If you would like the full list, the one my clients get, you may contact my office and request our "Year End Tax-Planning Report" for free. Our contact info is at the end of this column.

One major thing that could help you reduce your income taxes, relating to non-qualified accounts, is to review your investment portfolio to see if the following strategies would be beneficial to you:

n Shift your capital gains to your minor children or grandchildren.

If you have held the stock for more than a year and you would like to sell it for a substantial profit, give the stock to the child and have him or her sell it, as they will usually pay less on the sale.

n Review your investments in your nonretirement accounts and sell those that have decreased in value.

I know this sounds obvious. But you can deduct an unlimited amount of capital losses against capital gains. In the event that there is any net capital loss left over, a deduction up to $3,000 can be claimed against other sources of income.

If there are still long-term capital losses remaining, theses can be carried forward to future years.

• Examine your investment portfolio and donate some of your appreciated stock to charity.

If you have owned a stock for more than a year, you can deduct the full value and avoid income tax on the appreciation. If you choose to sell the stock first and then donate the proceeds, you will have to pay taxes on the gain and then take a charitable deduction.

The only time this makes sense is if the shares have fallen in value since you bought them, allowing you to declare a loss upon selling them.

• Review your realized and unrealized capital gains and losses.

There often is some confusion about that.

A realized capital gain or loss is when you sold an investment and there is a realized gain or loss that will appear on your income tax return.

An unrealized capital gain or loss occurs when you still own the investment. This unrealized gain or loss is the difference between the fair market value and the basis, and it will not appear on your tax return.

Please review any of these unrealized gains or losses in order to reduce not only your capital gains, but also help reduce the tax bite on other sources of income, such as pension, interest and dividends.

In order to calculate gains and losses, whether they be realized or unrealized, it is imperative that your cost basis on the investment is calculated accurately.

According to the federal General Accounting Office, 38 percent of taxpayers incorrectly reported capital gains or losses on their tax returns due to confusion over how to calculate the basis.

There are several other tax-reducing opportunities that are related to your retirement accounts. However, I will cover with you the No. 1 mistake I see each year.

That mistake is not converting Traditional IRA assets to a Roth IRA when you have a negative taxable income.

In this scenario, you could convert the amount of your negative income from your Traditional IRA to your Roth IRA tax-free.

Believe it or not, some of my clients have negative taxable income. This usually happens when you have more itemized deductions on your Schedule A than you have adjusted gross income.

This will result in a negative taxable income for the taxpayer.

The good news is that you don't owe any taxes. The bad news is, in several cases I've seen this year, the tax preparer did not take advantage of other possible write-offs for the individual.

The logic here is why should we write anything else off? You're already at a negative. The unfortunate thing is that the individual could have made a distribution of that negative amount from his/her (normally) taxable IRA and converted it to a Roth IRA tax-free. The more the negative amount, the more you can convert for free.

If you are not able to take advantage of the items I listed above, maybe there are other options available to you.

Please contact our office and we would be happy to mail to you our 12-page report called "Year-End Tax Planning Report" for free.

Tony LaJeunesse, an independent financial planner, can be contacted at 1-313-381-9070 or by visiting www.tonylaj.com.

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Want to get all the money you're entitled to on your taxes? You got people who know how to find job-related deductions and will get you the maximum refund guaranteed.

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Milan, MI 48160
(734) 439-7383
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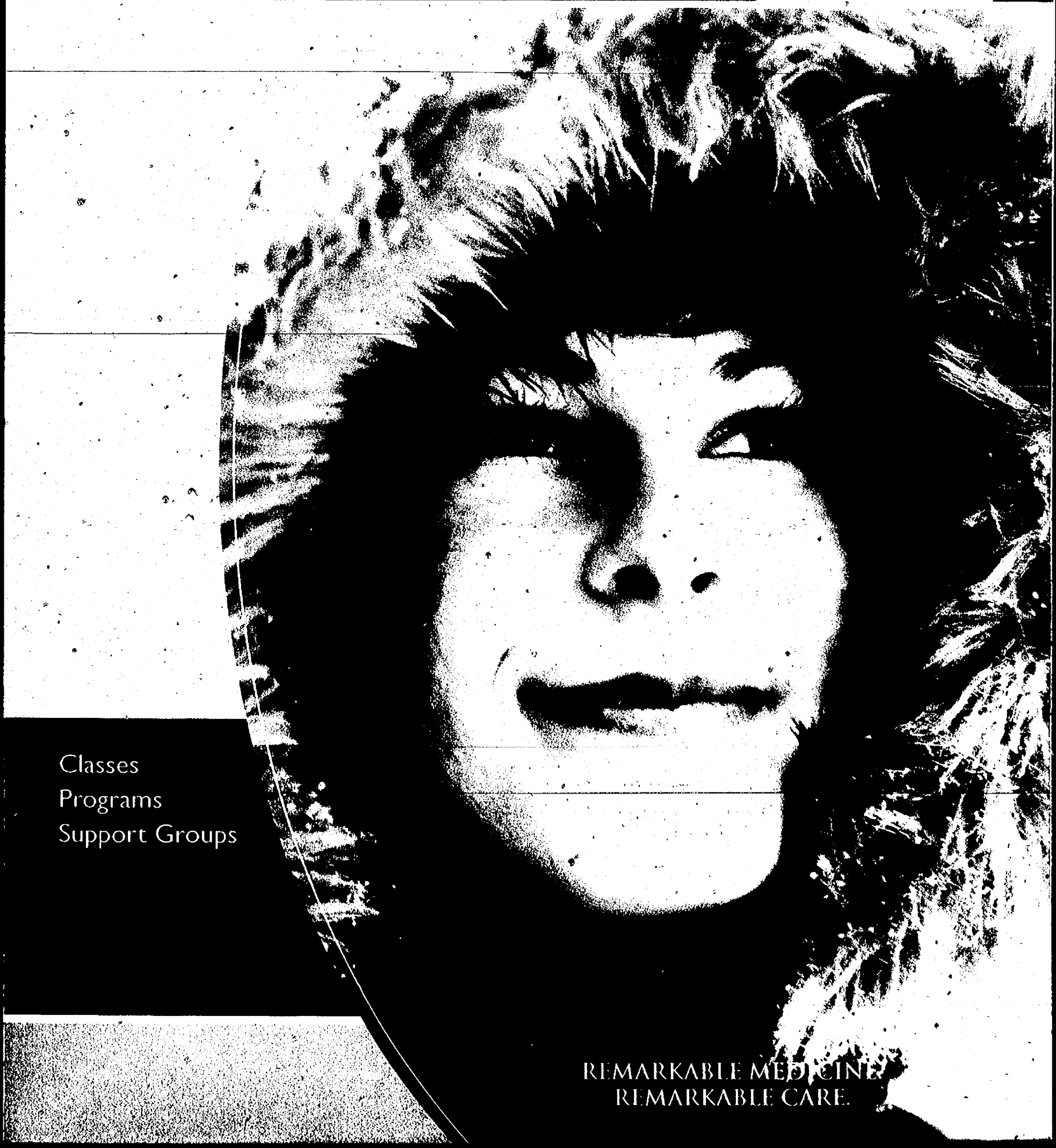
If you discover an H&R Block error on your return which entitles you to a larger refund (or smaller tax liability) than what we calculated, we'll refund your tax prep fee for that return. Refund claims must be made during calendar year in which tax return is prepared. © 2006 H&R Block Services, Inc. EO1NP422

Community HEALTH GUIDE

SAINT JOSEPH MERCY HEALTH SYSTEM
A MEMBER OF TRINITY HEALTH

Winter 2006



Classes
Programs
Support Groups

REMARKABLE MEDICINE.
REMARKABLE CARE.

Community

Welcome

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The *Community Health Guide* is produced and published by the Business Communications and Market Development Department of Saint Joseph Mercy Health System. If you have any comments or would like additional copies of this guide, please call 734-712-2357.

SAINT JOSEPH MERCY HEALTH SYSTEM
A MEMBER OF TRINITY HEALTH

St. Joseph Mercy Hospital
5301 McAuley Drive
Ypsilanti, MI 48197
734-712-3456

Saint Joseph Mercy Livingston Hospital
620 Byron Road
Howell, MI 48843
517-545-6000

Saint Joseph Mercy Saline Hospital
400 Russell Street
Saline, MI 48176
734-429-1500

Mission Statement

We serve together in Trinity Health, in the spirit of the Gospel, to heal body, mind and spirit, to improve the health of our communities and to steward the resources entrusted to us.

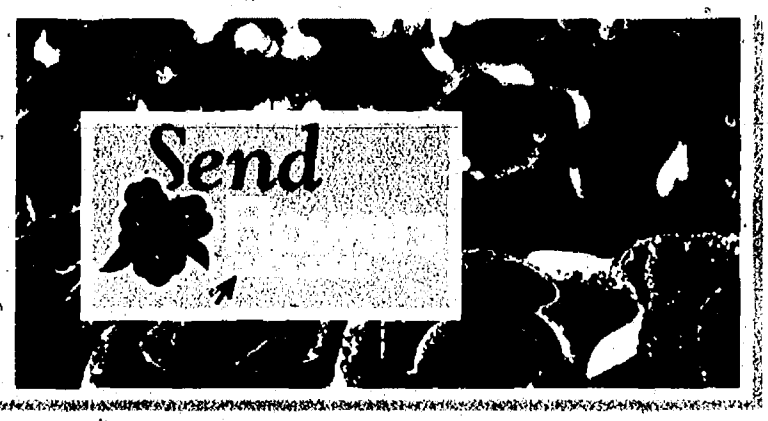
Core Values

- Respect
- Social Justice
- Compassion
- Care of the Poor and Underserved
- Excellence

Saint Joseph Mercy Health System and its physician partners provide a comprehensive range of health care services for residents in Washtenaw, Livingston, Jackson, Lenawee, Monroe and western Wayne counties.

Send a Gift!

Send flowers, candy, balloons or baby gift items to Saint Joseph Mercy Health System's hospital patients by ordering online at www.sjmercyhealth.org with free delivery to patient rooms. You can also shop online to purchase HMR® food replacement meals, shakes and bars delivered directly to your home.



Cancer Education and Research

Art for Fun Workshop

Local artists introduce their art technique to adult cancer patients. Participants experience a creative activity, have fun, meet new people and develop a piece of artwork.

Ypsilanti/Cancer Center:
Third Thursday monthly; 4-6 p.m.
734-712-5948

Cancer Prevention, Cancer Survival Cooking Class Series

Get on the right track to healthy eating with cooking demonstrations, tasting and nutrition presentations. Free eight-week series. Registration required.

Ypsilanti/Women's Health Center:
Wednesdays, January 24-March 14 and March 21-May 16; 11 a.m.-12:30 p.m.
734-712-5800

Cancer Research Studies - Seeking Volunteers

Hot Flash Study: Men receiving prostate cancer treatment and experiencing hot flashes can participate in this study evaluating the drug Gabapentin.

Sleep problems for patients receiving cancer treatment: Patients receiving cancer treatment are invited to participate in a study evaluating the herb Valerian.

Mindfulness Relaxation: Teaches new patients techniques to help their minds and bodies relax before and during their new chemotherapy treatments.

Upcoming Trials: Interested in upcoming trials for hot flashes, vaginal dryness and breast cancer prevention?

Call 877-590-5995 for more information.

Look Good, Feel Better

A free workshop by the American Cancer Society for women in treatment for cancer. Participants will receive tips on skin care and makeup and learn about wigs, hats and turbans. Pre-registration required.

Ypsilanti/Cancer Center:
Third Wednesday monthly; 11:30 a.m. - 1:30 p.m.
734-971-4300

Brighton/Woodland Cancer Center:
Second Wednesday monthly; 10:00 a.m. - 12 noon
888-635-9257

Building our team together...

Seeing to the welfare of our neighbors and training the next generation of medical professionals are driving forces at Saint Joseph Mercy Health System. A not-for-profit system, we focus on what truly matters: healing, education, compassion, and respect for patients and staff. Each of our facilities offer unique opportunities in which you can both serve and excel.

St. Joseph Mercy Hospital (Ann Arbor), Saint Joseph Mercy Livingston Hospital (Howell), and Saint Joseph Mercy Saline Hospital (Saline).

Apply online at www.sjmercyhealth.org

Asthma 101: Effective Strategies/Child's Asthma

This program for students, ages 8-13, and their parents covers an overview of asthma, warning signs of an emergency, common triggers, how to maintain an active lifestyle, and current medications. Each child will receive a FREE spacer and peak-flow meter. $30 (may be covered by insurance).

Ypsilanti/Women's Health Center:
Thursday, April 19; 6-8 p.m.
734-712-5800

Asthma Lunch and Learn: School-Based Strategies

For childcare and clinical providers, this session will focus on community strategies that work in managing pediatric asthma. Registration required. Free

Ypsilanti/Women's Health Center:
Tuesday, January 16; 11:30 a.m.-12:30 p.m.
734-712-5800

Comprehensive Asthma Program

Program consists of six weekly education sessions that occur during the school day and enable students to gain control over their condition. Call to register.

734-712-5206

Wee Wheezers

This asthma education program for parents, caregivers and asthmatic children ages 4-7 covers an overview of asthma, warning signs of an emergency, common triggers, how to maintain an active lifestyle and current medications. Each child will receive a FREE spacer and peak flow meter! $30

Ypsilanti/Women's Health Center:
Thursday, February 8; 6-8 p.m.
734-712-5800

Girl Power Workshop Series

Girls will learn about their own personal power and how their attitude and beliefs about themselves affect how they handle friendships, peer relationships, opportunities and problems in life. Workshops with craft projects, fitness activities and interactive discussions. Provided by Girls Empowered. $90

Series I: For girls ages 6-9; 6:15-7:15 p.m.
Series II: For girls ages 10-14; 7:30-8:30 p.m.

Canton/Canton Health Center:
Mondays, February 26-April 2
734-398-7518

Girls Night Out!

Girls, ages 6-10, come dressed up with American Girl dolls to a party where being a girl is celebrated. They will learn about being the girls they want to be and make a matching craft for themselves and their dolls. Includes craft, hip-hop dance, and snack. Provided by Girls Empowered. $25

Canton/Canton Health Center:
Saturday, January 27; 6-9 p.m.
734-398-7518

Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up

Provides mothers and daughters, ages 9-11, information about normal physical, social and emotional changes that pre-teen girls experience as they enter puberty. $45/mother-daughter pair, $10 for each additional daughter.

Howell/SJM Livingston Hospital
Sunday, January 28; 1-5 p.m.

Ypsilanti/Women's Health Center:
Saturday, February 10, April 28; 1-5 p.m.

Canton/Canton Health Center:
Sunday, March 25; 1-5 p.m.
734-712-5400/800-231-2211

ShapeDown

Parents and kids work together in this innovative 10-week weight management program to learn how healthy eating, an active lifestyle and effective communication promote weight loss. Free orientation. $400 (may be covered by insurance).

734-712-5800

Advanced ShapeDown

Ongoing meetings held every other Monday; 6:30-8 p.m. A parent/child exercise session is held on the alternate Mondays, for a total of 10 sessions. $175/10 sessions (may be covered by insurance).

734-712-5800

"Surgi-nauts" Pre-operative Teaching Program

This unique program helps children and their parents understand the surgical process, thus easing their fear of surgery. A tour is included.

Howell/SJM Livingston Hospital:
First and third Saturday monthly at 10 a.m.
734-712-5400/800-231-2211

Transitions

Therapy group to help high school age girls adjust to the stress of being a teen. Topics include social pressure, fitting in, mood swings, body image, academic pressure. Groups form throughout the year. Fee involved (may be covered by insurance).

Ann Arbor/Behavioral Services:
734-786-8032

Saint Joseph Mercy Health Exploration Station

A fun destination located in the Saint Joseph Mercy Canton Health Center offers health programs, field trips and scouting events for pre-school through high school. Our larger-than-life interactive exhibit gallery is open to the public on the fourth Thursday of each month.

ACLS

ACLS recertification class for healthcare professionals; must have current ACLS card to attend. Call 517-545-6517 for information on initial class or expired card policy. $145

Howell/SJM Livingston Hospital:

Wednesday, January 17; 8 a.m.-1 p.m.

517-545-6517

Adult & Pediatric CPR & First Aid Initial Certification

This initial class covers CPR, choking, AED and first aid for adult, child and infant. This class is for day care providers, teachers and anyone who requires American Heart Association heartsaver class for their job. $95

Howell/SJM Livingston Hospital:

Saturday, February 24, March 24; 8:30 a.m.-4:30 p.m.

517-545-6517

Adult & Pediatric Heartsaver CPR

American Heart Association CPR course covers adult, child and infant CPR, foreign body airway obstruction maneuver and automated external defibrillation (AED). This heartsaver class is recommended for day care providers, teachers, and anyone who requires CPR for employment. Prerequisite for First Aid class. $55

Howell/SJM Livingston Hospital:

Tuesday, February 13, March 13; 6-9:30 p.m.

517-545-6517

Basic Life Support

Designed by the American Heart Association for healthcare providers, this course teaches the skills of CPR for all ages (including ventilation with barrier device, mask and bag-mask device) use of AED and relief of foreign body airway obstruction. Certification is valid for 2 years, book included. Initial Certification - $130; Renewal - $70

Howell/SJM Livingston Hospital:

Call for dates and times or register online at www.sjmercyhealth.org.

517-545-6517

CPR Family and Friends

This American Heart Association class is for community members over the age of 16 who are interested in learning the basic skills necessary to respond to emergencies. This course does not meet the requirements for persons seeking a credential for CPR. $38

Ypsilanti/Women's Health Center:

Monday, January 22, February 19, March 19; 6-9 p.m.

734-712-5800

Howell/SJM Livingston Hospital:

Thursday, January 25, February 22, March 22; 7-9:30 p.m.

517-545-6517

Send a Card!

Send a patient a greeting card by going to www.sjmercyhealth.org and clicking on "Send a Card." This free service provides delivery to patient rooms at the Ann Arbor, Livingston and Saline hospitals.

Diabetes Education

Live well with diabetes. Learn how to control your blood sugar, eat properly and prevent complications. This program is a combination of individual and group sessions. Fee involved (may be covered by insurance). Physician referral required. Call for an appointment.

Ypsilanti/Women's Health Center:
734-712-2431

Howell/SJM Livingston Hospital:
517-545-6125

Insulin Pump Program

Learn about the benefits of insulin pump therapy for Type 1 Diabetes. Explore different insulin pumps, experience wearing a pump and review carbohydrate counting. Fee involved (may be covered by insurance). Physician referral required.

Ypsilanti/Women's Health Center:
734-712-2431

Howell/SJM Livingston Hospital:
517-545-6125

Speakers Bureau

Saint Joseph Mercy Health System offers a wide range of health care presentations for community groups. To request a speaker visit www.sjmercyhealth.org or call 734-712-2357.

Intensive Insulin Management

Learn strategies to achieve better blood sugar control through matching insulin with carbohydrate intake. For individuals who have Type 1 Diabetes or who take three or more insulin injections per day. Fee involved (may be covered by insurance). Physician referral required. Call for an appointment.

Ypsilanti/Women's Health Center:
734-712-2431

Howell/SJM Livingston Hospital:
517-545-6125

Volunteering

Community Support

Hospice

Provide support and comfort to terminally ill patients and their families, assist in our office or on special projects. Training required – call to receive information packet and to pre-register.

Ann Arbor/Saint Joseph Mercy Hospice:
734-327-3413

Howell/Saint Joseph Mercy Livingston Hospice:
517-540-9125

Hospice/Home Care Speakers Bureau:
734-327-3413

Hospitals

Saint Joseph Mercy Health System has ongoing needs for volunteers to assist patients and staff. Call for details or to make an appointment.

Ypsilanti/St. Joseph Mercy Hospital:
734-712-4159

Howell/SJM Livingston Hospital:
517-545-6296

Saline/SJM Saline Hospital:
734-429-1692

For more information or to register, visit **www.sjmercyhealth.org or call 734-712-5800.** All classes are co-ed and are held at the Ellen Thompson Women's Health Center. **Sessions held the following dates:** January 16 - March 2 and March 12 - April 27.

			Fee
Cardio Strength	Mondays (begins 1/22)	5:05 - 5:50 p.m.	$35
Gentle Stretch & Relaxation for Stress Management	Fridays	11 a.m. - 12 p.m.	$50*
Greek Dancing	Mondays (1/22 & 29)	6:15 - 7 p.m.	$15
Greek Dancing	Tuesdays (3/20 & 27)	11:30 a.m. - 12:05 p.m.	$10
Pilates Matwork	Tuesdays	5:30 - 6:30 p.m.	$68
Pilates Matwork	Thursdays	5:30 - 6:30 p.m.	$68
Strength Training	Mondays	12:15 - 12:50 p.m.	$30
Strength Training	Mondays (2nd session)	4:15 - 5 p.m.	$40
Strength Training	Tuesdays	12:15 - 12:50 p.m.	$30
Strength Training	Wednesdays (2nd session)	4:15 - 5 p.m.	$40
Strength Training	Thursdays	11:30 a.m. - 12:05 p.m.	$30
Strength Training 65+	Wednesdays (no class 2/1)	1:15 - 2 p.m.	$30
Tai Chi	Fridays	12:05 - 12:55 p.m.	$70
Yoga	Mondays	11:30 a.m. - 12:05 p.m.	$35
Yoga	Wednesdays	12:15 - 12:50 p.m.	$35
Yoga	Wednesdays	5:30 - 6:30 p.m.	$68

*Special Introductory Fee

One-time Specialty Fitness Classes

			Fee*
Increasing Bone Density & Strength	Thursday, January 25	2 - 3 p.m.	$35*
Increasing Bone Density & Strength	Wednesday, February 21	2:30 - 3:30 p.m.	$35*
Increasing Bone Density & Strength	Thursday, March 29	1 - 2 p.m.	$35*
Improving Your Posture	Monday, March 19	2 - 3 p.m.	$35*
NutriCare Fitness (12 wk. fitness and nutrition program)	Thursdays	12:40 - 12:50 p.m.	$200

*Fee includes take-home equipment

Ethical Wills: A Legacy of the Heart

An Ethical Will is a uniquely personal document that is intended to share important values, lessons, and blessings to loved ones. Join us for this hands-on seminar where discussion and exercises will help guide you on your way to creating a document that your family will cherish and reflects the messages you want to share with those important to you in your life. Presented by the American Heart Association. Pre-registration required. Free

Ypsilanti/Women's Health Center:

Monday, February 12; 6-9 p.m.

734-712-5800

Health Information Library

Books, journals, videos and pamphlets available on a variety of health and wellness topics. Stop in or call for a packet of information.

Ypsilanti/Reichert Health Center:

Monday-Thursday; 9 a.m.-4 p.m.

734-712-5177

Hypnosis for Smoking Cessation

Learn about the power of hypnotic conditioning with behavior modification techniques to help you kick the habit without gaining weight. First 45 minutes free to see if the program is for you! $69 payable after free orientation period or $59 if you register online at http://www.easywillpower.com.

Ypsilanti/Administration Services Auditorium:

Monday, January 29; 6:30 - 8:30 p.m.

800-848-2822

Overcoming Depression

This cognitive therapy group for people suffering from depression includes topics on anxiety and depression, symptoms, causes, types and treatment options, changing your mood by changing what you do or think, learning to relax, overcoming perfection, and improving your life by improving your relationships. Fee involved; may be covered by insurance.

Ypsilanti/Behavioral Services:

Tuesdays, February 6-March 16; 6-7:30 p.m.

734-786-8009

Washtenaw Asthma Coalition

The Washtenaw Asthma Coalition is a community-wide collaboration to prevent the development of asthma and to improve the quality of life for those living with the illness.

Ypsilanti/Administration Services:

Tuesday, January 16, March 20; 7:30-9 a.m.

734-712-4543

Healthy Cooking

These hands-on cooking classes are $30 each unless otherwise noted, and are held at the Ellen Thompson Women's Health Center Culinary Studio. Class fees are non-refundable and non-transferable. For a complete description of these classes, the dishes you will be making and to register online, **visit www.sjmercyhealth.org, or call 734-712-5800 for more information.**

Class	Day/Date	Time
Get Hooked on Fish 1	Thursday, January 18	5:30 p.m.
Living Well with Diabetes	Monday, January 22	5:30 p.m.
The Petit Bistro I: Healthy Cooking for Babies	Thursday, January 25	5:30 p.m.
Mediterranean Marvels	Monday, January 29	5:30 p.m.
Joy of Soy 1	Monday, February 5	5:30 p.m.
La Cucina Italiana	Thursday, February 8	5:30 p.m.
Valentine's Day French Cooking Class	Monday, February 12	5:30 p.m.
President's Day Cooking Class	Monday, February 19	5:30 p.m.
Soups On!	Monday, February 26	5:30 p.m.
Kid's Cooking Rocks!	Tuesday, February 27	5:30 p.m.
Vegetarian Wonders	Monday, March 5	5:30 p.m.
Marvelous Meats	Thursday, March 8	5:30 p.m.
It's A Family Affair ($18.50/person)	Monday, March 12	5:30 p.m.
Small Tastes of Spain	Thursday, March 15	6:30 p.m.
Pasta Pasta	Monday, March 19	5:30 p.m.
Whole Grains Exploration	Monday, March 26	5:30 p.m.
Healthy Meals for Busy Families	Thursday, March 29	5:30 p.m.

"...And the Beat Goes On"

Cardiovascular educational classes rotate on a regular basis. Topics offered are Risk Factors, Stress, Dietary I: Supermarket Tour, Dietary II: Dining Out, Dietary III: Reading Food Labels, and Psychosocial (for heart patients and their families). Classes are 45 minutes long and take place on Wednesdays at 8:45 a.m., 11:30 p.m., 2:15 p.m. and 5 p.m. Call for more information. Free

Ypsilanti/Michigan Heart & Vascular Institute:
734-712-5224

Cardiac Rehabilitation

Supervised exercise program for individuals with cardiovascular disease or significant risk factors for developing heart disease. Fee involved

Ypsilanti/Michigan Heart & Vascular Institute:
734-712-3105

Howell/SJM Livingston Hospital:
517-545-6385

Chair Yoga

For those individuals who are not comfortable doing yoga on the floor, come enjoy the benefits of yoga and relaxation from a chair or in your wheelchair. Gentle yoga poses and stretches to increase flexibility and strength and reduce muscle tension. Breathing and relaxation techniques are utilized for managing stress and calming the mind. A Certified Yoga Instructor teaches the class. $60/six sessions

Ypsilanti/Michigan Heart & Vascular Institute:
Tuesdays, February 8; 4:15-5:15 p.m.
734-712-3546

Healthy Hearts Yoga

Gentle stretching, yoga postures and techniques for relaxation and stress management. Ideal for people with or at risk for cardiovascular disease. A Certified Cardiac Yoga Instructor teaches this ongoing class. Free trial class! $60/six sessions

Ypsilanti/Michigan Heart & Vascular Institute:
Tuesdays; 5:30-6:45 p.m.
734-712-3546

Heart of a Woman Clinic

Learn more about your cardiovascular health and seek guidance from a female cardiologist. Fee involved (may be covered by insurance).

Ypsilanti/Women's Health Center:
Wednesdays; 9 a.m.-noon
734-712-5100

Stress and Lifestyle Management

Stress is a normal part of life, but when it becomes unmanageable it can affect our lives in a negative way. Call for dates and times. $100

Ypsilanti/Michigan Heart & Vascular Institute:
734-712-3583

Vascular Rehabilitation

Ongoing medically supervised exercise program for people diagnosed with peripheral artery disease. Program includes education and medical supervision. Fee involved.

Ypsilanti/Michigan Heart & Vascular Institute:
734-712-3105

Watch for these and other upcoming MHVI Spring Events:

- **Atrial Fibrillation A to Z: Options for Care:** A program developed by Michigan Heart & Vascular Institute to give insight to our community, patients and their family members on the basics of atrial fibrillation.

- **Peripheral Arterial Disease Conference:** This program is designed by Michigan Heart & Vascular Institute to provide the community with the latest clinical information on the current management and treatment of peripheral vascular disease.

Log onto www.mhvi.org or call 734-712-3585 for more information.

Pulmonary Rehabilitation

Exercise and educational program for those who suffer from lung disease. Supervised by a respiratory therapist. Fee involved.

Ypsilanti and Howell:
734-712-5367

Baby Basics

This class is designed for first time parents to learn the skills of feeding, bathing, diapering, skin care, soothing and safety. In addition, new parents will learn breast-feeding techniques including positioning, pumping, storage and breast care. $40

Brighton/Woodland Health Center:

Saturday, January 20; 9 a.m.-2:30 p.m.

517-545-6517

Breastfeeding Preparation

Class offers expectant mothers and their partners (optional) instruction on breastfeeding techniques. Call for dates and times or register online. $20/couple

Ypsilanti/Howell:

734-712-5400/800-231-2211

Childbirth Education

Labor and delivery preparation class for expectant mothers and their labor support coach. Information regarding natural childbirth techniques, relaxation exercises, medical intervention and Caesarean births is included. Call for dates and times or register online. $65/couple

Ypsilanti/Brighton/Howell:

734-712-5400/800-231-2211

Family Birth Center Tours

Tour the birthing facility of your choice. Pre-registration required! Call for dates and times or register online. Free

Ypsilanti/Howell:

734-712-5400/800-231-2211

FIRST TIME PARENT CLASSES

Separate training classes for moms and dads held at the same time. Register online at www.sjmercyhealth.org or call 800-231-2211.

Survival Skills for New Moms

Prenatal class designed for women expecting their first baby. You'll learn lots of practical information on surviving those first few weeks at home with baby, caring for yourself, juggling visitors and managing fatigue. $25

Boot Camp for New Dads

Taught by men, this class teaches first time fathers practical information on parenthood, baby care, becoming a family and supporting the new mom. You'll even get hands-on experience holding and comforting a baby with the help of "veteran" dads who bring their babies to class. $25

Ypsilanti/Women's Health Center:

Saturday, January 20, March 24; 9 a.m.-noon

Thursday, February 1; 6-9 p.m.

Howell/SJM Livingston Hospital:

Saturday, February 24; 9 a.m.-noon

Happiest Baby on the Block

Are you ready to be a parent? Sleepless nights, crying baby, parent stress. New parents will learn how to help babies sleep longer and how to soothe even the fussiest infant in minutes! DVD and CD included. $25/couple

Ypsilanti/Women's Health Center:

Wednesday, January 24; 7-8:30 p.m.

734-712-5400/800-231-2211

Infant Care

Learn about basic newborn care. Includes information on feeding, burping, bonding, diapering, bathing, infant safety and much more! Call for dates and times or register online. $20/couple

Ypsilanti/Howell:

734-712-5400/800-231-2211

Infant Massage

This course guides families through a research-based massage routine that promotes healthy parent-child relationships, supports physical growth and development, enhances vital early brain connections while nurturing growing communications in families. $75

Ypsilanti/Women's Health Center:

Wednesday, January 24, February 21, March 21; 1-5 p.m.

734-712-5800

Pain Management During Labor

Class reviews different relaxation techniques and answers questions about available options, including labor epidurals. $10/couple

Ypsilanti/Women's Health Center:

Thursday, March 8; 7:30-9:30 p.m.

734-712-5400/800-231-2211

Parents' Newsletter

FREE! Expectant and new parents can receive a weekly e-mail newsletter. Sign up by visiting www.sjmercyhealth.org today!

Pet Preparation Before Baby Comes

Educates dog and cat owners about common behavior problems that occur and strategies to prevent them. $20/couple

Ypsilanti/Women's Health Center:

Tuesday, March 13; 7-9 p.m.

734-712-5400/800-231-2211

Howell/SJM Livingston Hospital

Tuesday, February 13; 7-9 p.m.

734-712-5400/800-231-2211

Pregnancy and Newborn Loss Memorial Service

This non-denominational service provides a setting where your close friends and family members can gather to remember your baby.

Ypsilanti/St. Joseph Mercy Hospital Chapel:

Monday, May 7; 7:30 p.m.

734-712-0344

Prenatal/Post Partum Aquatic Exercise Classes

Provides women an opportunity to exercise safely during pregnancy and post partum recovery. Unique classes offer numerous benefits. $49/seven-week session

Canton/Summit in the Park:

Thursdays, January 18, March 15; 7-8 p.m.

734-712-5800

Birth Center Video Tour

Take a tour of the Family Birth Center at St. Joseph Mercy Hospital online at www.sjmercyhealth.org. Just click on Women & Children, then Family Birth Centers, and enjoy the 10-minute video tour!

Massage Therapy Services

Nationally certified massage therapists use techniques including myofascial, neuromuscular, reflexology, Swedish, pregnancy, sports, repetitive use injury, and seated massage. Gift certificates available. Call for rates and appointment. **734-712-5911**

Personal Fitness Assessments

Baseline measurements include body composition, BMI, strength, flexibility and other assessments. Call for rates and appointment.

734-712-5800

Personal Training

Nationally certified trainers design a program to meet your specific needs. Call for rates and appointment. **734-712-5800**

Women's Health Boutique

Retail shop featuring wellness and health specialty items, as well as great gift ideas. Visit www.sjmercyhealth.org to shop online at the boutique!

Monday-Thursday: 10 a.m.-6 p.m.

Friday: 10 a.m.-1 p.m.

734-712-5806

Caring For The Alzheimer's Patient, A Caregiver's Workshop

Cassie Messmer, MSW, Educational/Training Coordinator, Alzheimer's Association will discuss the caregivers role for patients with Alzheimer's disease, and caring for patients with memory loss. Light lunch included. Call to register. $8/members, $10/guests

Ypsilanti/Senior Health Building:
Wednesday, April 4; 12-2:30 p.m.
734-712-2989

Geriatric Social Work Services

Experienced therapists specializing in aging issues provide assessment, counseling and information about community resources for aging adults and their families. Fee involved, partially covered by Medicare.

Ypsilanti/Senior Health Building:
734-712-5189

LifeLine

Phone response system that links subscribers to 24-hour emergency assistance at the touch of a button. Especially suited for those living alone or with special needs. Installation, plus a monthly fee involved.

Ypsilanti/Senior Health Building:
734-712-3922
Howell/SJM Livingston Hospital:
517-545-6427

Medicare/Medicaid Assistance Program

Peer counselors are available to answer questions regarding Medicare, health and long term insurance or doctor/hospital bills. Appointment required.

Ypsilanti/Senior Health Building:
Wednesdays; 9:30-11:30 a.m.
734-712-3625/800-803-7174

Prescription Assistance Program

If you are a patient at Senior Health Services and are unable to pay for your medications you may qualify for this ongoing program. Senior Health Services clinic patients only are eligible for the Prescription Assistance Program. Call for more information.

Ypsilanti/Senior Health Building:
734-712-0164

Questions About Your Bill?

Volunteers are available to assist you with questions related to billing, insurance and other financial issues. Individual sessions are scheduled each Wednesday morning by appointment. There is no charge for this service offered in partnership with Catholic Social Services of Washtenaw County.

Ypsilanti/Senior Health Building:
734-712-3625

Silver Advantage – A Program for Adults 50 and Over

Health, wellness and educational program specifically designed to help seniors better understand personal health issues. As a Silver Advantage member you will enjoy numerous benefits at no cost! Call for additional information.

Ypsilanti/Senior Health Building:
734-712-2989

Substance Abuse, Education and Support

Dawn Farm Education Series

Free series developed to provide accurate information about chemical dependency, recovery and related issues. Visit www.dawnfarm.org for more information.

Ypsilanti/Administration Services:
Tuesdays; 7:30-9:30 p.m.
734-485-8725

Parenting for Prevention

Program explores existing parenting skills and teaches new strategies to foster substance abuse prevention in children. Runs concurrently with the Growing Tree program. For more information visit www.growingtree.com or call 734-255-3191.

The Growing Tree

Eight week educational support program for children ages 4 to 12 who are closely associated with someone abusing alcohol or drugs, or is in recovery. A concurrent parenting program teaches new strategies to foster substance abuse prevention in children. $300 per child and up to two caretakers ($100 for each additional child). For more information visit www.growingtree.com or call 734-255-3191.

Teens Using Drugs Series

Free workshop for parents, families, teens or people who work with teens.

Part 1 - What To Know: Learn how to understand and recognize the signs of teen substance abuse problems.

Part 2 - What To Do: Learn how to respond to teens who may have substance abuse problems. Call for dates.

Ypsilanti: Tuesdays; 7:30-9 p.m. 734-973-7892

Brighton: 517-545-6213

Alzheimer's Caregiver Support Group

Senior Health Services has collaborated with the Alzheimer's Association to host a monthly support group for caregivers of those with Alzheimer's disease.

Ypsilanti/Senior Health Building:
Fourth Wednesday monthly; 6:30-8 p.m.
734-712-2513

Alzheimer's Support Group

Peer support and information for caregivers of persons with Alzheimer's and other dementias.

Hartland/Senior Center:
Third Monday monthly; 6:30-8:30 p.m.
517-545-6023

Arthritis Support Group

Howell/SJM Livingston Hospital:
Fourth Tuesday monthly; 12 p.m.
517-545-6289

Breather's Club

Reduce the impact of lung disease and improve your breathing in this free support group.

Ypsilanti/St. Joseph Mercy Hospital:
Second Wednesday monthly
734-712-5367

Howell/SJM Livingston Hospital:
Second Tuesday monthly
517-545-6020

Stroke Club

For stroke survivors and/or their caregivers, family and friends.

Ypsilanti/St. Joseph Mercy Hospital:
Second Wednesday monthly; 1:30-3:30 p.m.
734-712-4290

Howell/SJM Livingston Hospital:
Third Tuesday monthly; 12:30-2 p.m.
517-545-6710

Survivors of Suicide Support Group

Adult grief support group for family members/friends coping with the suicide of their loved one.

Howell/SJM Livingston Hospital:
First Tuesday monthly; 7-8:30 p.m.
517-540-9125

Cancer Support Groups

Brain Tumor Support Group

Ypsilanti/Cancer Center:
Fourth Tuesday monthly; 7-8:30 p.m.
734-712-3658

Breast Cancer Support Group

Ypsilanti/Cancer Center:
Third Thursday monthly; 7-8:30 p.m.
734-712-2920

Prostate Cancer Support Group

Ypsilanti/Cancer Center:
Third Thursday monthly; 7-8:30 p.m.
734-712-3655

Share and Care Cancer Support Group

Discussion group open to anyone diagnosed with cancer, their families and friends for support and information.

Ypsilanti/Cancer Center:
Second and fourth Wednesday monthly; 7-8:30 p.m.
734-712-3958

Brighton/Woodland Cancer Center:
Second Tuesday monthly; 7-8:30 p.m.
810-844-7274

Grief Support Groups

Fowlerville/Senior Center:
Adult drop-in support held first and third Monday monthly; 10-11:30 a.m.
517-540-9125

Howell/Church of the Nazarene:
Ongoing support group held every Wednesday monthly; 6:30-8 p.m.
517-545-6368

Howell/SJM Livingston Hospice:
Six-week "Walking with Grief" series for adults who have lost a loved one.
517-540-9125

Howell/SJM Livingston Hospice:
Individual and family grief counseling available for anyone grieving the loss of a loved one.
517-540-9125

Support Groups (Cont.)

Heart/Cardiovascular Support Groups

Amputee Support Group
734-712-3516

Group Heart-to-Heart Network
(for people with cardiovascular disease)
734-712-3852

Heart Failure Support Group
734-712-5100

Implanted Cardioverter Defibrillators Support Group
734-712-8036

Partners at Heart
(for spouses/significant others of people with cardiovascular disease)
734-712-3852

For more information about other support groups, call the Michigan Self-Help Clearinghouse at 800-777-5556 (Monday-Friday, 10 a.m.-3 p.m.)

Weight and Healthy Lifestyle Classes

Food and Stress: Healthy Ways to Deal with Emotions and Food

Learn to identify the many forms emotional eating can take, and how you let your emotions work for you rather than against you. Non-refundable/non-transferable. $30

Ypsilanti/Women's Health Center:
Thursday, February 15; 7-8:30 p.m.
Saturday, March 24; 1-2:30 p.m.
734-712-5800

NutriCare Weight & Cholesterol Management Series

This program is designed for adults who want to learn how to eat more nutritious meals, cook new foods and adopt a healthier attitude towards food. The program offers interactive nutrition and behavior classes, cooking demonstrations, food tasting, hands-on cooking classes and individual nutrition counseling. Call to register. $288 (may be covered by insurance)

Ypsilanti/Women's Health Center:
Sessions begin on Tuesdays, January 23, February 27 and March 27; 6-7:30 p.m.
734-712-5800

Weight Loss Programs

HMR Weight Management Programs – Free Orientation

HMR® Ultimate Diet promotes rapid and significant weight loss under medical supervision and is ideal for anyone wanting to lose 30 pounds or more.

Healthy Solutions® is designed for moderate weight loss without medical supervision. Plans offer in-depth lifestyle education, personalized attention, intensive follow-up and long-term maintenance. Price varies according to length of weight loss phase, level of medical supervision and type of meal replacement used.

Ypsilanti/Women's Health Center:
734-712-5540

Hypnosis for Weight Reduction

Two-hour session combines the power of hypnotic conditioning with behavior modification techniques to help you lose weight. First 45 minutes free to see if the program is for you! $69 payable after free orientation period or $59 if you register online at www.easywillpower.com.

Ypsilanti/Administration Services:
Monday, February 5; 6:30-8:30 p.m.

Howell/SJM Livingston Hospital:
Thursday, February 8; 6:30-8:30 p.m.
800-848-2822

NutriCare Fitness "On-The-Road"

Our unique nutrition and fitness weight management program is now available to come to your organization or business.

Call the Ellen Thompson Women's Health Center • 734-712-5800 for more information.

Women's Health

Healthy Habits to Survive Menopause

Did you know that hot flashes, mood swings and other symptoms can occur as much as eight years before actual menopause? Designed for women ages 35-50, this program is an all-in-one package of information. Content includes a comprehensive overview of the physical and emotional changes, symptoms and health risks associated with menopause. Available for outside groups. $10

Howell/SJM Livingston Hospital:
Sunday, February 25; 1-3 p.m.
734-712-5800

Title XV Breast and Cervical Cancer Screening

You may qualify for no-cost screening through the Michigan Breast and Cervical Cancer Control Program. Participating clinics in Washtenaw and Livingston County provide safe, reputable and thorough screening, as well as follow-up care if needed. Women must be 40 years of age or older and meet certain income and insurance requirements to be eligible.
734-712-5800

Some classes are non-refundable, but are transferable. Call 800-231-2211 for more information.

CLASS REGISTRATION FORM

Do you have a scholarship? Yes☐ No☐ Pending☐ ID# _____
Change in address or phone for registration since last registration? Yes☐ No☐
Change in address or phone for payor since last registration? Yes☐ No☐
Are there any special conditions or disabilities? Yes☐ Describe _____

CLASS SELECTION

	CLASS	NAME OF CLASS	COST
1ST CHOICE	___/___	_____	$ _____
ALT. CHOICE	___/___	_____	$ _____
ALT. CHOICE	___/___	_____	$ _____

PARTICIPANT INFORMATION

FIRST NAME _____
LAST NAME _____
BIRTHDATE _____ GRADE _____ GENDER M☐ F☐
ADDRESS _____ CITY _____
ST _____ ZIP _____ PHONE _____
EMAIL _____

Office Use
CK☐ CA☐
CC☐ CR☐
_____
Total $ _____
Disc. _____

Payor Name

(Person Paying for Class(es))

FIRST NAME _____ LAST NAME _____
ADDRESS _____ STREET CITY ST ZIP
HOME PHONE (___) _____ WORK PHONE (___) _____
EMAIL _____ BIRTHDATE _____ GENDER M☐ F☐
PAYMENT INFORMATION ☐CHECK ☐CREDIT CARD ☐OTHER ☐CREDIT ON ACCOUNT

Credit Cards

Please complete entire section

NAME _____
☐ **VISA** ☐ **MASTERCARD** ☐ **AM EXPRESS** **TOTAL FEE (Required)** $
Sorry we cannot accept debit cards at this time
CARD # _____ EXP. DATE _____
SIGNATURE (REQUIRED)

1 **Make check payable to:**
Saint Joseph Mercy Health System

2 **Include payment:**
Credit from account:
$ _____
$ _____
AMOUNT PAID

3 **Enclose coupons, gift certificates or other discounts with this form**

4 **Mail entire form to:**
Saint Joseph Mercy Health System
Attn: Trinity Health Telemanagement
P.O. Box 995
Ann Arbor, MI 48106

MAKE EXTRA COPIES IF YOU NEED THEM OR PRINT ADDITIONAL FORMS ONLINE AT WWW.SJMERCYHEALTH.ORG

Community Education Locations

1 St. Joseph Mercy Hospital
5301 McAuley Drive
Ypsilanti, MI 48197
Phone: 734-712-3456

Ellen Thompson Women's Health Center
5320 Elliott Drive
Ypsilanti, MI 48197
Phone: 734-712-5800

Michigan Heart & Vascular Institute
5325 Elliott Drive
Ypsilanti, MI 48197
Phone: 734-712-5205

Saint Joseph Mercy Administration Services
5305 Elliott Drive
Ypsilanti, MI 48197
Phone: 734-712-3456

Saint Joseph Mercy Behavioral Services
2006 Hogback Road
Ann Arbor, MI 48105
Phone: 734-786-2300

Saint Joseph Mercy Cancer Center
5301 McAuley Drive
Ypsilanti, MI 48197
Phone: 734-712-5948

Saint Joseph Mercy Reichert Health Center
5333 McAuley Drive
Ypsilanti, MI 48197
Phone: 734-712-5300

Senior Health Building
5361 McAuley Drive
Ypsilanti, MI 48197
Phone: 734-712-5189

2 Saint Joseph Mercy Livingston Hospital
620 Byron Road
Howell, MI 48843
Phone: 517-545-6000

3 Saint Joseph Mercy Woodland Health Center
7575 Grand River Road
Brighton, MI 48114
Phone: 810-844-7575

Saint Joseph Mercy Woodland Cancer Center
7575 Grand River Road
Brighton, MI 48114
Phone: 810-844-7250

4 Saint Joseph Mercy Saline Hospital
400 Russell Street
Saline, MI 48176
Phone: 734-429-1500

5 Saint Joseph Mercy Canton Health Center
1600 S. Canton Center Road
Canton, MI 48188
Phone: 734-398-7557

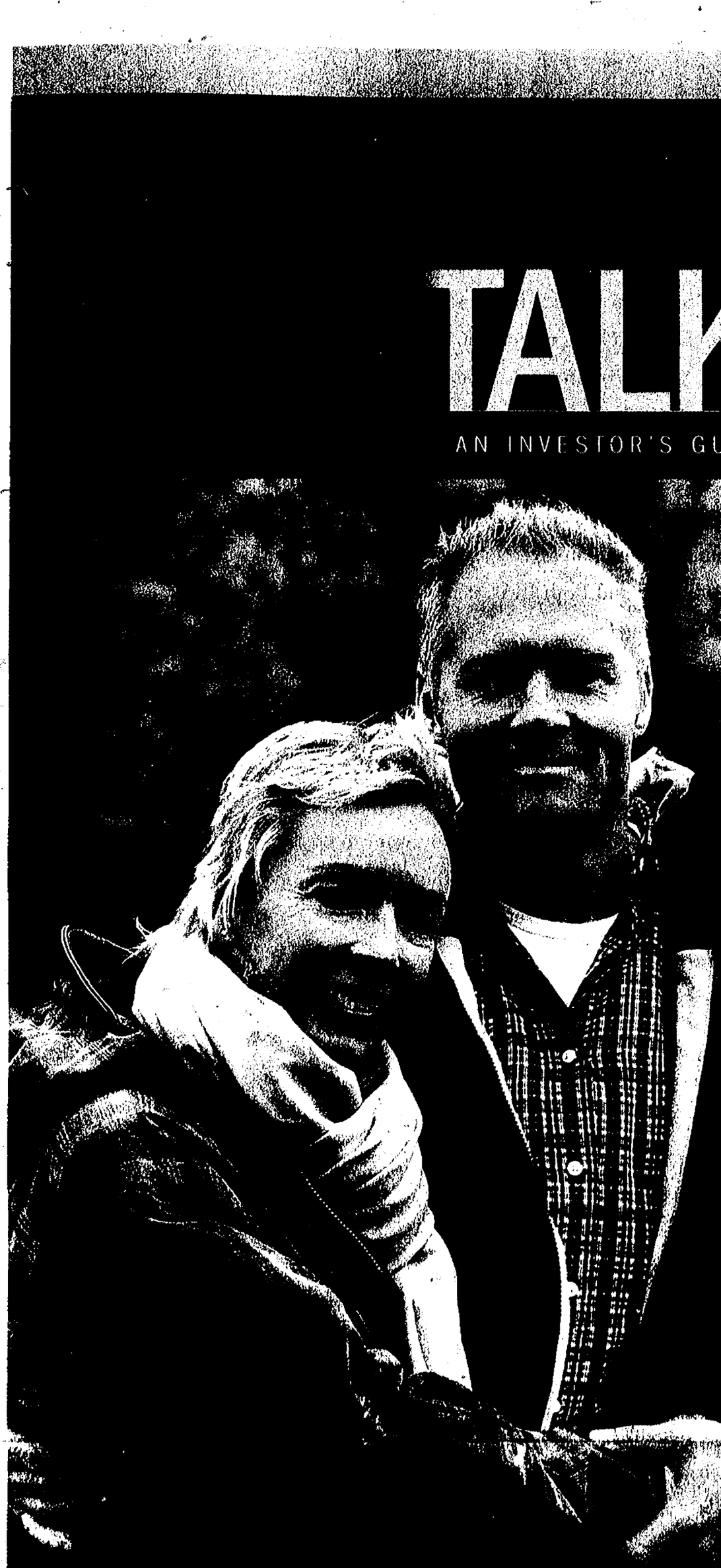
6 Saint Joseph Mercy Arbor Health Center
990 W. Ann Arbor Trail
Plymouth, MI 48170
Phone: 734-414-1010

7 Saint Joseph Mercy Haab Health Building
111 N. Huron Street
Ypsilanti, MI 48197

For information on physicians and community education classes, call the **Saint Joseph Mercy HealthLine** at 734-712-5400 or 800-231-2211, or visit our Web site at **www.sjmercyhealth.org**.

TALK

AN INVESTOR'S GUIDE TO LOWER TAXES FOR 2007



Inside Your Issue of Tax Talk

Saving for Your Retirement
Highlights of the Pension Protection Act of 2006
Improvements to 401(k)s and Pension Plans
Business Owners: Get the Most out of Your Business Retirement Plan
Keep More of What You Earn
Help Send Your Children to College

Dreaming Up the Ideal Retirement Is Your Job.

Helping You Get There Is Ours.

It's not always easy to save enough money for retirement. And each year, many Americans try different savings and investment strategies so that they can live their dreams. Quite often, investors try to get ahead by buying investments because they're trendy or "hot." But at Edward Jones, we believe that buying a variety of investments and owning them over the long term is the smartest way to help work toward your dreams.

We take time to understand your financial goals so we can help you achieve them. So whether it's reducing taxes, saving for retirement, paying for a child's education or providing for loved ones, we can help you develop an investment strategy that matches your unique situation.

Because we're located in the community, it's easy to meet face to face regularly to review your investment's progress and to make adjustments when necessary. And with some recently enacted legislation, there are new ways to help you stay on track to reach your long-term financial goals. Some are related to tax legislation, while other changes are permanent. For more details, look inside.

To learn how Edward Jones can help you make sense of investing, call your local investment representative today.

Dave Werman
Investment Representative

3170 Baker Rd
Dexter, MI 48130
(734) 426-5198
(888) 426-5338 Toll-free
(877) 222-9186 Fax

Diane Kiellszewski
Investment Representative

134 W. Middle St., Suite B
Chelsea, MI 48118
(734) 475-3295
(866) 475-3295 Toll-free
(877) 296-6633 Fax

Deb Bauer
Investment Representative

1100 S. Main St.
Chelsea, MI 48118
(734) 475-3519
(800) 984-9261 Toll-free
(888) 833-6445 Fax

.COM

Tax Talk on the Web Interested in learning more about how your investments will affect your taxes this year? Visit the Edward Jones Web site at **www.edwardjones.com/taxtalk** for more information. From this site, you also can contact your local Edward Jones investment representative.

Edward Jones
MAKING SENSE OF INVESTING

How Well You Retire Depends on How Well You Plan Today.

It's never too early to develop a strategy for retirement. The more time you give yourself, the better off you can be. Most experts agree that retirees may need 80% to 100% of what they earn while working to maintain their standard of living during retirement. And based on Social Security Administration estimates, you may be able to count on Social Security for only 40% of your pre-retirement income during retirement. That could leave a significant shortfall.

How You Can Help Fill the Gap

It's generally a good idea to contribute as much as you can to an employer-sponsored retirement plan, such as a 401(k), Roth 401(k), 403(b), Roth 403(b) or 457(b), as well as a traditional or Roth IRA each year. The contribution limit for these employer-sponsored retirement plans is $15,500 for 2007 with a catch-up contribution of $5,000 if you are age 50 or older. For traditional and Roth IRAs, it's $4,000, and a catch-up contribution of $1,000 for each year. More important, you can take advantage of substantial tax benefits.

Keep in mind that at the very minimum, you should contribute as much as your employer will match. These plans, along with income from a pension plan and personal savings, will be your primary sources of retirement income.

Consolidate Your Retirement Accounts to Edward Jones

If you have retirement accounts in different places, it can be difficult to maintain a strategy that will get you where you want to be. By consolidating your accounts to an Edward Jones IRA, we can offer you a better approach. Instead of scattered accounts, you'll have one that's easy to keep track of and in sync with your retirement goals. On top of that, less paperwork at tax time could really simplify your life.

You Can Be Ready to Retire or Not.

Ready Is Better.

To learn how we can help you prepare for retirement, contact your local Edward Jones investment representative.

Keep More of What You Earn with Tax-free Muni Bonds.

Tired of having your investment income taxed away? If you are, consider investing in municipal bonds,[1] or "muni" bonds. Income from muni bonds is usually exempt from federal taxes. In some cases, your interest also may be exempt from state and local income taxes.

It's important to look beyond the stated interest rate on tax-free muni bonds. Although these investments seemingly offer lower rates of return when compared to taxable investments, tax-free income can make a big difference to your bottom line, as the chart below illustrates.

We can show how you could potentially earn more from a muni bond than you would net after taxes on a taxable investment. To get started on reducing next year's tax bill, call today.

These quality investments also can help:

Add diversification to your portfolio[2]

Provide balance and potentially cushion possible equity fluctuations

Provide a consistent income stream during the life of the bond

How Tax-free Muni Bonds Work

The taxable equivalent yield is the interest you would have to earn on a fully taxable investment in order to equal the yield a tax-free municipal bond provides.

	MARGINAL TAX RATE				
	15%	25%	28%	33%	35%
TAX-FREE YIELD	TAXABLE EQUIVALENT YIELD				
3.00%	3.53%	4.00%	4.17%	4.48%	4.62%
3.50%	4.12%	4.67%	4.86%	5.22%	5.38%
4.00%	4.71%	5.33%	5.56%	5.97%	6.15%
4.50%	5.29%	6.00%	6.25%	6.72%	6.92%
4.75%	5.59%	6.33%	6.60%	7.09%	7.31%

Source: Edward Jones. This example does not represent rates currently available and does not reflect the effect of state and local taxes or the alternative minimum tax.

1 May be subject to the alternative minimum tax. Yield and market value may fluctuate if sold prior to maturity. The amount received from the sale of these securities may be less than the amount originally invested. Call features should also be considered.

2 Diversification does not guarantee a profit, nor does it protect against loss in a declining market.

Highlights of the Pension Protection Act of 2006

No Reductions in Retirement Plan Contribution Limits

During the past few years, the contribution limits have increased for IRAs and for 401(k), 403(b) and 457(b) plans, and "catch-up" contributions were allowed for anyone 50 or older. These provisions were scheduled to be discontinued after 2010; however, due to the Pension Protection Act, the increases are now permanent.

Tax Refunds to IRAs

Under the new laws, you can now have the IRS deposit your tax refund directly into an IRA as a contribution. In fact, you can split the refunds, if you choose, and deposit them into as many as three different accounts.

Enhancements to IRAs

A number of enhancements to traditional and Roth IRAs were enacted. Some of the key ones are:

- If you're age 70½ or older, you can contribute money from an IRA directly to a tax-exempt charity. If you make these qualified charitable distributions in 2006 or 2007, they are free from federal income tax.
- Beginning in 2008, if you qualify, you'll be able to directly roll over eligible 401(k) assets into a Roth IRA. Keep in mind that you will still owe taxes, but this will allow you the potential to enjoy tax-free income in the future. Currently, you have to move it to a traditional IRA first.
- Additional legislation taking effect in 2010 will make it possible for you to convert eligible company retirement plans or traditional IRA assets into a Roth IRA, regardless of how much money you make. However, you will still need to pay taxes on the amount you convert.
- Starting in 2007, non-spouse beneficiaries now can roll over inherited company retirement plan assets to an inherited IRA.
- If you are an active-duty military reservist, early withdrawals can be made from an IRA without paying a penalty, if certain requirements are met.

There's More to Investing in CDs Than Just Buying CDs.

Although searching for the highest rates may be smart, there's an even better way to get the most out of your CDs. At Edward Jones, we'll work with you to develop a strategy for investing in CDs. So before you roll over your CD, call today.

You Should Get as Much out of Your Retirement Plan as You Put into Your Business.

You've invested time, effort and money to build your business. Although it can be extremely rewarding, owning your own business also presents unique challenges, one of which may be your company's retirement plan. If your business doesn't have a retirement plan, right now may be a good time to establish one to take advantage of possible tax deductions. In fact, the tax benefits you receive can make the cost of the plan worthwhile.

Business retirement plans can:

Provide tax-deferred earnings to help you save for retirement

Offer a variety of investment choices, such as mutual funds, stocks and bonds

Help diversify assets beyond your business

Help attract and retain key employees

Keep in mind that each business retirement plan has different features and advantages. There are several types of plans you may want to consider. If your business already has a retirement plan, now is a great time to review it.

For more information about these and other retirement plans, or to schedule a review, talk with your local Edward Jones investment representative and tax adviser. We can help you determine a plan that's right for you and your business.

Businesses with No Employees

SEP IRA

A SEP IRA is a low-cost, easy-to-maintain retirement plan. You can contribute up to the lesser of 25% of your compensation or $44,000 (for 2006) or $45,000 (for 2007), which is tax-deductible, into the plan. You also have the flexibility to change your business's contribution amounts each year.

Owner-only 401(k)

You can make a tax-deductible contribution of up to 25% of your compensation, plus make either a pretax or Roth deferral of up to $15,500. The maximum contribution amount is $45,000, but if you are 50 or older, you may also contribute a catch-up of $5,000, for a maximum of $50,000. Your spouse may be able to contribute, too, if he or she works for your business.

Owner-only Defined Benefit Plan

If you can commit to contribute for at least three years, this plan can provide contributions exceeding $100,000 annually, well in excess of what you can contribute to a SEP IRA or an Owner-only 401(k). Your spouse may be able to contribute, as well.

Businesses with Employees

SIMPLE IRA

This offers a salary deferral plan without the cost or administrative responsibilities associated with traditional 401(k) plans. As a result, you and your employees can make regular contributions in addition to your business making small required contributions.

Safe Harbor 401(k)

If your business makes small required contributions, this plan lets you and your employees make regular contributions with a higher limit than a SIMPLE IRA.

"Tiered" Safe Harbor 401(k)

Similar to the plans listed above, this plan lets you and your employees make regular contributions. However, in addition to your business making small required contributions, it can make higher contributions for you and your key employees that other plans won't allow.

Highlights of the Pension Protection Act of 2006 for Businesses

Improvements to 401(k)s and Pension Plans

The Pension Protection Act of 2006 includes a number of changes to company retirement plans, such as 401(k), 403(b), 457(b) and pension plans. These changes should make it easier for employees to save for retirement. They're also intended to make company pensions more secure.

Additional Enhancements to Business Retirement Plans

- Permanency of increased contribution and deduction limits
- New funding rules for defined benefit plans
- Availability of benefits to plan participants
- Automatic enrollment in 401(k) plans
- Flexibility of plan features and design
- Reporting and disclosure to plan participants

Keep in mind that these changes have varying effective dates.

Getting Your Children into College Is One Thing.

Being Able to Send Them Is Another.

Whether your children are in grade school or high school, they'll be leaving for college before you know it. And with the cost of a college education rising every year, now is the time to prepare for that day. At Edward Jones, we can help design an education savings strategy to fit your needs.

Do Your Homework Now

One option is a 529 College Savings Plan. This popular plan enables parents, grandparents and other family members, regardless of age or income, to contribute money on behalf of a child. Any earnings are tax-deferred, and in some cases contributions can be deducted from your state income tax.

As the owner of a 529 plan, you control the funds and can change beneficiaries to another eligible family member at any time. Even better is that withdrawals for many education expenses are tax-free. And unlike some accounts, 529 plans do not automatically transfer to the beneficiary when he or she reaches age 18.

To learn how opening a 529 College Savings Plan can make sense for your children, call today. It's one way to make sure that you'll be ready when it's time for them to go to college.

Withdrawals used for expenses other than qualified education expenses may be subject to federal, state and penalty taxes. Contributions are tax-deductible in certain states for residents who participate in their own state's plan. Please note that a 529 College Savings Plan could impact a beneficiary's ability to qualify for financial aid. Because tax issues for 529 plans can be complex, please consult your tax adviser.

Tax Benefits for 529 College Saving Plans Extended

If you establish a 529 College Savings Plan to help pay for your child's or grandchild's college tuition, withdrawals from the plan will be free from federal income tax, provided the money is used for education. This tax benefit was scheduled to expire at the end of 2010, but it is now permanent. Contributions may even be tax-deductible in certain states.

2007 Final Reminders and Important Deadlines

Individuals

Jan. 15
Pay fourth-quarter 2006 estimated taxes

April 2
Receive required minimum distributions (RMDs) from traditional IRAs if you reached 70½ in 2006

April 16
File 2006 income tax returns[1]

Pay first-quarter estimated taxes

Make 2006 traditional IRA, Roth IRA and Coverdell Education Savings Account contributions

June 15
Pay second-quarter estimated taxes

Sept. 17
Pay third-quarter estimated taxes

Oct. 15
File 2006 individual tax returns with extensions

Dec. 31
Sell a security for a 2007 gain or loss (the trade date determines the tax year)[2]

Take RMDs from traditional IRAs if you reached age 70½ before 2007

Make gifts for the 2007 tax year (transfer must be complete by this date)[2]

1 Taxpayers living in Maine, Maryland, Massachusetts, New Hampshire, New York, Vermont and the District of Columbia have until April 17 to file their 2006 income tax returns.

2 Remember that investment decisions should be made on investment merit, not on tax considerations alone, even though tax effects are critical to achieving a desired after-tax return on an investment.

Businesses

March 15
File calendar-year corporate tax returns (excluding extensions)

April 16
Make 2006 SEP IRA contributions (plus extensions)

Oct. 1
Establish a 2007 SIMPLE IRA plan

Nov. 1
Establish a 2007 Safe Harbor 401(k) plan

Dec. 31
Establish most qualified retirement plans

OUR INVESTMENTS & SERVICES

Annuities
Banking Services
Business Retirement Plans
Education Savings Plans
Edward Jones Trust Company Services[1]
Equity Investments
Equity Research
Financial Calculators
Fixed-Income Investments
Individual Retirement Accounts
Insurance
Investor Education Programs
Managed Account Program[2]
Mutual Funds
Online Account Access
Portfolio and Retirement Plan Reviews
Retirement Plan Rollovers and Consolidation
Systematic Investing[3]

1 Trust services and/or investment advisory services are provided by the Edward Jones Trust Company, an affiliate of Edward D. Jones & Co., L.P. ("Edward Jones"), a registered broker-dealer. The Edward Jones Trust Company and Edward Jones are subsidiaries of the Jones Financial Companies, L.L.L.P. Edward Jones Trust Company is a registered investment adviser and may use Edward Jones or other affiliates to act as a broker-dealer for transactions or for other services. Payments of such services generally will be charged as an expense to the trust and will not reduce the amount of fees payable to Edward Jones Trust Company.

2 Edward Jones is a dually registered broker-dealer and investment adviser. The Managed Account Program is an Edward Jones investment advisory product.

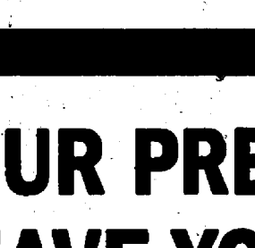
3 Systematic investing does not ensure a profit or protect against loss in declining markets.

YOUR PREVIOUS JOB IS NO PLACE TO LEAVE YOUR RETIREMENT SAVINGS.

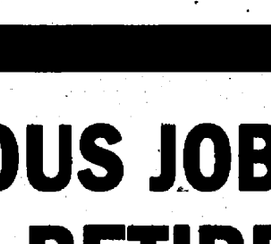
Leaving a 401(k) with a previous employer could mean leaving it alone with no one to watch over it.

At Edward Jones, we can explain options for your 401(k) and help you select the one that's best for you. If you'd like to roll it over to an Edward Jones IRA, we can help you do it without paying taxes or penalties. So you can feel confident someone is looking out for you and your 401(k).

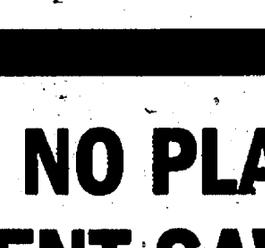
To find out why it makes sense to talk with Edward Jones about your 401(k) options, call or visit today.



Dave Werman
Investment Representative
3170 Baker Rd
Dexter, MI 48130
(734) 426-5198
(888) 426-5338 Toll-free



Diane Kieliszewski
Investment Representative
134 W. Middle St., Suite B
Chelsea, MI 48118
(734) 475-3295
(866) 475-3295 Toll-free



Deb Bauer
Investment Representative
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Chelsea, MI 48118
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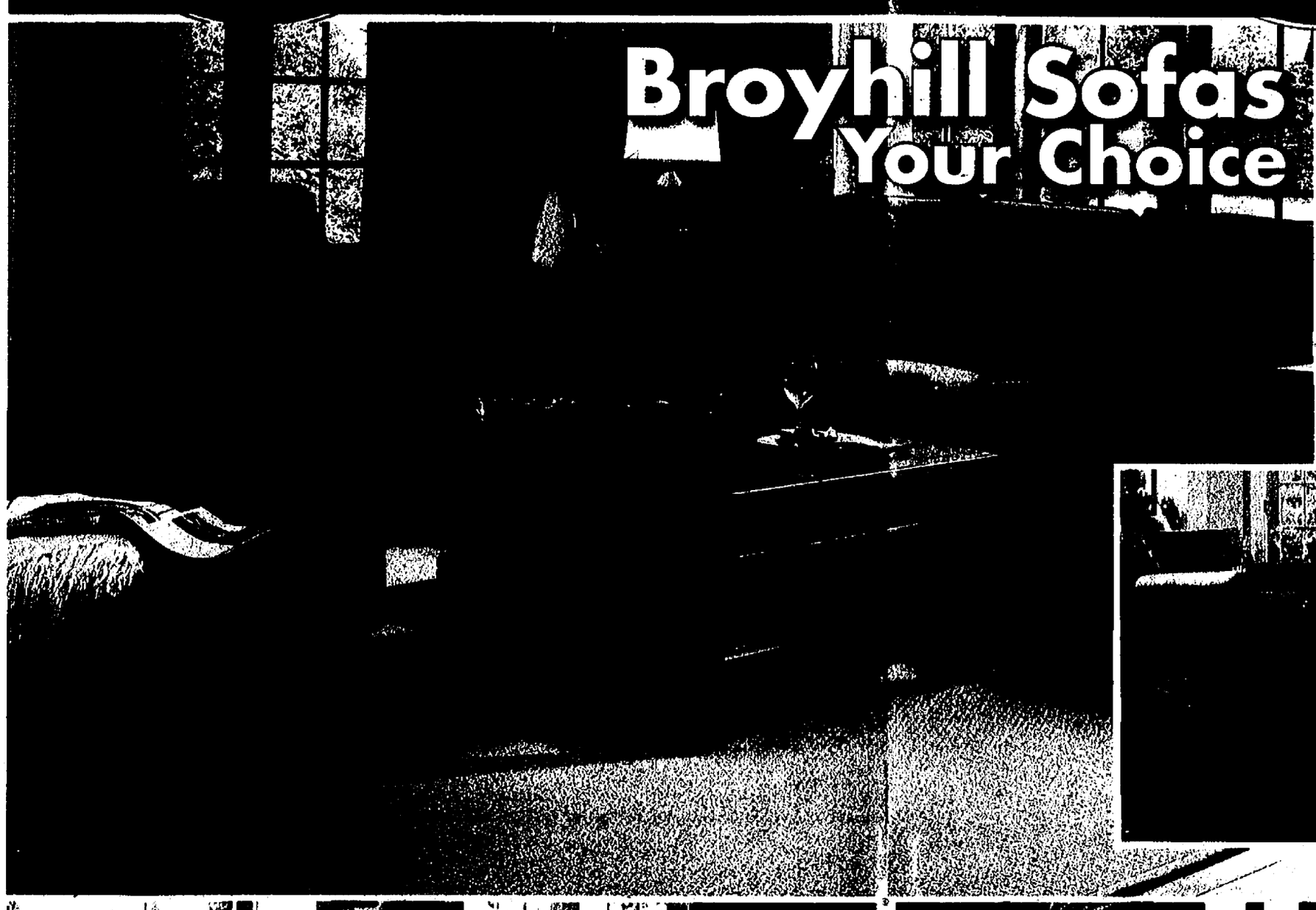
MAKING SENSE OF INVESTING

Edward Jones does not provide tax or legal advice. The content contained herein is a summarization and should not be depended upon for other than broadly informational purposes. Specific questions should be referred to a qualified tax professional.

ADV-786 NOV 2006

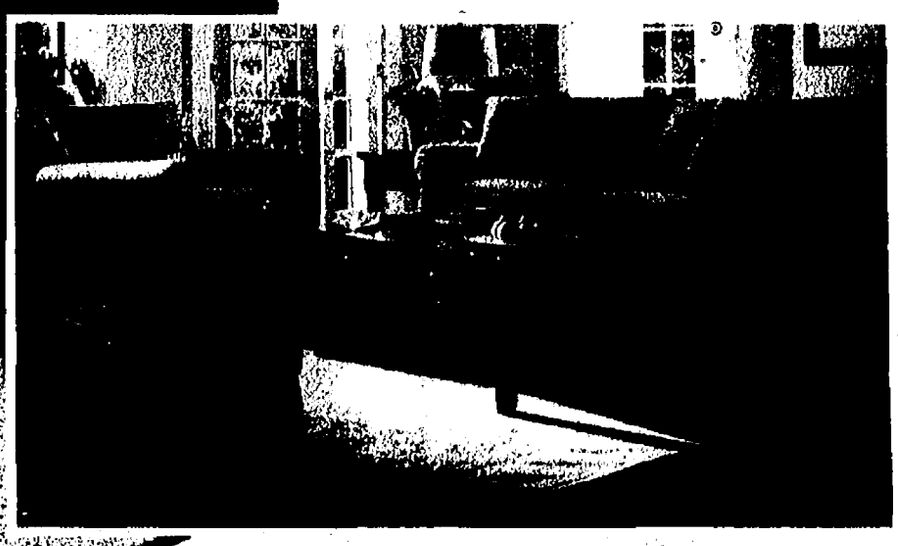
Vermeulen's winter SALE

24 months FREE FINANCING* OR 5% Off FOR CASH*



Broyhill Sofas Your Choice $599.95

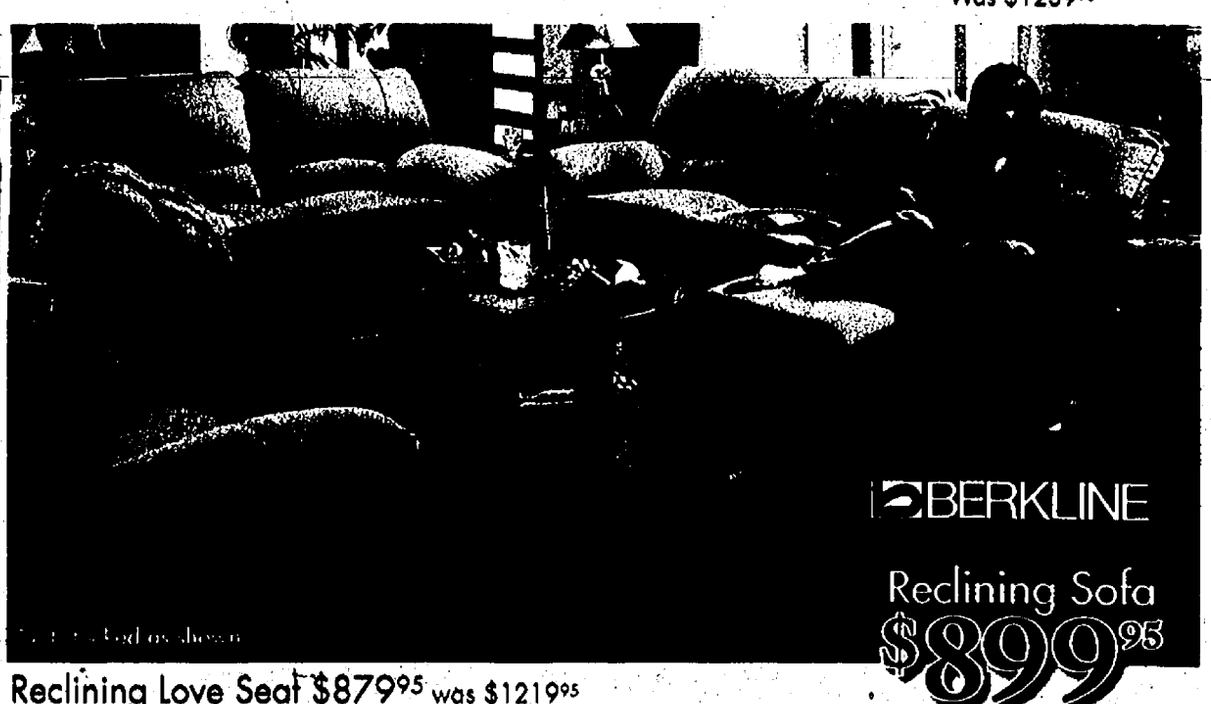
Broyhill
Microfiber Sofa
Compare at $999.95 Was $699.95
Love Seat $579.95 was $729.95
Chair $249.95 was $389.95



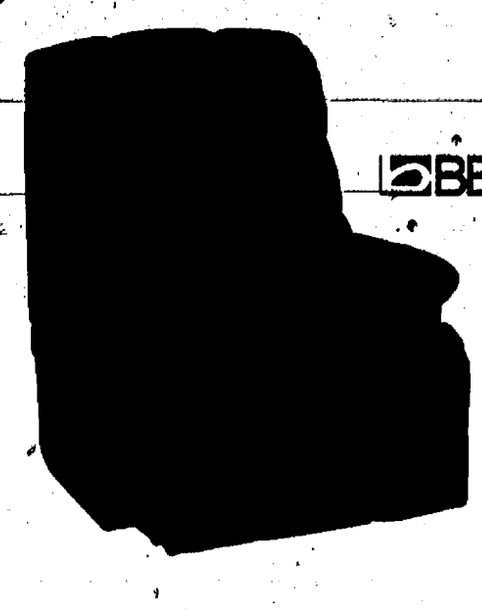
England Sofa $699.95 Was $999.95
Love Seat $649.95 was $969.95 o Chair $399.95 was $719.95

LA-Z-BOY Sofa $699.95 Was $1239.95
Love Seat $679.95 was $1149.95 o Chair $599.95 was $1099.95

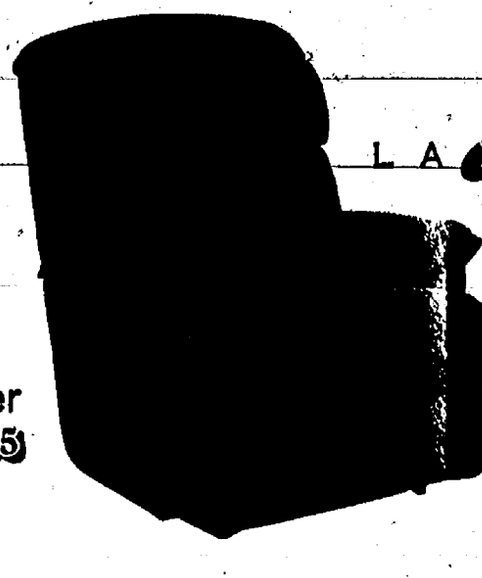
England Sofa $799.95 Was $1189.95
Love Seat $749.95 was $1119.95 o Chair $559.95 was $799.95



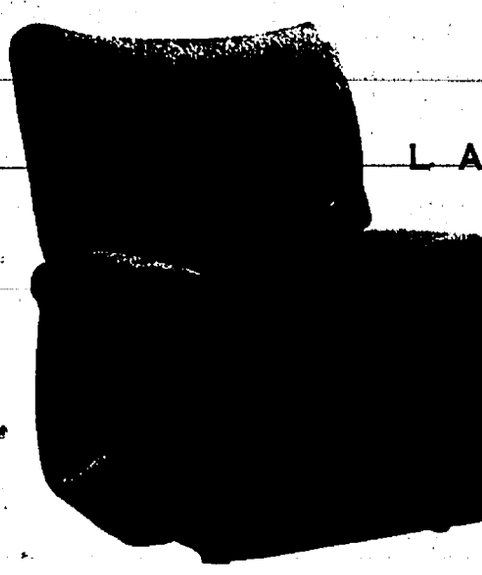
BERKLINE Reclining Sofa $899.95 Was $1299.95
Reclining Love Seat $879.95 was $1219.95
Recliner $499.95 was $699.95



BERKLINE Rocker Recliner $399.95 Was $799.95



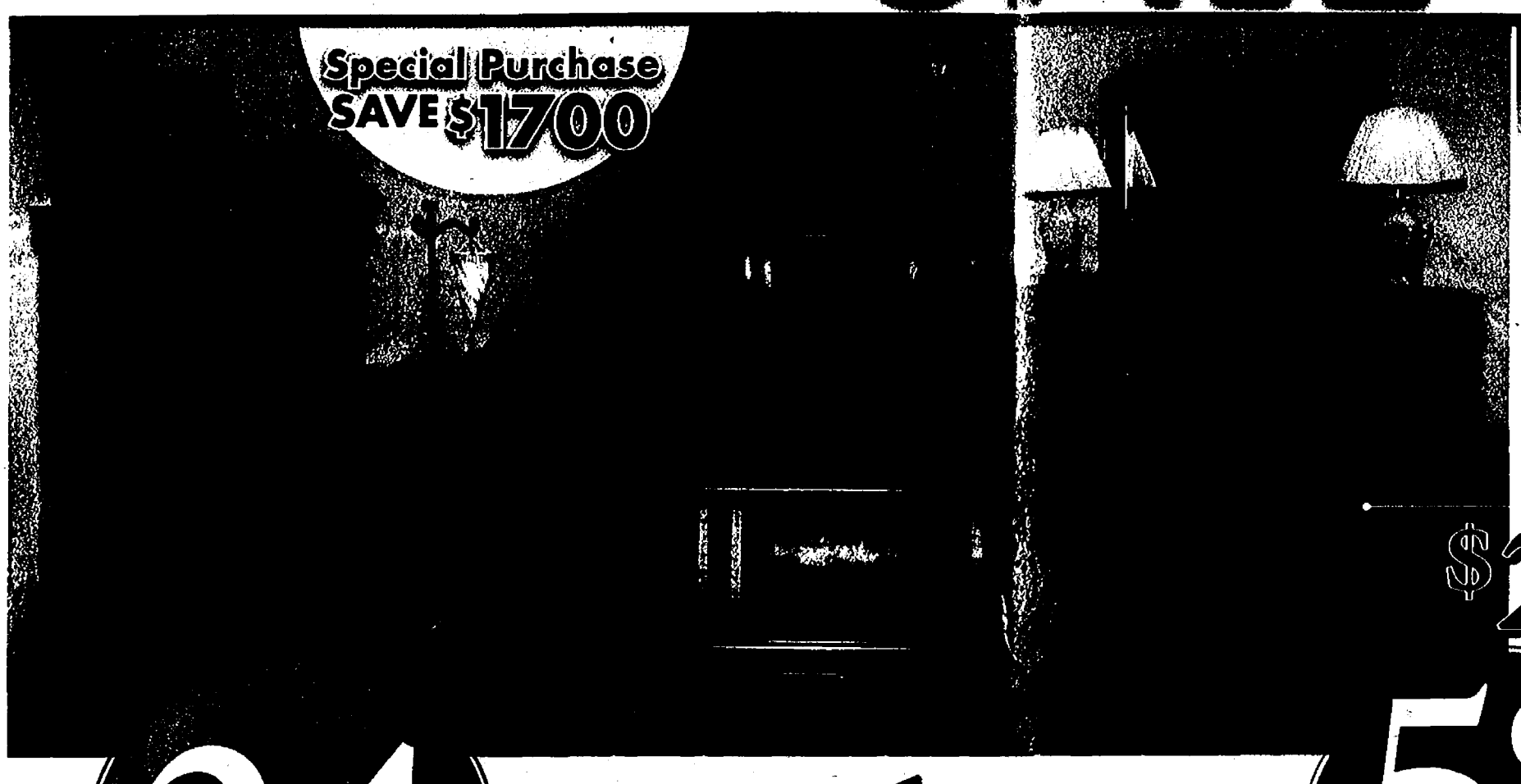
LA-Z-BOY Chaise Recliner $399.95* Was $799.95



LA-Z-BOY Chaise Recliner $499.95 Was $819.95

Lowest Prices on America's Finest Recliners

Vermeulen's winter SALE



BEDROOM SAVINGS

The smooth finish and gentle curves make this bedroom collection a dream come true. Large scale pieces and antique hardware this furniture transforms any bedroom. Includes Bed, Dresser, Mirror and 6-Drawer Chest.

4-PC Bedroom Group
Queen Sleigh Bed, Dresser, Mirror, and 6-Drawer Chest

$2799.95 Was $4497.95

24 months FREE FINANCING* OR 5% Off FOR CASH*

DINING ROOMS-Casual to Formal

5 Pc Dining Set
$499.95
Was $999.95
60" Pedestal Table and 4 Crown Back Chairs and (1) 18" Leaf. Solid hardwood with veneer. Available in Dark and Light finishes.

5 Pc Dining Set
$599.95
Was $1099.95
54" Contemporary Leg Tall Table, 4 Chairs and 18" self storing Butterfly Leaf. Available in Fruitwood finish.

5 Pc Dining Set
$599.95
Was $1099.95
42" x 60" Solid Hardwood Table and 4 Napoleon Side Chairs.

YOU WILL PAY LESS GUARANTEED!

MATTRESS 1ST
AMERICA'S SLEEP SPECIALISTS
1ST IN SELECTION.
1ST IN VALUE "LOWEST PRICES GUARANTEED!"
1ST IN CERTIFIED SLEEP SPECIALISTS TO ASSIST YOU.

MATTRESS 1ST CONNECTICUT
QUEEN SET
$299.99

MATTRESS 1ST MIDDLETON PLACE
QUEEN SET
$399.99

MATTRESS 1ST VIRGINIA
QUEEN SET
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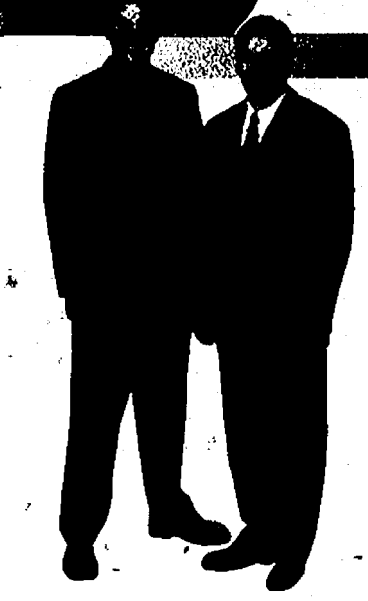
PRICE ROLLBACK!

SAVE ON SETS TO $300

5 Pc Dining Set
$599.95
Was $1099.95

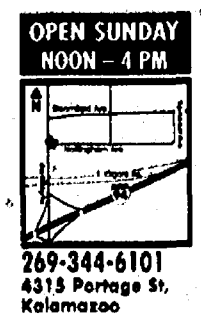
Serta
AMBER NIGHT
Pillowtop or Firm
QUEEN SIZE
Perfect Sleeper®
$699.99

	Was	NOW
Twin set	$1799.99	$549.99
Full set	$2119.99	$649.99
King set	$3159.99	$999.99



Nate Vermeulen Lynn Vermeulen

OPEN SUNDAY
NOON – 4 PM



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135 West Cortland,
Jackson

OPEN:
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Tues, Thurs & Sat 10-5:30
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You'll like the look... You'll love the price.

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*With approved credit, and minimum purchase of $2400, receive 24 months Free Financing no interest, no down payment and minimum monthly payments required. Or 5% off your purchase when you pay cash. Purchases $0 - $2399 receive 12 months free financing with minimum monthly payments. Special orders require a 25% deposit. Merchandise photos may not represent actual colors available in stock. Tempur-pedic and Ekornes products may not be offered below MAP pricing.

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PHARMACY AVAILABLE **BROOKLYN** 11301 BROOKLYN RD. 517-592-4040	PHARMACY AVAILABLE **SALINE** 1335 E. MICHIGAN AVE. 734-944-7878
PHARMACY AVAILABLE **ADRIAN** 1535 W. MAUMEE 517-265-4190	**ADRIAN** 1392 S. ADRIAN HWY. 517-263-0569
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MICHIGAN LOTTERY | PACKAGED LIQUOR | DOUBLE COUPONS TO 50¢ | OPEN 6 AM TO MIDNIGHT 7 DAYS A WEEK

Sale prices effective Wednesday January 17 thru Tuesday January 23, 2007

PILLSBURY CAKE MIX
Selected Varieties
18.25 oz.
3/$2
LIMIT 6 per customer with $15 additional purchase

DEL MONTE CANNED VEGETABLES
Selected Varieties
11 - 15.25 oz.
5/$2
LIMIT 10 per customer with $15 additional purchase

DELALLO PREMIUM CALIFORNIA CANNED TOMATOES
Selected Varieties
28 oz. Family Size
2/$1
LIMIT 2 per customer with $15 additional purchase

BANQUET FROZEN ENTREES
Selected Varieties
6.75 - 12 oz.
4/$3
LIMIT 12 per customer with $15 additional purchase

Amish Country Fresh Grade A **CHICKEN DRUMSTICKS OR THIGHS** Jumbo Pack — **79¢** LB

Premium Standard All Natural Pork **PORK SHOULDER ROAST** — **$1.19** LB

Imported Red Ripe **HOTHOUSE TOMATOES** — **98¢** LB

DON'T MISS OUR WEEKLY AD ON OUR WEBSITE WWW.COUNTRY-MARKETS.COM

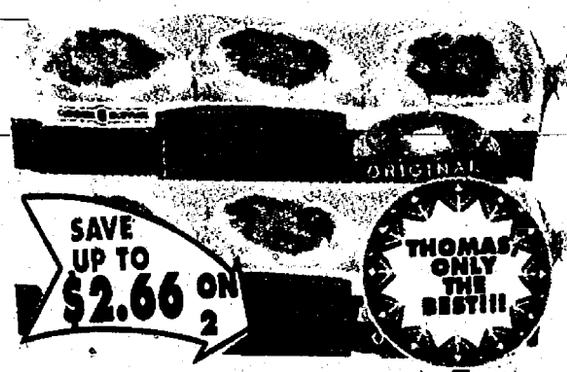
Suggestions? Comments, Looking for a Specific Item? Send your requests or comments to: guykennedy@country-markets.com

DOUBLE COUPONS

You can get DOUBLE COUPON SAVINGS this week at Polly's Country Market. Bring in your manufacturers' "50¢ OFF" or less coupons and get double the savings (Not to include retailer, cigarette/tobacco products, Polly's Country Market Coupons, free or coupons exceeding the item value). You must purchase the products in sizes and quantities specified. Limit one coupon for any particular item. Additional coupons for identical items will be redeemed at face value.

We reserve the right to limit quantities. Some items not exactly as pictured. Not responsible for typographical errors

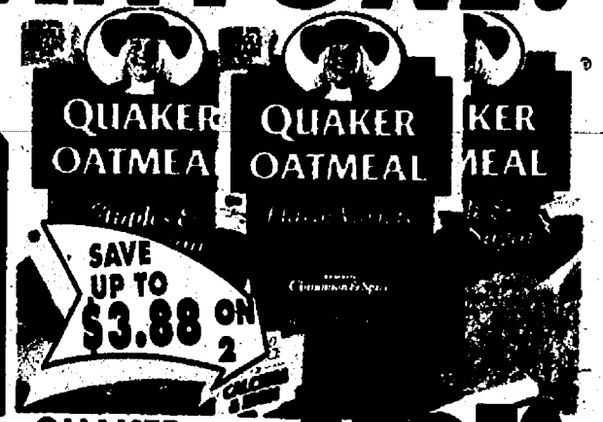
COMPARE OUR PRICES TO ANYONE!



THOMAS ENGLISH MUFFINS
12 oz.
Selected Varieties
2/$3

KELLOGG'S FROSTED FLAKES, FROOT LOOPS & GO-TARTS
15-17 oz. or 10 ct.
Selected Varieties
$1.90

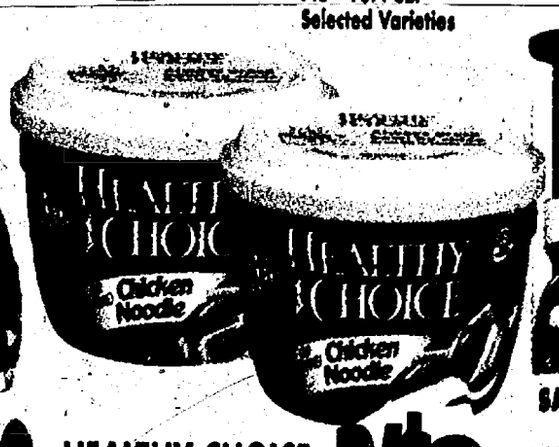
QUAKER FRUIT'N OATMEAL BARS & BREAKFAST COOKIES
7.8-10.4 oz.
Selected Varieties
$2.00



QUAKER INSTANT OATS
10.5-16.2 oz.
Selected Varieties
2/$3.50

DELALLO PASTA
1 lb.
Selected Varieties
$1.00

WISHBONE SALAD DRESSING
7-16 oz.
Selected Varieties
2/$3.50



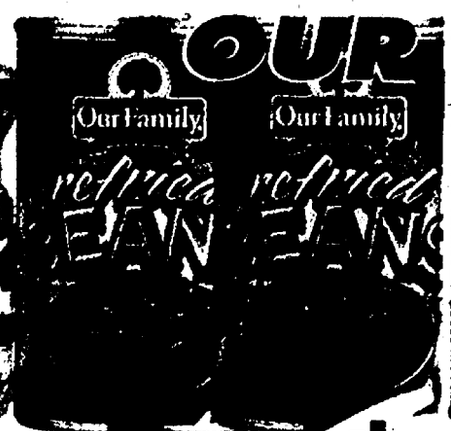
HEALTHY CHOICE MICRO BOWLS
14 oz.
Selected Varieties
2/$3

HEALTHY CHOICE SOUPS
15 oz.
Selected Varieties
2/$3

SKIPPY PEANUT BUTTER
16.3-18 oz.
Selected Varieties
2/$3

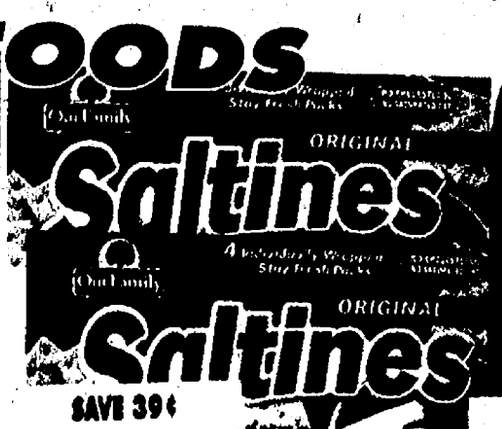
OUR FAMILY FOODS

OUR FAMILY VEGETABLE OIL
48 oz.
2/$3



OUR FAMILY REFRIED BEANS
15-16 oz.
Selected Varieties
3/$2

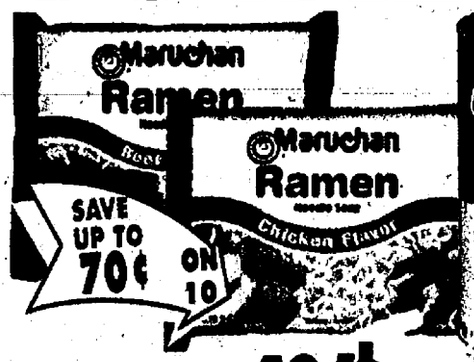
OUR FAMILY TOMATO SAUCE
8 oz.
4/$1



OUR FAMILY SALTINES
1 lb.
Salted or Unsalted Tops
$1.00

OUR FAMILY GRAPE JELLY
32 oz.
$1.00

TOTAL BOTTOM LINE SAVINGS!



MARUCHAN RAMEN NOODLES SOUP
3 oz.
Selected Varieties
10/$1

CAMPBELL'S TOMATO OR CHICKEN NOODLE SOUP
10.7 - 10.75 oz.
2/$1

CAMPBELL'S SPAGHETTI O'S
14.8 - 15 oz.
Selected Varieties
2/$1

RAGU PASTA SAUCE
16 - 26.3 oz.
Selected Varieties
$1.00

HEINZ PREMIUM KETCHUP
32 oz. E-Z Squeeze or 36 oz.
2/$3

SAVE 84¢ on 3

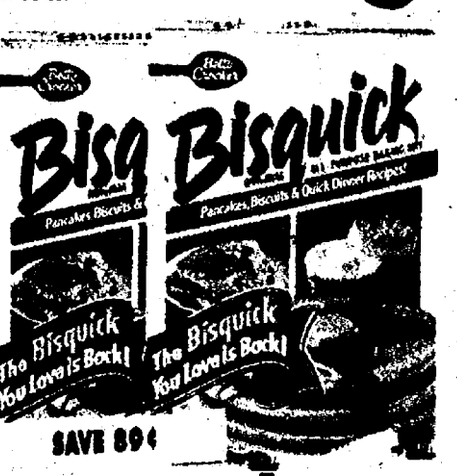
BUSH'S BEST CHILI FIXIN BEANS
15 - 16 oz.
Selected Varieties
3/$2

KRAFT BONUS PACK MIRACLE WHIP
25% More Free
40 oz.
2/$5

LIBERTY GOLD MUSHROOMS & MANDARIN ORANGES
4 - 11 oz.
2/90¢

SAVE 29¢

THANK YOU PUDDINGS
15.5 oz.
Selected Varieties
$1.00



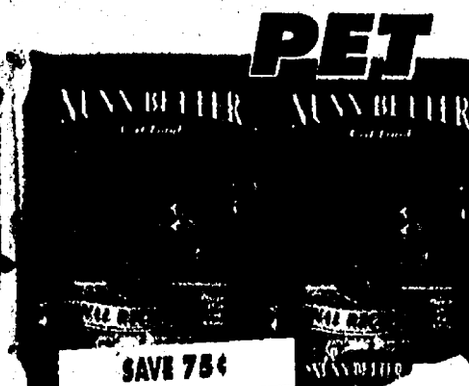
SAVE 89¢

BISQUICK BAKING MIX
40 oz.
Regular or Fat Free
$2.00

PET CARE SAVINGS

SAVE 80¢ on 2

NUNN BETTER BIRD SEED
20 lb.
Wild or Sunflower
2/$7



SAVE 75¢

NUNN BETTER DRY CAT FOOD
16.5 lb.
Original or Gourmet
$6.00

SAVE 87¢

NUNN BETTER DRY DOG FOOD
16.5 lb.
Hi Protein, Golden Gravy & Butcher's Best
$5.00

SAVE 93¢

NUNN BETTER DRY DOG FOOD
16.5 lb.
Mini Chunks & Golden Nuggets
$4.00

SAVE $1.29

TIDY CATS SCOOP LITTER
14 lb.
Selected Varieties
$5.00

EASY FIXIN' MEAL SOLUTIONS!

DELALLO LASAGNA
Boil or No Boil
13.2 - 16 oz.
$1.00

SAVE UP TO 99¢

DELALLO PREMIUM CALIFORNIA PASTA SAUCE
Selected Varieties
26 oz.
$2.00

SAVE UP TO $1.59

DELALLO PREMIUM CALIFORNIA TOMATOES
Selected Varieties
28 oz. Family Size
2/$1

SAVE UP TO $2.58 on 2

LIMIT 2
per customer with $15 additional purchase

DELALLO RICOTTA CHEESE
15 oz.
Whole or Skim
$2.00

SAVE UP TO 19¢

PHILLIPS PORTABELLA MUSHROOMS
Whole or Sliced
6 oz.
2/$5

KRAFT SHREDDED FRESH PARMESAN
7 oz.
2/$5

PLANTERS WALNUT HALVES
6 oz.
$2.00

SAVE UP TO 39¢

DELALLO PASTA
Selected Varieties
1 lb.
$1.00

FRESH BAKED COOKIES
Selected Varieties
12 ct.
$2.29

LASAGNA

Ingredients

1 LB. POLLY'S GROUND BEEF CHUCK
32 OZ. DELALLO SPAGHETTI SAUCE
14.5 OZ. DELALLO DICED TOMATOES, UNDRAINED
15 OZ. DELALLO RICOTTA CHEESE
1 EGG, WELL BEATEN
1/4 CUP DELALLO GRATED PARMESAN CHEESE
1 TSP DRIED BASIL, CRUSHED
8 DELALLO LASAGNA NOODLES, UNCOOKED
2 CUPS MOZZARELLA CHEESE, SHREDDED & DIVIDED

Preparation

HEAT OVEN TO 375°F. COOK GROUND BEEF IN PRE-HEATED LARGE SKILLET OVER MEDIUM HEAT FOR 4 - 6 MINUTES OR UNTIL NO LONGER PINK, STIRRING OCCASIONALLY TO BREAK UP GROUND BEEF INTO PEA-SIZE PIECES. POUR OFF DRIPPINGS. ADD SPAGHETTI SAUCE & TOMATOES WITH LIQUID TO SKILLET, STIRRING TO COMBINE; RESERVE. MEANWHILE COMBINE RICOTTA CHEESE, EGG, PARMESAN CHEESE & BASIL. SPREAD 2 CUPS BEEF MIXTURE OVER BOTTOM OF 11 3/4 X 7 1/2 INCH BAKING DISH. ARRANGE LASAGNA NOODLES IN SINGLE LAYER, OVERLAPPING INTO BEEF MIXTURE. SPOON RICOTTA CHEESE MIXTURE ON TOP OF NOODLES. SPREAD WITH 1 CUP MOZZARELLA CHEESE. TOP WITH ADDITIONAL 2 CUPS BEEF MIXTURE. ARRANGE REMAINING NOODLES IN SINGLE LAYER, OVERLAPPING LIGHTLY INTO BEEF MIXTURE. TOP WITH REMAINING BEEF MIXTURE. SPREAD EVENLY TO EDGE OF NOODLES. BAKE IN 375°F PREHEATED OVEN 30 MINUTES OR UNTIL NOODLES ARE TENDER. SPRINKLE REMAINING 1 CUP MOZZARELLA CHEESE ON TOP. COVER WITH ALUMINUM FOIL TENT. LET STAND AT LEAST 10 MINUTES BEFORE SERVING.

PASTA W/CREAMY GARLIC & WALNUT SAUCE

Ingredients

1 LB. SHAPED PASTA, SUCH AS MEDIUM BOW TIES
1 CUP PLANTERS WALNUT HALVES, TOASTED
2 CLOVES GARLIC, PEELED
1-1/2 CUPS HALF & HALF
3/4 CUP KRAFT SHREDDED PARMESAN CHEESE
1 TSP SALT
1/2 TSP GROUND BLACK PEPPER

Preparation

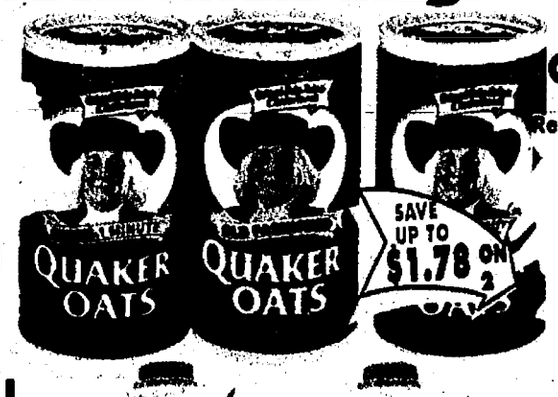
COOK PASTA AS DIRECTED ON PACKAGE.
MEANWHILE, PLACE WALNUTS, GARLIC, CREAM CHEESE, SALT & PEPPER IN FOOD PROCESSOR CONTAINER, COVER. PROCESS UNTIL WELL BLENDED. DRAIN PASTA, PLACE IN LARGE BOWL. ADD SAUCE, MIX LIGHTLY.

HEALTHY START TO THE NEW YEAR

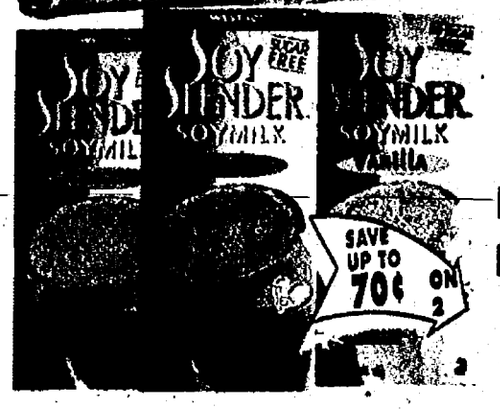
These Prices on Natural & Organic Foods Good All Month Long!

WEIGHT WATCHER'S WHOLE GRAIN BREADS, BAGELS & MUFFINS
12 - 16 oz.
Selected Varieties
$2.95

KASHI CEREALS
13 - 15 oz.
Selected Varieties
2/$5



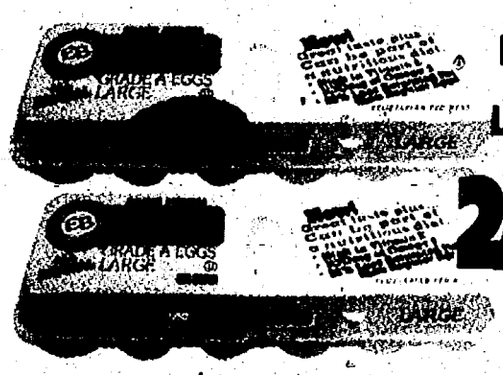
QUAKER QUICK OATS
18 oz.
Regular or Old Fashioned
2/$3



SOY SLENDER
32 oz.
Selected Varieties
2/$3

DEI FRATELLI ALL NATURAL 100% VEGETABLE JUICE
46 oz.
3/$4

BAREMAN'S LOW FAT MILK
Gallon
1/2% Low Fat, fat-Free, 1% Low Fat
$2.00



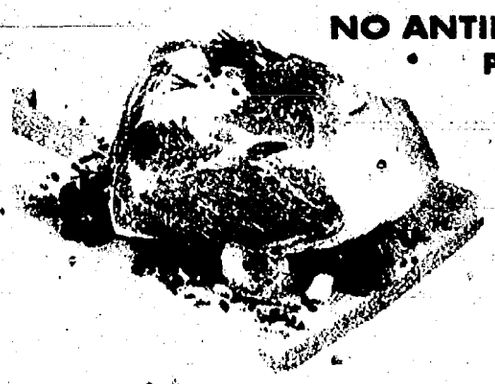
EGGLAND'S BEST LARGE EGGS
Dozen
2/$3.50

WEIGHT WATCHERS SMART ONES ENTREES
8.5 - 11.5 oz.
Selected Varieties
4/$7

BOCA BURGERS
8 - 10 oz.
Selected Varieties
$1.75

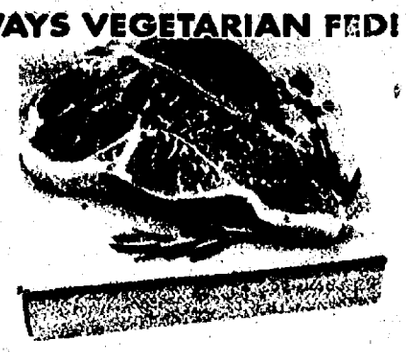
ALL NATURAL FRESH MEATS & VEGETABLES

NO ANTIBIOTICS, NO PRESERVATIVES, NO ADDED HORMONES & ALWAYS VEGETARIAN FED!



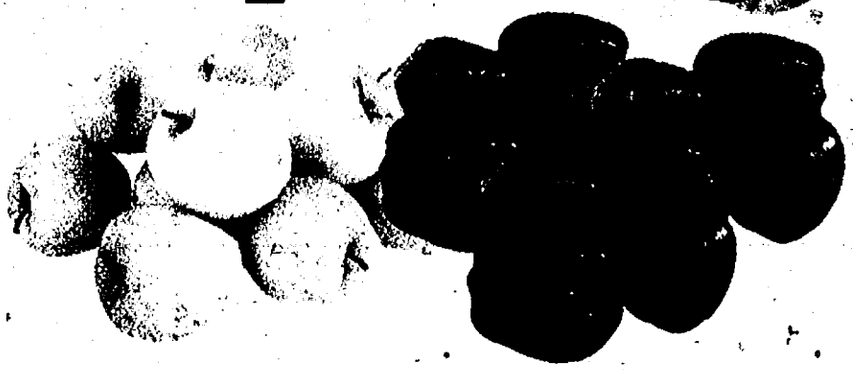
Premium Standard All Natural Pork
PORK SHOULDER ROAST
$1.19 LB.

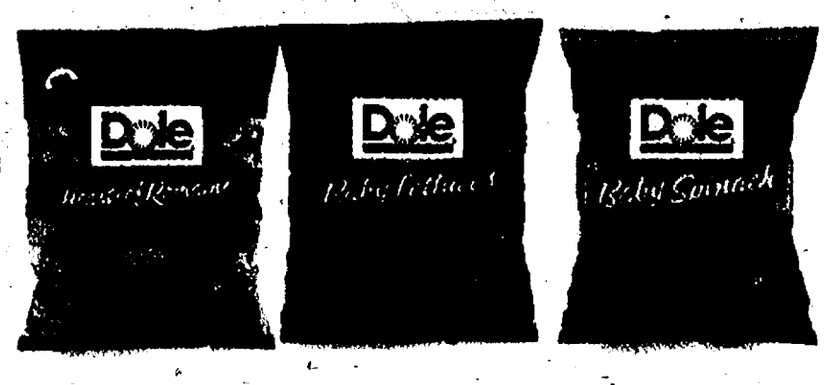
Premium Standard All Natural Pork
PORK STEAK
Family Pack
$1.29 LB.



All Natural Grass Fed Australian Beef
PORTERHOUSE OR T-BONE STEAK
$5.99 LB.

Organic
RED & GOLDEN DELICIOUS APPLES
3 lb.
3.88





Organic
DOLE SALADS
5-9 oz.
2/$4

Quality Meats at Low Prices

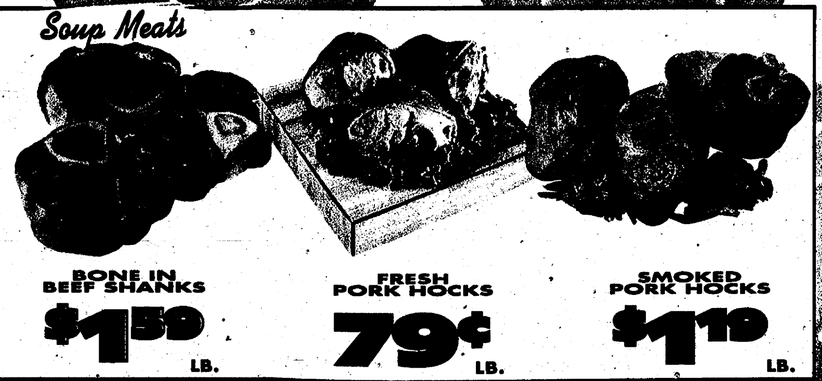
We sell only U.S.D.A. Choice Beef, most PREFERRED GRADE of beef in the world! Don't be fooled by a substitute. If it doesn't say U.S.D.A. Choice it's LESS than the BEST!!

You.....Our Customers have been asking and we at Country Markets have found it. A New Standard in NATURAL BEEF. Now Available.....Star Ranch Natual Angus Beef. Great Angus Beef quality and taste. Truly Natural unlike other programs that just stop hormones and antibiotics 120 days prior. No Added Hormones From the Time of Birth. No Added Antibiotics. 100% Grain and Grass Fed. Traceable to Place of Birth. Introduce your family to the incomparable taste and quality of Star Ranch Natural Angus Beef.

Premium Standard All Natural Pork
PORK STEAK
Family Pack
$1.29 LB.

Fresh
GROUND BEEF FROM ROUND
$2.49 LB.

USDA Choice
BONELESS BEEF BOTTOM ROUND SWISS STEAK
$2.99 LB.



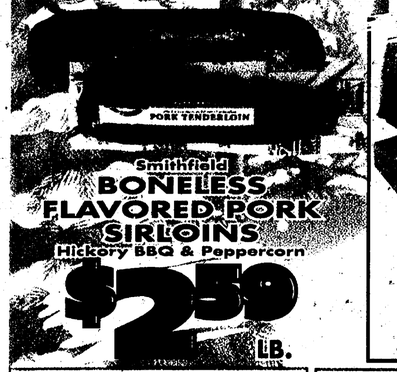
BONE IN BEEF SHANKS $1.59 LB.

FRESH PORK HOCKS 79¢ LB.

SMOKED PORK HOCKS $1.19 LB.

USDA Choice
BONELESS BEEF BOTTOM ROUND ROAST
$2.59 LB.

Dan's Prize
COOKED PRIME RIB
$8.99 LB.



Smithfield
BONELESS FLAVORED PORK SIRLOINS
Hickory BBQ & Peppercorn
$2.59 LB.

Deli

Athena's **PITA CHIPS** Selected Varieties $1.99 6 OZ.

SARA LEE TURKEY BREAST Selected Varieties $5.89 LB.

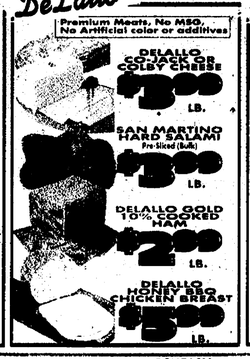
CADY CREEK BRICK CHEESE $3.59 LB.

GARDEN FRESH SOUTHWESTERN PASTA $2.79 LB.

GARDEN FRESH CHEDDAR PASTA SALAD $2.79 LB.

DeLallo

Premium Meats. No MSG. No Artificial color or additives



DELALLO CHEDDAR COLBY CHEESE $3.99 LB.

SAN MARTINO HARD SALAMI Pre-Sliced (Bulk) $3.99 LB.

DELALLO GOLD 10% BAKED HAM $2.99 LB.

DELALLO HONEY BBQ CHICKEN BREAST $5.99 LB.

Boar's Head

BOAR'S HEAD PASTRAMI Selected Varieties $6.29 LB.

BOAR'S HEAD CHEDDAR CHEESE $5.99 LB.

Fresh Seafood

All Polly's/Country Market Seafood is U.S.D.A. & HACCP Inspected

Individually Quick Frozen **POLLOCK FILLETS** 10 lb. $1.49 LB.

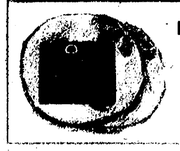
Canadian Atlantic
BONELESS SALMON FILLETS $6.99 LB.

TILAPIA FILLETS $5.49 LB.

BONELESS WHITEFISH FILLETS $3.99 LB.

Individually Quick Frozen
CATFISH NUGGETS $1.29 LB.

USDA Choice
VEAL BLADE STEAK
$2.99 LB.



OUR FAMILY BONELESS HAM STEAKS $3.19 LB.

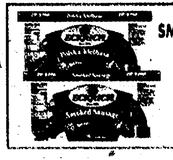
MOUNTAINEER ROLL SAUSAGE Mild or Hot 1 lb. Roll $1.49

ECKRICH VARIETY PACK 1 lb. Pkg. 2/$5

ECKRICH SLICED BOLOGNA OR SALAMI Selected Varieties • Excludes Beef Bologna 16 oz. Pkg. 2/$3

ECKRICH ALL MEAT FRANKS Selected Varieties Excludes Beef or Cheese 16 oz. Pkg. 2/$3

FRANK'S KRAUT 2 lb. Poly Bag $1.99



ECKRICH SMOKED OR POLISH SAUSAGE Selected Varieties 14 - 16 oz. 2/$5

OSCAR MAYER SHAVED MEATS Selected Varieties 7 - 9 oz. 2/$5

SAVINGS ON SNACKS & BEVERAGES!

COCA-COLA PRODUCTS
12 PK. 12 oz. Cans or
6 Pk. 24 oz. Plastic
Selected Varieties
2/$7.50 + Dep.

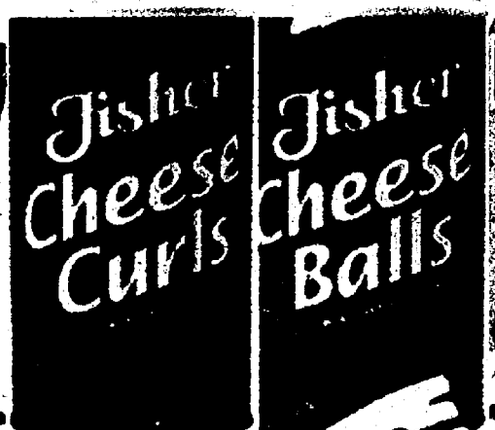
CAPRI SUN DRINKS
10 Pk.
Selected Varieties
4/$7

OCEAN SPRAY CRAN DRINKS
64 oz.
Selected Varieties
$2.00

OUR FAMILY SODA
2 Liter
Selected Varieties
3/$2 + Dep.

PEPSI-COLA PRODUCTS
8 Pk. 12 oz. Plastic
Selected Varieties
2/$5.50 + Dep.

UNCLE RAYS POTATO CHIPS
7 oz.
Selected Varieties
$1.00



FISHER CHEESE CURLS & CHEESE BALLS
4.5 - 6 oz.
Selected Varieties
$1.00

NABISCO SNACK CRACKERS
12 - 16 oz. Large Value Size
Selected Varieties
2/$5

SNYDER'S OR CHI CHI'S TORTILLA CHIPS
Snyders 16 oz., Chi Chi's 20 oz.
Selected Varieties
3/$6

RUFFLES POTATO CHIPS
11.5 - 12 oz.
Selected Varieties
3/$7

THE WATERING HOLE

NESTEA, MINUTE MAID & DASANI FLAVORED WATER
12 Pk. 1/2 Liter Plastic
Selected Varieties
2/$9.90

BAREMAN'S WATER
Gallon
Distilled or Drinking
4/$3

DANNON SPRING WATER
15 Pk. 1/2 Liter Plastic
2/$6.50

NESTLE PURE LIFE WATER
24 Pk. 1/2 Liter Plastic
2/$7

Check out our Wine Cellar & Beer Barrel Specials

KENDALL JACKSON CHARDONNA
750 ml.
$10.95 + tax

LINDEMAN'S WINES
1.5 Liter
Selected Varieties
$9.95 + tax

GALLO TWIN VALLEY WINES
1.5 Liter
Selected Varieties
$7.25 + tax

CARLO ROSSI WINES
4 Liter
Selected Varieties
$8.25 + tax

SCHMITT SOHNE RIESLING
750 ml
Relax or Cool Red
$7.25 + tax

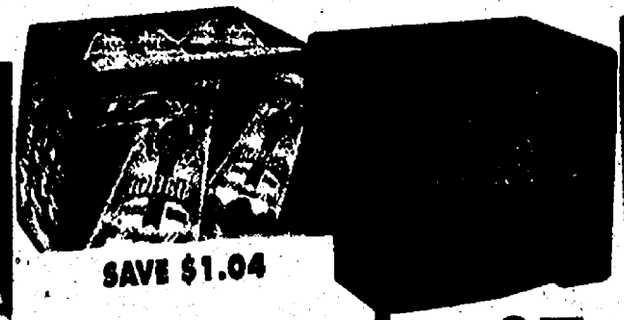
FISH EYE WINES
750 ml
Selected Varieties
$5.25 + tax

MERIDIAN PINOT NOIR
750 ml
$7.50 + tax

FIRE FLY WINES
750 ml
Selected Varieties
$4.75 + tax

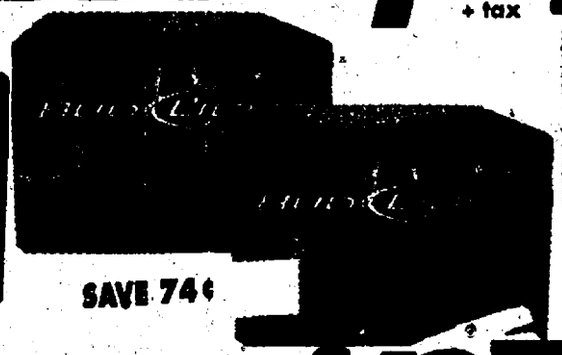
SAVE $1.14

REDBRIDGE & ORGANIC BEER
6 Pk. 12 oz. Bottles
Selected Varieties
$6.25 + dep + tax



SAVE $1.04

MICHELOB BEER
12 Pk. 12 oz. Bottles
Selected Varieties
$8.95 + dep + tax



SAVE 74¢

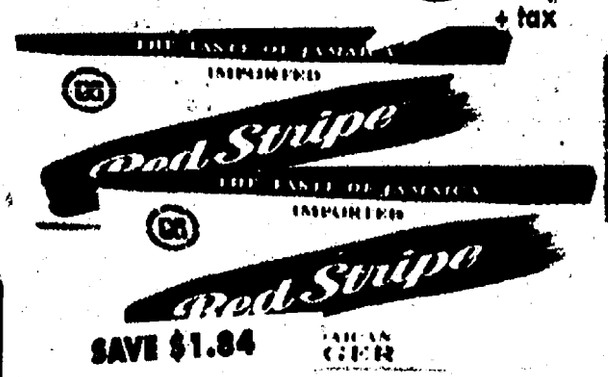
BUDWEISER, BUD LIGHT & BUD SELECT
15 Pk. 16 oz. Aluminum Bottles
$12.75 + dep + tax

SAVE $1.24

COORS & LABATT BEER
24 Pk. 12 oz. Cans
Regular or Light
$14.75 + dep + tax

SAVE $1.84

CORONA OR CORONA LIGHT
12 Pk. 12 oz. Bottles
$11.75 + dep + tax



SAVE $1.84

RED STRIPE BEER
12 Pk. 12 oz. Bottles
$11.75 + dep + tax

SAVE $1.34

MILLER LITE, MILLER GENUINE DRAFT & MILLER GENUINE DRAFT LIGHT
18 Pk. 12 oz. Bottles
$11.25 + dep + tax

SAVE $1.00

MILWAUKEE'S BEST, BEST LIGHT & BEST ICE
30 Pk. 12 oz. Cans
$12.75 + dep + tax

HOUSEHOLD/NON FOOD SAVINGS!

BOUNTY PAPER TOWELS
Single Roll
Selected Varieties
3/$5

JOY DISHWASHING DETERGENT
25 oz.
Selected Varieties
$1.75

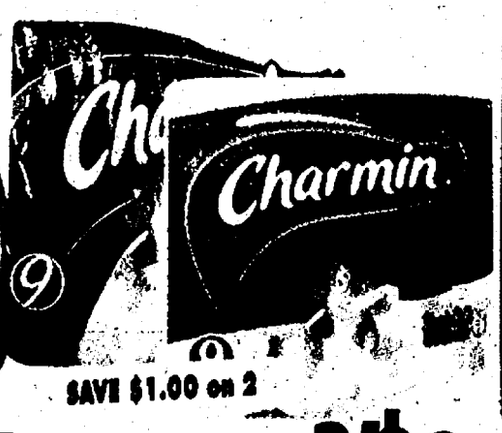
CASCADE DISHWASHER DETERGENT
75 oz. Powder or Gel
20 ct. Action Packs
Selected Varieties
$3.75

XTRA DETERGENT & NICE & FLUFFY FABRIC SOFTENER
128 oz.
Selected Varieties
$2.00

ERA DETERGENT
100 oz.
Selected Varieties
$4.00

SAVE $1.38 on 2

DOWNY FABRIC SOFTENER
64 oz.
Selected Varieties
2/$5



CHARMIN BATH TISSUE
9 Roll
Selected Varieties
2/$9

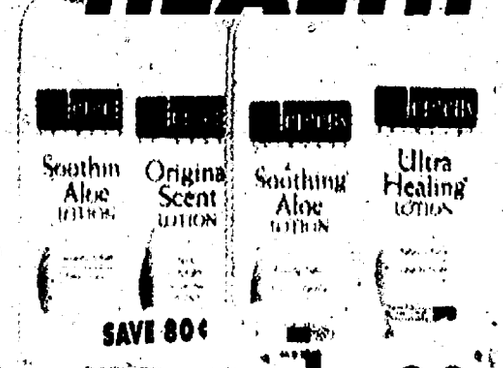
ANGEL SOFT BATH TISSUE
24 ct.
$6.00

OUR FAMILY KITCHEN OR TRASH BAGS & WRAP
20 - 30 ct. Bags or
70 ft. Wrap
$2.00

SYLVANIA LIGHT BULBS
4 Pk. 60, 75, 100 Watt or
1 Pk. 3-Way 30-100 & 50 - 150
$1.00

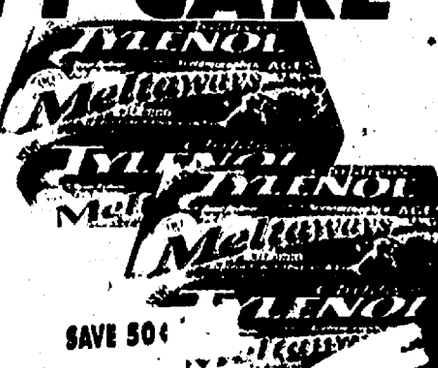
HEALTH & BEAUTY CARE

DOVE BATH BAR
8.5 - 9.5 oz.
Selected Varieties
2/$4.50

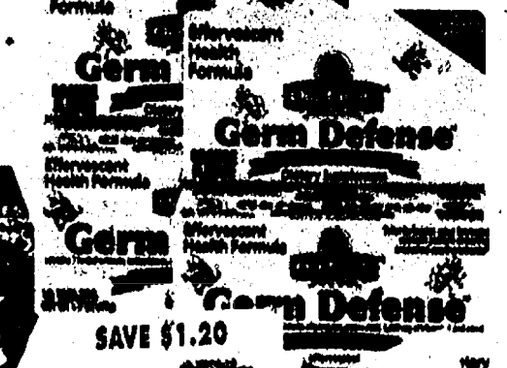


JERGENS LOTION
8 - 10 oz.
Selected Varieties
$2.99

DEGREE DEODORANT
2.6 oz.
Selected Varieties
$3.29



TYLENOL MELTAWAY CHILD
30 ct.
Selected Varieties
$2.99

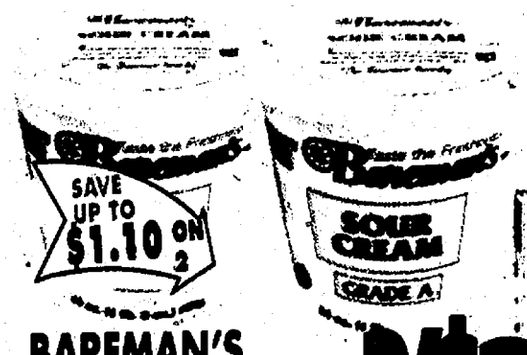


OUR FAMILY GERM DEFENSE
10 ct.
$3.99

DAIRY & FROZEN SAVINGS!

PRAIRIE FARMS YOGURT
8 oz.
Selected Varieties

3/$1



BAREMAN'S COTTAGE CHEESE
24 oz.
Large or Small Curd or Low Fat

2/$3

HOT POCKETS
8 - 9 oz.
Selected Varieties

4/$7

JACK'S PREMIUM FROZEN PIZZA
15 - 19.4 oz.
Selected Varieties

4/$7

TROPICANA ORANGE JUICE
64 oz.
Selected Varieties

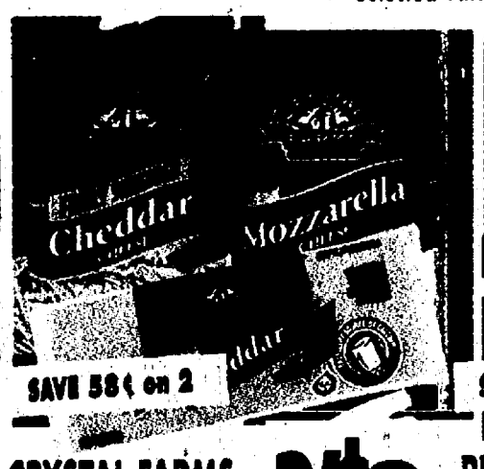
$2.90

SHEDD'S COUNTRY CROCK
12 - 48 oz.
Selected Varieties

$2.00

I CAN'T BELIEVE IT'S NOT BUTTER, BRUMMEL & BROWN OR PROMISE MARGARINE
2/8 - 16 oz.
Selected Varieties

2/$3



CRYSTAL FARMS SHREDDED OR CHUNK CHEESE
8 oz.
Selected Varieties

2/$3

PILLSBURY TOASTER STRUDEL OR SCRAMBLES
10 - 16.4 oz.
Selected Varieties

4/$7

JIMMY DEAN BREAKFAST SANDWICHES
8 - 10 oz.
Selected Varieties

2/$5

EGGO BREAKFAST PRODUCTS
12.3 - 14.1 oz.
Selected Varieties

$1.99

RENO'S DELUXE PIZZA
24 oz. Family Size
Deluxe or Pepperoni

2/$5

JELL-O GELATIN & PUDDING
6 Pk.
Selected Varieties

$2.25

HOUSE OF FLAVORS ICE CREAM
Half Gallon
Selected Varieties

2/$5

JANUARY SAVINGS!

Enjoy Delicious Fresh Fruits & Vegetables Each Day!

Imported
Red Ripe
HOTHOUSE TOMATOES
98¢ LB.

Sweet Sunkist
NAVEL ORANGES
$3.98 3 LB. Bag

Imported
Jumbo
GREEN PEPPERS
88¢ LB.

Both
Florida
GREEN CABBAGE
3 lbs. $1

5 a Day - for Better Health!

Imported
Red or Green
SEEDLESS GRAPES
$1.48 LB.

Dole
SPECIAL BLEND SALADS
2/$4 5-12 oz. Bag

New!
Fruit Naturals

Great for Lunches
Del Monte
FRUIT NATURALS
2/$1.00 8 oz.

Dole
BABY PEELED CARROTS
$1.28 1 LB. Bag

Fresh Floral Department

10 STEM MINI CARNATION BOUQUET
$4.99 EACH

MAY NOT BE EXACTLY AS ILLUSTRATED

Fresh Bakery

Fresh Baked
WHITE BREAD
89¢ 20 OZ.

Fresh Baked
LARGE KAISER ROLLS
$1.00 6 COUNT

JUMBO CAKE DONUTS
$1.00 6 COUNT

Fresh Baked
COOKIES
Selected Varieties
$2.29 12 COUNT

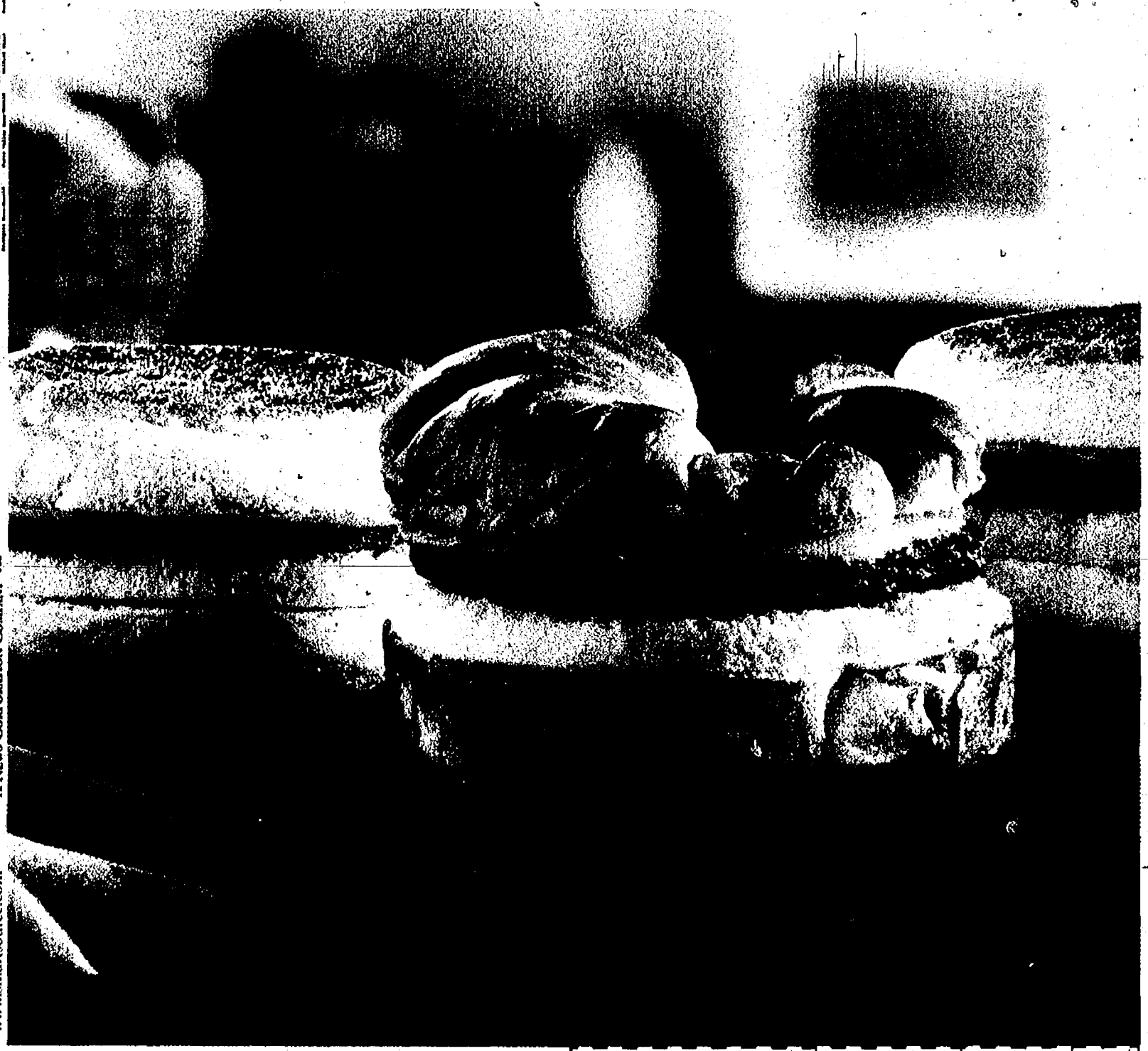
SARA LEE PECAN PIE
$2.99 8 INCH

SmartSource magazine
Savings of over $43 in this issue!
GET 72 MORE COUPONS! Go to SmartSource.com and save!

Bob Evans

THREE NEW REASONS

to never settle for cereal.



THREE NEW SNACKWICHES

- *Large Sausage, Egg and Cheese Croissants*
- *Large Sausage, Egg and Cheese English Muffins*
- *Large Ham, Egg and Cheese English Muffins*

MANUFACTURER'S COUPON | EXPIRES 3/11/07

35¢ OFF
ANY VARIETY OF
Bob Evans®
SNACKWICHES®
AVAILABLE IN YOUR GROCER'S REFRIGERATED OR FREEZER SECTION

CONSUMER: Only use this coupon to purchase the product(s) specified. You must pay any sales tax. RETAILER: We will reimburse you the face value of this coupon plus 8¢ handling provided you honor and furnish proof of purchase on request. Coupons not redeemed legitimately could violate U.S. Mail Statutes. Void when duplicated, transferred, assigned, taxed, restricted or where prohibited. Cash value 1/100¢. Limit one coupon per purchase. Redemption Address: CMS Dept. #75900, 1 Fawcett Drive, DeRidder, LA 70634.

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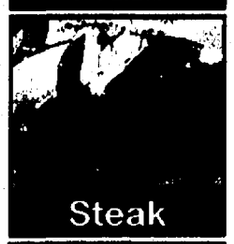
-Whoopi Goldberg

"There were no group meetings. I was never hungry. There were so many choices."



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PER WEEK**

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HEALTHY MEALS

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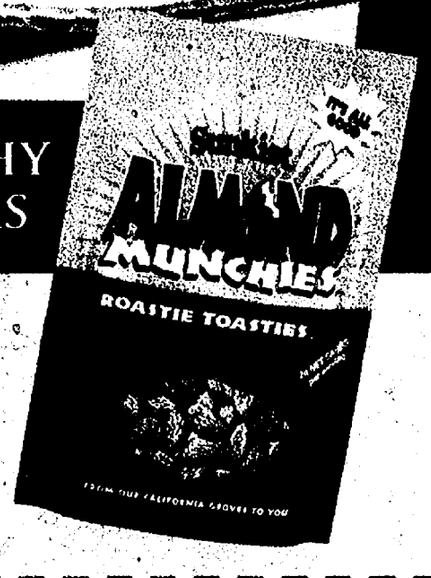

SOLD IN PRODUCE

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50¢ OFF

one bag of Sunkist® Almond Accents®

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26012

5 14113 53050 2 (8101)0 26012 0607

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MANUFACTURER'S COUPON | EXPIRES 6/30/07

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when you buy one bag of Almond Accents® AND one bag of Almond Munchies®

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26014

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MANUFACTURER'S COUPON | EXPIRES 6/30/07

50¢ OFF

one bag of Sunkist® Almond Munchies®

CONSUMER: Limit one coupon per item purchased.

26013

5 14113 52050 3 (8101)0 26013 0607

RETAILER: We will reimburse you the face value of the coupon plus 8 cents handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchase of sufficient stock of our brand to cover presented coupons must be shown on request. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Valid only in the U.S. Consumer must pay any sales tax. Cash value 1/45 cent. Reproduction of this coupon is expressly prohibited. Mail coupons to Paramount Farms, CMS Dept 14113, One Fawcett Drive, Del Rio, TX 78840. © 2007 Paramount Farms. SUNKIST is a registered trademark of Sunkist Growers, Inc., USA. All rights reserved. Almond Munchies is a registered trademark of Paramount Growers Cooperative, Inc.

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SAVE 75¢

On any HERSHEY'S 100 Calorie Bars 4.41 oz. or larger OR HERSHEY'S / REESE'S® SNACKSTERS® 5.18 oz.

RETAILER: We will redeem coupon for face value plus 8¢ handling if submitted in compliance with Hershey's redemption policy incorporated herein by reference. Void if reproduced, transferred, auctioned or where prohibited by law. Good only in the USA. Cash value 1/20¢. Retailer mail coupon to: The Hershey Company, CMS Department #34000, One Fawcett Drive, Del Rio, TX 78840. **LIMIT ONE COUPON PER PURCHASE.**

13719

5 34000 72075 5 (8100)0 13719

MANUFACTURER COUPON | EXPIRES 3/31/07

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MANUFACTURER COUPON | EXPIRES 3/31/07

SAVE 75¢

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13721

5 34000 22075 0 (8100)0 13721

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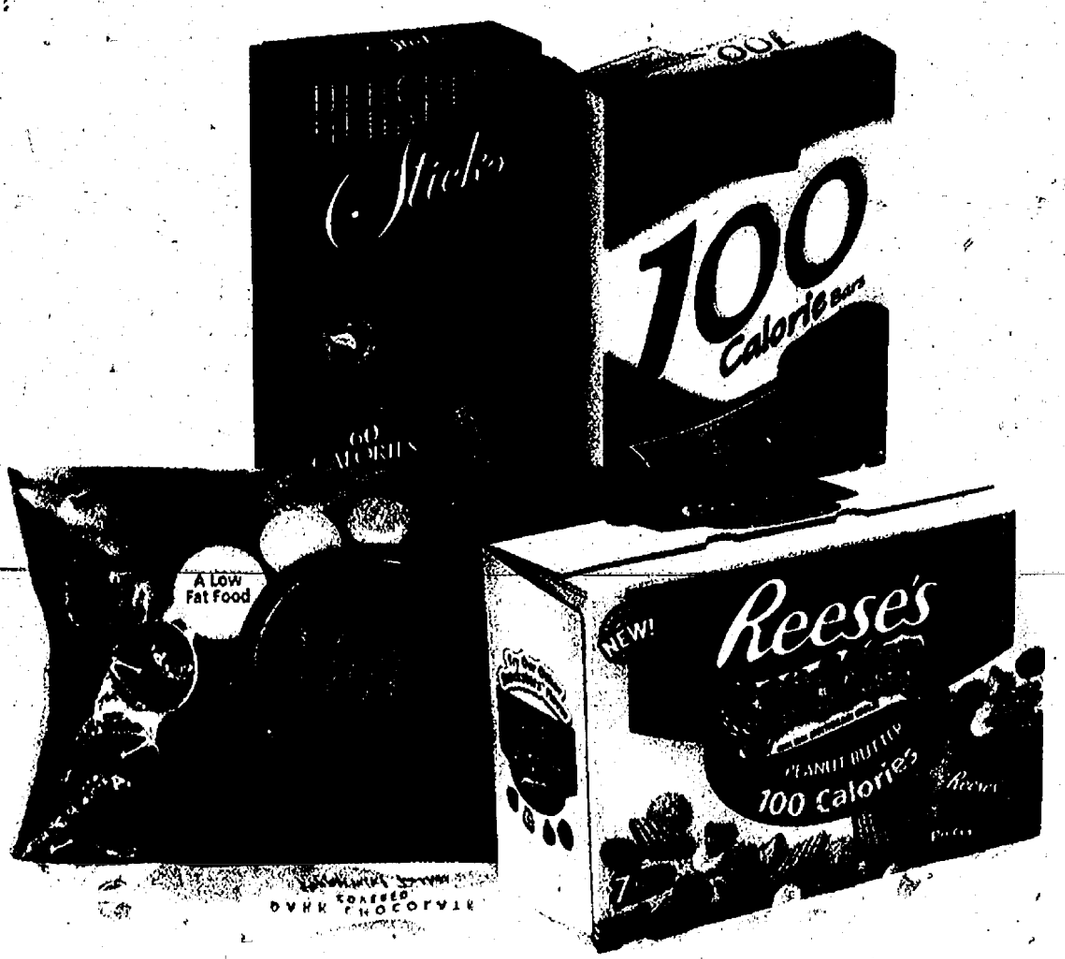

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MANUFACTURER'S COUPON | EXPIRES 03/31/2007

SAVE $1.50

on any CITRUCEL® Product

410901

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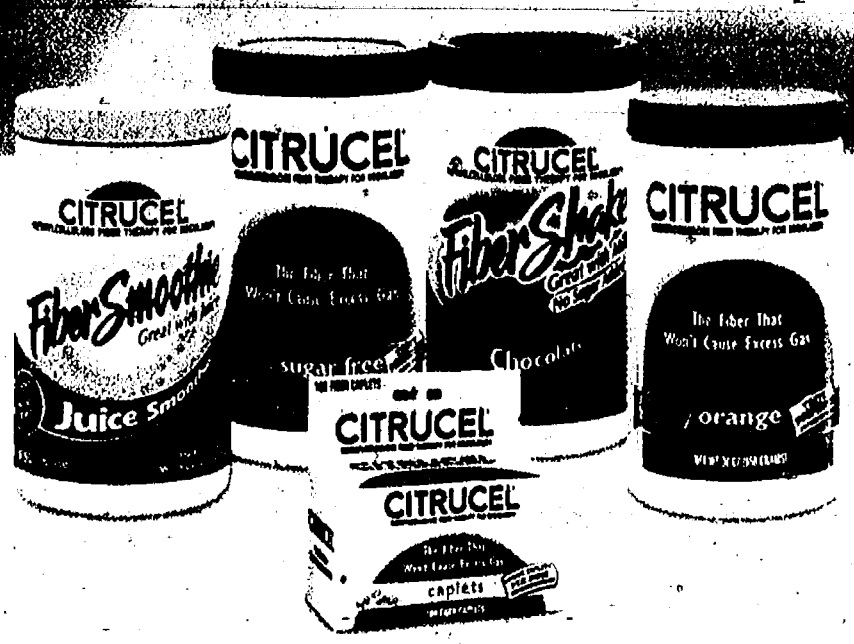

- Grand Prize: **$35,000 Cash** (1 awarded)
- First Prize: "Feel Good Every Day" music CD (1000 awarded)

NO PURCHASE NECESSARY TO ENTER OR WIN. Open only to legal U.S. residents 18 years of age or older. Sweepstakes begins on 1/1/07 and ends 2/15/07. To enter, or for a full set of rules, go to www.feelgoodeveryday.com .
To enter by mail, send a 3x5 card with your name, address, age and phone number, and a cutout of the "Feel Good Every Day" chart above to Citrucel Feel Good Every Day Sweepstakes; c/o CoActive Marketing Group 75 Ninth Ave., 3rd Floor, New York, NY 10011. All requests must be sent prior to 2/5/07. Void in Puerto Rico and where prohibited or restricted by law. Prizes: 1 Grand prize to be awarded in the form of a $35,000 check. 1,000 First Prizes: A custom CD of "Feel Good" songs. ARV $10. Sponsor: GlaxoSmithKline, Moon Township, PA 15108.

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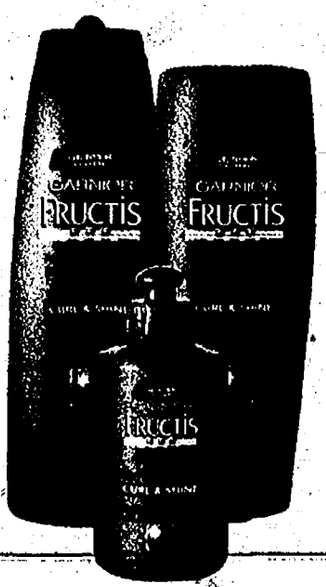

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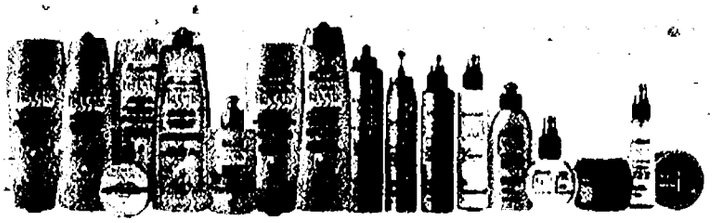

MANUFACTURER'S COUPON | EXPIRES 4/30/07

Redeemable at drug, food and mass merchandise stores.

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511157

5 03084 12076 8 (8100)6 51115

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HUGGIES Natural Fit

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Kimberly-Clark

Manufacturer's Coupon Expires 2/10/2007

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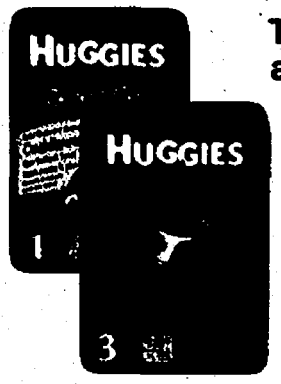

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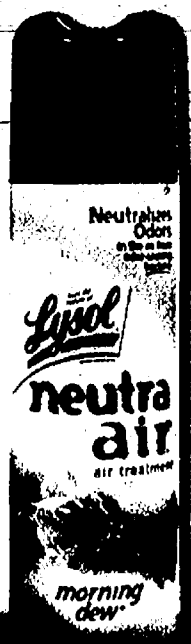

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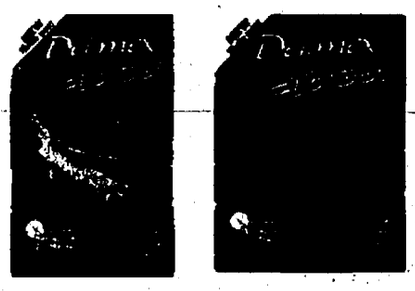

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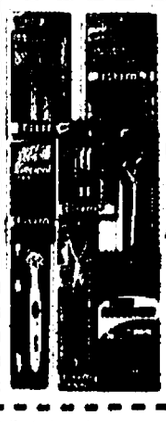

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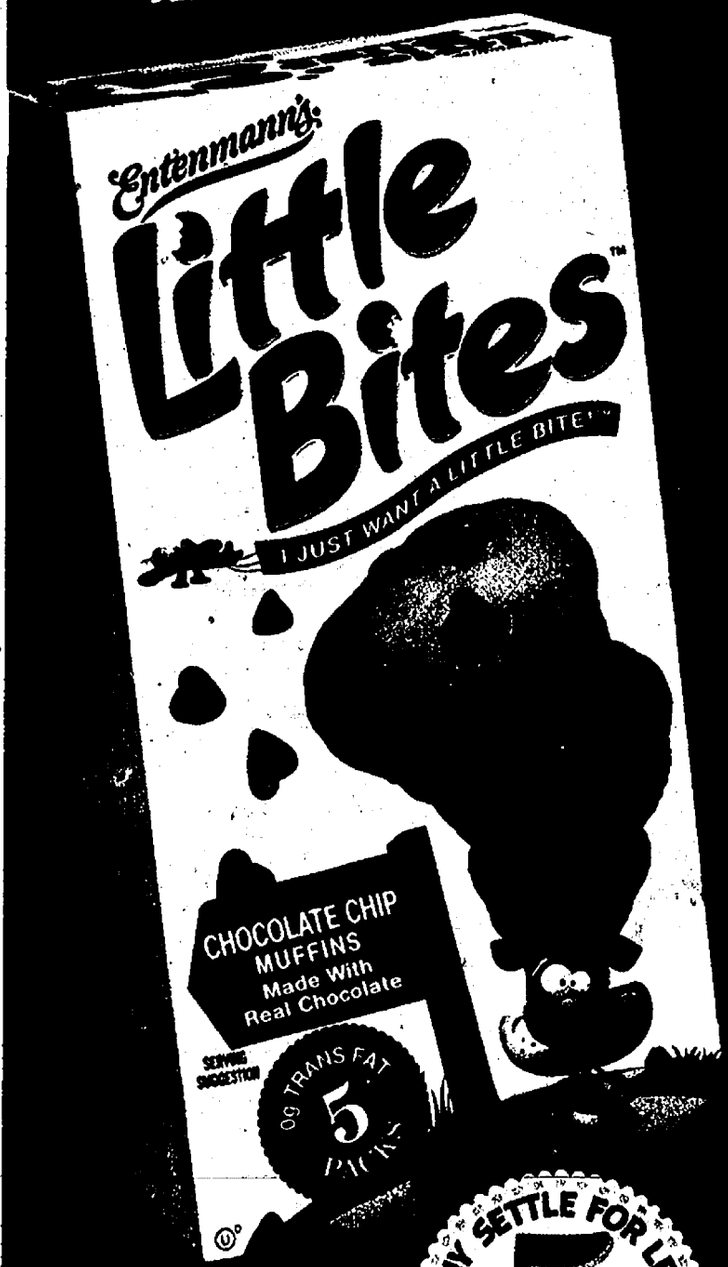
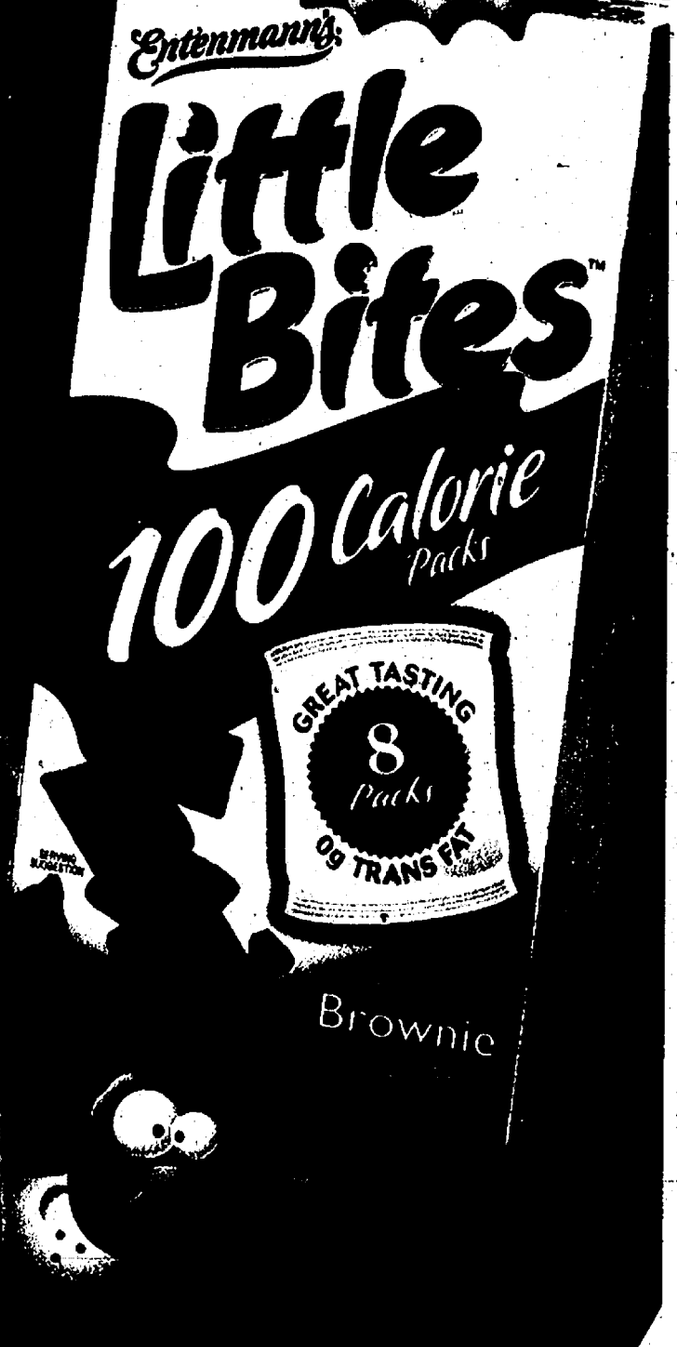


NEW! PRODUCT



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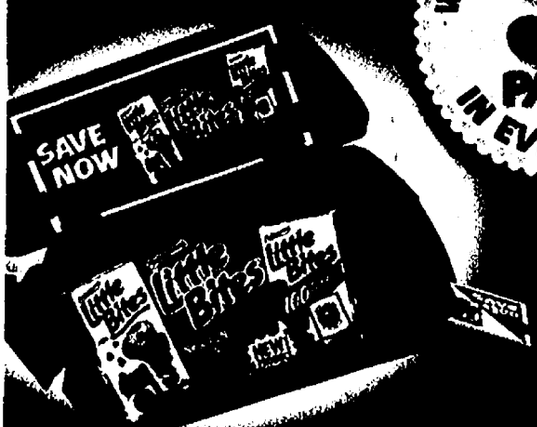

Look for Little Bites money saving coupons in the dairy aisle of Kroger stores while supplies last.

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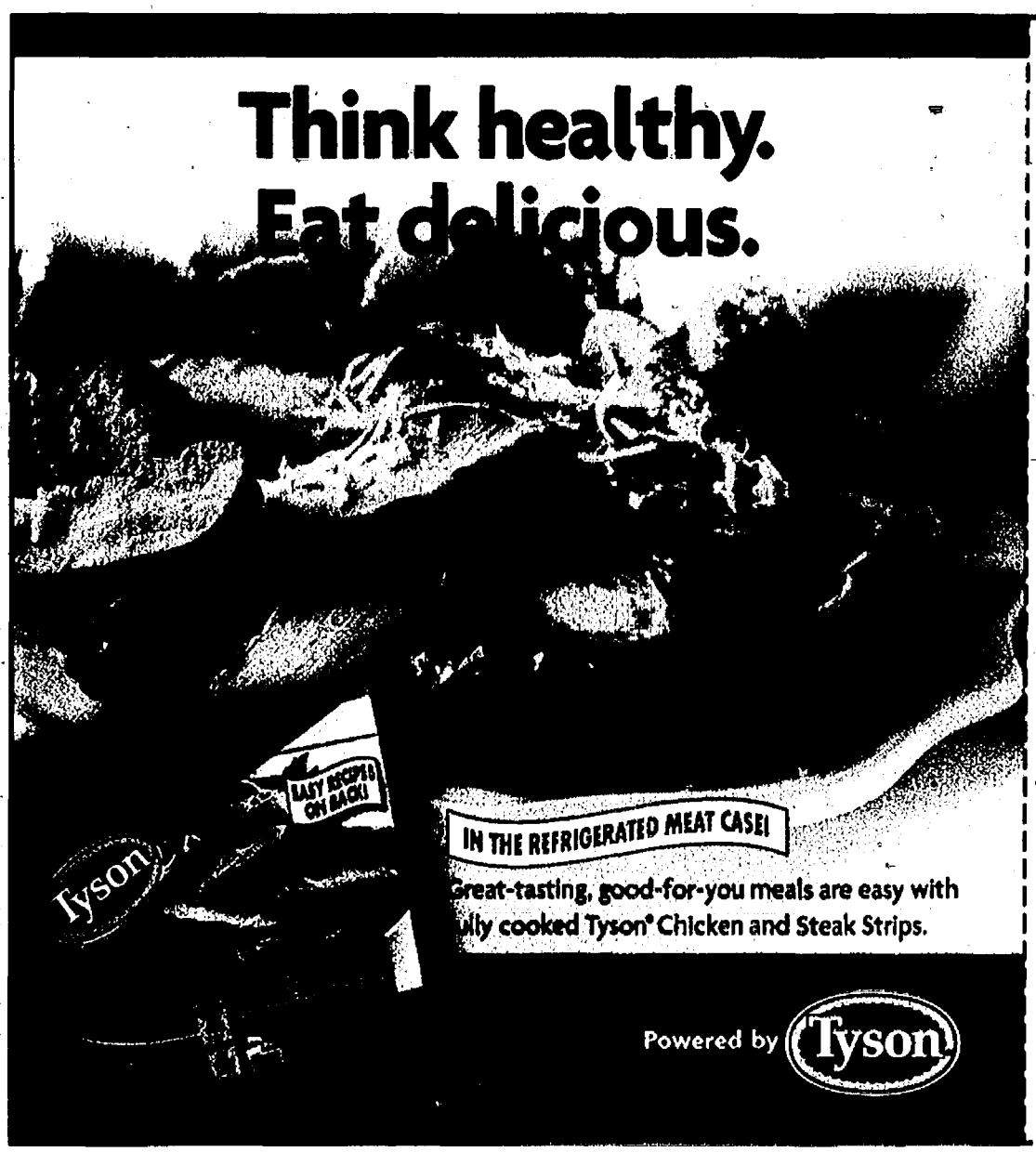

MANUFACTURER'S COUPON | EXPIRES 3/31/07

SAVE 55¢

on Tyson® Refrigerated Chicken and Steak Strips

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Tyson
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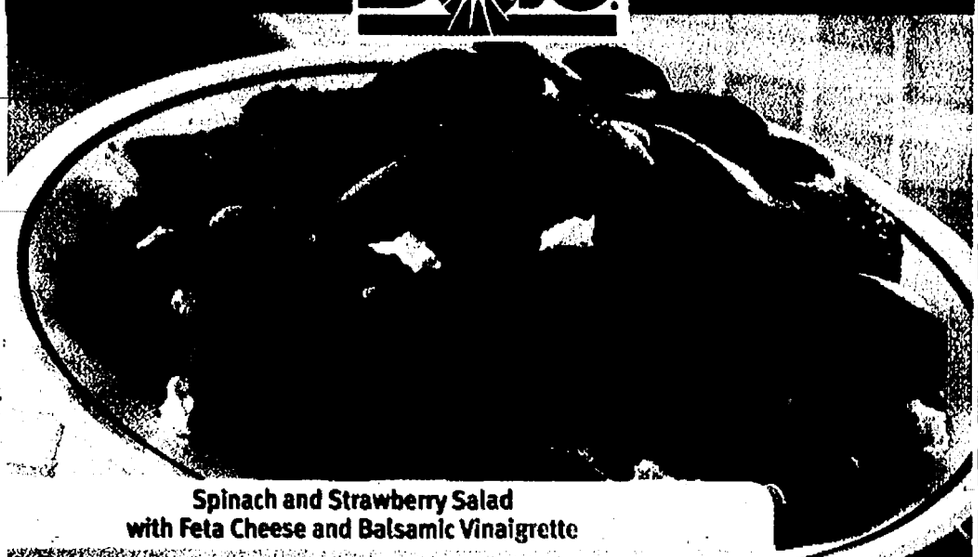
Dole



Spinach and Strawberry Salad with Feta Cheese and Balsamic Vinaigrette

Ingredients

- 1 (5 oz.) package DOLE® Fresh Discoveries™ Baby Spinach *(any variety)* or Baby Romaine
- 2 cups sliced DOLE® Strawberries
- ½ cup crumbled goat or feta cheese
- ¼ cup pine nuts, toasted

Balsamic Vinaigrette *(Make it from scratch or use your favorite bottled balsamic vinaigrette dressing.)*

- 1 tablespoon balsamic vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh basil leaves, or ½ teaspoon dried basil, crushed
- Salt and black pepper

Directions

- Whisk vinegar and olive oil in small bowl. Add basil and season with salt and pepper. Combine salad and strawberries in large bowl.
- Add vinaigrette; gently toss to evenly coat. Divide salad among 4 plates. Sprinkle each salad with cheese and pine nuts.

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MANUFACTURER'S COUPON • EXPIRES 2/7/07

NOT TO BE DOUBLED • LIMIT ONE COUPON PER CUSTOMER

Save 35¢ NOW

on any DOLE® Salad

Excludes 16 oz. Classic Iceberg

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26935

5 71430 21035 7 (8101)0 26935 0207

MANUFACTURER'S COUPON • EXPIRES 3/7/07

NOT TO BE DOUBLED • LIMIT ONE COUPON PER CUSTOMER

Save 35¢ LATER

on any DOLE® Salad

Excludes 16 oz. Classic Iceberg

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26939

5 71430 21035 7 (8101)0 26939 0307

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MANUFACTURER'S COUPON | EXPIRES 03/31/07

Save $1.00

In resealable plastic jars!

On 2 Jars of DOLE® All Natural Fruit

IN THE CANNED FRUIT AISLE

CONSUMER: One coupon per purchase. Good only on purchase of products and sizes indicated. Valid with original coupon only. Not valid in combination with other offers. Consumer pays any sales tax. RETAILER: Dole will reimburse you the face value of the coupon plus 8¢ handling if submitted in compliance with Dole Coupon Redemption Policy. Copies available upon request. You will be required to show invoices for sufficient inventory to cover redeemed coupons, if requested. Void where prohibited. Cash value 1/20 of 1¢. Valid only in U.S.A. Send coupons to Dole, CMS Dept #38900, 1 Fawcett Drive, Del Rio, TX 78840. © 2007 Dole Food Company, Inc. DOLE is a registered trademark of Dole Food Company, Inc.

5 38900 17033 7 (8101)0 31545 0307

Fruitful Cottage Parfaits

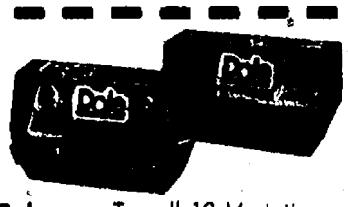
Prep time: 5 minutes

1. Drain 1 Jar (24.5 oz.) DOLE All Natural Fruit.
2. Place ¼ cup lowfat cottage cheese in each of 4 parfait glasses; top with 2 Tbsp. of fruit.
3. Repeat all layers 2 times.

Peach • Pineapple • Mandarin • Tropical Fruit • Mixed Fruit

MANUFACTURER'S COUPON EXPIRES 03/31/07

SAVE 75¢



On any 2 packages of DOLE® Fruit Bowls® OR Fruit Bowls in Gel

Try all 13 Varieties

CONSUMER: One coupon per purchase. Good only on purchase of products and sizes indicated. Valid with original coupon only. Not valid in combination with other offers. Consumer pays any sales tax. RETAILER: Dole will reimburse you the face value of this coupon plus 8¢ handling if submitted in compliance with Dole Coupon Redemption Policy. Copies available upon request. You will be required to show invoices for sufficient inventory to cover redeemed coupons, if requested. Void where prohibited. Cash value 1/20 of 1¢. Valid only in U.S.A. Send coupons to: Dole, CMS Dept. #38900, 1 Fawcett Drive, Del Rio, TX 78840 ©2007 Dole Food Company, Inc. DOLE is a registered trademark of Dole Food Company, Inc.

5 38900 14032 3 (8101)0 31600 0307

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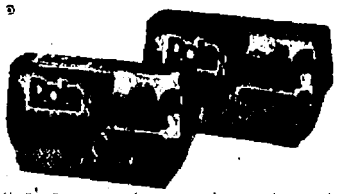
SAVE 75¢



On any 1 package of DOLE® Fruit Parfaits

Try all 3: Pineapple, Peach, and Apple

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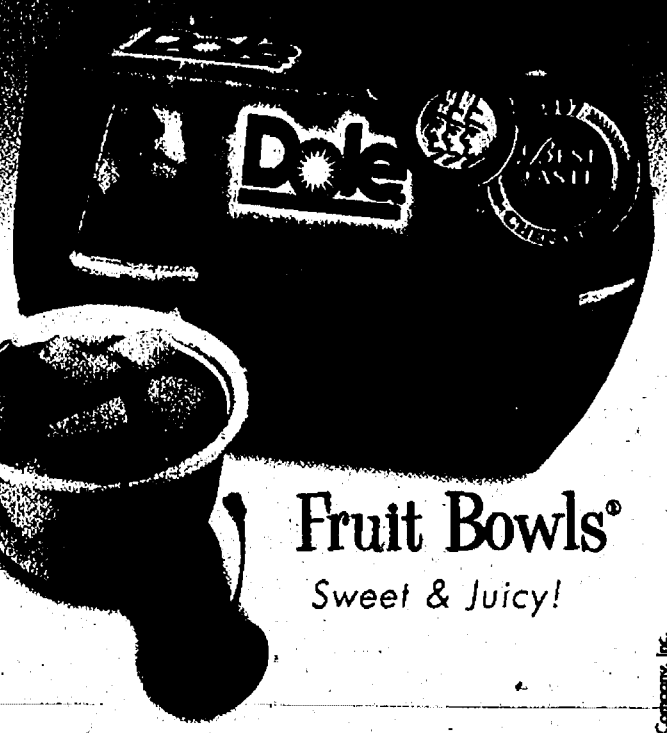
5 38900 14675 2 (8101)0 31603 0307

Snacking On Sunshine

Dole®

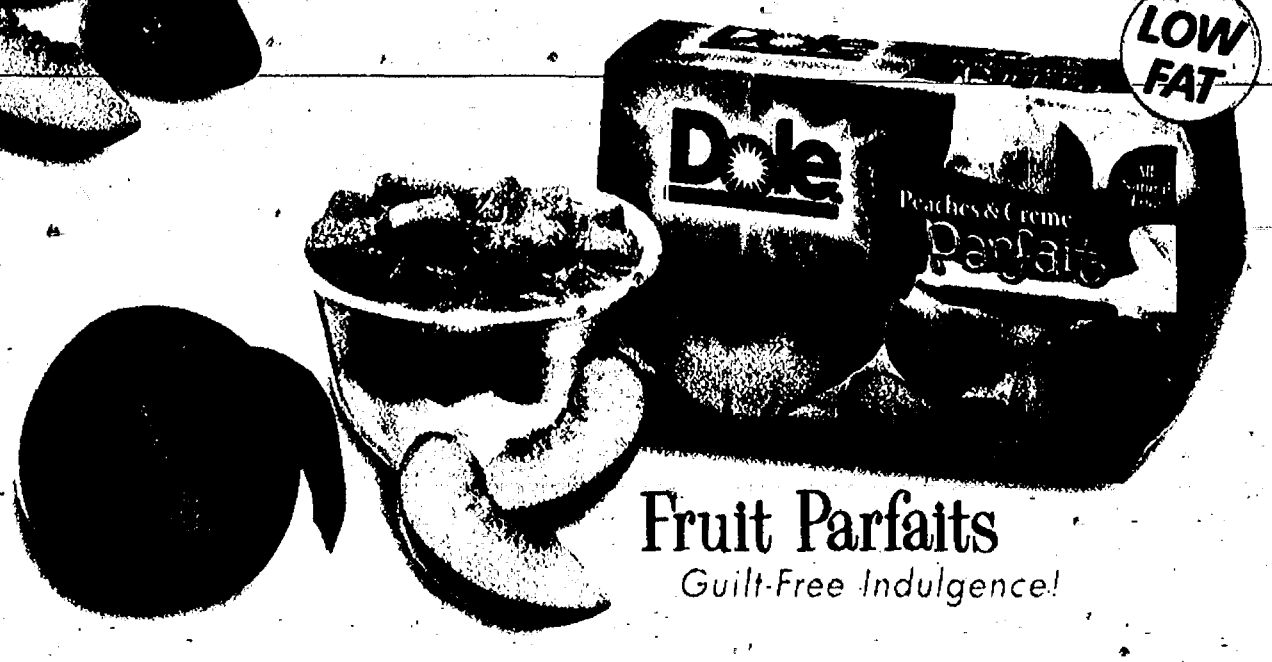


Fruit Bowls®

Sweet & Juicy!

Fruit Bowls in Gel

Refreshing!



Fruit Parfaits

Guilt-Free Indulgence!

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*The ChefsBest™ Award For Best Taste is awarded to the brand rated highest overall among leading brands by independent professional chefs.

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apply.Discovercard.com

Save Up To $5.00

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Buy ONE participating product and log on to bayercare.com to learn how to get a 1 month membership to [redacted] FREE with your purchase AND to enter the

Healthy Priorities Sweepstakes

For a Chance to Win $10,000!

Those ones want you. We'll have 'em.

With twice the Vita[min] D of Centrum* to help support h[ealth]* and take the Calcium [for] strong bones†

Specially formulated with Selenium, which in combination with vitamin E may reduce the risk of prostate cancer††

BAYER HEALTHCARE LLC Healthy Priorities SWEEPSTAKES – ABBREVIATED RULES
No Purchase Necessary to enter or win. A purchase will not increase your chances of winning. To enter,visit **www.bayercare.com** or mail A 3¼ X 5 card with your name, address, city, state, and zip code to: Bayer HealthCare LLC Healthy Priorities Sweepstakes, PO Box 4018, Grand Rapids, MN 55730-4018. Entries must be submitted by 01/31/2007. Sweepstakes ends 01/31/2007. Prize: 1 Grand Prize: $10,000 which the winner may use towards helping them along with their 2007 goals. Total retail value for all prizes (ARV): $10,000.00. Open to legal U.S. residents who are the age of majority in their state of residence at the time of entry. Void where prohibited, restricted, or taxed by law. For complete rules, go to [redacted] or write to Bayer HealthCare LLC Healthy Priorities Sweepstakes Rules, PO Box 1248-R, Grand Rapids, MN 55745-1248.

Help your kids be great looking, know and love character shapes

With Calcium to support healthy bones & teeth

Supports like absolute*

Helps you feel mentally and physically energized all day*

Helps maintain healthy cholesterol and blood-pressure levels‡‡‡

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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

† This product is not intended to prevent or treat breast cancer and is not endorsed by The Breast Cancer Research Foundation.
†† Emerging research suggests the daily consumption of 1,000 IU's of Vitamin D may support breast health
††† See packaging for information about Selenium and certain cancers
†††† Cholesterol and blood pressure levels already within the normal range

oneaday.com
onedaykids.com
flintstonesvitamins.com

‡ Not a weight loss product

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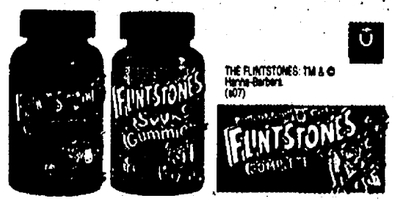
SAVE $1.00

on any Flintstones™ Multivitamin product



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728825

5 16500 46076 8 (8101)0 72882 0307

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MANUFACTURER'S COUPON | EXPIRES 3/31/07

SAVE $1.00

on any ONE-A-DAY® Kids Multivitamin product

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728858

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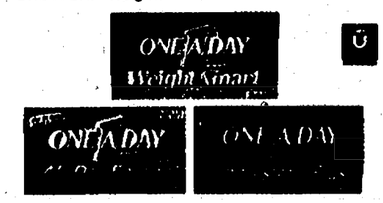
MANUFACTURER'S COUPON | EXPIRES 3/31/07

SAVE $2.00

ONE-A-DAY® WeightSmart,® Cholesterol Plus® or All-Day Energy products



728809

5 16500 41282 8 (8101)0 72880 0307

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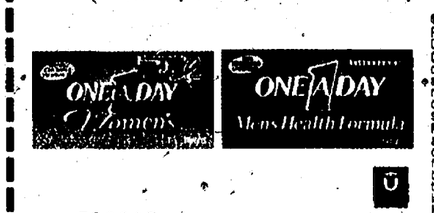
SAVE $1.00

on any ONE-A-DAY® Multivitamin product



728817

5 16500 41076 3 (8101)0 72881 0307

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MANUFACTURER'S COUPON | EXPIRES 3/31/07

SAVE 55¢

On any BAYER Aspirin Product 24 ct or larger

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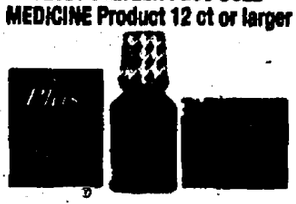
5 12843 41055 2 (8101)3 72856 0307

728564

MANUFACTURER'S COUPON | EXPIRES 3/31/07

SAVE 75¢

On any ALKA-SELTZER PLUS COLD MEDICINE Product 12 ct or larger



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5 16500 30075 0 (8101)0 72865 0307

728650

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SAVE $1.00

On any CAMPHO-PHENIQUE Cold Sore Treatment

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5 00024 11076 6 (8101)3 72868 0307

728685

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Immerse Yourself in Total Cold Relief!

Got a Cold Sore? Get Relief!

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SAVE 75¢

On any Neo-Synephrine

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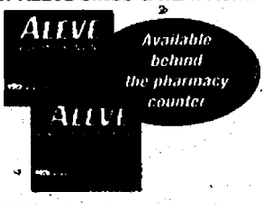
5 00024 21075 6 (810)13 72871 0307

728719

MANUFACTURER'S COUPON | EXPIRES 3/31/07

SAVE $1.00

On any ALEVE COLD & SINUS or ALEVE SINUS & HEADACHE



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5 25866 12076 6 (810)13 72872 0307

728725

MANUFACTURER'S COUPON | EXPIRES 3/31/07

SAVE 75¢

On any ALEVE Product
(Not good on 6ct. or smaller or Aleve cold products)

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5 25866 11375 1 (810)13 72874 0307

728741

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pseudoephedrine HCl 120 mg extended release tablet
reliever/fever reducer/nasal decongestant

1 CAPLET 12 HOURS

CAPLETS

ALL DAY RELIEF

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- Sinus Pressure
- Headache
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- Fever

12 Hour Relief of Your Worst Cold and Sinus Symptoms

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ALL DAY STRONG

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naproxen sodium 220 mg / pain reliever/fever reducer

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CAPLETS

ALL DAY STRONG

ALEVE

CAPLETS

Strength to Last 12 Hours

Rated #1 for Arthritis Pain!*

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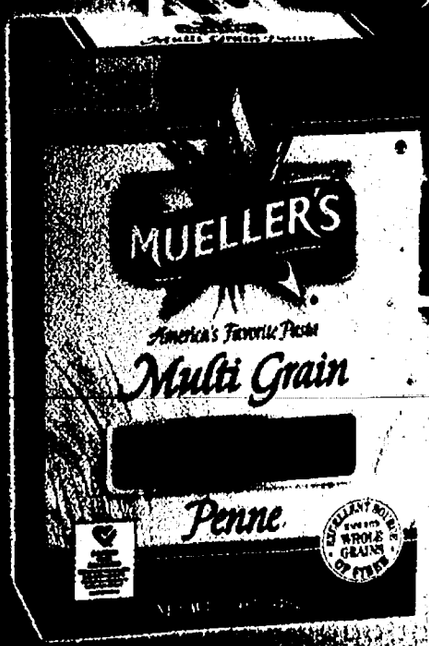
MUELLER'S

...of Your Daily Whole...
100% Delicious!

...er's Multi Grain pasta gives you 100% of the daily USDA recomm... Whole Grains in one delicious serving. With the great flavor and ... goodness of three whole grains, Mueller's is the Multi Grain pasta yo... family will love with the nutrition they need.

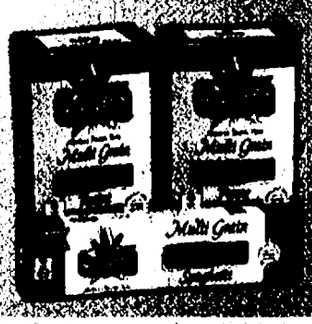


Mueller's Penne with Peppers and Grill...

...favorite

MANUFACTURERS COUPON EXPIRES 3/31/07

SAVE 75¢
On Any 1 Mueller's® Multi Grain Pasta



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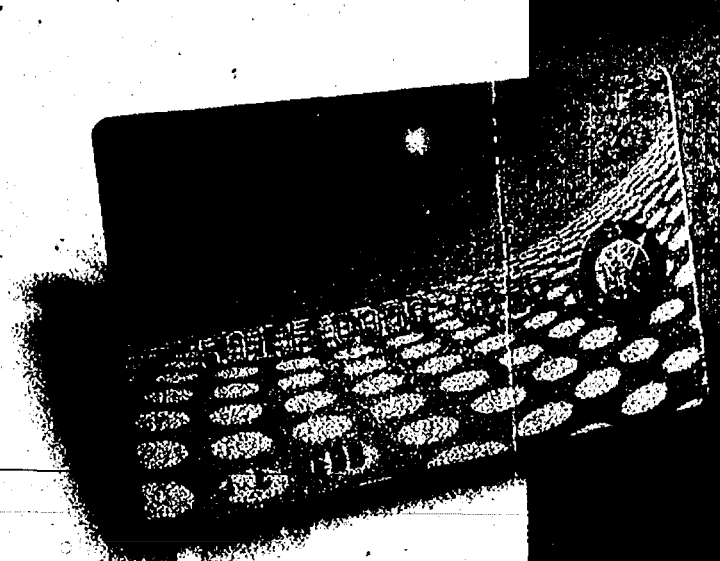
301470

5 29200 00075 2 (8100) 0 30147

More Cash,
More Ways, Than Anyone Else



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AS HEARD ON PAUL HARVEY NEWS

New advanced portable heater can cut your heating bill up to 50%

Heats a large room in minutes with even heat wall to wall and floor to ceiling

Does not get hot, cannot start a fire and will not reduce humidity or oxygen

By John Wildwood, Media Services

A new advanced quartz infrared portable heater, the EdenPURE®, can cut your heating bills by up to 50%.

You have probably heard about the remarkable EdenPURE® as heard on Paul Harvey News and on television features across the nation.

The EdenPURE® can pay for itself in a matter of weeks and then start putting a great deal of extra money in your pocket after that.

A major cause of residential fires in the United States is portable heaters. But the EdenPURE® cannot cause a fire. That is because the quartz infrared heating element never gets to a temperature that can ignite anything.

The EdenPURE® will also make you healthier. That is because, unlike other heating sources, it will not reduce humidity or oxygen in the room. Typical heating sources reduce humidity which dries out your sinuses, makes you more susceptible to disease and makes your skin dry.

The advanced space-age EdenPURE® Quartz Infrared Portable Heater also heats the room evenly, wall-to-wall and floor-to-ceiling. Other heating sources heat rooms unevenly with most of the heat concentrated high in the room and to the center of the room.

Unlike other heating sources, the EdenPURE® cannot put poisonous carbon monoxide into a room or any type of fumes or any type of harmful radiation.

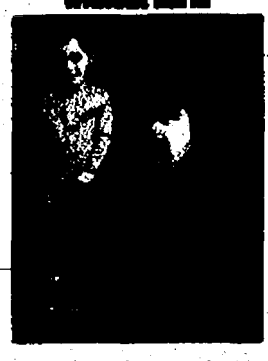
For more details on the amazing EdenPURE® Quartz Infrared Portable Heater, here is my interview with Julius Toth, Director of Product Development for BioTech Research®.

Q. What is the origin of this amazing heating element in the EdenPURE®?

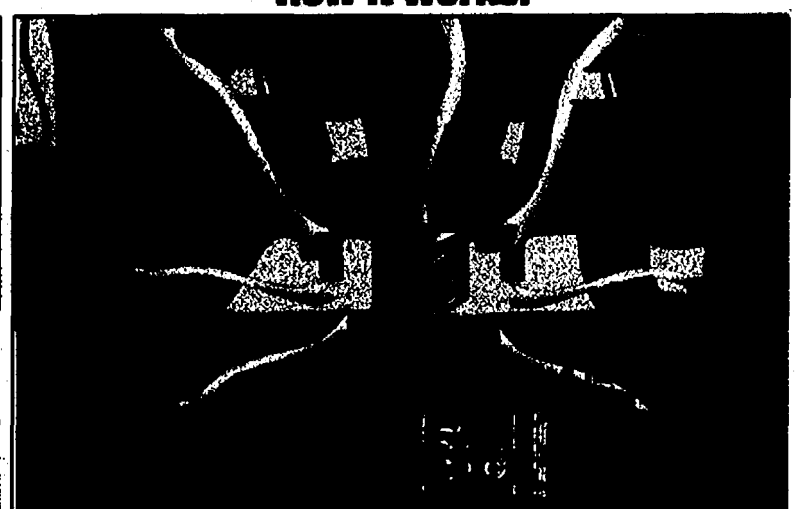
A. This advanced heating element was discovered accidentally by a man named John Jones. He had a large old farmhouse that was impossible to heat. Jones had a coal furnace in his basement. Jones placed a sheet of cured copper near the furnace to store it. Cured copper is a type of copper that goes through an extensive heating process to give it special properties.

Never be cold again

Cannot start a fire; a child or animal can touch or sit on it without harm



How it works:



After the fire went out in the coal furnace, Jones noticed that the sheet of copper was heating his entire basement evenly, even though the furnace was no longer putting out heat. He also was amazed as to how long the heat stayed in the copper and continued to warm the room.

To make a long story short, through a great deal of research and development, Jones developed a heating source that utilized commercial infrared quartz tubes with the copper that could not start a fire.

Q. Why is it that this quartz infrared heating source uses less energy to create heat than other sources?

A. Actually, there is more than one reason. One of the primary reasons is that heat at combustion level, which is what all other heat sources use, causes the heat to instantly rise to the ceiling.

The EdenPURE® Quartz Infrared Portable Heater does not use burning heat. Once the heat exchanger absorbs the infrared heat, it exhales the heat into the living area which is carried by the existing humidity in the air.

In actual studies, photos using infrared lighting demonstrated that the heat was almost perfectly even from floor-to-ceiling and wall-to-wall.

Q. What are the other disadvantages of combustion heat sources?

A. Heat sources that are above the burning level have many unhealthy side effects. One of these is that it creates dry, irritating indoor air. It also burns a great deal of oxygen in the air. If you remember, when you sit in front of a fireplace or a portable heater or close to a heat source, you will remember yawning. This is because you are not getting enough oxygen.

This dry irritating heat and lack of oxygen dries out sinuses and mucus in the throat, and makes people susceptible to disease. The lack of oxygen causes fatigue.

Also, many combustible heat sources produce carbon monoxide, static cling, and some produce radiation.

Q. So you're saying that children or pets can come up to this unit and touch it and not be harmed?

A. That is absolutely correct. As a matter of fact, pets are actually drawn to this heat because it is a natural source of heat, just like the sun heats the earth. Animals are much more instinctive than humans.

Q. How can a person cut their heating bill by up to 50% with the EdenPURE®?

A. First, the EdenPURE® uses less energy to create heat than other sources, but that is just part of why it will cut a person's heating bill. The EdenPURE® will heat a room in minutes. Therefore, you can turn the heat down in your house to as low as 50 degrees, but the room you are occupying, which has the EdenPURE®, will be warm and comfortable. The EdenPURE® is portable. When you move to another room, it will quickly heat that room also. This can drastically cut heating bills, in some instances, by up to 50%.

Q. So, the EdenPURE® can pay for itself quickly?

A. The EdenPURE® will pay for itself in weeks. It will put a great deal of extra money in a users pocket. Because of today's spiraling gas, oil, propane, and other energy costs, the EdenPURE® will provide even greater savings as the time goes by.

The EdenPURE® comes in 2 models. Model 500 heats a room up to 300 square feet and Model 1000 heats a room up to 1,000 square feet.

End of interview.

Readers who wish can obtain the EdenPURE® Quartz Infrared Portable Heater at a $75 discount if they order in the next 10 days. Please see the Special Readers Discount Coupon on this page. For those readers ordering after 10 days from the date of this publication, we reserve the right to either accept or reject order requests at the discounted price.

SPECIAL READER'S DISCOUNT COUPON

The price of the EdenPURE® Model 500 is $372 plus $17 shipping for a total of $389 delivered. The Model 1000 is $472 plus $27 shipping and handling for a total of $499 delivered. People reading this publication get a $75 discount with this coupon and pay only $297 delivered for the Model 500 and $397 delivered for the Model 1000 if you order within 10 days. The EdenPURE® comes in the decorator color of black with burled wood accent which goes with any decor. There is a strict limit of 3 units at the discount price - no exceptions please.

Check below which model and number you want:

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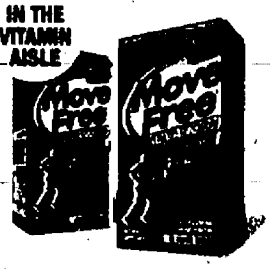

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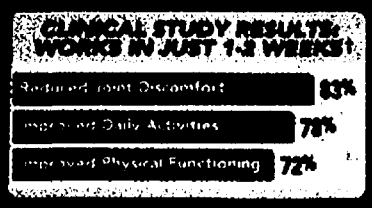

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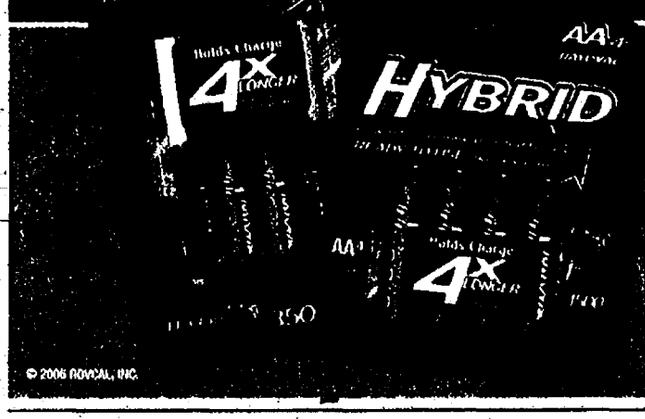

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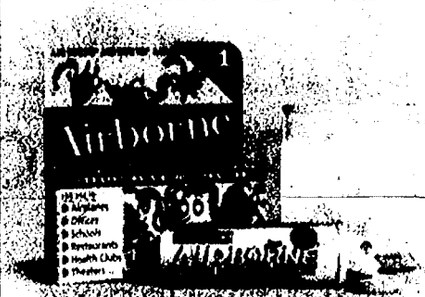

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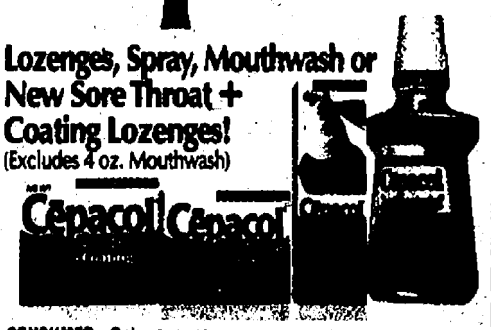

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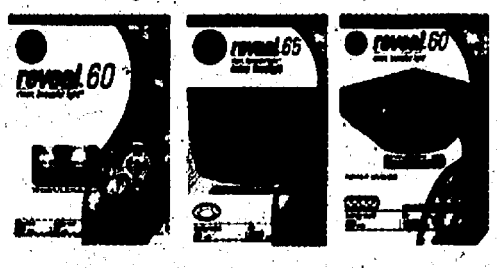

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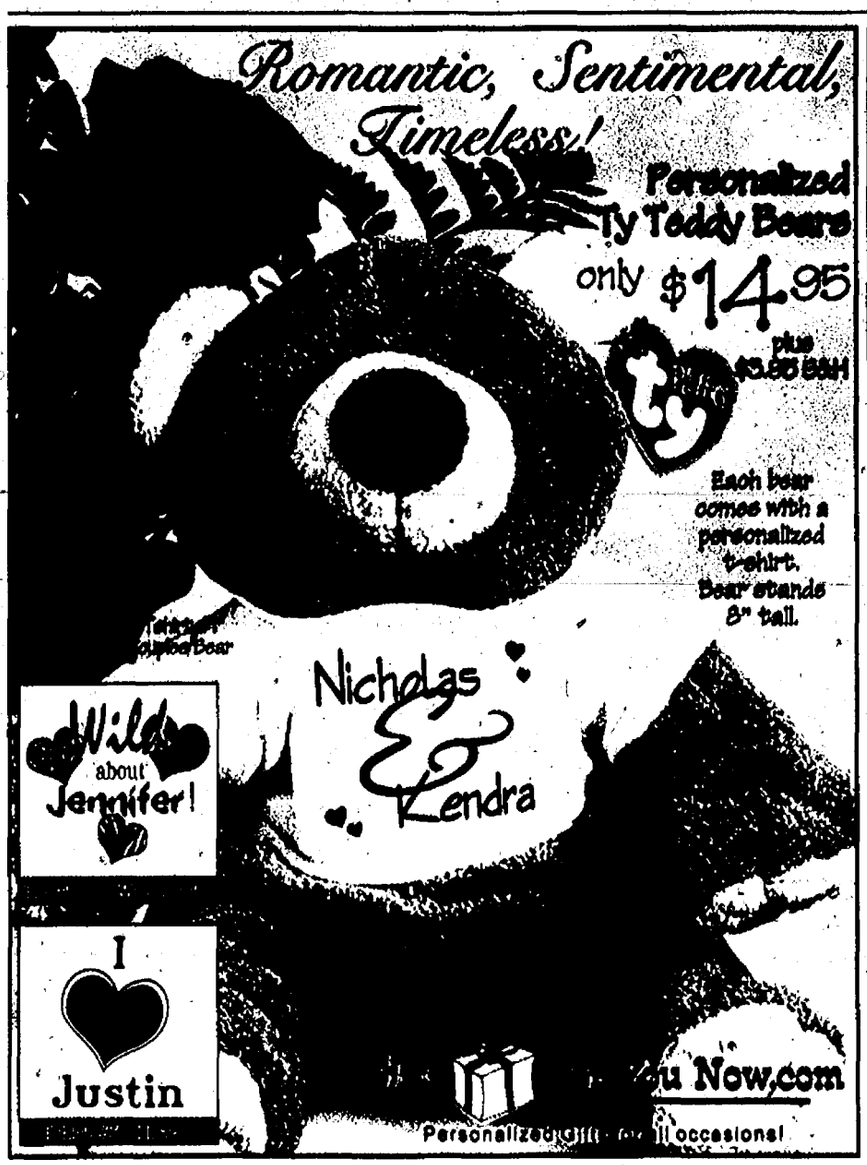

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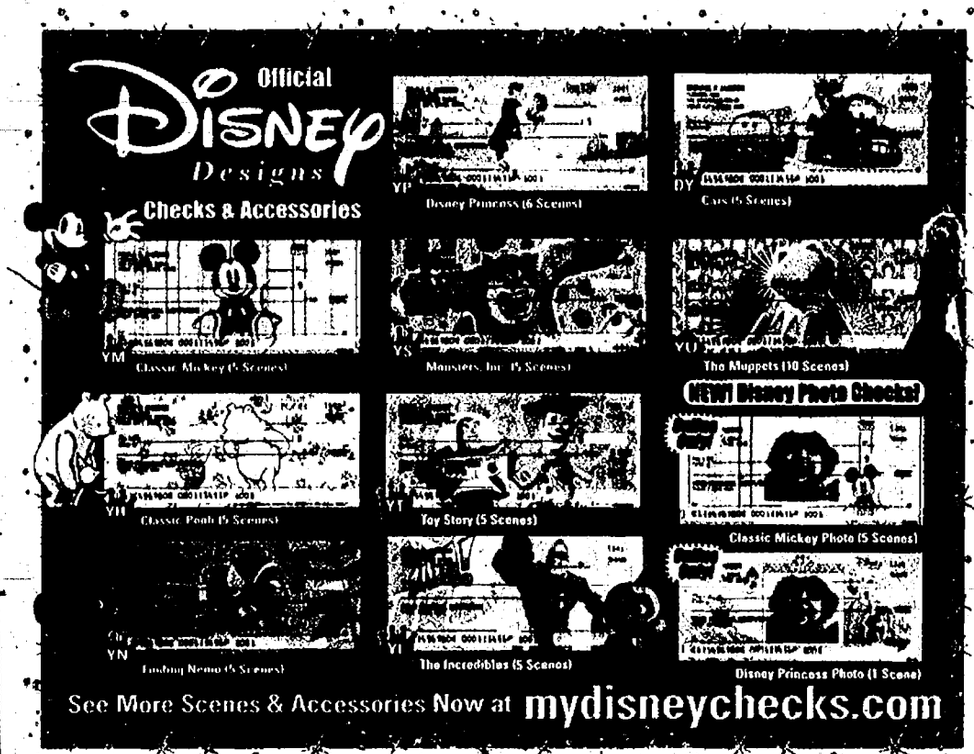

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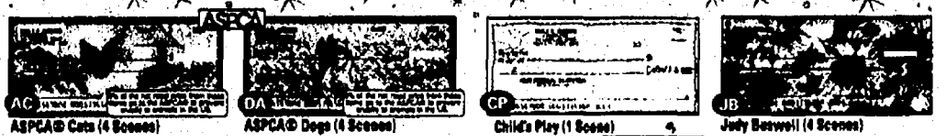
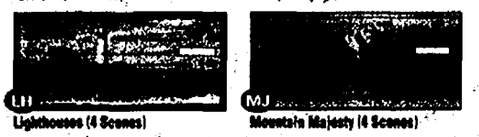
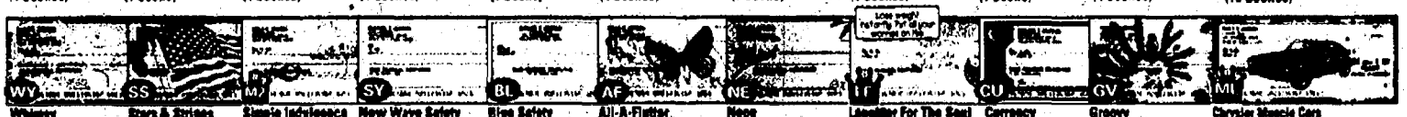






4 Easy Ways To Order:

1. Online Shoppers! Enter Code at checkout for special offers! **SAVE** offer expires 2/28/07

myclm.com

24 hours a day, 7 days a week. Internet offers may vary from this ad.

2. Phone! **1-800-733-4443** Mon-Thurs 8:30 am - 12:30 pm; 1-4 pm (CST). Fri 8:30 am - 1 pm (CST).

3. Fax! **1-800-922-0005** Fax this form, check, deposit ticket and payment info.

4. Mail! Checks In The Mail, [illegible] Lane, [illegible], TX 76126

Allow 2-3 weeks for delivery. Prices and offers subject to change without notice.

STEP 1 - START HERE and Follow Each Step to Properly Complete Order Form. Offer expires 02/28/07

Name _____ Phone ( ) _____

E-mail _____

MENTION AD CODE **YB74**

Check Design [ ] Check Name _____ Check Start # [ ] [ ] [ ] [ ] cc: 9928

STEP 2 - CHECKS

	1 Box	2 Boxes	4 Boxes	4th Box FREE
Singles	$3.99	$7.98	$11.97	
Duplicates	$5.49	$10.98	$16.47	$
Singles	$9.99	$19.98	$29.97	
Duplicates	$12.99	$25.98	$38.97	$
Singles	$15.99	$31.98	$47.97	
Duplicates	$17.99	$35.98	$53.97	$

STEP 3 - SELECT

Designer lettering #31 Standard #36 REGAL #41 JAZZ FREE

IN-PLANT RUSH PERSONAL & EXPEDITED SERVICE Saves up to 2 days in production. Only on check orders. add $3.95 $

EXTRA Deposit Tickets Singles (100) - $5.99 Triplicates (40) $4.99 $

Required handling for EACH BOX / ITEM: $2.25 x [ ] = $

STEP 4 - SHIPPING

This Section Applies ONLY to Shipping Fees.

SECURE TRACK TRACKABLE - GUARANTEED DELIVERY (7 bus. days) Check boxes shipped together. PLEASE MATCH # OF BOXES IN STEP 2

1 Box $5.95
2 Boxes $6.95 $
4 Boxes $10.95

Untrackable delivery (10-12 bus. days) All items shipped separately. FREE

Shipment to AK/HI/GU/VI/PR/APO/FPO (REQUIRED) - add $5.00 $

Other shipment options not available in these areas

STEP 5 - TOTAL

For security reasons, check orders will NOT be forwarded. SUBTOTAL $

Sales tax: Texas residents, add 8.25%, Massachusetts residents, add 5%. $

Payment Options GRAND TOTAL $

Please electronically debit my checking account

Signature

I am enclosing a check / money order for payment.

Order payments will be verified. Your check will be electronically presented for payment.

CLASSIC MICKEY, PRINCESS © Disney. CLASSIC POOH © Disney. Based upon the "Winnie the Pooh" works by A.A. Milne and E.H. Shepard. FINDING NEMO, MONSTERS, INC., TOY STORY, THE INCREDIBLES, CARS. ©Disney/Pixar. THE MUPPETS ©The Muppets Holding Company, LLC. All Rights Reserved. HAPPY FEET. TM & © 2006 Warner Bros. Entertainment Inc. All rights reserved. SWEET PEA. © Chrysler, LLC. POLYESTER, METRO, SASSY STRIPES © Checks In The Mail, Inc. MARVEL HEROES ™ & © 2006 Marvel Characters, Inc. All Rights Reserved. www.marvel.com. ANNE GEDDES, ANNE GEDDES BUTTERFLIES © 2004 Anne Geddes. ELVIS ©Inc. Elvis Presley and Estate of Elvis Presley Enterprises. ©1998 Elvis Presley Enterprises, Inc. BETTY BOOP ©2006 King Features Syndicate, Inc./Fleischer Studios, Inc. "Fleischer"™ Hearst Holdings, Inc./Fleischer Studios, Inc. JUDY BUTWELL, BLOSSOMS © Judy Butwell. Courtesy of MAC Licensing. WILDLIFE TRUST © Wildlife Trust. www.wildlifetrust.org. LAUGHTER FOR THE SOUL, DEVOTIONS © Product Concept Mfg., Inc. COASTAL DREAMS 2006 Ann Downs. CARE BEARS © 2006 Those Characters From Cleveland, Inc. Used under license by Checks In The Mail, Inc. SIMPLE INDULGENCE, INTERNATIONAL LULU © 2006 Anne Cannon Higgins. CHRYSLER MUSCLE CARS: Chrysler, Plymouth, Hemi® and related logos, vehicle model names and trade dresses are trademarks of DaimlerChrysler Corporation and is used under license. © DaimlerChrysler Corporation 2006. TEAPOTS ©MM Inc. www.maryengelbreit.com. FANTASY DREAMS © 2006 Josephine Wall. Licensed by Art Impressions, Inc., Calabasas, CA. HELLO KITTY BLOOMS © 1976, 2006 Sanrio Co., Ltd. Used under license. www.sanrio.com. AMERICAN WILDLIFE © Kaufman Brothers. Courtesy of MAC Licensing. SPONGEBOB BEST EPISODES © 2006 Viacom International Inc. All Rights Reserved. Created by Stephen Hillenburg.

*Introductory offer exclusively for first-time customers: $3.99 pricing applies for Collections Series Singles only. Buy 3 boxes of checks, get 4th box free.

RESERVATION APPLICATION

The DanburyMint
47 Richards Avenue
Norwalk, CT 06857

Detroit Tigers™
Charm Bracelet

YES! Reserve the *Detroit Tigers™ Charm Bracelet* for me as described in this announcement.

Signature _____

Orders subject to acceptance. Allow 2 to 4 weeks after initial payment for shipment.

Name _____
(Please print clearly.)

Address _____

City _____

State _____ **Zip** _____

For guaranteed Valentine's Day delivery, call toll-free 1-800-726-1184.
www.danburymint.com/TigersCharm

BBYEK173

For guaranteed Valentine's Day delivery, call toll-free 1-800-726-1184
www.danburymint.com/TigersCharm

The *Detroit Tigers*™ Charm Bracelet

Shown approximately actual size of 7.5" in length.

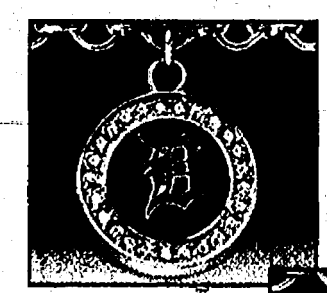
The Detroit Tigers Charm Bracelet *nestles within a luxurious presentation box.*

A 24kt gold-plated charm bracelet featuring brilliant Swarovski crystals.

The Detroit Tigers™ are as beloved by their fans as any team in the nation. With four World Series® championships and some of the best players in Major League Baseball®, few teams can match the Tigers legacy. Now, you can wear your Tigers pride every day with the *Detroit Tigers Charm Bracelet.*

Quality craftsmanship and design.

Each *Detroit Tigers Charm Bracelet* is plated in genuine 24kt gold. Seven charms hang from the bracelet featuring Tigers logos, Comerica Park®, and other team memorabilia. The charms are beautifully fitted with Swarovski crystals and team colored enamels.



Sparkling Swarovski crystals adorn the bracelet.

Rich enamel accents add a special touch.

Satisfaction guaranteed; order today.

Officially licensed by Major League Baseball Properties, the *Detroit Tigers Charm Bracelet* is $99, payable in three monthly installments of just $33 (plus $4.50 total shipping and service). Your satisfaction is guaranteed. If you are not absolutely thrilled with your charm bracelet, you may return it within 90 days for replacement or refund. **For guaranteed Valentine's Day delivery, call us toll-free at 1-800-726-1184, 24 hours a day, 7 days a week. Order yours today!**

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The Danbury Mint

©MBI

FREE Regular Sub!

Get a regular 6" or regular Footlong sub FREE when you buy a 21 oz. drink and one (1) regular sub of equal or greater price.

Offer expires 2/11/07

No cash value. Not for sale. One coupon per customer per visit. Not good with any other offer. Additional charges for extra cheese and extra meat. Prices, participation and sandwiches may vary by restaurant. Plus tax if applicable. Coupon must be surrendered with purchase.

©2006 Doctor's Associates Inc. SUBWAY® is a registered trademark of Doctor's Associates Inc. Printed in USA.

SUBWAY

Two (2) Regular Footlong Subs for Only $8.99!

Get any two (2) regular Footlong subs for only $8.99.

Offer expires 2/11/07

No cash value. Not for sale. One coupon per customer per visit. Not good with any other offer. Additional charges for extra cheese and extra meat. Prices, participation and sandwiches may vary by restaurant. Plus tax if applicable. Coupon must be surrendered with purchase.

©2006 Doctor's Associates Inc. SUBWAY® is a registered trademark of Doctor's Associates Inc. Printed in USA.

SUBWAY

SAVE up to $1.00 on a Regular Footlong!

Save 50¢ on any regular 6" sub or $1.00 on any regular Footlong.

Offer expires 2/11/07

No cash value. Not for sale. One coupon per customer per visit. Not good with any other offer. Additional charges for extra cheese and extra meat. Prices, participation and sandwiches may vary by restaurant. Plus tax if applicable. Coupon must be surrendered with purchase.

©2006 Doctor's Associates Inc. SUBWAY® is a registered trademark of Doctor's Associates Inc. Printed in USA.

SUBWAY

99¢ Regular Footlong Sub!

Buy a regular Footlong sub and a 21 oz. drink and get another regular Footlong sub of equal or lesser price for only 99¢.

Offer expires 2/11/07

No cash value. Not for sale. One coupon per customer per visit. Not good with any other offer. Additional charges for extra cheese and extra meat. Prices, participation and sandwiches may vary by restaurant. Plus tax if applicable. Coupon must be surrendered with purchase.

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SUBWAY

FREE Cookies with Catering!

Get two (2) dozen cookies FREE with the purchase of any party sub or platter. Minimum order: $20. A deposit may be required.

Offer expires 2/11/07

No cash value. Not for sale. One coupon per customer per visit. Not good with any other offer. Additional charges for extra cheese and extra meat. Prices, participation and sandwiches may vary by restaurant. Plus tax if applicable. Coupon must be surrendered with purchase.

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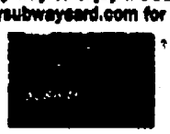
SUBWAY

Try the New SUBWAY® Cash Card!

Come in now to get your Cash Card. The fast and easy way to enjoy a SUBWAY® sandwich. Visit mysubwaycard.com for details.



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SUBWAY

SAVE BIG ON A FRESH VALUE MEAL!

Hurry In!

See store for details.

...wiches may vary by restaurant.
...ese and extra meat.
...offer, promotion, discount or coupon.

SUBWAY eat fresh.

Sears
Optical

See what life is really about.

$99 eyeglasses*
Includes
no-line bifocals

Sears Optical

Any prescription
Hundreds of frames to choose from
Savings range from $160 to $250 off our regular prices!

Offer ends February 17.

*Includes any frame up to $120 with scratch resistant plastic lenses. Lens enhancements and accessories are additional. Some restrictions apply. See optical associate for details. RIS_OPN. Offer ends February 17, 2007.

Special Youth Savings!

FREE ULTRALIGHT™ lenses with any frame purchase! ($199 value)

Purchase any frame at regular retail price and receive free ULTRALIGHT™ lenses. Lens enhancements and accessories are additional. Valid for children 14 years and under. RIS_YTH

AARP members always save $5 off lowest offer!

AARP Health Care Options®
Vision Discounts

Must be a current AARP member to receive discount off regular price. Frame and lens purchase and valid prescription required. Provided by EyeMed Vision Care, a licensed vision health care service plan (membership required).

Valid prescription required. Offers may not be combined with other discounts, coupons, vision care plans or prior orders. Not valid in OK and PR. Void in La Jolla and El Cajon, CA and where prohibited. Some restrictions apply. See optical associate for details. The Sears trademark is registered and used under license from Sears Brands, LLC.

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Savings of over $66 in this issue!
GET 77 MORE COUPONS! Go to SmartSource.com and save!

$5 BUCKS

SAYS YOU'RE COMING TO THE SHACK!

JOE'S CRAB SHACK®
www.joescrabshack.com

Steak & Fried Shrimp

Dungeness Crab

Fish & Chips

New America Marketing (800) 727-2695 www.smartsource.com A News Corporation Company

American Dairy Brands Hills Bros MB Viactiv LasikPlus Health

MANUFACTURER'S COUPON EXPIRES 6/14/07

SAVE $1.00

on any (3) Three
RONZONI
HEALTHY HARVEST®

Great Tasting Goodness™

17802

Retailer: We will redeem this coupon for face value plus 8¢ handling if submitted in compliance with the New World Pasta redemption policy, incorporated herein by reference. Void if reproduced or where prohibited by law. Good only in USA and on product indicated. Cash value 1/100¢. Mail to: New World Pasta Co., Dept. 71300, One Fawcett Drive, Del Rio, TX 78840. Limit one coupon per purchase.

5 33400 52042 2 (8100)0 17802

MANUFACTURER'S COUPON EXPIRES 6/30/07

SAVE $1.00 NOW

On any 17oz. or larger
STAR® OLIVE OIL

CONSUMER: One coupon per purchase. Good only on products indicated. Consumer pays any sales tax. GROCER: Redeem on terms stated for consumer upon purchase of products indicated. ANY OTHER USE CONSTITUTES FRAUD. For reimbursement of face value plus 8 cents handling, mail to STAR FINE FOODS, P.O. Box 880348, El Paso, TX 88588-0348. Failure to produce on request invoices covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/20 one cent.

©2007 STAR FINE FOODS

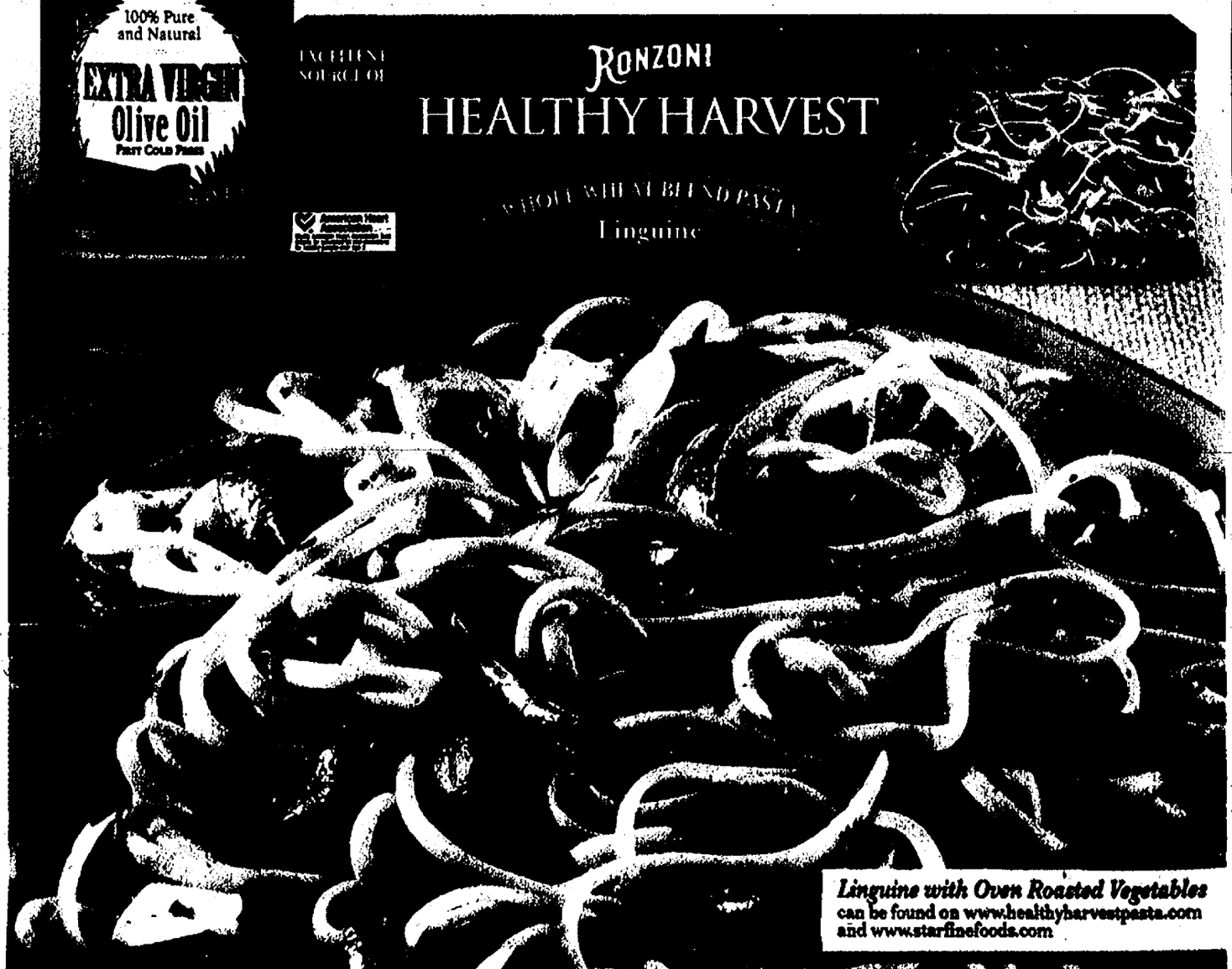
113178

5 73210 51078 3 (8100)0 11317

This Year, Make a Wholehearted Resolution.

Stay heart healthy with RONZONI HEALTHY HARVEST® Pasta and STAR® OLIVE OIL

Visit www.healthyharvestpasta.com and www.starfinefoods.com for delicious recipes



Linguine with Oven Roasted Vegetables can be found on www.healthyharvestpasta.com and www.starfinefoods.com

Manufacturer's Coupon | Expires 2/28/07

Save 75¢
On any **José Olé.**
Mexi-Minis®
(12 oz. or larger)

CONSUMER: Redeem ONLY by purchasing the product indicated. May not be reproduced. Void if transferred to any person, firm or group prior to store redemption. You pay any sales tax. Any other use constitutes fraud. **LIMIT ONE COUPON PER PACKAGE PURCHASED. RETAILER:** Windsor Foods will reimburse the face value of this coupon, plus handling, if submitted in accordance with its redemption policy (available upon request). Mail to: Windsor Foods, CMS Dept. #73202, 1 Fawcett Drive, Del Rio, TX 78840. Cash value 1/100¢. Good only in USA APO's and FPO's.
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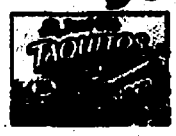
00757

AVAILABLE IN YOUR GROCER'S FREEZER

5 73202 14375 7 (810010 00757

Manufacturer's Coupon | Expires 2/28/07

Save 75¢
On any **José Olé.**
Taquitos
(20 oz. or larger)



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©2007 Windsor Foods

00758

AVAILABLE IN YOUR GROCER'S FREEZER

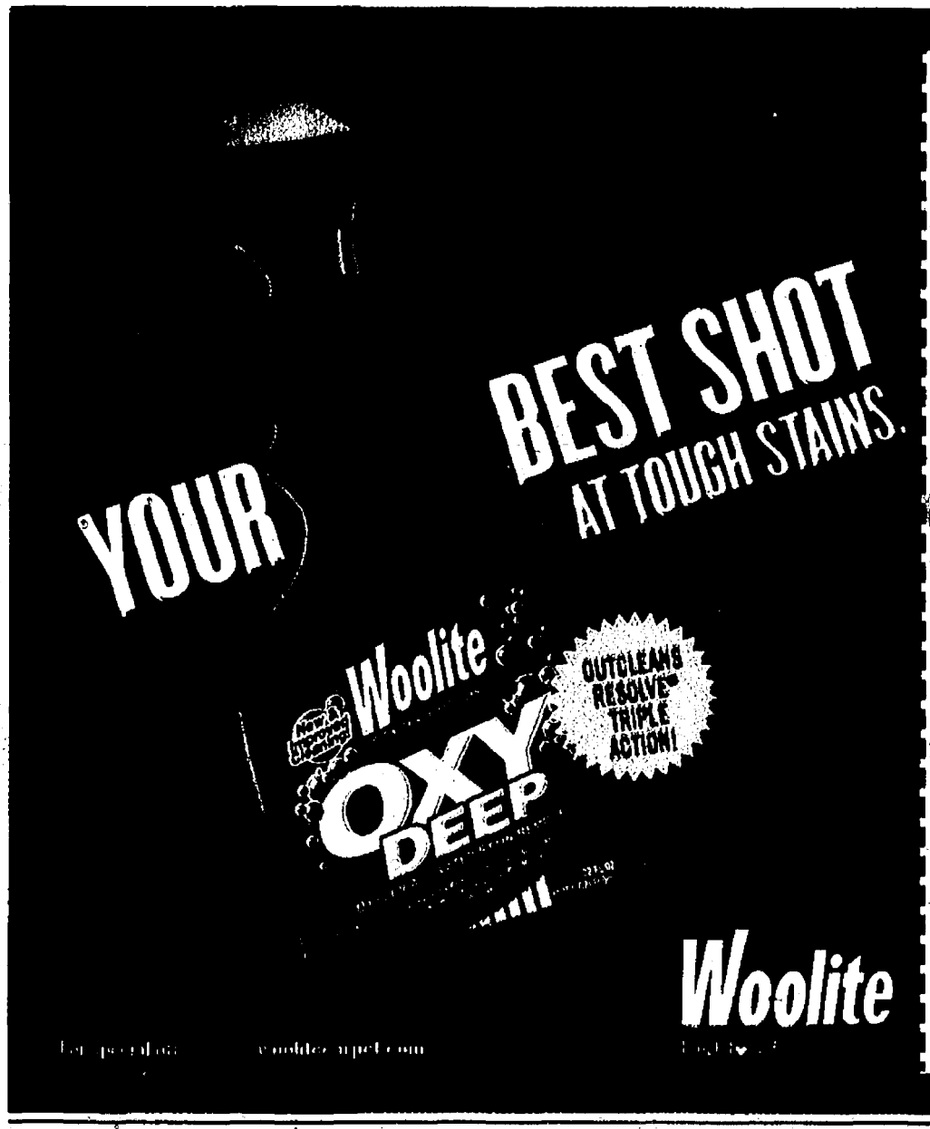
5 73202 14175 3 (810010 00758

Kroger
www.kroger.com

JOSÉ OLÉ® MEXI-MINIS® Selected Varieties, 20 oz.	
Kroger Feature Price With Plus Card	$4.99
José Olé® Coupon Savings	.75
YOUR FINAL COST	**$4.24**

JOSÉ OLÉ® TAQUITOS Selected Varieties, 22.5 oz.	
Kroger Feature Price With Plus Card	$4.99
José Olé® Coupon Savings	.75
YOUR FINAL COST	**$4.24**

Right Store. Right Price.®



SAVE

$1.00

on any Woolite® Carpet and Upholstery Cleaner

RETAILER: We will reimburse you for the face value of this coupon plus 8¢ handling provided it is redeemed by a customer at the time of purchase for the brand specified. Coupons not properly redeemed will be void and held. Reproduction of this coupon is expressly prohibited. (ANY OTHER USE CONSTITUTES FRAUD.) Mail to: BISSELL Homecare, Inc., CMS Dept. #11139, 1 Fawcett Drive, Del Rio, TX, 78840. Cash value .001¢. Void where taxed or restricted. LIMIT ONE COUPON PER ITEM PURCHASED.

04761

5 11120 40076 7 (8101)0 04761 0407

EXPIRES 04/30/07

SAVE $1.00

On Neosporin LT® Lip Treatment

Located in hygiene aisle

Does not contain antibiotics.

Use as directed.

CONSUMER: Limit one coupon per purchase specified. Any other use constitutes fraud. Void if copied, transferred or expired. RETAILER: We will pay you for the face value of this coupon, plus 8¢ handling, if submitted in compliance with the Warner-Lambert Coupon Redemption Policy, available upon request. Void where prohibited, taxed, or restricted by law. Cash value 1/100¢. Mail coupons to: Warner-Lambert, P.O. Box #880142, El Paso, TX 88588-0142. Expires 04/30/07. For questions regarding this coupon, call 1-800-648-0027. © 2007 Pfizer

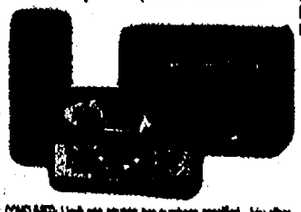
572144

5 12547 99276 7 (8101)3 57214 0407

EXPIRES 04/30/07

SAVE $1.00

On any Neosporin® Product



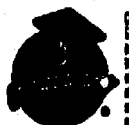
CONSUMER: Limit one coupon per purchase specified. Any other use constitutes fraud. Void if copied, transferred or expired. RETAILER: We will pay you for the face value of this coupon, plus 8¢ handling, if submitted in compliance with the Warner-Lambert Coupon Redemption Policy, available upon request. Void where prohibited, taxed, or restricted by law. Cash value 1/100¢. Mail coupons to: Warner-Lambert, P.O. Box #880142, El Paso, TX 88588-0142. Expires 04/30/07. For questions regarding this coupon, call 1-800-648-0027. © 2007 Pfizer

572136

5 12547 99276 7 (8101)3 57213 0407

MANUFACTURER COUPON | EXPIRES: 03/10/07

Save 50¢ on any 2 Prego® Italian Sauce 25 oz. or larger



CONSUMER: You pay any sales tax. Coupon void where prohibited, taxed or restricted. Limit one coupon per purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. If submitted in accordance with Coupon Processing Policy, coupon will be redeemed face value plus $.08. Mail to: CAMPBELL SOUP COMPANY, CMS DEPT. #15400, ONE PROGRESS PLAZA, STE 500, CRANBERRY TWP, PA 16066. Failure to produce, upon request, invoices proving purchase sufficient to cover coupons presented for redemption may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/100¢.

prego.com

48308

5 51000 30024 4 (8100)0 48308

Prego® Easy Meatball Parm Hero

Prep: 5 min. Cook: 25 min. Makes: 4 sandwiches

- 2 cups Prego® Traditional Italian Sauce
- 16 (1 oz. each) frozen cooked meatballs
- 4 long hard rolls, split
- 1 cup shredded mozzarella cheese
- Grated Parmesan cheese

1. Heat sauce and meatballs in 3-quart saucepan over medium-high heat to a boil. Reduce heat to low. Cook for 20 min. or until meatballs are heated through, stirring occasionally.
2. Serve meatballs and sauce in rolls. Sprinkle with mozzarella and Parmesan cheeses.

For more great recipes go to prego.com

MANUFACTURER COUPON | EXPIRES: 03/10/07

Save 50¢ on any 1 Prego® Organic Italian Sauce
- Tomato & Basil
- Mushroom

CONSUMER: You pay any sales tax. Coupon void where prohibited, taxed or restricted. Limit one coupon per purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. If submitted in accordance with Coupon Processing Policy, coupon will be redeemed face value plus $.08. Mail to: CAMPBELL SOUP COMPANY, CMS DEPT. #15400, ONE PROGRESS PLAZA, STE 500, CRANBERRY TWP, PA 16066. Failure to produce, upon request, invoices proving purchase sufficient to cover coupons presented for redemption may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/100¢.

prego.com

48309

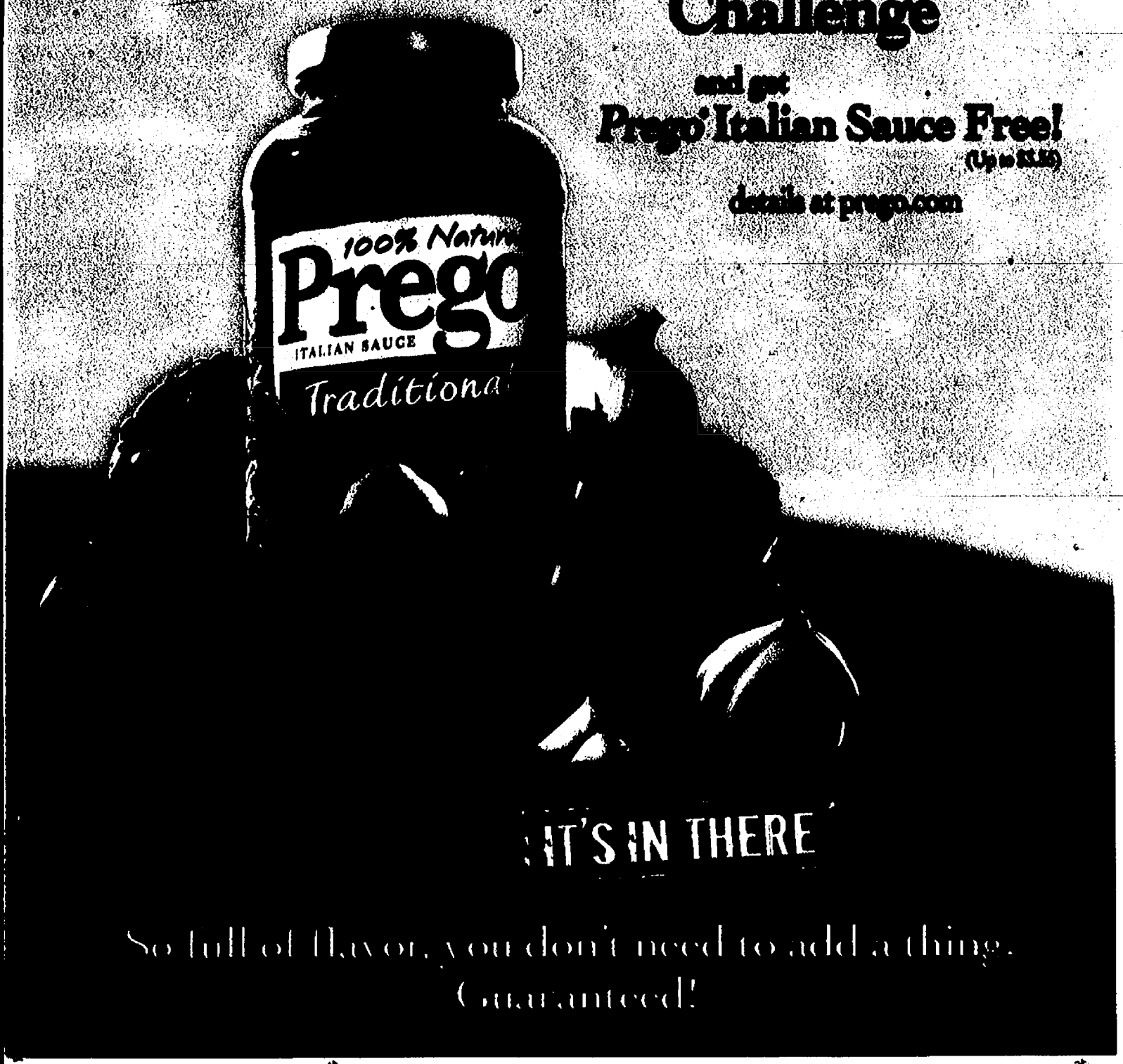
5 51000 31550 7 (8100)0 48309

Take the Nil, Nada, Nothing-to-Lose Challenge

and get Prego® Italian Sauce Free!

(Up to $5.50)

details at prego.com



So full of flavor, you don't need to add a thing.
Guaranteed!

Swanson
Pepperidge Farm
Goldfish
Campbell's
Pace
Prego
Franco-American
V8
Spaghetti O's
Pepperidge Farm
Milano
Godiva
Pepperidge Farm
Goldfish
Pepperidge Farm
Pepperidge Farm
Pepperidge Farm

NEW

Campbell's

Enjoy amazing flavor

and lower sodium* in the same spoonful.

M'm! M'm! Good! with Lower Sodium Natural Sea Salt

Lower Sodi-*yummm*™

© 2007 CSC Brands LP

*25–45% less sodium than Campbell's Soup comparable varieties

Try all 20 varieties!

MANUFACTURER COUPON EXPIRES: 03/15/2007

Save 40¢ on any 2 Campbell's® 25% Less Sodium Condensed Chicken Noodle or Tomato Soups

02406

5 51000 11222 9 (8100)0 02406

MANUFACTURER COUPON EXPIRES: 03/15/2007

Save 50¢ on any 2 Campbell's® Chunky™ Healthy Request® Soups

08797

5 51000 12124 5 (8100)0 08797

MANUFACTURER COUPON EXPIRES: 03/15/2007

Save 40¢ on any 2 Campbell's® Healthy Request® Condensed Soups

02405

5 51000 11122 2 (8100)0 02405

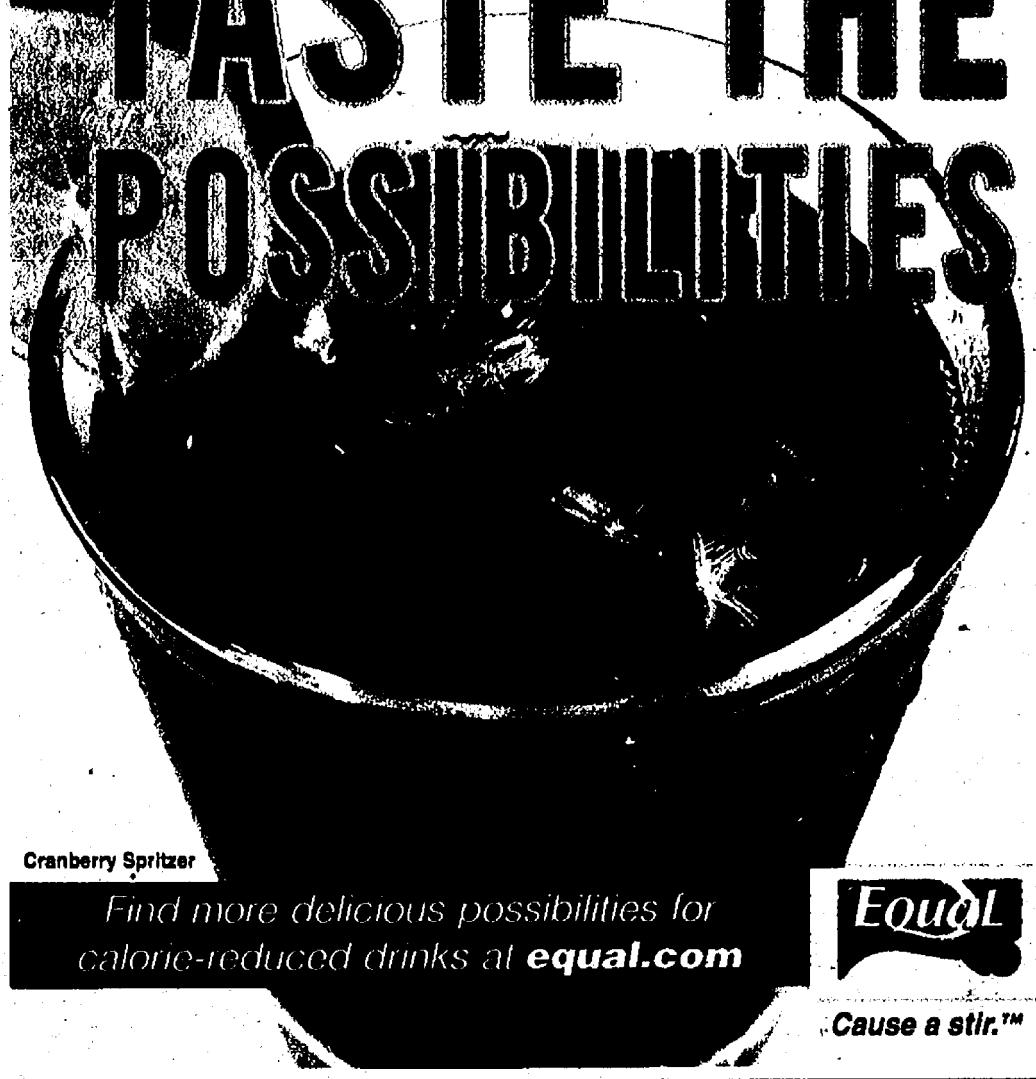
MANUFACTURER COUPON EXPIRES: 03/15/2007

Save 50¢ on any 2 Campbell's® Select™ Healthy Request® Soups

08798

5 51000 12224 2 (8100)0 08798

TASTE THE POSSIBILITIES



Cranberry Spritzer

Find more delicious possibilities for calorie-reduced drinks at **equal.com**

Equal

Cause a stir.™

MANUFACTURER'S COUPON | EXPIRES 4/15/2007

SAVE 50¢

on any size Equal® 0 Calorie Sweetener

CONSUMER: Limit one coupon per purchase. Good only on purchase of products and sizes indicated. May not be reproduced. Void if transferred prior to store redemption and where prohibited, restricted, or taxed. Cannot be used in conjunction with any other coupon(s). You pay any sales tax. Any other use constitutes fraud. **RETAILER:** Sending coupons to Merisant Co., CMS Dept# 00258, 1 Fawcett Drive, Del Rio, TX 78840 signifies compliance with our Coupon Redemption Policy. Reimbursement: Face value plus 8¢ handling fee per coupon. Cash value 1/100 of 1¢. Good only in U.S.A. ©2007 Merisant Company. Equal is a Reg. TM of Merisant Company.

31028

5 00025 10050 6 (8100) 0 31028

$1.00 OFF

101856

5 15066 00076 0 (8101)8 10185 0307

$1.00 OFF

101864

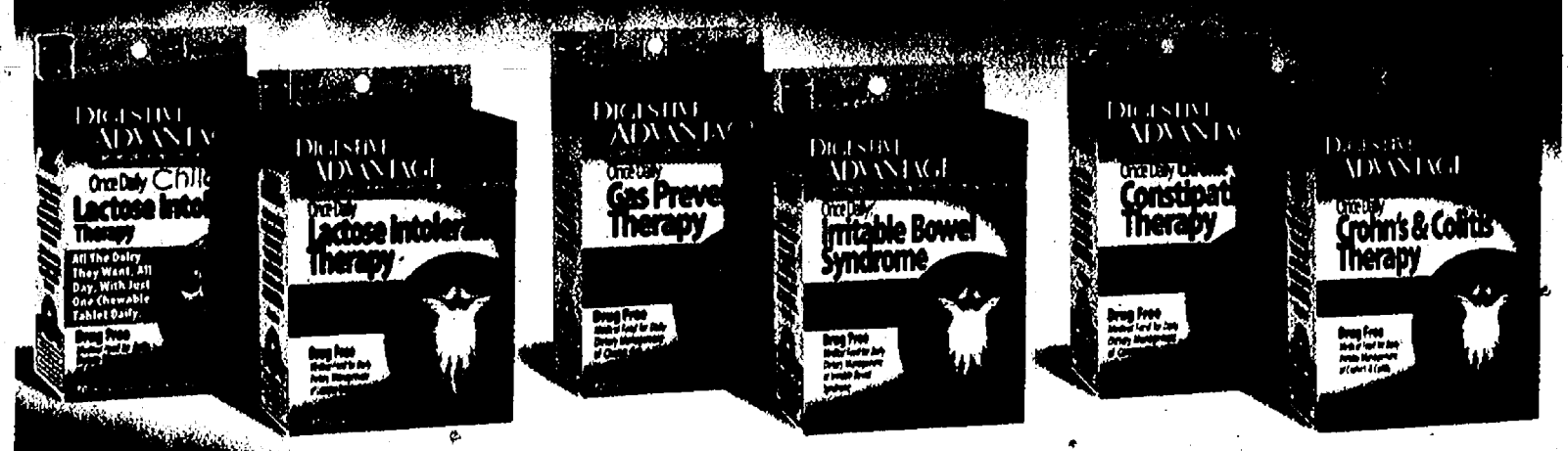
5 15066 00076 0 (8101)8 10186 0307

$2.00 OFF

101872

5 15066 00082 1 (8101)8 10187 0307

ONCE-DAILY DIGESTIVE RELIEF



NEW PACKAGING COMING SOON

Are you suffering from: • Diarrhea • Cramps & Irritation • Gas • Irritable Bowel

Digestive Advantage™

For your FREE 8-DAY SAMPLE call 1-800 863-2288 or visit ganedenbiotech.com

HAVE FUN & FEEL GREAT

Excercise Ball from Musselman's®

Also includes workout chart and air pump

$14.99 with two proofs of purchase

Get into Gear for the New Year

Enclose form along with a check for $14.99 made out to Musselman's Exercise Ball Offer and two proofs of purchase. Proof of purchase is a UPC symbol from any Musselman's six-pack package. Fill out form completely and send (postmarked by 4/30/2007) to the address below. Please allow 6-8 weeks for delivery.

name _____

address _____

city _____ state _____ zip _____

phone _____

email _____

Mail to: Musselman's Exercise Ball Processing Center, 855 Fox Chase, Highlands Corporate Center, Coatesville, PA 19320

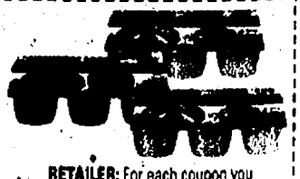
MANUFACTURER'S COUPON EXPIRES 3/31/07

Save 55¢

on any 2 packages of Musselman's® single serve Apple Sauce

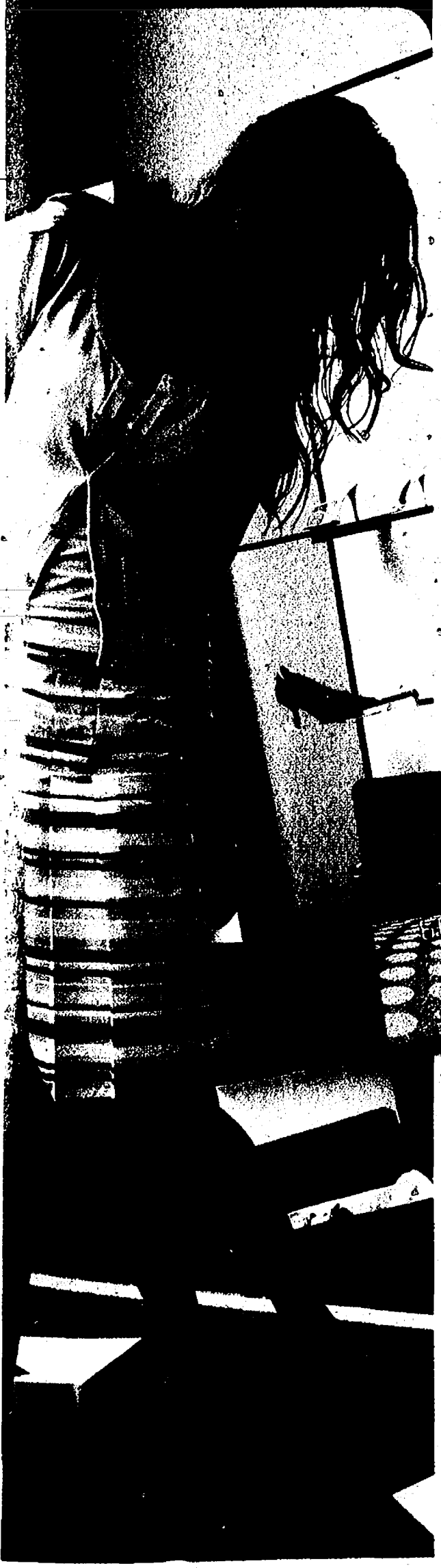
50847

5 37323 11028 9 (8100)0 50847



RETAILER: For each coupon you accept as our authorized agent, we will pay you face value plus 8 cents for handling, provided you and your customer have complied with the terms of this offer. Invoices proving purchase or sufficient stock to cover all coupons redeemed must be shown upon request. The consumer must pay any sales tax imposed. Void if prohibited by law, taxed or restricted. Cash value 1/50 of 1 cent. **SEND TO:** Knouse Foods, CMS Dept. 28500, 1 Fawcet Drive, Del Rio, TX 78840.

Discover® Platinum Card



Reward

your personal style.

5% ***Cashback Bonus®**** in popular categories

Up to **1%** ***Cashback Bonus*** on everything else

Earn 5% *Cashback Bonus®* with the Discover® Platinum Card in popular categories that change four times a year like gas stations, restaurants, clothing stores, travel and more. You can also earn **5% and more from top retailers** such as Target.com, LandsEnd.com and Barnes&Noble.com through our online shopping site. In addition, you'll automatically earn up to 1% *Cashback Bonus* **—unlimited**. Reward's are easy to earn, easy to redeem and never expire as long as you use your Card.

And with no annual fee, **0% APR on purchases and balance transfers through February 2008**, and award-winning customer service, you have even more reasons to get the Card that rewards you in more ways than anyone else.

0% APR** through February 2008

Apply at apply.Discovercard.com or call 1-800-677-2614.
Enter or mention Invitation #7538.

DISCOVER® CARD

*Earn unlimited cash rewards on all purchases. Earn 5% Cashback Bonus on purchases throughout the year by participating in each Get More® program. In addition, earn a full 1% on all other purchases after your total annual purchases exceed $3,000; other purchases that are part of your first $1,500 earn .25% and other purchases that are part of your second $1,500 earn .50%. Purchases made at select warehouse clubs, discount stores and their affiliates earn .25%. Rewards are redeemable in $20 increments. Full terms and conditions will be sent with your Card.

**Purchase and Balance Transfer APRs are 0% until the last day of the billing period ending during February 2008. Standard purchase APR: variable 13.99%. Cash APR: 20.99%. Default APR: variable between 18.99% and 28.99% based on payment history. Min. fin. chg.: $.50. Cash transaction fee: 3%, min. $5 and no max. Balance transfer fee: 3%, min. $5, max. $29. Rates as of November 1, 2006.

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New Year. New Resolution.
New Snack.

Nutritious Is Now Delicious.™

Find 'em in the baby/toddler aisle!

PediaSure NutriPals Balanced Nutrition Snacks

EXPIRATION DATE 4/15/07

Get a nutritious start to your family's new year!

$1.50 OFF

On NutriPals™ 6-pack Bars or 4-pack Drinks

TRY NEW

5 70074 61078 3 (8101)0 24367 0407

LIMIT 1 COUPON PER TRANSACTION. Coupon void if altered, copied, sold, purchased, transferred, exchanged, taxed, restricted or prohibited by law. Good only in the USA, its territories, and possessions. Cash value 1/100¢. Retailer: Ross/Abbott will reimburse you for the face value of this coupon plus 8¢ handling when submitted in compliance with Abbott's redemption policy (copy available upon request). Retailers and authorized clearinghouses send CMS Dept 70074, ROSS/ABBOTT LABORATORIES INC, 1 Fawcett Drive, Del Rio, TX 78840.

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CMREMC021A-K2 UTMD

MANUFACTURER COUPON | CANNOT BE DOUBLED | EXPIRES 3/31/07

SCR

Consumer: Limit one coupon per specified item(s) purchased. This coupon only good on product sizes and varieties indicated. RETAILER: New York Style® brand will reimburse you the face value of this coupon plus 8¢ handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchases of sufficient stock to cover the presented coupons must be shown on request. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Consumer must pay any sales tax. Cash value 1/20¢. Reproduction of this coupon is expressly prohibited. COUPON CANNOT BE DOUBLED. Not valid with any other coupon. Void where prohibited or restricted. Mail to: New York Style® brand, CMS Dept. #06777, One Fawcett Drive, Del Rio, TX 78840

Save $1.00

off any 2

New York Style® Items

51070

5 81363 10033 5 (8101) 0 51070 0307

MANUFACTURER'S COUPON | EXPIRES 4/14/07

30KV

CONSUMER: Limit one coupon per purchase. Void if copied, sold, exchanged or transferred. Consumer is responsible for any sales tax. RETAILER: Saputo Cheese USA will reimburse you the face value of this coupon plus 8¢ handling if submitted in compliance with our Coupon Redemption Policy (available at www.nchmarketing.com). Cash value 1/20¢. Send coupon to: Saputo Cheese USA Inc., P.O. Box 880466, El Paso, TX 88588-0466. LIMIT ONE COUPON PER ITEM PURCHASED. ©2007 Saputo Cheese USA Inc.

Save 55¢

on any one (1) package of Treasure Cave® Cheese (4 oz. or larger)

Visit www.treasurecavecheese.com for great game day recipes!

260350

5 70157 00055 5 (8101) 0 26035 0407

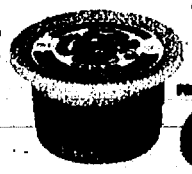
MANUFACTURER COUPON | CANNOT BE DOUBLED | EXPIRES 4/30/07

JXLX

CONSUMER: Offer is limited to one coupon per purchase on product indicated and must be presented at time of purchase. You pay any sales tax. This coupon may not be copied or transferred. Void where prohibited, taxed, or restricted by law. RETAILER: rondelé Specialty Foods will pay face value of this coupon plus .08¢ handling when used in accordance with our redemption policy. Cash value 1/100¢. Mail coupons to: rondelé Specialty Foods, CMS Dept. #70153, 1 Fawcett Drive, Del Rio, TX 78840. This coupon is solely sponsored by rondelé and rondelé is fully responsible for its redemption. ©2006 Lactalis USA.

Save 55¢

on any rondelé® Pub Cheese®



07300

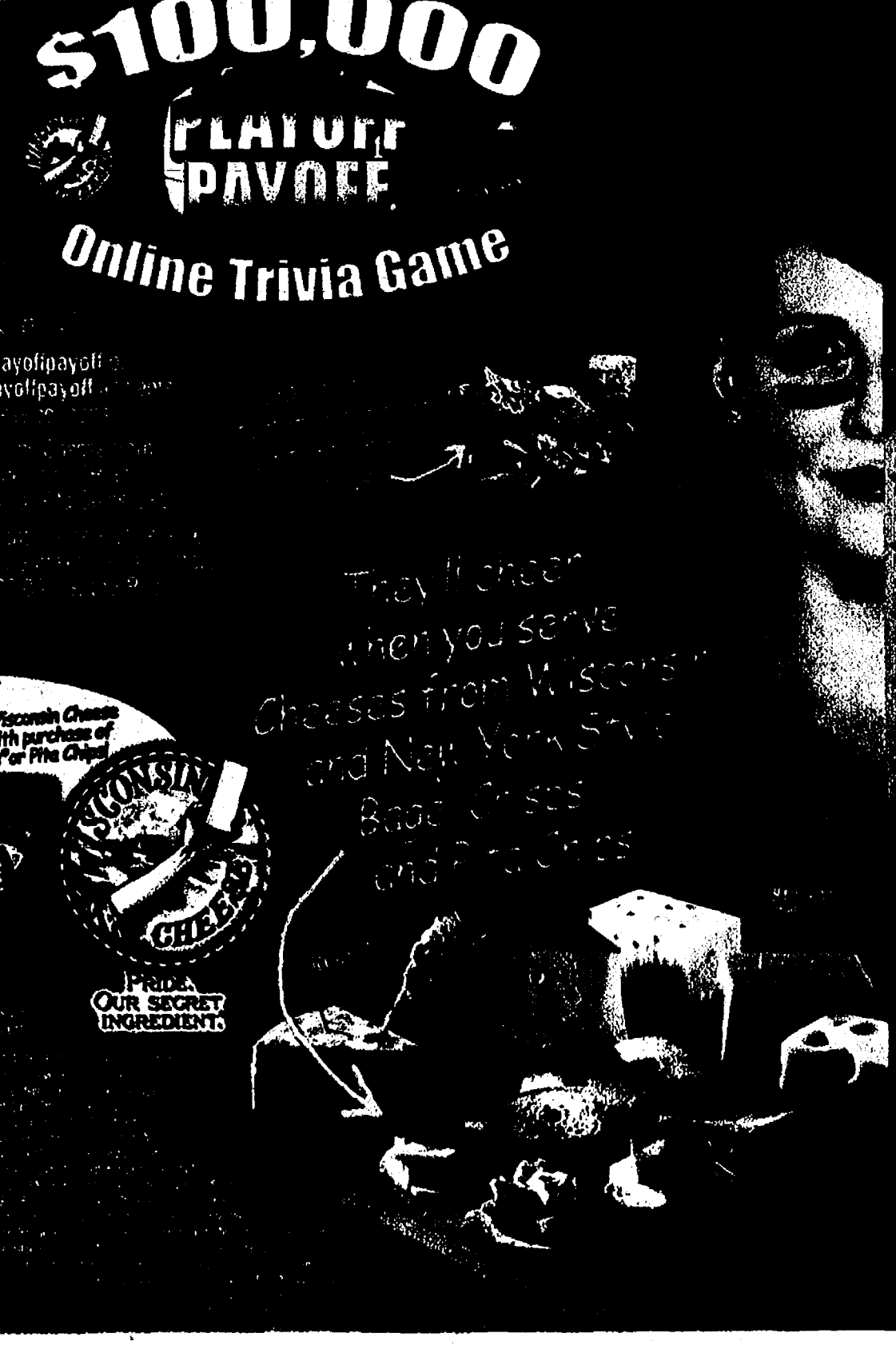
5 70153 00055 9 (8100) 0 07300

Prep time: 15 minutes
Servings: 16 (2 Tbsp. spread per serving)

1 (8 oz.) pkg. Wisconsin Cream Cheese, softened
2 Tbsp. milk
1 cup finely shredded Wisconsin Sharp Cheddar Cheese*
4 slices bacon, cooked crisp and crumbled
2 Tbsp. chopped well-drained sun-dried tomatoes in oil
1 green onion, thinly sliced
1/4 tsp. hot pepper sauce or more to taste
New York Style® Bagel assorted Bagel Crisps® or Pita Chips

Combine Wisconsin Cream Cheese and milk in a medium bowl; mix well. Stir in Wisconsin Sharp Cheddar Cheese, bacon, sun-dried tomatoes, green onion and hot pepper sauce; mix well. Transfer to serving dish. Serve with Bagel Crisps® or Pita Chips.

* Smoked or Plain Wisconsin Gouda, Wisconsin Swiss, or Wisconsin Muenster may be substituted for Cheddar, if desired.



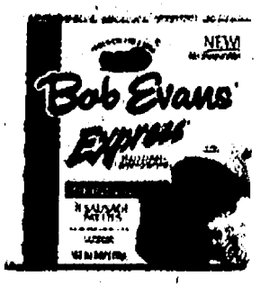
Gatorade, Frito-Lay, Quaker, Tropicana, Ocean Spray, Hills Bros., MJB, Folgers, Maxwell House, Yuban, Nescafé, Taster's Choice, Starbucks, Dannon, Yoplait, Breyers, Edy's, Dreyer's, Kraft, Oscar Mayer, Lunchables, Velveeta, Philadelphia, Jell-O, Post, Nabisco, Oreo, Chips Ahoy!, Ritz, Triscuit, Wheat Thins, Honey Maid, Teddy Grahams, Fig Newtons, Vlasic, LasikPlus, Ultra Slim-Fast, Boost, Carnation Instant Breakfast, Coffee-mate, Pillsbury, Betty Crocker, Gold Medal, Progresso, Green Giant, Old El Paso, Hamburger Helper, Totino's, Häagen-Dazs, Nestlé Toll House, Butterfinger, Crunch, Baby Ruth, 5th Avenue, Milky Way, 3 Musketeers, Snickers, M&M's, Skittles, Starburst, Twix, Combos, Pepperidge Farm, Goldfish, Milano, Entenmann's, Little Bites, Mrs. Fields, Godiva, Hershey's, Reese's, Kisses, Whoppers, Jolly Rancher, Twizzlers, Bubble Yum, Life Savers, Pearson, Nestlé Crunch, Nestlé Butterfinger, Nestlé Raisinets, Nestlé Treasures, Nestlé Drumstick, Nestlé Push-Up, Nestlé Fudgsicle, Nestlé Dibs, Nestlé Sno-Caps, Nestlé Crunch Bunny, Nestlé Crunch Crisp, Nestlé Crunch Swirl, Nestlé Crunch Wafer, Nestlé Crunch Bar, Nestlé Crunch Ice Cream Bar, Nestlé Crunch Ice Cream Sandwich, Nestlé Crunch Ice Cream Cone, Nestlé Crunch Ice Cream Cup, Nestlé Crunch Ice Cream Bar, Nestlé Crunch Ice Cream Sandwich, Nestlé Crunch Ice Cream Cone, Nestlé Crunch Ice Cream Cup

Bob Evans

TAKE THE EXPRESS WAY

to a complete breakfast.

EXPRESS *Fully Cooked Patties*



- *Microwaveable and ready in seconds*
- *Completes breakfast any day of the week*
- *Quality you'd expect from Bob Evans*

MANUFACTURER'S COUPON | EXPIRES 03/18/07

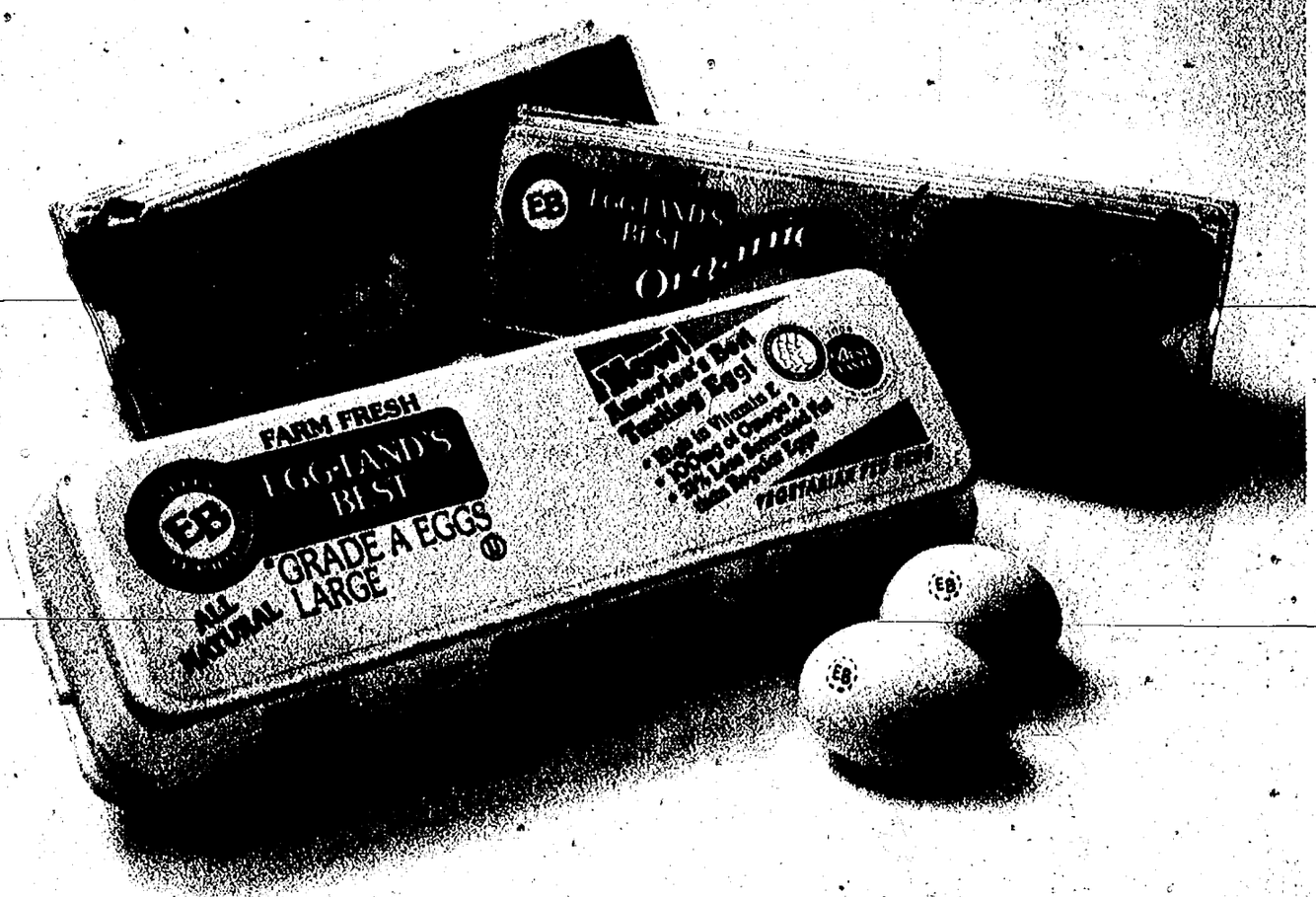
35¢ OFF
ANY VARIETY OF
Bob Evans®
EXPRESS® SAUSAGE OR BACON
AVAILABLE IN YOUR GROCER'S REFRIGERATED SECTION

CONSUMER: Only use this coupon to purchase the products specified. You must pay any sales tax. RETAILER: We will reimburse you the face value of this coupon plus $.08 handling provided you honor and furnish proof of purchase on request. Coupons not redeemed legitimately could violate U.S. Mail Statutes. Void when duplicated, transferred, assigned, taxed, restricted or where prohibited. Cash Value 1/100¢. Limit one coupon per purchase. Redemption Address: CMS Dept. #75900, 1 Fawcett Drive, Del Rio, TX 78840.

5 75900 50035 1 (8101)0 11250 0307

Better taste. Better nutrition.

Better eggs.



And, now, even more ways to enjoy EBs.

Mkr. Coupon | Expires 6/30/07

Save 50¢

Egg•land's Best Cage Free Dozen or Organic Dozen Eggs

RETAILER: Eggland's Best, Inc., will reimburse you face value of coupon plus 8¢ if submitted in compliance with our redemption policy, available upon request. Cash value 1/100¢. Mail to: EGGLAND'S BEST, INC., P.O. BOX 880235, EL PASO, TX 88588-0235. Void if copied, prohibited, restricted, or transferred prior to redemption. One coupon per purchase. ©2006 EGGLAND'S BEST, INC.

360618

5 15141 11050 6 (8100) 7 36061

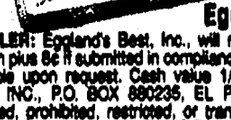
Eggland's Best®
America's Best Tasting Egg

2003
2004
2005
2006
2007

The ChefsBest™ Award for Best Taste is awarded to the brand rated highest overall among leading brands by independent professional chefs.

Mkr. Coupon | Expires 6/30/07

Save 35¢



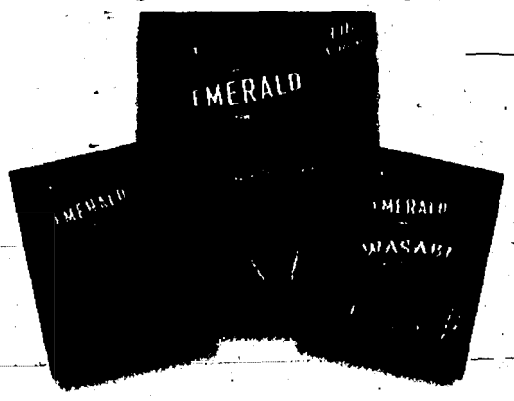
Egg•land's Best Eggs

RETAILER: Eggland's Best, Inc., will reimburse you face value of coupon plus 8¢ if submitted in compliance with our redemption policy, available upon request. Cash value 1/100¢. Mail to: EGGLAND'S BEST, INC., P.O. BOX 880235, EL PASO, TX 88588-0235. Void if copied, prohibited, restricted, or transferred prior to redemption. One coupon per purchase. ©2006 EGGLAND'S BEST, INC.

360600

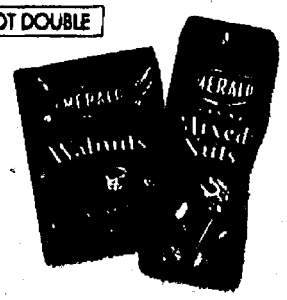
5 15141 11035 3 (8100) 7 36060

NEW! Bold Peanuts
coming soon to a store near you!



MANUFACTURER COUPON | EXPIRES 7/31/07 | DO NOT DOUBLE

SAVE $1.00



On Any Emerald® Premium Snack Product 5 oz. or Larger

50123

Retailer: We will reimburse you the face value of this coupon plus 8¢ handling provided it is redeemed by a consumer at the time of purchase on the brand specified. Coupons not properly redeemed will be void and held. Reproduction of this coupon is expressly prohibited. (Any other use constitutes fraud.) Mail to: CMS Dep't. 10300, Diamond Foods, Inc., 1 Fawcett Drive, Del Rio, TX 78840. Cash value .001¢. Void where taxed or restricted. LIMIT ONE COUPON PER ITEM PURCHASED. DIAMOND FOODS, INC. 5 10300 10076 3 (8101)0 50123 0707

SUPER SNACKING NATURALLY...

MANUFACTURER'S COUPON EXPIRES 3-10-07 DO NOT DOUBLE

SAVE $1.00

on any three (3) 18 oz. boxes OR one (1) 3.15 lb. or larger bag of Meow Mix® *Dry* Cat Food

(8100) 0 20080

Consumer: Coupon good only in the USA on purchase of brand/size indicated. Void if copied, transferred, prohibited or regulated. **Retailer:** Del Monte Foods will reimburse you for face value of this coupon plus 8¢ handling if redeemed in compliance with our redemption policy (available upon request). Cash value 1/100¢. Send coupons to: Del Monte Foods, P.O. Box 880101, El Paso, TX 88588-0101. LIMIT ONE COUPON PER PURCHASE.
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200808

9 95151999992768

MANUFACTURER'S COUPON EXPIRES 3-10-07 DO NOT DOUBLE

GET 2 FREE

when you buy any four (4) Meow Mix® Market Select™ *Cups* or Meow Mix® *Wet* Food Pouches

Maximum Retail Value: $1.00

on **Save $1.00** on any one (1) variety pack (Meow Mix® Market Select™ *Cup* or Meow Mix® *Wet* Food Pouches)

(8100) 0 20081

Consumer: Coupon good only in the USA on purchase of brand/size indicated. Void if copied, transferred, prohibited or regulated. **Retailer:** Del Monte Foods will reimburse you for face value of this coupon plus 8¢ handling if redeemed in compliance with our redemption policy (available upon request). Cash value 1/100¢. Send coupons to: Del Monte Foods, P.O. Box 880101, El Paso, TX 88588-0101. LIMIT ONE COUPON PER PURCHASE.
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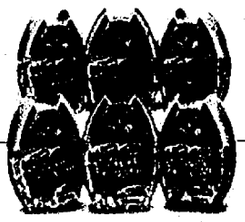
200816

9 95151999992768

MANUFACTURER'S COUPON EXPIRES 3-10-07 DO NOT DOUBLE

SAVE $1.00

on any one (1) Meow Mix® Tartar Control or Moist *Treats*



(8100) 0 56019

Consumer: Coupon good only in the USA on purchase of brand/size indicated. Void if copied, transferred, prohibited or regulated. **Retailer:** Del Monte Foods will reimburse you for face value of this coupon plus 8¢ handling if redeemed in compliance with our redemption policy (available upon request). Cash value 1/100¢. Send coupons to: Del Monte Foods, P.O. Box 880101, El Paso, TX 88588-0101. LIMIT ONE COUPON PER PURCHASE.
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560191

9 92927 45007 68

Meow Mix® brand

Cats Love the Fresh, Irresistible Taste

Satisfy your cat's cravings with Meow Mix® Brand Dry Cat Food, Wet Cat Food, & Treats!

TASTES SO GOOD CATS ASK FOR IT BY NAME!®

www.meowmix.com

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59-1

New

Welch's
SINCE 1869

Dried Fruit

Big bold fruit taste is in the bag.

MANUFACTURER'S COUPON | EXPIRES 4/30/07

SAVE $1.00

on any ONE **Welch's.** Dried Fruit
6 oz. bag, 5.5 oz. bag *(any flavor)*,
9-count Variety Pack or 8-count bag

CONSUMER: You may only use this coupon to purchase specified products. You pay any sales tax. Void if reproduced, taxed, transferred, sold or prohibited. LIMIT ONE COUPON PER PURCHASE. RETAILER: Your redemption signifies compliance with Welch's Coupon Redemption Policy currently in effect. Free copy available by writing to Welch Foods Inc., P.O. Box 660070, El Paso, TX 88566-0070. Send properly redeemed coupons to same address. Cash value 1/100 of 1¢. Welch's and the Welch's banner are registered trademarks of Welch Foods Inc., A Cooperative, Concord, MA 01742.

5 41800 92076 6 (8101)0 76621 0407

Also available in single serve pouches.

Pillsbury

Toaster Strudel

The One Kids Want to Eat!

...illsbury.com ©2007 The Pillsbury Company

SAVE 50¢

MFR COUPON
EXPIRES 3/24/07

when you buy any flavor/variety Pillsbury® Toaster Strudel™ OR Toaster Scrambles® Pastries OR Pillsbury® Pancakes

Void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. One coupon per purchase of specified product(s). Good only in USA, APOs & FPOs. CONSUMER: No other coupon may be used with this coupon. Consumer pays any sales tax. RETAILER: General Mills will reimburse you the face value of this coupon plus 8¢ if submitted in compliance with our redemption policy. Copy available upon request. Cash value 1/100 cent. Send to GENERAL MILLS, P.O. Box 880588, El Paso TX 88588-0588 or an authorized clearinghouse.

A11468A2 0107

5 18000 00050 5 (8100)0 58497 584971

Try All Our Great Flavors!

WIN JEEP 4X4

LOADED WITH WINTER GEAR!

Totino's MEGA Pizza Rolls 2X Bigger!

ESPN WINTER X GAMES ASPEN

GET GIVEAWAY

ultimate pepperoni

See specially marked packages for details.
No purchase necessary.

MFR COUPON | EXPIRES 3/24/07

...R CASE

SAVE 40¢ ON TWO

when you buy TWO PACKAGES any flavor, size, or variety Totino's® Rolls Snacks OR Mega Rolls Snacks

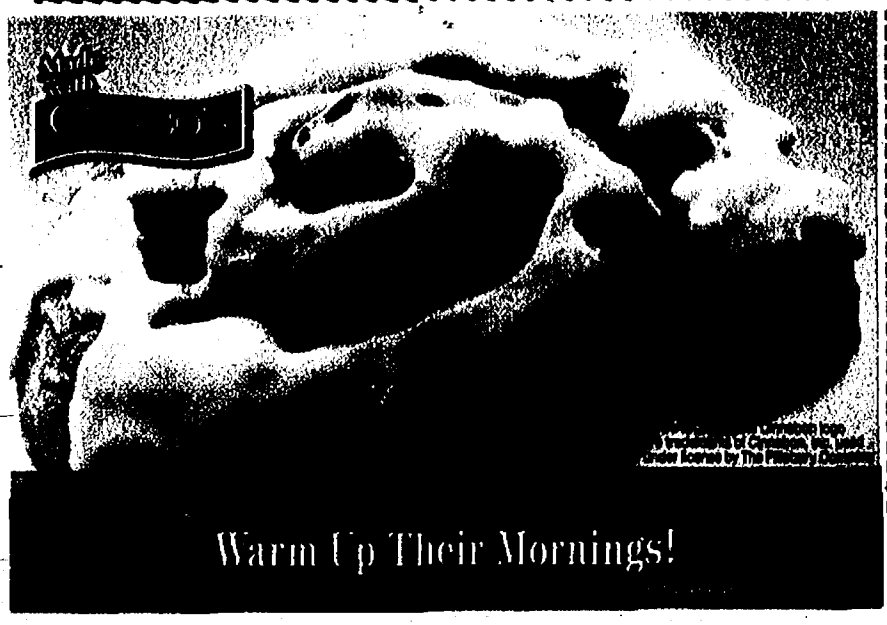
Void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. One coupon per purchase of specified product(s). Good only in USA, APOs & FPOs. CONSUMER: No other coupon may be used with this coupon. Consumer pays any sales tax. RETAILER: General Mills will reimburse you the face value of this coupon plus 8¢ if submitted in compliance with our redemption policy. Copy available upon request. Cash value 1/100 cent. Send to GENERAL MILLS, P.O. Box 880588, El Paso TX 88588-0588 or an authorized clearinghouse.

A11468A2 0107

5 42800 11622 7 (8100)0 58501 585012

Tune In to ESPN to watch the Winter X Games January 25-28, 2007

NO PURCHASE NECESSARY. OPEN TO LEGAL RESIDENTS OF THE 50 UNITED STATES AND D.C. 13 YEARS AND OLDER. VOID WHERE PROHIBITED. Promotion ends on October 15, 2007. For Official Rules, Free Method Of Entry, prize descriptions and odds disclosure, visit www.GetMegaXGames.com. Must have web access to play. You can play the Instant Win Game and obtain a Sweepstakes entry by visiting www.GetMegaXGames.com or by text messaging the word "MEGA" to short code "PRIZE". Limit one entry per day. Prize notification and verification delivered online. Entrants who participate by text messaging may be charged according to their carrier's standard rates. Sponsor: General Mills Sales, Inc., One General Mills Blvd. Minneapolis, MN 55440.



Warm Up Their Mornings!

SAVE 30¢

MFR COUPON
EXPIRES 3/24/07

when you buy any **ONE** Pillsbury® Sweet Rolls **OR** Grands!® Sweet Rolls

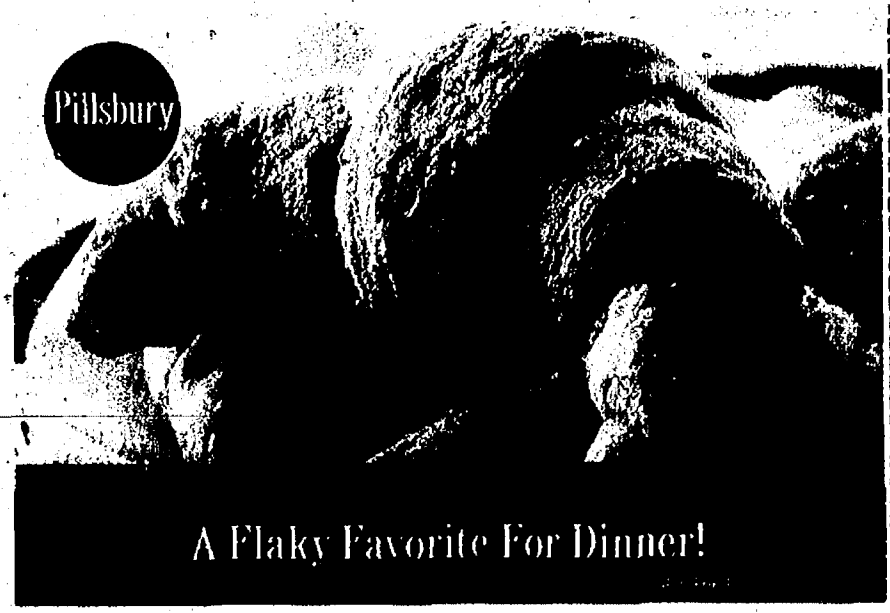
IN THE REFRIGERATED DOUGH CASE

Void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. One coupon per purchase of specified product(s). Good only in USA, APOs & FPOs. **CONSUMER:** No other coupon may be used with this coupon. Consumer pays any sales tax. **RETAILER:** General Mills will reimburse you the face value of this coupon plus 8¢ if submitted in compliance with our redemption policy. Copy available upon request. Cash value 1/100 cent. Send to GENERAL MILLS, P.O. Box 880588, El Paso TX 88588-0588 or an authorized clearinghouse.

585937 (8100)0 58593

5 18000 00030 7

A11469A1 0107

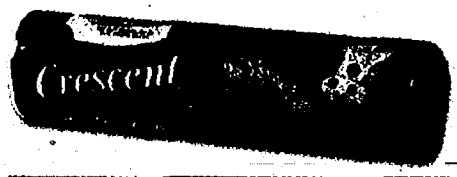


A Flaky Favorite For Dinner!

SAVE 50¢ ON TWO

MFR COUPON
EXPIRES 3/24/07

when you buy any **TWO** Pillsbury® Crescent Dinner Rolls



IN THE REFRIGERATED DOUGH CASE

Void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. One coupon per purchase of specified product(s). Good only in USA, APOs & FPOs. **CONSUMER:** No other coupon may be used with this coupon. Consumer pays any sales tax. **RETAILER:** General Mills will reimburse you the face value of this coupon plus 8¢ if submitted in compliance with our redemption policy. Copy available upon request. Cash value 1/100 cent. Send to GENERAL MILLS, P.O. Box 880588, El Paso TX 88588-0588 or an authorized clearinghouse.

586489 (8100)0 58648

5 18000 15024 8

A11469A1 0107

With Live And Active Cultures!

MFR COUPON | EXPIRES 3/18/07

SAVE 75¢ ON TWO

when you buy **TWO** any flavor Yoplait® Trix® or Go-GURT® Yogurt Multipacks or Yoplait® Go-GURT® Smoothie 4-packs

Void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law including LA, NV and ND. One coupon per purchase of specified product(s). Good only in USA, APOs & FPOs. **CONSUMER:** No other coupon may be used with this coupon. Consumer pays any sales tax. **RETAILER:** General Mills will reimburse you the face value of this coupon plus 8¢ if submitted in compliance with our redemption policy. Copy available upon request. Cash value 1/100 cent. Send to GENERAL MILLS, P.O. Box 880588, El Paso TX 88588-0588 or an authorized clearinghouse: Yoplait, U.S.A., Inc.

A11469A1 0107

592471

5 70470 92032 5 (8100)0 59247

Now You Can Enjoy Hamburger Helper® Anytime!

TRY THEM ALL

everything you need in one pouch!

NEW!

SAVE 50¢

MFR COUPON
EXPIRES 3/18/07

when you buy any flavor Hamburger Helper® Microwave Singles™

589669 (8100)0 58966

5 1600057150 6

Void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. One coupon per purchase of specified product(s). Good only in USA, APOs & FPOs. CONSUMER: No other coupon may be used with this coupon. Consumer pays any sales tax. RETAILER: General Mills will reimburse you the face value of this coupon plus 8¢ if submitted in compliance with our redemption policy. Copy available upon request. Cash value 1/100 cent. Send to GENERAL MILLS, P.O. Box 880588, El Paso TX 88588-0588 or an authorized clearinghouse.

A11662A2 0107

Are your kids getting enough Whole Grain & Calcium?

Only 1 in 10 kids gets the recommended servings of whole grain

Only 4 in 10 kids get the recommended amount of calcium

General Mills Big G Cereal is the **only** leading manufacturer whose **kid cereals** all provide at least a **good source** of both **whole grain** and **calcium**.

All Big G cereals are a good source of whole grain and calcium per serving, except [illegible]

MFR COUPON | EXPIRES 2/24/07

SAVE $1.50 ON THREE

when you buy any **THREE** Cinnamon Toast Crunch®, Lucky Charms®, Chocolate Lucky Charms®, Berry Lucky Charms®, Reese's® Puffs®, Cookie Crisp®, Double Chocolate Cookie Crisp™, Peanut Butter Cookie Crisp®, Cocoa Puffs®, Trix®, Dora the Explorer™, Golden Grahams®, Kix®, Disney's®, or Count Chocula® cereals

Void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. One coupon per purchase of specified product(s). Good only in USA, APOs & FPOs. CONSUMER: No other coupon may be used with this coupon. Consumer pays any sales tax. RETAILER: General Mills will reimburse you the face value of this coupon plus 8¢ if submitted in compliance with our redemption policy. Copy available upon request. Cash value 1/100 cent. Send to GENERAL MILLS, P.O. Box 880588, El Paso TX 88588-0588 or an authorized clearinghouse.

A11628A1 0107

587887

5 16000 70007 4 (8100)0 58788

The Original Chex® Party Mix

3 cups Corn Chex® cereal
3 cups Rice Chex® cereal
3 cups Wheat Chex® cereal
6 tablespoons butter or margarine
2 tablespoons Worcestershire sauce
1½ teaspoons seasoned salt
½ teaspoon garlic powder
½ teaspoon onion powder
1 cup mixed nuts
1 cup bite-size pretzels
1 cup garlic-flavor bite-size bagel chips or regular-size bagel chips broken into 1-inch pieces

Directions

Microwave Directions

Make The Mix That Makes The Game!

MFR COUPON | EXPIRES 2/24/07

SAVE $1.00 ON TWO

when you buy any **TWO** Chex® cereals: Rice Chex®, Corn Chex®, Wheat Chex®, Honey Nut Chex®, Frosted Chex® or Multi-Bran Chex®

Void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. One coupon per purchase of specified product(s). Good only in USA, APOs & FPOs. **CONSUMER:** No other coupon may be used with this coupon. Consumer pays any sales tax. **RETAILER:** General Mills will reimburse you the face value of this coupon plus 8¢ if submitted in compliance with our redemption policy. Copy available upon request. Cash value 1/100 cent. Send to GENERAL MILLS, P.O. Box 880588, El Paso TX 88588-0588 or an authorized clearinghouse.

A11755A1 0107

586590

5 16000 74533 4 (8100)0 58659

Did you know we cater? **1.866.977.9090.**

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CERTIFICATE

$1 Off

any Individual Meal or Carver Combo™

EXPIRES FEBRUARY 25, 2007

BOSTON MARKET EST. 1985

CERTIFICATE

$1 Off

any Individual Meal or Carver Combo™

EXPIRES FEBRUARY 25, 2007

BOSTON MARKET EST. 1985

CERTIFICATE

$2 Off

any $10 Purchase

EXPIRES FEBRUARY 25, 2007

BOSTON MARKET EST. 1985

CERTIFICATE

$4 Off

any $20 Purchase

EXPIRES FEBRUARY 25, 2007

BOSTON MARKET EST. 1985

FREE SIGNATURE GIFT BOX

with your Custom Printed **MY M&M'S®** order!

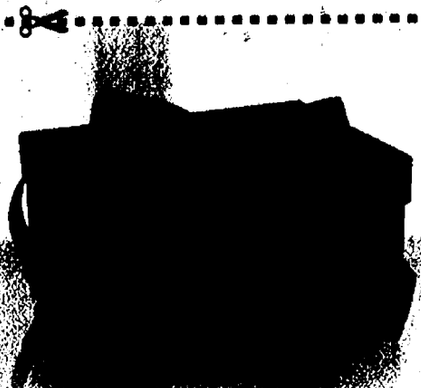
Say Be My Valentine ... *your way.*

MY M&M'S®

Put your own loving words on Custom Printed **MY M&M'S®** and give a Valentine that's straight from your heart. Tell the love of your life how much you miss her.

Or even celebrate the wonderful times you've had together.

Get sweet hugs and kisses when you give any of our heart-warming Valentine's Day gift ideas, only at **mymms.com/vdaygift26.**



Order Custom Printed MY M&M'S®
by 1/26/07 and get our

FREE SIGNATURE GIFT BOX

Go to mymms.com/vdaygift26
and enter promo code
VDAYGIFT26.

What would yours say?

This offer may not be combined with any other promotional offers or existing orders and is only valid through this advertisement. While supplies last. Excludes bulk orders. ®/TM Trademarks © Mars, Incorporated 2007

Schwarzkopf
Expert HairCare for you.

citré shine

It's Nature's Pure Radiance

MANUFACTURER'S COUPON

SAVE $1.00

on any One (1) Full Size Citré Shine Product

CONSUMER: Only one coupon is redeemable per purchase of any full-size product. **RETAILER:** Schwarzkopf & Henkel will reimburse you the face value of this coupon plus 8¢ handling. Coupons not properly redeemed will be void and held. Any other use constitutes fraud. Schwarzkopf & Henkel reserves the right to request further information to substantiate appropriate product purchases to cover coupons presented and failure to do so may void all coupons submitted for redemption of this offer. To redeem this coupon, retailer must provide store name & address and mail to: **Schwarzkopf & Henkel, P.O. Box [illegible], El Paso, TX [illegible]**. Cash value 1/100¢. Void where prohibited, taxed or restricted by law. Coupon valid only in the USA. Limit one coupon per purchase. This coupon cannot be used with any other coupon offer.

2562

203428

5 52336 20076 5 (8100) 0 20342

MANUFACTURER'S COUPON

SAVE $3.00

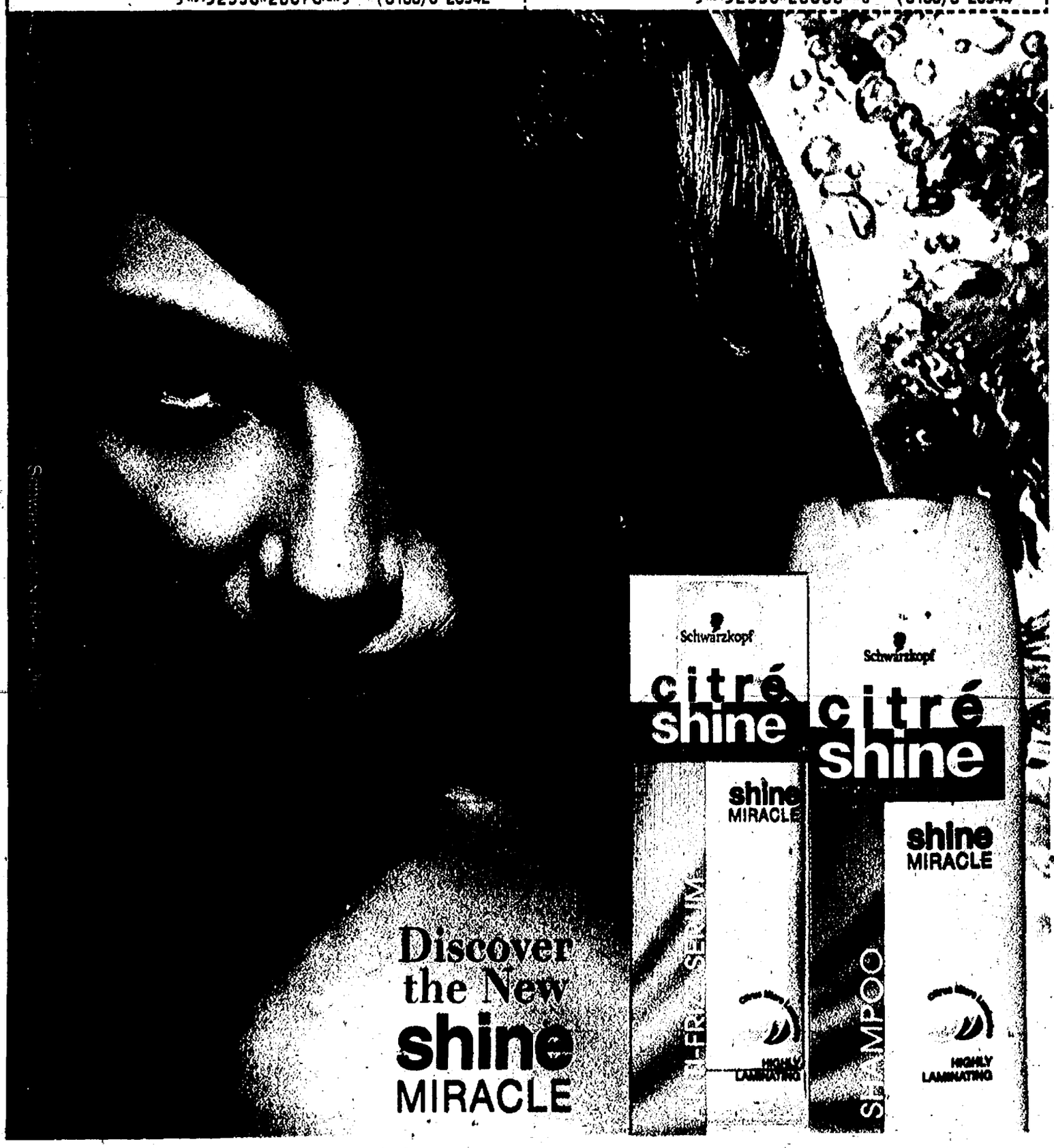
on any Two (2) Full Size Citré Shine Products

CONSUMER: Only one coupon is redeemable per purchase of any full-size product. **RETAILER:** Schwarzkopf & Henkel will reimburse you the face value of this coupon plus 8¢ handling. Coupons not properly redeemed will be void and held. Any other use constitutes fraud. Schwarzkopf & Henkel reserves the right to request further information to substantiate appropriate product purchases to cover coupons presented and failure to do so may void all coupons submitted for redemption of this offer. To redeem this coupon, retailer must provide store name & address and mail to: **Schwarzkopf & Henkel, P.O. Box [illegible], El Paso, TX [illegible]**. Cash value 1/100¢. Void where prohibited, taxed or restricted by law. Coupon valid only in the USA. Limit one coupon per purchase. This coupon cannot be used with any other coupon offer.

2562

203444

5 52336 20008 6 (8100) 0 20344

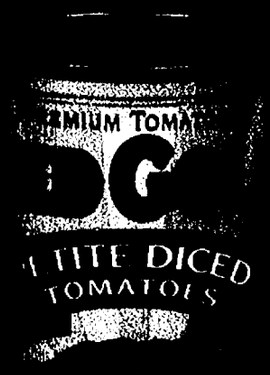


Recipes don't call for our tomatoes. They plead for them.

PESTO PINWHEELS

MAKES 16 PINWHEELS

PREP TIME 15 min COOK TIME 12 min



Join our quarterly e-newsletter for recipes and special offers at www.redgold.com

www.redgold.com | MANUFACTURERS COUPON | EXPIRES 4/30/2007

SAVE 50¢
on 2 cans of any
Red Gold Tomatoes

Limit – One coupon per purchase of product indicated. Consumer to pay sales tax. Cash value 1/100¢. Void if transferred, sold or traded. Retailer: Red Gold will reimburse you for the face value and 8¢ handling if submitted in compliance with our redemption policy. Copies of the policy are available upon request. Mail coupons to CMS, Dept 72940, Red Gold, Inc., 1 Fawcett Drive, Del Rio, TX 78840.

02717

5 72940 10024 4 (8101)0 02717 0407

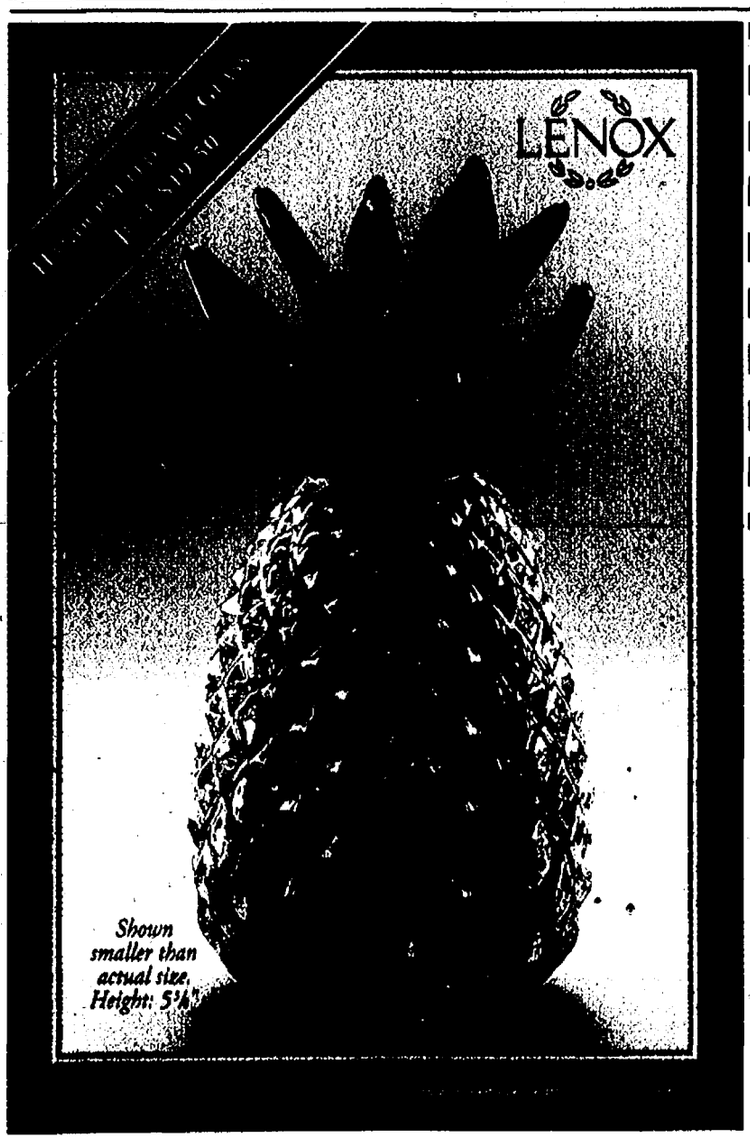
www.redgold.com | MANUFACTURERS COUPON | EXPIRES 4/30/2007

SAVE 50¢
on 3 cans of any
Red Gold Tomatoes

Limit – One coupon per purchase of product indicated. Consumer to pay sales tax. Cash value 1/100¢. Void if transferred, sold or traded. Retailer: Red Gold will reimburse you for the face value and 8¢ handling if submitted in compliance with our redemption policy. Copies of the policy are available upon request. Mail coupons to CMS, Dept 72940, Red Gold, Inc., 1 Fawcett Drive, Del Rio, TX 78840.

02718

5 72940 10041 1 (8101)0 02718 0407



Order Form • Mail by February 5, 2007

I wish to order ___(qty.) *Tropical Delight* art glass sculpture(s), handcrafted in an original design by Lenox.

No payment is required now. Bill me just $19.50* for each sculpture ordered.

Signature _____

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State ____ Zip ____
S4154894

Telephone(____) _____

E-mail _____

* Plus $4.25 per sculpture for shipping and processing. Your sales tax will be added. All orders are subject to acceptance.

Mail to: Lenox • P.O. Box 732 • Bristol, PA 19007-0732

Tropical Delight

The richness of nature in sculpture

The elegant pineapple has long graced many a home as a sign of welcome and abundance. Now Lenox captures the unique loveliness of this tropical fruit in a colorful art glass sculpture.

Tropical Delight masterfully portrays the pineapple through the technique of layering clear molten glass over amber-colored glass. This and the textured surface both reflect and embrace light, drawing the eye to the very depths of the sculpture.

This fine imported work of art is priced at just $19.50. Each sculpture will bear the Lenox® hallmark and be issued with a Certificate of Authenticity.

To acquire *Tropical Delight* for yourself and for gift giving, mail your order today. Your satisfaction is guaranteed.

Half the sugar of yogurt

(no wonder people are swapping)

Breakstone's SWAP, DROP & WIN

Take the Swap, Drop & Win Challenge for a chance to win some sweet prizes at breakstones.com.

KRAFT | MANUFACTURER'S COUPON | EXPIRATION DATE: 2/28/2007

SAVE 55¢

on ANY TWO Breakstone's Cottage Doubles

RETAILER: Kraft Foods Global, Inc. or a subsidiary, will reimburse the face value of this coupon plus handling if submitted in compliance with its Coupon Redemption Policy, previously provided you and available upon request. Cash value 1/100¢. Coupon can only be distributed by Kraft Foods Global, Inc. or its agent. Mail to: Kraft Foods Global, Inc., P.O. Box 880055, El Paso, TX. 88588-0055. Offer expires: 2/28/2007.
CONSUMER: One coupon valid for item(s) indicated. Any other use constitutes fraud. VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD. Valid only in the USA, FPO's and APO's.

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C02607

5 21000 71128 9 (8100) 0 99533

99533

KRAFT | MANUFACTURER'S COUPON | EXPIRATION DATE: 2/28/2007

SAVE 55¢

on ANY ONE Breakstone's Cottage Cheese tub or 4-pack

RETAILER: Kraft Foods Global, Inc. or a subsidiary, will reimburse the face value of this coupon plus handling if submitted in compliance with its Coupon Redemption Policy, previously provided you and available upon request. Cash value 1/100¢. Coupon can only be distributed by Kraft Foods Global, Inc. or its agent. Mail to: Kraft Foods Global, Inc., P.O. Box 880055, El Paso, TX. 88588-0055. Offer expires: 2/28/2007.
CONSUMER: One coupon valid for item(s) indicated. Any other use constitutes fraud. VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD. Valid only in the USA, FPO's and APO's.

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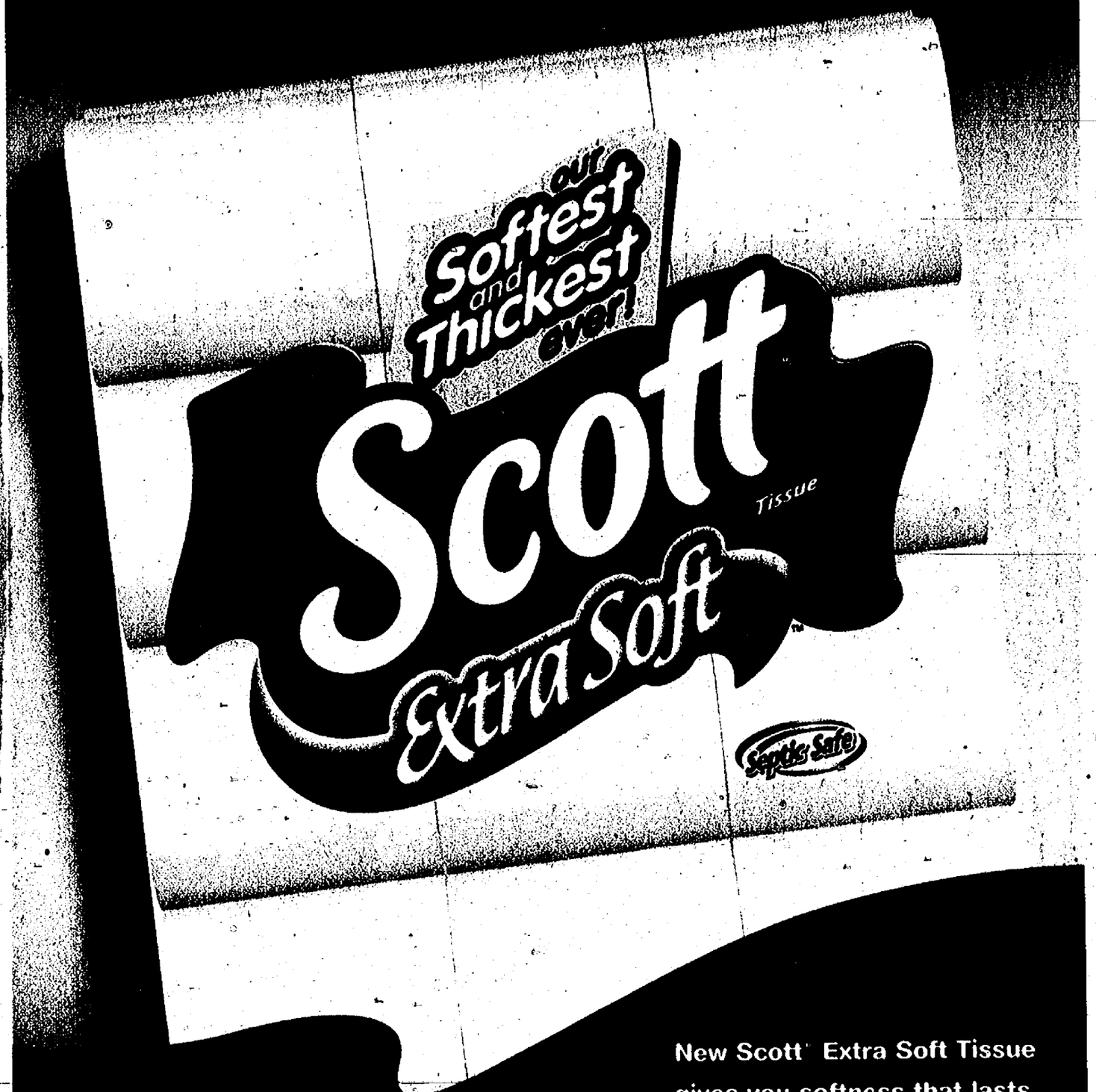
C02527

5 21000 71155 5 (8100) 0 99539

99539

Discover a Whole New Softness!



New Scott® Extra Soft Tissue gives you softness that lasts. It's our softest, thickest ever!

ENTER FOR A CHANCE TO WIN $25,000!

Scott Extra Soft ClogClinic

Visit ScottClogClinic.com

© Kimberly-Clark

Manufacturer's Coupon

Expires 06/15/07

SAVE 75¢

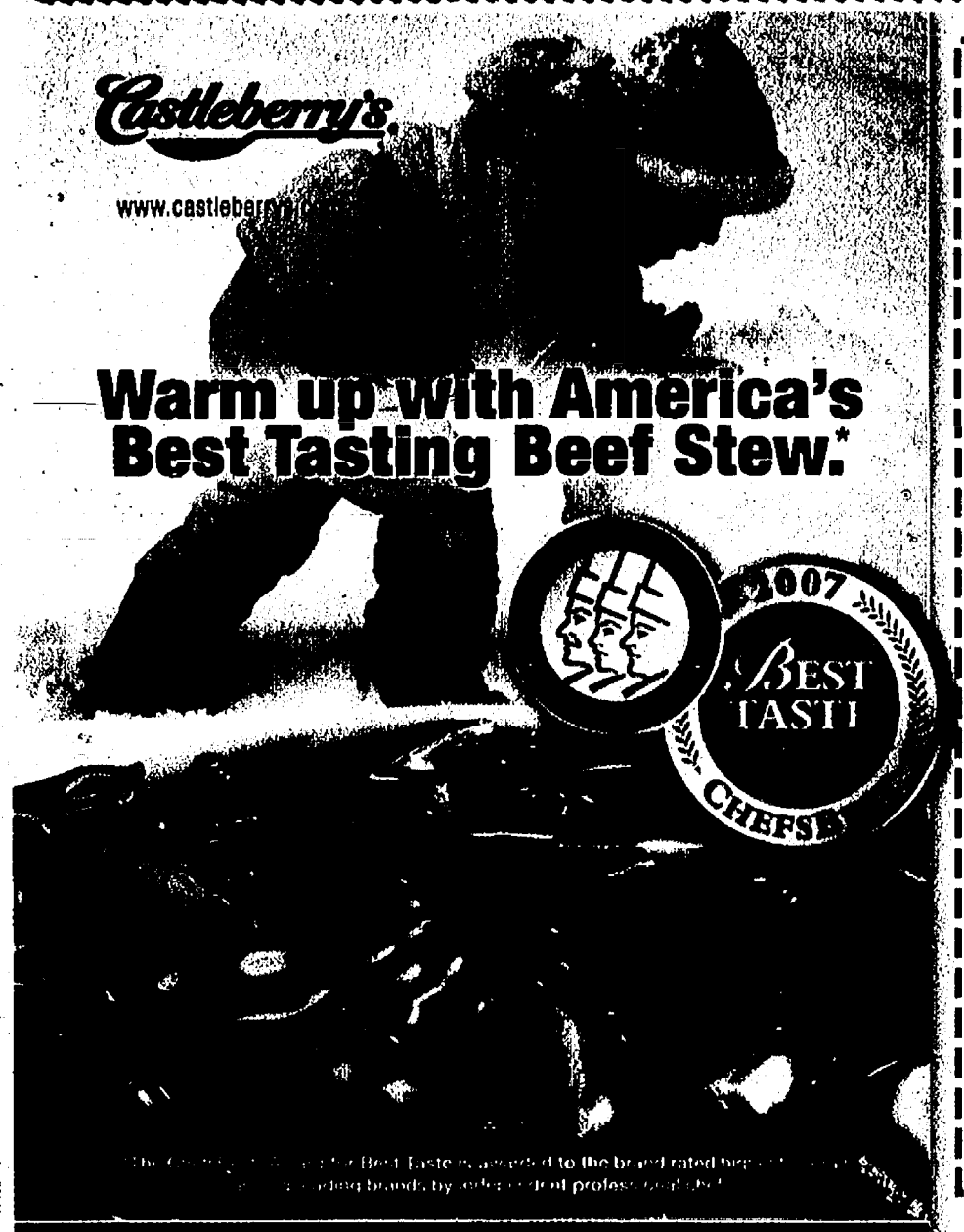
On **ONE (1) SCOTT®** Extra Soft Tissue 4-pack or larger

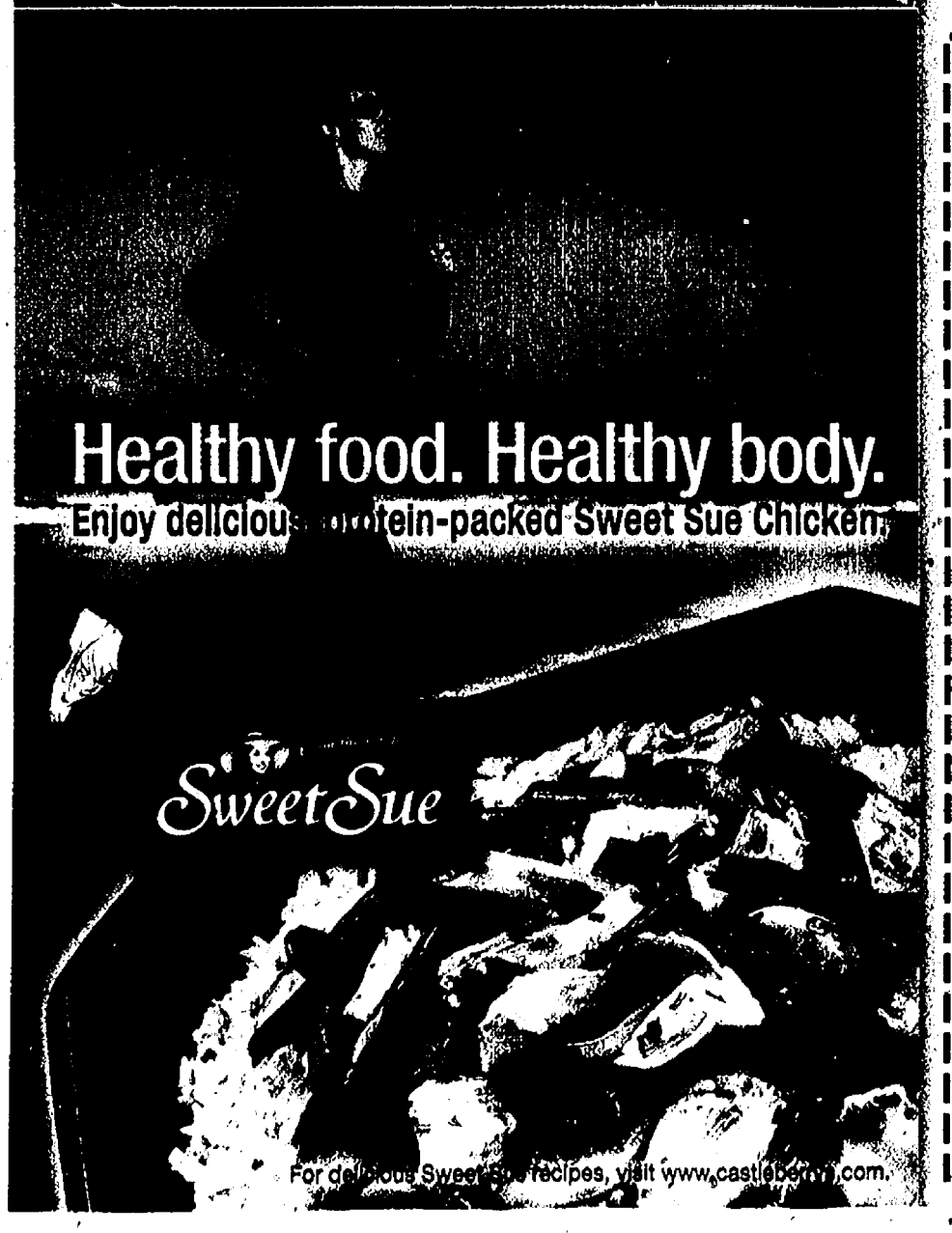
CONSUMER: May not be sold or auctioned or otherwise transferred or reproduced. Limit one coupon per purchase as specified above. Any other use is fraudulent.
RETAILER: Your redemption certifies compliance with K-C's Coupon Refund Policy (copies available upon request). K-C will pay you face value (actual retail price, or maximum value if indicated, if "free" offer) plus $.08 handling fee per coupon. Send coupons and requests for policy to Kimberly-Clark, P.O. Box 880148, El Paso, TX 88588-0148. Void where prohibited or restricted. Cash value 1/20 cent. Good only in the 50 United States. ® Registered Trademark of Kimberly-Clark Worldwide, Inc. © 2006 KCWW BAD-2408 C-006126

341401

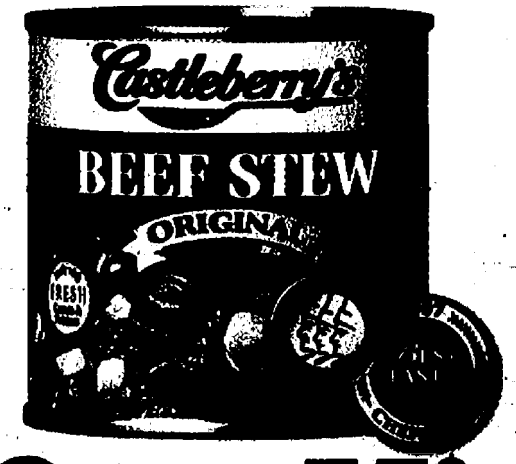
Scott

5 54000 64075 4 (8100)0 34140





MANUFACTURER'S COUPON | EXPIRES 04/30/07



Save 55¢

on any one 20 oz. or larger
Castleberry's Beef Stew or 3-Pack Beef Stew

CONSUMER: Redeem this coupon only on the brand specified. Any other use constitutes fraud. Limit one coupon per purchase. RETAILER: This coupon will be redeemed for its face value plus $.08 handling, in accordance with the offer stated herein. Invoices providing purchases of sufficient quantities of stock to cover the coupons must be shown on request. Coupon is void if taxed, prohibited, or restricted by law. Cash value .001 cent. Valid in the USA. This coupon not valid if assigned, transferred or reproduced. Send coupons to Bumble Bee Foods, CMS Dept. #86600, One Fawcett Drive, Del Rio, TX 78840 ©2006 Bumble Bee Foods, LLC.

70433

5 30300 22355 2 (8101)0 70433 0407

MANUFACTURER'S COUPON | EXPIRES 04/30/07

Save 55¢

on any one Sweet Sue product

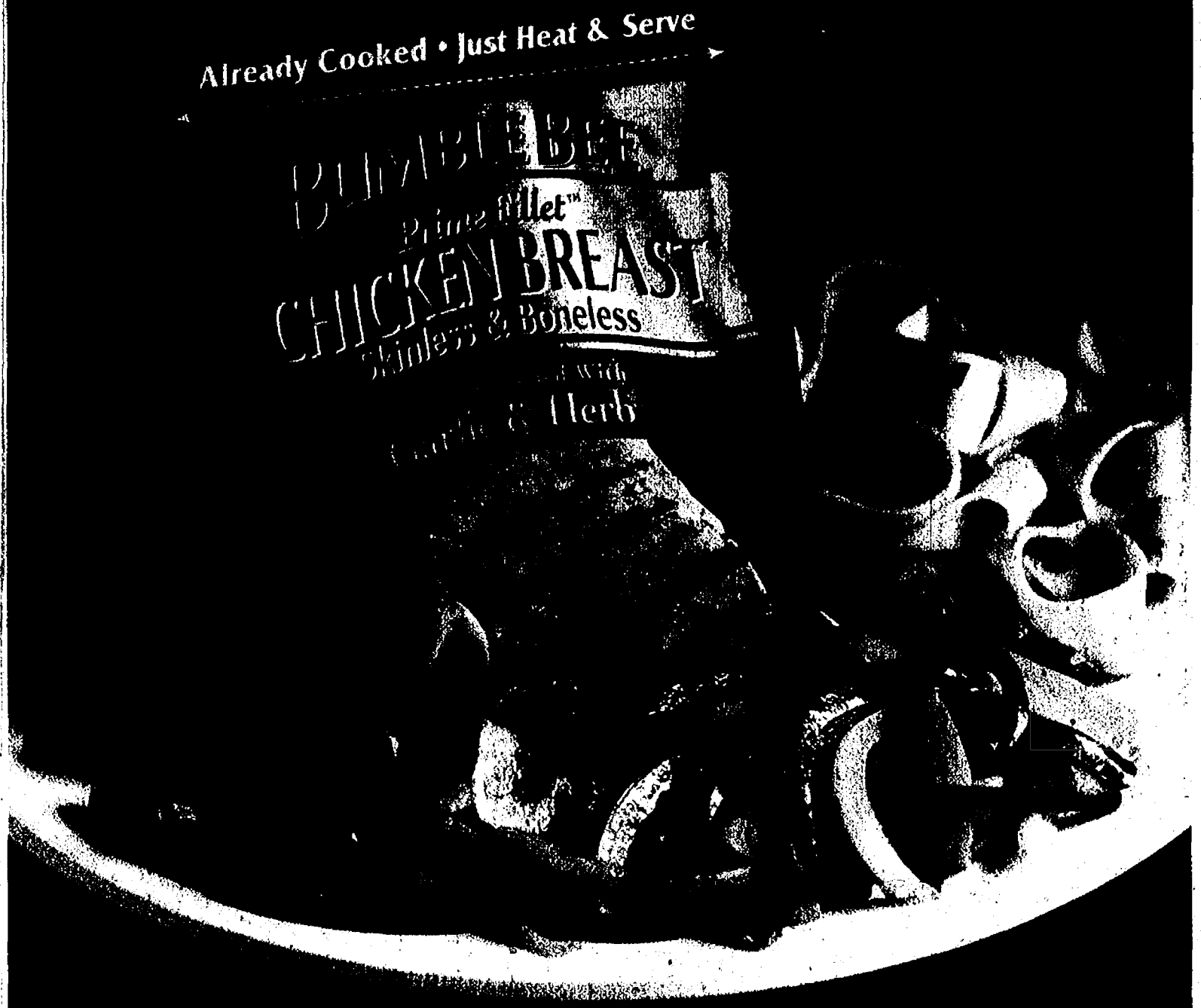
CONSUMER: Redeem this coupon only on the brand specified. Any other use constitutes fraud. Limit one coupon per purchase. RETAILER: This coupon will be redeemed for its face value plus $.08 handling, in accordance with the offer stated herein. Invoices providing purchases of sufficient quantities of stock to cover the coupons must be shown on request. Coupon is void if taxed, prohibited, or restricted by law. Cash value .001 cent. Valid in the USA. This coupon not valid if assigned, transferred or reproduced. Send coupons to Bumble Bee Foods, CMS Dept. #86600, One Fawcett Drive, Del Rio, TX 78840 ©2006 Bumble Bee Foods, LLC.

70435

5 41358 00055 2 (8101)0 70435 0407

Get hooked on Bumble Bee in a whole new way.

Introducing Bumble Bee Prime Fillet Chicken Breasts.

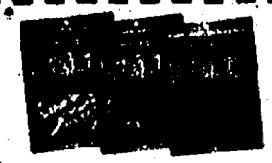


Moist, tender and delicious! Ready-to-serve in 30 seconds!
Try zesty Garlic & Herb, smoky-sweet Barbeque or savory Southwest Seasonings.
Just add a side dish and your meal is complete!

MANUFACTURER'S COUPON EXPIRES 04/30/07

SAVE $1.00 ON ONE

Bumble Bee® Prime Fillet™ Chicken Breast 4 oz. pouch



www.bumblebee.com

CONSUMER: Redeem this coupon only on the brand specified. Any other use constitutes fraud. Limit one coupon per purchase. **RETAILER:** This coupon will be redeemed for its face value plus $.08 handling, in accordance with the offer stated hereon. Invoices providing purchases of sufficient quantities of stock to cover the coupons must be shown on request. Coupon is void if taxed, prohibited, or restricted by law. Cash value .001 cent. Valid in the USA. This coupon not valid if assigned, transferred or reproduced. Send coupons to Bumble Bee Foods, CMS Dept. #86600, One Fawcett Dr., Del Rio, TX 78840.

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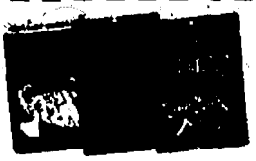
70429

5 86600 00076 8 (8101)0 70429 0407

MANUFACTURER'S COUPON EXPIRES 04/30/07

SAVE $1.00 ON ONE

Bumble Bee® Prime Fillet™ Chicken Breast, Albacore or Salmon Steak, 4 oz. pouch, any variety



www.bumblebee.com

CONSUMER: Redeem this coupon only on the brand specified. Any other use constitutes fraud. Limit one coupon per purchase. **RETAILER:** This coupon will be redeemed for its face value plus $.08 handling, in accordance with the offer stated hereon. Invoices providing purchases of sufficient quantities of stock to cover the coupons must be shown on request. Coupon is void if taxed, prohibited, or restricted by law. Cash value .001 cent. Valid in the USA. This coupon not valid if assigned, transferred or reproduced. Send coupons to Bumble Bee Foods, CMS Dept. #86600, One Fawcett Dr., Del Rio, TX 78840.

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70430

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MELT AWAY FAT & FLAB

Now you can have the benefits of a traditional heat sauna without ever leaving the comforts of your home. This incredible wrap focuses therapeutic sauna heat right where you need it. Great for the abdomen, waist, back and hips. Just wrap around the desired body part and let the wrap do the rest. Flexible wrap made of durable man-made materials, measures 49" x 6¾" and stays firmly in place with a secure self adjustable closure. Includes extension strap, multi level remote control, instruction guide, diet guide and tape measure to track your results. Hurry! Now only $9.97 SAVE $70.00 when ordering within 7 days, after 7 days $79.97.

Satisfaction Guaranteed or Return For Your Money Back

Miracle Sauna Wrap — Dept. 1688

(94621)

❑ YES! I've ordered within 7 days. ___Miracle Sauna Wrap(s) @ $9.97	$
❑ NO! I have not ordered within 7 days. ___Miracle Sauna Wrap(s) @ $79.97 each	$
CA residents must add 7.25% sales tax	$
Add $5.95 Shipping & Handling for 1st item Add $2.00 Shipping & Handing Each Additional	$
TOTAL	$

❑Enclosed is my check or money order payable to Dream Products, Inc.
Charge my: ❑ VISA ❑ MasterCard ❑ Discover®/NOVUS™Cards

Card# _____ Exp ___/___

Name _____

Address _____

City _____ ST ____ Zip _____

Send Orders To: **Dream Products, Inc.** 412 DREAM LANE, VAN NUYS, CA 91496

SWEAT AWAY
POUNDS...INCHES...DRESS SIZES
INSTANTLY!
Miracle Sauna Wrap

was $79.97 NOW $9.97

When Ordering Within 7 Days

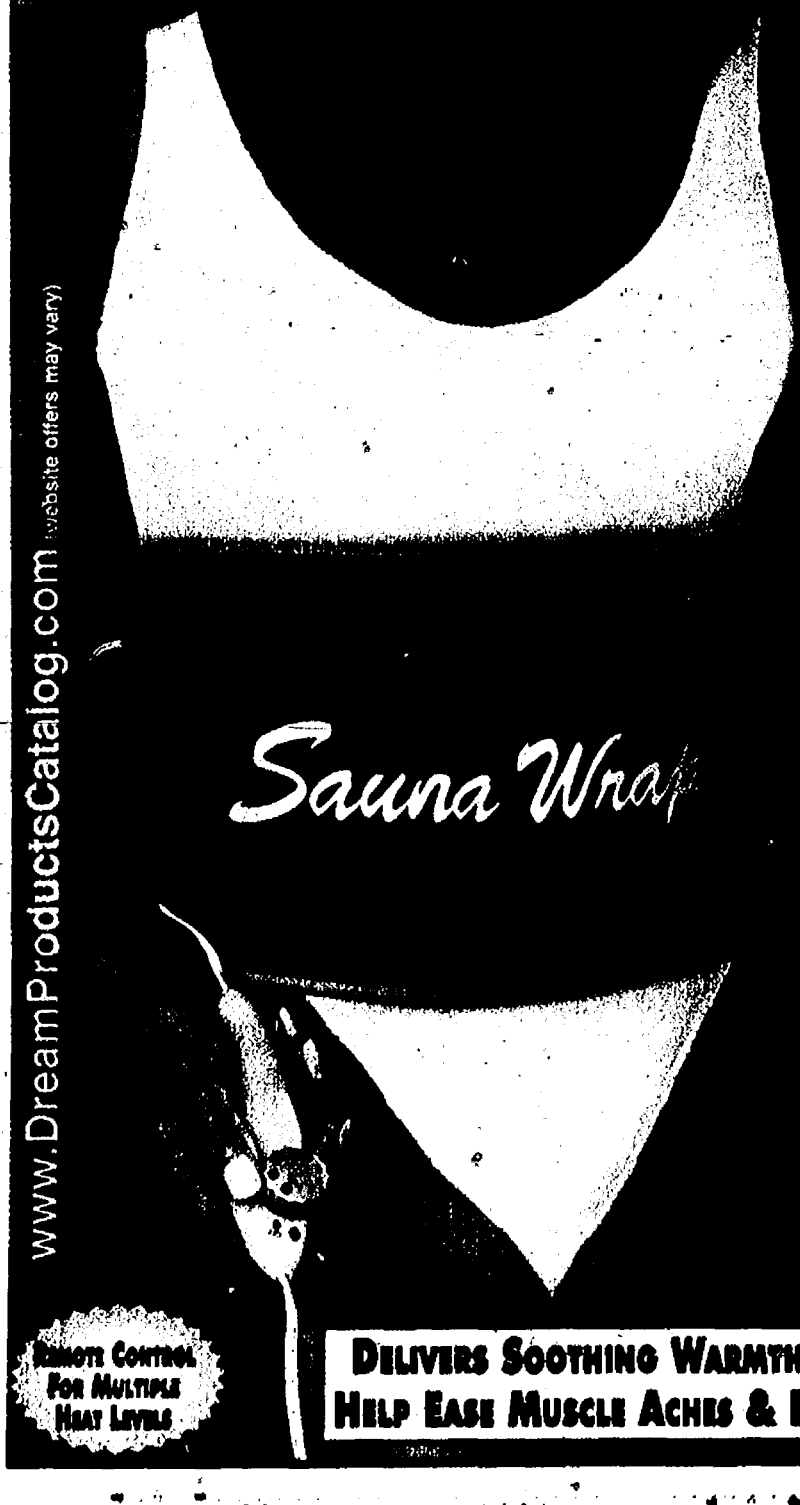
SAVE $70.00

NO MORE:

• PILLS • LOTIONS • CREAMS
• STEAM ROOM • SAUNAS • GYMS

Trim Without Strenuous Exercise

Helps Rid Your Body Of Impurities & Calories



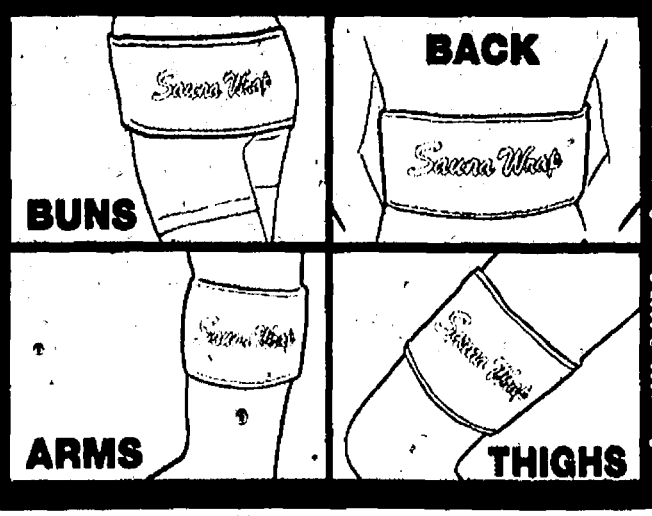
www.DreamProductsCatalog.com (website offers may vary)

REMOTE CONTROL FOR MULTIPLE HEAT LEVELS

DELIVERS SOOTHING WARMTH TO HELP EASE MUSCLE ACHES & PAIN!

SWEATING OPENS PORES!

MAKES SKIN FEEL SMOOTH AND SILKY



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RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, CT 06857

Detroit Lions
Charm Bracelet

YES! Reserve the *Detroit Lions Charm Bracelet* for me as described in this announcement.

Signature _____

Orders subject to acceptance. Allow 2 to 4 weeks after initial payment for shipment.

Name _____
(Please print clearly.)

Address _____

City _____

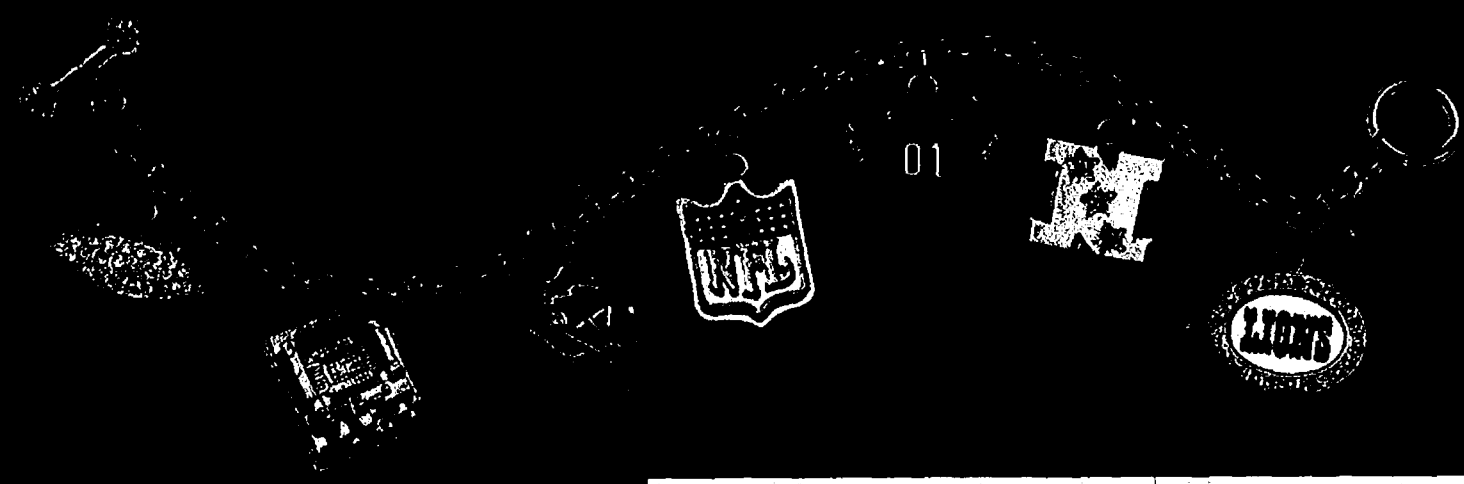
State _____ Zip _____

For guaranteed Valentine's Day delivery, call toll-free 1-800-726-1184.
www.danburymint.com/LionsCharm

FCYQK192

For guaranteed Valentine's Day delivery, call toll-free 1-800-726-1184
www.danburymint.com/LionsCharm

The Detroit Lions Charm Bracelet



Shown approximately actual size of 7.5" in length.

The Detroit Lions Charm Bracelet
nestles within a luxurious presentation box.

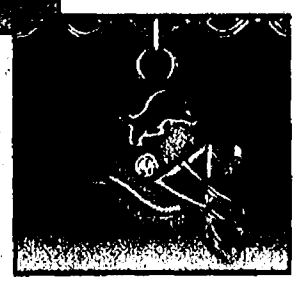
A 24kt gold-plated charm bracelet featuring brilliant Swarovski crystals.

The Detroit Lions are as beloved by their fans as any team in the nation. With an all-time roster featuring some of the greatest players in NFL history, few teams can match the Lions legacy. Now, you can wear your Lions pride every day with the *Detroit Lions Charm Bracelet.*

Quality craftsmanship and design.

Each *Detroit Lions Charm Bracelet* is plated in genuine 24kt gold. Seven charms hang from the bracelet featuring Lions logos, Ford Field, and other team memorabilia. The charms are beautifully fitted with Swarovski crystals and team colored enamels.

Sparkling Swarovski crystals adorn the bracelet.



Rich enamel accents add a special touch.

Satisfaction guaranteed; order today.

Officially licensed by NFL Properties LLC, the *Detroit Lions Charm Bracelet* is $99, payable in three monthly installments of just $33 (plus $4.50 total shipping and service). Your satisfaction is guaranteed. If you are not absolutely thrilled with your charm bracelet, you may return it within 90 days for replacement or refund. **For guaranteed Valentine's Day delivery, call us toll-free at 1-800-726-1184, 24 hours a day, 7 days a week. Order yours today!**

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The Danbury Mint

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New BOOST® Nutritional Drink Glucose Control™

Great for People with Diabetes

Deliciously Vanilla

New BOOST® Glucose Control™ fits into your lifestyle as a terrific anytime snack for people with diabetes.[1]

Compared to Glucerna® Shake†:

- 42% less sugars[2]
- 45% less carbohydrate[2]
- 60% more protein[2]
- Preferred taste[3]

MANUFACTURER COUPON | EXPIRES 2/28/2007

SAVE $1.25

When you purchase ANY package of BOOST® Glucose Control™

CONSUMER: This coupon good only for BOOST® multipack. You pay any sales tax. **This coupon is not valid for any product that is paid for in whole or in part by a government program.** May not be reproduced. Valid only in the U.S.A. Void if transferred to any person, firm or group prior to store redemption. RETAILER: You are authorized to act as our agent and redeem this coupon at face value on specified products. We will reimburse you for the face value of this coupon plus 8 cents if submitted in compliance with Novartis Nutrition Corporation Coupon Redemption Policy, incorporated herein by reference. Send coupons to: Coupon Redemption Center, P.O. Box 880170, El Paso, TX 88588-0170. Cash value 1/20 of 1 cent. Void where prohibited, taxed or restricted by law. © 2006 Novartis Nutrition Corporation, Minneapolis, MN 55440-0370 U.S.A.

5 (8101)0 20325 0207

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5 41679 13177 5

Available in three great-tasting flavors:

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Visit www.boostgc.com

†Glucerna® Shake is a registered trademark of Abbott/Ross Laboratories, Inc., [1]Not to be used as a substitute for medication or insulin-regulating drugs, [2]Comparing 8 oz serving labels, [3]BOOST Glucose Control Preference Test—Vanilla, Diabetic NCB Users, 3/06

Save 75¢!

Indulge your skin with

Jergens.

SHEA BUTTER
Moisturizers

Put your best skin out there.™

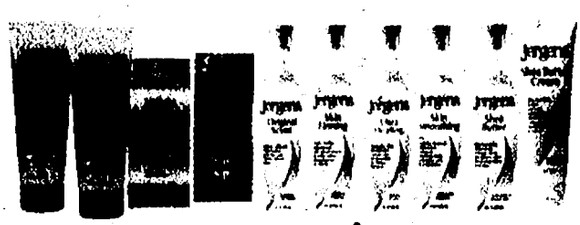
Formulated with **pure shea butter,** Jergens® Shea Butter moisturizers penetrate deeply transforming dry skin into radiantly **soft skin.**

For more information on Jergens® Shea Butter moisturizers visit www.jergens.com/sheabutter

MANUFACTURER'S COUPON | EXPIRES 2/19/07

Save 75¢

on any Jergens® Moisturizer 7.5 fl. oz. or larger OR Jergens® natural glow Daily Moisturizer 2.5 fl. oz. or larger



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03194

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FREE! FREE! FREE!

Monogram or Symbol | Paperboard Dispenser | Custom Lettering

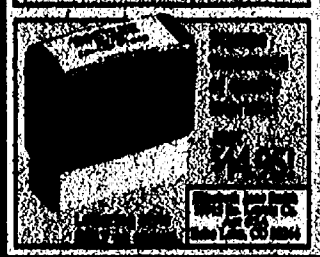
Melissa A. Stone
Interior Design
914 Upper Crest Lane
Yourtown, US 12345

50% Larger!

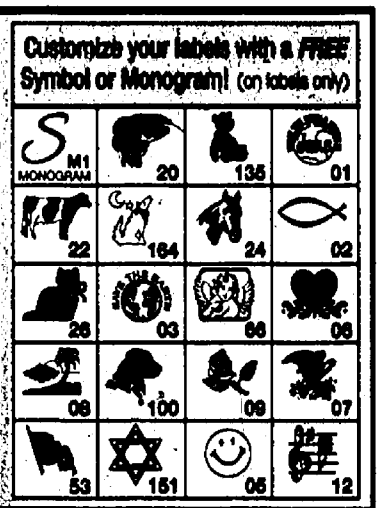
Melissa A. Stone
Interior Design
914 Upper Crest Lane
Yourtown, US 12345

Current

See more labels online at
www.CurrentLabels.com



Customize your labels with a FREE Symbol or Monogram! (on labels only)



QTY	❑ 30800 Plastic Dispenser *only $1 ea.*		▶ $_____
QTY	❑ 30040 Self-Inking Stamper *$14.95 ea.*		▶ $_____
Label Color	❑ 30110 Gold	❑ 30112 Silver	
	❑ 30114 Clear	❑ 30116 White	
	❑ 30118 Rainbow	❑ 30134 Stonewashed	
QTY	❑ Sm. roll of 300 **$4.95 ea.** BEST BUY ❑ Lg. roll of 600 **$7.95 ea.**	❑ *Add 50¢ for In-plant Rush!*	▶ $_____
Labels Only	❑ Block *FREE*	❑ *Italic FREE*	
	❑ *Script $1 per roll*	❑ *Contempo $1 per roll*	▶ $ *FREE*
	❑ Monogram M1 ___ Letter *$1 per roll* OR ❑ Symbol ___ Number *$1 per roll*		▶ $ *FREE*

BEST BUY!
600 labels—Double your quantity for just $3.00 more! only **$7.95**

S&H **$1.75** per item ▶ $_____
CO Res. Add Sales Tax ▶ $_____
TOTAL ENCLOSED ▶ $_____

PLEASE PRINT personalization **EXACTLY** as you want it to appear.
(Maximum 4 lines, 26 characters and spaces per line.) RLHEAA

Line 1 _____
Line 2 _____
Line 3 _____
Line 4 _____

Mail check payable to:

If mailing address is different from above, OR for additional orders, please use a separate sheet of paper.

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Delivered to your door

**Deductibles and co-pays may apply*

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0.3 µL	10 µL	4 µL	2 µL	1 µL

Size is relative.

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A diabetic resource company

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Make It Your

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Powerful Formula that's Tough to Beat*

MANUFACTURER'S COUPON | EXPIRES 03/31/07

SAVE $1.00

on ANY LIME-A-WAY® Cleaner

For Lime, Calcium & Rust, LIME-A-WAY® is a Must™!

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47121

5 51700 40076 3 (8100)0 47121

ORIGINAL HAND-PAINTED SCULPTURE

www.Lenox.com SEARCH 406460

Order Form • Mail by February 5, 2007

I wish to order *All Bundled Up* by Lenox, to be crafted and painted by hand. No payment is required now. Bill me just $24.50* for my sculpture. *My satisfaction is guaranteed.*

Signature _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State _____ Zip _____

$4232.179

Tel.(____) _____ E-mail _____

*Plus $4.95 per sculpture for shipping and processing. Your sales tax will be added.

Mail to: Lenox • P.O. Box 732 • Bristol, PA 19007-0732

This very toasty kitten is sure to bring warm smiles.

It's a chilly day, but kitty doesn't mind. She's wearing a wooly cap and scarf that will certainly keep her snug and warm.

Now, this winter fashion plate has been portrayed in *All Bundled Up*, a delightful sculpture by the artists of Lenox. Someone has dressed this sweet gray tabby kitten in a brightly colored ski cap and matching scarf.

Details like the waves in kitty's silky fur, the curve of her pert ear, the shape of her tiny pink nose, even the texture of the hat and scarf give this piece its charming realism. The sculpture will be crafted in cold-cast porcelain, a preferred artist's compound that allows for a high degree of detail, and entirely painted by hand.

Expert sculpting captures details like kitty's triangle nose.

All Bundled Up is available direct from Lenox at just $24.50. To acquire this imported Lenox® sculpture, complete and mail the Order Form today.

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#1 Dentist-Dispensed Breath Care System!

Get the freshest breath of your life.

BRUSH SCRAPE RINSE

BreathRx with ZYTEX®

Clinically proven to deliver longer-lasting fresh breath.

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10048

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Manufacturer's Coupon • Expires February 28, 2007

$5.00 Off

On any two BreathRx products

BREATHRx Fresh Breath System

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10049

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Manufacturer's Coupon • Expires February 28, 2007

Available at select Walgreens

$5.00 Off

On any BreathRx gum (125ct) or mints (144ct)

BREATHRx Fresh Breath System

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10050

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Manufacturer's Coupon • Expires February 28, 2007

Available only at participating 7-Eleven stores

50¢ Off

On any BreathRx gum (12ct) or mints (12ct)

BREATHRx Fresh Breath System

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10051

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Save $1.00

on any Curél® lotion 6 FL OZ or larger

For more information on Curél® products, visit www.curel.com

MANUFACTURER'S COUPON / EXPIRES MARCH 31, 2007

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03175

5 19045 10076 2 (8101)0 03175 0307

SAVE $1.00 on any Curél® lotion 6 FL OZ or larger

Make your skin think winter never happened.

Curél®
heals and prevents dry winter skin
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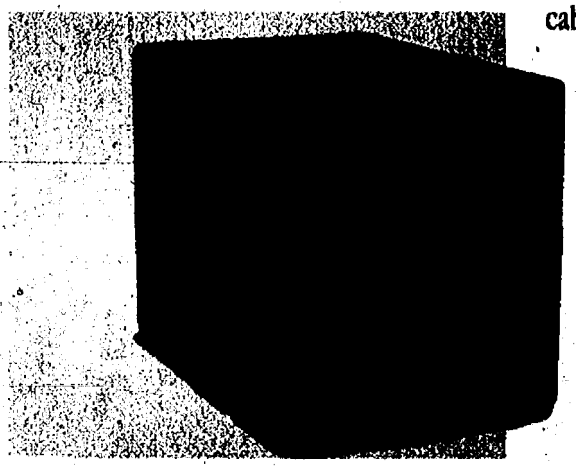
THE ORIGINAL PORTABLE FURNACE! PATENTED TECHNOLOGY USES INFRARED LIGHT TO PROVIDE ENERGY EFFICIENCY AND SAVINGS... EVEN HEAT... AND THE HIGHEST SAFETY RATING POSSIBLE.



HEATING BILLS GO THROUGH THE ROOF!

Home heating bills were 50% higher last winter for homes that use natural gas. And while oil and natural gas prices are lower this year, many are predicting the coldest winter in years. Severe weather and global conflicts have, and can easily increase prices substantially, as we witnessed when gasoline shot up to well over $3 per gallon.

PATENTED TECHNOLOGY KEEPS YOU WARM

With conventional heating, the heat rises, creating a difference of up to 18 degrees from floor to ceiling. The Portable Furnace, using infrared absorption, doesn't send the heat near the ceiling. The heat stays down--and evenly dispersed--where you want it most. Temperature difference from floor to ceiling is minimal.

EVERY DWELLING HAS "COLD SPOTS", EVEN WITH THE BEST CENTRAL HEATING SYSTEM

No matter how efficient your central heating system is, there are only so many vents, leaving areas that suffer winter's chills.

You can be sure that there's at least one area that clearly needs extra warmth for comfort.

OUR FURNACE CAN SAVE YOU $$$$

In field tests for heating seasons, the Portable Furnace used an average of 36% less energy than conventional electric and fuel based heating systems. In fact, it uses the same amount of energy as your coffeemaker, and it distributes heat more evenly than conventional heaters

1-A INSURANCE RATING MEANS IT'S SAFE

The heat from the Portable Furnace is so safe and clean that it is rated 1-A by insurers--the best rating such a product can possibly get! Kids can sit on the Oak veneer cabinet without risk. It's safe for pets; and you can even place it close to flammables such as drapes, sofas and other fabrics.

COMPACT CONVENIENCE & FUNCTIONAL FURNITURE.

This new, revolutionary Portable Furnace measures only 18" high, 24 ½" long and 16" wide, and you'll love the handsome "golden oak" cabinet – a fine addition to any décor. Best of all, this is furniture with superior functionality.

- **HEATS UP TO 800 SQ FT OF SPACE**
- **THERMOSTATICALLY CONTROLLED**
- **LOW MAINTENANCE - NO FURNACE FILTER TO REPLACE...EVER. COMES WITH LIFETIME WASHABLE FILTER**
- **WILL NOT REDUCE HUMIDITY OR OXYGEN IN A ROOM**

Combustible heaters use oxygen and lower the humidity, which can lead to headaches, sinus discomfort and other problems. The Arbaco Portable Furnace uses up zero oxygen and doesn't lower humidity. Of course all heat feels warmer with humidity, so adding a small humidifier will further increase the comfort you experience with our unique furnace.

WHISPER QUIET OPERATION

A lubricated, virtually maintenance-free fan quietly draws room air into the chamber. The air moves through the washable air filter at 120 cubic feet per minute and forced through the heat exchanger. The temperature of the air passing through increases by 115F, then gently warms the room through the front grill. It's so quiet the only way you know it's on is the warming comfort it provides!

VIRTUALLY MAINTENANCE-FREE

There are no burners to rust, corrode, or adjust. No pilot light to waste energy and a lifetime filter that simply needs to be washed once every season. The infrared lamps last an average of 5,000 hours--about three years based on average use, and they too are easy to replace.

KEEP WARM THIS WINTER!

GET COZY WITH THE ARBACO PORTABLE FURNACE

PAY AS LITTLE AS $99 PER MONTH

Find out how you and your family can enjoy the many benefits of the Arbaco Portable Furnace for less than $100 a month

BUY ONE - GET A 2ND FURNACE AT 50% OFF!

SAVE EVEN MORE WHEN YOU ADD A 2ND PORTABLE FURNACE, AND BEST OF ALL...

★ ★ ★ ★ ★

FREE SHIPPING

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YOU COULD SAVE AS MUCH IN HEATING COSTS AS OUR LOW, NO-INTEREST MONTHLY PAYMENT PLAN WILL COST YOU – AND IF YOU ACT NOW, YOU CAN ADD A 2ND FURNACE FOR HALF-PRICE AND ADD SAFE, EFFICIENT HEATING TO ANOTHER AREA IN YOUR HOME.

STAY WARM THIS WINTER WITH

THE ORIGINAL PORTABLE FURNACE

- REDUCES FLOOR SPACE
- LOWERS ENERGY CONSUMPTION
- REDUCES MAINTENANCE
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Triple protection, rich, radiant color, and not a gray in sight. It's the Excellence guarantee.*

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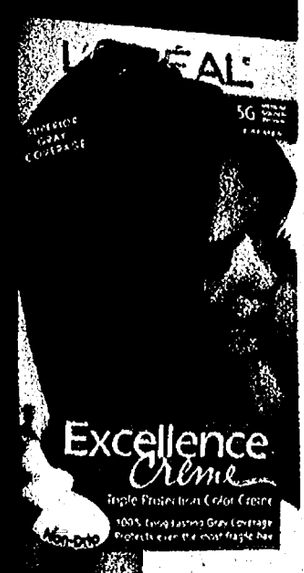

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This case is so thin it must have been cut by a high precision laser beam. Soft, rich leather case with brass trim has full zip around protection for MAXIMUM SECURITY for all your cards & cash. So thin and compact, it fits easily in your shirt/pant pocket or even attaches to your key ring. Easily hidden...you'll never worry again! Clear windows hold up to 34 credit cards, photos and cash plus there's a bonus outside window pocket for I.D.'s. Compact fashion import measures 4⅛" x 2¾". Order now and get a second one FREE plus FREE Shipping & Handling!

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❑ YES! I've ordered within 7 days. SHIPPING & HANDLING IS FREE!	
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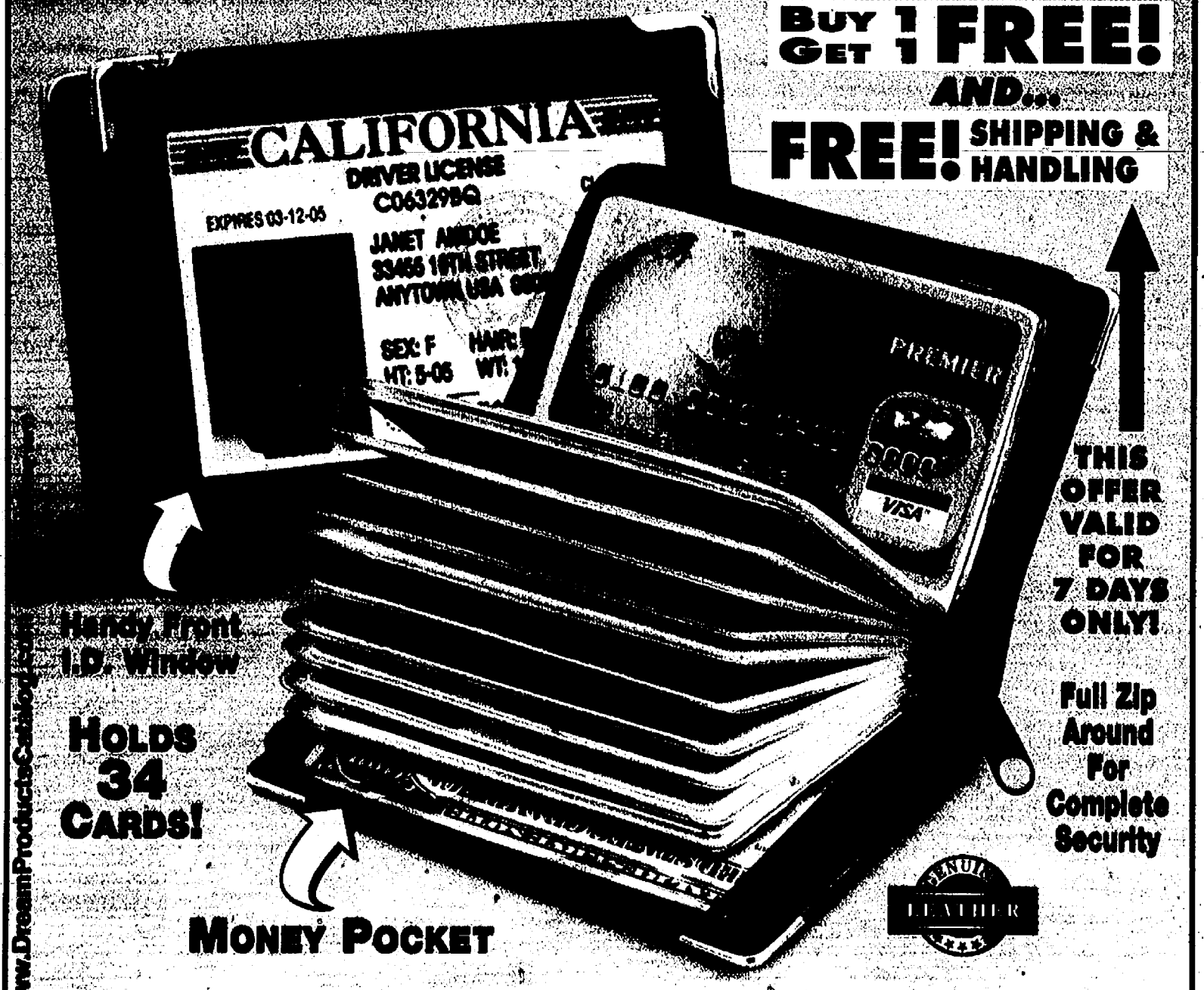

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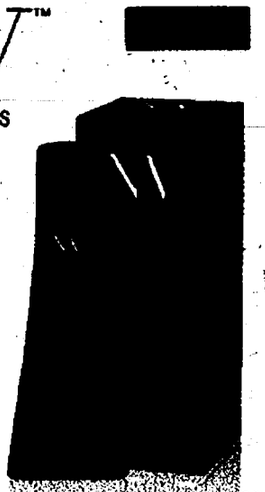
WEIGHT-LOSS · BEAUTY PILL



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#1 Selling Female Fat Burner

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With Increased Energy*

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Metabolife ULTRA

ADVANCED FORMULA FOR WEIGHT LOSS*

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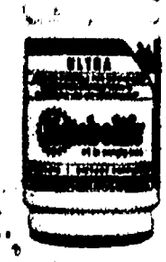
Use in conjunction with diet and exercise program. Individual results will vary.



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90-ct.
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ADVANCED FORMULA FOR WEIGHT LOSS*

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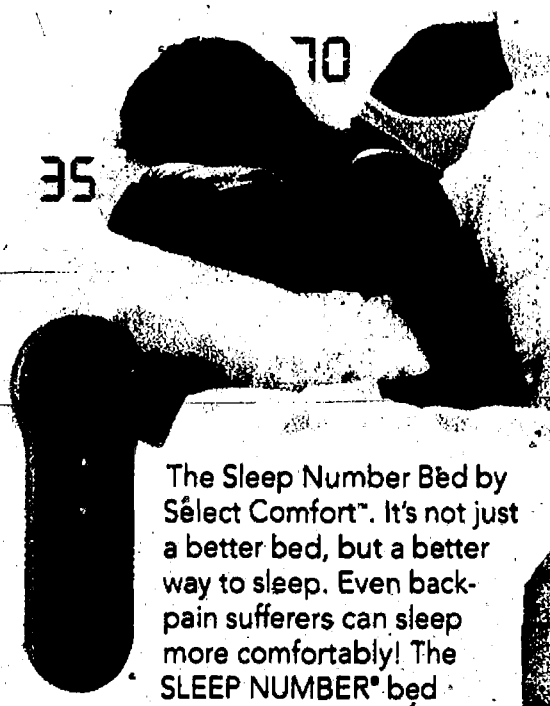
The Bed Loved By Sore Achy Backs



"We were instantly sold on your mattress when we tested it at your store. It relieved the pressure off my husband's back—he has back problems. We recommend it to everyone who is looking for a luxurious, comfortable, sound sleep"

Sal O., Paramus, NJ

The Sleep Number Bed by Select Comfort™. It's not just a better bed, but a better way to sleep. Even back-pain sufferers can sleep more comfortably! The SLEEP NUMBER® bed doesn't rely on springs or water, but on a cushion of air. It gently contours to your body's shape, helping to reduce uncomfortable pressure points. Plus, research shows the Sleep Number® bed also helps to more properly support your back and spine.

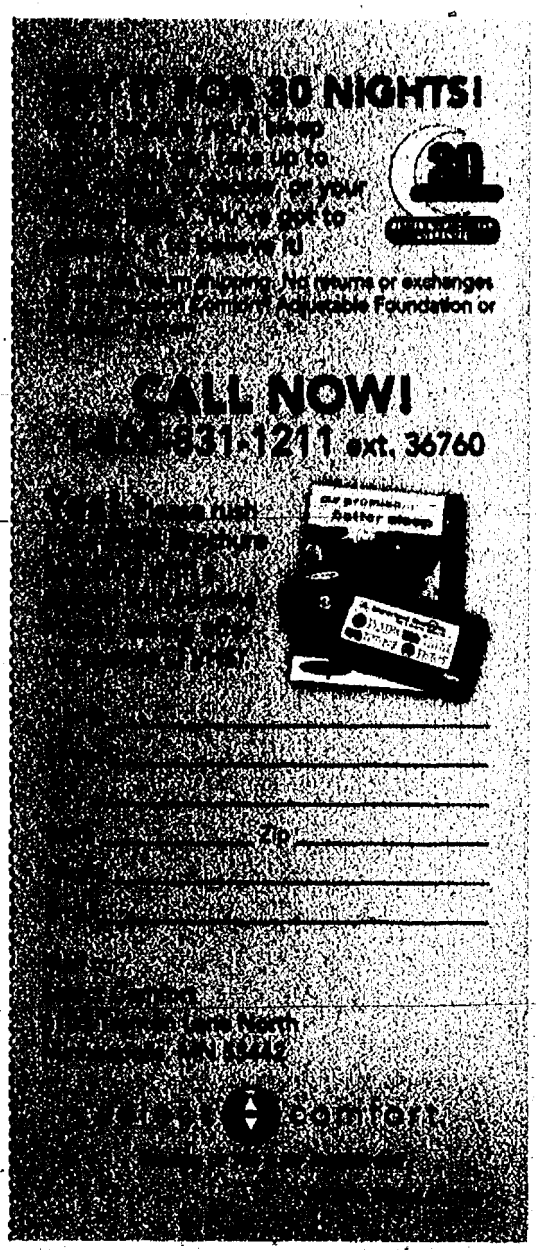
Call for your FREE Video and Brochure!

1-800-831-1211 ext. 36760

SLEEP NUMBER

select comfort.

*Starting price for Sleep Number® 3000 Traditional mattress. Excludes California code-compliant mattresses. Sleep Number® 9000 bed shown.



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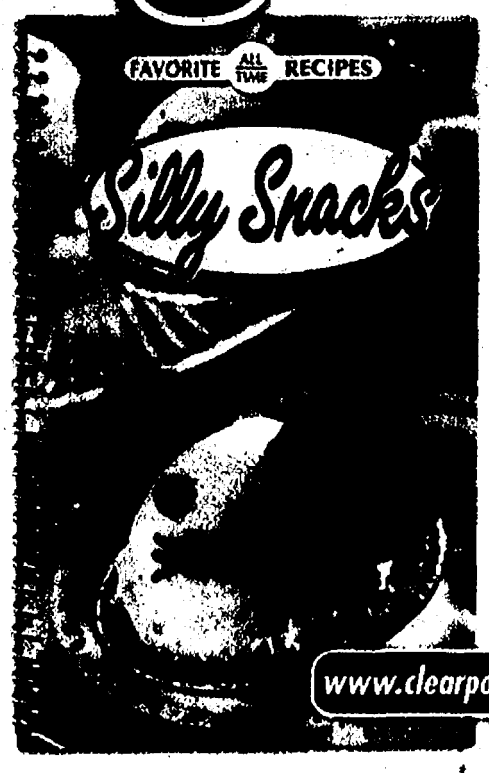

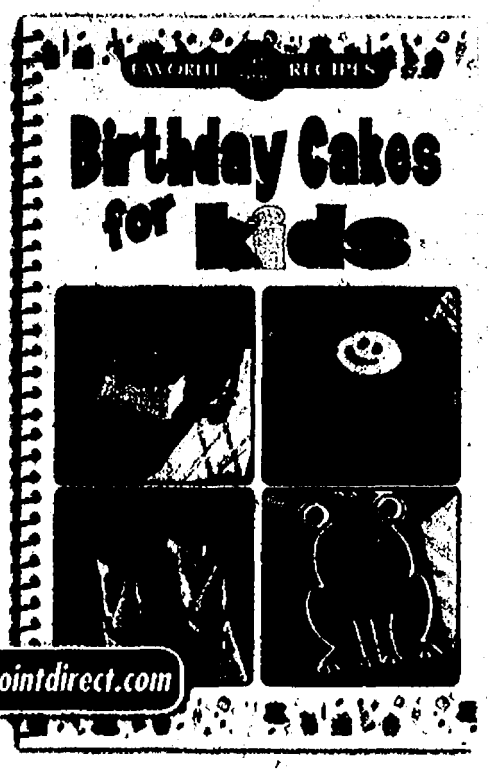

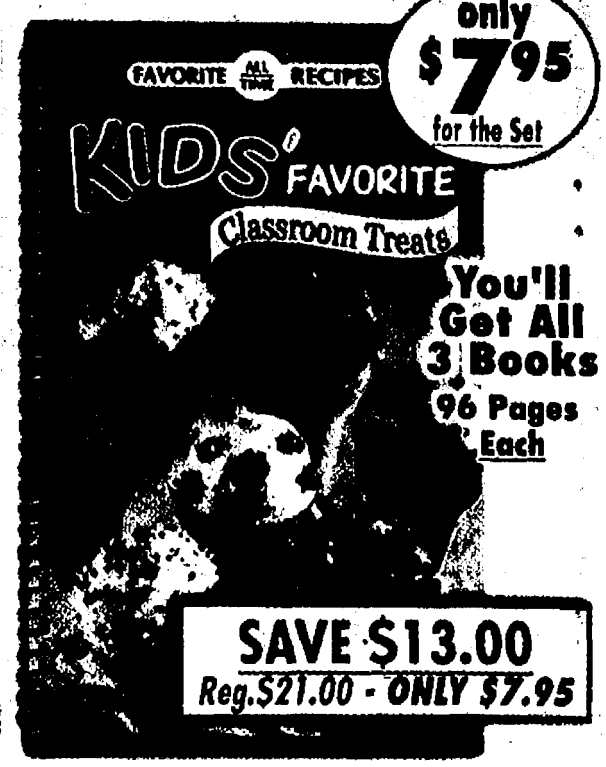

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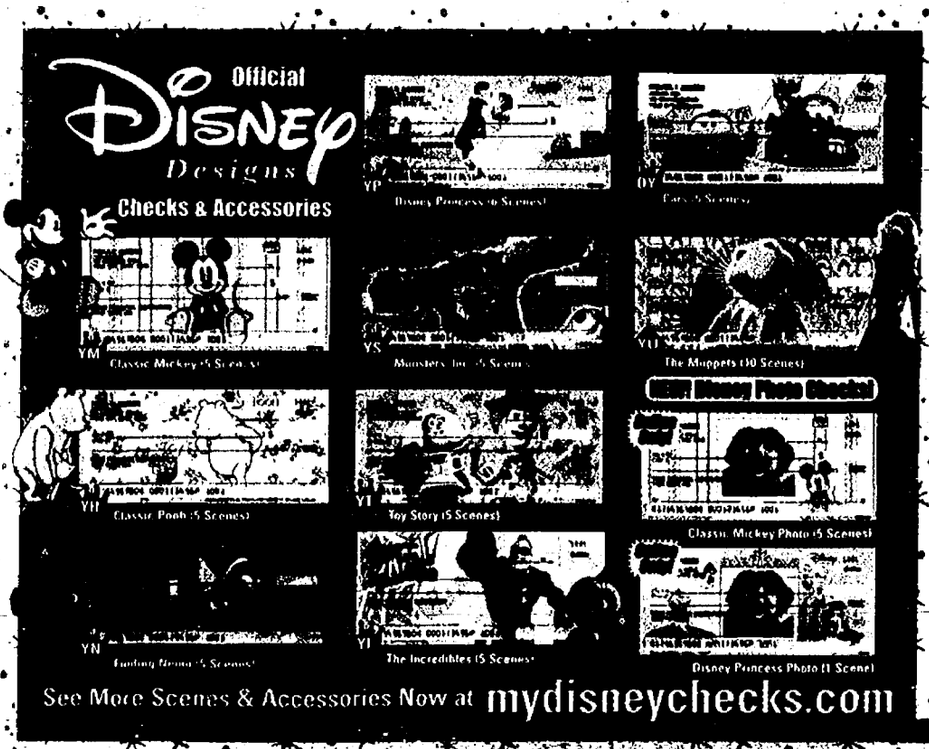

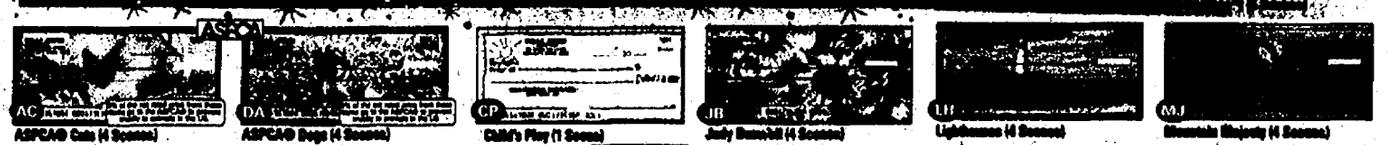

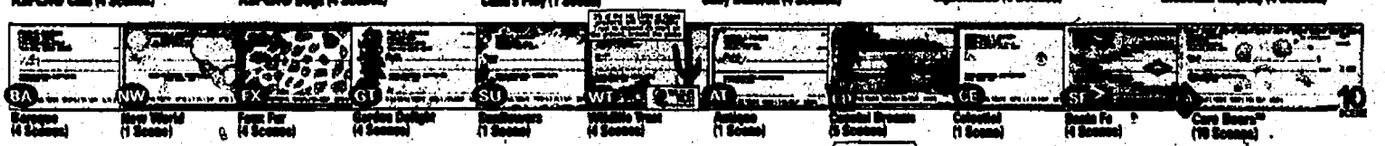

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STEP 5 - TOTAL

For Illinois residents, Illinois Checks will incur no Illinois tax. $
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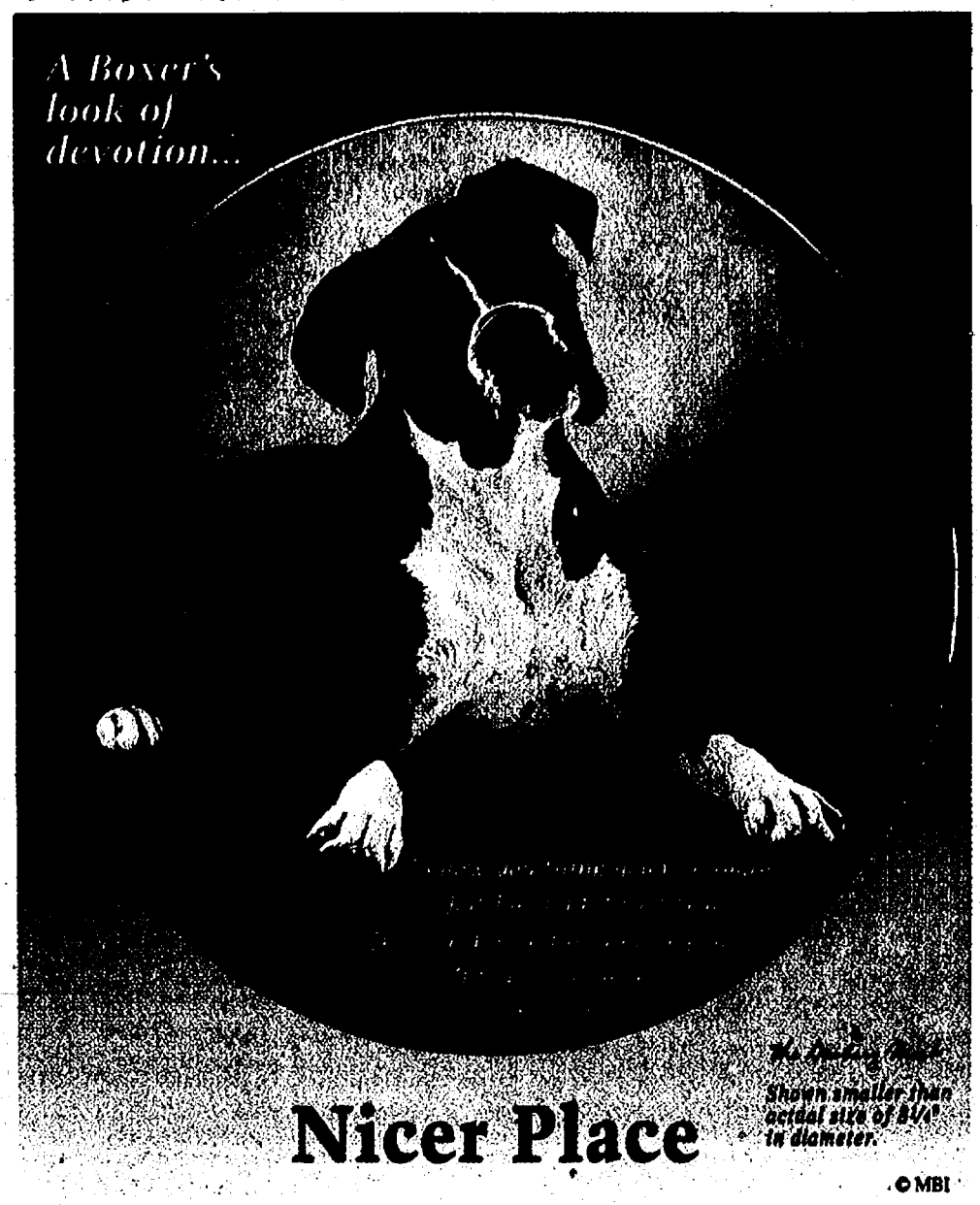

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Orders subject to acceptance. Allow 2 to 4 weeks after payment for shipment.

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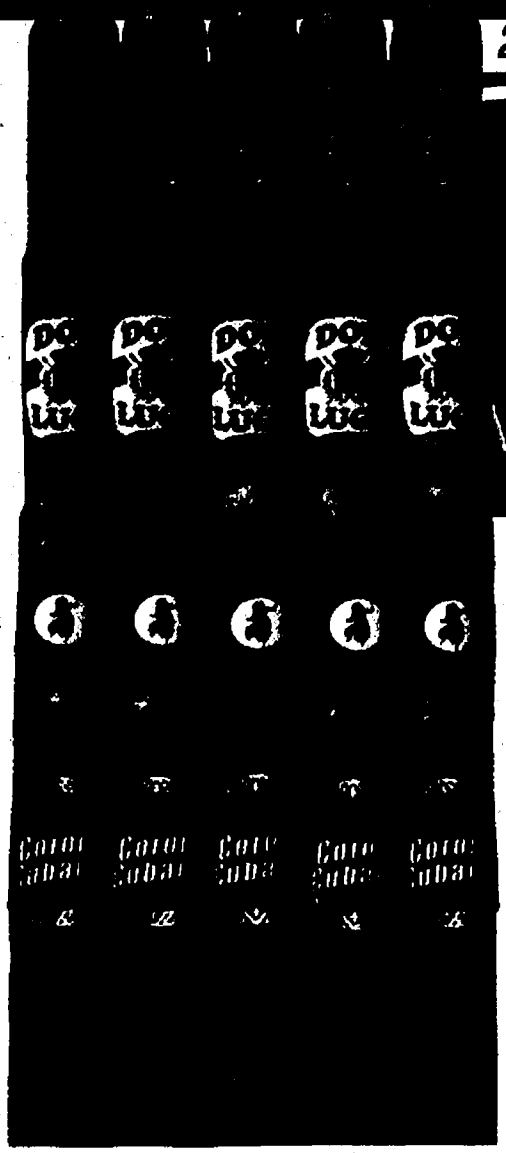

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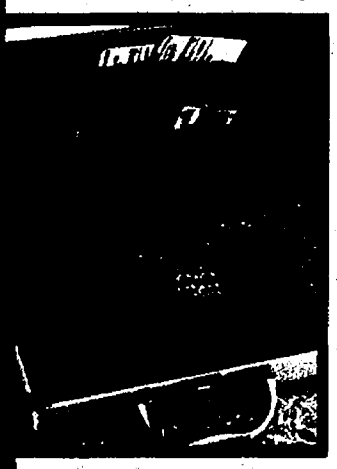

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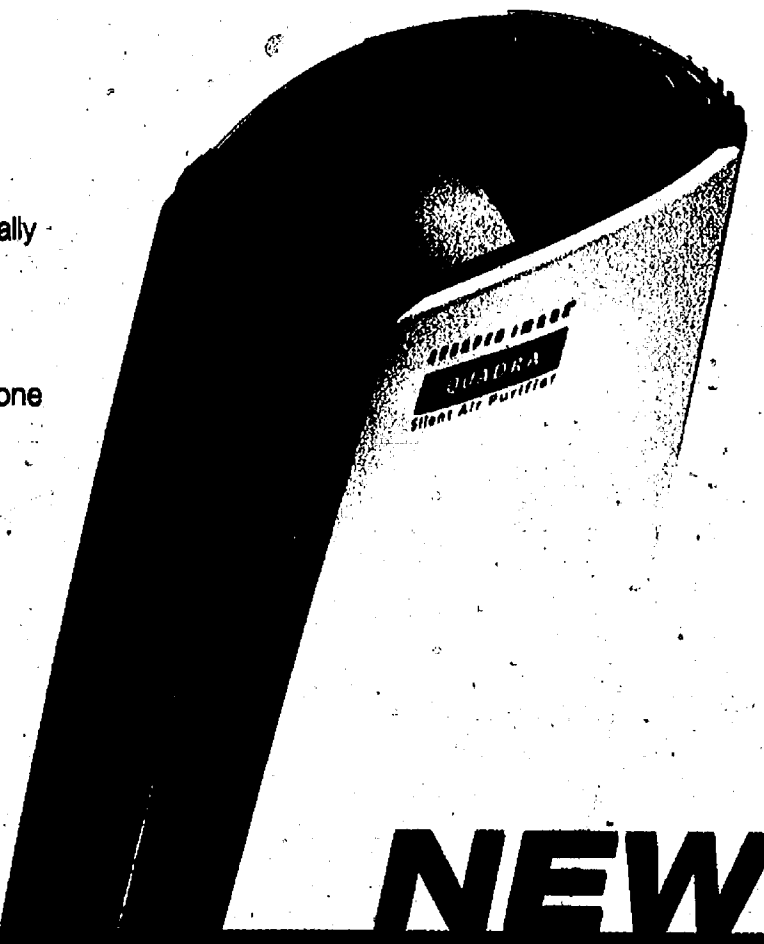

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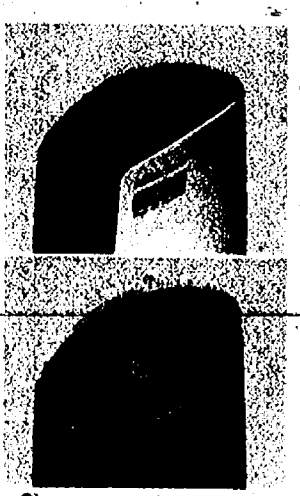

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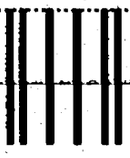

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